

Summer of Psalms

Hope in God – Psalm 42

June 10, 2018

I. THE SITUATION

- a. Thirsting for God (vs. 1-2)
- b. Mocking from enemies (vs. 3, 10)
- c. Intense sorrow (vs. 3)
- d. Overwhelmed (vs. 7)
- e. Questioning God (vs. 9)

II. THE SOLUTION

- a. He speaks his heart to God (vs. 2, 9)
- b. He confesses that he knows God loves him (vs. 8)
- c. He sings in the night (vs. 8)
 - 2 Corinthians 6:10 “...sorrowful yet always rejoicing”
 - Proverbs 14:13 “Even in laughter the heart may ache...”
- d. He reminds himself of God’s sovereignty (vs. 7)
 - They are God’s breakers
 - They are God’s waves
- e. He remembers times of corporate worship (vs. 4)
 - 1 Kings 19:9-18
- f. He looks forward to hope (vs. 5, 11)
 - 2 Corinthians 4:16-18
- g. He preaches to himself (vs. 5, 11)
 - What does he know to be true?
 - What is he banking on?

Questions/Discovery Points for Life Groups/Families

Please read Psalm 42

1. Have you ever gone through seasons of deep sadness? Why? How did you navigate those times?
2. Why do you think so many Christians have a hard time expressing sorrow and despair among other Christians?
3. What verses do you hold as anchors in your life?
4. What are some things that we learn in times of sorrow and grief that we cannot learn in times of joy?
5. When you ponder God, which of his attributes do you find yourself taking refuge in?
6. How does preaching the gospel to ourselves regularly impact our lives (spiritually, relationally, etc.)?