

GROUP DISCUSSION

Questions for facilitating dynamic discussion

Psalms – Lyrics for Life

Week 5: His Hope

Psalm 42

Week of February 7, 2021

(Jeff Griffin, Senior Pastor)

Psalm 42 is a psalm of lament. In it, the psalmist courageously admits his painful depression. He models for us how we can handle our own battles with discouragement and depression.

Kicking it off: Did you watch the Super Bowl? If so, did you enjoy it?

Discussion:

1. Reread *Psalm 42:5* Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

This chorus is repeated three times in Psalm 42 & 43. The psalmist seems to be talking to himself. Why is this a good idea?

2. The CDC indicates that 9% of Americans should be diagnosed as depressed. Is that number higher or lower than you would have guessed? Why?
3. Why is there still a stigma associated with the decision to get counseling?
4. Reread *Psalm 42:9-10* I say to God my Rock, “Why have you forgotten me? Why must I go about mourning, oppressed by the enemy?” My bones suffer mortal agony as my foes taunt me, saying to me all day long, “Where is your God?”

Can you relate to any of the psalmist’s statements in these verses?

5. Reread *Psalm 42:7* All your waves and breakers have swept over me.

Have you ever gone through a season where hardships seemed to come as regularly as crashing waves? If so, describe that season.

6. Reread *Psalm 42:1-2* As the deer pants for streams of water, so my soul pants for you, my God. My soul thirsts for God, for the living God. When can I go and meet with God?

How are these words helpful in our fight with discouragement/depression?

7. What have you found helpful in getting yourself out of an emotional funk?

Wrapping It Up: Pray for each group member (by name) to experience emotional healing and genuine joy.