

## Growth Group Questions – Psalms 42 & 43

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**For starters...** Think of a song or hymn that stirs your soul. What is it about the song/hymn that stirs your soul?

### Reading to Understand – Psalms 42 & 43

1. What was something that stood out to you as you read the passage?



2. What question(s) came to mind as you read this passage?



3. What is the main point(s) of the passage?



4. How does this passage point to, or speak about, Jesus?



### Going Deeper...

5. Psalms 42 and 43 are obviously connected – Psalm 43:2 echoes 42:9, and the common refrain repeated twice in Psalm 42 and once in 43, “Why are you downcast, O my soul?”.

- What does the Psalmist acknowledge about present moment in speaking to his soul?
- Why is the Psalmist speaking to his soul and why is that good for your soul?
- How might we speak to our souls when we are “downcast”?

6. Psalm 42 begins with an expression of deep longing.

- What does the Psalmist long for?

- How is that expressed throughout Psalms 42 & 43?
- How is that longing fulfilled in Jesus?
- Why do we still experience that longing this side of the cross and resurrection?

7. In 42:9 (and 43:2) the psalmist states who they know God to be in their life, and yet he doesn't hold back from asking God honest questions that strike at the very heart of what they have just declared God to be.

- How do the questions do that?
- Why is this wrestle good for your soul?
- What is a truth about God you have wrestled with as it seems to contradict your life experience and how did you bring that to God in prayer?

8. Why is John 14:6-7 the answer to Psalms 42 & 43 and how does that comfort you when your soul is downcast?

### Growing Together In Christ

**Know** →

How has this study helped you to know Jesus better?

**Trust** →

How has this study encouraged you to trust Jesus more?

**Love** →

How has this study challenged you to love like Jesus?

### Meditation on the Word and Prayer

Consider what truth do you need to speak to your soul today and then turn it into a prayer to God.