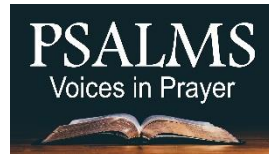


Hope for Downcast Souls
Psalms 42 & 43

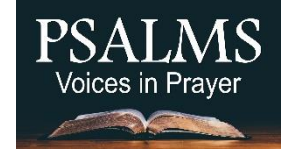
Neil Trainer
July 26, 2020



NOTES

Hope for Downcast Souls
Psalms 42 & 43

Suggested Questions for Individual
Study or Group Discussion*



- On a hot day, what quenches your thirst the best?
- Read *Psalms 42* and *43*. How would you describe the mood of this prayer? What seems to have led to this? Give examples.
- What does the psalmist repeatedly say to his soul (42:5, 11, 43:5)? How might this “self-talk” be helpful and needed?
- How does the psalmist express the sense that God is not with him? What can lead you to feel like God is far away or has forgotten you?
- How is God described throughout this psalm? Why is that significant?
- How does the psalmist express his faith and trust in God even in the middle of his trying circumstances?
- Given all that is happening in your life right now, if you were to talk to your soul, what message would you convey?
- How can this psalm be an example and guide for you in your own prayers when you feel downcast and disturbed?
- *Extra: Write your own psalm including your prayer to God and your address to your own soul.*

For Family Discussion: Ask: *What is your favorite thing to drink when you're thirsty?* Read *Psalms 42 & 43* together. Ask: *How do you think this person was feeling while they prayed? How do they describe God? What do they ask God to do for them? How would you feel after praying this prayer?*

*Select or adapt questions to fit the needs and makeup of your group.