

Dealing with Discouragement

(Psalm 42 & 43)

The Reality of Discouragement

- A. *Sometimes it's a result of something in the Past (42:1-5)*
- B. *Sometimes it's a result of something in the Present (42:6-11)*
- C. *Sometimes it's a result of something in the Future (43:1-5)*

The Remedy for Discouragement

*Why am I discouraged? Why is my heart so sad?
I will put my hope in God! I will praise him again— my Savior and my
God! (42:5,11. 43:5).*

*Why are you down in the dumps, dear soul? Why are you crying the blues? Fix my eyes on God— soon I'll be praising again. He puts a smile on my face. He's my God. **(The Message)**.*

“Why”

“I will”

“hope in God”

“praise” (Hebrews 13:15)

“my Savior and my God”

Psalm 42 & 43 study questions

Open It

1. What do you enjoy most about going to church?
2. What are some of the sacrifices you make in order to be with other believers?

Explore It

3. What images did the psalm writer use to describe his longing for God? (42:1-2)
4. What sentiment introduces this poem? (42:1-4)
5. How did the psalm writer feel about not being able to worship God in His sanctuary? (42:1-4)
6. What main idea unifies this psalm? (42:1-11)
7. How is the Lord described in this psalm? (42:2, 5, 9)
8. What did the psalm writer remember with fondness? (42:4)
9. Where did the psalm writer turn for comfort? (42:5)
10. How did the psalm writer counter his depression? (42:6)
11. How did the psalm writer use the language of the court to present his case to the Lord? (43:1)
12. Against whom did the psalm writer want God to plead his cause? (43:1)
13. From what did the psalm writer need to be rescued? (43:1)
14. What is the theme of the psalm writer's prayer in this passage? (43:1-5)
15. What does this psalm teach us about prayer?

Get It

16. What are the benefits of worshiping with other Christians (over worshiping by yourself)?
17. When have you questioned God?
18. What does psalm 43 teach us about prayer?
19. What has God done for you in the past, and how do those memories encourage you?

Apply It

20. What steps could you take the next time you feel doubt or disappointment in God?
21. In what way could you "put your hope in the Lord" the next time you feel discouraged?