

Pitstop in the Psalms

Why are you downcast?

Read: Psalm 42 - 43; Heb. 4:14-16; 10:23-25; 1 Kings 19:1-6; Romans 8:31ff.

1. Share of a time when you were downcast or disheartened. What caused this discouragement? How did you get through this time?
2. Do you think that there is/has been a stigma over depression, especially amongst Christians? Why do you think this might be so?
3. Have you ever had a “throw and inkpot at the devil” moment, as Martin Luther had, supposedly? Steve said that that it is likely there will come that day in our lives when we might question everything that we’ve believed? Have you ever experienced this?
4. As you read through Psalm 42 and 43, how does the Psalmist describe his condition? [take time on this: explore together].
5. Read v3, 10. Have you ever been asked the question “Where is your God?” by an unbelieving friend?
6. In which way can the “physical” affect the “spiritual/emotional,” and *vice versa*? (See 1 Kings 19:1-6; Ps. 42:3)
7. The psalmist in response to his discouragement:
 - ~ Pours out his heart (v1-2)—talk to God honestly. He knows how you are thinking anyhow.
 - ~ Affirms God’s Sovereign love (v8)—remind yourself that God is still God and in control.
 - ~ Remembers the grace of God (v4, 6)—remember all those times he bestowed blessing on your life.
 - ~ Talks to his own heart (42:5, 11; 43:5)— doing it out loud is optional!

Use Romans 8:31-39 to talk to your own heart? Why is this passage so helpful when you are downcast?

8. In which way are we different from the writer of Psalm 42-43? Where does our greatest hope lay?