

Small Group Resource Guide for Psalm 42-43
Week of September 30, 2020

OPEN IN PRAYER

ICEBREAKER IDEA: What is your favorite drink? (can be an adult beverage or not)

VIDEO INTRO

GROUP TIME

- **Personal Reflection** (3-4 minutes): Consider a time when you experienced a real “spiritual high.” Jot down some words that you would use to describe this experience. What feelings and emotions do you recall when you think about that time? What is the significance of that experience to your relationship with God?
- **Exploration:**
Divide your group into three sections. Each group take a section. Use the following chart to record how the psalmist describes himself, his enemy, and God:

Descriptions of Self	Descriptions of Enemy	Descriptions of God
Why does he describe himself this way?	Who is his enemy?	What do the requests the psalmist makes in Psalm 43 indicate about the psalmist’s relationship with God?

- Read the repeated chorus (42:5, 11; 43:5). Describe the progression that happens in the chorus.

In a sense this chorus describes not only the progression in these two psalms, but other psalms throughout the psalter as well.

You can use some of the observations you have already made to comment on the following:

What evidence does the psalmist give of his cast down soul? How does he describe this experience? What image does the psalmist use when he describes his longing after God? What words come to your mind that indicate great thirst? How would you describe spiritual thirst?

What about his soul being in turmoil? How does he describe this experience? What image does the psalmist use to describe the turmoil that he feels? Have someone read Jonah 2:3-9. What comparisons can you draw between the experiences of the psalmist and Jonah?

Think through the shift that happens in this chorus. What is the change?

What evidence do you see throughout the psalm of the psalmist placing his hope in God and again praising God?

VIDEO WRAP UP

APPLICATION QUESTIONS:

- How does your knowledge of God's character and who He is sometimes differ from what you are experiencing in your life?
- What circumstances in your life are causing you to ask if God has forgotten or rejected you? Where do you feel oppressed and taunted by the enemy? What questions do you have for God during this season of your life? Are you able to take your questions and feelings to the Lord? Why or why not?
- What attributes of God's character have you learned about and seen evidence of in the past that can encourage you now?
- How have the circumstances of the last six months affected your relationship with God? With His people?
- How might this Psalm encourage worship of the Lord?

PRAYER REQUESTS/FELLOWSHIP

FOR FURTHER STUDY THIS WEEK

Worship reflection: From the Depths of Woe (Indelible Grace):

<https://www.youtube.com/watch?v=1aVWBSmghAs>

Examine: Journal some questions you would ask of the Lord related to what you are facing in your life right now. Also include what you want to ask God to do for you based on His character.

Share: Ask a group member to pray for you as you honestly approach the Lord with questions you have for Him this week. Offer to pray the same for her.

Apply: Reflect on how you have seen God work in your life in the past and anticipate what you would like to see Him do in the future. Give yourself the grace and space to consider the effects of the past six months and to share with the Lord what you long for in the future.