

Questions for Small Group and Personal Enrichment

Psalm 42 For the choir director. A Maskil of the sons of Korah.

1As a deer longs for flowing streams, so I long for you, God. 2I thirst for God, the living God. When can I come and appear before God? 3My tears have been my food day and night, while all day long people say to me, "Where is your God?" 4I remember this as I pour out my heart: how I walked with many, leading the festive procession to the house of God, with joyful and thankful shouts. 5Why, my soul, are you so dejected? Why are you in such turmoil? Put your hope in God, for I will still praise him, my Savior and my God.

6I am deeply depressed; therefore I remember you from the land of Jordan and the peaks of Hermon, from Mount Mizar. 7Deep calls to deep in the roar of your waterfalls; all your breakers and your billows have swept over me. 8The Lord will send his faithful love by day; his song will be with me in the night—a prayer to the God of my life. 9I will say to God, my rock, "Why have you forgotten me? Why must I go about in sorrow because of the enemy's oppression?" 10My adversaries taunt me, as if crushing my bones, while all day long they say to me, "Where is your God?" 11Why, my soul, are you so dejected? Why are you in such turmoil? Put your hope in God, for I will still praise him, my Savior and my God.

Psalm 43

1Vindicate me, God, and champion my cause against an unfaithful nation; rescue me from the deceitful and unjust person. 2For you are the God of my refuge. Why have you rejected me? Why must I go about in sorrow because of the enemy's oppression? 3Send your light and your truth; let them lead me. Let them bring me to your holy mountain, to your dwelling place. 4Then I will come to the altar of God, to God, my greatest joy. I will praise you with the lyre, God, my God.

5Why, my soul, are you so dejected? Why are you in such turmoil? Put your hope in God, for I will still praise him, my Savior and my God.

1. Underline all the places you find mention of water or lack of water. What is the significance? Do you see any progression or intensification?

2. Draw a box around the places that the author speaks of remembering. What do we typically remember when we're depressed or struggling? What things do these psalms encourage us to remember?
3. Draw a circle around all the places that mention or refer to God. Summarize all the things the author wants us to know about our God. Why do you think they are important when we are discouraged/depressed?
4. Write down two or three of God's actions in the past that give you encouragement for today's troubles.
5. Write down two or three of God's promises for the future that give you encouragement for today's troubles.