



Discussion Questions

Psalm 42




What stood out to you in the podcast and/or in the reading of this Psalm?



When in your life have you most thirsted or longed for God? Why do you think it is a sign of spiritual health to thirst for God?




How can you relate to the Psalmist in his time of pain?



What does the Psalmist remember that helps him in his time of trouble? See 5b & 8.



Do you find it difficult to communicate with the raw honesty of the psalmist in verse 9? Have you ever felt forgotten or abandoned? Were you able to communicate this to the Lord?



What lies from the enemy do you need to be on guard against? What truths do you need to preach to yourself?



What truths in this Psalm encourage your heart? Which truths challenge you?

