

Sermon-Based Questions
July 7, 2019
John Dere

The Book of Psalms: Look Up
Psalms 42

Introduction: (Choose 1)

1. Pastor John Dere mentioned that many artists/musicians tend to struggle with depression. Why do you think that is?
2. When you experience inner turmoil, who are the people in your life you can share it with?

Reading: (Scripture reference)

Psalms 42

Understanding: (Choose 3- 5)

3. **Read Psalms 42: 1-2.** When you are suffering, do you tend to run towards God or away from Him?
4. Pastor John mentioned a few things that we are tempted to run to to quickly ease the pain of the moment. What are some of those things for you?
5. **Read Psalms 42:3-4.** Do you ever find yourself having conflicting faith like David? You know God is good deep within you but you can't get your feelings to match up. Describe a time where you experienced this paradox.
6. Tell about someone that you know who impressed you with such a passion for God while in the midst of deep physical/emotional pain.
7. Why do you think it takes pain to know God at a deeper level?
8. **Read Psalms 42: 5-8,11.** Pastor John said finding true satisfaction is found when we choose to press into God and into love. What are the ways David chose to press into God despite his circumstance?
9. Like David, what are some scriptural promises that you can hang onto when in deep pain?

Application:

- 1. How can you encourage someone in your life that is struggling with depression or despair?**
- 2. How does the gospel help you to find true satisfaction in the midst of your painful circumstance?**

Lectio Divina

1. **Opening Prayer:** Ask God for insight into His Word, for open hearts and minds, for hunger to know Him better, and for an attitude of learning from one another.

2. **Reading:** Have someone from your group read the passage aloud. It is best to print out a copy for each group member so they can read along, make notes, or go back as needed.

3. **Meditation:** Spend *an entire minute* in complete silence, contemplating what was just read. Feel free to re-read the passage quietly to yourself or jot down thoughts/highlight what stuck out to you.

4. **Sharing:** At the leader's signal, invite group members to share their insights for about 5 minutes.

5. **Repeat:** After the 5 minutes are over, repeat the process 2 more times using the same passage. Listen/read like you haven't heard this passage before. If there are longer moments of silence, the leader can prompt discussion with the following questions:

1. What did you hear and what seems important?
2. What is the Holy Spirit impressing on you?
3. What does it make you think of from your life?

*As the deer pants for streams of water,
so my soul pants for you, my God.
My soul thirsts for God, for the living God.
When can I go and meet with God?*

Psalms 42:1-2

*By day the LORD directs his love,
at night his song is with me—
a prayer to the God of my life.*

Psalms 42:8

*Why, my soul, are you downcast?
Why so disturbed within me?*

*Put your hope in God,
for I will yet praise him,
my Savior and my God.*

Psalms 42:11

*Send me your light and your faithful care,
let them lead me;
let them bring me to your holy mountain,
to the place where you dwell.
⁴ Then I will go to the altar of God,
to God, my joy and my delight.
I will praise you with the lyre,
O God, my God.*

Psalms 42:3-4