

Rockford Reformed Church
Sermon Series - "Time For Change" #2
Psalm 42-43 - "God Thirst"
1/13/19 – Pastor Tim Meendering

Questions for family/small group discussions:

1. The Psalmist (42:1-2) describes a **condition of spiritual dryness or depression, darkness, or despair**. Describe a time or times when you have struggled through a similar experience and what were the circumstances that led into it?
2. Read Psalm 42:4. One **cause** or circumstance that led to this spiritual dryness is that he has become alienated or distanced from the community. How would you describe the depth of your connection with the church community God provides for you? Why do we tend to avoid or get distanced from others? Why is community so important?
3. Read Psalm 42:3 and 10. There is apparently a life event that led into this dark time. What are one or two life events that have led into spiritual darkness or dryness for you? Why did these events have such an impact on you?
4. Read Psalm 42:3. The psalmist is apparently not eating and thus physically struggling. Recall a time when a physical breakdown led into a spiritual dryness or depression for you. How were you able to be restored again?
5. **The cures:** Read Psalm 42:4-5, 11; 43:5. The psalmist repeatedly pours out his soul to God. Spiritually dry times will often discourage us from turning to God because it seems like he does not respond. What do we learn from the Psalmist about what we do when it seems that God is not there?
6. Read Psalm 3:3. What does this say about what God can do and the hope he provides?
7. What does the psalmist focus on in Psalm 42:8 for encouragement? How does Paul's prayer in Eph. 3:14-19 guide how you should pour out your soul and pray? How does understanding the depths of God's love make a difference for you—especially through the dark days?
8. In Psalm 42:5 and 11, we see that the psalmist keeps preaching truth to his own heart. What are the most common lies that may be whispered in your ear and drag you down because of Satan or events in your past? What are some truths about Jesus that you most need to hear to address your most common struggles and counteract the lies?
9. How could the structure/pattern of "**condition, causes, and cure**" be helpful as you study and apply other passages of Scripture?

Additional resources to consider:

- [The Gospel is For Christians](#), by Mitchell L. Chase

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