

SMALL GROUP Q'S

Hope for the Hopeless Soul
February 22, 2015
Psalm 42

- 1.) The psalms are model prayers, given to the people of God to give voice to their own prayers before the Lord. Yet sometimes we feel uncomfortable with things the psalmist says (e.g. questions in 42:9). Do they make you uncomfortable? Why would they be in this model prayer?
- 2.) Jay said the psalmist does 4 things in his suffering: talks to God, remembers what is true about the past, remembers what is true about God, and believes God's promises for the future. Which of these is the hardest for you to do in suffering?
- 3.) Can you think of a time when you felt like the psalmist does? How would a prayer like this have been a help to you in that time?
- 4.) What specific trials are you facing now that make you relate to some of these emotions?
- 5.) How do you typically handle trials and suffering? Do you ever tend to isolate yourself from others or ignore the gravity of the situation?
- 6.) How does a psalm like this free us to acknowledge the reality of the suffering we experience in the world and the pain we feel in our hearts?



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