



## Self-Leadership

Discussion Guide | June 28, 2019

Psalm 42:1-11

### Questions for Study and Discussion

\*\* Before you begin, please read Psalm 42:1-11 as a group.

1. In a general way, briefly describe a difficult situation you recently faced. What were some of the feelings you had in the midst of this? How did you respond to the situation?
2. Review Psalm 42. What specific clues from the passage show us that the psalmist is in the middle of a difficult situation?
3. From what you observe in the passage, make a short list of 4-6 things the psalmist is feeling in the midst of this difficult situation.
4. The psalmist doesn't ignore or sugarcoat his feelings in the midst of a difficult time. What lessons should you draw from this?
5. Based on the questions you've answered so far, how COULD the psalmist have responded to this situation? Or put yourself in his shoes: How would you have been tempted to respond - when things are tough and your feelings are churning within you?
6. How DOES the psalmist choose to respond to this tough season in his life? (Hint: see, for example, verses 5 and 11.) What stands to you about this?
7. Read the following passages of Scripture. After each, share how it reinforces or adds to what you've seen in Psalm 42.
  - Matthew 6:25-34
  - Philippians 4:6-8
  - 1 Peter 5:7
8. How can Psalm 42 help you respond well to a difficult situation you're in the middle of right now? (Or, if you're not facing difficulty right now, what do you need to remember from Psalm 42, that will help you respond rightly when difficulty does come?)
9. Review Psalm 42 as a whole one more time. What big take-aways are you leaving with? What is one practical way the message of this psalm will influence your life this coming week?
10. **Challenge: Memorize Psalm 42:11:** "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."