

Why Are You Downcast O My Soul?
(God's Songbook: A Journey Through the Psalms - Part 12)

March 19, 2023

The Passage: Psalm 42

Life Group Questions for the Week of March 19, 2023

1. What questions do you have from Sunday's message? What stood out to you or grabbed your attention?
2. Why is the psalmist depressed? What causes us to feel depressed?
3. What memories does the psalmist call upon to try and help him feel better? Does it work? Why or why not?
4. What knowledge does the psalmist use to try and help him feel better? Does it work? Why or why not?
5. Does desiring God mean you won't feel depressed? Why or why not?
6. Share a time you felt depressed. How did you navigate that experience?
7. Why is this Psalm included in the scriptures?
8. Why doesn't this Psalm end happy? Why does it end still down and depressed?
9. How can this Psalm help you and strengthen you in the future?