



DIGGING DEEPER

WEEK 2: Psalm 42

This study guide is designed to help you dig deeper into the weekend message and apply it to your life. The questions below are meant to encourage thoughtful reflection, discussion, and prayer for you and your LifeGroup.

PRAY [Have someone in your group open in prayer.]

MESSAGE SUMMARY

Message Summary: This week at Fair Oaks Church we continued our new series *Summer in the Psalms*. We learned that one of the reasons the psalms are written are to awaken, express, and shape the emotional lives of God's people. We looked at Psalm 42 together, a lament psalm, written by the Sons of Korah.

KEY SCRIPTURE [Read aloud]

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?
My tears have been my food day and night,
while people say to me all day long, "Where is your God?"
These things I remember as I pour out my soul:
how I used to go to the house of God
under the protection of the Mighty One
with shouts of joy and praise among the festive throng.
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. [Psalm 42:1-5 NIV]

DISCUSSION QUESTIONS

1. What stood out to you from this weekend's message or key scripture?
2. The psalmist says "my soul pants for God, like a thirsting animal looking for water, so my soul thirsts for the Living God." What does this mean to you? What is your soul and what does it mean for your soul to thirst for God? Have you ever longed for God like this?
3. The psalmist asks, "When can I go and meet with God?" How and when do you go and meet with God? Do you ever feel like you aren't getting enough of God? What could you do to go and meet with God given the realities of your day to day life?
4. Have someone read **Psalm 42:6-11** to your group. We learned that Psalm 42 is a Lament Psalm: a psalm that gives us permission to complain to God and be completely honest with Him. What is the psalmist teaching us about how to handle our pain, disappointment, and suffering? How might praying this psalm shape you and deepen your relationship with God?
5. **Pray Psalm 42 together.** Go around the group and each person read a verse out loud from Psalm 42:1-11 and turn that verse into a prayer that you pray with your group. Once everyone (who is comfortable reading and praying) has had a chance to pray a verse, have someone close your time together in prayer.