

# BETHEL SMALL GROUP QUESTIONS

Psalm 42– 04/14/24

## STOP AND PRAY

*Holy Spirit, open my heart and my mind to Your truth today! Then help me to be a Doer of the Word and not a Hearer only!*

- 1) How do we often react when trouble arises in our life?

Read Psalm 42:1–4

- 2) What does the psalmist recognise about his need for God?

- 3) What do these verses tell us about the situation that the psalmist finds himself in? How does this inform us about how we approach God?

- 4) What does the psalmist call to mind in the mist of trouble and pain? (v 4)

Read Psalm 42:5–10

- 5) What are some of the troubling questions we ask as Christians in times of trouble?

- 6) What are some of the ways the psalmist reminds himself of God's love and faithfulness towards him?
- 7) Why does the psalmist return to the situation he is in (v 20)? How can we remain faithful to God in the midst of troubling times?

Read Psalm 42:11

- 8) How does the writer confront, command, and comfort his soul in the midst of trouble?

- 9) How does this Psalm help us to cry out to God in times of trouble?

- 10) How do we see the gospel proclaimed in this Psalm? Where can we see the message of Jesus in this Psalm?

*Take time to pray for each other.*

Use this prayer as the theme of your prayer time: "*Father in Heaven, thank you for your ever-present help in times of trouble. Thank you that you do not abandon us when our souls become downcast! Help us to cry out to you in those times. Remind us of our hope, and the perfect kingdom you will bring when Christ returns!*"