

Listen, watch, or read the sermon on the website if you missed it. Turn to the back for an outline of the sermon.

Ice Breaker: What are you most looking forward to this summer?

1. Share one verse that struck you during your Bible reading this week and explain.
2. In the first five verses the Psalmist is expressing a yearning for God from a position of being downcast and in turmoil. Pastor David called it “spiritual depression or anxiety”
 1. What kind of things have made you feel this way in the past? Did you yearn for God in these times or did you seek other relief?
3. Read verses 8-9 together. Notice that the Psalmist is acknowledging God’s steadfast love and calling him his rock, but yet he is also questioning God.
 1. Do you ever feel loved and secure enough with God to ask him why he is allowing trouble and even depression when you know he can bring you out of it?
 1. If yes, tell the group about it.
 2. How might this actually honor God?
4. Where was hope found for this Psalmist? In a deliverance or in a deliverer? Could this impact his heart attitude as he approached God with his inquiry?
 1. Consider the repeated refrain in Ps 42:5, 11 and Ps 43:5.
 1. Consider Col 3:1-4. Share how you see this text speaking to anxiety?
 2. Consider Rom 8:31-39. Share how you see this text speaking to anxiety?
 3. Consider Matt 6:25-33. Share how you see this text speaking to anxiety?
5. What very simple but practical method was the Psalmist using to deal with his emotional state?
 1. Read Lamentations 3:20-24.
 2. What would it take to make this a useful tool for you?

Sermon Idea: “When spiritual anxiety comes, proclaim truth to yourself and worship God.”

- I. Spiritual anxiety is good when we respond with yearning for God. (vv 42:1-5)
- II. Spiritual anxiety, which moves us to question God, in the right way, is okay. (vv 42:6-11)
- III. God’s cure for our spiritual anxiety is simple faith and sincere worship of God. (vv 43:1-5)