

## LIFE GROUP APPLICATION QUESTIONS

## *Psalms Series*

These questions are for the **February 20, 2022**, sermon, "Spiritual Depression, Part 1." Please read the sermon passage (Psalm 42) together out loud.

### Sermon Outline

AS WE CONSIDER THE NATURE OF THE DOWNCAST SOUL, NOTE . . .

1. How the past is being remembered (1-4)
  - a. We become fixated upon yesterday, especially the perceived "good old days."
  - b. We remember how God was seemingly honored "in the past" (but not now).
  - c. And we especially remember our previous role. But it's all "rear view mirror."
2. How the LORD is being viewed (5-8)
  - a. We must teach our eyes to look upward to God.
  - b. We must teach our wills to put our hope in God.
    - i. Therefore, we remember, not the good old days . . .
    - ii. But, that God is good and faithful even in the current 'downcast soul' days.
3. How the questions are being answered (9-11)
  - a. "Has God forgotten me?" And "Where are you God?"
  - b. "I shall again praise him, my salvation and my God." (Note the focus: future.)

### Life Group Discussion Questions

1. Based on #1, above: When we focus on our own perceived glorious or successful role in the victories of yesterday, it's easy to get cynical, critical and to become "downcast" about today. But God is faithful and "the same, yesterday, today and forever." Discuss.
2. Based on #2, above: God is sovereign over successful yesterdays and barren todays. He leads us to victories and valleys. Therefore, revival and encouragement is not about repeating yesterday's successes, but remaining focused on God. In what ways can we fix our eyes on God even when the days (today) feel very barren?
3. Based on #2, above: When we decide to hope in God, it's a conscious decision. What measures can you employ "by day"? And what about "at night"?
4. Based on #3, above: Ultimate salvation may be realized in the land of the living, or maybe not until we see the LORD in eternity. But real spiritual progress seems to come when the psalmist looked to the Lord, decided to hope in him and cried out to him in prayer. The future looks brighter and more beautiful when we remember that the Lord will completely save us. Discuss.