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## Satisfied In You

September 2 & 3, 2023

Psalm 42

**Opener:** Share a time when you had a wonderful “belly-laugh”. If you’re up for it, share a time when you wept deeply.

**Go Deeper:**

1. What is the difference between a “lament” and a “complaint”?
  2. Verses 3-4: The psalmist remembers past times of worship and presence with God. How does corporate worship contribute to your spiritual well-being? How may recalling your own experiences of God's faithfulness during challenging times affect your present attitude?
  3. Verses 5 & 11: Reflect on a recent instance when your soul felt downcast or disturbed. What were the underlying reasons for your emotional state? How might the psalmist's approach of redirecting their focus towards God's hope and praise bring transformation to your own feelings of distress?
  4. Verses 6-7: The psalmist acknowledges their current state of despair and turmoil. What significance does it hold that the psalmist is honest about their emotions with God? How can we strike a balance between expressing our honest feelings and maintaining trust in God's faithfulness?
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**Live it:**

1. How might singing or listening to Christian music affect your soul?
2. Share an experience where you found unexpected moments of rest or glimpses of God's glory in the midst of pain or difficulty. How might you actively seek to see God's glory even in your hardships?
3. Discuss the value of authenticity in your relationship with God. How can you balance expressing your genuine feelings with maintaining trust in God's plan? Are there ways you can incorporate honest prayer and lament into your spiritual practices?
4. Consider ways to practically integrate the awareness of God's presence into your daily routine. How might this mindset transform the way you approach challenges? What practices can you adopt to remind yourself of God's constant companionship?
5. What specifically is God saying to you?
6. What specifically are you going to do about it this week?

**Weekly Bible Readings Nov 20-27, 2022**

Sunday: Psalm 42

Monday: Philippians 3:7-14

Tuesday: Psalm 43

Wednesday: 2 Corinthians 4:7-11; 16-18

Thursday: 2 Corinthians 12:9-10

Friday: Isaiah 40:29-31

Saturday: Psalm 73:26

