
Read: Psalm 42 (ESV)

*42 As a deer pants for flowing streams,
so pants my soul for you, O God.*

*2 My soul thirsts for God,
for the living God.*

When shall I come and appear before God?

*3 My tears have been my food
day and night,
while they say to me all the day long,
“Where is your God?”*

*4 These things I remember,
as I pour out my soul:
how I would go with the throng
and lead them in procession to the house of God
with glad shouts and songs of praise,
a multitude keeping festival.*

*5 Why are you cast down, O my soul,
and why are you in turmoil within me?
Hope in God; for I shall again praise him,
my salvation 6 and my God.*

*My soul is cast down within me;
therefore I remember you
from the land of Jordan and of Hermon,
from Mount Mizar.*

*7 Deep calls to deep
at the roar of your waterfalls;
all your breakers and your waves
have gone over me.*

*8 By day the Lord commands his steadfast love,
and at night his song is with me,
a prayer to the God of my life.*

*9 I say to God, my rock:
“Why have you forgotten me?
Why do I go mourning*



because of the oppression of the enemy?"
10 *As with a deadly wound in my bones,*
my adversaries taunt me,
while they say to me all the day long,
"Where is your God?"

11 *Why are you cast down, O my soul,*
and why are you in turmoil within me?
Hope in God; for I shall again praise him,
my salvation and my God.

(Psalm 42 ESV)

1. Our souls are thirsty & relational. What are some ways we are culturally conditioned to satisfy those needs apart from God?
Food, drink, sexuality, travel, consumerism, materialism, etc.
2. Be honest if you can. How do you attempt to satisfy your soul in these same ways apart from God? How is that working for you?
3. In verse 5, the psalmist interrogates and examines his soul. This is how he determines his true needs. Let's take 5 minutes in silence in prayer, and interrogate your soul. In silence ask God to help you understand what is going on in your soul.

Consider breaking up into smaller groups and share.

4. In verse 11 the psalmist reminds himself of his hope and salvation in God. Take time to invite those in your group to remember how God is the hope and salvation of their souls.

Consider asking one or 2 people to share how God has satisfied their soul in ways nothing else could. Praise Him for this.

