



GOSPEL | COMMUNITY | MISSION

**May 3, 2020**  
**Psalms 42-43**  
**“Preaching to Your Soul”**

**QUESTIONS**

*(potential discussion/conversation questions to use in your GGs this week)*

1. In Verse 4, the Psalmist was lamenting the fact that he could not gather with God’s people.
  - a. Can you relate to this feeling of missing the assembly?
  - b. How has this time of “social distancing” made you appreciate the corporate assembly?
  - c. The Psalmist specifically misses “shouts of praise” with the multitude. Why is musical worship in a public setting particularly encouraging to your soul?
2. This text deals with what many commentators have referred to as “spiritual depression”.
  - a. Why is it an encouragement to see Psalm writers deal with deep feelings of depression?
  - b. How can this text instruct us to respond in moments of depression and doubt?
3. Spurgeon points out that this text seems to express the feelings of “two men” as the Psalmist seems to talk to himself. Spurgeon says, “His faith reasons with his fears; his hope argues with his sorrows.”
  - a. In moments of sorrow and fear, why is it so important to remind yourself of the gospel and about God’s faithfulness?
  - b. What practices do you have in your life to help you, as Pastor Tony said, “take truth to your emotions” and “preach your soul out of the dumps”?
4. Pastor Tony concluded with 5 lessons from this text. 1) He laments, 2) He thinks on the nature and work of God, 3) He remembers past experiences of public worship, 4) He sings, and 5) He preaches to his soul.
  - a. Which of these lessons was most encouraging to your soul?
  - b. Which of these lessons do you need to implement more in your life this week?