



THE 7 RHYTHMS OF ROOTED



DAILY
DEVOTION



PRAYER



FREEDOM FROM
STRONGHOLDS



SACRIFICIAL
GENEROSITY



SERVE THE
COMMUNITY



SHARE YOUR
STORY



CELEBRATION

Week Five: Uncensored (Psalm 42)

Psalm 42 is written from a place of deep discouragement and suffering. It comes from a place of feeling “cast down” and abandoned by God where even your enemies are even questioning your God because of your circumstances.

But...he doesn't wallow in grief. Instead, the psalmist fights for hope. He challenges his own sense of discouragement. He cries out and prays to a God he knows to be faithful in spite of present feelings. He dares to trust God with his uncensored suffering and discovers the depth of God's sustaining comfort and love.

We can only experience real love when we are really known. And we can only find authentic trust when we really know the God we serve—a God who is both infinite and intimate. And somehow, we discover his love is enough.

SMALL GROUP DISCUSSION GUIDE

In your own words, describe what you think the author of the Psalm is experiencing. Have you ever felt something similar? When? What were the circumstances?

What do you long for when you are feeling overwhelmed and discouraged?

Why is knowing God's goodness *before* you try to preach hope to your own heart so important?

How can doubts and discouragement *grow* your faith rather than destroy it?

What spiritual habits or rhythms have you developed that help shift your focus back to God when you are feeling spiritually dry? Share with your group.

Spend concentrated time in prayer using the acronym P.R.A.Y.

Praise - Praise God for who he is and what he has done.

Repent - Recognize where you need to turn from unhealthy or destructive thinking and patterns and turn back to God's way of life.

Ask - Ask for God's intervention on your behalf and on behalf of others.

Yield - Entrust your requests to God's good and perfect response and timing.

For further study: Using the S.O.A.P. method, explore more deeply this week's Psalm.

- Scripture
- Observation
- Application
- Prayer

Our deep need for God (Psalm 42:1-3)

Scripture: Write out the scripture for today. Circle, highlight or somehow mark the words that stand out to you.

Observation: What is going on in this verse? Who is talking? Who is the audience? What is the occasion?

Application: What might God want you to do with what you have observed? How might it change your relationship to him, to yourself, to others?

Prayer: Talk to God about what you're thinking and feeling. Tell him how your heart might be leading you to respond. Ask him for what you might need to be obedient to him and his word.

Bring all questions to God (Psalm 42:4-6)

Scripture: Write out the scripture for today. Circle, highlight or somehow mark the words that stand out to you.

Observation: What is going on in this verse? Who is talking? Who is the audience? What is the occasion?

Application: What might God want you to do with what you have observed? How might it change your relationship to him, to yourself, to others?

Prayer: Talk to God about what you're thinking and feeling. Tell him how your heart might be leading you to respond. Ask him for what you might need to be obedient to him and his word.

Pray in your discouragement (Psalm 7-8)

Scripture: Write out the scripture for today. Circle, highlight or somehow mark the words that stand out to you.

Observation: What is going on in this verse? Who is talking? Who is the audience? What is the occasion?

Application: What might God want you to do with what you have observed? How might it change your relationship to him, to yourself, to others?

Prayer: Talk to God about what you're thinking and feeling. Tell him how your heart might be leading you to respond.

Ask him for what you might need to be obedient to him and his word.

Pour out your heart to God (Psalm 9-10)

Scripture: Write out the scripture for today. Circle, highlight or somehow mark the words that stand out to you.

Observation: What is going on in this verse? Who is talking? Who is the audience? What is the occasion?

Application: What might God want you to do with what you have observed? How might it change your relationship to him, to yourself, to others?

*Prayer: Talk to God about what you're thinking and feeling.
Tell him how your heart might be leading you to respond.
Ask him for what you might need to be obedient to him and
his word.*

Turn your focus to God – (Psalm 42:11)

*Scripture: Write out the scripture for today. Circle, highlight
or somehow mark the words that stand out to you.*

*Observation: What is going on in this verse? Who is talking?
Who is the audience? What is the occasion?*

*Application: What might God want you to do with what you
have observed? How might it change your relationship to
him, to yourself, to others?*

*Prayer: Talk to God about what you're thinking and feeling.
Tell him how your heart might be leading you to respond.
Ask him for what you might need to be obedient to him and
his word.*
