



Lesson 8 — When Growth Doesn't Feel Like Growth

Psalm 42:1–11 · Habakkuk 3:16–19 · 2 Corinthians 4:7–10

Name _____

Date _____

A flat stretch doesn't prove God has stopped working on you.

Follow Along

1. Back in Lesson 1, what you feel in a given week was called _____.
2. Psalm 42 belongs to the sons of _____, Levites who sang and kept the doors.
3. Psalm 42:6 — “I am deeply depressed; therefore I _____ you.”
4. Psalm 42:7 — he calls the waves your _____, so even the flood belongs to God.
5. Psalm 42:5 — in the refrain the psalmist talks back to his own _____.
6. Psalm 42:9 — even while he complains, he calls God my _____.
7. Habakkuk 3:18 — six things fail, and one word turns the sentence: _____.
8. 2 Corinthians 4:7 — the treasure of the gospel is kept in _____ jars.
9. 2 Corinthians 4:8 — perplexed, but not in _____.

Three Who Kept Hoping

Write what each one said while the feeling stayed flat.

THE PSALMIST

HABAKKUK

PAUL

Psalm 42:5

Habakkuk 3:18

2 Corinthians 4:8

Answering Back

Read each line, then write what it tells you to do in a flat week.

THE WORDS

WHAT IT TELLS YOU

Psalm 42:4

I remember ... leading the festive procession

Psalm 42:6

therefore I remember you

Habakkuk 3:16

I trembled within

Habakkuk 3:19

he makes my feet like those of a deer

The Arrival of Titus

But God, who comforts the downcast, comforted us by the arrival of Titus, 2 Corinthians 7:6.

Who has been a Titus to you in a dry stretch? Who near you might need you to show up this week?

What You Tell Your Soul

Four questions to take home. Nobody reads these but you.

1 How long has your flat season lasted, and what have you been telling yourself it means?

2 When the week goes flat, which memory do you reach for: how it used to feel, or who God is?

3 Write your own version of the refrain in Psalm 42:5. Ask your soul why, then tell it what to do.

4 Name two things that are true about God this week whether you feel them or not.

Two Things Before Sunday

☐ Memorize Psalm 42:5. Say it out loud every morning before you pray, and again any time the week goes flat. Keep the habit you chose in Lesson 7, especially on the days it seems to be doing nothing.

☐ Read Romans 5:1–11 and 1 Peter 1:3–9 before next class. In Romans 5, count how many times Paul says we boast, and notice what each boast is in.