

HOPE FOR THE DOWNCAST SOUL

PSALM 42

Pastor/Elder Ed Dannemiller ■ Grace Bible Church ■ June 14, 2026

- I. A healthy Christian _____ for God alone.
(1-2)
John 7:37-38, Psalm 119:10
- II. Be aware of the causes of _____ noted
in this psalm.
1. The psalmist suffered the _____ of
his enemies (v 3)
 2. Malicious _____ (43:1)
 3. Fear that God really had _____
him (9)
- III. Preach a biblical hope in God _____ to
ourselves. (repeated 3 times)
1. Be encouraged with the _____
of God. (vv 9, 2, 4)
 2. Preach God's sovereign _____ to
your soul. (8)
 3. Depend on the means of God's grace - His
_____. (43:3)

Psalm 42

To the choirmaster. A Maskil of the Sons of Korah.

¹ 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.

DISCUSSION QUESTIONS

These questions are for further study and application of today's text of Scripture. Thoughtfully writing out the answers to these questions will help to drive home the point of today's study. One of the best ways to grow as a disciple is by discussing these types of questions in a small group. Find a small group here: gracebiblecw.com/lifegroup or ask someone next to you if you can join their group!

- 1) Do you find yourself often drinking from the fountains of the world and too little from the river of God? Read John 7:37-38. Jesus encourages us to come to him and drink. What does this mean? How do rivers of living water flow from our hearts?
- 2) This passage gives three causes of depression. The taunts of enemies, malicious assaults, and wondering if God has in fact abandoned us. Which of these have you personally experienced? Be willing to share your struggle with faithful friends.
- 3) What have you done to combat depression? What does the world recommend in combatting depression?
- 4) Why is it so important to preach biblical hope in God to our soul often? Martin Lloyd Jones states we need to "take ourselves in hand, to address yourself, preach to yourself, question yourself. You must say to your soul, Why are you cast down?" Why is this preaching to ourselves important?
- 5) Make a list of the attributes of God. How has meditating on these been helpful to you?
- 6) What does it mean to preach God's sovereign grace to your soul? Jesus lived a perfect, righteous life on our behalf to meet all the demands of the law because He knew we could not measure up in our sin. He promised mercy on all of us who call on him in faith and repentance, and His grace for us in certain.
- 7) The means of God's grace is through His Word. Discern the promises of God and grasp it fiercely. How has grasping God's Word been a comfort to you?
- 8) CS Lewis stated, "the problem with people is not that they demand too much, but that they settle for too little." What does this mean?