

# Hope in the Heaviness Discussion Questions

Psalm 42

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May 4-5, 2024

1. Have you ever thought that since you were a Christian everything should be easy or if you were in God's will everything would go smoothly? Is this correct thinking? Why or why not?
2. What does Scripture promise to those who follow Christ? Why are we promised these things?
3. Why do we start to question God's goodness and love when we are suffering?
4. How does God use our suffering to bring Him glory? Does this seem arrogant of God to get glory from our suffering? Why or why not?
5. How does Jesus make all of our suffering worth it all?
6. What causes us to get in such a position to cry out to God and feel like a deer panting for water? How do we once again become near to God and satisfied in His presence?
7. Have you ever felt like the Psalmist, and felt like things just keep coming at you, wave after wave, and you don't even have a chance to catch your breath? What do we do in times like this?
8. What can we say to people when our circumstances look so bad, and people are asking "Where is your God?"
9. What are the good things God has done for you? What can we remember about God's character and who He is in our difficult times?
10. What things do we need to preach to ourselves when we face difficult times? Do you say the truth of God's word out loud to yourself? Why or why not?
11. How does speaking the truth about God combat our down cast souls?
12. How does God offer you hope even in your difficult circumstances?
13. Why is God worthy of praise? Is this true when you are suffering, when Christians are being persecuted?
14. How does remembering our salvation and what Christ did for us make it easier for us to go through our hardships?
15. How is God personal?
16. What does it mean that God is sovereign? Why don't we like this sometimes when we are going through difficulties? Why does God allow us to go through these trials?
17. Do you sing songs of praise to God when you are suffering, when you can't sleep at night because of the worries that keep you awake? Why or why not? What comfort does this bring to you if you do?
18. Is God still trustworthy when He allows us to suffer? Why or why not?
19. How is God your rock?
20. Does your soul ever feel downcast because of other people's eternal destiny? Why or why not?