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25 Oct 26 | When My Soul Is Overwhelmed | Psalm 42-43 | Nelson Schonfeldt

Groups & Families Discussion Questions

Follow along with the sermon and use these questions to dive a little deeper with your group, with your families at home or for your own personal reflection.

Sermon Notes: Can you identify the main point, the subpoints and application of today's message?

Life Group Questions

1. Conversation Starter: What's the cheesiest song you remember from your childhood? (Bonus points if you sing it!)

2. Read Psalm 42–43. What are some of the things the Psalmist is struggling with? How does his experience challenge the idea that Christians should always be happy?

3. Why do you think Christians sometimes find it difficult to express their pain, disappointment, or frustration honestly to God? Is there a difference between lamenting to God and complaining against God? Where might we draw that line?

4. In Psalm 42:6, the Psalmist deliberately remembers God. Throughout these Psalms, he describes God as his Rock, Stronghold, Saviour, and source of joy. How does remembering *who God is* help us when our circumstances seem to suggest that He is absent or doesn't care? What truths about God are particularly important to remember when we're suffering?

5. What does it practically mean to 'preach to your soul' rather than simply listen to it? How can we do this without dismissing or suppressing the very real emotions we're experiencing?

6. The Psalmist's circumstances haven't changed by the end of Psalm 43, yet he continues to express hope in God. How is biblical hope different from optimism or positive thinking? How might this change the way we pray for ourselves or encourage someone else who is going through a difficult season?

7. The Psalmist remembers worshipping with God's people (42:4) and longs to return to God's presence (43:3–4). Why is Christian community particularly important when we're suffering, even though withdrawing from others can feel easier? How can we practically help one another to keep hoping in God when life is overwhelming?