



# PSALMS

**Singing the prayer book of God's people.**

# Big Idea

Though changing circumstances will naturally causes us grief, and we ought not to condemn the experience of loss, we can be sure that God will meet the deepest longings of our soul, and so we can learn to rest content in Him.

# Application

**Necessary Application:** In times of grief, don't bury your sorrows, but practice dialogue with your soul – connecting with your inmost self to express pain and stir your soul to hope in God.

**Possible Application:** Grief that's left unexpressed is a wound left to fester – pray openly to God and share with others.

**Impossible Application:** God wants you to bury your pain, it's better left unsaid. It's OK to find ways to numb the pain and distract you from facing hurts.

# To think about...

1. What are at least three problems the psalmist is facing? How many can we identify with at the moment?
2. How does Jesus and his finished, saving work deal with all these problems for us?
3. What is the answer to the questions, "Where can I go and meet with God?" and "Where is your God?" How do your answers to these questions affect your life right now?

# Relate

This might mean sharing a meal. It might mean sharing tea/coffee/dessert. This is time to catch up and share life.

# Review

## Read Psalm 42-43

Going around the room, so each person gets to speak, share one sentence reflecting on the bible talk/bible reading. What was most helpful to you?

# Reflect

What does this mean to me?

What are the significant issues that were raised for you personally?

Are there questions that stand out for you more than others?

What did others think was the main issue and why?

# React

What do you feel about what is being said in this passage?  
How does it impact you emotionally?

# Respond

What is one area where God might be challenging you to make a change?

# Pray