

Foundations of Faith Teaching Series

Questions for Discussion

November 8

Put Your Hope in God (Psalm 42)

Warm Up

Recap last week and ask people how they got on with their applications.

1 What comes into your mind when you think of the word 'hope'?

2 What's something, however small, that you are hoping for this week?

Unpacking the Passage

3 Read slowly through the Psalm together asking people to try and enter the world of the writer. How he feels, his questions, his inner conversation, his cries to God.

Ask each to share what stood out to them and where they identified with the Psalmist.

4 What do we learn about spiritual longing from verses 1 and 2?

5 The Psalmist is struggling, God seems distant. How does he express his feelings?

6 What seems to help him in his anguish?

7 What do you think the phrase, 'I have put my hope in God' means? What do you think the Psalmist is looking for from the Lord?

8 The Psalmist is conflicted and in emotional turmoil. How do we see faith, hope and doubt existing together? Does hoping in God mean everything will turn out OK?

Getting Practical

9 How can this Psalm help us or others who are struggling with faith or life issues? How can we follow the Psalmist's example? What practical steps could we take when God seems far away?

10 The Bible says we should not lose hope. How can we grow in hope, even when things are tough? How can we support one another?

And Finally…

What are 1 or 2 key things you will take away from this discussion? What has God spoken to you about?