

# Summer Psalms: Psalm 42

## Life Steps | August 6 & 7, 2016

### Day 1

### Psalm 42

The psalmist is real, speaking openly and transparently with God. What words does he use to tell God how he is feeling? Record in your journal. If you are or have experienced depression, circle the words which best describe your depressed emotions? Memorize Psalm 23 this week.

### Day 2

### Psalm 43

Why was the author of Psalm 42 & 43 discouraged or depressed? What kinds of life experiences are likely to discourage you and throw you into depression?

### Day 3

### Psalm 42 & 43

What did the Psalmist ask God to do for him? Journal what do you want God to do for you in your current emotional state. Recite Psalm 1 from memory.

### Day 4

### Psalm 42: 4, 8 & Psalm 77

The psalmist recalls certain experiences of God's love, times of intimacy and fellowship with the Lord. How might such a discipline help us combat discouragement and depression? Explain. How might remembering what God has done in the past strengthen our faith in the present? Psalm 23 memory work

### Day 5

### Psalm 42:5, 11; 43:5 & Romans 8:28-39

Much of life's misery can be attributed to the fact that we listen to ourselves more than we speak to ourselves. What did the psalmist speak to his soul to help in his recovery? Journal what God would want you to speak to yourself about your current life circumstance.

### Day 6

### Psalm 42:9-11; 43:5 & Romans 5:1-5 & Job 6:26

Neither Psalm 42 nor 43 ends with the psalmist filled with joy. What does this teach us about how to respond to people who are discouraged or depressed? How do these passages offer hope to the broken hearted? What action steps will you take to move out of your own discouragement?

### Day 7

### Psalm 42: 1-2 & Psalm 63:1 & John 4:1-14

The psalmist compares God to water. Journal every way you can think of that God is like water. (Revelation 21:6; 22:17, Jeremiah 22:17) Journal the challenges you would face if having to live without water. Describe a time you were thirsty for God and how your thirst was quenched. Recite Psalm 23