



A Song in the Night
PSALM 42

*“Why are you cast down, O my soul,
and why are you in turmoil within me?
Hope in God; for I shall again praise him,
my salvation and my God.
(Psalm 42:5, 11)*

Psalm 42 is the cry of a man wrestling with despair yet clinging to hope in God. This is a Psalm that gives us words to sing when it feels like the night won't end.

(1) TRACKING OUR WAY THROUGH THIS SONG VIA 4 KEY WORDS

- I. *Longing* (v.1-2)
- II. *Anguish* (v. 3, 7, 9-10)
- III. *Remember* (v. 4, 6, 8)
- IV. *Hope* (v. 5, 11)

(2) SIX TAKE-AWAYS

- I. *Check your _____.*
- II. *Be honest with God about your _____, but don't let them have the last word.*
- III. *Talk to _____.*
- IV. *Looking _____ can help you move _____ in faith.*
- V. *When you feel far from God, stay close to the _____ of God.*
- VI. *Fix your eyes on _____ and His _____.*

“...for I shall again praise Him...”

*Hope is hearing the music of the future;
faith is dancing to it today.*

REFLECTION + DISCUSSION QUESTIONS

1. What are some “substitute” wells (distractions, habits, escapes) people tend to run to when life feels dry? (What wells do you run to?)
2. How easy or difficult is it for you to be honest with God about your emotions?
3. What negative ‘self-talk’ tends to replay in your mind during dark seasons? What promises of God can you preach to yourself to answer those lies?
4. Think of a time when God’s presence was especially real to you. How can remembering that fuel hope now?
5. Is there a song, hymn, or Scripture passage that has carried you through dark times? How can these (songs, hymns, Scripture passages) serve as weapons in times of discouragement?
6. How do you balance raw honesty to God with unshaken trust in God?
7. When you’re discouraged, do you tend to lean into or withdraw from the people of God? What step could you take to let others walk with you in your present struggles?
8. How does praising God in hard times shift a person’s perspective?
9. What does it mean for you to say, “*Yet I shall again praise Him*” in your current season?
10. What’s one specific way you could choose praise in your current situation?