

Discussion Guide

1. Has this study of discouragement been encouraging? If so how? Can you give examples?
2. What do we learn from Psalm 42 about the order of our feelings and our thinking?
3. In times of suffering, have you wondered why God didn't answer? How did you feel?
4. What do we mean that overcoming despair requires that we confront our feelings with thoughts of God?
5. Why is it so vital that we understand God's sovereignty over our suffering?
6. Which of the six lies have you struggled with the most?

ANSWERS: Thinking, Feelings, Feelings, Thinking, confront, moment-by-moment, battle, God, deny, sings, Meditat



Lesson: Two

Series: The way up when you are down

Title: Has God Abandoned Me?

Text: Psalm 42

Date: February 28, 2021

Psalm 42 For the choir director. A Maskil of the sons of Korah. 1 As the deer pants for the water brooks, So my soul pants for You, O God. 2 My soul thirsts for God, for the living God; When shall I come and appear before God? 3 My tears have been my food day and night, While they say to me all day long, "Where is your God?" 4 These things I remember and I pour out my soul within me. For I used to go along with the throng and lead them in procession to the house of God, With the voice of joy and thanksgiving, a multitude keeping festival.

5 Why are you in despair, O my soul? And why have you become disturbed within me? Hope in God, for I shall again praise Him For the help of His presence. 6 O my God, my soul is in despair within me; Therefore I remember You from the land of the Jordan And the peaks of Hermon, from Mount Mizar. 7 Deep calls to deep at the sound of Your waterfalls; All Your breakers and Your waves have rolled over me. 8 The Lord will command His lovingkindness in the daytime; And His song will be with me in the night, A prayer to the God of my life.

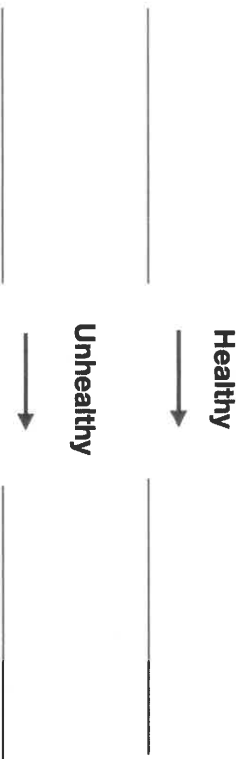
9 I will say to God my rock, "Why have You forgotten me? Why do I go mourning because of the oppression of the enemy?" 10 As a shattering of my bones, my adversaries revile me, While they say to me all day long, "Where is your

God?" 11 Why are you in despair, O my soul? And why have you become disturbed within me? Hope in God, for I shall yet praise Him, The help of my countenance and my God.

For the choir director. A Maskil of the sons of Korah

"the sons of Korah"

"Maskil"



Lie # 6 - "I can do it on my own"

Hebrews 10:23-25 Let us hold fast the confession of our hope without wavering, for He who promised is faithful; 24 and let us consider how to stimulate one another to love and good deeds, 25 not forsaking our own encouraging one another; and all the more as you see the day drawing near.

"habit"

Lie # 4 - "God is punishing me"

Hebrews 12:6 For those whom the Lord **loves** He disciplines, And He scourges every son whom He receives."

11 All discipline for the moment seems not to be joyful, but sorrowful; yet to those who have been trained by it, afterwards it yields the peaceful fruit of righteousness.

HIS CIRCUMSTANCES

His enemies are mocking him.

3 My tears have been my food day and night, While they say to me all day long, "**Where is your God?**"

10 As a shattering of my bones, my adversaries **revile me**, While they say to me all day long, "**Where is your God?**"

He lost his job.

4 These things I remember and I pour out my soul within me. For **Lusted to go** along with the throng and lead them in procession to the house of God, With the voice of joy and thanksgiving, a multitude keeping festival.

1 Corinthians 10:13 No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted **beyond what you are able**, but with the temptation will provide the way of escape also, so that you will be able to endure it.

He has been exiled from Jerusalem:

6 O my God, my soul is in despair within me; Therefore I **remember You** from the land of the Jordan And the peaks of Hermon, from Mount Mizar.

Feelings of abandonment are common:

Psalm 13:1 How long, O Lord? Will You **forget me forever?** How long will You **hide Your face** from me?2 How long shall I take counsel in my soul, Having sorrow in my heart all the day? How long will my enemy be exalted over me?

Psalm 31:12 I am **forgotten** as a dead man, out of mind; I am like a broken vessel.

Psalm 43:2 For You are the God of my strength; why have You **rejected me**? Why do I go mourning because of the oppression of the enemy?

Psalm 89:38 But You have **cast off and rejected**. You have been **full of wrath** against Your anointed.

Psalm 44:9 Yet You have **rejected us** and brought us to **dishonor**. And do **not go out with our armies**.

Psalm 77:9 Has God **forgotten to be gracious**, Or has He in anger **withdrawn His compassion**? Selah.

Psalm 88:14 O Lord, why do You **reject my soul**? Why do You **hide Your face** from me?

HIS FEELINGS

3 My **tears** have been my food **day and night**.

5 Why are you in **despair**, O my soul? And why have you become **disturbed** within me?

7 Deep calls to deep at the sound of Your waterfalls;
All Your breakers and Your waves have **rolled over me**

11 Why are you in **despair**, O my soul? And why have you become **disturbed** within me?

Lie # 2 - "There's nothing good about this"

Romans 8:28-29 And we know that God causes **all things to work together for good** to those who love God, to those who are called according to His purpose. 29 For those whom He foreknew, He also predestined **to become conformed to the image of His Son**, so that He would be the firstborn among many brethren;

Lie # 3 - "My happiness depends on people"

Galatians 1:10 For am I now seeking the favor of men, or of God? Or am I striving to please men? If I were still trying to please men, I would not be a bond-servant of Christ.

Ephesians 6:12 For our struggle is not against flesh and blood, but against the rulers, against the powers, against the world forces of this darkness, against the spiritual forces of wickedness in the heavenly places.

Music has the power to bring relief and refreshment .

1 Samuel 16:23 So it came about whenever the evil spirit from God came to Saul, David would take the harp and play it with his hand; and Saul would be refreshed and be well, and the evil spirit would depart from him.

David's music brought about temporary relief from the severe agony that Saul was experiencing.

The key anecdote for fighting discouragement.

1. _____ on God's Word that confronts the lies that feed discouragement.

Lie # 1 - "God has abandoned me"

Deuteronomy 31:6-8 "Be strong and courageous, do not be afraid or tremble at them, for the Lord your God is the one who goes with you. He will not fail you or forsake you."

He hasn't given up.

5 Why are you in despair, O my soul? And why have you become disturbed within me? Hope in God, for I shall again praise Him For the help of His presence.

6 O my God, my soul is in despair within me; Therefore I remember You from the land of the Jordan And the peaks of Hermon, from Mount Mizar

11 Why are you in despair, O my soul? And why have you become disturbed within me? Hope in God, for I shall yet praise Him, The help of my countenance and my God.

He hasn't given up because he knows God.

- (1) - his soul pants for God
- (2) - his soul thirsts for God, wants to be with Him and calls Him the living God
- (5) - his hope is in God - wants to praise Him again
- (6) - he calls him "my God"
- (8) - he calls Him "God of my life"
- (9) - he calls him "my rock"
- (11) - he again hopes in God, wants to praise him. knows that He's the help for his countenance

The key to overcoming discouragement and

depression is to _____ **our feelings** with thoughts of God.

Verse 5 – “despair” → “Hope in God” → “I shall again
“disturbed” → “I shall praise Him”

Verse 6 – “despair” → “I remember You”

Verse 11 – “despair” → “Hope in God” → “I shall yet
“disturbed” → “I shall yet praise Him”

Overcoming discouragement may be a

_____ battle.

It's the _____ for faith that grows the
muscle of faith.

Why doesn't God answer?

James 1:2-4 Consider it all joy, my brethren, when you
encounter various trials, 3 knowing that the testing of your
faith produces endurance. 4 And let endurance have its
perfect result, so that you may be perfect and complete,
lacking in nothing.

7 Deep calls to deep at the sound of Your waterfalls; All Your
breakers and Your waves have rolled over me.

He knows his depressing circumstances are coming
from _____.

To strip God of His rightful sovereignty over the
waves of life is to _____ ourselves of hope.

8 The Lord will command His lovingkindness in the daytime;
And His song will be with me in the night, A prayer to the God
of my life.

He _____

Psalms 98:4-6 Shout joyfully to the Lord, all the earth; Break
forth and sing for joy and sing praises. 5 Sing praises to
the Lord with the lyre, With the lyre and the sound of
melody. 6 With trumpets and the sound of the horn Shout
joyfully before the King, the Lord.