

Sunday, June 7, 2020

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Psalm 42 & 43: Finding Hope in Sorrow and Loss

Psalm 42 & 43

The Psalms are what we need right now. They are medicine for our soul.

Psalm 42 & 43 speak of life lived in exile, of life interrupted. They teach us how to live with hope in the midst of losses and unchanging circumstances.

We learn three things about how to find hope when struggling with hopelessness.

1. Being honest about our suffering

We live in Exile

God invites us to be ourselves with Him

2. Remembering God in our pain

Focus on God who is behind all of our struggles

We are part of God's story in the world

3. Praying for our longings

Suffering shapes our longings for God Himself

God's longing for us

Questions for Reflection and Application

1. How honest are you in bringing your troubles to God? Are you hesitant to do so? If so, why? How can you begin to change this pattern?
2. What is your personal default setting when trouble comes? What do you need to do to learn to "remember God" and focus on him as a way to grow through suffering?
3. Do you long for God, or for his blessings? Do you see the difference? What might be 1-2 things to consider to grow in your longing for Him?