HOPE FOR THE TROUBLED SOUL

Psalm 42:1-11 // November 1, 2026 AM

The troubled soul is kept from despair by actively turning to God.

I. Hope despite your *distance* from God (vv. 1-5).

II. Hope despite your *distress* from God (vv. 6-11).

QUESTIONS FOR FAMILY WORSHIP

1. What is depression and anxiety? Can faithful followers of Jesus struggle with these things?
2. Who were the sons of Korah? Why is this son of Korah lamenting?
3. If God is with the psalmist, why is he so desirous to appear before God? How does this apply to us under the new covenant?
4. What does it mean to pour out our souls (v. 4)? How does this take us to the heart of true prayer and deliver us from cold and formulaic approaches to God?
5. Lloyd-Jones said we should talk to ourselves instead of listening to ourselves. What did he mean? How does the psalmist do this?
6. How is this song ultimately Jesus's? Where does He allude to it during His ministry?
7. What is hope, and why can we have it in the midst of life's troubles?

QUESTIONS FOR PRIVATE REFLECTION

1. Do I struggle with depression or anxiety? If so, what are the causes, and how is this song a comfort and help?
2. Why do we often seek a quick fix in our troubles? Why is God often slow to "fix" us and our circumstances? How is that helpfully demonstrated in Psalm 42?
3. Is my default to listen to myself or to talk to myself? How could I grow in preaching to my own soul like the psalmist does?