

## LIFE GROUP NOTES:

Week Beginning 17<sup>th</sup> February 2019

(Psalm 42-43)

### 'DOWN IS NOT OUT'

Guy Mitchell was '*Singing the blues*' in the 1950's having lost the love of one whose love he didn't want to lose.

**Q.** WHEN do you most feel like singing the blues and WHY?

**Q.** WHAT do you do mostly when you feel down and out?

**Q.** HOW does the feeling of being overwhelmed capture you?

**THE REALITY** is that people do get down.

**Q.** WHY might (Psalms 42&43) be just one in reality?

**Q.** WHY did the writer of (Psalms 42&43) get down?

**Q.** DOES the psalmist stay silent about his feelings of abandonment?

The Psalmist repeatedly asks himself "Why am I so down?"

**Q.** WHY do you think our hearts can be discouraged even when our minds don't understand why?

**THE REASONS** for people getting down:

**Q.** WHAT do you think the reason is in (Vs.1-2) and HOW can you relate to that and HOW does (Proverbs 13:12) speak to it too?

**Q.** WHAT do you think the reason is in (Vs.3, 10 & Psalm 43:2) and HOW does (Proverbs 12:25) help here?

**Q.** HOW does our own memory (Vs.4) take us down at times?

**Q.** WHAT does the picture given us in (Vs.7) teach us about WHY we might get down now and again? (Consider 2 Cor. 11:27-28)

**THE RESULTS** of people being down:

Try to highlight the various words in this Psalm that best describe

WHAT being down meant for the Psalmist here. eg: (Vs.3) "*Tears*"

**THE REMEDY** to people being down:

Our composer is thirsty for fellowship with the living God; a once regular experience, now a distant memory.

**Q. WHAT** are the streams of water people pant for instead of God for their refreshment and restoration from the blues? TV? Facebook?

The Psalmist says a prayer to: *“the God of my life”* (Psalm 42:8).

**Q. WHAT** are some ways we can invite God into all the parts of our life.

**Q. HOW** are some ways you can invite God into your discouragement?

**Q. WHAT** sort of things do you find helpful to remember when you find yourself in a down time? (Vs. 4 & John 4:13)

**Q. HOW** is the theme of hope and salvation more complete for us now than it was during the time of the Psalmist?

**Q. HOW** can we set our hope on God whilst we're down & in difficulty?

**PRAY for those you know that are down at present so they will know even in being down, the hope that .. DOWN IS NOT OUT!**