

Starter Question: Please share a time in your life when you carried a load of sadness.

1. Read Psalm 42:1-2
2. When you think about that sad time in your life, did you long to hear from God? Why or why not?
3. Read Psalm 42:3
4. How would you describe the pain of sadness? What hurts the most?
5. Read Psalm 42:4
6. Do you see sadness as a problem to fix or a journey to take? Why?
7. Read Psalm 42:5-8
8. In your opinion, what makes it hard to turn to God when you are sad? What promises help you turn toward God instead of away from God?
9. Read Psalm 42:9-10
10. Describe how the absence of God feels.
11. Read Psalm 42:11
12. What sadness do you need to bring to God right now?