



## Why Are You Cast Down, O My Soul?

Psalm 42

Sunday, April 26, 2020

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### 2. Make yourself \_\_\_\_\_

The Psalmist remembers past blessings:

- The \_\_\_\_\_ of God's \_\_\_\_\_
- The \_\_\_\_\_ of God's \_\_\_\_\_

How will you remember God's past blessings this week?

### 3. Take yourself to \_\_\_\_\_

- \_\_\_\_\_ to yourself
- Teach yourself to \_\_\_\_\_

What do you need say to your soul today? How is your hope barometer today?

### 1. Let Yourself \_\_\_\_\_

The Psalmist describes his soul in 4 ways:

- I'm \_\_\_\_\_
- I'm \_\_\_\_\_
- I'm \_\_\_\_\_
- I'm \_\_\_\_\_

What you are feeling in these strange, uncertain days?



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*Growth Groups are the glue which holds our church together, the way we find and follow Jesus together. If you are not involved in a Growth Group, now is the time to jump in at [gracecentralcoast.org](http://gracecentralcoast.org).*

*This year, our aim is to see our Growth Groups embody our 3-fold identity as followers of Jesus: Family, Servant, and Missionary. To that end, we're framing our Growth Group Interaction Guide to help groups move in that direction.*

*During the COVID-19 crisis our groups are meeting virtually using Zoom and other online platforms.*

### Connecting Together

*It was a beautiful week! How did you get outside this week?*

### Digging into God's Word & the Message Together

1. Read Psalm 42 together. How did you come under God's Word in the text and message this week? How did God speak to you? What did you learn or what were you reminded of in this study?
2. Generally, how in touch with your feelings are you? Do you "let yourself go" and express your feelings? If so, how and when? What have you been feeling these days?

3. What are the ways you "make yourself remember" God's past blessings? What are some of the blessings you've been reflecting on?
4. How in touch and aware are you of the constant "self talk" happening in your head? Do you think you spend more time listening to yourself or talking to yourself? What do you need to say to yourself in these days?
5. **Your Growth Group as a Family:** What are practical ways your group can help one another "hope in God" in these crazy days? How is that going?
6. **Your Growth Group as a Servant/Missionary:** What do you discern is the climate and vibe of those in the broader surrounding community? What do not-yet-Christians hope in if they don't hope in God? Who in your circle needs to hear that there is hope in God? How will you reach out to them this week?

### Praying Together

- With Psalm 42 in hand, use your prayer time together to let yourself go, make yourself remember and take yourself to God.
- Pray for one another's needs.