

Discussion Questions for Ohana Groups
(Week of August 4th, 2019)

Summer Psalms: "Spiritual Valleys"
Psalm 42 and 43

Overview: Psalm 42 and 43 is a "lament psalm" that teaches us how to deal with feelings of loneliness and despair. The psalmist reminds us that we are to constantly remind ourselves of God's faithfulness and seek after his love and goodness.

Ice Breaker

What do you find best quenches your thirst? (cup of tea, Gatorade, soda, etc.)

Bible: Read Psalm 42 and 43

1. How often does the psalmist refer to "God?" What other "names" are used to describe God?
2. What do you think it means to "thirst" or "desperately seek" after God?
3. How many times is the "chorus" in v. 5 repeated throughout the psalm? Why is this refrain important?
4. How does the psalmist describe the progression of the "highs" and "lows" of life?
5. What kind of "remedies" does the psalmist exemplify as he deals with frustration, despair, and hopelessness?

Application

1. When in your life have you felt distant or separated from God? What caused you to feel this way?
2. What do the psalms teach us about how we deal with our feelings?
3. When we feel overwhelmed with despair, how can we take every thought captive in Christ (2 Corinthians 10:5), and rest in God's promises of love and restoration?
4. What specific reminders does the psalmist give us of God's faithfulness and goodness. How can we "preach" to our souls?

Pray

1. Pray over those who are experiencing "spiritual droughts," and that God will fill them with "living water!"
2. Pray for all the new and existing Ohana Groups that will begin this season and for leaders, hosts and group members.
3. Pray for the "We Believe" Sunday School class beginning Aug. 4th!

Got questions or need help? Call or Email Pastor John Barrow
(808)-841-7022 john.barrow@kalahiunion.org

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