

Psalm 42:1-5

1. Trust and disappointment can be companions.

“In a healthy life with God, doubts, fears, and questions are not to be suppressed or avoided. Instead, we are to welcome them as agitators that stir our hearts and kindle faith into a glowing fire once again.” –Skye Jethani

Psalm 42:6-11

2. Disappointment in life does not change God, it changes us.

Psalm 43:1-5

3. Reset is not a one-time event.

“No one is more influential in your life than you are because no one talks to you more than you do. Its a fact that you and I are in an endless conversation with ourselves. Most of us have learned that its best not to move our lips because people will think we are crazy, but we never stop talking to ourselves.” –Paul Tripp

“We need to preach the gospel... every day... to ourselves.” –Jerry Bridges

“Why am I discouraged? Why is my heart so sad? I will put my hope in God! I will praise him again—my Savior and my God!” (Psalm 43:5)

Small Group Outline & Discussion Questions

Connect:

Have each person share a high and low from this past week.

Consider:

Bring our disappointment to God, navigating through it by rehearsing His truth & promises.

Choose one or two questions for your group to discuss as time allows.

- ▶ Read Psalms 42:6-11. How can we experience the Lord pouring out his unfailing love?
- ▶ Pastor Chris mentioned that trust and disappointment can exist at the same time. What does trust look like in your life today in the midst of your disappointment?
- ▶ How do you feel when it seems to others that God is not doing his part? How do you navigate those conversations?
- ▶ What is a situation you find yourself in where you were wishing it was “how it used to be” that could prevent you from seeing what God is doing today?
- ▶ Read Matthew 27:46 and Psalms 42:9. How is Jesus’ “why” on the cross different from the “why’s” of our disappointments? How are they the same?

Commit:

Spend 1-2 minutes in silence with these questions then share your thoughts.

What do you enjoy doing outdoors? What things can you plan to do more of this week to enjoy God’s love for you through nature?

Care:

Thank God for the highs mentioned earlier and remember the lows in prayer.

Recite together the repeated passage as a benediction, and pray for each other asking God to guide us in his light and truth.

“Why am I discouraged? Why is my heart so sad? I will put my hope in God! I will praise him again—my Savior and my God!”