

Women's Bible Study
Discussion Questions

Psalms 42 and 43

1. Read Psalm 42 and 43 together and then describe the psalmist's situation. What does he request? How does Psalm 43 continue and complete the theme begun in Psalm 42?
2. Consider the image of the thirsty deer and the flowing stream. What circumstances do they depict? Describe a time in your life when you have had the same desire. How was that need met?
3. Psalm 42:5 and 11 and 43:5 form a refrain for this psalm. List in your own words the key thoughts of this refrain. How can they help you in the midst of spiritual depression?
4. Describe in your own words the past spiritual experience of the writer of Psalm 42. What specific lessons about the Christian life can we learn from his past and present experience? In what/whom can the believer place his trust in the midst of persecution?
5. What circumstances tend to make you depressed? Choose one. What specific things did you talk with God and others about in your despair? Based on the lessons of psalms 42 and 43, what specific steps can you take to cope with your depression? Consider asking a friend to pray with you about this.