

THE DISCIPLINE OF SEEKING GOD

Psalm 42 & 43

MAIN IDEAS FROM THIS WEEK

1. EVERYONE EXPERIENCES SPIRITUAL DROUGHT
2. FACTORS THAT CAN LEAD TO SPIRITUAL DROUGHT
 - DISCONNECTION FROM COMMUNITY
 - DISRUPTION OF REALITY
 - DETERIORATION PHYSICALLY
3. HOW TO RESPOND TO SPIRITUAL DROUGHT
 - POUR OUT YOUR SOUL
 - EVALUATE YOUR HOPES
 - REMEMBER THE TRUTH OF GOD'S LOVE AND GRACE
 - PREACH THE GOSPEL TO YOUR SOUL

DISCUSSION QUESTIONS – Pick one or two of these to talk about as a group

1. What stood out to you most from this week's message? Why?
2. The first main idea this week was that "Everyone experiences spiritual drought." Describe a time when you experienced "spiritual drought" (i.e. a time when you couldn't feel the presence of God). How did you respond?
3. The three factors that can lead to spiritual drought that we looked at from Psalm 42 and 43 are 1) Disconnection from Community 2) Disruption of Reality and 3) Deterioration Physically. Which of these three factors have you been experiencing recently in your life?
4. Three times in Psalm 42 and 43 we see the psalmist being deeply introspective and evaluating where his hope is (Psalm 42:5,11 and 43:5). When was the last time you evaluated where you were placing your hope? What is your method for evaluating your hopes?
5. One of our responses to spiritual drought should be remembering God's faithful love and grace. What are three specific moments in your life that you can look back on and see God's faithfulness?
6. **OPEN DISCUSSION:** Take some time to have an open-ended discussion about spiritual drought. You can talk about its causes, your personal experience with it, how you've responded to it and different truths you hold onto as you go through it.

A TRUTH TO TAKE WITH YOU: You can seek God even when you're going through a spiritual drought.