**Psalm 42**

*Waging War Against the Stubborn Darkness of Depression*

**DISCUSSION QUESTIONS**

1. **STUDY:** What is interesting about the heading to Psalm 42? What do you know about the “Sons of Korah” (see 2 Chronicles 20)? How does this shape our understanding of worship? Why are the psalmist’s words in verses 1-2 so important? How do they parallel David’s words in Psalm 27:1-4 and Psalm 63:1? How is God glorified in this kind of worship?
2. **STUDY:** What imagery does the psalmist use in verses 1-2? How does this analogy help to convey his feelings? What or who is the object of his desire? What or who could be but is not the object of his attention in these verses? Why is this a critical point? What is the psalmist feeling in verse 3 that he is trying to convey? How is this similar to Psalm 22:1 and Jesus’ experience? What does the psalmist turn to in verse 4 to find comfort and encouragement? How does this relate to Hebrews 10:24-25?
3. **STUDY:** What feeling is the psalmist trying to express in verse 7? Who or what does he point to as the ultimate source of his trouble? How is this similar to Job 1:21? How can this knowledge be a comfort to Christians? What is the psalmist doing in verse 8? What do you think this would have sounded like? Does the psalmist mean what he says in verse 9? How do you know? How is this similar to Job 6:26? Why are verses 5 and 11 so crucial in the fight against depression? What is the psalmist doing? How can depressed Christians do the same?
4. **APPLY:** In your own words, explain why issues such as depression are difficult to understand due to our being a soul/body duplex? In your own experience, how does sin (i.e. fear of man, unbelief, faithlessness, idolatry, etc.) impact your mental and/or physical health? To what degree should Christians consider bodily factors when addressing issues such as depression (i.e. family history, severity of symptoms, etc.)? In what practical ways can you be a John Newton to a William Cowper in your life, in the church, at your workplace, etc.?