



THE PATH THROUGH

Psalm 42 & 43

June 8, 2025

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MESSAGE NOTES

As the deer pants for streams of water, so my soul pants for You, my God. My soul thirsts for God, for the living God. When can I go and meet with God? My tears have been my food day and night, while people say to me all day long, "Where is your God?"... Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise Him, my Savior and my God. — Psalm 42:1 – 5 (NIV)

The Challenge: When a time of spiritual dryness, drought or darkness overtakes our life and God feels distant

Some situations that can multiply spiritual dryness:

- **A loss of friendship**

These things I remember as I pour out my soul: how I used to go with the multitude, leading the procession to the house of God, with shouts of joy and thanksgiving among the festive throng. — Psalm 42:4 (NASB)

My soul is downcast within me; therefore I will remember you from the land of the Jordan, the heights of Hermon-- from Mount Mizar. — Psalm 42:6 (NIV)

- **Challenging life events**

My tears have been my food day and night, while men say to me all day long, "Where is your God?" — Psalm 42:3 (NIV)

- **Not getting enough sleep or food**

My tears have been my food day and night, while men say to me all day long, "Where is your God?" — Psalm 42:3 (NIV)

The Path Through:

- **Pouring out our soul**

These things I remember as I pour out my soul: how I used to go with the multitude, leading the procession to the house of God, with shouts of joy and thanksgiving among the festive throng. — Psalm 42:4 (NASB)



- **Rediscovering our hope**

Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise Him, my Savior and my God. – Psalm 42:5,11; 43:5 (NIV)

But You, O LORD, are a shield about me, My glory, and the One who lifts my head. – Psalm 3:3 (NIV)

- **Reminding ourselves of God's love**

My soul is downcast within me; therefore I will remember You ... – Psalm 42:6 (NIV)

*By day the LORD directs His love, at night His song is with me—a prayer to the God of my life.
– Psalm 42:8 (NIV)*

For the director of music. A maskil of the Sons of Korah ... – Psalm 42:1 (NIV)

- **Speaking God's truth into our heart**

Why are you downcast, O my soul? – Psalm 42:5 (42:11 & 43:5) (NIV)



DISCUSSION QUESTIONS

- Discussion Starter: Share a time when you were physically lost and you found your way again.
- Why does God sometimes feel distant, even though we are always in His presence?
- Experiencing spiritual dryness is a real part of life. Share some steps of faith or spiritual practices that have helped you in times of feeling distant from God.
- Psalms 42 and 43 mention things that can multiply feelings of discouragement, such as challenging life events, a lack of food and sleep, and loss of friendship. Read Psalm 42:4. The Psalmist remembers a time when they were in the center of a community of worship. How do we intentionally build relationships that become anchors of faith for us when discouraging seasons come upon us? What is a step of faith toward greater community in your life?
- What is God's biggest takeaway for you from Psalms 42 and 43, and why?
- Read Psalm 42:5, 11, and 43:5. How is the path through to hope in times of spiritual dryness a journey of faith? Why is celebrating communion a vital spiritual practice that leads us to God's hope?
- Read Psalm 42:6, 8. Why is reminding ourselves and others of God's love in times of spiritual discouragement so important? Who is someone God has used in your life to remind you of God's love?
- Read Psalm 42:5. The Psalmist is a musician and speaks God's truth into his own heart through song. What is a passion or talent that God has given you that draws you closer to God and reminds you of who He is?
- Read Matthew 27:46. Jesus lost the presence of the Father when He died for our sins on the cross. Why do we never have to worry about being separated from the love and presence of Christ?
- Share a step of faith God is leading you to that will draw you closer to Him. Pray for one another as a group.