

Discussion Notes

Seven Songs - Psalm 42 & 43

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This Psalm was written perhaps by David or a Levitical priest. There is also great form to it – with three distinct verses, and a chorus. It is also a lament.

- Thirsty for God (42.1-5)
- Feeling overwhelmed and forgotten (42.6-11)
- Prayer and restoration (43.1-5)

A couple of teachable truths emerge for our daily lives from this Psalm.

Remembering

- Remembrance is not a passive but active thing as God's people. We actively remember who God is and what he's done.
- We can do these in different ways, like gathering as believers or writing a thanksgiving journal.

Gathering

- We are more than simply individuals. We are created to be more.
- We have cause to and can choose to both lament and celebrate together – sometimes simultaneously!
- The Psalms place the individual in the company of God's people – there is strength in numbers.
- Faith, hope and love are strengthened in context of community.

Discussion Questions

- What stands out or is compelling to you about this Psalm?
- What have you done to remember God and yourself in the past? What could you see yourself doing now or down the road in terms of "intentional remembrance"?
- How has gathering with other Christians been important for you? Why does it matter to you now?