

Sermon Discussion Questions for March 24, 2019

Scripture Passage: Psalm 42
The Cure for Spiritual Dryness

1. What key point stood out to you in the message?
 2. Have you ever been thirsty to the point of dehydration? What is that feeling like? What are some of the physical symptoms of dehydration (you can Google it!). From a spiritual perspective, have you ever had seasons of spiritual dryness? What were some of the symptoms?
 3. Sometimes verse 1 is interpreted as describing an “unquenchable thirst for God.” In context though, what is the psalmist really trying to depict? Read verse 3. (worse than being thirsty is not being able to find the refreshment needed when thirsty).
 4. What are reasons the psalmist finds himself spiritually dry and in need of refreshment? See verse 3 (emotional condition), verse 4 (isolation from faith community), and verse 7 (frustrating circumstances of life). Do these same reasons keep us from being spiritual refreshed? Are you personally experiencing some of these causes of spiritual dryness and apathy? Do you sometimes feel like God has forgotten you?
 5. What are some of the ways the psalmist finds relief from his condition of spiritual dryness? Verse 5 (continue to hope in and praise God). Verse 8 tells of God’s continual lovingkindness and singing over us (see Zephaniah 3:17). Verse 9 describes an obsession with the problems of life (oppression of enemy, reproach and mocking of enemy), but the cures to these tormenting voices are Hope in God – Continued Praise of God – and Continued Recognition of His ever-present help in time of need (see Hebrews 4:16).
 6. Don’t allow the thirst to go unquenched. Seek God. Hope in God. Meditate on God’s work. Praise Him. Cry out to Him in prayer. Worship Him. Find others in the faith community to find strength. Be filled with the Holy Spirit. What will you do to quench your spiritual thirst during the inevitable times of spiritual dryness?
- Remember to pray for each other’s unique challenges and commit to pray throughout the week for one another.
 - Love others as Christ loves you.
 - Fill your mind and heart with the gospel of Christ Jesus.
 - Live out the gospel of Christ which calls for radical Love for God and Love for others.

