



BETHELCHURCH

Hope for the Broken Hearted
Psalms: Teach us to Pray
Psalm 42-43
Dr. Ken Hanna

At Home Study Guide

For the week of June 5, 2016

Hope for the Broken Hearted

Psalms 42 and 43 share a common theme and repeated refrain offering hope for the broken hearted. These psalms provide a helpful introduction to the second book of Psalms (42-72). While many of the psalms in the second book were written by David, a worship leader wrote these two psalms reflecting David's prayers when enemies threatened his life. Psalms 42 and 43 are lament psalms. They are songs from and for the downhearted. Lament psalms begin with a note of despair but end in expectant faith and a song of praise. Like the psalmist, our experiences may lead us to despair but our God is greater than anything this world has to offer.

- When has God ever seemed distant or absent to you?
- How does reading about Jesus' sorrow in Matthew 26:36-46 help you identify your own times of sorrow or despair?
- The harsh words of others (Matthew 27:39-46) and the hard realities of life gang up on so many. Despair and hopelessness are common in our world today. Where can you turn for help when you feel helpless and alone?
- Notice the repeated refrain of 42:5, 11 and 43:5. What about this refrain seems hopeful to you?
- The psalmists model openness and honesty in prayer. The raw emotions of life permeate the 150 psalms. What would it take for you to be more honest in your prayer with God and seek the kind of soul satisfying relationship we read about in Psalms 42-43?

For more information about Growth Groups, the At Home Study Guide, and a podcast of sermons with study guide, visit www.bethelch.com.



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