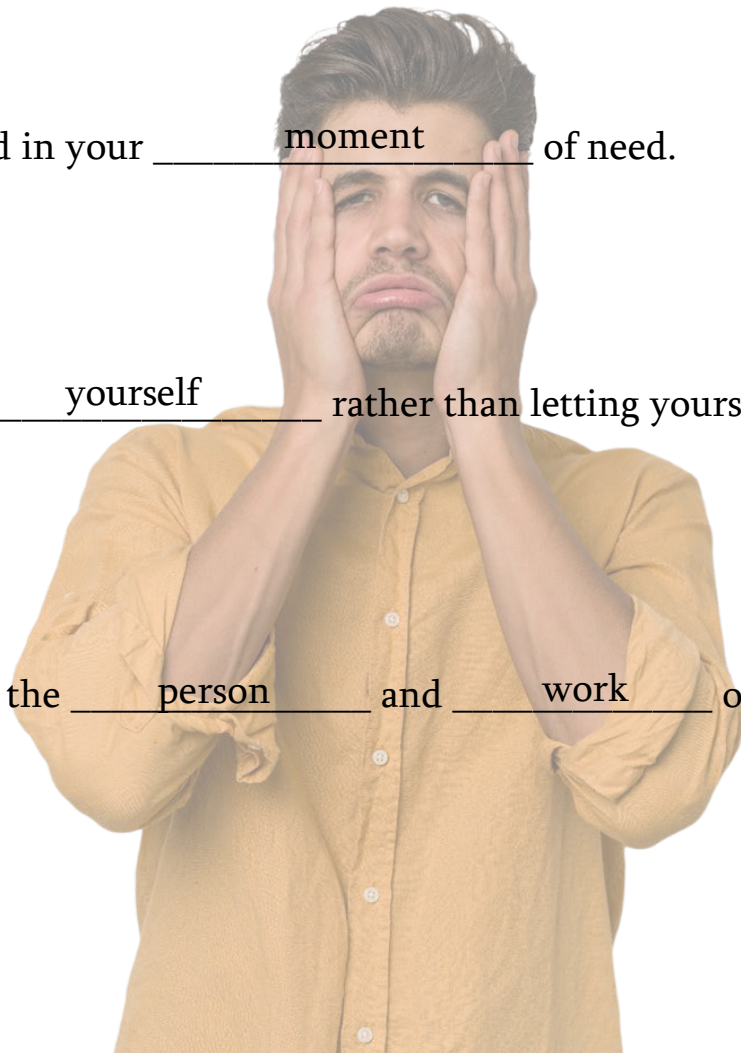


What To Do When You Are Discouraged

1. Know that discouragement and loneliness are common to life.
2. Know that God is sovereign over our troubles.
3. Remember that God has not abandoned you.
4. Talk to God in your moment of need.
5. Talk to yourself rather than letting yourself talk to you.
6. Remember the person and work of Christ.



Grow Group Discussion Questions

A grow group is 8-16 people who get together weekly to study God's word and the previous Sunday's message. There is a time of discussion, support, encouragement, and learning how the message applies to daily life. PCC uses the ESV (English Standard Version).

HOW DO I JOIN A GROUP?

To learn more or join a group, visit pacificcoastchurch.org/gg/ or sign up at the Info Kiosk on the patio.

1. Point #1: When have you felt most like the psalmist—spiritually dry or distant from God? How does it make you feel that others struggle as well?
2. Point #2: How does believing that God is sovereign, even over hardship, change the way you experience discouragement or loneliness?
3. Point #3: Psalm 42 repeats, "Why are you cast down, O my soul?" How do you hold onto the truth that God is still present when you don't feel His presence?
4. Point #4: What does it look like practically to "pour out your soul" before God, as the psalmist did? How could prayer be more honest and raw in your life?
5. Point #5: The psalmist speaks truth to himself ("Hope in God"). What lies or fears tend to dominate your self-talk when discouraged? What truths push back against them?
6. Point #6: How does looking to Jesus, the one who experienced ultimate loneliness on the cross, give comfort and perspective when you feel abandoned?
7. Why do you think isolation often makes discouragement worse? How can the people in your Community Group help each other live out the truths of Psalm 42?
8. Psalm 42 ends with hope, not resolution. What practical ways can you "hope in God" this week, even if your circumstances don't change?