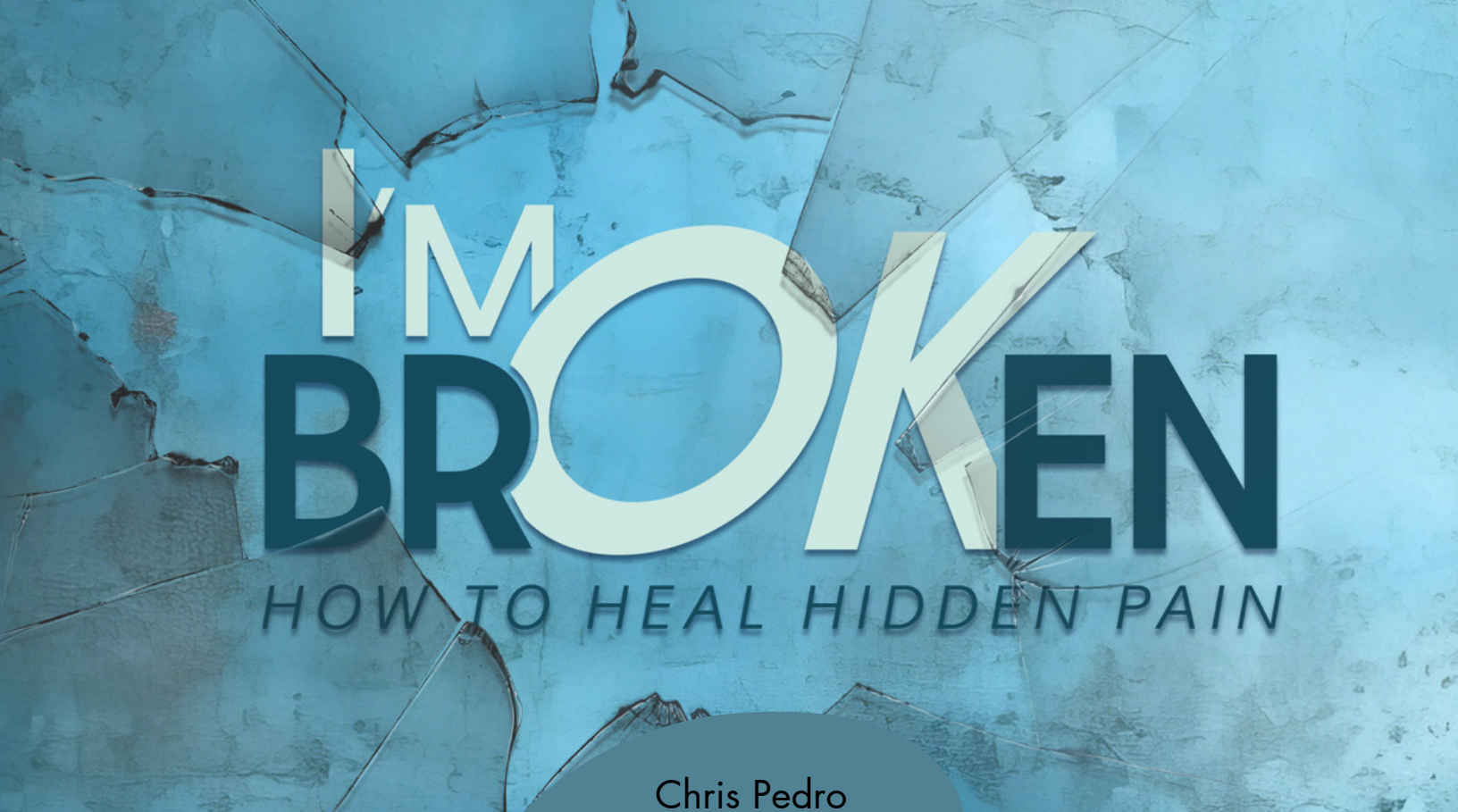




I'M BROKEN

HOW TO HEAL HIDDEN PAIN

Chris Pedro
Wk:3

General:

- What kinds of sentences or stories tend to get stuck in your head or your soul?
- How would you define loneliness? When do you feel most "alone?"
- Pastor Chris suggested that the psalmist's deepest problem wasn't simply loneliness, but spiritual dryness. What's the difference between the two?
- Verse 3 records the repeated question, "Where is your God?" Why do you think suffering and loneliness often make us question God's presence?
- The psalmist repeatedly talks to his own soul instead of simply listening to it. What does it look like practically to "preach truth to yourself"?
- Verse 8 stands at the center of the psalm and reminds us of God's steadfast love, even though nothing around the psalmist has changed. Why is remembering God's character often more important than immediately receiving answers?
- The refrain comes back because the struggle comes back. What does that teach us about spiritual maturity? Should mature Christians struggle less or learn to respond differently?
- In chapter 43, the final stanza shifts from self-talk to prayer. What does that teach us about the relationship between prayer and our emotions?

Take Home 1: Bring your longing to the only One who can satisfy it (Ps. 42:2)

- Looking back on your own life, what has loneliness revealed that you were really longing for?
- What usually convinces you that something other than God will finally satisfy what's missing?
- Have you ever expected another person to satisfy something in your soul that only God could? How did that expectation affect the relationship?
- Jesus consistently withdrew to be with the Father before major moments in His life. What do your own rhythms of withdrawal reveal about where you believe your strength actually comes from?

Take Home 2: Preach to yourself as you listen to yourself (Ps. 42:5-6a, 11, 43:5)

- If your inner dialogue this past week were written down like Psalm 42, what repeated refrain would appear?
- What's the difference between *suppressing* your emotions and *leading* your emotions?
- What "song" has been shaping your thinking lately? If you were to replace it with one sentence of Biblical truth this week, what would it be? Why that truth?
- "The voice that shapes you will eventually lead you." Looking at your current habits, what voices are shaping you most consistently right now?

Take Home 3: Choose hope even when you don't feel it (Ps. 42:5b-6a)

- What do you think others see most clearly in you during difficult seasons (Hope? Fear? Anxiety? Frustration? Cynicism? Something else?) Why?
- What does choosing Biblical hope look like in real life? How is that different than simply trying to stay positive?
- Reflect on this season of your life. What voice has been getting the final word most often? What would it look like for the gospel to become that final word instead?