

soul detox

The Weary Soul – Message 5

Announcements

- **Rhythms of Grace Groups** // Women, consider hosting a six-week Women's Group based upon the book *Rhythms of Grace* by Women's Night guest speaker Kerri Weems. Email smallgroups@churchoftheking.com.

Warm-up

Share a time when you were so exhausted and tired but you persevered to the finish (e.g., a challenging race, getting a degree, going through a particular trial.)

Word and Application

When we go through suffering and difficulty, we have a choice to either run to God or to run from God. In the fifth and final part of the *Soul Detox* series, guest Pastor Brett Fuller of Grace Covenant Church in the Washington D.C. are gives us principles on how to move forward when we are weary in our soul.

Psalm 42: 1-5 reads

As the deer pants for streams of water, so my soul pants for you, my God.

² My soul thirsts for God, for the living God. When can I go and meet with God?

³ My tears have been my food day and night, while people say to me all day long,

"Where is your God?" ⁴ These things I remember as I pour out my soul: how I used to go to the house of God under the protection of the Mighty One with shouts of joy and praise among the festive throng. ⁵ Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

How would you describe the state of the psalmist in this passage? By his own description, how is the psalmist's trouble affecting him?

Have you ever experienced a difficult time when it *seemed* as if God was nowhere to be found? The composer of Psalm 42 is facing discouragement and despair from his present situation. In those moments when God appears far away, it would be easy to turn away from God towards worldly distractions or solutions. **How does the psalmist counsel himself?**

When we are faced with discouragement and weariness over circumstances, trials and storms in life, we have a choice in how we respond. Pastor Brett teaches us biblical steps when our soul is weary.

1. Pant

Read Psalm 42:1-2. What does this imagery of the deer teach us of our own soul?

Just as a deer needs the streams of waters for survival and pants for those refreshing waters, so also our souls should long for God. On a scale of 1-10 (10 being high), rate yourself according to your level of thirst in the following areas. If you feel comfortable, share which area you scored yourself highest and lowest.

I have a thirst to:

- Connect with God through prayer
- Connect with God through His Word
- Connect with God through other believers
- Connect with God through praise & worship

2. Plaint (a lament or cry of sorrow and grief)

Read Psalm 42:3-4

In this passage, the psalmist honestly expresses his feelings to God. Life is not easy when we feel overwhelmed and forgotten. Life is hard when we feel that God has completely forgotten about us while being struck down by others. What should we do in the midst of these feelings? Why is it so important for us to bring our difficulties before the Lord?

3. Probe (examine your thoughts and feelings)

Read Psalm 42:5

What do you learn from the psalmist's responses? The psalmist takes the time to do a self-assessment on his feelings and thoughts. He begins to speak to his emotions rather than allow his emotions dictate his mind. Why is it so important for us to do this in times of suffering and discouragement?

4. Praise

Read Psalm 42:5 again.

At the end of this verse, we see the psalmist make the choice to praise God in the midst of feeling rejected, abandoned and doubtful. There is great freedom and power in declaring the truth God's character in contrast to our feelings in the moment. What truth do you need to declare over your difficulty today?

What has been the most important lesson, for you personally, as you studied this psalm? How will you begin today to put what you are learning into practice?

Prayer

Identify difficulties and areas of discouragement in your life, bring it before the Lord and declare His Word and promises over them. Pray for specific needs of the group.