

Dig Deeper @Home – “Cries of the Heart”
Complement to lesson on 2/18/24 – “Crying the Blues”

ICE BREAKER – Questions to open dialogue and learn more about those gathered

1. What is your favorite place to go to when you are feeling sad and disturbed about life’s circumstances?
2. As a child, were you ever unjustly accused of doing something you didn’t do? Who helped you to profess your innocence?

MEMORIZE – Psalm 42:5,11

Why are you downcast, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God.

READ – Psalm 43:1-5

Questions to ponder/discuss:

1. Re-scan the text and consider...
 - a. What did the Holy Spirit cause to “jump off the page” as you read?
 - b. What are the verses revealing about God? About people?
In light of these, what needs to change in your life? What are you already doing well?
2. How does the Psalmist view God in Psalm 43? (vss. 1-5) Do you have the same confidence in God as the Psalmist displayed?
3. This is a very personal Psalm. The word “me and my” is used many times. Can you find the objects of the pronoun “my” in this Psalm?
4. What are the Psalmist’s prayers in this Psalm? (vss. 1 &3) What are the Psalmist’s questions? (vss. 2 & 5)
5. What are the Psalmist’s decisions about his circumstances?

EXPERIENTIAL ACTIVITY – Write a Prayer

The Psalms are intended to be expressions of the Psalmist's heart and prayers of worship to God. We are reminded in Psalm 43 that the words "me" and "mine" are repeated many times. Read over Psalm 43 several times and then write or speak out a prayer that comes from your own heart. Make this Psalm of worship to God your own prayer to God.

SING (Suggested songs to sing. Use these, or any favorites of the gathered group, to worship Jesus!)

Why so downcast, O My soul - <https://youtu.be/9Tgbkqz2uqs>

Made me Glad - <https://youtu.be/IfdPkGFyeVo>

He leadeth me, O blessed thought – Mennonite Hymnal #543

As the Deer - <https://youtu.be/RVQmZCK4Fiw>

PRAY

This is a time to gather around for prayer requests and to share how you have seen God at work. A time to hear where God is showing up in our lives and where we need Him to help us in our lives.

Sending prayer based on the message:

Heavenly Father, You are the stronghold of my life when I am feeling like the world is crashing in on me. I welcome your word of truth to guide me and your light to lead me on this difficult path. I will put my trust in you and will yet praise you, my savior and my God. Amen