

Lesson 7 — THE PRAYER OF A DOWNCAST SOUL — Psalm 42 and 43

1. (a) Read Psalms 42 and 43. What would you say is the theme of these Psalms? (b) What emotional difficulties does the psalmist have? Support your answer from what you read.
2. Some scholars believe King Hezekiah wrote Psalms 42 and 43. I take this view. With that in mind, read 2 Kings 18. (a) Against whom did King Hezekiah rebel? (b) What were the results of that rebellion? (c) Who won the war? See 2 Kings 19:35. (d) How do these facts help you understand the prayer in Psalms 42 and 43?
3. Read 2 Kings 20:1-11 and 2 Chronicles 32. What similarities do you see between these two passages and Psalms 42 and 43?
4. (a) What characteristics of God does Hezekiah mention in Psalms 42 and 43? (There should be at least 10). (b) How do these give you hope when facing troubles? Example (42:9) My rock—when all around me seems to be shifting and unstable, I can count on the solid rock—God—He is stable, and He is strong.
5. (a) Why do some believers not thirst for God as King Hezekiah did? (b) Do you personally get excited when you think about coming to church to worship, or is it a burden to you? (c) Do you enjoy taking regular time in the Word and prayer, or is that a burden for you?
6. Make a list of all the things that are causing you to be downcast, disturbed, and disquieted. How can you take the prayer of Psalms 42 and 43 and turn those troubles into trusting in God?
7. Write a prayer request petitioning God for a situation that seems hopeless to you. Then trust in Him with all your heart.