



Desire For God | Psalm 42:1-2

1. What image does the psalmist use in Psalm 42:1 to describe his longing for God? What details in this image communicate urgency or desperation?
2. Discuss the object of the psalmist's desire? What does he thirst for specifically, and what does he not say he thirsts for? How does this psalm challenge the idea that spiritual longing only belongs to new or immature believers? For further discussion, see Psalm 63:1; Psalm 84:2; Isaiah 55:1-2.
3. Chris said that hunger is not weakness but honesty. Why do you think acknowledging spiritual need can feel uncomfortable or threatening? What's the difference between wanting God's help and wanting God Himself? How does this distinction show up in our prayers?
4. In what ways can religious activity become a substitute for genuine relationship with God? For further discussion, see Jeremiah 2:12-13; John 6:26-27; Revelation 2:4-5. The psalmist repeatedly uses the word "my" ("my soul," "my God"). What does this repeated personal language communicate about the nature of the psalmist's relationship with God and does it shape our understanding of spiritual hunger as something personal rather than merely communal, inherited, or abstract?
5. Verse 2 describes God as "the living God." What does that phrase suggest about God's character and availability? How can spiritual practices (prayer, worship, Scripture) become mechanical rather than relational? What signs indicate that this may be happening in a believer's life?
6. How does believing that God is present and active change the way we approach worship and prayer? For further discussion, see Hebrews 4:12-13; Acts 17:27-28; James 4:8
7. The psalmist's longing emerges in a season of distress and separation. How have hardship or loss shaped your spiritual desires? Why do you think suffering often reveals what we truly depend on? How can pain either deepen passion for God or harden the heart? What determines the difference? For further discussion, see Romans 5:3-5; Psalm 34:18; 2 Corinthians 1:8-9.
8. Which "substitutes" for soul-satisfaction are most tempting in your current season of life? What does it look like practically to "seek God intentionally" in the midst of a busy schedule? *"Spiritual hunger is not something to fix-it is something to follow."*



What did you discover about God in this passage?
What did you discover about people in this passage?
How will you commit to obey this passage this week?
With whom will you share what you have learned?

