

## Everything's Fine: Discouragement

**Text:** Psalm 42:1-11

**Purpose:** Living authentically through discouragement can be God's grace to a greater strength for Christians.

**Opening Question:** *What is the best encouragement you received this week?*

**Read and Discuss: Psalm 42:1-5** *Listen to Discouragement*

1. *How can listening to our feelings of discouragement help us? How can ignoring discouragement hurt us?*
2. *What are some of the reasons David is discouraged?*
3. *What causes you to be discouraged?*

**Read and Discuss: Psalm 42:5-11** *Speak to Discouragement*

4. *How does David address his discouragement?*
5. *What's it like for you to speak truth to yourself in times of discouragement? How do you go about doing that?*
6. *When do you encourage other people?*
7. *What are some characteristics about God that help you to put your hope in Him?*
8. *How can discouragement strength us?*