

# JESUS + therapy

A Series on Mental Health

**Group  
Discussion  
Guide**

**Week 4**

# HOW TO USE THIS GUIDE

There are four components to a healthy group: Word, prayer, relationships, and reaching out.

In this guide, we will study Psalm 42 using inductive Bible study, which has three components: observation, interpretation, and application.

As the leader of your group, feel free to use whatever parts of this guide most help you do this!

# CONNECT

Take sometime to break the ice and choose one of the questions below.

- Have you been apple picking or leaf peeping yet?
- Are you hoping to have any new fall experiences this year?
- Discipleship check-in:
  - Have you prayed and read your Bible consistently the past week?
  - Who is someone you're praying to share Jesus with this week, and what's one way you can love them well?

# INTRODUCTION

We're now in week four of our sermon series "Jesus + Therapy," where we'll be looking at how the Bible teaches us to bring different parts of our emotional life to Christ. We are not looking to discredit or replace the work that godly therapists do. Rather, we will be meditating on the truth that a godly approach to emotions and therapy must go through Jesus. We should go to Him first as the Great Therapist, and all other therapeutic techniques should be centered around Him.

In this last week we will look at Psalm 42 as we unpack holy vs unholy despair. Through this passage of scripture we will be challenged to ask questions about how we handle despair in today's context and our personal lives.

# OBSERVATIONS

## READ

Psalm 42

## DISCUSS

- What does the psalmist remember in this psalm?
- How many times does the psalmist mention hope?
- What does the psalmist say his soul feels throughout the psalm?

# INTERPRETATION

## DISCUSS

- Where does the psalmist put his hope and how does that affect his circumstances?
- Why do you think Davids tells his soul to "Hope in God"?
- Why do you think the psalmist chooses to remember the past while in a moment of sadness?

# APPLICATION

## DISCUSS

- What are some things in your life that have caused you to be sad? How did/do you walk through the sadness?
- Read Revelation 21:3-4. How does Jesus and the gospel give us hope in the midst of our sadness?
- What are some ways that you can walk through sadness like we see in this psalm?

# PRAYER

Take some time as a group to share anything currently happening in your life that is bringing despair and turn your hope to God. Hebrews 2:9-10 describes how Jesus was perfected through his suffering. Pray that the Holy Spirit would be able to encourage you that we can be transformed through our suffering when we keep our mind, heart and soul on a heavenly hope.



