

A banner with a teal background featuring a forest scene. A large orange circle with diagonal stripes is in the center, containing the text 'SUMMER in the PSALMS'. The date 'July 23, 2023' is in the bottom right corner.

# SUMMER in the PSALMS

July 23, 2023

## ***Learning to Be Real, Authentic in God's Presence***

### Psalm 42

A lament is an expression of strong emotion to God over injustice or suffering.

A Maskil: giving wisdom on your desperate need for God's presence.

In God's presence express the pain. Express how you feel to God.

Remember blessed joyful days.

Speak to yourself. Challenge yourself.

Remember God.

Focus on what is true.

Leave it all with God!

### ***Further Study***

**Read:** Psalm 42 in your group or with at least one other person.

1. Have someone read it while everyone reads along.
2. Have someone else read it while everyone else listens.
3. Have someone recount the text from memory in their own words.

### ***Discuss:***

1. What does the passage reveal about God?
2. What does the passage reveal about humanity?

### ***Act:***

1. If this passage is from God, what should change about how you live?
2. Who needs to hear the truth of this Scripture that you can share it with this week?  
Identify a time this week when you might have the opportunity to share with them.