

## Week 15 – Questions to Consider

Psalm 43 ~ Psalm 44 ~ Psalm 45 ~ Proverbs 10:17-32

### Small Group Warm Up Question:

If you could go on a mission trip today, where would you go?

1. When you see the ungodliness around our world, what kind of thoughts and feelings do you have? (Psalm 43:1)
2. When God doesn't answer our prayers the way we hope or when we hope, why does it feel like we have been "rejected"? (Psalm 43:2)
3. Have you ever been lost in the dark outside or in the woods? What was it like to see the light of a house, camp, or friend and then find your way back? In a similar way, how can we easily become overwhelmed and disoriented in the craziness of our world today? How does God's "light and truth" bring us into His presence and peace? (Psalm 43:3)
4. Read Psalm 43:5. Why does the Psalmist "self-talk" to his soul? In a similar way, how might we self-correct our souls when we feel overwhelmed or sad? What is a favorite "go-to" verse, story, or truth that helps you in such times of need?
5. Read Psalm 44:1-3. What is your favorite Old Testament Bible story?
  - Here is a helpful list of miracles with over 70 from the OT: <https://www.spiritualwarfare.blog/miracles-of-god>
6. When have you seen God miraculously work in your life? Do you have a relative or friend who told you of a way God worked in their life? How does remembering such events encourage our faith moving forward?
7. If you could ask God for help in just one situation right now, what would you prioritize?
8. What does it look like today to have "boasted continually" in God? (Psalm 44:8)
9. What are some reasons parents allow their children to suffer? How does a parent determine the appropriate timing to intervene? Why might God be allowing Israel to suffer so much? (Psalm 44:9-16) How might this correspond to our own seasons of suffering?
10. Look at Psalm 45:6-7 (quoted by Hebrews 1:8-9 about Jesus). Why would this Messianic prophecy (i.e. a foretelling of Jesus coming as the Messiah/Christ) be in the midst of a "love song/poem"? How is Jesus far superior than all of Creation, including the angels?

More questions @ [www.southfork.church/psalms-proverbs-discussion-guide](http://www.southfork.church/psalms-proverbs-discussion-guide)

## "O my soul!"

### Self-Talk: How to Talk Biblically to Your Soul

Psalm 43:5 - Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God.

### E\_\_\_\_\_ Your Soul's Struggles

Psalm 43:5 (also Psalm 42:5, 11) "Why are you cast down, O my soul, and why are you in turmoil within me?"

- Don't Ignore It - Listen to It
- Don't Blindly Accept It - Question It
- Don't Excuse It - Discern

### R\_\_\_\_\_ Your Soul's Sins

Psalm 43:5 (also Psalm 42:5, 11) "Hope in God; for I shall again praise him, my salvation and my God."

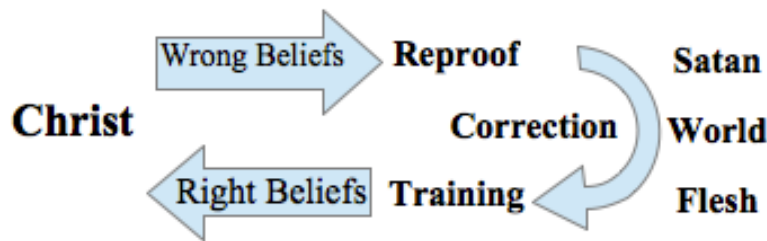
- When your soul feels hopeless - speak hope!
- When your soul feels negative - speak praise!
- When your soul feels lost - speak salvation!
- When your soul feels like there is no God - speak about God!

## C\_\_\_\_\_ Your Soul

Psalm 62:5 - “For God alone, O my soul, wait in silence, for my hope is from him.”

- When your soul wants worldly solutions - seek God alone
- When your soul feels impatient - wait for God
- When your soul won't stop speaking - silence it

Psalm 116:7 “Return, O my soul, to your rest; for the LORD has dealt bountifully with you.”



2 Timothy 3:16–17 “All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work.”

## T\_\_\_\_\_ Your Soul: 4 Ways to Encourage It!

### 1) Teach your soul God's names!

Psalm 103:1 - “Bless the LORD, O my soul, and all that is within me, bless his holy name!”

[www.spiritualwarfare.blog/names-of-god](http://www.spiritualwarfare.blog/names-of-god)

### 2) Remind your soul of God's gifts!

Psalm 103:2 - “Bless the LORD, O my soul, and forget not all his benefits”

[www.spiritualwarfare.blog/names-of-believers](http://www.spiritualwarfare.blog/names-of-believers)

### 3) Show your soul God's miracles!

Psalm 103:22 - “Bless the LORD, all his works, in all places of his dominion. Bless the LORD, O my soul!”

[www.spiritualwarfare.blog/miracles-of-god](http://www.spiritualwarfare.blog/miracles-of-god)

### 4) Speak to your soul of God's power & goodness!

Psalm 104:1 - “Bless the LORD, O my soul! O LORD my God, you are very great! You are clothed with splendor and majesty”

Psalm 104:35 “Bless the LORD, O my soul! Praise the LORD!”

Psalm 146:1–2 “Praise the LORD! Praise the LORD, O my soul! I will praise the LORD as long as I live; I will sing praises to my God while I have my being.”

[www.spiritualwarfare.blog/character-of-god](http://www.spiritualwarfare.blog/character-of-god)

### **This Next Week's Psalms & Proverbs Reading Plan:**

Week 16: Psalm 46 ~ Psalm 47 ~ Psalm 48 ~ Proverbs 11:1-15

- **Hope & Purpose in Jesus:** [www.southfork.church/jesus](http://www.southfork.church/jesus)
- **Daily Verse by Text Message:** [remind.com/join/sfbcdevo](http://remind.com/join/sfbcdevo)
- **Our Plan:** [www.southfork.church/2023-bible-reading-plan](http://www.southfork.church/2023-bible-reading-plan)

## **“O my soul!”**

### **Self-Talk: How to Talk Biblically to Your Soul**

Psalm 43:5 - Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God.

### **Examine Your Soul’s Struggles**

Psalm 43:5 (also Psalm 42:5, 11) "Why are you cast down, O my soul, and why are you in turmoil within me?"

- Don't Ignore It - Listen to It
- Don't Blindly Accept It - Question It
- Don't Excuse It - Discern

### **Rebuke Your Soul’s Sins**

Psalm 43:5 (also Psalm 42:5, 11) "Hope in God; for I shall again praise him, my salvation and my God."

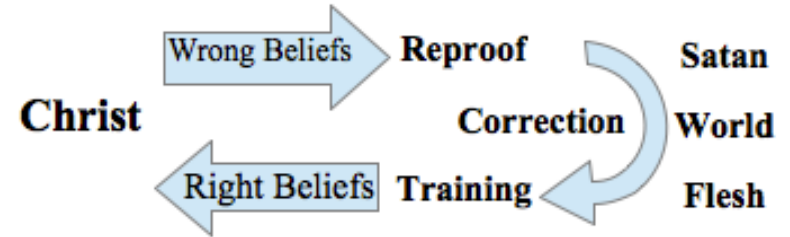
- When your soul feels hopeless - speak hope!
- When your soul feels negative - speak praise!
- When your soul feels lost - speak salvation!
- When your soul feels like there is no God - speak about God!

### **Correct Your Soul**

Psalm 62:5 - “For God alone, O my soul, wait in silence, for my hope is from him.”

- When your soul wants worldly solutions - seek God alone
- When your soul feels impatient - wait for God
- When your soul won't stop speaking - silence it

Psalm 116:7 “Return, O my soul, to your rest; for the LORD has dealt bountifully with you.”



2 Timothy 3:16–17 “All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work.”

## **Teach Your Soul: 4 Ways to Encourage It!**

### **1) Teach your soul God's names!**

Psalm 103:1 - "Bless the LORD, O my soul, and all that is within me, bless his holy name!"

[www.spiritualwarfare.blog/names-of-god](http://www.spiritualwarfare.blog/names-of-god)

### **2) Remind your soul of God's gifts!**

Psalm 103:2 - "Bless the LORD, O my soul, and forget not all his benefits"

[www.spiritualwarfare.blog/names-of-believers](http://www.spiritualwarfare.blog/names-of-believers)

### **3) Show your soul God's miracles!**

Psalm 103:22 - "Bless the LORD, all his works, in all places of his dominion. Bless the LORD, O my soul!"

[www.spiritualwarfare.blog/miracles-of-god](http://www.spiritualwarfare.blog/miracles-of-god)

### **4) Speak to your soul of God's power & goodness!**

Psalm 104:1 - "Bless the LORD, O my soul! O LORD my God, you are very great! You are clothed with splendor and majesty"

Psalm 104:35 "Bless the LORD, O my soul! Praise the LORD!"

Psalm 146:1-2 "Praise the LORD! Praise the LORD, O my soul! I will praise the LORD as long as I live; I will sing praises to my God while I have my being."

[www.spiritualwarfare.blog/character-of-god](http://www.spiritualwarfare.blog/character-of-god)