

# When...

I am Spiritually Dry

Psalm 42

## Launch

Are you filling out a March Madness bracket? (If not, don't tell Coach Wheeler.)

## Explore

### Read the Psalm

Find all the questions in this Psalm. What do they reveal about the author's perspective? (Are all these questions based in reality or just his perception?)

How does the Psalmist cope with spiritual dehydration?

What does this Psalm tell us about the character of God?

This Psalm is called a *Maskil*, meaning a contemplative, instructive, or wisdom psalm. Why is this significant? How does it compare with other wisdom literature (like Proverbs, Ecclesiastes, or Job)?

## Apply

In his season of spiritual dryness, the Psalmist remembers a time of vibrant corporate worship. What role has worship played in your spiritual health?

The Psalmist wrestles with a voice that causes him to doubt God's goodness. How have you experienced this in your own life? What did you do about it?

Spiritual thirst can be a good thing if it causes us to find satisfaction in the Lord. How can we encourage people to do this without minimizing their struggles, being judgmental, over-spiritualizing, or giving shallow platitudes?

## Pray

Pray that we would be real about our struggles, able to pour out our hearts to God, and find satisfaction in Him alone.