

Summer In The Psalms

Honest Faith, Deep Worship, Steady Hope

When the Soul Feels Thirsty

Psalm 42



Sermon Notes | Jeff Randleman | August 23, 2026

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.

– Psalm 42:11 (ESV)

A Thirsty Soul...

Longs for God.

Spiritual thirst is evidence of spiritual life.

Memories can either help or hurt.

Learns to Speak Truth to Itself.

He acknowledges his emotions.

He redirects his hope.

He reminds himself of future grace.

Often Walks Through Deep Waters.

The psalmist doesn't minimize suffering.

Even God's people ask difficult questions.

God's silence is not God's absence.

Finds Hope in the Character of God.

God's love is steadfast – not seasonal.

Worship isn't only for mountaintops.

Hope rests in the face of God.

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Matters for Reflection and Discussion:

1. Read Psalm 42. What words or images from this passage resonate most with your current season of life? Why?
2. Have you ever experienced a time when God seemed distant? What did that season teach you?
3. What is the difference between spiritual apathy and spiritual thirst? Why is that distinction important?
4. The psalmist repeatedly tells himself, "Hope in God." What truths from Scripture do you need to preach to yourself during difficult seasons?
5. How can remembering God's faithfulness in the past strengthen your faith in the present?
6. Why do you think God included prayers of lament like Psalm 42 in the Bible?
7. What are some practical ways we can continue pursuing God when we don't feel close to him?
8. What does God's steadfast love teach us about his character when our emotions are unreliable?
9. What is one step you can take this week to place your hope in God rather than in your circumstances?