

SERMON GUIDE

ENGAGING YOUR EMOTIONS

Psalm 42

Pastor | Tim Porter

January 12, 2025

Faith Community Church | fcchudson.com

Helping people live a gospel inspired life.

Watch or listen to sermons at fcchudson.com or the FCC app. Go to the App Store or Google Play and search "Faith Community Church Hudson" to download the app.

SERMON NOTES

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OUR MISSION is to make more and better disciples of Jesus Christ.

THIS WEEK'S MEMORY VERSE (Year 1, Week 2)

Col 4:2 (Prayer)

Continue steadfastly in prayer, being watchful in it with thanksgiving.

FAITH COMMUNITY CHURCH

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The Conversation Guide is a great tool for individuals, families, discipleship groups and Missional Communities to take a deeper, more personal dive into the content of the current sermon series. The Conversation Guide will be posted by every Friday on the 'live' page of our website and in our weekly newsletter. We encourage you to use it this week on your own, around your dinner tables, over coffee with your friends or in your faith groups!

The Conversation Guide is built on the SOAP model, which is a tool you can use when reading the Bible. SOAP helps you be intentional about paying attention to:

- S**cripture that stands out to you while you read
- O**bservations about the verse or phrases that stood out to you
- A**pplication that connect the verses to your real life and relationships
- P**rayers that invites God to participate in your life and provide power to follow him

Conversation Questions

Getting to know me: If you had to pick one image to describe your emotional state – a rushing waterfall, a peaceful stream, or a dry riverbed – which would it be and why?

Read Psalm 42

- S** What do you love most about what you just read? What verses, phrases, or words stand out to you as you read these scriptures? Is anything jumping off the page and affecting your spirit?
- O** What emotions are expressed in Psalm 42? How does the Psalmist describe his inner turmoil and longing for God?
- O** Where can you see the Psalmist trying to find hope in the midst of his low points?
- O** How does the refrain, "Why, my soul, are you downcast?" (v.5,11) shape the flow of the Psalm? What is the author trying to do in these moments? Have you ever experienced this?
- A** If God had written this passage just for you, what words, phrases or ideas would he have underlined specifically for you? What did you need to hear most? Why?
- A** When you feel downcast or overwhelmed, what messages do you tend to tell yourself? How can the psalmist's example of speaking truth to his soul (verses 5 and 11) help you engage your emotions in a way that draws you closer to God?
- P** Talk to God about your application responses above. Ask him to speak to you, help you, forgive you, and provide direction that you need.