

#AllTheFeels – Restlessness

This month we are discussing the emotion of Restlessness and gleaning wisdom from Psalm 42. In our society we are trained and prompted to always be looking toward the next project, assignment, task, or opportunity. We have seemed to lose the art of resting in the present and allowing adequate time to sit in God's presence. As we study Psalm 42, we will learn what it looks like to have our souls be at rest in our Father.

Read Psalm 42

Watch #AllTheFeels – Restlessness

- In what ways can restlessness be good and bad in our lives?

1. We are restless because we long for more of God

Read verses 1-2

The psalmist in these verses equates the relentless thirst of God to a deer relentlessly looking for water to drink. Just like a living stream that flows in the dryness, our living God is a source of hope and peace in our dry and restless times. Being in the presence of God and experiencing His goodness leaves us longing for more.

However; in our longing after God, we can become restless and settle for cheap and unsatisfying substitutes. We must learn and continue to remind ourselves that God is the only thing that can

satisfy our deep longing and keep our restlessness from searching out other avenues.

- In what ways is it good to still be longing for God?
- How do you pursue God?

2. We are restless because we doubt God's promises

Read verses 3-10

Even though the psalmist was just proclaiming how much he longed and thirsted after the presence of God, he is now in turmoil and chaos because of life's circumstances.

In moments and seasons of trouble in our lives, we tend to easily forget God's promises and goodness. This restlessness begins to form doubts in our heart and mind, wondering if God will really show up like He said He would.

- Have you ever experienced a moment in your life when you doubted God's plan but He showed up anyways?

3. We are restless because our hope has been redirected

Read verse 11

In this life, we easily tend to put our hope in things of this earth. We put hope in our job, money, marriage, friendships, or even in our church. However; the only hope that we can really lean on that will

never let us down is in God. We have the hope that He sacrificed His Son for our salvation and that there is an eternity of being with God waiting on us.

We need to constantly remind ourselves of the hope we have in Jesus instead of hoping in the possessions of this world because that will only end our souls in restlessness.

- When you find yourself hoping in earthly things, how do you redirect your hope on God?

As followers of Jesus, we are called to live in a “restless contentment” always being restless after the things of God but finding contentment in our souls and other areas of our live, because we have sacrificed everything to Him.

With your group identify which of these 3 points you need God’s help in overcoming your restlessness. Pray for each other that God would satisfy our searching and bring rest to our souls.