



In our sermon on Sunday we finished our time in Psalms 42-43.

We considered two key theological underpinnings and then one challenge to keep going

- **Remember his sovereignty**

In v7 the Psalmist writes that they are the Lord's waves and breakers - what does this do to our perspective on suffering? What questions does it raise?

- **Recall his kindnesses**

In v8 the Psalmist notes both remembering God's love through the day and songs to him through the night. How is this kind of remembering helpful for us (esp in light of v3 and his tears through day and night)? What does it teach us about the importance of reflecting on God's kindnesses?

- **Retain our hope**

We finished on the call to hopefulness - how is it the psalmist can have true hope? How can we?