



*This week we zoomed right in on the refrain (42v5, v11 and 43v5) as we considered in more depth the idea of talking to ourselves*

*We noted that the verse essentially splits in 2 –*

- we sometimes feel low*
- we always need to hear the gospel*

*Here are some questions to help your group process*

- 1. When do you feel downcast? What kind of situations / contexts ?*
- 2. Do you have internal messages caught on repeat? (If you feel brave enough) What are they?*
- 3. Why can the Christian always have hope? How can we get better at preaching hope to ourselves? Both in daily terms and for the future?*