



Rock Point Church

Bill Bush | 9.7.25

Big Idea: Feelings are gauges, not guides.

Psalm 42: 1-11 (NLT)

¹ As the deer longs for streams of water,
so I long for you, O God.

² I thirst for God, the living God.

When can I go and stand before him?

³ Day and night I have only tears for food,
while my enemies continually taunt me, saying,
“Where is this God of yours?”

⁴ My heart is breaking

as I remember how it used to be:

I walked among the crowds of worshipers,
leading a great procession to the house of God,
singing for joy and giving thanks
amid the sound of a great celebration!

⁵ Why am I discouraged?

Why is my heart so sad? I will put my hope in God!

I will praise him again—
my Savior and ⁶ my God!

Now I am deeply discouraged,
but I will remember you—
even from distant Mount Hermon, the source of the Jordan,
from the land of Mount Mizar.

⁷ I hear the tumult of the raging seas
as your waves and surging tides sweep over me.

⁸ But each day the Lord pours his unfailing love upon me,
and through each night I sing his songs,
praying to God who gives me life.

⁹ “O God my rock,” I cry,
“Why have you forgotten me?
Why must I wander around in grief,
oppressed by my enemies?”

¹⁰ Their taunts break my bones.
They scoff, “Where is this God of yours?”

¹¹ Why am I discouraged?
Why is my heart so sad?
I will put my hope in God!
I will praise him again—
my Savior and my God!

- Diagnose your feelings.

Proverbs 23:7 (NLT)

⁷ They are always thinking about how much it costs.

“Eat and drink,” they say, but they don’t mean it.

Jeremiah 17:9 (NLT)

⁹ “The human heart is the most deceitful of all things,
and desperately wicked.

Who really knows how bad it is?

When was the last time your feelings told you a story that wasn't
the whole truth?

Do I treat my feelings like a check-engine light or like a GPS, to
blindly follow?

- Declare the truth.

Where do I need to invite Jesus into my emotions today?

GROUPS QUESTIONS

1. What stood out to you most in this week's message, and why?
2. Psalm 42:3 describes the writer's tears being his food day and night. What does this verse show us about the honesty and rawness of emotions in our relationship with God?
3. When you think about your own life, do you tend to hide your negative feelings or express them openly? How might either response affect your walk with God?
4. In Psalm 42:5, the psalmist asks, "Why, my soul, are you downcast?" How does questioning his feelings instead of simply following them set an example for us today?
5. What does it practically look like to treat your feelings like a gauge that reveals your heart rather than a guide that directs your steps?
6. The psalmist shifts from despair to hope by declaring truth to himself. What truth from Scripture do you personally need to "preach to yourself" when emotions feel overwhelming?
7. Psalm 42:8 reminds us that God's love is steadfast even when our feelings shift. How can anchoring your emotions in God's unchanging love change the way you face difficult circumstances?

8. Jesus experienced deep emotions in Gethsemane before going to the cross. What does His example teach us about bringing our emotions honestly to God while still surrendering to His will?