



Part 2: Surviving Life

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### **Survival Mode:**

**A season of life when all of our effort is dedicated to personal survival.**

#### **Psalm 42**

<sup>1</sup>As the deer pants for streams of water, so my soul pants for you, my God. <sup>2</sup>My soul thirsts for God, for the living God.

**David admits that he is thirsty for God.**

<sup>2b</sup>When can I go and meet with God?

**David admits that he has a spiritual need for connection.**

<sup>3</sup>My tears have been my food day and night, while people say to me all day long, “Where is your God?”

**David admits that his broken heart has created a spiritual crisis.**

<sup>4</sup>These things I remember as I pour out my soul: how I used to go to the house of God under the protection of the Mighty One with shouts of joy and praise among the festive throng.

**David admits that it’s been a while since he engaged with God.**

<sup>5</sup>Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him my Savior and my God. <sup>6</sup>My soul is downcast within me; therefore I will remember you from the land of the Jordan, the heights of Hermon—from Mount Mizar.

**David asks an honest question and then pleads with his own soul to remember God’s track record.**

<sup>7</sup>Deep calls to deep in the roar of your waterfalls; all your waves and breakers have swept over me. <sup>8</sup>By day the Lord directs his love, at night his song is with me—a prayer to the God of my life.

**David reflects that the depth of his need is matched by the depth of God’s love.**

<sup>9</sup> I say to God my Rock, “Why have you forgotten me? Why must I go about mourning, oppressed by the enemy?” <sup>10</sup> My bones suffer mortal agony as my foes taunt me, saying to me all day long, “Where is your God?”

**David acknowledges his enemy to his shield and defender.**

<sup>11</sup> Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

**David asks his heart a question and then points himself in the right direction.**

### **Next Steps**

David acknowledged his survival mode, and God met him in his need. If you're living in survival mode right now, don't miss the opportunity to come forward for prayer after any service. The After Service Prayer Team is ready and willing to hear your situation and pray with you for God's help.

### **Small Group Questions**

- 1) Have you ever been in a survival situation? What happened? How did you handle the fear?
- 2) Winter is difficult. Spring is growth. Summer is fun. Fall is harvest. What season of life are you in right now?
- 3) How do you handle difficult seasons in life? Do you withdraw or isolate? Does David's song help you in any way?
- 4) Do you have a “deep” need in your life right now? Is there a part of God's character that meets your deepest need?
- 5) Who or what are your real enemies? When was the last time you brought them to God and left them there?
- 6) What do you need prayer for today?