

An *Upward* Look for a *Downcast* Soul

INTRO: *The Psalms were Israel's inspired hymnal. We don't know the tunes to which they were sung, but like any worship song, the words are the most important feature. Psalm 42-43 is a salve to anyone who has ever suffered depression due to unfavorable circumstances.*

- I. Believers are susceptible to feeling _____ from God and _____ due to unfavorable _____.** *The psalmist suffered separation because of exile. Because of sin, NT Believers are not immune to depression.*
- II. An _____ response contributes to the depth of _____ (42:1-4, 6-10; 43:1-4).** *The psalmist cited the following factors which potentially deepened his depression: 1) a preoccupation with loss, 2) an focus on pain, and 3) a default to bad theology.*
- III. To deal with _____ due to unfavorable circumstances, _____ (42:5, 11; 43:5).** *Three times the psalmist **preached** to his soul.*
- A. Preach the *hope* of God's _____.**
God is ever present, even when we have been "moved."
- B. Preach the *hope* of God's _____.**
God's covenant faithfulness and His "song" comfort.
- C. Preach the *hope* of God's _____.**
While it may not be "our" timing, It will happen.