

PUT YOUR HOPE IN GOD

April 26, 2020 Psalm 42

Does this sound like you? I'm struggling. I don't know what to do. Pray for me. I need help. That's Psalm 42. It is a lament. We all need hope. Romans 15:13. Look at Psalm 42:5,11. How can you overcome discouragement?

1. What's bothering you – identify your problem(s)

- God seems far away – 42:1-2 I feel abandoned. I'm weeping. 42:3, 42:9
- Taunting/negative people – “Where is this God of yours?” 42:3,10
- Memories of better days – 42:4 The good old days?
- I'm far away from home. 42:6 He might have been in exile up north.
- I feel like I'm going under. 42:7 It's a cry for help. Help me!

2. How can you overcome discouragement?

- Talk to yourself like the psalmist. Read Lloyd-Jones.
- Ask God why. Pour out your heart to God. 42:5,11 Job did. Jesus did.
- Remember who God is. 42:9 “O God my rock.”
- Remember God's love. 42:8, 11 I John 4:9-10
- Praise God in song. The whole psalm is a song. 42:8
- Remember what God has done for you in the past. 42:4
- Thirst for God. 42:1-2 Think of the woman at the well in John 4. Can you say right now to God, “Fill my cup, Lord?”