

Active rest in God looks like joy and delight in God.

- Let *others* read Scripture to you.
- Let *others* tell you of the hope they have in God and why!
- Let the gathered community of believers do what God intended it to do.
- Corporate worship “sends a message both outwardly and inwardly that we are not alone!”

Love the Gospel, Live the Gospel, Advance the Gospel

We must not only love the Gospel Story, we must begin to live the Gospel Story, indeed, to have the Central Character live in us.

- What affected you the most in today's teaching? What challenged you or encouraged you? Did you learn anything?
- In your own words, describe what's going on in Psalm 42 and 43? Can you relate to it? If so, how?
- Martyn Lloyd-Jones wrote, “we must talk to ourselves instead of allowing “ourselves” to talk to us!” – what does he mean? What did this look like for the psalmist? Describe a current circumstance you're facing in which you need to speak truth to yourself?
- The imagery of Psalm 42:1-2 is intense. Compare those verses with 43:4. What do we discover about God from these verses? What do we discover about us?
- What role does the community of God play in this psalm? Why is the community of God (your local church) so important when it comes to placing hope in God?
- Why is it so important to remember that the battle between faith and feelings is a common one?
- Describe what Jesus has done for you personally. Why and how does this bring lasting hope?

The Hope of the Spiritually Depressed has a place of Rest

Psalm 42-43

Daryn Kinney

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A lament is a passionate expression of grief and sorrow.

He was downcast, spiritually depressed, disturbed, in turmoil, oppressed, he felt abandoned and forgotten by God, he felt weighed down and overwhelmed...

Are you experiencing a “stubborn darkness” you just can't shake?

The conflict between faith and feelings is common.

1. Hope begins with a thirst for God (Psalm 42:1-2)

Picture dehydration - intense longing and cravings not met YET

You're starving for God!

Whether you know it or not this world is set up in such a way where we will either look to God or look to something else.

- **Jeremiah 2:11-13; Isaiah 55:1-3**

- **Psalm 16:11**

2. Hope builds as we remember God (Psalm 42:3-4)

The psalmist doesn't rewrite history, dismissing what God had done in his life – and neither should we!

He fights to remember God and in remembering he fights!

The repeated refrain of 42:5 is one we need to commit to memory.

3. Hope is informed as we talk to ourselves (Psalm 42:5-11)

Martyn Lloyd-Jones (from his book "Spiritual Depression"):
I suggest that the main trouble in the whole matter of spiritual depression in a sense is this, that we allow our self to talk to us instead of talking to our self...
His (the psalmist's) soul had been depressing him, crushing him. So he stands up and says: "Self, listen for a moment, I will speak to you."
You have to take yourself in hand, you have to address yourself, preach to yourself, question yourself. You must say to your soul: "Why are you downcast" – what business have you to be disquieted? You must...remind yourself of God, who God is, and what God is and what God has done, and what God has pledged Himself to do. Then having done that, end on this great note: defy (challenge/ confront) yourself, and defy other people, and defy the devil and the whole world, and say with this man: "I shall yet praise Him for the help of His countenance (face) who is also the health of my countenance and my God."

4. Hope perseveres as we fall on God (43:1-5)

Call upon, ask, beg, go to, run to, throw yourself over, fall on God in prayer!

Hope is building. Plans are being made. Faith is rising.

5. Hope rests when placed in God (our Exceeding Joy)

When our hope is placed in Him, we can trust He will keep it there.

"Why are you downcast" is a fair question – it's a logical question to the despondent soul – but it's also a call to arms – a call to faith – a call to believe what you know to be true of God...

The Man of Sorrows leads the way for all of us to face times of deep sorrow and uncertainty...