

Banishing the Winter Blahs, Psalms 42 and 43

How does a downcast soul talk its way back to hoping in God?

How does a believer with questions find his way back to praise, hope and joy in God?

PROFILE OF A DOWNCAST PERSON

- Thirsty for God's life
- Emotional strain
- Distance from God
- Sleepless anxiety
- Voices "Where is your God?"
- Nostalgia
- Inner turmoil
- Hope disappointed
- Overwhelmed

PARADOXES LEADING TO THIS DEPRESSION [DISCONNECTS]

The LORD(Yahweh) commands his love to us yet "where is your God?"
God is my Rock yet "why have you forgotten me?"
God is my Refuge yet "why have you rejected me?"

THE JOURNEY BACK FROM SPIRITUAL DEPRESSION HAS THREE STAGES

1. **STAGE ONE: YEARNING FOR GOD**, Psalm 42:1-6
 - A thirst like a deer for water, vv 2-3
 - Tears of emotional strain. 4
 - A Taunt from the voices "where is your God?"v. 4
 - Nostalgic memories, verse 5

A Refrain asks Why are you downcast? Hope in God

2. STAGE TWO: **CHURNING INSIDE**, Psalm 42:7-12
 - Acknowledge your condition, v. 7
 - Remember God even from a distance, v. 7
 - Picture yourself in over your head, v. 8 (Jonah 2:3)
 - Practice God's presence 24/7, v. 9
 - Pray your laments out to God, v. 10-11

The Repeated refrain: Why?...Hope in God...I will yet...

3. STAGE THREE: **[RE]TURNING TO GOD OUR HOPE**, Psalm 43
"Vindicate Me!"

"Deliver me!"

"Show me your light and truth"

- I want God desperately
- I am hurting when I am apart from Him
- He is my source of life
- He loves me all day, every day
- Though I feel forgotten, He is my rock
- Though I feel rejected, He is my refuge

So, focus on the refrain

1. **Acknowledge your downcast condition- Why am I downcast?**
2. **Determine to HOPE in God**
3. **Expect that you will YET PRAISE HIM**
4. **Have Confidence in YOUR God, the Savior who is Here.**

What are some examples of God's steadfast love in your everyday?

What are some facts about God to hang onto?

What are songs he gives you to help your soul find hope?