



“Why Are You Downcast?”

Troy Dobbs, Senior Pastor
Sunday, July 9, 2017

Psalm 42

¹ As a deer pants for flowing streams, so pants my soul for you, O God. ² My soul thirsts for God, for the living God. When shall I come and appear before God? ³ My tears have been my food day and night, while they say to me all the day long, “Where is your God?” ⁴ These things I remember, as I pour out my soul: how I would go with the throng and lead them in procession to the house of God with glad shouts and songs of praise, a multitude keeping festival. ⁵ Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation ⁶ and my God. My soul is cast down within me; therefore I remember you from the land of Jordan and of Hermon, from Mount Mizar. ⁷ Deep calls to deep at the roar of your waterfalls; all your breakers and your waves have gone over me. ⁸ By day the Lord commands his steadfast love, and at night his song is with me, a prayer to the God of my life. ⁹ I say to God, my rock: “Why have you forgotten me? Why do I go mourning because of the oppression of the enemy?” ¹⁰ As with a deadly wound in my bones, my adversaries taunt me, while they say to me all the day long, “Where is your God?” ¹¹ Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God.

Seven Ways the Psalmist Responds to Discouragement and Depression:

1. He is not **afraid** to ask, “WHY?”
2. He **affirms** God’s **sovereign** love.
3. He **sings**!
4. He **preaches** to his own **soul**.
5. He **remembers** his past **experiences**.
6. He **thirsts** for God.
7. He **hopes** in God.

Resources available online:

- Audio and video recordings of this message and an outline (with answers) posted later today at **grace.church/messages**. (Order CDs in the Grace Café.)
- iTunes links of songs played during the contemporary service at **grace.church/songlist**

