

“Growing in Faith by Grappling with Emotions: Despair”

Psalm 42 and 43

July 26, 2003 Pastor Harry Skeelee

Introduction:

I. When I feel depressed, can I recognize the _____ of despair?

1. Sense of _____ from people important to me (1,2)

As the deer pants for streams of water, so my soul pants for you, O God.
My soul thirsts for God, for the living God. When can I go and meet with God? (1,2)

2. _____ due to enemies (3)

My tears have been my food day and night, while men say to me all day long,
"Where is your God?" (3)

3. _____ from my roots (4)

These things I remember as I pour out my soul: how I used to go with the
multitude, leading the procession to the house of God, with shouts of joy and
thanksgiving among the festive throng. (4)

II. When I feel depressed, am I experiencing the _____ of despair?

1. _____

My tears have been my food day and night (3)

2. _____

Why are you downcast, O my soul? (42:5, 11, 43:5)

3. Emotional _____

Why so disturbed within me? (5, 11, 43:5)

4. _____ in a hostile universe

Deep calls to deep in the roar of your waterfalls;
all your waves and breakers have swept over me. (42:7)

5. Others have _____ from me

Why have you forgotten me? 42:9

Why have you rejected me? 43:2

III. Three ways the Gospel of Jesus brings me

Objection: Doesn't this show that Christianity is just a _____?

1. Should I ever _____ things that cause me _____? Answer: _____!

2. Should I always _____ things that offer me _____? Answer: _____!

3. Is Christianity _____ because it may produce some psychological _____? (____!)

**1. The _____ and crucifixion show that I can be honest about my _____
and _____.**

Why are you downcast, O my soul? Why so disturbed within me? (5,11,43:5)

2. _____ means that I can look to the _____ with hope.

These things I remember as I pour out my soul: how I used to go with the multitude,
leading the procession to the house of God, with shouts of joy and thanksgiving
among the festive throng. 42:4

**3. _____ means that I can rebuke my own feelings
when I sense they are leading me falsely.**

Why are you downcast, O my soul? Why so disturbed within me? (5,11,43:5)

4 ways: a) be _____ c) be _____
b) be _____ d) be in _____