

How to Handle Discouragement

Psalm 42

¹ *As the deer pants for the water brooks,
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 continually say to me,
"Where is your God?"*

⁴ *When I remember these things,
I pour out my soul within me.
For I used to go with the multitude;
I went with them to the house of God,
With the voice of joy and praise,
With a multitude that kept a pilgrim feast.*

⁵ *Why are you cast down, O my soul?
And why are you disquieted within me?
Hope in God, for I shall yet praise Him
For the help of His countenance.*

⁶ *O my God, my soul is cast down within me;
Therefore I will remember You from the land of
the Jordan,*

*And from the heights of Hermon,
From the Hill Mizar.*

⁷ *Deep calls unto deep at the noise of Your
waterfalls;*

All Your waves and billows have gone over me.

⁸ *The Lord will command His lovingkindness in
the daytime,
And in the night His song shall be with me—
A prayer to the God of my life.*

⁹ *I will 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 breaking of my bones,
My enemies reproach me,
While they say to me all day long,
"Where is your God?"*

¹¹ *Why are you cast down, O my soul?
And why are you disquieted within me?
Hope in God;
For I shall yet praise Him,
The help of my countenance and my God.*

Psalm 43

¹ *Vindicate me, O God,
And plead my cause against an ungodly nation;
Oh, deliver me from the deceitful and unjust man!*

² *For You are the God of my strength;
Why do You cast me off?
Why do I go mourning because of the
oppression of the enemy?*

³ *Oh, send out Your light and Your truth!
Let them lead me;
Let them bring me to Your holy hill
And to Your tabernacle.*

⁴ *Then I will go to the altar of God,
To God my exceeding joy;
And on the harp I will praise You,
O God, my God.*

⁵ *Why are you cast down, O my soul?
And why are you disquieted within me?
Hope in God;
For I shall yet praise Him,
The help of my countenance and my God.*

Nine times in these two Psalms, the Psalmist asks the only question an aching heart can ask:

_____ , _____ ?

Two things add to his discouragement:

1. His _____ no longer does anything for him.

³ *My tears have been my food day and night,
While they continually say to me,
"Where is your God?"*

Psalm 42:3

2. His _____ of times past

⁴ *When I remember these things,
I pour out my soul within me.
For I used to go with the multitude;
I went with them to the house of God,
With the voice of joy and praise,
With a multitude that kept a pilgrim feast.*

Psalm 42:4

God's answer to discouragement:

⁵ *Why are you cast down, O my soul?
And why are you disquieted within me?
Hope in God, for I shall yet praise Him
For the help of His countenance.*

Psalm 42:5

¹¹ *Why are you cast down, O my soul?
And why are you disquieted within me?
Hope in God;
For I shall yet praise Him,
The help of my countenance and my God.*

Psalm 42:11

³ *Why are you cast down, O my soul?
And why are you disquieted within me?
Hope in God;
For I shall yet praise Him,
The help of my countenance and my God.*

Psalm 43:5

I. Turn your thoughts off _____, and turn your thoughts to _____.

*⁶ O my God, my soul is cast down within me;
 Therefore I will remember You from the
 land of the Jordan,
 And from the heights of Hermon,
 From the Hill Mizar.*

Psalm 42:6

*⁷ Deep calls unto deep at the noise of Your
 waterfalls;
 All Your waves and billows have gone over
 me.*

Psalm 42:7

II. Remember – after a _____, there always comes a _____.

*⁸ The Lord will command His lovingkindness in the daytime,
 And in the night His song shall be with me—
 A prayer to the God of my life.*

Psalm 42:8

III. _____

Ask God for Two Things:

A. You _____.

*¹ Vindicate me, O God,
 And plead my cause against an ungodly nation;
 Oh, deliver me from the deceitful and unjust man!*

Psalm 43:1

B. Give me _____.

*³ Oh, send out Your light and Your truth!
 Let them lead me;
 Let them bring me to Your holy hill
 And to Your tabernacle.*

Psalm 43:3

Closing Thought

Those whose lives turn out the _____, are those
 who make the _____ of the way life turns out.
