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**Date:** May 31, 2020

**Scripture:** Psalm 42

**Series:** When Life Hurts

**Title:** How to Uplift Your Soul

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**Psalm 42** – As a deer pants for flowing streams, so pants my soul for you, O God. <sup>2</sup> My soul thirsts for God, for the living God. When shall I come and appear before God? <sup>3</sup> My tears have been my food day and night, while they say to me all the day long, “Where is your God?” <sup>4</sup> 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. <sup>5</sup> 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 <sup>6</sup> 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. <sup>7</sup> Deep calls to deep at the roar of your waterfalls; all your breakers and your waves have gone over me. <sup>8</sup> By day the Lord commands his steadfast love, and at night his song is with me, a prayer to the God of my life. <sup>9</sup> I say to God, my rock: “Why have you forgotten me? Why do I go mourning because of the oppression of the enemy?” <sup>10</sup> 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?” <sup>11</sup> 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.

Calling us out:

Sovereignty in the midst of tragedy:

Remember God’s past faithfulness:

Look to the future:

1. When you feel downcast, how have you typically pointed yourself toward hope?
2. When experiencing tragedy, do you tend to trust that God is still in control or blame him for what has gone wrong? Which do you think would more so lead you to hope?
3. Looking back on your life, what are been some difficult times where you can now see that God faithfully delivered you from them?
4. Have you started recording your thoughts, experiences, joys, and sorrows during these days in a journal? If you did, how do you think your future self could benefit from such a journal?
5. Looking to the future, do you feel it is bright or hopeless? Somewhere in between? What makes you feel that way?
6. Looking at God’s love for us, especially manifested through Christ and His work, how do you feel about the future?