



April 17, 2016 | REFRESHMENT FOR THE WEARY SOUL

Psalms 42:1-11

The One Thing:

Our relationship with God helps us find refreshment for our souls during times of extreme _____ . There is a _____ for times of stress, turmoil, and weariness.

1. We thirst for God when we feel _____ . V1-4

¹As the deer longs for streams of water,
so I long for you, O God.

²I thirst for God, the living God.

When can I go and stand before him?

³Day and night I have only tears for food,
while my enemies continually taunt me, saying,
“Where is this God of yours?”

⁴My heart is breaking
as I remember how it used to be:

I walked among the crowds of worshipers,
leading a great procession to the house of God,
singing for joy and giving thanks
amid the sound of a great celebration!

•Our longing for God cannot be satisfied by anything else.

•Our desire for God cannot be satisfied by anyone else.

2. We hope in God when we feel _____ . V5-8

⁵Why am I discouraged?
Why is my heart so sad?

I will put my hope in God!

I will praise him again—
my Savior and ⁶my God!

Now I am deeply discouraged,
but I will remember you—
even from distant Mount Hermon, the source of the Jordan,

from the land of Mount Mizar.

⁷ I hear the tumult of the raging seas
as your waves and surging tides sweep over me.

⁸ But each day the LORD pours his unfailing love upon me,
and through each night I sing his songs,
praying to God who gives me life.

- Many people have a false kind of hope that is not based on anything solid.
- We have a choice to go forward with God or continue in hopelessness.

3. We pray to God when we feel _____ . v 9-10

⁹ "O God my rock," I cry,
"Why have you forgotten me?
Why must I wander around in grief,
oppressed by my enemies?"

¹⁰ Their taunts break my bones.
They scoff, "Where is this God of yours?"

- We do not have to be alone to feel lonely.
- Prayer is how we access God's presence in times of loneliness.

4. We count on God when we feel no _____ . v11

¹¹ Why am I discouraged?
Why is my heart so sad?
I will put my hope in God!
I will praise him again—
my Savior and my God!

- Our confidence is shaken when everyone lets us down.
- The answers to life's questions cannot be found anywhere except in God.

Take Home Truth:

The only way to have refreshment for a weary soul is to have a confident trust in the God who will never leave nor forsake you.