

“WHEN DESPAIR DESCENDS UPON OUR SOUL”



AN EXPOSITION OF PSALMS 42 & 43

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Central Truth: When depression and despair threaten to overwhelm us; we as believers must fix our hope in Christ and stand firm upon His truth.

Stanza I: The Psalmist *longs* for the presence and *worship* of God with His people (42:1-4).

Stanza II: The Psalmist *wavers* in his fight to *grasp* hope (42:6-10).

Stanza III: The Psalmist *reaches* out to God in *prayer* (43:1-4).

The Chorus: The Psalmist *preaches* truth to himself and finds *hope*, which is the *cure* for the Psalmist's depression (42:5,11; 43:5).

Scripture of the Week:

Remember my affliction and my wandering, the wormwood and bitterness. Surely my soul remembers and is bowed down within me. This I recall to my mind, therefore I have hope. The Lord's lovingkindnesses indeed never cease, for His compassions never fail.

They are new every morning; great is Your faithfulness.

† *Lamentations 3:19-23* †