

Lessons on Dealing With Despair
(Psalms 42-43)

Lesson Number One: Down Times Are Not Totally Avoidable - Jo 16:33; Ro 8:35ff;
II Co 4:8-10; I Pet 4:12

- Believers are not exempt from distress - Jer 20:7ff; II Co 1:8; Jo 12:27
 - They are meant for us - Ja 1:2-4; Phil 4:10-13; I Pet 1:6-8
 - They often arouse a thirst/need for God - Ps 42:1-2; Is 41:17-18; Jo 4:14
- ...need precedes revelation

Lesson Number Two: Down Times Are Not to Have the Final Word - Ps 43:3-4

- Despair is not to be passively accepted
- ...it is not our home/dwelling place
- ...it does not tell us the whole story
- They may serve as agents/escorts into God and His truth - Ps 13:1-4

Lesson Number Three: Down Times Are a Call to Action

- Talk to your soul - don't just let it talk to you - Ps 42:5,11; 43:5
- ...to grow up, neither soul nor body can have the final word - Heb 4:12; Ja 1:21
- ...soul and body are not off limits to the devil - I Jo 5:18
- ...when your soul despairs, tell it the truth - Ps 43:3; Jo 8:32; Ps 103:1; 146:1
- Talk to God - Heb 4:15,16; Jer 33:3
- ...You may argue with Him - ("Where... When... Why...?")
- ...Pour out your soul into His love - Ps 42:4,8
- ...Praise Him - Ps 42:5,11; 43:5; 25:1; 146:1
- ...Listen to Him with a non-selective readiness to trust and obey - Ps 62:1-5, I Pet 5:6-7

The Circumstances May or May Not Change... But You Will!