



HOPE FOR THE CAST DOWN SOUL

December 3, 2023 // Psalm 42-43 // Dr. Ron Jones

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.

PSALM 42:5-6

A _____ is a desperate cry or petition for help that rises from the depth of one's soul.

1. _____ **God and remember the**
_____. 42:1-5

As a deer pants for flowing streams, so pants my soul for you, O God. ² My soul thirsts for God, for the living God. ...

“When it is as natural for us to long for God as for an animal to thirst, it is well with our souls, however painful our feelings.” CHARLES HADDON SPURGEON

A thirsty soul reminds us that we were _____.

They have forsaken me, the spring of living water, and have dug their own cisterns, broken cisterns that cannot hold water. JEREMIAH 2:13 ES

2. _____ **God and recall His**

_____. 42:6-11

My soul is cast down within me; therefore I remember you from the land of Jordan and of Hermon, from Mount Mizar. ⁷ Deep calls to deep at the roar of your waterfalls; all your breakers and your waves have gone over me. ...

_____ lifts this worship leader's soul out of the blues.

3. _____ **in God and follow His**

_____. 43:1-5

Vindicate me, O God, and defend my cause against an ungodly people, from the deceitful and unjust man deliver me! ² For you are the God in whom I take refuge; why have you rejected me? ...

More than fifty _____ appear in Psalm 42 and 43, making the cry of his soul intensely personal.