

“The Call of the Cast Down”

Text: Psalm 42

Scripture reading: Philippians 4:1-13

Reading: Psalm 42-43

I. A Christian perspective on despair – Ps. 42

A) Contributions to a downcast soul

1. Distant fellowship – vv. 1-2 (Eph. 2:21-22; I Tim. 3:15; Heb. 10:23-25)

2. Deceptive feelings – vv. 3, 5, 7, 10 (Phil. 4:8-9)

3. Double-minded impatience – vs. 9

B) Remedies for a downcast soul

1. Turn from despair to hope – vv. 1-2, 5, 11

2. Remember God's faithfulness not past losses – vv. 4, 6

3. Turn from questions to confidence – vv. 5, 11

“...why let reflections so gloomy engross us, since the result is of no value; merely to turn the soul on itself, to empty it from itself into itself is useless, how much better to pour out the heart before the Lord!”

-Charles H. Spurgeon; English preacher; 1834 - 1892