

God of Disappointment
7/26/2026-Pastor Zach
Psalm 42/43, 1 Kings 19:4-8

Connect: Have you ever experienced a down cast soul? How have you navigated a down cast soul with yourself or with some one else?

Engage: ReRead Psalm 42 and 43

What stands out to you as you read these Psalms?

Zach shared with us 3 movements

1. Listen to your soul
2. Pour out your soul to God
3. Preach hope to your downcast soul.

Let's look #1 Listen to your soul.

Do you take the time to listen to your soul? Is that familiar to you or is it scary? Why?

Zach also shared about dry stream beads that can be dry and cracked.

- a. Fellowship
- b. Flow
- c. Fruitfulness
- d. Food, sleep and the body
- e. Foggy

Let's take a minute to do a scan of how you are doing.

How is your fellowship with others? Are you isolating yourself or seeking out fellowship.
Flow – is there a relationship that is broken? Do you find yourself being irritated? That can be a hinderance in the flow of Jesus in your soul.

Fruitfulness – do you experience fruitfulness in your life or do you struggle with your purpose? Do you take steps of faith of service or witness that will help you in fruitfulness.

Food, sleep and the body – Are you eating well? Are you getting enough sleep? Are you noticing your body, or pain in your body? Do you feel

Foggy – how is your inner world with Jesus? do you feel foggy in certain ways when it comes to the Lord?

2. Pour out your soul. Can you with honesty pour out your soul and know that God hears you?

Prayer is opening your heart to the God who hears and knows your heart.

Some things you may need to pour out your soul to God for: loneliness, disappointment, afraid, hurt, missing your old life? Which one do you need to talk to God about?

3. Preach to our downcast soul – What gift of God might have become my source (idol)? Where you say if I have _____ then I am okay. Where do you need to go to the word to help your down cast soul?

Apply: What is the invitation for you this week? Where do you need to sit with God and have an honest conversation about your soul ?

