

**Emotions - Part 3 - Sadness**  
**Pastor Mark Rouse / October 18, 2020**

Why am I discouraged? Why is my heart so sad? I will put my hope in God! I will praise him again - my Savior and my God! - Psalm 42:11

**Psalm 42: A Psalm of Lament**

<sup>1</sup> As the deer longs for streams of water, so I long for you, O God. <sup>2</sup> I thirst for God, the living God. When can I go and stand before him? - Psalm 42:1-2

**Where can Sadness Lead?**

- **DOUBT.**

Day and night I have only tears for food, while my enemies continually taunt me, saying, "Where is this God of yours?" - Psalm 42:3

- **DESPAIR.**

My heart is breaking as I remember how it used to be: I walked among the crowds of worshipers, leading a great procession to the house of God, singing for joy and giving thanks amid the sound of a great celebration! - Psalm 42:4

- **DEFEAT.**

<sup>9</sup> "O God my rock," I cry, "Why have you forgotten me? Why must I wander around in grief, oppressed by my enemies?" <sup>10</sup> Their taunts break my bones. They scoff, "Where is this God of yours?" - Psalm 42:9-10

- **HOPE.**

<sup>5</sup> Why am I discouraged? Why is my heart so sad? I will put my hope in God! I will praise him again - my Savior and my God! - Psalm 42:5

**Finding Hope in God's Promises**

**1) A promise for my past: GRACE.**

Now I am deeply discouraged, but I will remember you - even from distant Mount Hermon, the source of the Jordan, from the land of Mount Mizar. - Psalm 42:6

So now there is no condemnation for those who belong to Christ Jesus. - Romans 8:1

**2) A promise for my present: PRESENCE.**

<sup>7</sup> I hear the tumult of the raging seas as your waves and surging tides sweep over me.

<sup>8</sup> But each day the Lord pours his unfailing love upon me, and through each night I sing his songs,  
praying to God who gives me life. - Psalm 42:7-8

**3) A promise for my future: ETERNITY.**

<sup>17</sup> And if Christ has not been raised, then your faith is useless and you are still guilty of your sins. <sup>18</sup> In that case, all who have died believing in Christ are lost! <sup>19</sup> **And if our hope in Christ is only for this life, we are more to be pitied than anyone in the world.**

- 1 Corinthians 15:17-19

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