

Breaking Point

"Don't pray for an easy life, pray for the strength to endure a difficult one." - Bruce Lee

Daunting Depression

Dynamic Hope

dy·nam·ic

2. (of a person) positive in attitude and full of energy and new ideas.

David

Psalm 42:1-2 New King James Version

42

As the deer pants for the water brooks,
So pants my soul for You, O God.

2

My soul thirsts for God, for the living God.
When shall I come and appear before God?

Desperate

Daunting — Torment, Shame & Ridicule

Psalm 42:3 New King James Version

3

My **tears have been my food day and night,**
While they continually say to me,
“Where is your God?”

Psalm 42:4 New King James Version

4

When I remember these things,
I pour out my soul within me.

For I used to go with the multitude;
I went with them to the house of God,
With the voice of joy and praise,
With a multitude that kept a pilgrim feast.

Overwhelmed

Psalm 42:6-7 New King James Version

6

O my God, my soul is cast down within me;
Therefore I will remember You from the land of the Jordan,
And from the heights of Hermon,
From the Hill Mizar.

7

Deep calls unto deep at the noise of Your waterfalls;
All Your waves and billows have gone over me.

Deserted — lonely

Psalm 42:9 New King James Version

9

I will say to God my Rock,

“Why have You forgotten me?”

Why do I go mourning because of the oppression of the enemy?”

Spiritual Provision and Protection

Psalm 91:1-3 New King James Version

91

He who dwells in the secret place of the Most High
Shall abide under the shadow of the Almighty.

2

I will say of the Lord, "He is my refuge and my fortress;
My God, in Him I will trust."

3

Surely He shall deliver you from the snare of the [a]fowler
And from the perilous pestilence.

Psalm 42:1-2 New King James Version

42

As the deer pants for the water brooks,
So pants my soul for You, O God.

2

My soul thirsts for God, for the living God.
When shall I come and appear before God?

Look inward

Analyze your heart

Psalm 42:5 New King James Version

5

Why are you cast down, O my soul?
And why are you disquieted within me?

Look Upward

Recognize your help

Psalm 42:7-9 New King James Version

7

Deep calls unto deep at the noise of Your waterfalls;
All Your waves and billows have gone over me.

8

The Lord will command His lovingkindness in the daytime,
And in the night His song shall be with me—
A prayer to the God of my life.

9

I will say to God my Rock,
“Why have You forgotten me?
Why do I go mourning because of the oppression of the enemy?”

Look Upward

Recognize your help

Psalm 51:11-12 New International Version

11

Do not cast me from your presence
or take your Holy Spirit from me.

12

Restore to me the joy of your salvation
and grant me a willing spirit, to sustain me.

You were afflicted with in those old days.
But it was of the essence of the trial
You shouldn't understand it at the time.
It had to seem unmeaning to have meaning.
And it came out all right. I have no doubt
You realise by now the part you played

God's Speech To Job
A Masque of Reason - by Robert Frost

Look Onward

Recognize your hope

Psalm 42:11

New King James Version

11

Why are you cast down, O my soul?

And why are you disquieted within me?

Hope in God;

For I shall yet praise Him,

The help of my countenance and my God.

on·ward —

adverb

in a continuing forward direction; ahead."she stumbled onward"

adjective

going further rather than coming to an end or halt; moving forward.

Philippians 3:12-14 New International Version

12 Not that I have already obtained all this, or have already arrived at my goal, **but I press on** to take hold of that for which Christ Jesus took hold of me. 13 Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: **Forgetting what is behind** and straining toward what is ahead, 14 **I press on toward the goal** to win the prize for which God has called me heavenward in Christ Jesus.

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