

## TIME OF REFLECTION

“Too often our practical view of sanctification, discipleship, and counseling takes the short view... We love gazelles. Graceful leaps make for a great testimony to God’s wonderworking power. And we like steady and predictable. It seems to vindicate our efforts at making the Christian life work in a businesslike manner. But, in fact, there’s no formula, no secret, no technique, no program, and no truth that guarantees the speed, distance, or time frame. On the day you die, you’ll still be somewhere in the middle, but further along. When we lengthen the battle, we realize that our business is the direction. God manages to work His wonderworking glory in and through all of the above scenarios!”

~David Powlison

“What comes into our minds when we think about God is the most important thing about us.”

~A.W. Tozer, *The Knowledge of the Holy*

“Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.”

~Psalm 42:5

“God says, ‘Here is one, if he could be rid of this lust I should never hear of him more; let him wrestle with this, or he is lost.’ Astonishing! God ordains to leave a lust with me till I become the sort of warrior who will still seek his aid when this victory is won. God knows when we can bear the triumphs of his grace.”

~John Owen, *Overcoming Sin and Temptation*

“Have you realized that most of your unhappiness in life is due to the fact that you are listening to yourself instead of talking to yourself? Take those thoughts that come to you the moment you wake up in the morning. You have not originated them, but they start talking to you, they bring back the problem of yesterday, etc... Now this man’s treatment [in Psalm 42] was this; instead of allowing this self to talk to him, he starts talking to himself, ‘Why art thou cast down, O my soul?’ he asks. His soul had been repressing him, crushing him. So he stands up and says: ‘Self, listen for a moment, I will speak to you’. Do you know what I mean? If you do not, you have but little experience. The main art in the matter of spiritual living is to know how to handle yourself. You have to take yourself in hand, you have to address yourself, preach to yourself, question yourself...”

~Dr. Martyn Lloyd-Jones, *Spiritual Depression: Its Causes and Cures*

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## *Worship through the Word*

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**SERMON** – “Having a Heart of Hope” – *Robert Moore*

**SERMON PASSAGE** – *Psalm 42 and 43 (NIV) – A maskil of the Sons of Korah*

*Psalm 42*

<sup>1</sup> As the deer pants for streams of water,  
so my soul pants for you, my God.  
<sup>2</sup> My soul thirsts for God, for the living God.  
When can I go and meet with God?  
<sup>3</sup> My tears have been my food day and night,  
while people say to me all day long,  
“Where is your God?”  
<sup>4</sup> These things I remember as I pour out my soul:  
how I used to go to the house of God  
under the protection of the Mighty One  
with shouts of joy and praise  
among the festive throng.  
<sup>5</sup> Why, my soul, are you downcast?  
Why so disturbed within me?  
Put your hope in God, for I will yet praise him,  
my Savior and my God.  
<sup>6</sup> My soul is downcast within me;  
therefore I will remember you  
from the land of the Jordan,  
the heights of Hermon—from Mount Mizar.  
<sup>7</sup> Deep calls to deep in the roar of your waterfalls;  
all your waves and breakers have swept over me.  
<sup>8</sup> By day the Lord directs his love,  
at night his song is with me—  
a prayer to the God of my life.  
<sup>9</sup> I say to God my Rock,  
“Why have you forgotten me?  
Why must I go about mourning,

Oppressed by the enemy?”

<sup>10</sup> My bones suffer mortal agony  
as my foes taunt me,  
saying to me all day long, “Where is your God?”  
<sup>11</sup> Why, my soul, are you downcast?  
Why so disturbed within me?  
Put your hope in God, for I will yet praise him,  
my Savior and my God.

*Psalm 43*

<sup>1</sup> Vindicate me, my God, and plead my cause  
against an unfaithful nation.  
Rescue me from those who are  
deceitful and wicked.  
<sup>2</sup> You are God my stronghold.  
Why have you rejected me?  
Why must I go about mourning,  
oppressed by the enemy?  
<sup>3</sup> Send me your light and your faithful care,  
let them lead me;  
let them bring me to your holy mountain,  
to the place where you dwell.  
<sup>4</sup> Then I will go to the altar of God,  
to God, my joy and my delight.  
I will praise you with the lyre, O God, my God.  
<sup>5</sup> Why, my soul, are you downcast?  
Why so disturbed within me?  
Put your hope in God, for I will yet praise him,  
my Savior and my God.