

THE BOOK OF

PSALMS

SONGS TO LIVE BY

"Singing the Spiritual Blues"

Psalm 42

Lament:

(noun)

1. a passionate expression of sorrow or grief
2. a complaint, or a desperate cry for help
3. a song, poem or prayer expressing sorrow over a loss

(verb)

1. to mourn (a person's loss or death)
2. to express one's deep grief verbally
3. to express sadness, regret or disappointment over something considered unsatisfactory, unreasonable, or unfair

5 Truths to Remember in Seasons of Struggle

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1. Suffering should bring a desperate longing for the presence of God.

“O God, you are my God; earnestly I seek you; my soul thirsts for you; my flesh faints for you, as in a dry and weary land where there is no water.” Psalm 63:1 (ESV)

“Come, everyone who thirsts, come to the waters...”

Isaiah 55:1 (ESV)

“...Jesus stood up and cried out, ‘If anyone thirsts, let him come to me and drink. Whoever believes in me, as the Scripture has said, ‘Out of his heart will flow rivers of living water’.”

John 7:37 (ESV)

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1. Suffering should bring a desperate longing for the presence of God.
2. Corporate worship strengthens and nourishes the soul.

“I was glad when they said to me, ‘Let us go to the house of the LORD!’” Psalm 122:1 (ESV)

“How lovely is your dwelling place, O LORD of hosts! My soul longs, yes, faints for the courts of the LORD; my heart and flesh sing for joy to the living God.” Psalm 84:1-2 (ESV)

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1. Suffering should bring a desperate longing for the presence of God.
2. Corporate worship strengthens and nourishes the soul.
3. Remembering the truth about God gives the believer hope.
4. God sovereignly takes believers through the crashing waves of trouble.
5. When you are in despair, stop listening to your heart and mind, and start preaching to your soul!

“The main trouble in this whole matter of spiritual depression in a sense is this, that we allow our self to talk to us instead of talking to our self...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. Somebody is talking. Who is talking to you? Your self is talking to you.”

-Dr. Martin Lloyd Jones