

Hope in the Heaviness Notes

Psalm 42

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Main Point: God's presence and God's goodness aren't based on the circumstances you are under.

Struggles

1. Many times the Gospel is presented in a way that makes it seem like once you accept God's grace in salvation, once you are saved, that life is all _____.
2. The thought is that Christians aren't _____ to struggle, have hard times, hurts, or addictions.
3. The reality is that we are promised...
 - _____ (1 Corinthians 10:13)
 - Suffering and we are supposed to rejoice in them (Romans 5:3-5).
 - Trial (James 1:2-4).
 - Tribulation (John 16:33).
 - _____ (2 Timothy 3:12).
4. If we believe we aren't supposed to suffer and we do, then we _____ if God hears our prayers, we question if God is really good, we question if God really loves us, we question if God is real.
5. A good God has promised to _____ us and give us hope, and we can have confidence in knowing that suffering will be used to glorify God.
6. Jesus doesn't make life easy, but He makes it all _____ it!

Gen Z

1. Students are not specifically walking away from their faith, but instead have grown up never even being _____ to Jesus.
2. How we can reach Gen Z
 - Be _____.
 - Since they have little to no formal religious beliefs, "you will be talking to a clean slate, as far as biblical _____ is concerned.

Psalm 42

1. It is uncertain who wrote the Psalm.
2. Most believe this was from King _____ as he reflected on when he was forced to flee into the wilderness.
3. It was intended as a _____ that was sung by the Sons of Korah.
4. It is a heart _____ to God.

Three Responses to Life Being Heavy

1. We see his condition. He is yearning for God and _____ out to God.
 - This is a place where this deer is in desperate _____ of water.
 - We still have an indwelt yearning for a relationship with our _____.
 - The Psalmist is desperate to once again be near God, to be _____ in God's presence.
 - You feel like life keeps knocking you over, pushing you down, and beating you up.
 - You cry out but your voice is drowned out by the same waters that are crashing over you.
 - He has people questioning "Where is your God?"

- The circumstances of his life must have been so obvious, so critical that they looked at his life and came to the conclusion, you claim to have this big God, but look at your circumstances, “ _____ is your God?”
 - They are placing seeds of _____ for the one thing that the writer stands firm on.
 - The psalmist describes the pain of their continued taunts , similar to the pain of his bones being _____.
 - This is an attack on the _____ of his life.
 - God is the one that even _____ the sea (Psalm 135:5-7).
 - We can’t know how good God’s grace is, until we understand the depth of our _____.
 - We can’t understand how amazing salvation is, until we see our desperate need for a Savior.
2. He remembers.
- But instead of questioning why God is allowing, ordaining such hardship, he begins to _____ (vs. 4).
 - He remembers back to the time where he was _____ with God.
 - God was there in the past, and if God is who He says He is, then God is _____ him now, even through the heaviness of life.
3. He begins to _____ to himself.
- Instead of allowing his feeling to dictate truth, he began to tell himself who truth is.
 - By speaking _____ to himself, he is combating his downcast soul.
 - Who God is
 - God is a God of _____ (vs. 5 & 11).
 - Twice we see God is _____ of praise.
 - God is his _____.
 - God is a _____ God.
 - The LORD is _____ and in control.
 - God is worthy of praise no matter what _____ we are going through.
 - God is the _____ of his life.
 - God is his _____ (Luke 6:47-49).
 - Why would it be cast down when I know who God is?
 - Repeatedly, over and over again, he has to be _____ to remind himself of who God is.
 - Paul tells us that Scripture is to instruct us and to _____ us, in this we find hope (Romans 15:4-7).
 - Verse 5 tells us that God is the God of encouragement.
 - We find encouragement and endurance in Scripture.
 - The writer does not lash out, doesn’t ask for God’s _____ to be poured out on his adversaries.
 - I wonder if his soul is downcast for the _____ more than it is for himself.