



## Talking To Yourself (Psalm 42)

Sunday, July 21, 2019 AVBC 10:30 am

- Whoever wrote this Psalm is going through a \_\_\_\_\_ time.
- Whoever wrote this Psalm is \_\_\_\_\_ to themselves.

### I. Talk to yourself about your \_\_\_\_\_

1. I feel d\_\_\_\_\_ (v.3)
2. I feel a\_\_\_\_\_ (v.3)
3. I feel s\_\_\_\_\_ (v.4)
4. I feel o\_\_\_\_\_ (v.7)
5. I feel \_\_\_\_\_ (v.10)
6. I feel a\_\_\_\_\_ (v.9)

**It's OK to tell God where you're \_\_\_\_\_, BUT...**  
**it's not \_\_\_\_\_ to \_\_\_\_\_ there!**

*Grace and peace be multiplied to you in the knowledge of God and of Jesus our Lord, as His divine power has given to us all things that pertain to life and godliness...(II Peter 1:2-3a)(NKJV)*

*I also pray that you will understand the incredible greatness of God's power for us who believe him. This is the same mighty power that raised Christ from the dead and seated him in the place of honor at God's right hand in the heavenly realms. (Ephesians 1:19-20)*

### II. Talk to yourself about \_\_\_\_\_

1. God is a\_\_\_\_\_ (v.2)

*God did this so that men would seek him and perhaps reach out for him and find him, though he is not far from each one of us. 'For in him we live and move and have our being.' (Acts 17:27,28a)*

2. God is \_\_\_\_\_ me. (vs. 8)

3. God provides \_\_\_\_\_. (vs. 5,11)

*I pray that your hearts will be flooded with light so that you can understand the confident hope he has given to those he called—his holy people who are his rich and glorious inheritance. (Ephesians 1:18)*

*May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit. (Rom. 15:13)*

4. God \_\_\_\_\_. (vs.1-2)

*"My people have committed two sins: They have forsaken me, the spring of living water, and have dug their own cisterns, broken cisterns that cannot hold water. (Jeremiah 2:13)*

5. God is \_\_\_\_\_ of my \_\_\_\_\_. (vs. 5,11)

### DIGGING DEEPER

Q1: Have you ever had "one of those days" where things just seem to go from bad to worse? If so, describe.

Q2: Of the 6 feelings that the psalmist outlined, which one do you relate to the most? How?

Q3: Read Hebrews 4:14-16. How are you encouraged by the fact that Jesus understands what you are going through?

Q4: What are some positive things you have learned to "say to yourself" when you are going through tough times? Which of the 5 statements about God mean the most to you right now?

Q5: Read Psalm 57. What were some of the things David seemed to be facing? What was his response to overwhelming circumstances? What is one principle you can learn from this psalm and apply to your life?

Q6: Which of the following quotes speaks to your heart right now? How?

>Martin Luther – Everything that is done in the world is done by hope.

>Martin Luther King Jr. – We must accept finite disappointment, but we must never lose infinite hope.

>Maori Proverb – Turn your face to the sun and the shadows fall behind you.