

Psalm

Psalms

A Battle Plan for Anxiety-Driven Despair

Psalm 42

WILLIAM INGE

Worry is interest paid on trouble before it is due

WILLIAM WARD

Worry is faith in the negative, trust in the unpleasant, assurance of disaster and belief in defeat...worry is wasting today's time to clutter up tomorrow's opportunities with yesterday's troubles.

PSALM 42:6

... My soul is cast down within me...

(NASB) - O my God, my soul is in
despair within me;

PSALM 42:9

... Why do I go mourning because of the oppression of the enemy?"

PSALM 43

(43:1) – Vindicate me, O God, and defend my cause against an ungodly people, from the deceitful and unjust man deliver me!

(43:2b) – Why do I go about mourning because of the oppression of the enemy?

PSALM 42:3

**...they say to me all the day long,
"Where is your God?"**

PSALM 42:10

As with a deadly wound in my bones,
my adversaries taunt me, while they say
to me all the day long, "Where is your
God?"

PSALM 42:9

I say to God, my rock: "Why have you forgotten me?..."

PSALM 42:10

**As with a deadly wound in my bones,
my adversaries taunt me, while they say
to me all the day long, "Where is your
God?"**

PSALM 42:9

I say to God, my rock: "Why have you forgotten me?..."

PSALM 43:2

**For you are the God in whom I take
refuge; why have you rejected me?**

PSALM 43:2

For you are the God in whom I take
refuge; why have you rejected me?

PSALM 42:1-2B

As a deer pants for flowing streams, so pants my soul for you, O God. My soul thirsts for God, for the living God.

PSALM 42:4

These things I remember, as I pour out my soul: how I would go with the throng and lead them in procession to the house of God with glad shouts and songs of praise, a multitude keeping festival.

PSALM 42:3A

My tears have been my food day and night...

PSALM 42:7

**Deep calls to deep at the roar of your
waterfalls; all your breakers and your
waves have gone over me.**

2 CORINTHIANS 1:8-9

Deep calls to deep at the roar of your waterfalls; all your breakers and your waves have gone over me.

THE BATTLE PLAN

- 1. He Runs To God...not Away**
- 2. He Pours Out His Heart in Prayer**
- 3. He Preaches To Himself**
- 4. He Commands His Will to Act**
- 5. He Declares What He Does Not Feel**

PSALM 42:4

**These things I remember, as I pour out
my soul...**

PSALM 42:9

I say to God, my rock: "Why have you forgotten me? Why do I go mourning because of the oppression of the enemy?"

PSALM 42:2

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

PSALM 43:1

**Vindicate me, O God, and defend my
cause against an ungodly people, from
the deceitful and unjust man deliver me!**

PSALM 43:3

Send out your light and your truth; let them lead me; let them bring me to your holy hill and to your dwelling!

PSALM 42:5,11 & 43:5

Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God.

THINGS I FORGET WHEN I'M ANXIOUS...

- 1. Life is Bigger than Possessions and Circumstances**
- 2. I Have a FATHER**
- 3. I Am LOVED**
- 4. My Worry Accomplishes Nothing**
- 5. I Am SAVED**

LLOYD-JONES

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 problems of yesterday...

LLOYD-JONES

Do not listen to him; turn on him; speak to him; condemn him; upbraid him; exhort him; encourage him; remind him of what you know, instead of listening placidly to him and allowing him to drag you down and depress you. For that is what he will always do if you allow him to be in control. The devil takes hold of self and uses it in order to depress us...

LLOYD-JONES

.... We must stand up as this man did and say, Why art thou cast down? Why are thou disquieted within me? Stop being so! Hope though in God, for I shall yet praise Him

LLOYD-JONES

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. You must say to your soul: 'Why art thou cast down' – what business have you to be disquieted?

JERRY BRIDGES

Trust is not a passive state of mind but a vigorous act of the soul whereby we choose to lay hold on the promises of God in spite of the adversity that sometimes feels like it will overwhelm us

JOHN PIPER

I cannot tell you how many hundreds of times in the last twenty-eight years at Bethlehem I have fought back the heaviness of discouragement with these very words: “Hope in God, John. Hope in God. You will again praise him. This miserable emotion will pass. This season will pass. Don’t be downcast. Look to Jesus. The light will dawn.”

PSALM 42:11

...for I shall again praise him, my
salvation and my God

BE STILL MY SOUL

Be still, my soul, The Lord is on thy side
Bear patiently, the cross of grief or pain
Leave to thy God, to order and provide
In every change, He faithful will remain
Be still, my soul, thy best thy heavenly friend
Through thorny ways, leads to a joyful end

BE STILL MY SOUL

Be still, my soul, thy God doth undertake
To guide the future as He has the past
Thy hope, thy confidence, let nothing shake
All now mysterious shall be bright at last
Be still, my soul, the waves and wind still know
His voice who ruled them while He dwelt below

BE STILL MY SOUL

Be still, my soul, the hour is hastening on
When we shall be forever with the Lord
When disappointment, grief and fear are gone
Sorrow forgot, love's purest joys restored
Be still, my soul, when change and tears are past
All safe and blessed, we shall meet at last

SPURGEON

Our longest sorrows have a close, and there is a bottom to the profoundest depths of our misery... Our winters shall not frown forever; summer shall soon smile.