

AN UPLOOK FOR THE DOWNCAST (Psalm 42)

* *What is the historical background to this psalm?*

A. When Downcast, Stop Focusing on Yourself and Start Looking to God by Faith

1. The psalmist refers to _____ through the use of personal pronouns _____ times; and as a result, he struggled with _____.

* *What is the cause of depression?*

* *How should you view yourself according to the Bible?*

2. The psalmist was discouraged because his _____ were not _____. (v. 4)

* *What perspective should we have when things don't go our way?*

* *What biblical example of this do we have?*

B. When Downcast, Stop Dwelling on the Past and Start Looking Forward to Your Future

1. Instead of remembering _____ (v. 4), we must remember _____ (v. 6).

2. The psalmist believed that God had _____ him. (v. 9)

** Will the Lord ever forget you?*

** What "hope" do you have as a believer?*

C. When Downcast, Stop Demanding Answers and Start Resting on God's Promises

1. At least _____ times in this psalm, the writer asks God _____.

** Is it ever wrong to ask God questions?*

2. Principle to remember: We do not ultimately live our Christian life on the basis of _____ to our questions but on the basis of God's _____ to us.

** What are some examples of these?*

** Who is our greatest example of a spiritual uplook when we're tempted to be downcast?*