

What To Do When Your Soul Is Downcast

Why art thou cast down, O my soul? (Psalm 42:5)

Receiving the end of your faith, even the salvation of your souls. (1 Peter 1:9)

And Mary said, My soul doth magnify the Lord,

And my spirit hath rejoiced in God my Saviour. (Luke 1:46-47)

Why art thou cast down, O my soul? and why art thou disquieted in me? (Psalm 42:5)

7817 shachach To sink or depress

1993 hamah

To be in great commotion or tumult, To rage, to be at war, to be clamoring

As the hart panteth after the water brooks, so panteth my soul after thee, O God.

My soul thirsteth for God, for the living God: when shall I come and appear before God?

My tears have been my meat day and night, while they continually say unto me, Where is thy God?

Your Soul: The Battleground							
Why The Soul Is Cast Down?							

When I remember these things, I pour out my soul in me: for I had gone with the multitude, I went with them to the house of God, with the voice of joy and praise, with a multitude that kept holyday. (Psalm 42:3-4)

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8210 shaphak

To spill forth (blood); also (fig.)
To espend; to intensely sprawl

I will say unto God my rock, Why hast thou forgotten me? why go I mourning because of the oppression of the enemy? (Psalm 42:9)

As with a sword in my bones, mine enemies reproach me; while they say daily unto me, Where is thy God? (Psalm 42:10)

Why art thou cast down, O my soul? and why art thou disquieted within me? (Psalm 42:11)

Why Christians Become Downcast

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Why art thou cast down, O my soul? 2. and why art thou disquieted in me? hope thou in God: for I shall yet praise him for the help of his countenance. (Psalm 42:5) 3. 4. 5. O my God, my soul is cast down within me: therefore will I remember thee from the land of Jordan, and of the Hermonites, from the hill Mizar. (Psalm 42:6) 6. Deep calleth unto deep at the noise of thy waterspouts: all thy waves and thy billows are gone over me. (Psalm 42:7) 7.__ Yet the LORD will command his lovingkindness in the daytime, and in the night his song shall be with me, and my prayer unto the God of my life. (Psalm 42:8) The LORD thy God in the midst of 8. thee is mighty; he will save, he will rejoice over thee with joy; he will rest in his love, he will joy over thee with singing. (Zephaniah 3:17) 9. Why art thou cast down, O my soul? and why art thou disquieted within me? hope thou in God: for I shall yet praise him, who is the health of my countenance, and my God. (Psalm 42:11) 10.

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I adjure thee that thou say Nothing But The Truth to me in the name of the LORD! (2 Chronicles 18:15)

