

Moving To Hope

Psalm 42

Pastor Chris Williams

Pastor Chris preaches from the CSB

Biblical Premise

Discovering the biblical path forward when we have **no hope** by applying the good news of God's love in Jesus Christ.

Defining Terms

Maskil: transcribed word into English that means to **instruct**, to **teach**, to make **wise**.

Why Is This Psalm Needed?

When we are spiraling down into the pit of despair, we usually make **unwise choices**.

Authors

- From the sons of **Korah**.

They are asking the question: Why my soul are you so **dejected**?

What Do We Do When We Find Ourselves In This Spiraling State?

- Disappointment.
- Discouragement.
- Despair

"Emotions make great passengers, but terrible drivers." -Crawford Lorritys

3 Choices To Make To Move Into Hope

1. Be **honest** with the Lord
 - Jesus doesn't always deliver you from the **storm**, but He will walk with you through the **storm**
2. Lean into **community**, not isolation
3. Rehearse the **gospel** to your own soul.
 - Hope in Jesus, He is the **salvation**.

"Preaching to yourself there is a sense, in which the primary role of the scriptures is to teach us how to talk truth to ourself." - D. Martyn Lloyd-Jones

"The main trouble in this whole matter of spiritual depression in a sense is this, that we allow our self to talk to us instead of talking to our self." D. Martyn Lloyd-Jones

How To Practically Live Out What's Being Taught

- You must speak **faith** to your feelings.
- Feelings are authentic, but they are not always **accurate**.

Understand

- The enemy can **communicate** with you in some way.

The Battle Plan for Hope

Romans 8:31

- Jesus **adores you**

Zephaniah 3:17

- Jesus **is for you**.

John 3:16

- Jesus **loves you**

Romans 8:32

- You are free from **condemnation**

Romans 8:33