

## Psalm 42:1



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Maskil: "a teaching, insight or wisdom for life's circumstances."

Book 1: 1-41 GENESIS/Created for God...we need Him
Book 2: 42-72 EXODUS/Captured and Oppressed
Book 3: 73-89 LEVITICUS/Concerns of Worship
Book 4: 90-106 NUMBERS/Crisis in the Wilderness
Book 5: 107-150 DEUTERONOMY/Confidence of Deliverance

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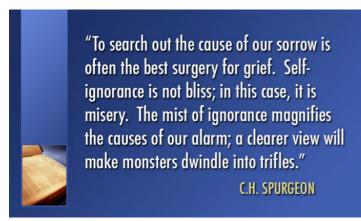


Why are you cast down, 0 my soul? And why are you disquieted within me? Hope in God, for I shall yet praise Him For the help of His countenance.

**PSALM 42:5** 



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## Physical Pain



## **Emotional Pain**

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## Spiritual Pain



Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ. 1 THESS. 5:23

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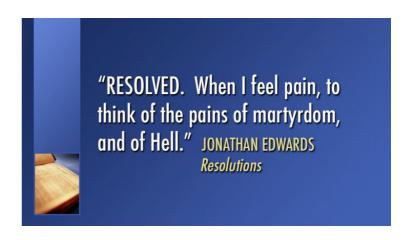
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WHAT SHOULD YOU DO WHEN YOU ARE DISCOURAGED SPIRITUALLY?

Reflect on God's Record and Take Refuge



Who are you to judge another's servant?
To his own master he stands or falls.
Indeed, he will be made to stand, for
God is able to make him stand.

ROMANS 14:4

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WHAT SHOULD YOU DO WHEN YOU ARE DISCOURAGED SPIRITUALLY?

Focus on the Facts, Not Just Your Feelings



WHAT SHOULD YOU DO WHEN YOU ARE DISCOURAGED SPIRITUALLY?

Give Thanks to the Lord, for He is Good

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When upon life's billows you are tempest tossed, When you are discouraged, thinking all is lost, Count your many blessings, name them one by one, And it will surprise you what the Lord hath done.