

A WEIGHT TO RELEASE

Resilience

July 9, 2017

Introduction: In our lives, most will experience great anxiety, depression, worry and/or sadness. Whether 15 or 85, times such as these are often unexpected, repeatedly cruel and never temporary. As you well know, these adversities shape our thinking and the way our heart feels. We cry out, "God, why have you forgotten me?" It is in these moments where resilience is needed most. So, how does one move from the pit to the pinnacle, from the depths to the heights? Join me as we work through Psalm 42.

Scripture Reading: Psalm 42

¹ As a deer pants for flowing streams, so pants my soul for you, O God. ² My soul thirsts for God, for the living God. When shall I come and appear before God? ³ My tears have been my food day and night, while they say to me all the day long, "Where is your God?" 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. 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 ⁶ and my God. My soul is cast down within me; therefore I remember you from the land of Jordan and of Hermon, from Mount Mizar. ⁷ Deep calls to deep at the roar of your waterfalls; all your breakers and your waves have gone over me. ⁸ By day the Lord commands his steadfast love, and at night his song is with me, a prayer to the God of my life. ⁹ I say to God, my rock: "Why have you forgotten me? Why do I go mourning because of the oppression of the enemy?" 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?" ¹¹ 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 (Psalm 42).