**Hope in despair – Ps. 42**

**Focal Truth: Believers can hope in God in their despair**

**Observations**

1. **My soul’s desire in despair – 42: 1 -2**

*As the deer pants for the water brooks, so my soul pants for You, O God.*

*My soul thirsts for God, for the living God; when shall I come and appear before God?*

1. Everyone is created to experience inward peace & a quiet soul – **believer’s cry**

*As the deer pants for the water brooks, so my soul pants for You, O God*

*Great peace have they that love your law – Ps. 119:165*

*Jesus said, Peace be to you – my peace I give to you*

**Peace in the presence of troubles not in the absence of trials!**

1. God has given to believers the peace of mind & soul through the Holy Spirit

*My soul thirsts for God, the living God – the God of peace will bless the believer*

1. Believers long for the uninterrupted presence of God

*When shall I come and appear before God?*

J. 14:3 – *If I go to prepare a place for you, I will come again and receive you to Myself****, that where I am, there you may also be****.*

1. **My despair in despair – 42:3 – 4**

*My tears have been my food day and night, while they say to me all day long, where is your God? These things I remember and I pour out my soul within me. For I used to go along with the throng and lead them in the procession to the house of God, with the voice of joy, and thanksgiving, a multitude keeping festival.*

1. It is possible that the believer’s inward peace can be interrupted & despair& discouragement take control of the mind –

***my tears have been my food day & night***

1. Enemies & adversaries can interrupt the believer’s inward peace

*while they say to me all day long, where is you God?*

1. The loss of inward peace remembers past times of joyfulness & happiness

*I remember & I pour out my soul within me. I used to go along with the throng… with the voice of joy & thanksgiving…*

*I remember the days of old, I meditate on all Your doings, I muse on the work of Your hands – Ps. 143:5*

1. **My questions to myself in despair – 42:5**

*Why are you in despair, O my soul? And why have you become disturbed within me?*

*Hope in God, for I shall again praise Him for the help of His presence*

1. Believers must be honest with themselves about times of despair & discouragement

What is despair – Downcast = **downward pressure squeezing out & draining away whatever modes of energy & eagerness were there before**

1. The importance of **spiritual self – talk** for with ourself
* Spiritual talk is a method of self – control over despair
* Spiritual self – talk confronts the thinking of despair – ***Why are you?***
* Spiritual self – talk admits the feelings of despair
* Spiritual self – talk replaces despair with hope in God - ***Hope in God***

***I considered my ways and turned my feet to Your testimonies – Ps. 119:59***

1. **Preach God ‘s presence to yourself in despair – Hope in God**

*Hope in God –* ***He is there & He is not unconcerned, or unable to hear & help!***

***I shall again praise Him for the help of His presence!***

* **Hope in God says – I will again praise God for His help in my despair!**
1. **My hopeful cry to God in despair – 42:6 -11**

*O my God, my soul is in despair within me; therefore, I remember You from the land of Jordan and the peaks of Hermon, from Mount Mizar…The Lord will command His lovingkindness in the daytime, and His song will be with me in the night, a prayer to the God of my life. I will say to God my rock, Why have you forgotten me? Why do I go mourning because of the oppression of the enemy?* ***Hope in God, for I shall yet praise Him, for the help of my countenance and my God***

 ***Hope = calm expectation on God***

1. Believers experience hope in God in their despair – when they admit their despair

*O my God, my soul is in despair within me*

1. Believers experience hope in God when they remember God’s presence with them even in their loneliness & isolation

*I remember You, from the land of Jordon…& peaks of Hermon, from Mt. Mizar*

* Despair separates from God & others
* Despair hurries the mind with anxious thoughts
* Despair pushes away peace of mind
* Despair lies about God’s care & love

 Ps. 142:4 – *there is no one who regards me, there is no escape for me; no one cares*

 *for my soul*

1. Believers experience hope in God’s promises while struggling with their despair

***The Lord will command His lovingkindness*** *in the daytime, and* ***His song will be with me in the night,*** *a prayer to the God of my life*

*“When pilgrim and Hopeful were captured in the tower of doubt* ***by the giant of despair.*** *Pilgrim cried out, “what a fool am I, to lie in this stinking dungeon, when I may walk at liberty?* ***I have a key in my bosom called Promise that will I am persuaded open any lock in doubting castle****” –* ***Pilgrims Progress***

 *For by these He has granted to us His precious and magnificent promises, so that by*

 *them you may become partakers of the divine nature, having escaped the corruption*

 *that is in the world by lust – 2 Pet. 1:4*

1. Believers experience hope in God when they ask God why? 9 -11
* Why have You forgotten me?
* Why do I go mourning because of the oppression of the enemy?

Ps. 42:11 – ***hope in God, for I shall yet praise Him for the help of His presence***

**Things to Remember & Do**

1. Seek God as best you can in your despair
2. Ask yourself why you are in despair – understand the cause of it, admit & accept it
3. Hope comes from the promises of God – believe God’s promises

*Hope in God, for I shall again praise Him for the help of His presence*

Keep remembering the promises of Jesus Christ while you are in the valley of despair

***Why are you in despair, O my soul? And why have you become disturbed within me?***

***Hope in God, for I shall again praise Him for the help of His presence***

**To the praise of the glory of His grace! The Lord is near to the door! Come Lord Jesus!**