



Ken Letson, Pastor
May 15, 2022

Message Series
“Dear God:”

‘Why so downcast, O my soul?’
(Four steps to face your feelings with faith)

“Dear God: Why Do I Feel the Way I Do?”

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.

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“Why am I discouraged? Why is my heart so sad? I will put my hope in God! I will praise him again—my Savior and my God!” (vs. 5-6, NLT)

The causes of a “downcast soul”

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1. Seek _____.

“As the deer pants for streams of water, so my soul pants for you, my God. My soul thirsts for God, for the living God. When can I go and meet with God?” (vs. 1-2, NIV)

2. Get _____.

“My tears have been my food day and night, while they say to me all the day long, ‘Where is your God?’ These things I remember, as I pour out my soul.” (vs. 3-4)

“I say to God, my rock: ‘Why have you forgotten me? Why do I go mourning because of the oppression of the enemy?’ 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?’” (vs. 9-10)

3. Choose _____.

“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.” (v. 4)

“...My soul is cast down within me; therefore I remember you from the land of Jordan and of Hermon, from Mount Mizar...By day the LORD commands his steadfast love, and at night his song is with me, a prayer to the God of my life.” (vs. 6, 8)

4. Put _____.

“Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.” (v. 11, NIV)