

Finding Rest for the Weary Soul

Introduction: 'Bad days' got you down? What is the biblical answer for understanding and responding to discouragement and weariness of the soul? Today we look at Psalms 42-43 **to begin** to answer this question.

God is good all the time, all the time God is good!

God is so good...but sometimes our feeling and this truth does not match up!

I've had a bad day (week, month, year): Illus. Our 'bad week' with two car accidents.

A. 'Bad Days' Made Worse

1) *Angry at God*

- a) Being angry at God is like rubbing your eyes with Jalapeño juice on your fingers.
- b) Blame God for our sin or bad choices.
- c) Blame God for what we do not have or for what we want.

2) *Sinning Dulls the Pain, Right?*

- a) 'Things are so bad already, how could they get any worse?'
- b) 'I just wanted to feel good' (artificially).
- c) 'God doesn't really care what I do?'

3) *Running from God*

- a) 'Running from God is like trying to outrun the Flash or Superman.'
- b) Unbelief is never the right cure for emotional pain.
- c) Has God really betrayed you or have you failed to see what God is really up to?

4) *Neglecting God*

- a) When has the passive aggressive approach ever worked?
- b) Prolong the pain that will help you!
- c) Ignoring God will not make Him go away.

5) *Substitutes for God*

- a) 'Money will solve this problem.'
- b) 'I need a new person in my life.'
- c) 'My job (my family; my ...whatever) is all I have time for.'
- d) 'I just want to enjoy life.'

Why are you downcast, O my soul? Why so disturbed within me?

Put your hope in God, for I will yet praise him, my Savior and my God. – Psalm 42:11

William Bridge, in 1648, preached 13 sermons on discouragement. It is published today under the title, *A Lifting Up for the Downcast*. His theological answer for discouragement is this:

- 1) *First, That there is an inward peace and quietude of soul, which the saints and people of God ordinarily are endued with. This is implied.*
- 2) *Secondly, It is possible that this peace may be interrupted, and God's people may be much discouraged, cast down and disquieted.*

- 3) *Thirdly, That the saints and people of God have no reason for their discouragements whatever their condition may be.*

abridged by Pastor Gordon:

- 1) *We have peace with God as believers therefore we can have the peace of God!*
- 2) *Discouragement happens; even believers can get the blues.*
- 3) *We have no real reason to stay discouraged no matter what we are facing.*

B. The Downcast Soul (Psalm 42-43)

1. Longing for God in the Midst of Trouble (Psalm 42:1-5)

- 1) **Thirsting After God** - My soul thirsts for God...
- 2) **Weariness of the Soul** - My tears have been my food day and night...
- 3) **Remembering God in Times of Trouble** - These things I remember as I pour out my soul...

2. Feeling Separated from God (Psalm 42:6-11)

- 1) **Remember God** - My soul is downcast within me; therefore I will remember you...
- 2) **Prayer & Praise** - Deep calls to deep in the roar of your waterfalls; all your waves and breakers have swept over me. ⁸By day the LORD directs his love, at night his song is with me-- a prayer to the God of my life. ⁹
- 3) **Cry out to God** - I say to God my Rock, "Why have you forgotten me? Why must I go about mourning..."

3. Asking God to Restore Hope & Joy (Psalm 43)

- 1) **Rescue me** - Why have you rejected me? Why must I go about mourning..
- 2) **Guide me** - ³Send forth your light and your truth, let them guide me; let them bring me to your holy mountain, to the place where you dwell.
- 3) **Restore me** - ⁴Then will I go ...to God, my joy and my delight. I will praise you with the harp, O God, my God.

C. Finding Rest for the Weary Soul (Some Good 'Bad Day' Theology)

1. Psalm 42:11

a) Rebuke yourself for doubting God's loving care for you!

Why are you downcast, O my soul? Why so disturbed within me?

b) Trust God to work in your life and circumstances, because He is anyway!

Put your hope in God, for I will yet praise him, my Savior and my God.

D. Finding Rest for the Weary Soul - Application

1. **Seek God;** Trust in God's providential care for you! (*Psalms 62:1; Psalms 130:5-6; 1 Pet 5:7*)
2. **Praise God;** He will lift you up! (*Psalms 116:7; Psalms 107:9*)
3. **Follow God;** He will guide you! (*Lamentations 3:25*)

As we trust and follow Him; He will lift us up! (Isaiah 26:3; John 14:27)

God is so good...

¹ *My soul finds rest in God alone; my salvation comes from him. Psalms 62:1 (NIV)*

- **Good Health**
- **Believing Children & loving family, wonderful wife**
- **Finances – God has always met my needs (& more)**
- **Great Parent(s)**
- **Encouraging Relationships**
- **Salvation & eternal life**

- ***What challenges are you facing?***
- ***Have you committed them to prayer?***
- ***What are you thankful for right now?***
- ***What can you praise God for right now?***