

Finding Rest for the Weary Soul

Psalm 42-43

A decorative graphic consisting of a solid teal horizontal bar at the top, followed by a white horizontal bar, and then three thin, parallel teal horizontal lines extending to the right.

I've had a bad day(week, month, year)

I've got troubles...

⁷Yet man is born to trouble as surely as sparks fly upward.
Job 5:7

- Health
- Worries concerning my children/family
- Losses
- Finances
- Parent(s)
- Relationships
- Job

I've got troubles...

- Here's a short list
- Emergency Appendectomy 3/1
- Jessica needs a job
- Lost my brother Ron to cancer on 8/27
- Extra bills!
- Dad accidentally nearly kills himself
- Sole pastor stress

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

A Lifting up for the Downcast



PURITAN PAPERBACKS □ WILLIAM BRIDGE

*William Bridge in 1648,
preached 13 Sermons on
discouragement.*

*First, That there is an inward
peace and quietude of soul,
which the saints and people of
God ordinarily are endued
with.*

*Secondly, It is possible that this
peace may be interrupted, and
God's people may be much
discouraged, cast down and
disquieted.*

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

A Lifting up for the Downcast



PURITAN PAPERBACKS □ WILLIAM BRIDGE

*William Bridge in 1648,
preached 13 Sermons on
discouragement.*

- 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.***



Troubles are like
clouds...

*Troubles will come
But they will also go.*

‘Bad Days’ Made Worse

- 1) Angry at God**
- 2) Sinning Dulls the Pain, Right?**
- 3) Running from God**
- 4) Neglecting God**
- 5) Substitutes for God**

‘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.**

Stop the madness!

‘Bad Days’ Made Worse

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?’**

‘Bad Days’ Made Worse

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?**

‘Bad Days’ Made Worse

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.**

‘Bad Days’ Made Worse

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.’**

The Downcast Soul (Psalm 42-43)

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...

The Downcast Soul (Psalm 42-43)

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

- 1) Remember God** - My soul is downcast within me; therefore I will remember you...
- 2) Pray** - Deep calls to deep in the roar of your waterfalls; all your waves and breakers have swept over me. ⁸ By 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..."

The Downcast Soul (Psalm 42-43)

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** - ³ Send 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** - ⁴ Then will I go ...to God, my joy and my delight. I will praise you with the harp, O God, my God.

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

*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.*

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

1. *Rebuke Yourself for doubting God's loving care for you! –*

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

2. *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.*

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

²⁸ "**Come to me**, all you who are weary and burdened, and I will give you rest.

²⁹ **Take my yoke upon you and learn from me**, for I am gentle and humble in heart, and you will find rest for your souls.

³⁰ For my yoke is easy and my burden is light."

Matthew 11:28-30 (NIV)

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

1. Seek Christ –

Come to me, all you who are weary and burdened,
and I will give you rest.

2. Follow Christ –

Take my yoke upon you and learn from me, for I
am gentle and humble in heart, and you will
find rest for your souls.

³⁰ For my yoke is easy and my burden is light.

Finding Rest for the Weary Soul - Application

1) Trust God – God’s Providential Care

⁵ I wait for the LORD, my soul waits, and in his word I put my hope. ⁶ My soul waits for the Lord more than watchmen wait for the morning, more than watchmen wait for the morning. *Psalms 130:5-6 (NIV)*

1 Peter 5:7

Finding Rest for the Weary Soul - Application

2) Follow God – He Will Guide You

²⁵The Lord is good to those who wait for him, to the soul who seeks him. *Lamentations 3:25 (ESV)*

Matthew 11:28-30

Finding Rest for the Weary Soul - Application

3) Praise God – He Will Lift You Up

⁷ Be at rest once more, O my soul, for the LORD has been good to you. *Psalms 116:7 (NIV)*

⁹ For he satisfies the longing soul, and the hungry soul he fills with good things. *Psalms 107:9 (ESV)*

***As we trust and follow Him
He will lift us up!***

Isaiah 26:3

³ You will keep in perfect peace him whose mind is steadfast, because he trusts in you.

John 14:27

²⁷ Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

God is so good...

I've got troubles...

⁷Yet man is born to trouble as surely as sparks fly upward.
Job 5:7

- Health
- Worries concerning my children/family
- Losses
- Finances
- Parent(s)
- Relationships
- Job

I'm so thankful...

¹My 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
- Great Job