



SWELLS

TRUTH FOR LIFE'S UPS AND DOWNS

from the Psalms



Hope in God

“As a deer pants for flowing streams,
so pants my soul for you, O God. My soul thirsts
for God, for the living God.
When shall I come and appear before God?”

PSALM 42:1,2

“My tears have been my food
day and night,
while they say to me all the day long,
‘Where is your God?’”

PSALM 42:3

“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.”

PSALM 42:4

“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 42:5

“My soul is cast down within me;
therefore I remember you
from the land of Jordan and of Hermon,
from Mount Mizar.”

PSALM 42:6

1. Keep a journal
2. Find a close friend to remind one another of God's goodness in accountability.
3. Join a small group and be reminded of who God is together.

“Deep calls to deep
at the roar of your waterfalls;
all your breakers and your waves
have gone over me. By day the LORD commands
his steadfast love, and at night his song is with me,
a prayer to the God of my life. I say to God, my
rock: ‘Why have you forgotten me?’”

PSALM 42:7-9

Steadfast Love – Used 127 times in Psalms

My Rock – Used 24 times in Psalms

“How long wilt Thou conceal Thy face? My God, how long delay? When shall I feel those heav’nly rays That chase my fears away? How long shall my poor laboring soul wrestle and toil in vain? Thy word can all my foes control and ease my raging pain.”

ISAAC WATTS



“It would be good if all of us were so composed and careful in the expression of our discouragements that we never said anything amiss. But that is not the way we are. In the midst of the tumult of emotions, we are not careful with our words.”

JOHN PIPER

“Have you realized that most of your unhappiness in life is due to the fact that you are listening to yourself instead of talking to yourself? Take those thoughts that come to you the moment you wake up in the morning. You have not originated them but they are talking to you, they bring back the problems of yesterday, etc. Somebody is talking. Who is talking to you? Your self is talking to you. Now this man’s treatment was this: instead of allowing this self to talk to him, he starts talking to himself. ‘Why art thou cast down, O my soul?’ he asks. His soul had been depressing him, crushing him. So he stands up and says: ‘Self, listen for moment, I will speak to you.’”

MARTIN LLOYD JONES

“There is no solid foundation for comfort in such
fickle frames as our heart is subject to.”

CHARLES SPURGEON

“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 42:11