

"I say that we must talk to ourselves instead of allowing 'ourselves' to talk to us! ... This is the very essence of wisdom in this matter. 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?"<sup>1</sup>

### Questions for Reflection and Discussion

1. Have you ever felt distant from God? Are you feeling that way right now?
2. Do you ever feel like God is not hearing your prayers? Do you think Jesus knows how you feel?
3. Have you confessed your spiritual depression to God? Have you told him how you are feeling? Have your prayers been marked by faith or blame-shifting? If not, why not?
4. Are you content with going through the motions of worship without having your heart moved to rejoice in grateful praise? Do you think this attitude dangerous? What do you think God thinks of this?
5. Who can you ask to be praying for your particular needs in this area? Are you praying for our whole local church about this? Who do you think could use some prayer and encouragement in this area?

<sup>1</sup> Lloyd-Jones, D. Martyn. *Spiritual Depression: Its Causes and Cures* (p. 20). Zondervan. Kindle Edition.



Sunday, May 31, 2020  
**Hope for Joy**  
**Psalm 42-43**

### Longing for Vindication

A man who **spent 37 years** in **prison** after being wrongfully convicted of rape is now performing in the new season of **America's Got Talent (AGT)**. **Archie Williams** was arrested in 1982, and imprisoned in a Louisiana **prison** the following year, but was released in 2019 after new evidence proved he was innocent.

#### A Personal Testimony:

- (30 years) Times when it has been hard to worship... (Feeling far from God)
- The daily faithfulness of God...
- But often my prayers would seem to fall on deaf ears... (Why aren't more people excited about the gospel? Why is my own heart struggling again?)
- **The taunt of the world:** Is any of this real?
- My heart has often cried out for **vindication!**
- **My Rock:** I knew Jesus could be trusted... The cross... the resurrection...
- Time after time I threw myself into my savior's capable hands:  
(Strengthen me! Be with me!)
- **I will yet stand before him with joy! (Hope for Joy)**



### Psalm 42-43 – Longing for True Worship

1. Thirsting for God {Talking to God}  
<sup>1</sup> *As a deer pants for flowing streams,  
so pants my soul for you, O God.*
- <sup>2</sup> *My soul thirsts for God,  
for the living God.  
When shall I come and appear before God?* (lit "see the face of God")
- <sup>3</sup> My tears have been my food  
day and night,  
while they say to me all the day long,  
"*Where is your God?*"
- <sup>4</sup> **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.*

[Refrain] {Talking to Himself}

- <sup>5</sup> 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 <sup>6</sup> and my God.

II. Confession: My Soul is Cast Down {Talking to God}

A. Physical Distance?

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

B. A Feeling of Judgement (Cf. v.1)

<sup>7</sup> **Deep calls to deep**  
at the **roar of your waterfalls;**  
all **your breakers and your waves**  
**have gone over me.**

C. Confession of Faith & Honest Prayer

<sup>8</sup> By day **the LORD commands his steadfast love,**  
and at night **his song is with me,**  
**a prayer to the God of my life.**

<sup>9</sup> I say to God, my rock:

**“Why have you forgotten me?”**

**Why do I go mourning**

**because of the oppression of the enemy?”** (World, Flesh & Devil)

D. The Taunt of My Enemies

<sup>10</sup> 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?”**

[Refrain] {Talking to Himself}

<sup>11</sup> 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.

III. A Cry for Vindication/Joyful Worship {Talking to God}

A. Deliver Me from this Depression!

**43 Vindicate me,** O God, and **defend my cause**  
**against an ungodly people,**  
from the **deceitful and unjust man**  
**deliver me!**

<sup>2</sup> **For you are the God in whom I take refuge;**  
**why have you rejected me?**

**Why do I go about mourning**

**because of the oppression of the enemy?**

B. Guide Me Back to Joyful Worship

<sup>3</sup> **Send out your light and your truth;**  
**let them lead me;**

**let them bring me to your holy hill**  
and **to your dwelling!**

<sup>4</sup> **Then** I will go **to the altar of God,**  
**to God my exceeding joy,**  
and **I will praise you** with the lyre,  
O God, my God.

[Refrain] {Talking to Himself}

<sup>5</sup> 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.

Jesus (Psalm 22)



Our Confidence is Even Greater



I. Like Jesus, through Suffering to Glory

**Philippians 2:5–11**

<sup>5</sup> **Have this mind** among yourselves, **which is yours in Christ Jesus,**  
<sup>6</sup> who, though he was in the form of God, did not count equality  
with God a thing to be grasped, <sup>7</sup> but emptied himself, by taking  
the form of a servant, being born in the likeness of men. <sup>8</sup> **And**  
**being found in human form, he humbled himself by becoming**  
**obedient to the point of death,** even death on a cross. (Cf. Job 13:15)  
<sup>9</sup> Therefore God has highly exalted him and bestowed on him the  
name that is above every name, <sup>10</sup> so that at the name of Jesus every  
knee should bow, in heaven and on earth and under the earth, <sup>11</sup>  
and every tongue confess that Jesus Christ is Lord, to the glory of  
God the Father.

God can be trusted to rescue us from *Spiritual Depression* to  
*Joyful Worship...eventually.*

D. Martyn Lloyd-Jones “...the ultimate cause of all spiritual depression  
is unbelief. For if it were not for unbelief even the devil could do nothing.  
It is because we listen to the devil instead of listening to God that we go  
down before him and fall before his attacks.” <sup>1</sup>

II. Some Specific Guidance

A. Complain with Faith

B. Frank Confession with Humility

C. Talk to Yourself, Don't Listen to Yourself