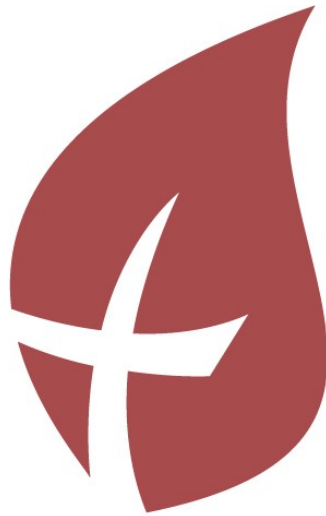


Sunday Morning Worship

September 14, 2025



**FIRSTBAPTIST
CHURCH
UPPERMARLBORO**

7415 SW Crain Highway, Upper Marlboro, MD 20772

301-952-0117 :: www.fbcum.org :: fbcum@firstbaptistum.com

Order of Worship

September 14, 2025

Welcome & Announcements

Call to Worship — Romans 6:1-4

Celebration of Baptism

Prayer of Praise

Song — The Lord Almighty Reigns

Song — The Storm Is Passing Over

Scripture Reading — John 6:35-40

Pastoral Prayer

Song — Lord, From Sorrows Deep I Call

Prayer of Thanks

Worship Through Giving of Tithes and Offerings

Message — Zach Schlegel

“When Your Soul Is in the Dumps”

Psalm 42

Song — Loudest Praise (Psalm 42)

Introduction of New Members

Benediction

Comfort Rooms: To help accommodate families with small children and individuals with special needs or medical conditions, a live video feed of the worship service is available in rooms 116, 117/118, 119, 120-125.

Visitors & Guests: Stop by the Welcome Desk for church information and to receive a welcome packet.

Call to Worship — Romans 6:1-4 (ESV)

¹ What shall we say then? Are we to continue in sin that grace may abound? ² By no means! How can we who died to sin still live in it? ³ Do you not know that all of us who have been baptized into Christ Jesus were baptized into his death? ⁴ We were buried therefore with him by baptism into death, in order that, just as Christ was raised from the dead by the glory of the Father, we too might walk in newness of life.

The Lord Almighty Reigns

Keith Getty | Kristyn Getty | Matt Papa | Matt Boswell

Verse 1:

There's an endless song waiting to be sung
With the voice of ev'ry tribe,
the sound of ev'ry tongue.

Verse 2:

When the bride of Christ on that day of days
Brings with joy unto the Lamb
a multitude of praise.
Like the roar of mighty seas
and rolls of thunder hear His people sing.

Chorus:

Hallelujah, Hallelujah,
for the Lord Almighty reigns.
Hallelujah, Hallelujah,
for the Lord, our God, the Almighty reigns.

Verse 3:

We will join the feast, rest from battles won,
Tell with great rejoicing all
the wonders God has done
Like the roar of mighty seas
and rolls of thunder all the church will sing.

Verse 4:

Certain of that day, Christ we will proclaim
Oh, that more would share the prize,
salvation in His name.
Then greater will the anthem ring,
The mighty chorus rising to the King.

The Storm Is Passing Over

Charles A Tindley | Donald Vails

Verse 1:

Take courage my soul and let us journey on
Tho' the night is dark and I am far from home
Thanks be to God the morning light appears

Chorus 1:

The storm is passing over
The storm is passing over
The storm is passing over, Hallelu

Chorus 2:

Hallelujah, Hallelujah, Hallelujah
The storm is passing over
The storm is passing over
The storm is passing over, Hallelu

Verse 2:

The billows roll and thunder shakes the ground
Tho' the lightnings flash and tempest all around
Jesus walks the sea and calms the angry waves

Verse 3:

The stars are gone and distant lights are dim
I am so afraid the seas are breaking in
I hear God say "Be ye, not afraid"

Verse 4:

Now soon we shall reach the distant shining shore
Free from all the storms we'll rest forevermore
Safe within the veil we'll furl the riven sail

Scripture Reading — John 6:35-40 (ESV)

³⁵ Jesus said to them, "I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst. ³⁶ But I said to you that you have seen me and yet do not believe. ³⁷ All that the Father gives me will come to me, and whoever comes to me I will never cast out. ³⁸ For I have come down from heaven, not to do my own will but the will of him who sent me. ³⁹ And this is the will of him who sent me, that I should lose nothing of all that he has given me, but raise it up on the last day. ⁴⁰ For this is the will of my Father, that everyone who looks on the Son and believes in him should have eternal life, and I will raise him up on the last day."

Lord, From Sorrows Deep I Call

Matt Boswell | Matt Papa

Verse 1:

Lord from sorrows deep I call
When my hope is shaken
Torn and ruined from the fall
Hear my desperation
For so long I've pled and prayed
God come to my rescue
Even so the thorn remains
Still my heart will praise You

Chorus:

Oh my soul put your hope in God
My help my rock I will praise Him
Sing oh sing through the raging storm
You're still my God my salvation

Verse 2:

Storms within my troubled soul
Questions without answers
On my faith these billows roll
God be now my shelter
Why are you cast down my soul
Hope in Him who saves you
When the fires have all grown cold
Cause this heart to praise You

Verse 3:

Should my life be torn from me
Every worldly pleasure
When all I possess is grief
God be then my treasure
Be my vision in the night
Be my hope and refuge
'Til my faith is turned to sight
Lord my heart will praise You

Sermon Notes

“When Your Soul Is in the Dumps” :: Psalm 42

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# Loudest Praise (Psalm 42)

Shane Barnard | Brian Fowler

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Verse 1:

As the deer pants for the water
So my soul pants for You
All my tears have been my fodder
Day and night my only food

Oh my soul you feel forgotten
Put your hope in Christ alone
As the deer longs for the water
So my soul longs to be home

Chorus:

Come thou fount of living water
Tune my heart to bless Your name
Streams of trouble never ceasing
Call for songs of loudest praise

Verse 2:

As the deep cries out for answers
As Your waves crash over me
Let Your goodness like a fetter
Bind my broken heart to Thee

In the night Your song is with me
Day by day You hold me fast
Oh my soul hope in Jesus
You shall praise your God at last

Bridge:

Deep calls to deep
Waves of unbelief
Breakers crash and bring me
Falling to my knees
It goes on and on and on
Where is my God
My salvation is in You and You alone

This Week at First Baptist Church

Sunday, September 14

9:00 AM DiscipleLIFE classes
10:00 AM Sunday Worship w/ Baptism
5:00 PM Church Picnic

Monday, September 15

Tuesday, September 16

10:30 AM Tuesday Ladies Bible Study

Wednesday, September 17

5:45 PM King's Kids Choir
6:30 PM AWANA
Elder-led Bible Study
Choir / Band Rehearsal

Thursday, September 18

Friday, September 19

Saturday, September 20

Sunday, September 21

9:00 AM DiscipleLIFE classes
10:00 AM Sunday Worship
6:00 PM Youth Night

Upcoming Events at First Baptist Church

Sunday, September 14

5:00 PM — Church Picnic on the Front Lawn
(see announcement page for more info)

Friday, October 10

6:30 PM — Women's Dessert & Song Event

Sunday, October 19

3:00 PM — Children's Harvest Party

October 20 — 28

Mission Team serving at Bangkok City Baptist Church — Thailand

Sunday, October 26

Starting Point Seminar — immediately following worship service
(Seminar for those interested in church membership. Contact the church office to register
or use the Digital Communication Card on the back of this bulletin.)

Praying with First Baptist Church

A Prayer Guide for the week of September 14

Prayer of the week:

One of the ways we learn to pray is by using the examples in Scripture as a springboard and inspiration for our own prayer life. This week, we encourage you to use the prayer of the Apostle Paul from the book of Ephesians 3:14-16:

¹⁴ *For this reason I bow my knees before the Father,*
¹⁵ *from whom every family in heaven and on earth is named,*
¹⁶ *that according to the riches of his glory he may grant you to be strengthened*
with power through his Spirit in your inner being,

We recognize our need for God's help in all the areas of our lives. The categories and requests listed below are intentional ways to pray for each other as a church family. For help in knowing how and what to pray for, look up the Scripture included with each item.

Ongoing prayer items in the life of our church:

- Pray for opportunities and boldness to share the gospel with loved ones (Matt. 28:19)
- Pray for conversions (John 3:3, Acts 16:14)
- Pray for the children of our church to hear and understand the gospel and be saved. (Luke 8:8)
- Pray for the preaching of God's word – for faithfulness, fruitfulness, and God's glory (2 Tim. 4:2, 1 Cor. 2:4-5, Isa. 55:10-11)
- Pray for increased one to one discipleship relationships in our church family (Matt. 28:19-20)
- Pray for unity in our diversity both on Sunday and through the week (Rom. 15:13, Eph 4:2-3)
- Pray for continued growth and joy in the gospel (1 Cor. 15:1-5, 2 Pet. 1:12)
- Pray for growth in holiness, hatred of sin and growth in humility (Prov. 8:13, 1 Pet. 1:14-16)
- Pray for honest, loving relationships in our church (Col. 3:12-13, James 5:16)
- Pray for families: marriages to thrive, parents to teach/love/discipline carefully, and children to obey (Eph. 5:22-6:4)
- Pray that giving would be faithful, joyful, consistent, and sacrificial (2 Cor. 8:9)

Prayer items outside our church:

- Pray that our elected officials would fear God, seek His wisdom, have integrity, humility, and work together for the good of society and not self. (1 Tim. 2:1-2, Rom. 13:1-7)
- Pray for fruitful ministry in other gospel-proclaiming churches in our area. (Rom. 15:20, 1 Cor. 16:1-3, Matt. 28:19-20)

- Pray that God would bring a swift end to wars going on throughout the world and establish peace. Pray for protection and care for the many refugees fleeing to safety. Pray that those impacted would trust in God in the midst of their suffering. (Ps. 139:23-24)
- Pray for our ministry partners locally and around the world—Baptist Convention of Maryland/Delaware (BCM/D), North American Mission Board (NAMB) and International Mission Board (IMB). Pray especially for those we have direct partnerships with: Jeremy McClain (Mercy of Christ Fellowship Church, DC), Joel Kurz (The Garden Church, Baltimore), Daniel and Brandy Spandler-Davison and Susanna Schriever (Bangkok City Baptist Church, Thailand). Pray the gospel would flourish and churches would be planted and strengthened through their work. Pray that God would supply their needs. (Ps 93:4, Col. 1:5-6, 1 Pet. 4:12-17)

Particular prayer items in the life of our church:

- Praise God for the new members recently brought into our church family: Joe and Diane Carter, Ciara Cook, Sharon Faxio, Jennifer Gonzalez, Nolan Hawit, Verna Hinton, Pearl Nicholls, Joseph Nkwetaketu and Martha Tacham Epse Tangu, Caleb and Kelsie Rathbun, Hudson Schlegel, Greg and Beth Spraul, Ella Spraul, Bonita Taylor. Pray that God would unify us in Jesus Christ and that opportunities for fellowship would abound (Rom. 15:5-6, Acts 2:42)
- Pray for the Mission Team going out from our church to Bangkok City Baptist Church, Thailand, Oct 20-28; Pastor Zach Schlegel, Jason Brown, Gay Laxton, Erin Messing, and . Pray that our team would be helpful and an encouragement to the local church and pastors they are serving and that the Gospel would flourish through their ministry.
- Pray for teachers and students in our church family who have recently started back to school. Pray they would depend on God and trust Him as they start a new school year. Pray that learning and teaching would be done with excellence to the glory of God (Prov. 3:5-6; 1 Cor. 10:31). See a list of out-of-town college students toward the back of your church directory.
- Pray that our church family would not grow weary of doing good. Pray that we would live and interact with one another in a way that reveals God's steadfast love and mercy to the world. (Gal 6:9)
- Pray that we know a profound contentment no matter what circumstances we find ourselves in – a contentment from knowing God is our help. (Heb. 13:5-6)
- Pray God would guard our church from fear, anxiety, and disunity. Pray that we would trust that God is good and be assured that He is in control. (John 13:34-35)
- Pray that God would help us comprehend his good design for the church and center our lives around it for the sake of his glory being made known. (Eph 3:10; 3:21)
- The following individuals have expressed particular prayer concerns:

Margaret Austin, Alice Copeland, Connie Crawford, Jim and Pat Ernster, Lucie Lowe, Melissa Thomaswicks, Bonnie Trott, Glenn Walker

(To submit a prayer request, please use the Prayer Request Card available in the sanctuary and drop them in the offering basket or contact the Prayer Room at 301-952-8877.)

Ministry Spotlight

“Ministry Spotlight” is meant to bring to your attention active church ministries and programs at FBC Upper Marlboro. We hope that each month you will pray for all those serving and consider how you may support their efforts. *You may notify us if you would like to learn more about the ministries at FBCUM by using the Digital Communication Card (see QR code on the back of this bulletin). Pick up a copy of “Places to Serve” in the magazine racks near the exits for information on all the church ministries.*

Ordinance Ministry

The Ordinance Ministry serve the essential doctrines of the Baptist Church. This ministry service includes the ordinance of Baptism and Communion (or the Lord’s Supper). Christian Baptism is the immersion of a believer in water symbolizing: a believer’s faith in the crucified, buried, and risen Savior, Jesus Christ; the believer’s death to sin; the burial of the old life; and the resurrection to walk in newness of life in Christ Jesus. The Lord’s Supper is an act of obedience by the Lord’s command for the universal church through the partaking of bread, which symbolizes His body which is laid down for us, and fruit of the vine, symbolizing His blood which was shed for us. We do this in remembrance of the death of the Redeemer, Christ Jesus and the anticipation of his second coming.

BAPTISM: Our church invites anyone interested in learning more about our church and church membership to attend Starting Point. Starting Point opens up for a new believer or a current believer, details about our church which includes the doctrines that we follow to include the ordinance of Baptism and the Lord’s Supper. If the person attending Starting Point acknowledges that they believe in the Lord and would like to join this body of believers, an elder of our church walks alongside the potential candidate (new convert) or believer joining from another faith that have not been baptized by immersion to prepare for their Baptism. Baptism follows after their profession of faith and evidence of regeneration. To witness a Baptism, is to witness the outward profession of an inward spiritual conversion and rebirth, which is nothing short of miraculous. The work of God is evident in the extraordinary transformation of their heart and soul when an individual experiences a profound change in their beliefs and values, leading to a renewed commitment to follow Christ Jesus. It is a testament to God’s grace and mercy, as He forgives sins and grants the convert a new life in Christ Jesus. It is exceptionally rewarding to hear the personal heartfelt testimony of the recently converted. During the Baptism, the Ordinance Ministry carries out the duties of ensuring that the candidates for Baptism are prepared and have what they need and comfort them if they have any concerns.

Ministry Spotlight

LORD’S SUPPER: With the help of our devoted deacons and others, every first Sunday the Ordinance Ministry serves the Lord’s Supper to like-minded believers who have accepted Christ and understand the significance of his sacrifice. Prior to Communion, believers (congregants) should examine their heart and be free from unrepentant sin or have sought and received forgiveness and reconciliation through confession of their sin.

It is an opportunity for the church to renew its covenant and commune with the Lord and with one another as family and fellow believers in Christ in remembrance of Christ’s death and the benefits of the New Covenant; a privilege available only to believers.

The celebration of the sacraments helps remind us of our relationship and commitment with God and our Lord and Savior, Jesus Christ.

Scripture References:

Matthew 26:26-29 - The Institution of the Lord’s Supper.;

Matthew 28:18-20 - The Great Commission and Command for Baptism.

The Ordinance Ministry is a service area that allows believers to serve those who are seeking to honor the commands of our Lord and Savior Jesus Christ. *Next week we will share more information about the Ordinance Ministry.*

If you are interested in learning more about this ministry or would like to join this ministry, please contact Deacon Leslie Fleet.

Announcements

1. **Church Picnic on the Front Lawn—TODAY at 5pm.** All are welcome to join in a day of fellowship and fun with the church family. The church will provide BBQ meats and bottled water. You bring any picnic items you'd like for your family (side dishes, dessert, lawn chairs, blankets, games, etc). Please see Jason Brown if you're available to help with setup or clean up.

2. **Young Adults (18-34) Let's Connect! — Friday, Sept 19 :: 7pm.** You're invited to a relaxed night of great food, games, and easy conversation at the Mooreheads' (Pastor Tyrone & Sharon) home on Sept. 19 at 7:00 PM. No agenda—just a chance to exhale after a long week, share some laughs, and feel at home as we connect and get to know each other. Dinner is provided! Please RSVP by Sept. 16 at tmoorehead@fbcum.org so we can plan the meal. Friends are always welcome.

3. **Women's Dessert and Worship Fellowship—Friday, October 10 at 6:30pm.** Ladies mark your calendar! Join us for a Women's Dessert & Worship Fellowship on Friday, October 10th from 6:30pm-8:30pm. Bring your favorite dessert to share and plan on enjoying fellowship and a time of worship through music/songs. Invite your friends & neighbors! Please have your dessert cut and ready to serve.

4. **Giving.** We thank God for the faithful giving of our church family that sustains the gospel ministry here at FBC Upper Marlboro. As a reminder, there are three ways you can give:

- online: click the link or scan the QR code,
- in-person: designated boxes in the church foyer or during the worship service,
- by mail: send to the church office.



Church members with a benevolence request, please contact the church office.



Digital Communication Card

Are you interested in receiving more information about the church, meeting with a pastor, or sharing a prayer need? Scan the QR code to fill in our digital communication card and someone will follow up with you. You're always welcome to contact the church office: 301-952-0117.

Praying Psalm 42 — When Your Soul Is in the Dumps

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For 2 or 3 days this week, set aside 15 minutes to pray through Psalm 42. For help on how to pray the Psalms, refer back to the bulletin insert from July 6 “Singing and Praying the Psalms Guide”.

**Psalm 42. WHY ARE YOU CAST DOWN, O MY SOUL?** <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?

<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.

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.

My soul is cast down within me; therefore I remember you from the land of Jordan and of Hermon, from Mount Mizar. <sup>7</sup> Deep calls to deep at the roar of your waterfalls; all your breakers and your waves have gone over me. <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?” <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?”

<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.

**Praising God:** Psalm 42 helps us navigate the times in life when our soul is in the dumps. In those moments, we can feel abandoned (v3) or forgotten (v9). But in the moments it may feel like God has abandoned His child, He is there! Notice in v8 ‘the LORD commands his steadfast love.’ God’s steadfast love is His covenant, unfailing, I’m not going anywhere love. Are you in a dark place? Praise God for His steadfast love for you!

**Confessing Sin:** There are many places we can put our hope; this Psalm helps us to put our hope in the right place: in God (see v5, 11). Have you put your hope in circumstances, people, praise, money, or other things? If so, confess that and put your hope in God!

**Following God:** The psalmist both pours out his heart in honest prayer (v4) and tells himself the truth (v5, 11). Take time to come to God with the burdens you’re carrying and be honest, pour out your heart to Him and tell your soul the truth about God, yourself, and reality – as the Bible lays it out for us.

## Things to Pray for First Baptist Church:

1. Pray that we would thirst for God as the Psalmist does (v1-2). Pray that we turn away from the empty cisterns of the world’s muck and drink deeply from the living water of Christ (Jer. 2:13, John 6:35)
2. Pray that God uses our corporate gatherings on Sunday to fan into flame an unfailing hope in God who is our Savior. Pray we check in, pray for, and strengthen each other in the Lord throughout the week (Heb. 10:24-25)

# Singing Psalm 42 — “Loudest Praise (Psalm 42)”

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Having prayed through Psalm 42, now take the time to sing a song that was inspired by the truths of the psalm titled, “Loudest Praise (Psalm 42)”, by Shane and Shane. A recording can be found anywhere you listen to music online and on today’s sermon notes page on the church website (fbcum.org). Lyrics can be found on pg. 7.

Singing and Praying the Psalms

[Psalm 42](#)

"When Your Soul is in the Dumps"—September 14, 2025



Introduction

There are many places in life where you can fall into the pit. If you have read [Pilgrim's Progress](#), you know that Christian met many different people on his way to the Celestial City. One of them was Pliable. Along the way, he and Pliable fell in the Slew of Despond. They struggled to get out, and Pliable became discouraged. He got out, but left Christian alone to struggle. Can you relate to Christian? Is your life what you hoped it to be? What has discouraged you? Sometimes, you wake up and you are discouraged and you don't know why. There seems to be a dark cloud following you. God may seem distant. Do real, genuine Christians struggle with despair like that?

The Psalms are known as the hymnbook of the people of God. Some of these songs are exuberant praise. But in a world filled with sin, betrayal, and brokenness, the reality is that life isn't always happy. Christians can get depressed. What do you do with that? What can miserable Christians sing? We have songs of lament like the one we see here in Psalm 42 - a God-inspired song to help you navigate seasons of discouragement and depression.

Sermon Outline

1. What causes spiritual depression?
2. The cures for spiritual depression

Read & Discuss

1. What causes spiritual depression? There are four reasons.

When God feels distant - [Vs. 2](#) The image in verse one and two is a deer dying of thirst. This is what the psalmist feels like. He was longing to appear before the face of God. He longed to be gathered with God's people and to have fellowship with God, but he couldn't. ([Vs. 6](#)) He very likely had been captured and was on his way to exile. We don't know the reason. Do you hear his angst in [Vs. 9](#)? He felt like God had forgotten him. Even worse, he felt rejected. ([43:2](#)) This is why he couldn't sleep or eat. ([Vs. 3](#)) Can you identify with the psalmist? Do you ever feel like this? Do you feel like you can't find God? If you are in this moment, you will know the same spiritual depression of the psalmist.

The memory of better days - [Vs. 4](#) Sometimes those memories can act as an anchor for the soul, but sometimes those memories haunt us. You will remember the torments of sin. The psalmist was part of the sons of Korah who used to lead in worship, but they had been forced out of the city and lost their job. They felt useless because the job was a part of their identity.

The relentless nature of trials - [Vs. 7](#) Sometimes waves and waterfalls can be beautiful, but sometimes they can be dangerous. Have you ever noticed that trials don't come solo, but in twos, threes, four or more? The waterfalls and waves that the psalmist mentions are in the plural form. This can be overwhelming causing you to despair. Has there been a time when you felt the waves crashing on you?

The presence of enemies - [Vs. 9](#) It seems that the situation here was that the psalmist had been captured by an enemy and held captive. Then the enemy taunted him asking "Where is your God?" "Why didn't He protect you?" This may lead you to ask the same questions. The psalmist understood that gathering with God's people was a means of divine grace. Some of our members are unable to attend even though they'd love to be here. Illness, age, or service may prevent them. However, it is tragic when a believer cuts themselves off. They miss Sunday by choice, and then they wonder why God feels so distant and their faith is weak. We need each other. ([Hebrew 10:25](#)) Gathering together is a opportunity to experience God's covenant grace.

These are not the only causes of spiritual depression. The Devil or spiritual warfare, one's own temperament that leans to the discouraged side can cause spiritual depression. Even a physical cause can lead to spiritual depression. Remember Elijah? ([1 Kings 19](#)) Our soul and body are connected.

2. The cure for spiritual depression.

Pray honestly - [Vs. 4](#) The psalmist poured out His soul. He came with all that was in his heart whether it was anger, fear, or anxiety. He asked God, "Why?" He brought his honest questions to the Lord. We know that complaining is wrong. ([Philippians 2:14](#)) However, there is a difference between complaining *about* God and *complaining to* God. Is it easy to get discouraged? Yes. We don't have to look far to see things that are discouraging. Events like the past week are hard. They call for us to pray for God's justice and mercy. They also cause us to lament. How did you respond to the events of the week? Prayers of lament are prayers in pain that lead you to trust. Run to this Psalm when you are in the dumps. This psalm is God's gift to help us.

Recall the truth about God - Vs. 6 Passivity is your enemy. You must actively engage your mind to read scripture and think about what is true [about](#) God. The psalmist recalls the sovereignty of God. To whom do the waterfalls and waves belong? They are God's. They are under His rule and sovereignty. God is good and wise. His hand never slips. We can rest confidently because He is using these things for our good. The psalmist recalls God's love - His covenant love - that never fails or goes anywhere. God commands His steadfast love - it is there! Our living God will carry us in our despair.

Speak, out loud, the truth - [Vs. 5, 11](#) Who is the psalmist talking to in those verses? His own soul. He is preaching to himself. We should talk to ourselves - out loud! Most of your unhappiness in life is caused by the fact that you are *listening* to yourself instead of *talking* to yourself. Ask yourself: Why do you feel so upset? What am I so afraid of? Why is God not enough for me in this situation? Go to another brother or sister in Christ for help and for prayer. We should ask these questions as we counsel each other. Ask questions to expose what the person is hoping in and then to change the nature of that hope - Hope in God who will not fail.

Hope in God - [Vs. 5, 11, 43:5](#) You must tell yourself to HOPE IN GOD, knowing that you will again praise Him. He is your Hope and Your God. By the end of the psalm, the circumstances have not changed, but the psalmist ends in hope. Everyone's soul thirsts for something. Do you have the things for which your soul thirsts? Do you fear you will lose the thing for which you have hoped? They are not meant to quench your soul's thirst. Do you understand that our deepest thirst as a human being, is our soul's thirst for God? Hoping in God will never be in vain. Jesus is our example. He knew what it meant to suffer, to be taunted, to be rejected. Jesus' enemies asked, "where is your God?" The psalmist's limited perspective led him to think that God had rejected Him, but He hadn't. ([Vs. 8](#)) On the cross, Jesus was forsaken. He took our place bearing the wrath of God. In that awful moment, Jesus cried, "My God, My God, why have you forsaken me?" In love, Jesus willingly accepted being forsaken by the Father so that you and I could be accepted and that our soul could be satisfied in God. ([John 6:35-37](#)) If you come to Him in faith and repentance, you will not be cast out. Your sin will be forgiven, and you will be reconciled to God. Come to Jesus. Hope in Him. Feel His grace today.

Prayer of Response

1) After hearing God's Word, what sin do I need to *confess*? From what do I need to *repent*?

2) How should my life be lived this week based on what I have heard? What should I *understand*, *believe*, *desire*, or *do*?

Spend time praying together in response to God's word asking for His help and greater faith to follow Him in the week to come. If you missed the sermon on Sunday or would like to listen again, visit our website at.

Next week's sermon text: Psalm 19 "A Word That Rejoices the Heart"

Family Guide for week of September 14th, 2025

Deuteronomy 6:6-7 And these words that I command you today shall be on your heart. You shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise.



Suggestions on getting started:

- Decide on a time & place (breakfast, dinner, before bed, etc.)
- Start simple and short (ten minutes or less). Start with three things: 1) Read God's word, 2) Pray together and 3) Sing together. Scripture memory and catechism questions are *optional* if you have the time. Better to start small than bite off more than you can chew and give up.
- Be flexible. It doesn't need to look cookie-cutter similar for every family. Know yourself and know your kids: their personality, age, maturity, etc. [For younger kids consider starting with a good children's Bible like [The Big Picture Story Bible](#).]
- If you don't know the answer to a question someone has, don't act like you do! Say something like, "Great question, let me look into that." Study, ask a pastor or Christian friend and get back to them.
- Embrace the chaos. Kids are kids – don't expect it to be a perfect roundtable discussion with quiet, attentive children every time. Be patient and persistent. Patterns and habits help to set expectations over time.
- To learn more about family worship check out Donald Whitney's book (available at our church bookstall): [Family Worship: In the Bible, In History, and In Your Home](#).

Family Guide for week of September 14th, 2025

Deuteronomy 6:6-7 And these words that I command you today shall be on your heart. You shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise.



Bible Intake: (Listening to God)

Day 1 – Acts 25:13-22

Day 2 – Acts 25:23-27

Day 3 – Acts 26:1-11

Day 4 – Acts 26:12-32

Day 5 – Acts 27:1-12

*Read **Psalm 19** preparation for church on Sunday, September 21, 2025

Prayer: (Talking to God)

Pray about one thing you read in Scripture together.

Pray for a few church members on pg. 26 of our church directory. Pray for any specific needs of you and your family.

Praise God for giving the Bible to show us His power, His goodness, and His faithfulness. Ask God to give you a passion for reading His Word every day.

Thank God for the leaders in your life who help you grow closer to Jesus. Praise Him for parents, teachers, pastors, and others who share about Jesus and remind you of how much He loves you.

Sing together

"The Storm is Passing Over" – Use the bulletin from Sunday.

Memory verses for the month

1 Kings 8:60 *"that all the peoples of the earth may know that the Lord is God; there is no other."*

Colossians 1:16b-17 *"all things were created through him and for him. And he is before all things, and in him all things hold together."*

Catechism question for the week¹

Question 9: What does God require in the first, second, & third commandments?

Answer: *First, that we know as the only true God. Second, that we avoid all idolatry. Third, that we treat God's name with fear and reverence.*

¹ New City Catechism (<http://newcitycatechism.com/>)