

Hope in the War Zone

PSALMS 42 AND 43

Through David’s season of betrayal and sorrow, we’re reminded that discouragement is not permanent, not pervasive, and not personal—
God is still near, still faithful, and still worthy of our praise.

We tell ourselves three lies when discouraged:

- 1. Our circumstances are _____.
- 2. Our circumstances are _____.
- 3. Our circumstances are _____.

***God wants you to have _____.**

Three Powerful Paradoxes:

- 1. Hope is most _____ when everything seems _____.

****Don't let how you _____
determine what you _____.**

- 2. Hope for the _____ is built on the _____.
- 3. Hope _____ when it feels like _____.

Discussion Questions

- 1. What is a song or worship music that has helped you through a difficult season? Share briefly about why it was meaningful to you.
- 2. Read Psalm 42. Is there anything from the sermon you would like to discuss?
- 3. Patrick mentioned three lies we tell ourselves when discouraged. Which of these lies do you find yourself believing most often? Why?
- 4. Charles Spurgeon said depression became like "a John the Baptist" for him—a forerunner to God's blessing. Have you ever experienced a time when difficulty preceded breakthrough? Share if comfortable.
- 5. "Hope is not the absence of difficulty. It is the certainty that God is present in the middle of difficulty." What's the difference between these two perspectives? How might this shift in thinking change how you approach current challenges?
- 6. Read Psalm 42:4, 6 together. David intentionally remembered God's faithfulness from the past. What are 2-3 specific times you can remember when God came through for you? Take time to share these stories with your group.
- 7. Read Psalm 42:8 and 43:4. Why do you think singing and worship are so powerful when we're discouraged? Have you experienced this personally?
- 8. The challenge was given: "Don't let how you FEEL determine what you DO." This is countercultural advice. What makes this difficult? What makes it necessary?
- 9. Have you updated your oikos list lately? Who has God brought into your sphere of influence? Who has God moved out of your sphere of influence?



Without a harvest, there’s no reason for a farm.

Scripture References (In order of use): Psalms 42 and 43
Reference Works: Be Exultant (Warren W. Wiersbe); Psalms (John Day); Psalms Explorer (David Withhof); Psalms, Volume 1 (Albert Barnes); Studies on Book One of the Psalms (H. A. Ironside)

Daily Devotions

Day 1: When Hope Feels Impossible

Reading: Psalm 42:1-5

David's honest cry reveals a truth: you can love God and still feel despair. When life overwhelms you with waves of discouragement, remember that hopelessness is not the end—it's often the soil where authentic hope begins. Your struggles don't indicate God's displeasure or hidden sin; they reveal your humanity in a broken world. Like David, you can question your circumstances while still choosing to hope in God. Hope isn't the absence of difficulty but the certainty of God's presence within it. When everything seems hopeless, hope becomes most alive because it depends not on your circumstances but on God's unchanging character.

Day 2: The Power of Remembering

Reading: Psalm 42:6-11

David combated present discouragement by intentionally remembering God's past faithfulness. When the future feels uncertain and overwhelming, your memories of God's provision become anchors for your soul. Unlike tomorrow's unknowns, yesterday's blessings are irrevocable gifts no circumstance can steal. Count them. Name them one by one. Recall moments when God met you, provided for you, comforted you. These aren't mere nostalgic exercises—they're spiritual disciplines that rebuild your confidence in God's continuing faithfulness. Your past experiences with God aren't just history; they're prophetic glimpses of His future care. What He has done, He will do again. Build your hope for tomorrow on the foundation of what God accomplished yesterday.

Day 3: Songs in the Darkness

Reading: Psalm 42:8; Psalm 43:3-4

David discovered something counterintuitive: worship transforms despair. When grief soaked his soul, he chose to sing. You cannot simultaneously magnify God and magnify your misery—worship shifts your focus from problems to the Problem-Solver. Singing isn't about feeling happy; it's about declaring truth when emotions lie. Don't let feelings determine actions. When you least feel like singing, push those notes out anyway. Create a playlist of worship songs that speak truth to your soul and play them repeatedly. Let melodies and lyrics about God's greatness wash over your weary heart. Music is God's gift to recalibrate your perspective, reminding you that His magnificence dwarfs your difficulties.

Day 4: Rejecting the Three Lies

Reading: Psalm 43:1-5

Discouragement whispers three devastating lies: your struggle is personal (God's singling you out), pervasive (it contaminates everything), and permanent (nothing will change). These lies shackle you to despair. David's psalm reveals the truth: struggles are universal in a fallen world, limited in scope by God's sovereignty, and temporary in light of eternity. Your circumstances aren't evidence of God's abandonment but opportunities to experience His sustaining grace. Like Charles Spurgeon discovered, your darkest seasons often precede God's greatest blessings—depression becomes the forerunner to breakthrough. Reject the enemy's favorite tool. Your situation is not uniquely cursed, not all-consuming, and not forever. God's light and truth will guide you through.

Day 5: Hope in God Alone

Reading: Psalm 42:5, 11; Psalm 43:5

Three times David asked himself the same question: "Why are you cast down, O my soul?" Three times he gave himself the same answer: "Hope in God." This repetition reveals the battle for hope happens in your mind through intentional self-talk. You must preach truth to yourself, not just listen to your feelings. Your soul needs reminding that God remains your salvation regardless of circumstances. Hope isn't wishful thinking about better days; it's confident trust in an unchanging God. David looked across the Jordan River, away from everything familiar, yet anchored his hope not in restoration of his kingdom but in God Himself. True hope survives every disappointment because it rests on the One who never fails.

Deacons on Call

Danny Bell and John Gray

Weekly Events

- **Worship:** Sundays at 9:45 AM
- **Small Groups:** Sundays at 11 AM
- **Deep Dive:** Resumes **AUGUST 19**
- **First Kids:** See you in August
- **First Youth:** See Eric for summer schedule

Welcome

WE'RE SO GLAD YOU'RE HERE!

TODAY'S MESSAGE

Hope in the War Zone

Psalm 42 and 43

Verses we all need to Memorize

“You shall love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind, and your neighbor as yourself.” **LUKE 10:27** *ESV*

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