**Hey! Downcast Soul**

**August 8, 2021**

**Psalm 42:1-2**

**“As the deer pants for streams of water, so my soul pants for you, my God. My soul thirsts for God, for the living God. When can I go and meet with God?**

**2 Samuel 23:14-17**

**“At that time David was in the stronghold, and the Philistine garrison was at Bethlehem. David longed for water and said, “Oh, that someone would get me a drink of water from the well near the gate of Bethlehem!” So the three mighty warriors broke through the Philistine lines, drew water from the well near the gate of Bethlehem and carried it back to David. But he refused to drink it; instead, he poured it out before the Lord. “Far be it from me, Lord, to do this!” he said. “Is it not the blood of men who went at the risk of their lives?” And David would not drink it. Such were the exploits of the three mighty warriors.”**

**Psalm 42:3–4**

**“My tears have been my food day and night, while people say to me all day long, “Where is your God?” These things I remember as I pour out my soul: how I used to go to the house of God under the protection of the Mighty One with shouts of joy and praise among the festive throng.”**

**Psalm 56:8-11**

**“Record my misery; list my tears on your scroll— are they not in your record? Then my enemies will turn back when I call for help. By this I will know that God is for me. In God, whose word I praise, in the Lord, whose word I praise — in God I trust and am not afraid. What can man do to me?”**

**Psalms 42:5-6**

**“Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God. My soul is downcast within me; therefore I will remember you from the land of the Jordan, the heights of Hermon—from Mount Mizar.”**

**Proverbs 12:25**

**“Anxiety weighs down the heart, but a kind word cheers it up.”**

**Isaiah 40:31**

**“but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.”**

**Psalm 42:7-8**

**“Deep calls to deep in the roar of your waterfalls; all your waves and breakers have swept over me. By day the Lord directs his love, at night his song is with me — a prayer to the God of my life.”**

**Isaiah 43:1-3a**

**“But now, this is what the Lord says— he who created you, Jacob, he who formed you, Israel: “Do not fear, for I have redeemed you; I have summoned you by name; you are mine. When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze. For I am the Lord your God, the Holy One of Israel, your Savior;**

**Psalms 42:9-10**

**“I say to God my Rock, “Why have you forgotten me? Why must I go about mourning, oppressed by the enemy?” My bones suffer mortal agony as my foes taunt me, saying to me all day long, “Where is your God?””**

**Deuteronomy 31:6**

**“Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you.””**

**Psalms 42:11**

**“Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.”**

**1 Peter 5:8-11**

**“Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings. And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast. To him be the power for ever and ever. Amen.”**