

## **“AN UPLOOK FOR THE DOWNCAST”** **(Ps. 42; Heb. 12:2)**

*\* What is the historical background to this psalm?*

### **A. When Downcast, Stop Looking at Yourself and Start Looking at God.**

1. The psalmist refers to \_\_\_\_\_ through the use of personal pronouns \_\_\_\_\_ times; and as a result, he struggled with \_\_\_\_\_.

*\* What is the cause of depression?*

*\* How should you look at yourself according to the Bible?*

2. The psalmist was discouraged because his \_\_\_\_\_ were not \_\_\_\_\_. (v. 4)

*\* What perspective should we have when things don't go our way?*

*\* What biblical example of this do we have?*

**B. When Downcast, Stop Dwelling on the Past and Start Looking Forward to Your Future.**

1. Instead of remembering \_\_\_\_\_ (v. 4), we must remember \_\_\_\_\_ (v. 6).

2. The psalmist believed that God had \_\_\_\_\_ him. (vv. 7, 9)

*\* Will the Lord ever forget you?*

*\* What "hope" do you have as a believer?*

**C. When Downcast, Stop Demanding Answers and Start Resting on God's Promises.**

1. At least \_\_\_\_\_ times in this psalm, the writer asks God \_\_\_\_\_.

*\* Is it ever wrong to ask God questions?*

2. Principle to remember: We do not ultimately live our Christian life on the basis of \_\_\_\_\_ to our questions but on the basis of God's \_\_\_\_\_ to us.

*\* What are some examples of these?*

*\* Who is our greatest example of a spiritual uplook when we're tempted to be downcast?*