

A New Attitude for a New Year

Psalms 42:1-43:5 HCSB For the choir director. A Maskil of the sons of Korah. As a deer longs for streams of water, so I long for You, God. 2 I thirst for God, the living God. When can I come and appear before God? 3 My tears have been my food day and night, while all day long people say to me, "Where is your God?" 4 I remember this as I pour out my heart: how I walked with many, leading the festive procession to the house of God, with joyful and thankful shouts. 5 Why am I so depressed? Why this turmoil within me? Put your hope in God, for I will still praise Him, my Savior and my God. 6 I am deeply depressed; therefore I remember You from the land of Jordan and the peaks of Hermon, from Mount Mizar. 7 Deep calls to deep in the roar of Your waterfalls; all Your breakers and Your billows have swept over me. 8 The LORD will send His faithful love by day; His song will be with me in the night--a prayer to the God of my life. 9 I will say to God, my rock, "Why have You forgotten me? Why must I go about in sorrow because of the enemy's oppression?" 10 My adversaries taunt me, as if crushing my bones, while all day long they say to me, "Where is your God?" 11 Why am I so depressed? Why this turmoil within me? Put your hope in God, for I will still praise Him, my Savior and my God. 43:1 Vindicate me, God, and defend my cause against an ungodly nation; rescue me from the deceitful and unjust man. 2 For You are the God of my refuge. Why have You rejected me? Why must I go about in sorrow because of the enemy's oppression? 3 Send Your light and Your truth; let them lead me. Let them bring me to Your holy mountain, to Your dwelling place. 4 Then I will come to the altar of God, to God, my greatest joy. I will praise You with the lyre, God, my God. 5 Why am I so depressed? Why this turmoil within me? Put your hope in God, for I will still praise Him, my Savior and my God.

Introduction:

Who wouldn't like to begin the year saying, "This is the year that the Lord has made. I will rejoice and be glad in it!"? However, perhaps depression is dulling your spirits. In Psalm 42-43, we see how one man exchanged depression for joy to begin a new emotional era in his life.

I. My Condition

- A. **Downcast** – v. 5 Why am I so depressed? Why this turmoil within me? Put your hope in God, for I will still praise Him, my Savior and my God.
- B. **Disquieted** – v. 5 Why am I so depressed? Why this turmoil within me? Put your hope in God, for I will still praise Him, my Savior and my God.
- C. **Mourning** – v. 9 I will say to God, my rock, "Why have You forgotten me? Why must I go about in sorrow because of the enemy's oppression?"

II. My Circumstances

III. My Cure

- A. Talking to God (42:9)
- B. Talking to Others (42:4)
- C. Talking to Myself (42:5, 11; 43:5) "Put your hope in God"

Conclusion:

If you've been singing the blues, talk to God about it; talk to a good friend; and give yourself a good "talking to". Those three lifelines will be like a triangle of triumph and will enable you to say: "Why are you cast down, O my soul? Why are you disquieted within me? This is the year that the Lord has made. Rejoice and be glad in it."