

Reboot

(Restore to Original Settings)

desert breeze
community church



Saturday & Sunday, January 9/10, 2016

Emotionally Psalm 42

Christian Hedonism says God's worth and value are displayed best in lives that are most satisfied in Him. It is a doctrine that is both compelling and convicting. It is compelling because it encourages our natural desire to be happy and it is convicting because none of us are as happy in God as He demands or deserves. (Phil4:4)

"Those who are beloved of the Lord must be the most happy and joyful people to be found anywhere upon the face of the earth."- Charles Spurgeon (1834-1892) What do you do when you're not happy in God & spiritual darkness has crept in & won't go away?

CONDITION:

- 1) **Spiritual Dryness/Deadness with a loss of the sense of God's presence.** Vv1-2
- 2) **Depression with internal restlessness & murmuring.**
42: 5, 11; 43:5 "Why are you cast down, O my soul, and why are you in turmoil within me?"

CAUSES:

- 1) **Sin & suffering both personal and cultural.** Ps32:3-4; 1Jn1:9; vv3a, 10; Rev12:10-11 (Eph6:10-18); 2Cor6:10; 1Thess4:13
- 2) **Poor diet & sleep deprivation caused by any number of things.** (i.e. chronic health problems, anxiety/worry, relational conflict, demonic, TMB, etc.). v3a "My tears have been my food..."
- 3) **Disruption of personal and corporate worship. We need both spiritual input & output.** vv4, 6
- 4) **Disillusionment over the events in your life.** V3b "While men say to me all day long, "Where is your God?" v9 I say to God my Rock...; Pro13:12; Modified Grief Cycle: Shock (world falls apart)->Sorrow (broken heart)->Struggle (Why?) ->Surrender (Peace)->Sanctification (God turns bad into good)->Service (God recycles my pain to help others)

CURE:

- 1) **Pour your heart out to God both personally and in community.** vv4b, 7; Ps3; 55:22; 1Pet5:7; Gal6:2
- 2) **Remind yourself of the love of God.** Vv6, 8; Lam. 3:21-24; Rom. 8:37-39; Ps56:8-9
- 3) **Identify your misplaced hope and reposition it in God.**
V5b & 11b; Ps3:3-4; 16:4, 8.
- 4) **Preach the Gospel to yourself.** vv5a, 11a; Ps103; 2 Cor10:3-5; Ps34:18; 147:3-4

We can know God feels our every pain, hears our every petition, and is working all things powerfully for our good and His glory whether we feel it or not because of the Cross. Jesus prayed, "My God, My God, why have you forsaken me?" So that we can pray with confidence, "Abba, Father"!

GROWING NOTES

- 1) What is Christian Hedonism? Why is the doctrine of Christian hedonism both compelling and convicting? What are your thoughts on the Spurgeon quote? Why do you think Christians can go through times of spiritual dryness and darkness?
- 2) Read Psalm 42. What stands out to you? What is the Condition the Psalmist is struggling with (42:1-2, 5, 11; 43:5)? What do you think the relationship is between spiritual dryness (vv1-2) and depression, restlessness and murmuring is (vv5, 11)?
- 3) What are the causes for spiritual dryness and depression? Which one(s) are you most struggling with right now in your season of life? Explain. Why do you think Christians should be the most multidimensional in their approach to life and avoid pat answers when it comes to looking for the cause(s) of spiritual dryness & depression?
- 4) When it comes to the CURE what does it mean to pour your heart out to God (It's what this whole Psalm is)? What is the benefit of regularly reminding yourself of God's love (v6 "I remember you..." v8)? What are your most likely misplaced hopes? How can preaching the Gospel to yourself reposition your hope in God? Pray.