

Sermon Notes

How to place our hope

Psalms 42

What's it like to be in the dark

How we end up in the dark

through physical isolation

through declining health (physical and mental)

through seeming forsakenness

through discouragement from others

not necessarily from lack of faith (but could be)

not necessarily from sinfulness (but could be)

The God who knows the dark

How we find hope in the dark

through fighting for it

- 1) ask questions "why?" (of God and myself)
- 2) pour out my soul to God
- 3) remember God and the good times
- 4) sing
- 5) preach to my soul