

July 12, 2020

How to Talk to Yourself

1 verse, 9 words, & unlimited hope

Psalm 42 & 43—Sermon notes

- **Part 1: Why are you cast down?**

- When the lights are out and no one is looking and you can hear yourself thinking... what is the voice in your head really saying?
- Name 1 thing that distresses or worries or discourages you.

- **Part 2: Hope in God.**

- What person or circumstance in your life whispers, “Where is your God?”
- Have you prepared an answer for the enemy of your soul when he blasphemes God to you?

- How does David’s answer to his enemies and to his own troubled soul teach us to talk to ourselves?

- **9 words of hope**

- 1 & 2 _____
- 3, 4, & 5 _____
- 6-9 _____

[Psalm 42:5, 11 & 43:5]

Why are you cast down, O my soul,
and why are you in turmoil within me?

Hope in God;
for I shall yet praise Him,
my salvation and my God.