

**Series:** “*What Works When Life Doesn’t*”

**Topic:** “*When Feelings Fail*”

**Text:** Psalm 42

1. Stop **listening** to **yourself** and start **talking** to **yourself!**
2. We must know how to “**handle**” **ourselves**
3. Remind yourself **of God**
4. Rise up and **defy** yourself and **defy** other people and **defy** the devil and **defy** the whole world!
5. **Talk.** Don’t **listen** to **yourself.**
6. *How David responds to discouragement and depression...*

a) He asks God “**why?**”

- Psalm 42:9
- Job 6:26

b) He affirms God’s **sovereign love**

- Psalm 42:5,7-8

c) He **sings**

- Psalm 42:8

d) He **preaches** to his own **soul**

- Psalm 42:5

e) He remembers **past experiences**

- Psalm 42:4

f) He **thirsts** for **God**

- Psalm 42:1-2