

Soul Detox

Heavy Soul

Psalm 42 Struggling with a heavy Soul. (See Verse 5)

- I. What can cause a soul to feel heavy?
 - a. #1 Past hurt. Lamentations 3:19-20
 - b. #2 Trouble in the present. Job 4:5
 - c. #3 Struggle with the future. Mark 14:33-34

- II. What do you do with a heavy Soul?
 - a. #1. Direct your feelings toward truth...
 - i. Right Thinking Leads to healthy spiritual living
 - ii. Feelings are important. Psalm 41:1-2
 - iii. Truth is intended to guide us
 - iv. The Psalmist preaches Truth to his Soul. Psalm 42:5-6 see also Lamentations 3:19-33

 - b. #2 Make The Truth Personal with God.
 - i. The psalmist goes from impersonal Elohim to the personal Yahweh (See Deut 4:35; Ps 100:3)
 - ii. Yahweh promises to deliver. He sustains beyond the circumstance.

 - c. #3 Seek God beyond a season.
 - i. The Psalmist doesn't completely resolve life but rather turns to the one who does (Ps 42:9-11)
 - ii. Sometimes God Calms the storm but other times he calms the child enduring the storm.
 1. Proverbs 14:4, 16:9