

Series Title: **'Refreshed and Restored:  
A Summer in the Psalms'**

Message Title: **'I am so Down...What do I do?'**

Scripture Source: **Psalm 42 & 43**

Date: Sunday, July 27, 2014

Speaker: Stephen Mason

**Introduction**

- Soulology 101
  - The will (spirit, heart)
  - The mind
  - The soul
- The Inscription
  - Maskil = teaching
- The Historical Context
  - 2 Samuel 15

**The Psalm**

- Longing - Psalm 42:1-5
- Despondency - Psalm 42:6-11
- Despair - Psalm 43:1-5
- Psalm 107:20 – “He sent forth his word and healed them.”

**The Key Refrain**

“Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, My Saviour and my God.” (Psalm 42:5, 11; 43:5)

