

**Psalms 42 & 43**  
Why Downcast?

A Song of Sorrow

Solace in the Savior

A Satisfied Soul

**Children, Listen ...**

1. How is the Psalm writer feeling in this Psalm?
2. He talks to his own soul in the Psalm. What is he encouraging himself to do?
3. In Psalm 43:4 how does he describe his feelings when in God's presence?

**Why Soul, Why?**

Rumor has it that there are believers out there who never experience periods of deep sorrow or depression. Such legendary characters must be gifted with an unusual level of stability and incredibly deep and consistent faith. Most of us deal with some degree of downcastness at some point in our lives. For some of us it may be a momentary and passing experience – sadly, for others it can be an ongoing emotional burden. These companion Psalms resonate with Christians who struggle with either momentary or prolonged bouts of sorrow. But it is not simply a lament of commiseration, it is a song of hope and ultimately joy. The desperate soul may long painfully for solace, even to the point of shedding an ocean of tears. But comfort and satisfaction are always near to those whose hope is in the Lord. It may be hard to find that sweet spot at times, especially if we find ourselves in the deep depths of depression. But if you cling to the promise, even grasping it in utter weakness; Draw near to God, and he will draw near to you (James 4:8) you will at least be on the right path to finding healing for your sick, wounded, and sorrowful soul.