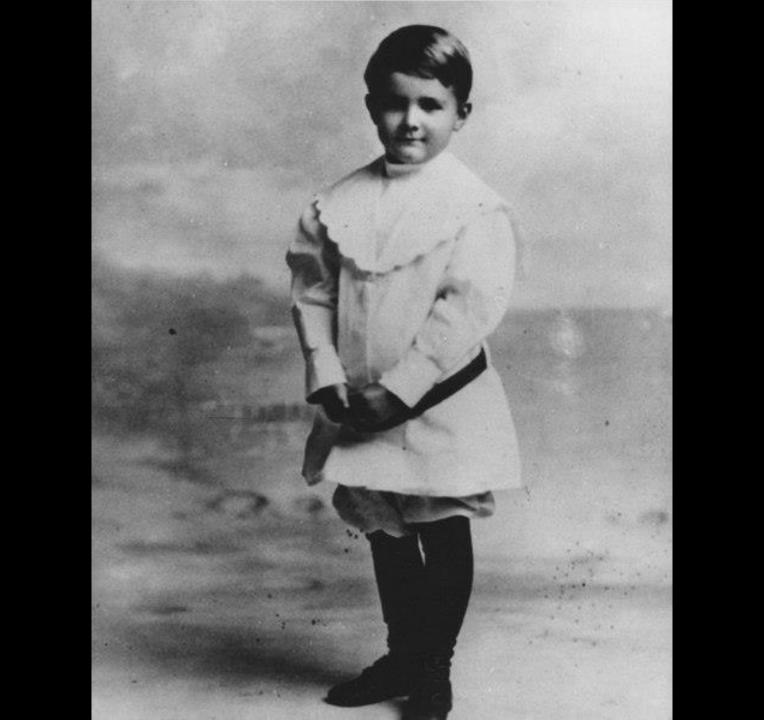
PSALM 42-43



























"[He] had no humor, no gaiety, no sense of joy, no vivacity."

(Joan Fontaine's description of Howard Hughes, as noted in Ellis Amburn's biography *Olivia de Havilland and the Golden Age of Hollywood*, page 96)





PSALM 42-43





PSALM 42-43



Psalm 42-43 (ESV): "As a deer pants for flowing streams, so pants my soul for you, O God. 2 My soul thirsts for God, for the living God. When shall I come and appear before God? 3 My tears have been my food day and night, while they say to me all the day long, 'Where is your God?' 4 These things I remember, as I pour out my soul: how I would go with the throng and lead them in procession to the house of God with glad shouts and songs of praise, a multitude keeping festival...."



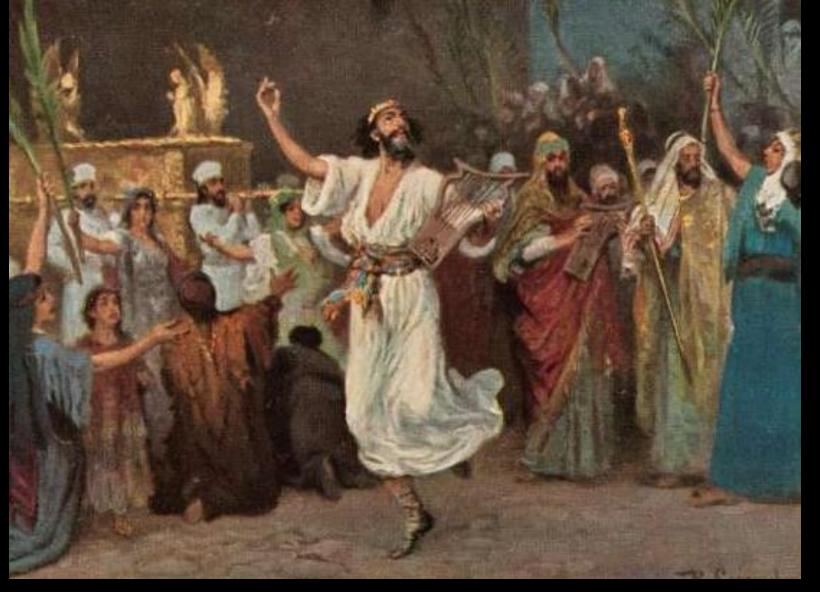
"...5 Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation 6 and my God. My soul is cast down within me; therefore I remember you from the land of Jordan and of Hermon, from Mount Mizar. 7 Deep calls to deep at the roar of your waterfalls; all your breakers and your waves have gone over me. 8 By day the LORD commands his steadfast love, and at night his song is with me, a prayer to the God of my life...."



"...9 I say to God, my rock: 'Why have you forgotten me? Why do I go mourning because of the oppression of the enemy?' 10 As with a deadly wound in my bones, my adversaries taunt me, while they say to me all the day long, 'here is your God?' 11 Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God. 43:1 Vindicate me, O God, and defend my cause against an ungodly people, from the deceitful and unjust man deliver me!..." ETHOD TO THE VADILES

"...2 For you are the God in whom I take refuge; why have you rejected me? Why do I go about mourning because of the oppression of the enemy? 3 Send out your light and your truth; let them lead me; let them bring me to your holy hill and to your dwelling! 4 Then I will go to the altar of God, to God my exceeding joy, and I will praise you with the lyre, O God, my God. 5 Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God."





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PSALM 42-43



WELLNESS IS AN INSIDE JOB.



John 16:33 (ESV): "I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world."

ETHOD TO THE VADILESS

PSALM 42-43



STOP

LISTENING

TO WHAT YOUR SELF THINKS AND

START

TELLING

YOURSELF WHAT TO THINK.



Psalm 103:1-5 (ESV): "Bless the LORD, O my soul, and all that is within me, bless his holy name! 2 Bless the LORD, O my soul, and forget not all his benefits, 3 who forgives all your iniquity, who heals all your diseases, 4 who redeems your life from the pit, who crowns you with steadfast love and mercy, 5 who satisfies you with good so that your youth is renewed like the eagle's."



2 Corinthians 10:5 (ESV): "We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ."





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EII-CD TO THE VADILESS

"You have power over your mind – not outside events. Realize this, and you will find strength."

(From Marcus Aurelius' Meditations)



"The universe is transformation; our life is what our thoughts make it."

(From Marcus Aurelius' Meditations)



Philippians 4:8 (ESV): "Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things."



Matthew 22:37 (ESV): "You shall love the Lord your God with all your heart and with all your soul and with all your mind."

ETHOD TO THE MADIESS

Luke 12:19 (ESV): "And I will say to my soul, 'Soul, you have ample goods laid up for many years; relax, eat, drink, be merry."



PSALM 42-43





Next Week: Luke 12:13-34

a summer series of messages on whatever