



SOMETHING
MORE

experience a growth centered life

Psalm 42

- 1 As the deer pants for streams of water,
so my soul pants for you, O God.
- 2 My soul thirsts for God, for the living God.
When can I go and meet with God?
- 3 My tears have been my food
day and night,
while men say to me all day long,
“Where is your God?”

4 These things I remember

as I pour out my soul:

how I used to go with the multitude,

leading the procession to the house of God,

with shouts of joy and thanksgiving

among the festive throng.

5 Why are you downcast, O my soul?

Why so disturbed within me?

Put your hope in God,

for I will yet praise him,

my Savior and ⁶ my God.

My soul is downcast within me;
therefore I will remember you
from the land of the Jordan,
the heights of Hermon—from Mount Mizar.

7 Deep calls to deep
in the roar of your waterfalls;
all your waves and breakers
have swept over me.

8 By day the LORD directs his love,
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 must I go about mourning,
oppressed by the enemy?”

10 My bones suffer mortal agony
as my foes taunt me,
saying to me all day long,
“Where is your God?”

¹¹ Why are you downcast, O my soul?

Why so disturbed within me?

Put your hope in God,

for I will yet praise him,

my Savior and my God.

THE JOURNEY BEGINS

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John 10:10

- ▶ I have come so that they may have life and have it in abundance.

Psalm 42:1

As the deer pants for streams of water,
so my soul pants for you, O God.




TIMOTHY M. RUDISILLE
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1. The *Abundant* life begins with the simple acknowledgement that things aren't what they could be, or should be, in your life.

Psalm 42:2

My soul thirsts for God, for the living God.
When can I go and meet with God?



2. Make it your habit to
pour out your heart to
God.

Psalm 42:4

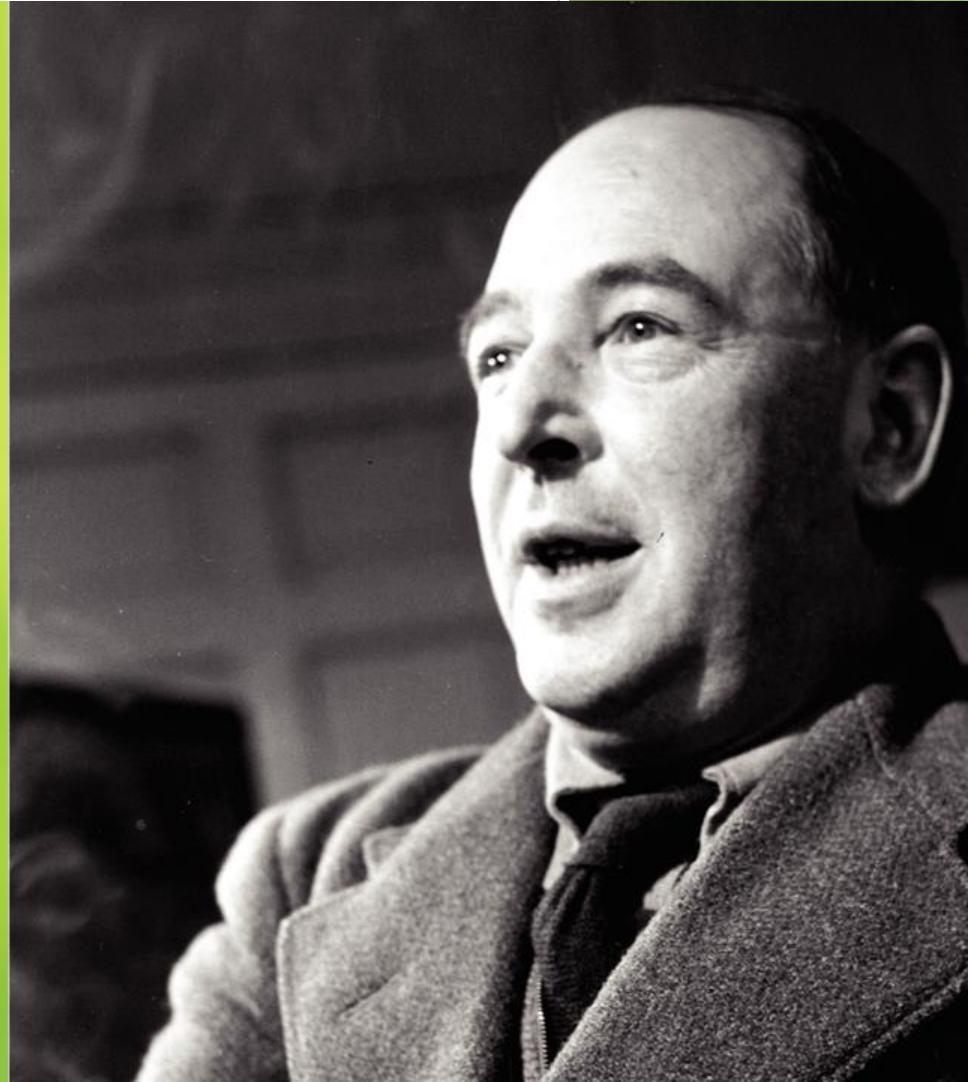
These things I remember
as I pour out my soul:

You couldn't fool God on the foolingest day of your life even if you had an electrified fooling machine.



**“We must lay before
him what is in us;
not what ought
to be in us.”**

CS Lewis



Psalm 42

6 My soul is downcast within me;

▶ *I am deeply depressed...*

9 I say to God my Rock,

“Why have you forgotten me?

Why must I go about mourning,
oppressed by the enemy?”

3. Remember the
faithfulness of God.

Psalm 42:4

These things I remember
as I pour out my soul:
how I used to go with the multitude,
leading the procession to the house of
God,
with shouts of joy and thanksgiving
among the festive throng.

Psalm 42:6

My soul is downcast within me;
therefore I will remember you
from the land of the Jordan,
the heights of Hermon—from Mount Mizar.

Psalm 42:7

Deep calls to deep
in the roar of your waterfalls;
all your waves and breakers
have swept over me.

Psalm 42:8

By day the LORD directs his love,
at night his song is with me—
a prayer to the God of my life.



4. Tell yourself what you know you need to hear.

Psalm 42:10

My bones suffer mortal agony
as my foes taunt me,
saying to me all day long,
“Where is your God?”

1 Samuel 30:6 (KJV)

- ▶ ... but David encouraged himself in the Lord his God.

Psalm 42:5

Why are you downcast, O my soul?

Why so disturbed within me?

Put your hope in God,

for I will yet praise him,

my Savior and ⁶ my God.

Psalm 42:8

By day the LORD directs his love,
at night his song is with me—
a prayer to the God of my life.

Psalm 103:1

My soul, praise the Lord, and all that is within
me, praise His holy name

Psalm 42:11

Why are you downcast, O my soul?

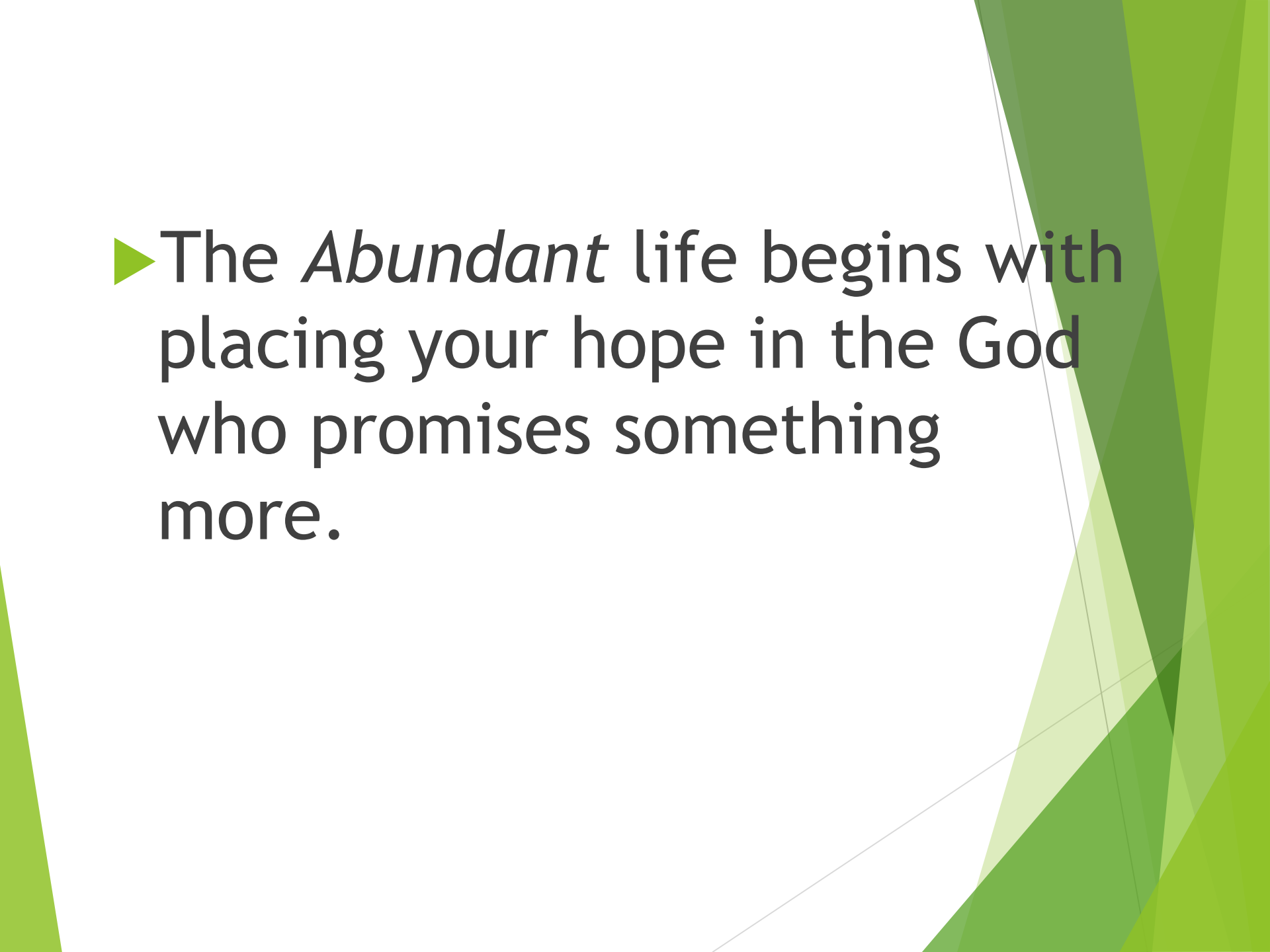
Why so disturbed within me?

Put your hope in God,

for I will yet praise him,

my Savior and my God.

- ▶ Why am I so depressed? Why this turmoil within me?

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- ▶ The *Abundant* life begins with placing your hope in the God who promises something more.

To Go. . .

- ▶ Are you hungry for MORE?
- ▶ Are you honest with God?
- ▶ Do you know the TRUTHs of God's word well enough to be encouraged by them?