



# PSALMS

of Joy and Sorrow

# Psalm 42

“A Song of Inner Turmoil”

*What do you do when you're down  
and discouraged?*

*How can you relate to God from such  
a low place or turmoil?*

# “A Song of Inner Turmoil”

## 1. SAY IT WITH A FROWN – 42:1-4, 6-10

*“tears have been my food ... turmoil within ... I go mourning”*

## 2. LOOK UP WHEN YOU'RE DOWN – 42:5, 11

*“Why are you cast down, o my soul ... hope in God”*

## 3. KEEP GOING AROUND – 42:5, 11, 43:1-5

*“Why... Why... Why... ; Hope... Hope... Hope...”*

*What do you do when you're down  
and discouraged?*

*How can you relate to God from such  
a low place of turmoil?*