



## DAY 8

Today's Date: \_\_\_\_\_

Begin by listening to the audio recording.

Pray and ask the Lord to speak to your heart about these verses.

**Read Psalm 42:5-6**

**Read Psalm 42:5-6 in both the NIV and MSG (or whatever versions you prefer)**

If you have time, read the entire chapter.

Notice, the psalmist doesn't minimize what he's feeling. He just pours it all out there. Yet, he balances the lack of hope he feels ("downcast", "disturbed", "down in the dumps", "crying the blues") with his need to get back to a place of hoping in the Lord.

*How does he do that? You don't want to miss this...Notice that re-gaining his hope really has nothing to do with immediate change in his circumstances!*

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*Your turn. Are you going through something that is difficult, that seems to be sucking the hopeful perspective right out of you? What must you reflect on in order to re-gain a hopeful stance within your heart? What good may come of this struggle within your own heart?*

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Here's something to ponder...is it possible that seemingly "hopeless" circumstances serve a purpose by deepening our conviction to choose hope, to choose to trust and believe God's truth rather than appearances?





