

**Why So Downcast?**

**Have you ever found yourself in a hopeless situation?**

Hopelessness is found in this scripture...

Psalm 42

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**This scripture describes hopelessness very precisely...**

It also shows us the reason we are downcast...

*[5] Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God,*

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**Why So Downcast?**

To get out of hopelessness...

we need to focus our hope back on God...

Vs. 5-8

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**I've tried that but it didn't work...**

Did you praise, worship, thank God trust Him and hope in Him until it was your... **SPIRITUAL MUSCLE MEMORY?**

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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.