



desert breeze community church

Teaching Notes: Ray Davis

June 29, 2008

INCREASE (More God less me)

“Desperation”

Psalm 42

Some spiritual disciplines are for training and others are for treating an injury or sickness. Psalm 42 is about treating a sickness. The sickness the Psalmist is experiencing is that he is feeling spiritually stale, flat or out of touch with God. He is experiencing spiritual dryness & deadness. He is desperate for God!

Psalm 42

DIAGNOSIS

[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?* (Ps. 63:1; 84:1-2; 143:6-7)

- 1) It is a spiritual condition of dryness.
- 2) It is not unbelief, but a loss of the reality of God in your life.
- 3) It can happen to me even when I am doing all the right things.
- 4) It is a test of whether I will be a person of commitment.

RISK FACTORS

- 1) Physical issues. (1 Tim. 4:8; 5:23; 1 Cor. 6:19-20)

V3a *“My tears have been my food day and night.”*

- 2) Psychological issues. (Pro. 3:5-6; 4:23; 2 Tim. 1:7)

v3b *While men say to me all day long, “Where is your God?”*

v9 *I say to God my Rock, “Why have you forgotten me? Why must I go about mourning, oppressed by the enemy?”*

- 3) Spiritual issues. (Heb. 10:24-25; Ps. 1:1-3; Luke 5:16)

V4 *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.*

TREATMENT

- 1) Pour your heart out to God. (Ps. 3; 55:22; 1 Pet. 5:7)

V7 *Deep call to deep in the roar of your waterfalls: all your waves and breakers have swept over me.*

- 2) Remind yourself of the love of God. (Lam. 3:21-24; Rom. 8:37-39) V6 *My soul is downcast within me; therefore I will remember you from the land of the Jordan, the heights of Hermon – from the Mount Misar.*

V8 *By day the Lord directs his love, at night his song is with me – a prayer to the God of my life.*

- 3) Identify your misplaced hope. (Ps. 3:3-4; 16:4, 8)

V5b & 11b *Put your hope in God, for I will yet praise him, my Savior and my God.*

- 4) Preach the Gospel to yourself. (Ps. 103; 2 Cor. 10:3-5)

V5a & 11a *Why are you downcast, O my soul? Why so disturbed within me?*

Conclusion: (vv5a, 11a, 43:5) “Put your hope in God for I will yet praise Him, my Savior and my God.”

How does he know? In O.T. times people were saved like we are saved – by faith in Jesus Christ. They looked ahead (Rom. 4, Heb. 11), we look to the past.

During times of spiritual dryness you will FEEL abandoned by God, but the FACT is you're not.

Jesus was abandoned literally on the cross (Ps.22:1), so that you will never be abandoned eternally (Heb. 13:5-6) if you'll put your faith in Him (Eph. 2:8-9). And if you'll learn to live by faith and not by sight (2 Cor. 5:7) your dry times will grow you deeper and stronger and you'll become more seasoned as a believer with an unshakable faith and a committed love.

Next Weekend

“Contemplation”

Psalm 27



Growing

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- 1) Some spiritual disciplines are for training and others are for treating injury or sickness. What's the difference? Psalm 42 is about recovery from spiritual dryness. How would you describe spiritual dryness?

- 2) How would you describe your spiritual life currently? Spiritual dryness can happen even when I'm doing all the right things. Why is that so important to know? How is spiritual dryness a test of my commitment to Christ?

- 3) What are the risk factors for spiritual dryness? How can any one of these or all of these or a combination of any of these contribute to spiritual dryness? How does knowing this keep us from giving pat answers to the complex issues of life?

- 4) In treating spiritual dryness how important is pouring your heart out to God? What does it mean? Why do you think it's easy to forget the love of God during times of spiritual dryness?

- 5) How does misplaced hope contribute to spiritual dryness? (Ps. 3:3-4; 16:4, 8) What does it mean to preach the Gospel to your self? (Ps. 103; 2 Cor. 10:3-5) You may feel abandoned, but you're not. (Heb. 13:5-6). Explain. Thank God for His faithfulness!