

SELAH #6: PSALM 42 "CHOOSE HOPE"

Hospital Gun (do something) – What happens pain inside – YOUR SOUL

BIBLE DOESN'T HIDE: David, Moses, Elijah – VICTORY. CAVE. END LIFE - PERSONAL

PAIN: >22, approx 23% of U.S. adults received mental health treatment, up from 19% in 2019. About 30% of adolescents aged 12 to 17 received mental health treatment in 2022. > **anx. Dep. Pain.**

- **DESCRIPTIVE:** Deep unsatiated soul thirst, emotional pain, inner turmoil, endless tears, soul cast down, inr doubt God, Dislocation from God and people, Isolation, Forgotten by God. **WHERE ARE YOU AND WHY HAVE YOU FORGOT**

Circumstantial: situations drive us down. Persecution, finances, cornered **Physiological:** Contrib factors hormones, genetic predisposition, age, lack of exercise, chronic pain **Relational:** Toxicity in relationships **Cultural:** Reinforcing anger, hatred, self-centeredness, self-loathing, comparison culture **Spiritual:** The devil loves to tear you down. SORT **Technological:** Dependence on technology, barrage of unhelpful content that turns us inward or towards unhealthy att/beh. **Jonathon Haidt. Anxious Generation. Play/Phone. Impact Technology Gen z**

Gen Z became the first generation in history to go through puberty with a portal in their pockets that called them away from the people nearby and into an alternative universe that was exciting, addictive, and unstable.

SEGUE: HOW HELP? TAKE THE FIRST AND MOST IMPORTANT STEPS

- Psalmist threw himself a life preserver. **SOUND ODD. SAVES. GOD ALREADY**

MP: Hope in God is the first and most important step in addressing anxiety, discouragement, and depression. SAY THESE 3 REALIZE. CHALLENGE. CHOOSE.

REALIZE THAT GOD IS WHAT YOUR SOUL IS REALLY THIRSTING FOR

EPIPHANY PSALMIST: (PICTURE/ANXST)Saw. WAIT. Light Bulb. Divine Rev

Discouragement and anxiety are an indicator lights of our need for God. **SOUL THIRST**

- Tank is on empty. No Coolant in the radiator
- **Imply Rel. God.** Not just parents God. Friends. School. Culture. YOURS

CHALLENGE YOURSELF (v.5.11)

The Psalmist turns the interrogation towards himself instead of towards God.

- Reframe. Not - God what r u doing but..What am I doing? **WHY THROWN DWN**
 - o Objectively addressing – I ASK what counsel would you give s1 else.
 - o **Your mind is like OPEN MIC. Voices. Physiological rewiring of ur brain**
 - **PREACH TO URSELF Half Time Coach.**

Unhealthy cycles persist when deflect responsibility and project the problem elsewhere.

CHOOSE TO HOPE IN GOD (v.5.11)

Nietsche: Hope is the worst of all evils. Biblical hope is the greatest of all solutions.

Normal Hope: A feeling of expectation and desire for a certain thing to happen. Wishful thinking. Positive motivational state (hopeful).

Biblical Hope: H.O.P.E. - Holding. Obstainately. Promises Presence of God. Everyday

- **HOLDING.** What you **hold** on to will determine what you are **hoping** in.

Hope is an action, not just an outcome. When hope is your action, it becomes your outcome. **CHOOSE TO HOPE...HOLD ONTO THE RIGHT THING. PPL SEEKING. Not working** - Use meditation/ yoga sig increase. 2022, 18.3% of U.S. adults practiced meditation, and 16.8% engaged in yoga. **Psychic Services:** encompassing astrology, aura reading, other metaphysical services, has grown compound annual growth rate 4.3% past 5 years **Spiritual ID:** Sig portion pop identifies spiritual but not religious. 70% consider spiritual do not regularly attend

- **BUFFET:** Money. Opport. People. Age. Image (**ANX THREATENED/loss**)

We can do more than hope **after** we have hoped, but we cannot do more than hope **until** we have hoped. Consult dr, break add, clean toxicity, boundaries culture, spir battle.

- **FREE SOLO. ANCHOR. Alex Honnold (EL CAP)** God nothing threaten u

Hebrews 13:5 Keep your life free from love of money, and be content with what you have, for he has said, "I will never leave you nor forsake you." ⁶So we can confidently say, "The Lord is my helper; I will not fear; what can man do to me?"

- **OBSTINATELY.** Why? Because Attack **inside/out. DON'T LET GO. God Holds**
Joshua 23:8 But you shall cling to the LORD your God just as you have done to this day.

- **PROMISES AND PRESENCE OF GOD – ADDRESSES WHERE AND WHY?**

- P: Difference between principles and promises. Not just data dedicated
 - God is a Person not just a set of principles.

Version Christianity to follow principles. good person. make people happy. never work for. About your Personal experience of God and His promises.

Experience, not just information, is the key to emotional and spiritual development.

- **WHO GOD IS:** Personal Savior. Johnny Cash

Your own personal Jesus. Someone who hears ur prayers. Cares. There.

Hebrews 10:23 Let us hold fast the confession of our hope without wavering, for he who promised is faithful.

- P: Living God. Expected His presence and engagement in his life.

God hasn't gone anywhere. More often than not we have. **WANDERING SHEEP**

- **EVERY DAY:** The Process: Struggle. Truth. Choice. Struggle. Truth. Choice.

Surround yourself with people who will support you in this and who you can support.

RESOURCES: prayer. Biblical Guidance. Support Resources Websie.