



SONGS FOR A BROKEN WORLD

3. When you're feeling
really down
Psalm 42,43

- Can be taken as one long psalm – similar theme and common refrain
- Honest words of a man experiencing intense hardship
- Believers are not immune to feeling down

1. **The Reasons we can find ourselves Downcast**

a) **God seems far away (42:1,2)**

- We can feel weary and spiritually stale

b) **Insults from hostile enemies (42:3, 10, 43:1)**

- We live in a hostile society

c) **Loneliness (42:4)**

- Finding ourselves deserted gets us down

d) **Overwhelmed by trials (42:7)**

- Rather than respond in bitterness we should respond with trust
- 1 Cor 10:13 *“God is faithful; he will not let you be tested beyond what you can bear. But when you are tested, he will also provide a way out so that you can stand up under it.”*

e) **Feeling forgotten by God (42:9, 43:2)**

- If anyone ever had reason to be downcast surely it was Jesus?
- It's precisely because Jesus experienced actual forsakenness that we can find a cure

2. **The Answer to finding ourselves Downcast**

a) **Place your emotions in the backseat**

- Talk to our souls instead of listening to our souls

b) **Pray**

- Experiencing God's absence shouldn't paralyse prayer, but should prompt prayer
- Should involve pouring out our souls to God

c) **Public Worship**

- Realise the importance of worship
- Learn to love the psalms

d) **Put your hope in God**

- 'Hope' in Scripture is trusting God for what he had promised to do but we have not yet experienced him doing it
- Note there isn't a triumphant finish
- We are not home yet – in heaven we will know nothing of feeling downcast

Milford RPC

www.milfordrpc.org

Sabbath 31st May 09

Notices

- | | | |
|-------------------------------------|---|-------|
| Sab 31 st | Praise Service @ Bready
Living in God's Masterpiece - A celebration of God's Creation | 7pm |
| Wed | Bible study @ Church - Study on 10 Commandments - Study 9 | 8pm |
| Sab 7 th | Prayer time before church -
No evening service in Milford (Letterkenny Communion thanksgiving) | 11.15 |
| 8 th to 10 th | Synod meets at Cloughmills | |
| Wed 10 th | Mission Rally @ Synod for everyone - Ballyweaney Presbyterian Church
The Cross and Mission - Ted Donnelly
Details on Poster | |
| Sab 14 th | Monthly Evening Service in Milford | 8pm |

Messenger Magazine

Could those who do, or wish to, receive the Messenger magazine for 2009 please confirm to Anne,- subscription is £8 stg (€9)

Romania 2009 Project

Transforming container units into accommodation units for the girls at teh Bolintin Refuge near Bucharest. Fri 7th - Sat 15th August - at Ballylaggan RP Church near Coleraine.

All age groups welcome to help. Could you give a 1/2 day (even to help with catering for workers). Trade skills which would be useful - Joinery, plumbing, electric. Application form on Brochure.

Goods requests: Blankets, Clothing, Crockery & Cutlery, Bric-a-brac, Small household stuff. Goods need to be in Ballyclare for 27th June - Speak to Christine Tait.

Sabbath 7th - Psalms for a broken World - Psalm 30

Opening Psalm: 74

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