

# HOW DO YOU KEEP YOUR HEAD ABOVE WATER WHEN THE WAVES KEEP COMING IN?

Psalm 42-43  
June 28, 2020

*Hope is the result of your “self”  
listening to God, believing what he says, and acting accordingly.*

## I. Waves of Despair

- A. The **COLD HARD** Facts:  
*Mount Mizar and Shattered Bones*
- B. **PARADIGMS** in Conflict:  
*Where is your God?*
- C. Faith in **CRISES**:  
*Why have you forgotten me?*

## II. Waves of Mercy

- A. Checking our **CRAVINGS**  
*My Soul Thirsts For . . .*
- B. Trusting His **METHODS**  
*YOUR waterfalls, YOUR breakers and YOUR waves.*
- C. Reaching the **SHORE**  
*Hope in God . . . The Lord will command His Lovingkindness . . .*

## III. Swimming Across the Current

- A. **TALKING** to Self rather than **LISTENING** to Self  
*Why are you in Despair, O my soul?*
- B. **FACT CHECKING** your source of information.  
*Why do I go mourning because of the oppression of the enemy?*
- C. The reliable **“GUIDE”**  
*O, send our Your light and Your truth.  
Hope in God, for I shall again praise him for the help of His presence.*