



Arise [from the depression and prostration in which circumstances have kept you—rise to a new life]! **Shine** (be radiant with the glory of the Lord), for your light has come, and the glory of the Lord has risen upon you!

ISAIAH 60:1 AMPLIFIED VERSION

My deep need calls out to the deep kindness of your love. Your waterfall of weeping sent waves of sorrow over my soul, carrying me away, cascading over me like a thundering cataract.

PSALM 42:7 PASSION TRANSLATION

	Sad	Hopeless	Worthless
Married	7.4	4.2	3.7
Widowed	20.8	14.2	8.8
Divorced	16.3	10	8.7
Never Married	11.1	6.7	5.7
Living with a partner	11.5	7.5	6.5

Summary health statistics for U.S adults: National Health Interview Survey, 2012.
National Center for Health Statistics, Vital Health Stat. 10 (260). 2014, tab 14, pp. 49-50)

The people walking in darkness have seen a great light; on those living in the land of deep darkness a light has dawned.

ISAIAH 9:2

**Lets look at David's life
(Psalm 42)**

1 As the deer pants for streams of water, so my soul pants for you, my God. 2 My soul thirsts for God, for the living God. When can I go and meet with God? 3 My tears have been my food day and night, while people say to me all day long, "Where is your God?"

PSALM 42

These things I remember as I pour out my soul: how I used to go to the house of God leading the procession with shouts of joy and praise among the festive throng. 5 **Why, my soul, are you downcast? Why so disturbed within me?** Put your hope in God, for I will yet praise him, my Savior and my God.

PSALM 42

Manage Your Memories

4 **These things I remember** as I pour out my soul:

6 My soul is downcast within me; **therefore I will remember you** from the land of the Jordan, the heights of Hermon—from Mount Mizar.

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable— if anything is excellent or praiseworthy—**think about such things.**

PHILIPPIANS 4:8

My soul is downcast within me; therefore **I will remember you** from the land of **the Jordan**, the heights of **Hermon**—from **Mount Mizar.**

PSALM 42:6

Invest Your Hope

5 Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

11 Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

I would have despaired unless I had believed that
I would see the goodness of the Lord In the land
of the living.

PSALM 27:13

Praise in the Pain

5 Why, my soul, are you downcast? Why so
disturbed within me? Put your hope in God, for
I will yet praise him, my Savior and my God.

11 Why, my soul, are you downcast? Why so
disturbed within me? Put your hope in God, for
I will yet praise him, my Savior and my God.

PSALM 42

Deep calls to deep in the roar of your waterfalls;
all your waves and breakers have swept over me.

PSALM 42:7

The Power of Connection

The Power of Connection

1. Lean in to Community

The Power of Connection

- 1. Lean in to Community**
- 2. Lean in to Truth**

The Power of Connection

- 1. Lean in to Community**
- 2. Lean in to Truth**
- 3. Lean in to Worship**