





**SWOOSH**

# Facts About Roller Coasters

They have cars

They have track

But you don't take you anywhere,  
because you always end up  
right back where you  
started



# SOUL of the Matter

*Love the Lord your God with all your  
heart and with all your soul and with  
all your mind and with all your strength.*

*Mark 12:30*



# What is a Soul?

*Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.*

*Mark 12:30*



# What is a Soul?

*The soul is that inner most you that is designed to connect with God*

**The soul is the key to stable relationships**

# Problem?

**How can I experience stability with a soul that is seems to operate like a roller coaster ride?**





# The Unstable Soul

*Psalm 42 & 43*



# The Sons of Korah

The earth opened its mouth and swallowed them along with Korah, whose followers died when the fire devoured the 250 men. And they served as a warning sign. The line of Korah, however, did not die out.

Numbers 26:9-11





# The Sons of Korah

Then some Levites from the Kohathites and Korahites stood up and praised the Lord, the God of Israel, with a very loud voice.

2 Chronicles 20:19

## Refrain

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.

v. 5, 11, 43:5



# **Stanza One** -- Psalm 42:1-4

**As the deer pants for streams of water, so my soul pants for you, my God. My soul thirsts for God, for the living God. When can I go and meet with God? My tears have been my food day and night, while people say to me all day long, "Where is your God?" These things I remember as I pour out my soul: how I used to go to the house of God under the protection of the Mighty One with shouts of joy and praise among the festive throng.**



# The Need for God

The psalmist compares his need for relationship with God to water

He says his soul is thirsty

He does not know where to find God

He is dealing with sorrow while the people around him are asking where is your God now



# The Need for God

He sits on the hill of despair he remembers back to a time when God was close

There was a time when his soul felt connected to God

He used to go to God's house

He used to feel safe in God

His soul used to shout and praise



# **Stanza Two** -- Psalm 42:6-10

**My soul is downcast within me; therefore, I will remember you from the land of the Jordan, the heights of Hermon—from Mount Mizar. Deep calls to deep in the roar of your waterfalls; all your waves and breakers have swept over me. By day the Lord directs his love, at night his song is with me—a prayer to the God of my life. I say to God my Rock, “Why have you forgotten me? Why must I go about mourning, oppressed by the enemy?” My bones suffer mortal agony as my foes taunt me, saying to me all day long, “Where is your God?”**



# Up the Hill

Stanza one started with thirst, stanza two starts with the answer; water

The land of Jordan: Is a symbol of freedom

His thirst has been answered not with Drops but with waves that wash over him

He sees God as love and life



# **It Does not Last**

**He acknowledges God as the foundation but follows it with, where are you?**

**As he plummets down the hill he feels forgotten**

**He uses words like mourning, oppressed, and agony**

**He is overwhelmed by his enemies**

# **Where's Your God Now?**





# **Stanza Three** -- Psalm 43:1-4

**Vindicate me, my God, and plead my cause against an unfaithful nation. Rescue me from those who are deceitful and wicked. You are God my stronghold. Why have you rejected me? Why must I go about mourning, oppressed by the enemy? Send me your light and your faithful care, let them lead me; let them bring me to your holy mountain, to the place where you dwell. Then I will go to the altar of God, to God, my joy and my delight. I will praise you with the lyre, O God, my God.**



# Bottomed Out

As he bottoms out on self pity you hear it

The cries for judgement

He wants God to show the people he was right

He wants to be vindicated

"Rescue me from this wicked land"

God why have you rejected me?

# Why Me Lord?



# The Twist

And in a snap the track bends again

God Send your light

You are faithful to care for me

Lead me home God to live in your presence

I will sacrifice to you

I will find joy and delight in you

I will praise you in song



**How does one find stability  
with such an unstable soul?**

**STOP!**

***I Wat to Get Off***



# The Refrain

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.

Why, my soul, are you downcast?

Why so disturbed within me?

Notice he does not give answer to the why but offers a solution to the problem



# The Answer

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.

Put your hope in God

I will yet praise him

My Savior and my God



**In it Together!**

