

Bridgeway Community Church  
Dr. David Anderson  
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## iHope

### From Hopeless to Hopeful

It has been a whole year since we had a live service in the Bridgeway building!

New series: iHope

Are you a runner for exercise? There is a point that where your energy is spent and you start PANTING. This is the analogy the writer gives us in Psalm 42.

#### Psalm 42

For the director of music.  
*A maskil* of the Sons of Korah.

<sup>1</sup> As the deer pants for streams of water,  
so my soul pants for you, O God.

<sup>2</sup> My soul thirsts for God, for the living  
God. When can I go and meet with  
God?

<sup>3</sup> My tears have been my food  
day and night, while men say to me all  
day long, “Where is your God?”

<sup>4</sup> These things I remember as I pour out  
my soul: how I used to go with the  
multitude, leading the procession to the  
house of God, with shouts of joy and  
thanksgiving among the festive throng.

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

<sup>6</sup> my God. My soul is downcast within  
me; therefore I will remember you from

the land of the Jordan, the heights of  
Hermon—from Mount Mizar.

<sup>7</sup> Deep calls to deep in the roar of your  
waterfalls; all your waves and breakers  
have swept over me.

<sup>8</sup> By day the Lord directs his love, at  
night his song is with me— a prayer to  
the God of my life.

<sup>9</sup> I say to God my Rock, “Why have you  
forgotten me? Why must I go about  
mourning, oppressed by the enemy?”

<sup>10</sup> My bones suffer mortal agony as my  
foes taunt me, saying to me all day long,  
“Where is your God?”

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

My soul PANTS, v. 1

I am also PARCHED, v. 2

Do you know what true thirst is?

“When one is panting and parched, there’s an emptiness, there’s an exhaustion, there’s a weakness that needs to be addressed. Now is the time for recovery. Now is the time to get more energy. Water and food and regeneration will bring you back to life from being completely drained.”

“Do you know what it is like to be drained? Spent? Downcast?”

The TEARS, v. 3

The TAUNTING, v. 3 & 10

...men say to me all day long, “Where is your God?”  
...my foes taunt me, saying to me all day long, “Where is your God?”

The TIMING, v3, 8, 10

...day and night,...all day long...  
By day...at night...  
...all day long...

“You know what it is like to be downcast, not for minutes or hours, but days, weeks, months, for some of you, years and seasons.”

“This is not just a physical problem. This is NOT just burnout. It’s psychological, it’s mental, it’s soulish.” - ...my soul pants... v. 1

“soul” and “psyche” is the same in the original language, mentioned 6 times in these 11 verses - v. 1, 2, 4, 5, 6, & 11

“This is deep...deep in his soul, deep in his mind, deep in his heart, he’s depressed, he’s downcast, he’s drained, he’s panting like a deer that’s been running with predators behind him.”

“How long, God?! Some of you are in a place in your marriage, “How long, God?!” Some of you are in a place in your body, “How long, God?!” Some of you are in a place in your business, “How long, God?!” How long do I have to endure this?! How long do I have to go through this

sad, sorrowful and sick situation?! I can't take it anymore! Why are you so downcast oh my soul?!"

"This year of COVID has weighed on many of us, worn down many of us, maybe even weakened some of us...maybe you need that second wind."

He mentions being downcast 3 times - v. 5, 6 & 11

## **HELP IS ON THE WAY IF YOU PUT YOUR HOPE IN GOD**

Sermon in a sentence:

**WHEN ALL HOPE IS GONE, THE GOD OF HOPE IS NOT.**

"The writer teaches us how to bounce back like that runner who becomes energized with that second wind."

## **3 WAYS TO TRANSITION FROM HOPELESS TO HOPEFUL**

### **1. LOOK UP TO GOD & REMEMBER HIS PERSON. v. 6-9**

<sup>6</sup> My soul is downcast within me; therefore **I will remember** you from the land of the Jordan, the heights of Hermon—from Mount Mizar. <sup>7</sup> Deep calls to deep in the roar of your waterfalls; all your waves and breakers have swept over me.

The enemy wants you to forget God and all he has done

"You serve a God who is higher than your tallest problem. You serve a God who is deeper than your lowest depression."

<sup>8</sup> By day the Lord directs his love, at night his song is with me— a prayer to the God of my life. <sup>9</sup> I say to God my Rock, “Why have you forgotten me?”

v.8, God of Love  
v.8, God of Life  
v.9, God I can Lean on

The enemy tries to get you to believe the opposite of these truths

## 2. LOOK UP TO GOD & RELEASE YOUR PRAISE v. 5, 11, 43:5

<sup>5</sup> Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, **for I will yet praise him**, my Savior and <sup>6</sup> my God.

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

Psalm 43:5, Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, **for I will yet praise him**, my Savior and my God.

“Once you remember who God is, you must release your praise.”

<sup>4</sup> These things **I remember as I pour out my soul**: how I used to go with the multitude, leading the procession to the house of God, with shouts of joy and thanksgiving among the festive throng.

“Even as you pour out your soul to him, pour out your praise to him.”

“Pastor, how do I praise God? You praise God by saying ‘Praise God.’ You praise God by singing ‘Praise God.’”

Praise God, from whom all blessings flow;  
Praise Him, all creatures here below;  
Praise Him above, ye heav'nly host;  
Praise Father, Son, and Holy Ghost! <sup>1</sup>

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<sup>1</sup> Lyrics from the hymn, "From Whom All Blessings Flow (Doxology)"  
<https://www.azlyrics.com/lyrics/hillsongworship/fromwhomallblessingsflowdoxology.html>

Using the tune of the hymn “Amazing Grace” change all the lyrics to “Praise God”

Praise God by his names: Father, Jesus, Holy Spirit, Jehovah-Jireh, Jehovah-Rapha, etc.<sup>2</sup>

### 3. LOOK UP TO GOD & REST IN HIS PLANS!

“When our plans don’t work out, we get downcast and disoriented because we felt so good about ‘our plans’. But God wants you to know his plans are better than yours!”

Psalm 40:1-10

Psalm 40:1-2, 5

I waited patiently for the Lord; he turned to me and heard my cry.

<sup>2</sup> He lifted me out of the slimy pit, out of the mud and mire; he set my feet on a rock and gave me a firm place to stand.

<sup>5</sup> Many, O Lord my God, are the wonders you have done. The things you planned for us no one can recount to you; were I to speak and tell of them, they would be too many to declare.

Jeremiah 29:11

For I know the **plans** I have for you,” declares the Lord, “**plans** to prosper you and not to harm you, **plans** to give you **hope** and a future.”

“Plans” (plural) is mentioned 3 times in a single verse!

Isaiah 40:31

but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

**H**.oly

**O**.ptimism based on

**P**.ositive

**E**.xpectations

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<sup>2</sup> He is a webpage with most of the names of God and what they mean:  
<https://christiananswers.net/dictionary/namesofgod.html>

## Illustration of the Eagle and the Prairie Chickens

The issue wasn't about his ability, the issue was about his mentality.

"You can do more than whatever you think you can do because God has put his Spirit in you."

"Some of you need to get away from the prairie chickens you have been hanging with...Get with those who know how to lift their wings."

"God wants you to soar and not sink."

"I don't build my hope on man's plans...political parties...popular pastors or Bible teachers...bank accounts and businesses...the promises of human beings...social media influences...the number of likes and followers and fans and retweets...my hope is built on nothing less than Jesus' blood and righteousness. I dare not trust the sweetest frame but wholly lean on Jesus' name. On Christ the solid rock I stand. All other ground is sinking sand.<sup>3</sup>"

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<sup>3</sup> Words from the lyrics of the hymn "On Christ the Solid Rock I Stand".  
<http://www.songlyrics.com/michael-card/on-christ-the-solid-rock-i-stand-lyrics/>