Look Up To God Psalm 42

The Sons of Korah were Levites who served in the musical aspect of temple worship. This psalm is a heart–felt call upon the Lord. It also includes an individual challenge for the writer to strengthen his faith.

- There will be times we are cast down spiritually. We may find ourselves:
 - _____ by others.
 - Questioning our _____.
 - With a ______ to stand up for our faith.
- When we are feeling down... ... _____ Up to _____!!!
 - Go to God in _____. (Neh 1:4; Phlp 4:6-7)
 - can lift you up and/or comfort you. (Exod 15; Jdgs 5; 2 Sam 22; Acts 16)
 - Join in ______ with others. (Rom 12:15; Gal 6:2; Heb 10:24-25; Eph 4:11-12)
- When we ______. We will be ______.
 - Our spiritual thirst will be quenched. (Mt 5:6)
 - God will provided superior gifts. (Mt 7:7-11)
 - Nothing is impossible (Phlp 4:12-13)

Why are you cast down, O my soul? And why are you disquieted within me? Hope in God; for I shall yet praise Him, for the help of His countenance.