

**Why Are You Cast Down, O My Soul**  
**Psalm 42-43**

1. The Causes of a Downcast Soul

A. Missed public **worship**  
(v1-2)

B. Verbal **ridicule**  
(v3, 10)

C. Pleasant **memories**  
(v4, v5)

D. Overwhelming **trials**  
(v7)

E. Unanswered **prayers**  
(v9a)

F. Ungodly **people**  
(43:1)

2. The Cure for a Downcast Soul

A. **Preach** to yourself  
(v5, v11, 43:5)

B. **Put** your **Hope** in God  
(v5, v11, 43:5, v6, v8)

C. **Praise** Him  
(v5c, v9, 43:2, 43:3-4)