

A photograph of two women in athletic wear embracing and crying on a sports field. The woman on the right is wearing a pink towel and has her eyes closed in an emotional moment. The woman on the left is partially visible, also appearing to be part of the emotional scene. The background is a blurred crowd of spectators in a stadium.

Bouncing Back

NURSING YOUR SOUL FROM DESPAIR TO DELIGHT

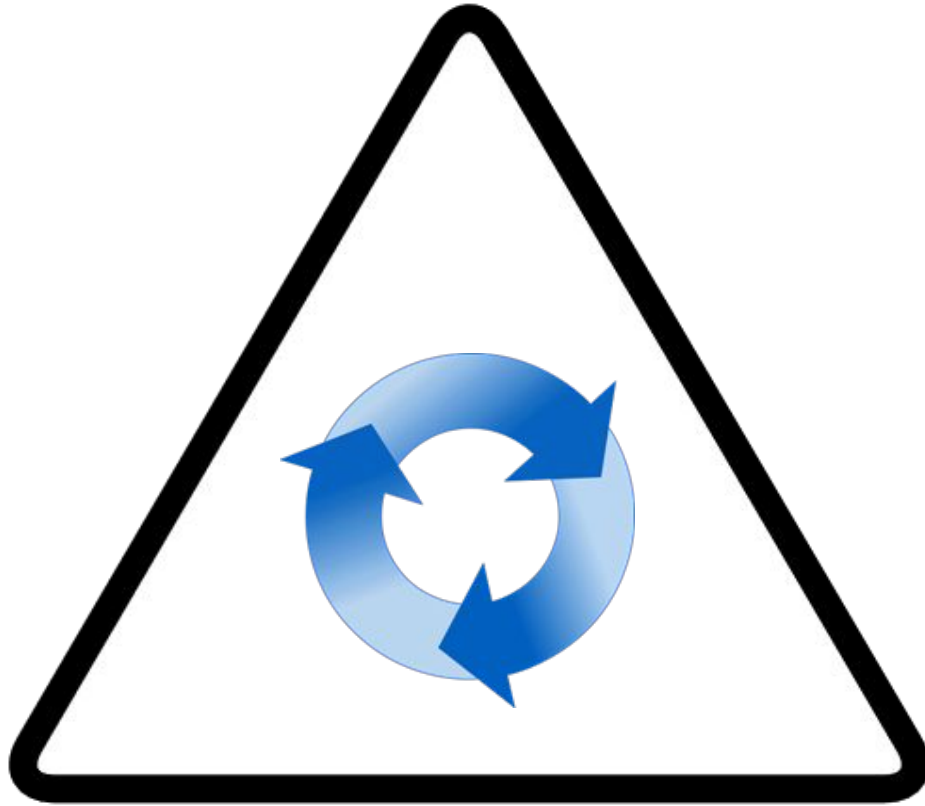
Psalm 42:1-4

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?”. ⁴ 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.

Psalm 42:5-7

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

GOD



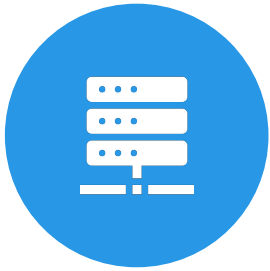
PSALMIST

HIS SOUL

Navigation Guide for the Sermon

A Diagram of Dialogue

About the Soul



WHOLE LIFE
(ACTS 27:37)



TRUE SELF
(JER 1:5)



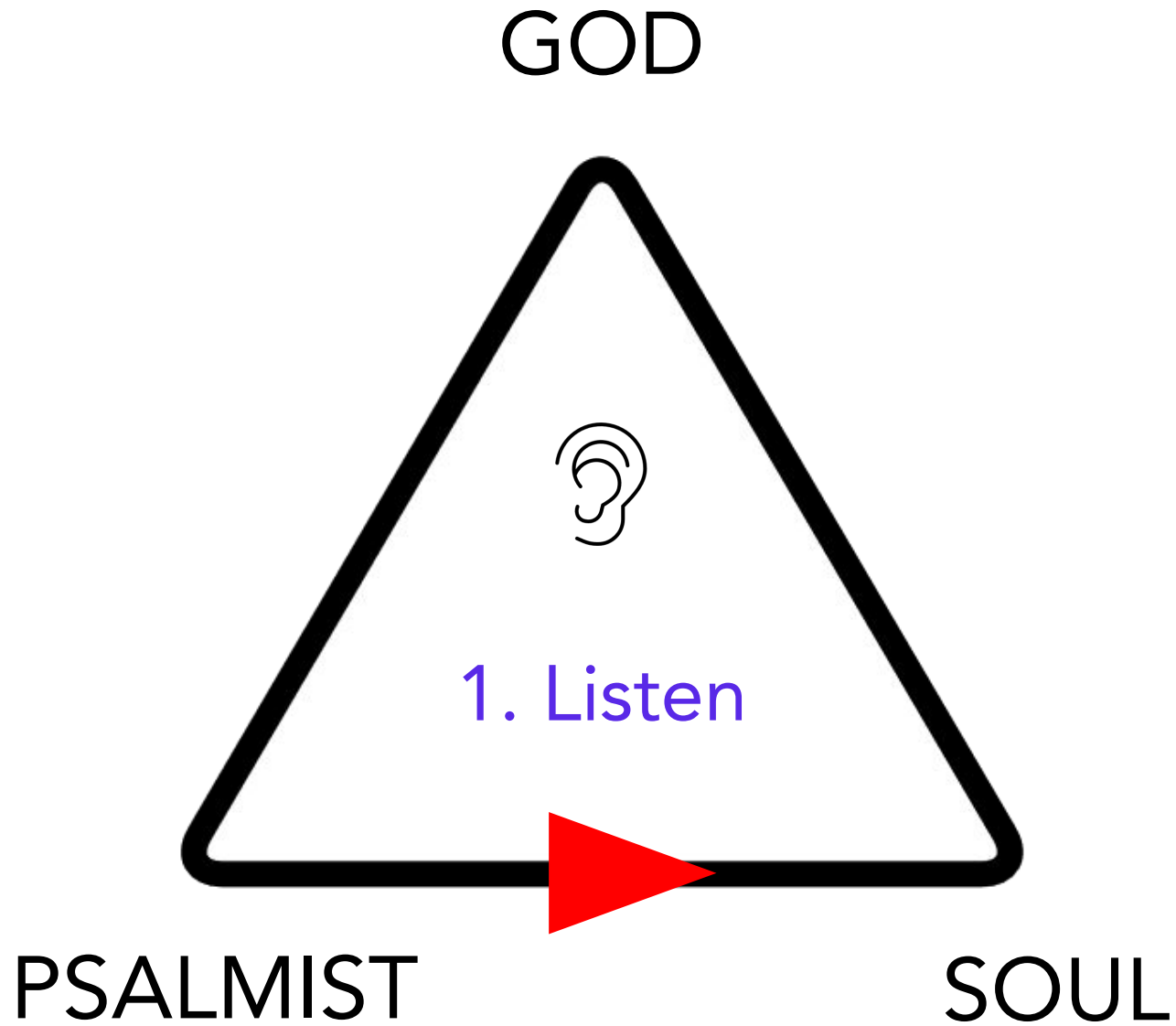
TRUE WORTH
(MARK 8:36)



TRUE WEALTH
(LUKE 12:21)

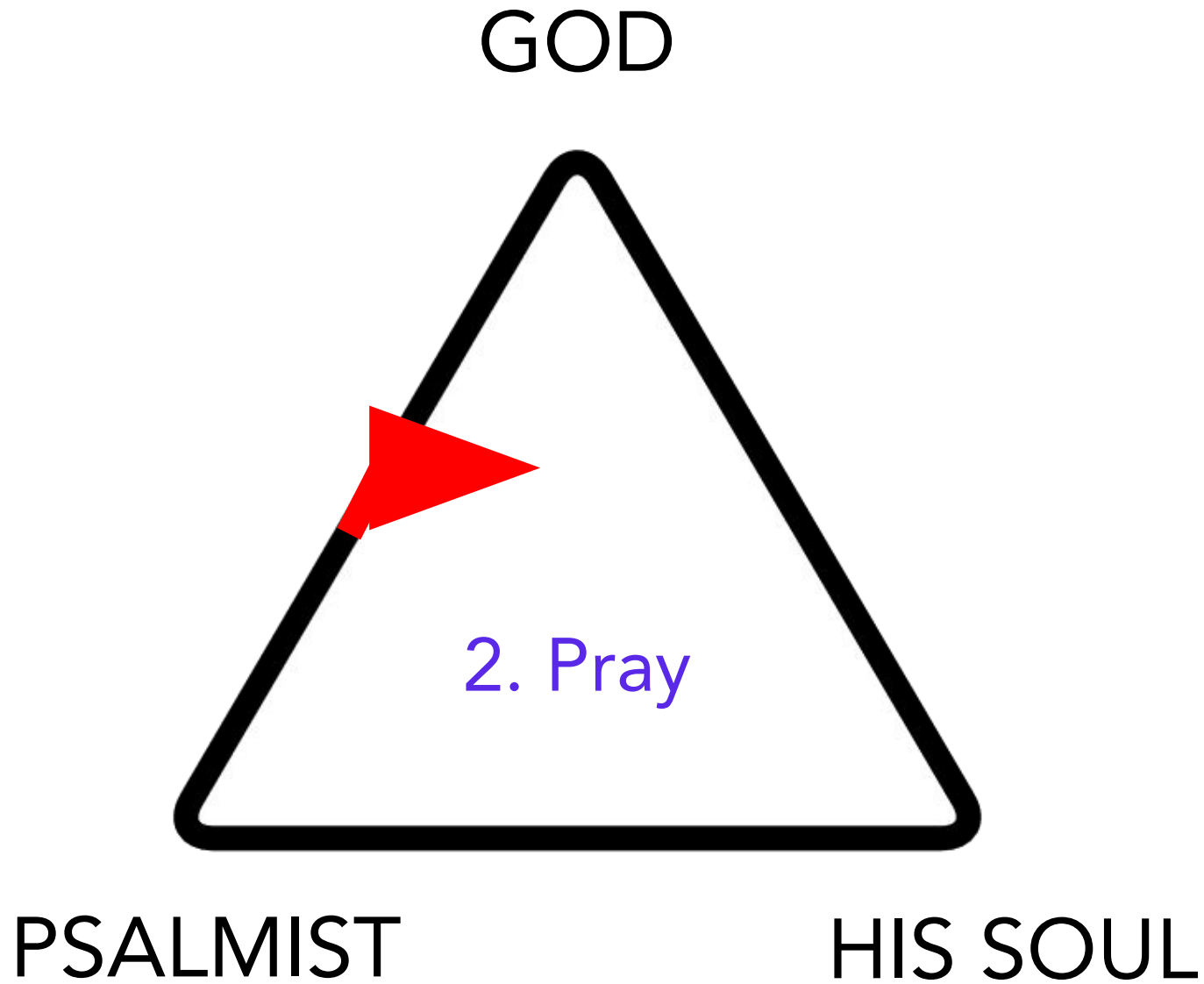
Bouncing Back

1. **Listen** to your soul (v2)
2. **Pray** to God for understanding (v1)
3. **Reflect** on your situation (v3)
4. **Recall** your memories & experiences about God (v4)
5. **Reason** with your soul (v5)
6. **Refocus** on God (v6)



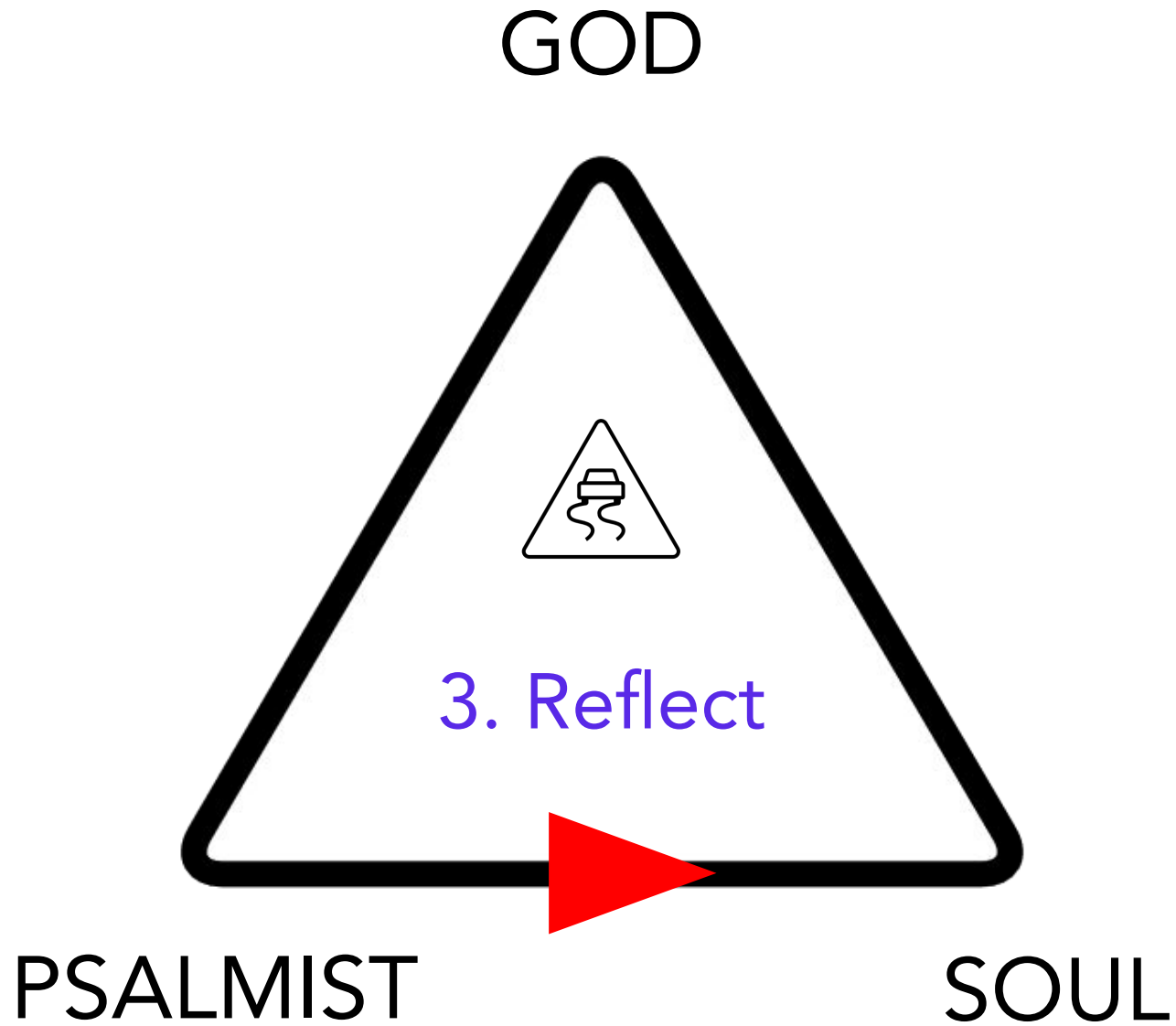
My soul
thirsts for God,
for the living
God. **When
can I go and
meet with
God?**

Psalms 42:2



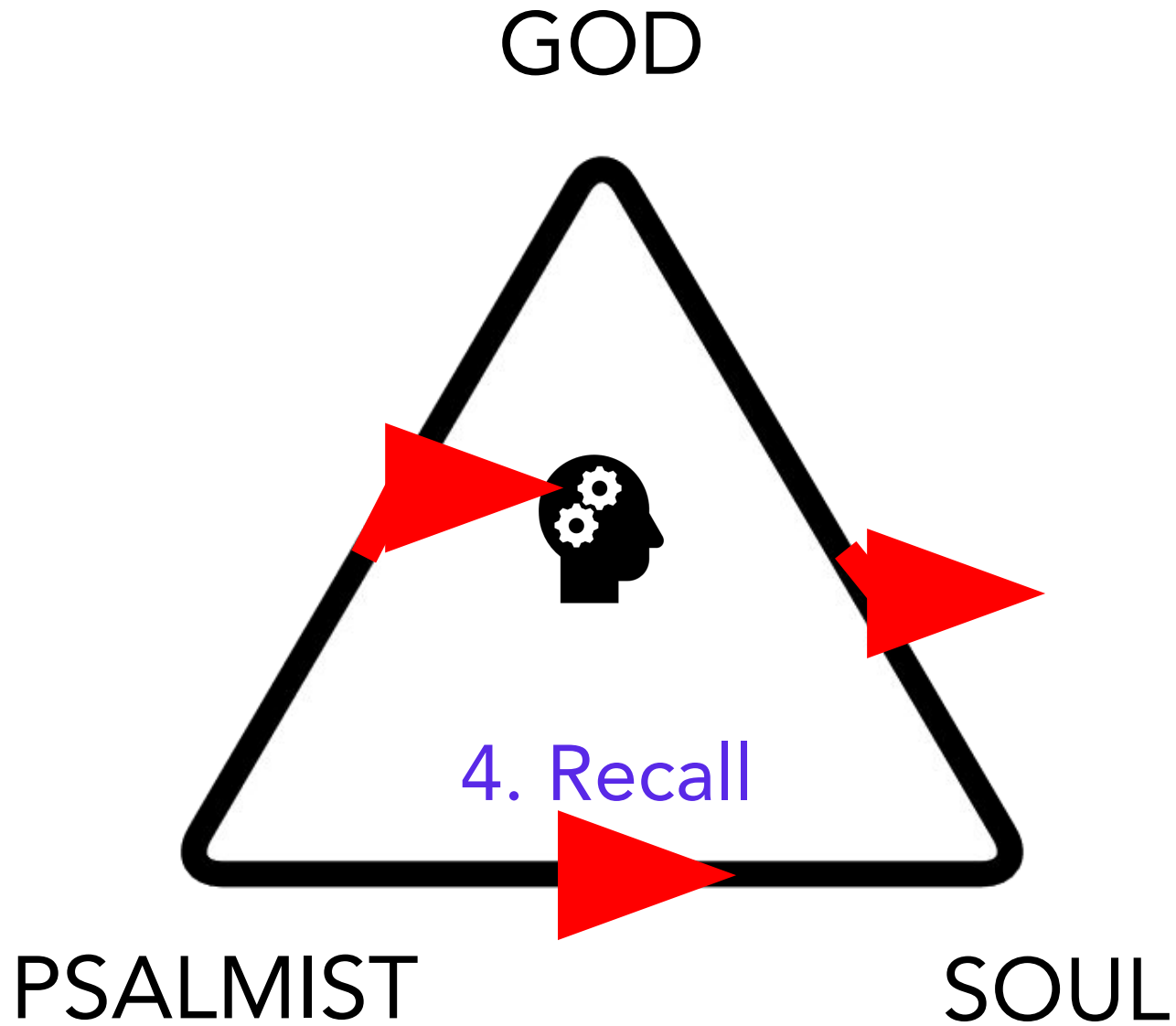
As the
deer pants for
streams of
water, so my
soul pants for
you, my God.

Psalm 42:1



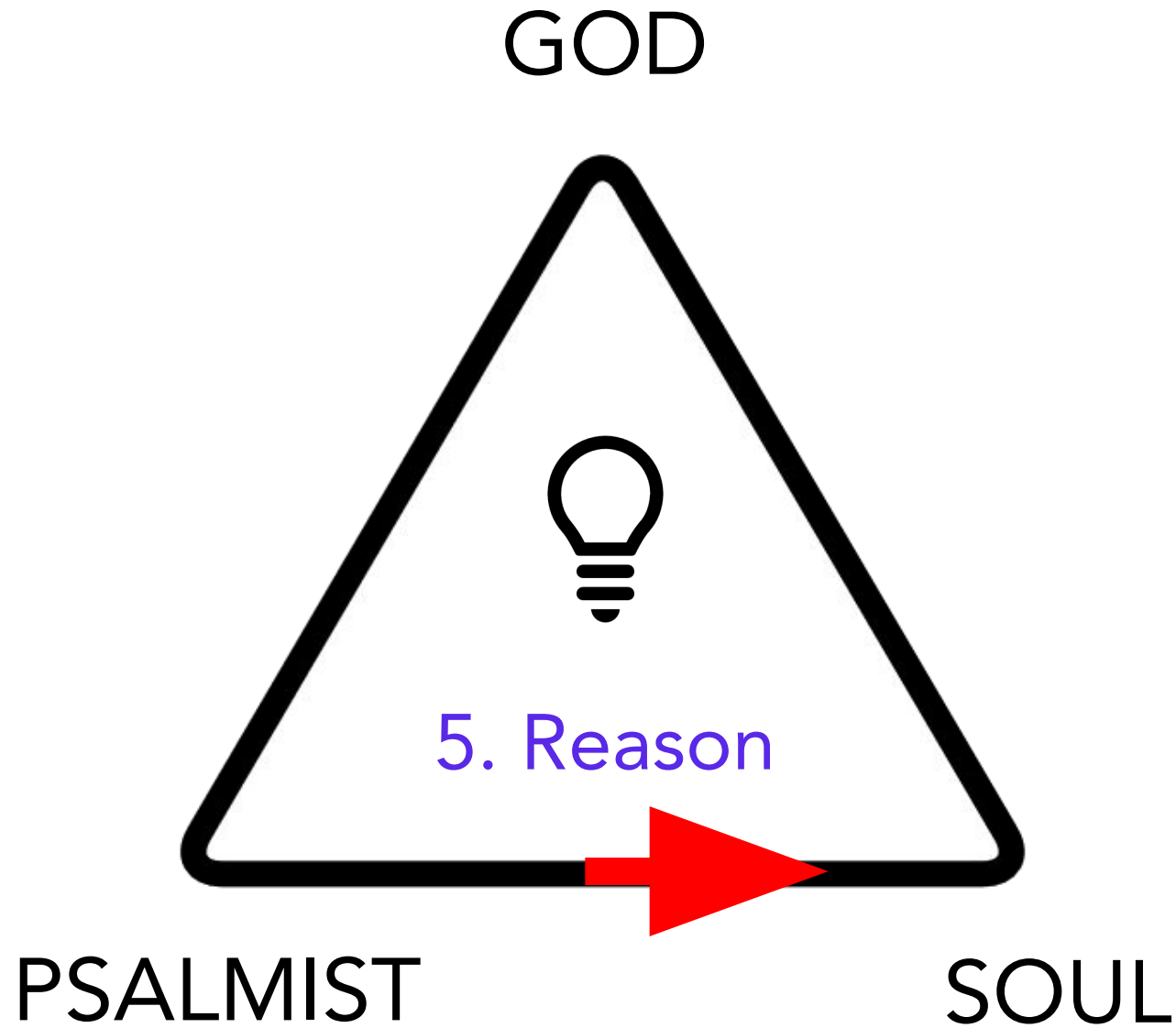
My tears have been
my food day and
night, while **people**
say to me all day
long, “Where is
your God?”.

Psalm 42:3



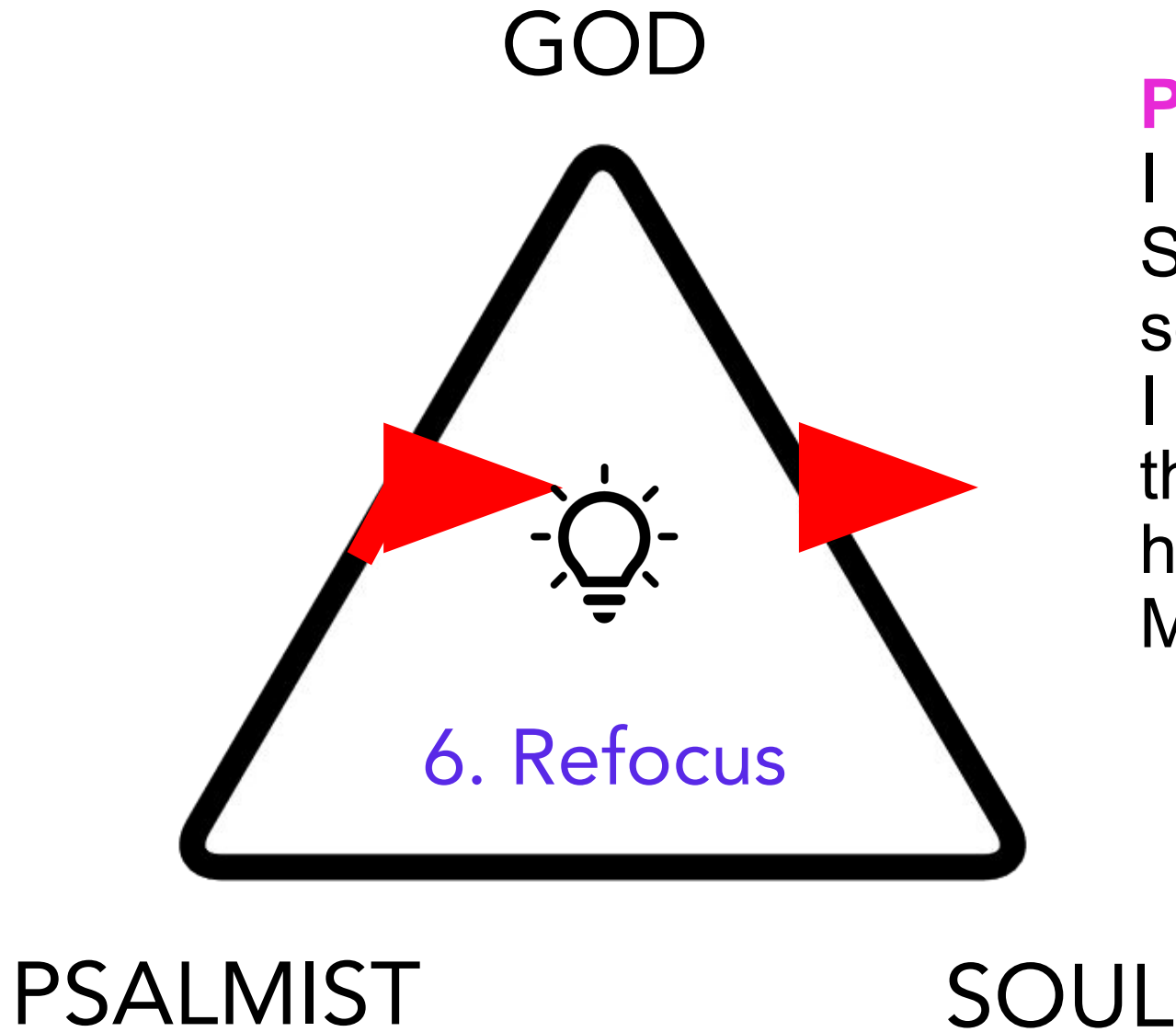
⁴ These things I **remember** as I pour out my soul: how I used to go to the house of God under the protection of the Mighty One with shouts of joy and praise among the festive throng.

Psalms 42:4



Why, my soul, are you
downcast? **Why** so
disturbed within me?

Psalm 42:5



Put your hope in God, for
I will yet praise him, my
Savior and my God. My
soul is downcast within me;
I will **remember** you from
the land of the Jordan, the
heights of Hermon—from
Mount Mizar.

Psalm 42:6

SOUL



GOD is the
HOME of our
soul

(PSALM 90:2)



Interpretation

DEEP CALLS TO DEEP IN THE
ROAR OF YOUR WATERFALLS; ALL
YOUR WAVES AND BREAKERS
HAVE SWEEPED OVER ME. (PSALM
42:7)



Deep People

The intentions of a man's heart are like deep waters, but **the man of understanding** draws them out (BSB)

Proverbs 20:5

The desperate need of today is not for greater number of intelligent people, or gifted people, but for deep people

RICHARD FOSTER

Our mission is to build rooted, resilient, radiant and reproducing disciples who have a personal relationship with God through intentional disciple making

FPBC MISSION

Bouncing Back

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2. **Pray** for understanding (v1)
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