



firstbaptistchurch

GOSPEL ●

CHURCH ●

MISSION

August 16, 2020

Call to Worship

Isaiah 46:8-11

Congregational Songs

Words on pg. 3

“How Firm a Foundation”

“My Soul Finds Rest”

Scripture Reading

Jonah 2:1-9

Congregational Songs

Words on pg. 4

“Dear Refuge of My Weary Soul”

“He Who is Mighty”

Sermon

The Cure for a Downcast Soul

Psalms 42 & 43

Pastor Rob

Song of Response

Words on pg. 5

“He Will Hold Me Fast”

Benediction & Prayer

Prayer on pg. 6

Colossians 3:16-17



The Cure for a Downcast Soul Psalms 42 & 43

MAIN IDEA: The cure for a downcast soul is to hope in God.

I. The Psalmist's Laments (42:1-4, 6-10; 43:2-3)

II. The Psalmist's Hope (42:5, 8, 11; 43:1-5)

How Firm A Foundation

Verse 1

How firm a foundation
Ye saints of the Lord
Is laid for your faith
In His excellent Word
What more can He say
Than to you He hath said
To you who for refuge
To Jesus have fled

Verse 2

Fear not I am with you
O be not dismayed
For I am your God
And will still give you aid
I'll strengthen you
Help you and cause you to stand
Upheld by My righteous omnipotent hand

Verse 3

When through the deep waters
I call you to go
The rivers of sorrow
shall not overflow
For I will be with you
your troubles to bless
And sanctify to you
your deepest distress

Verse 4

When through fiery trials
your pathway shall lie
My grace all sufficient
shall be your supply
The flame shall not hurt you
I only design
Your dross to consume
and your gold to refine

Verse 5

The soul that on Jesus
has leaned for repose
I will not I will not desert to his foes
That soul though all hell
should endeavor to shake
I'll never no never no never forsake

Tag

That soul though all hell
should endeavor to shake
I'll never no never no never forsake

CCLI Song # 4463315

My Soul Finds Rest

Verse 1

My soul finds rest in God alone
My rock and my salvation
A fortress strong against my foes
And I will not be shaken
Though lips may bless
and hearts may curse
And lies like arrows pierce me
I'll fix my heart on righteousness
I'll look to Him who hears me

Chorus

O praise Him hallelujah
My Delight and my Reward
Everlasting never failing
My Redeemer my God

Verse 2

Find rest my soul in God alone
Amid the world's temptations
When evil seeks to take a hold
I'll cling to my salvation
Though riches come and riches go
Don't set your heart upon them
The fields of hope in which I sow
Are harvested in heaven

Chorus

Verse 3

I'll set my gaze on God alone
And trust in Him completely
With ev'ry day pour out my soul
And He will prove His mercy
Though life is but a fleeting breath
A sigh too brief to measure
My King has crushed the curse of death
And I am His forever

Chorus

(Repeat)

Bridge

O praise Him O praise Him
Hallelujah hallelujah
O praise Him O praise Him
Hallelujah Hallelujah
O praise Him O praise Him
Hallelujah hallelujah

Chorus

(Repeat)

CCLI Song # 5040902

Dear Refuge Of My Weary Soul

Verse 1

Dear refuge of my weary soul
On Thee when sorrows rise
On Thee when waves of trouble roll
My fainting hope relies
To Thee I tell each rising grief
For Thou alone can heal
Thy Word can bring a sweet relief
For every pain I feel

Verse 2

But oh when gloomy doubts prevail
I fear to call Thee mine
The springs of comfort seem to fail
And all my hopes decline
Yet gracious God where shall I flee
Thou art my only trust
And still my soul would cleave to Thee
Though prostrate in the dust

Verse 3

Hast Thou not bid me seek Thy face
And shall I seek in vain
And can the ear of sov'reign grace
Be deaf when I complain
No still the ear of sov'reign grace
Attends the mourner's prayer
Oh may I ever find access
to breathe my sorrows there

Verse 4

Thy mercy seat is open still
Here let my soul retreat
With humble hope attend Thy will
And wait beneath Thy feet
Thy mercy seat is open still
Here let my soul retreat
With humble hope attend Thy will
And wait beneath Thy feet

CCLI Song # 7016164

He Who Is Mighty

Verse 1

Oh the mercy our God has shown
To those who sit in death's shadow
The sun on high pierced the night
Born was the Cornerstone

Pre-Chorus

Unto us a Son is given
Unto us a Child is born

Chorus

He Who is mighty has done a great thing
Taken on flesh conquered death's sting
Shattered the darkness and lifted our shame
Holy is His name

Verse 2

Oh the freedom our Savior won
The yoke of sin has been broken
Once a slave now by grace
No more condemnation

Pre-Chorus

Unto us a Son is given
Unto us a Child is born

Chorus

He Who is mighty has done a great thing
Taken on flesh conquered death's sting
Shattered the darkness and lifted our shame
Holy is His name
Holy is His name

Bridge

Now My soul magnifies the Lord
I rejoice in the God Who saves
I will trust His unfailing love
I will sing His praises all my days
(Repeat)

Chorus

CCLI Song # 7031870

He Will Hold Me Fast

Verse 1

When I fear my faith will fail
Christ will hold me fast
When the tempter would prevail
He will hold me fast
I could never keep my hold
Through life's fearful path
For my love is often cold
He must hold me fast

Chorus

He will hold me fast
He will hold me fast
For my Savior loves me so
He will hold me fast

Verse 2

Those He saves are His delight
Christ will hold me fast
Precious in His holy sight
He will hold me fast
He'll not let my soul be lost
His Promises shall last
Bought by Him at such a cost
He will hold me fast

Chorus

Verse 3

For my life He bled and died
Christ will hold me fast
Justice has been satisfied
He will hold me fast
Raised with Him to endless life
He will hold me fast
Till our faith is turned to sight
When He comes at last

Chorus (Repeat)

CCLI Song # 7016161



Prayer

Our Church Family: Nathan & Hannah Faulks; Benjamin

Our Leaders: David Haboush, Carmel Fire Chief

Our Missionaries: Steve & Stephanie Standridge/Italy

Our Partners in the Gospel: Plainfield Baptist Church, Plainfield

Questions for Study and Discussion

- 1) What is the psalmist's desire in this Psalm and what does he liken it too? What are the desires of your heart and how do they compare to the psalmist's desire? How might we grow in this area?
- 2) What are the two challenges that are contributing to the psalmist's despair?
- 3) What is the cure for the psalmist's despair? How does the psalmist's cure encourage us in our times of despair?
- 4) How does this psalm lead us to Christ? How is Christ the only hope for us in times of despair?

We are a gospel family committed to being and making disciples
of Jesus for the glory of God.