



# The Perfect Health Care Plan for the Soul

## Psalm 42

Message Notes by

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The human soul is fragile. Sadly, many people today are too busy to notice that they are steadily destroying their souls. They are making money, living life and having fun. They seem so successful and so self-satisfied, but they are tearing up their serenity and inner peace. Stress, anger, bitterness and conflict are some of the manifestations of a damaged soul.

What nurtures the spiritual center of the human spirit? What can we do to feed our soul? David, the author of this familiar song, gives the perfect plan for the health of your soul.

These verses suggest three ingredients to a healthy soul.

### I. A Passionate Relationship with God (verses 1-2)

1. Your soul craves God           *"my soul pants for you, O God"*
2. Your soul needs God           *"my soul thirsts for God"*

Thomas Aquinas said: *"There is within every soul a thirst for happiness and meaning."*

### II. A Worship Experience with Others (verses 3-4)

1. Worship/Fellowship create memories  
*"I used to go with the multitude"*
2. Worship/Fellowship create attitudes  
*"shouts of joy and thanksgiving"*

### III. A Personal Decision within Yourself (verses 5-11)

1. Examine yourself           *"Why are you downcast, O my soul? Why are you so disturbed within me?"*
2. Program yourself
  - a. Hope           *"Put your hope in God"*
  - b. Praise           *"for I will yet praise Him"*

3. Counsel yourself
  - a. Faith is a choice           *"I will remember you"*
  - b. Faith is a lifestyle       *"By day ... at night"*
  - c. Faith is a process       *"I will yet praise Him"*

### Your Response:

Pray this prayer of commitment to God. Fill in the blanks so it becomes your prayer. *God, I want to give you \_\_\_\_\_, an area of my life that has not been surrendered to you. I want to make the following changes in my life:*

\_\_\_\_\_  
*Help me keep these promises to you. I ask your Holy Spirit to live in my heart and life. This I pray through Jesus Christ, my Lord. Amen.*

### For Discussion/Homework:

1. List some of the activities that destroy the spiritual inner life of a person. What are some of the activities on this list that you are doing that are destroying your soul?
2. Design a 30-day plan on how you will change these areas of your life. Use the principles of Psalm 42.
3. Are there any Bible verses you can use to help you move to spiritual wholeness in these areas of change? Put them on flash cards, carry them with you, and memorize them. This will help restore your soul (Psalm 119:11).

### Resources:

*Psalms, Volume 2: Psalms 42-106*  
by James Montgomery Boice  
*Finding God* by Larry Crabb  
*Exposition of the Psalms* by H. C. Leupold  
*The Pursuit of God* by A. W. Tozer

Southern Gables Church  
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Littleton, CO 80123  
*Answers can be found on sgc.org*