



— PSALM 42 —

**“Why Are You
Downcast,
O My Soul?”**

Sunday Morning,
October 12
2025

Services at
8:30 & 10:45

Sunday School
for ALL Ages:
9:35–10:35

Our message is to
be given by
Pastor David Rawley.

@Otterbein Church
of the United
Brethren in Christ

146 Leitersburg St.
Greencastle, PA
17225-1346

Our life is a very delicate **balance**...

When something is **missing**.. sadness,
discouragement, depression

When one part is disappointed, other parts of the mechanism easily slip into disarray

- feelings disappoint him... tears (3)
- people discredit him... jeers (3)
- memories discourage him... fears (4)

THE QUESTION... **Why** do I feel depressed?

Solomon (*Ecclesiastes*) “*Why*” should
not be our *preoccupation*.

[paralysis by analysis]

I tried to create happiness through pleasure,
etc.

I came to hate the rat race that was supposedly
necessary for happiness.

I grieved and despaired that I COULD EVER
find happiness.

Finally, I realized that happiness was already **given** to me in the simple gratifications of life.

HAPPINCESS IS A **GIFT** TO BE RECEIVED
RATHER THAN A **GOAL** TO BE ACHIEVED!

(5) believe that the day will come again when you will praise God. **RECEIVE**
HOPE!

(6) Meditate on memories of God's rich blessings given to you in the past.
REMEMBER HOPE!

PSALM 42:8

- does not say I **feel lovely** but does say that God's love is directed to me
- does not say I **feel like singing** but does say that God's song is with me

Whether I feel low or high is not of
utmost importance in life. What really
matters is that God is “the God of my life.”