

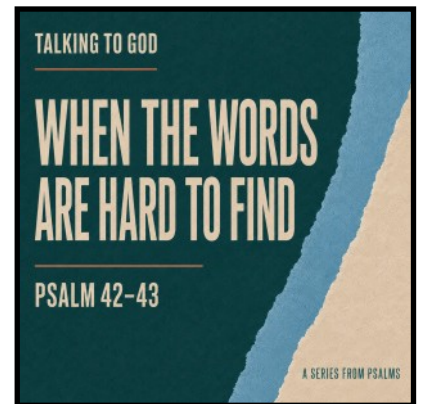
Pastor James Dale

August 2, 2026

Psalm



Talking to God: When the Words Are Hard to Find
Psalm 42-43



1. The Thirst: A Soul That Feels Far from God

Psalm 42:1-5

2. The Prayer: A Divided Heart Brought to God

Psalm 42:6-11; 43:1-5

3. The Answer: Jesus Brings Us Hope in God

Matthew 26:38; Hebrews 4:15-16; John 14:6; 1 Peter 3:18

4. The Response: Borrow God's Words and Keep Praying

Psalm 43:3-5; Romans 8:26

"Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God."

—Psalm 43:5, ESV

REACH ♦ CONNECT ♦ GROW ♦ SEND

A Prayer to Borrow

1. Name What Is Happening

"My soul thirsts for God."

"My soul is cast down and in turmoil within me."

"My tears have been my food day and night."

Psalm 42:2-3, 5

Now put it into your own words:

"My soul _____."

2. Ask God to Act

"Vindicate me. Rescue me. Send out your light and your truth; let them lead me."

Psalm 43:1, 3

What do you need to ask of God?

"God, please _____."

3. Speak What Is True

"God is my rock, my exceeding joy, my salvation, and my God, even when I do not feel it."

Psalm 42:9; 43:4-5

What truth does your soul need to hear?

"_____ is true."

4. Return to Hope

"Hope in God; for I shall again praise him, my salvation and my God."

Psalm 43:5

Write your own statement of hope:

"Because God _____,

I can _____."