

## Why So Downcast, Oh My Soul?

*"Why art thou cast down, O my soul? And why art thou disquieted within me? Hope in God..."*

Psalm 43:5

Why is it that so often we find ourselves struggling in life, overwhelmed by difficulties, downcast and disquieted within? The answer is simple. We have lost our hope. Why? Because we've misplaced our focus, supplanting God with things or people, relegating Him as secondary to ourselves, our spouses, our families, our church, our jobs, our success, our possessions, our hobbies, our entertainments, etc. We have lost sight of who God is and what He's like due to neglect, and as a result have lost all hope in Him. We have fallen into unbelief. "How is that?" you may be asking. It's easy. When you relegate God to second place, His Word, as well, is easily laid aside in favor of other things. And since we know God – who He is (Creator, Redeemer, Sustainer of life, King of all the universe) and what He's like (omnipotent, omniscient, omnipresent, sovereign, good, loving, holy, etc.) – by means of His revealed Word, how can we NOT fall into unbelief when we neglect to spend time reading, studying and meditating upon His Word? Knowing God requires conscious, diligent effort. It requires dedication and commitment. It requires daily renewal of our minds by saturating ourselves in God's truth. It means conscientiously laying aside our agenda in favor of spending time with God. Do you want victory over your daunting difficulties? Do you want peace of mind and soul? Meditate on God's Word. Think on whatever is true, honest, just, pure, lovely, virtuous, of good report, and praiseworthy (Philippians 4:8). Bring every thought captive to the obedience of Christ (2 Corinthians 10:5). Conquer your fears and anxieties with God's assurances of daily care and provision, living and trusting in Christ moment by moment, day by day (Matthew 6:25-34). Forget what is behind. Concentrate on the reality of the here and now and keep pressing forward (Philippians 3:13-14) remembering that you can do all things through Christ who strengthens you (Philippians 4:13). Trust in the goodness of the Lord, meditating on the truth that His plans for you, even in the difficulties, are for your good and for His glory, for your spiritual growth and transformation, to give you a hope and a future (Romans 8:28; Jeremiah 29:11). Revel in the depths of the riches of wisdom and knowledge of God, and trust His perfect nature to do what is best even though you can't understand or comprehend His judgments or His methods (Romans 11:33). Don't be downcast, dear soul! Meditate upon God's truth and place your hope in Him!