

**THE CHAPEL FAMILY BIBLE READING PROGRAM – SEPTEMBER 7-12**  
***“YOU CAN TELL THE SIZE OF YOUR GOD BY LOOKING AT THE SIZE OF YOUR  
WORRY LIST. THE LONGER THE LIST, THE SMALLER YOUR GOD.”***

**MONDAY:** Psalm 42:1-2; Isaiah 26:9; John 7:37; Jeremiah 2:13

**KEY VERSE:** Psalm 42:1

**OBSERVATION:** **Seek God With Everything.** When a deer is thirsty, he will run full speed until he finds water. When he finally finds it, he will stick his face in the cool stream, forgetting everything else around him. Whenever a deer senses danger, it will run to a stream. Verse 2 tells us that Davids' **soul** was **“thirsting”** for the **Living God**. He wants to know God. He's seeking Him with everything he has. Does your soul **“pant”** for God?

**TUESDAY:** Psalm 42:3; Psalm 10:1-18

**KEY VERSE:** Psalm 42:3

**OBSERVATION:** **Be Honest When You Are Struggling To Seek God.** The first step in defeating doubt is to seek God with everything you've got. The second step is to be honest when you can't. Psalm 10 shows us that the spiritual life is not always smooth sailing Do you feel like you are stumbling spiritually. Are tremors rocking your life? David can relate. A key part in defeating depression is to **be honest** when you're **hurting**. **David did!**

**WEDNESDAY:** Psalm 42:4-8; Hebrews 10:25, 2 Peter 1:12

**KEY VERSE:** Psalm 42:5

**OBSERVATION:** **Force Yourself To Remember Truth.** One of the best things you can do when you're down is to be with the people of God. We are not meant to function alone. We need one another. Christian life is a **“community”**. David encourages himself to remember the sweetness of corporate worship and he remembers that God loves him. Remember these truths: **1.** You Need People. **2.** You Need Worship. **3.** He is God And You Are Not. **4.** He Loves You With An Everlasting Love. Which of these four is easy to remember and which is not?

**THURSDAY:** Psalm 42:9-11; Psalm 23:1-6

**KEY VERSE:** Psalm 42:11

**OBSERVATION:** In this Psalm David talks to God and he talks to himself. ***“Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God.”*** It is a decision of the will to put our hope in God when times are difficult. Hope is not a vain feeling that maybe something better will come; rather it is a **certain expectation of faith that God will come through for us**. On a scale of 1-to 5, with 1 being the lowest and 5 being the highest, quantify your hope and faith level.

**FRIDAY:** Psalm 43:1-3

**KEY VERSE:** Psalm 43:3

**OBSERVATION:** When you are feeling low remember these truths: **1.** You need People. **2.** You Need Worship. **3.** He Is God And You Are Not. **4.** He Loves You With An Everlasting Love. Hope is not a vain feeling that **maybe** something better will come; rather it is a **certain expectation of faith in God** that He will come through for you. DO YOU HAVE THIS **“CERTAIN EXPECTATION”**?

**SATURDAY:** Psalm 43:4-5

**KEY VERSE:** Psalm 43:4

**OBSERVATION:** In Psalm 43 David talks to himself and he comes to a decision to trust God. Do you trust God? Because of what Jesus did for us we can: **1.** Seek Him with everything we've got. **2.** Be honest when we can't. **3.** Force ourselves to remember what is true. **4.** Decide to trust God. Which of these four points are you doing well and where do you need improvement?

THIS IS FROM A SERMONCENTRAL.COM SERMON ENTITLED **“LONGING FOR THE LORD”** BY BRIAN BILL.