

## Psalm 42 – Talking to Yourself - Questions for the Young

Q1. The psalmist had been...

CAPTURED    WELL-FED    KIDNAPPED

Q2. He was a long way from home...

50km   100km   200km   300km   400km   500km

Q3. To whom should we not listen?

MUM   DAD   OURSELVES   ENEMIES

SYRIANS    THE GODLESS

Q4. Who is the most influential person in your life?

MUM   DAD   YOURSELF   TEACHER   SISTER   THE DEVIL

Q5. Instead of listening to our soul when unhappy, we should...

TALK TO IT    IGNORE IT    ASK IT QUESTIONS    REMEMBER GOD

Q6. What should we tell our souls to remember about God?

HIS CHARACTER                      HIS LOVE                      HIS PROMISES

Q7. When we feel we 'cannot take any more', God promises us...

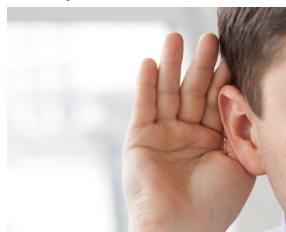
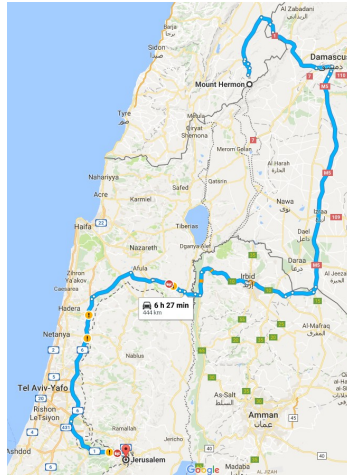
MORE SUFFERING    GOOD ADVICE    A WAY OUT    NO WAY OUT

Q8. When we learn to trust God, do our problems just evaporate? \_\_\_\_\_

Q9. God, Jesus and the Holy Spirit are much better than self-help, because-

JESUS DEALS WITH SIN              THE HOLY SPIRIT IS POWERFUL

GOD KEEPS HIS PROMISES    CBT IS TRENDY RIGHT NOW



## Psalm 42 – Talking to Yourself

CBT: 'treats emotional disorders by changing negative patterns of thought.'

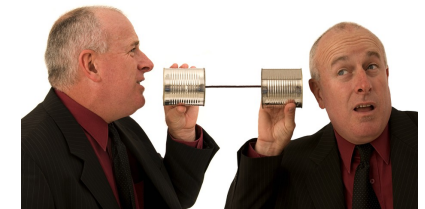
I. DON'T LISTEN TO ENEMIES 1-3,10

II. DON'T LISTEN TO YOURSELF 4-5a

*No one is more influential in your life than you are, because no one talks to you as much as you talk to yourself. - Paul Tripp*



III. DO TALK TO YOURSELF 5b-8



Horatio Spafford's original last verse to *When peace like a river goes-*

*6. And Lord, haste the day when my faith shall be sight,  
The clouds be rolled back as a scroll;  
The trump shall resound, and the Lord shall descend,  
A song in the night, oh my soul!*

- 1 Cor. 10:13 ...he will not let you be tempted beyond your ability, but with the temptation, he will also provide a way of escape, that you may be able to endure it.

IV. PERSEVERE 9-11

CONCLUSION

Stop listening to yourself; instead keep speaking God's truth to yourself.