

Reset

My Thirsty Soul

January 12, 2020 / Dan Solofra

²⁷ Love the Lord your God with all your heart and with **all your soul** and with all your strength and with all your mind. **Luke 10:27, NIV**

We reset by _____ our entire being around God.

¹ Praise the Lord, my soul;
all my inmost being, praise his holy name. **Psalm 103:1, NIV**

¹ As the deer **pants** for streams of water,
so my soul pants for you, my God.

² **My soul thirsts for God**, for the living God.
When can I go and meet with God? **Psalm 42:1-2, NIV**

My soul is my _____ represented by my
throat through which I eat and drink and breathe.

³ My tears have been my food day and night,
while people say to me all day long,
“Where is your God?”

⁴ These things I remember as I **pour out my soul**:
how I used to go to the house of God
under the protection of the Mighty One
with shouts of joy and praise
among the festive throng.

⁵ **Why, my soul, are you downcast?**
Why so disturbed within me?
Put your hope in God,
for I will yet praise him,
my Savior and my God. **Psalm 42:3-5, NIV**

Is your soul downcast and disturbed? (Identify)

The first step to reset it is to _____.

⁹ I say to God my Rock,
“Why have you forgotten me?
Why must I go about mourning,
oppressed by the enemy?”
¹⁰ My bones suffer mortal agony
as my foes taunt me,
saying to me all day long,
“Where is your God?” **Psalm 42:9-10, NIV**

A miserable uncentered soul feels _____ from God
and _____ by enemies. (Validate)

⁶ My soul is downcast within me; **therefore I will remember you**
from the land of the Jordan, the heights of Hermon—from Mount Mizar.
⁷ Deep calls to deep in the roar of your waterfalls;
all your waves and breakers have swept over me.
⁸ By day the Lord directs his love, at night his song is with me—
a prayer to the God of my life. Psalm 42:6-8, NIV

I hit my soul reset when I _____ God’s greatness
and take time to _____ him through prayer. (Align)

¹¹ Why, my soul, are you downcast?
Why so disturbed within me?
Put your hope in God,
for I will yet praise him, my Savior and my God. **Psalm 42:11, NIV**

To stay centered, include _____ and thanks and
_____ in your daily routine.

MEMORY VERSE

¹¹ Why, my soul, are you downcast? Why so disturbed within me?
Put your hope in God, for I will yet praise him, my Savior and my God. **Psalm 42:11, NIV**

My next step: I will hit my reset button when my soul is downcast. I will **identify** my problem, **validate** my pain and **align** my soul with God’s Words and promises.

What’s your next step today?
Mark it on your Communication Card.