

SATURDAY

- **READ** 2 Corinthians 5:16–21
- **RUMINATE** on those words. Mentally soak in them. Picture them. What do they say about God, you, or others?
- **RESPOND** to God with worship (“Wow!”), gratitude (“Thanks!”), or request (“Help!”)
- **REST** in God, having learned more about him through your meditation

PRAYER UPDATE

HOSPITALIZED & SURGERIES

- Ethan Pope (age 6)** leukemia treatment, LCPCH Stanford Day Hospital
- Naomi Lyall** snowboarding accident and traumatic head injury on 1/25. At Valley med Center for intensive 30-day therapy.
- Russ Condry** in the VA Rehab in Menlo Park. Chemical imbalance that is troubling his heart
- Liz Bishop** back in the hospital with complications resulting from surgery two months ago
- Ryan Sinclair** had surgery on 2/17 to remove a brain tumor
- Coline Weeks** knee replacement surgery

HOSPICE CARE

Elizabeth Harrell, John Burton

HOME WITH THE LORD

Eric Green, loving husband of Ketty Palau-Green, went home to be with the Lord on February 15th. Please remember the family in your prayers, Andy and Carol Rovegno & Stacy and George Palau (our missionaries in Tijuana). A celebration of Eric’s life will be held on Thursday, March 27th at 1 pm in the sanctuary with reception following in Monschke Hall.

Jean Jones, Jeri Beth Schipper’s mother, is now at home with the Lord. Please keep Jeri in your prayers.

Gordon Dudley was “promoted to glory” on February 18th. He was a regular attender of the Venue service and loving husband of Carol Dudley. A celebration of Gordon’s life will be held Saturday, March 1st at 11 am in Monschke Hall, with reception to follow.

A complete prayer list is available at the information desk.



Still.

FINDING GOD WHEN I'M DRY

FEBRUARY 22 & 23 // RENÉ SCHLAEPFER

As the deer pants for streams of water, so my soul pants for you, my God. Psalm 42:1

HOW DO I HANDLE TIMES OF SPIRITUAL DRYNESS?

1. THE CONDITION

My soul thirsts for God, for the living God. (Lord) all your waves and breakers have swept over me. Psalm 42:2,7

God... why have you **rejected** me? Why must I go about mourning?
Psalm 43:2

SPIRITUAL DRY TIMES _____

IF I DON'T TAKE CARE OF MYSELF, IT CAN _____

2. THE CAUSES

• DISILLUSIONMENT _____

People say to me all day long, “Where is your God?” Psalm 42:3

I say to God my Rock, “**Why have you forgotten me?**” Psalm 42:9

• DRIFT _____

... I used to go with the **throng** and lead them **in procession to the house of God** with glad shouts and songs of praise, a **multitude** keeping **festival**. Psalm 42:4 ESV

I will remember you from the land of the Jordan, the **heights of Hermon**... Psalm 42:6

- DECLINE _____

My **tears have been my food day and night**... Psalm 42:3

3. THE CURE

- POUR _____

These things I remember as I **pour out my soul**... Psalm 42:4

- ANALYZE _____

Why, my soul, are you downcast? Why so disturbed within me? **Put your hope** in God... Psalm 42:5,11,43:5

- REMEMBER _____

Therefore **I will remember**... By day the LORD commands his **steadfast love**, and at night his song is with me. Psalm 42:6,8

- PREACH _____

THE BIGGEST THING I CAN DO TO HELP MYSELF WHEN DRY:

RESOURCES

Primary resources used for this message:

Tim Keller's sermon "Finding God", Redeemer Presbyterian Church, New York John Piper, "Spiritual Depression in the Psalms", desiringgod.org

D. Martyn Lloyd-Jones, *Spiritual Depression: Its Causes and Cure* (Grand Rapids: Eerdmans, 1965/2002)

THIS WEEK'S MEMORY VERSE

As the deer pants for streams of water, so my soul pants for you, my God. Psalm 42:1

DAILY MEDITATIONS

MONDAY

- **READ** Psalm 42:8
- **RUMINATE** on those words. Mentally soak in them. Picture them. What do they say about God, you, or others?
- **RESPOND** to God with worship ("Wow!"), gratitude ("Thanks!"), or request ("Help!")
- **REST** in God, having learned more about him through your meditation

TUESDAY

- **READ** Psalm 43:5
- **RUMINATE** on those words. Mentally soak in them. Picture them. What do they say about God, you, or others?
- **RESPOND** to God with worship ("Wow!"), gratitude ("Thanks!"), or request ("Help!")
- **REST** in God, having learned more about him through your meditation

WEDNESDAY

- **READ** Psalm 40:1-5
- **RUMINATE** on those words. Mentally soak in them. Picture them. What do they say about God, you, or others?
- **RESPOND** to God with worship ("Wow!"), gratitude ("Thanks!"), or request ("Help!")
- **REST** in God, having learned more about him through your meditation

THURSDAY

- **READ** 2 Corinthians 4:7-9
- **RUMINATE** on those words. Mentally soak in them. Picture them. What do they say about God, you, or others?
- **RESPOND** to God with worship ("Wow!"), gratitude ("Thanks!"), or request ("Help!")
- **REST** in God, having learned more about him through your meditation

FRIDAY

- **READ** 2 Corinthians 4:16-18
- **RUMINATE** on those words. Mentally soak in them. Picture them. What do they say about God, you, or others?
- **RESPOND** to God with worship ("Wow!"), gratitude ("Thanks!"), or request ("Help!")
- **REST** in God, having learned more about him through your meditation