

**Sermon Notes – July 26, 2015**  
**“Praying When You're Down”**  
**Psalm 42 and 43**  
**Pastor Bill Hoffman**

**Some insights on praying when we are deeply discouraged:  
(from James Sire’s *Learning to Pray Through the Psalms*, p.  
105)**

- “We should pray with the full arsenal of our emotions open to God. The psalmist begins with a plaintive cry; we may do so, too.”
- “We should continue praying, not making a one time request but elaborating on our pleas, working out our frustrations by verbalizing our complaints – and doing so not to the public, but to God who alone can answer rightly. The ancient psalmist is our model for extended, agonized petition.”
- “We should continue living in hope, expecting one day to receive an answer, understand it, and praise our Savior and our God.”