



Life In A Minor Key
Psalm 42:1-11, 43:1-5
#10 in a series on the Psalms
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The Picture Of Life In A Minor Key.

1. It opens with a problem. (42:3, 6, 9-10; 43:1-2)
2. The opening movement and response can trigger more problems. (42:1-2, 6-11; 43:1-2)
3. Memories can be played in a minor as well as a major key. (42:4-7)

The Process Of Moving From A Minor To Major Key.

1. Face and examine the truth about ourselves. (42:5, 9, 11; 43:2, 5)
2. Focus on God and His blessings. (42:8, 9, 11; 43:2, 4)
3. Plan and take positive steps. (43:3-4)
4. Trust and hope in God in every step out. (42:5, 11; 43:3-5)

In My Life This Week

(As you use this daily guide, write out your observations and responses on a separate piece of paper and save them with this sheet for reference.)

Monday. Life in a minor key. We know the dark, gloomy, weighed down feelings. Some of us know them more intimately and to greater lengths, but we all know them. List some of the times and problems that led to your life being in a minor key. Now turn to Psalms 42 and 43. We don't know who the writer was nor the specific circumstances that led him to be in despair and disturbed. Read these Psalms, the picture he gives us of his feelings and struggle—and your own, past and present.

Tuesday. While the key does not change to major, the dark clouds to bright sunlight for the writer in the course of these Psalms, he does show us that we don't have to, indeed should not resign ourselves to the inevitability of the gloom continuing until it has run its course. He took steps to move through and out of it. First, he faced and examined the truth—the truth about his changing feelings and his unchanging God. He also focused on God and His blessings (check the outline for references). How could have, or could these steps help you?

Wednesday. The Psalm writer moved to planning and taking positive steps to move forward (see 43:3-4). Even though it may seem impossible, planning and moving forward is vital to moving through the minor key experience. It also equips you to better face similar feelings in the future.

Thursday. It's Canada Day! As you relax and celebrate, thank God for Canada and all the benefits we enjoy. Pray for our nation.

The last part of the Psalm writer's process to move out of the gloomy feelings was his trust and hope in God in every step—even when he didn't feel better, even when he was still far from where he wanted to be, even when he felt that God had forgotten him because He was not responding in the time and way this sufferer desired. Make sure you follow his example.

Friday–Saturday. On Sunday we plan to look at Psalm 8. Read and think through this Psalm as you prepare for our time of worship together.

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