

September 7, 2025

Scripture Text: Psalm 42:5 MSG

SUBJECT: "Speaking Victory Over Your Test"

Introduction: In the text before us this morning we find the psalmist dealing with a mix of emotions.

When you read Psalm 42 it is obvious that the writer had some stressors going on in his life:

- he found himself distressed and discouraged
- as the psalmist struggles with his emotions he begins to talk to himself
- Charles Spurgeon suggests the psalmist talked to himself "as though he were two men"
- "his faith reasons with his fears, his hope argues with his sorrows"
- sometimes – a little self-talk may be just what we need
- sometimes on this Christian journey – you have to encourage yourself

Sermon Points

Major Moment: Believers need to practice speaking encouragement over their own life.

- **Speak Victory When You Are Discouraged**
 - Psalm 42:5a
 - Romans 8:28; 38-39
 - John 3:16
- **Speak Victory When You Are Distressed**
 - Psalm 42:5b
 - Job 1:21
 - Mark 4:35-38
 - Second Corinthians 12:9
- **Speak Victory When You Are Disillusioned**
 - Psalm 42:5c
 - Romans 5:1-5
 - Lamentations 3:21-24

Summary Verse: "Consider it a sheer gift, friends, when tests and challenges come at you from all sides. You know that under pressure, your faith-life is forced into the open and shows its true colors. So don't try to get out of anything prematurely. Let it do its work so you become mature and well-developed, not deficient in any way." James 1:2-4 (MSG)