

# RETURNING TO JOY

*El Simchâh Gili = “God, My Exceeding Joy”*

📖 Psalm 43:1–5 (NIV84) “Vindicate me, O God, and plead my cause against an ungodly nation; rescue me from deceitful and wicked men. <sup>2</sup> You are God my stronghold. Why have you rejected me? Why must I go about mourning, oppressed by the enemy? <sup>3</sup> Send forth your light and your truth, let them guide me; let them bring me to your holy mountain, to the place where you dwell. <sup>4</sup> Then will I go to the altar of God, to God, my joy and my delight. I will praise you with the harp, O God, my God. <sup>5</sup> Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise Him, my Savior and my God.”

## THE **REASONS** FOR A DIVIDED HEART

- 📖 Psalm 43:1 (NIV84) “Vindicate me, O God, and plead my cause against an ungodly nation; rescue me from deceitful and wicked men.”
- 📖 Psalm 43:2 (NIV84) “You are God my stronghold. Why have you rejected me? Why must I go about mourning, oppressed by the enemy?”
- 📖 Psalm 86:11 (NIV84) “Teach me your way, O Lord, and I will walk in your truth; give me an undivided heart, that I may fear your name.”
- 📖 Romans 7:19 (NIV84) “For what I do is not the good I want to do; no, the evil I do not want to do—this I keep on doing.”
- 📖 Mark 9:24 (NLT) “The father instantly cried out, “I do believe, but help me overcome my unbelief!”
- 📖 Psalm 42:1–4 (NIV84) “As the deer pants for streams of water, so my soul pants for you, O God. <sup>2</sup> My soul thirsts for God, for the living God. When can I go and meet with God? <sup>3</sup> My tears have been my food day and night, while men say to me all day long, “Where is your God?” <sup>4</sup> These things I remember as I pour out my soul: how I used to go with the multitude, leading the procession to the house of God, with shouts of joy and thanksgiving among the festive throng.”

## THE **REMEDY** FOR A DIVIDED HEART.

### 1. He **prayed to his God.**

📖 Psalm 43:3–4 (NIV84) “Send forth your light and your truth, let them guide me; let them bring me to your holy mountain, to the place where you dwell. <sup>4</sup> Then will I go to the altar of God, to God, my joy and my delight. I will praise you with the harp, O God, my God.”

#### ❑ He wants to **see and hear the truth.**

📖 Ephesians 1:18a (NIV84) “I pray also that the eyes of your heart may be enlightened in order that you may know the hope to which He has called you...”

#### ❑ He wants to **be led to the place of repentance.**

📖 Psalm 139:23–24 (NIV84) “Search me, O God, and know my heart; test me and know my anxious thoughts. <sup>24</sup> See if there is any offensive way in me, and lead me in the way everlasting.”

#### ❑ He wants to **experience God as his exceeding Joy.**

📖 Psalm 16:11 (NCV) “You will teach me how to live a holy life. Being with you will fill me with joy; at your right hand I will find pleasure forever.”

☐ He wants to **be a source of praise**.

📖 Psalm 100:1–5 (NIV84) “Shout for joy to the Lord, all the earth. <sup>2</sup> Worship the Lord with gladness; come before Him with joyful songs. <sup>3</sup> Know that the Lord is God. It is He who made us, and we are His; we are His people, the sheep of His pasture. <sup>4</sup> Enter His gates with thanksgiving and His courts with praise; give thanks to Him and praise His name. <sup>5</sup> For the Lord is good and His love endures forever; His faithfulness continues through all generations.”

2. He **confronted his soul**.

📖 Psalm 43:5 (NIV84) “Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise Him, my Savior and my God.”

**Digging Deeper:** The guy that wrote Psalm 42-43 was in a rough spot—everybody was against him and he felt like God had abandoned him. Do you ever feel like that? What do you do when that happens? Do you trust in God even when you can't see Him? If you can't trace God's hand, do you still trust His plan? Is your heart hurting? Is your soul divided? We were given a strategy for returning to God—our exceeding Joy, today. Is the “remedy for a divided heart” something that you need to implement? Will you? Will you return to God? Will you seek God in spite of the situation? Will you choose Joy?