

Series: PSALMS: Praise on Fire!

Message: The Desperation That Detoxes and Delivers Revival!

Heritage Church – Van Buren, AR – July 14, 2019

Text: Psalm 42:1-11 The Passion Translation

Book 2: The Exodus Psalms-- *Psalms of suffering and redemption*

A Cry for Revival , *For the Pure and Shining One*

A contemplative poem for instruction, by the prophetic singers of Korah's clan

HOW TO DETOX YOUR BRAIN* and BE REVIVED!

1. GATHER AWARENESS/MINDFULNESS of Your Need.

A. CRAVE the MANIFEST PRESENCE of the LORD!

¹ I long to drink of you, O God, drinking deeply from the streams of pleasure flowing from your presence. My longings overwhelm me for more of you! ² My soul thirsts, pants, and longs for the living God. I want to come and see the face of God.

³ Day and night my tears keep falling and my heart keeps crying for your help while my enemies mock me over and over, saying, "Where is this God of yours? Why doesn't he help you?"

See Romans 3:11, John 6:44, Matthew 5:6, Is. 55:1-3

B. SPEAK OUT the TOXIC/HURTFUL Thought Patterns in You. See Psalm 139:23

⁴ So I speak over my *heartbroken* soul, "Take courage. Remember when you used to be right out front leading the procession of praise when the great crowd of worshipers gathered to go into the presence of the Lord? You shouted with joy as the sound of passionate celebration filled the air and the joyous multitude of lovers honored the festival of the Lord!"

⁵ So then, my soul, why would you be *depressed*?

Why would you sink into *despair*?

"ASK, ANSWER, DISCUSS ... write." Dr. C. Leaf, Gal. 6

C. Identify the TOXIC ROOTS -- REJECTION,

REBELLION, BITTERNESS, UNFORGIVENESS

2. RECONCEPTUALIZE the Big PICTURE

A. Get Out of Guilt, Shame, Blame, Condemnation

B. Make This a CELEBRATION!

3. REDESIGN Your THOUGHT PATTERN and ACT on It. What should I be thinking and doing? Neuroplasticity ...

Just keep *hoping and waiting* on God, your Savior. For no matter what, I will still *sing with praise*, for living *before his face* is my *saving grace!* ⁶ Here I am depressed and downcast. Yet I will still *remember* you as I *ponder* the place where your glory streams down from the mighty mountaintops, lofty and majestic—the mountains of your awesome presence.

4. ACT on These New Thought Patterns; don't DENATURE.

⁷ My *deep need* calls out to the deep kindness of your love. Your waterfall of weeping sent waves of sorrow over my soul, carrying me away, cascading over me like a thundering cataract. ⁸ Yet all day long God's promises of love pour over me. Through the night I *sing* his songs, for my prayer to God has become *my life.* ⁹ I will say to God, "You are my mountain of strength; how could you forget me? Why must I suffer this vile oppression of my enemies—these heartless tormentors who are out to kill me?" ¹⁰ Their wounding words pierce my heart over and over while they say, "Where is this God of yours?" See Romans 10:17.

"Don't deny the diagnosis, but DEFY the VERDICT!"

5. REPEAT DAILY for 63 Days. SPEAK LIFE! HOPE!

¹¹ So I say to my soul, "Don't be discouraged. Don't be disturbed. For I know my God will break through for me." Then I'll have plenty of reasons to praise him all over again. Yes, living before his face is my saving grace!

NEXT STEP: Start this process TODAY! 16 minutes a day.

*I am borrowing ideas from an interview with Dr. Caroline Leaf, Cognitive Neuroscientist. See her book Think, Learn, Succeed: Understanding and Using Your Mind to Thrive at School, the Workplace, and Life, Baker Books, 2018.