

M&M Monday 6,5,2017

*Meditation and Motivation
through Bible verse and prayer
to help you get through your Monday!*



***Psalm 42:5 - Why are you down in the dumps, dear soul?
Why are you crying the blues? Fix my eyes on God—
soon I'll be praising again. He puts a smile on my
face. He's my God.***

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**Matthew Henry's Commentary** - The cure of it: *Hope thou in God, for I shall yet praise him.* A believing confidence in God is a sovereign antidote against prevailing despondency and disquietude of spirit. And therefore, when we chide ourselves to hope in God; when the soul embraces itself it sinks; if it catch hold on the power and promise of God, it keeps the head above water.

*Hope in God*, (1.) That he shall have glory from us: “*I shall yet praise him*; I shall experience such a change in my state that I shall not want matter for praise, and such a change in my spirit that I shall not want a heart for praise.” It is the greatest honour and happiness of a man, and the greatest desire and hope of every good man, to be unto God for a name and a praise. What is the crown of heaven's bliss but this, that there we shall be for ever praising God? And what is our support under our present woes but this, that we shall yet praise God, that they shall not prevent nor abate our endless hallelujahs?

(2.) That we shall have comfort in him. We shall praise him *for the help of his countenance*, for his favour, the support we have by it and the satisfaction we have in it. Those that know how to value and improve the light of God's countenance will find in that a suitable, seasonable, and sufficient help, in the worst of times, and that which will furnish them with constant matter for praise. David's believing expectation of this kept him from sinking, nay, it kept him from drooping; his harp was a palliative cure of Saul's melancholy, but his hope was an effectual cure of his own.

**Father God, our hope is in You through Christ Jesus our Lord! We know that praising You creates the atmosphere where Your presence changes everything. Help us this week to praise You, to thank You, to glorify You in all we do, Holy Spirit, Lead on ~ we press on this week, in Jesus name~ Amen.**

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EMAIL: [gina@gatheringathisfeet.org](mailto:gina@gatheringathisfeet.org)