



**Emotional Intelligence: SAD**

**August 22, 2021**

*Psalm 42:5 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.*

**Truth #1: We are moving toward an artificial hope.**

*Psalm 42:7*

- **A hope that doesn't risk**
  
- **A hope that doesn't last**

**Truth #2: We need to adjust toward the eternal hope.**

*Psalm 42:6*

- **This requires darkness**
  
- **This requires memory**



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