

## *The Best Blues Music*

### *Psalm 31:1-8*

The expression, the blues, is a way of describing a \_\_\_\_\_ feeling often involving non-specific sadness, lethargy, and \_\_\_\_\_. We all feel the blues from time to time.

Psalm 31:1-8 is a text that can help us move from the blues to \_\_\_\_\_. The Psalm was written by David at a time when he sensed the blues creeping up on him. We see in the Psalms that David had his moments of \_\_\_\_\_ and even times of despair, but he did not find it profitable to spend time \_\_\_\_\_ or brooding about his \_\_\_\_\_. Instead, he acknowledged it, requested God's help, and chose to move on.

Some people seem to be emotional masochists—only satisfied when they are certain of their \_\_\_\_\_ and are busy trying to convince others by \_\_\_\_\_ and \_\_\_\_\_.

Once David acknowledged his problems and his needs to God, he began to focus on the \_\_\_\_\_ and \_\_\_\_\_ things God had done and was already doing for him. He chose to be glad and rejoice in God's love and that God has not given him over to his enemies. The music of David's soul that moves him from the blues to a place of peace and hopefulness is the music of \_\_\_\_\_ and \_\_\_\_\_.

We struggle with the blues the most when we allow ourselves to focus on the \_\_\_\_\_ we face rather than on the \_\_\_\_\_ God consistently, faithfully provides. The best music to combat the blues is not the music we have come to know as the blues. The best music to combat the blues is the music of \_\_\_\_\_ and \_\_\_\_\_. It isn't always easy to \_\_\_\_\_, but if you begin there, chances are good that your blues will gradually be replaced with \_\_\_\_\_.