

TOBYMAC



Artist:	Album Title & Record Company:	Song:	Study by:
TOBY MAC TOBYMAC.COM	HEAVEN ON MY MIND FOREFRONT RECORDS	OH MY SOUL (PSALM 103)	RICK EUBANKS NATIONAL NETWORK OF YOUTH MINISTRIES SPRING, TEXAS REUBANKS@NNYM.ORG



Playlist

This song is featured on “The Linc: Trusting God” Spotify playlist – which is the perfect way to remind your students what you’ve taught them in this session. To share it with them, click the live link on the web version of this study.

Theme

Trusting God, Depression, Doubt

Objective

Students will discuss how to navigate struggles by evaluating emotions and trusting in God’s presence.

Warm Up

Get in groups of three and share.

- What’s a song that has helped you through a tough time? Why?

Get responses from the groups and discuss briefly.

Transition

Have you ever read a Psalm where the writer talks to himself, telling his soul what to do? We’ve all been there—our thoughts take over, and our soul starts complaining. But we can flip the script and remind ourselves of God’s truth! Let’s dive into what that looks like.

The Song

Play “Oh My Soul (Psalm 103)” by TobyMac.

Ask students to reflect on the lyrics.

- What part of the lyrics stood out to you?

- How does this song relate to struggles you or others have faced?
- What is TobyMac reminding us about faith and God?

Bible Study

Read **Psalm 42:11**

- How does this verse connect to the song?
- What does it mean to “*put your hope in God*” when struggling?

Read **Matthew 11:28-30**

- What burdens do young people carry today?
- How can we find rest in Jesus?

Read **2 Corinthians 12:9-10**

- How does this verse give hope in times of weakness?
- Why do you think God allows struggles in our lives?
- Share a time when you felt like you were barely holding on.
- How do you remind yourself of God’s presence in hard times?
- What are some practical ways we can encourage each other in our faith?

Writing A Letter To Your Soul

Have students write a short letter to themselves, using encouragement from Scripture to remind them of God’s love and faithfulness.

Wrap Up

David, in **Psalm 42:5**, felt down but didn’t let his emotions take control. Instead, he reminded himself to hope in God. Here’s how he handled it:

- **Talk To Yourself** (v. 5)
Remind yourself that God’s got you!
- **Remember God** (v. 6)
Focus on Who God is and all that He has done.
- **Trust God’s Purpose** (v. 7)
Even struggles have a purpose.
- **Speak Truth** (v. 8)
Declare that God loves you and is working things out.

Joni Eareckson Tada, a well-known Christian speaker and author, faced a life-changing accident in 1967 that left her paralyzed. In her recovery, she battled depression, doubt, and frustration but ultimately found strength in her faith. Her story continues to inspire many. She shared how Psalm 42 helps her daily:

“There are very few days when my soul does not require a good ‘talking to.’ On most mornings when pain encroaches, I demand my soul to come into alignment with the Holy Spirit; I order it to stand at attention and take orders from God for the day; that it rejoice in the day that’s been made by its Creator; that it ascribe to a holy purpose for living; that it quit being sullen, and be hopeful in Jesus; and that it rejoice in the Lord, for

therein lies its strength! Sometimes quadriplegia is just plain tiring - add to it chronic pain, and it can wear on the soul. It’s why (when I deal with pain) I often pray, ‘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’ (Psalm 42:11). ...Join me in urging your soul to find its solace, comfort, and encouragement in Jesus Christ!”
—Joni Eareckson

Her testimony is a powerful reminder to talk to our souls, trust God, and find strength in Him—no matter what we face!

Challenge: Don’t let negative thoughts drag you down. Take control, trust God, and remind yourself of His truth. Whenever you feel overwhelmed this week, pray, “O my soul, trust in God.”

Close in prayer thanking God for His presence in our struggles. Pray for those facing difficulties and ask for strength to trust Him no matter what.

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