I. **Introduction**

II. **Reasons for the downcast soul**
   A. Unrealised goals
   B. Threats to life
   C. The “I, even I only am left” mentality

III. **Balms for the downcast soul**
   A. Retreat – spiritual and physical
   B. Rest and Food
   C. Reminder and Refreshment by God’s steadfast love

IV. **Marching orders for the downcast soul**
   A. There are more work to be done
   B. There is the need to prepare for the future aka succession