

Psalm 42:6-11

Introduction: Discouragement and depression are not necessarily sinful. It is how one responds to these times that matters.

Part 2: a longing to be in God's presence in light of drowning—42:6-11

He has a sense of the loss of God's presence—42:6

- 1) ⁶ *O my God, my soul is cast down within me;*
 - a) A deliberate choice to allow my proper thoughts of God to impact the way I live in my current situation—*therefore* (in light of my discouragement) *I will remember You* (in my current circumstances)...
 - i) *from the land* (East) *of the Jordan, and of Hermon, from Mount Mizar.*
 - ii) For some reason this Levite is in the northernmost part of Israel.
- 2) It is good to tell God how we feel. Let us not pretend before God.

He has a sense of being incessantly overwhelmed—42:7

- 1) ⁷ *Deep is calling to deep at the sound of **Your** waterfalls; all **Your** breakers and **Your** waves have gone over me.*
 - a) NB that in describing his condition, he shifts from drought (42:1) to drowning.
 - i) The water gushing out of the ground near Mt. Hermon is very loud.
 - b) This trial is appointed and directed by God Himself to accomplish His good purpose in our lives.
 - c) At times, our feelings give us a distorted view of the situation. God did not send all His breakers and waves against the Psalmist. It just seemed like it.
 - d) Jonah seems to quote this during his time underwater in Jonah 2:3.

He reminds himself of two things God does—42:8

- 1) ⁸ *By day, Yahweh **commands** His loyal love;*
 - a) It is no accident that God is loyal
 - b) It is no accident that God is loving
- 2) *and at night, His song is with me,*
 - a) How is this song from God described? *a prayer to the God of my life.*

He has two questions for the steadfast God—42:9

- 1) ⁹ *I say to God, my Rock,...*
 - These questions are asked in faith, not doubt (NB, "God my Rock")
 - a) *"Why have You forgotten me?"*
 - i) There are times when it feels as though our Refuge is not available.
 - ii) Songs do not always remove the darkness or take away the suffering.
 - b) *Why do I go about mourning, because of the oppression of the enemy?"*
 - i) Why am I responding this way when I know the enemy can't really harm me?

He retells the story of intensely painful circumstances—42:10

- 1) ¹⁰ *As with a shattering of my bones, my adversaries taunt me, while they say to me all the day long, “Where is your God?”*
- 2) Mocking words **can** be excruciatingly painful, can't they?

He has two questions for his soul—42:11a

- 1) ¹¹ *Why are you cast down, my soul,*
- 2) *and why do you restlessly grumble within me?*
- 3) When the psalmist stares his troubles squarely in the face from God's perspective, they don't seem so overwhelming after all.

He has one command for his soul—42:11b

- 1) What is the command? *Wait for God,*
- 2) Why should he wait for God? *because I will again acknowledge Him,*
 - a) I will again have the opportunity to tell others about my God.
- 3) How is God described?
 - a) *the salvation of my countenance*
 - b) *and my God.*

Summary and applications

- 1) Talk (don't just listen) to yourself in a Godward manner.
- 2) Look to the future with hope in God, don't dwell on the past.
- 3) Be grateful for the evidence of God's mercy
 - a) His thirst for God (and not complacency or indifference).
 - b) His temporary exile (and not total destruction).
 - c) The fact he is being mocked (and not mocking others).
 - d) His memories (God allows us to remember the past).
 - e) His spiritual sensitivity (and not dullness).
 - f) His self-rebuke (we can challenge ourselves).