

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) <sup>6</sup> *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) <sup>7</sup> *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) <sup>8</sup> *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) <sup>9</sup> *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) <sup>10</sup> *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) <sup>11</sup> *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).