Why Are You in Despair, O My Soul?
Psalms 42-43

Why are you in despair O my soul?

1. Times are harder now and I remember better times.
2. Feeling tossed and turned; upheaval.
3. Missing God's presence. *Where is your God? I don't know?*

Psalms 42-43

Negative Expressions	Positive Confessions
Feelings of despair	*The only source of hope*
42:3-4, 6-7, 9-10	42:5, 8, 11
43:2	43:4, 5

Plea to God
42:1-2
43:1, 3-4

Refrain: 42:5… 42:11… 43:5
Why are you in despair, O my soul? Hope in God…

◘ What should we learn?

1. Serious difficulties are not to be _____.
   - Consequences for those who turn from God.
   - Trials those who walk with God.
2. Life is to be lived in the _____ and in the eternally _____.
3. Our minds must lead our emotions to the source of _____.

◘ What difference has Christ made?

- He doesn't take away our emotions, but sets our lives on a _____ _____.
- He doesn't take away our _____-enemies-pain, but provides a greater _____.
- He doesn't _____ us, but instead promises to never leave or forsake us. Num. 32:13-15; Ps. 27:9; Heb. 13:5
- His forgiveness is not _____ or _____, but complete in the _____ of Christ.
- Eternal life is not hoped for, it is _____. Eph. 1:13-14

PSALM 42
Thirsting for God in Trouble and Exile.

[1] As the deer pants for the water brooks, So my soul pants for You, O God.
[2] My soul thirsts for God, for the living God; When shall I come and appear before God?
[3] My tears have been my food day and night, While *they* say to me all day long, "Where is your God?"
[4] These things I remember and I pour out my soul within me. For I used to go along with the throng *and* lead them in procession to the house of God, With the voice of joy and thanksgiving, a multitude keeping festival.
[5] Why are you in despair, O my soul? And *why* have you become disturbed within me? Hope in God, for I shall again praise Him *For* the help of His presence.
[6] O my God, my soul is in despair within me; Therefore I remember You from the land of the Jordan And the peaks of Hermon, from Mount Mizar.
[7] Deep calls to deep at the sound of Your waterfalls; All Your breakers and Your waves have rolled over me.
[8] The LORD will command His lovingkindness in the daytime; And His song will be with me in the night, A prayer to the God of my life.
[9] I will say to God my rock, "Why have You forgotten me? Why do I go mourning because of the oppression of the enemy?"
[10] As a shattering of my bones, my adversaries revile me, While they say to me all day long, "Where is your God?"
[11] Why are you in despair, O my soul? And why have you become disturbed within me? Hope in God, for I shall yet praise Him, The help of my countenance and my God.

PSALM 43
Prayer for Deliverance.

[1] Vindicate me, O God, and plead my case against an ungodly nation; O deliver me from the deceitful and unjust man!
[2] For You are the God of my strength; why have You rejected me? Why do I go mourning because of the oppression of the enemy?
[3] O send out Your light and Your truth, let them lead me; Let them bring me to Your holy hill And to Your dwelling places.
[4] Then I will go to the altar of God, To God my exceeding joy; And upon the lyre I shall praise You, O God, my God.
[5] Why are you in despair, O my soul? And why are you disturbed within me? Hope in God, for I shall again praise Him, The help of my countenance and my God.