

“Hope for the Downcast Soul”

Psalm 42

Ps. Daniel Elianto

Overview:

Psalm 42 takes us through three seasons of the soul. In each one, God invites us to meet Him, even in the pain:

- 1) When your soul is dry, bring your thirst to God (vv.1–5)
- 2) When your soul is drowning, remember God’s faithful love (vv.6–8)
- 3) When your soul is doubting, preach the truth to yourself (vv.9–11)

Psalm 42:1-11(ESV)

Why Are You Cast Down, O My Soul?

To the choirmaster. A Maskil of the Sons of Korah.

^[1] As a deer pants for flowing streams, so pants my soul 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 the day long, “Where is your God?”

^[4] These things I remember, as I pour out my soul: how I would go with the throng and lead them in procession to the house of God with glad shouts and songs of praise, a multitude keeping festival.

^[5] Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation ^[6] and my God.

My soul is cast down within me; therefore I remember you from the land of Jordan and of Hermon, from Mount Mizar.

^[7] Deep calls to deep at the roar of your waterfalls; all your breakers and your waves have gone over me.

^[8] By day the LORD commands his steadfast love, and at night his song is with me, a prayer to the God of my life.

^[9] I say to God, my rock: “Why have you forgotten me? Why do I go mourning because of the oppression of the enemy?”

^[10] As with a deadly wound in my bones, my adversaries taunt me, while they say to me all the day long, “Where is your God?”

^[11] Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God. (ESV)