

Psalms 42-43 – What To Do When Discouraged – Thursday, September 6th, 2018

- After seeking the Lord concerning this powerful and helpful Psalm, I made the decision to take a different approach teaching it.
- This because, it speaks very practically to those times when we find ourselves discouraged, depressed and giving in to despair.
- I'll begin by reading through the Psalm, then we'll look at the practical application related to what we can do when discouraged.

Psalm 42 -- To the Chief Musician. A Contemplation of the Sons of Korah. 1 As the deer pants for the water brooks, 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 continually say to me, "Where is your God?" 4 When I remember these things, I pour out my soul within me. For I used to go with the multitude; I went with them to the house of God, With the voice of joy and praise, With a multitude that kept a pilgrim feast. 5 Why are you cast down, O my soul? And why are you disquieted within me? Hope in God, for I shall yet praise Him For the help of His countenance. 6 O my God, my soul is cast down within me; Therefore I will remember You from the land of the Jordan, And from the heights of Hermon, From the Hill Mizar. 7 Deep calls unto deep at the noise of Your waterfalls; All Your waves and billows have gone over me. 8 The LORD will command His lovingkindness in the daytime, And in the night His song shall be with me— 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 with a breaking of my bones, My enemies reproach me, While they say to me all day long, "Where is your God?" 11 Why are you cast down, O my soul? And why are you disquieted within me? Hope in God; For I shall yet praise Him, The help of my countenance and my God.

1. Drink from the well of God's Word (Verses 1-2)

- One can almost picture the Psalmist, who I believe to be David, watching this very thirsty deer drinking from the water brook.
- He then paints for us a beautiful and magnificent picture of how it is that we too can satiate our thirst by drinking from the Word.
- There's a most fascinating account in the Gospel of John that speaks to how it is that only the water of God's Word will satisfy.

John 4:5–15 - 5 So He came to a city of Samaria which is called Sychar, near the plot of ground that Jacob gave to his son Joseph. 6 Now Jacob's well was there. Jesus therefore, being wearied from His journey, sat thus by the well. It was about the sixth hour. 7 A woman of Samaria came to draw water. Jesus said to her, "Give Me a drink." 8 For His disciples had gone away into the city to buy food. 9 Then the woman of Samaria said to Him, "How is it that You, being a Jew, ask a drink from me, a Samaritan woman?" For Jews have no dealings with Samaritans. 10 Jesus answered and said to her, "If you knew the gift of God, and who it is who says to you, 'Give Me a drink,' you would have asked Him, and He would have given you living water." 11 The woman said to Him, "Sir, You have nothing to draw with, and the well is deep. Where then do You get that living water? 12 Are You greater than our father Jacob, who gave us the well, and drank from it himself, as well as his sons and his livestock?" 13 Jesus answered and said to her, "Whoever drinks of this water will thirst again, 14 but whoever drinks of the water that I shall give him will never thirst. But the water that I shall give him will become in him a fountain of water springing up into everlasting life." 15 The woman said to Him, "Sir, give me this water, that I may not thirst, nor come here to draw."

2. Assemble with God's people (Verses 3-4)

- I find it rather interesting David would remember and refer to the time when he go with the people of God to the house of God.
- It seems that he has fond memories of when he was in Jerusalem and in fellowship with God's people who assembled together.
- This is one of the most important things to do when we're discouraged and depressed, which is why Satan attacks in this way.

Hebrews 10:24–25 - 24 And let us consider one another in order to stir up love and good works, 25 not forsaking the assembling of ourselves together, as is the manner of some, but exhorting one another, and so much the more as you see the Day approaching.

3. Remind yourself of God's help (Verses 5-7, 11)

- Having a good talk with yourself is perhaps one of the best if not the best things to do when we're discouraged and depressed.
- The reason being is that what we think to our selves and talk to our selves about has the propensity to affect the way we feel.
- It's for this reason that the scriptures are replete with the exhortation to guard our thoughts and to meditate on the Word of God.

Proverbs 4:23 - Keep your heart with all diligence, For out of it spring the issues of life.

Proverbs 23:7a - For as he thinks in his heart, so is he.

2 Corinthians 10:5–6 - 5 We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. 6 And we will be ready to punish every act of disobedience, once your obedience is complete.

Philippians 4:6–8 - 6 Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; 7 and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. 8 Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.

Isaiah 26:3 (NKJV) — 3 You will keep him in perfect peace, Whose mind is stayed on You, Because he trusts in You.

4. Call upon the Lord in prayer (Verses 8-10)

- Last but not least, in verses eight through ten, David thinks outside himself, turns to the Lord and calls upon the Lord in prayer.
- While I realize that saying this may seem like a firm grasp of the obvious, in the end, prayer will determine how things will end.
- By that I mean, it's the deciding factor, and the enemy knows this, which is why he will do everything to keep us fr

5. Praise God for answered prayer (Psalm 43)

Psalm 43 -- 1 Vindicate me, O God, And plead my cause against an ungodly nation; Oh, deliver me from the deceitful and unjust man! 2 For You are the God of my strength; Why do You cast me off? Why do I go mourning because of the oppression of the enemy? 3 Oh, send out Your light and Your truth! Let them lead me; Let them bring me to Your holy hill And to Your tabernacle. 4 Then I will go to the altar of God, To God my exceeding joy; And on the harp I will praise You, O God, my God. 5 Why are you cast down, O my soul? And why are you disquieted within me? Hope in God; For I shall yet praise Him, The help of my countenance and my God.

- The reason I wanted to get to Psalm 43 tonight is because it's believed that it was part of Psalm 42 about spiritual depression.
- Actually, some of the ancient Hebrew manuscripts have both Psalms together, which makes sense in that it's the same theme.
- Especially in verse five where David repeats the same phrase about his soul being cast down and that he will yet praise God.

- It's important to understand that David has not yet been on the receiving end answered prayer by the time he ends the Psalm.
- Rather, he puts all of his hope and trust in the Lord, and is thanking and praising God in advance for what he knows He will do.
- As such, he tells himself that in light of what God is going to do, he is not allowed to give in to despair and spiritual depression.

G. Campbell Morgan - "Not yet has the answer come. The darkness and the mystery are still about him, but the shining way is seen; and again the soul is forbidden to despair and hope is encouraged in God."

I'll bring it to a close by recommending and quoting a book in my library by D. Martyn Lloyd-Jones titled, "Spiritual Depression – Its Causes and Its Cure." Of Psalms 42 and 43 he writes, "In these particular Psalms, which we propose to consider the Psalmist is unhappy and in trouble. That is why he cries out in the dramatic words: 'why art thou cast down, O my soul? And why art thou disquieted within me? Hope thou in God ; for I shall yet praise Him, who is the health of my countenance, and my God'. ...Here we are able to watch noble souls struggling with their problems and with themselves. They talk to themselves and to their souls, baring their hearts, analyzing their problems, chiding and encouraging themselves. ...It is because that is such a true description of them that the Psalms have always proved to be a great source of solace and encouragement to God's people throughout the centuries – both the children of Israel and the members of the Christian Church."