

Psalm 42 New American Standard Bible

Thirsting for God in Trouble and Exile.

As the deer pants for the water brooks,
So my soul pants for You, O God.

²My soul thirsts for God, for the living God;
When shall I come and appear before God?

³My tears have been my food day and night,
While *they* say to me all day long, “Where is your God?”

⁴These 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.

⁵Why 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.

⁶O 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.

⁷Deep calls to deep at the sound of Your waterfalls;
All Your breakers and Your waves have rolled over me.

⁸The 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.

⁹I will say to God my rock, “Why have You forgotten me?
Why do I go mourning because of the oppression of the enemy?”

¹⁰As a shattering of my bones, my adversaries revile me,
While they say to me all day long, “Where is your God?”

¹¹Why 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.

We will use five tools on our expedition that are built around five questions

What questions were provoked within you?

Did anything confuse you?

Did anything move you emotionally?

Did God instruct you to do something?
Did you gain any insight into God's character?

1. The water brook is the place of refreshment - do you know where to go and find refreshment?
2. When you are thirsty your tongue swells in your mouth?
3. For your soul to be thirsty is for your mind to need peace, for your emotions to be in need of comfort and your will to be in need of guidance.
4. Do you – that is the soul part of you - thirst for God every day in the same way as David thirst for God when he woke up?
5. You can never have too much of God.
6. When God is on board life works, but when God is not on board you are heading for a crash!
7. Notice that David declares 'God is a living God'. Is the God that you know a living active God?
8. David asks himself a question 'when should I appear before God?' I would say, at the start of every day, before the clutter of life overtakes you and you become distracted.
9. What is it for food to be your tears?
10. Why would people say 'where is your God' it is often said when the battle has been lost?
11. To contemplate is to remember - remembering becomes a magnet to our thoughts and our feelings.
12. Do you look back at your life and wonder where the good times have gone? If so you are in danger of becoming melancholy.
13. Joy and thanks, praise and declaration, is where the victory over our enemies is won, even in the dark times.
14. Why does the soul become despairing and why does it get disturbed inside of us? When we take our eyes off the Lord and fix them on the enemies attack.
15. Hope in God is to position yourself in the land of expectancy.
16. When we are in despair Gods presence lifts us, to be without God's presence is to be left wondering 'why?'.
17. Remember who God is and what God has done and lift your countenance, joy and peace will then return.
18. For 'deep to call to deep' means for our spirit to talk to our soul and bring counsel from the Holy Spirit.
19. When we encounter Gods amazing love it is like being in a waterfall of refreshment on a sunny day.
20. The song of the Lord in the night, is to sleep with peace and joy.
21. David tells us how he will pray to God when things go wrong.

22. Asking God - a question is perfectly acceptable providing you are willing for Him to give you His answer.
23. Oppression from the enemy comes when you have let evil take hold of you by accepting the invitation to play in the devils' playground, with the devil's toys.
24. The enemy in you will waste your bones away - unforgiveness and bones have a connection in the Bible.
25. God's enemies seek to humiliate you because you represent God and when you are humiliated, God is humiliated.
26. Do not give the devil an opportunity to gain a victory over God.
27. Learning to put your soul right is essential, if you are to walk in victory over the power of evil.
28. Hope in God is to declare 'I will praise you no matter what, I will lift my countenance and worship God'. David was extremely good at doing this.