

Psalm 42: Where Are You God?



LIBERTI

PSALM 42

For the director of music. A maskil of the Sons of Korah.

- ¹ As the deer pants for flowing streams, 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 the day long, “Where is your God?”

PSALM 42

- 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 and my God

PSALM 42

- ⁶ 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.

PSALM 42

- 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

Talk To God About Your Feelings

vs. 1-3

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?”

Psalm 42:4

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... I
remember you from the land of Jordan and of
Hermon, from Mount Mizar.

Talk To Yourself And Speak God's Truth To Your Feelings vs. 5

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.

Have you realised that most of your unhappiness in life is due to the fact that you are listening to yourself instead of talking to yourself? Take those thoughts that come to you the moment you wake up in the morning. You have not originated them but they are talking to you... they bring back the problems of yesterday... who is talking to you in that moment? Yourself is talking to you. Now this man's treatment was this... instead of allowing this self to talk to him... he starts talking to himself. 'Why are you cast down O my soul?'

- **M.L. Jones**

He asks. His soul had been depressing him, crushing him... so he stands up and says, 'Self, listen for a moment, I will speak to you. You have to take yourself in hand... you have to address yourself... preach to yourself... question yourself... You must say to your soul, 'Why are you cast down'... what business have you to be disquieted? You must turn on yourself and say to yourself... hope in God... instead of muttering in this depressed unhappy way.

Talk To God About Your Feelings vs. 6-10

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?”

Talk To God About Your Feelings vs. 6-10

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?”

Talk To Yourself And Speak God's Truth To Your Feelings

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.