

Psalm 42 – A Lament Psalm

Psalm 43 – A Petition Psalm

Psalms of Contradiction or Dichotomy

Contradiction - a statement or proposition that contradicts or denies another or itself and is logically incongruous... direct opposition between things compared; inconsistency. a contradictory act, fact, etc.

Dichotomy - A dichotomy is a contrast between two things. When there are two ideas, especially two opposed ideas — like war and peace, or love and hate — you have a dichotomy.

Psalm 42:1-5 A Longing for God Yet Feeling Lost

Psalm 42:1-5

¹ As the deer pants for streams of water,
so my soul pants for you, my God.
² My soul thirsts for God, for the living God.
When can I go and meet with God?
³ My tears have been my food
day and night,
while people say to me all day long,
“Where is your God?”
⁴ These things I remember
as I pour out my soul:
how I used to go to the house of God
under the protection of the Mighty One
with shouts of joy and praise
among the festive throng.
⁵ Why, my soul, are you downcast?
Why so disturbed within me?
Put your hope in God,
for I will yet praise him,
my Savior and my God.

Psalm 42:6-11 Remembering God Yet Feeling Forgotten

Psalm 42:6-11

⁶ My soul is downcast within me;
therefore I will remember you
from the land of the Jordan,
the heights of Hermon—from Mount Mizar.
⁷ Deep calls to deep
in the roar of your waterfalls;
all your waves and breakers
have swept over me.
⁸ By day the Lord directs his love,
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 must I go about mourning,
oppressed by the enemy?”

EXPERIENCE the Psalms: Questions from a Hurting Soul

May 5, 2024

¹⁰ My bones suffer mortal agony

as my foes taunt me,

saying to me all day long,

“Where is your God?”

¹¹ Why, my soul, are you downcast?

Why so disturbed within me?

Put your hope in God,

for I will yet praise him,

my Savior and my God.

Psalm 43:1-5 A Petition For Justice from God Yet Feeling Rejected

Psalm 43:1-5

¹ Vindicate me, my God,

and plead my cause

against an unfaithful nation.

Rescue me from those who are

deceitful and wicked.

² You are God my stronghold.

Why have you rejected me?

Why must I go about mourning,

oppressed by the enemy?

³ Send me your light and your faithful care,

let them lead me;

let them bring me to your holy mountain,

to the place where you dwell.

⁴ Then I will go to the altar of God,

to God, my joy and my delight.

I will praise you with the lyre,

O God, my God.

⁵ Why, my soul, are you downcast?

Why so disturbed within me?

Put your hope in God,

for I will yet praise him,

my Savior and my God.

Questions From the Heart of a Worshipper in the Midst of Chaos

Psalm 42

1. When can I go and meet with God?

2. “Where is your God?”

3. Why, my soul, are you downcast?

4. Why so disturbed within me?

5. “Why have you [God] forgotten me?”

6. Why must I go about mourning, oppressed by the enemy?”

7. “Where is your God?”

8. Why, my soul, are you downcast?

9. Why so disturbed within me?

Psalm 43

10. Why have you [God] rejected me?

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11. Why must I go about mourning, oppressed by the enemy?
12. Why, my soul, are you downcast?
13. Why so disturbed within me?

Two intense questions of God by the psalmist!

- *I remember you God, but why have you forgotten me?*
- *You are my stronghold God, but why have you rejected me?*

Amid Chaos, Depression and Anxiety, Remember God!

My God

The Living God

Mighty One

My Savior

The Lord

The God of my Life

God my Rock

God my stronghold

God my joy and my delight