

Summer

IN THE

Psalms



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Summer in the Psalms

Psalms for every season of the soul

Makoto Fujimura



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What is Lament?

A form of prayer in pain that leads to trust.

The Downcast Soul's Guide to Hope

Psalm 42 & 43

Makoto Fujimura



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Psalm 42 & 43: The Downcast Soul's Guide to Hope

Scroll:- c.1000–587 B.C.

by [Sons of Korah](#) (Author)

5.0  98,377 ratings

Goodreads choice **Award winner** **** "Honesty Meets Unshakable Hope"**

Winner of the Best Spiritual Resilience Award - How to preach hope to your own heart in the darkest nights.

- *If you've ever felt spiritually dry, emotionally worn down, or like God is far away, Psalm 42–43 reads like your own journal—only with more poetry and better theology.*
- *This combined psalm (likely originally one piece) is a soul-to-God conversation, brutally honest about feeling forgotten, mocked, and overwhelmed. Three times the refrain asks, "Why, my soul, are you downcast? ... Put your hope in God." It's both diagnosis and prescription—truth spoken to a wavering heart.*
- *Its rhythm makes it relatable: tears and doubts give way to stubborn trust. One moment the psalmist is drowning ("deep calls to deep"), the next clinging to God's steadfast love. Faith often feels like that—messy but anchored. Psalm 42–43 is both mirror and compass, reflecting our struggles and pointing us toward God even when nothing changes. Not neat answers, but a faithful God worth trusting. **Bottom line:** Read it slowly, let it shape your prayers when your own words fail.*

Psalm 42

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 men 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 with the
multitude, leading the procession to the house of God with shouts of joy and
thanksgiving among the festive throng.**

**5 Why are you downcast, O my soul? Why so disturbed within me? Put your
hope in God, for I will yet praise him, my Savior and my God.**

**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.**

Psalm 42

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?”

10 My bones suffer mortal agony as my foes taunt me, saying to me all day long, “Where is your God?”

11 Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

Psalm 43

1 Vindicate me, O God, and plead my cause against an ungodly nation. Rescue me from deceitful and wicked men.

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 truth, let them guide 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 harp, O God, my God.

5 Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.



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The Downcast Soul's Guide to Hope

Psalm 42 & 43

Big idea:

When God feels far away, the gospel gives us the resources to speak hope to our own soul until the darkness lifts.

The Downcast Soul's Guide to Hope

Psalm 42 & 43

- I. Loneliness: The Thirst for Communion vv. 2, 4**
- II. Lostness: The Thirst for Direction vv. 9; 43:2**
- III. Lies: The Thirst for Truth vv. 3, 10**

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I. Loneliness: The Thirst for Communion vv. 2, 4

“There is a God shaped vacuum and every man's heart, and that vacuum can only be filled by God Himself.”

Blaise Pascal

*Think of the young man in Bruce Marshall's novel *The World, the Flesh, and Father Smith*, which says, “The young man who rings the bell at the brothel is unconsciously looking for God.”*

That's us, misdirecting our deepest longings.

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Psalm 42 & 43

I. Loneliness: The Thirst for Communion vv. 2, 4

Friends

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Psalm 42 & 43

I. Loneliness: The Thirst for Communion vv. 2, 4

Friends

**Don't confuse like minded friends with
friends just like us.**

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Psalm 42 & 43

I. Loneliness: The Thirst for Communion vv. 2, 4

Friends

Communion = Cup

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Psalm 42 & 43

I. Loneliness: The Thirst for Communion vv. 2, 4

Friends

Communion = Cup

The psalmist's thirst for the temple is ultimately a thirst for God's presence.

“Where two or three are gathered in my name, there am I among them”

Matthew 18:20

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Psalm 42 & 43

I. Loneliness: The Thirst for Communion vv. 2, 4

Application: Practical Reminder

Human community is a God-given means of grace, but without God's presence at the center, even the richest relationships cannot quench the soul's thirst.

We want someone who will know all about us. Omniscient

We want someone who will always be with us. Omnipresent

We want someone to always help us. Omnipotent.

We really want God, but we are getting an imperfect spouse or friend.



Application:

Self-examination

- Am I confusing human companionship with the ultimate presence of God?
- Is my social life an attempt to distract from a deeper spiritual dryness?

Repentance and Rest

Gospel Hope



Application:

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Repentance and Rest

- Repent of ways you've avoided community which helps you grown in faith.
- Rest in Christ's promise: "I am with you always" (Matthew 28:20).

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Gospel Hope

Loneliness is not a sign that God has abandoned you; it's an invitation to remember that you were made for Him—and, in Him, for one another.

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Psalm 42 & 43

II. Lostness: The Thirst for Direction vv. 9; 43:2

9 I say to God my Rock, “Why have you forgotten me? Why must I go about mourning, oppressed by the enemy?”

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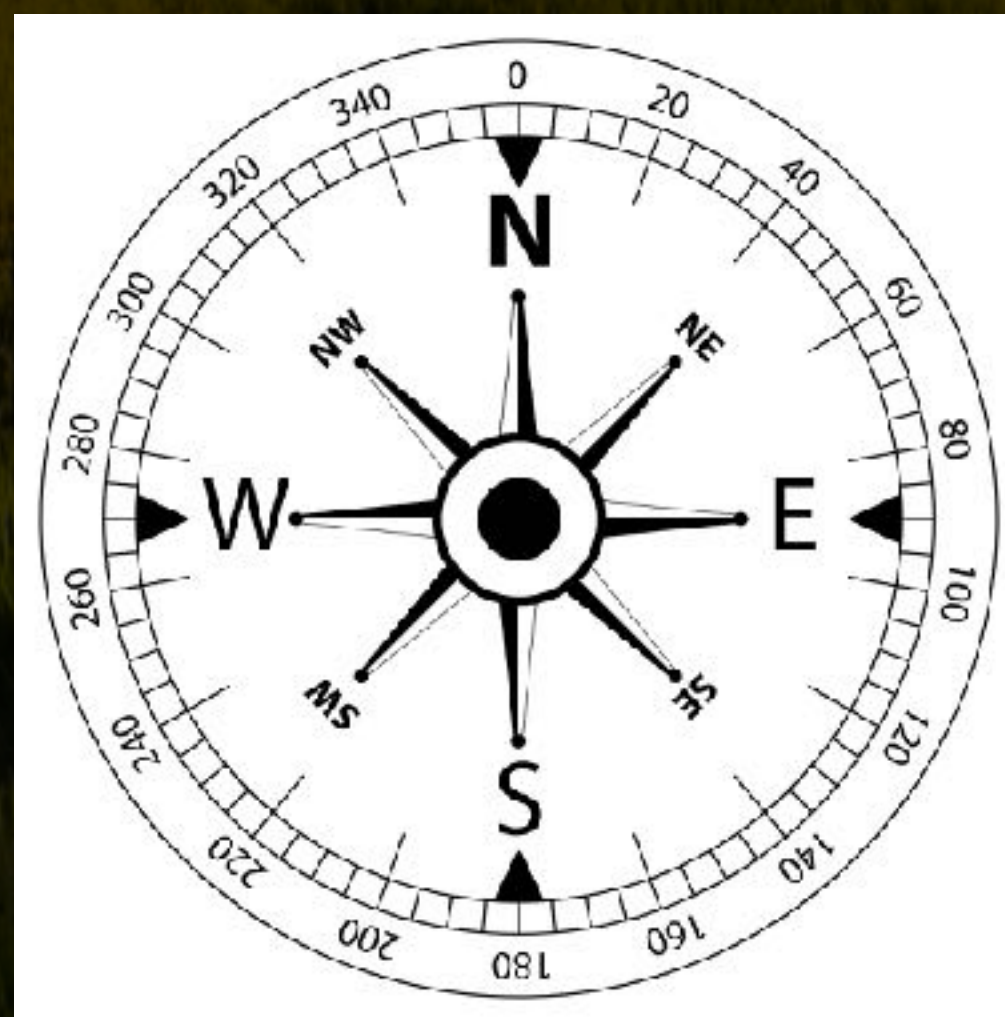


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Psalm 42 & 43

II. Lostness: The Thirst for Direction vv. 9; 43:2

Lostness = Compass



“And in Your book were all written
The days that were ordained for me,
When as yet there was not one of
them.¹⁷ How precious also are Your
thoughts to me, O God!
How vast is the sum of them!”

Psalm 139:16-17

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Psalm 42 & 43

II. Lostness: The Thirst for Direction vv. 9; 43:2

Key Truth:

God doesn't hand us a complete road map; He gives us Himself as the compass, pointing us to true north.



Application:

Self-examination

- Where do I feel “off the map” in life right now?
- Am I demanding a detailed plan from God instead of trusting His presence?

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Repentance and Rest

- Repent of the belief that God’s guidance is only real if it matches your preferred path.
- Lay down the demand to understand everything before you trust.

Gospel Hope

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Repentance and Rest

- Repent of the belief that God’s guidance is only real if it matches your preferred path.
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Gospel Hope

- God may not show you the whole map, but He always points you to Himself—and that is the surest direction you can have.

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Psalm 42 & 43

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1. We live in a fallen world

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Psalm 42 & 43

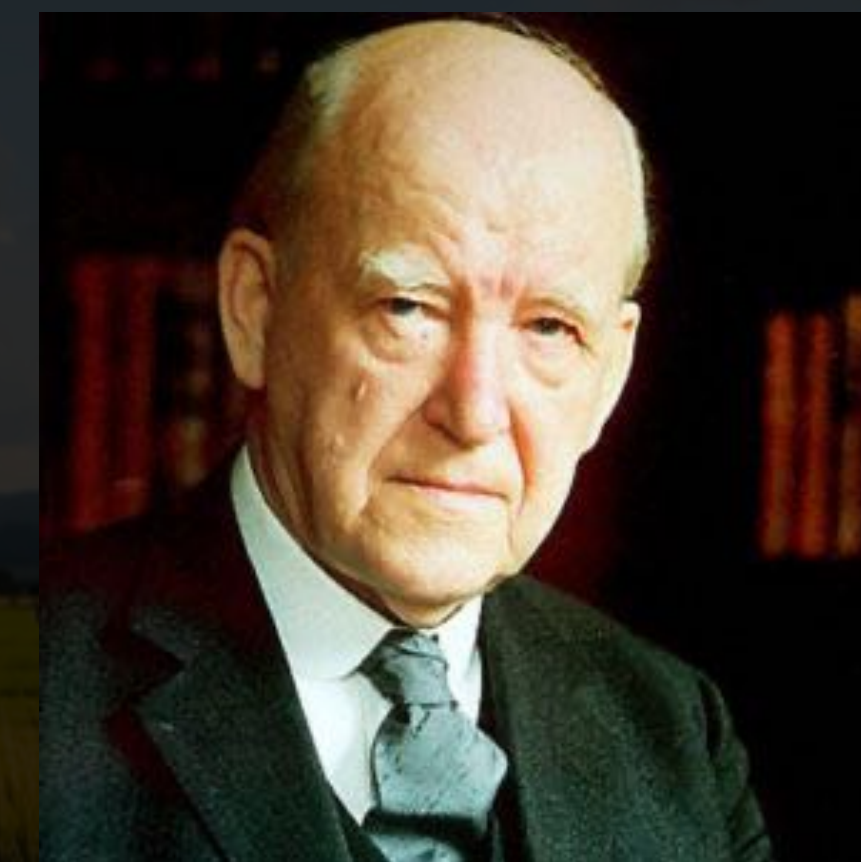
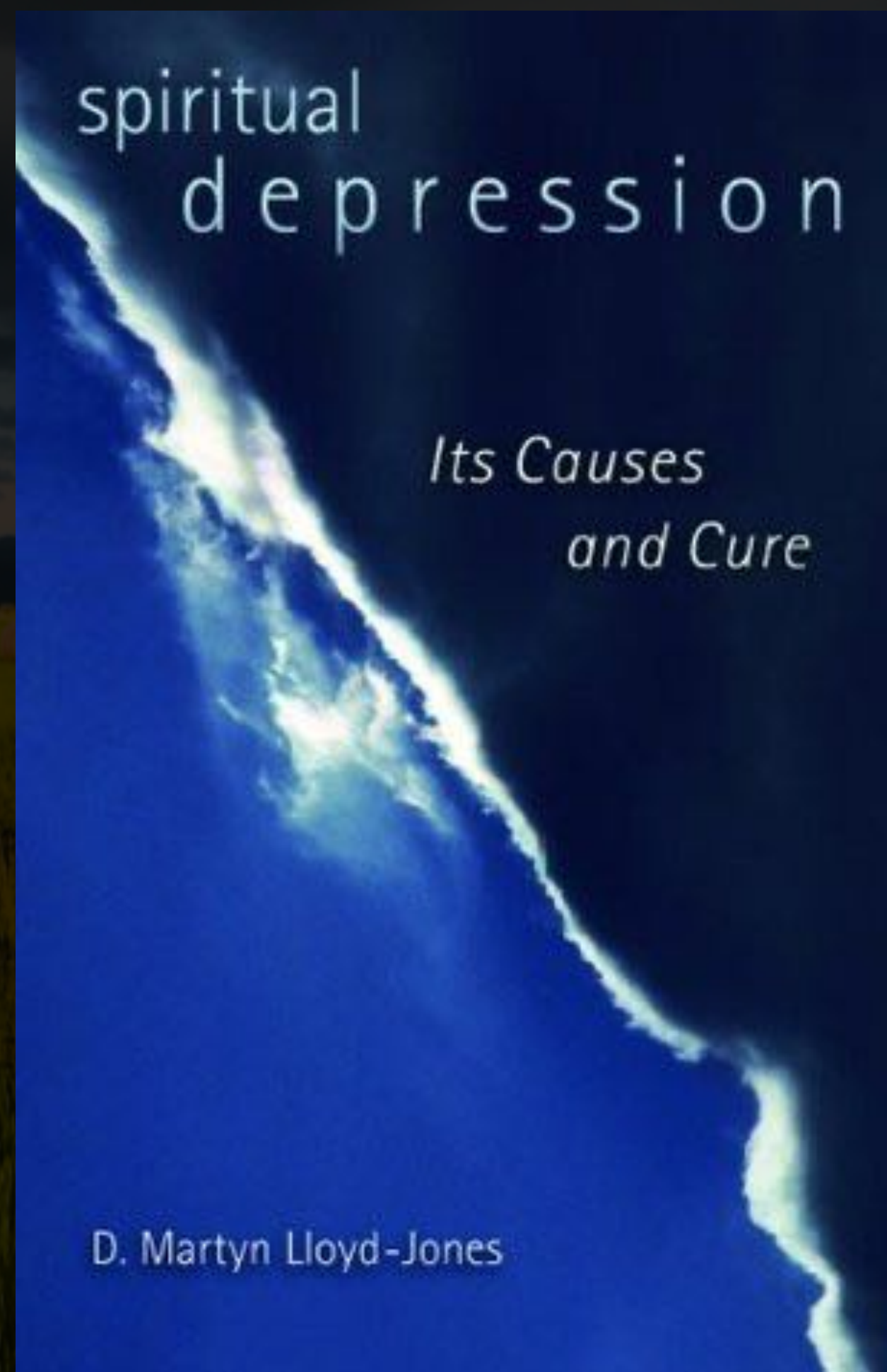
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- 1. We live in a fallen world**
- 2. You need to talk to your heart**

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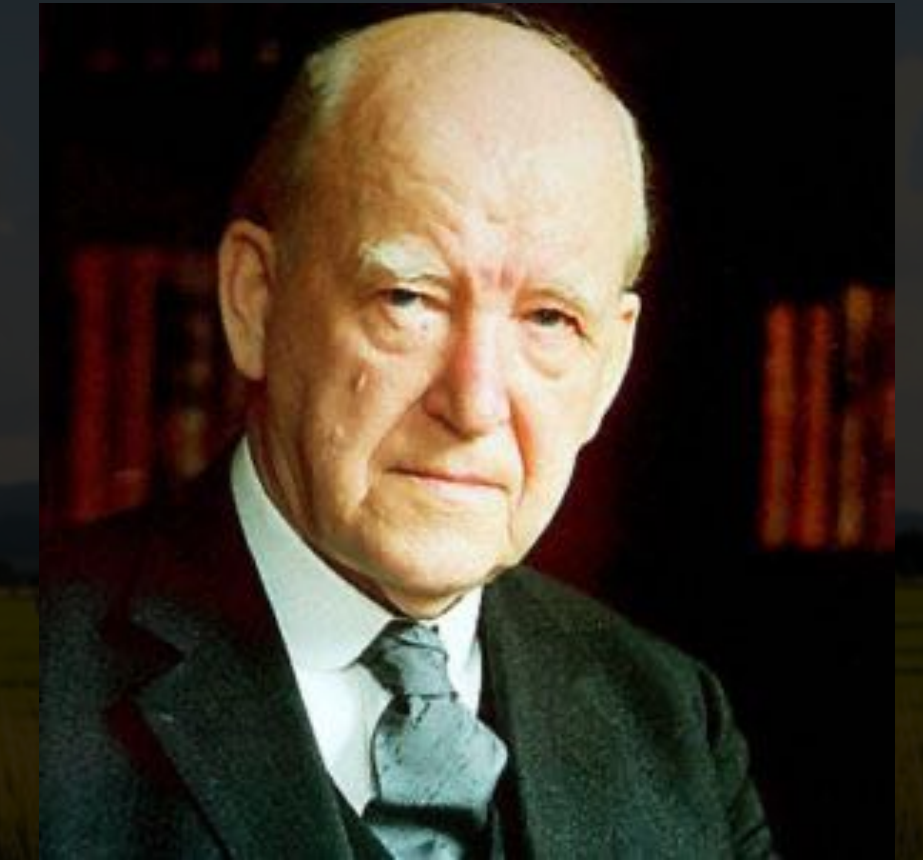


Martyn Lloyd Jones

The Downcast Soul's Guide to Hope

“The first thing we have to learn is what the psalmist learned. We must learn to take ourselves in hand. This man was not content just to lie down and commiserate with himself. He does something about it. He takes himself in hand, but he does something which is more important still, that is he talks to himself. This man turns to himself and says, why art thou downcast? O my soul, why are thou disquieted within me? He's talking to himself. He's addressing himself.

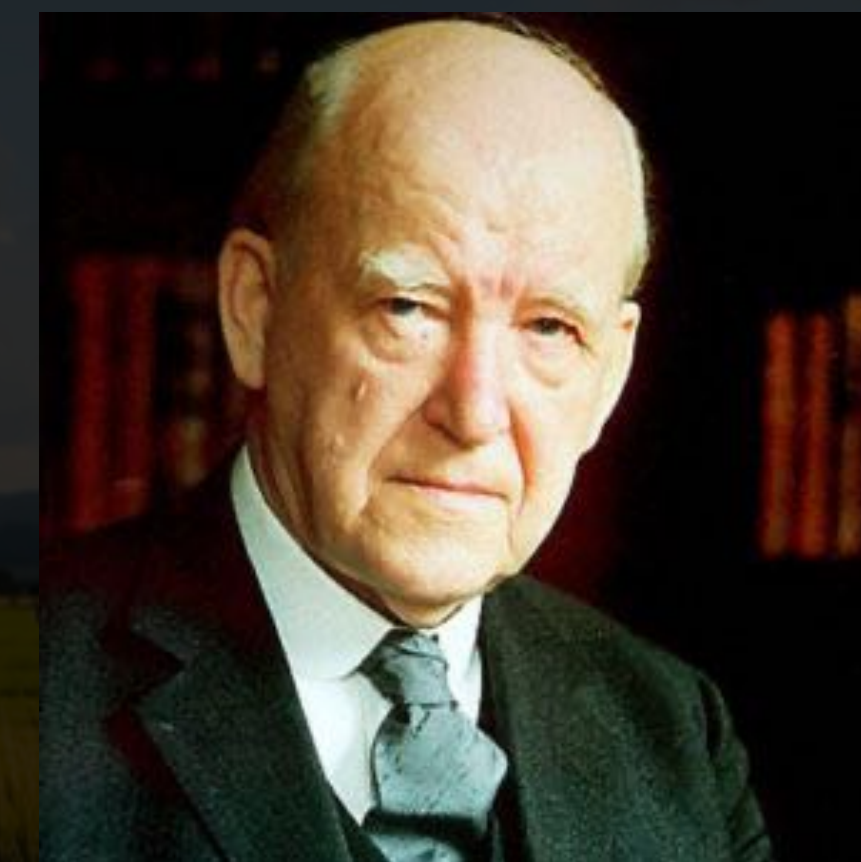
I say that we must talk to ourselves. Instead of allowing ourselves to talk to us, you have to take yourself. In hand, you have to address yourself, preach to yourself, question yourself. You must say to your soul, why art thou cast down? What business have you to be disquieted? You must turn on yourself, unbraid yourself, exhort yourself and say to yourself, hope thou in God, instead of muttering in this depressed, unhappy way.



Martyn Lloyd Jones

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“And then you must go on to remind yourself of God, who God is, and what God is, and what God has done and what God has pledged himself to do. Then, having done that, end this great note, defy yourself and defy other people and defy the devil and the whole world, and say, with this man, I shall yet praise him for the help of his countenance, who is also the health of my countenance and my God.”



Martyn Lloyd Jones

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Psalm 42 & 43

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Lies = Cross

Truth:

Gospel hope rests not on circumstances but on the cross, where God proved His goodness once for all.



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Big idea:

When God feels far away, the gospel gives us the resources to speak hope to our own soul until the darkness lifts.

Cup is His Communion

Compass is His Presence

Cross is His Goodness

Summer

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