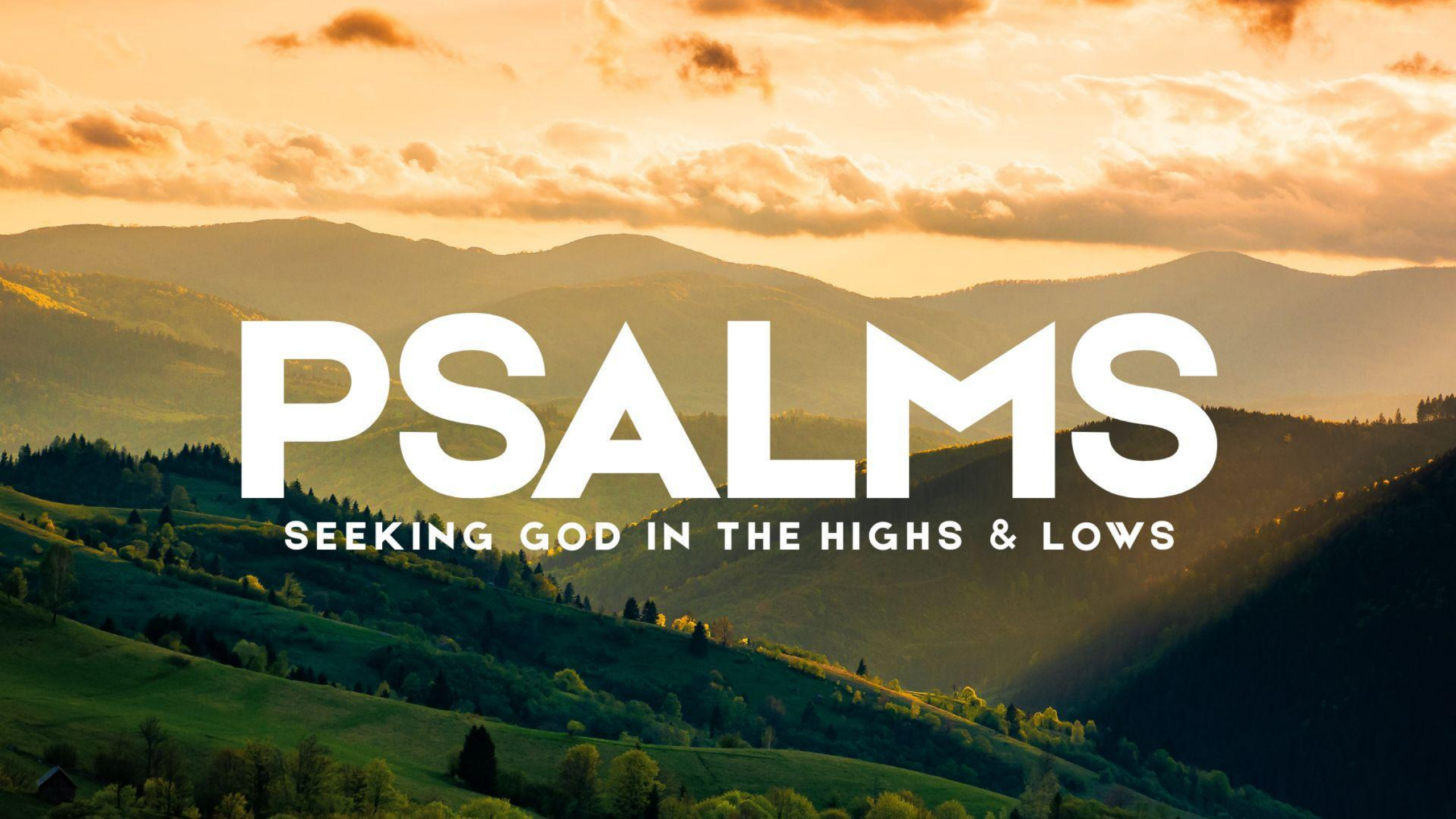




PSALMS

SEEKING GOD IN THE HIGHS & LOWS



Psalm 42

Yearning for God in the Midst of Distresses

Who are some of most influential personalities in the world?



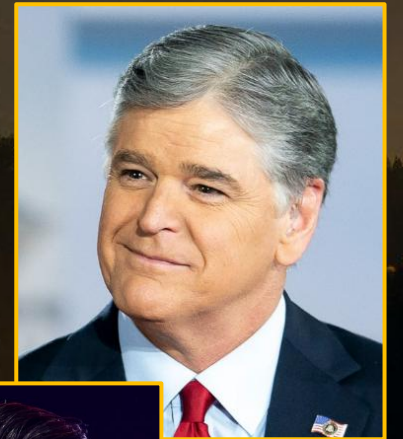
Sports Figures



Finance & Wealth

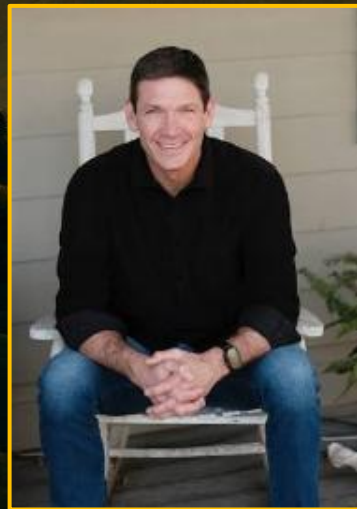
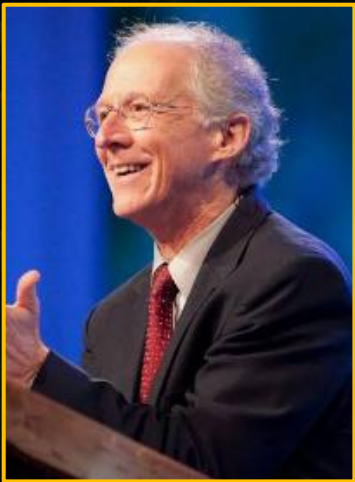


Politics



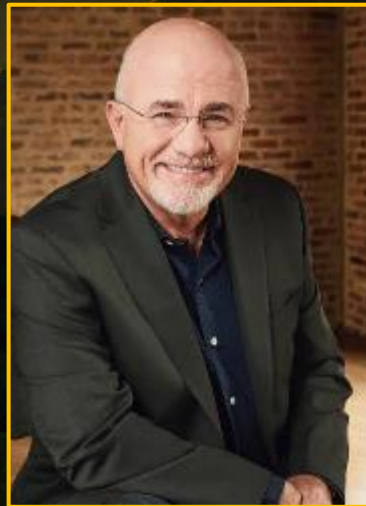
Who are some of the most influential Christian leaders in the world?

John Piper



Matt Chandler

Dave Ramsey



Alistair Begg

Al Mohler



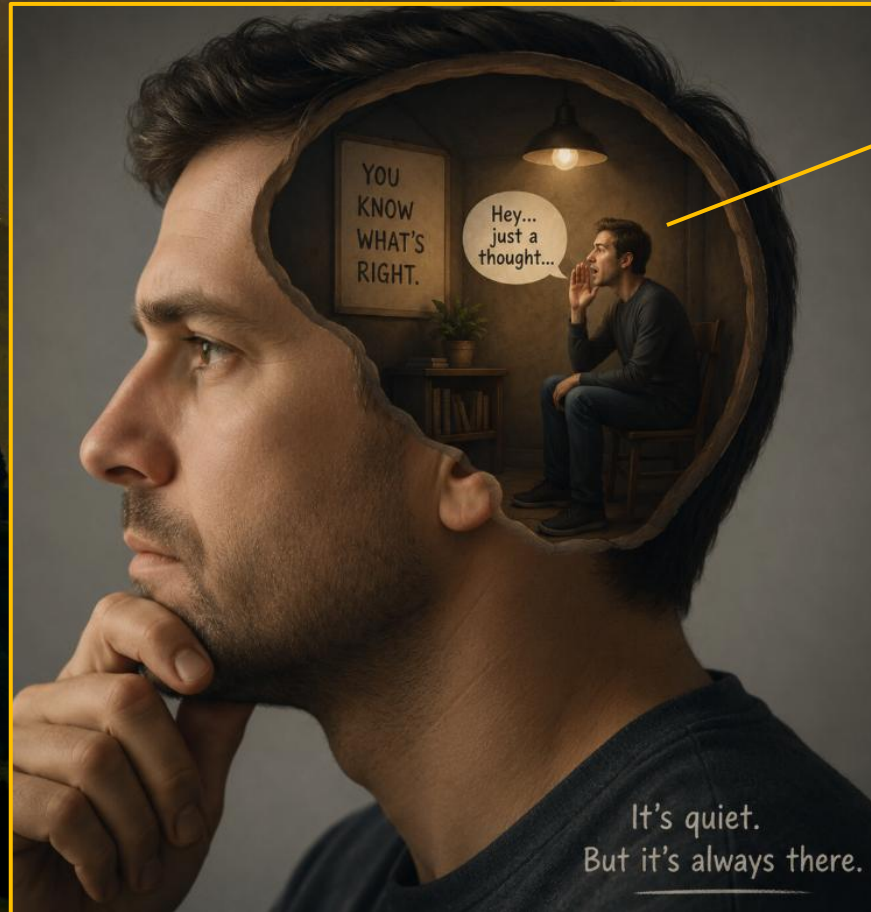
Who is the most influential voice in your life?

Question:

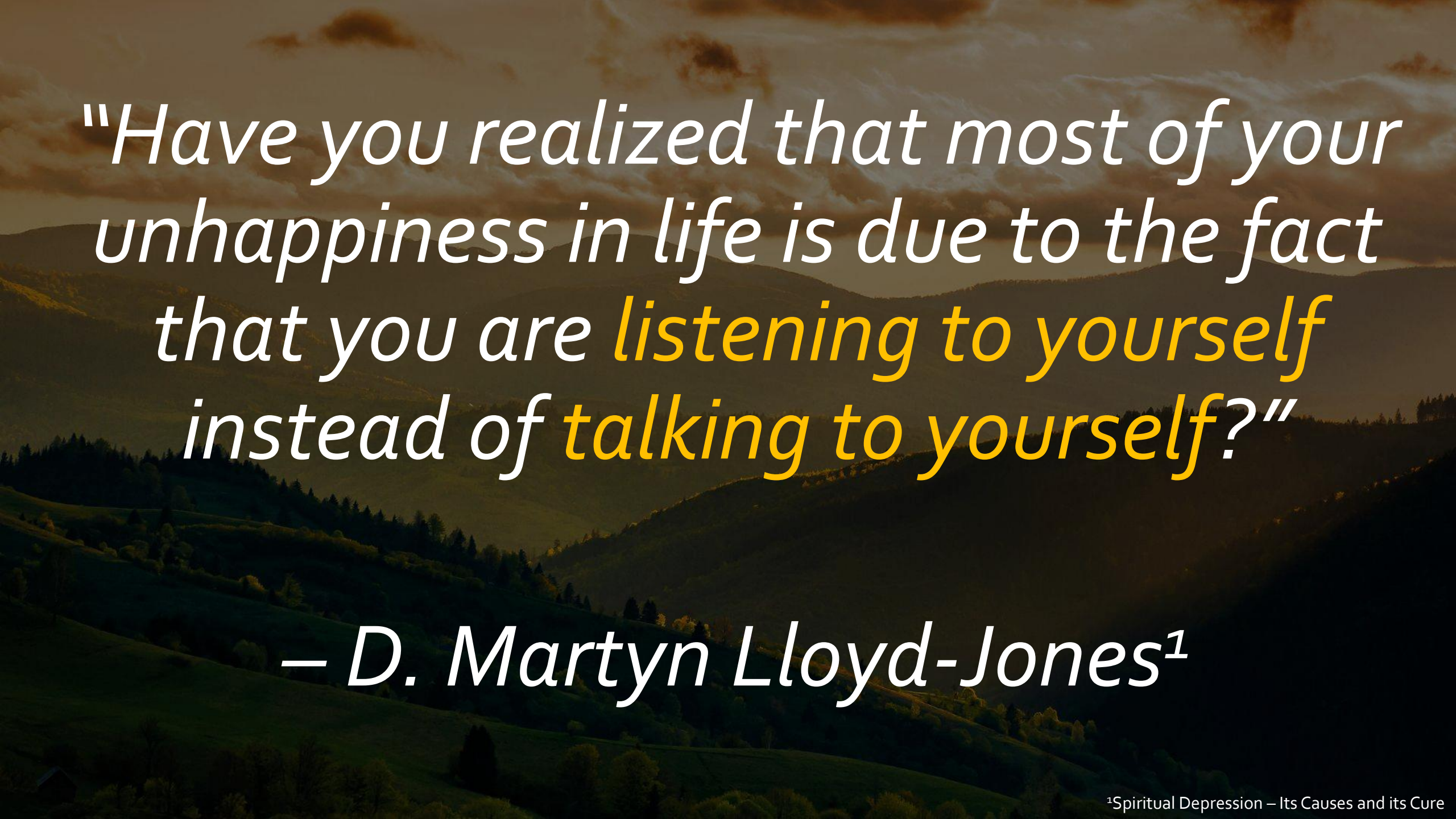
You spend a lot of time in your head. Is it a nice place to be?

Question:

If you talked to a friend like you talk to yourself – would you still have any friends?

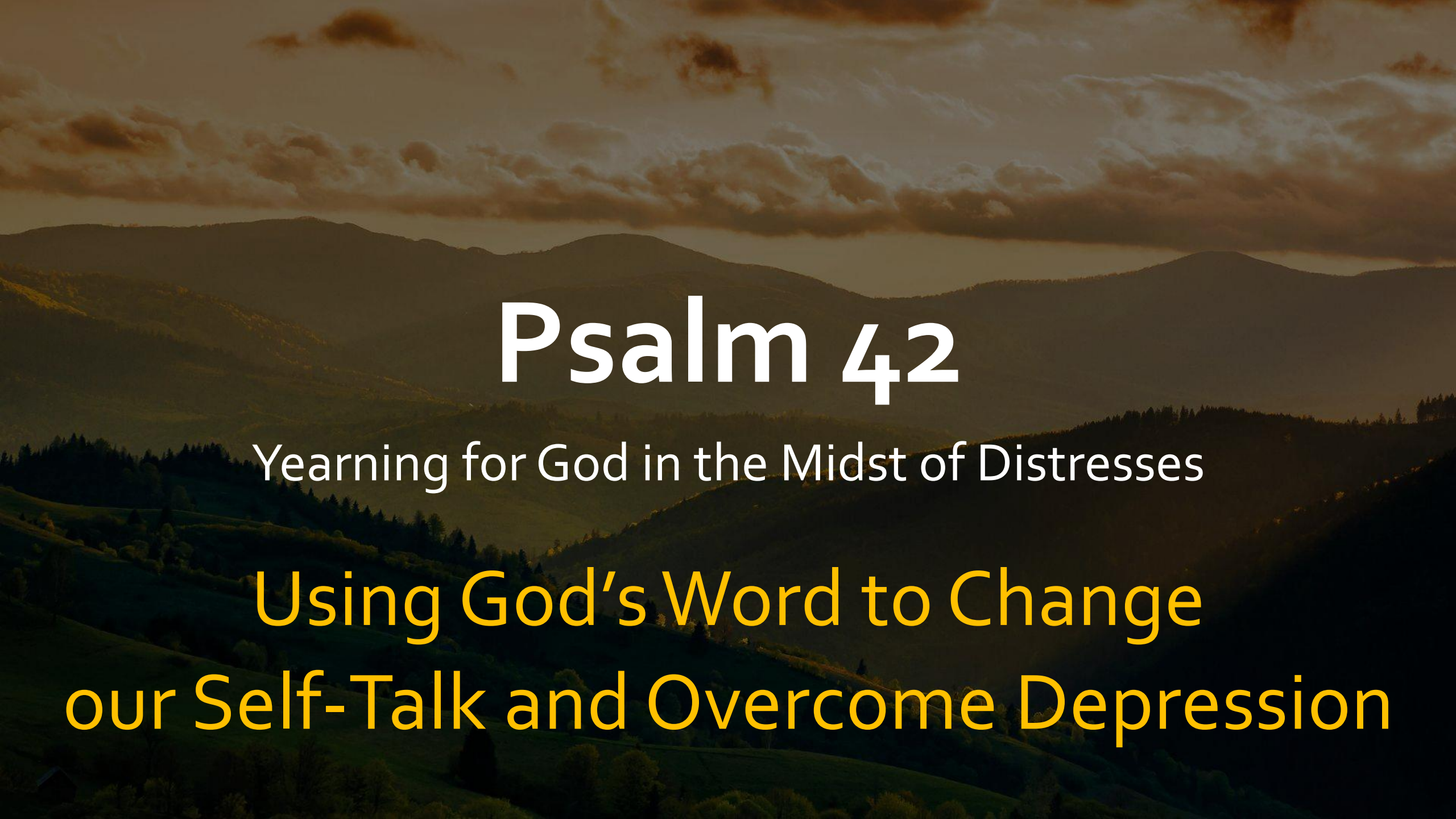


What does your inner voice say to you?



*"Have you realized that most of your unhappiness in life is due to the fact that you are **listening to yourself** instead of **talking to yourself**?"*

– D. Martyn Lloyd-Jones¹



Psalm 42

Yearning for God in the Midst of Distresses

Using God's Word to Change
our Self-Talk and Overcome Depression

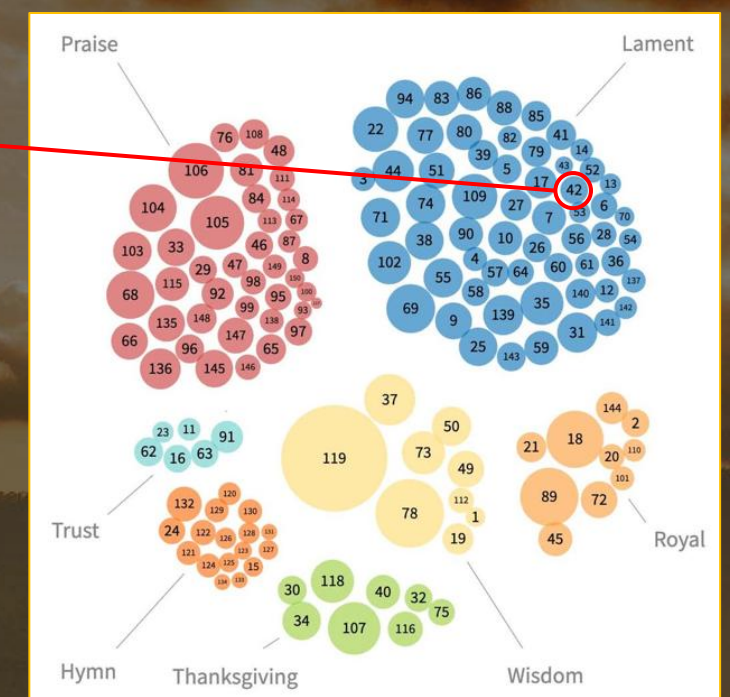
Psalm 42

- Start of Book 2 in Psalms
- Written by the **Sons of Korah**?¹
 - Wrote 10 psalms total (Ps 42, 44 – 49, 84, 85, 87, & 88)
 - The sons of Korah were **Levites**, from the family of Kohath. By David's time they served in the musical aspect of the temple worship (2 Chronicles 20:19).



- Korah led a rebellion of 250 community leaders against Moses during the wilderness days of the Exodus (Numbers 16). **God judged Korah and his leaders and they all died, but the sons of Korah remained** (Numbers 26:9-11). Perhaps they were so grateful for this mercy that they became notable in Israel for praising God.

- Psalm 42 has some powerful imagery:
 - Unpacking it will help translate it into our lives



Express deep sorrow or grief

¹<https://enduringword.com/bible-commentary/psalm-42/>

Psalms 42

To the Chief Musician.

A Contemplation of the sons of Korah.

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

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⁴ The

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⁵ Wh

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My soul is cast down within me;
therefore I remember you

- Meaning of “Contemplation” (*Maskil*) “to ponder” or “to understand” or “to teach wisdom.”
- Guides the listener through deep reflection on life, suffering, or God's character.

from the land of Jordan and of Hermon,

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⁸ By d

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⁹ I say

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Wh

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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.

12 Other maskil psalms:

- Psalm 32
- Psalms 44-45
- Psalms 52-55
- Psalm 74
- Psalm 78
- Psalm 88
- Psalm 89
- Psalm 142

To the Chief Musician.
A Contemplation of the sons of Korah.

Psalm 42

¹ As a **deer pants** for flowing streams,
so pants my soul for you, O God.

Deer panting

² My **soul thirsts** for God,
for the living God.

Soul thirsting

When shall I come and appear before God?

Waterfall

³ **My tears have been my food**
day and night,

Tears as food

while they say to me all the day long,
"Where is your God?"

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.

Deadly wound

⁵ Why are you **cast down**, O my soul,
and why are you in turmoil within me?

Cast down

Hope in God; for I shall again praise him,
my salvation ⁶ and my God.

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?
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.

To the Chief Musician.
A Contemplation of the sons of Korah.

Psalm 42

- 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?"
- ⁴ These things I remember,

- God seems far away.
- Drinking and thirst are common pictures of man's spiritual need and God's supply in the Bible.¹

my salvation and my God.
My soul is cast down within me;
therefore I remember you

- Powerful image of a deer in a drought in exhaustion seeking water:
 - How often do we find ourselves in a "spiritual drought"?

and at night his song is with me,
a prayer to the God of my life

- He is the living God in at least three senses:¹
 1. He alone has life in Himself and of Himself.
 2. He alone gives life.
 3. He is distinct from the dead, imagined gods of the heathen.

my salvation and my God.

¹<https://enduringword.com/bible-commentary/psalm-42/>

To the Chief Musician.
A Contemplation of the sons of Korah.

Psalm 42

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?”

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 ⁶ and my God.

My soul is cast down within me;
therefore I remember you

- Sleeplessness is a common problem when we are stressed or in grief.

all your breakers and your waves
have gone over me.

⁸ By day the LORD commands his steadfast love,

- In times of distress, the world around us mocks us for our faith.

Why do I go mourning
because of the oppression of the enemy?”

- Key: My joy is with God and with the people of God (i.e., at church).
- I am joyful when I am worshipping with fellow believers.
- Similar to Psalm 73:16-17

To the Chief Musician.
A Contemplation of the sons of Korah.

Psalms 42

¹ As a deer pants for flowing streams,
so my soul pants for you, O God.

- How often do we find ourselves cast down?
- Some versions say "Why are you in despair?"

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 ⁶ and my God.
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,

- There is another meaning for "cast down" in relation to sheep.

the enemy?"
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.

Psalm 42¹



- Cast down is a sheep on its back:
 - Helpless and will die if not righted **by the shepherd** quickly.
 - Easy prey for buzzard, vultures, dogs, and coyotes.
- Why it is dangerous:
 - Gas buildup – trapped stomach gas cannot escape, leading to rapid suffocation.
 - Quick death – a cast sheep can die in just a few hours if left alone.



*A cast sheep is an animal that has rolled onto its back and cannot get back up without help.
A cast sheep needs a shepherd.¹*

¹ Phillip Keller, *A Shepherd Looks at Psalm 23*, p. 59-70.

To the Chief Musician.
A Contemplation of the sons of Korah.

Psalm 42

¹ As a deer pants for flowing streams,
so pants my soul for you, O God.

Yāḥal – "To hope means to wait upon God's perfect timing with a confident and strong trust in God about the future."
– Steve Lawson²

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 ⁶ and my God.

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;

- The key to lifting my own spirit:
 - Stop listening to myself and start talking to myself.
 - Start challenging myself.¹

- What do I say to myself?
 - Hope in God – he is the person who can truly help.
 - His plan is perfect for my life – even in difficulties.

²Holman Old Testament Commentary, Psalms 1-75, p. 227

¹<https://enduringword.com/bible-commentary/psalm-42/>

To the Chief Musician.
A Contemplation of the sons of Korah.

Psalm 42

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?"
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 ⁶ and my God.
My soul is cast down within me;
therefore I remember you

- From Logos – these words are properly translated as "I will remember".
- Remembering God's faithfulness is one of the most powerful ways we remind ourselves of His goodness:

*And we know that **all things** work together for good to those who love God, to those who are called according to His purpose.*

– Romans 8:28 NKJV

my salvation and my God.

To the Chief Musician.
A Contemplation of the sons of Korah.

Psalm 42

- More powerful imagery.

- Life is like a powerful waterfall:¹
 - It is a constant noise that never stops.
 - It drowns out life and I can barely stand up.
 - It is relentless and I feel crushed.
 - I feel buried and feel like I am drowning.

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,



Aerial view of famous Victoria Falls at the border between Zambia and Zimbabwe.

my salvation and my God.

¹<https://enduringword.com/bible-commentary/psalm-42/>

To the Chief Musician.
A Contemplation of the sons of Korah.

Psalm 42

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?

- We can be honest with God – he can take it:
 - Why have you forgotten me?

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.

- Question: Has there been a time when you have been this honest with God?
 - How did He respond?

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?
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.

To the Chief Musician.
A Contemplation of the sons of Korah.

Psalm 42

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

- The world will continue to mock us even as we cling to God.

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 f

⁵ Why are you cast down,
and why are you in turmoil?
Hope in God; for I shall again praise him,
my salvation ⁶ and my God.
My soul is cast down within me;
therefore I remember you

- Words can hurt.
- Haters gonna hate.

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?
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.

To the Chief Musician.
A Contemplation of the sons of Korah.

Psalm 42

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,

⁴ The enemy says,
"Why are you so sad?"
and he says,
"Where is your God?"
My soul is cast down within me;
therefore I remember you
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.
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
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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?
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.

Psalm 42

**SPEAK TO
YOURSELF,
DON'T LISTEN
TO YOURSELF**



YOU ARE
LOVED BY GOD.

1 John 3:1, Rom 5:8



YOU ARE
NOT ALONE.

Heb 13:5, Is 41:10



YOU ARE A NEW
CREATION IN CHRIST.

2 Cor 5:17

*Hope in God,
for I shall
again praise him,*

*You are
~~a loser.~~*

... worthless
... dumb
... an idiot
... hopeless
... never change
...





How do you change
your self talk?

How to Apply Psalm 42 to My Life

1. How do I hope in God when life has me down?
 - Remind myself of God's faithfulness and that everything works according to his plan.

*And we know that **all things** work together for good to those who love God, to those who are the called according to His purpose. – Romans 8:28 NKJV*

*being confident of this very thing, that He who has begun a good work in you **will complete it** until the day of Jesus Christ. – Phil 1:6*

2. Renew my mind with scripture:

*And do not be conformed to this world, **but be transformed by the renewing of your mind**, that you may prove what is that good and acceptable and perfect will of God. – Romans 12:2*

3. Biblically take care of myself:

- Not self love but following the example of **Elijah** when he suffered with depression

RENEWING MY MIND

ROMANS 12:2

And do not be conformed to this world,
but be **transformed** by the **renewing of your mind**,
that you may prove what is that good and acceptable and perfect will of God.

CONFORMED TO THIS WORLD



WORLDLY
THINKING



PEER
PRESSURE



SELF
FOCUS



EMPTY
PURSUITS



FEAR &
ANXIETY



SPIRITUAL
BLINDNESS

MISLED
FEAR
DOUBT
ANGER
SELFISHNESS
LIES

TRUTH
FAITH
HOPE
LOVE
SERVE
OTHERS
GRATITUDE

TRANSFORMED BY RENEWING MY MIND



GOD'S WORD
SHAPES MY
THOUGHTS



GOD'S TRUTH
RENEWES MY
HEART



HOLY SPIRIT
TRANSFORMS
MY LIFE



FOCUSED ON
OTHERS



WISDOM &
DISCERNMENT



GOD'S WILL:
GOOD, ACCEPTABLE
& PERFECT

HOW I RENEW MY MIND



SPEND TIME
IN GOD'S WORD



PRAY & SEEK
GOD DAILY



TAKE EVERY THOUGHT
CAPTIVE (2 COR. 10:5)



CHOOSE TRUTH
OVER LIES



LIVE FOR
GOD'S GLORY

Renewed mind. Transformed life. God's will. — ROMANS 12:2

How to Renew Your Mind¹



C - CATCH your thought or attitude as sinful (2 Cor 10:3-5)

*³ For though we walk in the flesh, we do not war according to the flesh. ⁴ For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, ⁵ casting down arguments and every high thing that exalts itself against the knowledge of God, **bringing every thought into captivity to the obedience of Christ.***

This is
where
memorizing
scripture
pays off



C - CONFESS your sinful thought or attitude to God (1 John 1:9)

*⁹ If we confess our sins, He is faithful and just to **forgive us our sins** and to cleanse us from all unrighteousness.*



C - CLAIM the Holy Spirit's power to overcome your sinful thought or attitude (Phil 1:6 or Phil 4:13)

*⁶ being confident of this very thing, that He who has begun a good work in you **will complete it** until the day of Jesus Christ.*

*¹³ **I can do all things through Christ** who strengthens me.*

How to Renew Your Mind¹



F - FORCE your mind to change to godly thoughts (Phil 4:8)

KEY

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.

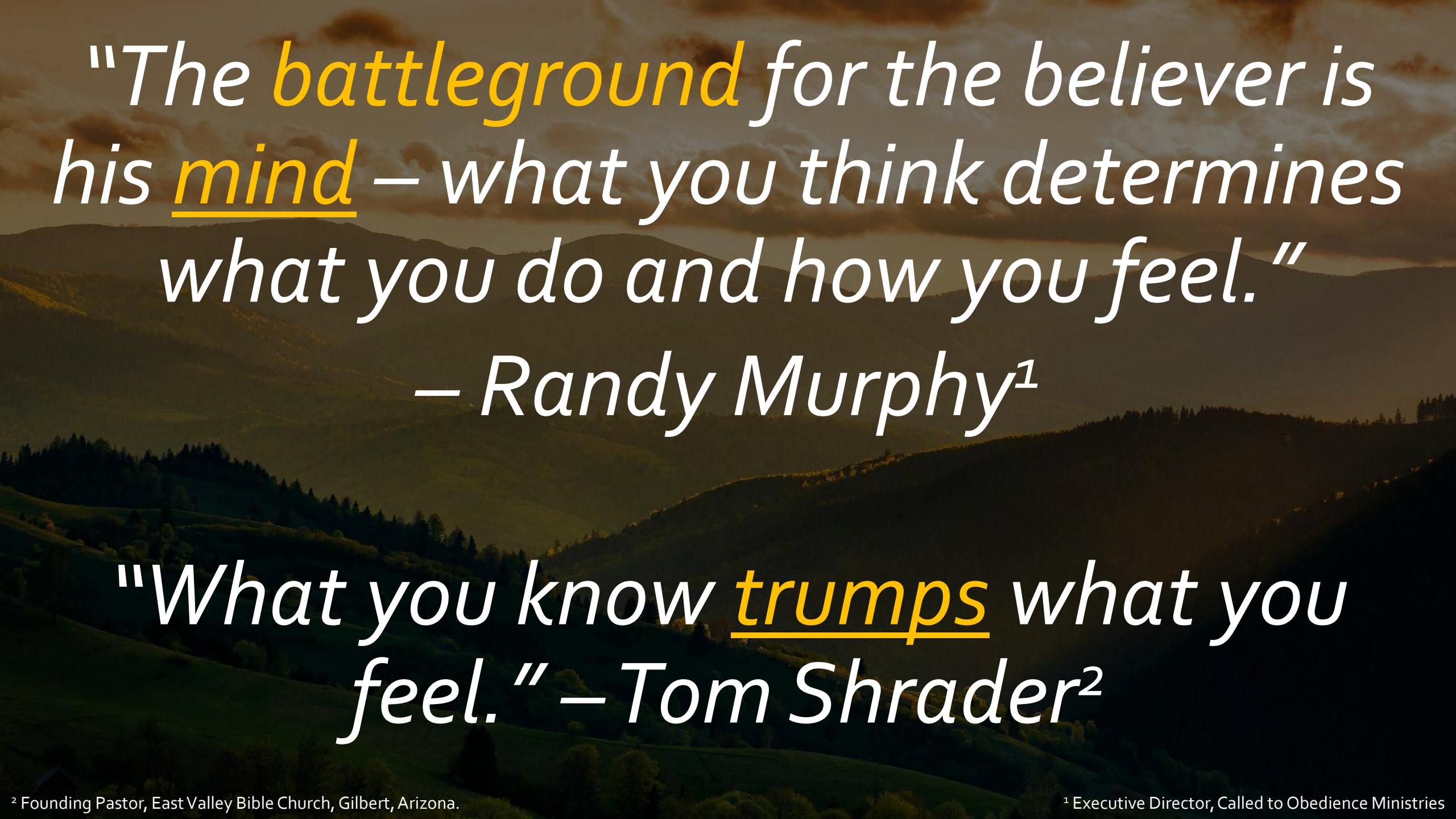
This is how
to take
thoughts
captive



R - REPEAT this outline when temptation comes up again (Gal 6:9)

⁹ And let us *not grow weary* while doing good, for in due season we shall reap if we do not lose heart.

*And do not be conformed to this world, **but be transformed by the renewing of your mind**, that you may prove what is that good and acceptable and perfect will of God. – Romans 12:2*



"The battleground for the believer is his mind – what you think determines what you do and how you feel."

– Randy Murphy¹

"What you know trumps what you feel." – Tom Shrader²

How to Biblically Take Care of Yourself



- Elijah fell into a state of **depression** after his victory over the 450 prophets of Baal (1 Kings 18:20-40):

*But he himself went a day's journey into the wilderness, and came and sat down under a broom tree. And he prayed that he might die, and said, **"It is enough! Now, Lord, take my life,"** for I am no better than my fathers!" – 1 Kings 19:4*

*And he said, "I have been very zealous for the Lord God of hosts; because the children of Israel have forsaken Your covenant, torn down Your altars, and killed Your prophets with the sword. **I alone am left; and they seek to take my life.**" – 1 Kings 19:14*

*Yet I have reserved **seven thousand in Israel**, all whose knees have not bowed to Baal, and every mouth that has not kissed him. – 1 Kings 19:18*



How to Biblically Take Care of Yourself

- Elijah fell into a state of **depression** after his victory over the 450 prophets of Baal (1 Kings 18:20-40):

⁵ Then as he **lay** and **slept** under a broom tree, suddenly an angel touched him, and said to him, "**Arise** and **eat**."

⁶ Then he looked, and there by his head was a cake baked on coals, and a jar of water. **So he ate and drank, and lay down again.** ⁷ And the angel of the Lord came back the second time, and touched him, and said, "**Arise and eat**, because **the journey** is too great for you." ⁸ So he arose, and **ate** and **drank**; and he went in the **strength of that food forty days and forty nights** as far as Horeb, the mountain of God. – 1 Kings 19:5-8



God's remedy for Elijah: Eat, Sleep, Rest, Exercise

HALT Onset of Depression

- H - HUNGRY:** Physical hunger can affect mood, patience, and self-control. Sometimes what feels like an emotional problem is simply a need for food.
- A - ANGRY:** Unresolved anger or frustration can cloud judgment and lead to impulsive or destructive behavior.
- L - LONLEY:** Isolation often increases anxiety, depression, temptation, and discouragement. Healthy relationships and community are important safeguards.
- T - TIRED:** Fatigue reduces emotional resilience, making it harder to think clearly, resist temptation, and respond graciously.

Summary of Psalm 42

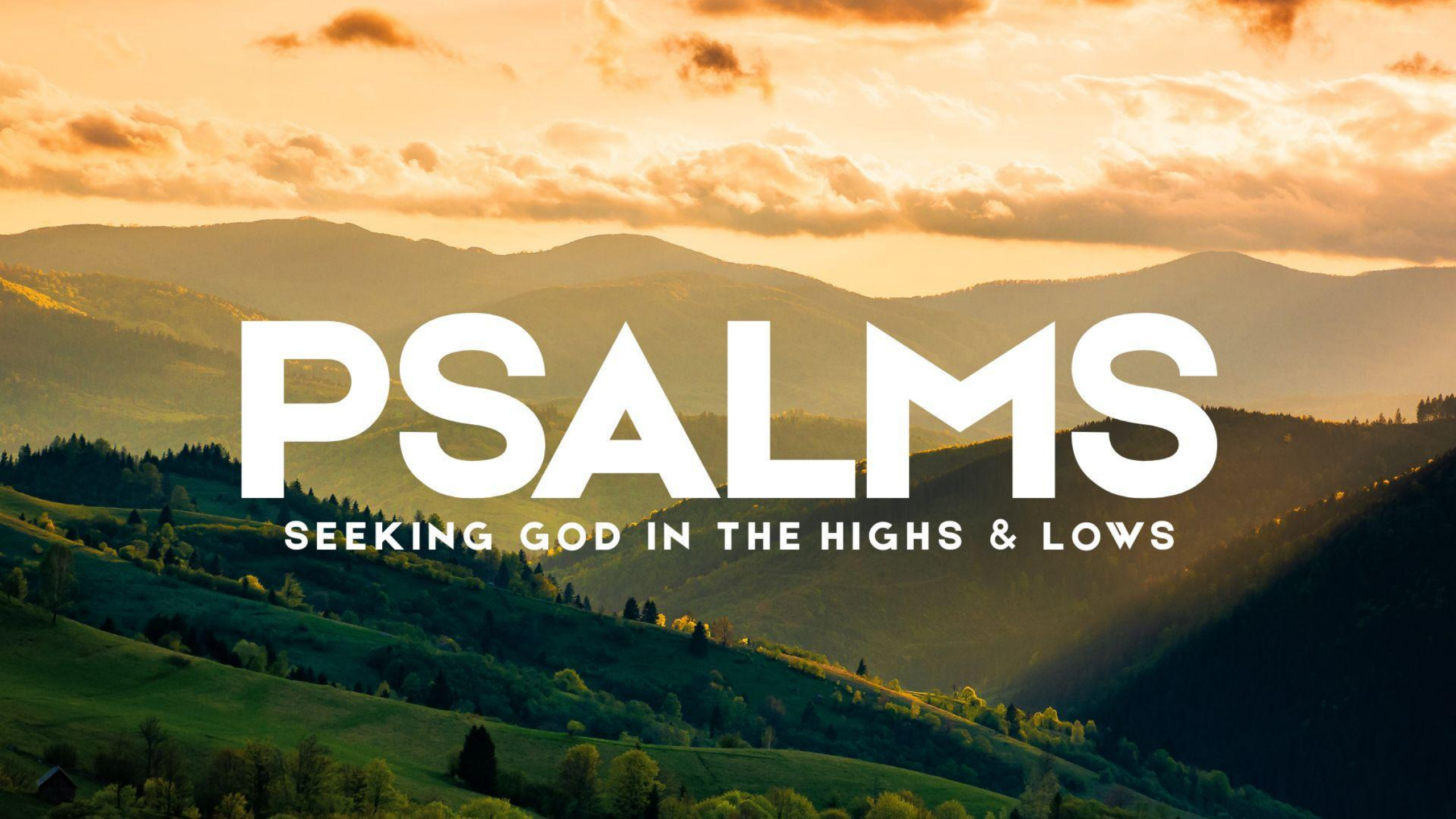
Using God's Word to Change our Self-Talk

- Use Psalm 42 to change our **self-talk**:

*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.*

When
you're
at your
LOWEST,
look to
the
HIGHEST.

- Practice renewing my mind on a daily or hourly basis:
 - Catch, Confess, Claim, **Force**, **Repeat**
- Practice **biblical** self-care following the example of Elijah:
 - Eat, sleep, rest, exercise



PSALMS

SEEKING GOD IN THE HIGHS & LOWS