



## Psalm 42

**Author:** Sons of Korah are credited with writing eleven different Psalms: 42, 44, 45, 46, 47, 48, 49, 84, 85, 87, 88. These chapters include verses that express highest praise and devotion to the Lord.

**Message:** The Psalmist longs to be in God's presence. He feels abandoned by God but hopes that God will come to him once again.

- I. David's Desire (42:1-2): He thirst for God like a thirsty deer pants for water.
- II. David's Despair (42:3, 9-10).
  - A. He feels abandoned by God (42:9)
  - B. He feels attacked by his enemies (42:3,9-10).
- III. David's Determination (42:4-8, 11)
  - A. He remembers God's goodness (42:4-8).
  - B. He rests in God's goodness (42:11): Because of God's goodness in the past. David puts his hope in God to rescue him yet again.

## **Commentary:**

The Psalmist asks God why his heart is so sad and why he must go through a time of oppression by his enemies. God never asks us to understand, he asks us to obey and glorify him as we do so. He asks us to be mission-minded and to look at every situation as an opportunity to serve or evangelize.

God refreshes us and restores us when we spend time with Him. Just like water refreshes and restores us when we are hot and thirsty.

My soul thirsts for God, for the living God. The Psalmist wasn't thirsty for water, but for God. Drinking and thirst are common pictures of man's spiritual need and God's supply.

The Psalmist is in exile north of Palestine. He is downcast and depressed because he is far from Jerusalem. Jerusalem represents a happier time and place, where he recalls walking "in procession to the house of God" along with a joyful crowd of worshipers. (v.5)

Verse 1 is an intense desire to know God intimately. The Psalmist compares his thirst for God to a deer's thirst for flowing water. Pant implies an intense experience. This is not simple thirst, but rather a desperate need for something vital.

When enemies attack, the natural human habit is to panic. We can easily assume God has abandoned us. Those same enemies often mock God, sarcastically asking where He might be. Here, the Psalmist expresses the pain caused by that persecution. (v. 10).

Psalm 42:8, the Psalmist's focus turns from his trials. He acknowledges the Lord's unfailing love and joy are greater than his earthly struggles.

Guarding our hearts from a scriptural perspective means for us to be alert, through the power of Christ within us, to what enters and dwells in our hearts. We need to be aware of what we say and do, because over time, our thoughts and actions shape the status of our hearts. Four ways to guard your heart: worship, prayer, Bible Study, and Evangelism.

The danger of not guarding your heart can be poor choices, broken relationships, hurt, and disappointment. But remember when we mess up and are not the best version of ourselves, God is faithful to forgive and restore. Pray and Store up God's Word. Isaiah 26:3 says, "You will keep him in perfect peace, whose mind is stayed on You, because he trusts in you." When you store up God's Word in your heart, the Spirit will remind you of it in your time of need and guard your mind.

Scripture warns us to guard our hearts above everything else. (Proverbs 4:23) We guard our hearts by filling our mind with God's Word regularly, proactively filtering what our mind consumes, and by praying for wisdom and help from God. (2 Peter 1:2, Philippians 4:6-7). Psalm 42:7 Deep calls unto deep at the noise of Your waterfalls. All your waves and billows have gone over me. The LORD will command His lovingkindness in the daytime. And in the night His song shall be with me—A prayer to the God of my life.

The Bible says in Proverbs 4:23: "Above all else, guard your heart, for everything you do flows from it." Every human has a heart that produces physical life as well as a spiritual heart that produces spiritual life. thus, the heart is critically important and that's why the Bible instructs us to guard it.

To know God even more, we must go deeper by revelation of the Scripture, revealed to us by the Holy spirit. The Holy spirit will reveal deeper truths of God's Word as we study the Bible and remain open to His teaching and guidance, we are not to do it in our own strength-we cannot reveal anything of God to ourselves.

The Lord will fight your battles for you, put your burdens on him and he will see you through, he will walk by your side and when you think you cannot handle it any longer, he will carry you.,. you can always depend on God by putting your faith and trust in him.

**Call to Worship:** based Psalm 42 As the deer pants for the water brooks, So, pants my soul for You, O God. My soul thirsts for God, the living God. For the living God my hope, And I shall ever praise Him."

## **How do you know God is on a deeper level?**

1. Check out the bible.
2. Pray with Scriptures.
3. Start a prayer journal.
4. Begin a conversation with a friend or someone who is open to discussing religion.
5. Start going to a church (if you're not already going).
6. Read biographies of people who were religious.
7. Spend more time with God—by meditation and prayer.
8. Diligently find Me. (Proverbs 8:17)
9. When someone come from darkness to the light.
10. Go from a life that is wrong to a life that is right according to God's standards.