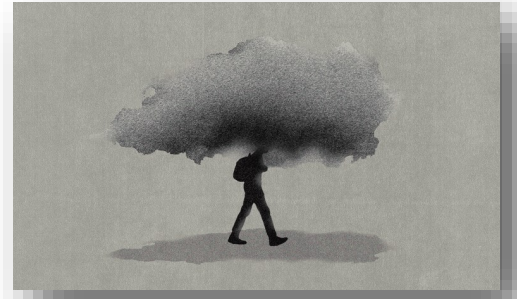


The Upward Look of a Downcast Soul



Psalms 42

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 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.

Trials and troubles in life can cast a cloud around us and cause us to fall into a deep spiritual depression.

How would you distinguish the difference between spiritual discouragement and spiritual depression?

A generation ago, disciples feared admitting that they were depressed. It was thought all mental issues could be solved by faith.

Can you name anyone in the Bible who could be considered depressed?

A. Observations About the Text

1. Ps 42 begins BOOK 2 of Psalms
 - several are written by sons of Korah
 - greater use of Elohim over Jehovah
2. It is thought that Ps 42 & 43 originally were one Psalm
 - no subscription to PS 43
 - similarity between 42:4,11; 43:5
3. It is very personal
 - more than 35 personal pronouns used

B. Background to the Psalm

1. It appears that the writer is absent from going to Jerusalem to worship (2b)
2. He is challenged by unbelievers (3, 10)
3. This leads to dark thoughts (7), feeling abandoned by God (9)
4. He talks to himself (5, 11)
5. He questions God (9)

What do you see in this Psalm that would conclude that he was depressed?

1. Remember the _____ of worship (4; Rev 2:5)
2. _____ in God (5)
3. _____ your blessings (8)
4. Things will not _____ this way (11)
5. With God you are _____ (10-11)

How can one pull himself out of spiritual depression (1 Samuel 30:6)?

