



————— ❧ *Week 2* ❧ —————

**Message Title:** Why am I downcast?

**This weeks focus scripture:** *Psalms 42*

**This weeks memory challenge:** *Psalm 42:11 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.*

————— ❧ *Message Notes* ❧ —————

† Ready for a long sentence? *In the Psalms, we see very REAL PEOPLE, pouring their hearts out to God (in the full range of human emotion, including laments, worship, and thanksgiving), in the firm conviction that God is SOVEREIGN, and that He will bring justice and goodness to His people, here on earth, in the midst of LIFE AS IT REALLY IS. Oh, and all this happens through the form of ancient Hebraic poetry, intended to be set to music.*

† The lens of the New Covenant: The writers of the Psalms cried out to God in the full confidence of what He WOULD DO. As New Covenant followers of Christ, we are in union with God because of what He has ALREADY DONE.

† Psalm 42, an introduction: *For the director of music. A maskil of the Sons of Korah.*

- Psalm 42 is the first in the second Book of the Psalms.

- Psalm 42 is either for or by the “Sons of Korah”. Tradition holds that Psalm 42 was written by, or expressing the experience of, King David.

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<sup>1</sup> As the deer pants for streams of water | so my soul pants for you, my God.  
<sup>2</sup> My soul thirsts for God, for the living God. | When can I go and meet with God?  
<sup>3</sup> My tears have been my food day and night | while people say to me all day long | “Where is your God?”  
<sup>4</sup> 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.

<sup>5</sup> 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.

<sup>6</sup> My soul is downcast within me; | therefore I will remember you  
from the land of the Jordan | the heights of Hermon—from Mount Mizar.  
<sup>7</sup> Deep calls to deep | in the roar of your waterfalls;  
all your waves and breakers | have swept over me.

<sup>8</sup> By day the LORD directs his love | at night his song is with me  
a prayer to the God of my life.

<sup>9</sup> I say to God my Rock | “Why have you forgotten me?  
Why must I go about mourning | oppressed by the enemy?”  
<sup>10</sup> My bones suffer mortal agony | as my foes taunt me,  
saying to me all day long | “Where is your God?”

<sup>11</sup> 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.