



Psalm 42
April 20, 2021

1For the director of music. A maskil of the Sons of Korah. As the deer pants for streams of water, so my soul pants for you, O God. 2My soul thirsts for God, for the living God. When can I go and meet with God? 3My tears have been my food day and night, while men say to me all day long, "Where is your God?" 4These 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. 5Why 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 6my God. My soul is downcast within me; therefore I will remember you from the land of the Jordan, the heights of Hermon—from Mount Mizar. 7Deep calls to deep in the roar of your waterfalls; all your waves and breakers have swept over me. 8By day the LORD directs his love, at night his song is with me—a prayer to the God of my life. 9I say to God my Rock, "Why have you forgotten me? Why must I go about mourning, oppressed by the enemy?" 10My bones suffer mortal agony as my foes taunt me, saying to me all day long, "Where is your God?" 11Why 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.

[Psalms 42:1-11 \(NIV\)](#)

Summary:

Verse 1-2 – The writer seeks God for help, but feels God is not responding.

Verse 3 – Things are not working for the writer. He is ashamed and feel others criticize him. How can someone who trust in God and claim to know Him be in such a bad position?

Verse 4 – The writer used to lead worship. He loved God and led other lovers of God to worship. He led people to God. Perhaps he even had the money and resources to throw huge celebrations and welcome others.

Verse 5-6 – The writer's heart, emotions, thoughts are discouraged. Yet, he holds on.

Verse 7 – (unclear) it can mean "I have faced all kinds of trouble that can be thrown at me" OR "My deepest hurts calls out to You who is deep"

Verse 8 – The writer believes God is always with him

Verse 9-10 – Yet, today (during these times), he feels God is not with him. God does not respond to his needs, and others oppress (make fun of, mocks) him. He is ashamed and even feels physically weak or sick as things do not work out.

Verse 11 – The writer asks his soul (heart, thoughts, emotions), why are you feeling down? Trust God!

Reflection Questions:

1. How are your interactions with God? When you seek Him, do you feel He is not there?
2. When things do not work out, it is often easy to want to hide. It may also feel as if others are against you and mocking you. How do you react? Also, how can you care for others who may be feeling this way?
3. What is the right position of our hearts when things do not work out right?
4. Who is the writer talking to in verses 5 and 11. Do you think that is effective? Are there other ways to achieve the same effect?