

“WHY SHOULD I FEEL DISCOURAGED?”

(Learning to have an unsatisfied heart; not a dissatisfied heart)

Psalm 42:1-11

Pastor Keith E. Gephart

INTRODUCTION

To whom do we owe this psalm? Sons of Korah (title)

What were the circumstances? Likely with David in his flight from Absalom (6)

What had been lost? Fellowship and worship at God’s house (4)

Why the sharing? A contemplative and instructive poem (title)

How bad had things become? Totally depressed and in despair (3, 5, 7, 11)

How were others involved? Mocking, ridiculing, oppressing (3, 9, 10)

What is desired more than anything? God Himself, more of Him, His daily loyal love and His song in the night, and fellowship in worship with God’s people. (1-2, 4, 8)

If there is one thing you learn from this psalm, let it be this:

God Has Made You For Himself, And You Will Never Find Fulfillment Apart From Him.

STOP BEING DEPRESSED, DISCOURAGED, AND AGITATED WITHIN—HOPE IN GOD!

- I. FEELING DEPRESSED (5a, 11a, 6a; cf. 43:5)
 - A. In a Bad Place (6b)
 - B. Eating more tears than food (3a; 9b)
 - C. Troubled by adversaries
 1. Mocked (3b; 10b)
 2. Oppressed (9b; 10a)
 - D. Overwhelmed and overcome (7)
 - E. God seems distant (9a)

- II. FINDING HELP
 - A. Tell it to yourself—5a, 11a
Pour out your soul within you (4a)
 - B. Tell it to God (6a)
 1. Remember Him (4a, 6b)
 2. Hope in Him (5b, 11b)
 3. Have confidence that you will still praise Him (5, 11)
 - C. Thirst for God (1-2)
 1. For that which is essential to life—thirst quenching water
 2. For the God who is Life (2) and gives me life (8c)
 3. For the God who is my rock (9a)
 4. For the fellowship of His presence (2b)

5. For the fellowship with God's people in His presence (4)
 - Joy
 - Thanksgiving
 - Keeping festivity
6. The saving deeds of His face (presence) (5) and the saving deeds of your face (11).

CONCLUSION

Sing: "His eye is on the sparrow."

So you are depressed. You are in a bad place, eating many tears, troubled with problems, overwhelmed and discouraged, God seems so far away.

Tell it to yourself, tell it to God, thirst for God!

STOP BEING DEPRESSED, DISCOURAGED, AND AGITATED WITHIN—HOPE IN GOD!