

PSALM 42

Thirsting for God

Introducing Psalm 42

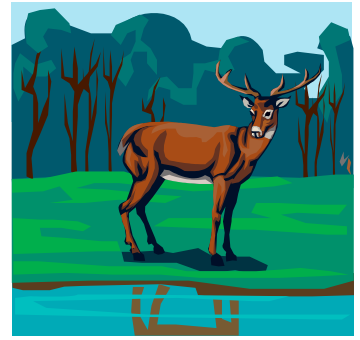
- ▶ Different author for first time.
- ▶ Comparisons between Books I and II. (See Notes.)
- ▶ Psalms 42 and 43 may be one psalm:
 - A number of Hebrew manuscripts.
 - Only Psalms 43 and 71 lack headings in Book II.
 - Refrain: 42:5, 11; 43:5.
 - Psalm 42:9 echoed by 43:2.

Introducing Psalm 42

▶ “The sons of Korah”

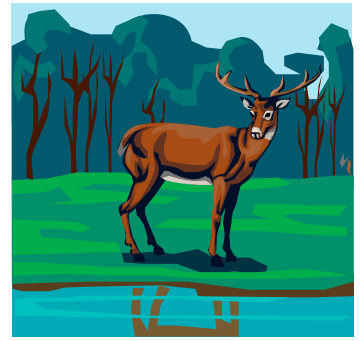
- Descendants of Kohath in the tribe of Levi.
- Assigned responsibilities in the Tabernacle and the Temple.
- One of their Temple ministries was the performance of music.
- God destroyed Korah and those with him who rebelled against Moses. **Numbers 16**
- Korah’s sons survived. **Numbers 26:11**

Singing Psalm 42



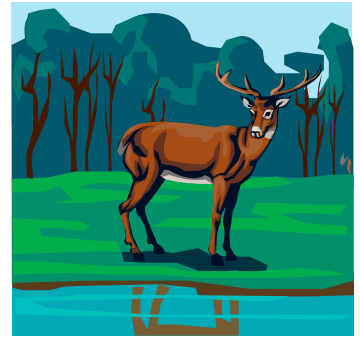
**As the deer panteth for the water,
So my soul longeth after You.
You alone are my heart's desire
And I long to Worship You.**

Singing Psalm 42



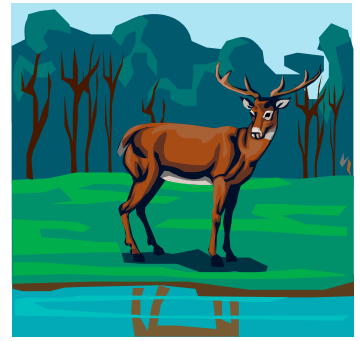
*You alone are my strength, my shield,
To You alone may my spirit yield.
You alone are my heart's desire
And I long to Worship You.*

Singing Psalm 42



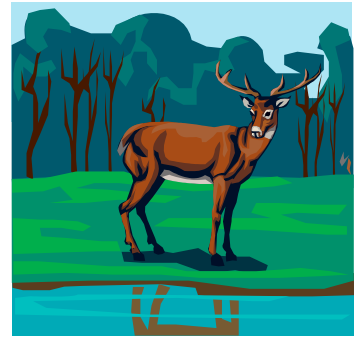
**You're my friend, and You are my
brother,
Even though You are a King.
I love You more than any other,
So much more than anything.**

Singing Psalm 42



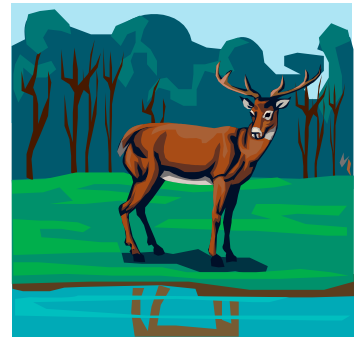
*You alone are my strength, my shield,
To You alone may my spirit yield.
You alone are my heart's desire
And I long to Worship You.*

Singing Psalm 42



**I want You more than gold or silver,
Only You can satisfy.
You alone are the real joy-giver
And the apple of my eye.**

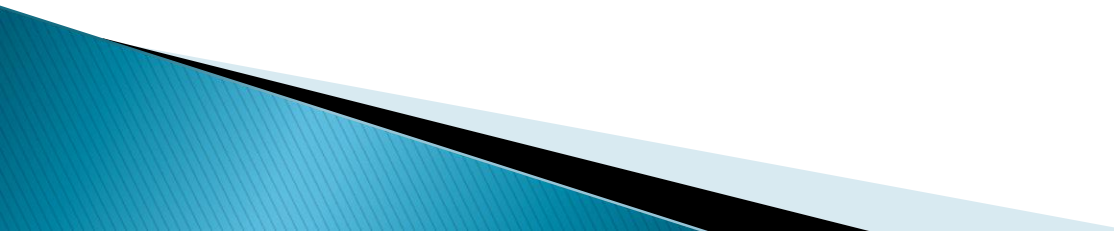
Singing Psalm 42



*You alone are my strength, my shield,
To You alone may my spirit yield.
You alone are my heart's desire
And I long to Worship You.*

— Martin Nystrom

Praying Psalm 42

- ▶ **My soul thirsts for You, O God. (v. 2)**
 - ▶ **My hope is in You, Lord. (v. 5)**
 - ▶ **Help me to remember all that You have done for me. (v. 6)**
 - ▶ **Father, may Your song be with me in my troubled nights. (v. 8)**
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Understanding Psalm 42

- I. The Psalmist's Introspection (42:1–5)
- II. The Psalmist's Retrospection (42:6–11)
- III. The Psalmist's Vindication (43:1–5)



Understanding Psalm 42

Heading: “A Maskil”: Masquil

- ▶ 2nd occurrence in a psalm heading.
- ▶ 13 psalms: Psalms 32, 42, 44, 45, 52, 53, 54, 55, 74, 78, 88, 89, and 142.
- ▶ Best meaning: an artistically molded song in keeping with the principles of wisdom.
 - See the use of *maskil* in Psalm 47:7 [8] and in 2 Chronicles 30:22 (ESV: “who showed good skill”).

Understanding Psalm 42

v. 2 “the living God”: do Deus vivo

- ▶ A contrast to lifeless idols or a reference to the psalmist’s source of life?
- ▶ Note v. 8, “the God of my life”: ao Deus da minha vida.
- ▶ Compare v. 2b: “When shall I come and appear before God?": quando entrarei e me apresentarei ante a face de Deus?
- ▶ God is the ultimate source of the psalmist’s life in both its content and its quality.

Understanding Psalm 42

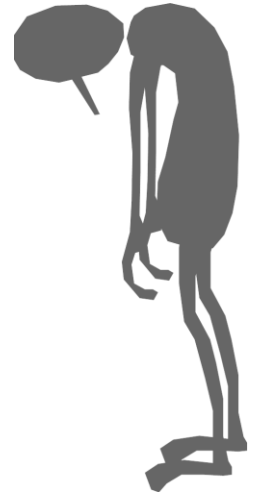
vv. 3, 10 “Where is your God?": Onde está o teu Deus?

- ▶ **Emphasis on this question from the psalmist's taunters.**
- ▶ **In a society where virtually no one was an atheist, this was a particularly hurtful question.**
- ▶ **Its meaning is “Where's your God when you need him? Is He really of any use?”**

Understanding Psalm 42

vv. 5, 11 “Why are you in despair, O my soul?”: Por que estás abatida, ó minha alma?

- ▶ **The psalmist is experiencing depression.**



Understanding Psalm 42

vv. 5, 11 “Why are you in despair, O my soul?": Por que estás abatida, ó minha alma?

- ▶ **The psalmist is experiencing depression.**
- ▶ ***What are the symptoms of his depression?***
 - Sleeplessness or too much sleep.
 - Sluggishness.
 - Sense of hopelessness & abandonment.
 - Focusing on bad times & hurtful memories.



Understanding Psalm 42

vv. 5, 11 “Why are you in despair, O my soul?”: Por que estás abatida, ó minha alma?

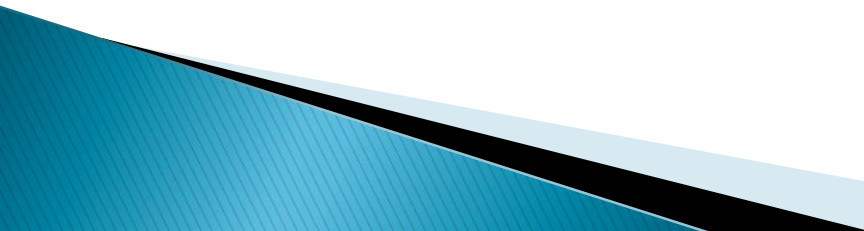
▶ *What are the things that are involved in curing his depression?*

- Talk to yourself more than your troubles do—recount what God has done.
- Prayer & hope in the Lord.
- The Word—read & meditate.
- Exercise & healthy diet.



Understanding Psalm 42

v. 6 “Therefore I remember You”: por
isso lembro-me de ti desde

- ▶ Remembrance is more than just a reference to memory.
 - ▶ It is a recall that calls one to action based upon that recall.
 - ▶ Forgetfulness involves resisting or rejecting what is recalled, resulting in inaction.
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Understanding Psalm 42

v. 6 “Mount Mizar”: e desde os
hermonitas

- ▶ “Mizar” means “little hill” or “little mountain.”
- ▶ Mizar was probably one of the lesser peaks in the Mt. Hermon range.
- ▶ Perhaps the psalmist is in that region or remembers his visit(s) to that region at the headwaters of the Jordan River.

Understanding Psalm 42

v. 7 “deep [abismo] . . . waterfalls [catadupas] . . . breakers [ondas] . . . waves [vagas]”

- ▶ The metaphor of overwhelming water and flood depicts the psalmist’s sense of despair and need for help.



Understanding Psalm 42

v. 8 “The LORD will command His lovingkindness”: Contudo o SENHOR mandará a sua misericórdia

- ▶ “In the midst of the drowning flood, God throws the psalmist a lifeline. ... His thrashing hand grips the line of God’s ‘love [*hesed*]’ (42:8), God’s faithful, committed, covenant love that endures forever.”

— Gerald H. Wilson

Understanding Psalm 42

v. 8 “The LORD will command His lovingkindness”: Contudo o SENHOR mandará a sua misericórdia

- ▶ “It is no accident that here alone in this first psalm of the Elohist Psalter, the name of Israel’s covenant God, Yahweh (‘LORD’), appears. It is as if the two belong together; Yahweh and *hesed* cannot be separated.”

— Gerald H. Wilson

Preaching/Teaching Psalm 42

- ▶ **The primary remedy for depression is to gain control of our memories by focusing on what God has done for me.**
 - ▶ **Hope in a time of despair must be centered on God alone.**
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