

**I. Introduction and review.**

- A. Do you ever feel like your life is falling apart.
- B. Each of the three stanzas ends with almost identical refrains of hope.  
The drought. 42:1-5 The depths. 42:6-11 The deliverance. 43:1-5

**II. Like the Psalmist, you may experience overwhelming spiritual drought.**

- A. What causes spiritual drought? v. 1-2
  - 1. Sometimes depression is the consequence of sin. Isa. 5:13 Amos 8:11f Deut. 28:23 Jer. 14:1f 2:13 17:13
  - 2. Sometimes depression is not directly caused by personal sin. Job 1-2
- B. You may feel separated from God's presence. 42:2b, 4, 6
  - 1. The Psalmist is away from the Sanctuary.
  - 2. He remembers better days when he worshiped with God's people. 42:4 Ex. 23:14
  - 3. You may remember better days with the Lord. Rev. 2:4-5
- C. You may be overwhelmed with the grief and hardship God has brought. 42:3a,6a,7
  - 1. Tears for food. Ps. 80:5 Jer. 9:1
  - 2. Mourning. 42:9 43:2
  - 3. Troubles seem to come in waves. 42:7 Jonah 2:3,6
- D. You may be mocked and oppressed by enemies. 42:3b, 9b-10 43:1,2b Ps. 69:21  
II Sam. 16:5-8 Ga 5:24
  - 1. They torment you when they see you are down: *Where is your God?* 79:10 115:2
  - 2. Words do break your bones. v. 10a
  - 3. You may plead to God for vindication. 43:1
- E. You may feel God has forgotten and rejected you. 42:9a 43:2a Lam. 5:20,22
  - 1. The Psalmist thirsts for God, but God isn't quenching his desire.
  - 2. *If you are on my side, why aren't you helping me?* 43:2
  - 3. You may be tempted to doubt.

**III. The Psalmist shows you how to overcome spiritual dryness.**

- A. Talk to yourself. Remember! 42:5,11 43:5
  - 1. Don't be controlled by your feelings. 42:5a
  - 2. Don't judge reality by your circumstances. II Co. 5:7
  - 3. Remember your past enjoyment of fellowship with God. 42:4,6a
  - 4. Remember God's lovingkindness. 42:8 Ps. 119:76 Jonah 2:7 Isa. 49:15
  - 5. Remind yourself of your ultimate eschatological *hope* in God: in the end you will praise Him. 42:5b,11b 42:5b 39:8 Job 13:15 Jonah 2:9 Isa. 51:5
  - 6. You may have to keep talking to yourself. 42:5,11 43:5 Heb. 6:19
- B. Go to God to quench your spiritual thirst. 42:1-2,4 63:1 143:6 36:8-9 Mt. 5:6
  - 1. Nothing else will satisfy you. v. 1-2 Isa. 55:1-2 Rev. 3:17
  - 2. Seek His presence in prayer. v. 9a
  - 3. Seek His presence through public worship. v. 4
  - 4. Draw near to Him through His Word. Ps. 119:97,105
  - 5. You need to drink daily.

- C. Cry out to God for help. 42:6, 9 43:1,3
1. Cast your troubles upon Him. v. 6,9 I Pet. 5:7
  2. He is the Rock of your salvation. 42:9a 18:10 Deut. 32:4 Ex. 17:3-7
  3. Ask Him to take up your case. 43:1 35:1
  4. Seek His light and truth.. 43:3a Isa. 58:8 60:1-3 John 1:1f
- D. Praise Him with joy. 43:4,5,8b 42:5,11
1. Finally the Psalmist looks forward with confidence to being in God's presence.
  2. His circumstances haven't changed, but he is victorious.
  3. If God gives you the thirst for His presence, He will fulfill it.
  4. He satisfied His people's thirst under the Old Covenant. Ex. 17:3-7 Isa. 48:21 Nu. 20:2f Ps. 107:4-9 Neh. 9:15,20

#### IV. The Psalmist points you to Christ.

- A. Jesus suffered the ultimate spiritual thirst. John 19:28
1. The cause of His thirst was not his own sin, but ours.
  2. He was separated from God the Father's presence. 42:2b, 6 II Co. 8:9 Phil. 2:5f He too remembers better days. 42:4 John 17:5
  3. He was overwhelmed with the grief and hardship God has brought into his life. 42:3a,7 Jonah 2: Mt. 26:37-39,42
  4. He was mocked and oppressed by his enemies. 42:3b 9b-10 43:1,2b Mt. 27:41-44
  5. He felt the Father had forsaken him. 42:9a 43:2a Mt. 26:46
  6. He is able to sympathize with you in your trouble. Heb. 4:15
- B. Jesus alone satisfies your thirst by bringing the eschatological blessings, the living water, for which the Psalmist longed. John 4:13-15 7:37-39 6:35 Ezek. 47:1-12 31:9 34:26 Zech. 13:1 14:8 Isa. 12:3
1. He pours out His Spirit. Isa. 44:3 32:5 35:6f Ezek. 36:25-27
  2. He leads a new Exodus into the promised land. Is. 41:17-20 49:10 43:20 Jer. 31:9 I Co. 10:5 Ex. 17:6f
  3. We shall never again thirst. 42:1-2 Rev. 21:6 22:17
  4. Every tear shall be wiped away. 42:3 Isa. 25:8 Rev. 7:17 21:4
- C. Jesus is the answer to the Psalmist's Prayers.
1. He is the New Temple. John 2:21 Heb. 10:21
  2. He is our advocate. 43:1 I John 2:1-2
  3. He is the Truth and the Light: our Great Joy. 43:4 John 14:6 7: Isa. 60:1-3

#### V. Concluding applications.

##### Discussion questions for family worship

1. What are the circumstances of the Psalmist as he writes?
2. What are some typical causes of depression (spiritual drought)?
3. What should a depressed person do to find relief?
4. What significant principles can be found in the Psalmist's refrain? 42:5,11 43:5
5. How does God satisfy spiritual thirst?
6. Why is it that none other than God can bring spiritual satisfaction?
7. In what sense did Jesus experience spiritual thirst?
8. How does Jesus provide for the satisfaction of your spiritual thirst?
9. How does Jesus answer all of the Psalmist's prayers?