

PRAYING PSALMS 42-43

“Why are you cast down, O my soul? Why are disquieted within me? Hope in God; For I shall yet praise Him, the help of my countenance and my God” (Psalms 42:11; 43:5).

Psalm 42-43 are really two parts of the same psalm. They were combined and used by the sons of Korah for corporate prayer and worship. 1. THE PSALMIST PANTS FOR GOD (42:1-5). The soul of the person was thirsty for God and was sensing a need for His presence. He was drawn to God in prayer. His need for God was expressed in tears. He was discouraged. He apparently was running from his enemies and wished he could pray at the temple. He asked a question: “Why is my heart so sad?” He felt the need to pray. 2. THE PSALMIST PRAYS TO GOD (42:6-11). He stood 9,000 feet above the Mediterranean Sea on Mount Herman. Before him stood the largest waterfall in Israel. Being reminded of the depths of God’s love, he prayed. He prayed in the day, and God answered him at night – with a psalm, possibly this psalm (8). The psalmist prayed by asking himself a question and the answer came before he finished the prayer – Hope in God (9-11). THE PSALMIST PLEADS WITH GOD (43:1-5). He asked God to take up his cause and to lead him by the light of His truth.

The theme of this psalm is that God is always ready to help you. The lessons of this psalm are truly amazing. 1. You can talk to God anywhere. You don’t have to be in church. 2. Thirst for God is revealed often by sadness in your spirit. It is God’s way of drawing you to prayer. 3. Questioning yourself can be a way of praying. Sometimes self-talk is God-talk. 4. God can answer your daytime worries by a song in the night. Prayer can transfer daytime burdens to music in the night.