

**"TROUBLE TIMES"**

**Psalm 42  
(Part II)**

**Why is the Psalmist troubled?**

1. The Psalmist is experiencing discouragement because he cannot worship God. **Verse 1-2** The one thing he wants to do more than anything else is worship God
2. The Psalmist is experiencing discouragement because he feels attacked by his enemies. **Verse 3, 9-10** they ask him where is your God? They are questioning him about the faithfulness of his God
3. The Psalmist is experiencing discouragement because of the overwhelming trials of life (**Ps 42:7**). A bit further on in this psalm the writer speaks of the overwhelming trials of his life, referring to them as "waves and breakers" that have swept over him.
4. The Psalmist is experiencing discouragement because he feels he has been forgotten by God. **Verse 9**

**How should we respond to a troubled Soul?** The psalmist does not repeatedly and endlessly rehearse and describe the unending trouble that he finds himself in; no he talks to himself about himself, he questions his soul, he intervenes, he rebukes his soul, he challenges his soul, he exhorts his soul to trust in God, and this makes all the difference in his soul and it will make all the difference in our souls. The practice of talking to our soul is so neglected by those who feel hopeless. Spiritual depression is this that we allow ourselves to talk to us instead of talking to ourselves. "Have you realized that most of your unhappiness in life is due to the fact that you are listening to yourself instead of talking to yourself?" says, D. Martyn Lloyd-Jones author of *Spiritual Depression: It Causes and Cures*. Jones also comments, "Take those thoughts that come to you the moment you wake up in the morning. You have not originated them, but they start talking to you, they bring back the problems of yesterday, etc." When you take the man in this passage, instead of allowing himself to talk to him he starts talking to himself, He says to himself, I am going to do all the talking and you are going to do the listening, He turns to himself, exhorts himself, tells himself put your hope in God. Paul Tripp writes, "No one is more influential in your life than you are because no one talks to you more than you do."

In **Verse 8**, instead focusing on his troubles the psalmist turns his knowledge of God into a song and a prayer. He sings and prays to God. Praise and Prayer are two ways we talk to God. The lesson here is that when we are troubled we should talk to God. So many times when you're troubled, the last thing you feel like doing is praising and praying to the Lord. The Bible says, "Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need" (**Hebrews 4:16**).

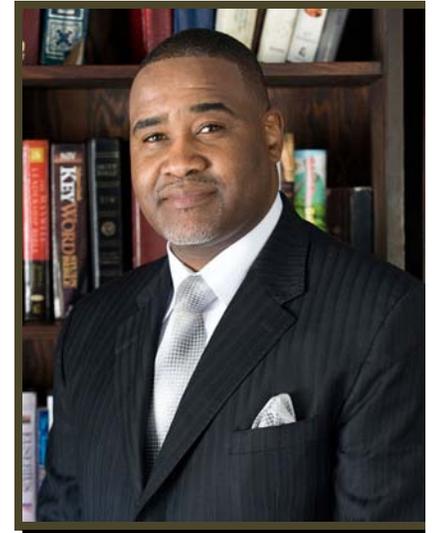
Finally, the psalmist realized that despite his circumstance he still has hope. Hope leads the psalmist away from despair. The pleasant words of **Psalm 42:5** are repeated as both important and helpful. The psalmist - and everyone buried under troubled need to keep hope in God and keep confidence that they shall yet praise Him. Hope is not finger-crossing. It is not the lip-biting gaze as you watch the place kicker go for a field-goal in the last ten seconds when you are down by two points. Hope is not a philosophy. It is a person and His name is Jesus. It's all about the cross, all about the finished work of Christ. The Psalmist felt abandon by God but Jesus was abandon by God as "Now My soul has become troubled; and what shall I say, "Father, save Me from this hour but for this purpose I came to this hour." (**John 12:27**) The Psalmist was in anguish from the taunts of his enemies but Jesus was crush by the Father for the sins of humanity. The Psalmist felt forsaken by God but Jesus was forsaken by the Father and cried aloud, "My God My God why has thou forsaken me. "(**Matthew 27:46**) When you need hope look to the author and finisher of Faith Jesus.

**Principal: When you cannot see God's hand trust God's Heart**

D. Martyn Lloyd-Jones, *Spiritual Depression: Its Causes and Cures*, (Grand Rapids: Wm. B. Eerdmans Publishing Co., 1965), 20-21.

<http://www.paultripp.com/wednesdays-word/posts/you-talk-to-yourself>

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