

**I. Introduction:**

- A. Have you ever been at the point of despair?
- B. The psalmist's three laments (42:1-4,6-10 43:1-4) are each followed by a call to hope in God (42:5,11 43:5).

**II. The psalmist's lament – He is dry and drowning all at the same time. 42:1-4,6-10 43:1-4**

- A. Are you experiencing spiritual drought? 42:1-4
  - 1. The psalmist thirsts for God. 42:1-2a
  - 2. He is miserable because he is far from God's presence. 42:2b,4,6 Ex. 23:14
  - 3. His misery is multiplied – tears and mocking. 42:3,5a Ps. 80:5 Jer. 9:1
  - 4. What causes spiritual dryness (depression)?
    - a. Sometimes spiritual depression is the consequence of personal sin. Isa. 5:13 Amos 8:11f Deut. 28:23 Jer. 14:1f 2:13 17:13 Ps. 32:3-4
    - b. Sometimes external circumstances or bodily trials lead to depression. Job 1-2
  - 5. Can you relate to the psalmist's experience?
    - a. Do you feel far from God?
    - b. Do you remember better days with the Lord? Rev. 2:4-5
    - c. Are you sad when you are separated from worshiping God with His people?
    - d. Do your unbelieving enemies mock your faith?
    - e. Does your misery spoil your appetite for any earthly pleasure? v. 3a
    - f. Do you feel tempted to despair? v. 5
  - 6. When you are down, do you look to God Who alone can quench your thirst?
- B. Do you feel that you are drowning in sorrow? 42:6-10 43:1-4
  - 1. The psalmist's soul has sunk down into despair. 42:6
  - 2. Do you sometimes feel that you are drowning as trouble comes in waves? 42:7 Jonah 2:3,5,6 2 Sam. 22:5
  - 3. You feel that your bones are being crushed by the hateful words of your enemies. 42:9b-10,3b 43:1,2b Ps. 69:21 1 Sam. 17:10,26 2 Sam. 16:5-8 Ga 5:15 Ex. 20:13
  - 4. You may wonder if God has completely forgotten and rejected you. 42:9a 43:2a Lam. 5:20,22 3:17

**III. The psalmist's hope – How to overcome spiritual despair. 42:5,8,11 43:1-5**

- A. *Stop listening to yourself and instead start talking to yourself!* 42:5,11 43:5 Phil. 4:8-9
  - 1. Don't listen to your feelings. 42:5a,11a 43:5a Prov. 14:12 3:5-6
  - 2. Don't judge reality by your circumstances. 2 Co. 5:7 2 Kings 6:16-17
  - 3. Remember your past enjoyment of fellowship with God. 42:4
  - 4. Remember God's covenant lovingkindness. He cannot forsake you. 42:8 Ps. 119:76 Jonah 2:7 Isa. 49:15 Heb. 13:5
  - 5. Hope in God, waiting patiently for His presence. 42:5b,11b 32:5b 39:8 Job 13:15 Jonah 2:9 Ps. 130:7 147:11 69:3 1 Jo. 3:1-2 1 Co. 13:12 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 Ps. 63:1 143:6 36:8-9 Mt. 5:6 Joel 1:20 Mt. 4:4
  - 1. No-one and nothing else will satisfy you. 42:1-2 Isa. 55:1-2 Rev. 3:17
  - 2. Keep seeking God's face in prayer. 42:1-2,6,9 43:1-4 1 Sa. 1:15 Lu. 18:1ff
    - a. Cast your troubles upon Him. 42:6 43:1 I Pe. 5:7 Ps. 35:1 37:1 Jonah 2:7
    - b. Ask God to remain faithful to His character and promises. 43:3a

3. Draw near to God through public worship. 42:4 43:4 Heb. 10:25
4. Listen to Him as He leads you through His Word of truth and light. 43:3  
Ps. 119:97,105 19:7ff 23:3 36:9 Isa. 58:8
5. You need to drink daily.

**C. Praise God with joy. 43:4-5 42:8b**

1. God has an unshakable lovingkindness towards His people. 42:8
2. God is the Rock of your salvation Who satisfies all who thirst for Him. 42:9a  
Ps. 18:10 107:4-9 Deut. 32:4 Ex. 17:3-7 Is. 48:21 Nu. 20:2f Neh. 9:15,20
3. The psalmist confidently awaits returning to worship in God's presence. 43:3b-5
4. The psalmist's circumstances have not changed, but he is joyful and victorious.
5. God alone, not people and circumstances, will deliver you from despair.

**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 remembered better times. 42:4 John 17:5
3. He was overwhelmed with the grief and hardship which God had brought into his life. 42:3a,7 Jonah 2:1ff Mt. 26:37-39,42 John 12:27-28
4. He was mocked and oppressed by his enemies. 42:3b 9b-10 43:1,2b Mt. 27:41-44
5. He felt that the Father had forsaken him. 42:9a 43:2a Mt. 27:46
6. He is able to sympathize with you in your trouble. Heb. 4:15

**B. Jesus is the answer to the psalmist's prayers.**

1. He satisfies our thirst with living water. 42:1-2 John 4:13-15 7:37-39 6:35  
Eze. 47:1-12 31:9 34:26 36:25-27 Zec. 13:1 14:8 Isa. 12:3 44:3 32:5 Jer. 31:9
  - a. God's provision of water in the Old Testament is a type of Christ. I Co. 10:5
  - b. He pours forth His Spirit. Isa. 44:3 32:5 35:6ff Ezek. 47:1-12
  - c. Because of Him we shall never again thirst. 42:1-2 Rev. 21:6 22:17
2. He fulfills the hope of God's people. 42:5,11 43:5
  - a. He is the New Temple and fulfills the Old Covenant feasts. 42:4 John 2:21
  - b. Every tear shall be wiped away. 42:3 Ps. 126:5 Isa. 25:8 Rev. 7:17 21:4
  - c. Through Him we enter the very presence of God. 42:2,4 43:3b-5 Eph. 2:18
3. He is our advocate. 43:1 I John 2:1-2
4. He is the Truth and the Light: our great joy. 43:3-4 Jo. 1:4 14:6 8:12 Isa. 60:1-3

**V. Concluding applications: Are you thirsty?**

**Discussion questions**

1. What are the circumstances of the psalmist as he writes?
2. What are some typical causes of depression (spiritual drought)?
3. What would you tell a depressed person to do to find relief?
4. Why does the Psalmist say the same thing three different times? 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?