

## Read PSALM 42 & 43

### Introduction

Many people, including Christians, are often depressed and despondent. Psalms 42 and 43 are about depression and despondency but though they describe how we may feel right at times, this is not the final act of the life story for the Christian

### Summary

**Psalms 42 & 43 are a combined lament of a temple servant, who is downcast over his separation from the presence of God, outlining the reasons for spiritual depression and indicating the cure.**

#### 1. Necessary Background

Book 2 of the Psalms comprises psalms 42-72, eight of which are written by “the sons of Korah.” The Korahites were Levites, descended through Kohath, Korah’s father (1 Chron 6:22-48; 9:17-32; 2 Chron 20:19). They served as musicians in the temple. Psalms 42 and 43 were, most likely, originally a single composition.

#### 2. Identified Causes vv. 42:1-10

- 2.1 Forced absence from the temple in Jerusalem, where God was worshiped (42:1-2)
- 2.2 The taunts of unbelievers (42:3, 10)
- 2.3 Memories of Better Days (42:4)
- 2.4 The overwhelming trials of life (42:7)
- 2.5 God not acting quickly on our behalf (42:9)
- 2.6 Attacks from ungodly, deceitful and wicked people (43:1).

#### 3. Prescribed Cure vv. 42:5-6; 11; 43:5

- 3.1 He gets a hold of himself
  - 3.2 He challenges himself to do what needs to be done
  - 3.3 He reminds himself of a great certainty
- Is there a cure for depression? Yes. Not in us; only in God.

#### 4. Cross Centered Psalm

Christ's saving work should lift our downcast souls in any form of distress: "I shall again praise him, my salvation and my God."

Because of Jesus, God will never forsake us and will rise us up on the last day. This gospel is cause enough for us to say: why are you cast down, O my soul?"