

Spiritual Talk

Discussion and Understand the Context are adapted from EXPLORE THE BIBLE: PSALMS –INSPIRING TRUTHS
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Psalm 42

¹As a deer pants for flowing streams, so pants my soul for you, O God. ²My soul thirsts for God, for the living God. When shall I come and appear before God? ³My tears have been my food day and night, while they say to me all the day long, "Where is your God?" ⁴These things I remember, as I pour out my soul: how I would go with the throng and lead them in procession to the house of God with glad shouts and songs of praise, a multitude keeping festival. ⁵Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation ⁶and my God. My soul is cast down within me; therefore I remember you from the land of Jordan and of Hermon, from Mount Mizar. ⁷Deep calls to deep at the roar of your waterfalls; all your breakers and your waves have gone over me. ⁸By day the Lord commands his steadfast love, and at night his song is with me, a prayer to the God of my life. ⁹I say to God, my rock: "Why have you forgotten me? Why do I go mourning because of the oppression of the enemy?" ¹⁰As with a deadly wound in my bones, my adversaries taunt me, while they say to me all the day long, "Where is your God?" ¹¹Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God.

Understand the Context

The writer of this Psalm is not specifically identified, the general consensus is that it was written by the sons of Korah. They were Levites who were descendants of Kohath, the father of Korah. They produced and performed music while the tabernacle was in the wilderness and after the construction of the temple in Jerusalem. There are 11 Psalms attributed to the Sons of Korah.

The writer of this Psalm found himself in exile, separated from God's people, thought the exact cause and place of exile are unknown. With the privilege of serving as a Levite taken away from him, the writer fell into deep depression.

In spite of his suffering and depression, he still praises the Lord, because he knows that God is his only source of hope.

He puts his hope in God and continually praises the Lord.

In this Psalm we get a glimpse and hear echoes of Jesus, the suffering servant. We can compare the forsakenness experienced by the Psalmist with the cry of neglect voiced by Jesus on the cross in Mark 15:34. The presence of thirst sounds familiar to the thirst Jesus felt for God the Father when He was on the cross.

In this Psalm, it is important to know and understand that God's presence serves as encouragement during discouraging times. God will never leave you or forsake you.

Discussion

- What does thirst for God look like? How can we quench this thirst?
- How does the promise of God's presence serve as encouragement during hard times?
- Do you find it difficult to praise God during difficult times?
- Would anyone like to share a time when you were aware of or sensed God's presence while facing a difficult situation?

