

“Hope Thou in God”

Psalm 42:1-11 (King James Version)

INTRODUCTION: WHAT DOES THE BIBLE HAVE TO SAY?

Good morning to everyone.

I pray that today as we gather around the Word of our Almighty Lord God, that we will receive a blessing and a renewed faith, and hope as we continue to trust in Jesus Christ our Lord and only Saviour.

We are reminded and brought to the attention of what the New Testament shows us in Hebrews 11 verse 1.

Hebrews 11:1-3 (King James Version)

1. Now faith is the substance of things hoped for, the evidence of things not seen.

1. You see without hope in Jesus Christ there is no saving faith.
 2. If you have hope you can have faith in God to be your protector. An eternal protector of salvation at that.
 3. You see, hope is not just a New Testament phenomenon.
- ✓ But to have faith, a person needs to have hope. Of course we are speaking about a hope in God.
 - ✓ Now faith is the substance of things hoped.
1. Those things that are hoped for can only be a reality in God. That hope is a hope of salvation and an eternity with God.
 2. Therefore, as God’s children we can pray the Lord’s prayer, and ask for protection against all that is evil, and that only the Lord can do.
 3. In Hebrews 11 and in verse 2 and verse 3, the scriptures tell us that it was this hope, and subsequent faith that the elders (the prophets of God) obtained a good report.

Hebrews 11: ² For by it the elders obtained a good report. ³ Through faith we understand that the worlds were framed by the word of God, so that things which are seen were not made of things which do appear.

✚ Faith and hope cannot be separated. And it is this focus of Psalm 42:1-11.

PSALM 42

As we gather around our morning scripture for today, the scriptures reveal a blessing from the Lord.

In a previous Sunday message that I brought on the subject of “the Creator and Sustainer of Life”; so too shall this message continue with the same theme in mind, but we will however only look to the Old Testament in Psalm 42 to see how we can also have hope in God as many of the prophets did in a time of distress.

In that previous message we saw that both in the Old Testament and in the New Testament that the LORD has always been there for anyone to call upon him for salvation and for any need in a time of distress as a believer in God.

- ✓ As I thought about the various circumstances that we may all be facing, I felt that once again we needed some further encouragement from the scriptures.
- ✚ The scripture of Psalm 42:1-11 gives the believer wonderful hope and a renewed faith in God as it explains itself to us all. It is a wonderful account of King David turning to God in Davids time of sorrow and weakness.
- ✚ It is a Psalm of hope and comfort to every believer who will take the time to read it.

- ✚ Let's take a look now at Psalm 42.

Psalm 42:1-11 – (King James Version)

1 As the hart panteth after the water brooks, so panteth my soul after thee, O God.

2 My soul thirsteth for God, for the living God: when shall I come and appear before God?

3 My tears have been my meat day and night, while they continually say unto me, Where is thy God?

4 When I remember these things, I pour out my soul in me: for I had gone with the multitude, I went with them to the house of God, with the voice of joy and praise, with a multitude that kept holyday.

5 Why art thou cast down, O my soul? and why art thou disquieted in me? hope thou in God: for I shall yet praise him for the help of his countenance.

6 O my God, my soul is cast down within me: therefore will I remember thee from the land of Jordan, and of the Hermonites, from the hill Mizar.

7 Deep calleth unto deep at the noise of thy waterspouts: all thy waves and thy billows are gone over me.

8 Yet the LORD will command his lovingkindness in the day time, and in the night his song shall be with me, and my prayer unto the God of my life.

9 I will say unto God my rock, Why hast thou forgotten me? why go I mourning because of the oppression of the enemy?

¹⁰ As with a sword in my bones, mine enemies reproach me; while they say daily unto me, **Where is thy God?**

¹¹ Why art thou cast down, O my soul? and why art thou disquieted within me? hope thou in God: for I shall yet praise him, who is the health of my countenance, and my God.

1. Although I suppose that some of us may or may not have read this scripture before and or who may not fully understand what it is speaking about and why the Lord chose to put it in our bibles as scripture.
2. Or perhaps we may have even sung part of this Psalm 42 as a Hymn or sung it without even being aware of its meaning.

So let's begin.....

The Lord has placed the Book of Psalms in His Word to be of encouragement to those who believe when they are feeling down, or lost, or struggling through difficult times and situations.

Or for those who feel unsure about many things in their lives. And so we often read the Psalms for encouragement.

✚ Well today this is no exception with Psalm 42.

- ✓ I know that this Psalm will be like a mirror to our lives which have been disrupted by the circumstances and trials that we may be facing.
1. To begin with let us first understand the Psalm and its writer.
 2. Psalm 42 is written by King David at a very low point in His life.
 3. It is said that whatever the persecution was it caused David to sink into a time of despair and reevaluating his life as to what was important.
 4. Who would have thought that even a great King like David, appointed by God, would feel despair and sorrow. You see the problem was not finance related, because King David had more money available to him than anyone else. So...this was a spiritual problem and David knew that.
 5. This was after all a great king whom God had chosen, and this is recorded for us to read in the New Testament as seen below.

Acts 13:22 (King James Version).

22. And when he had removed him, he raised up unto them David to be their king; to whom also he gave their testimony, and said, **I have found David the son of Jesse, a man after mine own heart, which shall fulfil all my will.**

✚ Let's examine Psalm 42 verse by verse.

1. As the hart (a deer) panteth after the water brooks, so panteth my soul after thee, O God.

- a. David uses words that we can understand. He tells us that as a hart (which is a deer) pants after the water brooks so his soul pants after the Lord.

Why? You may ask?.....

- b. You might not understand yet what is going on, but you will shortly.
 - c. When a hart which is deer is being chased for example by a hunter or predator in the woods it tires very quickly and one of the first thoughts of survival is to find a drink of water. A drink of water from the brook (or streams) it may come across in its flight.
 - d. David equates this as a time where he is being pursued by an enemy like when he was being pursued by King Saul or Absalom his own son who wanted to kill him.
1. Without going into too much detail, which is very interesting to read in the Old Testament about who was always trying to kill King David.
 2. Mostly it was Davids own son or Father-in-law Saul who was out to kill David.

And this Psalm 42 could well be the defining moments of David's plea to call out to God in Psalm 42.

3. For the sake of keeping this message short I will only mention and denote the passages of scripture which you can read about these events so we can continue to look at Psalm 42.
4. Here are a few versus about King Saul's plot to kill Daid, as well as Davids own son Absalom's who plotted to kill David.

Saul was compelled to place young David at the head of his army (I Samuel 18:5). Even though King David then married Saul's younger daughter Michal who was David's first wife.

- a) And even though David became a close friend of Saul's son Jonathan, an intense rivalry developed between the young new general David and King Saul.
- b) Saul even asked his son Jonathan to kill David, but he refused. Jonathan was a great and loyal friend to David, and even warned David of his father's plot to kill him.

Absalom, according to the Hebrew Bible, was the third son of David, King of Israel with Maacah, daughter of Talmi, King of Geshur. (2 Samuel 14:25) describes him

as the most handsome man in the kingdom. Absalom eventually rebelled against his father David and was killed during the Battle of Ephraim's Wood.

✚ So, David was always having to check over his shoulder. Something you have to do when living in a hostile environment.

✓ Let us continue now with Psalm 42 and verse 2 now that you have some background on why David is away from His place of worshipping God.

2 My soul thirsteth for God, for the living God: when shall I come and appear before God?

1. With David, he loved God dearly, and so wanted to be close as he could to God.
2. He reminds us about him having to take refuge for a while under persecution, and it's making him miss the Lord God, and he explains it as "as a deer misses water" when its tired.

So, what is David saying?

3. Well as we read the rest of verse 2, he asks the question that perhaps many of us would ask ourselves during a situation of hardship. He asks "**when shall I come and appear before God?**"
 4. A fair question to ask in that distress of David situation.
- ✓ By the time we get to verse 3 David is in huge distress.

3 My tears have been my meat day and night, while they continually say unto me, Where is thy God?

1. Wherever David may have been seeking refuge could be perhaps or "maybe compared to a situation where we are not in control".
2. He is constantly being attacked by comments from the unsaved, unbelieving people around him.
3. He is so distraught with that fact, and so he is crying, and the tears are streaming down his face and even going into his mouth as he says "**3 My tears have been my meat day and night.**"
4. At this stage I don't think he is even in the frame of mind to eat or drink from that brook of water, because he clearly is upset that he is not able to freely go worship God.

❖ **Now at this stage it is important for me to say this about worship in the OT.**

1. Throughout the Old Testament we see that in Jerusalem was the place they went to worship God?

You might ask why?

2. Well, remember that is where the Ark of the Covenant was kept in the Temple.
3. And that's where the people worshipped God. Because they felt closer to God when they were close to the Arc of the Covenant.
4. If you read (John 4:20-24) you will see what Jesus said.

John 4:20-24

²⁰ Our fathers worshipped in this mountain; and **ye say, that in Jerusalem is the place where men ought to worship.**

²¹ **Jesus saith unto her, Woman, believe me, the hour cometh, when ye shall neither in this mountain, nor yet at Jerusalem, worship the Father.**

²² Ye worship ye know not what: we know what we worship: for salvation is of the Jews.

²³ **But the hour cometh, and now is, when the true worshippers shall worship the Father in spirit and in truth: for the Father seeketh such to worship him.**

²⁴ **God is a Spirit: and they that worship him must worship him in spirit and in truth.**

1. So here is David feeling all alone.....
2. Alone in the knowledge that he is unable to return to Jerusalem to his Temple of Worship because of the trouble surrounding him.
3. He feels that God has abandoned him because he cannot go back to the place where he worshipped in fear of persecution.
4. He cries out again in verse 4.

⁴ **When I remember these things, I pour out my soul in me: for I had gone with the multitude, I went with them to the house of God, with the voice of joy and praise, with a multitude that kept holyday.**

5. In verse 4 as he is crying out to God by himself and he says, I remember the good old days when I had gone with the multitude or (other believers) to the place of worship?
6. And when I remember these things or reflect on those good times it makes my heart sore. **(I pour out my soul in me).**
7. He is remembering how good the fellowship was and the close worship that he had with God, and with his fellow believers. **(I went with them to the house of God).**
8. He remembers how they praised God. **(with the voice of joy and praise, with a multitude that kept holyday).**
 - a) So, you can see clearly David is missing worshiping God. What we would call missing being at church together with our church family for the fellowship and be praising God.
 - b) David is missing the good times. And therefore, he is sad.
 - c) He is unable because of circumstances beyond his control to rectify that, so he cries out to God for help.

- ✚ It is only when we get to verse 5 which is again repeated almost word for word in the last verse of verse 11 of the Psalm, that David begins to understand that God has not abandoned him.
 - ✚ He reminds himself as we see from verse 5 right through to verse 11 that GOD HAS NOT abandoned him. And that feeling sorry for himself was not the solution.
1. From verse 6 through to verse 10 David prays to God.
 2. He remembers the troubled times before of how the Lord God had brought him through those difficult times and guided him.
 3. He talks in verse 7 of his times at sea, in which the storms whipped up the waves and almost brought his demise, but God protected him.

7 Deep calleth unto deep at the noise of thy waterspouts: all thy waves and thy billows are gone over me.

- a) Yes, there were difficult times, but God saw him through them.
 - b) Yes, his enemies were against Him, and he remembered God would still protect him.
- ✚ That why David closes with the same verse 11 of comfort as he said in verse 5.
- ✓ This verse 11 can be broken down for you and me as it was for David in a time of despair of not being able to worship God, with the enemy against him.
 - ✓ So, he asks these questions of himself and a question followed by the answer in verse 11.

11 Why art thou cast down, O my soul? and why art thou disquieted within me? hope thou in God: for I shall yet praise him, who is the health of my countenance, and my God.

Question: Why art thou cast down, O my soul? and why art thou disquieted within me?

Answer: In others words he is asking himself and at the same time reminding himself not to get upset with God, or himself, but to carry on trusting in God who has everything under His control.

- ✚ He told himself "Put your hope in God".
 - ✚ He Told himself "I will praise him, because he is the health of my countenance, and he is my God".
- ✓ Just like David we too must not loose sight of who God is.
 - ✓ We must remember who Jesus is.
 - ✓ We must remember who is in control, and that is God.
 - ✓ We must remember what is most importance in life, and that it is Jesus.

We need to remember the words of Jesus in John 4.

²¹ Jesus saith unto her, Woman, believe me, the hour cometh, when ye shall neither in this mountain, nor yet at Jerusalem, worship the Father. ²³ But the hour cometh, and now is, **when the true worshippers shall worship the Father in spirit and in truth**: for the Father seeketh such to worship him.

²⁴ God is a Spirit: and they that worship him must worship him in spirit and in truth.

✚ We need to remind ourselves all the time of who God is and what Jesus has finished. It is Jesus who supplies all of our needs.

- ✓ Our hope as the Psalmist said in Psalm 42 is in God.
- ✓ Yes, David missed his congregation and yes, we may miss our congregation family.
- ✓ But you know what.....

1. We can still pray to Jesus our Lord.
2. We can still worship God.
3. We can do all that because of Jesus. Because we are the temple of God.
4. We don't have to go through the veil of the temple sanctuary to where the arc of the covenant is because Jesus is our covenant. He rent the veil so that we can come directly to Him as our high priest.
5. We don't have to go see the priests of the OT, because Jesus is our high priest.

✚ Let us continue praising God. For soon a season of trials will be over, and we once again like David in a new season of thanksgiving, can praise God for leading us through those trials to a place of comfort and refuge.

I hope that this Psalm 42 was a blessing to you as it was for me, and I hope you will feel encouraged because of the Lord.

Take care and be vigilant.

God Bless you all.

PRAYER.....