



**PSALM 42 (NIV)** As a deer pants for the water, so my soul pants for you, my God. Vs. 2 My soul thirst for God, for the living God. When can I go and meet with God? Vs. 3 My tears have been my food day and night, while people say to me all day long, “Where is your God?” Vs. 4 These things I remember as I pour out my soul: how I used to go to the house of God under the protection of the Mighty One with shouts of joy and praise among the festive throng. **Vs. 5 WHY, MY SOUL, ARE YOU DOWNCAST? WHY SO DISTURBED WITHIN ME? PUT YOUR HOPE IN GOD,** for I will yet praise Him, who is the health of my countenance and my God. Vs. 6 Deep calls to deep in the roar of your waterfalls; all your waves and breakers swept over me.

**Psalm 42:5 - *Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise Him, who is the health of my countenance.***

PSALM 42 was composed by the Sons of Korah. It is possible they were a musical group who collaborated with David and were with him during his time in exile.

The significance of this psalm is the “**self-talk**.” Instead of speaking with God, the writer speaks to his own soul (his inner-self). Have you ever had to talk yourself out of feeling discouraged and defeated? Four times during Psalm 42, the psalmist asks himself the same heartfelt question: *Why are you downcast oh my soul? Why are you disturbed within me?* To understand the writer’s state of mind, look at the following translations of verse 5.

MSG: *Why are you down in the dumps, dear soul? Why are you crying the blues?*

TPT: *So then, my soul, why are you depressed? Why would you sink into despair?*

CJB: *Why are you roaring/screaming inside? – (Hamah) Why are you making a fuss?*

**KEYS TO HOPE IN GOD: YOU MUST DEVELOP POSITIVE RESPONSES TO NEGATIVE EMOTIONS:**

In spite of being in a dark place, it is clear that the psalmist has learned how to *HOPE IN GOD*. **Psalm 42:5b - *for I will yet praise Him, my Savior and my God.***

The following verses are examples of how to find hope in the midst of challenging circumstances.

1. Depressed – Loss of the power to press through. Don’t dwell on past failures and disappointments.  
Philippians 3:13-14 ***I press toward the goal...***
2. Discouraged – Loss of courage in the face of adversity. Practice the presence of God.  
Joshua 1:9 - ***Be strong and courageous...***
3. Distressed – Loss of ability to remain composed. Being stressed-out makes you ineffective.

1 Samuel 30:6 - *David encouraged himself in the LORD his God.*

How to hope in the face of fear and intimidation:

1. **TALK TO YOURSELF:** Before tennis great, Serena Williams, takes on a match she talks to herself. She tells herself that she is stronger and more skilled than her opponent.

Confession: With God's help I will \_\_\_\_\_

2. **BOAST ABOUT GOD:** Let the world know that your God is powerful and that the Word of God is your weapon.

Confession: Tell your obstacles that God will move \_\_\_\_\_

3. **PROCLAIM YOUR VICTORY:** Act like you've already overcome and already won the victory.

Confession: When this is over I will celebrate by \_\_\_\_\_

TASK: Complete the following scriptures on HOPE.

Psalm 31:24 \_\_\_\_\_

Acts 2:26 \_\_\_\_\_

Romans 4:18 \_\_\_\_\_