

## Psalm 42

Background: this Psalm was written 3000 years ago.



### Read Psalm 42

How would you describe the psalmist's mental health in v3, v5, v6 and v9?

Does it reassure you that someone who loves God can feel this way?

### Read v 1-4

What does the psalmist know that he needs the most, even in his depression? (v1-2)

The psalmist can't go to his usual place of worship at the moment (v4), but he's still talking to God. Are you?

### Read v 5-7

In these verses, the psalmist seems to give himself a good talking-to!! What solution does he give himself to his feeling of isolation from God?

### Read v 8-11

The psalmist says in v8 that God is always there, and in v9 he asks why God has forgotten him – He reminds himself of Bible truths when things are difficult. What Bible truths do you cling to?

What note of hope does the psalm end on?

Read John 4 v 1-26 (just v13-14 if that's too much!)

Who is the answer to our spiritual thirst?

**Prayer: Lord Jesus, thank you that You are the spiritual water that quenches my spiritual thirst. Thank you that You fill all my needs and You are right here in this cell with me now. Maybe things aren't too good for me at the moment, but I know You've got my back and You have the power to rescue me from all my sin. Amen.**

## **Psalm 42**

- <sup>1</sup> As the deer pants for streams of water, so my soul pants for you, my God.
- <sup>2</sup> My soul thirsts for God, for the living God. When can I go and meet with God?
- <sup>3</sup> My tears have been my food day and night, while people say to me all day long,  
“Where is your God?”
- <sup>4</sup> 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.
- <sup>5</sup> Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God,  
for I will yet praise him, my Saviour and my God.
- <sup>6</sup> My soul is downcast within me; therefore I will remember you from the land of the Jordan,  
the heights of Hermon—from Mount Mizar.
- <sup>7</sup> Deep calls to deep in the roar of your waterfalls; all your waves and breakers have swept  
over me.
- <sup>8</sup> By day the LORD directs his love, at night his song is with me – a prayer to the God of my  
life.
- <sup>9</sup> I say to God my Rock, “Why have you forgotten me? Why must I go about mourning,  
oppressed by the enemy?”
- <sup>10</sup> My bones suffer mortal agony as my foes taunt me, saying to me all day long, “Where is  
your God?”
- <sup>11</sup> Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God,  
for I will yet praise him, my Saviour and my God.

## **John 4 v 13-14**

<sup>13</sup> Jesus answered, “Everyone who drinks this water will be thirsty again, <sup>14</sup>but whoever  
drinks the water I give them will never thirst. Indeed, the water I give them will become in  
them a spring of water welling up to eternal life.”