

***Seeing Hope
Singing the Blues***

Psalm 42 & 43

*Meditating &
Praying the
Psalms*

A close-up photograph of a person's hands resting on an open Bible. The hands are positioned in a prayerful or meditative gesture, with fingers slightly curled. The Bible is open, showing text on the pages. The background is dark, and the lighting is focused on the hands and the Bible. Overlaid on the image is the text 'Meditating & Praying the Psalms' in a white, cursive font.

Singing the Blues

Going Through Turmoil of Hearts



***Broken Heart, Broken
Dream, Broken Life!***

Psalm 42 and 43
Seeing Hope
Singing the Blues

To be Read Together as One Psalm

**A maskil of the Sons of Korah,
for the Director of Music.**

**Characterized by the three
refrains: 42:5, 11; 43:5:**

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.*



A Song of Confidence & Comfort for the Blues

Stages and Experiences of Hope by the psalmist

- Longing for God
- Remembering Past Worship
and God's Goodness
 - Deep Calls to Deep
 - Entering into Triumph

My Soul Longs For You

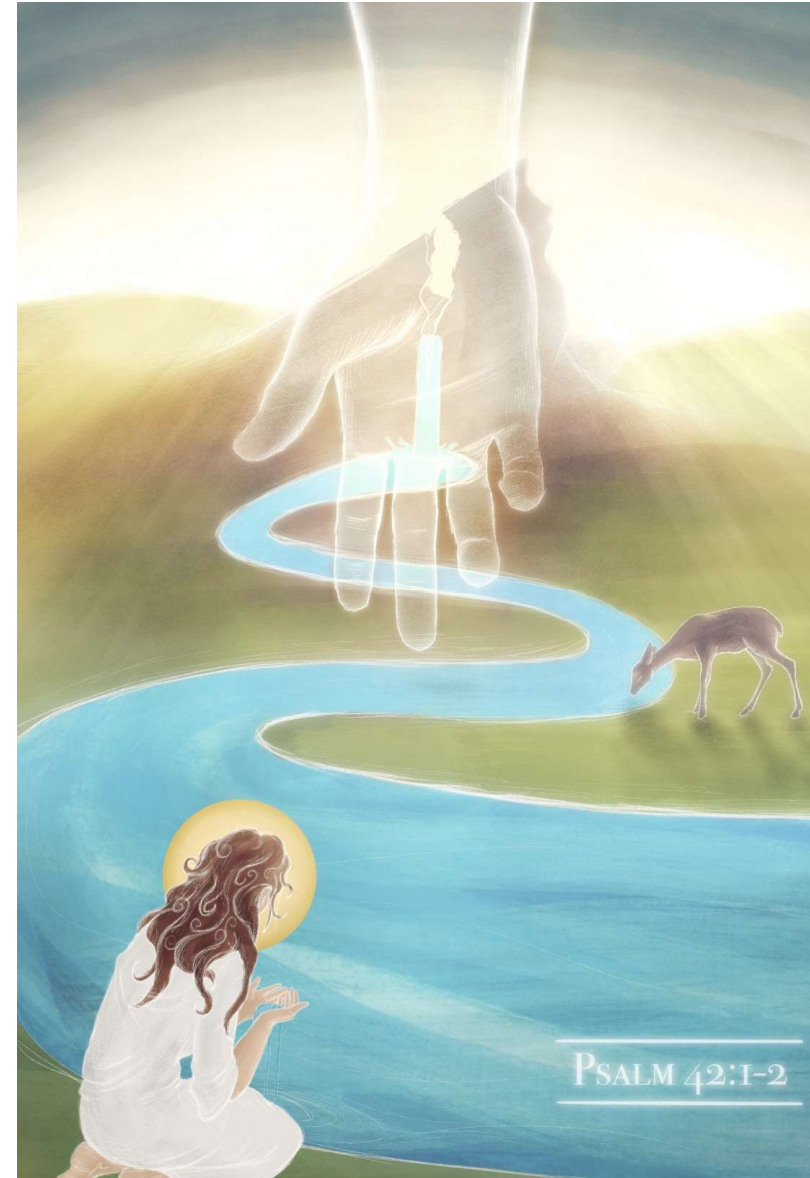


V1-4 Longing for God

*¹ As the deer pants for streams of water,
so my soul pants for you, my God.*

*² My soul thirsts for God, for the living God.
When can I go and meet with God?*

**An Intense Longing
and Desire to Worship
the Living God**



He Ran to God

³ My tears have been my food day and night, while people say to me all day long, 'Where is your God?'

**But God seems
Slow in Coming**

*Taunted by enemies,
his only 'food' was his tears
day and night.*



He tried finding therapy for his blues

***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.***

**He recalled past
memory of worship
and Goodness of God**



**His turmoil was still
not lifted...**

*⁵ 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.*

**But He held on to his
hope in God
He will still worship
and praise Him**



Deep Calls to Deep

*⁶ My soul is downcast within me;
therefore I will remember you from
the land of the Jordan, the heights of
Hermon – from Mount Mizar.*

*⁷ Deep calls to deep in the roar of
your waterfalls, all your waves and
breakers have swept over me.*

**He went Deeper
into God**



**He looked into
the depth of
God's love and joy**

*⁸ By day the LORD directs his love,
at night his song is with me –
a prayer to the God of my life.*

**God's love and joy
encouraged his spirit
to continue in prayer**



**But that was
still insufficient**

*⁹ I say to God my Rock,
'Why have you forgotten me?
Why must I go about mourning,
oppressed by the enemy?'*

*¹⁰ My bones suffer mortal agony
as my foes taunt me, saying to me
all day long, 'Where is your God?'*

**He went into
deeper distress**



**But he was still
not giving up**

*⁵ 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.*

**He was still
holding on to
his hope in God**



**Psalm 43 He entered
into further distress**

**He screamed out to God of his
mistreatment and betrayal**

*¹Vindicate me, my God, and plead
my cause against an unfaithful nation.
Rescue me from those who
are deceitful and wicked.*



He has fallen into absolute despair

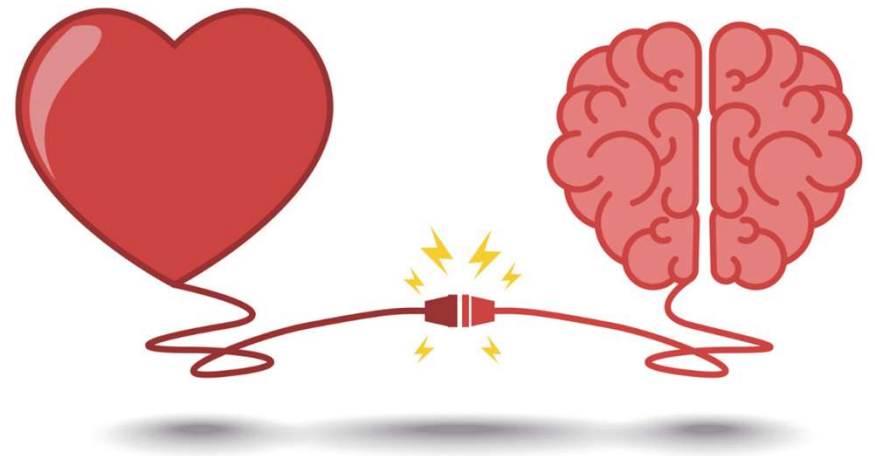
*²You are God my stronghold. Why have you rejected me?
Why must I go about mourning, oppressed by the enemy?*

Entering into Triumph

³ Send me your light and your faithful care, let them lead me; let them bring me to your holy mountain, to the place where you dwell.⁴ Then I will go to the altar of God, to God, my joy and my delight. I will praise you with the lyre, O God, my God.

**God's light and truth
shine in his heart!**

*His Word and Worship.
His Sustenance and Care.*



The Power of God's Word and Worship

***The Word of God
guided him***

***The Worship of God
lifted his spirit,
healing his heart.***



**A Final Comforting
Refrain of Rest and
Continue Trust in God**

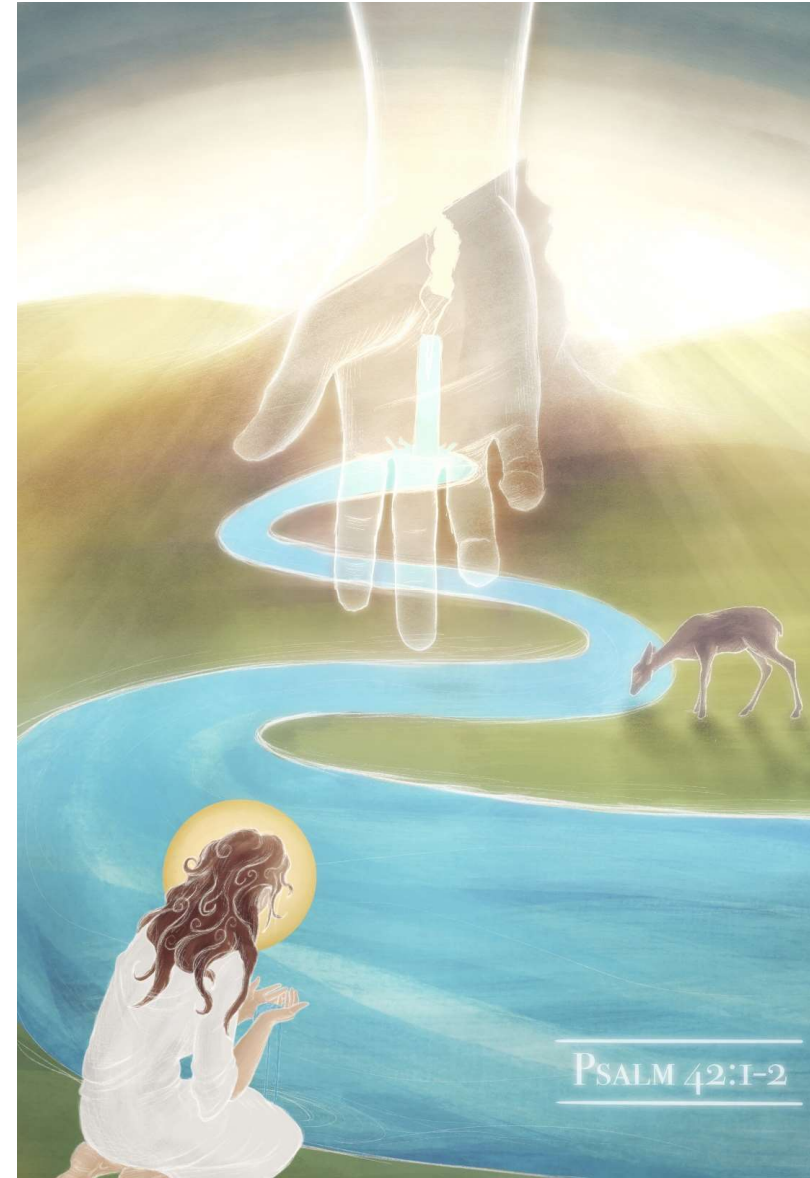
*⁵ Why, my soul, are you downcast?
Why so disturbed within me?
Put your hope in God, for I will yet
praise him, my Saviour and my God.*

***A Song of Comfort
and Confidence***



Going Through Deep Turmoil in Life?

- **Thirst for God**
Come Worship Him
- **Asked God Tough Questions**
Mystery of Suffering
- **Asked God for Guidance
and Sustenance**
His Word & Worship
- **Put Our Hope in God**
Yet we will praise Him



Put Our Hope in God

*Put your hope in God,
for I will yet praise him,
my Saviour and my God.*

***Submit to the
Sovereignty of God
God is Our Salvation***



God is Our Salvation

Jesus Christ on the Cross

*The Love and
Power of God*

**Continues to hold on
to the Hope in God**

*In Christ Alone
Our Hope is Found*

