**"THE BOOK OF PSALMS"**

**Book II (42-72)**

**Psalm 42 – 43: “Hope in the Lord’s Salvation”**

**January 20, 2021**

**Objectives:** To continue your familiarization of the Psalms as Old Testament poetry.

 To develop a greater appreciation and working knowledge for the Psalms

 To listen for the voice of God in the writings

 Read Psalm 42 – 43 (NKJV)

**Summary**: The literary structure of Psalms 42-43 is such that should be treated as one psalm because of the **(1)** absence of a superscription above psalm 43, **(2)** the repetition of the refrain in (42:5; 11; 43:5), **(3)** the developmentof thought from remembrance (42:4, 6), to a specific hope of restoration ((43:3) and **(4)** the form of lament.

**I. Lament (42: 1-4)**

I thirst for God

 I long for the Living God

 Tears of deep despair

 Longing for the times of worship in the temple

**II. Hope (5-6a)**

Deals with a downcast soul.

 Dealing with s disturbed (disquieted) soul

 Remind to hope in God – Praise God

**III. Lament (6b-7)**

 Dealing with a cast down soul

 Remember God’s faithfulness

 Put your hope in God

 Feeling overwhelmed with a deep sense of despair

**IV. Hope (8)**

 Encouraged as he remembers the loving-kindness of the Lord

 Communion with the Lord

**V. Lament (9-10)**

 Feeling forgotten by God

 Oppressed by the enemy

 Feeling the reproach of the enemy

 Feelings of abandonment by God

**VI. Hope (11)**

 Hope in God

 Praise God

 God is my help

**VII. Lament (43: 1-4)**

Vindicate me, plead my case and deliver me

 Feeling cast off and abandoned by God

 Oppresses by the enemy

 Let your light and truth bring me back to you - there is great joy in God

**VIII. Hope (5)**

 Hope in God

 Praise God

 God is my help

**Questions for contemplative reflection and prayer: Re-read Psalm 42-43 (NKJV)**

Q1. What does it mean to you to be oppressed by the enemy?

Q2. What does it mean to have a “thirsty soul”? To “thirst” for God?

Q3. What does it mean to have a “disquieted” soul?

Q4. What does it mean to have a “cast down” soul?

Q5. How would you rewrite this psalm in your own words? Please email me your rewriting of this psalm. ☺

Q6. Where is your hope presently? How are you feeling emotionally, spiritually and physically?

**Prayer Focus**: People dealing with depression and mental health workers.