

SONGS FOR SUMMER

THE BOOK OF PSALMS

Psalm 42-43 (ESV)

To the choirmaster. A Maskil of the Sons of Korah. As a deer pants for flowing streams, so pants my soul for you, O God. ² My soul thirsts for God, for the living God. When shall I come and appear before God? ³ My tears have been my food day and night, while they say to me all the day long, "Where is your God?" ⁴ These things I remember, as I pour out my soul: how I would go with the throng and lead them in procession to the house of God with glad shouts and songs of praise, a multitude keeping festival. ⁵ Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation ⁶ and my God.

My soul is cast down within me; therefore I remember you from the land of Jordan and of Hermon, from Mount Mizar. ⁷ Deep calls to deep at the roar of your waterfalls; all your breakers and your waves have gone over me. ⁸ By day the LORD commands his steadfast love, and at night his song is with me, a prayer to the God of my life. ⁹ I say to God, my rock: "Why have you forgotten me? Why do I go mourning because of the oppression of the enemy?" ¹⁰ As with a deadly wound in my bones, my adversaries taunt me, while they say to me all the day long, "Where is your God?" ¹¹ Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God.

Psalm 43:1 Vindicate me, O God, and defend my cause against an ungodly people, from the deceitful and unjust man deliver me! ² For you are the God in whom I take refuge; why have you rejected me? Why do I go about mourning because of the oppression of the enemy? ³ Send out your light and your truth; let them lead me; let them bring me to your holy hill and to your dwelling! ⁴ Then I will go to the altar of God, to God my exceeding joy, and I will praise you with the lyre, O God, my God. ⁵ Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God.

Next Week: Psalm 44

August 5, 2018

TALK SHEET

Have I engaged with someone outside the church this week with...

- | | |
|-------------------------------------|---------------------------------|
| <input type="checkbox"/> Food | <input type="checkbox"/> Prayer |
| <input type="checkbox"/> Fellowship | <input type="checkbox"/> Word |

1. Pause. Make 10 observations about these two psalms. Compare them with the rest of the group.
2. Can you see why 42 & 42 are connected? Why?
3. How does the refrain (5,11,43:5) guide you in understanding this psalm?
4. Do you talk to yourself? What do you say? Are you generally positive or negative?
5. Does God ever enter your self-talk? Explain.
6. Pray for one another, that you would talk to yourself in a helpful way.