

Be Reformed – Open the bible: study, dig and ask what the main point of the passage is
Be Charismatic – Expect the Holy Spirit: ask God to speak, minister, build up and lead us to maturity

Be Community – Love God's people: share vulnerably, apply, pray and build each other up
Be Missional – Win the world: apply lessons to outreach, make content accessible to non-Christians

Psalm 42

TO THE CHOIRMASTER. A MASKIL OF THE SONS OF KORAH.

- 1 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.

CONTINUED IN PSALM 42:7-11

ALSO READ

John 7:38
Jonah 2:1-3, 7

Study Guide 17 Apr 2011
Shaping our Hearts in the Psalms (Part 2)



Summary

Emotions are a part of worship, but they are not the object of worship itself. Emotionalism makes an idol of our feelings.

Happiness and our emotions are often pegged to temporal things, our looks, material possessions, circumstances, family situation, job, or location.

The bible tells us that our greatest source of emotional satisfaction is God. The Psalms point us to God in our depression, anguish, trial and a lack of temporal things.

In Psalm 42, the psalmist calls out to God in desperation. He bares his soul and engages his mind, leaving nothing hidden.

He then deals with his depression. He speaks to the part of himself that is cast down, his soul, and preaches the lasting truth of God's grace to himself. He remembers who God is and what He is like.

The psalmist then cries out from his drowning, from the deep, from his distress, like Jonah. He asks God to lift him up out of his situation – not just into safety, but the eternal safety of God's presence.

Key points

When we make our emotions the objective of our worship, we are worshipping an idol.

Questions

- >>What part does emotion play in our worship of God?
- >>How do your emotions relate to your knowledge and understanding of God?
- >>Have you ever been in a desperate situation? What happened?
- >>Have you ever called out to God in deep desperation and anguish?
- >>How can we remind ourselves of who God is and what He has done?
- >>Do we seek our emotional satisfaction and safety in God? Why or why not?

Final thoughts

"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."