

Psalms 42 and 43

This is the beginning of the Second Book of Psalms, [**Psalms 42-72**].

These are brought together from various sources, the sons of Korah, who were Temple musicians [**Psalms 42-49**], Asaph, the founder of another Temple group, [**Psalm 50**], David, [**Psalms 51-65, 68-70**], Solomon, [**Psalms 73**]. There are also three anonymous Psalms, [**Psalms 66, 67, 71**].

Psalms 42:1-4 [New King James] *“As the deer pants for the water brooks, so pants my soul for You, O God. My soul thirsts for God, for the living God. When shall I come and appear before God? My tears have been my food day and night, while they continually say to me, ‘Where is your God?’ When I remember these things, I pour out my soul within me. For I used to go with the multitude; I went with them to the house of God, with the voice of joy and praise, with a multitude that kept a pilgrim feast.”*

As the life of a deer depends on water so our lives depend upon the Creator God.

Feeling separated from God, this Psalmist would not rest until his relationship is restored with God because he knew his very life depended on that relationship.

The writer of the Psalm was discouraged because he was exiled to a place far from Jerusalem and could **not** worship in the Temple on God’s high days.

During these festivals given to His people by the Creator God, the people were to remember what the Creator God had done for them in the past and what He was preparing for them in the future.

[Please download and study the article on this website under the main heading ‘Covenants’ titled ‘God-Ordained Christian Festivals And Holy Days’ for an understanding of what they teach us of God’s plan for all humanity.]

Psalms 42:5-6 [New King James] *“Why are you cast down, O my soul? And why are you disquieted within me? Hope in God, for I shall yet praise Him For the help of His countenance. O my God, my soul is cast down within me; therefore I will remember You from the land of the Jordan, and from the heights of Hermon, from the Hill Mizar.”*

Depression is one of the most common emotional ailments. One antidote for depression is to meditate on God’s record of goodness to His people.

This will take your mind off the present situation and give hope that He will improve it in the future. It will also focus our thoughts on the Creator God’s ability to help us rather than on our inability to help ourselves.

Mount Hermon was a great open snow-capped mountain which the Psalmist was viewing from his smallness [Mizar means “small”] which made his problems look even greater than they really were.

Psalms 42:7-8 [New King James] *“Deep calls unto deep at the noise of Your waterfalls; all Your waves and billows have gone over me. The LORD will command His lovingkindness in the daytime, and in the night His song shall be with me, a prayer to the God of my life.”*

The Psalmist likens his troubles to rushing water that is flowing right over him, he then remembers that the God he worships is like a rock to which he can cling for safety, [**verse 9**].

Psalms 42:10 [New King James] *“As with a breaking of my bones, my enemies reproach me, while they say to me all day long, ‘Where is your God?’”*

All his enemies around him try to discourage him but his faith in the Creator God he thanks and praises God for the hope he can have in God's salvation, [verse 11].

Psalm 43 is linked to **Psalm 42** as two sides of the same problem.

Psalm 42 expresses a thirst for the Creator God to encourage the Psalmist when he feels lonely and depressed, and his seeking an antidote by meditating on God's past kindness and love, in addition to focussing on God's plan for humanity as revealed in the festivals He has given His people.

The theme of **Psalm 43** is that in a time of discouragement our only hope is in the love and care of the Creator God.

Psalms 43:1-3 [New King James] *“Vindicate me, O God, and plead my cause against an ungodly nation; oh, deliver me from the deceitful and unjust man! For You are the God of my strength; why do You cast me off? Why do I go mourning because of the oppression of the enemy? Oh, send out Your light and Your truth! Let them lead me; let them bring me to Your holy hill and to Your tabernacle.”*

The Psalmist is now looking to God's Word, his promises and guidance to bring him into the very presence of the Creator God.

The same applies today, meditation of God's Word, the Christian Bible, and the light and truth it brings to us, will lift us out of our discouragement and doubt.

Psalms 43:4-5 [New King James] *“Then I will go to the altar of God, to God my exceeding joy; and on the harp I will praise You, O God, my God. Why are you cast down, O my soul? And why are you disquieted within me? Hope in God; for I shall yet praise Him, the help of my countenance and my God.”*

The Psalmist then questions why he became so depressed and discouraged when he is blessed with such a loving and caring all-powerful Creator God as his Saviour.

When we find ourselves downcast and depressed we need to turn to the same Eternal Creator God as did the Psalmist. We will then find the perfect antidote for our painful condition, reminding ourselves of God's truth and receive a guiding light for our future life, [John 17:17; John 1:4-10; John 8:12; 1 John 1:4-7].

Ephesians 5:8, 14 [New King James] *“For you were once darkness, but now you are light in the Lord. Walk as children of light” ... “Therefore He says: ‘Awake, you who sleep, arise from the dead, and Christ will give you light.’”*

This is good advice for every human being if we are to avoid the darkness of depression and doubt in our lives.