

## Deep Calls to Deep

### Psalm 42

6/23/24

#### I. The Thirst

*Psalm 42:1-2 – “As a deer pants for flowing streams, so pants my soul for you, O God. <sup>2</sup> My soul thirsts for God, for the living God. When shall I come and appear before God?”*

#### II. The Tears

*Psalm 42:3-4 – “My tears have been my food day and night, while they say to me all the day long, ‘Where is your God?’  
<sup>4</sup> 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.”*

#### III. The Gospel

*Psalm 42:5-6 – “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 <sup>6</sup> 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.”*

#### IV. The Deep

*Psalm 42:7-8 – “Deep calls to deep at the roar of your waterfalls; all your breakers and your waves have gone over me.  
<sup>8</sup> By day the Lord commands his steadfast love, and at night his song is with me, a prayer to the God of my life.”*

#### V. The Repeat

*Psalm 42:9-11- “I say to God, my rock: ‘Why have you forgotten me? Why do I go mourning because of the oppression of the enemy?’<sup>10</sup> 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?’<sup>11</sup> 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.”*

*2 Corinthians 5:21 - “For our sake He made Him to be sin who knew no sin, so that in Him we might become the righteousness of God.”*

## COMMUNITY GROUP DISCUSSION QUESTIONS

1. What did you think about the message this week? What stood out to you or challenged your thinking?
2. Review the truths we covered Sunday.
3. Read Psalm 42. What does the Psalmist remember in his times of trouble?
4. Read Psalm 42:2, 5b, and 6. How does he describe God? Why is it important to daily preach the Gospel (who God is and what He does) to ourselves?
5. What is the role of the community of believers in helping someone who is discouraged? How does Psalm 42:4 inform your answer in how we can bless each other? (See also Hebrews 10:24-25)
6. Pray Psalm 42 for someone.

## **PRAYING THE PSALM**

- Pray that your longing for God would ever grow
- Pray that God would satisfy your soul unlike anything else
- Praise God that He is a “living God” (v.2) who hears our cries
- Pray that your hope in God would increase even in difficult circumstances
- Thank God that when we are downcast, He gives us great hope!