

Psalm 42-43 (ESV)

As a deer pants for flowing streams, 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? 3My tears have been my food day and night, while they say to me all the day long, "Where is your God?" These things I remember, as I pour out my soul: howl 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. '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.

My soul is cast down within me; therefore I remember you from the land of Jordan and of Hermon, from Mount Mizar. 'Deep calls to deep at the roar of your waterfalls; all your breakers and your waves have gone over me. 'By day the LORD commands his steadfast love, and at night his song is with me, a prayer to the God of my life. 9I say to God, my rock: "Why have you forgotten me? Why do I go mourning because of the oppression of the enemy?" '10As 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.

Vindicate me, O God, and defend my cause against an ungodly people, from the deceitful and unjust man deliver me! 2For 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? Send out your light and your truth; let them lead me; let them bring me to your holy hill and to your dwelling! 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. -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.

When trouble comes what do you thirst for? We are creatures of habit: have our own coping strategies for dealing with tough times.

- Steve example
- Withdrawal
- Shopping
- "Ice cold in Alex" — explain story and then show clip

We slake our thirst on things other than God

You can handle trouble differently!

You can be honest:

With God

³My tears have been my food day and night (v3a)

⁴These things I remember, as I pour out my soul (v4a)

⁹₁ say to God, my rock: "Why have you forgotten me? Why do I go mourning because of the oppression of the enemy?" ¹⁰As with a deadly wound in my bones, my adversaries taunt me, while they say to me all the day long, "Where is your God?" (v9-10)

With yourself

When shall I come and appear before God? (v2b)

My soul is cast down within me; therefore I remember you from the land of Jordan and of Hermon, from Mount Mizar. 'Deep calls to deep at the roar of your waterfalls; all your breakers and your waves have gone over me. (v6-7)

You can remember:

Who God is

⁸By day the LORD commands his steadfast love, and at night his song is with me, a prayer to the God of my life. (v8)

Who you are in God:

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 (v4b)

You can remind:

God what you need

¹Vindicate me, O God, and defend my cause against an ungodly people, from the deceitful and unjust man deliver me! (Ps 43v1)

Yourself what you need (to hear):

⁸Why 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. (v5, v11, Ps 43v5)

Practically what does that look like for you?

1. Grab a bit of time today and ask yourself:
 - a. When did I last thirst for God (if ever)?
 - b. How do I handle difficulty?
 - c. What am I going to do differently?
2. Next time trouble comes:
 - a. Seek God first
 - b. Be honest
 - c. Remember
 - d. Remind