

MESSAGE OUTLINE

June 19, 2022

Summer in the Psalms
Psalm 42

Pastor Mike McClenahan



Psalm 42 [and 43:1] (NIV)

For the director of music. A maskil of the Sons of Korah.

1 As the deer pants for streams of water, so my soul pants for you, my God.

2 My soul thirsts for God, for the living God.
When can I go and meet with God?

3 My tears have been my food day and night,
while people say to me all day long, "Where is your God?"

4 These things I remember as I pour out my soul: how I used to go to the house of God under the protection of the Mighty One with shouts of joy and praise among the festive throng.

5 Why, my soul, are you downcast? Why so disturbed within me?
Put your hope in God, for I will yet praise him, my Savior and my God.

6 My soul is downcast within me; therefore I will remember you from the land of the Jordan, the heights of Hermon—from Mount Mizar.

7 Deep calls to deep in the roar of your waterfalls;
all your waves and breakers have swept over me.

8 By day the Lord directs his love, 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 must I go about mourning, oppressed by the enemy?"

10 My bones suffer mortal agony as my foes taunt me,
saying to me all day long, "Where is your God?"

[43:1 Vindicate me, my God, and plead my cause against an unfaithful nation. Rescue me from those who are deceitful and wicked.]

11 Why, my soul, are you downcast? Why so disturbed within me?
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MESSAGE OUTLINE

Lament (alone or together) can create intimacy, empathy and compassion.

- My soul pants • My soul thirsts • I pour out my soul
- Deep calls to deep • His song is with me.

1. We cry out to God and remember who God is.

Turning to God in prayer, trusting God, praising God's character.

- My God • Living God • Mighty One • My Savior and my God
- The Lord • The God of my life • God my Rock

2. We complain to God.

Circumstances and feelings that don't fit with God's character or purposes naming grieving the pain, loss, anger, sadness, suffering (ours and the world) that sin causes

- My soul is downcast within me • Why have you forgotten me?
- Why must I go about mourning, oppressed by the enemy?
- My bones suffer mortal agony • as my foes taunt me, saying to me all day long, "Where is your God?"

3. We ask boldly for what we need.

For God's will, God's character in me and on earth as it is in heaven: forgiveness, restoration, justice

- Vindicate me, my God • Rescue me

4. We proclaim our trust in God.

In light of the complaint, declaring God's character and trustworthiness.

- for I will yet praise him

Personalizing the Psalms

In your time alone with God in scripture reflection, solitude, prayer and journaling, begin with a breath prayer like "Holy Spirit, come," or listen to a song from the playlist. This summer we are focusing on one Psalm per week. Consider using one or more of the practices to reflect on the Psalm.

- **Journaling:** Write out the Psalm in your journal. Make notes in the margins to amplify or clarify words. Be creative with doodling, drawing, highlighting words or phrases, collaging with cut-out words or pictures. Take your journal with you wherever you go this summer. At the end of the summer you will have a journal full of your own reflections, thoughts and prayers!
- **Reading:** Take time to slowly read aloud the Psalm. What words or phrases stand out to you? What questions do you have? What feelings arise in you? Which physical response seems appropriate: hands raised or open? head bowed or lifted? standing or seated?
- **Memorizing:** Commit to memorizing one or more verses.
- **Praying:** How does this Psalm inspire praise, confession, lament, gratitude, or guidance for yourself, others or the world?

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