

# When I am discouraged

From reading 8/29

Preached Sunday 8/30

## Introduction

### Picture

- A couple of weeks ago I was driving through the park.
- It was early morning - sun coming up
- Stopped in Snyder park to photograph a huge spider web in the sun
- Noticed a doe and her fawn coming to take a drink
- Snapped a picture (wrong lens) It's not a great photo, but it reminded of **Psalm 42:1** *As the deer longs for streams of water, so I long for you, O God.*
- Honestly that's about the only part of Psalm 42 that was familiar to me

### Bigger theme of the psalm

- There's a bigger message.
- The Psalm is written at a time when its author was discouraged.
- Consider v5 and again v11 *"Why am I discouraged, why is my heart so sad?"*
- Sometimes believers get discouraged
- We've been preaching about Spiritual warfare - and discouragement is the weapon of the enemy!

## Message

- This morning I want to work through this psalm and learn it's lessons for dealing with our own times of discouragement

## Exegesis

*1 As the deer longs for streams of water,*

*so I long for you, O God.*

*2 I thirst for God, the living God.*

*When can I go and stand before him?*

*3 Day and night I have only tears for food,*

*while my enemies continually taunt me, saying,*

*"Where is this God of yours?"*

## God's presence isn't there

- The psalmist feels separated from God
- He longs for the time when he was able to be in the presence of the Lord
- Do you know what it feels like God is absent or distant? Like he doesn't care? Like he is not answering prayer?
- See how he cries - and there is now answer, there is no response. *I have only tears for food!*

## **Enemies taunt him with its lack**

- Not only does he feel alone, separated from God, but those around him taunt him
- *Where is this God of yours?*
- Have you ever heard the voice of the enemy whispering in your ear? *Where is God? or If he loved you, why is this happening? or is even listening to you?*

*4 My heart is breaking*

*as I remember how it used to be:*

*I walked among the crowds of worshipers,*

*leading a great procession to the house of God,*

*singing for joy and giving thanks*

*amid the sound of a great celebration!*

## **Here the psalmist recalls what it used to be like**

- He remembers what it was to be in God's house, with God's people
- He remembers singing for joy and worshipping in great celebration
- This breaks his heart - because it's so different from his current experience!
- I think this was his meditation - what it used to be like... and how things are so different now!
- When we are away from the Lord, we should remember what it used to be like.

*5 Why am I discouraged?*

*Why is my heart so sad?*

*I will put my hope in God!*

*I will praise him again–*

*my Savior and 6 my God!*

## **Reflect on condition**

- He feels desperate for the Lord!
- He is discouraged and sad
- Acknowledge where we are

## **Resolve to change**

- We don't have to stay where we are
- I will put my hope in God (by faith!)
- I will praise him again (by faith)
- These are choices made from the place of despair
- It's easy to praise him in the crowd - it's tough to praise him when you feel forsaken!

*Now I am deeply discouraged,*

*but I will remember you–*

*even from distant Mount Hermon, the source of the Jordan,*

*from the land of Mount Mizar.*

*7 I hear the tumult of the raging seas*

*as your waves and surging tides sweep over me.*

## Deeply discouraged

- Again, acknowledging his condition
- This isn't positive confession lol
- But choosing to act by faith! *I will remember you*
- Feeling distant - yet no matter how far away your floods will reach me!

*8 But each day the Lord pours his unfailing love upon me,*

*and through each night I sing his songs,*

*praying to God who gives me life.*

## Recognize

- Each day the Lord pours out his unfailing love
- True for all of us!
- We don't deserve it - but it is true

## Respond

- I will choose praise
- Note he doesn't feel like it
- By faith I will pray

*9 "O God my rock," I cry,*

*"Why have you forgotten me?*

*Why must I wander around in grief,*

*oppressed by my enemies?"*

*10 Their taunts break my bones.*

*They scoff, "Where is this God of yours?"*

## **Again the truth in his prayer**

- He doesn't pretend it's not happening
- He is honest with the Lord
- He feels forgotten
- He prays from a place of his discouragement
- We don't have to pretend before the Lord

*11 Why am I discouraged?*

*Why is my heart so sad?*

*I will put my hope in God!*

*I will praise him again—*

*my Savior and my God!*

## **Repeat & Resolve**

- He repeats the question from v5
- Why am I discouraged?
- Instead I will put my hope in God and praise him!
- He is my savior and my God!

# Application

## Discouragement comes

- It's not *unChristian* to become discouraged - it's the result of living in a fallen world
- We don't need to question our salvation
- We do need

## Resolve to...

- Trust his person
- Recognize his love
- Praise him!

## Closing: Jesus cares

- Play video
- Pray for the discouraged