



The Lord's Table **My Soul & Salvation**

Have you ever felt depressed? Like a giant wave washed over you and pushed you to the ocean floor? The Psalms are great strength when going through the 'down' times of life.

A. What Do You Thirst For? *Vv. 1-2*

1. **Thirsting for God:** Is our prime 'drive' to see God? To know Him? To understand His Word? To walk with Him?
2. **Living God:** To the Hebrew mind God was the creator-master of the universe. He was found in the sanctuary—but while in exile, the psalmist could not go before Him.

B. What Do You Cry For? *V. 3*

1. **What do your tears say to you?** Do they tell you there is no God? He is far away? He cannot help?

C. What Do You Remember? *V. 4*

1. **Remembering or living in the past?** It is one thing to remember the past—it is another to 'live' in the past.

D. What Is Your Hope? *V. 5*

1. **Self talk:** We all do it. But what we say to our self—our soul—can determine how we view the world and the Lord.
2. **Cast down:** These terms mean 'depression' and 'anger.' Even in the middle of these feelings his hope was in God.
3. **Jesus is my hope:** The word "his" in this verse is the Heb word, "Yeshu-sh" which means salvation or deliverance. It is also related to Joshua and Yeshua the Messiah.
4. **Face to face:** The word 'countenance' means 'face' in Hebrew. The face of God is an expression that means the 'presence' or glory of God.

E. What If You Talked to God About It? *Vv. 6-11*

1. **Remembering God:** *v. 6* The difference between vs. 4 and 6 is that in vs. 6 the psalmist is remembering GOD and what He has done and in vs. 4 what the psalmist had done.
2. **Is it too much?:** *v. 7* The path is deep and the sea is wide were the Lord has taken the psalmist—it's like drowning.
3. **Pray through:** *vs. 8* Through prayer the lovingkindness and the song of God will surround me.
4. **Am I forgotten?** *Vss. 9-10* Even surrounded by God—we sometimes feel alone and abandoned. Physical pain is like a sword in our bones and seems as if it all says, "Where is God?"
5. **Salvation and health:** The KJV translates 'Yeshu-sh' here as 'health.' The psalmist seems to be saying that when he is face to face (countenance) with God—in His presence, there is healing. Salvation to the Hebrew was not the finished work on the cross by the Messiah—but was related to being delivered from something to something—saved from my enemies.

Psalm 42 (KJV)

1 As the hart panteth after the water brooks,

So panteth my soul after thee, O God.

2 My soul thirsteth for God, for the living God:

When shall I come and appear before God?

3 My tears have been my meat day and night,

While they continually say unto me, Where is thy God?

4 When I remember these things, I pour out my soul in me:

For I had gone with the multitude, I went with them to the house of God,

With the voice of joy and praise, with a multitude that kept holyday.

5 Why art thou cast down, O my soul? and why art thou disquieted in me?

Hope thou in God: for I shall yet praise him for the help of **his** countenance.

6 O my God, my soul is cast down within me: therefore will I remember thee

From the land of Jordan, and of the Hermonites, from the hill Mizar.

7 Deep calleth unto deep at the noise of thy waterspouts:

All thy waves and thy billows are gone over me.

8 Yet the Lord will command his lovingkindness in the daytime,

And in the night his song shall be with me,

And my prayer unto the God of my life.

9 I will say unto God my rock, Why hast thou forgotten me?

Why go I mourning because of the oppression of the enemy?

10 As with a sword in my bones, mine enemies reproach me;

While they say daily unto me, Where is thy God?

11 Why art thou cast down, O my soul? and why art thou disquieted within me?

Hope thou in God: for I shall yet praise him,

Who is the **health of my** countenance, and my God.

The Lord's Table celebrates the fullness of the cross for salvation and healing! Isa 53:5

