

TALK TO YOURSELF

I. Psalm 42 & Psalm 43

A. While King David authored 70-some Psalms, quite a few were penned by other authors. Today's Psalms are among those attributed to the Sons of Korah. David appointed three worship teams: The Gershonites led by Asaph; Merarites led by Ethan (a.k.a. Jeduthan); and the Sons of Korah led by Heman. (Hymns, choruses, & blended :-) The sons of Korah were the descendants of the Levitical priest, Korah, who led a rebellion against Moses & Aaron. Korah and his gang failed and God sent an earthquake that swallowed the rebels alive. Korah's descendants however demonstrated a legacy of faithfulness to God and served as Temple musicians for hundreds of years.

B. Psalm 42:1-11 & Psalm 43:1-5 were probably written as one psalm...

1) V1-2 "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?" (In what kind of place must God put us in to make us thirsty for Him?)

2) V3-4 "My 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: 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."

3) V5-6a Repeats 3 times: "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." (cf 42:11 & 43:5) He exhorts his own soul! His will confronts his emotions!

C. The psalmist is telling himself to Hope in God. (Who's the object of his Hope?) The OT people of God were hoping forward to the Messiah and we are hoping in Him post crucifixion and resurrection. Our Hope is a sure and certain Hope!

1) 1 Timothy 1:1 (ESV): "Paul, an apostle of Christ Jesus by command of God our Savior and of Christ Jesus our hope..."

2) Romans 5:1-6 (NKJV): "Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ, through Whom also we have access by faith into this grace in which we stand, and rejoice in hope of the glory of God. And not only that, but we also glory in tribulations, knowing that tribulation produces perseverance; and perseverance, character; and character, hope. Now hope does not disappoint, because the love of God has been poured out in our hearts by the Holy Spirit who was given to us. You see, at just the right time, when we were still powerless (helpless & hopeless), Christ died for the ungodly."

3) 1 Peter 1:3-4a: (NIV) "Praise be to the God and Father of our Lord Jesus Christ! In His great mercy He has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, and into an inheritance that can never perish, spoil or fade..."

D. Do you have this Hope? In the midst of your downcast soul, have you found Hope in Jesus Christ? Is it possible that He has brought you here to this time and place so that you can put your Hope in Him? D.L. Moody said it so well: "Thanks be to God, there is hope today; this very hour you can choose Him and serve Him."

E. What more can be said? Talk to yourself! Speak to your soul! Like John Wesley always asked: 'How is it with your soul?' Do you feel downcast? Abandoned? Rejected? Lost? Lonely? In tribulation? Afraid? Oppressed? Discouraged? Are breakers & waves crashing down upon you? Are you eating your tears for supper? Are you in mourning? Is your soul in anguish? Trust the Anchor to hold! Cling to Hope in Christ!

* Close with Prayer...

* **Benediction Verse Romans 15:13** (Amplified): "May the God of your hope so fill you with all joy and peace in believing [through the experience of your faith] that by the power of the Holy Spirit you may abound and be overflowing (bubbling over) with hope."

Scriptures, Videos, & Bonus Stuff

Psalm 42:1-11 (ESV)

To the choirmaster. A Maskil of the Sons of Korah. **1** As a deer pants for flowing streams, so pants my soul for You, O God. **2** My soul thirsts for God, for the living God. When shall I come and appear before God? **3** My tears have been my food day and night, while they say to me all the day long, "Where is your God?" **4** 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. **5** 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 **6** 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. **7** Deep calls to deep at the roar of Your waterfalls; all Your breakers and Your waves have gone over me. **8** By day the Lord commands His steadfast love, and 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 do I go mourning because of the oppression of the enemy?" **10** 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?" **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.

Psalm 43:1-5 (ESV)

1 Vindicate me, O God, and defend my cause against an ungodly people, from the deceitful and unjust man deliver me! **2** For 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? **3** Send out Your light and Your truth; let them lead me; let them bring me to Your holy hill and to Your dwelling! **4** 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. **5** 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.

1 Timothy 1:1-2 (ESV)

1 Paul, an apostle of Christ Jesus by command of God our Savior and of Christ Jesus our hope, **2** To Timothy, my true child in the faith: Grace, mercy, and peace from God the Father and Christ Jesus our Lord.

Romans 5:1-6 (NKJV)

1 Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ, **2** through Whom also we have access by faith into this grace in which we stand, and rejoice in hope of the glory of God. **3** And not only that, but we also glory in tribulations, knowing that tribulation produces perseverance; **4** and perseverance, character; and character, hope. **5** Now hope does not disappoint, because the love of God has been poured out in our hearts by the Holy Spirit who was given to us. **6** You see, at just the right time, when we were still powerless, Christ died for the ungodly.

1 Peter 1:3-4a (NIV)

3 Praise be to the God and Father of our Lord Jesus Christ! In His great mercy He has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, **4** and into an inheritance that can never perish, spoil or fade...

Quote by D.L. Moody

"Thanks be to God, there is hope today; this very hour you can choose Him and serve Him."

Romans 15:13 (Amplified)

13 May the God of your hope so fill you with all joy and peace in believing [through the experience of your faith] that by the power of the Holy Spirit you may abound and be overflowing (bubbling over) with hope.

Film Clips & Other Links

Spiritual Depression in the Psalms - John Piper

<https://www.youtube.com/watch?v=ly68YXttAvw>

"Satisfied in You" by The Sing Team

<https://www.youtube.com/watch?v=A7O7LQpQaoc>

What is Our Only Hope in Life and Death? - Tim Keller

<https://www.youtube.com/watch?v=K-FMOM4qcMo>

"O My Soul" - Audrey Assad

https://www.youtube.com/watch?v=7_PJD9om6wA

Martin Luther King, Jr. (To Serve)

<https://www.youtube.com/watch?v=WkRdj9L3wyE>

"As The Deer" by Cadet

<https://www.youtube.com/watch?v=zutsoKheflo>

"I Will Sing Unto The Lord as Long as I Live"

<https://www.youtube.com/watch?v=mGSiU23PEIq>

Bonus Stuff

Romans 8:22-25 (ESV)

22 For we know that the whole creation has been groaning together in the pains of childbirth until now. **23** And not only the creation, but we ourselves, who have the firstfruits of the Spirit, groan inwardly as we wait eagerly for adoption as sons, the redemption of our bodies. **24** For in this hope we were saved. Now hope that is seen is not hope. For who hopes for what he sees? **25** But if we hope for what we do not see, we wait for it with patience.

Colossians 1:24-27 (ESV)

24 Now I rejoice in my sufferings for your sake, and in my flesh I am filling up what is lacking in Christ's afflictions for the sake of His body, that is, the church, **25** of which I became a minister according to the stewardship from God that was given to me for you, to make the word of God fully known, **26** the mystery hidden for ages and generations but now revealed to His saints. **27** To them God chose to make known how great among the Gentiles are the riches of the glory of this mystery, which is Christ in you, the hope of glory.

Ephesians 2:11-13 (ESV)

11 Therefore remember that at one time you Gentiles in the flesh, called "the uncircumcision" by what is called the circumcision, which is made in the flesh by hands--**12** remember that you were at that time separated from Christ, alienated from the commonwealth of Israel and strangers to the covenants of promise, having no hope and without God in the world. **13** But now in Christ Jesus you who once were far off have been brought near by the blood of Christ.

Hebrews 6:16-20 (Phillips)

16-20 Among men it is customary to swear by something greater than themselves. And if a statement is confirmed by an oath, that is the end of all quibbling. So in this matter, God, wishing to show beyond doubt that His plan was unchangeable, confirmed it with an oath. So that by two utterly immutable things, the word of God and the oath of God, who cannot lie, we who are refugees from this dying world might have a source of strength, and might grasp the hope that He holds out to us. This hope we hold as the utterly reliable anchor for our souls, fixed in the very certainty of God Himself in Heaven, where Jesus has already entered on our behalf, having become, as we have seen, "High Priest for ever after the order of Melchizedek".

Sons of Korah

Psalms 42-49 were written by the descendants of Korah. Korah was a Levite who led a rebellion against Moses (Numbers 16:1-35). He was killed, but his descendants remained faithful to God and continued to serve God in the Temple. David appointed men from the clan of Korah to serve as choir leaders (1 Chronicles 6:31-38), and they continued to be Temple musicians for hundreds of years (2 Chronicles 20:18-19).

- Theological note, Psalm 42:1ff, *Life Application Study Bible*, Tyndale, p. 1169.

Sons of Korah - Psalm 42

The psalm is attributed to the sons of Korah, a musical family in Israel. They descended from the priest who led an abortive rebellion against the leadership of Moses and Aaron (Numbers 16). God's judgment came upon Korah and his companions, but Korah's family continued for hundreds of years to be some of the premier leaders of worship music in Israel.

- Theological note on Psalm 42, *NKJV Study Bible*, Thomas Nelson, p. 860.

Korah

The ringleader of a revolt against Moses while the tribes were in the desert, this Korah was the son of Izhar. Korah conspired with Dathan and Abiram to challenge the authority of Moses and Aaron, but died suddenly when an earthquake dramatically swallowed up the disgruntled troublemakers. In spite of his infamous ending, this Korah was the ancestor of a distinguished line of Levites who were respected as Temple doorkeepers and singers. *Exodus 6:21, 24; Numbers 16:1-49; 26:9-11; 27:3; 1 Chronicles 6:22; 37; 9:19.*

- Korah, from *Everyone in the Bible*, by William P. Barker, Fleming H. Revell Co.© 1966, p. 211.

Quote by Martyn Lloyd Jones

"Have you realized that most of your unhappiness in life is due to the fact that you are listening to yourself instead of talking to yourself? Take those thoughts that come to you the moment you wake up in the morning. You have not originated them but they are talking to you, they bring back the problems of yesterday, etc. Somebody is talking. Who is talking to you? Your self is talking to you. Now this man's treatment [in Psalm 42] was this: instead of allowing this self to talk to him, he starts talking to himself. "Why art thou cast down, O my soul?" he asks. His soul had been depressing him, crushing him. So he stands up and says, "Self, listen for moment, I will speak to you."

- Martyn Lloyd Jones (1899-1981), *Spiritual Depression: Its Causes and Cure*, p.p. 20-21.

How Long Wilt Thou Conceal Thy Face

By Isaac Watts, Circa 1719

<http://cyberhymnal.org/htm/h/l/w/hlwtctfa.htm>

How long wilt Thou conceal Thy face?
My God, how long delay?
When shall I feel those heav'nly rays
That chase my fears away?

How long shall my poor laboring soul
Wrestle and toil in vain?
Thy word can all my foes control
And ease my raging pain.

See how the prince of darkness tries
All his malicious arts;
He spreads a mist around my eyes,
And throws his fiery darts.

Be Thou my sun, and Thou my shield,
My soul in safety keep;
Make haste, before mine eyes are sealed
In death's eternal sleep.

How would the tempter boast aloud
If I become his prey!
Behold, the sons of hell grow proud
At Thy so long delay.

But they shall fly at Thy rebuke,
And Satan hide his head;
He knows the terrors of Thy look,
And hears Thy voice with dread.

Thou wilt display Thy sovereign grace,
Where all my hopes have hung,
I shall employ my lips in praise
And victory shall be sung.

- To read a full biographical profile on Isaac Watts, go to: http://www.hymnary.org/person/Watts_Isaac

C.S. Lewis on Hoping For Something More

"Most people, if they had really learned to look into their own hearts, would know that they do want, and want acutely, something that cannot be had in this world. There are all sorts of things in this world that offer to give it to you, but they never quite keep their promise.

"At present we are on the outside... the wrong side of the door. We discern the freshness and purity of morning, but they do not make us fresh and pure. We cannot mingle with the pleasures we see. But all the pages of the New Testament are rustling with the rumor that it will not always be so. Someday, God willing, we shall get "in"... We will put on glory... that greater glory of which Nature is only the first sketch.

"We do not want to merely "see" beauty—though, God knows, even that is bounty enough. We want something else which can hardly be put into words—to be united with the beauty we see, to pass into it, to receive it into ourselves, to bathe in it, to become part of it."

Quote by Gilbert M. Beeken

"Other men see only a hopeless end, but the Christian rejoices in an endless hope."

Quote by Tertullian

"Hope is patience with the lamp lit."

Quote by Charles Spurgeon

"Let this one great, gracious, glorious fact lie in your spirit until it permeates all your thoughts and makes you rejoice even though you are without strength. Rejoice that the Lord Jesus has become your strength and your song – He has become your salvation. "

Book of Psalms

By S. Michael Houdmann

<http://www.gotquestions.org/Book-of-Psalms.html>

Author: The brief descriptions that introduce the psalms have David listed as author in 73 instances. David's personality and identity are clearly stamped on many of these psalms. While it is clear that David wrote many of the individual psalms, he is definitely not the author of the entire collection. Two of the psalms (72) and (127) are attributed to Solomon, David's son and successor. [Psalm 90](#) is a prayer assigned to Moses. Another group of 12 psalms (50) and (73—83) is ascribed to the family of [Asaph](#). The [sons of Korah](#) wrote 11 psalms (42, 44-49, 84-85,87-88). [Psalm 88](#) is attributed to Heman, while (89) is assigned to Ethan the Ezrahite. With the exception of Solomon and Moses, all these additional authors were priests or Levites who were responsible for providing music for sanctuary worship during David's reign. Fifty of the psalms designate no specific person as author.

Date of Writing: A careful examination of the authorship question, as well as the subject matter covered by the psalms themselves, reveals that they span a period of many centuries. The oldest psalm in the collection is probably the prayer of Moses (90), a reflection on the frailty of man as compared to the eternity of God. The latest psalm is probably (137), a song of lament clearly written during the days when the Hebrews were being held captive by the Babylonians, from about 586 to 538 B.C.

It is clear that the 150 individual psalms were written by many different people across a period of a thousand years in Israel's history. They must have been compiled and put together in their present form by some unknown editor shortly after the captivity ended about 537 B.C.

Purpose of Writing: The Book of Psalms is the longest book in the Bible, with 150 individual psalms. It is also one of the most diverse, since the psalms deal with such subjects as God and His creation, war, worship, wisdom, sin and evil, judgment, justice, and the coming of the Messiah.

Key Verses: [Psalm 19:1](#) "The heavens declare the glory of God; the skies proclaim the work of his hands."

[Psalm 22:16-19](#), "Dogs have surrounded me; a band of evil men has encircled me, they have pierced my hands and my feet. I can count all my bones; people stare and gloat over me. They divide my garments among them and cast lots for my clothing."

[Psalm 23:1](#), "The LORD is my shepherd, I shall not be in want."

[Psalm 29:1-2](#), "Ascribe to the LORD, O mighty ones, ascribe to the LORD glory and strength. Ascribe to the LORD the glory due his name; worship the LORD in the splendor of his holiness."

[Psalm 51:10](#), "Create in me a pure heart, O God, and renew a steadfast spirit within me."

[Psalm 119:1-2](#), "Blessed are they whose ways are blameless, who walk according to the law of the LORD. Blessed are they who keep his statutes and seek him with all their heart."

Brief Summary: The Book of Psalms is a collection of prayers, poems, and hymns that focus the worshiper's thoughts on God in praise and adoration. Parts of this book were used as a hymnal in the worship services of ancient Israel. The musical heritage of the psalms is demonstrated by its title. It comes from a Greek word which means "a song sung to the accompaniment of a musical instrument."

Foreshadowings: God's provision of a Savior for His people is a recurring theme in the Psalms. Prophetic pictures of the Messiah are seen in numerous psalms. [Psalm 2:1-12](#) portrays the Messiah's triumph and kingdom. [Psalm 16:8-11](#) foreshadows His death and resurrection. [Psalm 22](#) shows us the suffering Savior on the cross and presents detailed prophecies of the crucifixion, all of which were fulfilled perfectly. The glories of the Messiah and His bride are on exhibit in [Psalm 45:6-7](#), while [Psalms 72:6-17](#), [89:3-37](#), [110:1-7](#) and [132:12-18](#) present the glory and universality of His reign.

Practical Application: One of the results of being filled with the Spirit or the word of Christ is singing. The psalms are the "songbook" of the early church that reflected the new truth in Christ.

God is the same Lord in all the psalms. But we respond to Him in different ways, according to the specific circumstances of our lives. What a marvelous God we worship, the psalmist declares, One who is high and lifted up beyond our human experiences but also one who is close enough to touch and who walks beside us along life's way.

We can bring all our feelings to God—no matter how negative or complaining they may be—and we can rest assured that He will hear and understand. The psalmist teaches us that the most profound prayer of all is a cry for help as we find ourselves overwhelmed by the problems of life.

Recommended Resources: [Psalms, Volume 1 - NIV Application Commentary by Gerald Wilson](#).

[Psalms 1-75, Holman Old Testament Commentary by Steven Lawson](#) and [Logos Bible Software](#).

Read more: <http://www.gotquestions.org/Book-of-Psalms.html#ixzz3OqX5O2Aq>

- While he is not the author of every article on [GotQuestions.org](#), for citation purposes, you may reference our CEO, S. Michael Houdmann.