

Keynotes from Tim Shenton's YouTube Sermon on Sunday 19th February 2020

Cast down? I shall praise God Psalm 42 vv5 and 11

(Please read these notes whilst watching or listening to the sermon)

Psalm 42: 5 Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Saviour and my God.

v11 Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Saviour and my God.

David is crying out to the Lord at a time of great need, probably at the time of Absalom's conspiracy when David was fleeing from his son.

vv1-2 As the deer pants for streams of water, so my soul pants for you, O God.

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

- In the midst of his turmoil, David is pouring out his heart in honesty and desperation to the only one who can help him. He is thirsting for God's presence when he feels saddened, abandoned and persecuted. Do we cry out to God in this way?
- He feels overwhelmed by his troubles, just like Jonah when he was in the belly of the great fish **v7** Deep calls to deep at the roar of your waterfalls; all your waves and breakers have swept over me.

In this slough of despond David asks the question that we read in vv5 and 11, then gives his own solution: **put your hope in God**. He looks into a brighter future: **for I will yet praise him, my Saviour⁶ and my God**. David is preaching to himself and every believer should do this. We then remind ourselves from God's word of:

- The character of God
- The promises of God

God's word becomes precious to us and we exhort ourselves to believe God's word and put it into practice. In this way we are filled with his truth and not with the lies of the evil one. In Psalm 42, David gives us a self-help recipe.

1) The examination

- He does not pretend there isn't a problem.
- He examines his feelings to understand what is going on
- He tries to find the cause of the problem by asking questions.

- He does not blame anyone else because he realises that for believers there should be a sense of peace and rest in every situation. **Isaiah 26:3** You will keep in **perfect peace** him whose mind is steadfast because he trusts in you.

We need to understand ourselves, to know the reason for our state and condition before God and ask why we don't have that rest in God, the inner calm that we should be experiencing.

2) The remedy

David may not understand all the symptoms, but he continues to preach to himself and to tell himself what the cure is - **to have a believing confidence in a sovereign God. v5b Put your hope in God**

- When we are sinking, we can catch hold of the power and promises of God to help to keep our heads above water.
- God is our anchor and the anchor is a symbol of hope.

Hope in this context specifically points to:

- The expectation that God **will** come, though he may appear to be far off for the moment
- In God there is the assurance that tears will only last for a night and joy will come in the morning. **Ps 30:5** Weeping may remain for a night, but rejoicing comes in the morning.

How wonderful for the Christian to know that tomorrow is another day. This is our hope. We see how God has worked in situations of apparent hopelessness:

- When Joseph was in prison, the purposes of God prevailed **Genesis 39 ff**
- Hannah was in bitterness of soul then Samuel was born **1 Samuel Ch 1**
- Jonah was locked in the belly of a great fish, then revival came to Nineveh **Jonah 2: 17 ff**
- Lazarus had been in the tomb for four days and everyone was weeping, then Jesus arrived **John Ch 11**

Hope reigns with God so, whatever you are suffering, the remedy is to put your hope in our anchor, the sovereign God.

3) The healing – for I will yet praise him, my Saviour and my God.

When peace comes once again, we shall:

- lift up our voices in praise and give him glory as the sovereign God who is working his purposes out
- acknowledge him as our Saviour and God

- own him as our own – my Saviour and my God
- return to the house of God rejoicing
- thank him for his strength, help and deliverance
- trust his promises and see the gentle hand of our God working in and through our trials to bring about his purposes for our lives.

Are you in isolation? Do you feel very much alone? The day will soon come when you will praise him and cry with David 'my Saviour and my God'