

## **Psalm 42      For the sons of Korah**

### ***LORD, Help Me***

<sup>1-2</sup> LORD,

You are the living God, the only One worth pursuing. I am in a spiritual drought but long to worship You in church more than anything else in this world. In fact, my longing is even more intense than the way a deer thirsts for a drink of water, but all he finds is a dry creek bed. So, he is driven on until he finds some cool mountain stream to satisfy his thirst. How long must I wait before You rescue me so that I may return to Jerusalem and freely enter Your temple to offer sacrifices on Your altar without fear of verbal or physical abuse?

### ***I remember how it used to be for me***

<sup>3</sup> I ask this question because my oppressors taunt me relentlessly, day in and day out, saying,

“OK, you say you trust in God to deliver you. Well, where is He now that you need Him? Give it up. He isn’t going to rescue a worthless fellow like you.”

LORD, their taunting has so adversely affected me that all I can do is cry day and night. In fact, I cry so hard and long that I cannot even eat. <sup>4</sup> Yet even through my tears I remember the way it used to be for me. Back then I would be the one to lead the procession of the multitudes going to the temple to worship God at festival time. We would proceed singing praises and giving thanks to the LORD out of joyful hearts, and I want so much to be able to do so again. In fact, everything within me is constantly crying out in prayer asking You to restore those happy days to me.

### ***Cheer up – it’ll get better***

<sup>5</sup> In light of how good the LORD has been to me in the past, I must ask myself,

“Why are you down in the dumps, and why are you griping to the LORD about your circumstances? Don’t take stock in anything your opponents say. Trust God instead, and at the right time He will come to your rescue just like He always has. When He does, you will once again be able to praise Him for being there to deliver you from all of your troubles.”

### ***My troubles are coming in like a flood***

<sup>6</sup> LORD,

You know that my whole inner being is in deep despair. Nevertheless, I will remind myself over and over again of all the ways in which You have been good to me in the past. I will dwell upon them wherever I find myself, whether it be an emotional mountain top or a

discouraging valley. <sup>7</sup> I must constantly meditate upon Your goodness because despair breeds despair in a snowball effect while my troubles pour down upon me as though I were standing under a waterfall. They come upon me again and again like the waves of the sea, one huge breaker after another in quick succession in an attempt to knock me off my feet forever.

### ***I trust God, but why does it seem like has He abandoned me?***

<sup>8</sup> I know that in the end my troubles will not destroy me because the LORD has always been faithful to me in the past. I don't know when it will be, but I am convinced that at the right time the LORD will pour out His tender love and kindness upon me in the daytime, and at night He will put in a song my heart. When He does, that song will express itself as a prayer of praise and thanksgiving to my sweet LORD for how He sustains my life. <sup>9</sup> Although deep down inside I know I must trust God to be my security and protection, the magnitude of my troubles drives me to ask the LORD this question:

“Why do You appear to be so far from me, and why have You allowed my oppressors to put so much pressure upon me that I have gone into mourning?”

<sup>10</sup> My bones are not merely tired, they feel like they have been broken under the weight of all their scorn and ridicule. In addition to their cruelty, my oppressors proudly taunt me again and again by saying,

“OK, you say you trust in God to deliver you. Well, where is He now that you need Him? Give it up. He isn't going to rescue a worthless fellow like you.”

### ***Cheer up – it's going to get better***

<sup>11</sup> Without doubt, my opponents' attacks have hurt me a great deal, but regardless of the hurt I must ask myself again,

“Why are you down in the dumps, and why are you griping to the LORD about your circumstances? Don't take stock in anything your opponents say. Trust God instead, and at the right time He will come to your rescue just like He always has. When He does, He will put a smile back on your face, and you will be able once again to praise Him for being there to deliver you from all of your troubles.”