

Disquieted but Joyful (Psalm 42)

Text:

As the deer longs for streams of water, so I long for you, O God. ²I thirst for God, the living God. When can I go and stand before him? ³Day and night I have only tears for food, while my enemies continually taunt me, saying,

“Where is this God of yours?” ⁴My 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! ⁵Why am I discouraged? Why is my heart so sad? I will put my hope in God! I will praise him again—my Savior and ⁶my God! 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. ⁷I hear the tumult of the raging seas as your waves and surging tides sweep over me. ⁸But 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. ⁹“O God my rock,” I cry, “Why have you forgotten me? Why must I wander around in grief, oppressed by my enemies?” ¹⁰Their taunts break my bones. They scoff, “Where is this God of yours?” ¹¹Why 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!

Lesson

I. Disquieted is not an adjective we hear, frequently, in our modern English. What does it mean to be disquieted? (In vs 5, the KJV reads: "Why art thou cast down O my soul? And why art thou disquieted in me)

A. Dictionary.com- to disquiet is to deprive of calmness/peace, to disturb or to alarm.

1. There is much in our world which deprives us of our peace: politics, crime, strife, disease, etc. In the case of David, he was the legitimate king on the run from a man no longer qualified to be on the throne.

2. David's political position is secondary to what is, truly, disquieting to his soul- God seems distant. (vs 1-3)

a. a prolonged sadness- "I have only tears for food" (vs2)

II. Daily factors in our disquiet

A. Persecution/Mocking/Slander

1. "Where is your God?"
2. Attacks on your theology
3. Loss of position, influences, finances

B. "Valley Experiences"

1. God seems distant (see vs 1-3)
2. Trials and tribulations (John 16:33 and James 1:2)
3. Our own sin (Isaiah 59:2)

C. Remembering the "good old days"

1. Reflecting on "the way things used to be" in our relationship with God
2. Remembering days of being "led beside still waters and lying down in green pastures" (Psalm 23)

D. Mental health issues rob us of our joy

1. Depression
2. Anxiety
3. Fear

III. Resolving the disquiet

A. Call out to God during the disquiet (vs 9-10)

B. Recall the Scriptures

1. Many times I struggle with depression and in those moments, I cling to 2 verses, Isaiah 43:11 and Isaiah 44:8
 - a. We memorize scripture so that in the moments where we walk through dark valleys (Psalm 23:4), we can draw upon them for strength

C. Sing Psalms and Hymns, and Spiritual Songs to remember the greatness of our God.

1. In the moments of our disquiet, the surest way to bring peace into our lives is to focus on God our Savior and we do that in worship.
2. Remembering releases rejoicing
 - a. But I trust in your unfailing love; my heart rejoices in your salvation. I will sing the Lord's praise, for he has been good to

IV. The Christian's joy

A. What is joy?

1. Dictionary.com- great pleasure/jubilant/exultation/gladness

B. 8 sources of our joy

1. Being joyful is taught by Jesus: “Blessed are you when people hate you. . . Rejoice in that day, and leap for joy, for behold, your reward is great in heaven” Luke 6:22-23. Troubles for Jesus compound your interest in heaven — which lasts a lot longer than earth.

2. Joy comes from the Holy Spirit, not our own efforts or imagination or environment. “The fruit of the Spirit is . . . joy” (Galatians 5:22). “You received the word in much affliction, with the joy of the Holy Spirit” (1 Thessalonians 1:6).

3. Joy comes from belonging to the kingdom of God. “The kingdom of God is not a matter of eating and drinking but of righteousness and peace and joy in the Holy Spirit” (Romans 14:17).

4. Joy stems from faith, that is, from believing God. “May the God of hope fill you with all joy and peace in believing” (Romans 15:13). “I know that I will remain and continue with you all, for your progress and joy in the faith” (Philippians 1:25).

- 5 Joy comes from seeing and knowing Jesus as Lord. “Rejoice in the Lord always” (Philippians 4:4).

6. Joy, for the Christian, comes among us i.e. from fellow believers who work hard to help us focus on these sources of joy, rather than deceitful circumstances. “We work with you for your joy” (2 Corinthians 1:24).

7. Joy is a response to tribulation i.e. it comes from the sanctifying effects of tribulations. “We rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope” (Romans 5:3-4). Jesus tells us “In the world

ye shall have tribulation. Be of good cheer (joyful), I have overcome the world. (John 16:33)

8. Joy comes from knowing that we are safe in Jesus' hand, that no one can take us from His hand, and that, from the moment of our salvation, we have life eternal. John 10:28-30 "I give them eternal life, and they will never perish. No one can snatch them away from me, for my Father has given them to me, and he is more powerful than anyone else. No one can snatch them from the Father's hand. The Father and I are one."

V. Sustaining our joy in the darkest moments (vs 11)

A. Remember an unshakable, unsinkable savior who never changes

1. I, the Lord, change not (Malachi 3:6)

2. God is our rock

a. Psalm 78:35 And they remembered that God was their rock,
And the Most High God their Redeemer.

b. Habakkuk 1:12 Are You not from everlasting, O LORD, my
God, my Holy One? We will not die You, O LORD, have
appointed them to judge; And You, O Rock, have established
them to correct.

c. Psalm 18:31 For who is God, but the LORD? And who is a
rock, except our God,

B. Delight in your salvation.

1. Psalm 35:9 Then I will rejoice in the LORD. I will be glad because
he rescues me.

VI. We are the redeemed and we shall overcome because Christ, the Captain of our Salvation has overcome the world (John 16:33)