

Psalm 42 (NIV)

For the director of music. A maskil of the Sons of Korah.

- 1 As the deer pants for streams of water, so my soul pants for you, my God.
- 2 My soul thirsts for God, for the living God. When can I go and meet with God?
- 3 My tears have been my food day and night,
while people say to me all day long, 'Where is your God?'
- 4 These things I remember as I pour out my soul:
how I used to go to the house of God under the protection of the Mighty One
with shouts of joy and praise among the festive throng.
- 5 **Why, my soul, are you downcast? Why so disturbed within me?
Put your hope in God, for I will yet praise him, my Saviour and my God.**
- 6 My soul is downcast within me; therefore I will remember you
from the land of the Jordan, the heights of Hermon – from Mount Mizar.
- 7 Deep calls to deep in the roar of your waterfalls;
all your waves and breakers have swept over me.
- 8 By day the Lord directs his love, 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 must I go about mourning, oppressed by the enemy?'
- 10 My bones suffer mortal agony as my foes taunt me,
saying to me all day long, 'Where is your God?'
- 11 **Why, my soul, are you downcast? Why so disturbed within me?
Put your hope in God, for I will yet praise him, my Saviour and my God.**

Psalm 43

- 1 Vindicate me, my God, and plead my cause against an unfaithful nation.
Rescue me from those who are deceitful and wicked.
- 2 You are God my stronghold. Why have you rejected me?
Why must I go about mourning, oppressed by the enemy?
- 3 Send me your light and your faithful care, let them lead me;
let them bring me to your holy mountain, to the place where you dwell.
- 4 Then I will go to the altar of God, to God, my joy and my delight.
I will praise you with the lyre, O God, my God.
- 5 **Why, my soul, are you downcast? Why so disturbed within me?
Put your hope in God, for I will yet praise him, my Saviour and my God.**

Spiritual depression

Its causes

- Internal
- External

Causes in Psalms 42 and 43

- Distance from God (42:1-2)
- Taunts of unbelievers (42:3,10)
- Memories of better days (42:4)
- Overwhelming trials of life (42:7)
- Inactivity of God (42:9)
- Under attack (43:1)

The way forward

- Talk to yourself (42:5,11; 43:5)
- Remember God (42:5,11; 43:5)
- Turn to God (43:3-4)
- Progress