

Psalm 42

Overcoming Despair

**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 Savior 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 Savior and my God.**

What do we do when it seems that God is silent or even absent?

The Psalmist

His perspective - The Old Testament model for connecting with God

Jesus' model for dealing with despair

Spend time with people

Serve people who are in need

Have conversations about God

Allow others to minister to you

Spend time talking to God and listening to God