

## A Song of Lament Psalm 42

The value that Psalm 42 has for you is that it gives clarity to the Christian experience. When you distill Christianity down to its very basic, core foundation – when you get past the doctrine; and the forms and structure and the beliefs and the values – you arrive at relationship.

At its very core, Christianity is about a relationship with God through the person of Jesus Christ.

We see this in Psalm 42. When you drill down to the essence of this psalm, you have relationship... Relationship with God that brings hope in the midst of hurt; peace in the midst of pain, wisdom in the midst of confusion. And this is so like Jesus.

Jesus gave us the essence of Psalm 42 in one sentence:

***Do not let your hearts be troubled. Trust in God; trust also in me.*** John 14:1

Psalm 42 is a lament. A lament is an honest expression of sorrow, grief, or regret. These psalms show us the inner struggle of trusting God in a fallen world. Psalms of lament help us to navigate stress, sorrow, sadness and suffering.

### ***Key Observations from Psalm 42:***

#### **He cries out to God.**

- Notice how this psalm begins.

*My soul pants for you.*

*My tears have been my food.*

*People say – where is your God.*

#### **He is honest about his struggle.**

- Why are you downcast my soul? Why so disturbed within me?

It is normal and good to feel emotion. God wants to hear your emotion. Even the stuff that you don't think anyone on earth wants to hear. God wants to hear that because He wants to hear from you. God wants to hear your praise AND your struggles.

*The Book of Psalms is permission for how you can talk to God.*

#### **He declares his trust and praise.**

- I will yet praise Him, my Savior and my God.

This is not put on a happy-face, but this is a personal call to maintain faith in God one difficult step at a time. The laments are good models for us. They contain good theology and demonstrate the value and priority of relationship.

***In this world you will have trouble but take heart! I have overcome the world. John 16:33***