



“Thirsting for God – Part I”

Psalm 42:1-43:5 ♦ Pastor Jim Lennon
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Introduction - Psalm 42 and 43 are thought to be one unit because of the repeated refrain: “Why are you cast down, O my soul, and why are you in turmoil within me?” found in both. The two Psalms probe the journey of the causes and cures of being spiritually downcast and depressed. Today we’ll explore part 1.

I. Feeling Spiritually Downcast.

- A. The Psalmist isn’t just referring to feeling a little “blue,” but being “laid low” (tishto shach).
- B. This can happen to anyone. Examples:
 - 1. Moses.
 - 2. Elijah.
 - 3. Jonah.
- C. This is a specific kind of feeling downcast.
- D. His analogy indicates that it is a spiritual dryness, where he can no longer sense the real presence of God.

- E. Everyone will at times experience this condition!

II. The Causes of Being Spiritually Downcast.

- A. There are many complex causes for feeling downcast.
- B. We can rule out the most common causes by what we find in the Psalm.
- C. We do see things in the Psalm that may have contributed to his feeling spiritually downcast.
 - 1. His rhythm of worship and fellowship has been disrupted.
 - 2. His environment.
 - 3. The physical causes.
- D. The root cause of feeling spiritually downcast. . . .

Conclusion