



## ***“Thirsting for God – Part 2”***

Psalm 42:1-43:5 ♦ Pastor Jim Lennon  
February 7, 2021

**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 finish with part 2.

### ***I. Feeling Spiritually Downcast. (Review)***

- A. In these two Psalms, the Psalmist mentions that he is feeling “downcast” 7 times.
  
- B. His analogy indicates that it is a spiritual dryness, where he can no longer sense the real presence of God.
  
- C. The Psalm indicates that he may be feeling spiritually downcast for a number of reasons.
  - 1. He is isolated from other believers.
  
  - 2. He is living in an environment hostile to his faith.
  
  - 3. He is not eating or sleeping.

### ***II. The Root Cause of Feeling Spiritually Downcast.***

- A. At the core of his being he needs God.
  
- B. When we substitute other things to satisfy our “thirst,” we will not be satisfied.

### ***III. The Cures for the Downcast.***

- A. Pray!
  
- B. Challenge yourself, specifically your hopes.
  
- C. Comfort yourself with God’s unconditional love.

### ***Conclusion***