

Sermon Notes
Good News Church
Psalms, Proverbs & Parables
“Quenched” (Psalm 42:1-11)
Drue Warner
6-7-26

Jude follow up from last week...

Review of Ray’s key points on how we are to hold firmly to the faith we profess (Heb. 4:14)

²⁰ But you, dear friends, by **building** yourselves up in your most holy faith and **praying** in the Holy Spirit, ²¹ **keep** yourselves in God’s love as you **wait** for the mercy of our Lord Jesus Christ to bring you to eternal life.

An added thought on how we are to respond to those who attack us

²² **Be merciful to those who doubt;** ²³ **save others by snatching them from the fire; to others show mercy, mixed with fear—hating even the clothing stained by corrupted flesh.**

Psalm 42

Purpose of the Psalms: Express the emotions of praise, worship, gratitude, grief, sorrow, anger, desperation, despair, hope, joy, love, etc. The Psalms are very useful for our times of prayer.

Author: Sons of Korah (or possibly, David, and sung by the worship leaders)

Info: Psalm 42 and 43 go together.

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.

REFLECTION

- The grief portrayed in this psalm is a very particular sadness, one felt supremely by Jesus Christ, most especially in the garden of Gethsemane (“very sorrowful” = “cast down”), and now by all who are in Christ.

- **MOUNT HERMAN** - The Jordan River begins at Mount Hermon, located northeast of the Sea of Galilee (the modern-day dividing line between Lebanon and Syria). Mount Hermon is 9,000 feet above the Mediterranean Sea, and was the tallest mountain in the region. Melting snow and rain from Mount Hermon sends water cascading into the Jordan river and into the Sea of Galilee. Mount Hermon has often been speculated as the site of the Lord's transfiguration.
- **MOUNT MIZAR** – The name “Mizar” literally translates to "small" or "little" mountain in Hebrew. The psalmist mentions praying from Mount Mizar.
- **Because Jesus has walked this way as our sacrifice and great High Priest, he is able to sympathize with us. He himself enters into the same crashing waves of grief that we enter into.**
 - “For this reason he had to be made like them, fully human in every way... Because he himself suffered when he was tempted, he is able to help those who are being tempted.” – Hebrews 2:17-18
 - “For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. Let us then approach God’s throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.” – Hebrews 4:15-16
- **IMPORTANT – We need to speak to our soul, tell ourselves the truth!** (vs. 5, 11)
- Jesus provides deliverance from the storm because he himself (as well as being the one who sings the psalms), will prove to be the one on whom our faith rests as we sing the psalms with him. It is a grief accompanied by a rich hope.
 - “Let anyone who is thirsty come to me and drink. 38 Whoever believes in me, as Scripture has said, rivers of living water will flow from within them.” – John 7:37
- *“If I find in myself desires which nothing in this world can satisfy, the only logical explanation is that I was made for another world.” – C.S. Lewis*
- **Jesus is the stream, and only He can satisfy the deepest longings of our thirsting soul.**

And THAT’S Good News!

Psalm 42 (Reggae style)

Below are the lyrics to a reggae song that we played during the service. This song was written about Psalm 42.

The dry land stretches far and wide
where living waters are denied.
A longing deep within my chest
A search for comfort and for rest
My spirit cries out in the night
For the presence of the Lord of Light
1 As the deer pants for the water stream
So my cries out for Thee it seems
2 My heart is thirsty for the Living God
The place where I have always trod
When shall I come and stand before
The face of Him whom I adore

3 My tears have been my daily bread
While scornful voices mock and said
“Where is your God the one you claim?
Why does He hide His mighty name?”
4-6 I remember days of joy and praise
Walking with Him through sunlit days
7 Now waves of sorrow crash on me
A restless deep and troubled sea
5 “Why are you cast down Oh my soul?
Why are you troubled and are not whole?”
11 Hope in the Lord and praise Him still.
For He will surely work His will.

As the deer pants for the water stream
So my cries out for Thee it seems
My heart is thirsty for the Living God
The place where I have always trod
When shall I come and stand before
The face of Him whom I adore

8 By day the Lord commands His grace
By night I sing within this place
A prayer to God my life’s true Rock
I wait upon His gentle knock
Ps. 43:3 He is the health of my countenance
My strong and sure deliverance
He sends His light and sends His truth
To guide me from my troubled youth.

11 “Why are you cast down Oh my soul?
Why are you troubled and are not whole?”
Hope in the Lord and praise Him still.
For He will surely work His will.

As the deer pants for the water stream
So my cries out for Thee it seems
My heart is thirsty for the Living God
The place where I have always trod
When shall I come and stand before
The face of Him whom I adore

INTERLUDE

Ps. 43:4 I will recall the time we met
The promised I can't forget
I will pour out my heart to Thee
From this dark place where I now be
I know the water will be found
On holy consecrated ground
My expectation is from Him
Though all the world looks dark and dim
Put your trust in the salvation of His face
He is the help, the strength the saving grace, I will yet praise Him, I declare
The answer to my silent prayer

As the deer pants for the water stream
So my cries out for Thee it seems
My heart is thirsty for the Living God
The place where I have always trod
When shall I come and stand before
The face of Him whom I adore
My soul be still
The waiting is done
The battle fought the victory won
The living God He hears your plea
And brings His perfect peace to thee

REFLECTION

We all experience grief, sorrow, and burdens, at one time or another. We're not only called to share our burdens with God, but also with one another.

HOUSE CHURCH PREP

1. *BIRTHPLACE: Where were you born / grow up?*
2. *WORK / FUN: What do you do for work / fun?*

3. *GOOD NEWS CHURCH: How did you find GNC?*
4. *UPBRINGING: Was faith a part of your family?*
5. *FAITH EXPERIENCE: Where there any significant events or life experiences that were instrumental in drawing you to faith and Jesus?*

A WORD ABOUT CHURCH

We intentionally create our worship service to include interactive sharing. It's always optional but we encourage everyone to consider stepping out of their comfort zone and sharing because it is an important way of building up and encouraging one another.

1 Corinthians 14:26 says, *“What then shall we say, brothers and sisters? When you come together, each of you has a hymn, or a word of instruction, a revelation, a tongue or an interpretation. Everything must be done so that the church may be built up.”*

- *“People, both men and women, did not come just as consumers but as contributors. The question we should ask is not ‘What am I getting out of church?’, but ‘What am I giving out at church?’ They did not come just to receive but also to help others. If we all come to church with this attitude of being a contributor it will totally transform our services of worship.” – Nicky Gumbel*