

Triumphant Tuesdays Bible Study
Psalms 42
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Have you ever been criticized or taunted for going through a difficult circumstance?
Have you ever been made to feel wrong for being faced with difficult emotions?

How does God address this in the scriptures?
The Bible says to rejoice with those who rejoice and weep with those who weep (Romans 12:15)

We serve a God of Comfort
-The Holy Spirit is a Comforter
-Comforter holds you & soothes you and cares for you
 -“This is going to be ok.” “You will be alright.” “You will be ok.”
-Romans 8:28 says: In all of these things we are more than conquerors THROUGH HIM THAT LOVED US
 - God comforts through his love
- Christ loves us and we are conquerors even when we are suffering or dealing with difficulty
The comfort does not take the circumstance or the suffering away, but it acknowledges and validates legitimate emotion in us that God recognizes, hears and sees—and even feels himself

Psalm 42

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.

Ecclesiastes 3:1-8: A Time for Everything

1

There is a time for everything,
and a season for every activity under the heavens:

2

a time to be born and a time to die,
a time to plant and a time to uproot,

3

a time to kill and a time to heal,
a time to tear down and a time to build,

4

a time to weep and a time to laugh,
a time to mourn and a time to dance,

5

a time to scatter stones and a time to gather them,
a time to embrace and a time to refrain from embracing,

6

a time to search and a time to give up,
a time to keep and a time to throw away,

7

a time to tear and a time to mend,
a time to be silent and a time to speak,

8

a time to love and a time to hate,
a time for war and a time for peace.

Are our difficult emotions sin?

- God recognizes our emotions
- David cried until he could not cry anymore (1 Samuel 30:4)
- Jesus took the time to cry, (weep or mourn) after His friend's death (John 11:35)
- Did not dismiss but wept (and groaned, vs 38). Sat with those emotions for a while before speaking His Word over the situation ("...Come forth!" vs 43)
- Moses' death was mourned for 30 days before moving forward into the Promised Land (Deuteronomy 34:8) - God made sure the Israelites took the time to mourn
- Having hope does not take away the reality of suffering or the legitimacy of our emotions but it brings comfort and paves our way to the solution

Necessities for our physical body, spirit and soul

- Our physical body needs air, food and water
- Our spirit needs the Lord (Worship the Lord in spirit and in truth John 4:24)
- Our soul needs hope (Psalms 42: 5, 11)
- Thirsts (for the Lord)
- Cast down
- Weeping may endure for a night, but joy comes in the morning (Psalm 30:5b)

Criticism for difficult emotions (sorrow, distress, sadness)

- From people in the church (Psalms 42:3)
- Job's friends
 - From people outside of the church (Psalms 42:10)
- my foes say (the world)

Expressing your soul (feelings/mind) is a part of worship; is a part of life

- Worship the Lord in spirit and in truth (John 4:23)
- The truth about how you feel/what's in your soul
- The truth about what the Word says about it

Distress, downcast, disturbed vs having hope & choosing to put hope in God

- Hope is a choice
- Hope is not based on sight (faith is not by sight)
- Not based on circumstances
- Praise is a choice

Having hope does not take away the reality of suffering but it brings comfort and paves our way to the solution.

Having difficult (or negative) emotions is not sin. To have sorrow is not sin. To mourn is not sin.

Psalms 42 is not saying “don’t feel or have negative emotions;” it is saying what to do when these emotions arise. Similar to when positive emotions arise, the bible says to consider yourself and not let this lead to sin (Ecclesiastes 7:14 - In the day of prosperity be joyful, but in the day of adversity consider). When you have prosperity, don’t forget the Lord; when you have adversity, don’t forget the Lord. We are not led by our emotions but the Scripture validates feeling, acknowledging, and even expressing our emotions. Yet in the midst of these things, there is always hope!

Matthew 5:3-6

3 Blessed are the poor in spirit: for theirs is the kingdom of heaven.

4 Blessed are they that mourn: for they shall be comforted.

5 Blessed are the meek: for they shall inherit the earth.

6 Blessed are they which do hunger and thirst after righteousness: for they shall be filled.

*****God welcomes a thirsty soul!*****