

The Countenance of Worship

Psalm Appeal – Part 2 of 9

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At the heart of the Bible is a book of 150 worship songs, the Psalms. These songs show us how to worship even if we are mad, sad, glad or afraid. Psalm 42 is definitely in the sad category. Dr. Martin Lloyd-Jones chose this psalm to open his book, *Spiritual Depression: Its Cause and Cures*. He was concerned that too many Christians are unhappy people.

Psalm 42

¹*As a deer pants for flowing streams, so pants my soul for you, O God.*

²*My soul thirsts for God, for the living God. When shall I come and appear before God?*

- Despair dehydrates your inner self and exhausts you for anything constructive.

³*My tears have been my food day and night, while they say to me all the day long, Where is your God?"*

- Discouragers always show up and deepen our despair.

⁴*These things I remember, as I pour out my soul: how I would go with the throng and lead them in procession to the house of God with glad shouts and songs of praise, a multitude keeping festival.*

- Dilute your despair by remembering who God is, what God is, what God has done and what God has promised.

⁵*Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God. [literally, "for the salvation of His countenance"]*

- Vs.5,11, 43:5 Despair dissolves further when we stop listening and start talking to ourselves.

⁹*I say to God, my rock: Why have you forgotten me? Why do I go mourning because of the oppression of the enemy?"*

¹⁰*As with a deadly wound in my bones, my adversaries taunt me, Where is your God?"*

- The resolution continues by turning from talking to yourself to talking to God.

¹¹*Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God. [literally, "the salvation of my countenance"]*

- In the Hebrew, the text reads “the salvation of my face.” Notice the change in vs. 5 and 11. The change is subtle: from **His** [God’s] countenance to **my** countenance. His countenance redeems ours.

My Next Step today is to...

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