

Just Checking In #89 Soul Talk Psalm 42 July 1, 2010

Psalm 39:12 "Hear my prayer, O Lord... for I am a 'pilgrim' with You..."

Soul Talk Psalm 42

The Second Book of Psalms (42-72) the Exodus Psalms, focus on man's affliction, oppression, sorrow, and pain. They also focus on God who saves, delivers, hears, helps and remembers His own. The name of Elohim is prominent, as *the God over all gods* who overcomes and delivers His people.

Psalm 42 introduces this section of Psalms with an admonition to soul talk. Soul talk is the spiritual exercise of reminding yourself of spiritual truth in the midst of a spiritual battle. Each of the three segments of the Psalm begins with the psalmist talking to God. Each ends with the Psalmist talking to himself. Sometimes a good friend *gives us a needed talking to*. But sometimes that friend is absent, and we need to *give ourselves a good talking to!* Let me illustrate.

David, like the psalmist in Psalm 42, was downcast, distressed, displaced, dishonored, depressed, discouraged, and defeated. Saul was making his life miserable. This season of affliction would last an entire decade of David's life! But David had a Jonathan. Do you? If you do, give God thanks, for they are a rare treasure indeed. Jonathan came to David and *gave him a good talking to!* (1 Samuel 23:15-18.) Jonathan reminded David that God would fulfill His purpose in David's life. In 1 Sam 23:16 we find that Jonathan "strengthened David's grip on God."

But there came a day when Jonathan was unavailable, and the affliction reached a crisis point, and David had to *encourage himself in the Lord His God*. See 1 Sam 30:6. Have you learned the necessary skill of spiritual soul-talk? Let's listen to the Psalmist as he shows us the way.

Psalm 42

Soul Desire: Passionate prayer of desire for God The clearest evidence of salvation is as unquenchable thirst for God. (Psalm 63) The psalmist had an overpowering thirst for the presence of God, and particularly for gathering in united worship of the Most High. This was more than a sense of duty, it was an overpowering desire. How's your desire for God today?

As the deer pants for the water brooks, so pants my soul for You, O God. My soul thirsts for God, for the living God. When shall I come and appear before God?

Soul Distress: Anguish over the mocking of his faith and His God

My tears have been my food day and night, while they continually say to me, "Where is your God?"

Soul Displaced: Memories of other days of joyful worship & soul delight

When I remember these things, I pour out my soul within me. For I used to go with the multitude; I went with them to the house of God, with the voice of joy and praise, with a multitude that kept a pilgrim feast.

Soul Determination: I will not give in to my depression. I will keep on placing my hope in God!

Why are you cast down, O my soul? And why are you disquieted within me? Hope in God, for I shall yet praise Him for the help of His countenance.

Soul Delight: He meditates on past mercies and like waters melting from the mountain tops and running down over the little hills, through deep valleys the echo of falling water is heard. His

parched soul listens and goes deep down to the hidden waterfall and there the ripples and waves of the pool of God's mercy washes over his soul and renews him.

O my God, my soul is cast down within me; therefore I will remember You from the land of the Jordan, And from the heights of Hermon, from the hill Mizar. Deep calls unto deep at the noise of Your waterfalls; all Your waves and billows have gone over me. The LORD will command His lovingkindness in the daytime, and in the night His song shall be with me - a prayer to the God of my life.

Repetition of the same theme – here we go again! My determination to worship is met by more discouragement. So I go through the process again. Distressed, displaced, determined!

I will say to God my Rock, "Why have You forgotten me?"

Why do I go mourning because of the oppression of the enemy?" As with a breaking of my bones, my enemies reproach me, while they say to me all day long, "Where is your God?"

Why are you cast down, O my soul? And why are you disquieted within me? Hope in God; for I shall yet praise Him, The help of my countenance and my God.

Believers struggle more than atheists! Hear me out. Atheists experience the common lot of humanity in a broken world. But to them, stuff just happens. The atheist sees no purpose, no plan, no God, no heaven, no rhyme or reason beyond the chemical and physical constructs of a material world. But you and me, we know and believe in a God who is all sovereign, all powerful, all wise, all good, and always at work carrying out His plan. We struggle because we cannot reconcile from our own finite perspective this glorious God and why He waits, why He allows what He allows, how He works, and what He is doing. We struggle, in this battle, to believe in His character and His purpose and His wisdom in the face of our present pain and grief. But, as the Psalmist shows us, it is a battle worth fighting.

Discouragement is not an evidence of carnality. Many things bring discouragement... physical affliction & pain, grief, loss, confusion, tragedy, satanic attack, unmet yet legitimate desires. But what we do with our discouragement reveals the state of our souls. **Talk to God. Listen to His truth. Tell yourself the truth. Believe the truth. Confess the truth.** Faith confesses the truth it does not feel, because faith is anchored in the God who authored it! Faith comes from God and His word, and so flows back to God through His word. (Romans 10:17, Hebrews 12:2)

Self Check:

1. Is there someone who needs you to be their Jonathan today? Someone who needs you to remind them of God's ultimate purpose and to help strengthen their grip on God? Don't put it off. Go to them, call them or write to them today.
2. How does the cross quiet your doubts and help you press on to believe in God's wisdom, power and goodness in the midst of your grief and affliction?
3. What are some key "soul talk" verses that help you counsel yourself back into truth?
4. What are some of those key "soul talk" statements that get you back on tract?

For further study: Other soul-talk/self-talk verses

Ps 6:3 Ps 16:2 Ps 43 Ps 63:1 Ps 103:1-2 Ps 116:7 John 12:27
Do a study of the phrases "O my soul" and "my soul"

"Lord, I do lift up my soul to you in prayer. You are my refuge, my delight, my desire. You are good, and Your ways are good. Forgive my doubts in the midst of my sufferings. Strengthen me with strength in my soul so that I do not dishonor You by doubting Your goodness and wisdom. The cross silences all my doubts about Your wisdom, power and love. The cross sings a song of certainty to my soul of your goodness, greatness and glory. Fill me with Your truth so that Your truth flows through me as I talk to others and to myself, that You are worthy of all my trust in the dark night of the soul's despair and in the bright light of the soul's delight. You change not. You are worthy. Change me, O My God. Make me faithful to Thee, in thought, word and deed. In the Name of Your Worthy Son I pray, Amen."

Remember, you are very special to us and we pray for you.

Living with leaving in view.... Jn 9:4 Ron & Val

Seeing The Invisible, embracing The Unapproachable, declaring The Unexplainable, changed by The Immutable, running after The Irresistible with inexhaustible joy in our inexpressible sorrows, spending our time on eternity, owning nothing yet possessing everything that matters and lasts. We are Pilgrims in Paradox. Welcome to THE JOURNEY.