Put Your Hope In God

(Psalm 42-43)

Introduction: 1. We have probably all experienced moments when we asked the question, "why?"

2. There are countless situations that have brought us to tears or have caused us to bear a weight that seems too heavy to bear.

3. I'm here to tell you that while we may have our down moments, life is more than pessimism and despair. There is hope, and there is joy (Romans 12:12).

I. Psalm 42-43

A. This is a three verse poem that somehow got divided into two Psalms.

B. There are three stanzas, each followed by the refrain, "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 my countenance and my God."

C. The author of this psalm remembers better days when he worshiped at Jerusalem (42:4).

D. Those days are now only a memory and he is now being taunted (42:3, 10).

E. The circumstances finally take their toll and he cries out, "Why have you forgotten me?" (42:9).

F. No doubt many of us have been there.

II. The Key To Survival

A. Allow your joy and hope rise above your circumstances.

B. This is what the author of this psalm did.

C. After all his questions, he finally reaches out to God and puts his hope in him.

D. This didn't change his circumstances, but what did change was his willingness to trust God with the confusing details of his life.

E. (Ephesians 2:19).

F. (Philippians 3:20).

G. Three things that can help us while we are away from home.

1. Look beyond your circumstances to your Savior (2 Cor. 5:7).
2. Learn from your mistakes.
3. Pray for God to give you joy in your hope.

Conclusion: 1. I for one, hope the psalmist survived his ordeal.

2. And I hope the same for you and me.

3. Put your hope in God.