

Finding God during Isolation

Psalm 42

- I. Recognize what it is that you are thirsting for (vs. 1-3)
 - A. We are all longing for something to satisfy our sense of emptiness (v. 1)
 - 1. Deer do not need to be trained to pant
 - 2. Human beings naturally fill this emptiness w/ self-righteousness
 - 3. The human soul was created w/ a deep longing that only God can satisfy
 - B. Not all gods satisfy the same as *“the living God”* (v. 2)
 - 1. We need a God who is actively involved in the whole of life
 - 2. The Psalmist has tasted the goodness of the living God & knows that in His presence there is a satisfaction like no other (v. 2b)
 - C. The time comes when even your favorite food won’t relieve emptiness (v. 3)
 - 1. That which is physically needed no longer satisfies like in days past
 - 2. Excessive sorrow (tears) can interfere with your normal appetite (3a)
 - 3. Insensitive people often only make it worst *“they say”* (3b)
- II. Recall past experiences of worship (v. 4)
 - A. Nostalgia is no substitute for reality, but sometimes it helps
 - 1. Reflecting on your spiritual journey can spiritually reenergize you
 - 2. The Psalmist is determined to remember better times
 - a He walked among the crowds of worshipers
 - b He led a great procession to the house of God
 - c He sang for joy and gave thanks amid the sound of a great celebration
 - B. Devotion to God awakens a longing to participate in public worship
 - 1. Life in the local church isn’t optional for growing Christians.
 - 2. *“Worshipping Jesus TOGETHER may be the single most important thing we do” – David Mathis*
 - a Worshiping together can awaken our affections for God
 - b Worshiping together can bring spiritual assurance
 - c Worshiping together can change our mind on the spot
 - d Worshiping together teaches us to follow the Lord’s leadership
 - e Worshiping together can bring out our joy in Christ
- III. Preach to your own soul (v. 5)
 - A. There is always a conversation going on inside your head
 - 1. Our adversary would love for you to ignore this point.
 - 2. Some of us are particularly prone toward negative thoughts.
 - B. We must learn to preach the truth to ourselves.
 - 1. Learn to challenge yourself; reject passivity in your thoughts
 - C. Jesus offers the suffering soul the greatest hope (v. 5b)
- IV. Sing a song to the Lord during your darkest nights (v. 8)
- V. Affirm God’s sovereign love over you (v. 8)