

1. Next week's LifeLine is Romans 8:1.

2. We decided last week not to meet Nov. 28. On the website & in other places, it says we'll meet through November, so I'll make the change.

LifeLines November 7, 2022

Today's Scripture: 1 Verse

Psalm 42:5 (& 11, & 43:5)

Why are you cast down, O my soul, & why are you disquieted within me?
Hope in God; for I shall again praise Him, my help & my God.

WHY WE'RE HERE

2 Timothy 3:16-17, All scripture is inspired by God & is useful for teaching, for reproof, for correction, & for training in righteousness, so that everyone who belongs to God may be proficient, equipped for every good work.

CONTEXT (This is a good Psalm to read in its entirety. It's considered a lament psalm. At one time, Psalms 42 & 43 were probably one psalm.)

Psalm 42 begins Book II in the Psalms. The subheading says it's a maskil of the Korahites. A maskil (Hebrew for teaching) is a psalm intended to teach us something. The Korahites, or sons of Korah, were a family of singers & musicians. Their names are associated with numerous psalms. David isn't mentioned as the author, but most consider the psalm very Davidic. It may have to do with his being prevented from going to the Temple when Saul was persecuting him. Most believe it reflects the occasion of David's flight from his son Absalom during Absalom's revolt & control of Jerusalem.

In our verse, we hear turmoil as the psalmist asks why he must go through a time of oppression by his enemies. He recalls joyous times of leading others up to the Temple, but something has changed. For some reason he feels distant from God. He's experiencing a longing to be with God. Have you ever experienced the same thing? Walking through struggles in this world can feel overwhelming & lonely. That's what the psalmist is feeling.

DIFFERENT VERSIONS

NIV

Why, my soul, are you cast down? Why so disturbed within me? Put your hope in God, for I will yet praise Him, my Savior & my God.

ESV

Why are you cast down, O my soul, & why are you in turmoil within me? Hope in God; for I shall again praise Him, my salvation.

AMP

Why are you in despair, O my soul? And why have you become restless & disturbed within me? Hope in God & wait expectantly for Him, for I shall again praise Him for the help of His Presence.

NKJV

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.

TLB

Take courage, my soul! Do you remember those times (but how could you ever forget them!) when you led a great procession to the Temple on festival days, singing with joy, praising the Lord? Why then be downcast? Why be discouraged & sad? Hope in God! I shall yet praise Him again. Yes, I shall again praise Him for His help.

God's Word Translation

Why are you discouraged, my soul? Why are you so restless? Put your hope in God, because I will still praise Him. He is my savior & my God.

TLV

These things I remember as I pour out my soul within me. For I used to go along with the throng, walking with them to the House of God, with a voice of joy & praise, a multitude keeping a festival.

GNT

Why am I so sad? Why am I so troubled? I will put my hope in God, & once again I will praise Him, my savior & my God.

MSG

Why are you down in the dumps dear soul? Why are you crying the blues? Fix my eyes on God – soon I'll be praising again. He puts a smile on my face. He's my God.

SELAH

BREAKING DOWN THE VERSE

Why are you cast down, O my soul... There are times we have no idea why we feel as we do, & there are times when we know exactly what's causing us to despair, be angry, feel cheated, lament or be “cast down.” It might be a health problem, a loss, a financial situation.

To be “cast” or “cast down” is a situation shepherds (& farmers today) often face. If a sheep (or horse) fell or ended up on its back & couldn't get up, they would flail their legs, bleat & cry. As air collected in the stomach, breathing passages would be cut off, causing the sheep to suffocate.

Does that description paint a different picture for you as you read our verse? If something causes our soul to be cast down, what are possible consequences!

& why are you disquieted within me?... We may be determined to place our finger on the cause of our distress or the disquieted-ness within us. Is it a dream from which we awakened, the weather, intuition, health concerns, indecision – the list goes on. We feel if we can at least identify the source or cause of our troubles, we will begin to see daylight, even if some clouds still linger, & there is much truth in that. We could be beginning to recognize hope.

Hope in God... The psalmist's faith begins reasoning with his fears, & his hope argues with his sorrow. He begins preaching to himself. His self-talk is telling him to get up, pull himself together, to recall His faith & trust in God, & avoid disastrous consequences.

for I shall again praise Him... When we remember we don't face anything alone, praise will begin to bubble up inside us again. Songs & smiles will replace sighs. Hope will replace despair & helplessness.

my help & my God... We praise God, His “help in ages past & hope for years to come”! We praise Him for the warmth & reassurance of His countenance, for *all* His promises in His Word, & we begin to reclaim hope.

SELAH

RELATED VERSES

Deuteronomy 20:4, For it is the Lord your God who goes with you, to fight for you against your enemies, to give you victory.

Psalm 9:1-2, I will give thanks to the Lord with my whole heart; I will tell of all Your wonderful deeds. I will be glad & exult in You; I will sing praise to Your name, O Most High.

Psalm 27:8, “Come,” my heart says, “seek His face!” Your face, Lord, do I seek.

Psalm 38:6, I am utterly bowed down & prostrate; all day long I go around mourning.

Psalm 38:21-22, Do not forsake me, O Lord; O my God, do not be far from me; make haste to help me, O Lord, my salvation.

Psalm 42:1-2, As a deer longs for flowing streams, so my soul longs for You, O God. My soul thirsts for God, for the living God. When shall I come & behold the face of God?

Psalm 62:1, For God alone my soul waits in silence; from Him comes my salvation.

Psalm 62:8, Trust in Him at all times, O people; pour out your heart before Him; God is a refuge for us.

Psalm 77:2c-3, My soul refuses to be comforted. I think of God, & I moan; I meditate, & my spirit faints.

Psalm 71:14, But I will hope continually, & will praise You yet more & more.

Psalm 77:11-14a, I will call to mind the deeds of the Lord; I will remember Your wonders of old. I will meditate on all Your work, & muse on Your mighty deeds. Your way, O Lord, is holy. What god is so great as our God? You are the God who works wonders.

Psalm 94:19, When the cares of my heart are many, Your consolations cheer my soul.

Psalm 97:11, Light dawns for the righteous & joy for the upright in heart.

Psalm 116:5-7, Gracious is the Lord, & righteous; our God is merciful. The Lord protects the simple; when I was brought low, He saved me. Return, O my soul, to your rest, for the Lord has dealt bountifully with you.

Psalm 121:1-1, I lift up my eyes to the hills – from where will my help come? My help comes from the Lord, who made heaven & earth.

Lamentations 3:21-23, But this I call to mind, & therefore I have hope: The steadfast love of the Lord never ceases, His mercies never come to an end; they are new every morning; great is Your faithfulness.

Lamentations 3: The Lord is good to those who wait for Him, to the soul that seeks Him.

Habakkuk 3:17-18, Though the fig tree does not blossom, & no fruit is on the vines; though the produce of the olive fails & the fields yield no food; though the flock is cut off from the fold & there is no herd in the stalls, yet I will rejoice in the Lord; I will exult in the God of my salvation.

John 10:10, The thief comes only to steal & kill & destroy. I came that they may have life, & have it abundantly.

Romans 8:37-39, No, in all these things we are more than conquerors through Him who loved us. For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

Hebrews 13:6, So we can say with confidence, “The Lord is my helper; I will not be afraid. What can anyone do to me?”

James 4:7, Submit yourselves therefore to God. Resist the devil, & he will flee from you.

1 Peter 5:7, Cast all your anxiety on Him, because He cares for you.

SUMMARY

Where do you go, to whom do you turn, in times of distress or trouble? Do you talk to yourself? To others? Our psalmist began preaching to his own soul. We can do the same & teach others to do so, too, because *our* hope is in God. It must *always* be in God. Our God hears us. The Holy Spirit in us intercedes & communicates with God the Father, because sometimes the battle is not ours at all. Sometimes, the battle belongs to the Lord.

Jesus told us to expect tribulation in this world but said to take heart because He had overcome & conquered the world! Not even death can steal our hope, because believers know we will be with Him forever. Unfortunately, some Christians succumb to bad times & never rally.

Turmoil & lies don't last forever when we know God is our salvation. He doesn't ask us to understand. He asks us to come to Him, obey & glorify Him in the midst of whatever is going on - in the midst of the crucible, as some writers have written. No matter how dark things seem or feel; no matter how distant hope seems; no matter how challenging the trial or struggle; no matter how we feel, we are never without hope *when our hope is in God!* He always shows Himself faithful. If we have to wait, He is *still* faithful. He is *still* love. These are His character traits. This is His nature. He does not change! These are things the psalmist knew. We must know them, too.

CONCLUSION

This teaching psalm instructs us to acknowledge painful or disturbing situations & remember how God has helped us in the past & will never leave us or forsake us. Even if we must wait, *while we wait*, we are to remember remarkable things God has already done in our lives & in the lives of others, even if we have to think back to the Old or New Testament for examples.

During tough, discouraging times, it's easy to become the victim of our own thoughts or believe lies the devil tells us. It's easy to be tempted to throw in the towel, complain, become negative, want others to feel sorry for us or share our misery, but these things only amplify the problem.

We must pray according to God's Word, give thanks, praise Him & glorify His Holy name. We must be mature in our self-talk, using caring, faith-filled words. We must remember His faithfulness & His Word...

Hope in God;
for I shall again praise Him,
my Help & my God.

*Let this verse be a **LifeLine** for you!
Let's Continue Learning!*

SCRIPTURE IS OUR –

LifeLine!

References: biblegateway.com; biblestudytools.com; radical.net; oasisinternational.com; enduring-word.com; raystedman.org; Christianity.com; biblehub.com; gospelcc.org;