

**My Thirsty Soul**

**Psalm 42**

### **Psalm 42**

#### For the director of music. A *maskil*[[c](https://www.biblegateway.com/passage/?search=psalm+42&version=NIV&interface=print#fen-NIV-14557c)] of the Sons of Korah.

**1**As the deer pants for streams of water,
    so my soul pants for you, my God.
**2**My soul thirsts for God, for the living God.
    When can I go and meet with God?

**3**My tears have been my food
    day and night,
while people say to me all day long,
    “Where is your God?”

**4**These things I remember
    as I pour out my soul:
how I used to go to the house of God
    under the protection of the Mighty One[[d](https://www.biblegateway.com/passage/?search=psalm+42&version=NIV&interface=print#fen-NIV-14560d)]
with shouts of joy and praise
    among the festive throng.

**5**Why, my soul, are you downcast?
    Why so disturbed within me?
Put your hope in God,
    for I will yet praise him,
    my Savior and my God.

**6**My soul is downcast within me;
    therefore I will remember you
from the land of the Jordan,
    the heights of Hermon—from Mount Mizar.

**7**Deep calls to deep
    in the roar of your waterfalls;
all your waves and breakers
    have swept over me.

**8**By day the Lord directs his love,
    at night his song is with me—
    a prayer to the God of my life.

**9**I say to God my Rock,
    “Why have you forgotten me?
Why must I go about mourning,
    oppressed by the enemy?”
**10**My bones suffer mortal agony
    as my foes taunt me,
saying to me all day long,
    “Where is your God?”

**11**Why, my soul, are you downcast?
    Why so disturbed within me?

Put your hope in God,
    for I will yet praise him,
    my Savior and my God.

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**Intro:** Some things just need to be reset.

**My Thirsty Soul….**

**1. Is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Hebrews 4:12)**

**2. Is capable of \_\_\_\_\_\_\_\_\_\_ (Micah 6:7, Ezekiel 18:20)**

**3. Can be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** (Matthew 16:26)

**4. Cannot be \_\_\_\_\_\_\_\_\_ but can be destroyed (Matt 10:28)**

**5. Is \_\_\_\_\_\_\_\_\_\_\_\_, sings, and wants to \_\_\_\_\_\_\_\_ God (Psalm 108:1-5) (Psalm 103:1-5)**

6. **Longs for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (**[**Psalm 119:81**](https://www.biblegateway.com/passage/?search=Psalm+119:81&version=NIV))

7. **Can get \_\_\_\_\_\_\_\_\_\_\_\_ and become \_\_\_\_\_\_\_\_\_\_\_**

**(Psalm 119:28, Psalm 6:3,Psalm 31:9-10, Job 7:11)**

**8. Can get \_\_\_\_\_\_\_\_\_\_\_ (Psalm 42:1)**

**Walk through of Psalm 42**

**Application:**

This side of heaven situations don’t always resolve themselves as a believer.

**Addressing sin:**

**Gospel:**

# **Matthew 26:38  (NIV)**

**38**Then he said to them, “My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me.”