



6th April 2025

A prayer to the God of my life

Psalms 42-43

And the rain keeps falling (Andrew Peterson)

*I tried to be brave but I hid in the dark
I sat in that cave and I prayed for a spark, to light up all the pain that
remained in my heart.
And the rain kept falling*

*Down on the roof of the church where I cried I could hear all the laughter
and love and I tried to get up and get out but a part of me died,
And the rain kept falling down*

*Well I'm scared if I open myself to be known I'll be seen and despised and
be left all alone so I'm stuck in this tomb and You won't move the stone
And the rain keeps falling*

.....

BEING DOWNCAST IS SOMETIMES A DARK REALITY

My tears have been my food day and night ^{42:3}

It hurts, it is common, and we all need the Lord's help and healing grace

LEARNING TO ASK YOURSELF "WHY" HELPS

Why my soul, are you downcast? ^{42:5,11, 43:5}

Notice the answers he shares with us...

- *An insatiable, unsatisfied thirst for God ^{42:1-2}*

- *A change in circumstances that painfully remind us of past joys* ^{42:4}
- *Being oppressed and taunted by the enemy* ^{42:9}
- *A profound sense of being deserted by God* ^{42:3, 9, 43:2}

PUTTING YOUR HOPE IN GOD IS THE PATH TO JOY

put your hope in God for I will yet praise Him, my Saviour and my God ^{42:5,11, 43:5}

How?

- *Keep pouring out your soul to God* ^{42:4, 43:3-4}
- *Keep talking to yourself about your hope in God* ^{42:5, 11, 43:5}
- *Keep on meditating on God's unfailing love for you* ^{42:8}

Questions For Our Growth Groups

1. What stood out to you most from the message and why?
2. The psalmist cries out in both his drought for God v1-2, and being deluged by God v7. How do you respond when the Lord brings these experiences into your life?
3. How does asking ourselves the "why" questions that we have in this psalm, avoid the trap of self-pity (why me?), and help us map out the route to restored joy in the Lord?
4. Dr Martyn Lloyd-Jones says: *Have you realised that most of your unhappiness in life is due to the fact that you are listening to yourself instead of talking to yourself?* How does the psalmist teach us to preach the gospel to ourselves in our fight for joy?
5. In pouring out his soul to God, the psalmist makes some very striking accusations to the Lord (42:9, 43:2) and some very moving expressions of delight in the Lord (43:3). How should this Spirit-inspired language help us to pray?