

Wrestling Within: Overcoming Despair

Psalm 42-43

Summer Psalms Book 2

Sunday, August 8, 2010

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II. Wrestling with despair

- A. The pain of alienation (42:1-5)

- B. Alone and overwhelmed (verses 6-11)

- C. Moving from Despair to Hope (43:1-5)

III. Drawing from the Psalmist's Experience

- A. Face the issue honestly.

- B. Don't give in to despair.

- C. Practical steps in facing depression.

- D. Focus on God, Our Hope.

Introduction

"There is not a psalm of instruction but contains something of prayer and praise, and the psalms of praise are psalms of instruction also."
(William Binnie)

The division of Psalms into five books:
1-41, 42-72, 73-89, 90-106, 107-150

Five Noteworthy Psalm Heading of Superscriptions
Prayer, Psalm, Song, Psalm of praise, and Maskill

I. Setting up Psalm 42-43

- A. Two psalms linked

- B. Sons of Korah

- C. An "individual lament"
 - 1. Lament, refrain (42:1-5)
 - 2. Lament, refrain (42:6-11)
 - 3. Prayer, refrain (43:1-5)