

Evening Sermon Outline – December 1, 2019

“Worth Repeating” Psalm 43

When I was in high school, we were taken on a field trip to Fairfield, IA to learn - **Transcendental Meditation (TM)** refers to a specific form of silent mantra meditation called the Transcendental Meditation technique.

A **mantra** is a syllable, word, or phrase that is repeated during **meditation**. **Mantras** can be spoken, chanted, whispered, or repeated in the mind.

As far as I understood it involved mindless repetition, an emptying rather than an improving of the mind or thoughts!

Scripture uses the words mediate or meditation a lot, Psalm 1 starts with ² **But his delight is in the law of the LORD, And in His law he meditates day and night. Psalm 1:2 (NKJV)**

¹ **Give ear to my words, O LORD, Consider my meditation. Psalm 5:1 (NKJV)**

Psalms 42 – 43 do not use the word meditate but I believe they give us a good example of Biblical Meditation, which does not empty but rather fills the mind!

Note, in these two Psalms, which go together, the same basic verse is repeated THREE TIMES:

⁵ **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. Psalm 42:5 (NKJV)**

¹¹ **Why are you cast down, O my soul? And why are you disquieted within me? Hope in God; For I shall yet praise Him, The help of my countenance and my God. Psalm 42:11 (NKJV)**

I. *This repetition is in the midst of desperate prayers, in the midst of a difficult situation –*

Here is prayer for:

1. *Vindication –*
¹ **Vindicate me, O God, ... Psalm 43:1 (NKJV)**

2. *Advocacy -*
And plead my cause against an ungodly nation; Psalm 43:1B (NKJV)

3. *Deliverance -*
Oh, deliver me from the deceitful and unjust man! Psalm 43:1C (NKJV)

All these imply that the psalmist was falsely accused; he needed God as his lawyer, he was surrounded by liars, unjust men, seeking his destruction!

II. *He prays because he sees God in control of this situation –*

² **For You are the God of my strength; Why do You cast me off? Why do I go mourning because of the oppression of the enemy? Psalm 43:2 (NKJV)**

1. *God is the God of His strength; he rightly sees God as his One and Only asset –*

³¹ **What then shall we say to these things? If God is for us, who can be against us? Romans 8:31 (NKJV)**

2. *He counts and believes God is for him, but his circumstances seem to be screaming, God is against him –*

Why do You cast me off? You in Psalm 43 is God! Why? Is the question!

Why do You cast me off? Why do I go mourning because of the oppression of the enemy? Psalm 43:2 (NKJV)

If God is on the Psalmist's side, why is the enemy winning?

III. *There is a prayer for the sending of light and truth*

–
³ **Oh, send out Your light and Your truth! Let them lead me; Let them bring me to Your holy hill And to Your tabernacle. Psalm 43:3 (NKJV)**

1. *This prayer implies the Psalmist's current situation was one populated with / filled with darkness and lies ...*

A. *We live in such a day ourselves –*

²⁰ **Woe to those who call evil good, and good evil; Who put darkness for light, and light for darkness; Who put bitter for sweet, and sweet for bitter! Isaiah 5:20 (NKJV)**

B. *God can judge us with such darkness, even denser, darker darkness, if we choose it, He gives us up to it –*

¹⁶ **Give glory to the LORD your God Before He causes darkness, And before your feet stumble On the dark mountains, And while you are looking for light, He turns it into the shadow of death And makes it dense darkness. Jeremiah 13:16 (NKJV)**

2. *He prays for light and truth and guidance toward God's true presence, represented here by the tabernacle –*

The Answer to this prayer is Jesus:

A. *Jesus is that Light out of darkness –*

¹² **Then Jesus spoke to them again, saying, "I am the light of the world. He who follows Me shall not walk in darkness, but have the light of life." John 8:12 (NKJV)**

B. *Jesus is the way (out of darkness) the TRUTH and the Life –*

⁶ **Jesus said to him, "I am the way, the truth, and the life. No one comes to the Father except through Me. John 14:6 (NKJV)**

IV. *Trusting his prayers would be answered, the Psalmist rejoices, even while still in darkness / difficulty –*

⁴ **Then I will go to the altar of God, To God my exceeding joy; And on the harp I will praise You, O God, my God. Psalm 43:4 (NKJV)**

1. *Note here is faith for something still future ⁴ Then I will go...*
2. *Note the faith is strong enough it brings JOY with it To God my exceeding joy*
3. *This is similar to what Peter witnessed in some early believers*

⁶ **In this you greatly rejoice, though now for a little while, if need be, you have been grieved by various trials, ⁷ that the genuineness of your faith, being much more precious than gold that perishes, though it is tested**

by fire, may be found to praise, honor, and glory at the revelation of Jesus Christ, ⁸ whom having not seen you love. Though now you do not see Him, yet believing, you rejoice with joy inexpressible and full of glory, ⁹ receiving the end of your faith—the salvation of your souls. 1 Peter 1:6–9 (NKJV)

V. *How does this faith become strong? Psalms 42 – 43, sanctified-self-talk, Biblical meditation –*

⁵ **Why are you cast down, O my soul? And why are you disquieted within me? Hope in God; For I shall yet praise Him, The help of my countenance and my God. Psalm 43:5 (NKJV)**

1. *This verse is repeated three times in psalm 42 – 43*

2. *It is repeated because the psalmist would raise his soul, from being "cast down" because of being overwhelmed by enemies and circumstances ---- to Praising God, Who is his God, and the help of his countenance*

3. *Hope in God - Verse 5.—"Hope in God." "The more terrible the storm, the more necessary is the anchor."—William S. Plumer.*

¹⁹ **This hope we have as an anchor of the soul, both sure and steadfast, and which enters the Presence behind the veil, ²⁰ where the Forerunner has entered for us, even Jesus, having become High Priest forever according to the order of Melchizedek. Hebrews 6:19–20 (NKJV)**

4. *Countenance is your face, particularly you smile or frown! The Psalmist was drowning in frowning; but he hoped to be raising in PRAISING!*

5. *Our hope is in Christ –*

¹² **And again, Isaiah says: "There shall be a root of Jesse; And He who shall rise to reign over the Gentiles, In Him the Gentiles shall hope."**

¹³ **Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit. Romans 15:12-13 (NKJV)**

My hope is built on nothing less Than Jesus' blood and righteousness;
I dare not trust the sweetest frame,
But wholly lean on Jesus' Name. Edward Mote

Arnold Brevick