

Sermon Outline

Help for the Downcast and Depressed

Psalm 42-43

Introduction: A trip down the shore: On Waves and Life

Book 2 of the Psalter begins where Book 1 left off.

Who are “the sons of Korah?”

I. Summary of Psalm 42

A lamentation song, written from the perspective of an Israelite who, for one reason or another, was hindered from worshipping in the temple in Jerusalem.

v. 1-3: Thirst for the presence of the living God

v. 9-10: What might be keeping him away?

v. 4 & 6-7: The corporate gathering in Jerusalem

v. 8: A brief respite from the waves

v. 9-10: Another wave

v. 5, 11: The Psalmist interrogates his soul

Ps. 43:1-2: From lamentation to prayer

43:3-4: the turning point: Faith!

II. Application:

1. Help for the Depressed from Martyn Lloyd-Jones

Preach the Gospel to yourself!

2. Remember:

God’s presence and the gathering of God’s people

3. Look forward to seeing the face of God, forever!