

Preach to Yourself

Psalm 42-43; Coast Community Church; Pastor Earl Miles; 9-18-2022

Psalm 42 & 43

“Beware: Lies, Lies and More Lies! Next Exit” Road Sign – John 8:44; John 16:11; Ephesians 2:2; 1 John 5:19; 2:16; Proverbs 28:26

Many see these Psalms as written by David while in exile and being chased by Saul (or fleeing from Absalom) and therefore, unable to have access to the sanctuary and normal worship of God.

In these Psalms, David is tempted with despair in light of his circumstances.

Most understand Psalm 42 and Psalm 43 to originally be one Psalm or song that was divided at some point.

1. **The reality is that the godly have many questions.** - Psalm 42:2, 5, 9, 11; 43:2, 5

Life is full of disturbing questions.

Our circumstances raise these questions to us.

We must answer these questions with what we know (not with what we don't know).

We need to be honest about where we are and resolved to believe the truth that gives hope to us.

2. **Preach to yourself because of the voices.** - Psalm 42:3, 10

Preach to yourself because of the voices speaking to you that seek to undermine your faith and rob you of your joy.

Life as a Sheep – John 10:1-15

The Problem of Listening to the Wrong Voices – Mark 4:24; Luke 8:18

The Importance of Joy – Nehemiah 8:10; 2 Corinthians 1:24; Philippians 1:25; Romans 15:13

3. **Preach to yourself the Voice of Truth.** - Psalm 42:5, 7, 8, 11; 43:2, 3, 4, 5

Preach to yourself the Voice of Truth that sheds a different light on the circumstances that seek to overwhelm you.

Things Too Wonderful – Job 42:1-6

Lies Enslave, Truth Frees – John 8:31-35; Mark 9:7; John 17:17

4. Preach to yourself through the means of grace. - Psalm 42:4, 6; 8, 9, 11; 43:1, 4

Preach to yourself through the Word, prayer and the fellowship of believers and do not give in to the lies of hopelessness.

Listen to God – Jonah 4:1-11

It's a War! – Ephesians 6:10-20

Practically speaking:

Read your Bible and pray.

Go to church.

Talk to yourself: Why am I down? What is the truth? Ask God to help your unbelief.

Pray about your negative thoughts.

Argue with yourself and contradict your negative thoughts with Scriptural truth.

Memorize and meditate on a verse of Scripture during your day.

Listen to podcasts of teaching and preaching.

Listen to gospel-oriented music.

Watch redeeming TV and movies.

Read gospel-oriented books.

Cultivate friendships with gospel-oriented believers.

Fight with gospel summaries/sentences:

- God created us to be holy and happy. (He wired us to pursue our happiness and only opposes the opposite of it)
- Jesus is an able and willing Savior for sinners. (He is the Cure for what ails us)
- Rest in Jesus for God's full and lasting love. (rest in what He's done not what you have done or not done)
- Hope in God for your help and your happiness. (hope in what He promises not what you or your circumstances 'promise')
- Pursue love in dependence on God's Word and Spirit. (not the absence of difficulties)

5. The goal is always rejoicing even when sorrowful and not despairing even when perplexed. - Psalm 42:1, 2, 3, 4, 5, 6, 9, 10, 11; 43:2, 5

Sorrowful Yet Always Rejoicing – 2 Corinthians 6:1-10

Perplexed But Not Despairing – 2 Corinthians 4:7-12

He Who Overcomes – Revelation 2:7, 11, 17, 26; 3:5, 12, 21

Victory by the Love of God in Christ – Galatians 2:20; Romans 5:8