

Finding Yourself in the Psalms
Psalm 43
A Psalm for the Downcast Heart

42 and 43 originally one Psalm
(Repeated refrain in 42:5, 6, 11; 43:5)

(Psalm 43:5) *"Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God."*

Is it right for a Christian to be downcast?

Psalm 43:2 The Psalmist feels *abandoned* and *oppressed*.

1. Asaph felt downcast when he considered the **prosperity of the wicked**. Psalm 73:1-2
2. Jeremiah felt downcast when he considered the **responsibility of faithfulness**. Jeremiah 20:7-12.
3. Elijah felt downcast when he considered the **loneliness of obedience**. 1 Kings 19:10, 14-18.
4. David felt downcast when he considered the **guilt of his sin**. Psalm 51:11-12; 32:3-4
5. Jeremiah felt downcast when he considered the **sorrow of God's discipline**. Lam. 3:1-26
6. The DISCIPLES felt downcast as they considered the **departure of the Lord**. (John 14:27) *"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."*
7. JESUS felt downcast as he considered the agony of the cross. (John 12:27) *"Now my heart is troubled, and what shall I say? 'Father, save me from this hour'? No, it was for this very reason I came to this hour."*

If you are feeling downcast, consider the great company you have! Asaph. Jeremiah, Elijah, David, the Disciples. Jesus

Psalm 43 echoes many other passages reminding us what to do with our downcast hearts:

1. Let God's Truth overrule your feelings. Psalm 43:3
 - a. Only God's Word can accurately describe your condition
 - b. TRUTH comes from God's Word.
 - c. Confess your sins
2. Let God's Presence overwhelm your despair. Psalm 43:3b
 - a. (Job 1:21) *"Naked I came from my mother's womb, and naked I will depart. The Lord gave and the Lord has taken away; may the name of the Lord be praised."*

3. Let God's Faithfulness overshadow your fears.
 - a. Psalm 43:5
 - b. Lam 3:19-21. Jesus Never Fails!
 - c. (Psalm 105:5) *"Remember the wonders he has done, his miracles, and the judgments he pronounced,"*