

**Andy Deane • August 2, 2020**  
**Unfiltered: When God Feels Far Away**

**PSALM 42**

*For the director of music. A maskil of the Sons of Korah.*

**1** *As the deer pants for streams of water, so my soul pants for you, my God. **2** My soul thirsts for God, for the living God. When can I go and meet with God? **3** My tears have been my food day and night, while people say to me all day long, "Where is your God?" **4** These things I remember as I pour out my soul: how I used to go to the house of God under the protection of the Mighty One with shouts of joy and praise among the festive throng. **5** Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God. **6** My soul is downcast within me; therefore I will remember you from the land of the Jordan, the heights of Hermon—from Mount Mizar. **7** Deep calls to deep in the roar of your waterfalls; all your waves and breakers have swept over me. **8** By day the Lord directs his love, at night his song is with me—a prayer to the God of my life. **9** I say to God my Rock, "Why have you forgotten me? Why must I go about mourning, oppressed by the enemy?" **10** My bones suffer mortal agony as my foes taunt me, saying to me all day long, "Where is your God?" **11** Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.*

**WHEN GOD FEELS FAR AWAY:**

**1. Pursue Him (42:1-3)**

- "...You will find Him..." (Deuteronomy 4:29)
- "...He will draw near to you..." (James 4:8)
- Seeking God is not a luxury, it's a necessity.

**2. Gather with Believers (42:4)**

- When you struggle to believe, let others help.
- "not giving up meeting together..." (Hebrews 10:25)

**3. Speak Truth to Yourself (42:5-8a)**

- Don't surrender to feelings of discouragement, challenge them.
- Feelings are a good indicator of where your heart is at, but not always of what truth is.
- What should you say to yourself?
  - God can change things
  - God loves me
  - God deserves my worship

**4. Pray Honestly (42:8b-10)**

- It's better to say, "why have you forgotten me" than to say, "God has forgotten me, so I will forget Him."
- The Psalms teach us how to lament, and that God can handle our lament.

**5. Don't Give Up (42:11)**

- The Christian life is largely about patience & hope.
- The times in the valley are formative because they teach our hearts to rely on God in all circumstances.

**Read the Psalms through the lens of Jesus:**

- The psalmist *feels* abandoned, Jesus was abandoned because of God's judgment on our sins! (see [Mark 15:34](#))
- [John 4:13-14](#), "If you knew the gift of God and who it is that asks you for a drink, you would have asked him and he would have given you living water...Everyone who drinks this water will be thirsty again, but whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life."