

THE LOVINGKINDNESS OF GOD THROUGH PRAYER

How do Psalms 42-43 teach us to access the lovingkindness of God in times of adversity?

Psalms 42-43

Context:

- Psalmist misses and longs to be in the house of God (Ps. 42:1-5).
- Psalmist feels forsaken and forgotten by God (Ps. 42:2, 9).
- Lovingkindness of God (Ps. 42:8).

10 Ideas for Meaningful Prayer from Psalms 42-43:

1. Describes God as his life 42:8
2. Describes God as his rock 42:9
3. Describes God as the source of his hope 42:11
4. Describes God as the source of his help 42:11
5. Describes God as the one who will vindicate him 43:1
6. Describes God as the one who will deliver him 43:1
7. Describes God as his strength 43:2
8. Describes God as the source of light 43:3
9. Describes God as the source of truth 43:3
10. Describes God as the source of his exceeding joy 43:4

As along life's road you roll, focus on the donut and not the hole!

God of My Life (42:8)

- All life comes from God (Gen. 1:20, 21, 24, 28; & 2:7).
- God can give and take life (Gen. 6:17, 19).
- Although we know God can renew life (42:6-8), we need reminders that He is the living God (Josh. 3:6-10 & 4:20-24).
- If God is the God of our lives, how should this shape our prayers?
 - Understand that we pray to a living God
 - Understand that God cares about our lives
 - Understand that God enables us to cross our own Jordan river
 - Understand that God leaves us with memorials of Himself to help us stay focused on Him.

God My Rock (42:9)

- We may experience times of doubt and fear when facing adversities of life, but God is our protection.
- Answer to our doubts and fears is to keep trusting God & praying to Him as our rock (Psa.42:6-8; 44:1-8; 46:1-11; 47:1-9; & 48:9-14).
- Psa 18 gives us an example from the life of David:
 - Vs 1-3 he declared God to be his rock, fortress, deliverer...
 - Vs 4-6 provides insight into the mind of David during his adversity
 - Vs 7-15 describes the response of God -the ROCK
 - Vs 16-24 describes David's feelings after being delivered
 - Vs 25-31 notice the conclusion David reached about God
 - He is a rock worthy of our praise
 - He avenges His people by delivering them from their enemies
- If God is our rock, how should this shape our prayers:
 - Understand that He is trustworthy & we can always depend on Him
 - Understand that He fiercely defends His children
 - Understand that He is our support & He rewards our righteousness

God My Hope & My Help (42:11)

1. Read Psalm 42-43 to refresh your mind on these passages.

2. In what sense is the Psalmist calling on us to hope in God? It will be helpful to look up the meaning for the Hebrew words for hope and help.

3. Read Job 29-31 and answer the following questions:
 - a. How did Job describe his life before the current adversity?

 - b. What parallels can you find in Psa 44 to Job's circumstances in Job 30?

 - c. How does Job plead his case before God to justify his feeling of being treated unjustly in Job 31?

 - d. After being questioned by God, what conclusion does Job reach in Job 42:1-5?

4. If we must wait on God & if God is our help, how should this shape our prayers?