

# THE LOVINGKINDNESS OF GOD THROUGH PRAYER

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

## **Psalm 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

## Hope in God...my help (42:11)

- The Psalmist is calling on us to wait (hope) on God for help.
- Remember the struggles of Job
  - Ch 29 he recalled former days when things were good
  - Ch 30-31 things had changed drastically and he cried out to God. He felt forgotten and unjustly afflicted
  - Ch 38-41 God spoke to Job about things he knew nothing about
  - Ch 42:1-5 Job acknowledges to God that He is his help and that he will wait on Him
- If we must wait on God & if God is our help, how should this shape our prayers?
  - Even when we feel like we've been "cast into the mire" and God is opposing us (Job 30:19-20), don't doubt God.
  - The more we know and understand God, the more we will depend on Him for help in our time of need.
    - Job 29:21-25 teaches us to listen to God and wait with confidence that He chooses what is best for us.
  - Pray with humility, acknowledging our limitations to understand our Adversities. Job 31 ; 37:14-24

# God will vindicate, deliver... and be my strength

**(43:1-2)**

*Vindicate (shaphat) -to judge or govern*

*Deliver (palat) -to escape*

*Strength (maoz or mauz) -a place or means of safety, protection*

1. Read Psalm 42-49, looking for ways that God vindicates, delivers, and provides strength to His children.
2. In what ways had God provided vindication for their fathers? Psa 44:1-3
3. Describe the role of humility in allowing God to provide our vindication? Psa 44:4-8
4. How can feelings of vulnerability and being alone help us to seek God for protection? Psa 44:9-22
5. How does God answer our need for vindication? Psa 45:1-5

6. What effect does the completeness of God's protection and deliverance have on the strength of our faith? Psa 46:1-3
  
7. What should be our response to the inheritance God has chosen for us? Psa 47:1-7
  
8. When we consider the ways God has constructed protection for us in His "holy mountain," what should happen to the turmoil and mourning in our lives? Psa 48:9-14
  
9. How does meditating on these unchangeable truths change our perspective about adversity? Think in terms of relief vs redemption. Psa 49:1-9
  
10. What is God's final answer to our question about being vindicated, delivered, and protected? Psa 49:14-15