
PSALMS
FOR THE VALLEY


Sunday
School
Songs

Question

What do you do when your soul is overwhelmed?




WHEN MY SOUL
IS OVERWHELMED
PSALM 42-43



Mount Hermon
& Mount Mizar?

The Jordan River

Jerusalem &
the Temple



The Psalmist's Overwhelm

1. Spiritually Dry (42:1-5)
2. Spiritually Drowning (42:6-11)
3. Spiritually Disheartened (43:1-5)

Big Idea

When the tune of life is sorrow,
resolve to sing the chorus of hope



Question

What do you do when your soul is overwhelmed?



When your soul is overwhelmed…

1. **Pour out your soul to God** (42:4)
    - ***Give voice to the pain***
    - ***God can handle our emotion***
    - ***God can handle our "incorrect theology"***
    - ***Come back to what is***



When your soul is overwhelmed…

1. **Pour out your soul to God** (42:4)
2. **Remember your God** (42:6)
   - **Elohim – "God" x20** (A title of deity)
   - **YAHWEH – "LORD" x1** (God's personal, covenant name)



Gerald H. Wilson

NIV Application Commentary, p.673

Swept away, taunted that God isn't present, longing to see God but far removed from all the familiar and comforting rituals that made God seem so real, he discovers an island in the midst of the sea. God is the "rock" who provides firm footing and protection.



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NIV Application Commentary, p.673

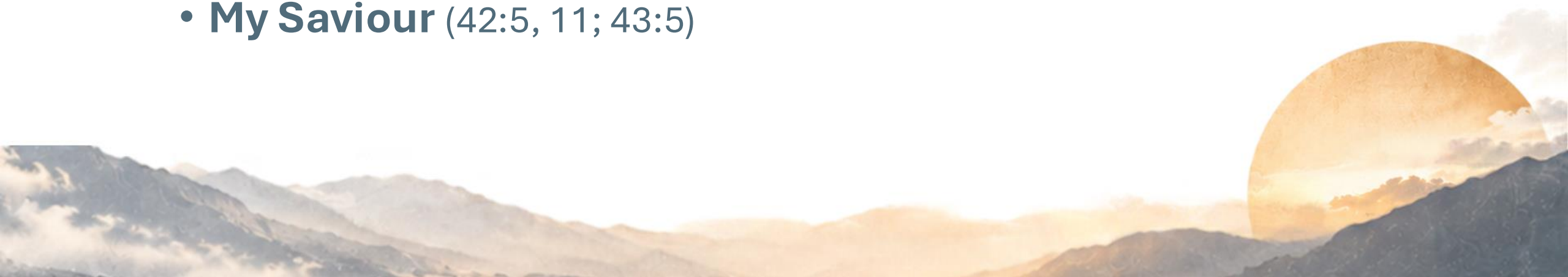
In the midst of the swirling turmoil of suffering, the psalmist encounters something almost surprising. His thrashing hand grips the line of God's "love [hesed]" (42:8), God's faithful, committed, covenant love that endures forever. It is no accident that here alone in this first Psalm of the Elohistic Psalter, the name of Israel's covenant God, Yahweh ("LORD") appears.



When your soul is overwhelmed…

1. **Pour out your soul to God** (42:4)
2. **Remember your God** (42:6)

- **My God** (42:1)
- **The living God** (42:2)
- **The Mighty One** (42:4)
- **My Saviour** (42:5, 11; 43:5)
- **My Rock** (42:9)
- **My Stronghold** (43:2)
- **My joy and delight** (43:4)



When your soul is overwhelmed…

1. **Pour out your soul to God** (42:4)
2. **Remember your God** (42:6)
3. **Preach to your soul** (42:5, 11; 43:5)



Big Idea

When the tune of life is sorrow,
resolve to sing the chorus of hope



When your soul is overwhelmed…

1. **Pour out your soul to God** (42:4)
2. **Remember your God** (42:6)
3. **Preach to your soul** (42:5, 11; 43:5)
    - **Look forward in hope**
    - **Look forward in prayer**
    - **Look forward in community**

