

Psalm 42

Soul Restoration

Psalm 42

As the deer pants for the water brooks, So my soul pants for You, O God. My soul thirsts for God, for the living God; When shall I come and appear before God? My tears have been my food day and night, While they say to me all day long, “Where is your God?” These things I remember and I pour out my soul within me. For I used to go along with the throng and lead them in procession to the house of God,

Psalm 42

With the voice of joy and thanksgiving, a multitude keeping festival. Why are you in despair, O my soul? And why have you become disturbed within me? Hope in God, for I shall again praise Him For the help of His presence. O my God, my soul is in despair within me; Therefore I remember You from the land of the Jordan And the peaks of Hermon, from Mount Mizar. Deep calls to deep at the sound of Your waterfalls;

Psalm 42

All Your breakers and Your waves have rolled over me. The Lord will command His lovingkindness in the daytime; And His song will be with me in the night, A prayer to the God of my life. The help of my countenance and my God. I will say to God my rock, “Why have You forgotten me? Why do I go mourning because of the oppression of the enemy?”

Psalm 42

As a shattering of my bones, my adversaries revile me, While they say to me all day long, “Where is your God?” Why are you in despair, O my soul? And why have you become disturbed within me? Hope in God, for I shall yet praise Him, The help of my countenance and my God.

Soul Restoration

-He **restores** my soul (Psalm 23:3)

-To you, O Lord, **I lift up** my soul (Psalm 25:1)

Three simple thoughts:

- 1) Our soul continually needs **restoration**
- 2) God **alone** can do this
- 3) Worship is coming before Him and **asking** Him to

“We don’t bring anything to God in corporate worship that he doesn’t already have. **Nothing except our need for him.” John Piper**

WORTH-ship



- ❖ Worship = WORTH-ship
- ❖ 2-WAY STREET What you worship *changes you* (Psalm 115)
 - ❖ What you *value* is what you *receive your value* from
 - ❖ God is the **only** one who will satisfy you when you get Him, and forgive you when you fail Him.

Transfer Hopes Back to God

1. POUR out your soul/heart
2. ANALYZE my hopes
3. REMEMBER God's goodness
4. PREACH to your heart

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John Piper