

## A Refreshing Remembrance

Psalm 42: 1-4

It is commonly agreed that Psalm 42 was written by the sons of Korah, likely as a song to be offered in worship. Many also agree that Psalm 42 and Psalm 43 may have originally been written as a single psalm. Some think that David may have even penned these words, or at the very least, been the inspiration for their context.

Regardless of the human author, we can rejoice in their divine inspiration and draw strength from their wisdom. This psalm was clearly written regarding a difficult season in life. It appears the author faced great discouragement, and possibly even depression. Although life was difficult, hope was not lost. The psalmist remembered a time of refreshing in the Lord. Those memories stirred his inner being and drew him closer to the Lord.

We too can draw strength from the Lord as we face difficulties in life. We must seek after Him, but we have the promise that He will be near those who desire Him. As we examine the [concessions](#) in the text, I want to consider: [A Refreshing Remembrance](#).

**I. A Time to Remember** (1) – [As the hart panteth after the water brooks, so panteth my soul after thee, O God.](#) The psalmist used a moving illustration of a hart (deer) panting, or desiring, longing for, the water brooks. Can you imagine how refreshing it is when a dry, thirsty, weary deer comes across a gentle brook flowing in the midst of a barren land? There he finds refreshment, rest, and comfort from the harsh environment around him. Just as the deer desired that cool, refreshing drink, the psalmist desired a touch from God. He must've remembered a time when he had been refreshed and longed for such refreshment again.

▪ I am sure you have experienced those times of refreshment. Can you remember the joy you felt as you drank from the well of God? We live in a difficult world; it offers little encouragement to the Christian. Oh, how I desire to spend some time by the gentle brook the Lord has prepared for me! I remember those times and long to feel them again. It is possible to experience that again. We serve the same Lord who provided in the past. Those times of spiritual refreshment don't have to remain a memory! We can draw from His deep well and drink of His refreshing grace.

**II. A Time to Regard** (2a) – [My soul thirsteth for God, for the living God.](#) The psalmist knew in whom to trust. It is apparent from the text that he was surrounded by unbelievers. Notice his regard unto the Lord, the living God. He was confident in the Lord he served. By the way, He is the living God. He is no longer in the tomb. I'm not serving a memory of a great man, but the living God. He rose

just like He said. Our hope isn't in religious ceremony or traditions; it isn't works that we do, but in the true and living God! Jeremiah said, [Blessed is the man that trusteth in the LORD, and whose hope the LORD is.](#)

- We serve One who is well aware of our needs. He isn't too distant to hear, too busy to help, too high to come where we are, or too feeble to meet our needs! We must regard the Lord for who He is! [Rev.1:8, 18 – I am Alpha and Omega, the beginning and the ending, saith the Lord, which is, and which was, and which is to come, the Almighty.](#) <sup>[18]</sup> [I am he that liveth, and was dead; and, behold, I am alive for evermore, Amen; and have the keys of hell and of death.](#) We would worry far less and enjoy life more if we learned to trust the Lord and rest in His grace!

**III. A Time to Redeem** (2b) – [when shall I come and appear before God?](#) The psalmist had spent time in the Tabernacle of God. He had worshipped with God's people. He loved that time of worship and longed for it again. He wondered within his heart if he would have another opportunity to worship the Lord and bask in His presence.

- How long has it been since you desired to worship? How long since you couldn't wait for Sunday or Wednesday? How long since you begged God to manifest Himself to you? I'm praying for a move of God in our midst! I want us to get to the place that we expect something from God instead of being surprised when He moves among us. We have experienced His presence in the past, and I pray we will desire that again. Church, it is time to redeem our worship. [Psalm 27:4 – One thing have I desired of the LORD, that will I seek after; that I may dwell in the house of the LORD all the days of my life, to behold the beauty of the LORD, and to enquire in his temple.](#)

**IV. A Time to Reveal** (3) – [My tears have been my meat day and night, while they continually say unto me, Where is thy God?](#) The psalmist knew what it was to suffer pain and endure trials. His life was filled with weeping, day and night. It seemed as if there was no one to comfort him. Those around mocked and criticized him, saying – Where is thy God? The text doesn't say, but I believe he remained faithful. He was a child of God.

- There will be trials and valleys in life; it's not always easy. We are surrounded by those who don't believe. Even in our difficulties, we must remain faithful. How do we respond in trials? What would our answer be? The world needs to see and experience our faith in Christ! We must reveal Him in our words, deeds, and everyday existence.

- You may be in a valley, but God still loves you; you still belong to Him. The heat of the battle is no place to turn on the Lord. Have you ever heard, "If he's a Christian, the woods are full of them?" May that never be said of us! Has He not blessed us? Has He not been faithful? I want

the world to know I'm saved and thankful to be a part of the church. [Psalm 107:2, 8 – Let the redeemed of the LORD say so, whom he hath redeemed from the hand of the enemy; <sup>\[8\]</sup> Oh that men would praise the LORD for his goodness, and for his wonderful works to the children of men!](#)

**V. A Time to Rejoice** (4) – [When I remember these things, I pour out my soul in me: for I had gone with the multitude, I went with them to the house of God, with the voice of joy and praise, with a multitude that kept holyday.](#) The psalmist was at a low point in life and yet he remembered the faithfulness of God. He remembered the times of rejoicing and praise. He longed for that once again.

- I long to see this body of believers rejoice and praise the Lord. It is time for God's people to lift holy hands and humble hearts in praise to Him. Do you desire the presence of God in our services? Do you desire His touch on your life? We can experience His touch and power, but we must be willing to praise His name! I have felt the hand of God and I never want Him to take it away! [Psalm 22:3 – But thou art holy, O thou that inhabitest the praises of Israel.](#) If we haven't come to exalt the name of Jesus and worship Him, why are we here? It is time for the church to rejoice!

**Conclusion:** I wonder, are you aware of the time? God's people have sat on the sidelines of the world far too long. This world gets darker every day, but we can still enjoy coming to the house of God. I have found much help for my soul here. It is a place where sinners are saved and saints are encouraged. Has God spoken to your heart? If there is a need in your life, bring it to Jesus. He alone can provide what we all so desperately need.