

Confessions from the Heart

Psalm 43: 1-5

In our previous study we discussed the possibility that Psalm 42, and Psalm 43 were originally written as one psalm, a song to be offered in worship. While we cannot know with certainty, it is evident the two share many similarities. Clearly, they were written during a difficult moment in life, revealing the need and desire for God.

There can be no doubt this psalm was written from the heart. The psalmist is dealing with great adversity and shares the depths of his heart with the Lord. I hope we all understand the benefit in being open and honest with the Lord. He knows our hearts better than we know them ourselves, but healing and help in our struggles will only come when we reach a place of honesty before the Lord. We cannot expect the Lord to move in our situation if we are unwilling to admit the condition of our hearts. As we consider the [admissions](#) of the psalmist, I want to preach on the thought: [Confessions from the Heart](#).

I. The Psalmist's Desperation (1-2) – The psalmist openly shared the desperation of his heart, confessing his despair unto the Lord. Consider:

A. His Plea (1a) – [Judge me, O God, and plead my cause against an ungodly nation](#). It appears the psalmist was under attack from outside enemies. While the enemy advanced, he prayed for God to judge his heart and plead his cause against the ungodly who came against him. He appeared to realize his need for the Lord and depended upon Him to provide.

- We are not under siege by foreign enemies, but we do face an adversary who desires our defeat. We are no match for the opposition we face alone. We need the Lord to plead our case and intervene on our behalf. Like the psalmist, we must seek the Lord to judge our cause and plead our case, providing when we lack the ability to do so ourselves.

B. His Prayer (1b) – [O deliver me from the deceitful and unjust man](#). The psalmist realized the Lord was his only hope for deliverance. He faced an enemy that he was unable to overcome. He stood in need of the Lord to provide deliverance. Apart from God, hope would be lost. He cried unto the Lord to deliver him from the deceitful and unjust.

- I am thankful for the gifts and equipping of the Spirit, but there are situations in life that are beyond our control. We all face difficulties that are impossible to overcome alone. In those moments we must seek the Lord to provide deliverance for us. He is our strength and shield.

C. His Perplexity (2) – *For thou art the God of my strength: why dost thou cast me off? why go I mourning because of the oppression of the enemy?* We must admire the honesty of the psalmist as he talked with the Lord. As he confessed his heart, he admitted the perplexity he felt regarding his current situation. This perplexity was two-fold. We discover:

➤ **He Questioned his Faith** (2a) – *For thou art the God of my strength: why dost thou cast me off?* The psalmist openly admitted that he felt forsaken by God at that particular moment in life. He knew without doubt that God was his strength, and yet he felt as if God had cast him aside. He felt abandoned by God at what appeared to be his moment of greatest need. (We may not like to admit it, but we too have felt this way before. In moments of intense struggle, we have questioned whether God was near and if He would intervene in our situation.)

➤ **He Questioned his Focus** (2b) – *why go I mourning because of the oppression of the enemy?* Although the situation was desperate, the psalmist realized that God was sovereign. Apparently, he realized God had never failed him in the past, and he is perplexed at focusing on the enemy instead of relying on God. At the same time, he questioned God's faithfulness, it appears he also realized his failure to depend on God. He was torn in his spirit. (I don't know about you, but I have dealt with similar situations, being torn in my spirit. I know that God is more than able to provide, and yet I allow the struggle I face to consume my being, living in fear instead of faith.)

II. The Psalmist's Desire (3-4) – Here the psalmist confessed the desire of his heart unto the Lord. We find:

A. He sought Guidance (3a) – *O send out thy light and thy truth: let them lead me.* In a moment of uncertainty regarding his future, the psalmist wisely sought guidance from the Lord. He desired the Lord to send forth light and truth to lead him in the right path. He knew God would never lead him astray, and that he could trust the Lord. (Pride often hinders our pursuit of guidance from the Lord. We know He is faithful to guide our path, and yet many times we choose to follow the path of the flesh rather than seeking the truth of God. In every circumstance of life, we need the light and truth of God to guide our path!)

B. He sought Grace (3b) – *let them bring me unto thy holy hill, and to thy tabernacles.* Bear in mind the situation the psalmist faced – he is surrounded by his enemies, desiring to be guided and delivered by God. In the midst of his despair, he longed for the holy hill in Jerusalem, to be found within the Tabernacle of God. He desired to be removed from the difficulties of life and be found among God's people in worship. He genuinely sought the grace of God. (Why is it we tend to abide in our struggles apart from God rather than seeking His presence in worship. There is no

better place to overcome the hindrances of life than at the house of God offering praise to our Lord and Savior! I have come many times to this place cast down in soul and left uplifted and victorious in Christ!)

C. He sought God (4) – [Then will I go unto the altar of God, unto God my exceeding joy: yea, upon the harp will I praise thee, O God my God.](#) Here the psalmist came to a profound realization – more than anything else, he needed God. He longed for the Tabernacle, so he could approach the altar with exceeding joy and praise. He wanted to stand in the presence of God alone. (This is a simple and yet profound truth we need to embrace. I appreciate all the benefits associated with my relationship to Christ; but more than the benefits, I need Him. I need the presence and fellowship of my Lord. That is available here within the sanctuary, but we can enjoy fellowship with Him at any time, in any place, through the Holy Spirit. In our moments of adversity, we need to seek the Lord, and Him alone!)

III. The Psalmist's Determination (5) – After much consideration, it appears the psalmist determined to continue with the Lord, trusting in Him. Notice:

A. His Consideration (5a) – [Why art thou cast down, O my soul? and why art thou disquieted within me?](#) Having taken the time to contemplate the Lord and His gracious care, the psalmist had to ask himself why he had become so burdened and dismayed. There was no reason for his despair and unbelief. God had been faithful, and he needed to focus on the Lord instead of the struggles he faced. (Honestly, I have been where the psalmist was more than I care to admit. I tend to focus more on the struggles I face instead of the Lord. I allow my struggles to consume my life, stealing my joy, even though I know God is more than able to provide and that He is sovereign in my life.)

B. His Exhortation (5a) – [hope in God.](#) While this exhortation is beneficial for all who read his words, it appears the psalmist was reminding himself to hope in God. He had allowed the cares of life to rob his joy and bring spiritual defeat. There was no reason for such a situation to have happened. Hope in God would bring victory while settling his fears. (This is very simple, and yet it is quite difficult to pursue. We know God is more than able, and yet we fail to place our full hope and trust in Him. Life would be much simpler and more enjoyable if we could learn this valuable truth and continually apply it to our lives! [Heb.6:19-20 – Which hope we have as an anchor of the soul, both sure and stedfast, and which entereth into that within the veil;](#) ^[20] [Whither the forerunner is for us entered, even Jesus, made an high priest for ever after the order of Melchisedec.](#))

C. His Admiration (5b) – *for I shall yet praise him, who is the health of my countenance, and my God.*

Having regained his focus, and trusting in the Lord again, the psalmist offered praise unto God. The Lord had been faithful to provide all he needed, and even while he faced great difficulty, the psalmist realized God was worthy to be praised. His sorrow had brought him to a place of despair, leading him to look unto the Lord, which resulted in praise and worship.

- Valleys in life are never enjoyable as we walk through them. However, I have learned to be thankful for the valleys. It is in the valley that I realize my inability while seeing the sovereignty of God. I learn to trust Him when I am unsure of which path to take and defeated from the battle. He is always faithful to provide for my needs and care for my soul. Even in the valley, our Lord is good and worthy of our praise. If I lived the rest of my life without further blessing from the Lord, His saving my unworthy soul would be enough to praise Him throughout eternity. The Lord has been good to me and He is worthy of my praise!

Conclusion: While we don't have any details surrounding the writing of this psalm, it is one we all can relate. I am certain we have experienced similar situations and emotions. You may be struggling with a difficult situation or burden today. If so, I encourage you to do as the psalmist and focus on the Lord. Seek His provision and guidance while offering praise to Him. He is faithful to provide and worthy of our praise. If you have yet to respond to His gracious offer for salvation, come to Him in repentance and faith today!