

For I Shall Yet Praise Him!

Psalm 42

1 As the deer pants after the water brooks, so pants my soul after you, O God.

2 My soul thirsts for God, for the living God: when shall I come and behold the face of God?

"pants and longs"/ "My soul thirsts for God"

- Picture or imagine the scene of a deer on the run. Desperate.
- Can you see it? Can you be there?
- Do we have such a desire to be in The Lord's presence? Or do you say, 'Well why should I?'

3 My tears have been my food day and night, while they continually say to me, Where is your God?

4 When I remember these things, I pour out my soul within 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.

"Where is your God?"

- That's a painful question.
- When it's not just that "they" are asking... But so am I.
- When the answer is "I don't know"
- It'll make you cry.
- A desperate state of longing. Especially when you remember the times of sweetness, rejoicing and praise, His presence.

5 Why are you cast down, O my soul? and why are you disquieted in me? You hope in God: for I shall yet praise him for the help of his countenance.

"Why are you cast down,"

- Firstly, the question: Why?! Why are you cast down? Why are you fretting?
- What is wrong with you?! Why are you looking at yourself, the enemy, or the storm?!
- "Consider your ways" Analyse/understand your battle.

John Gill (Paraphrased)

The question suggests, that the dejections of God's people (or times when they are cast down) are unreasonable; sin itself is no just cause and reason of them; for though sin is loathsome, and abhorrent, troublesome and burdensome, to a spiritual man, and truly must be confessed, heartily mourned over, and is a great shame and humiliation; yet it is no true reason of being cast down.

Because there is forgiveness of it with God; the blood of Christ has been shed for the remission of it; it has been borne and done away by him; nor is there any condemnation for it to them that are in Christ Jesus; and though it rages, and threatens to control; yet we are promised it shall not have the dominion over the saints; neither the nature of it, being great, as committed against God himself, nor the multitude of sins, nor the aggravated circumstances of them, are just causes to be cast down, since the blood of Jesus Christ cleanses from all sin;

Satan and his temptations are also no reason to be cast down; he is indeed an enemy, very powerful, subtle, and terrible; he is the strong man armed, the old serpent, and a roaring lion; and his temptations are very troublesome and grieving; and it becomes the saints to be upon their guard against him and them; but they have no reason to be cast down on account of him...

For God, who is on the side of his people, is mightier than he; Christ is stronger than the strong man armed, and the divine Spirit who is in them is greater than he that is in the world: Satan is under divine restraints, and can go no further in tempting than he is suffered.

- There is no justifiable reason for the believer to be cast down! We have every reason to look up! As the psalmist goes on to say...

"You hope in God: for I shall yet praise him..."

- Two Perspectives
- I will praise Him anyway!! Despite my circumstance, despite the enemy, no matter the storm... I will yet continue to praise The Lord. A set and determined heart of faith and trust.
- But also, I will yet have a testimony of praise in this situation so don't be cast down... For praise is coming! Victory is coming! A testimony of provision, sustaining and glory is coming! Joy cometh in the morning!

"for the help of His countenance"

- David knew he would surely be helped.
- In faith He will praise!

6 O my God, my soul is cast down within me: therefore will I remember you from the land of Jordan, and of the Hermonites, from the hill Mizar.

"therefore will I remember you"

- He will remember His past testimonies in these places. He will remember The Lord's provision and protection.
- He will remember the intimate tenderness of The Lord's presence and dealing with him.
- He's never failed me yet. I've never seen the righteous forsaken nor His seed begging for bread.

7 Deep calls unto deep at the noise of your waterspouts: all your waves and your billows have gone over me.
8 Yet the LORD will command his lovingkindness in the daytime, and in the night his song shall be with me, and my prayer unto the God of my life.

"Yet the LORD will command his lovingkindness"

- There is a blessing coming! His faith, hope and rest are in the love and goodness of God!
- He declares with certainty. Understand that this is a declaration in the middle of the brokenness and darkness.
- Not merely an affirmation!

"his song" / "my prayer"

- **HIS** song. An intimate, tender, comforting song. A song of deliverance, salvation, His presence and keeping.
- His **SONG**. A lifting of the voice in melody. Singing His praises. Singing His victory, His sovereignty, His compassion...
- My prayer, my petition, my deepest need, my cry...
- But unto "the God of my life". He alone has the words of eternal life. (John 6:68)

*So we read of a man desperate for The Lord. Desperate for deliverance. Desperate for vindication. Desperate for His presence.
Maybe he doesn't know where His God is... but He does know His God!
He confesses his weakness and lack but he also declares His God!*

11 *Why are you cast down, O my soul? and why are you disquieted within me? You hope in God: for I shall yet praise him, who is the health of my countenance, and my God.*

"For I shall yet praise him"

- In verses 5, 11 and Psalm 43:5
- He questions His soul. He confesses his brokenness. Whatever the answer may be the response/command is the same...
- Hope, hope, hope in God! Hope THOU!!
- For I shall yet praise Him! A heart that says God is sovereign and I believe Him, trust Him and depend entirely upon Him.

*So that's the Psalm. We read a beautiful song/prayer of David.
It's wonderful and precious to read The Word of God and learn from it... But how do we apply this to our lives?
Perhaps you're wondering what on earth does that look like in my life?*

What does it mean to praise?

- It is not merely singing. It is nothing to do with emotion/enjoying music! Though it is everything to do with the heart.
- It is to declare and to sing the glory of The Lord. It is to lift your voice but to speak/sing your heart!!

Hebrews 13

12 *Wherefore Jesus also, that he might sanctify the people with his own blood, suffered without the gate.*
13 *Let us go forth therefore unto him without the camp, bearing his reproach.*
14 *For here have we no continuing city, but we seek one to come.*
15 *Through Him, therefore, let us constantly and at all times offer up to God a sacrifice of praise, which is the fruit of lips that thankfully acknowledge and confess and glorify His name.*

"a sacrifice of praise"

- It is an offering and a sacrifice! It is a discipline!! It is not always felt in some fluffy emotion. It is a deep-rooted anchor of faith that rises up to shout and sing the glories of God despite the circumstance, despite the enemy, despite the storm!

"the fruit of lips that thankfully acknowledge and confess and glorify His name."

- Jesus!! Only and Always!! He is sovereign! He is victor! He will be glorified!! He will have His testimony!!
- It is NOT of the flesh! NOT of entertainment!

1 Peter 2:9

But you are a chosen generation, a royal priesthood, a holy nation, a peculiar people; that you should show forth the praises of him who has called you out of darkness into his marvellous light:

"that you should show forth the praises of him"

- Understand this... That to show forth the praises of The Lord is to declare His glory. We are to show His glory!
- We should be an expression of His glory in our conduct and conversation. Our lives are to praise Him! Not in fleshly works but in faith!!
- Lift up His name! Sing His testimonies, promises and provisions! Declare His glory!

*Praise is a deep work of offering from the heart. It is faith, hope and love. It is so much more than great tunes or moving melodies!
True praise, which is acceptable to God, really does come from the depths of a contrite heart!*

2 Chronicles 20

12 O our God, will You not exercise judgment upon them? For we have no might to stand against this great company that is coming against us. We do not know what to do, but our eyes are upon You.

...

15 He said, Hearken, all Judah, you inhabitants of Jerusalem, and you King Jehoshaphat. The Lord says this to you: Be not afraid or dismayed at this great multitude; for the battle is not yours, but God's.

...

17 You shall not need to fight in this battle; take your positions, stand still, and see the deliverance of the Lord who is with you, O Judah and Jerusalem. Fear not nor be dismayed. Tomorrow go out against them, for the Lord is with you.

...

20 And they rose early in the morning and went out into the Wilderness of Tekoa; and as they went out, Jehoshaphat stood and said, Hear me, O Judah, and you inhabitants of Jerusalem! Believe in the Lord your God and you shall be established; believe and remain steadfast to His prophets and you shall prosper.

21 When he had consulted with the people, he appointed singers to sing to the Lord and praise Him in their holy garments as they went out before the army, saying, Give thanks to the Lord, for His mercy and loving-kindness endure forever!

22 And when they began to sing and to praise, the Lord set ambushments against the men of Ammon, Moab, and Mount Seir who had come against Judah, and they were slaughtered.

"And when they began to sing and praise"

- It is not a coincidence or insignificant that this was the moment that The Lord began to move.
- This is faith. Not flesh!
- What they were doing was insane!! But they trusted in God's word and sang His victory song in faith!
- They were marching in victory towards certain death!
- They didn't sit and plan that all the songs would be in the same key with fast songs first and slow songs after... It wasn't a performance!

Acts 16

23 And when they had laid many stripes upon them, they cast them into prison, charging the jailor to keep them safely:

24 Who, having received such a charge, thrust them into the inner prison, and made their feet fast in the stocks.

25 And at midnight Paul and Silas prayed, and sang praises unto God: and the prisoners heard them.

26 And suddenly there was a great earthquake, so that the foundations of the prison were shaken: and immediately all the doors were opened, and every one's bands were loosed.

"Paul and Silas prayed, and sang praises unto God"

- This story is so familiar to us because so much attention is given to the singing but this is not the emphasis of the passage.
- They sang praises unto God!! They may well have sang "I will yet praise Him"
- They praised in the darkest of moments. When all around them was against them! When certain failure was before them!
- They weren't trying to lift their spirits with a rowdy tune! They remembered their God!
- It's so easy to sing without praising so let us be careful to not be distracted.

Psalm 22:3 KJV

But you are holy, O you that inhabits the praises of Israel.

Psalm 22:3 AMPC

But You are holy, O You Who dwell in the holy place where the praises of Israel are offered.

- The place where praise is offered is Holy! It is not a place to be taken lightly or entered into without fear, reverence and awe.
- He lives in the praises. Not the songs! So consider what it means to read "Abide in me and I in you" John 15:5.
- You will never offer a sacrifice of praise without receiving the blessing. You will never give and walk away with empty hands or heart.
- Praise The Lord! With all your heart! With all that is within you Praise The Lord! Lift up His name! Glorify His name, His testimonies, His great works, His love, His redemption, His victory over sin and death! Hallelujah! Lets praise Him!

And maybe this morning you realise that there is nothing in you than can praise. Maybe you're not Born Again. Maybe you're far away from The Lord without faith, without hope...

Psalm 43

3 O send out Your light and Your truth, let them lead me; let them bring me to Your holy hill and to Your dwelling.

4 Then will I go to the altar of God, to God, my exceeding joy; yes, with the lyre will I praise You, O God, my God!

5 Why are you cast down, O my soul? and why are you disquieted within me? You hope in God: for I shall yet praise him, who is the health of my countenance, and my God.

- Jesus is that light and truth. You can cry out for that light and truth to come to you. To lead you and bring you to the presence of God.
- There is hope and joy ready and prepared for you this morning if you will cry out for Him. If you will follow His call.
- Then you may come into the "exceeding joy" of His presence!

I don't know what situation you're in or what you came here to do, but I... I shall yet praise Him! I shall yet lift my voice and praise Jesus Christ! I will glorify Him and rejoice in His salvation, His promises, and His provision! Let's praise Him together!