



# Song as a Prayer to the God of my Life

Psalm 42

# The Plan

- 1) Background of Psalm 42 and Psalms
- 2) Examine Psalm 42  
Psalms as prayer: Song
- 3) Examine Psalm 42  
Psalms as help in times of need
- 4) Application
- 5) Closing Songs

# Psalms in General

The Psalms are the collected Poetry/Songs, many of whom are attributed to King David. Songs/Psalms exist prior to the Book of Psalms, and are evident from the very beginning of the Scriptures:

Genesis 2:23, the “Song of Adam”

Genesis 4:23-4, the “Song of Lamech”

Exodus 15:1, “*Then Moses and the Israelites sang this song to the LORD*”

LUKE 1:46-56 Mary’s Song: the Magnificat

Luke 2:13-14 The Angel’s Song: Gloria in Exelsis

We don’t ‘add’ song, or use them as entertainment. They have always been an integral part of Christianity and are themselves the Word of God:

(David) “*the sweet psalmist of Israel: “The Spirit of the LORD speaks by me; His word is on my tongue.”*” 2 Sam 23:1-2

*David and the commanders of the army set apart some of the sons of Asaph, Heman, and Jeduthun to prophesy with the accompaniment of lyres, harps, and cymbals* 1 Chr 25:1

# Psalm 42 the first Psalm of 'Book II' (Psalms 42-72) of V

*For the music director. A Maskil of the sons of Korah. (Superscript)*

“For the music director”- these are songs!

Maskil- understood to mean a contemplative or instructional song

*“of the sons of Korah” – the sons of Korah the Levite who rebelled against Moses and was ‘swallowed up’ by the earth (Num 26:10), but they remained faithful and 11 Psalms are attributed to them*

Connected to Psalm 43, but probably separated because Psalm 42 is a Lament, while Psalm 43 shifts to Petition (request to one in authority)

## **A Lament**

- a passionate expression of grief, sorrow, or regret, often expressed through wailing, poetry, or song.
- often take the form of offering the Lament, but then following it with Hope

# Psalm 42 *For the director of music. A maskil of the Sons of Korah.*

## Lament

1 As the deer pants for streams of water,  
so my soul pants for you, my God.

2 My soul thirsts for God, for the living  
God.

When can I go and meet with God?

3 My tears have been my food  
day and night,  
while people say to me all day long,  
“Where is your God?”

4 These things I remember as I pour out  
my soul:

how I used to go to the house of God  
under the protection of the Mighty One  
with shouts of joy and praise  
among the festive throng.

## Hope

5 Why, my soul, are you  
downcast?

Why so disturbed within me?

Put your hope in God,  
for I will yet praise Him,  
my Savior and my God.

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## Lament

6 My soul is downcast within me;  
therefore I will remember you  
from the land of the Jordan,  
the heights of Hermon—from Mount  
Mizar.

7 Deep calls to deep  
in the roar of your waterfalls;  
all your waves and breakers  
have swept over me.

## Hope

8 By day the LORD directs His  
love,  
at night His song is with me—  
a prayer to the God of my life.

Psalms, Hymns and songs of  
praise are prayers to God.

When we sing together, we are  
praying together to Him!

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Lament

Why have you forgotten me?

Why must I go about mourning,  
oppressed by the enemy?"

**10** My bones suffer mortal agony  
as my foes taunt me,  
saying to me all day long,  
"Where is your God?"

What do you do when you're hurt,  
broken or distressed? Who do you turn  
to?

Turn to God. Turn to the Psalms.

Hope

**11** Why, my soul, are you  
downcast?

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for I will yet praise Him,  
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