



CHOOSING HOPE

The heart of man plans his way,

Psalm 42 and 43

PSALM 42

I. Passionate desire for God's Presence and Community (1-5)

- A. Longing for the Presence of God (1-2)
- B. The Journey - Oppression and Memories that Keep Him Going (3-4)
- C. The Choice of Hope (5)

II. The Oppression that Keeps Him from God's Presence and Community (6-11)

- A. He continues to lament all the oppressive things that are happening to him - prompting him to pray (6-7)
- B. The writer's response - He finds confidence in the Lord and his comfort - both day and night (8-10)
- C. The Choice of Hope (11)

This was to fulfill what was spoken by the prophet Isaiah:¹⁸ "Behold, my servant whom I have chosen, my beloved with whom my soul is well pleased. I will put my Spirit upon him, and he will proclaim justice to the Gentiles.

¹⁹ He will not quarrel or cry aloud, nor will anyone hear his voice in the streets; ²⁰ a bruised reed he will not break, and a smoldering wick he will not quench, until he brings justice to victory;²¹ and in his name the Gentiles will hope."

Matthew 14:18-21

PSALM 43

III. Checklist for Finding Hope in Crisis

- A. Ask God to deliver you from oppression (v. 1)
- B. Ask God to calm your soul and lead you back to Him by his light and truth (v. 2-3)
- C. Make a choice to pursue praise (v. 4)