Studies in the Psalms

Psalm 42

A Contemplation of the Sons of Koran.
This Psalm is a Lament.
Theme: Thirst for God's Help in Time of Trouble
 Thirst for God. (1-3) What does it mean to thirst for God? What was the psalmist's food?
Remembering Better Days. (4-5)
Where could he no longer go?
 What words shows that there is still hope?
 Remembering God. (6-7) How is God remembered in this psalm? What words show despair?
 Pray to God. (8-9) God is available day and night.
 What is asked of God?
 God Will Answer. (10-11) What do the enemies ask? What is the conclusion?
What lessons can we learn today from the words of this psalm?