

Only God Can Satisfy Psalm 42

Just as our bodies need water to live, so our souls need God for life. Unfortunately, we put things (even good things) in God's rightful place in our hearts. The truth is only God can satisfy our soul's deepest needs.

Psalm 42:1-2

As a deer pants for flowing streams, so pants my soul for you, O God.
My soul thirsts for God, for the living God.
When shall I come and appear before God?

Psalm 42:3

My tears have been my food day and night,
While they say to me all the day long, "Where is your God?"

Psalm 42:6

My soul is cast down within me;
therefore I remember you from the land of Jordan and of Hermon, from Mount Mizar.

Psalm 42:4

These things I remember, as I pour out my soul:
how I would go with the throng and lead them in procession to the house of God
with glad shouts and songs of praise, a multitude keeping festival.

Idols in our hearts:

- **Position**

Psalm 42:7
Deep calls to deep at the roar of your waterfalls;
all your breakers and your waves have gone over me.

- **Place**

Jonah 2:8 [AMP]
Those who regard and follow worthless idols
turn away from their [living source of] mercy and lovingkindness.

Psalm 42:9

I say to God, my rock:
"Why have you forgotten me?
Why do I go mourning because of the oppression of the enemy?"

Psalm 42:10

As with a deadly wound in my bones, my adversaries taunt me,
While they say to me all the day long, "Where is your God?"

- **People**

Psalm 42:5 & 11

Why are you cast down, O my soul, and why are you in turmoil within me?
Hope in God; for I shall again praise Him, my salvation and my God.