

**When Morning Comes [Psalm 42]**  
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## INTRODUCTION

1. Are you a morning person? YOU CAN BE!
2. There are ways for you to start a new habit:
  - a. **Get enough sleep.** You likely need seven to nine hours
  - b. **Stay consistent.** Set alarm clock for the same time every morning—including weekends.
  - c. **Start slowly.** Pick a new wakeup time and gradually work towards it.
  - d. **Skip the snooze.** Set one alarm for when it's time to rise—another a few minutes later
  - e. **Let in the light.** Keep the blinds open during the night.
  - f. **Eat breakfast.** Sleepiness doesn't disappear just from drinking a cup of coffee.
  - g. **Hit the gym.** Exercise will definitely boost energy
  - h. **Treat yourself.** Have a reward waiting in the a.m. to motivate climbing out of the covers.
3. For some, these habits can't overcome our love of staying up late.
  - a. The irony is that this was never an issue until recent human history.
  - b. People never loved the night because it was more frightening
    - 1) In the night, you were more vulnerable.
    - 2) In the evening, your fears could take hold of you.
4. So how did the ancients face the thought of morning when the night brings sadness?
  - a. We get a glimpse of this in Psalm 42

## VERSES 1-5

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

<sup>2</sup> My soul thirsts for God, for the living God. When can I go and meet with God?

<sup>3</sup> My tears have been my food day and night, while people say to me all day long, "Where is your God?" <sup>4</sup> 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. <sup>5</sup> 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.

1. Likely, the psalmist is in exile. This is why he longs for his God in a strange land.
2. A reference later to in the psalm gives us his geographic indication: northern Israel
  - a. This is a picture of an ibex, which is likely the animal referenced in verse 1.
  - b. In times of draught, their cries could be heard in the hills of Galilee.
3. When you need to quench your thirst: hot drinks don't work.
  - a. As the seasons change, I drink coffee to stay warm but then I choke on my food.
  - b. The combination of tears and thirst would make you dehydrated.
    - 1) Those tears are those of longing for what used to be happier times.
    - 2) When you're sad and someone mocks you, it's even more depressing.
4. In the midst of ridicule, there's some hope left: trust in God.
  - a. It's almost like a mantra to serve as a reminder of this truth.

## VERSES 6-8

<sup>6</sup> My soul is downcast within me; therefore I will remember you from the land of the Jordan, the heights of Hermon—from Mount Mizar. <sup>7</sup> Deep calls to deep in the roar of your waterfalls; all your waves and breakers have swept over me. <sup>8</sup> By day the LORD directs his love, at night his song is with me—a prayer to the God of my life.

1. Northern Israel contains much of the country's best natural beauty
  - a. Jordan River: now a shell of its former self due to modern day irrigation use
  - b. Mt Hermon: the tallest mountain in the country
  - c. Here's a picture of a waterfall near the city of Dan (Banias national park)
  - d. The western border of the Mediterranean Sea and its waves
  - e. The Psalmist is moved by the nature of northern Israel.
  - f. Seeing it reminds the psalmist of God's favor.

2. "The song of the Lord" is with him at night.
  - a. As we wait for morning, the song of the Lord becomes the prayer of our lives.
  - b. It's the love of the morning/day that makes the nighttime melody.
    - 1) This lovingkindness (Hebrew word **hesed**) is what helps keep the hope flowing.

## **Let's continue on to Psalm 43**

### **VERSES 1-5**

*<sup>1</sup> Vindicate me, my God, and plead my cause against an unfaithful nation. Rescue me from those who are deceitful and wicked. <sup>2</sup> You are God my stronghold. Why have you rejected me? Why must I go about mourning, oppressed by the enemy? <sup>3</sup> Send me your light and your faithful care, let them lead me; let them bring me to your holy mountain, to the place where you dwell. <sup>4</sup> Then I will go to the altar of God, to God, my joy and my delight. I will praise you with the lyre, O God, my God. <sup>5</sup> 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.*

1. What's fascinating is that these two psalms used to be connected as one.
  - a. You can actually tell in the repetition of the verses that they belong together.
  - b. The same lines of hope.
2. Two key concepts are work here: *vindicate* and *rescue*
  - a. You are my stronghold: note **the capital of Dan** in Northern Israel.
  - b. It's walls still stand today; this reflects the might of the Lord.
3. And then the phrase: SEND ME YOUR LIGHT from verse 3.
  - a. How many of us make this constant request of the Lord?
  - b. When dwelling in dark times, we long for the light that only he can provide.
  - c. And yet we forget that he provides is to us constantly.
    - 1) Every morning the Lord gives us his light in the sunrise.
    - 2) Even when we think we're in the dark of night, he sends his light.

### **CONCLUSION**

1. This Psalm doesn't end with a response. It leans on hope.
  - a. Every depressing incident in this text is chased by a word of hope.
  - b. When things are going bad, YOU NEED A WORD OF HOPE.
2. Like some of you, I had a bad week.
  - a. I have lots of irons in the fire. I should be extremely stressed.
  - b. Even though I'm a pastor, I still succumb to stress and don't cope well
  - c. I find different self ways to medicate my way through things.
    - 1) But I'm managing extremely well right now.
    - 2) I attribute it to me actually putting my hope in God.
    - 3) As I've wrestled through things, I take a moment and talk to God.
3. When you are feeling down, do not let the darkness overcome you.
  - a. WHY ARE YOU DOWNCAST? PUT YOUR HOPE IN GOD!
  - b. **Psalm 30:5** "Weeping may stay for the night, but rejoicing comes in the morning."