

**In an address to the British Medical Association, a prominent physician said, “As one whose whole life has been concerned with the sufferings of the mind, I would state that all hygienic measures to counteract disturbed sleep, depression of spirit and a distressed mind, undoubtedly give first place to the simple habit of prayer. It does more to quiet the spirit and strengthen the soul than any other therapeutic agency known to man.”**

**Why is it that we give credence to a statement like this because it is made from such a noted man, yet we fail to heed God’s command to pray without ceasing. If prayer is so effective, why don’t we spend more time doing it?**

**God allowed us to see into the hearts of several of the psalmists through their writings. When faced with difficulties, they poured their feelings out to God. Their prayers can serve as a model for us to use.**

**Today on Grace Notes, Barbara Sandbek will take a look at one of the prayers in Psalm 42 and see how the writer found his way out of depression.**

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**If everything you counted on or were comfortable with were suddenly taken from you, how would you react? What would you miss? What, or better yet, who would you turn to? Would you complain or keep silent? I think you might just have something to say. But would you say it to God, or to your circle of friends and family?**

**The writing of Psalm 42 is attributed to one of the sons of Korah. It was penned most likely after his exile from Jerusalem. In a foreign land, surrounded by foreign gods, he felt cut off from the presence of the Lord. He could no longer lead in worshipping God in the temple. The writer recalls in verse 4 how he used to go with the multitude leading the procession to the house of God, with shouts of joy and thanksgiving among the festive throng. He laments his misfortune throughout the entire psalm.**

**How blessed we are to live in this age when we don’t have to go to a literal place to experience the presence of God. Because we receive the Holy**

**Spirit when we accept Jesus as our Savior, we have His presence indwelling us. Yet, I have to admit, there are times when He seems distant - this can be distressing.**

**You can feel the psalmist's distress in many of the verses. In verse 1 he says...my SOUL PANTS for you, O God – like a deer pants for streams of water. This is more than a physical yearning or a superficial desire - it's a deep longing. Have you ever felt that way? There've been times when I just needed to steal away from everyone and be alone with the Lord. It's not that He isn't with you every moment of the day, but when you lose the familiarity of that certain place where you worshipped Him, or that certain time when no one interrupted, the desire is magnified.**

**My greatest worship times are driving alone in the car and looking at God's magnificent creation. I remember vividly an impressive sugar maple tree that leaned in the road in front of a house on my way to work. The fall colors would take my breath away every time I saw it. I considered writing a note to the owners to thank them for not cutting down the tree. When winter came – I missed that tree and the closeness I felt to the Lord because of it's beauty.**

**These pleasures are a gift from God. He longs to have us appreciate them. We bring Glory to God when we praise Him, though, for His matchless works. Listen especially to the words of this song and visualize the wonder of the Lord.**

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**\*\*\* I LIFT MY SONG \*\*\***

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**Our fellowship with the Lord is sometimes compromised when the storms of life creep in. Life is full of trials. The apostle Paul understood this. That's why he warned us not to expect an easy road.**

**In Thessalonians 3:3 he told Believers not to be unsettled by the trials they were facing because they knew quite well they were destined for them.**

**Job also understood suffering. He said... 'man is born to trouble as surely as sparks fly upward'. (Job 5:7)**

**Yet, knowing innately that trials are a part of life, still doesn't make it any easier when you're facing them.**

**Listen to the psalmist's lament. He says...**

**"My soul THIRSTS for God, for the living God."**

**"My TEARS have been my food day and night."**

**"Why have You forgotten me? Why must I go about mourning?"**

**"My bones suffer mortal agony."**

**But in the middle of all his complaint he gets it.**

**After each utterance of pain, he asks himself the question...**

**"Why are you downcast, O my soul, why so disturbed within me."**

**He voices the cure by reminding himself to take action to prevent delving into depression.**

**Listen carefully to his statement – it can keep you from depression. He said...**

**Put your HOPE IN GOD, for I will YET praise him, my Savior,  
my God.**

**Sure. he was uncomfortable not knowing what to expect, yet he CHOSE to hope in the goodness of the Lord rather than in the outcome of the situation. He reviewed his blessings in the middle of his disappointments and came up praising the Lord.**

**Isaiah 61: 3 says...**

**Put on the garment of PRAISE for the spirit of heaviness.**

**Yes, we can't bank on status quo. The most important thing, though, is to remain focused on what doesn't change – our solid Rock, Jesus Christ. He is the SAME yesterday, today and forever. His character is impeccable - his love for us - unchangeable. One of my favorites verses, written by the apostle Paul in Romans 8:38 reads..**

**I am persuaded that neither life nor death nor angels nor principalities  
nor powers, nor things present nor things to come, nor height nor depth,**

**nor any other creature shall be able to separate us from the love of God which is in Christ Jesus our Lord.**

**So, never let adversity get you down...except on your knees (GLD)  
It's there you'll find that Jesus will not only meet your need, He is all you'll ever need.**

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**\*\*\* HE'S ALL NEED \*\*\***  
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