

**DSC Community Group**  
**Sermon Summary, 03/04/2012**

Title: "How to *Really* Talk to Yourself"  
Series: "Pour Out Your Heart to Him: A Study Through the Psalms"

Text: Psalm 42-43  
Preacher: Ryan Kelly

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In Psalm 42-43 we find the Psalmist talking to himself, and that's a good thing. He is reminding himself of truth, what to think, what to do. He is preaching to himself. The repeated refrain in 42:5, 11 and 43:5 help us see that these two psalms actually go together.

**1. Take Your Problems to God**

- We are all inspectors and appraisers. We come wired with a radar for "not right" and it is always beeping at us. We're always evaluating our circumstances and live and rendering things good and other things bad.
- But do we take our problems to God? 1 Peter 5:7 says, "cast all your worries on the Lord, for he cares for you." The psalmist "pours out his soul" to God (4), like saying, "I pour out my guts to God."
- The psalmist's specific problem was that he felt like he had been removed from the presence of God. "As a deer pants" is a reference to a dying and dehydrated deer who needs drink. So it is with us and our need for God. He hasn't been eating or sleeping - his tears have been his food day and night. He is oppressed by enemies. He is downcast and in turmoil.

**2. Preach Truth to Yourself**

- The psalmist has a lot to say to himself - don't listen to yourself; don't listen to your oppressors; remember God's faithfulness; he will bring you home; etc.
- He has two competing voices: one is protesting humbly about the circumstances, and the other is reminding himself of who God is. He interrogates himself, remembers the past, recalls God's love, sings at night, calls God his refuge, prays for God's light and truth, etc.
- In the same way that a preacher must prepare to preach on Sunday, we need to be ready to preach to ourselves when hard times hit, and all the time.

**3. Praise God Where You Are**

- Notice that the psalmist praises God in the midst of his despair. In the same line where He calls God his "rock," he asks, "why have you forsaken me?": 42:8-9; 43:2.
- He also longs for a future and better praise: 42:5, 11; 43:3-5.

**4. Lean on His Promises...and Be Patient**

- This is much of what we are doing in preaching to ourselves. God will vindicate (43:1); God is the refuge (43:2); God sends out light and truth (43:3); God is our exceeding joy (43:4); God is our salvation (42:5, 11; 43:5).
- William Cowper's hymn, "God moves in a mysterious way":  
*God moves in a mysterious way His wonders to perform;  
He plants His footsteps in the sea. And rides upon the storm.  
Ye fearful saints, fresh courage take; The clouds ye so much dread  
Are big with mercy and shall break in blessings on your head.  
Judge not the Lord by feeble sense, But trust Him for His grace;  
Behind a frowning providence He hides a smiling face.*

**Sample Questions**

- Ryan said that we are all inspectors and appraisers of our lives. What has been popping up on your "not right" radar? This will seem more obvious to us, the big things and the small things, when we consider the conversations we have in our own minds about the things of life.
- How have you been helped by "preaching to yourself" whether you knew to call it that or not?
- Ryan said that we need to be ready to preach to ourselves, to know what we will say when this or that trouble hits. How are you busy doing this right now? Do you have a story of having a trouble hit in life when you were spiritually prepared with truth, correctives, reminders, etc. with which to preach to yourself?