

Part 3 – The Health of Our Countenance

In part 2 we learned how important it is to control our thoughts and emotions, even when we're going through hard times. Though the Psalmist was very far away from his home (in Jerusalem) and the Ark of the Covenant (where he was to worship God at back then), he was determined not to let his situation keep him in a pity party. Instead, he thought of the joy of worshipping the Lord (YHVH) and cheered himself up with the good memories of the feast days where he was able to rejoice with friends and family when worshipping God Almighty. And this is a vital lesson for us to remember too. For, while many 'bad things' are going on in the world (it seems like the success of the wicked ones in the world keeps growing), we can't let this get us down. And while we will be persecuted for doing what's right (obeying God's Word and loving Him faithfully), we must continue to 'count our blessings', praise and worship our Heavenly Father wholeheartedly, no matter how dire our situation in life seems. It is our relationship with the Lord (YHVH) through faith in Jesus Christ that will always get us through life's difficulties. But we must do our part to discipline our 'inner man' to *stay focused* on God's Word (His truth and promises) so that we're not distracted by our self-pity, lusts, pride or anything else negative or sinful. After all, we're in a *spiritual* war and Satan desperately wants to distract us so we stop serving Jesus Christ. Because, when we share the truth (the Gospel of Jesus Christ) and faithfully use our gift(s) to serve Jesus Christ, we hurt Satan's ability to deceive God's children, which truly is the only power Satan has. So again, no matter how bad things in life seem (in our own soul, family, community, nation or the world) we must learn to discipline our heart and mind to focus on reality (God's Word); because we *know* that, in the end, *wickedness does not pay*, but obeying and loving the Lord God Almighty (YHVH) brings amazing blessings, which are *eternal*. And the Psalmist of this 42nd chapter will continue to teach us...

Psalms 42

7 Deep calleth unto deep at the noise of thy waterspouts: all thy waves and thy billows are gone over me.

The words '**deep**' mean (in the context of this verse) **surging mass of water** (#8415) and the word '**noise**' can also mean **sound** (#6963). And while the word '**waterspouts**' means a **hallow** or a **culvert** (#6794) some think this refers to waterfalls. And the word '**billows**' (in the context of this verse) means a **spring of water** or (in the plural) **waves** (#1530). So, in order to understand this verse, we must remember that the Psalmist was far away from Jerusalem, around the mountainous region of Mount Herman and Mizar. So, what he's doing is recounting the beauty of God's creation. Indeed, watching waters move, be it waterfalls, rivers or simply springs of water is a lovely sight to behold. But, in all the beauty he's surrounded by, he's having a hard time enjoying it because of his troubles. Again, this man has fled his home city of Jerusalem, where the Ark of the Covenant was, and was thus unable to worship God or enjoy his homeland.

So, he compares the waves in the waterspouts to his feelings and concern for the things that have happened to him (and his king, David) recently.

Psalms 42

8 Yet the LORD will command his lovingkindness in the daytime, and in the night his song shall be with me, and my prayer unto the God of my life.

Here again we see the Psalmist ‘cheer’ himself up by remembering God’s promises to those who love Him and serve Him faithfully. When we discipline our ‘inner man’ (thoughts and emotions) to think about reality (the Word of God) despite the ‘bad things’ going on, our Heavenly Father will comfort us through His Holy Spirit. The word ‘yet’ here was added by the translators for better readability in the English; so there is no actual word in the Hebrew text (#9999). So, the thought from the prior verse – that he’s unable to enjoy the beauty of his surroundings because his spirit is troubled like the swirly waves he’s watching – moves on to this verse by simply saying that: even though he’s troubled inside, he knows that the Lord will command His lovingkindness in the daytime and at night, His song will be with him so that he can pray to the God of his life. Now, for the first (and only time) in this chapter, the Psalmist uses God’s Sacred name, **Yehovah** (#3068); which means (the) **self-Existent** or **Eternal**. So, while ‘Elohim is God as the Creator of all things, **Yehovah** is the same God in covenant relation to those whom He has created (2 Chron 2:18). He is especially, therefore, the God of Israel; and is also the God of those who are redeemed, and are thus now ‘in Christ’. So, what this means (the Psalmist now using God’s Sacred ‘covenant’ Name, Yehovah) is that he’s sure he won’t be separated from the blessings of Yehovah, even though he’s physically far away from the Ark of the Covenant, which (again) is symbolic of the presence of God.

In other words, the Psalmist is realizing that it doesn’t matter if he’s away from the Ark of the Covenant, the Lord (Yehovah) will *still* be with him *because* he is in a ‘covenant’ relationship with the Lord (Yehovah). That’s why he says that *the LORD will command his lovingkindness in the daytime*. The word ‘command’ means **to constitute** or **enjoin** (#6680) and the word ‘**lovingkindness**’ means **kindness** (#2617). This is, after all, part of the promised blessings for those who obey God’s Laws...

*1 And it shall come to pass, **if** thou shalt hearken **diligently** unto the voice of the LORD thy God, to **observe and to do all** his commandments which I command thee this day, that the LORD thy God will set thee on high above all nations of the earth:*

*2 And **all these blessings shall come on thee, and overtake thee, if** thou shalt hearken unto the voice of the LORD thy God...*

*...8 The LORD shall **command** the blessing upon thee in thy storehouses, and **in all that thou settest thine hand unto**; and he shall bless thee in the land which the LORD thy God giveth thee.*

Deut 28:1-2, 8

So, the Psalmist is assuring himself that, just because he was separated from his homeland, in Jerusalem – where the Ark of the Covenant was – that didn't mean he had to be separated from his God. He's finally starting to come around to the realization of what Jesus Christ taught us in John 4; God wants us to worship Him in spirit *and* in truth. So long as we keep God's Word in our heart and mind, we can worship him *wherever we are at*. This Psalmist didn't leave Jerusalem because he wanted to; but to save his life. So, the Psalmist was beginning to see that our Heavenly Father knew he wasn't leaving Him to go worship false gods or idols but to seek safety. And that's why he goes on to say that, even at night *his song shall be with me, and my prayer unto the God of my life*. In other words, he can still offer the spiritual sacrifices that our Heavenly Father wants, wherever he is. As David wrote in Ps 141:2: *Let **my prayer** be set forth before thee as incense; and **the lifting up of my hands** as the evening sacrifice.*

So, indeed, this Psalmist understood what it means to worship the Most-High God (YHVH). The *Companion Bible* also points out that this verse uses a figure of speech (*Ellipsis* [complex], Apx. 6) by which each is to be repeated in the other. Meaning: "His lovingkindness [and His song] in the daytime; and in the night His song [and His lovingkindness] shall be with me". So again, this Psalmist is beginning to understand that the Lord is not angry with him and will still show His lovingkindness to him – day and night - so that he can still praise, and thank, Him for His many loving kindnesses. This shows *true* faith in the Lord (YHVH). Again, the Psalmist is figuring out that, despite his dire situation right now, the Lord (YHVH) will help him through it. And note also that the Psalmist uses a different word for GOD in the latter part of the verse, which is '**El**' (#410), and means the Almighty God who is Omnipotent; it shows His strength, power and might. So again, He knows the Lord (YHVH) is God Almighty and is able to help his situation, and will do so in due time...

Psalms 42

9 I will say unto God my rock, Why hast thou forgotten me? why go I mourning because of the oppression of the enemy?

Yet again this verse uses GOD as '**El**' (#410), which means the Almighty God who is Omnipotent; it shows His strength, power and might. And the Psalmist calls 'El his '**rock**', which means *to be lofty*, a *craggy rock* or, figuratively, *a fortress* (#5553). In other words, he knows that the Almighty God ('El) is his protection (Deut 32:4, Ps 94:22, 1 Cor 10:4). But, then he asks God why He has 'forgotten' him and why he's mourning because of his enemies. This is an example of what we should work hard **not** to let happen to us, because the Psalmist is wavering back and forth between his carnal emotions and encouraging himself with faith in the Lord. While he knows deep in his heart that the Lord (YHVH) has not forsaken him, his carnal emotions keep pulling at him because his situation is so dire. He was not sure if he would live

through it all and was struggling to keep his emotions under control. While this is truly a natural way to feel when hard times come, it's something we must work hard at controlling. And today, we have a great help in this endeavor because of the Holy Spirit the Lord (YHWH) gives us when we believe in (and *obey*, from the heart) Jesus Christ. As Jesus said...

*15 **If ye love me, keep my commandments.***

16 And I will pray the Father, and he shall give you another Comforter, that he may abide with you for ever;

*17 Even **the Spirit of truth**; whom the world cannot receive, because it seeth him not, neither knoweth him: but ye know him; for he dwelleth with you, and shall be in you.*

*18 **I will not leave you comfortless: I will come to you.***

John 14:15-18

*26 But **the Comforter**, which is the Holy Ghost, whom the Father will send in my name, he shall **teach you all things, and bring all things to your remembrance**, whatsoever I have said unto you.*

*27 **Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.***

John 14:26-27

So, while the Psalmist of this 42nd Psalms struggled with his emotions, we must understand that we don't have to, because the Holy Spirit will comfort our soul and spirit IF we simply *trust* in God's Word. The word 'Comforter' means **intercessor** or *consoler* (#3875) and the word 'comfortless' in vs 18 above means **bereaved** ("orphan"), i.e. **parentless** (#3737). Paul explains this 'comfort' and 'intercession' of the Holy Spirit quite well in his letter to the Romans...

*24 **For we are saved by hope**: but hope that is seen is not hope: for what a man seeth, why doth he yet hope for?*

*25 But **if we hope for that we see not, then do we with patience wait for it.***

*26 Likewise **the Spirit also helpeth our infirmities**: for we know not what we should pray for as we ought: but the Spirit itself maketh intercession for us with groanings which cannot be uttered.*

27 And he that searcheth the hearts knoweth what is the mind of the Spirit, because he maketh intercession for the saints according to the will of God.

*28 And we know that **all things work together for good to them that love God**, to them who are the called according to his purpose.*

Rom 8:24-28

Our hope (#1680, expectation and confidence) in Jesus Christ's salvation **is** what saves us; *but we must wait patiently* for the promises of God's Word in order to receive them; we can't give up believing in them just because they don't come to pass when we want them to. As Jesus said in

Luke 21:19: *In your patience possess ye your souls.* And, as we *patiently* wait for the promises of God to be fulfilled (such as Jesus's return) the Holy Spirit helps our 'infirmities' (weaknesses, feebleness, frailty, #769); which means the Holy Spirit strengthens our 'inner man' (heart and mind, Eph 3:16) so we can endure the hard times and keep our faith in God's Word strong, as well as continue to do what's right, regardless of what's happening to us. As Paul said in Phil 4:13: *I can do all things through Christ which strengtheneth me.* Those whose faith in God's Word (Jesus Christ) is weak, probably have not felt the *power* that the Holy Spirit gives to those who *truly* trust in Him, but it is REAL. And it *only* is given to us when we trust and obey Him, wholeheartedly. And doing so is how we 'claim' God's promises. So, no matter how 'down and out' we may feel, we truly have no reason feel that way. Work hard to get control of your emotions and remember God's promises. It is through faith in God's Word (and Jesus Christ, our intercessor) that we are given spiritual comfort from the Holy Spirit in times when we'd otherwise waiver back and forth (James 1:8, 4:8), as this Psalmist does. But, at least the Psalmist does realize the Lord God is his only help, and by the end of this chapter we'll see that he again gets control of himself...

Psalms 42

10 As with a sword in my bones, mine enemies reproach me; while they say daily unto me, Where is thy God?

In other words, the Psalmist felt like he was (as we say today) 'stabbed in the back' by former friends because they now '**reproach**' him, which means (figuratively) **to carp at** (to find fault or complain critically) or **to defame**. In other words, those who followed Absalom's rebellion slandered all those who didn't. And again, as in verse 3, we see that he heard what some of them were saying. They claimed their 'God' (**'Elohiym** #430, which means *the Supreme God*, who is our *Creator*) had left him because he (along with David and his family) were run out of Jerusalem by those loyal to Absalom. Again, David and his men were looked at as outcasts when Israel rebelled against David being king of Israel.

And, again, this is akin to what it'll be like for refusing to worship Satan when he's kicked out of heaven (with his fallen angels), to earth, and claims to be God, the savior of mankind (Rev 12, 2 Thess 2:4). People will ask *us* where our God is too, because they think the 'real' God is already on earth, even though the reality is that it's simply Satan 'playing God'. So, we've got to get mentally, emotionally (spiritually) prepared for this, so we don't waver as this Psalmist has been doing. As the special study '**Point A to Point B**' points out [which you can study via this link: <https://t.me/BibleStudyDownload/489>], we must *firmly* believe that our God (the *true* Jesus Christ) will soon return so we *don't cave to the peer pressure to bow a knee to Satan or his wicked 'beast' governing systemi* (or even before that time). After all, the Word of God tells us Satan comes before the true Jesus Christ to deceive the world into worshipping Him (Rev 12-13, 2 Thess 2, etc.). Learn more in the following studies...

Do Not Be Deceived - <https://t.me/BibleStudyDownload/235>
How can Satan Deceive the Whole World - <https://t.me/BibleStudyDownload/472>
Antichrist, Satan or Man - <https://t.me/BibleStudyDownload/345>
Apostasy, Part 1 - <https://t.me/BibleStudyDownload/499>
Apostasy, Part 2 - <https://t.me/BibleStudyDownload/500>
Apostasy, Part 3 - <https://t.me/BibleStudyDownload/501>

So, we have to have the Word of God literally ‘etched’ into our heart and mind (Jer 31:33, Heb 8:10, 10:16) in order to be able to refrain from succumbing to all the peer pressures (and lies) that will be spewing from the foolish ones who will be so utterly deceived by Satan’s lies at that time. And we too, like this Psalmist, might feel a bit betrayed (stabbed in the back) when we are delivered up to Satan *by our own family members*, as Jesus warned us, we would be in Mth 10:18-22, Mk 13:9-13, Lk 21:12-19. But we must remember that it’s actually God’s will that we be ‘delivered up’ because the Holy Spirit wants to speak the Gospel of Jesus Christ through us, *so that all* the world can be warned *before* the *true* Jesus Christ returns. And we should have the heart to do what Jesus, and Stephen, did and pray for those who ‘deliver us up’ because they *really, truly* ‘know not what they do’ (Lk 23:34, Acts 7:60).

Psalms 42

11 Why art thou cast down, O my soul? and why art thou disquieted within me? hope thou in God: for I shall yet praise him, who is the health of my countenance, and my God.

The Psalmist now asks himself a second time (for emphasis) why he feels so ‘cast down’ (to sink or depress, #7817) and why he’s so ‘disquieted’ (to be in great commotion or tumult, #1993) within himself. But then again, he decides to comfort himself by hoping (patiently waiting, #3176) in ‘God’ (which again is ***’Elohiym*** (#430), which means *the Supreme God*, who is our *Creator*). And he then determines within himself that he will ‘praise’ (to revere and worship, #3034) God (***’Elohiym***, #430, his Creator) because He is truly the only one who is the ‘health of our countenance’. The word **‘health’** here means *something saved*, i.e. (abstractly) ***deliverance***; hence, ***aid, victory, prosperity*** (#3444) and **‘countenance’** means *the face, as the part that turns* (#6440). In other words, our Heavenly Father (our Creator, the only Living God, the only Supreme God) is the *only* one who can save our soul from destruction and give us peace of mind, no matter what the circumstances we are in. And He’s also the *only* one who can also save or flesh from dying before it’s our time (Mth 10:28). After all, the name Jesus (#2424) comes from the Hebrew word we translate as Joshua but is, in the Hebrew *Yehowshuwa’* or *Yehowshu’ a* (#3091) which means ***Jehovah-saved***. And the word ‘health’ here is *yeshuw’ ah* (#3444), a similar word to Jesus Christ (who saves our soul from spiritual death), which is why it means *something saved*, i.e. (abstractly) ***deliverance***; hence, ***aid, victory, prosperity***. And, as the Lord (YHVH) said in Isaiah, He is our *only* savior...

21 Tell ye, and bring them near; yea, let them take counsel together: who hath declared this from ancient time? who hath told it from that time? have not I the LORD? and **there is no God else beside me; a just God and a Saviour; there is none beside me.**

22 Look unto me, **and be ye saved**, all the ends of the earth: **for I am God, and there is none else.**

Isa 45:21-22

Paul also states this in his letter to Timothy when he wrote: *For therefore we both labour and suffer reproach, because we trust in the living God, **who is the Saviour of all men**, specially of **those that believe*** (1 Tim 4:10). Why is God our only Savior when Jesus Christ is our Savior? Simply because Jesus Christ is God incarnate, as it is written: *In the beginning was the Word, and the Word was with God, and the Word was God* (John 1:1). And then in verse 14 we're told that *the Word was made flesh, and dwelt among us, (and we beheld his glory, the glory as of the only begotten of the Father,) full of grace and truth*. That's why, in Col 1:15, Paul says Jesus Christ is the *image of the invisible God* and in Heb 1:3 he says that Jesus Christ is *the express image* (exact copy or representation, #5481) of his person [<https://t.me/BestStudyBible/228>]. So, indeed, Jesus Christ (God in the flesh) is who saves us, both physically *and* (most importantly) spiritually. And it's only through faith in Jesus Christ that we can have the strength to overcome spiritual death, as well as our carnal emotions that pull at us during hard times, as this Psalmist was going through. So, the Psalmist was essentially committing himself to praising the God of His salvation, just as we should do! (Titus 2:11-14, Titus 3:3-7, 2 Peter 3:17-18) ...

20 But ye, beloved, **building up yourselves on your most holy faith, praying in the Holy Ghost,**
21 **Keep yourselves in the love of God, looking for the mercy of our Lord Jesus Christ unto eternal life.**

22 And of some have compassion, making a difference:

23 And others save with fear, pulling them out of the fire; hating even the garment spotted by the flesh.

24 Now **unto him that is able to keep you from falling, and to present you faultless before the presence of his glory with exceeding joy,**

25 To the only wise **God our Saviour**, be glory and majesty, dominion and power, both now and ever. Amen.

Jude 20-25

AMEN!