

# Getting Up When COVID Gets Us Down

## Psalm 42:1-6

The family of Korah were musicians who led worship  
This Korahite was far away from home, beyond the Jordan

### What?

*In your place of despair, God is still there*

A place of despair—

Vss. 1-2—His separation from congregational worship (drought) made him realize how his soul thirsted for God

He was in a place that seemed like death, since **He addresses God as “the living God,” the source of life**

Vs. 3—This verse suggests that he may have been a captive, surrounded by scoffers (see verse 6)

COVID might tempt us to say, “Where is God?”

Vs. 4—He’s feeling nostalgic about his loss

God is still there

Vs. 6—He moves past just remembering the sentimental, nostalgic part of worship, and **remembers God**

### The Big Question—Why are you cast down?

Vs. 5—What is the actual answer to this question?

Despair for a believer is a sure symptom of telling yourself untruths that lead to misbelief

“Everything must go back to what it was, or I will lose joy”

This implies that God is absent from our circumstances

The antidote is truth—**He is our salvation, He is our God and we will continue to be in His presence to praise Him**

The Jesus connection—

*Hebrews 10:19–22, ESV—Therefore, brothers, since we have confidence to enter the holy places by the blood of Jesus, by the new and living way that he opened for us through the curtain, that is, through his flesh, and since we have a great priest over the house of God, let us draw near..*

We have the advantage over this son of Korah, because he could not appear in the Lord’s presence, except in the temple

In a sense **we live in the heavenly sanctuary 24/7**

### So What?

God is using COVID to make us **aware of our thirst for Him**

He is mercifully **prying loose our grasp on old ways** inside and outside the church, that may have become idols

He is mercifully **inviting us to a fresh new start** with Him in our personal lives and in the Body

**Do not grieve the loss of what is past**, and tell yourself the lie that everything must all be put back just the way it was

Instead, ask yourself, **“Self, why are you downcast?”**

Preach to yourself, **“Hope in God, our salvation, our God”**

The final say—Jeremiah

*Lamentations 3:21–25, ESV—But this I call to mind, and therefore I have hope: The steadfast love of the LORD never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness. “The LORD is my portion,” says my soul, “therefore I will hope in him.” The LORD is good to those who wait for him, to the soul who seeks him*

### Now What?

Ask yourself, “Self, why are you downcast?”

Preach to yourself, “Hope in God, my salvation, my God”