



water from rock

Selah: Stop, Look, Listen – June 29, 2024

The Lord be with you.

Did you know that the most important conversation you're going to have today is that conversation that you'll be having with yourself today? You're going to have conversations with yourself about the past. You will talk to yourself about the future. You'll be talking to yourself about all that's going on in your life. And no one is more influential in your life than you are because no one talks to you as much as you talk to yourself.

It's what we call self talk, internal dialogue, the tapes, we play the software that programs us. I mean, it's all there in the ongoing conversations that we have with ourselves. I think it began to become aware of the importance of self talk.

These conversations we have with ourselves one day as I was reading Psalm 42 and I saw the Psalmist as he was catching himself in his self talk in the conversation that he had going with himself. Psalm 42 verse 11, the psalmist is talking to himself. 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. Now the background of Psalm 42 it is uncertain but, but it opens with those famous lines as the deer pants for streams of water. So my soul pants for you, my God.

Throughout this psalm, we see the Psalmist as he is longing for God's presence, longing for God to intervene in his life as he is facing enemies in the Psalm. He talks about sadness, despair as waves, as breaker sweeping over him. And, and then in verse 11, the psalmist catches himself in his soft talk and he says, why, why my soul are you downcast? Why so disturbed was in me? I mean, why are you feeling so down in the dumps?

The psalmist catches himself and in, in, in what he's been saying to himself about God, about his circumstances and not what he then says to himself. He begins to change his soft talk, put your hope in God for I will yet praise Him, my savior and my God. Just as the recordings we play can be changed, they can be replaced so you and I can change what we're saying to ourselves.

We can replace lies with truth, we can counter what we're saying to ourselves with scripture. We can counter it all with everything that we know about God. And as many promises, the Psalmist redirects his focus. He redirects his self-talk, put your hope in God, this shift, this redirection in our internal dialogue. What what we're saying to ourselves. This redirection is critical. Why my soul are you downcast? Why so disturbed within me?

Put your hope in God, the Hebrew word translated hope. I mean, it's, it's not wishful thinking. The Hebrew word denotes a confident expectation. It is a looking ahead with certainty that is grounded in who God is grounded in God's character. His faithfulness and all the promises of God to us.

So the psalmist reframes I, I, I like that word reframes. The psalmist reframes his self talk. Yeah, things aren't going good right now. Ok? But put your hope in God for, I will yet praise



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Him, my savior and my God notice here that the psalmist is choosing praise, I will yet praise Him, my savior and my God. And you know, I've seen it again and again that choosing to praise God breaks the cycle of our negative self talk, praising God is a powerful antidote to the Ferran praise strengthens and reminds us of God's love and power.

So just be careful today and how you're talking to yourself because you'll be listening. Pay attention to the importance of that ongoing conversation with you. The things you're telling yourself, redirect, redirect your thoughts to God and make the choice to praise Him. Even in difficult times with the words of the Psalmist David. I pray in Psalm 19 "May these words of my mouth and this meditation of my heart be pleasing in your sight, Lord, my Rock and my redeemer."

I am Tim Smith, a fellow traveler. Thank you for listening. Until next time.