

PSALM 42

As a deer longs for flowing streams,
so my soul longs for you, O God.
My soul thirsts for God,
for the living God.
When shall I come and behold
the face of God?
My tears have been my food
day and night,
while people say to me continually,
“Where is your God?”
These things I remember,
as I pour out my soul:
how I went with the throng
and led them in procession to the house
of God,
with glad shouts and songs of thanksgiving,
a multitude keeping festival.
Why are you cast down, O my soul,
and why are you disquieted within me?
Hope in God, for I shall again praise him,
my help and my God.
My soul is cast down within me;
therefore I remember you
from the land of Jordan and of Hermon,
from Mount Mizar.
Deep calls to deep
at the thunder of your torrents;
all your waves and your billows
have gone over me.
By day the Lord commands his steadfast
love,
and at night his song is with me,
a prayer to the God of my life.

I say to God, my rock,
“Why have you forgotten me?
Why must I walk about mournfully
because the enemy oppresses me?”
As with a deadly wound in my body,
my adversaries taunt me,
while they say to me continually,
“Where is your God?”
Why are you cast down, O my soul,
and why are you disquieted within me?
Hope in God, for I shall again praise him,
my help and my God.

PSALM 43

Vindicate me, O God, and defend my cause
against an ungodly people;
from those who are deceitful and unjust,
deliver me!
For you are the God in whom I take refuge;
why have you cast me off?
Why must I walk about mournfully
because of the oppression of the enemy?
O send out your light and your truth;
let them lead me;
let them bring me to your holy hill
and to your dwelling.
Then I will go to the altar of God,
to God my exceeding joy,
and I will praise you with the harp,
O God, my God.
Why are you cast down, O my soul,
and why are you disquieted within me?
Hope in God, for I shall again praise him,
my help and my God.