

Bible Text New International Version	What does the psalm reveal about God and how we are to approach, address, and respond to God?
<p>Psalm 42^{[a][b]}</p> <p>For the director of music. A <i>maskil</i>^[c] of the Sons of Korah.</p> <p>¹ As the deer pants for streams of water, so my soul pants for you, my God.</p> <p>² My soul thirsts for God, for the living God. When can I go and meet with God?</p> <p>³ My tears have been my food day and night, while people say to me all day long, “Where is your God?”</p> <p>⁴ These things I remember as I pour out my soul: how I used to go to the house of God under the protection of the Mighty One^[d] with shouts of joy and praise among the festive throng.</p> <p>⁵ 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.</p> <p>⁶ My soul is downcast within me; therefore I will remember you from the land of the Jordan, the heights of Hermon—from Mount Mizar.</p> <p>⁷ Deep calls to deep in the roar of your waterfalls; all your waves and breakers have swept over me. (<i>continued</i>)</p> <p>a. In many Hebrew manuscripts Psalms 42 and 43 constitute one psalm. b. In Hebrew texts 42:1-11 is numbered 42:2-12. c. Title: Probably a literary or musical term d. See Septuagint and Syriac; the meaning of the Hebrew for this line is uncertain.</p>	

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<p>Psalm 42 (<i>continued</i>)</p> <p>⁸ By day the LORD directs his love, at night his song is with me— a prayer to the God of my life.</p> <p>⁹ I say to God my Rock, “Why have you forgotten me? Why must I go about mourning, oppressed by the enemy?”</p> <p>¹⁰ My bones suffer mortal agony as my foes taunt me, saying to me all day long, “Where is your God?”</p> <p>¹¹ 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.</p>	

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<p>Psalm 63^e</p> <p>A psalm of David. When he was in the Desert of Judah.</p> <p>¹ You, God, are my God, earnestly I seek you; I thirst for you, my whole being longs for you, in a dry and parched land where there is no water.</p> <p>² I have seen you in the sanctuary and beheld your power and your glory.</p> <p>³ Because your love is better than life, my lips will glorify you.</p> <p>⁴ I will praise you as long as I live, and in your name I will lift up my hands.</p> <p>⁵ I will be fully satisfied as with the richest of foods; with singing lips my mouth will praise you.</p> <p>⁶ On my bed I remember you; I think of you through the watches of the night.</p> <p>⁷ Because you are my help, I sing in the shadow of your wings.</p> <p>⁸ I cling to you; your right hand upholds me.</p> <p>⁹ Those who want to kill me will be destroyed; they will go down to the depths of the earth.</p> <p>¹⁰ They will be given over to the sword and become food for jackals.</p> <p>¹¹ But the king will rejoice in God; all who swear by God will glory in him, while the mouths of liars will be silenced.</p> <p>e. In Hebrew texts 63:1-11 is numbered 63:2-12.</p>	

Reflections

Describe a time when you suddenly found yourself in a “dry and parched land,” thirsting for Jesus Christ and His “living water.”

How did your soul move from despair to hope?

