

PSALMS 42 and 43

These two psalms should be read together, for the second may be regarded as a continuation of the first. The deer, which experiences a great thirst after ranging over the dusty plains in sultry weather, is set before us as a representation of that ardent desire of the believer for the waters of God's comfort. In the midst of distress, the sons of Korah placed their hope in God. Let us do the same, for he is our rock.

Psalm 42

For the choir director. A Maskil of the sons of Korah.

- 1 As a deer pants for flowing streams, so pants my soul for you, O God.
- 2 My soul thirsts for God, for the living God.
When shall I come and appear before God?
- 3 My tears have been my food day and night,
while they say to me all the day long, "Where is your God?"
- 4 These things I remember, as I pour out my soul:
how I would go with the throng and lead them in procession to the house of God
with glad shouts and songs of praise, a multitude keeping festival.
- 5 Why are you cast down, O my soul, and why are you in turmoil within me?
Hope in God; for I shall again praise him, my salvation and my God.
- 6 My soul is cast down within me; therefore I remember you
from the land of Jordan and of Hermon, from Mount Mizar.
- 7 Deep calls to deep at the roar of your waterfalls;
all your breakers and your waves have gone over me.
- 8 By day YAHWEH commands his steadfast love, and at night his song is with me,
a prayer to the God of my life.
- 9 I say to God, my rock: "Why have you forgotten me?
Why do I go mourning because of the oppression of the enemy?"
- 10 As with a deadly wound in my bones, my adversaries taunt me,
while they say to me all the day long, "Where is your God?"
- 11 Why are you cast down, O my soul, and why are you in turmoil within me?
Hope in God; for I shall again praise him, my salvation and my God.

Psalm 43

- 1 Vindicate me, O God, and defend my cause against an ungodly people,

- from the deceitful and unjust man deliver me!
- 2 For you are the God in whom I take refuge; why have you rejected me?
Why do I go about mourning
because of the oppression of the enemy?
- 3 Send out your light and your truth; let them lead me;
let them bring me to your holy hill and to your dwelling!
- 4 Then I will go to the altar of God, to God my exceeding joy,
and I will praise you with the lyre, O God, my God.
- 5 Why are you cast down, O my soul, and why are you in turmoil within me?
Hope in God; for I shall again praise him, my salvation and my God.

PRAYER

O eternal and everlasting God, you are our help, our rock. When our hearts are vexed and disquieted within us, then it is that we do not feel the comforts of your Holy Spirit. Pity our infirmities, O Lord, and increase more and more our desire for communion with you in prayer and your holy sacraments. Grant us fervor of spirit, constancy in devotion, delight in spiritual meditations, and abiding faith when temptations assail. Let us be encouraged in our duties by the expectation of those glories which you have laid up for us, through Jesus Christ, our Lord. Amen.