



JULY 14TH, 2024

PSALM 42-43

SOUL CARE

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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 ⁶ 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. ⁷ Deep calls to deep at the roar of your waterfalls; all your breakers and your waves have gone over me. ⁸ By day the Lord 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 42:1–11 (ESV)

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.

Psalm 43:1–5 (ESV)

³⁴ And he said to them, “My soul is very sorrowful, even to death. Remain here and watch.”

Mark 14:34 (ESV)