

"BEING DOWNCAST BEFORE GOD" - PSALM 42 David's Prayer Journal

WHEN WE LEAN INTO GOD WITH OUR PAIN, GOD WILL BRING ABOUT OUR JOY AND HIS GLORY

¹AS THE DEER PANTS FOR STREAMS OF WATER, SO MY SOUL PANTS FOR YOU, MY GOD. PSALMS 42:1-11 (NIV)

²MY SOUL THIRSTS FOR GOD, FOR THE LIVING GOD. WHEN CAN I GO AND MEET WITH GOD? PSALMS 42:1-11 (NIV)

³MY TEARS HAVE BEEN MY FOOD DAY AND NIGHT, WHILE PEOPLE SAY TO ME ALL DAY LONG, "WHERE IS YOUR GOD?"

THESE THINGS I REMEMBER AS I POUR OUT MY SOUL: HOW I USED TO GO TO THE HOUSE OF GOD PSALMS 42:1-11 (NIV)

UNDER THE PROTECTION OF THE MIGHTY ONE WITH SHOUTS OF JOY AND PRAISE AMONG THE FESTIVE THRONG.

5WHY, 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.

⁶MY SOUL IS DOWNCAST WITHIN ME; THEREFORE I WILL REMEMBER YOU FROM THE LAND OF THE JORDAN, THE HEIGHTS OF HERMON—FROM MOUNT MIZAR.

⁷DEEP CALLS TO DEEP IN THE ROAR OF YOUR WATERFALLS; ALL YOUR WAVES AND BREAKERS HAVE SWEPT OVER ME.

BY DAY THE LORD DIRECTS HIS LOVE,
AT NIGHT HIS SONG IS WITH ME—
A PRAYER TO THE GOD OF MY LIFE.
PSALMS 42:1-11 (NIV)

91 SAY TO GOD MY ROCK,
"WHY HAVE YOU FORGOTTEN ME?
WHY MUST I GO ABOUT MOURNING,
OPPRESSED BY THE ENEMY?"

10MY BONES SUFFER MORTAL AGONY
AS MY FOES TAUNT ME,
SAYING TO ME ALL DAY LONG,
"WHERE IS YOUR GOD?"

11WHY, 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.

VINDICATE ME, MY GOD,
AND PLEAD MY CAUSE
AGAINST AN UNFAITHFUL NATION.
RESCUE ME FROM THOSE WHO ARE
DECEITFUL AND WICKED.

2YOU ARE GOD MY STRONGHOLD.
WHY HAVE YOU REJECTED ME?
WHY MUST I GO ABOUT MOURNING,
OPPRESSED BY THE ENEMY?

SEND ME YOUR LIGHT AND YOUR FAITHFUL CARE,
LET THEM LEAD ME;
LET THEM BRING ME TO YOUR HOLY MOUNTAIN,
TO THE PLACE WHERE YOU DWELL.

⁴THEN I WILL GO TO THE ALTAR OF GOD, TO GOD, MY JOY AND MY DELIGHT. I WILL PRAISE YOU WITH THE LYRE, O GOD, MY GOD.

5WHY, 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.



WHEN WE LEAN INTO GOD WITH OUR PAIN, GOD WILL BRING ABOUT OUR JOY AND HIS GLORY

WHEN GOD FEELS DISTANT, HE IS STILL PRESENT AND WORKING, HE IS JUST DOING SOMETHING DIFFERENT

BUT GO TO HIM WHEN YOUR NEED IS DESPERATE, WHEN ALL OTHER HELP IS VAIN, AND WHAT DO YOU FIND?

A DOOR SLAMMED IN YOUR FACE, AND A SOUND OF BOLTING AND DOUBLE BOLTING ON THE INSIDE. AFTER THAT SILENCE.

YOU MAY AS WELL TURN AWAY. THE LONGER YOU WAIT, THE MORE EMPHATIC THE SILENCE WILL BECOME.

THER ARE NO LIGHTS IN THE WINDOWS. IT MIGHT BE AN EMPTY HOUSE. WAS IT EVER INHABITED? IT SEEMED SO ONCE.

- C.S. LEWIS, A GRIEF OBSERVED

⁷DEEP CALLS TO DEEP IN THE ROAR OF YOUR WATERFALLS; ALL YOUR WAVES AND BREAKERS HAVE SWEPT OVER ME.

PSALMS 42:7 (NIV)

91 SAY TO GOD MY ROCK,
"WHY HAVE YOU FORGOTTEN ME?
WHY MUST I GO ABOUT MOURNING,
OPPRESSED BY THE ENEMY?"

PSALMS 42:9-10 (NIV)

10MY BONES SUFFER MORTAL AGONY
AS MY FOES TAUNT ME,
SAYING TO ME ALL DAY LONG,
"WHERE IS YOUR GOD?"

PSALMS 42:9-10 (NIV)

GOD WOULD RATHER HAVE YOU WRESTLE WITH HIM THAN WALK AWAY FROM HIM

VINDICATE ME, MY GOD,
AND PLEAD MY CAUSE
AGAINST AN UNFAITHFUL NATION.
RESCUE ME FROM THOSE WHO ARE
DECEITFUL AND WICKED.

²YOU ARE GOD MY STRONGHOLD.
WHY HAVE YOU REJECTED ME?
WHY MUST I GO ABOUT MOURNING,
OPPRESSED BY THE ENEMY?

GOD WOULD HAVE US TRUST HIM NOT ONLY AS SAVIOR BUT ALSO AS JUDGE

WHEN WE LEAN INTO GOD WITH OUR PAIN, GOD WILL BRING ABOUT OUR JOY AND HIS GLORY

LET GOD MEET YOU IN IT AND TRANSFORM YOU THROUGH IT David's Prayer Journal

- BRING IT ALL - ORIENT TO TRUTH - TAKE THE NEXT STEP David's Prayer Journal

4THESE 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
WITH SHOUTS OF JOY AND PRAISE
AMONG THE FESTIVE THRONG.

PSALMS 42:4 (NIV)

BY DAY THE LORD DIRECTS HIS LOVE,
AT NIGHT HIS SONG IS WITH ME—
A PRAYER TO THE GOD OF MY LIFE.
PSALMS 42:8 (NIV)

SEND ME YOUR LIGHT AND YOUR FAITHFUL CARE,
LET THEM LEAD ME;
LET THEM BRING ME TO YOUR HOLY MOUNTAIN,
TO THE PLACE WHERE YOU DWELL.

PSALMS 43:3 (NIV)

- BRING IT ALL - ORIENT TO TRUTH - TAKE THE NEXT STEP David's Prayer Journal

5WHY, 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.

PSALMS 42:5 (NIV)

WHEN WE LEAN INTO GOD WITH OUR PAIN, GOD WILL BRING ABOUT OUR JOY AND HIS GLORY