

Psalm 42:1-2 New International Version - UK (NIVUK)

- ¹ As the deer pants for streams of water,
so my soul pants for you, my God.
² My soul thirsts for God, for the living God.
When can I go and meet with God?**

The Psalmist longs to be in God's presence, to meet with Him, just as the deer longs and pants for water – does your soul thirst for the Living God? Give thanks that we can meet with God right where we are and He is Living Water to satisfy our longing.

Psalm 42:2-3 New International Version - UK (NIVUK)

- ² My soul thirsts for God, for the living God.
When can I go and meet with God?
³ My tears have been my food
day and night,
while people say to me all day long,
'Where is your God?'**

When God's presence seems far away and we struggle to remain faithful, others will question our faith, but the promises of God are not reliant on circumstances, on our feelings, on the lack of faith of others – God is faithful and we can trust in His promises even if it seems that God is absent, He is only a prayer away. Praise God that He is faithful and His love never fails.

Psalm 42:4 New International Version - UK (NIVUK)

- 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.**

The Psalmist is prevented from going to the Temple and worship, but remembers how in times past, people had enjoyed the protection of God as they worshiped with great joy. Our memories of being together, filled with joy in worship, can sustain us in those times we are prevented from gathering to worship. Give thanks for those memories of shared praise and joy.

Psalm 42:5-6 New International Version - UK (NIVUK)

- ⁵ Why, my soul, are you downcast?
Why so disturbed within me?
Put your hope in God,
for I will yet praise him,
my Saviour and my God.
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.**

When our circumstances seem bleak, when troubles come, as they will, when everything feels overwhelming, focus on God, put your hope in Him, whatever we go through, God is with us, He is our protector, our Shield, our Defender and we will yet praise Him, our Saviour and our God. Pray for those who feel overwhelmed by their circumstances that God will strengthen and uphold them.

Psalm 42:7 New International Version - UK (NIVUK)

***⁷ Deep calls to deep
in the roar of your waterfalls;
all your waves and breakers
have swept over me.***

The Psalmist recognises that there are times when God's presence is overwhelming, covering us like waves sweeping over us, His love is greater than anything that threatens us, stronger than any challenges we face, as the world around us changes, God's love remains the same. Give thanks that deep calls to deep, and allow God's love to sweep over you.

Psalm 42:8 New International Version - UK (NIVUK)

***⁸ By day the Lord directs his love,
at night his song is with me –
a prayer to the God of my life.***

What a beautiful picture that tells us that God is with us, night and day, reminding us of those words in **Isaiah 51:11** *Those the LORD has rescued will return. They will enter Zion with singing; everlasting joy will crown their heads. Gladness and joy will overtake them, and sorrow and sighing will flee away.* Give thanks that God rescues and restores.

Psalm 42:11 New International Version - UK (NIVUK)

***¹¹ Why, my soul, are you downcast?
Why so disturbed within me?
Put your hope in God,
for I will yet praise him,
my Saviour and my God.***

The Psalmist repeats his earlier refrain, reminding himself that his hope rests in God, He alone has the power to rescue and bring salvation, when we place our hope in Him we will not be disappointed, God is faithful, praise Him! Praise the name of Jesus, our Rock, our Fortress, our Deliverer, in Him we trust.
