

PSALM 42 – PRAYER GUIDE

By Justin Jeppesen

To the choirmaster. A Maskil of the Sons of Korah.

42 As a deer pants for flowing streams,
so pants my soul for you, O God.
²My soul thirsts for God,
for the living God.
When shall I come and appear before God?^b
³My tears have been my food
day and night,
while they say to me all the day long,
“Where is your God?”
⁴These 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.
⁵Why 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^c ⁶and my God.
My soul is cast down within me;
therefore I remember you

from the land of Jordan and of Hermon,
from Mount Mizar.
⁷Deep calls to deep
at the roar of your waterfalls;
all your breakers and your waves
have gone over me.
⁸By day the Lord commands his steadfast
love,
and at night his song is with me,
a prayer to the God of my life.
⁹I say to God, my rock:
“Why have you forgotten me?
Why do I go mourning
because of the oppression of the enemy?”
¹⁰As with a deadly wound in my bones,
my adversaries taunt me,
while they say to me all the day long,
“Where is your God?”
¹¹Why 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.

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REVERENCE:

God's Praiseworthy Attributes

- Satisfier of our souls – v. 1
- Living God – v. 2
- Present and approachable – v. 2
- Worthy of glad shouts and songs of praise – v. 3
- Our hope – v. 6, 11
- Our salvation – v. 6, 11
- Steadfast love -v. 8
- God of our life -v. 8
- Our rock – v. 9
- Sovereign over suffering -v. 3, 9-10

Possible Prayer Prompts

- Lord, my soul longs for You because You are...
- Lord, thank You for satisfying my soul when...
- O God, You are worthy of glad shouts and songs of praise even when...
- Lord, thank you for fulfilling my hope for...
- Because You are the God of hope, I will praise You even when...

- Lord, thank You for saving me from...
- I praise You for commanding Your steadfast love to me when I...
- God of my life, thank You for being with me in my suffering of...

RESPONSE:

- Lord, I admit my soul is cast down about...and help me to hope in You!
- Lord, when others say “where is your God,” I will remember that You...
- I confess that I felt forgotten by You when...and say again that You are my rock!

REQUESTS:

- Satisfy my soul’s longing for...
- Lord, bring Your hope and salvation to...
- As I pour out my soul to You about...help me remember that I am not alone!
- Lord, command Your steadfast love to me as I face the suffering of...
- Help me see Your face today as I struggle with...
- Lord, be my rock today when I feel overwhelmed about...
- In my pain and distress, help me to hope in You for...

READINESS:

- Lord, I trust You today to be my hope, especially when...
- Lord, help me remember Your steadfast today as I face the adversary of...
- When my soul is cast down about...help me trust in Your salvation!
 - Antiphonal response: “Hope in God; for I shall again praise him!”