

## *Everyday Prayers for Everyday Life*

### PSALM 42

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**A psalm for the director of music. A maskil of the Sons of Korah.**

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| 1 As the deer pants for streams of water,<br>so my soul pants for you, O God.   | Mount Mizar.  |
| 2 My soul thirsts for God, for the living God.<br>When can I go and meet with God?  | 7 Deep calls to deep in the roar of your waterfalls;<br>all your waves and breakers have swept<br>over me.                                      |
| 3 My tears have been my food day and night,<br>while men say to me all day long,<br>"Where is your God?"  | 8 By day the LORD directs his love, at night his<br>song is with me—a prayer to the God of<br>my life.  |
| 4 These things I remember as I pour out my soul:<br>how I used to go with the multitude,<br>leading the procession to the house of<br>God, with shouts of joy and thanksgiving<br>among the festive throng. | 9 I say to God my Rock, "Why have you forgotten<br>me? Why must I go about mourning,<br>oppressed by the enemy?"                                |
| 5 Why are you downcast, O my soul? Why so<br>disturbed within me? Put your hope in<br>God, for I will yet praise him,<br>my Savior and 6 my God.  | 10 My bones suffer mortal agony as my foes taunt<br>me, saying to me all day long,<br>"Where is your God?"                                      |
| My soul is downcast within me; therefore I will<br>remember you from the land of the<br>Jordan, the heights of Hermon—from  | 11 Why are you downcast, O my soul? Why so<br>disturbed within me? Put your hope in<br>God, for I will yet praise him,<br>my Savior and my God. |

1. Read Psalm 42. What might be happening in the life of the writer to inspire this prayer?
2. In verses 1–5, what word picture does the psalmist use to express how he feels about God? Read John 4:7–15 and John 7:37–39. According to Jesus, what is the answer to our thirst for God?
3. Verses 5 and 11 serve as a chorus—a refrain. Why do you think the psalmist choose these words as a refrain? On what does the psalmist base his hope?
4. What does the psalmist know about God that brings him hope? (vss. 5, 8–9). Describe a time when what you knew about God brought you hope.
5. Based on this psalm, when you feel depressed and overwhelmed, what can you do to cope with your emotions?

## PSALM 46

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**For the director of music. Of the Sons of Korah. According to Alamoth. A song.**

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| 1 God is our refuge and strength, an ever-present help in trouble.  | 7 The LORD Almighty is with us; the God of Jacob is our fortress. Selah   |
| 2 Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, | 8 Come and see the works of the LORD, the desolations he has brought on the earth.  |
| 3 though its waters roar and foam and the mountains quake with their surging.<br>Selah                    | 9 He makes wars cease to the ends of the earth; he breaks the bow and shatters the spear, he burns the shields with fire. |
| 4 There is a river whose streams make glad the city of God, the holy place where the Most High dwells.    | 10 "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."               |
| 5 God is within her, she will not fall; God will help her at break of day.                                | 11 The LORD Almighty is with us; the God of Jacob is our fortress. Selah  |
| 6 Nations are in uproar, kingdoms fall; he lifts his voice, the earth melts.                              |   |

6. Read Psalm 42:1–3. In verse 1, what words are used to describe God? How has God been these things to you in the chaos and calamity of your own experience?
7. In verse 2 what is the word “therefore” there for? What effect does fear have on a person/situation? What is the antidote to fear?
8. Read verses 4–7. How many times is God mentioned? In each case, what action or situation is described?
9. What truth about God is conveyed in contrast to the world? How has God been your fortress? Where, right now, do you need him to be your fortress?
10. What two commands are in verses 8–11?
11. This week spend some time meditating on verses 10 and 11. What is the source of stillness and security in life? Ask God to make this stillness and security a reality in your own heart.