



**Prayer Guide: Psalm 42**

***By Justin Jeppesen at [strategicrenewal.com](http://strategicrenewal.com)***

TO THE CHOIRMASTER. A MASKIL OF THE SONS OF KORAH.

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.

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### **REVERENCE**

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

### **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!

### **REQUEST**

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!