

Psalm 42: An Individual Lament

"Finding Hope"

Week 2: June 22/23, 2024

This week we are looking at the category of psalms called the Individual Lament. Personal laments are easy to identify with. And even though our spirits are high as summer begins, there will be an occasional unforeseen thunderstorm to mess up our plans. Through it all, how might I experience the face of God and thus deepen my hope?

Choose one of the following challenges you may face, and spend 5 minutes of silence gently repeating the verse and then letting go of it in order to hear a response from a Voice that is not your own.

LIFE FEELS COLORLESS, FLAT AND MONOTONOUS

Psalm 42:1 *"As the deer pants for streams of water, so my soul pants for you, my God."*

LIVING WITH SIN AND TEMPTATION

Psalm 42:3 *"My tears have been my food day and night."*

LIVING WITH BAD MEMORIES

Psalm 42:4 *"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."*

FEELING AS IF MY LIFE LACKS DIRECTION

Psalm 42:5 *"Why, my soul, are you downcast? Put your hope in God, for I will yet praise him, my Savior and my God."*

REDEFINING MY PURPOSE IN LIFE

Psalm 42:7 *"Deep calls to deep in the roar of your waterfalls; all your waves and breakers have swept over me."*

HEALING A RELATIONSHIP

Psalm 42:8 *"By day the Lord directs his love, at night his song is with me—a prayer to the God of my life."*

FEAR OF THE FUTURE

Psalm 42:11 *"Put your hope in God, for I will yet praise him, my Savior and my God."*