

¹ As the deer longs for streams of water, so I long for you, O God.

³ Day and night I have only tears for food, while my enemies continually taunt me, saying, "Where is this God of yours?" ⁴ My heart is breaking as I remember how it used to be: I walked among the crowds of worshipers, leading a great procession to the house of God, singing for joy and giving thanks amid the sound of a great celebration! ⁵ Why am I discouraged? Why is my heart so sad? I will put my hope in God! I will praise him again—my Savior and ⁶ my God! Now I am deeply discouraged, but I will remember you—even from distant Mount Hermon, the source of the Jordan, from the land of Mount Mizar.

⁷ I hear the tumult of the raging seas as your waves and surging tides sweep over me. ⁸ But each day the LORD pours his unfailing love upon me, and through each night I sing his songs, praying to God who gives me life. ⁹ "O God my rock," I cry, "Why have you forgotten me? Why must I wander around in grief, oppressed by my enemies?" ¹⁰ Their taunts break my bones. They scoff, "Where is this God of yours?" ¹¹ Why am I discouraged? Why is my heart so sad? I will put my hope in God! I will praise him again—my Savior and my God!

Psalm 42:1-11 NLT

Everyone experiences spiritually dry seasons.

What do you do when God seems far away?

Make God a priority.

¹ As the deer longs for streams of water, so I long for you, O God.

Psalm 42:1-2 NLT

²I thirst for God, the living God. When can I go and stand before him?

²I thirst for God, the living God. When can I go and stand before him?

Remember when God was close.

My heart is breaking as I remember how it used to be: I walked among the crowds of worshipers, leading a great procession to the house of God, singing for joy and giving thanks amid the sound of a great celebration!

Psalm 42:4 NLT

Fill your mind with God's promises.

⁵ I will put my hope in God! I will praise him again—my Savior and ⁶ my God! Now I am deeply discouraged, but I will remember you—even from distant Mount Hermon, the source of the Jordan, from the land of Mount Mizar. ⁷ I hear the tumult of the raging seas as your waves and surging tides sweep over me. ⁸ But each day the LORD pours his unfailing love upon me, and through each night I sing his songs, praying to God who gives me life.

Psalm 42:5b-8 NLT

Put your hope in God.

Why am I discouraged? Why is my heart so sad?

Psalm 42:5a NLT

Why am I discouraged? Why is my heart so sad? I will put my hope in God! I will praise him again—my Savior and my God!

Psalm 42:11 NLT