### Psalms

## Chapter 42

To the [music] director:  
  
The contemplation of the sons of KorAh.  
  
  
  
  
1As a stag searches for springs of water,  
 Is how my heart longs for You, O my God…  
 2Since my soul thirsts for the Almighty God,  
 When may I come and stand before You?  
  
3My tears have become my ‘bread’ day and night…  
 Each day, people ask me, ‘So, where is your God?’  
 4I think of such things and thereafter,  
 [Before You], I pour out my soul.  
  
I’ll go to Your wonderful Tent…  
 I’ll go to the House of my God.  
 I’ll go shouting aloud, singing praises of You,  
 As though it were a great holiday.  
  
5O man within me; why are you so sad…  
 Why do you bother me so?  
 We must put trust in our God…  
 Sing in praise of the ways that He saves!  
  
6O my God,  
  
I’m so bothered within,  
 And it’s about You that I’m concerned.  
 In the land of the JorDan, I think about You,  
 Here on little Mount Herman.  
  
7Because of the roar of floods in the deep,  
 I cried out to You [in my fear];  
 For by Your waves and their crests, I’ve been covered.  
  
8Each day, I beg God for His mercy,  
 And each night, I pray that He will send it…  
 This God [who watches over] my life.  
  
9Then I say to God:  
  
 ‘Since You’re my shield,  
 Why do You still overlook me…  
 Why must I always look downcast,  
 And have to push past my opposers?  
  
 10‘They berate me as they’re breaking my bones,  
 And afflict me each day, as they ask:  
  
 ‘So now, where is your God?’  
  
11O man within; why are you dejected,  
 And why do you bother me so?  
 We must put our hope in Jehovah…  
 Give praise to our Savior and God!