

# Lenten devotionals: day 27

For our weekly round up, I chose this Psalm.

In Matthew 26:38 Jesus says, “My soul is sorrowful even to the point of death,” perhaps quoting from this Psalm.

Just prior to this, after celebrating Passover with His disciples and giving them a new feast of remembrance, as was the custom, Jesus and the disciples sang a hymn.

Music raises the spirit and is a natural release of praise and gratitude as well as calming a troubled soul.

This Psalm, has always been one of my ‘go to’ Psalms. I find in it both comfort and hope. Comfort knowing that Jesus, too, felt sorrow, grief and pain. Hope, because in the midst of trouble, God is our rock, our stability and our future.

## Psalm 42<sup>[a][b]</sup>

**For the director of music. A *maskil*<sup>[c]</sup> of the Sons of Korah.**

<sup>1</sup> As the deer pants for streams of water,  
so my soul pants for you, my God.

<sup>2</sup> My soul thirsts for God, for the living God.  
When can I go and meet with God?

<sup>3</sup> My tears have been my food  
day and night,  
while people say to me all day long,  
“Where is your God?”

<sup>4</sup> 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<sup>[d]</sup>  
with shouts of joy and praise  
among the festive throng.

<sup>5</sup> Why, my soul, are you downcast?  
Why so disturbed within me?  
Put your hope in God,  
for I will yet praise him,  
my Savior and my God.

<sup>6</sup> My soul is downcast within me;  
therefore I will remember you  
from the land of the Jordan,  
the heights of Hermon—from Mount Mizar.

<sup>7</sup> Deep calls to deep  
in the roar of your waterfalls;  
all your waves and breakers  
have swept over me.

<sup>8</sup> By day the Lord directs his love,  
at night his song is with me—  
a prayer to the God of my life.

<sup>9</sup> I say to God my Rock,  
    “Why have you forgotten me?  
Why must I go about mourning,  
    oppressed by the enemy?”

<sup>10</sup> My bones suffer mortal agony  
    as my foes taunt me,  
saying to me all day long,  
    “Where is your God?”

<sup>11</sup> *Why, my soul, are you downcast?  
    Why so disturbed within me?  
Put your hope in God,  
    for I will yet praise him,  
    my Savior and my God.*

Have a wonderful weekend everyone.