

A Psalm of Lament: Reading and Writing

Read through Psalm 42 (at left), marking the parts of the Biblical lament structure that you see in the psalm. The structure and the marks to make are in the box on the right. Then, using the headings and space at the right

Psalm 42

1 As a deer longs for flowing streams,
so my soul longs for you, O God.

2 My soul thirsts for God, for the living God.
When shall I come and behold the face of God?

3 My tears have been my food day and night,
while people say to me continually,
'Where is your God?'

4 These things I remember, as I pour out my soul:
how I went with the throng,
and led them in procession to the house of God,
with glad shouts and songs of thanksgiving,
a multitude keeping festival.

5 Why are you cast down, O my soul,
and why are you disquieted within me?
Hope in God; for I shall again praise him,
my help 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 thunder of your cataracts;
all your waves and your billows 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 must I walk about mournfully
because the enemy oppresses me?'

10 As with a deadly wound in my body,
my adversaries taunt me,
while they say to me continually,
'Where is your God?'

11 Why are you cast down, O my soul,
and why are you disquieted within me?
Hope in God; for I shall again praise him,
my help and my God.

Address God

(underline the address in Psalm 42)

Describe situation or injustice

(circle this description in Psalm 42)

Statement of trust in God:

-Remember past relationship

(draw an arrow to the text in the psalm)

-Affirm trust in the time of the psalmist

(draw a cloud around this in the psalm)

Call on God to act

(draw a box around this in the psalm)

Statement of assurance that God will hear

(put a star by this part of Psalm 42)