

Psalm 42

- To begin this hour we will prayerfully listen to and reflect on Psalm 42, a psalm of mercy.
- Let's remind ourselves that we are in the presence of our Eucharistic Lord and prepare ourselves to hear his word.
- Come Holy Spirit, help us open our hearts and minds to the scriptures that you have inspired. Your word is alive and active and can speak to us today. Help us to leave behind our own expectations and pay attention to what you are doing in us through these words.

(Slowly read the scripture passage.)

Psalm 42

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

My soul thirsts for God,
for the living God.

When shall I come and behold
the face of God?

My tears have been my food
day and night,
while men say to me continually,
“Where is your God?”

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.

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 saviour 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.

Deep calls to deep
at the thunder of your cataracts;
all your waves and your billows
have gone over me.

By day the Lord commands his steadfast love;
and at night his song is with me,
a prayer to the God of my life.

I say to God, my rock:

“Why have you forgotten me?

Why do I go mourning
because of the oppression of my enemy?”

As with a deadly wound in my body,
my adversaries taunt me,
while they say to me continually,

“Where is your God?”

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.

- Was there a word, phrase, or image that seemed to stir something in you? Spend some time repeating the phrase or sitting with the image. Trust that God is working. Make yourself available to his work in you.
- Lord, what do you want me to know?
- How do you want me to respond?
- How do you want me to apply this to my daily life?
- Spend some time in silent listening and adoration of God. At this stage, the Lord may further reveal himself to you in the gift of peace or joy. If so, allow yourself to rest with God in that feeling