**Psalm 42-44**

BOOK II

Psalm 42

**For the director of music. A *maskil* of the Sons of Korah.**

**1**As the deer pants for streams of water,
    so my soul pants for you, my God.
**2**My soul thirsts for God, for the living God.
    When can I go and meet with God?
**3**My tears have been my food
    day and night,
while people say to me all day long,
    “Where is your God?”
**4**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
with shouts of joy and praise
    among the festive throng.

**5**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.

**6**My soul is downcast within me;
    therefore I will remember you
from the land of the Jordan,
    the heights of Hermon - from Mount Mizar.
**7**Deep calls to deep
    in the roar of your waterfalls;
all your waves and breakers
    have swept over me.

**8**By day the Lord directs his love,
    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 go about mourning,
    oppressed by the enemy?”
**10**My bones suffer mortal agony
    as my foes taunt me,
saying to me all day long,
    “Where is your God?”

**11**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.

Psalm 43

**1**Vindicate me, my God,
    and plead my cause
    against an unfaithful nation.
Rescue me from those who are
    deceitful and wicked.
**2**You are God my stronghold.
    Why have you rejected me?
Why must I go about mourning,
    oppressed by the enemy?
**3**Send me your light and your faithful care,
    let them lead me;
let them bring me to your holy mountain,
    to the place where you dwell.
**4**Then I will go to the altar of God,
    to God, my joy and my delight.
I will praise you with the lyre,
    O God, my God.

**5**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.

Psalm 44

**For the director of music. Of the Sons of Korah. A *maskil.***

**1**We have heard it with our ears, O God;
    our ancestors have told us
what you did in their days,
    in days long ago.
**2**With your hand you drove out the nations
    and planted our ancestors;
you crushed the peoples
    and made our ancestors flourish.
**3**It was not by their sword that they won the land,
    nor did their arm bring them victory;
it was your right hand, your arm,
    and the light of your face, for you loved them.

**4**You are my King and my God,
    who decrees[[h](https://www.biblegateway.com/passage/?search=Psalm+42-44&version=NIV#fen-NIV-14576h)] victories for Jacob.
**5**Through you we push back our enemies;
    through your name we trample our foes.
**6**I put no trust in my bow,
    my sword does not bring me victory;
**7**but you give us victory over our enemies,
    you put our adversaries to shame.
**8**In God we make our boast all day long,
    and we will praise your name forever.

**9**But now you have rejected and humbled us;
    you no longer go out with our armies.
**10**You made us retreat before the enemy,
    and our adversaries have plundered us.
**11**You gave us up to be devoured like sheep
    and have scattered us among the nations.
**12**You sold your people for a pittance,
    gaining nothing from their sale.

**13**You have made us a reproach to our neighbors,
    the scorn and derision of those around us.
**14**You have made us a byword among the nations;
    the peoples shake their heads at us.
**15**I live in disgrace all day long,
    and my face is covered with shame
**16**at the taunts of those who reproach and revile me,
    because of the enemy, who is bent on revenge.

**17**All this came upon us,
    though we had not forgotten you;
    we had not been false to your covenant.
**18**Our hearts had not turned back;
    our feet had not strayed from your path.
**19**But you crushed us and made us a haunt for jackals;
    you covered us over with deep darkness.

**20**If we had forgotten the name of our God
    or spread out our hands to a foreign god,
**21**would not God have discovered it,
    since he knows the secrets of the heart?
**22**Yet for your sake we face death all day long;
    we are considered as sheep to be slaughtered.

**23**Awake, Lord! Why do you sleep?
    Rouse yourself! Do not reject us forever.
**24**Why do you hide your face
    and forget our misery and oppression?

**25**We are brought down to the dust;
    our bodies cling to the ground.
**26**Rise up and help us;
    rescue us because of your unfailing love.