**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.