



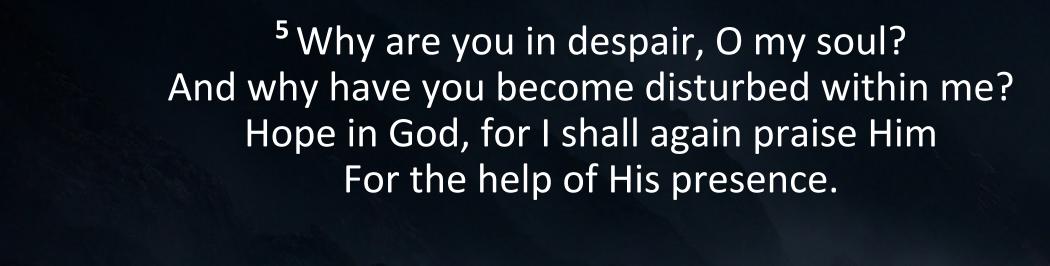
<sup>1</sup> As the deer pants for the water brooks, So my soul pants for You, O God. <sup>2</sup> My soul thirsts for God, for the living God; When shall I come and appear before God? <sup>3</sup> My tears have been my food day and night, While they say to me all day long, "Where is your God?" <sup>4</sup>These things I remember and I pour out my soul within me.

For I used to go along with the throng

and lead them in procession to the house of God,

With the voice of joy and thanksgiving, a multitude keeping festival.

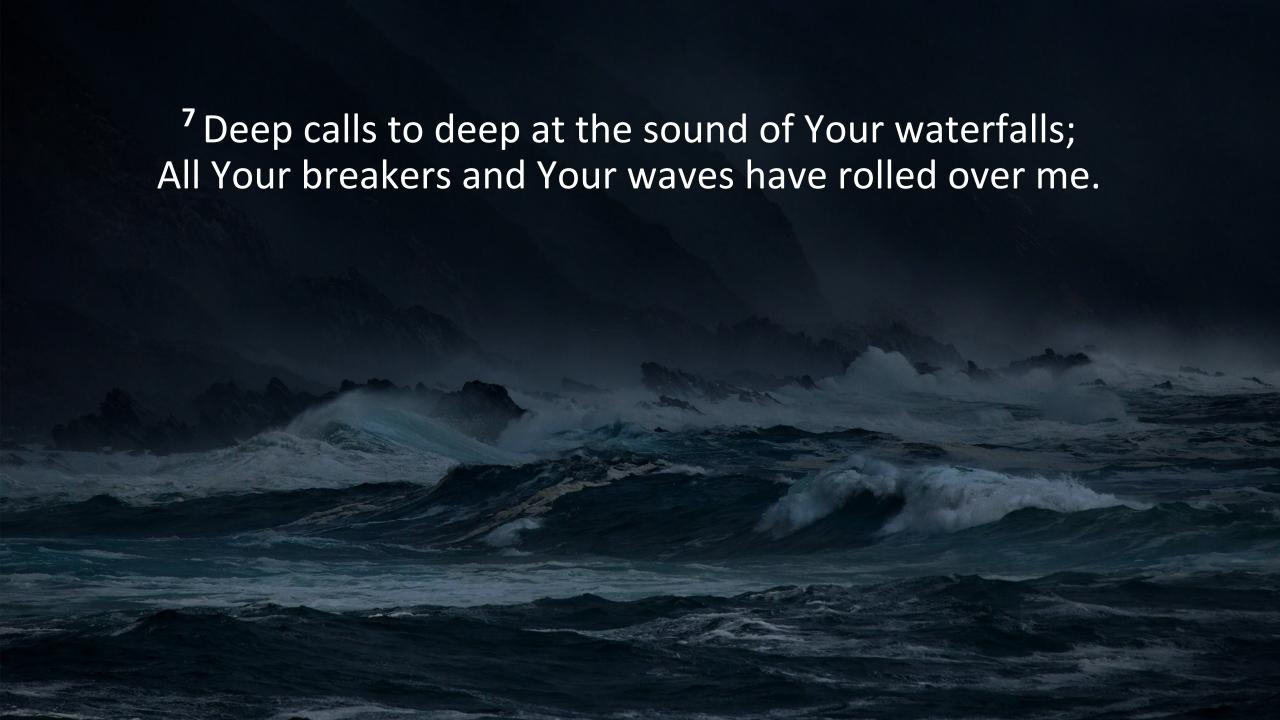


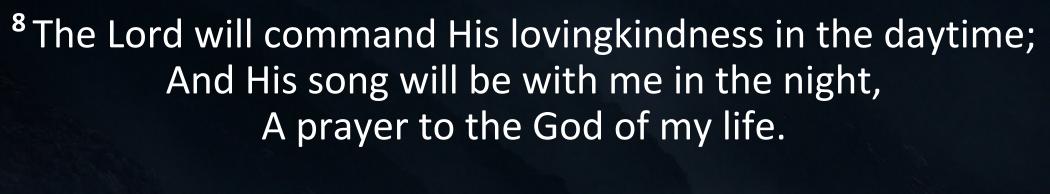




<sup>6</sup>O my God, my soul is in despair within me; Therefore I remember You from the land of the Jordan And the peaks of Hermon, from Mount Mizar.









<sup>9</sup> I will say to God my rock, "Why have You forgotten me? Why do I go mourning because of the oppression of the enemy?" As a shattering of my bones, my adversaries revile me, While they say to me all day long, "Where is your God?"



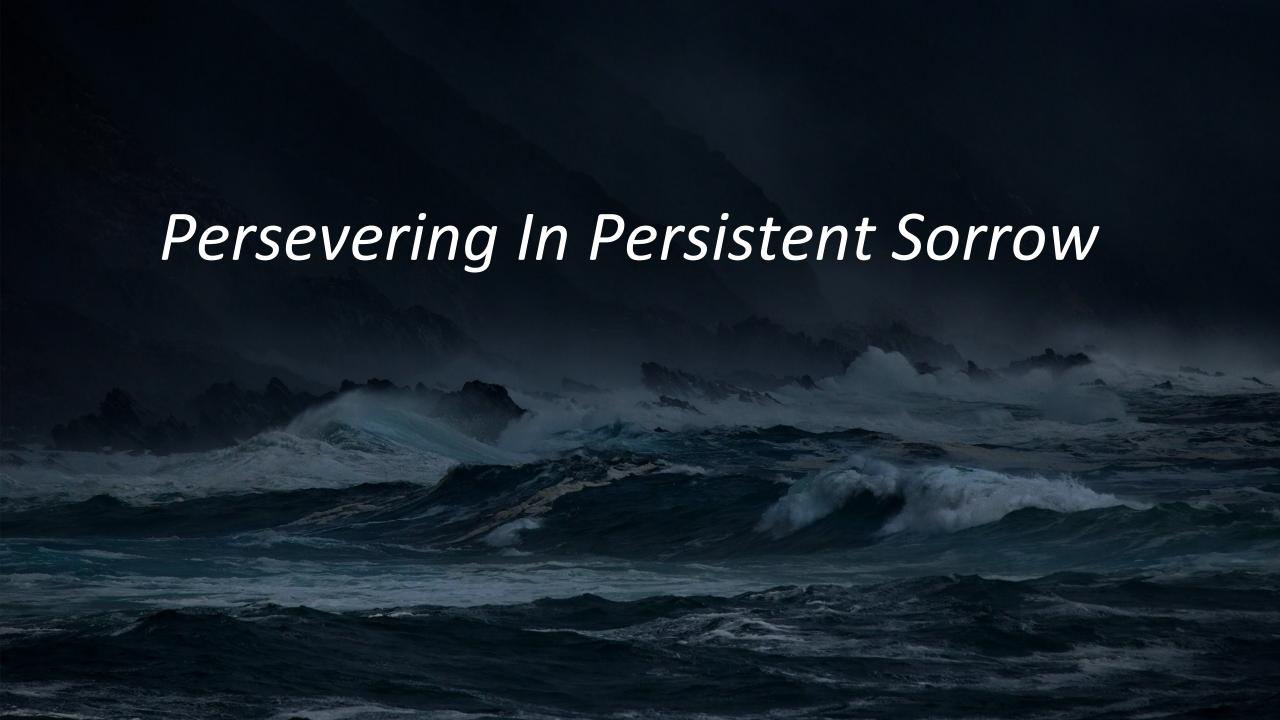
<sup>11</sup> Why are you in despair, O my soul? And why have you become disturbed within me? Hope in God, for I shall yet praise Him, The help of my countenance and my God.



<sup>7</sup> Deep calls to deep at the sound of Your waterfalls; All Your breakers and Your waves have rolled over me.

<sup>8</sup> The Lord will command His lovingkindness in the daytime; And His song will be with me in the night, A prayer to the God of my life.

Deep sorrows reveal our deep need
Deep sorrows call to the sovereignty of God
Deep sorrows call to the deep love of God





Honestly acknowledge the pain and cry out to the Lord

Remember the goodness and faithfulness of God

Preach to your own soul: Hope in God!

Persistent sorrow requires persistent hope



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<sup>10</sup> As a shattering of my bones, my adversaries revile me, While they say to me all day long, "Where is your God?"



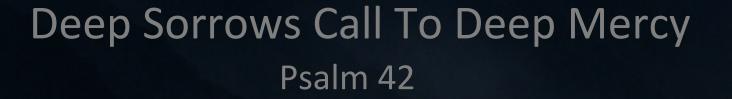
Persistent sorrow requires persistent hope

Persistent sorrow requires persistent confession of truth



<sup>11</sup> Why are you in despair, O my soul? And why have you become disturbed within me? Hope in God, for I shall yet praise Him, The help of my countenance and my God.





Persistent sorrow requires persistent hope
Persistent sorrow requires persistent confession of truth
Persistent sorrow requires a persistent looking to Christ



- If you're facing persistent sorrow or suffering of any kind, have you honestly cried out to the Lord in a display of your brokenness and your need for Him?
- What does perseverance look like in your situation? Are there small steps of obedience that you can begin to take as you entrust yourself to the Lord?
- How are you answering the questions and accusations that come from within you and from your adversary? Are you looking to Christ?