

Psalms of
LAMENT

*psalms 42
and 43*

Lament : to
express
grief, sorrow, or
regret

Psalms of
LAMENT

*psalms 42
and 43*

Turn Towards
God
Complain to
God
Ask from God
Trust in God

Psalm 42 ^{NIV}

¹As the deer pants for streams of water,
so my soul pants for you, my God.

²My soul thirsts for God, for the living God.
When can I go and meet with God?

Turn Towards
God
Complain to
God
Ask from God
Trust in God

Psalm 42 ^{NIV}

³ My tears have been my food
day and night,
while people say to me all day long,
“Where is your God?”

¹⁰ My bones suffer mortal agony
as my foes taunt me,
saying to me all day long,
“Where is your God?”

Turn Towards
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Complain to
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Trust in God

Psalm 42 ^{NIV}

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?

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.

Turn Towards
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Complain to
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Psalm 34:18 ^{NIV}

The Lord is close to the brokenhearted
and saves those who are crushed in spirit.

Matthew 5:4 ^{NIV}

'Blessed are those who mourn,
for they will be comforted.'

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Psalm 42 ^{NIV}

³ My tears have been my food
day and night,
while people say to me all day long,
“Where is your God?”

⁷ Deep calls to deep
in the roar of your waterfalls;
all your waves and breakers
have swept over me.

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?”

Psalm 43 ^{NIV}

² You are God my stronghold.
Why have you rejected me?
Why must I go about mourning,
oppressed by the enemy?

Turn Towards
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Psalm 51:16-17 ^{NIV}

You do not delight in sacrifice, or I would bring it;
you do not take pleasure in burnt offerings.

My sacrifice, O God, is a broken spirit;

a broken and contrite heart
you, God, will not despise.

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Turn Towards
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Psalm 94:14 ^{NIV}

For the LORD will not reject his people;
he will never forsake his inheritance.

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Isaiah 55:9 ^{NIV}

“As the heavens are higher than the earth,
so are my ways higher than your ways
and my thoughts than your thoughts.”

James 4:6 ^{NIV}

But he gives us more grace. That is why Scripture says:
“God opposes the proud but shows favor to the humble.”

James 4:10 ^{NIV}

Humble yourselves before the Lord, and he will lift you up.

Turn Towards
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Honesty

Psalm 42 ^{NIV}

⁹ I say to God my Rock,
“Why have you forgotten me?
Why must I go about mourning,
oppressed by the enemy?”

Humility

Honesty

Psalm 43 ^{NIV}

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Why have you rejected me?
Why must I go about mourning,
oppressed by the enemy?”

Humility

Turn Towards
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Complain to
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Trust in God

Psalm 43 ^{NIV}

¹ Vindicate me, my God,
and plead my cause
against an unfaithful nation.

Rescue me from those who are
deceitful and wicked.

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.

Turn Towards
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Complain to
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Rescue me from those who are
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Request of Justice

Request of Salvation

Request of Provision

Request of Guidance

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Complain to
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Philippians 4:6-7 ^{NIV}

Do not be anxious about anything, but in every situation,
by prayer and petition, with thanksgiving, present your
requests to God. ⁷And the peace of God, which transcends
all understanding, will guard your hearts and your minds in
Christ Jesus.

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Requests of Presence

Towards
God
Complain
to God
Ask from
God
Trust in

Psalm 42:5, 11 & 43:5 NIV

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.

Turn Towards
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Complain to
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Ask from God
Trust in God

Psalm 42:5, 11 & 43:5 NIV

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“Wait with
expectation”

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Psalm 42:5, 11 & 43:5 NIV

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Based on
Old Covenant Promises
(Deuteronomy 28-30)



Turn Towards
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Complain to
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Ask from God
Trust in God

Psalm 42 ^{NIV}

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.

⁸ By day the Lord directs his love,
at night his song is with me—
a prayer to the God of my life.

Psalm 43 ^{NIV}

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.

Turn Towards
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Complain to
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Past Faithfulness of God

Turn Towards
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Complain to
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Trust in God

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Past Faithfulness of God

Present Faithfulness of God

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Past Faithfulness of God

Present Faithfulness of God

Promised Faithfulness of God

Turn Towards
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Psalm 42:5, 11 & 43:5 ^{NIV}

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Why so disturbed within me?

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“paneḥ”: Face / Presence

Turn Towards
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Psalm 42:5, 11 & 43:5 NIV

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.

“paneḥ”: Face / Presence

Literally: “by the salvation,
of the presence of my God”