



Thirsty

for You, my God.

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

Psalm 42:1

Have you ever been for a long walk on a hot day? One where the humidity was high, and the sun was blaring on your head. Maybe you walked fast enough to sweat and became thirsty. You crave the one thing that will quench your dry mouth and throat best--- water. You cannot wait to grasp a cup in your hand and drink it down and be replenished. Psalm 42:1 opens with the Psalmist speaking of a deer panting for streams of water. This deer has walked a longer distance than you or I have ever trudged and experienced a drought beyond any we could imagine. His thirst would prompt him to cry out in agony as a deep longing to be filled takes over the creature. **No substitute would suffice.** The Psalmist likens our soul thirsting for the Lord to this deer and leaves me wondering how often I reach for substitutes as my soul longs for deep communion with God.

Benson Commentary says, "Thirst is more vehement than hunger, and more impatient of dissatisfaction." Perhaps this is why we reach for what seems more nearby. While many things seem more obtainable they leave our souls discouraged (NLT), downcast (NIV), in turmoil (ESV), in despair (NASB). *Substitutes always leave us longing; panting for the One who created our soul.* The One whose Son exclaimed, "Everyone who drinks this water will be thirsty again, but whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life" in John 4:13-14.

Still, I admit there are times we reach directly for God and find ourselves like the Psalmist, downcast and dry. We pray. We praise. We seek Him in the Word. We gather to worship with others and yet, we have an emptiness that remains. This stirs our hearts and leads us to ask the same questions repeated in verses 5 and 11 of Psalm 42, "Why am I so discouraged? Why is my heart so sad?"

Within Psalm 42 we will discover that tears flowed, taunts came, and deep waters raged. Yet, while the soul longed, remembrance anchored the created to the Creator, his Hope.

"Put your hope in God, for I will yet praise him, my Savior and my God."

Psalm 42:5

Encouraging his own heart (and ours today) the Psalmist proclaims, "Put your hope in God. I will yet praise Him, my Savior and my God." His self-exhortation is one we can repeat to ourselves in seasons of longing. Whether we are reaching for empty replacements or left depleted even as we reach for God with all our heart, we can make a heart commitment to follow the example of the Psalmist. We can cling to our faith and learn a process that rekindles our hope in the One who satisfies our thirst like none other.

Friends, we are going to learn an abundance from the 11 verses penned in our focal Psalm! We will journey verse by verse together and we are so glad you are here. *May we come with our "cups up" and linger long in His Word with great expectation.*

Blessings, jodie b

thirsty study helps

We've developed this study tool for you to use in your quiet time. It's designed to be used as you write, journal, and pray through Psalm 42.

Original Artwork by artist, Beth Bierbauer, included within; not be used outside of this journal without permission.



**1 As the deer longs for streams of water,
so I long for you, O God.**

2 I thirst for God, the living God.

When can I go and stand before him?

**3 Day and night I have only tears for food,
while my enemies continually taunt me, saying,
“Where is this God of yours?”**

**4 My heart is breaking
as I remember how it used to be:
I walked among the crowds of worshipers,
leading a great procession to the house of God,
singing for joy and giving thanks
amid the sound of a great celebration!**

**5 Why am I discouraged? Why is my heart so sad?
I will put my hope in God!
I will praise him again—
my Savior and 6 my God!**

**Now I am deeply discouraged, but I will remember you—
even from distant Mount Hermon, the source of the Jordan,
from the land of Mount Mizar.**

**7 I hear the tumult of the raging seas as your waves
and surging tides sweep over me.**

**8 But each day the LORD pours his unfailing love upon me,
and through each night I sing his songs,
praying to God who gives me life.**

**9 “O God my rock,” I cry, “why have you forgotten me?
Why must I wander around in grief, oppressed by my enemies?”**

**10 Their taunts break my bones.
They scoff, “Where is this God of yours?”**

**11 Why am I discouraged? Why is my heart so sad?
I will put my hope in God!
I will praise him again—my Savior and my God!**

5 DAY

PROCESS

01

READ IT/POST IT

READ THE VERSE. READ SEVERAL TRANSLATIONS, AND READ THE VERSE IN CONTEXT. USE A CREATIVE WAY TO POST THE VERSE IN A HIGHLY VISIBLE PLACE SO YOU WILL SEE IT ALL WEEK.

02

VERSE MAP IT

VERSE MAP THE VERSE. IF YOU HAVE NOT DONE THIS BEFORE REFER TO THE INSTRUCTIONS AT THE END OF THIS PRINTABLE.

03

JOURNAL IT/PRAY IT

JOURNAL YOUR THOUGHTS AND PRAYERS AS THEY DEVELOP IN YOUR HEART.

04

WRITE IT/SAY IT

WRITE AND REWRITE THE VERSE. CHOOSE THE TRANLATION THAT SPEAKS BEST TO YOU. SAY THE VERSE ALOUD THROUGHOUT THE DAY.

05

JOURNAL IT/RESPOND

JOURNAL YOUR THOUGHTS AND PRAYERS AGAIN AND ASK GOD HOW HE WOULD HAVE YOU RESPOND.



Verse Mapping

1- Select a scripture verse to map.

2- Read the verse. Quietly and aloud.

3- Write out the verse. Leave space around it, between the lines and between the words.

4- Personalize the verse: replace words like 'you', 'we', 'us', 'them' with your name, where applicable. This is not intended to change the meaning of the scripture.

5- Circle, underline, or highlight words and phrases that stand out to you as you read.

6- Are there any words that make you want to dig deeper? Look up and define any words that you need clarification for.

7- Consider if there are any promises from or actions of God? Is there any action encouraged or required on your part?

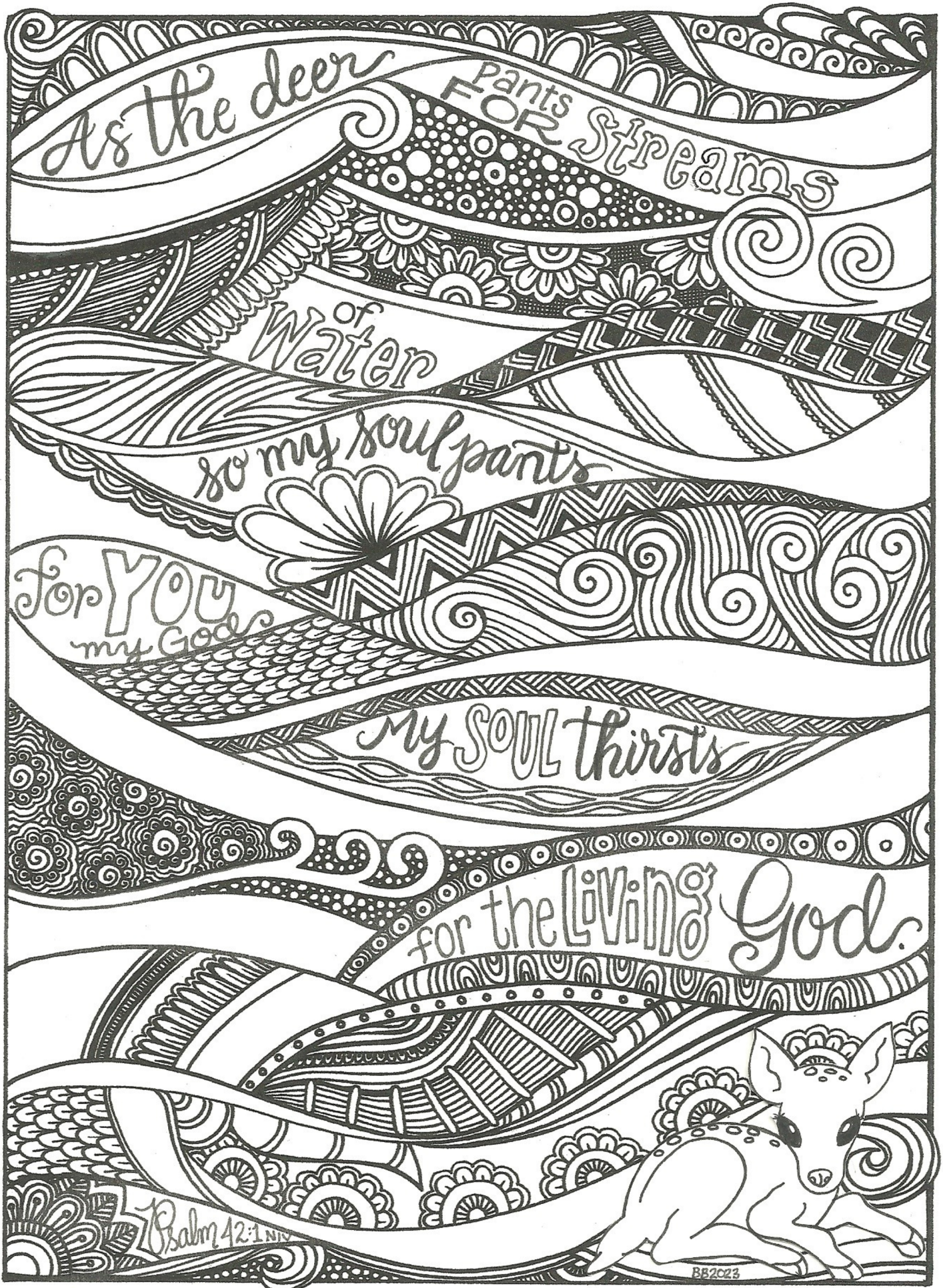
8- Read the verse in context: read the preceding and following verses or whole chapter. See how it relates to these verses.

9- Read the verse in other translations: note which words or phrases help you understand or apply the verse personally. (Favorite sources: Biblegateway.com & Biblehub.com)

10- Cross-reference the verse: find, list, and read other verses which speak about the same topic. (Favorite sources: Study Bible and Biblehub.com)

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

PSALM 42:1 NIV



As the deer

Pants FOR Streams

of Water

so my soul pants

for YOU my God

My SOUL thirsts

for the Living God.

Psalm 42:1 NIV

BB2C23



My soul thirsts
for the living God.

When shall I come and
appear before God?
Psalm 42:2

Verse by Verse

Psalm 42
Open your Bible,
read and reflect on
each verse of the
Psalm.

vs 1-2

Thirsting for God

The writer pictures himself as a deer on the run, panting for a brook. Nothing but the living God can satisfy his soul; he aches to stand again in His presence.

Reflections

vs 3

Tears and Taunts

Day and night he weeps. Critics jab at the raw wound: “Where is your God?” Their jeer deepens his hunger for a fresh encounter with the LORD.

Reflections

vs 4

Remembered Worship

He replays happier days when he led festival crowds to the temple, voices soaring in joy. Memory is both sweet and stabbing—reminding him what he’s missing.

Reflections

vs 5

Self-Exhortation

He talks to himself, not his circumstances: “Why so downcast? Hope in God!” Hard facts haven’t changed, but he chooses to praise in advance.

Reflections

Verse by Verse

Psalm 42

vs 6-7

Deep Waters

Exiled far north near the Jordan, Hermon, and tiny Mount Mizar, he feels waves of trouble roll over him. Yet even in the depths he “remembers” God.

Reflections

vs 8

Daytime Love, Nighttime Song

Despite the storm, he clings to a daily reality: “The LORD decrees His loving devotion by day, and at night His song is with me.” Covenant love is the anchor; sung prayer is the rope.

Reflections

vs 9

Wrestling Questions

Faith wrestles honestly: “Why have You forgotten me?” He names God his “Rock” even while questioning. Lament is not unbelief; it is hurt that refuses to let go.

Reflections

vs 10

Crushing Reproach

Taunts feel like broken bones. Repetition of the same sneer—“Where is your God?”—becomes a hammer pounding away at hope.

Reflections

Verse by Verse

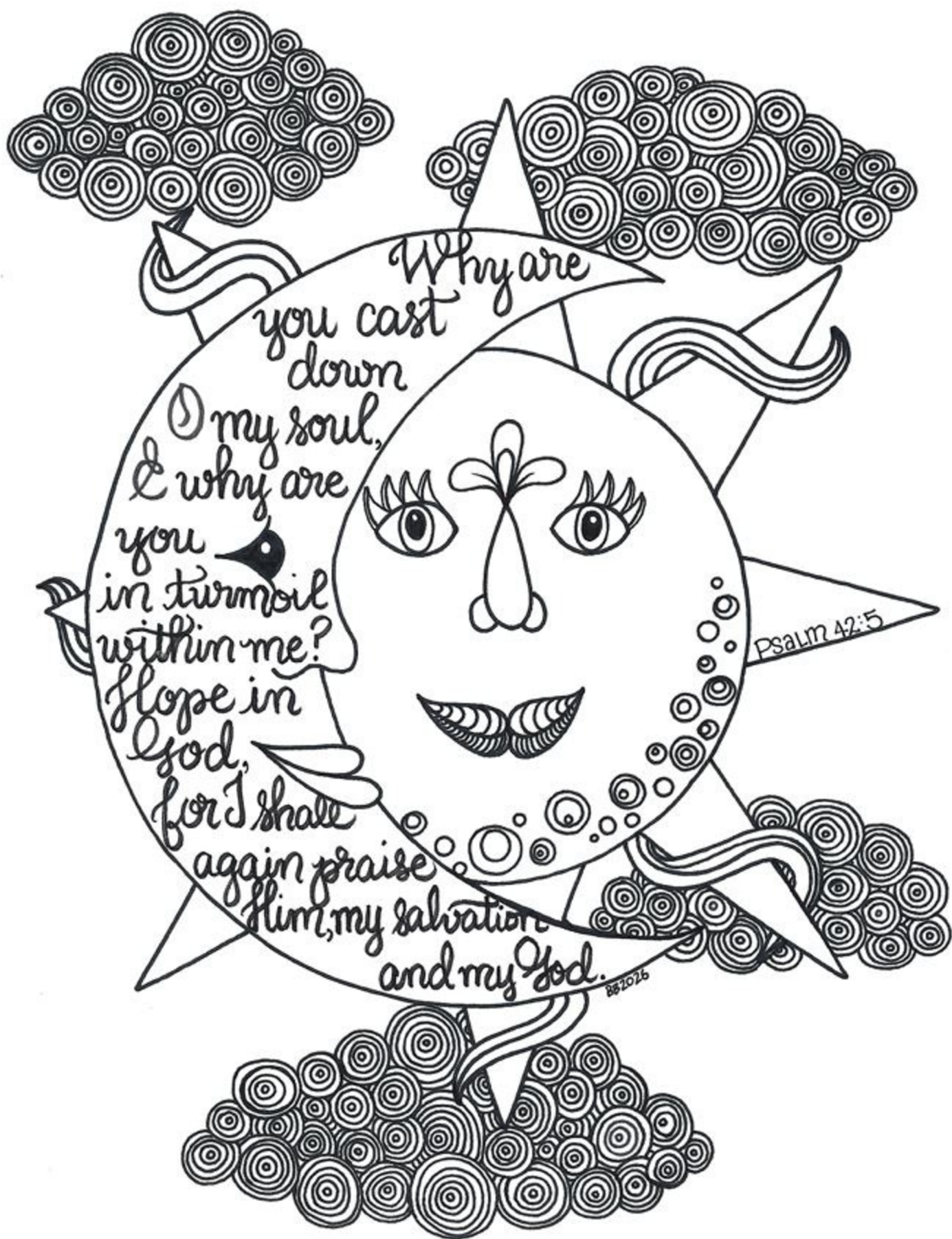
Psalm 42

vs 11

Hope Rekindled

The refrain returns. He drags his soul back to hope, convinced he will praise again. God is still “my Savior and my God.”

Reflections



Why are
you cast
down
O my soul,
& why are
you
in turmoil
within me?
Hope in
God,
for I shall
again praise
Him, my salvation
and my God.

PSALM 42:5

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The Double Refrain

“Why am I discouraged?
Why is my heart so sad?”

Psalm 42:5 & 11

raw feeling → honest talk with self →
re-anchoring in God.

What am I feeling?	
What do I remember about God that gives me hope?	
What can I commit to do to re-anchor?	
What verses encourage my heart?	
What verses direct my steps?	
Who can I ask to pray with me and for me?	
My Prayer:	

Use the above as you take your own feelings to the Lord in Prayer



BY DAY
the LORD
commands
His steadfast
LOVE.

and at
NIGHT
His
song
is with
me, a
PRAYER
to the
God of my life.

PSALM 42:8

Keep your Cup Up!

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