



The Book of Psalms

Praise and Prayers for Every Day

Psalm 42

Reading: Psalm 42:1-11

What does hunger for God mean? How does it manifest in your soul?

Matthew 5:6 *“Blessed are those who hunger and thirst for righteousness, For they shall be filled.”*

Where do we find this hunger satisfying, soul quenching water?

What is the answer when we find ourselves desperate for God yet trapped in our busy lives, cast down in spirit and bombarded by our enemies' lies?

What is one of the most powerful keys to seeking God?

John 17:24 – *“Father, I desire that they also whom You gave Me may be with Me where I am, that they may behold My glory which You have given Me; for You loved Me before the foundation of the world.”*

Promise to cling to this week: *“Why are you cast down, O my soul? And why are you disquieted within me? Hope in God; For I shall yet praise Him, The help of my countenance and my God.” (verse 11)*