

God invites us as his people to connect our hearts with his heart; a well-rounded rhythm of prayer with God helps us as disciples of Jesus to remain connected to God's heart.

*"The whole reason why we pray is to be united into the vision and contemplation of him to whom we pray."* — Julian of Norwich

Practice — talking to God  
Pattern — talking with God  
posture — listening to God  
presence — being with God

contrast: \_\_\_\_\_ and \_\_\_\_\_

structure: verse 8 — \_\_\_\_\_

"a prayer to the God of my life"

\_\_\_\_\_ — talking with God about what is \_\_\_\_\_ in your life and world

\_\_\_\_\_ — talking with God about what is \_\_\_\_\_ in your life and world

\_\_\_\_\_ — asking God to fulfill his promises to \_\_\_\_\_

## Prayer Pattern

talking with God

*Psalm 42–43 (NIV)*

<sup>42:1</sup> As the deer pants for streams of water, so my soul pants for you, my God. <sup>2</sup> My soul thirsts for God, for the living God. When can I go and meet with God? <sup>3</sup> My tears have been my food day and night, while people say to me all day long, "Where is your God?" <sup>4</sup> 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. <sup>5</sup> 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.

<sup>6</sup> My soul is downcast within me; therefore I will remember you from the land of the Jordan, the heights of Hermon—from Mount Mizar. <sup>7</sup> Deep calls to deep in the roar of your waterfalls; all your waves and breakers have swept over me.

**<sup>8</sup> By day the LORD directs his love, at night his song is with me— a prayer to the God of my life.**

<sup>9</sup> I say to God my Rock, "Why have you forgotten me? Why must I go about mourning, oppressed by the enemy?" <sup>10</sup> My bones suffer mortal agony as my foes taunt me, saying to me all day long, "Where is your God?" <sup>11</sup> 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.

<sup>43:1</sup> Vindicate me, my God, and plead my cause against an unfaithful nation. Rescue me from those who are deceitful and wicked. <sup>2</sup> You are God my stronghold. Why have you rejected me? Why must I go about mourning, oppressed by the enemy? <sup>3</sup> 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. <sup>4</sup> 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. <sup>5</sup> 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.



## Prayer Pattern

*Psalm 42-43*



Understanding the Bible:  
What is the problem being  
expressed in this Bible passage?

How does God show up in this Bible Passage?

What is the Psalmist's answer in today's passage for  
when his heart feels downcast?

My favorite song today:

Things I will pray for this week:

## Today's Bible Passage: Psalm 42:1-11

(Can you find the highlighted words?)

H R F T C R G D U B O D  
O D O M I G H T Y N W L  
P E O P L E H H O I A C  
E T D W L I V I N G T R  
D H D V N N T R I H E H  
E I T B U C R S S T R H  
E N S S E T A T L O N G  
R G H T T E N S I C U C  
L S O R U A N V T D V L  
S R U E P R A I S E A P  
P O S A M S B M E E T T  
P R E M E M B E R P T M  
I S D S S V F U D E S R

As the **deer**  
**pants** for  
**streams** of  
**water**, so  
my **soul**  
**pants** for  
you, my God.  
My **soul**  
**thirsts** for  
God, for the  
**living** God.  
When can I  
go and **meet**  
with God?  
My **tears**  
have **been**  
my **food** day  
and **night**,  
while **people**  
say to me all  
day **long**,  
“Where is  
your God?”  
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. 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.  
My **soul** is **downcast** within me; therefore I will **remember** you from the land  
of the Jordan, the heights of Hermon—from Mount Mizar. **Deep** calls to **deep**  
in the roar of your waterfalls; all your waves and breakers have swept over  
me. By day the LORD directs his love, at **night** his song is with me— a prayer  
to the God of my life. I say to God my Rock, “Why have you forgotten me?  
Why must I go about mourning, oppressed by the enemy?” My bones suffer  
mortal agony as my foes taunt me, saying to me all day **long**, “Where is your  
God?” 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.