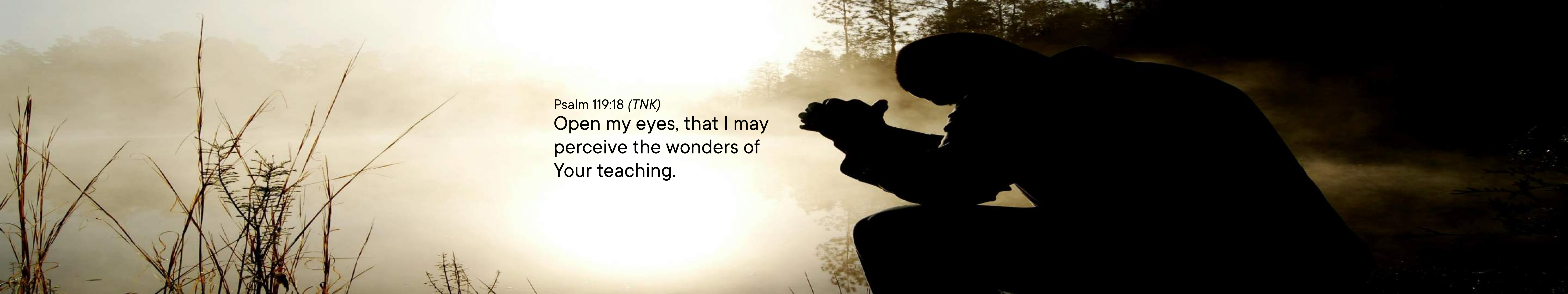
A close-up photograph of a person's hands clasped together in a prayerful gesture, resting on an open Bible. The person is wearing a blue long-sleeved shirt. The Bible is open to a page with text, and the background is a wooden surface. The text "PSALM 42-43" is overlaid in white, bold, sans-serif font in the center of the image.

PSALM 42-43



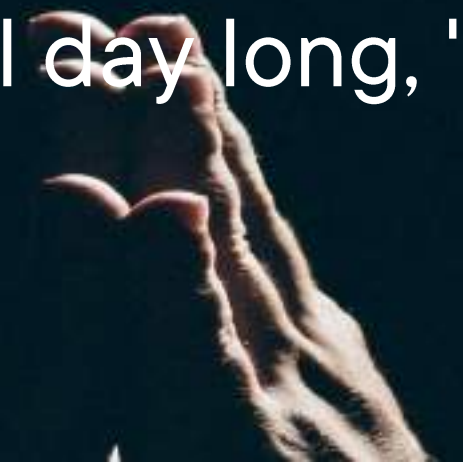
Psalm 119:18 *(TNK)*
Open my eyes, that I may
perceive the wonders of
Your teaching.

Psalm 42:1-3 (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?

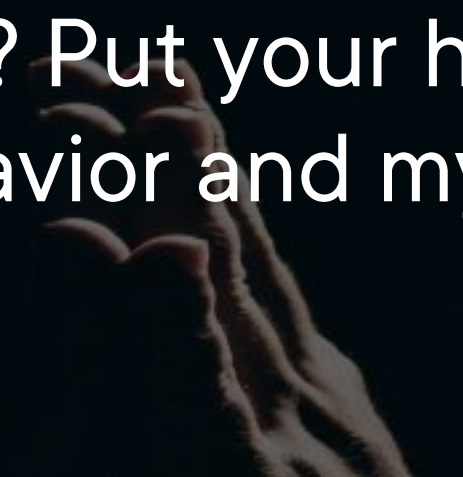
³ My tears have been my food day and night, while
people say to me all day long, "Where is your
God?"

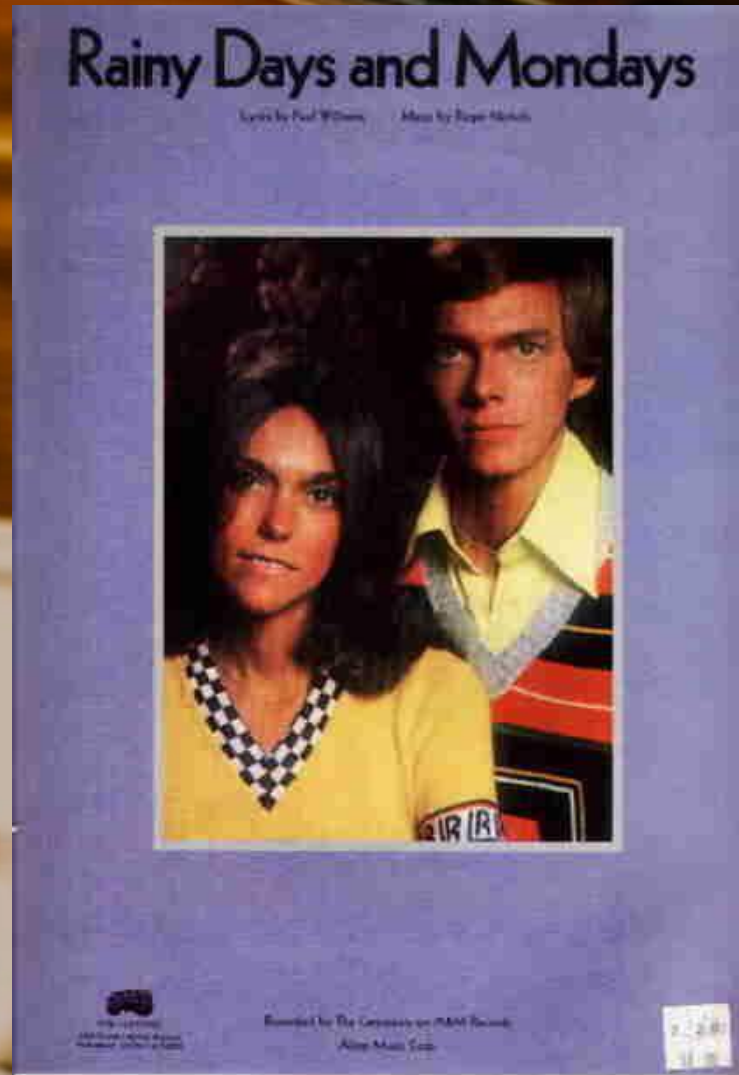
A close-up, low-angle shot of a hand reaching upwards, palm facing up, in a gesture of prayer or supplication. The hand is positioned in the lower right quadrant of the frame, with fingers slightly spread. The background is a dark, textured blue with a subtle light gradient from the top right, creating a contemplative and spiritual atmosphere.

Psalms 42:4-5 (NIV)

4 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.

5 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.

A close-up, low-angle shot of a hand reaching upwards, palm facing up, in a gesture of prayer or supplication. The hand is positioned in the lower right quadrant of the frame, with fingers slightly spread. The background is a dark, textured blue-grey, suggesting a night sky or a studio backdrop. The lighting is soft, highlighting the contours of the hand and the texture of the skin.

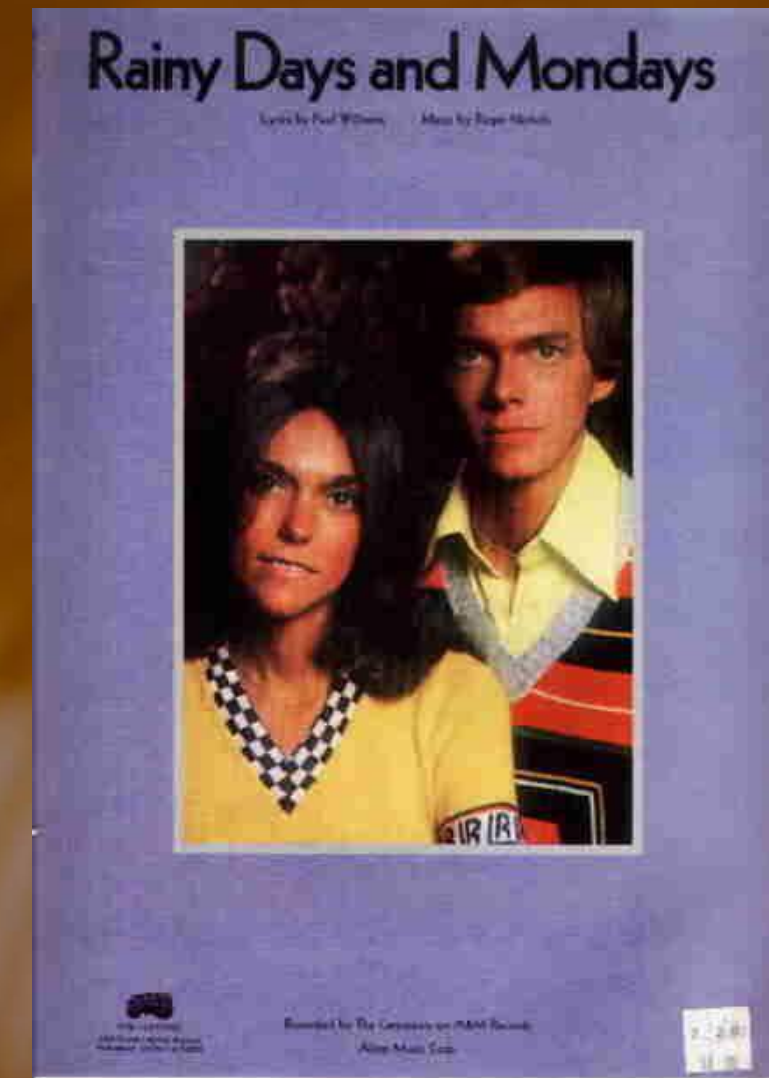


Rainy Days and Mondays

The Carpenters 1971

Lyrics: Paul Williams

Music: Roger Nichols

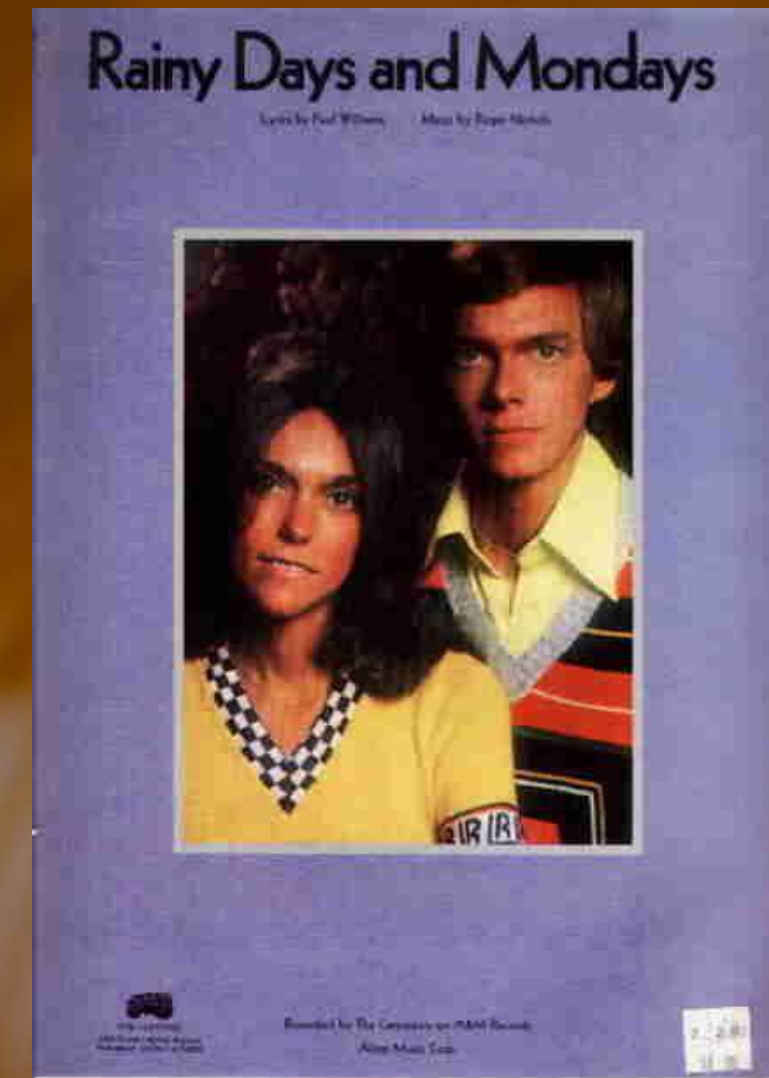


Rainy Days and Mondays

The Carpenters 1971
Lyrics: Paul Williams
Music: Roger Nichols

1st stanza & chorus

Talkin' to myself and feelin' old
Sometimes I'd like to quit
Nothing ever seems to fit
Hangin' around, Nothing to do but frown
Rainy Days and Mondays always get me down



Rainy Days and Mondays

The Carpenters 1971

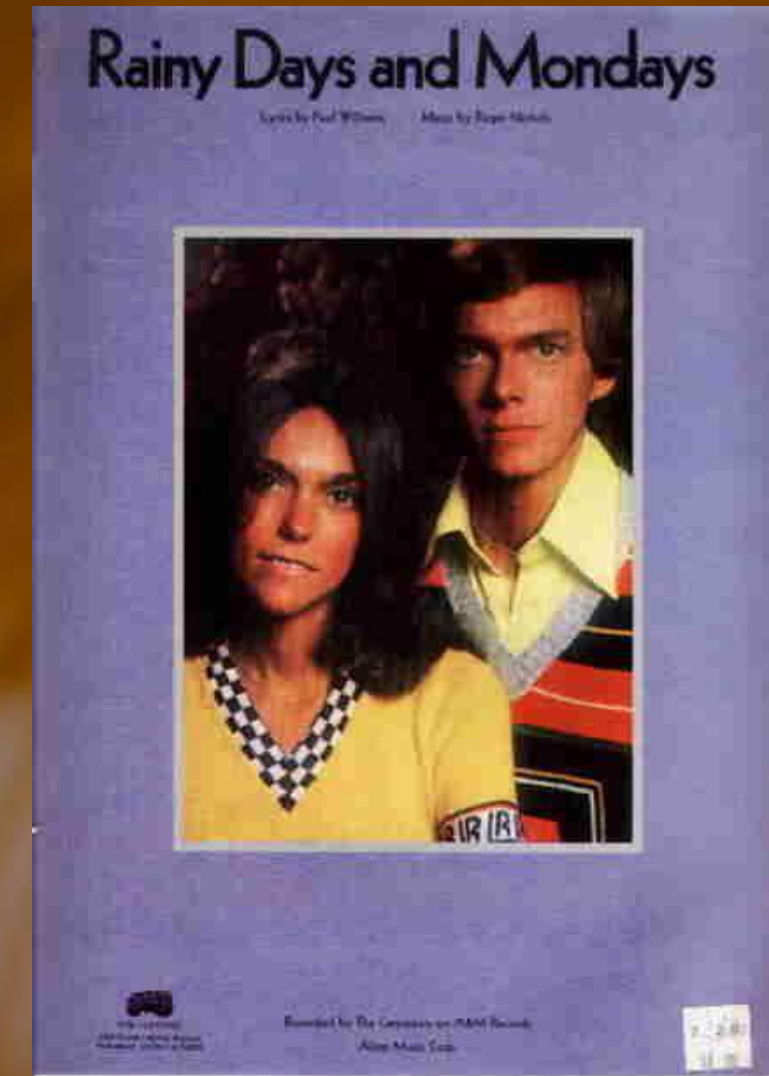
Lyrics: Paul Williams

Music: Roger Nichols

2nd stanza & chorus

What I've got they used to call the blues
Nothin' is really wrong
Feelin' like I don't belong
Walkin' around, Some kind of lonely clown
Rainy Days and Mondays always get me down

Funny but it seems I always wind up here with you
Nice to know somebody loves me
Funny but it seems that it's the only thing to do
Run and find the one who loves me



Rainy Days and Mondays

The Carpenters 1971
Lyrics: Paul Williams
Music: Roger Nichols

3rd stanza & chorus

What I feel has come and gone before

No need to talk it out

We know what it's all about

Hangin' around

Nothing to do but frown

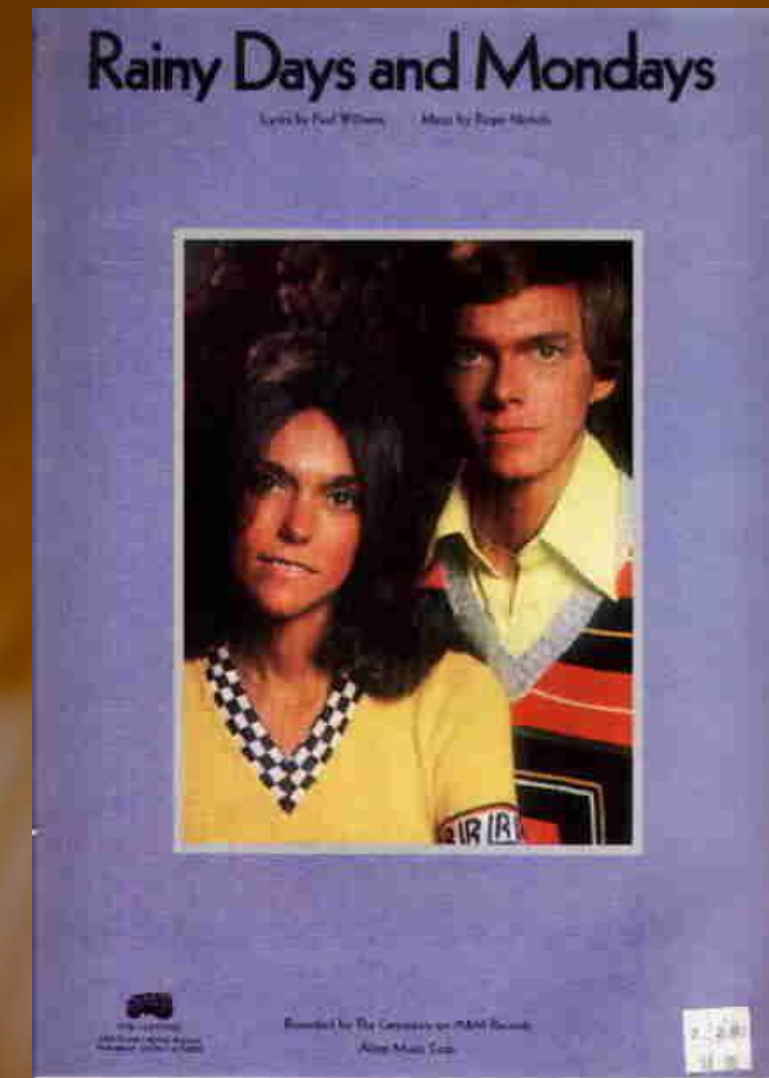
Rainy Days and Mondays

always get me down

A black and white photograph of a vast, dark valley. The foreground is a deep, shadowed slope, possibly covered in vegetation or rocks, leading down into a wide, dark valley. In the distance, rolling hills or mountains are visible under a sky filled with soft, layered clouds. The overall mood is somber and contemplative.

Psalms 42-43

A prayer for the valleys



Rainy Days and Mondays

The Carpenters 1971
Lyrics: Paul Williams
Music: Roger Nichols

3rd stanza & chorus

What I feel has come and gone before

No need to talk it out

We know what it's all about

Hangin' around

Nothing to do but frown

Rainy Days and Mondays

always get me down

3rd stanza & chorus

What I feel has come and gone before

No need to talk it out

We know what it's all about

Hangin' around

Nothing to do but frown

Rainy Days and Mondays

always get me down

The same CHORUS in Psalm 42-43

Psalm 42 verses 5 & 11

Psalm 43 verse 5

Why are you downcast, O my soul?

Why so disturbed within me?

Put your hope in God,

for I will yet praise him,

my Savior and my God.

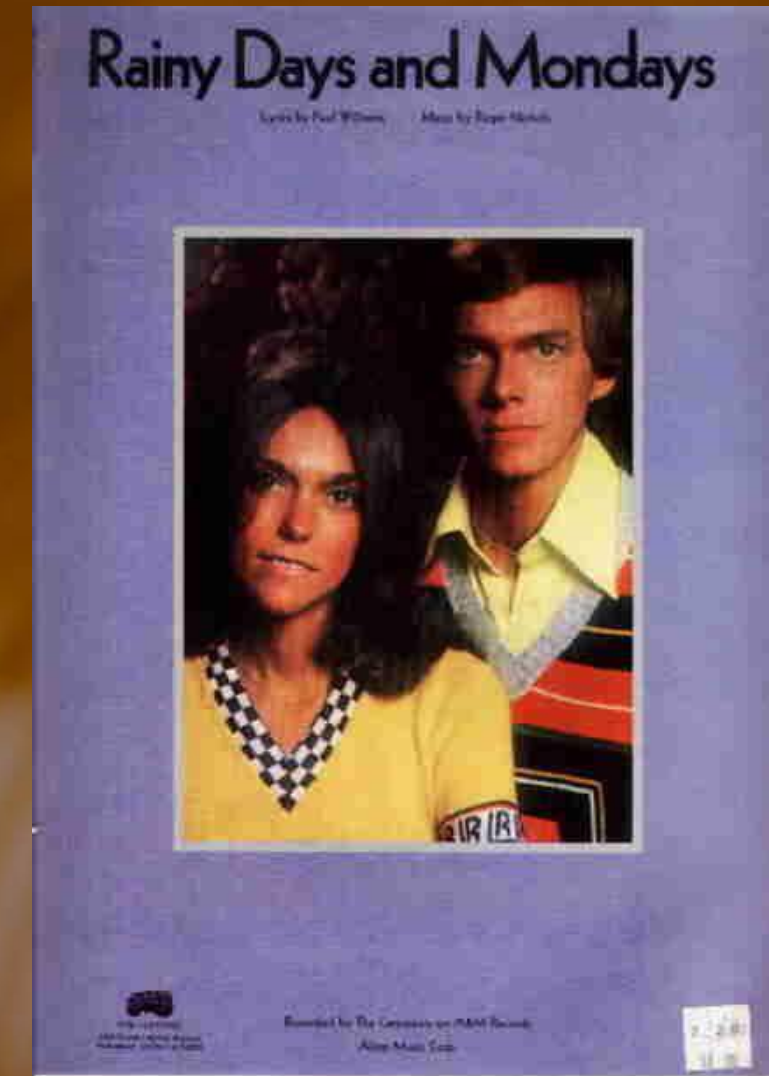
The ancient Hebrew (and Greek) manuscripts of the Bible did *not* number chapters and verses. Chapter divisions were added only in ca. 1205 (Stephen Langton) and Verse divisions in 1551 (NT) and 1571 (OT).

1. The structure of Psalm 42-43

- Stanza 1 & chorus: Psalm 42:1-5

- Stanza 2 & chorus: Psalm 42:6-11

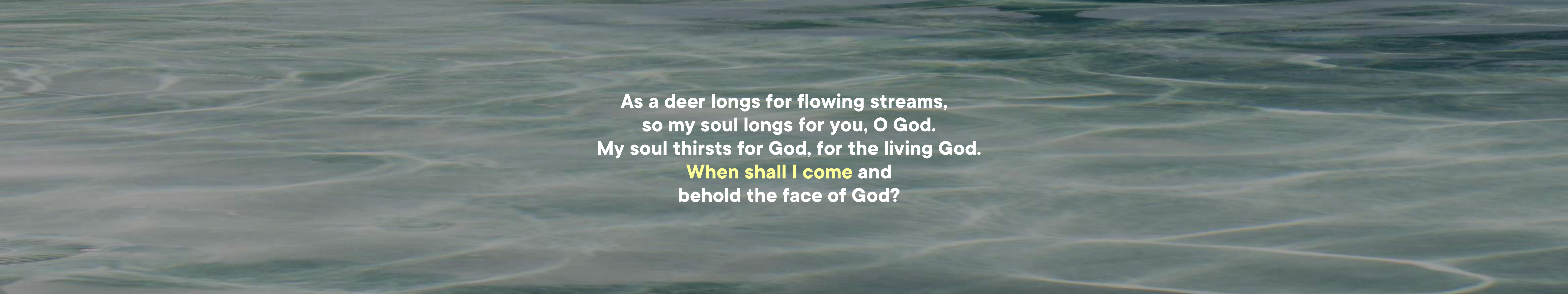
- Stanza 3 & chorus: Psalm 43:1-5



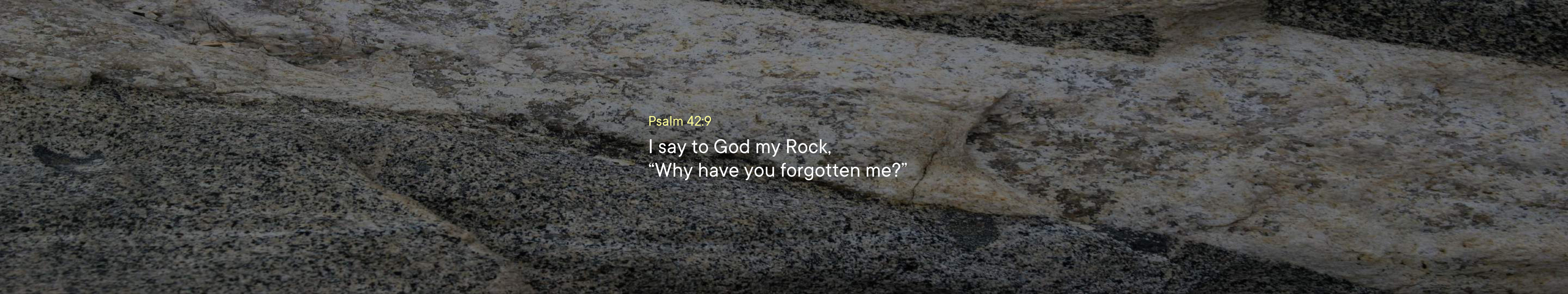
Rainy Days and Mondays

The Carpenters 1971
Lyrics: Paul Williams
Music: Roger Nichols

What I've got they used to call the blues
Sometimes I'd like to quit,
Nothing ever seems to fit
Hangin' around
Nothing to do but frown
Rainy Days and Mondays
always get me down

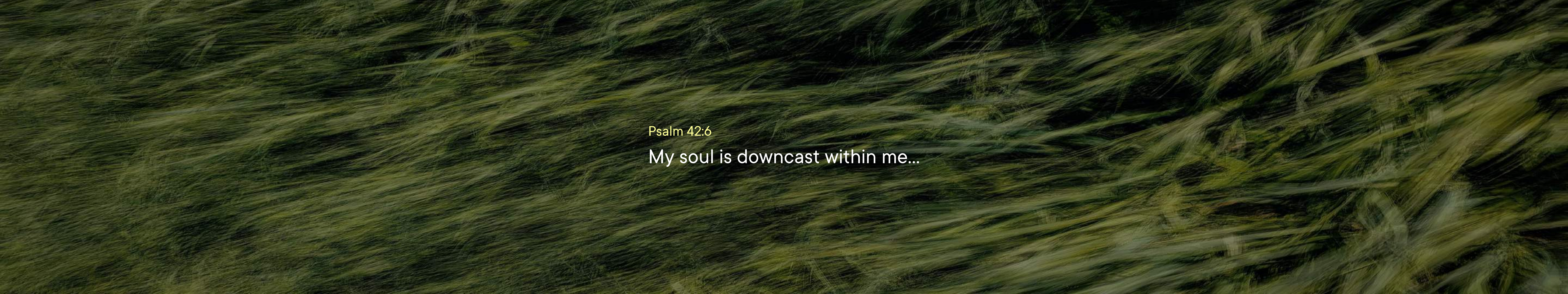
The background of the image is a close-up, slightly blurred view of water. The water's surface is covered in a complex pattern of concentric, wavy ripples. These ripples create a shimmering effect, with light reflecting off the peaks and troughs. A soft, horizontal band of iridescent colors, resembling a rainbow, stretches across the middle of the frame, just behind the text. The colors in this band include shades of blue, green, yellow, and orange, which blend into each other and the surrounding water's tones. The overall lighting is soft and diffused, giving the water a serene and textured appearance.

**As a deer longs for flowing streams,
so my soul longs for you, O God.
My soul thirsts for God, for the living God.
When shall I come and
behold the face of God?**



Psalm 42:9

I say to God my Rock,
“Why have you forgotten me?”

The background is a dark, moody abstract painting. It features a dense, chaotic pattern of brushstrokes in various shades of dark green, olive, and black. The strokes are long and expressive, creating a sense of movement and depth. The overall effect is one of intense, swirling energy.

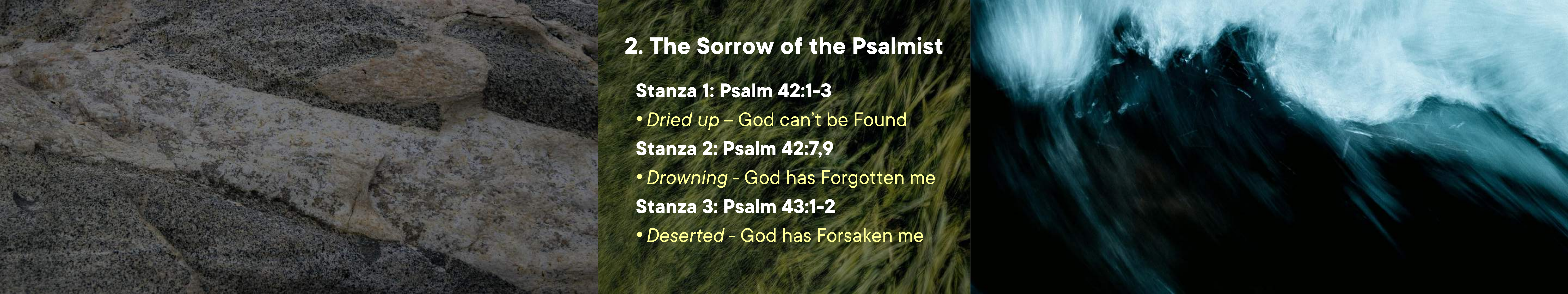
Psalm 42:6

My soul is downcast within me...



Psalm 42:7

All your waves and your
billows have gone over me.



2. The Sorrow of the Psalmist

Stanza 1: Psalm 42:1-3

- *Dried up* – God can't be Found

Stanza 2: Psalm 42:7,9

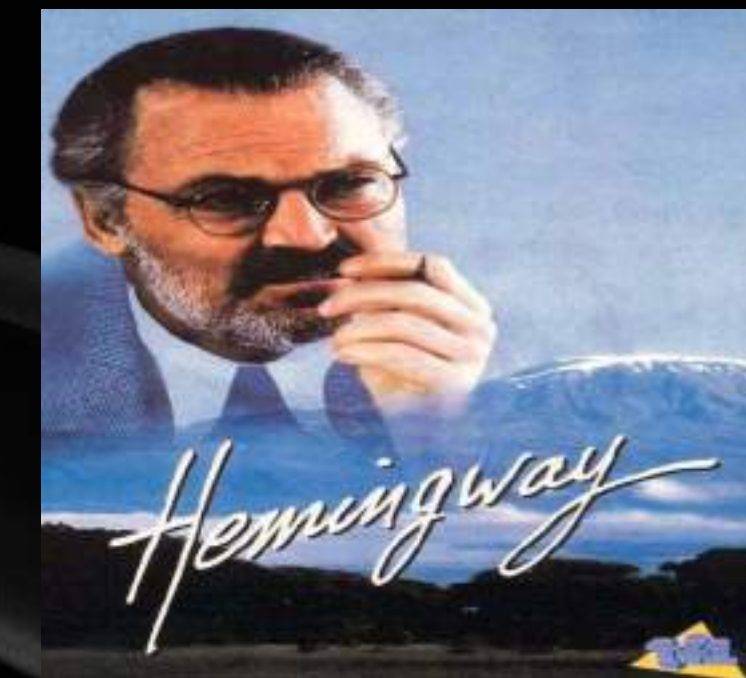
- *Drowning* – God has Forgotten me

Stanza 3: Psalm 43:1-2

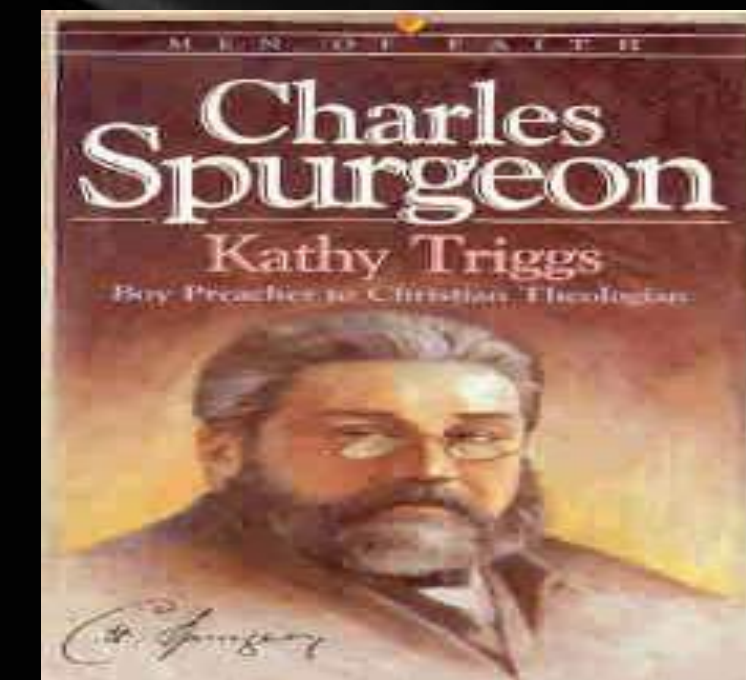
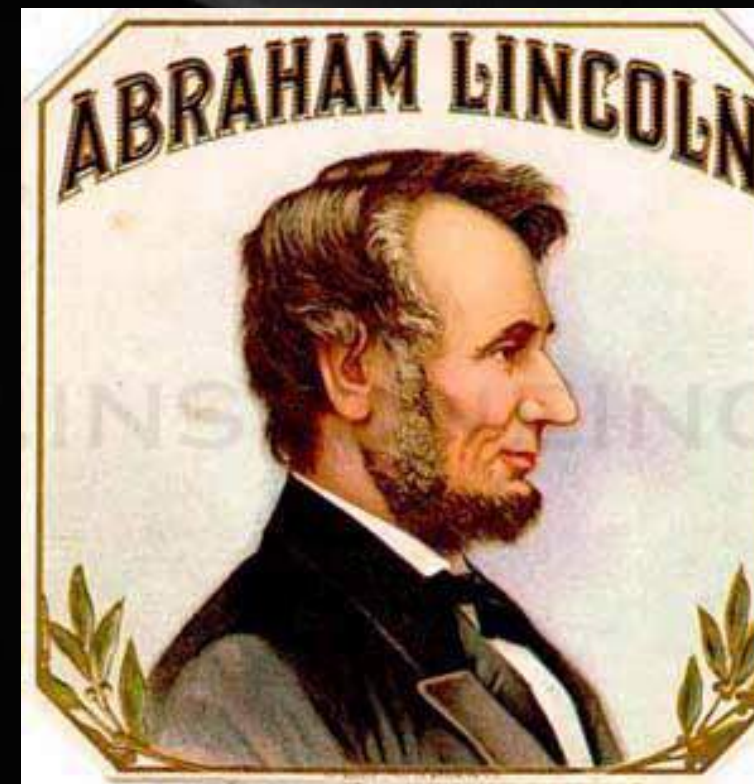
- *Deserted* – God has Forsaken me



Churchill

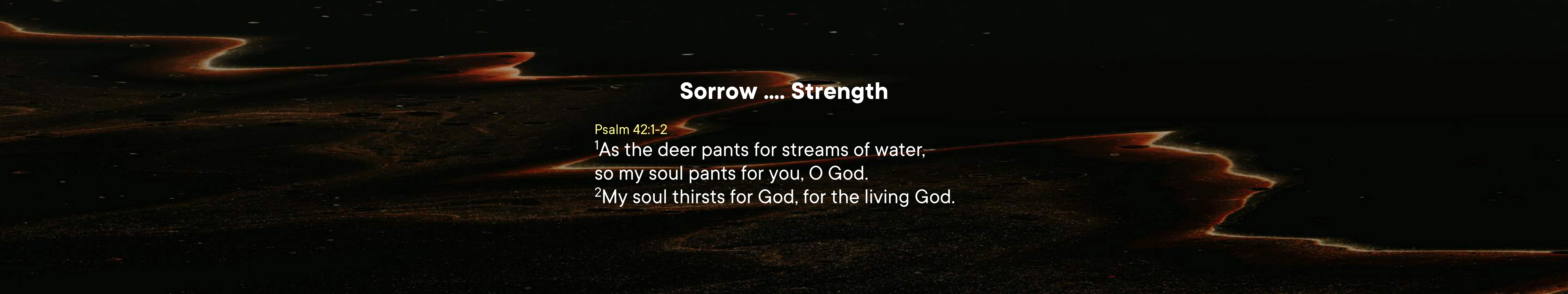


“Buzz” Aldrin



A man with dark hair and a beard, wearing a blue button-down shirt, is shown in profile, looking down with his hand near his face in a dark, moody setting. The scene is framed by a dark, textured border on the left and right, and a dark, draped fabric is visible on the right side. The lighting is low, creating a somber atmosphere.

Richard's Sorrow
Photo: Ekrulila



Sorrow ... Strength

Psalm 42:1-2

¹As the deer pants for streams of water,
so my soul pants for you, O God.
²My soul thirsts for God, for the living God.

2. The Strength of the Psalmist

Psalm 43:3

“Send forth your light and your truth,
let them guide me”

Psalm 43:4

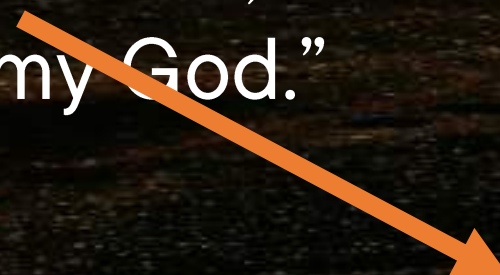
“I will praise you with the harp, O God, my God.”

Strength in Sorrow

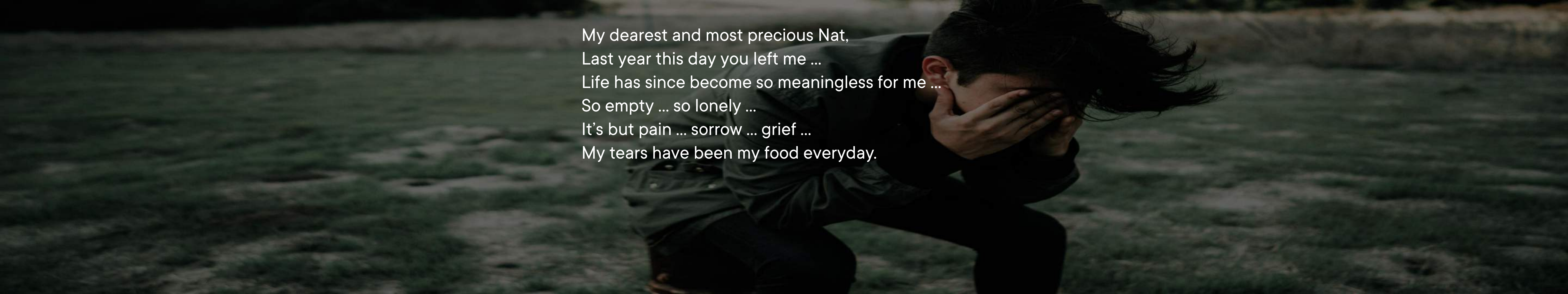
The repeated refrain of Psalm 42:5,11; 43:5

“Why are you downcast, O my soul? Why so disturbed within me?”

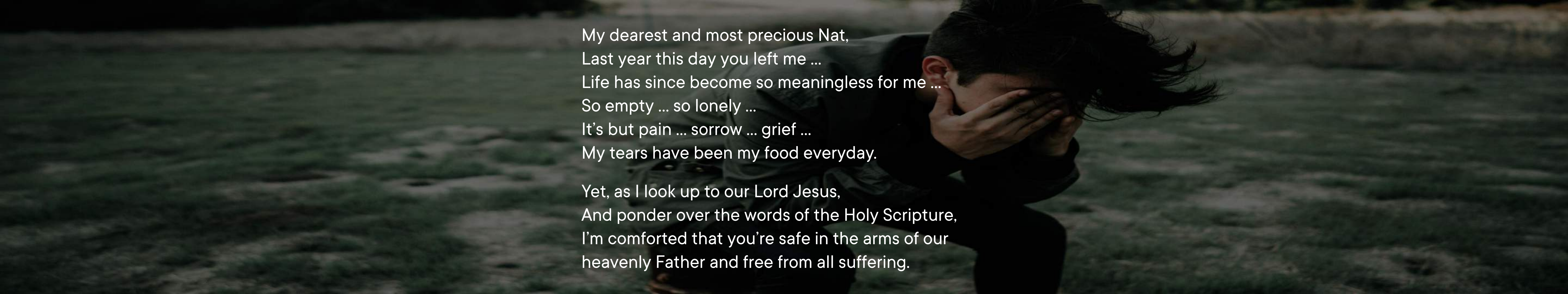
Put your hope in God, for I will yet praise him, my Savior and my God.”



Wait for God

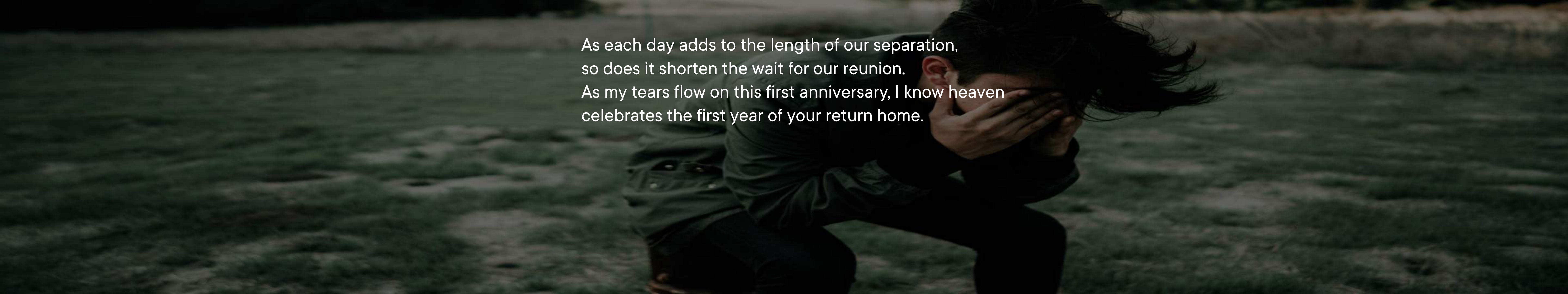
A man with dark hair, wearing a dark jacket, is crouching on a grassy field. He has his hands covering his face, suggesting a moment of intense grief or sorrow. The background is a blurred, open landscape.

My dearest and most precious Nat,
Last year this day you left me ...
Life has since become so meaningless for me ...
So empty ... so lonely ...
It's but pain ... sorrow ... grief ...
My tears have been my food everyday.

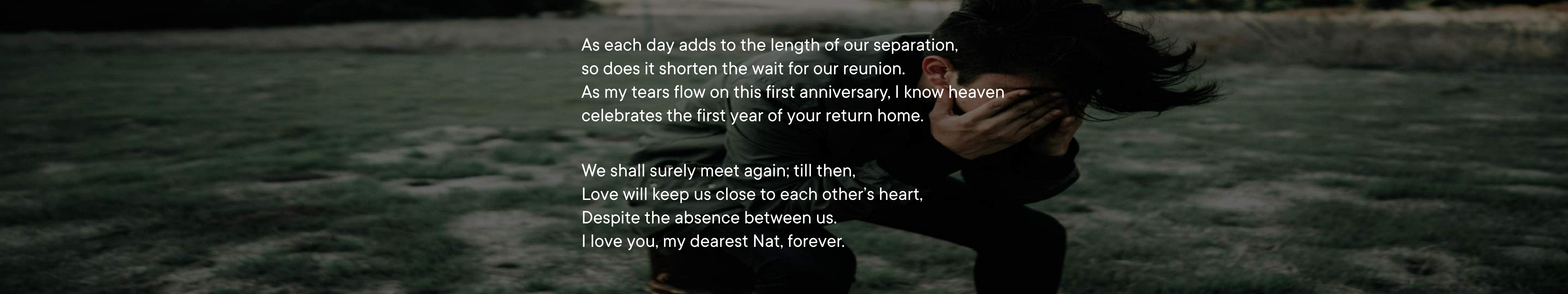


My dearest and most precious Nat,
Last year this day you left me ...
Life has since become so meaningless for me ...
So empty ... so lonely ...
It's but pain ... sorrow ... grief ...
My tears have been my food everyday.

Yet, as I look up to our Lord Jesus,
And ponder over the words of the Holy Scripture,
I'm comforted that you're safe in the arms of our
heavenly Father and free from all suffering.

A man with dark hair, wearing a dark jacket, is crouching on a grassy field. He has his hands covering his face, suggesting a moment of intense emotion or grief. The background is a blurred, open field under a dark sky.

As each day adds to the length of our separation,
so does it shorten the wait for our reunion.
As my tears flow on this first anniversary, I know heaven
celebrates the first year of your return home.

A person with dark hair is crouching on a grassy field, their head buried in their hands in a gesture of grief or despair. The background is a soft-focus landscape with rolling hills under a pale sky.

As each day adds to the length of our separation,
so does it shorten the wait for our reunion.
As my tears flow on this first anniversary, I know heaven
celebrates the first year of your return home.

We shall surely meet again; till then,
Love will keep us close to each other's heart,
Despite the absence between us.
I love you, my dearest Nat, forever.

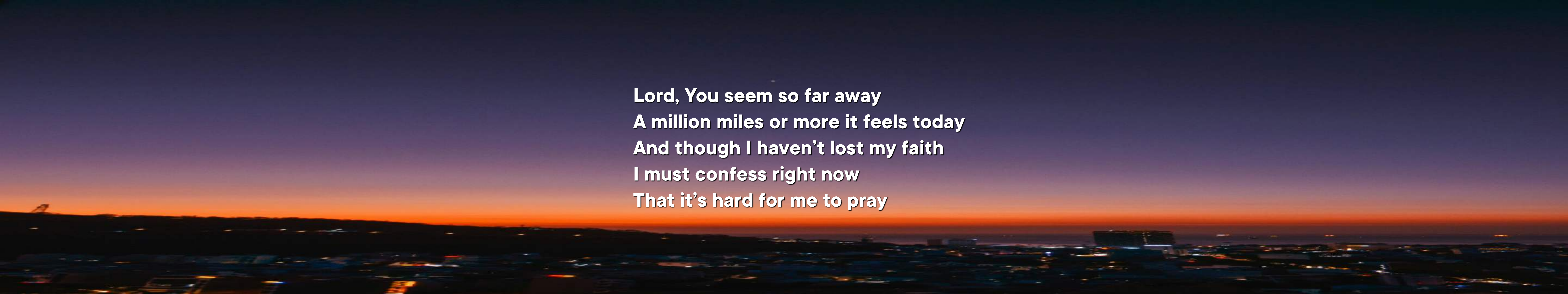
A hand is shown in silhouette, reaching upwards with fingers slightly spread, as if in prayer or reaching for something. The background is a soft-focus sunset over a body of water, with the sun low on the horizon creating a warm, golden glow. The water reflects the light from the sky.

Psalm 42-43
(A Prayer For) The Valleys

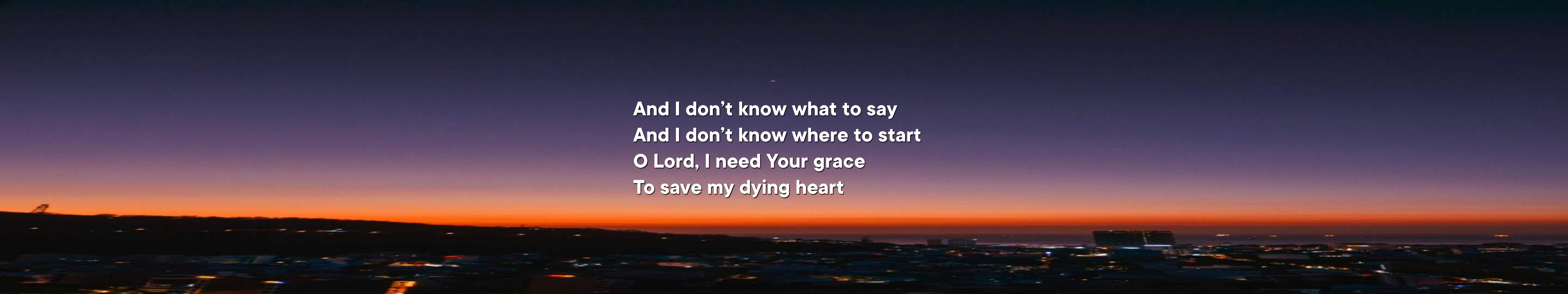
**“Why are you cast down, O my soul,
and why are you disquieted within me?”**

I Will Sing
(Lord, You Seem So Far Away)

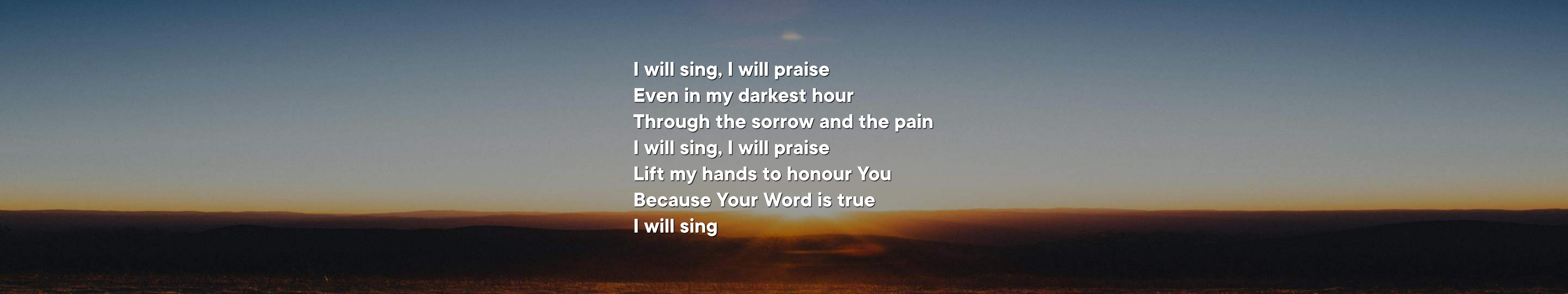
Don Moen (2000)



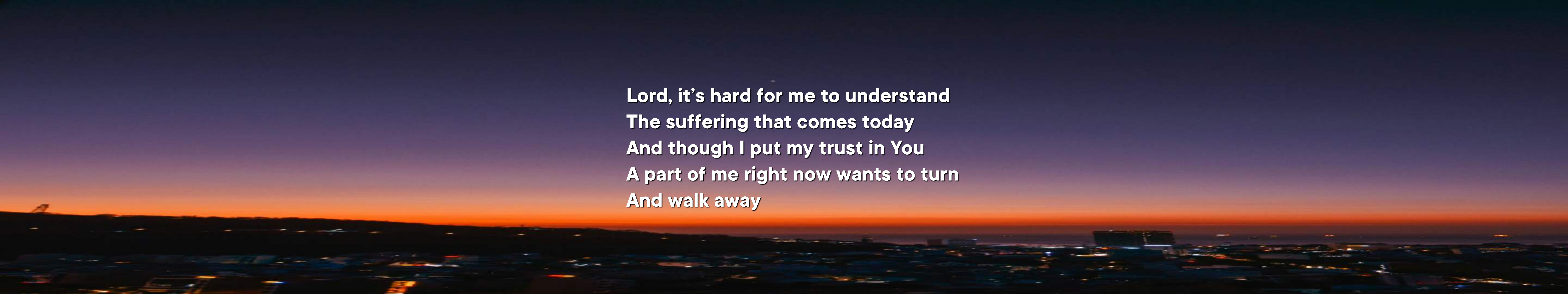
**Lord, You seem so far away
A million miles or more it feels today
And though I haven't lost my faith
I must confess right now
That it's hard for me to pray**



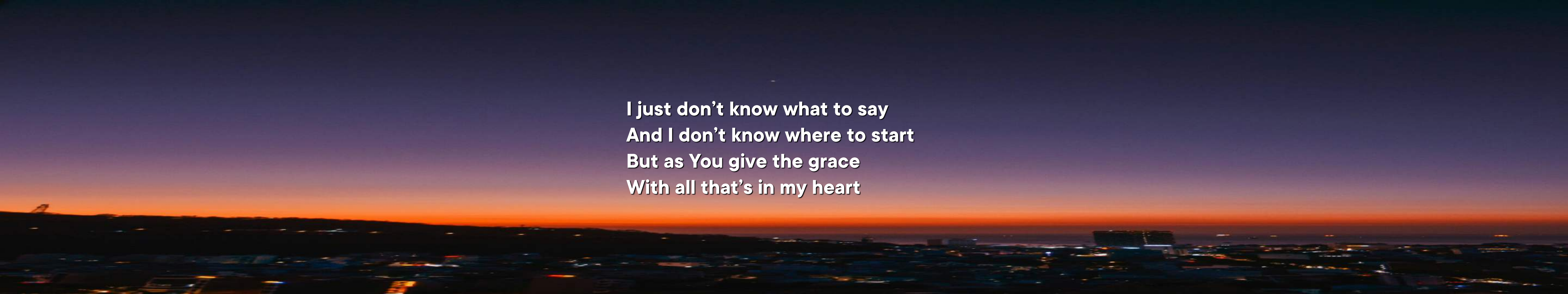
And I don't know what to say
And I don't know where to start
O Lord, I need Your grace
To save my dying heart



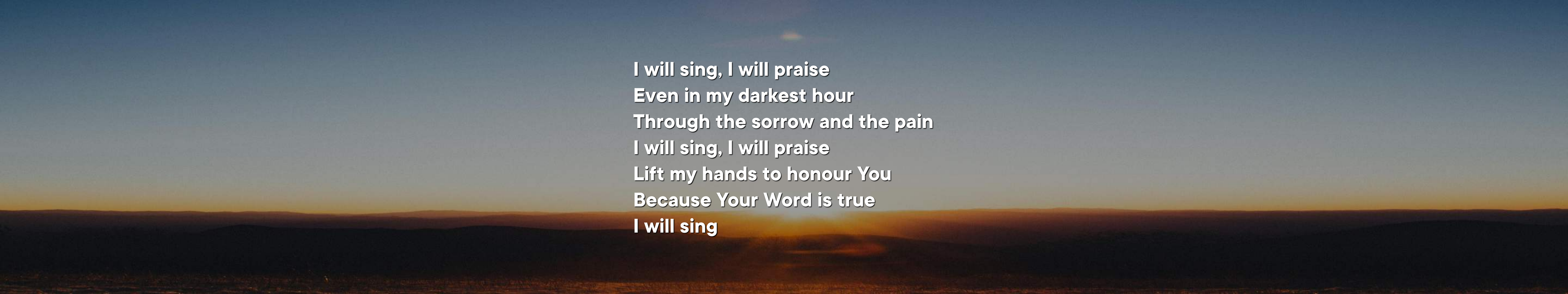
**I will sing, I will praise
Even in my darkest hour
Through the sorrow and the pain
I will sing, I will praise
Lift my hands to honour You
Because Your Word is true
I will sing**



**Lord, it's hard for me to understand
The suffering that comes today
And though I put my trust in You
A part of me right now wants to turn
And walk away**



**I just don't know what to say
And I don't know where to start
But as You give the grace
With all that's in my heart**



**I will sing, I will praise
Even in my darkest hour
Through the sorrow and the pain
I will sing, I will praise
Lift my hands to honour You
Because Your Word is true
I will sing**