



Words for the Way

An online Lent Course for the Diocese of Aberdeen and Orkney

Treasure Monday 13 March



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Psalm 42

Why are you so heavy my soul? Why are you disquieted within me?

Trust in God, I will give thanks for my salvation.

- 1 As the deer longs for the water-brooks, my entire being cries for you, O God.
- 2 My soul thirsts for God, for the living God; when shall I come to appear before your presence?
- 3 My tears have been my food day and night, while all day long they say to me, "Where now is your God?"
- 4 I pour out my spirit when I think on these things; how I went with the multitude, a festive crowd, into the house of God with the joyful shouts.
- 5 Why are you so full of heaviness, O my soul? and why are you so disquieted within me? Put your trust in God; for I will yet give thanks to the one who is my salvation and my God.

Why are you so heavy my soul? Why are you disquieted within me?

Trust in God, I will give thanks for my salvation.

- 6 My soul is heavy within me; therefore I will remember you from the land of Jordan and Hermon, and from the peak of Mizar,
7 where deep calls to deep in the noise of your cataracts; all your rapids and floods have swept over me.
8 God grants loving-kindness in the daytime; in the night season a song is with me, a prayer to the God of my life.
9 I will say to God, my rock, "Why have you forgotten me? and why do I go so heavily while the enemy oppresses me?"
10 While my bones are being broken, my enemies mock me to my face; All day long they mock me: "Where is your God?"
11 Why are you so full of heaviness, O my soul? and why are you so disquieted within me? Put your trust in God; for I will yet give thanks to the one who is my salvation and my God.

Why are you so heavy my soul? Why are you disquieted within me?

Trust in God, I will give thanks for my salvation.

Psalm 42 from Isaac Everett, The Emergent Psalter (p. 133-135, Church Publishing Incorporated. 2009)

What are things you treasure? The Psalmist in today's Psalm speaks of valuing, appreciating, treasuring salvation from God, past experiences with God of joy and safety, for the voice calling from the deep. No matter the situation, the refrain reminds us to trust God and give thanks, something that is often easier said than done. Today you're invited to reflect on the things in your faith you treasure, perhaps communities of faith, spiritual practices, places and experiences where you have encountered God. Perhaps you might wish to try writing a poem or psalm incorporating these things you treasure.



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The word for each day is taken from Trevor Hudson's *40 words for 40 days Pauses for Lent*.