

A Prayer of Hope for the Downcast Soul

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

My soul thirsts for you,
for the living God.
When can I meet with you, God?

My tears have been my food day and night,
While others say to me all day long,
“Where is your God?”

Still others say...
(list criticisms from others that weigh on your soul)

Why are you downcast, O my soul?
Why so disturbed within me?
(listen to your soul, write down why you are downcast)

Help me put my hope in you, God.
For I will yet praise you, my Savior and my God.

**Even when my soul is downcast within me;
Even then I will remember you...**
*(list stories of deliverance you remember of God from
scripture, in your own life or in the lives of others)*

Deep calls to deep in the roar of your waterfalls;
All your waves and breakers have swept over me.
I’m swallowed up with the swift currents surrounding me.

By day, when times are good,
your loving kindness is poured upon me.

By night, even in times of despair,
your song is with me,
My song is my prayer to you,
the God of my life.

Yet I feel forgotten.
I ask you, God, my Rock,
“Why have you forgotten me?”
Why must I go about mourning?
Why am I oppressed? in pain? and suffering?
*(List more questions for God, or why you feel like he has
forgotten you.)*

My foes taunt me.
My own thoughts and fears taunt me, asking...

My life is so bad that others even ask,
“Where is your God?”

Why, O my soul, are you downcast?
Why so disturbed within me?
(listen to the longings of your soul)

Help me, God, put my hope in you.
Give my downcast soul hope.
Send forth your light and your truth,
Let them guide me.
Let them bring me to your holy mountain,
To the place where you dwell.

I still want to praise you, my Savior and my God.
I praise you _____
I put my hope in you, God,
I praise you, My Savior and my God.

Amen.