

## Assurance of God's Help and a Plea for Healing

To the leader A Psalm of David

- 1 Happy are those who consider the poor; the Lord delivers them in the day of trouble.
- 2 The Lord protects them and keeps them alive, they are happy in the land. You do not give them up to the will of their enemies.
- 3 The Lord sustains them on their sickness.  
in their illness you heal all their infirmities.
- 4 As for me, I said, 'O Lord, be gracious to me; heal me, for I have sinned against you.'
- 5 My enemies wonder in malice when I will die, and my name perish.
- 6 And when they come to see me, they utter empty words, while their hearts gather mischief; when they go out, they tell it abroad.
- 7 All who hate me whisper together about me; they imagine the worst for me.
- 8 They think that a deadly thing has fastened on me, that I will not rise again from where I lie.

9. Even my bosom friend in whom I trusted, who ate of my bread, has lifted the heel against me.

10. But you, O LORD, be gracious to me, and raise me up, that I may repay them.

11. By this I know that you are pleased with me: because my enemy has not triumphed over me.

12. But you have upheld me because of my integrity, and set me in your presence for ever.

13. Blessed be the Lord, the God of Israel, from everlasting to everlasting. Amen and Amen.

# Psalm L2



the deer longs for flowing streams so  
my soul longs for you, O God.<sup>2</sup> My soul  
thirsts for God, for the living God. When  
shall I come and behold the face of God?

Psalm 42

13/17 Barnard Castle  
Methodist Church

3

My tears have been my food  
day and night

while people say to me continually,  
"Where is your God?"

4

These things I remember,  
as I pour out my soul:  
how I went with the throng,  
and led them in procession to the house of God,  
with glad shouts and songs of thanksgiving,  
a multitude keeping festival.

5.

Why are you cast down, O my soul,  
and why are you disquieted within me?  
Hope in God; for I shall again praise  
him, my help 6. and my God.

My soul is cast down within me;  
therefore I remember you from the  
land of Jordan and of Hermon  
from Mount Mizar:

Deep calls to deep at the  
thunder of your cataracts; all your  
billows have gone over me.

By day the Lord commands  
his steadfast love, and at  
night his song is with me,  
a prayer to the God of  
my life.



# Psalm 42

13/17 Barnard Castle  
Methodist Church

7.

Deep calls to deep  
at the thunder of your cataracts;  
all your waves and your billows  
have gone over me.

8. By day the Lord commands his  
steadfast love,

and at night his song is with me,  
a prayer to the God of my life.

9. I say to God, my rock,

"Why have you forgotten me?

Why must I walk about mournfully,  
because the enemy oppresses me?"

10. As with a deadly wound in my body,  
my adversaries taunt me,  
while they say to me continually,  
"Where is your God?"

11. Why are you cast down, O my soul,  
and why are you disquieted  
within me?

Psalm 42

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11. continued

Hope in God ; for I shall again praise  
him,  
my help and my God.

1 O GOD DECLARE ME INNOCENT AND DEFEND MY  
CAUSE AGAINST THE UNGOOD

DELIVER ME FROM WICKED AND EVIL MEN

2 You are my protector;

why have you abandoned me?

Why must I go on suffering

from the cruelty of my enemies?

3 Send your light and your truth; may they lead me  
and bring me back to Zion, your sacred hill,  
and to your Temple, where you live.

4.

Then I will go to you after O. GOD

You are the source of my happiness

I will play my harp and sing praises to you

O GOD my GOD

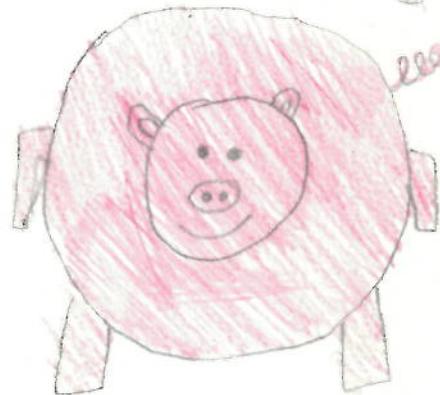
5 Why am I so sad,

Why am I so troubled,

I will put my hope in God,

and once again I will praise him,

My Saviour and my God.



PSALM

44

We have heard with our ears, **¶** God  
our fathers have told us, what deeds thou  
didst perform in their days, in the days of  
old.

2 thou with thy own hand didst drive out the  
nations, but them thou didst plant; thou didst  
afflict the peoples, but them thou didst set  
free;

3 for not by their own sword did they win the  
land, nor did their own arm give them victory;  
but thy right hand, and thy arm, and the  
light of thy countenance, for thou didst  
delight in them.

4 Thou art my King and my God,  
who ordainest victories for Jacob.

5 Through thee we push down our foes;  
through thy name we tread down our  
assailants.

6 For not in my bow do I trust, nor can my  
sword save me.

- 7 But thou hast saved us from our foes,  
and hast put to confusion those who hate  
us.
- 8 In **God** we have boasted continually, and  
we will give thanks to thy name for ever. Selah.
- 9 Yet thou hast cast us off and abased us,  
and hast not gone out with our armies.
- 10 Thou hast made us turn back from the foe,  
and our enemies have gotten spoil.
- 11 Thou hast made us like sheep for slaughter,  
and hast scattered us among the nations.
- 12 Thou hast sold thy people for a trifle,  
demanding no high price for them.
- 13 Thou hast made us the taunt of our neighbours,  
the derision and scorn of those about us.
- 14 Thou hast made us a byword among the  
nations, a laughingstock among the peoples.
- 15 All day long my disgrace is before me,  
and shame has covered my face,
- 16 at the words of the taunters and revilers,

- at the sight of the enemy and the avenger.
- "All this has come upon us, though we have not forgotten thee, or been false to thy covenant.
- "Our heart has not turned back, nor have our steps departed from thy way.
- "Then thou shouldest have broken us in the place of jackals, and covered us with deep darkness.
- "If we had forgotten the name of our **God**,  
or spread forth our hands to a strange god,
- "would not **God** discover this? For he knows  
the secrets of the heart.
- "Nay, for thy sake we are slain all the day long,  
and accounted as sheep for the slaughter.
- "Rouse thyself! Why sleepest thou, O **Lord**?  
Awake! Do not cast us off for ever!
- "Why dost thou hide thy face? Why dost  
thou forget our affliction and oppression?
- "For our soul is bowed down to the dust;  
our body cleaves to the ground.

26 Rise up, come to our help!  
Deliver us for the sake of thy  
steadfast love!

PSALM

45

- 1 My heart is stirred by a noble theme as I recite my verses for the king; my tongue is the pen of a skilful writer.
- 2 You are the most excellent of men and your lips have been anointed with grace, since God has blessed you forever.
- 3 Gird your sword on your side, you mighty one; clothe yourself with splendour and majesty.
- 4 In your majesty ride forth victoriously in the cause of truth, humility and justice; let your right hand achieve awesome deeds.
- 5 Let your sharp arrows pierce the hearts of the King's enemies; let the nations fall beneath your feet.

6. Your throne, O God, will last for ever and ever a sceptre of justice will be the sceptre of your kingdom.
7. You love righteousness and hate wickedness; therefore God, your God, has set you above your companions by anointing you with the oil of joy.
8. All your robes are fragrant with myrrh and aloes and cassia; from palaces adorned with ivory the music of the string makes you glad.
9. Daughters of kings are among your honoured women; at your right hand is the royal bride in gold of Ophir.
10. Listen, daughter, and pay careful attention: Forget your people and your father's house.
11. Let the king be enthralled by your beauty, honour him, for he is your lord.
12. The city of TYRE will come with a gift, people of wealth will seek your favour.

13 All glorious is the princess within her chamber; her gown is interwoven with gold.

14 他要穿锦丽的衣服，被引到王前。随从他的陪童女也要被带到你的面前。

15 她们要欢喜快乐被引导，她们要进入王宫。

16 Your son will take the place of your fathers; you will make them princes throughout the land.

17 我必叫你的名被万代记念，  
所以万民要永永远远称谢你。