

## Reflection on Psalms 42-43

Father, my life is a tug-of-war between  
the voice of worry and  
the voice of faith,  
between  
the brutal reality of my needs and  
the beautiful reality of Your promises.  
Life daily challenges my trust in You.

But in You,  
even these challenges  
become blessings.  
I am weak,  
but You are my strength.  
Life is grief and sorrow,  
but You are my unchanging joy.  
Life is turmoil,  
but You are unshakable peace.  
The world is noise,  
but You are my song.  
In the darkness of my ignorance,  
You are the Light.  
In my anxious grasping for security,  
You are my daily bread.

O my Father,  
Fountain of Life,  
Living Water,  
nothing else satisfies.  
Nothing else gives me what I need.  
Nothing else makes me who I need to be.  
Nothing else lasts.  
I thirst for  
You.

Hymn: [Psalms 42-43](#)