1 As the deer longs for the water brooks, so longs my soul for you, O God.

2 My soul is athirst for God, even for the living God; when shall I come before the presence of God?

3 My tears have been my bread day and night, while all day long they say to me, Where is now your God?

4 Now when I think on these things, I pour out my soul;

how I went with the multitude

and led the procession to the house of God,

With the voice of praise and thanksgiving, among those who kept holy day.

6 Why are you so full of heaviness, O my soul, and why are you so disquieted within me?

7 Put your trust in God; for I will yet give him thanks,

who is the help of my countenance, and my God.

8 My soul is heavy within me; therefore I will remember you from the land of Jordan,

and from Hermon and the hill of Mizar.

9 Deep calls to deep in the thunder of your waterfalls; all your breakers and waves have gone over me.
The Lord will grant his loving-kindness in the daytime; through the night his song will be with me, a prayer to the God of my life.

I say to God my rock, Why have you forgotten me, and why go I so heavily, while the enemy oppresses me?

As they crush my bones, my enemies mock me; while all day long they say to me, Where is now your God?

Why are you so full of heaviness, O my soul, and why are you so disquieted within me?

O put your trust in God; for I will yet give him thanks, who is the help of my countenance, and my God.

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