

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,

5 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 *O 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.

10 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.

11 I say to God my rock,

'Why have you forgotten me, □

and why go I so heavily, while the enemy oppresses me?'

12 As they crush my bones, my enemies mock me; □

while all day long they say to me, 'Where is now your God?'

13 *Why are you so full of heaviness, O my soul, □*

and why are you so disquieted within me?

14 *O put your trust in God; □*

for I will yet give him thanks,

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

Come, creator Spirit, source of life;

sustain us when our hearts are heavy

and our wells have run dry,

for you are the Father's gift,

with him who is our living water,

Jesus Christ our Lord.

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