

# Day Ten

## Psalm 42

### The Gift of Spiritual Hunger.



One of the greatest gifts you can ever receive is a fresh spiritual hunger from God, for God. A deep desire that only God can satisfy. Deep calling unto deep, father calling child, creator call creation. Let's go to Him now in prayer:

Loving heavenly Father, many things in this life compete for my desires, but in my heart know that you are all I really need. Please grant me an abiding hunger for you. Please cause me to center my affections on eternal things. I ask this in the name and authority of your son Jesus Christ, amen.

The Bible tells us that the Father works in us to give us both the desire and the ability to do what is pleasing to Him.<sup>1</sup> As you search the scriptures in the presence of your Father today, ask Him to place a holy desire in your heart; a desire that will bring you face to face with your loving God, living your life in the center of His presence and purpose.



[For your convenience, we have added a soundtrack to the background as you meditate on the word of God. You are welcome to keep this playing in the background that will end after 20 minutes followed by closing prayer.](#)

#### Psalm 42

*For the choir director: A psalm of the descendants of Korah.* <sup>1</sup>As the deer longs for streams of water, so I long for you, O God. <sup>2</sup>I thirst for God, the living God. When can I go and stand before him? <sup>3</sup>Day and night I have only tears for food, while my enemies continually taunt me, saying, "Where is this God of yours?" <sup>4</sup>My heart is breaking as I remember how it used to be: I walked among the crowds of worshipers, leading a great procession to the house of God, singing for joy and giving thanks amid the sound of a great celebration! <sup>5</sup>Why am I discouraged? Why is my heart so sad? I will put my hope in God! I will praise him again— my Savior and <sup>6</sup>my God! Now I am deeply discouraged, but I will remember you— even from distant Mount Hermon, the source of the Jordan, from the land of Mount Mizar. <sup>7</sup>I hear the tumult of the raging seas as your waves and surging tides sweep over me. <sup>8</sup>But each day the Lord pours his unfailing love upon me, and through each night I sing his songs, praying to God who gives me life. <sup>9</sup>"O God my rock," I cry, "Why have you forgotten me? Why must I wander around in grief, oppressed by my enemies?" <sup>10</sup>Their taunts break my bones. They scoff, "Where is this God of yours?" <sup>11</sup>Why am I discouraged? Why is my heart so sad? I will put my hope in God! I will praise him again- my Savior and my God! <sup>2</sup>

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<sup>1</sup> [Philippians 2:13](#)

<sup>2</sup> Tyndale House Publishers. (2013). [Holy Bible: New Living Translation](#) (Ps 42). Carol Stream, IL: Tyndale House Publishers.