

Psalm 41

Blessed the person who helps the poor and the weak.
He himself will be helped by the Lord
when he is sick and in trouble.

The Lord will help him on his bed of pain.

The Lord will bring him back from sickness to health.

Lord, please help me to do more for the poor

Psalms 42 – 45

Like a deer that longs for running streams,
so my soul is longing for you, my God.

My soul is thirsting for you, the God of my life.

I think of you all the time, here in my land of exile.

People make fun of us here in exile.

They taunt us saying "Where is your God?"

Yet no matter what happens we will hope in you,
for you are our saviour and our God.

No matter where we are or what happens to us, our hearts
will long for you, like a bride longing for her groom.

Lord, no matter what happens, may I always hope in you

Psalm 46 (c.f. famous hymn by Martin Luther

"A Mighty Fortress is our God",

and also the hymn "Be Still and Know that I am God".)

God is for us a refuge and strength,

in time of distress he is a helper close at hand.

Therefore we shall not fear

even though the earth should rock,

even though the mountains fall into the sea.

The Lord of hosts is with us.

The God of Jacob is our stronghold.