

# I Pour Out My Soul To You

## Psalm 42 and 43

### I am experiencing

My soul thirsts for God and I'm crying  
I'm isolated from God  
I'm mocked and taunted and it is like a  
deadly wound in my bones.

### I am thinking

God you are causing this  
God you have forgotten me  
God you have rejected me

### I am feeling

I am cast down  
I am in turmoil  
I am oppressed and depressed

### I am wanting

I want God's presence  
I want God to vindicate me and defend me  
God send out your light and truth to guide  
me and bring me to your presence

### I choose to

Hope in God  
Praise God  
Sing his song in the night and pray to the God of my life  
Challenge my feelings in light of truth  
Hope in God and praise him again  
Declare his promises and that He is my salvation and my God

### Remember

#### God is

My God  
The Living God  
My Rock  
My Salvation  
My Refuge  
My Exceeding  
joy

#### God's goodness

God's house  
God's people  
Joy in worship

#### God's promises

His steadfast  
love is with me

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