

Chris Schmit



**DEEP
CALLS
TO DEEP**

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**WHY ARE YOU
IN DESPAIR,**

O MY SOUL?

PSALM 42

Read this passage from Psalm 42 a few times.

“Why are you in despair, O my soul? And why have you become disturbed within me? Hope in God, for I shall again praise Him For the help of His presence. O my God, my soul is in despair within me; Therefore I remember You from the land of the Jordan And the peaks of Hermon, from Mount Mizar. Deep calls to deep at the sound of Your waterfalls; All Your breakers and Your waves have rolled over me. The LORD will command His lovingkindness in the daytime; And His song will be with me in the night, A prayer to the God of my life.”

Have you been in despair before? As you begin or are well on this journey of health and fitness, have you felt discouraged? Ponder those feelings. Maybe put them into words as you would say them to God if he were standing beside you.

Focus on verse 7:

“Deep calls to deep at the sound of Your waterfalls; All your breakers and Your waves have rolled over me.”

Have you felt this before in any area of your life?

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**MY DEEP NEED
CALLS OUT TO
THE DEEP
KINDNESS OF
YOUR**

LOVE

I have always been a bit confused by this verse.

I have found [The Passion Translation](#) provides much more understanding to the verse.

“My deep need calls out to the deep kindness of your love. Your waterfall of weeping sent waves of sorrow over my soul, carrying me away, cascading over me like a thundering cataract.”

Definition of a cataract: waterfall, steep rapids in a river, downpour, flood

**IMAGINE
&**

DRAY

Picture your deep need calling out to the depth of God's loving kindness.

- What pictures come to your mind? What colors are present?
- What emotions are evoked inside you?
- Can you smell anything as you feel the depth of God's loving kindness?
- How would you describe God's loving kindness?
- Sit with this for a few minutes.

Prayer: Thank you Lord that you hear my deep needs and you answer with your deep loving kindness. Be ever so present as I embark on this journey of health and give me stamina and endurance to push through. Amen.

ABOUT THE AUTHOR



Christina Schmit is a Certified Personal Trainer in Rapid City, SD. She and her husband have 3 sons. You can learn more about Chris and her passion for fitness, the Creator, and personal growth at <https://www.sculptedinsideandout.com/>