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Grieving and Needing God

By Mike Sullivan

Many of us are grieving right now. I'd like to offer a selection of passages from the Psalms, specially curated to give voice to our grief as well as our need for God.

Expressions of Grief

*"I am weary with my sighing;
Every night I make my bed swim,
I dissolve my couch with my tears.
My eye has wasted away with grief;
It has become old because of all my
adversaries." (Ps 6:6-7)*

*"How long, O LORD? Will you forget me
forever?
How long will you hide your face from me?
How long must I take counsel in my soul,
And have sorrow in my heart all the day?
How long shall my enemy be exalted over me?
Consider and answer me, O LORD my God;
Light up my eyes, lest I sleep the sleep of
death,
Lest my enemy say, 'I have prevailed over him,'
Lest my foes rejoice because I am shaken.
But I have trusted in your steadfast love;
My heart shall rejoice in your salvation.
I will sing to the LORD,
Because he has dealt bountifully with me." (Ps
13:1-2)*

*"My tears have been my food day and
night," (Ps 42:3)*

*"I cry aloud to God,
Aloud to God, and he will hear me.
In the day of my trouble I seek the Lord;
In the night my hand is stretched out without
wearying;
My soul refuses to be comforted.
When I remember God, I moan;
When I meditate, my spirit faints." (Ps 77:1-3)*

Expressions of Dependence and Need For God

*"The LORD is my light and my salvation;
Whom shall I fear?
The LORD is the defense of my life;
Whom shall I dread?" (Ps 27:1)*

*"One thing I have asked from the LORD, that I shall
seek:
That I may dwell in the house of the LORD all the
days of my life,
To behold the beauty of the LORD
And to meditate in his temple." (Ps 27:4)*

*"Wait for the LORD;
Be strong and let your heart take courage;
Yes, wait for the LORD." (Ps 27:14)*

*"As a deer pants for flowing streams,
So pants my soul for you, O God.
My soul thirsts for God,
For the living God." (Ps 42:1-2)*

*"God is our refuge and strength,
A very present help in trouble.
Therefore we will not fear, though the earth should
change
And though the mountains slip into the heart of the
sea;
Though its waters roar and foam,
Though the mountains quake at its swelling
pride." (Ps 46:1-3)*

*"My soul waits in silence for God only;
From him is my salvation.
He only is my rock and my salvation,
My stronghold; I shall not be greatly shaken." (Ps
62:1-2, 5-6)*

*"O God, You are my God; I shall seek you
earnestly;
My soul thirsts for you, my flesh yearns for you,
In a dry and weary land where there is no
water." (Ps 63:1)*