

## I Will Praise Again!

*Why are you cast down, O my soul? . . . Hope in God;  
for I shall again praise him,  
my help and my God. —Psalm 42:11*

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**READ:** Psalm 42

**REFLECT:** I admired Laura. She was a confident woman, a glowing Christian, a willing worker and leader in the church. Laura reflected the best qualities of the model woman of Proverbs 31 and of the New Testament heroines, Dorcas and Priscilla.

Then a series of hardships dropped on Laura. A family member's long-term illness and too many responsibilities slowly crushed her upbeat spirit. Mental and physical exhaustion drained Laura's positive outlook on life, leaving in its place a deep sadness and despair.

"I don't even want to crawl out of bed in the morning," Laura told me. "Every day is harder than the one before. It's been ten long years. Where is God? I'm trying to believe that he is in control of my life, but I can't see it now." Laura sighed. "Nevertheless, I must cling to God's promises because I've got nothing else left."

The writer of Psalm 42 also struggles to trust in God. This former worship leader now questions whether God even remembers him. Sadness swallows his former joy. Enemies surround him with taunts and threaten his life. Despite the psalmist's desperation, however, he tells himself, "Hope in God; for I shall again praise him."

Today, we find ourselves in a hopeless situation. We're exhausted and weary. We feel like God has forgotten us. May we take heart and continue to hope in God. We will praise him again.

—Nancy Witmer

**RESPOND:** *Lord, I choose to place my hope in you today. I believe that I will praise you again.*