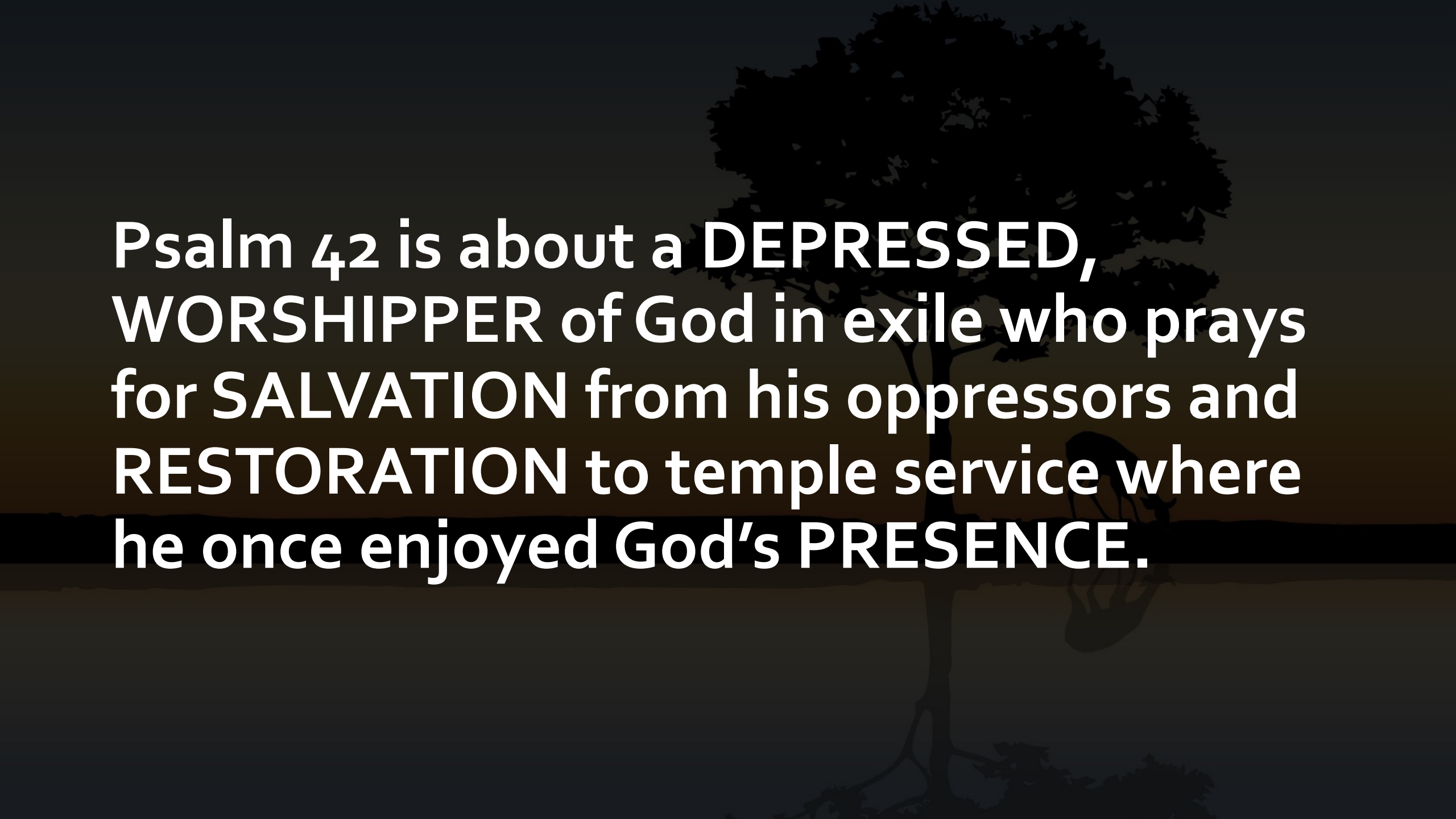


# AS THE DEER PANTS





Psalm 42 is about a **DEPRESSED,**  
**WORSHIPPER** of God in exile who prays  
for **SALVATION** from his oppressors and  
**RESTORATION** to temple service where  
he once enjoyed God's **PRESENCE.**



**When feeling SEPARATED from God,**

**Remember only God can truly SATISFY.**

**Remember to SING.**

**Remember your present STATE isn't the big picture.**

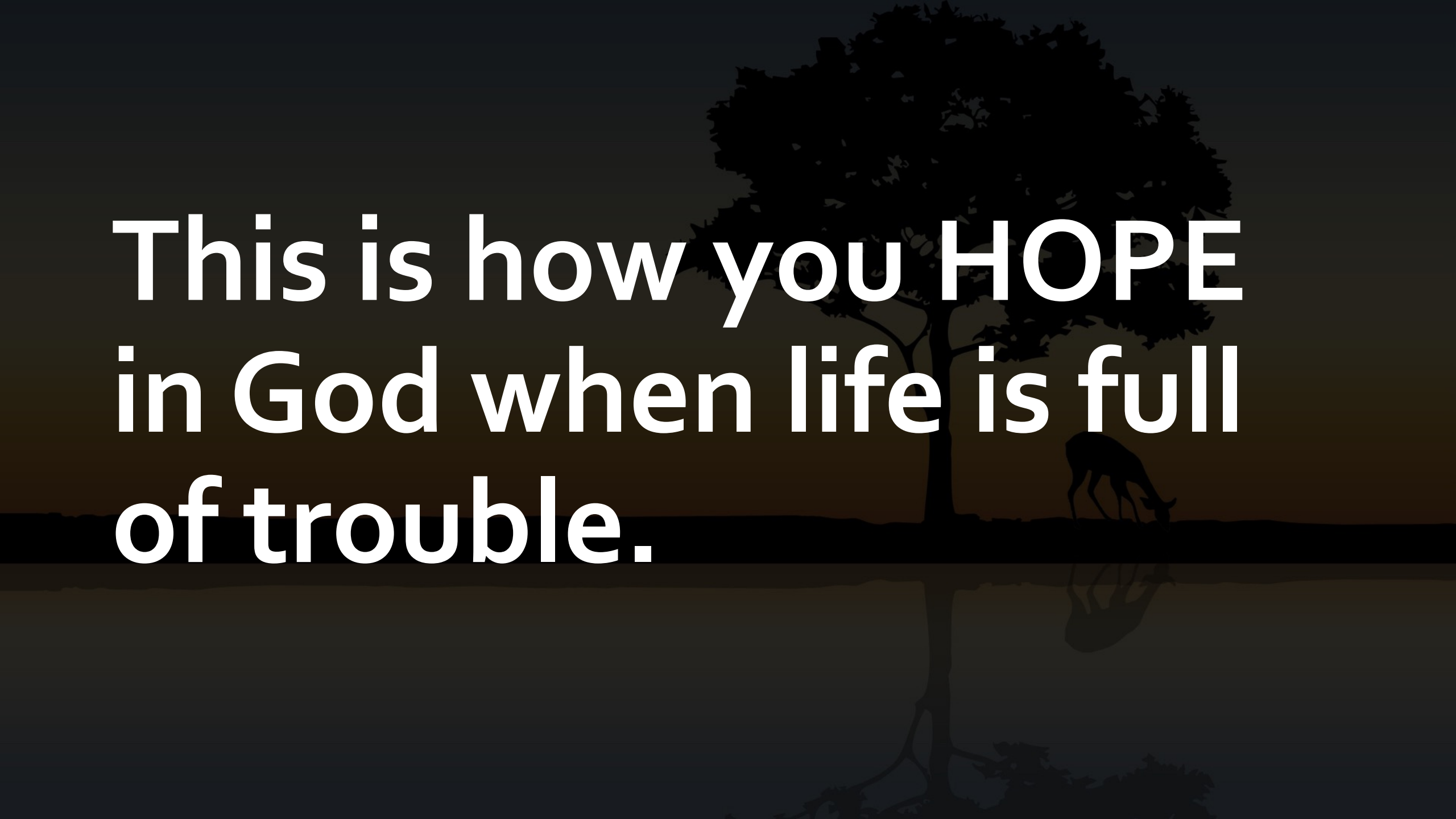
**Remember God is your SALVATION.**

**Remember God is SOVEREIGN.**

**Remember God's STEADFAST love.**

**Remember God is your STRENGTH.**

**Remember to preach a SERMON to yourself.**

The background features a dark, moody landscape. A large, leafy tree stands on the right side, its silhouette reflected in a body of water below. To the right of the tree, a deer is silhouetted against the dark background, appearing to graze. The overall scene is dimly lit, with the text providing the primary source of light and contrast.

This is how you **HOPE**  
in God when life is full  
of trouble.