



Hope In The Lord

By Lucy Wall

During the particularly troublesome summer of 2020 I found myself being taken to Psalm 42 several times. I felt that the whole chapter was very poignant throughout this time of so much global unrest but verses 5 and 11 seemed to resonate with me in particular. Verse 5 is repeated for the most part in verse 11 which reads,

“Why are you cast down, O my soul? And why are you disquieted within me? Hope in God; For I shall yet praise Him, The help of my countenance and my God.”

As I sat meditating on Psalm 42 one afternoon, I soon found myself feeling inspired to write my poem “Hope In The Lord.” When troubles of the world get me bogged down I always find it so uplifting to focus on Jesus. Hope placed in Him is well placed hope indeed. As Jesus’s words remind us in John 16:33,

“I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.”

Why are you cast down, O my soul?
And why are you disquieted within me?
Hope in the Lord and give Him your praise
For the help of His hand you will see.

Though wickedness seems to prevail for a time,
Stand fast and do not lose your nerve.
Call on His name and pour out your soul
And remember the God whom you serve.

The One who created the Heavenly realms
And holds all the stars in His hand.
The One who is perfect in all of His ways,
Whose power we can’t understand.

The God who defeated the strength of the grave,
Who faithfully watches the nations,
The One who delivers His people from strife
And leads us through deep tribulations.

Why are you cast down, O my soul?
And why are you disquieted within me?
Hope in the Lord and trust in His strength,
His rule and His reign you will see!

He parted the waters and saved with His might,
So let not your spirit be moved.
Rejoice in Your God, the unshakeable Rock!
His righteousness *will* be approved.



His kindness will lead you and guide you by day,
His song shall be with you by night.
Lift up your countenance, sing with all joy!
Find comfort and peace in His sight.

Why are you cast down, O my soul?
And why are you disquieted within me?
Hope in the Lord and honour His name,
The land of the living you'll see!

Though earth be removed and waters may roar,
These troubles and trials confirm
The Day is at hand, for these are the signs
Our Saviour is soon to return!

Raise your hands high, give praise with your voice,
Place all your hope in God's Son!
Look up in triumph to Jesus your King,
His victory's already won!

Romans 8:22-25

"For we know that the whole creation groans and labours with birth pangs together until now. Not only that, but we also who have the first-fruits of the Spirit, even we ourselves groan within ourselves, eagerly waiting for the adoption, the redemption of our body. For we were saved in this hope, but hope that is seen is not hope; for why does one still hope for what he sees? But if we hope for what we do not see, we eagerly wait for it with perseverance."

Isaiah 40:31

"But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."

Lamentations 3:22-26

"Through the Lord's mercies we are not consumed, because His compassions fail not. They are new every morning; Great is Your faithfulness. "The Lord is my portion," says my soul, "Therefore I hope in Him!" The Lord is good to those who wait for Him, to the soul who seeks Him. It is good that one should hope and wait quietly for the salvation of the Lord."

Isaiah 40:12

*"Who has measured the waters in the hollow of His hand,
Measured heaven with a span
And calculated the dust of the earth in a measure?
Weighed the mountains in scales
And the hills in a balance?"*

Psalm 47:8

*"God reigns over the nations;
God sits on His holy throne."*

Psalm 66:1-4

*"Make a joyful shout to God, all the earth!
Sing out the honour of His name;
Make His praise glorious.
Say to God,
"How awesome are Your works!
Through the greatness of Your power
Your enemies shall submit themselves to You.
All the earth shall worship You
And sing praises to You;
They shall sing praises to Your name."*