

## Psalm 143:1-6

My Soul Thirsts for You

*Hear my prayer, O LORD;  
give ear to my pleas for mercy!  
In your faithfulness answer me, in your righteousness!  
Enter not into judgment with your servant,  
for no one living is righteous before you.  
For the enemy has pursued my soul;  
he has crushed my life to the ground;  
he has made me sit in darkness like those long dead.  
Therefore my spirit faints within me;  
my heart within me is appalled.  
I remember the days of old;  
I meditate on all that you have done;  
I ponder the work of your hands.  
I stretch out my hands to you;  
my soul thirsts for you like a parched land.*

We have no righteousness of our own to plead, therefore must plead God's righteousness, and the word of promise which he has freely given us, and caused us to hope in. David, before he prays for the removal of his trouble, prays for the pardon of his sin, and depends upon mercy alone for it. He bemoans the weight upon his mind from outward troubles. But he looks back, and remembers God's former appearance for his afflicted people, and for him in particular. He looks round, and notices the works of God. The more we consider the power of God, the less we shall fear the face or force of man. He looks up with earnest desires towards God and his favour. This is the best course we can take, when our spirits are overwhelmed. The believer will not forget, that in his best actions he is a sinner. Meditation and prayer will recover us from distresses; and then the mourning soul strives to return to the Lord as the infant stretches out its hands to the indulgent mother, and thirsts for his consolations as the parched ground for refreshing rain.

- *Matthew Henry, MHCC*