

Psalm 42

Longing for God and His Help in Distress

To the leader. A Maskil of the Korahites.

As a deer longs for flowing streams, so my soul longs for you, O God. My soul thirsts for God, for the living God. When shall I come and behold the face of God? My tears have been my food day and night, while people say to me continually, 'Where is your God?' These things I remember, as I pour out my soul: how I went with the throng, and led them in procession to the house of God, with glad shouts and songs of thanksgiving, a multitude keeping festival. Why are you cast down, O my soul, and why are you disquieted within me? Hope in God; for I shall again praise him, my help and my God. My soul is cast down within me; therefore I remember you from the land of Jordan and of Hermon, from Mount Mizar. Deep calls to deep at the thunder of your cataracts; all your waves and your billows have gone over me. By day the Lord commands his steadfast love, and at night his song is with me, a prayer to the God of my life. I say to God, my rock, 'Why have you forgotten me? Why must I walk about mournfully because the enemy oppresses me?' As with a deadly wound in my body, my adversaries taunt me, while they say to me continually, 'Where is your God?' Why are you cast down, O my soul, and why are you disquieted within me? Hope in God; for I shall again praise him, my help and my God.

Mark 5:1-13, 18-20

Jesus Heals the Gerasene Demoniac

They came to the other side of the lake, to the country of the Gerasenes. And when he had stepped out of the boat, immediately a man out of the tombs with an unclean spirit met him. He lived among the tombs; and no one could restrain him any more, even with a chain; for he had often been restrained with shackles and chains, but the chains he wrenched apart, and the shackles he broke in pieces; and no one had the strength to subdue him. Night and day among the tombs and on the mountains he was always howling and bruising himself with stones. When he saw Jesus from a distance, he ran and bowed down before him; and he shouted at the top of his voice, 'What have you to do with me, Jesus, Son of the Most High God? I adjure you by God, do not torment me.' For he had said to him, 'Come out of the man, you unclean spirit!' Then Jesus asked him, 'What is your name?' He replied, 'My name is Legion; for we are many.' He begged him earnestly not to send them out of the country. Now there on the hillside a great herd of swine was feeding; and the unclean spirits begged him, 'Send us into the swine; let us enter them.' So he gave them permission. And the unclean spirits came out and entered the swine; and the herd, numbering about two thousand, rushed down the steep bank into the lake, and were drowned in the lake. As (Jesus) was getting into the boat, the man who had been possessed by demons begged him that he might be with him. But Jesus refused, and said to him, 'Go home to your friends, and tell them how much the Lord has done for you, and what mercy he has shown you.' And he went away and began to proclaim in the Decapolis how much Jesus had done for him; and everyone was amazed.