I cried out to God for help. I cried out to God to hear me. Whe n I was

distressed, I sought theLord. At night I stretched out my hand, but saw no

comfort. I remembered you God and I groaned; I mused and my spi
rit grew

faint. You kept my eys from closing. I was too troubled to spea k. I thought

about the former days the years long ago. I remember my songs in the night.

My heart mused and my spirit inquired.. Will the Lord reflect f orever?. Will

He never show his favor again. Has this unfailing love vanished forever. Has

his promise failed for all time. Has God forgotten to be merciful. Has the

anger withheld his compassion. Then I thought, "To this I will appeal—the

years of the right hand of the Most High. I will remember the d eeds of the

Lord. Yes I remember Your deedsof long ago. I will meditate on all Your

works, and consider all Your mighty deeds. Your ways oh God are holy. What

God is so great as our God!"