



## Scriptures for Life

### *Why the long face? - Psalm 42:5*

Welcome to Scriptures for Life with TorahFamily.org. Taking time to focus on the Father's way.

Ps. 42:5 Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and 6 my God. My soul is downcast within me; therefore I will remember you from the land of the Jordan, the heights of Hermon — from Mount Mizar.

Despair and hopelessness has way of trying to set in at times in our life. The reasons can vary. And yet, sometimes there doesn't even have to be a reason. Sad feelings and emotions can creep in and you may have no clue as to why.

It's in those times of life where we need to be determined to overcome a heavy heart. Regardless of the cause, that reason is not enough to overcome the joy that we as believers are given. So if you ever start feeling those oppressive feelings and emotions coming on, read these verses and let them remind you that there is truly no reason to walk in those emotions again. Don't let the enemy rob you of YHWH's Joy anymore.

Let this be a focus in your time of meditation throughout the day. Until next time, shalom!