

**“Downcast”** Psalm 42:5

Words by: Psalm 42:5, Christene Jackman. Music by: Christene Jackman ©&(p)12.29.2025. BMI#077875003

**Cm Cm/Bb Cm/Ab Ab Cm Cm(add d)/Bb F**  
**Why so downcast, oh my soul? Why so disquieted within?**  
**Ab/F Ab Ab/Bb Cm/Bb Bb**  
**Put your hope in God. Put your hope in God**  
**Cm(add d) Cm Cm(add d) /Ab Bb**  
**For I will again praise Him. I will praise Him.**

**Cm Cm/Bb Cm/Ab Ab Cm Cm(add d)/Bb F**  
**Ma—tish-to-cha-chi nafshi? Va-te-he-mi a-lai’**  
*(Why are you downcast O my soul? Why so disquieted within me?)*

**Ab/F Ab Ab/Bb Cm/Bb Bb Cm Bb**  
**Ho-chi’-li le’Elohim Ho-chi’-li le’Elo- him Ki—od o-de’-nu**  
*(Put your hope in God) (Put your hope in God) (For I will again praise Him)*

**Eb Cm(add F) Eb Ab Bb / Ab Eb Cm(add F) Eb Ab Bb / Ab**  
**For I will again praise Him. Yes, I will again praise Him**

**Db/Eb Ab Eb Ab Bb / F Eb**  
**My Savior and my God My Savior and my God**  
**Eb Ab Bb / F Eb**  
**Yeshu-ot Pa-nav Yeshu-ot Pa-nav**  
*(the saving acts of Your Countenance)*

**Dm7 F/G Em/C Dm7 F/G Em/C**  
**Lord, I rest my hope in You Here’s my life. No One loves me like You do**  
**Dm7 F/G Dm7 F/G**  
**For You are Forever Faithful / Covenant Keeper**  
**Em/C eb ab bb/Ab Bb C**  
**Righteous and Holy / With Love ever Deeper / There is None Like You.**

**Dm7 F/G Em/C Dm7 F/G Em/C**  
**Lord, I rest my hope in You Take my hand. No One guides me like You do**  
**Dm7 F/G Dm7 F/G**  
**For Your Eyes see all the Futures / Every heartbeat**  
**Em/C eb ab bb/Ab Bb C**  
**Wonderful Counselor / Lamp to my feet. There is none like You**

**Cm Cm/Bb Cm/Ab Ab**  
**Why so downcast O my soul?**

## Psalm 42:5

מה־תִּשְׁתַּחֲוֶה נַפְשִׁי

Ma—tish-to-cha-chi nafshi?

Why are you downcast O my soul?

וּתְהִי עֵלַי

Va-te-he-mi a-lai'

Why so disquieted within me?

הוֹחִילִי לֵאלֹהִים

Ho-chi'-li le'Elohim

Put your hope in God

כִּי־עוֹד אֹדְנֶנּוּ יְשׁוּעוֹת פָּנָיו

Ki—od o-de'-nu ye-shu-ot pa-nav

For I will again praise Him for the saving acts of His countenance (my Savior and my God)