

Psalms

PSALM 1

¹Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers.

²But his delight is in the law of the Lord, and on his law he meditates day and night.

³He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers.

⁴Not so the wicked! They are like chaff that the wind blows away.

⁵Therefore the wicked will not stand in the judgment, nor sinners in the assembly of the righteous.

⁶For the Lord watches over the way of the righteous, but the way of the wicked will perish.

PSALM 2

¹Why do the nations conspire and the peoples plot in vain?

²The kings of the earth take their stand and the rulers gather together against the Lord and against his Anointed One.

³"Let us break their chains," they say, "and throw off their fetters."

⁴The One enthroned in heaven laughs; the Lord scoffs at them.

⁵Then he rebukes them in his anger and terrifies them in his wrath, saying,

⁶"I have installed my King on Zion, my holy hill."

⁷I will proclaim the decree of the Lord : He said to me, "You are my Son ; today I have become your Father.

⁸Ask of me, and I will make the nations your inheritance, the ends of the earth your possession.

⁹You will rule them with an iron scepter ; you will dash them to pieces like pottery."

¹⁰Therefore, you kings, be wise; be warned, you rulers of the earth.

¹¹Serve the Lord with fear and rejoice with trembling.

¹²Kiss the Son, lest he be angry and you be destroyed in your way, for his wrath can flare up in a moment. Blessed are all who take refuge in him.

PSALM 3

¹O Lord , how many are my foes! How many rise up against me!

²Many are saying of me, "God will not deliver him." Selah

³But you are a shield around me, O Lord ; you bestow glory on me and lift up my head.

⁴To the Lord I cry aloud, and he answers me from his holy hill. Selah

⁵I lie down and sleep; I wake again, because the Lord sustains me.

⁶I will not fear the tens of thousands drawn up against me on every side.

⁷Arise, O Lord ! Deliver me, O my God! Strike all my enemies on the jaw; break the teeth of the wicked.

⁸From the Lord comes deliverance. May your blessing be on your people. Selah

PSALM 4

¹Answer me when I call to you, O my righteous God. Give me relief from my distress; be merciful to me and hear my prayer.

²How long, O men, will you turn my glory into shame ? How long will you love delusions and seek false gods ? Selah

³Know that the Lord has set apart the godly for himself; the Lord will hear when I call to him.

⁴In your anger do not sin; when you are on your beds, search your hearts and be silent. Selah

⁵Offer right sacrifices and trust in the Lord .

⁶Many are asking, "Who can show us any good?" Let the light of your face shine upon us, O Lord .

⁷You have filled my heart with greater joy than when their grain and new wine abound.

⁸I will lie down and sleep in peace, for you alone, O Lord , make me dwell in safety.

PSALM 5

¹Give ear to my words, O Lord , consider my sighing.

²Listen to my cry for help, my King and my God, for to you I pray.

³In the morning, O Lord , you hear my voice; in the morning I lay my requests before you and wait in expectation.

⁴You are not a God who takes pleasure in evil; with you the wicked cannot dwell.

⁵The arrogant cannot stand in your presence; you hate all who do wrong.

⁶You destroy those who tell lies; bloodthirsty and deceitful men the Lord abhors.

⁷But I, by your great mercy, will come into your house; in reverence will I bow down toward your holy temple.

⁸Lead me, O Lord , in your righteousness because of my enemies-make straight your way before me.

⁹ Not a word from their mouth can be trusted; their heart is filled with destruction. Their throat is an open grave; with their tongue they speak deceit.

¹⁰ Declare them guilty, O God! Let their intrigues be their downfall. Banish them for their many sins, for they have rebelled against you.

¹¹ But let all who take refuge in you be glad; let them ever sing for joy. Spread your protection over them, that those who love your name may rejoice in you.

¹² For surely, O Lord, you bless the righteous; you surround them with your favor as with a shield.

PSALM 6

¹ O Lord, do not rebuke me in your anger or discipline me in your wrath.

² Be merciful to me, Lord, for I am faint; O Lord, heal me, for my bones are in agony.

³ My soul is in anguish. How long, O Lord, how long?

⁴ Turn, O Lord, and deliver me; save me because of your unfailing love.

⁵ No one remembers you when he is dead. Who praises you from the grave?
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⁶ I am worn out from groaning; all night long I flood my bed with weeping and drench my couch with tears.

⁷ My eyes grow weak with sorrow; they fail because of all my foes.

⁸ Away from me, all you who do evil, for the Lord has heard my weeping.

⁹ The Lord has heard my cry for mercy; the Lord accepts my prayer.

¹⁰ All my enemies will be ashamed and dismayed; they will turn back in sudden disgrace.

PSALM 7

¹ O Lord my God, I take refuge in you; save and deliver me from all who pursue me,

² or they will tear me like a lion and rip me to pieces with no one to rescue me.

³ O Lord my God, if I have done this and there is guilt on my hands-

⁴ if I have done evil to him who is at peace with me or without cause have robbed my foe-

⁵ then let my enemy pursue and overtake me; let him trample my life to the ground and make me sleep in the dust. Selah

⁶ Arise, O Lord, in your anger; rise up against the rage of my enemies. Awake, my God; decree justice.

⁷ Let the assembled peoples gather around you. Rule over them from on high;

⁸let the Lord judge the peoples. Judge me, O Lord , according to my righteousness, according to my integrity, O Most High.

⁹O righteous God, who searches minds and hearts, bring to an end the violence of the wicked and make the righteous secure.

¹⁰My shield is God Most High, who saves the upright in heart.

¹¹God is a righteous judge, a God who expresses his wrath every day.

¹²If he does not relent, he will sharpen his sword; he will bend and string his bow.

¹³He has prepared his deadly weapons; he makes ready his flaming arrows.

¹⁴He who is pregnant with evil and conceives trouble gives birth to disillusionment.

¹⁵He who digs a hole and scoops it out falls into the pit he has made.

¹⁶The trouble he causes recoils on himself; his violence comes down on his own head.

¹⁷I will give thanks to the Lord because of his righteousness and will sing praise to the name of the Lord Most High.

PSALM 8

¹O Lord , our Lord, how majestic is your name in all the earth! You have set your glory above the heavens.

²From the lips of children and infants you have ordained praise because of your enemies, to silence the foe and the avenger.

³When I consider your heavens, the work of your fingers, the moon and the stars, which you have set in place,

⁴what is man that you are mindful of him, the son of man that you care for him?

⁵You made him a little lower than the heavenly beings and crowned him with glory and honor.

⁶You made him ruler over the works of your hands; you put everything under his feet:

⁷all flocks and herds, and the beasts of the field,

⁸the birds of the air, and the fish of the sea, all that swim the paths of the seas.

⁹O Lord , our Lord, how majestic is your name in all the earth!

PSALM 9

¹I will praise you, O Lord , with all my heart; I will tell of all your wonders.

²I will be glad and rejoice in you; I will sing praise to your name, O Most High.

³My enemies turn back; they stumble and perish before you.

⁴For you have upheld my right and my cause; you have sat on your throne, judging righteously.

⁵You have rebuked the nations and destroyed the wicked; you have blotted out their name for ever and ever.

⁶Endless ruin has overtaken the enemy, you have uprooted their cities; even the memory of them has perished.

⁷The Lord reigns forever; he has established his throne for judgment.

⁸He will judge the world in righteousness; he will govern the peoples with justice.

⁹The Lord is a refuge for the oppressed, a stronghold in times of trouble.

¹⁰Those who know your name will trust in you, for you, Lord , have never forsaken those who seek you.

¹¹Sing praises to the Lord , enthroned in Zion; proclaim among the nations what he has done.

¹²For he who avenges blood remembers; he does not ignore the cry of the afflicted.

¹³O Lord , see how my enemies persecute me! Have mercy and lift me up from the gates of death,

¹⁴that I may declare your praises in the gates of the Daughter of Zion and there rejoice in your salvation.

¹⁵The nations have fallen into the pit they have dug; their feet are caught in the net they have hidden.

¹⁶The Lord is known by his justice; the wicked are ensnared by the work of their hands. Higgaiion. Selah

¹⁷The wicked return to the grave, all the nations that forget God.

¹⁸But the needy will not always be forgotten, nor the hope of the afflicted ever perish.

¹⁹Arise, O Lord , let not man triumph; let the nations be judged in your presence.

²⁰Strike them with terror, O Lord ; let the nations know they are but men. Selah

PSALM 10

¹Why, O Lord , do you stand far off? Why do you hide yourself in times of trouble?

²In his arrogance the wicked man hunts down the weak, who are caught in the schemes he devises.

³He boasts of the cravings of his heart; he blesses the greedy and reviles the Lord .

⁴In his pride the wicked does not seek him; in all his thoughts there is no room for God.

⁵ His ways are always prosperous; he is haughty and your laws are far from him; he sneers at all his enemies.

⁶ He says to himself, "Nothing will shake me; I'll always be happy and never have trouble."

⁷ His mouth is full of curses and lies and threats; trouble and evil are under his tongue.

⁸ He lies in wait near the villages; from ambush he murders the innocent, watching in secret for his victims.

⁹ He lies in wait like a lion in cover; he lies in wait to catch the helpless; he catches the helpless and drags them off in his net.

¹⁰ His victims are crushed, they collapse; they fall under his strength.

¹¹ He says to himself, "God has forgotten; he covers his face and never sees."

¹² Arise, Lord ! Lift up your hand, O God.

¹³ Why does the wicked man revile God? Why does he say to himself, "He won't call me to account"?

¹⁴ But you, O God, do see trouble and grief; you consider it to take it in hand. The victim commits himself to you; you are the helper of the fatherless.

¹⁵ Break the arm of the wicked and evil man; call him to account for his wickedness that would not be found out.

¹⁶ The Lord is King for ever and ever; the nations will perish from his land.

¹⁷ You hear, O Lord , the desire of the afflicted; you encourage them, and you listen to their cry,

¹⁸ defending the fatherless and the oppressed, in order that man, who is of the earth, may terrify no more.

PSALM 11

¹ In the Lord I take refuge. How then can you say to me: "Flee like a bird to your mountain.

² For look, the wicked bend their bows; they set their arrows against the strings to shoot from the shadows at the upright in heart.

³ When the foundations are being destroyed, what can the righteous do ?"

⁴ The Lord is in his holy temple; the Lord is on his heavenly throne. He observes the sons of men; his eyes examine them.

⁵ The Lord examines the righteous, but the wicked and those who love violence his soul hates.

⁶ On the wicked he will rain fiery coals and burning sulfur; a scorching wind will be their lot.

⁷ For the Lord is righteous, he loves justice; upright men will see his face.

PSALM 12

¹ Help, Lord , for the godly are no more; the faithful have vanished from among men.

² Everyone lies to his neighbor; their flattering lips speak with deception.

³ May the Lord cut off all flattering lips and every boastful tongue

⁴ that says, "We will triumph with our tongues; we own our lips -who is our master?"

⁵ "Because of the oppression of the weak and the groaning of the needy, I will now arise," says the Lord . "I will protect them from those who malign them."

⁶ And the words of the Lord are flawless, like silver refined in a furnace of clay, purified seven times.

⁷ O Lord , you will keep us safe and protect us from such people forever.

⁸ The wicked freely strut about when what is vile is honored among men.

PSALM 13

¹ How long, O Lord ? Will you forget me forever? How long will you hide your face from me?

² How long must I wrestle with my thoughts and every day have sorrow in my heart? How long will my enemy triumph over me?

³ Look on me and answer, O Lord my God. Give light to my eyes, or I will sleep in death;

⁴ my enemy will say, "I have overcome him," and my foes will rejoice when I fall.

⁵ But I trust in your unfailing love; my heart rejoices in your salvation.

⁶ I will sing to the Lord , for he has been good to me.

PSALM 14

¹ The fool says in his heart, "There is no God." They are corrupt, their deeds are vile; there is no one who does good.

² The Lord looks down from heaven on the sons of men to see if there are any who understand, any who seek God.

³ All have turned aside, they have together become corrupt; there is no one who does good, not even one.

⁴ Will evildoers never learn- those who devour my people as men eat bread and who do not call on the Lord ?

⁵ There they are, overwhelmed with dread, for God is present in the company of the righteous.

⁶ You evildoers frustrate the plans of the poor, but the Lord is their refuge.

⁷ Oh, that salvation for Israel would come out of Zion! When the Lord restores the fortunes of his people, let Jacob rejoice and Israel be glad!

PSALM 15

¹ Lord , who may dwell in your sanctuary? Who may live on your holy hill?

² He whose walk is blameless and who does what is righteous, who speaks the truth from his heart

³ and has no slander on his tongue, who does his neighbor no wrong and casts no slur on his fellowman,

⁴ who despises a vile man but honors those who fear the Lord , who keeps his oath even when it hurts,

⁵ who lends his money without usury and does not accept a bribe against the innocent. He who does these things will never be shaken.

PSALM 16

¹ Keep me safe, O God, for in you I take refuge.

² I said to the Lord , "You are my Lord; apart from you I have no good thing."

³ As for the saints who are in the land, they are the glorious ones in whom is all my delight.

⁴ The sorrows of those will increase who run after other gods. I will not pour out their libations of blood or take up their names on my lips.

⁵ Lord , you have assigned me my portion and my cup; you have made my lot secure.

⁶ The boundary lines have fallen for me in pleasant places; surely I have a delightful inheritance.

⁷ I will praise the Lord , who counsels me; even at night my heart instructs me.

⁸ I have set the Lord always before me. Because he is at my right hand, I will not be shaken.

⁹ Therefore my heart is glad and my tongue rejoices; my body also will rest secure,

¹⁰ because you will not abandon me to the grave, nor will you let your Holy One see decay.

¹¹ You have made known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand.

PSALM 17

¹ Hear, O Lord , my righteous plea; listen to my cry. Give ear to my prayer- it does not rise from deceitful lips.

² May my vindication come from you; may your eyes see what is right.

³ Though you probe my heart and examine me at night, though you test me, you will find nothing; I have resolved that my mouth will not sin.

⁴As for the deeds of men- by the word of your lips I have kept myself from the ways of the violent.

⁵My steps have held to your paths; my feet have not slipped.

⁶I call on you, O God, for you will answer me; give ear to me and hear my prayer.

⁷Show the wonder of your great love, you who save by your right hand those who take refuge in you from their foes.

⁸Keep me as the apple of your eye; hide me in the shadow of your wings

⁹from the wicked who assail me, from my mortal enemies who surround me.

¹⁰They close up their callous hearts, and their mouths speak with arrogance.

¹¹They have tracked me down, they now surround me, with eyes alert, to throw me to the ground.

¹²They are like a lion hungry for prey, like a great lion crouching in cover.

¹³Rise up, O Lord , confront them, bring them down; rescue me from the wicked by your sword.

¹⁴O Lord , by your hand save me from such men, from men of this world whose reward is in this life. You still the hunger of those you cherish; their sons have plenty, and they store up wealth for their children.

¹⁵And I-in righteousness I will see your face; when I awake, I will be satisfied with seeing your likeness.

PSALM 18

¹I love you, O Lord , my strength.

²The Lord is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge. He is my shield and the horn of my salvation, my stronghold.

³I call to the Lord , who is worthy of praise, and I am saved from my enemies.

⁴The cords of death entangled me; the torrents of destruction overwhelmed me.

⁵The cords of the grave coiled around me; the snares of death confronted me.

⁶In my distress I called to the Lord ; I cried to my God for help. From his temple he heard my voice; my cry came before him, into his ears.

⁷The earth trembled and quaked, and the foundations of the mountains shook; they trembled because he was angry.

⁸Smoke rose from his nostrils; consuming fire came from his mouth, burning coals blazed out of it.

⁹He parted the heavens and came down; dark clouds were under his feet.

¹⁰He mounted the cherubim and flew; he soared on the wings of the wind.

¹¹ He made darkness his covering, his canopy around him- the dark rain clouds of the sky.

¹² Out of the brightness of his presence clouds advanced, with hailstones and bolts of lightning.

¹³ The Lord thundered from heaven; the voice of the Most High resounded.

¹⁴ He shot his arrows and scattered the enemies , great bolts of lightning and routed them.

¹⁵ The valleys of the sea were exposed and the foundations of the earth laid bare at your rebuke, O Lord , at the blast of breath from your nostrils.

¹⁶ He reached down from on high and took hold of me; he drew me out of deep waters.

¹⁷ He rescued me from my powerful enemy, from my foes, who were too strong for me.

¹⁸ They confronted me in the day of my disaster, but the Lord was my support.

¹⁹ He brought me out into a spacious place; he rescued me because he delighted in me.

²⁰ The Lord has dealt with me according to my righteousness; according to the cleanness of my hands he has rewarded me.

²¹ For I have kept the ways of the Lord ; I have not done evil by turning from my God.

²² All his laws are before me; I have not turned away from his decrees.

²³ I have been blameless before him and have kept myself from sin.

²⁴ The Lord has rewarded me according to my righteousness, according to the cleanness of my hands in his sight.

²⁵ To the faithful you show yourself faithful, to the blameless you show yourself blameless,

²⁶ to the pure you show yourself pure, but to the crooked you show yourself shrewd.

²⁷ You save the humble but bring low those whose eyes are haughty.

²⁸ You, O Lord , keep my lamp burning; my God turns my darkness into light.

²⁹ With your help I can advance against a troop ; with my God I can scale a wall.

³⁰ As for God, his way is perfect; the word of the Lord is flawless. He is a shield for all who take refuge in him.

³¹

For who is God besides the Lord ?

³² It is God who arms me with strength and makes my way perfect.

³³ He makes my feet like the feet of a deer; he enables me to stand on the heights.

The Lord lives! Praise be to my Rock!

³⁴He trains my hands for battle; my arms can bend a bow of bronze.

³⁵You give me your shield of victory, and your right hand sustains me; you stoop down to make me great.

³⁶You broaden the path beneath me, so that my ankles do not turn.

³⁷I pursued my enemies and overtook them; I did not turn back till they were destroyed.

³⁸I crushed them so that they could not rise; they fell beneath my feet.

³⁹You armed me with strength for battle; you made my adversaries bow at my feet.

⁴⁰You made my enemies turn their backs in flight, and I destroyed my foes.

⁴¹They cried for help, but there was no one to save them- to the Lord , but he did not answer.

⁴²I beat them as fine as dust borne on the wind; I poured them out like mud in the streets.

⁴³You have delivered me from the attacks of the people; you have made me the head of nations; people I did not know are subject to me.

⁴⁴As soon as they hear me, they obey me; foreigners cringe before me.

⁴⁵They all lose heart; they come trembling from their strongholds.

⁴⁷He is the God who avenges me, who subdues nations under me,

⁴⁸who saves me from my enemies. You exalted me above my foes; from violent men you rescued me.

⁴⁹Therefore I will praise you among the nations, O Lord ; I will sing praises to your name.

⁵⁰He gives his king great victories; he shows unfailing kindness to his anointed, to David and his descendants forever.

PSALM 19

¹The heavens declare the glory of God; the skies proclaim the work of his hands.

²Day after day they pour forth speech; night after night they display knowledge.

³There is no speech or language where their voice is not heard.

⁴Their voice goes out into all the earth, their words to the ends of the world. In the heavens he has pitched a tent for the sun,

⁵which is like a bridegroom coming forth from his pavilion, like a champion rejoicing to run his course.

⁶It rises at one end of the heavens and makes its circuit to the other; nothing is hidden from its heat.

⁷The law of the Lord is perfect, reviving the soul. The statutes of the Lord are trustworthy, making wise the simple.

⁸The precepts of the Lord are right, giving joy to the heart. The commands of the Lord are radiant, giving light to the eyes.

⁹The fear of the Lord is pure, enduring forever. The ordinances of the Lord are sure and altogether righteous.

¹⁰They are more precious than gold, than much pure gold; they are sweeter than honey, than honey from the comb.

¹¹By them is your servant warned; in keeping them there is great reward.

¹²Who can discern his errors? Forgive my hidden faults.

¹³Keep your servant also from willful sins; may they not rule over me. Then will I be blameless, innocent of great transgression.

¹⁴May the words of my mouth and the meditation of my heart be pleasing in your sight, O Lord , my Rock and my Redeemer.

PSALM 20

¹May the Lord answer you when you are in distress; may the name of the God of Jacob protect you.

²May he send you help from the sanctuary and grant you support from Zion.

³May he remember all your sacrifices and accept your burnt offerings. Selah

⁴May he give you the desire of your heart and make all your plans succeed.

⁵We will shout for joy when you are victorious and will lift up our banners in the name of our God. May the Lord grant all your requests.

⁶Now I know that the Lord saves his anointed; he answers him from his holy heaven with the saving power of his right hand.

⁷Some trust in chariots and some in horses, but we trust in the name of the Lord our God.

⁸They are brought to their knees and fall, but we rise up and stand firm.

⁹O Lord , save the king! Answer us when we call!

PSALM 21

¹O Lord , the king rejoices in your strength. How great is his joy in the victories you give!

²You have granted him the desire of his heart and have not withheld the request of his lips. Selah

³You welcomed him with rich blessings and placed a crown of pure gold on his head.

⁴He asked you for life, and you gave it to him- length of days, for ever and ever.

⁵Through the victories you gave, his glory is great; you have bestowed on him splendor and majesty.

⁶Surely you have granted him eternal blessings and made him glad with the joy of your presence.

⁷For the king trusts in the Lord ; through the unfailing love of the Most High he will not be shaken.

⁸Your hand will lay hold on all your enemies; your right hand will seize your foes.

⁹At the time of your appearing you will make them like a fiery furnace. In his wrath the Lord will swallow them up, and his fire will consume them.

¹⁰You will destroy their descendants from the earth, their posterity from mankind.

¹¹Though they plot evil against you and devise wicked schemes, they cannot succeed;

¹²for you will make them turn their backs when you aim at them with drawn bow.

¹³Be exalted, O Lord , in your strength; we will sing and praise your might.

PSALM 22

¹My God, my God, why have you forsaken me? Why are you so far from saving me, so far from the words of my groaning?

²O my God, I cry out by day, but you do not answer, by night, and am not silent.

³Yet you are enthroned as the Holy One; you are the praise of Israel.

⁴In you our fathers put their trust; they trusted and you delivered them.

⁵They cried to you and were saved; in you they trusted and were not disappointed.

⁶But I am a worm and not a man, scorned by men and despised by the people.

⁷All who see me mock me; they hurl insults, shaking their heads:

⁸"He trusts in the Lord ; let the Lord rescue him. Let him deliver him, since he delights in him."

⁹Yet you brought me out of the womb; you made me trust in you even at my mother's breast.

¹⁰From birth I was cast upon you; from my mother's womb you have been my God.

¹¹Do not be far from me, for trouble is near and there is no one to help.

¹²Many bulls surround me; strong bulls of Bashan encircle me.

¹³Roaring lions tearing their prey open their mouths wide against me.

¹⁴ I am poured out like water, and all my bones are out of joint. My heart has turned to wax; it has melted away within me.

¹⁵ My strength is dried up like a potsherd, and my tongue sticks to the roof of my mouth; you lay me in the dust of death.

¹⁶ Dogs have surrounded me; a band of evil men has encircled me, they have pierced my hands and my feet.

¹⁷ I can count all my bones; people stare and gloat over me.

¹⁸ They divide my garments among them and cast lots for my clothing.

¹⁹ But you, O Lord, be not far off; O my Strength, come quickly to help me.

²⁰ Deliver my life from the sword, my precious life from the power of the dogs.

²¹ Rescue me from the mouth of the lions; save me from the horns of the wild oxen.

²² I will declare your name to my brothers; in the congregation I will praise you.

²³ You who fear the Lord, praise him! All you descendants of Jacob, honor him! Revere him, all you descendants of Israel!

²⁴ For he has not despised or disdained the suffering of the afflicted one; he has not hidden his face from him but has listened to his cry for help.

²⁵ From you comes the theme of my praise in the great assembly; before those who fear you will I fulfill my vows.

²⁶ The poor will eat and be satisfied; they who seek the Lord will praise him- may your hearts live forever!

²⁷ All the ends of the earth will remember and turn to the Lord, and all the families of the nations will bow down before him,

²⁸ for dominion belongs to the Lord and he rules over the nations.

²⁹ All the rich of the earth will feast and worship; all who go down to the dust will kneel before him- those who cannot keep themselves alive.

³⁰ Posterity will serve him; future generations will be told about the Lord.

³¹ They will proclaim his righteousness to a people yet unborn- for he has done it.

PSALM 23

¹ The Lord is my shepherd, I shall not be in want.

² He makes me lie down in green pastures, he leads me beside quiet waters,

³ he restores my soul. He guides me in paths of righteousness for his name's sake.

⁴ Even though I walk through the valley of the shadow of death, I will fear no evil,

for you are with me; your rod and your staff, they comfort me.

⁵You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows.

⁶Surely goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.

PSALM 24

¹The earth is the Lord's, and everything in it, the world, and all who live in it;

²for he founded it upon the seas and established it upon the waters.

³

Who may ascend the hill of the Lord ?

⁴He who has clean hands and a pure heart, who does not lift up his soul to an idol or swear by what is false.

⁵He will receive blessing from the Lord and vindication from God his Savior.

⁶Such is the generation of those who seek him, who seek your face, O God of Jacob. Selah

⁷Lift up your heads, O you gates; be lifted up, you ancient doors, that the King of glory may come in.

⁸Who is this King of glory? The Lord strong and mighty, the Lord mighty in battle.

⁹Lift up your heads, O you gates; lift them up, you ancient doors, that the King of glory may come in.

¹⁰Who is he, this King of glory? The Lord Almighty- he is the King of glory. Selah

PSALM 25

¹To you, O Lord, I lift up my soul;

²in you I trust, O my God. Do not let me be put to shame, nor let my enemies triumph over me.

³No one whose hope is in you will ever be put to shame, but they will be put to shame who are treacherous without excuse.

⁴Show me your ways, O Lord, teach me your paths;

⁵guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long.

⁶Remember, O Lord, your great mercy and love, for they are from of old.

⁷Remember not the sins of my youth and my rebellious ways; according to your love remember me, for you are good, O Lord.

⁸Good and upright is the Lord; therefore he instructs sinners in his ways.

⁹He guides the humble in what is right and teaches them his way.

PSALM 26

¹⁰ All the ways of the Lord are loving and faithful for those who keep the demands of his covenant.

¹¹ For the sake of your name, O Lord , forgive my iniquity, though it is great.

¹² Who, then, is the man that fears the Lord ? He will instruct him in the way chosen for him.

¹³ He will spend his days in prosperity, and his descendants will inherit the land.

¹⁴ The Lord confides in those who fear him; he makes his covenant known to them.

¹⁵ My eyes are ever on the Lord , for only he will release my feet from the snare.

¹⁶ Turn to me and be gracious to me, for I am lonely and afflicted.

¹⁷ The troubles of my heart have multiplied; free me from my anguish.

¹⁸ Look upon my affliction and my distress and take away all my sins.

¹⁹ See how my enemies have increased and how fiercely they hate me!

²⁰ Guard my life and rescue me; let me not be put to shame, for I take refuge in you.

²¹ May integrity and uprightness protect me, because my hope is in you.

²² Redeem Israel, O God, from all their troubles!

¹ Vindicate me, O Lord , for I have led a blameless life; I have trusted in the Lord without wavering.

² Test me, O Lord , and try me, examine my heart and my mind;

³ for your love is ever before me, and I walk continually in your truth.

⁴ I do not sit with deceitful men, nor do I consort with hypocrites;

⁵ I abhor the assembly of evildoers and refuse to sit with the wicked.

⁶ I wash my hands in innocence, and go about your altar, O Lord ,

⁷ proclaiming aloud your praise and telling of all your wonderful deeds.

⁸ I love the house where you live, O Lord , the place where your glory dwells.

⁹ Do not take away my soul along with sinners, my life with bloodthirsty men,

¹⁰ in whose hands are wicked schemes, whose right hands are full of bribes.

¹¹ But I lead a blameless life; redeem me and be merciful to me.

¹² My feet stand on level ground; in the great assembly I will praise the Lord .

PSALM 27

¹The Lord is my light and my salvation- whom shall I fear? The Lord is the stronghold of my life- of whom shall I be afraid?

²When evil men advance against me to devour my flesh, when my enemies and my foes attack me, they will stumble and fall.

³Though an army besiege me, my heart will not fear; though war break out against me, even then will I be confident.

⁴One thing I ask of the Lord , this is what I seek: that I may dwell in the house of the Lord all the days of my life, to gaze upon the beauty of the Lord and to seek him in his temple.

⁵For in the day of trouble he will keep me safe in his dwelling; he will hide me in the shelter of his tabernacle and set me high upon a rock.

⁶Then my head will be exalted above the enemies who surround me; at his tabernacle will I sacrifice with shouts of joy; I will sing and make music to the Lord .

⁷Hear my voice when I call, O Lord ; be merciful to me and answer me.

⁸My heart says of you, "Seek his face!" Your face, Lord , I will seek.

⁹Do not hide your face from me, do not turn your servant away in anger; you have been my helper. Do not reject me or forsake me, O God my Savior.

¹⁰Though my father and mother forsake me, the Lord will receive me.

¹¹Teach me your way, O Lord ; lead me in a straight path because of my oppressors.

¹²Do not turn me over to the desire of my foes, for false witnesses rise up against me, breathing out violence.

¹³I am still confident of this: I will see the goodness of the Lord in the land of the living.

¹⁴Wait for the Lord ; be strong and take heart and wait for the Lord .

PSALM 28

¹To you I call, O Lord my Rock; do not turn a deaf ear to me. For if you remain silent, I will be like those who have gone down to the pit.

²Hear my cry for mercy as I call to you for help, as I lift up my hands toward your Most Holy Place.

³Do not drag me away with the wicked, with those who do evil, who speak cordially with their neighbors but harbor malice in their hearts.

⁴Repay them for their deeds and for their evil work; repay them for what their hands have done and bring back upon them what they deserve.

⁵Since they show no regard for the works of the Lord and what his hands have done, he will tear them down and never build them up again.

⁶Praise be to the Lord , for he has heard my cry for mercy.

⁷The Lord is my strength and my shield; my heart trusts in him, and I am helped. My heart leaps for joy and I will give thanks to him in song.

⁸The Lord is the strength of his people, a fortress of salvation for his anointed one.

⁹Save your people and bless your inheritance; be their shepherd and carry them forever.

PSALM 29

¹Ascribe to the Lord , O mighty ones, ascribe to the Lord glory and strength.

²Ascribe to the Lord the glory due his name; worship the Lord in the splendor of his holiness.

³The voice of the Lord is over the waters; the God of glory thunders, the Lord thunders over the mighty waters.

⁴The voice of the Lord is powerful; the voice of the Lord is majestic.

⁵The voice of the Lord breaks the cedars; the Lord breaks in pieces the cedars of Lebanon.

⁶He makes Lebanon skip like a calf, Sirion like a young wild ox.

⁷The voice of the Lord strikes with flashes of lightning.

⁸The voice of the Lord shakes the desert; the Lord shakes the Desert of Kadesh.

⁹The voice of the Lord twists the oaks and strips the forests bare. And in his temple all cry, "Glory!"

¹⁰The Lord sits enthroned over the flood; the Lord is enthroned as King forever.

¹¹The Lord gives strength to his people; the Lord blesses his people with peace.

PSALM 30

¹I will exalt you, O Lord , for you lifted me out of the depths and did not let my enemies gloat over me.

²O Lord my God, I called to you for help and you healed me.

³O Lord , you brought me up from the grave ; you spared me from going down into the pit.

⁴Sing to the Lord , you saints of his; praise his holy name.

⁵For his anger lasts only a moment, but his favor lasts a lifetime; weeping may remain for a night, but rejoicing comes in the morning.

⁶When I felt secure, I said, "I will never be shaken."

⁷O Lord , when you favored me, you made my mountain stand firm; but when you hid your face, I was dismayed.

⁸To you, O Lord , I called; to the Lord I cried for mercy:

⁹"What gain is there in my destruction, in my going down into the pit? Will the dust praise you? Will it proclaim your faithfulness?"

¹⁰Hear, O Lord , and be merciful to me; O Lord , be my help."

¹¹You turned my wailing into dancing; you removed my sackcloth and clothed me with joy,

¹²that my heart may sing to you and not be silent. O Lord my God, I will give you thanks forever.

PSALM 31

¹In you, O Lord , I have taken refuge; let me never be put to shame; deliver me in your righteousness.

²Turn your ear to me, come quickly to my rescue; be my rock of refuge, a strong fortress to save me.

³Since you are my rock and my fortress, for the sake of your name lead and guide me.

⁴Free me from the trap that is set for me, for you are my refuge.

⁵Into your hands I commit my spirit; redeem me, O Lord , the God of truth.

⁶I hate those who cling to worthless idols; I trust in the Lord .

⁷I will be glad and rejoice in your love, for you saw my affliction and knew the anguish of my soul.

⁸You have not handed me over to the enemy but have set my feet in a spacious place.

⁹Be merciful to me, O Lord , for I am in distress; my eyes grow weak with sorrow, my soul and my body with grief.

¹⁰My life is consumed by anguish and my years by groaning; my strength fails because of my affliction, and my bones grow weak.

¹¹Because of all my enemies, I am the utter contempt of my neighbors; I am a dread to my friends- those who see me on the street flee from me.

¹²I am forgotten by them as though I were dead; I have become like broken pottery.

¹³For I hear the slander of many; there is terror on every side; they conspire against me and plot to take my life.

¹⁴But I trust in you, O Lord ; I say, "You are my God."

¹⁵My times are in your hands; deliver me from my enemies and from those who pursue me.

¹⁶Let your face shine on your servant; save me in your unfailing love.

¹⁷Let me not be put to shame, O Lord , for I have cried out to you; but let the

wicked be put to shame and lie silent in the grave.

¹⁸ Let their lying lips be silenced, for with pride and contempt they speak arrogantly against the righteous.

¹⁹ How great is your goodness, which you have stored up for those who fear you, which you bestow in the sight of men on those who take refuge in you.

²⁰ In the shelter of your presence you hide them from the intrigues of men; in your dwelling you keep them safe from accusing tongues.

²¹ Praise be to the Lord , for he showed his wonderful love to me when I was in a besieged city.

²² In my alarm I said, "I am cut off from your sight!" Yet you heard my cry for mercy when I called to you for help.

²³ Love the Lord , all his saints! The Lord preserves the faithful, but the proud he pays back in full.

²⁴ Be strong and take heart, all you who hope in the Lord .

PSALM 32

¹ Blessed is he whose transgressions are forgiven, whose sins are covered.

² Blessed is the man whose sin the Lord does not count against him and in whose spirit is no deceit.

³ When I kept silent, my bones wasted away through my groaning all day long.

⁴ For day and night your hand was heavy upon me; my strength was sapped as in the heat of summer. Selah

⁵ Then I acknowledged my sin to you and did not cover up my iniquity. I said, "I will confess my transgressions to the Lord "-and you forgave the guilt of my sin. Selah

⁶ Therefore let everyone who is godly pray to you while you may be found; surely when the mighty waters rise, they will not reach him.

⁷ You are my hiding place; you will protect me from trouble and surround me with songs of deliverance. Selah

⁸ I will instruct you and teach you in the way you should go; I will counsel you and watch over you.

⁹ Do not be like the horse or the mule, which have no understanding but must be controlled by bit and bridle or they will not come to you.

¹⁰ Many are the woes of the wicked, but the Lord 's unfailing love surrounds the man who trusts in him.

¹¹ Rejoice in the Lord and be glad, you righteous; sing, all you who are upright in heart!

PSALM 33

¹ Sing joyfully to the Lord , you righteous; it is fitting for the upright to praise him.

²Praise the Lord with the harp; make music to him on the ten-stringed lyre.

³Sing to him a new song; play skillfully, and shout for joy.

⁴For the word of the Lord is right and true; he is faithful in all he does.

⁵The Lord loves righteousness and justice; the earth is full of his unfailing love.

⁶By the word of the Lord were the heavens made, their starry host by the breath of his mouth.

⁷He gathers the waters of the sea into jars ; he puts the deep into storehouses.

⁸Let all the earth fear the Lord ; let all the people of the world revere him.

⁹For he spoke, and it came to be; he commanded, and it stood firm.

¹⁰The Lord foils the plans of the nations; he thwarts the purposes of the peoples.

¹¹But the plans of the Lord stand firm forever, the purposes of his heart through all generations.

¹²Blessed is the nation whose God is the Lord , the people he chose for his inheritance.

¹³From heaven the Lord looks down and sees all mankind;

¹⁴from his dwelling place he watches all who live on earth-

¹⁵he who forms the hearts of all, who considers everything they do.

¹⁶No king is saved by the size of his army; no warrior escapes by his great strength.

¹⁷A horse is a vain hope for deliverance; despite all its great strength it cannot save.

¹⁸But the eyes of the Lord are on those who fear him, on those whose hope is in his unfailing love,

¹⁹to deliver them from death and keep them alive in famine.

²⁰We wait in hope for the Lord ; he is our help and our shield.

²¹In him our hearts rejoice, for we trust in his holy name.

²²May your unfailing love rest upon us, O Lord , even as we put our hope in you.

PSALM 34

¹I will extol the Lord at all times; his praise will always be on my lips.

²My soul will boast in the Lord ; let the afflicted hear and rejoice.

³Glorify the Lord with me; let us exalt his name together.

⁴I sought the Lord , and he answered me; he delivered me from all my fears.

⁵ Those who look to him are radiant; their faces are never covered with shame.

⁶ This poor man called, and the Lord heard him; he saved him out of all his troubles.

⁷ The angel of the Lord encamps around those who fear him, and he delivers them.

⁸ Taste and see that the Lord is good; blessed is the man who takes refuge in him.

⁹ Fear the Lord, you his saints, for those who fear him lack nothing.

¹⁰ The lions may grow weak and hungry, but those who seek the Lord lack no good thing.

¹¹ Come, my children, listen to me; I will teach you the fear of the Lord.

¹² Whoever of you loves life and desires to see many good days,

¹³ keep your tongue from evil and your lips from speaking lies.

¹⁴ Turn from evil and do good; seek peace and pursue it.

¹⁵ The eyes of the Lord are on the righteous and his ears are attentive to their cry;

¹⁶ the face of the Lord is against those who do evil, to cut off the memory of them from the earth.

¹⁷ The righteous cry out, and the Lord hears them; he delivers them from all their troubles.

¹⁸ The Lord is close to the brokenhearted and saves those who are crushed in spirit.

¹⁹ A righteous man may have many troubles, but the Lord delivers him from them all;

²⁰ he protects all his bones, not one of them will be broken.

²¹ Evil will slay the wicked; the foes of the righteous will be condemned.

²² The Lord redeems his servants; no one will be condemned who takes refuge in him.

PSALM 35

¹ Contend, O Lord, with those who contend with me; fight against those who fight against me.

² Take up shield and buckler; arise and come to my aid.

³ Brandish spear and javelin against those who pursue me. Say to my soul, "I am your salvation."

⁴ May those who seek my life be disgraced and put to shame; may those who plot my ruin be turned back in dismay.

⁵ May they be like chaff before the wind,
with the angel of the Lord driving them
away;

⁶ may their path be dark and slippery,
with the angel of the Lord pursuing them.

⁷ Since they hid their net for me without
cause and without cause dug a pit for
me,

⁸ may ruin overtake them by surprise—
may the net they hid entangle them,
may they fall into the pit, to their ruin.

⁹ Then my soul will rejoice in the Lord
and delight in his salvation.

¹⁰ My whole being will exclaim, "Who is
like you, O Lord? You rescue the poor
from those too strong for them, the poor
and needy from those who rob them."

¹¹ Ruthless witnesses come forward;
they question me on things I know
nothing about.

¹² They repay me evil for good and leave
my soul forlorn.

¹³ Yet when they were ill, I put on
sackcloth and humbled myself with
fasting. When my prayers returned to
me unanswered,

¹⁴ I went about mourning as though for
my friend or brother. I bowed my head in
grief as though weeping for my mother.

¹⁵ But when I stumbled, they gathered in
glee; attackers gathered against me
when I was unaware. They slandered
me without ceasing.

¹⁶ Like the ungodly they maliciously
mocked; they gnashed their teeth at me.

¹⁷ O Lord, how long will you look on?
Rescue my life from their ravages, my
precious life from these lions.

¹⁸ I will give you thanks in the great
assembly; among throngs of people I
will praise you.

¹⁹ Let not those gloat over me who are
my enemies without cause; let not those
who hate me without reason maliciously
wink the eye.

²⁰ They do not speak peaceably, but
devise false accusations against those
who live quietly in the land.

²¹ They gape at me and say, "Aha! Aha!
With our own eyes we have seen it."

²² O Lord, you have seen this; be not
silent. Do not be far from me, O Lord.

²³ Awake, and rise to my defense!
Contend for me, my God and Lord.

²⁴ Vindicate me in your righteousness, O
Lord my God; do not let them gloat over
me.

²⁵ Do not let them think, "Aha, just what
we wanted!" or say, "We have
swallowed him up."

²⁶ May all who gloat over my distress be
put to shame and confusion; may all
who exalt themselves over me be
clothed with shame and disgrace.

²⁷ May those who delight in my vindication shout for joy and gladness; may they always say, "The Lord be exalted, who delights in the well-being of his servant."

²⁸ My tongue will speak of your righteousness and of your praises all day long.

PSALM 36

¹ An oracle is within my heart concerning the sinfulness of the wicked: There is no fear of God before his eyes.

² For in his own eyes he flatters himself too much to detect or hate his sin.

³ The words of his mouth are wicked and deceitful; he has ceased to be wise and to do good.

⁴ Even on his bed he plots evil; he commits himself to a sinful course and does not reject what is wrong.

⁵ Your love, O Lord, reaches to the heavens, your faithfulness to the skies.

⁶ Your righteousness is like the mighty mountains, your justice like the great deep. O Lord, you preserve both man and beast.

⁷ How priceless is your unfailing love! Both high and low among men find refuge in the shadow of your wings.

⁸ They feast on the abundance of your house; you give them drink from your river of delights.

⁹ For with you is the fountain of life; in your light we see light.

¹⁰ Continue your love to those who know you, your righteousness to the upright in heart.

¹¹ May the foot of the proud not come against me, nor the hand of the wicked drive me away.

¹² See how the evildoers lie fallen—thrown down, not able to rise!

PSALM 37

¹ Do not fret because of evil men or be envious of those who do wrong;

² for like the grass they will soon wither, like green plants they will soon die away.

³ Trust in the Lord and do good; dwell in the land and enjoy safe pasture.

⁴ Delight yourself in the Lord and he will give you the desires of your heart.

⁵ Commit your way to the Lord; trust in him and he will do this:

⁶ He will make your righteousness shine like the dawn, the justice of your cause like the noonday sun.

⁷ Be still before the Lord and wait patiently for him; do not fret when men succeed in their ways, when they carry out their wicked schemes.

⁸ Refrain from anger and turn from wrath; do not fret—it leads only to evil.

⁹For evil men will be cut off, but those who hope in the Lord will inherit the land.

¹⁰A little while, and the wicked will be no more; though you look for them, they will not be found.

¹¹But the meek will inherit the land and enjoy great peace.

¹²The wicked plot against the righteous and gnash their teeth at them;

¹³but the Lord laughs at the wicked, for he knows their day is coming.

¹⁴The wicked draw the sword and bend the bow to bring down the poor and needy, to slay those whose ways are upright.

¹⁵But their swords will pierce their own hearts, and their bows will be broken.

¹⁶Better the little that the righteous have than the wealth of many wicked;

¹⁷for the power of the wicked will be broken, but the Lord upholds the righteous.

¹⁸The days of the blameless are known to the Lord, and their inheritance will endure forever.

¹⁹In times of disaster they will not wither; in days of famine they will enjoy plenty.

²⁰But the wicked will perish: The Lord's enemies will be like the beauty of the fields, they will vanish-vanish like smoke.

²¹The wicked borrow and do not repay, but the righteous give generously;

²²those the Lord blesses will inherit the land, but those he curses will be cut off.

²³If the Lord delights in a man's way, he makes his steps firm;

²⁴though he stumble, he will not fall, for the Lord upholds him with his hand.

²⁵I was young and now I am old, yet I have never seen the righteous forsaken or their children begging bread.

²⁶They are always generous and lend freely; their children will be blessed.

²⁷Turn from evil and do good; then you will dwell in the land forever.

²⁸For the Lord loves the just and will not forsake his faithful ones. They will be protected forever, but the offspring of the wicked will be cut off;

²⁹the righteous will inherit the land and dwell in it forever.

³⁰The mouth of the righteous man utters wisdom, and his tongue speaks what is just.

³¹The law of his God is in his heart; his feet do not slip.

³²The wicked lie in wait for the righteous, seeking their very lives;

³³but the Lord will not leave them in their power or let them be condemned when brought to trial.

³⁴Wait for the Lord and keep his way. He will exalt you to inherit the land; when the wicked are cut off, you will see it.

³⁵I have seen a wicked and ruthless man flourishing like a green tree in its native soil,

³⁶but he soon passed away and was no more; though I looked for him, he could not be found.

³⁷Consider the blameless, observe the upright; there is a future for the man of peace.

³⁸But all sinners will be destroyed; the future of the wicked will be cut off.

³⁹The salvation of the righteous comes from the Lord ; he is their stronghold in time of trouble.

⁴⁰The Lord helps them and delivers them; he delivers them from the wicked and saves them, because they take refuge in him.

PSALM 38

¹O Lord , do not rebuke me in your anger or discipline me in your wrath.

²For your arrows have pierced me, and your hand has come down upon me.

³Because of your wrath there is no health in my body; my bones have no soundness because of my sin.

⁴My guilt has overwhelmed me like a burden too heavy to bear.

⁵My wounds fester and are loathsome because of my sinful folly.

⁶I am bowed down and brought very low; all day long I go about mourning.

⁷My back is filled with searing pain; there is no health in my body.

⁸I am feeble and utterly crushed; I groan in anguish of heart.

⁹All my longings lie open before you, O Lord; my sighing is not hidden from you.

¹⁰My heart pounds, my strength fails me; even the light has gone from my eyes.

¹¹My friends and companions avoid me because of my wounds; my neighbors stay far away.

¹²Those who seek my life set their traps, those who would harm me talk of my ruin; all day long they plot deception.

¹³I am like a deaf man, who cannot hear, like a mute, who cannot open his mouth;

¹⁴I have become like a man who does not hear, whose mouth can offer no reply.

¹⁵I wait for you, O Lord ; you will answer, O Lord my God.

¹⁶For I said, "Do not let them gloat or exalt themselves over me when my foot slips."

¹⁷For I am about to fall, and my pain is ever with me.

¹⁸I confess my iniquity; I am troubled by my sin.

¹⁹Many are those who are my vigorous enemies; those who hate me without reason are numerous.

²⁰Those who repay my good with evil slander me when I pursue what is good.

²¹O Lord , do not forsake me; be not far from me, O my God.

²²Come quickly to help me, O Lord my Savior.

PSALM 39

¹I said, "I will watch my ways and keep my tongue from sin; I will put a muzzle on my mouth as long as the wicked are in my presence."

²But when I was silent and still, not even saying anything good, my anguish increased.

³My heart grew hot within me, and as I meditated, the fire burned; then I spoke with my tongue:

⁴"Show me, O Lord , my life's end and the number of my days; let me know how fleeting is my life.

⁵You have made my days a mere handbreadth; the span of my years is as nothing before you. Each man's life is but a breath. Selah

⁶Man is a mere phantom as he goes to and fro: He bustles about, but only in vain; he heaps up wealth, not knowing who will get it.

⁷"But now, Lord, what do I look for? My hope is in you.

⁸Save me from all my transgressions; do not make me the scorn of fools.

⁹I was silent; I would not open my mouth, for you are the one who has done this.

¹⁰Remove your scourge from me; I am overcome by the blow of your hand.

¹¹You rebuke and discipline men for their sin; you consume their wealth like a moth- each man is but a breath. Selah

¹²"Hear my prayer, O Lord , listen to my cry for help; be not deaf to my weeping. For I dwell with you as an alien, a stranger, as all my fathers were.

¹³Look away from me, that I may rejoice again before I depart and am no more."

PSALM 40

¹I waited patiently for the Lord ; he turned to me and heard my cry.

²He lifted me out of the slimy pit, out of the mud and mire; he set my feet on a rock and gave me a firm place to stand.

³He put a new song in my mouth, a hymn of praise to our God. Many will see and fear and put their trust in the Lord .

⁴Blessed is the man who makes the Lord his trust, who does not look to the proud, to those who turn aside to false gods.

⁵Many, O Lord my God, are the wonders you have done. The things you planned for us no one can recount to you; were I to speak and tell of them, they would be too many to declare.

⁶Sacrifice and offering you did not desire, but my ears you have pierced , ; burnt offerings and sin offerings you did not require.

⁷Then I said, "Here I am, I have come- it is written about me in the scroll.

⁸I desire to do your will, O my God; your law is within my heart."

⁹I proclaim righteousness in the great assembly; I do not seal my lips, as you know, O Lord .

¹⁰I do not hide your righteousness in my heart; I speak of your faithfulness and salvation. I do not conceal your love and your truth from the great assembly.

¹¹Do not withhold your mercy from me, O Lord ; may your love and your truth always protect me.

¹²For troubles without number surround me; my sins have overtaken me, and I cannot see. They are more than the

hairs of my head, and my heart fails within me.

¹³Be pleased, O Lord , to save me; O Lord , come quickly to help me.

¹⁴May all who seek to take my life be put to shame and confusion; may all who desire my ruin be turned back in disgrace.

¹⁵May those who say to me, "Aha! Aha!" be appalled at their own shame.

¹⁶But may all who seek you rejoice and be glad in you; may those who love your salvation always say, "The Lord be exalted!"

¹⁷Yet I am poor and needy; may the Lord think of me. You are my help and my deliverer; O my God, do not delay.

PSALM 41

¹Blessed is he who has regard for the weak; the Lord delivers him in times of trouble.

²The Lord will protect him and preserve his life; he will bless him in the land and not surrender him to the desire of his foes.

³The Lord will sustain him on his sickbed and restore him from his bed of illness.

⁴I said, "O Lord , have mercy on me; heal me, for I have sinned against you."

⁵My enemies say of me in malice, "When will he die and his name perish?"

⁶Whenever one comes to see me, he speaks falsely, while his heart gathers slander; then he goes out and spreads it abroad.

⁷All my enemies whisper together against me; they imagine the worst for me, saying,

⁸"A vile disease has beset him; he will never get up from the place where he lies."

⁹Even my close friend, whom I trusted, he who shared my bread, has lifted up his heel against me.

¹⁰But you, O Lord, have mercy on me; raise me up, that I may repay them.

¹¹I know that you are pleased with me, for my enemy does not triumph over me.

¹²In my integrity you uphold me and set me in your presence forever.

¹³Praise be to the Lord, the God of Israel, from everlasting to everlasting. Amen and Amen.

PSALM 42

¹As the deer pants for streams of water, so my soul pants for you, O God.

²My soul thirsts for God, for the living God. When can I go and meet with God?

³My tears have been my food day and night, while men say to me all day long, "Where is your God?"

⁴These things I remember as I pour out my soul: how I used to go with the multitude, leading the procession to the house of God, with shouts of joy and thanksgiving among the festive throng.

⁵Why 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

⁶my 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.

⁷Deep calls to deep in the roar of your waterfalls; all your waves and breakers have swept over me.

⁸By day the Lord directs his love, at night his song is with me— a prayer to the God of my life.

⁹I say to God my Rock, "Why have you forgotten me? Why must I go about mourning, oppressed by the enemy?"

¹⁰My bones suffer mortal agony as my foes taunt me, saying to me all day long, "Where is your God?"

¹¹Why 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 my God.

PSALM 43

¹Vindicate me, O God, and plead my cause against an ungodly nation; rescue me from deceitful and wicked men.

²You are God my stronghold. Why have you rejected me? Why must I go about mourning, oppressed by the enemy?

³Send forth your light and your truth, let them guide me; let them bring me to your holy mountain, to the place where you dwell.

⁴Then will I go to the altar of God, to God, my joy and my delight. I will praise you with the harp, O God, my God.

⁵Why 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 my God.

PSALM 44

¹We have heard with our ears, O God; our fathers have told us what you did in their days, in days long ago.

²With your hand you drove out the nations and planted our fathers; you crushed the peoples and made our fathers flourish.

³It was not by their sword that they won the land, nor did their arm bring them victory; it was your right hand, your arm, and the light of your face, for you loved them.

⁴You are my King and my God, who decrees victories for Jacob.

⁵Through you we push back our enemies; through your name we trample our foes.

⁶I do not trust in my bow, my sword does not bring me victory;

⁷but you give us victory over our enemies, you put our adversaries to shame.

⁸In God we make our boast all day long, and we will praise your name forever. Selah

⁹But now you have rejected and humbled us; you no longer go out with our armies.

¹⁰You made us retreat before the enemy, and our adversaries have plundered us.

¹¹You gave us up to be devoured like sheep and have scattered us among the nations.

¹²You sold your people for a pittance, gaining nothing from their sale.

¹³You have made us a reproach to our neighbors, the scorn and derision of those around us.

¹⁴You have made us a byword among the nations; the peoples shake their heads at us.

¹⁵My disgrace is before me all day long, and my face is covered with shame

¹⁶at the taunts of those who reproach and revile me, because of the enemy, who is bent on revenge.

¹⁷All this happened to us, though we had not forgotten you or been false to your covenant.

¹⁸Our hearts had not turned back; our feet had not strayed from your path.

¹⁹But you crushed us and made us a haunt for jackals and covered us over with deep darkness.

²⁰If we had forgotten the name of our God or spread out our hands to a foreign god,

²¹would not God have discovered it, since he knows the secrets of the heart?

²²Yet for your sake we face death all day long; we are considered as sheep to be slaughtered.

²³Awake, O Lord! Why do you sleep? Rouse yourself! Do not reject us forever.

²⁴Why do you hide your face and forget our misery and oppression?

²⁵We are brought down to the dust; our bodies cling to the ground.

²⁶Rise up and help us; redeem us because of your unfailing love.

PSALM 45

¹My heart is stirred by a noble theme as I recite my verses for the king; my tongue is the pen of a skillful writer.

²You are the most excellent of men and your lips have been anointed with grace, since God has blessed you forever.

³Gird your sword upon your side, O mighty one; clothe yourself with splendor and majesty.

⁴In your majesty ride forth victoriously in behalf of truth, humility and righteousness; let your right hand display awesome deeds.

⁵Let your sharp arrows pierce the hearts of the king's enemies; let the nations fall beneath your feet.

⁶Your throne, O God, will last for ever and ever; a scepter of justice will be the scepter of your kingdom.

⁷You love righteousness and hate wickedness; therefore God, your God, has set you above your companions by anointing you with the oil of joy.

⁸All your robes are fragrant with myrrh and aloes and cassia; from palaces adorned with ivory the music of the strings makes you glad.

⁹Daughters of kings are among your honored women; at your right hand is the royal bride in gold of Ophir.

¹⁰Listen, O daughter, consider and give ear: Forget your people and your father's house.

¹¹The king is enthralled by your beauty; honor him, for he is your lord.

¹²The Daughter of Tyre will come with a gift, men of wealth will seek your favor.

¹³All glorious is the princess within her chamber ; her gown is interwoven with gold.

¹⁴In embroidered garments she is led to the king; her virgin companions follow her and are brought to you.

¹⁵They are led in with joy and gladness; they enter the palace of the king.

¹⁶Your sons will take the place of your fathers; you will make them princes throughout the land.

¹⁷I will perpetuate your memory through all generations; therefore the nations will praise you for ever and ever.

PSALM 46

¹God is our refuge and strength, an ever-present help in trouble.

²Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea,

³though its waters roar and foam and the mountains quake with their surging. Selah

⁴There is a river whose streams make glad the city of God, the holy place where the Most High dwells.

⁵God is within her, she will not fall; God will help her at break of day.

⁶Nations are in uproar, kingdoms fall; he lifts his voice, the earth melts.

⁷The Lord Almighty is with us; the God of Jacob is our fortress. Selah

⁸Come and see the works of the Lord , the desolations he has brought on the earth.

⁹He makes wars cease to the ends of the earth; he breaks the bow and shatters the spear, he burns the shields with fire.

¹⁰"Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."

¹¹The Lord Almighty is with us; the God of Jacob is our fortress. Selah

PSALM 47

¹Clap your hands, all you nations; shout to God with cries of joy.

²How awesome is the Lord Most High, the great King over all the earth!

³He subdued nations under us, peoples under our feet.

⁴He chose our inheritance for us, the pride of Jacob, whom he loved. Selah

⁵God has ascended amid shouts of joy, the Lord amid the sounding of trumpets.

⁶Sing praises to God, sing praises; sing praises to our King, sing praises.

⁷For God is the King of all the earth; sing to him a psalm of praise.

⁸ God reigns over the nations; God is seated on his holy throne.

⁹ The nobles of the nations assemble as the people of the God of Abraham, for the kings of the earth belong to God; he is greatly exalted.

PSALM 48

¹ Great is the Lord, and most worthy of praise, in the city of our God, his holy mountain.

² It is beautiful in its loftiness, the joy of the whole earth. Like the utmost heights of Zaphon is Mount Zion, the city of the Great King.

³ God is in her citadels; he has shown himself to be her fortress.

⁴ When the kings joined forces, when they advanced together,

⁵ they saw her and were astounded; they fled in terror.

⁶ Trembling seized them there, pain like that of a woman in labor.

⁷ You destroyed them like ships of Tarshish shattered by an east wind.

⁸ As we have heard, so have we seen in the city of the Lord Almighty, in the city of our God: God makes her secure forever. Selah

⁹ Within your temple, O God, we meditate on your unending love.

¹⁰ Like your name, O God, your praise reaches to the ends of the earth; your right hand is filled with righteousness.

¹¹ Mount Zion rejoices, the villages of Judah are glad because of your judgments.

¹² Walk about Zion, go around her, count her towers,

¹³ consider well her ramparts, view her citadels, that you may tell of them to the next generation.

¹⁴ For this God is our God for ever and ever; he will be our guide even to the end.

PSALM 49

¹ Hear this, all you peoples; listen, all who live in this world,

² both low and high, rich and poor alike:

³ My mouth will speak words of wisdom; the utterance from my heart will give understanding.

⁴ I will turn my ear to a proverb; with the harp I will expound my riddle:

⁵ Why should I fear when evil days come, when wicked deceivers surround me-

⁶ those who trust in their wealth and boast of their great riches?

⁷ No man can redeem the life of another or give to God a ransom for him-

⁸the ransom for a life is costly, no payment is ever enough-

⁹that he should live on forever and not see decay.

¹⁰For all can see that wise men die; the foolish and the senseless alike perish and leave their wealth to others.

¹¹Their tombs will remain their houses forever, their dwellings for endless generations, though they had named lands after themselves.

¹²But man, despite his riches, does not endure; he is like the beasts that perish.

¹³This is the fate of those who trust in themselves, and of their followers, who approve their sayings. Selah

¹⁴Like sheep they are destined for the grave, and death will feed on them. The upright will rule over them in the morning; their forms will decay in the grave, far from their princely mansions.

¹⁵But God will redeem my life from the grave; he will surely take me to himself. Selah

¹⁶Do not be overawed when a man grows rich, when the splendor of his house increases;

¹⁷for he will take nothing with him when he dies, his splendor will not descend with him.

¹⁸Though while he lived he counted himself blessed- and men praise you when you prosper-

¹⁹he will join the generation of his fathers, who will never see the light of life .

²⁰A man who has riches without understanding is like the beasts that perish.

PSALM 50

¹The Mighty One, God, the Lord , speaks and summons the earth from the rising of the sun to the place where it sets.

²From Zion, perfect in beauty, God shines forth.

³Our God comes and will not be silent; a fire devours before him, and around him a tempest rages.

⁴He summons the heavens above, and the earth, that he may judge his people:

⁵"Gather to me my consecrated ones, who made a covenant with me by sacrifice."

⁶And the heavens proclaim his righteousness, for God himself is judge. Selah

⁷"Hear, O my people, and I will speak, O Israel, and I will testify against you: I am God, your God.

⁸I do not rebuke you for your sacrifices or your burnt offerings, which are ever before me.

⁹ I have no need of a bull from your stall
or of goats from your pens,
¹⁰ for every animal of the forest is mine,
and the cattle on a thousand hills.
¹¹ I know every bird in the mountains,
and the creatures of the field are mine.
¹² If I were hungry I would not tell you,
for the world is mine, and all that is in it.
¹³ Do I eat the flesh of bulls or drink the
blood of goats?
¹⁴ Sacrifice thank offerings to God, fulfill
your vows to the Most High,
¹⁵ and call upon me in the day of trouble;
I will deliver you, and you will honor me."
¹⁶ But to the wicked, God says: "What
right have you to recite my laws or take
my covenant on your lips?
¹⁷ You hate my instruction and cast my
words behind you.
¹⁸ When you see a thief, you join with
him; you throw in your lot with adulterers.
¹⁹ You use your mouth for evil and
harness your tongue to deceit.
²⁰ You speak continually against your
brother and slander your own mother's
son.
²¹ These things you have done and I
kept silent; you thought I was altogether
like you. But I will rebuke you and
accuse you to your face.

²² "Consider this, you who forget God, or
I will tear you to pieces, with none to
rescue:

²³ He who sacrifices thank offerings
honors me, and he prepares the way so
that I may show him the salvation of
God."

PSALM 51

¹ Have mercy on me, O God, according
to your unfailing love; according to your
great compassion blot out my
transgressions.

² Wash away all my iniquity and cleanse
me from my sin.

³ For I know my transgressions, and my
sin is always before me.

⁴ Against you, you only, have I sinned
and done what is evil in your sight, so
that you are proved right when you
speak and justified when you judge.

⁵ Surely I was sinful at birth, sinful from
the time my mother conceived me.

⁶ Surely you desire truth in the inner
parts ; you teach me wisdom in the
inmost place.

⁷ Cleanse me with hyssop, and I will be
clean; wash me, and I will be whiter than
snow.

⁸ Let me hear joy and gladness; let the
bones you have crushed rejoice.

⁹Hide your face from my sins and blot out all my iniquity.

¹⁰Create in me a pure heart, O God, and renew a steadfast spirit within me.

¹¹Do not cast me from your presence or take your Holy Spirit from me.

¹²Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.

¹³Then I will teach transgressors your ways, and sinners will turn back to you.

¹⁴Save me from bloodguilt, O God, the God who saves me, and my tongue will sing of your righteousness.

¹⁵O Lord, open my lips, and my mouth will declare your praise.

¹⁶You do not delight in sacrifice, or I would bring it; you do not take pleasure in burnt offerings.

¹⁷The sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise.

¹⁸In your good pleasure make Zion prosper; build up the walls of Jerusalem.

¹⁹Then there will be righteous sacrifices, whole burnt offerings to delight you; then bulls will be offered on your altar.

PSALM 52

¹Why do you boast of evil, you mighty man? Why do you boast all day long,

you who are a disgrace in the eyes of God?

²Your tongue plots destruction; it is like a sharpened razor, you who practice deceit.

³You love evil rather than good, falsehood rather than speaking the truth. Selah

⁴You love every harmful word, O you deceitful tongue!

⁵Surely God will bring you down to everlasting ruin: He will snatch you up and tear you from your tent; he will uproot you from the land of the living. Selah

⁶The righteous will see and fear; they will laugh at him, saying,

⁷"Here now is the man who did not make God his stronghold but trusted in his great wealth and grew strong by destroying others!"

⁸But I am like an olive tree flourishing in the house of God; I trust in God's unfailing love for ever and ever.

⁹I will praise you forever for what you have done; in your name I will hope, for your name is good. I will praise you in the presence of your saints.

PSALM 53

¹The fool says in his heart, "There is no God." They are corrupt, and their ways are vile; there is no one who does good.

² God looks down from heaven on the sons of men to see if there are any who understand, any who seek God.

³ Everyone has turned away, they have together become corrupt; there is no one who does good, not even one.

⁴ Will the evildoers never learn- those who devour my people as men eat bread and who do not call on God?

⁵ There they were, overwhelmed with dread, where there was nothing to dread. God scattered the bones of those who attacked you; you put them to shame, for God despised them.

⁶ Oh, that salvation for Israel would come out of Zion! When God restores the fortunes of his people, let Jacob rejoice and Israel be glad!

PSALM 54

¹ Save me, O God, by your name; vindicate me by your might.

² Hear my prayer, O God; listen to the words of my mouth.

³ Strangers are attacking me; ruthless men seek my life- men without regard for God. Selah

⁴ Surely God is my help; the Lord is the one who sustains me.

⁵ Let evil recoil on those who slander me; in your faithfulness destroy them.

⁶ I will sacrifice a freewill offering to you; I will praise your name, O Lord , for it is good.

⁷ For he has delivered me from all my troubles, and my eyes have looked in triumph on my foes.

PSALM 55

¹ Listen to my prayer, O God, do not ignore my plea;

² hear me and answer me. My thoughts trouble me and I am distraught

³ at the voice of the enemy, at the stares of the wicked; for they bring down suffering upon me and revile me in their anger.

⁴ My heart is in anguish within me; the terrors of death assail me.

⁵ Fear and trembling have beset me; horror has overwhelmed me.

⁶ I said, "Oh, that I had the wings of a dove! I would fly away and be at rest-

⁷ I would flee far away and stay in the desert; Selah

⁸ I would hurry to my place of shelter, far from the tempest and storm."

⁹ Confuse the wicked, O Lord, confound their speech, for I see violence and strife in the city.

¹⁰ Day and night they prowl about on its walls; malice and abuse are within it.

¹¹ Destructive forces are at work in the city; threats and lies never leave its streets.

¹² If an enemy were insulting me, I could endure it; if a foe were raising himself against me, I could hide from him.

¹³ But it is you, a man like myself, my companion, my close friend,

¹⁴ with whom I once enjoyed sweet fellowship as we walked with the throng at the house of God.

¹⁵ Let death take my enemies by surprise; let them go down alive to the grave, for evil finds lodging among them.

¹⁶ But I call to God, and the Lord saves me.

¹⁷ Evening, morning and noon I cry out in distress, and he hears my voice.

¹⁸ He ransoms me unharmed from the battle waged against me, even though many oppose me.

¹⁹ God, who is enthroned forever, will hear them and afflict them- Selah men who never change their ways and have no fear of God.

²⁰ My companion attacks his friends; he violates his covenant.

²¹ His speech is smooth as butter, yet war is in his heart; his words are more soothing than oil, yet they are drawn swords.

²² Cast your cares on the Lord and he will sustain you; he will never let the righteous fall.

²³ But you, O God, will bring down the wicked into the pit of corruption; bloodthirsty and deceitful men will not live out half their days. But as for me, I trust in you.

PSALM 56

¹ Be merciful to me, O God, for men hotly pursue me; all day long they press their attack.

² My slanderers pursue me all day long; many are attacking me in their pride.

³ When I am afraid, I will trust in you.

⁴ In God, whose word I praise, in God I trust; I will not be afraid. What can mortal man do to me?

⁵ All day long they twist my words; they are always plotting to harm me.

⁶ They conspire, they lurk, they watch my steps, eager to take my life.

⁷ On no account let them escape; in your anger, O God, bring down the nations.

⁸ Record my lament; list my tears on your scroll - are they not in your record?

⁹ Then my enemies will turn back when I call for help. By this I will know that God is for me.

¹⁰In God, whose word I praise, in the Lord, whose word I praise-

¹¹in God I trust; I will not be afraid. What can man do to me?

¹²I am under vows to you, O God; I will present my thank offerings to you.

¹³For you have delivered me from death and my feet from stumbling, that I may walk before God in the light of life.

PSALM 57

¹Have mercy on me, O God, have mercy on me, for in you my soul takes refuge. I will take refuge in the shadow of your wings until the disaster has passed.

²I cry out to God Most High, to God, who fulfills [his purpose] for me.

³He sends from heaven and saves me, rebuking those who hotly pursue me; Selah God sends his love and his faithfulness.

⁴I am in the midst of lions; I lie among ravenous beasts- men whose teeth are spears and arrows, whose tongues are sharp swords.

⁵Be exalted, O God, above the heavens; let your glory be over all the earth.

⁶They spread a net for my feet- I was bowed down in distress. They dug a pit in my path- but they have fallen into it themselves. Selah

⁷My heart is steadfast, O God, my heart is steadfast; I will sing and make music.

⁸Awake, my soul! Awake, harp and lyre! I will awaken the dawn.

⁹I will praise you, O Lord, among the nations; I will sing of you among the peoples.

¹⁰For great is your love, reaching to the heavens; your faithfulness reaches to the skies.

¹¹Be exalted, O God, above the heavens; let your glory be over all the earth.

PSALM 58

¹Do you rulers indeed speak justly? Do you judge uprightly among men?

²No, in your heart you devise injustice, and your hands mete out violence on the earth.

³Even from birth the wicked go astray; from the womb they are wayward and speak lies.

⁴Their venom is like the venom of a snake, like that of a cobra that has stopped its ears,

⁵that will not heed the tune of the charmer, however skillful the enchanter may be.

⁶Break the teeth in their mouths, O God; tear out, O Lord, the fangs of the lions!

⁷ Let them vanish like water that flows away; when they draw the bow, let their arrows be blunted.

⁸ Like a slug melting away as it moves along, like a stillborn child, may they not see the sun.

⁹ Before your pots can feel the heat of the thorns- whether they be green or dry-the wicked will be swept away.

¹⁰ The righteous will be glad when they are avenged, when they bathe their feet in the blood of the wicked.

¹¹ Then men will say, "Surely the righteous still are rewarded; surely there is a God who judges the earth."

PSALM 59

¹ Deliver me from my enemies, O God; protect me from those who rise up against me.

² Deliver me from evildoers and save me from bloodthirsty men.

³ See how they lie in wait for me! Fierce men conspire against me for no offense or sin of mine, O Lord .

⁴ I have done no wrong, yet they are ready to attack me. Arise to help me; look on my plight!

⁵ O Lord God Almighty, the God of Israel, rouse yourself to punish all the nations; show no mercy to wicked traitors. Selah

⁶ They return at evening, snarling like dogs, and prowl about the city.

⁷ See what they spew from their mouths- they spew out swords from their lips, and they say, "Who can hear us?"

⁸ But you, O Lord , laugh at them; you scoff at all those nations.

⁹ O my Strength, I watch for you; you, O God, are my fortress,

¹⁰ my loving God. God will go before me and will let me gloat over those who slander me.

¹¹ But do not kill them, O Lord our shield, or my people will forget. In your might make them wander about, and bring them down.

¹² For the sins of their mouths, for the words of their lips, let them be caught in their pride. For the curses and lies they utter,

¹³ consume them in wrath, consume them till they are no more. Then it will be known to the ends of the earth that God rules over Jacob. Selah

¹⁴ They return at evening, snarling like dogs, and prowl about the city.

¹⁵ They wander about for food and howl if not satisfied.

¹⁶ But I will sing of your strength, in the morning I will sing of your love; for you are my fortress, my refuge in times of trouble.

¹⁷O my Strength, I sing praise to you; you, O God, are my fortress, my loving God.

PSALM 60

¹You have rejected us, O God, and burst forth upon us; you have been angry-now restore us!

²You have shaken the land and torn it open; mend its fractures, for it is quaking.

³You have shown your people desperate times; you have given us wine that makes us stagger.

⁴But for those who fear you, you have raised a banner to be unfurled against the bow. Selah

⁵Save us and help us with your right hand, that those you love may be delivered.

⁶God has spoken from his sanctuary: "In triumph I will parcel out Shechem and measure off the Valley of Succoth.

⁷Gilead is mine, and Manasseh is mine; Ephraim is my helmet, Judah my scepter.

⁸Moab is my washbasin, upon Edom I toss my sandal; over Philistia I shout in triumph."

⁹

Who will bring me to the fortified city?

¹⁰Is it not you, O God, you who have rejected us and no longer go out with our armies?

¹¹Give us aid against the enemy, for the help of man is worthless.

¹²With God we will gain the victory, and he will trample down our enemies.

PSALM 61

¹Hear my cry, O God; listen to my prayer.

²From the ends of the earth I call to you, I call as my heart grows faint; lead me to the rock that is higher than I.

³For you have been my refuge, a strong tower against the foe.

⁴I long to dwell in your tent forever and take refuge in the shelter of your wings. Selah

⁵For you have heard my vows, O God; you have given me the heritage of those who fear your name.

⁶Increase the days of the king's life, his years for many generations.

⁷May he be enthroned in God's presence forever; appoint your love and faithfulness to protect him.

⁸Then will I ever sing praise to your name and fulfill my vows day after day.

PSALM 62

¹My soul finds rest in God alone; my salvation comes from him.

²He alone is my rock and my salvation; he is my fortress, I will never be shaken.

³How long will you assault a man? Would all of you throw him down- this leaning wall, this tottering fence?

⁴They fully intend to topple him from his lofty place; they take delight in lies. With their mouths they bless, but in their hearts they curse. Selah

⁵Find rest, O my soul, in God alone; my hope comes from him.

⁶He alone is my rock and my salvation; he is my fortress, I will not be shaken.

⁷My salvation and my honor depend on God ; he is my mighty rock, my refuge.

⁸Trust in him at all times, O people; pour out your hearts to him, for God is our refuge. Selah

⁹Lowborn men are but a breath, the highborn are but a lie; if weighed on a balance, they are nothing; together they are only a breath.

¹⁰Do not trust in extortion or take pride in stolen goods; though your riches increase, do not set your heart on them.

¹¹One thing God has spoken, two things have I heard: that you, O God, are strong,

¹²and that you, O Lord, are loving. Surely you will reward each person according to what he has done.

PSALM 63

¹O God, you are my God, earnestly I seek you; my soul thirsts for you, my body longs for you, in a dry and weary land where there is no water.

²I have seen you in the sanctuary and beheld your power and your glory.

³Because your love is better than life, my lips will glorify you.

⁴I will praise you as long as I live, and in your name I will lift up my hands.

⁵My soul will be satisfied as with the richest of foods; with singing lips my mouth will praise you.

⁶On my bed I remember you; I think of you through the watches of the night.

⁷Because you are my help, I sing in the shadow of your wings.

⁸My soul clings to you; your right hand upholds me.

⁹They who seek my life will be destroyed; they will go down to the depths of the earth.

¹⁰They will be given over to the sword and become food for jackals.

¹¹ But the king will rejoice in God; all who swear by God's name will praise him, while the mouths of liars will be silenced.

PSALM 64

¹ Hear me, O God, as I voice my complaint; protect my life from the threat of the enemy.

² Hide me from the conspiracy of the wicked, from that noisy crowd of evildoers.

³ They sharpen their tongues like swords and aim their words like deadly arrows.

⁴ They shoot from ambush at the innocent man; they shoot at him suddenly, without fear.

⁵ They encourage each other in evil plans, they talk about hiding their snares; they say, "Who will see them?"

⁶ They plot injustice and say, "We have devised a perfect plan!" Surely the mind and heart of man are cunning.

⁷ But God will shoot them with arrows; suddenly they will be struck down.

⁸ He will turn their own tongues against them and bring them to ruin; all who see them will shake their heads in scorn.

⁹ All mankind will fear; they will proclaim the works of God and ponder what he has done.

¹⁰ Let the righteous rejoice in the Lord and take refuge in him; let all the upright in heart praise him!

PSALM 65

¹ Praise awaits you, O God, in Zion; to you our vows will be fulfilled.

² O you who hear prayer, to you all men will come.

³ When we were overwhelmed by sins, you forgave our transgressions.

⁴ Blessed are those you choose and bring near to live in your courts! We are filled with the good things of your house, of your holy temple.

⁵ You answer us with awesome deeds of righteousness, O God our Savior, the hope of all the ends of the earth and of the farthest seas,

⁶ who formed the mountains by your power, having armed yourself with strength,

⁷ who stilled the roaring of the seas, the roaring of their waves, and the turmoil of the nations.

⁸ Those living far away fear your wonders; where morning dawns and evening fades you call forth songs of joy.

⁹ You care for the land and water it; you enrich it abundantly. The streams of God are filled with water to provide the people with grain, for so you have ordained it.

¹⁰You drench its furrows and level its ridges; you soften it with showers and bless its crops.

¹¹You crown the year with your bounty, and your carts overflow with abundance.

¹²The grasslands of the desert overflow; the hills are clothed with gladness.

¹³The meadows are covered with flocks and the valleys are mantled with grain; they shout for joy and sing.

PSALM 66

¹Shout with joy to God, all the earth!

²Sing the glory of his name; make his praise glorious!

³Say to God, "How awesome are your deeds! So great is your power that your enemies cringe before you.

⁴All the earth bows down to you; they sing praise to you, they sing praise to your name." Selah

⁵Come and see what God has done, how awesome his works in man's behalf!

⁶He turned the sea into dry land, they passed through the waters on foot- come, let us rejoice in him.

⁷He rules forever by his power, his eyes watch the nations- let not the rebellious rise up against him. Selah

⁸Praise our God, O peoples, let the sound of his praise be heard;

⁹he has preserved our lives and kept our feet from slipping.

¹⁰For you, O God, tested us; you refined us like silver.

¹¹You brought us into prison and laid burdens on our backs.

¹²You let men ride over our heads; we went through fire and water, but you brought us to a place of abundance.

¹³I will come to your temple with burnt offerings and fulfill my vows to you-

¹⁴vows my lips promised and my mouth spoke when I was in trouble.

¹⁵I will sacrifice fat animals to you and an offering of rams; I will offer bulls and goats. Selah

¹⁶Come and listen, all you who fear God; let me tell you what he has done for me.

¹⁷I cried out to him with my mouth; his praise was on my tongue.

¹⁸If I had cherished sin in my heart, the Lord would not have listened;

¹⁹but God has surely listened and heard my voice in prayer.

²⁰Praise be to God, who has not rejected my prayer or withheld his love from me!

PSALM 67

¹ May God be gracious to us and bless us and make his face shine upon us, Selah

² that your ways may be known on earth, your salvation among all nations.

³ May the peoples praise you, O God; may all the peoples praise you.

⁴ May the nations be glad and sing for joy, for you rule the peoples justly and guide the nations of the earth. Selah

⁵ May the peoples praise you, O God; may all the peoples praise you.

⁶ Then the land will yield its harvest, and God, our God, will bless us.

⁷ God will bless us, and all the ends of the earth will fear him.

PSALM 68

¹ May God arise, may his enemies be scattered; may his foes flee before him.

² As smoke is blown away by the wind, may you blow them away; as wax melts before the fire, may the wicked perish before God.

³ But may the righteous be glad and rejoice before God; may they be happy and joyful.

⁴ Sing to God, sing praise to his name, extol him who rides on the clouds - his

name is the Lord - and rejoice before him.

⁵ A father to the fatherless, a defender of widows, is God in his holy dwelling.

⁶ God sets the lonely in families, he leads forth the prisoners with singing; but the rebellious live in a sun-scorched land.

⁷ When you went out before your people, O God, when you marched through the wasteland, Selah

⁸ the earth shook, the heavens poured down rain, before God, the One of Sinai, before God, the God of Israel.

⁹ You gave abundant showers, O God; you refreshed your weary inheritance.

¹⁰ Your people settled in it, and from your bounty, O God, you provided for the poor.

¹¹ The Lord announced the word, and great was the company of those who proclaimed it:

¹² "Kings and armies flee in haste; in the camps men divide the plunder.

¹³ Even while you sleep among the campfires, the wings of my dove are sheathed with silver, its feathers with shining gold."

¹⁴ When the Almighty scattered the kings in the land, it was like snow fallen on Zalmon.

¹⁵The mountains of Bashan are majestic mountains; rugged are the mountains of Bashan.

¹⁶Why gaze in envy, O rugged mountains, at the mountain where God chooses to reign, where the Lord himself will dwell forever?

¹⁷The chariots of God are tens of thousands and thousands of thousands; the Lord has come from Sinai into his sanctuary.

¹⁸When you ascended on high, you led captives in your train; you received gifts from men, even from the rebellious- that you, O Lord God, might dwell there.

¹⁹Praise be to the Lord, to God our Savior, who daily bears our burdens. Selah

²⁰Our God is a God who saves; from the Sovereign Lord comes escape from death.

²¹Surely God will crush the heads of his enemies, the hairy crowns of those who go on in their sins.

²²The Lord says, "I will bring them from Bashan; I will bring them from the depths of the sea,

²³that you may plunge your feet in the blood of your foes, while the tongues of your dogs have their share."

²⁴Your procession has come into view, O God, the procession of my God and King into the sanctuary.

²⁵In front are the singers, after them the musicians; with them are the maidens playing tambourines.

²⁶Praise God in the great congregation; praise the Lord in the assembly of Israel.

²⁷There is the little tribe of Benjamin, leading them, there the great throng of Judah's princes, and there the princes of Zebulun and of Naphtali.

²⁸Summon your power, O God ; show us your strength, O God, as you have done before.

²⁹Because of your temple at Jerusalem kings will bring you gifts.

³⁰Rebuke the beast among the reeds, the herd of bulls among the calves of the nations. Humbled, may it bring bars of silver. Scatter the nations who delight in war.

³¹Envoys will come from Egypt; Cush will submit herself to God.

³²Sing to God, O kingdoms of the earth, sing praise to the Lord, Selah

³³to him who rides the ancient skies above, who thunders with mighty voice.

³⁴Proclaim the power of God, whose majesty is over Israel, whose power is in the skies.

³⁵You are awesome, O God, in your sanctuary; the God of Israel gives power and strength to his people. Praise be to God!

PSALM 69

¹ Save me, O God, for the waters have come up to my neck.

² I sink in the miry depths, where there is no foothold. I have come into the deep waters; the floods engulf me.

³ I am worn out calling for help; my throat is parched. My eyes fail, looking for my God.

⁴ Those who hate me without reason outnumber the hairs of my head; many are my enemies without cause, those who seek to destroy me. I am forced to restore what I did not steal.

⁵ You know my folly, O God; my guilt is not hidden from you.

⁶ May those who hope in you not be disgraced because of me, O Lord, the Lord Almighty; may those who seek you not be put to shame because of me, O God of Israel.

⁷ For I endure scorn for your sake, and shame covers my face.

⁸ I am a stranger to my brothers, an alien to my own mother's sons;

⁹ for zeal for your house consumes me, and the insults of those who insult you fall on me.

¹⁰ When I weep and fast, I must endure scorn;

¹¹ when I put on sackcloth, people make sport of me.

¹² Those who sit at the gate mock me, and I am the song of the drunkards.

¹³ But I pray to you, O Lord, in the time of your favor; in your great love, O God, answer me with your sure salvation.

¹⁴ Rescue me from the mire, do not let me sink; deliver me from those who hate me, from the deep waters.

¹⁵ Do not let the floodwaters engulf me or the depths swallow me up or the pit close its mouth over me.

¹⁶ Answer me, O Lord, out of the goodness of your love; in your great mercy turn to me.

¹⁷ Do not hide your face from your servant; answer me quickly, for I am in trouble.

¹⁸ Come near and rescue me; redeem me because of my foes.

¹⁹ You know how I am scorned, disgraced and shamed; all my enemies are before you.

²⁰ Scorn has broken my heart and has left me helpless; I looked for sympathy, but there was none, for comforters, but I found none.

²¹ They put gall in my food and gave me vinegar for my thirst.

²² May the table set before them become a snare; may it become retribution and a trap.

²³ May their eyes be darkened so they cannot see, and their backs be bent forever.

²⁴ Pour out your wrath on them; let your fierce anger overtake them.

²⁵ May their place be deserted; let there be no one to dwell in their tents.

²⁶ For they persecute those you wound and talk about the pain of those you hurt.

²⁷ Charge them with crime upon crime; do not let them share in your salvation.

²⁸ May they be blotted out of the book of life and not be listed with the righteous.

²⁹ I am in pain and distress; may your salvation, O God, protect me.

³⁰ I will praise God's name in song and glorify him with thanksgiving.

³¹ This will please the Lord more than an ox, more than a bull with its horns and hoofs.

³² The poor will see and be glad- you who seek God, may your hearts live!

³³ The Lord hears the needy and does not despise his captive people.

³⁴ Let heaven and earth praise him, the seas and all that move in them,

³⁵ for God will save Zion and rebuild the cities of Judah. Then people will settle there and possess it;

³⁶ the children of his servants will inherit it, and those who love his name will dwell there.

PSALM 70

¹ Hasten, O God, to save me; O Lord, come quickly to help me.

² May those who seek my life be put to shame and confusion; may all who desire my ruin be turned back in disgrace.

³ May those who say to me, "Aha! Aha!" turn back because of their shame.

⁴ But may all who seek you rejoice and be glad in you; may those who love your salvation always say, "Let God be exalted!"

⁵ Yet I am poor and needy; come quickly to me, O God. You are my help and my deliverer; O Lord, do not delay.

PSALM 71

¹ In you, O Lord, I have taken refuge; let me never be put to shame.

² Rescue me and deliver me in your righteousness; turn your ear to me and save me.

³ Be my rock of refuge, to which I can always go; give the command to save me, for you are my rock and my fortress.

⁴Deliver me, O my God, from the hand of the wicked, from the grasp of evil and cruel men.

⁵For you have been my hope, O Sovereign Lord, my confidence since my youth.

⁶From birth I have relied on you; you brought me forth from my mother's womb. I will ever praise you.

⁷I have become like a portent to many, but you are my strong refuge.

⁸My mouth is filled with your praise, declaring your splendor all day long.

⁹Do not cast me away when I am old; do not forsake me when my strength is gone.

¹⁰For my enemies speak against me; those who wait to kill me conspire together.

¹¹They say, "God has forsaken him; pursue him and seize him, for no one will rescue him."

¹²Be not far from me, O God; come quickly, O my God, to help me.

¹³May my accusers perish in shame; may those who want to harm me be covered with scorn and disgrace.

¹⁴But as for me, I will always have hope; I will praise you more and more.

¹⁵My mouth will tell of your righteousness, of your salvation all day long, though I know not its measure.

¹⁶I will come and proclaim your mighty acts, O Sovereign Lord; I will proclaim your righteousness, yours alone.

¹⁷Since my youth, O God, you have taught me, and to this day I declare your marvelous deeds.

¹⁸Even when I am old and gray, do not forsake me, O God, till I declare your power to the next generation, your might to all who are to come.

¹⁹Your righteousness reaches to the skies, O God, you who have done great things. Who, O God, is like you?

²⁰Though you have made me see troubles, many and bitter, you will restore my life again; from the depths of the earth you will again bring me up.

²¹You will increase my honor and comfort me once again.

²²I will praise you with the harp for your faithfulness, O my God; I will sing praise to you with the lyre, O Holy One of Israel.

²³My lips will shout for joy when I sing praise to you- I, whom you have redeemed.

²⁴My tongue will tell of your righteous acts all day long, for those who wanted to harm me have been put to shame and confusion.

PSALM 72

¹Endow the king with your justice, O God, the royal son with your righteousness.

²He will judge your people in righteousness, your afflicted ones with justice.

³The mountains will bring prosperity to the people, the hills the fruit of righteousness.

⁴He will defend the afflicted among the people and save the children of the needy; he will crush the oppressor.

⁵He will endure as long as the sun, as long as the moon, through all generations.

⁶He will be like rain falling on a mown field, like showers watering the earth.

⁷In his days the righteous will flourish; prosperity will abound till the moon is no more.

⁸He will rule from sea to sea and from the River to the ends of the earth.

⁹The desert tribes will bow before him and his enemies will lick the dust.

¹⁰The kings of Tarshish and of distant shores will bring tribute to him; the kings of Sheba and Seba will present him gifts.

¹¹All kings will bow down to him and all nations will serve him.

¹²For he will deliver the needy who cry out, the afflicted who have no one to help.

¹³He will take pity on the weak and the needy and save the needy from death.

¹⁴He will rescue them from oppression and violence, for precious is their blood in his sight.

¹⁵Long may he live! May gold from Sheba be given him. May people ever pray for him and bless him all day long.

¹⁶Let grain abound throughout the land; on the tops of the hills may it sway. Let its fruit flourish like Lebanon; let it thrive like the grass of the field.

¹⁷May his name endure forever; may it continue as long as the sun. All nations will be blessed through him, and they will call him blessed.

¹⁸Praise be to the Lord God, the God of Israel, who alone does marvelous deeds.

¹⁹Praise be to his glorious name forever; may the whole earth be filled with his glory. Amen and Amen.

²⁰This concludes the prayers of David son of Jesse.

PSALM 73

¹Surely God is good to Israel, to those who are pure in heart.

²But as for me, my feet had almost slipped; I had nearly lost my foothold.

³For I envied the arrogant when I saw the prosperity of the wicked.

⁴They have no struggles; their bodies are healthy and strong.

⁵They are free from the burdens common to man; they are not plagued by human ills.

⁶Therefore pride is their necklace; they clothe themselves with violence.

⁷From their callous hearts comes iniquity ; the evil conceits of their minds know no limits.

⁸They scoff, and speak with malice; in their arrogance they threaten oppression.

⁹Their mouths lay claim to heaven, and their tongues take possession of the earth.

¹⁰Therefore their people turn to them and drink up waters in abundance.

¹¹They say, "How can God know? Does the Most High have knowledge?"

¹²This is what the wicked are like-always carefree, they increase in wealth.

¹³Surely in vain have I kept my heart pure; in vain have I washed my hands in innocence.

¹⁴All day long I have been plagued; I have been punished every morning.

¹⁵If I had said, "I will speak thus," I would have betrayed your children.

¹⁶When I tried to understand all this, it was oppressive to me

¹⁷till I entered the sanctuary of God; then I understood their final destiny.

¹⁸Surely you place them on slippery ground; you cast them down to ruin.

¹⁹How suddenly are they destroyed, completely swept away by terrors!

²⁰As a dream when one awakes, so when you arise, O Lord, you will despise them as fantasies.

²¹When my heart was grieved and my spirit embittered,

²²I was senseless and ignorant; I was a brute beast before you.

²³Yet I am always with you; you hold me by my right hand.

²⁴You guide me with your counsel, and afterward you will take me into glory.

²⁵Whom have I in heaven but you? And earth has nothing I desire besides you.

²⁶My flesh and my heart may fail, but God is the strength of my heart and my portion forever.

²⁷Those who are far from you will perish; you destroy all who are unfaithful to you.

²⁸But as for me, it is good to be near God. I have made the Sovereign Lord my refuge; I will tell of all your deeds.

PSALM 74

¹Why have you rejected us forever, O God? Why does your anger smolder against the sheep of your pasture?

²Remember the people you purchased of old, the tribe of your inheritance, whom you redeemed- Mount Zion, where you dwelt.

³Turn your steps toward these everlasting ruins, all this destruction the enemy has brought on the sanctuary.

⁴Your foes roared in the place where you met with us; they set up their standards as signs.

⁵They behaved like men wielding axes to cut through a thicket of trees.

⁶They smashed all the carved paneling with their axes and hatchets.

⁷They burned your sanctuary to the ground; they defiled the dwelling place of your Name.

⁸They said in their hearts, "We will crush them completely!" They burned every place where God was worshiped in the land.

⁹We are given no miraculous signs; no prophets are left, and none of us knows how long this will be.

¹⁰How long will the enemy mock you, O God? Will the foe revile your name forever?

¹¹Why do you hold back your hand, your right hand? Take it from the folds of your garment and destroy them!

¹²But you, O God, are my king from of old; you bring salvation upon the earth.

¹³It was you who split open the sea by your power; you broke the heads of the monster in the waters.

¹⁴It was you who crushed the heads of Leviathan and gave him as food to the creatures of the desert.

¹⁵It was you who opened up springs and streams; you dried up the ever flowing rivers.

¹⁶The day is yours, and yours also the night; you established the sun and moon.

¹⁷It was you who set all the boundaries of the earth; you made both summer and winter.

¹⁸Remember how the enemy has mocked you, O Lord, how foolish people have reviled your name.

¹⁹Do not hand over the life of your dove to wild beasts; do not forget the lives of your afflicted people forever.

²⁰Have regard for your covenant, because haunts of violence fill the dark places of the land.

²¹Do not let the oppressed retreat in disgrace; may the poor and needy praise your name.

²²Rise up, O God, and defend your cause; remember how fools mock you all day long.

²³Do not ignore the clamor of your adversaries, the uproar of your enemies, which rises continually.

PSALM 75

¹We give thanks to you, O God, we give thanks, for your Name is near; men tell of your wonderful deeds.

²You say, "I choose the appointed time; it is I who judge uprightly.

³When the earth and all its people quake, it is I who hold its pillars firm. Selah

⁴To the arrogant I say, 'Boast no more,' and to the wicked, 'Do not lift up your horns.

⁵Do not lift your horns against heaven; do not speak with outstretched neck.' "

⁶No one from the east or the west or from the desert can exalt a man.

⁷But it is God who judges: He brings one down, he exalts another.

⁸In the hand of the Lord is a cup full of foaming wine mixed with spices; he pours it out, and all the wicked of the earth drink it down to its very dregs.

⁹As for me, I will declare this forever; I will sing praise to the God of Jacob.

¹⁰I will cut off the horns of all the wicked, but the horns of the righteous will be lifted up.

PSALM 76

¹In Judah God is known; his name is great in Israel.

²His tent is in Salem, his dwelling place in Zion.

³There he broke the flashing arrows, the shields and the swords, the weapons of war. Selah

⁴You are resplendent with light, more majestic than mountains rich with game.

⁵Valiant men lie plundered, they sleep their last sleep; not one of the warriors can lift his hands.

⁶At your rebuke, O God of Jacob, both horse and chariot lie still.

⁷You alone are to be feared. Who can stand before you when you are angry?

⁸From heaven you pronounced judgment, and the land feared and was quiet-

⁹when you, O God, rose up to judge, to save all the afflicted of the land. Selah

¹⁰Surely your wrath against men brings you praise, and the survivors of your wrath are restrained.

¹¹Make vows to the Lord your God and fulfill them; let all the neighboring lands bring gifts to the One to be feared.

¹²He breaks the spirit of rulers; he is feared by the kings of the earth.

PSALM 77

¹ I cried out to God for help; I cried out to God to hear me.

² When I was in distress, I sought the Lord; at night I stretched out untiring hands and my soul refused to be comforted.

³ I remembered you, O God, and I groaned; I mused, and my spirit grew faint. Selah

⁴ You kept my eyes from closing; I was too troubled to speak.

⁵ I thought about the former days, the years of long ago;

⁶ I remembered my songs in the night.

⁷ "Will the Lord reject forever? Will he never show his favor again?"

⁸ Has his unfailing love vanished forever? Has his promise failed for all time?

⁹ Has God forgotten to be merciful? Has he in anger withheld his compassion?" Selah

¹⁰ Then I thought, "To this I will appeal: the years of the right hand of the Most High."

¹¹ I will remember the deeds of the Lord ; yes, I will remember your miracles of long ago.

¹² I will meditate on all your works and consider all your mighty deeds.

¹³ Your ways, O God, are holy. What god is so great as our God?

¹⁴ You are the God who performs miracles; you display your power among the peoples.

¹⁵ With your mighty arm you redeemed your people, the descendants of Jacob and Joseph. Selah

¹⁶ The waters saw you, O God, the waters saw you and writhed; the very depths were convulsed.

¹⁷ The clouds poured down water, the skies resounded with thunder; your arrows flashed back and forth.

¹⁸ Your thunder was heard in the whirlwind, your lightning lit up the world; the earth trembled and quaked.

¹⁹ Your path led through the sea, your way through the mighty waters, though your footprints were not seen.

²⁰ You led your people like a flock by the hand of Moses and Aaron.

PSALM 78

¹ O my people, hear my teaching; listen to the words of my mouth.

² I will open my mouth in parables, I will utter hidden things, things from of old-

³ what we have heard and known, what our fathers have told us.

⁴We will not hide them from their children; we will tell the next generation the praiseworthy deeds of the Lord, his power, and the wonders he has done.

⁵He decreed statutes for Jacob and established the law in Israel, which he commanded our forefathers to teach their children,

⁶so the next generation would know them, even the children yet to be born, and they in turn would tell their children.

⁷Then they would put their trust in God and would not forget his deeds but would keep his commands.

⁸They would not be like their forefathers—a stubborn and rebellious generation, whose hearts were not loyal to God, whose spirits were not faithful to him.

⁹The men of Ephraim, though armed with bows, turned back on the day of battle;

¹⁰they did not keep God's covenant and refused to live by his law.

¹¹They forgot what he had done, the wonders he had shown them.

¹²He did miracles in the sight of their fathers in the land of Egypt, in the region of Zoan.

¹³He divided the sea and led them through; he made the water stand firm like a wall.

¹⁴He guided them with the cloud by day and with light from the fire all night.

¹⁵He split the rocks in the desert and gave them water as abundant as the seas;

¹⁶he brought streams out of a rocky crag and made water flow down like rivers.

¹⁷But they continued to sin against him, rebelling in the desert against the Most High.

¹⁸They willfully put God to the test by demanding the food they craved.

¹⁹They spoke against God, saying, "Can God spread a table in the desert?"

²⁰When he struck the rock, water gushed out, and streams flowed abundantly. But can he also give us food? Can he supply meat for his people?"

²¹When the Lord heard them, he was very angry; his fire broke out against Jacob, and his wrath rose against Israel,

²²for they did not believe in God or trust in his deliverance.

²³Yet he gave a command to the skies above and opened the doors of the heavens;

²⁴he rained down manna for the people to eat, he gave them the grain of heaven.

²⁵Men ate the bread of angels; he sent them all the food they could eat.

²⁶He let loose the east wind from the heavens and led forth the south wind by his power.

²⁷ He rained meat down on them like dust, flying birds like sand on the seashore.

²⁸ He made them come down inside their camp, all around their tents.

²⁹ They ate till they had more than enough, for he had given them what they craved.

³⁰ But before they turned from the food they craved, even while it was still in their mouths,

³¹ God's anger rose against them; he put to death the sturdiest among them, cutting down the young men of Israel.

³² In spite of all this, they kept on sinning; in spite of his wonders, they did not believe.

³³ So he ended their days in futility and their years in terror.

³⁴ Whenever God slew them, they would seek him; they eagerly turned to him again.

³⁵ They remembered that God was their Rock, that God Most High was their Redeemer.

³⁶ But then they would flatter him with their mouths, lying to him with their tongues;

³⁷ their hearts were not loyal to him, they were not faithful to his covenant.

³⁸ Yet he was merciful; he forgave their iniquities and did not destroy them. Time

after time he restrained his anger and did not stir up his full wrath.

³⁹ He remembered that they were but flesh, a passing breeze that does not return.

⁴⁰ How often they rebelled against him in the desert and grieved him in the wasteland!

⁴¹ Again and again they put God to the test; they vexed the Holy One of Israel.

⁴² They did not remember his power- the day he redeemed them from the oppressor,

⁴³ the day he displayed his miraculous signs in Egypt, his wonders in the region of Zoan.

⁴⁴ He turned their rivers to blood; they could not drink from their streams.

⁴⁵ He sent swarms of flies that devoured them, and frogs that devastated them.

⁴⁶ He gave their crops to the grasshopper, their produce to the locust.

⁴⁷ He destroyed their vines with hail and their sycamore-figs with sleet.

⁴⁸ He gave over their cattle to the hail, their livestock to bolts of lightning.

⁴⁹ He unleashed against them his hot anger, his wrath, indignation and hostility- a band of destroying angels.

⁵⁰ He prepared a path for his anger; he did not spare them from death but gave them over to the plague.

⁵¹ He struck down all the firstborn of Egypt, the firstfruits of manhood in the tents of Ham.

⁵² But he brought his people out like a flock; he led them like sheep through the desert.

⁵³ He guided them safely, so they were unafraid; but the sea engulfed their enemies.

⁵⁴ Thus he brought them to the border of his holy land, to the hill country his right hand had taken.

⁵⁵ He drove out nations before them and allotted their lands to them as an inheritance; he settled the tribes of Israel in their homes.

⁵⁶ But they put God to the test and rebelled against the Most High; they did not keep his statutes.

⁵⁷ Like their fathers they were disloyal and faithless, as unreliable as a faulty bow.

⁵⁸ They angered him with their high places; they aroused his jealousy with their idols.

⁵⁹ When God heard them, he was very angry; he rejected Israel completely.

⁶⁰ He abandoned the tabernacle of Shiloh, the tent he had set up among men.

⁶¹ He sent the ark of his might into captivity, his splendor into the hands of the enemy.

⁶² He gave his people over to the sword; he was very angry with his inheritance.

⁶³ Fire consumed their young men, and their maidens had no wedding songs;

⁶⁴ their priests were put to the sword, and their widows could not weep.

⁶⁵ Then the Lord awoke as from sleep, as a man wakes from the stupor of wine.

⁶⁶ He beat back his enemies; he put them to everlasting shame.

⁶⁷ Then he rejected the tents of Joseph, he did not choose the tribe of Ephraim;

⁶⁸ but he chose the tribe of Judah, Mount Zion, which he loved.

⁶⁹ He built his sanctuary like the heights, like the earth that he established forever.

⁷⁰ He chose David his servant and took him from the sheep pens;

⁷¹ from tending the sheep he brought him to be the shepherd of his people Jacob, of Israel his inheritance.

⁷² And David shepherded them with integrity of heart; with skillful hands he led them.

PSALM 79

¹O God, the nations have invaded your inheritance; they have defiled your holy temple, they have reduced Jerusalem to rubble.

²They have given the dead bodies of your servants as food to the birds of the air, the flesh of your saints to the beasts of the earth.

³They have poured out blood like water all around Jerusalem, and there is no one to bury the dead.

⁴We are objects of reproach to our neighbors, of scorn and derision to those around us.

⁵How long, O Lord ? Will you be angry forever? How long will your jealousy burn like fire?

⁶Pour out your wrath on the nations that do not acknowledge you, on the kingdoms that do not call on your name;

⁷for they have devoured Jacob and destroyed his homeland.

⁸Do not hold against us the sins of the fathers; may your mercy come quickly to meet us, for we are in desperate need.

⁹Help us, O God our Savior, for the glory of your name; deliver us and forgive our sins for your name's sake.

¹⁰Why should the nations say, "Where is their God?" Before our eyes, make known among the nations that you avenge the outpoured blood of your servants.

¹¹May the groans of the prisoners come before you; by the strength of your arm preserve those condemned to die.

¹²Pay back into the laps of our neighbors seven times the reproach they have hurled at you, O Lord.

¹³Then we your people, the sheep of your pasture, will praise you forever; from generation to generation we will recount your praise.

PSALM 80

¹Hear us, O Shepherd of Israel, you who lead Joseph like a flock; you who sit enthroned between the cherubim, shine forth

²before Ephraim, Benjamin and Manasseh. Awaken your might; come and save us.

³Restore us, O God; make your face shine upon us, that we may be saved.

⁴O Lord God Almighty, how long will your anger smolder against the prayers of your people?

⁵You have fed them with the bread of tears; you have made them drink tears by the bowlful.

⁶You have made us a source of contention to our neighbors, and our enemies mock us.

⁷Restore us, O God Almighty; make your face shine upon us, that we may be saved.

⁸You brought a vine out of Egypt; you drove out the nations and planted it.

⁹You cleared the ground for it, and it took root and filled the land.

¹⁰The mountains were covered with its shade, the mighty cedars with its branches.

¹¹It sent out its boughs to the Sea, its shoots as far as the River.

¹²Why have you broken down its walls so that all who pass by pick its grapes?

¹³Boars from the forest ravage it and the creatures of the field feed on it.

¹⁴Return to us, O God Almighty! Look down from heaven and see! Watch over this vine,

¹⁵the root your right hand has planted, the son you have raised up for yourself.

¹⁶Your vine is cut down, it is burned with fire; at your rebuke your people perish.

¹⁷Let your hand rest on the man at your right hand, the son of man you have raised up for yourself.

¹⁸Then we will not turn away from you; revive us, and we will call on your name.

¹⁹Restore us, O Lord God Almighty; make your face shine upon us, that we may be saved.

¹Sing for joy to God our strength; shout aloud to the God of Jacob!

²Begin the music, strike the tambourine, play the melodious harp and lyre.

³Sound the ram's horn at the New Moon, and when the moon is full, on the day of our Feast;

⁴this is a decree for Israel, an ordinance of the God of Jacob.

⁵He established it as a statute for Joseph when he went out against Egypt, where we heard a language we did not understand.

⁶He says, "I removed the burden from their shoulders; their hands were set free from the basket.

⁷In your distress you called and I rescued you, I answered you out of a thundercloud; I tested you at the waters of Meribah. Selah

⁸"Hear, O my people, and I will warn you- if you would but listen to me, O Israel!

⁹You shall have no foreign god among you; you shall not bow down to an alien god.

¹⁰I am the Lord your God, who brought you up out of Egypt. Open wide your mouth and I will fill it.

¹¹"But my people would not listen to me; Israel would not submit to me.

PSALM 81

¹²So I gave them over to their stubborn hearts to follow their own devices.

¹³"If my people would but listen to me, if Israel would follow my ways,

¹⁴how quickly would I subdue their enemies and turn my hand against their foes!

¹⁵Those who hate the Lord would cringe before him, and their punishment would last forever.

¹⁶But you would be fed with the finest of wheat; with honey from the rock I would satisfy you."

PSALM 82

¹God presides in the great assembly; he gives judgment among the "gods":

²"How long will you defend the unjust and show partiality to the wicked? Selah

³Defend the cause of the weak and fatherless; maintain the rights of the poor and oppressed.

⁴Rescue the weak and needy; deliver them from the hand of the wicked.

⁵"They know nothing, they understand nothing. They walk about in darkness; all the foundations of the earth are shaken.

⁶"I said, 'You are "gods"; you are all sons of the Most High.'

⁷But you will die like mere men; you will fall like every other ruler."

⁸Rise up, O God, judge the earth, for all the nations are your inheritance.

PSALM 83

¹O God, do not keep silent; be not quiet, O God, be not still.

²See how your enemies are astir, how your foes rear their heads.

³With cunning they conspire against your people; they plot against those you cherish.

⁴"Come," they say, "let us destroy them as a nation, that the name of Israel be remembered no more."

⁵With one mind they plot together; they form an alliance against you-

⁶the tents of Edom and the Ishmaelites, of Moab and the Hagrites,

⁷Gebal, Ammon and Amalek, Philistia, with the people of Tyre.

⁸Even Assyria has joined them to lend strength to the descendants of Lot. Selah

⁹Do to them as you did to Midian, as you did to Sisera and Jabin at the river Kishon,

¹⁰who perished at Endor and became like refuse on the ground.

¹¹ Make their nobles like Oreb and Zeeb,
all their princes like Zebah and
Zalmunna,

¹² who said, "Let us take possession of
the pasturelands of God."

¹³ Make them like tumbleweed, O my
God, like chaff before the wind.

¹⁴ As fire consumes the forest or a flame
sets the mountains ablaze,

¹⁵ so pursue them with your tempest and
terrify them with your storm.

¹⁶ Cover their faces with shame so that
men will seek your name, O Lord .

¹⁷ May they ever be ashamed and
dismayed; may they perish in disgrace.

¹⁸ Let them know that you, whose name
is the Lord - that you alone are the Most
High over all the earth.

PSALM 84

¹ How lovely is your dwelling place, O
Lord Almighty!

² My soul yearns, even faints, for the
courts of the Lord ; my heart and my
flesh cry out for the living God.

³ Even the sparrow has found a home,
and the swallow a nest for herself,
where she may have her young- a place
near your altar, O Lord Almighty, my
King and my God.

⁴ Blessed are those who dwell in your
house; they are ever praising you. Selah

⁵ Blessed are those whose strength is in
you, who have set their hearts on
pilgrimage.

⁶ As they pass through the Valley of
Baca, they make it a place of springs; the
autumn rains also cover it with pools.

⁷ They go from strength to strength, till
each appears before God in Zion.

⁸ Hear my prayer, O Lord God Almighty;
listen to me, O God of Jacob. Selah

⁹ Look upon our shield, O God; look with
favor on your anointed one.

¹⁰ Better is one day in your courts than a
thousand elsewhere; I would rather be a
doorkeeper in the house of my God than
dwell in the tents of the wicked.

¹¹ For the Lord God is a sun and shield;
the Lord bestows favor and honor; no
good thing does he withhold from those
whose walk is blameless.

¹² O Lord Almighty, blessed is the man
who trusts in you.

PSALM 85

¹ You showed favor to your land, O Lord
; you restored the fortunes of Jacob.

² You forgave the iniquity of your people
and covered all their sins. Selah

³You set aside all your wrath and turned from your fierce anger.

⁴Restore us again, O God our Savior, and put away your displeasure toward us.

⁵Will you be angry with us forever? Will you prolong your anger through all generations?

⁶Will you not revive us again, that your people may rejoice in you?

⁷Show us your unfailing love, O Lord , and grant us your salvation.

⁸I will listen to what God the Lord will say; he promises peace to his people, his saints- but let them not return to folly.

⁹Surely his salvation is near those who fear him, that his glory may dwell in our land.

¹⁰Love and faithfulness meet together; righteousness and peace kiss each other.

¹¹Faithfulness springs forth from the earth, and righteousness looks down from heaven.

¹²The Lord will indeed give what is good, and our land will yield its harvest.

¹³Righteousness goes before him and prepares the way for his steps.

¹Hear, O Lord , and answer me, for I am poor and needy.

²Guard my life, for I am devoted to you. You are my God; save your servant who trusts in you.

³Have mercy on me, O Lord, for I call to you all day long.

⁴Bring joy to your servant, for to you, O Lord, I lift up my soul.

⁵You are forgiving and good, O Lord, abounding in love to all who call to you.

⁶Hear my prayer, O Lord ; listen to my cry for mercy.

⁷In the day of my trouble I will call to you, for you will answer me.

⁸Among the gods there is none like you, O Lord; no deeds can compare with yours.

⁹All the nations you have made will come and worship before you, O Lord; they will bring glory to your name.

¹⁰For you are great and do marvelous deeds; you alone are God.

¹¹Teach me your way, O Lord , and I will walk in your truth; give me an undivided heart, that I may fear your name.

¹²I will praise you, O Lord my God, with all my heart; I will glorify your name forever.

PSALM 86

¹³For great is your love toward me; you have delivered me from the depths of the grave.

¹⁴The arrogant are attacking me, O God; a band of ruthless men seeks my life—men without regard for you.

¹⁵But you, O Lord, are a compassionate and gracious God, slow to anger, abounding in love and faithfulness.

¹⁶Turn to me and have mercy on me; grant your strength to your servant and save the son of your maidservant.

¹⁷Give me a sign of your goodness, that my enemies may see it and be put to shame, for you, O Lord, have helped me and comforted me.

PSALM 87

¹He has set his foundation on the holy mountain;

²the Lord loves the gates of Zion more than all the dwellings of Jacob.

³Glorious things are said of you, O city of God: Selah

⁴"I will record Rahab and Babylon among those who acknowledge me—Philistia too, and Tyre, along with Cush—and will say, 'This one was born in Zion.'"

⁵Indeed, of Zion it will be said, "This one and that one were born in her, and the Most High himself will establish her."

⁶The Lord will write in the register of the peoples: "This one was born in Zion." Selah

⁷As they make music they will sing, "All my fountains are in you."

PSALM 88

¹O Lord, the God who saves me, day and night I cry out before you.

²May my prayer come before you; turn your ear to my cry.

³For my soul is full of trouble and my life draws near the grave.

⁴I am counted among those who go down to the pit; I am like a man without strength.

⁵I am set apart with the dead, like the slain who lie in the grave, whom you remember no more, who are cut off from your care.

⁶You have put me in the lowest pit, in the darkest depths.

⁷Your wrath lies heavily upon me; you have overwhelmed me with all your waves. Selah

⁸You have taken from me my closest friends and have made me repulsive to them. I am confined and cannot escape;

⁹my eyes are dim with grief. I call to you, O Lord, every day; I spread out my hands to you.

¹⁰Do you show your wonders to the dead? Do those who are dead rise up and praise you? Selah

¹¹Is your love declared in the grave, your faithfulness in Destruction ?

¹²Are your wonders known in the place of darkness, or your righteous deeds in the land of oblivion?

¹³But I cry to you for help, O Lord ; in the morning my prayer comes before you.

¹⁴Why, O Lord , do you reject me and hide your face from me?

¹⁵From my youth I have been afflicted and close to death; I have suffered your terrors and am in despair.

¹⁶Your wrath has swept over me; your terrors have destroyed me.

¹⁷All day long they surround me like a flood; they have completely engulfed me.

¹⁸You have taken my companions and loved ones from me; the darkness is my closest friend.

PSALM 89

¹I will sing of the Lord 's great love forever; with my mouth I will make your faithfulness known through all generations.

²I will declare that your love stands firm forever, that you established your faithfulness in heaven itself.

³You said, "I have made a covenant with my chosen one, I have sworn to David my servant,

⁴"I will establish your line forever and make your throne firm through all generations.'" Selah

⁵The heavens praise your wonders, O Lord , your faithfulness too, in the assembly of the holy ones.

⁶For who in the skies above can compare with the Lord ? Who is like the Lord among the heavenly beings?

⁷In the council of the holy ones God is greatly feared; he is more awesome than all who surround him.

⁸O Lord God Almighty, who is like you? You are mighty, O Lord , and your faithfulness surrounds you.

⁹You rule over the surging sea; when its waves mount up, you still them.

¹⁰You crushed Rahab like one of the slain; with your strong arm you scattered your enemies.

¹¹The heavens are yours, and yours also the earth; you founded the world and all that is in it.

¹²You created the north and the south; Tabor and Hermon sing for joy at your name.

¹³Your arm is endued with power; your hand is strong, your right hand exalted.

¹⁴ Righteousness and justice are the foundation of your throne; love and faithfulness go before you.

¹⁵ Blessed are those who have learned to acclaim you, who walk in the light of your presence, O Lord .

¹⁶ They rejoice in your name all day long; they exult in your righteousness.

¹⁷ For you are their glory and strength, and by your favor you exalt our horn.

¹⁸ Indeed, our shield belongs to the Lord , our king to the Holy One of Israel.

¹⁹ Once you spoke in a vision, to your faithful people you said: "I have bestowed strength on a warrior; I have exalted a young man from among the people.

²⁰ I have found David my servant; with my sacred oil I have anointed him.

²¹ My hand will sustain him; surely my arm will strengthen him.

²² No enemy will subject him to tribute; no wicked man will oppress him.

²³ I will crush his foes before him and strike down his adversaries.

²⁴ My faithful love will be with him, and through my name his horn will be exalted.

²⁵ I will set his hand over the sea, his right hand over the rivers.

²⁶ He will call out to me, 'You are my Father, my God, the Rock my Savior.'

²⁷ I will also appoint him my firstborn, the most exalted of the kings of the earth.

²⁸ I will maintain my love to him forever, and my covenant with him will never fail.

²⁹ I will establish his line forever, his throne as long as the heavens endure.

³⁰ "If his sons forsake my law and do not follow my statutes,

³¹ if they violate my decrees and fail to keep my commands,

³² I will punish their sin with the rod, their iniquity with flogging;

³³ but I will not take my love from him, nor will I ever betray my faithfulness.

³⁴ I will not violate my covenant or alter what my lips have uttered.

³⁵ Once for all, I have sworn by my holiness- and I will not lie to David-

³⁶ that his line will continue forever and his throne endure before me like the sun;

³⁷ it will be established forever like the moon, the faithful witness in the sky." Selah

³⁸ But you have rejected, you have spurned, you have been very angry with your anointed one.

³⁹You have renounced the covenant with your servant and have defiled his crown in the dust.

⁴⁰You have broken through all his walls and reduced his strongholds to ruins.

⁴¹All who pass by have plundered him; he has become the scorn of his neighbors.

⁴²You have exalted the right hand of his foes; you have made all his enemies rejoice.

⁴³You have turned back the edge of his sword and have not supported him in battle.

⁴⁴You have put an end to his splendor and cast his throne to the ground.

⁴⁵You have cut short the days of his youth; you have covered him with a mantle of shame. Selah

⁴⁶How long, O Lord ? Will you hide yourself forever? How long will your wrath burn like fire?

⁴⁷Remember how fleeting is my life. For what futility you have created all men!

⁴⁸What man can live and not see death, or save himself from the power of the grave ? Selah

⁴⁹O Lord, where is your former great love, which in your faithfulness you swore to David?

⁵⁰Remember, Lord, how your servant has been mocked, how I bear in my heart the taunts of all the nations,

⁵¹the taunts with which your enemies have mocked, O Lord , with which they have mocked every step of your anointed one.

⁵²Praise be to the Lord forever! Amen and Amen. BOOK IV Psalms 90-106

PSALM 90

¹Lord, you have been our dwelling place throughout all generations.

²Before the mountains were born or you brought forth the earth and the world, from everlasting to everlasting you are God.

³You turn men back to dust, saying, "Return to dust, O sons of men."

⁴For a thousand years in your sight are like a day that has just gone by, or like a watch in the night.

⁵You sweep men away in the sleep of death; they are like the new grass of the morning-

⁶though in the morning it springs up new, by evening it is dry and withered.

⁷We are consumed by your anger and terrified by your indignation.

⁸You have set our iniquities before you, our secret sins in the light of your presence.

⁹All our days pass away under your wrath; we finish our years with a moan.

¹⁰The length of our days is seventy years- or eighty, if we have the strength; yet their span is but trouble and sorrow, for they quickly pass, and we fly away.

¹¹Who knows the power of your anger? For your wrath is as great as the fear that is due you.

¹²Teach us to number our days aright, that we may gain a heart of wisdom.

¹³Relent, O Lord ! How long will it be? Have compassion on your servants.

¹⁴Satisfy us in the morning with your unfailing love, that we may sing for joy and be glad all our days.

¹⁵Make us glad for as many days as you have afflicted us, for as many years as we have seen trouble.

¹⁶May your deeds be shown to your servants, your splendor to their children.

¹⁷May the favor of the Lord our God rest upon us; establish the work of our hands for us- yes, establish the work of our hands.

PSALM 91

¹He who dwells in the shelter of the Most High will rest in the shadow of the Almighty.

²I will say of the Lord , "He is my refuge and my fortress, my God, in whom I trust."

³Surely he will save you from the fowler's snare and from the deadly pestilence.

⁴He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart.

⁵You will not fear the terror of night, nor the arrow that flies by day,

⁶nor the pestilence that stalks in the darkness, nor the plague that destroys at midday.

⁷A thousand may fall at your side, ten thousand at your right hand, but it will not come near you.

⁸You will only observe with your eyes and see the punishment of the wicked.

⁹If you make the Most High your dwelling- even the Lord , who is my refuge-

¹⁰then no harm will befall you, no disaster will come near your tent.

¹¹For he will command his angels concerning you to guard you in all your ways;

¹²they will lift you up in their hands, so that you will not strike your foot against a stone.

¹³You will tread upon the lion and the cobra; you will trample the great lion and the serpent.

¹⁴"Because he loves me," says the Lord , "I will rescue him; I will protect him, for he acknowledges my name.

¹⁵He will call upon me, and I will answer him; I will be with him in trouble, I will deliver him and honor him.

¹⁶With long life will I satisfy him and show him my salvation."

PSALM 92

¹It is good to praise the Lord and make music to your name, O Most High,

²to proclaim your love in the morning and your faithfulness at night,

³to the music of the ten-stringed lyre and the melody of the harp.

⁴For you make me glad by your deeds, O Lord ; I sing for joy at the works of your hands.

⁵How great are your works, O Lord , how profound your thoughts!

⁶The senseless man does not know, fools do not understand,

⁷that though the wicked spring up like grass and all evildoers flourish, they will be forever destroyed.

⁸But you, O Lord , are exalted forever.

⁹For surely your enemies, O Lord , surely your enemies will perish; all evildoers will be scattered.

¹⁰You have exalted my horn like that of a wild ox; fine oils have been poured upon me.

¹¹My eyes have seen the defeat of my adversaries; my ears have heard the rout of my wicked foes.

¹²The righteous will flourish like a palm tree, they will grow like a cedar of Lebanon;

¹³planted in the house of the Lord , they will flourish in the courts of our God.

¹⁴They will still bear fruit in old age, they will stay fresh and green,

¹⁵proclaiming, "The Lord is upright; he is my Rock, and there is no wickedness in him."

PSALM 93

¹The Lord reigns, he is robed in majesty; the Lord is robed in majesty and is armed with strength. The world is firmly established; it cannot be moved.

²Your throne was established long ago; you are from all eternity.

³The seas have lifted up, O Lord , the seas have lifted up their voice; the seas have lifted up their pounding waves.

⁴ Mightier than the thunder of the great waters, mightier than the breakers of the sea- the Lord on high is mighty.

⁵ Your statutes stand firm; holiness adorns your house for endless days, O Lord .

PSALM 94

¹ O Lord , the God who avenges, O God who avenges, shine forth.

² Rise up, O Judge of the earth; pay back to the proud what they deserve.

³ How long will the wicked, O Lord , how long will the wicked be jubilant?

⁴ They pour out arrogant words; all the evildoers are full of boasting.

⁵ They crush your people, O Lord ; they oppress your inheritance.

⁶ They slay the widow and the alien; they murder the fatherless.

⁷ They say, "The Lord does not see; the God of Jacob pays no heed."

⁸ Take heed, you senseless ones among the people; you fools, when will you become wise?

⁹ Does he who implanted the ear not hear? Does he who formed the eye not see?

¹⁰ Does he who disciplines nations not punish? Does he who teaches man lack knowledge?

¹¹ The Lord knows the thoughts of man; he knows that they are futile.

¹² Blessed is the man you discipline, O Lord , the man you teach from your law;

¹³ you grant him relief from days of trouble, till a pit is dug for the wicked.

¹⁴ For the Lord will not reject his people; he will never forsake his inheritance.

¹⁵ Judgment will again be founded on righteousness, and all the upright in heart will follow it.

¹⁶ Who will rise up for me against the wicked? Who will take a stand for me against evildoers?

¹⁷ Unless the Lord had given me help, I would soon have dwelt in the silence of death.

¹⁸ When I said, "My foot is slipping," your love, O Lord , supported me.

¹⁹ When anxiety was great within me, your consolation brought joy to my soul.

²⁰ Can a corrupt throne be allied with you- one that brings on misery by its decrees?

²¹ They band together against the righteous and condemn the innocent to death.

²² But the Lord has become my fortress, and my God the rock in whom I take refuge.

²³He will repay them for their sins and destroy them for their wickedness; the Lord our God will destroy them.

PSALM 95

¹Come, let us sing for joy to the Lord ; let us shout aloud to the Rock of our salvation.

²Let us come before him with thanksgiving and extol him with music and song.

³For the Lord is the great God, the great King above all gods.

⁴In his hand are the depths of the earth, and the mountain peaks belong to him.

⁵The sea is his, for he made it, and his hands formed the dry land.

⁶Come, let us bow down in worship, let us kneel before the Lord our Maker;

⁷for he is our God and we are the people of his pasture, the flock under his care. Today, if you hear his voice,

⁸do not harden your hearts as you did at Meribah, as you did that day at Massah in the desert,

⁹where your fathers tested and tried me, though they had seen what I did.

¹⁰For forty years I was angry with that generation; I said, "They are a people whose hearts go astray, and they have not known my ways."

¹¹So I declared on oath in my anger, "They shall never enter my rest."

PSALM 96

¹Sing to the Lord a new song; sing to the Lord , all the earth.

²Sing to the Lord , praise his name; proclaim his salvation day after day.

³Declare his glory among the nations, his marvelous deeds among all peoples.

⁴For great is the Lord and most worthy of praise; he is to be feared above all gods.

⁵For all the gods of the nations are idols, but the Lord made the heavens.

⁶Splendor and majesty are before him; strength and glory are in his sanctuary.

⁷Ascribe to the Lord , O families of nations, ascribe to the Lord glory and strength.

⁸Ascribe to the Lord the glory due his name; bring an offering and come into his courts.

⁹Worship the Lord in the splendor of his holiness; tremble before him, all the earth.

¹⁰Say among the nations, "The Lord reigns." The world is firmly established, it cannot be moved; he will judge the peoples with equity.

¹¹ Let the heavens rejoice, let the earth be glad; let the sea resound, and all that is in it;

¹² let the fields be jubilant, and everything in them. Then all the trees of the forest will sing for joy;

¹³ they will sing before the Lord , for he comes, he comes to judge the earth. He will judge the world in righteousness and the peoples in his truth.

PSALM 97

¹ The Lord reigns, let the earth be glad; let the distant shores rejoice.

² Clouds and thick darkness surround him; righteousness and justice are the foundation of his throne.

³ Fire goes before him and consumes his foes on every side.

⁴ His lightning lights up the world; the earth sees and trembles.

⁵ The mountains melt like wax before the Lord , before the Lord of all the earth.

⁶ The heavens proclaim his righteousness, and all the peoples see his glory.

⁷ All who worship images are put to shame, those who boast in idols- worship him, all you gods!

⁸ Zion hears and rejoices and the villages of Judah are glad because of your judgments, O Lord .

⁹ For you, O Lord , are the Most High over all the earth; you are exalted far above all gods.

¹⁰ Let those who love the Lord hate evil, for he guards the lives of his faithful ones and delivers them from the hand of the wicked.

¹¹ Light is shed upon the righteous and joy on the upright in heart.

¹² Rejoice in the Lord , you who are righteous, and praise his holy name.

PSALM 98

¹ Sing to the Lord a new song, for he has done marvelous things; his right hand and his holy arm have worked salvation for him.

² The Lord has made his salvation known and revealed his righteousness to the nations.

³ He has remembered his love and his faithfulness to the house of Israel; all the ends of the earth have seen the salvation of our God.

⁴ Shout for joy to the Lord , all the earth, burst into jubilant song with music;

⁵ make music to the Lord with the harp, with the harp and the sound of singing,

⁶ with trumpets and the blast of the ram's horn- shout for joy before the Lord , the King.

⁷ Let the sea resound, and everything in it, the world, and all who live in it.

⁸ Let the rivers clap their hands, let the mountains sing together for joy;

⁹ let them sing before the Lord , for he comes to judge the earth. He will judge the world in righteousness and the peoples with equity.

PSALM 99

¹ The Lord reigns, let the nations tremble; he sits enthroned between the cherubim, let the earth shake.

² Great is the Lord in Zion; he is exalted over all the nations.

³ Let them praise your great and awesome name- he is holy.

⁴ The King is mighty, he loves justice- you have established equity; in Jacob you have done what is just and right.

⁵ Exalt the Lord our God and worship at his footstool; he is holy.

⁶ Moses and Aaron were among his priests, Samuel was among those who called on his name; they called on the Lord and he answered them.

⁷ He spoke to them from the pillar of cloud; they kept his statutes and the decrees he gave them.

⁸ O Lord our God, you answered them; you were to Israel a forgiving God, though you punished their misdeeds.

⁹ Exalt the Lord our God and worship at his holy mountain, for the Lord our God is holy.

PSALM 100

¹ Shout for joy to the Lord , all the earth.

² Worship the Lord with gladness; come before him with joyful songs.

³ Know that the Lord is God. It is he who made us, and we are his ; we are his people, the sheep of his pasture.

⁴ Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name.

⁵ For the Lord is good and his love endures forever; his faithfulness continues through all generations.

PSALM 101

¹ I will sing of your love and justice; to you, O Lord , I will sing praise.

² I will be careful to lead a blameless life- when will you come to me? I will walk in my house with blameless heart.

³ I will set before my eyes no vile thing. The deeds of faithless men I hate; they will not cling to me.

⁴ Men of perverse heart shall be far from me; I will have nothing to do with evil.

⁵ Whoever slanders his neighbor in secret, him will I put to silence; whoever

has haughty eyes and a proud heart,
him will I not endure.

⁶My eyes will be on the faithful in the
land, that they may dwell with me; he
whose walk is blameless will minister to
me.

⁷No one who practices deceit will dwell
in my house; no one who speaks falsely
will stand in my presence.

⁸Every morning I will put to silence all
the wicked in the land; I will cut off every
evildoer from the city of the Lord .

PSALM 102

¹Hear my prayer, O Lord ; let my cry for
help come to you.

²Do not hide your face from me when I
am in distress. Turn your ear to me;
when I call, answer me quickly.

³For my days vanish like smoke; my
bones burn like glowing embers.

⁴My heart is blighted and withered like
grass; I forget to eat my food.

⁵Because of my loud groaning I am
reduced to skin and bones.

⁶I am like a desert owl, like an owl
among the ruins.

⁷I lie awake; I have become like a bird
alone on a roof.

⁸All day long my enemies taunt me;
those who rail against me use my name
as a curse.

⁹For I eat ashes as my food and mingle
my drink with tears

¹⁰because of your great wrath, for you
have taken me up and thrown me aside.

¹¹My days are like the evening shadow;
I wither away like grass.

¹²But you, O Lord , sit enthroned
forever; your renown endures through
all generations.

¹³You will arise and have compassion
on Zion, for it is time to show favor to
her; the appointed time has come.

¹⁴For her stones are dear to your
servants; her very dust moves them to
pity.

¹⁵The nations will fear the name of the
Lord , all the kings of the earth will
revere your glory.

¹⁶For the Lord will rebuild Zion and
appear in his glory.

¹⁷He will respond to the prayer of the
destitute; he will not despise their plea.

¹⁸Let this be written for a future
generation, that a people not yet created
may praise the Lord :

¹⁹"The Lord looked down from his
sanctuary on high, from heaven he
viewed the earth,

²⁰to hear the groans of the prisoners and release those condemned to death."

²¹So the name of the Lord will be declared in Zion and his praise in Jerusalem

²²when the peoples and the kingdoms assemble to worship the Lord .

²³In the course of my life he broke my strength; he cut short my days.

²⁴So I said: "Do not take me away, O my God, in the midst of my days; your years go on through all generations.

²⁵In the beginning you laid the foundations of the earth, and the heavens are the work of your hands.

²⁶They will perish, but you remain; they will all wear out like a garment. Like clothing you will change them and they will be discarded.

²⁷But you remain the same, and your years will never end.

²⁸The children of your servants will live in your presence; their descendants will be established before you."

PSALM 103

¹Praise the Lord , O my soul; all my inmost being, praise his holy name.

²Praise the Lord , O my soul, and forget not all his benefits-

³who forgives all your sins and heals all your diseases,

⁴who redeems your life from the pit and crowns you with love and compassion,

⁵who satisfies your desires with good things so that your youth is renewed like the eagle's.

⁶The Lord works righteousness and justice for all the oppressed.

⁷He made known his ways to Moses, his deeds to the people of Israel:

⁸The Lord is compassionate and gracious, slow to anger, abounding in love.

⁹He will not always accuse, nor will he harbor his anger forever;

¹⁰he does not treat us as our sins deserve or repay us according to our iniquities.

¹¹For as high as the heavens are above the earth, so great is his love for those who fear him;

¹²as far as the east is from the west, so far has he removed our transgressions from us.

¹³As a father has compassion on his children, so the Lord has compassion on those who fear him;

¹⁴for he knows how we are formed, he remembers that we are dust.

¹⁵ As for man, his days are like grass, he flourishes like a flower of the field;

¹⁶ the wind blows over it and it is gone, and its place remembers it no more.

¹⁷ But from everlasting to everlasting the Lord 's love is with those who fear him, and his righteousness with their children's children-

¹⁸ with those who keep his covenant and remember to obey his precepts.

¹⁹ The Lord has established his throne in heaven, and his kingdom rules over all.

²⁰ Praise the Lord , you his angels, you mighty ones who do his bidding, who obey his word.

²¹ Praise the Lord , all his heavenly hosts, you his servants who do his will.

²² Praise the Lord , all his works everywhere in his dominion. Praise the Lord , O my soul.

PSALM 104

¹ Praise the Lord , O my soul. O Lord my God, you are very great; you are clothed with splendor and majesty.

² He wraps himself in light as with a garment; he stretches out the heavens like a tent

³ and lays the beams of his upper chambers on their waters. He makes the clouds his chariot and rides on the wings of the wind.

⁴ He makes winds his messengers, flames of fire his servants.

⁵ He set the earth on its foundations; it can never be moved.

⁶ You covered it with the deep as with a garment; the waters stood above the mountains.

⁷ But at your rebuke the waters fled, at the sound of your thunder they took to flight;

⁸ they flowed over the mountains, they went down into the valleys, to the place you assigned for them.

⁹ You set a boundary they cannot cross; never again will they cover the earth.

¹⁰ He makes springs pour water into the ravines; it flows between the mountains.

¹¹ They give water to all the beasts of the field; the wild donkeys quench their thirst.

¹² The birds of the air nest by the waters; they sing among the branches.

¹³ He waters the mountains from his upper chambers; the earth is satisfied by the fruit of his work.

¹⁴ He makes grass grow for the cattle, and plants for man to cultivate- bringing forth food from the earth:

¹⁵ wine that gladdens the heart of man, oil to make his face shine, and bread that sustains his heart.

¹⁶The trees of the Lord are well watered, the cedars of Lebanon that he planted.

¹⁷There the birds make their nests; the stork has its home in the pine trees.

¹⁸The high mountains belong to the wild goats; the crags are a refuge for the coney.

¹⁹The moon marks off the seasons, and the sun knows when to go down.

²⁰You bring darkness, it becomes night, and all the beasts of the forest prowl.

²¹The lions roar for their prey and seek their food from God.

²²The sun rises, and they steal away; they return and lie down in their dens.

²³Then man goes out to his work, to his labor until evening.

²⁴How many are your works, O Lord ! In wisdom you made them all; the earth is full of your creatures.

²⁵There is the sea, vast and spacious, teeming with creatures beyond number-living things both large and small.

²⁶There the ships go to and fro, and the leviathan, which you formed to frolic there.

²⁷These all look to you to give them their food at the proper time.

²⁸When you give it to them, they gather it up; when you open your hand, they are satisfied with good things.

²⁹When you hide your face, they are terrified; when you take away their breath, they die and return to the dust.

³⁰When you send your Spirit, they are created, and you renew the face of the earth.

³¹May the glory of the Lord endure forever; may the Lord rejoice in his works-

³²he who looks at the earth, and it trembles, who touches the mountains, and they smoke.

³³I will sing to the Lord all my life; I will sing praise to my God as long as I live.

³⁴May my meditation be pleasing to him, as I rejoice in the Lord .

³⁵But may sinners vanish from the earth and the wicked be no more. Praise the Lord , O my soul. Praise the Lord .

PSALM 105

¹Give thanks to the Lord , call on his name; make known among the nations what he has done.

²Sing to him, sing praise to him; tell of all his wonderful acts.

³Glory in his holy name; let the hearts of those who seek the Lord rejoice.

⁴ Look to the Lord and his strength; seek his face always.

⁵ Remember the wonders he has done, his miracles, and the judgments he pronounced,

⁶ O descendants of Abraham his servant, O sons of Jacob, his chosen ones.

⁷ He is the Lord our God; his judgments are in all the earth.

⁸ He remembers his covenant forever, the word he commanded, for a thousand generations,

⁹ the covenant he made with Abraham, the oath he swore to Isaac.

¹⁰ He confirmed it to Jacob as a decree, to Israel as an everlasting covenant:

¹¹ "To you I will give the land of Canaan as the portion you will inherit."

¹² When they were but few in number, few indeed, and strangers in it,

¹³ they wandered from nation to nation, from one kingdom to another.

¹⁴ He allowed no one to oppress them; for their sake he rebuked kings:

¹⁵ "Do not touch my anointed ones; do my prophets no harm."

¹⁶ He called down famine on the land and destroyed all their supplies of food;

¹⁷ and he sent a man before them— Joseph, sold as a slave.

¹⁸ They bruised his feet with shackles, his neck was put in irons,

¹⁹ till what he foretold came to pass, till the word of the Lord proved him true.

²⁰ The king sent and released him, the ruler of peoples set him free.

²¹ He made him master of his household, ruler over all he possessed,

²² to instruct his princes as he pleased and teach his elders wisdom.

²³ Then Israel entered Egypt; Jacob lived as an alien in the land of Ham.

²⁴ The Lord made his people very fruitful; he made them too numerous for their foes,

²⁵ whose hearts he turned to hate his people, to conspire against his servants.

²⁶ He sent Moses his servant, and Aaron, whom he had chosen.

²⁷ They performed his miraculous signs among them, his wonders in the land of Ham.

²⁸ He sent darkness and made the land dark— for had they not rebelled against his words?

²⁹ He turned their waters into blood, causing their fish to die.

³⁰ Their land teemed with frogs, which went up into the bedrooms of their rulers.

³¹ He spoke, and there came swarms of flies, and gnats throughout their country.

³² He turned their rain into hail, with lightning throughout their land;

³³ he struck down their vines and fig trees and shattered the trees of their country.

³⁴ He spoke, and the locusts came, grasshoppers without number;

³⁵ they ate up every green thing in their land, ate up the produce of their soil.

³⁶ Then he struck down all the firstborn in their land, the firstfruits of all their manhood.

³⁷ He brought out Israel, laden with silver and gold, and from among their tribes no one faltered.

³⁸ Egypt was glad when they left, because dread of Israel had fallen on them.

³⁹ He spread out a cloud as a covering, and a fire to give light at night.

⁴⁰ They asked, and he brought them quail and satisfied them with the bread of heaven.

⁴¹ He opened the rock, and water gushed out; like a river it flowed in the desert.

⁴² For he remembered his holy promise given to his servant Abraham.

⁴³ He brought out his people with rejoicing, his chosen ones with shouts of joy;

⁴⁴ he gave them the lands of the nations, and they fell heir to what others had toiled for-

⁴⁵ that they might keep his precepts and observe his laws. Praise the Lord .

PSALM 106

¹ Praise the Lord . Give thanks to the Lord , for he is good; his love endures forever.

² Who can proclaim the mighty acts of the Lord or fully declare his praise?

³ Blessed are they who maintain justice, who constantly do what is right.

⁴ Remember me, O Lord , when you show favor to your people, come to my aid when you save them,

⁵ that I may enjoy the prosperity of your chosen ones, that I may share in the joy of your nation and join your inheritance in giving praise.

⁶ We have sinned, even as our fathers did; we have done wrong and acted wickedly.

⁷ When our fathers were in Egypt, they gave no thought to your miracles; they did not remember your many

kindnesses, and they rebelled by the sea, the Red Sea.

⁸ Yet he saved them for his name's sake, to make his mighty power known.

⁹ He rebuked the Red Sea, and it dried up; he led them through the depths as through a desert.

¹⁰ He saved them from the hand of the foe; from the hand of the enemy he redeemed them.

¹¹ The waters covered their adversaries; not one of them survived.

¹² Then they believed his promises and sang his praise.

¹³ But they soon forgot what he had done and did not wait for his counsel.

¹⁴ In the desert they gave in to their craving; in the wasteland they put God to the test.

¹⁵ So he gave them what they asked for, but sent a wasting disease upon them.

¹⁶ In the camp they grew envious of Moses and of Aaron, who was consecrated to the Lord .

¹⁷ The earth opened up and swallowed Dathan; it buried the company of Abiram.

¹⁸ Fire blazed among their followers; a flame consumed the wicked.

¹⁹ At Horeb they made a calf and worshiped an idol cast from metal.

²⁰ They exchanged their Glory for an image of a bull, which eats grass.

²¹ They forgot the God who saved them, who had done great things in Egypt,

²² miracles in the land of Ham and awesome deeds by the Red Sea.

²³ So he said he would destroy them-had not Moses, his chosen one, stood in the breach before him to keep his wrath from destroying them.

²⁴ Then they despised the pleasant land; they did not believe his promise.

²⁵ They grumbled in their tents and did not obey the Lord .

²⁶ So he swore to them with uplifted hand that he would make them fall in the desert,

²⁷ make their descendants fall among the nations and scatter them throughout the lands.

²⁸ They yoked themselves to the Baal of Peor and ate sacrifices offered to lifeless gods;

²⁹ they provoked the Lord to anger by their wicked deeds, and a plague broke out among them.

³⁰ But Phinehas stood up and intervened, and the plague was checked.

³¹ This was credited to him as righteousness for endless generations to come.

³²By the waters of Meribah they angered the Lord , and trouble came to Moses because of them;

³³for they rebelled against the Spirit of God, and rash words came from Moses' lips.

³⁴They did not destroy the peoples as the Lord had commanded them,

³⁵but they mingled with the nations and adopted their customs.

³⁶They worshiped their idols, which became a snare to them.

³⁷They sacrificed their sons and their daughters to demons.

³⁸They shed innocent blood, the blood of their sons and daughters, whom they sacrificed to the idols of Canaan, and the land was desecrated by their blood.

³⁹They defiled themselves by what they did; by their deeds they prostituted themselves.

⁴⁰Therefore the Lord was angry with his people and abhorred his inheritance.

⁴¹He handed them over to the nations, and their foes ruled over them.

⁴²Their enemies oppressed them and subjected them to their power.

⁴³Many times he delivered them, but they were bent on rebellion and they wasted away in their sin.

⁴⁴But he took note of their distress when he heard their cry;

⁴⁵for their sake he remembered his covenant and out of his great love he relented.

⁴⁶He caused them to be pitied by all who held them captive.

⁴⁷Save us, O Lord our God, and gather us from the nations, that we may give thanks to your holy name and glory in your praise.

⁴⁸Praise be to the Lord , the God of Israel, from everlasting to everlasting. Let all the people say, "Amen!" Praise the Lord .

PSALM 107

¹Give thanks to the Lord , for he is good; his love endures forever.

²Let the redeemed of the Lord say this—those he redeemed from the hand of the foe,

³those he gathered from the lands, from east and west, from north and south.

⁴Some wandered in desert wastelands, finding no way to a city where they could settle.

⁵They were hungry and thirsty, and their lives ebbed away.

⁶Then they cried out to the Lord in their trouble, and he delivered them from their distress.

⁷ He led them by a straight way to a city where they could settle.

⁸ Let them give thanks to the Lord for his unfailing love and his wonderful deeds for men,

⁹ for he satisfies the thirsty and fills the hungry with good things.

¹⁰ Some sat in darkness and the deepest gloom, prisoners suffering in iron chains,

¹¹ for they had rebelled against the words of God and despised the counsel of the Most High.

¹² So he subjected them to bitter labor; they stumbled, and there was no one to help.

¹³ Then they cried to the Lord in their trouble, and he saved them from their distress.

¹⁴ He brought them out of darkness and the deepest gloom and broke away their chains.

¹⁵ Let them give thanks to the Lord for his unfailing love and his wonderful deeds for men,

¹⁶ for he breaks down gates of bronze and cuts through bars of iron.

¹⁷ Some became fools through their rebellious ways and suffered affliction because of their iniquities.

¹⁸ They loathed all food and drew near the gates of death.

¹⁹ Then they cried to the Lord in their trouble, and he saved them from their distress.

²⁰ He sent forth his word and healed them; he rescued them from the grave.

²¹ Let them give thanks to the Lord for his unfailing love and his wonderful deeds for men.

²² Let them sacrifice thank offerings and tell of his works with songs of joy.

²³ Others went out on the sea in ships; they were merchants on the mighty waters.

²⁴ They saw the works of the Lord, his wonderful deeds in the deep.

²⁵ For he spoke and stirred up a tempest that lifted high the waves.

²⁶ They mounted up to the heavens and went down to the depths; in their peril their courage melted away.

²⁷ They reeled and staggered like drunken men; they were at their wits' end.

²⁸ Then they cried out to the Lord in their trouble, and he brought them out of their distress.

²⁹ He stilled the storm to a whisper; the waves of the sea were hushed.

³⁰ They were glad when it grew calm, and he guided them to their desired haven.

³¹ Let them give thanks to the Lord for his unfailing love and his wonderful deeds for men.

³² Let them exalt him in the assembly of the people and praise him in the council of the elders.

³³ He turned rivers into a desert, flowing springs into thirsty ground,

³⁴ and fruitful land into a salt waste, because of the wickedness of those who lived there.

³⁵ He turned the desert into pools of water and the parched ground into flowing springs;

³⁶ there he brought the hungry to live, and they founded a city where they could settle.

³⁷ They sowed fields and planted vineyards that yielded a fruitful harvest;

³⁸ he blessed them, and their numbers greatly increased, and he did not let their herds diminish.

³⁹ Then their numbers decreased, and they were humbled by oppression, calamity and sorrow;

⁴⁰ he who pours contempt on nobles made them wander in a trackless waste.

⁴¹ But he lifted the needy out of their affliction and increased their families like flocks.

⁴² The upright see and rejoice, but all the wicked shut their mouths.

⁴³ Whoever is wise, let him heed these things and consider the great love of the Lord .

PSALM 108

¹ My heart is steadfast, O God; I will sing and make music with all my soul.

² Awake, harp and lyre! I will awaken the dawn.

³ I will praise you, O Lord , among the nations; I will sing of you among the peoples.

⁴ For great is your love, higher than the heavens; your faithfulness reaches to the skies.

⁵ Be exalted, O God, above the heavens, and let your glory be over all the earth.

⁶ Save us and help us with your right hand, that those you love may be delivered.

⁷ God has spoken from his sanctuary: "In triumph I will parcel out Shechem and measure off the Valley of Succoth.

⁸ Gilead is mine, Manasseh is mine; Ephraim is my helmet, Judah my scepter.

⁹ Moab is my washbasin, upon Edom I toss my sandal; over Philistia I shout in triumph."

¹⁰

Who will bring me to the fortified city?

¹¹Is it not you, O God, you who have rejected us and no longer go out with our armies?

¹²Give us aid against the enemy, for the help of man is worthless.

¹³With God we will gain the victory, and he will trample down our enemies.

PSALM 109

¹O God, whom I praise, do not remain silent,

²for wicked and deceitful men have opened their mouths against me; they have spoken against me with lying tongues.

³With words of hatred they surround me; they attack me without cause.

⁴In return for my friendship they accuse me, but I am a man of prayer.

⁵They repay me evil for good, and hatred for my friendship.

⁶Appoint an evil man to oppose him; let an accuser stand at his right hand.

⁷When he is tried, let him be found guilty, and may his prayers condemn him.

⁸May his days be few; may another take his place of leadership.

⁹May his children be fatherless and his wife a widow.

¹⁰May his children be wandering beggars; may they be driven from their ruined homes.

¹¹May a creditor seize all he has; may strangers plunder the fruits of his labor.

¹²May no one extend kindness to him or take pity on his fatherless children.

¹³May his descendants be cut off, their names blotted out from the next generation.

¹⁴May the iniquity of his fathers be remembered before the Lord ; may the sin of his mother never be blotted out.

¹⁵May their sins always remain before the Lord , that he may cut off the memory of them from the earth.

¹⁶For he never thought of doing a kindness, but hounded to death the poor and the needy and the brokenhearted.

¹⁷He loved to pronounce a curse- may it come on him; he found no pleasure in blessing- may it be far from him.

¹⁸He wore cursing as his garment; it entered into his body like water, into his bones like oil.

¹⁹May it be like a cloak wrapped about him, like a belt tied forever around him.

²⁰May this be the Lord 's payment to my accusers, to those who speak evil of me.

²¹But you, O Sovereign Lord , deal well with me for your name's sake; out of the goodness of your love, deliver me.

²²For I am poor and needy, and my heart is wounded within me.

²³I fade away like an evening shadow; I am shaken off like a locust.

²⁴My knees give way from fasting; my body is thin and gaunt.

²⁵I am an object of scorn to my accusers; when they see me, they shake their heads.

²⁶Help me, O Lord my God; save me in accordance with your love.

²⁷Let them know that it is your hand, that you, O Lord, have done it.

²⁸They may curse, but you will bless; when they attack they will be put to shame, but your servant will rejoice.

²⁹My accusers will be clothed with disgrace and wrapped in shame as in a cloak.

³⁰With my mouth I will greatly extol the Lord; in the great throng I will praise him.

³¹For he stands at the right hand of the needy one, to save his life from those who condemn him.

PSALM 110

¹The Lord says to my Lord: "Sit at my right hand until I make your enemies a footstool for your feet."

²The Lord will extend your mighty scepter from Zion; you will rule in the midst of your enemies.

³Your troops will be willing on your day of battle. Arrayed in holy majesty, from the womb of the dawn you will receive the dew of your youth.

⁴The Lord has sworn and will not change his mind: "You are a priest forever, in the order of Melchizedek."

⁵The Lord is at your right hand; he will crush kings on the day of his wrath.

⁶He will judge the nations, heaping up the dead and crushing the rulers of the whole earth.

⁷He will drink from a brook beside the way; therefore he will lift up his head.

PSALM 111

¹Praise the Lord. I will extol the Lord with all my heart in the council of the upright and in the assembly.

²Great are the works of the Lord; they are pondered by all who delight in them.

³Glorious and majestic are his deeds, and his righteousness endures forever.

⁴He has caused his wonders to be remembered; the Lord is gracious and compassionate.

⁵He provides food for those who fear him; he remembers his covenant forever.

⁶He has shown his people the power of his works, giving them the lands of other nations.

⁷The works of his hands are faithful and just; all his precepts are trustworthy.

⁸They are steadfast for ever and ever, done in faithfulness and uprightness.

⁹He provided redemption for his people; he ordained his covenant forever- holy and awesome is his name.

¹⁰The fear of the Lord is the beginning of wisdom; all who follow his precepts have good understanding. To him belongs eternal praise.

PSALM 112

¹Praise the Lord . Blessed is the man who fears the Lord , who finds great delight in his commands.

²His children will be mighty in the land; the generation of the upright will be blessed.

³Wealth and riches are in his house, and his righteousness endures forever.

⁴Even in darkness light dawns for the upright, for the gracious and compassionate and righteous man.

⁵Good will come to him who is generous and lends freely, who conducts his affairs with justice.

⁶Surely he will never be shaken; a righteous man will be remembered forever.

⁷He will have no fear of bad news; his heart is steadfast, trusting in the Lord .

⁸His heart is secure, he will have no fear; in the end he will look in triumph on his foes.

⁹He has scattered abroad his gifts to the poor, his righteousness endures forever; his horn will be lifted high in honor.

¹⁰The wicked man will see and be vexed, he will gnash his teeth and waste away; the longings of the wicked will come to nothing.

PSALM 113

¹Praise the Lord . Praise, O servants of the Lord , praise the name of the Lord .

²Let the name of the Lord be praised, both now and forevermore.

³From the rising of the sun to the place where it sets, the name of the Lord is to be praised.

⁴The Lord is exalted over all the nations, his glory above the heavens.

⁵Who is like the Lord our God, the One who sits enthroned on high,

⁶who stoops down to look on the heavens and the earth?

⁷ He raises the poor from the dust and lifts the needy from the ash heap;

⁸ he seats them with princes, with the princes of their people.

⁹ He settles the barren woman in her home as a happy mother of children. Praise the Lord .

PSALM 114

¹ When Israel came out of Egypt, the house of Jacob from a people of foreign tongue,

² Judah became God's sanctuary, Israel his dominion.

³ The sea looked and fled, the Jordan turned back;

⁴ the mountains skipped like rams, the hills like lambs.

⁵ Why was it, O sea, that you fled, O Jordan, that you turned back,

⁶ you mountains, that you skipped like rams, you hills, like lambs?

⁷ Tremble, O earth, at the presence of the Lord, at the presence of the God of Jacob,

⁸ who turned the rock into a pool, the hard rock into springs of water.

PSALM 115

¹ Not to us, O Lord , not to us but to your name be the glory, because of your love and faithfulness.

² Why do the nations say, "Where is their God?"

³ Our God is in heaven; he does whatever pleases him.

⁴ But their idols are silver and gold, made by the hands of men.

⁵ They have mouths, but cannot speak, eyes, but they cannot see;

⁶ they have ears, but cannot hear, noses, but they cannot smell;

⁷ they have hands, but cannot feel, feet, but they cannot walk; nor can they utter a sound with their throats.

⁸ Those who make them will be like them, and so will all who trust in them.

⁹ O house of Israel, trust in the Lord - he is their help and shield.

¹⁰ O house of Aaron, trust in the Lord - he is their help and shield.

¹¹ You who fear him, trust in the Lord - he is their help and shield.

¹² The Lord remembers us and will bless us: He will bless the house of Israel, he will bless the house of Aaron,

¹³ he will bless those who fear the Lord - small and great alike.

¹⁴ May the Lord make you increase, both you and your children.

¹⁵ May you be blessed by the Lord , the Maker of heaven and earth.

¹⁶ The highest heavens belong to the Lord , but the earth he has given to man.

¹⁷ It is not the dead who praise the Lord , those who go down to silence;

¹⁸ it is we who extol the Lord , both now and forevermore. Praise the Lord .

PSALM 116

¹ I love the Lord , for he heard my voice; he heard my cry for mercy.

² Because he turned his ear to me, I will call on him as long as I live.

³ The cords of death entangled me, the anguish of the grave came upon me; I was overcome by trouble and sorrow.

⁴

Then I called on the name of the Lord :

⁵ The Lord is gracious and righteous; our God is full of compassion.

⁶ The Lord protects the simplehearted; when I was in great need, he saved me.

⁷ Be at rest once more, O my soul, for the Lord has been good to you.

⁸ For you, O Lord , have delivered my soul from death, my eyes from tears, my feet from stumbling,

⁹ that I may walk before the Lord in the land of the living.

¹⁰ I believed; therefore I said, "I am greatly afflicted."

¹¹ And in my dismay I said, "All men are liars."

¹² How can I repay the Lord for all his goodness to me?

¹³ I will lift up the cup of salvation and call on the name of the Lord .

¹⁴ I will fulfill my vows to the Lord in the presence of all his people.

¹⁵ Precious in the sight of the Lord is the death of his saints.

¹⁶ O Lord , truly I am your servant; I am your servant, the son of your maidservant ; you have freed me from my chains.

¹⁷ I will sacrifice a thank offering to you and call on the name of the Lord .

¹⁸ I will fulfill my vows to the Lord in the presence of all his people,

¹⁹ in the courts of the house of the Lord - in your midst, O Jerusalem. Praise the Lord .

PSALM 117

¹ Praise the Lord , all you nations; extol him, all you peoples.

²For great is his love toward us, and the faithfulness of the Lord endures forever. Praise the Lord .

PSALM 118

¹Give thanks to the Lord , for he is good; his love endures forever.

²Let Israel say: "His love endures forever."

³Let the house of Aaron say: "His love endures forever."

⁴Let those who fear the Lord say: "His love endures forever."

⁵In my anguish I cried to the Lord , and he answered by setting me free.

⁶The Lord is with me; I will not be afraid. What can man do to me?

⁷The Lord is with me; he is my helper. I will look in triumph on my enemies.

⁸It is better to take refuge in the Lord than to trust in man.

⁹It is better to take refuge in the Lord than to trust in princes.

¹⁰All the nations surrounded me, but in the name of the Lord I cut them off.

¹¹They surrounded me on every side, but in the name of the Lord I cut them off.

¹²They swarmed around me like bees, but they died out as quickly as burning

thorns; in the name of the Lord I cut them off.

¹³I was pushed back and about to fall, but the Lord helped me.

¹⁴The Lord is my strength and my song; he has become my salvation.

¹⁵Shouts of joy and victory resound in the tents of the righteous: "The Lord 's right hand has done mighty things!

¹⁶The Lord 's right hand is lifted high; the Lord 's right hand has done mighty things!"

¹⁷I will not die but live, and will proclaim what the Lord has done.

¹⁸The Lord has chastened me severely, but he has not given me over to death.

¹⁹Open for me the gates of righteousness; I will enter and give thanks to the Lord .

²⁰This is the gate of the Lord through which the righteous may enter.

²¹I will give you thanks, for you answered me; you have become my salvation.

²²The stone the builders rejected has become the capstone;

²³the Lord has done this, and it is marvelous in our eyes.

²⁴This is the day the Lord has made; let us rejoice and be glad in it.

²⁵O Lord , save us; O Lord , grant us success.

²⁶Blessed is he who comes in the name of the Lord . From the house of the Lord we bless you.

²⁷The Lord is God, and he has made his light shine upon us. With boughs in hand, join in the festal procession up to the horns of the altar.

²⁸You are my God, and I will give you thanks; you are my God, and I will exalt you.

²⁹Give thanks to the Lord , for he is good; his love endures forever.

PSALM 119

¹Blessed are they whose ways are blameless, who walk according to the law of the Lord .

²Blessed are they who keep his statutes and seek him with all their heart.

³They do nothing wrong; they walk in his ways.

⁴You have laid down precepts that are to be fully obeyed.

⁵Oh, that my ways were steadfast in obeying your decrees!

⁶Then I would not be put to shame when I consider all your commands.

⁷I will praise you with an upright heart as I learn your righteous laws.

⁸I will obey your decrees; do not utterly forsake me.

⁹How can a young man keep his way pure? By living according to your word.

¹⁰I seek you with all my heart; do not let me stray from your commands.

¹¹I have hidden your word in my heart that I might not sin against you.

¹²Praise be to you, O Lord ; teach me your decrees.

¹³With my lips I recount all the laws that come from your mouth.

¹⁴I rejoice in following your statutes as one rejoices in great riches.

¹⁵I meditate on your precepts and consider your ways.

¹⁶I delight in your decrees; I will not neglect your word.

¹⁷Do good to your servant, and I will live; I will obey your word.

¹⁸Open my eyes that I may see wonderful things in your law.

¹⁹I am a stranger on earth; do not hide your commands from me.

²⁰My soul is consumed with longing for your laws at all times.

²¹You rebuke the arrogant, who are cursed and who stray from your commands.

²²Remove from me scorn and contempt,
for I keep your statutes.

²³Though rulers sit together and slander
me, your servant will meditate on your
decrees.

²⁴Your statutes are my delight; they are
my counselors.

²⁵I am laid low in the dust; preserve my
life according to your word.

²⁶I recounted my ways and you
answered me; teach me your decrees.

²⁷Let me understand the teaching of
your precepts; then I will meditate on
your wonders.

²⁸My soul is weary with sorrow;
strengthen me according to your word.

²⁹Keep me from deceitful ways; be
gracious to me through your law.

³⁰I have chosen the way of truth; I have
set my heart on your laws.

³¹I hold fast to your statutes, O Lord ; do
not let me be put to shame.

³²I run in the path of your commands,
for you have set my heart free.

³³Teach me, O Lord , to follow your
decrees; then I will keep them to the end.

³⁴Give me understanding, and I will keep
your law and obey it with all my heart.

³⁵Direct me in the path of your
commands, for there I find delight.

³⁶Turn my heart toward your statutes
and not toward selfish gain.

³⁷Turn my eyes away from worthless
things; preserve my life according to
your word.

³⁸Fulfill your promise to your servant, so
that you may be feared.

³⁹Take away the disgrace I dread, for
your laws are good.

⁴⁰How I long for your precepts! Preserve
my life in your righteousness.

⁴¹May your unfailing love come to me, O
Lord , your salvation according to your
promise;

⁴²then I will answer the one who taunts
me, for I trust in your word.

⁴³Do not snatch the word of truth from
my mouth, for I have put my hope in
your laws.

⁴⁴I will always obey your law, for ever
and ever.

⁴⁵I will walk about in freedom, for I have
sought out your precepts.

⁴⁶I will speak of your statutes before
kings and will not be put to shame,

⁴⁷for I delight in your commands
because I love them.

⁴⁸ I lift up my hands to your commands, which I love, and I meditate on your decrees.

⁴⁹ Remember your word to your servant, for you have given me hope.

⁵⁰ My comfort in my suffering is this: Your promise preserves my life.

⁵¹ The arrogant mock me without restraint, but I do not turn from your law.

⁵² I remember your ancient laws, O Lord, and I find comfort in them.

⁵³ Indignation grips me because of the wicked, who have forsaken your law.

⁵⁴ Your decrees are the theme of my song wherever I lodge.

⁵⁵ In the night I remember your name, O Lord, and I will keep your law.

⁵⁶ This has been my practice: I obey your precepts.

⁵⁷ You are my portion, O Lord; I have promised to obey your words.

⁵⁸ I have sought your face with all my heart; be gracious to me according to your promise.

⁵⁹ I have considered my ways and have turned my steps to your statutes.

⁶⁰ I will hasten and not delay to obey your commands.

⁶¹ Though the wicked bind me with ropes, I will not forget your law.

⁶² At midnight I rise to give you thanks for your righteous laws.

⁶³ I am a friend to all who fear you, to all who follow your precepts.

⁶⁴ The earth is filled with your love, O Lord; teach me your decrees.

⁶⁵ Do good to your servant according to your word, O Lord.

⁶⁶ Teach me knowledge and good judgment, for I believe in your commands.

⁶⁷ Before I was afflicted I went astray, but now I obey your word.

⁶⁸ You are good, and what you do is good; teach me your decrees.

⁶⁹ Though the arrogant have smeared me with lies, I keep your precepts with all my heart.

⁷⁰ Their hearts are callous and unfeeling, but I delight in your law.

⁷¹ It was good for me to be afflicted so that I might learn your decrees.

⁷² The law from your mouth is more precious to me than thousands of pieces of silver and gold.

⁷³ Your hands made me and formed me; give me understanding to learn your commands.

⁷⁴ May those who fear you rejoice when they see me, for I have put my hope in your word.

⁷⁵ I know, O Lord , that your laws are righteous, and in faithfulness you have afflicted me.

⁷⁶ May your unfailing love be my comfort, according to your promise to your servant.

⁷⁷ Let your compassion come to me that I may live, for your law is my delight.

⁷⁸ May the arrogant be put to shame for wronging me without cause; but I will meditate on your precepts.

⁷⁹ May those who fear you turn to me, those who understand your statutes.

⁸⁰ May my heart be blameless toward your decrees, that I may not be put to shame.

⁸¹ My soul faints with longing for your salvation, but I have put my hope in your word.

⁸² My eyes fail, looking for your promise; I say, "When will you comfort me?"

⁸³ Though I am like a wineskin in the smoke, I do not forget your decrees.

⁸⁴
How long must your servant wait?

⁸⁵ The arrogant dig pitfalls for me, contrary to your law.

⁸⁶ All your commands are trustworthy; help me, for men persecute me without cause.

⁸⁷ They almost wiped me from the earth, but I have not forsaken your precepts.

⁸⁸ Preserve my life according to your love, and I will obey the statutes of your mouth.

⁸⁹ Your word, O Lord , is eternal; it stands firm in the heavens.

⁹⁰ Your faithfulness continues through all generations; you established the earth, and it endures.

⁹¹ Your laws endure to this day, for all things serve you.

⁹² If your law had not been my delight, I would have perished in my affliction.

⁹³ I will never forget your precepts, for by them you have preserved my life.

⁹⁴ Save me, for I am yours; I have sought out your precepts.

⁹⁵ The wicked are waiting to destroy me, but I will ponder your statutes.

⁹⁶ To all perfection I see a limit; but your commands are boundless.

⁹⁷ Oh, how I love your law! I meditate on it all day long.

⁹⁸ Your commands make me wiser than my enemies, for they are ever with me.

⁹⁹ I have more insight than all my teachers, for I meditate on your statutes.

¹⁰⁰ I have more understanding than the elders, for I obey your precepts.

¹⁰¹ I have kept my feet from every evil path so that I might obey your word.

¹⁰² I have not departed from your laws, for you yourself have taught me.

¹⁰³ How sweet are your words to my taste, sweeter than honey to my mouth!

¹⁰⁴ I gain understanding from your precepts; therefore I hate every wrong path.

¹⁰⁵ Your word is a lamp to my feet and a light for my path.

¹⁰⁶ I have taken an oath and confirmed it, that I will follow your righteous laws.

¹⁰⁷ I have suffered much; preserve my life, O Lord, according to your word.

¹⁰⁸ Accept, O Lord, the willing praise of my mouth, and teach me your laws.

¹⁰⁹ Though I constantly take my life in my hands, I will not forget your law.

¹¹⁰ The wicked have set a snare for me, but I have not strayed from your precepts.

¹¹¹ Your statutes are my heritage forever; they are the joy of my heart.

¹¹² My heart is set on keeping your decrees to the very end.

¹¹³ I hate double-minded men, but I love your law.

¹¹⁴ You are my refuge and my shield; I have put my hope in your word.

¹¹⁵ Away from me, you evildoers, that I may keep the commands of my God!

¹¹⁶ Sustain me according to your promise, and I will live; do not let my hopes be dashed.

¹¹⁷ Uphold me, and I will be delivered; I will always have regard for your decrees.

¹¹⁸ You reject all who stray from your decrees, for their deceitfulness is in vain.

¹¹⁹ All the wicked of the earth you discard like dross; therefore I love your statutes.

¹²⁰ My flesh trembles in fear of you; I stand in awe of your laws.

¹²¹ I have done what is righteous and just; do not leave me to my oppressors.

¹²² Ensure your servant's well-being; let not the arrogant oppress me.

¹²³ My eyes fail, looking for your salvation, looking for your righteous promise.

¹²⁴ Deal with your servant according to your love and teach me your decrees.

¹²⁵I am your servant; give me discernment that I may understand your statutes.

¹²⁶It is time for you to act, O Lord ; your law is being broken.

¹²⁷Because I love your commands more than gold, more than pure gold,

¹²⁸and because I consider all your precepts right, I hate every wrong path.

¹²⁹Your statutes are wonderful; therefore I obey them.

¹³⁰The unfolding of your words gives light; it gives understanding to the simple.

¹³¹I open my mouth and pant, longing for your commands.

¹³²Turn to me and have mercy on me, as you always do to those who love your name.

¹³³Direct my footsteps according to your word; let no sin rule over me.

¹³⁴Redeem me from the oppression of men, that I may obey your precepts.

¹³⁵Make your face shine upon your servant and teach me your decrees.

¹³⁶Streams of tears flow from my eyes, for your law is not obeyed.

¹³⁷Righteous are you, O Lord , and your laws are right.

¹³⁸The statutes you have laid down are righteous; they are fully trustworthy.

¹³⁹My zeal wears me out, for my enemies ignore your words.

¹⁴⁰Your promises have been thoroughly tested, and your servant loves them.

¹⁴¹Though I am lowly and despised, I do not forget your precepts.

¹⁴²Your righteousness is everlasting and your law is true.

¹⁴³Trouble and distress have come upon me, but your commands are my delight.

¹⁴⁴Your statutes are forever right; give me understanding that I may live.

¹⁴⁵I call with all my heart; answer me, O Lord , and I will obey your decrees.

¹⁴⁶I call out to you; save me and I will keep your statutes.

¹⁴⁷I rise before dawn and cry for help; I have put my hope in your word.

¹⁴⁸My eyes stay open through the watches of the night, that I may meditate on your promises.

¹⁴⁹Hear my voice in accordance with your love; preserve my life, O Lord , according to your laws.

¹⁵⁰Those who devise wicked schemes are near, but they are far from your law.

¹⁵¹ Yet you are near, O Lord , and all your commands are true.

¹⁵² Long ago I learned from your statutes that you established them to last forever.

¹⁵³ Look upon my suffering and deliver me, for I have not forgotten your law.

¹⁵⁴ Defend my cause and redeem me; preserve my life according to your promise.

¹⁵⁵ Salvation is far from the wicked, for they do not seek out your decrees.

¹⁵⁶ Your compassion is great, O Lord ; preserve my life according to your laws.

¹⁵⁷ Many are the foes who persecute me, but I have not turned from your statutes.

¹⁵⁸ I look on the faithless with loathing, for they do not obey your word.

¹⁵⁹ See how I love your precepts; preserve my life, O Lord , according to your love.

¹⁶⁰ All your words are true; all your righteous laws are eternal.

¹⁶¹ Rulers persecute me without cause, but my heart trembles at your word.

¹⁶² I rejoice in your promise like one who finds great spoil.

¹⁶³ I hate and abhor falsehood but I love your law.

¹⁶⁴ Seven times a day I praise you for your righteous laws.

¹⁶⁵ Great peace have they who love your law, and nothing can make them stumble.

¹⁶⁶ I wait for your salvation, O Lord , and I follow your commands.

¹⁶⁷ I obey your statutes, for I love them greatly.

¹⁶⁸ I obey your precepts and your statutes, for all my ways are known to you.

¹⁶⁹ May my cry come before you, O Lord ; give me understanding according to your word.

¹⁷⁰ May my supplication come before you; deliver me according to your promise.

¹⁷¹ May my lips overflow with praise, for you teach me your decrees.

¹⁷² May my tongue sing of your word, for all your commands are righteous.

¹⁷³ May your hand be ready to help me, for I have chosen your precepts.

¹⁷⁴ I long for your salvation, O Lord , and your law is my delight.

¹⁷⁵ Let me live that I may praise you, and may your laws sustain me.

¹⁷⁶ I have strayed like a lost sheep. Seek your servant, for I have not forgotten your commands.

PSALM 120

¹ I call on the Lord in my distress, and he answers me.

² Save me, O Lord , from lying lips and from deceitful tongues.

³ What will he do to you, and what more besides, O deceitful tongue?

⁴ He will punish you with a warrior's sharp arrows, with burning coals of the broom tree.

⁵ Woe to me that I dwell in Meshech, that I live among the tents of Kedar!

⁶ Too long have I lived among those who hate peace.

⁷ I am a man of peace; but when I speak, they are for war.

PSALM 121

¹ I lift up my eyes to the hills- where does my help come from?

² My help comes from the Lord , the Maker of heaven and earth.

³ He will not let your foot slip- he who watches over you will not slumber;

⁴ indeed, he who watches over Israel will neither slumber nor sleep.

⁵ The Lord watches over you- the Lord is your shade at your right hand;

⁶ the sun will not harm you by day, nor the moon by night.

⁷ The Lord will keep you from all harm- he will watch over your life;

⁸ the Lord will watch over your coming and going both now and forevermore.

PSALM 122

¹ I rejoiced with those who said to me, "Let us go to the house of the Lord ."

² Our feet are standing in your gates, O Jerusalem.

³ Jerusalem is built like a city that is closely compacted together.

⁴ That is where the tribes go up, the tribes of the Lord , to praise the name of the Lord according to the statute given to Israel.

⁵ There the thrones for judgment stand, the thrones of the house of David.

⁶ Pray for the peace of Jerusalem: "May those who love you be secure.

⁷ May there be peace within your walls and security within your citadels."

⁸ For the sake of my brothers and friends, I will say, "Peace be within you."

⁹ For the sake of the house of the Lord our God, I will seek your prosperity.

PSALM 123

¹ I lift up my eyes to you, to you whose throne is in heaven.

² As the eyes of slaves look to the hand of their master, as the eyes of a maid look to the hand of her mistress, so our eyes look to the Lord our God, till he shows us his mercy.

³ Have mercy on us, O Lord , have mercy on us, for we have endured much contempt.

⁴ We have endured much ridicule from the proud, much contempt from the arrogant.

PSALM 124

¹ If the Lord had not been on our side- let Israel say-

² if the Lord had not been on our side when men attacked us,

³ when their anger flared against us, they would have swallowed us alive;

⁴ the flood would have engulfed us, the torrent would have swept over us,

⁵ the raging waters would have swept us away.

⁶ Praise be to the Lord , who has not let us be torn by their teeth.

⁷ We have escaped like a bird out of the fowler's snare; the snare has been broken, and we have escaped.

⁸ Our help is in the name of the Lord , the Maker of heaven and earth.

PSALM 125

¹ Those who trust in the Lord are like Mount Zion, which cannot be shaken but endures forever.

² As the mountains surround Jerusalem, so the Lord surrounds his people both now and forevermore.

³ The scepter of the wicked will not remain over the land allotted to the righteous, for then the righteous might use their hands to do evil.

⁴ Do good, O Lord , to those who are good, to those who are upright in heart.

⁵ But those who turn to crooked ways the Lord will banish with the evildoers. Peace be upon Israel.

PSALM 126

¹ When the Lord brought back the captives to Zion, we were like men who dreamed.

² Our mouths were filled with laughter, our tongues with songs of joy. Then it was said among the nations, "The Lord has done great things for them."

³ The Lord has done great things for us, and we are filled with joy.

⁴ Restore our fortunes, O Lord , like streams in the Negev.

⁵ Those who sow in tears will reap with songs of joy.

⁶ He who goes out weeping, carrying seed to sow, will return with songs of joy, carrying sheaves with him.

PSALM 127

¹ Unless the Lord builds the house, its builders labor in vain. Unless the Lord watches over the city, the watchmen stand guard in vain.

² In vain you rise early and stay up late, toiling for food to eat- for he grants sleep to those he loves.

³ Sons are a heritage from the Lord , children a reward from him.

⁴ Like arrows in the hands of a warrior are sons born in one's youth.

⁵ Blessed is the man whose quiver is full of them. They will not be put to shame when they contend with their enemies in the gate.

PSALM 128

¹ Blessed are all who fear the Lord , who walk in his ways.

² You will eat the fruit of your labor; blessings and prosperity will be yours.

³ Your wife will be like a fruitful vine within your house; your sons will be like olive shoots around your table.

⁴ Thus is the man blessed who fears the Lord .

⁵ May the Lord bless you from Zion all the days of your life; may you see the prosperity of Jerusalem,

⁶ and may you live to see your children's children. Peace be upon Israel.

PSALM 129

¹ They have greatly oppressed me from my youth- let Israel say-

² they have greatly oppressed me from my youth, but they have not gained the victory over me.

³ Plowmen have plowed my back and made their furrows long.

⁴ But the Lord is righteous; he has cut me free from the cords of the wicked.

⁵ May all who hate Zion be turned back in shame.

⁶ May they be like grass on the roof, which withers before it can grow;

⁷ with it the reaper cannot fill his hands, nor the one who gathers fill his arms.

⁸ May those who pass by not say, "The blessing of the Lord be upon you; we bless you in the name of the Lord ."

PSALM 130

¹ Out of the depths I cry to you, O Lord ;

²O Lord, hear my voice. Let your ears be attentive to my cry for mercy.

³If you, O Lord, kept a record of sins, O Lord, who could stand?

⁴But with you there is forgiveness; therefore you are feared.

⁵I wait for the Lord, my soul waits, and in his word I put my hope.

⁶My soul waits for the Lord more than watchmen wait for the morning, more than watchmen wait for the morning.

⁷O Israel, put your hope in the Lord, for with the Lord is unfailing love and with him is full redemption.

⁸He himself will redeem Israel from all their sins.

PSALM 131

¹My heart is not proud, O Lord, my eyes are not haughty; I do not concern myself with great matters or things too wonderful for me.

²But I have stilled and quieted my soul; like a weaned child with its mother, like a weaned child is my soul within me.

³O Israel, put your hope in the Lord both now and forevermore.

PSALM 132

¹O Lord, remember David and all the hardships he endured.

²He swore an oath to the Lord and made a vow to the Mighty One of Jacob:

³"I will not enter my house or go to my bed-

⁴I will allow no sleep to my eyes, no slumber to my eyelids,

⁵till I find a place for the Lord, a dwelling for the Mighty One of Jacob."

⁶We heard it in Ephrathah, we came upon it in the fields of Jaar:

⁷"Let us go to his dwelling place; let us worship at his footstool-

⁸arise, O Lord, and come to your resting place, you and the ark of your might.

⁹May your priests be clothed with righteousness; may your saints sing for joy."

¹⁰For the sake of David your servant, do not reject your anointed one.

¹¹The Lord swore an oath to David, a sure oath that he will not revoke: "One of your own descendants I will place on your throne-

¹²if your sons keep my covenant and the statutes I teach them, then their sons will sit on your throne for ever and ever."

¹³For the Lord has chosen Zion, he has desired it for his dwelling:

¹⁴"This is my resting place for ever and ever; here I will sit enthroned, for I have desired it-

¹⁵I will bless her with abundant provisions; her poor will I satisfy with food.

¹⁶I will clothe her priests with salvation, and her saints will ever sing for joy.

¹⁷"Here I will make a horn grow for David and set up a lamp for my anointed one.

¹⁸I will clothe his enemies with shame, but the crown on his head will be resplendent."

PSALM 133

¹How good and pleasant it is when brothers live together in unity!

²It is like precious oil poured on the head, running down on the beard, running down on Aaron's beard, down upon the collar of his robes.

³It is as if the dew of Hermon were falling on Mount Zion. For there the Lord bestows his blessing, even life forevermore.

PSALM 134

¹Praise the Lord , all you servants of the Lord who minister by night in the house of the Lord .

²Lift up your hands in the sanctuary and praise the Lord .

³May the Lord , the Maker of heaven and earth, bless you from Zion.

PSALM 135

¹Praise the Lord . Praise the name of the Lord ; praise him, you servants of the Lord ,

²you who minister in the house of the Lord , in the courts of the house of our God.

³Praise the Lord , for the Lord is good; sing praise to his name, for that is pleasant.

⁴For the Lord has chosen Jacob to be his own, Israel to be his treasured possession.

⁵I know that the Lord is great, that our Lord is greater than all gods.

⁶The Lord does whatever pleases him, in the heavens and on the earth, in the seas and all their depths.

⁷He makes clouds rise from the ends of the earth; he sends lightning with the rain and brings out the wind from his storehouses.

⁸He struck down the firstborn of Egypt, the firstborn of men and animals.

⁹He sent his signs and wonders into your midst, O Egypt, against Pharaoh and all his servants.

¹⁰He struck down many nations and killed mighty kings-

¹¹ Sihon king of the Amorites, Og king of Bashan and all the kings of Canaan-

¹² and he gave their land as an inheritance, an inheritance to his people Israel.

¹³ Your name, O Lord , endures forever, your renown, O Lord , through all generations.

¹⁴ For the Lord will vindicate his people and have compassion on his servants.

¹⁵ The idols of the nations are silver and gold, made by the hands of men.

¹⁶ They have mouths, but cannot speak, eyes, but they cannot see;

¹⁷ they have ears, but cannot hear, nor is there breath in their mouths.

¹⁸ Those who make them will be like them, and so will all who trust in them.

¹⁹ O house of Israel, praise the Lord ; O house of Aaron, praise the Lord ;

²⁰ O house of Levi, praise the Lord ; you who fear him, praise the Lord .

²¹ Praise be to the Lord from Zion, to him who dwells in Jerusalem. Praise the Lord .

PSALM 136

¹ Give thanks to the Lord , for he is good.

² Give thanks to the God of gods. His love endures forever.

³ Give thanks to the Lord of lords: His love endures forever.

⁴ to him who alone does great wonders, His love endures forever.

⁵ who by his understanding made the heavens, His love endures forever.

⁶ who spread out the earth upon the waters, His love endures forever.

⁷ who made the great lights- His love endures forever.

⁸ the sun to govern the day, His love endures forever.

⁹ the moon and stars to govern the night; His love endures forever.

¹⁰ to him who struck down the firstborn of Egypt His love endures forever.

¹¹ and brought Israel out from among them His love endures forever.

¹² with a mighty hand and outstretched arm; His love endures forever.

¹³ to him who divided the Red Sea asunder His love endures forever.

¹⁴ and brought Israel through the midst of it, His love endures forever.

¹⁵ but swept Pharaoh and his army into the Red Sea; His love endures forever.

¹⁶to him who led his people through the desert, His love endures forever.

¹⁷who struck down great kings, His love endures forever.

¹⁸and killed mighty kings- His love endures forever.

¹⁹Sihon king of the Amorites His love endures forever.

²⁰and Og king of Bashan- His love endures forever.

²¹and gave their land as an inheritance, His love endures forever.

²²an inheritance to his servant Israel; His love endures forever.

²³to the One who remembered us in our low estate His love endures forever.

²⁴and freed us from our enemies, His love endures forever.

²⁵

and who gives food to every creature.

²⁶Give thanks to the God of heaven. His love endures forever.

PSALM 137

¹By the rivers of Babylon we sat and wept when we remembered Zion.

²There on the poplars we hung our harps,

³for there our captors asked us for songs, our tormentors demanded songs of joy; they said, "Sing us one of the songs of Zion!"

⁴How can we sing the songs of the Lord while in a foreign land?

⁵If I forget you, O Jerusalem, may my right hand forget its skill .

⁶May my tongue cling to the roof of my mouth if I do not remember you, if I do not consider Jerusalem my highest joy.

⁷Remember, O Lord , what the Edomites did on the day Jerusalem fell. "Tear it down," they cried, "tear it down to its foundations!"

⁸O Daughter of Babylon, doomed to destruction, happy is he who repays you for what you have done to us-

⁹he who seizes your infants and dashes them against the rocks.

PSALM 138

¹I will praise you, O Lord , with all my heart; before the "gods" I will sing your praise.

²I will bow down toward your holy temple and will praise your name for your love and your faithfulness, for you have exalted above all things your name and your word.

³When I called, you answered me; you made me bold and stouthearted.

⁴ May all the kings of the earth praise you, O Lord , when they hear the words of your mouth.

⁵ May they sing of the ways of the Lord , for the glory of the Lord is great.

⁶ Though the Lord is on high, he looks upon the lowly, but the proud he knows from afar.

⁷ Though I walk in the midst of trouble, you preserve my life; you stretch out your hand against the anger of my foes, with your right hand you save me.

⁸ The Lord will fulfill his purpose for me; your love, O Lord , endures forever- do not abandon the works of your hands.

PSALM 139

¹ O Lord , you have searched me and you know me.

² You know when I sit and when I rise; you perceive my thoughts from afar.

³ You discern my going out and my lying down; you are familiar with all my ways.

⁴ Before a word is on my tongue you know it completely, O Lord .

⁵ You hem me in-behind and before; you have laid your hand upon me.

⁶ Such knowledge is too wonderful for me, too lofty for me to attain.

⁷ Where can I go from your Spirit? Where can I flee from your presence?

⁸ If I go up to the heavens, you are there; if I make my bed in the depths, you are there.

⁹ If I rise on the wings of the dawn, if I settle on the far side of the sea,

¹⁰ even there your hand will guide me, your right hand will hold me fast.

¹¹ If I say, "Surely the darkness will hide me and the light become night around me,"

¹² even the darkness will not be dark to you; the night will shine like the day, for darkness is as light to you.

¹³ For you created my inmost being; you knit me together in my mother's womb.

¹⁴ I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.

¹⁵ My frame was not hidden from you when I was made in the secret place. When I was woven together in the depths of the earth,

¹⁶ your eyes saw my unformed body. All the days ordained for me were written in your book before one of them came to be.

¹⁷ How precious to me are your thoughts, O God! How vast is the sum of them!

¹⁸ Were I to count them, they would outnumber the grains of sand. When I awake, I am still with you.

¹⁹If only you would slay the wicked, O God! Away from me, you bloodthirsty men!

²⁰They speak of you with evil intent; your adversaries misuse your name.

²¹Do I not hate those who hate you, O Lord , and abhor those who rise up against you?

²²I have nothing but hatred for them; I count them my enemies.

²³Search me, O God, and know my heart; test me and know my anxious thoughts.

²⁴See if there is any offensive way in me, and lead me in the way everlasting.

PSALM 140

¹Rescue me, O Lord , from evil men; protect me from men of violence,

²who devise evil plans in their hearts and stir up war every day.

³They make their tongues as sharp as a serpent's; the poison of vipers is on their lips. Selah

⁴Keep me, O Lord , from the hands of the wicked; protect me from men of violence who plan to trip my feet.

⁵Proud men have hidden a snare for me; they have spread out the cords of their net and have set traps for me along my path. Selah

⁶O Lord , I say to you, "You are my God." Hear, O Lord , my cry for mercy.

⁷O Sovereign Lord , my strong deliverer, who shields my head in the day of battle-

⁸do not grant the wicked their desires, O Lord ; do not let their plans succeed, or they will become proud. Selah

⁹Let the heads of those who surround me be covered with the trouble their lips have caused.

¹⁰Let burning coals fall upon them; may they be thrown into the fire, into miry pits, never to rise.

¹¹Let slanderers not be established in the land; may disaster hunt down men of violence.

¹²I know that the Lord secures justice for the poor and upholds the cause of the needy.

¹³Surely the righteous will praise your name and the upright will live before you.

PSALM 141

¹O Lord , I call to you; come quickly to me. Hear my voice when I call to you.

²May my prayer be set before you like incense; may the lifting up of my hands be like the evening sacrifice.

³Set a guard over my mouth, O Lord ; keep watch over the door of my lips.

⁴Let not my heart be drawn to what is evil, to take part in wicked deeds with men who are evildoers; let me not eat of their delicacies.

⁵Let a righteous man strike me-it is a kindness; let him rebuke me-it is oil on my head. My head will not refuse it. Yet my prayer is ever against the deeds of evildoers;

⁶their rulers will be thrown down from the cliffs, and the wicked will learn that my words were well spoken.

⁷They will say, "As one plows and breaks up the earth, so our bones have been scattered at the mouth of the grave. "

⁸But my eyes are fixed on you, O Sovereign Lord ; in you I take refuge-do not give me over to death.

⁹Keep me from the snares they have laid for me, from the traps set by evildoers.

¹⁰Let the wicked fall into their own nets, while I pass by in safety.

PSALM 142

¹I cry aloud to the Lord ; I lift up my voice to the Lord for mercy.

²I pour out my complaint before him; before him I tell my trouble.

³When my spirit grows faint within me, it is you who know my way. In the path where I walk men have hidden a snare for me.

⁴Look to my right and see; no one is concerned for me. I have no refuge; no one cares for my life.

⁵I cry to you, O Lord ; I say, "You are my refuge, my portion in the land of the living."

⁶Listen to my cry, for I am in desperate need; rescue me from those who pursue me, for they are too strong for me.

⁷Set me free from my prison, that I may praise your name. Then the righteous will gather about me because of your goodness to me.

PSALM 143

¹O Lord , hear my prayer, listen to my cry for mercy; in your faithfulness and righteousness come to my relief.

²Do not bring your servant into judgment, for no one living is righteous before you.

³The enemy pursues me, he crushes me to the ground; he makes me dwell in darkness like those long dead.

⁴So my spirit grows faint within me; my heart within me is dismayed.

⁵I remember the days of long ago; I meditate on all your works and consider what your hands have done.

⁶I spread out my hands to you; my soul thirsts for you like a parched land. Selah

⁷ Answer me quickly, O Lord ; my spirit fails. Do not hide your face from me or I will be like those who go down to the pit.

⁸ Let the morning bring me word of your unfailing love, for I have put my trust in you. Show me the way I should go, for to you I lift up my soul.

⁹ Rescue me from my enemies, O Lord , for I hide myself in you.

¹⁰ Teach me to do your will, for you are my God; may your good Spirit lead me on level ground.

¹¹ For your name's sake, O Lord , preserve my life; in your righteousness, bring me out of trouble.

¹² In your unfailing love, silence my enemies; destroy all my foes, for I am your servant.

PSALM 144

¹ Praise be to the Lord my Rock, who trains my hands for war, my fingers for battle.

² He is my loving God and my fortress, my stronghold and my deliverer, my shield, in whom I take refuge, who subdues peoples under me.

³ O Lord , what is man that you care for him, the son of man that you think of him?

⁴ Man is like a breath; his days are like a fleeting shadow.

⁵ Part your heavens, O Lord , and come down; touch the mountains, so that they smoke.

⁶ Send forth lightning and scatter [the enemies]; shoot your arrows and rout them.

⁷ Reach down your hand from on high; deliver me and rescue me from the mighty waters, from the hands of foreigners

⁸ whose mouths are full of lies, whose right hands are deceitful.

⁹ I will sing a new song to you, O God; on the ten-stringed lyre I will make music to you,

¹⁰ to the One who gives victory to kings, who delivers his servant David from the deadly sword.

¹¹ Deliver me and rescue me from the hands of foreigners whose mouths are full of lies, whose right hands are deceitful.

¹² Then our sons in their youth will be like well-nurtured plants, and our daughters will be like pillars carved to adorn a palace.

¹³ Our barns will be filled with every kind of provision. Our sheep will increase by thousands, by tens of thousands in our fields;

¹⁴ our oxen will draw heavy loads. There will be no breaching of walls, no going into captivity, no cry of distress in our streets.

¹⁵ Blessed are the people of whom this is true; blessed are the people whose God is the Lord .

PSALM 145

¹ I will exalt you, my God the King; I will praise your name for ever and ever.

² Every day I will praise you and extol your name for ever and ever.

³ Great is the Lord and most worthy of praise; his greatness no one can fathom.

⁴ One generation will commend your works to another; they will tell of your mighty acts.

⁵ They will speak of the glorious splendor of your majesty, and I will meditate on your wonderful works.

⁶ They will tell of the power of your awesome works, and I will proclaim your great deeds.

⁷ They will celebrate your abundant goodness and joyfully sing of your righteousness.

⁸ The Lord is gracious and compassionate, slow to anger and rich in love.

⁹ The Lord is good to all; he has compassion on all he has made.

¹⁰ All you have made will praise you, O Lord ; your saints will extol you.

¹¹ They will tell of the glory of your kingdom and speak of your might,

¹² so that all men may know of your mighty acts and the glorious splendor of your kingdom.

¹³ Your kingdom is an everlasting kingdom, and your dominion endures through all generations. The Lord is faithful to all his promises and loving toward all he has made.

¹⁴ The Lord upholds all those who fall and lifts up all who are bowed down.

¹⁵ The eyes of all look to you, and you give them their food at the proper time.

¹⁶ You open your hand and satisfy the desires of every living thing.

¹⁷ The Lord is righteous in all his ways and loving toward all he has made.

¹⁸ The Lord is near to all who call on him, to all who call on him in truth.

¹⁹ He fulfills the desires of those who fear him; he hears their cry and saves them.

²⁰ The Lord watches over all who love him, but all the wicked he will destroy.

²¹ My mouth will speak in praise of the Lord . Let every creature praise his holy name for ever and ever.

PSALM 146

¹ Praise the Lord . Praise the Lord , O my soul.

² I will praise the Lord all my life; I will sing praise to my God as long as I live.

³ Do not put your trust in princes, in mortal men, who cannot save.

⁴ When their spirit departs, they return to the ground; on that very day their plans come to nothing.

⁵ Blessed is he whose help is the God of Jacob, whose hope is in the Lord his God,

⁶ the Maker of heaven and earth, the sea, and everything in them- the Lord , who remains faithful forever.

⁷ He upholds the cause of the oppressed and gives food to the hungry. The Lord sets prisoners free,

⁸ the Lord gives sight to the blind, the Lord lifts up those who are bowed down, the Lord loves the righteous.

⁹ The Lord watches over the alien and sustains the fatherless and the widow, but he frustrates the ways of the wicked.

¹⁰ The Lord reigns forever, your God, O Zion, for all generations. Praise the Lord

PSALM 147

¹ Praise the Lord . How good it is to sing praises to our God, how pleasant and fitting to praise him!

² The Lord builds up Jerusalem; he gathers the exiles of Israel.

³ He heals the brokenhearted and binds up their wounds.

⁴ He determines the number of the stars and calls them each by name.

⁵ Great is our Lord and mighty in power; his understanding has no limit.

⁶ The Lord sustains the humble but casts the wicked to the ground.

⁷ Sing to the Lord with thanksgiving; make music to our God on the harp.

⁸ He covers the sky with clouds; he supplies the earth with rain and makes grass grow on the hills.

⁹ He provides food for the cattle and for the young ravens when they call.

¹⁰ His pleasure is not in the strength of the horse, nor his delight in the legs of a man;

¹¹ the Lord delights in those who fear him, who put their hope in his unfailing love.

¹² Extol the Lord , O Jerusalem; praise your God, O Zion,

¹³ for he strengthens the bars of your gates and blesses your people within you.

¹⁴ He grants peace to your borders and satisfies you with the finest of wheat.

¹⁵ He sends his command to the earth; his word runs swiftly.

¹⁶ He spreads the snow like wool and scatters the frost like ashes.

¹⁷ He hurls down his hail like pebbles. Who can withstand his icy blast?

¹⁸ He sends his word and melts them; he stirs up his breezes, and the waters flow.

¹⁹ He has revealed his word to Jacob, his laws and decrees to Israel.

²⁰ He has done this for no other nation; they do not know his laws. Praise the Lord .

PSALM 148

¹ Praise the Lord . Praise the Lord from the heavens, praise him in the heights above.

² Praise him, all his angels, praise him, all his heavenly hosts.

³ Praise him, sun and moon, praise him, all you shining stars.

⁴ Praise him, you highest heavens and you waters above the skies.

⁵ Let them praise the name of the Lord , for he commanded and they were created.

⁶ He set them in place for ever and ever; he gave a decree that will never pass away.

⁷ Praise the Lord from the earth, you great sea creatures and all ocean depths,

⁸ lightning and hail, snow and clouds, stormy winds that do his bidding,

⁹ you mountains and all hills, fruit trees and all cedars,

¹⁰ wild animals and all cattle, small creatures and flying birds,

¹¹ kings of the earth and all nations, you princes and all rulers on earth,

¹² young men and maidens, old men and children.

¹³ Let them praise the name of the Lord , for his name alone is exalted; his splendor is above the earth and the heavens.

¹⁴ He has raised up for his people a horn, the praise of all his saints, of Israel, the people close to his heart. Praise the Lord .

PSALM 149

¹ Praise the Lord . Sing to the Lord a new song, his praise in the assembly of the saints.

² Let Israel rejoice in their Maker; let the people of Zion be glad in their King.

³ Let them praise his name with dancing and make music to him with tambourine and harp.

⁴ For the Lord takes delight in his people; he crowns the humble with salvation.

⁵ Let the saints rejoice in this honor and sing for joy on their beds.

⁶ May the praise of God be in their mouths and a double-edged sword in their hands,

⁷ to inflict vengeance on the nations and punishment on the peoples,

⁸ to bind their kings with fetters, their nobles with shackles of iron,

⁹ to carry out the sentence written against them. This is the glory of all his saints. Praise the Lord .

PSALM 150

¹ Praise the Lord. Praise God in his sanctuary; praise him in his mighty heavens.

² Praise him for his acts of power; praise him for his surpassing greatness.

³ Praise him with the sounding of the trumpet, praise him with the harp and lyre

⁴ praise him with tambourine and dancing, praise him with the strings and flute,

⁵ praise him with the clash of cymbals, praise him with resounding cymbals.

⁶ Let everything that has breath praise the Lord . Praise the Lord .