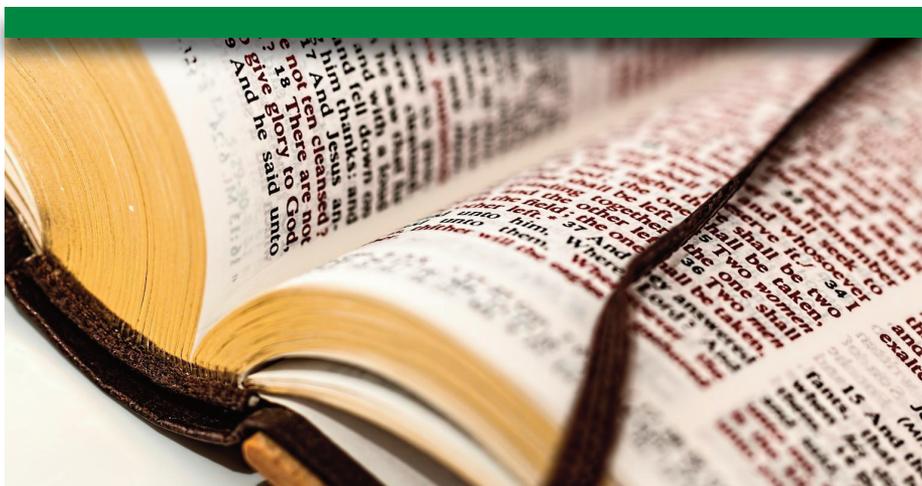




# PSALMS

Sacred Songs  
for Difficult Times



# Psalms

**I**n Hebrew it is called “Songs of Praise” or “Praises.” This is surprising because many of the psalms are laments or complaints. They begin with “O Lord” followed by a complaint or petition. Other Psalms are praises that start with “Praise the Lord” or “Sing unto the Lord.” The third group are wisdom psalms, or how to live happy, successful, godly lives. There are 150 Psalms. Here are just a few that you may be able to relate to or that provide encouragement.

## Psalm **1**

1 **Blessed is the one who does not walk in step with the wicked** or stand in the way that sinners take or sit in the company of mockers, 2 but whose delight is in the law of the LORD, and who meditates on his law day and night. 3 That person **is like a tree planted by streams of water**, which yields its fruit in season and whose leaf does not wither—whatever they do prospers.

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

5 Therefore the wicked will not stand in the judgment, nor sinners in the assembly of the righteous. 6 For the LORD watches over the way of the righteous, but the way of the wicked leads to destruction.

## Psalm **8**

*For the director of music. According to gittith. A psalm of David.*

1 LORD, our Lord, how majestic is your name in all the earth! You have set your glory in the heavens. 2 Through the praise of children and infants you have established a stronghold against your enemies, to silence the foe and the avenger. 3 When I consider your heavens, the work of your fingers, the moon and the stars, which you have set in place, 4 **what is mankind that you are mindful of them, human beings that you care for them?** 5 **You have made them a little lower than the angels and crowned them with glory and honor.** 6 You made them rulers over the works of your hands; you put everything under their feet: 7 all flocks and herds, and the animals of the wild, 8 the birds in the sky, and the fish in the sea, all that swim the paths of the seas. 9 LORD, our Lord, how majestic is your name in all the earth!

# Psalm 22

*For the director of music. To the tune of "The Doe of the Morning." A psalm of David.*

**1 My God, my God, why have you forsaken me? Why are you so far from saving me, so far from my cries of anguish?** 2 My God, I cry out by day, but you do not answer, by night, but I find no rest.

3 Yet you are enthroned as the Holy One; you are the one Israel praises.

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

5 To you they cried out and were saved; in you they trusted and were not put to shame.

6 But I am a worm and not a man, scorned by everyone, despised by the people. 7 All who see me mock me; they hurl insults, shaking their heads. 8 "He trusts in the LORD," they say, "let the LORD rescue him. Let him deliver him, since he delights in him."

9 Yet you brought me out of the womb; you made me trust in you, even at my mother's breast. 10 From birth I was cast on you; from my mother's womb you have been my God. 11 **Do not be far from me, for trouble is near and there is no one to help.** 12 Many bulls surround me; strong bulls of Bashan encircle me. 13 Roaring lions that tear 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 within me. 15 My mouth 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 surround me, a pack of villains encircles me they pierce my hands and my feet. 17 All my bones are on display; people stare and gloat over me. 18 They divide my clothes among them and cast lots for my garment.

**19 But you, LORD, do not be far from me. You are my strength; come quickly to help me.** 20 Deliver me 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 people; in the assembly 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 scorned 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 I will fulfill my vows. 26 The poor will eat and be satisfied; those 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, declaring to a people yet unborn: He has done it!

## Psalm 23

*A psalm of David.*

1 **The LORD is my shepherd, I lack nothing.** 2 He makes me lie down in green pastures, he leads me beside quiet waters, 3 he refreshes my soul. He guides me along the right paths for his name's sake.

4 **Even though I walk through the darkest valley, I will fear no evil, for you are with me;** your rod and your staff, they comfort me. 5 You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. 6 Surely your goodness and love will follow me all the days of my life, and **I will dwell in the house of the LORD forever.**

## Psalm 30

*A psalm. A song. For the dedication of the temple Of David.*

1 I will exalt you, LORD, for you lifted me out of the depths and did not let my enemies gloat over me. 2 LORD my God, **I called to you for help, and you healed me.** 3 **You, LORD, brought me up from the realm of the dead; you spared me from going down to the pit.** 4 Sing the praises of the LORD, you his faithful people; praise his holy name. 5 For his anger lasts only a moment, but his favor lasts a lifetime; **weeping may stay for the night, but rejoicing comes in the morning.**

6 When I felt secure, I said, "I will never be shaken." 7 LORD, when you favored me, you made my royal mountain stand firm; but when you hid your face, I was dismayed. 8 To you, LORD, I called; to the Lord I cried for mercy: 9 "What is gained if I am silenced, if I go down to the pit? Will the dust praise you? Will it proclaim your faithfulness? 10 Hear, LORD, and be merciful to me; LORD, be my help."

11 **You turned my wailing into dancing;** you removed my sackcloth and clothed me with joy, 12 that my heart may sing your praises and not be silent. LORD my God, I will praise you forever.

# Psalm 31

*For the director of music. A psalm of David.*

1 In you, LORD, I have taken refuge; let me never be put to shame; deliver me in your righteousness. 2 **Turn your ear to me, come quickly to my rescue; be my rock of refuge, a strong fortress to save me.**

3 Since you are my rock and my fortress, for the sake of your name lead and guide me. 4 Keep me free from the trap that is set for me, for you are my refuge. 5 **Into your hands I commit my spirit;** deliver me, LORD, my faithful God.

6 I hate those who cling to worthless idols; as for me, I trust in the LORD. 7 I will be glad and rejoice in your love, for you saw my affliction and knew the anguish of my soul. 8 You have not given me into the hands of the enemy but have set my feet in a spacious place.

9 **Be merciful to me, LORD, for I am in distress;** my eyes grow weak with sorrow, my soul and body with grief. 10 My life is consumed by anguish and my years by groaning; my strength fails because of my affliction, and my bones grow weak. 11 Because of all my enemies, I am the utter contempt of my neighbors and an object of dread to my closest friends—those who see me on the street flee from me. 12 I am forgotten as though I were dead; **I have become like broken pottery.** 13 For I hear many whispering, “Terror on every side!” They conspire against me and plot to take my life.

14 **But I trust in you, LORD; I say, “You are my God.”** 15 **My times are in your hands;** deliver me from the hands of my enemies, from those who pursue me. 16 Let your face shine on your servant; save me in your un-failing love. 17 Let me not be put to shame, LORD, for I have cried out to you; but let the wicked be put to shame and be silent in the realm of the dead. 18 Let their lying lips be silenced, for with pride and contempt they speak arrogantly against the righteous. 19 How abundant are the good things that you have stored up for those who fear you, that you bestow in the sight of all, on those who take refuge in you. 20 In the shelter of your presence you hide them from all human intrigues; you keep them safe in your dwelling from accusing tongues.

21 Praise be to the LORD, for he showed me the wonders of his love when I was in a city under siege. 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 faithful people! The LORD preserves those who are true to him, but the proud he pays back in full. 24 **Be strong and take heart, all you who hope in the LORD.**

# Psalm 34

*Of David. When he pretended to be insane before Abimelek, who drove him away, and he left.*

1 I will extol the LORD at all times; his praise will always be on my lips.  
2 I will glory in the LORD; **let the afflicted hear and rejoice.** 3 Glorify the LORD with me; let us exalt his name together.

4 I 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 one who takes refuge in him. 9 Fear the LORD, you his holy people, 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 telling 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 but the face of the LORD is against those who do evil, to blot out their name 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 The righteous person 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 will rescue his servants; no one who takes refuge in him will be condemned.

# Psalm 39

*For the director of music. For Jeduthun. A psalm of David.*

1 I said, "I will watch my ways and keep my tongue from sin; I will put a muzzle on my mouth while in the presence of the wicked." 2 So I remained utterly silent, not even saying anything good. But my anguish increased; 3 my heart grew hot within me. While I meditated, the fire burned; then I spoke with my tongue:

4 **"Show me, LORD, my life's end and the number of my days; let me**

**know how fleeting is my life.** 5 You have made my days a mere handbreadth; the span of my years is as nothing before you. **Everyone is but a breath, even those who seem secure.** 6 “Surely everyone goes around like a mere phantom; in vain they rush about, heaping up wealth without knowing whose it will finally be.

7 “But now, Lord, what do I look for? My hope is in you. 8 Save me from all my transgressions; do not make me the scorn of fools. 9 I was silent; I would not open my mouth, for you are the one who has done this. 10 Remove your scourge from me; I am overcome by the blow of your hand. 11 When you rebuke and discipline anyone for their sin, you consume their wealth like a moth—surely everyone is but a breath.

12 “Hear my prayer, LORD, listen to my cry for help; do not be deaf to my weeping. I dwell with you as a foreigner, a stranger, as all my ancestors were. 13 Look away from me, that I may enjoy life again before I depart and am no more.”

## Psalm 42

*For the director of music. A maskil of the Sons of Korah.*

**1 As the deer pants for streams of water, so my soul pants for you, my God.** 2 My soul thirsts for God, for the living God. When can I go and meet with God?

**3 My tears have been my food day and night,** while people say to me all day long, “Where is your God?” 4 These things I remember as I pour out my soul: how I used to go to the house of God under the protection of the Mighty One with shouts of joy and praise among the festive throng.

**5 Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God,** for I will yet praise him, my Savior and my God. 6 My soul is downcast within me; therefore I will remember you from the land of the Jordan, the heights of Hermon—from Mount Mizar. 7 Deep calls to deep in the roar of your waterfalls; all your waves and breakers have swept over me. 8 By day the LORD directs his love, at night his song is with me—a prayer to the God of my life.

**9 I say to God my Rock, “Why have you forgotten me? Why must I go about mourning, oppressed by the enemy?”** 10 My bones suffer mortal agony as my foes taunt me, saying to me all day long, “Where is your God?”

11 Why, my soul, are you downcast? Why so disturbed within me? **Put your hope in God, for I will yet praise him, my Savior and my God.**

# Psalm 46

*For the director of music. Of the Sons of Korah. According to alamothe. A song.*

1 **God is our refuge and strength, an ever-present help in trouble.**  
2 **Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea,** 3 though its waters roar and foam and the mountains quake with their surging.

4 There is a river whose streams make glad the city of God, the holy place where the Most High dwells. 5 God is within her, she will not fall; God will help her at break of day. 6 Nations are in uproar, kingdoms fall; he lifts his voice, the earth melts.

7 The LORD Almighty is with us; the God of Jacob is our fortress.  
8 Come and see what the LORD has done, the desolations he has brought on the earth. 9 He makes wars cease to the ends of the earth. He breaks the bow and shatters the spear; he burns the shields with fire.

10 He says, **“Be still, and know that I am God;** I will be exalted among the nations, I will be exalted in the earth.” 11 The LORD Almighty is with us; the God of Jacob is our fortress.

# Psalm 51

*For the director of music. A psalm of David. When the prophet Nathan came to him after David had committed adultery with Bathsheba.*

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 you are right in your verdict and justified when you judge.** 5 Surely I was sinful at birth, sinful from the time my mother conceived me. 6 **Yet you desired faithfulness** even in the womb; you taught me wisdom in that secret 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. 9 Hide your face from my sins and blot out all my iniquity. 10 **Create in me a pure heart, O God, and renew a steadfast spirit within me.** 11 **Do not cast me from your presence or take your Holy Spirit from me.** 12 **Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.**

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

14 Deliver me from the guilt of bloodshed, O God, you who are God my Savior, and my tongue will sing of your righteousness. 15 Open my lips, Lord, and my mouth will declare your praise.

16 You do not delight in sacrifice, or I would bring it; you do not take pleasure in burnt offerings. 17 **My sacrifice, O God, is a broken spirit; a broken and contrite heart you, God, will not despise.** 18 May it please you to prosper Zion, to build up the walls of Jerusalem. 19 Then you will delight in the sacrifices of the righteous, in burnt offerings offered whole; then bulls will be offered on your altar.

## Psalm 62

*For the director of music. For Jeduthun. A psalm of David.*

**1 Truly my soul finds rest in God; my salvation comes from him.**

2 Truly he is my rock and my salvation; he is my fortress, I will never be shaken.

3 How long will you assault me? Would all of you throw me down— this leaning wall, this tottering fence? 4 Surely they intend to topple me from my lofty place; they take delight in lies. With their mouths they bless, but in their hearts they curse.

**5 Yes, my soul, find rest in God; my hope comes from him. 6 Truly he is my rock and my salvation; he is my fortress, I will not be shaken.**

7 My salvation and my honor depend on God; he is my mighty rock, my refuge. 8 **Trust in him at all times, you people; pour out your hearts to him, for God is our refuge.**

9 Surely the lowborn are but a breath, the highborn are but a lie. If weighed on a balance, they are nothing; together they are only a breath. 10 Do not trust in extortion or put vain hope in stolen goods; though your riches increase, do not set your heart on them.

11 One thing God has spoken, two things I have heard: “Power belongs to you, God, 12 and with you, Lord, is unfailing love”; and, “You reward everyone according to what they have done.”

## Psalm 71

1 In you, LORD, I have taken refuge; let me never be put to shame.

**2 In your righteousness, rescue me and deliver me; 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.**

4 Deliver me, my God, from the hand of the wicked, from the grasp of those who are evil and cruel. **5 For you have been my hope, Sovereign LORD, my confidence since my youth.** 6 From birth I have relied on you; you brought me forth from my mother's womb. I will ever praise you. 7 I have become a sign to many; you are my strong refuge. 8 My mouth is filled with your praise, declaring your splendor all day long.

**9 Do not cast me away when I am old; do not forsake me when my strength is gone.** 10 For my enemies speak against me; those who wait to kill me conspire together. 11 They say, "God has forsaken him; pursue him and seize him, for no one will rescue him." 12 Do not be far from me, my God; come quickly, God, to help me. 13 May my accusers perish in shame; may those who want to harm me be covered with scorn and disgrace.

14 As for me, I will always have hope; I will praise you more and more. 15 My mouth will tell of your righteous deeds, of your saving acts all day long— though I know not how to relate them all. 16 I will come and proclaim your mighty acts, Sovereign LORD; I will proclaim your righteous deeds, yours alone. 17 Since my youth, God, you have taught me, and to this day I declare your marvelous deeds. **18 Even when I am old and gray, do not forsake me, my God, till I declare your power to the next generation, your mighty acts to all who are to come.**

19 Your righteousness, God, reaches to the heavens, you who have done great things. Who is like you, God? **20 Though 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.** 21 You will increase my honor and comfort me once more. 22 I will praise you with the harp for your faithfulness, my God; I will sing praise to you with the lyre, Holy One of Israel. 23 My lips will shout for joy when I sing praise to you—I whom you have delivered. 24 My 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 73

*A psalm of Asaph.*

1 Surely God is good to Israel, to those who are pure in heart. **2 But as for me, my feet had almost slipped;** I had nearly lost my foothold. **3 For I envied the arrogant when I saw the prosperity of the wicked.** **4 They have no struggles; their bodies are healthy and strong.** 5 They are free from common human burdens; they are not plagued by human ills. 6 Therefore pride is their necklace; they clothe themselves with violence. 7 From their callous hearts comes iniquity; their evil imagi-

nations have no limits. 8 They scoff, and speak with malice; with arrogance they threaten oppression. 9 Their mouths lay claim to heaven, and their tongues take possession of the earth. 10 Therefore their people turn to them and drink up waters in abundance.

11 They say, “How would God know? Does the Most High know anything?” 12 **This is what the wicked are like—always free of care, they go on amassing wealth.** 13 Surely in vain I have kept my heart pure and have washed my hands in innocence. 14 All day long I have been afflicted, and every morning brings new punishments. 15 If I had spoken out like that, I would have betrayed your children.

16 When I tried to understand all this, **it troubled me deeply 17 till I entered the sanctuary of God; then I understood their final destiny.**

18 Surely you place them on slippery ground; you cast them down to ruin. 19 How suddenly are they destroyed, completely swept away by terrors! 20 They are like a dream when one awakes; when you arise, Lord, you will despise them as fantasies.

21 When my heart was grieved and my spirit embittered, 22 I was senseless and ignorant; I was a brute beast before you. 23 Yet I am always with you; **you hold me by my right hand.** 24 You guide me with your counsel, and afterward you will take me into glory.

25 **Whom have I in heaven but you? And earth has nothing I desire besides you.** 26 **My flesh and my heart may fail, but God is the strength of my heart and my portion forever.** 27 Those who are far from you will perish; you destroy all who are unfaithful to you. 28 But 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 77

*For the director of music. For Jeduthun. Of Asaph. A psalm.*

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 I would not be comforted. 3 I remembered you, God, and I groaned; I meditated, and my spirit grew faint. 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. My heart meditated and my spirit asked: 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?”**

10 Then I thought, “To this I will appeal: the years when the Most High stretched out his right hand. 11 **I will remember the deeds of the LORD; yes, I will remember your miracles of long ago.** 12 I will consider all your works and meditate on all your mighty deeds.”

13 Your ways, God, are holy. What god is as 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. 16 The waters saw you, God, the waters saw you and writhed; the very depths were convulsed. 17 The clouds poured down water, the heavens 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 86

*A prayer of David.*

1 Hear me, LORD, and answer me, for I am poor and needy. 2 Guard my life, for I am faithful to you; save your servant who trusts in you. You are my God; 3 have mercy on me, Lord, for I call to you all day long. 4 **Bring joy to your servant, Lord, for I put my trust in you.**

5 **You, Lord, are forgiving and good, abounding in love to all who call to you.**

6 Hear my prayer, LORD; listen to my cry for mercy. 7 When I am in distress, I call to you, because you answer me. 8 Among the gods there is none like you, Lord; no deeds can compare with yours. 9 All the nations you have made will come and worship before you, Lord; they will bring glory to your name. 10 For you are great and do marvelous deeds; you alone are God.

11 Teach me your way, LORD, that I may rely on your faithfulness; **give me an undivided heart, that I may fear your name.** 12 I will praise you, Lord my God, with all my heart; I will glorify your name forever. 13 For great is your love toward me; you have delivered me from the depths, from the realm of the dead.

14 Arrogant foes are attacking me, O God; ruthless people are trying to kill me—they have no regard for you. 15 **But you, Lord, are a compassionate and gracious God, slow to anger, abounding in love and faithfulness.** 16 Turn to me and have mercy on me; show your strength in behalf of your servant; save me, because I serve you just as my mother did.

17 Give me a sign of your goodness, that my enemies may see it and be put to shame, for you, LORD, have helped me and comforted me.

# Psalm 90

*A prayer of Moses the man of God.*

1 Lord, you have been our dwelling place throughout all generations.

2 Before the mountains were born or you brought forth the whole world, from everlasting to everlasting you are God.

3 **You turn people back to dust, saying, “Return to dust, you mortals.”**

4 **A thousand years in your sight are like a day that has just gone by,** or like a watch in the night. 5 **Yet you sweep people away in the sleep of death**—they are like the new grass of the morning: 6 In the morning it springs up new, but by evening it is dry and withered.

7 We are consumed by your anger and terrified by your indignation.

8 You have set our iniquities before you, our secret sins in the light of your presence. 9 All our days pass away under your wrath; **we finish our years with a moan.** 10 **Our days may come to seventy years, or eighty, if our strength endures;** yet the best of them are but trouble and sorrow, for they quickly pass, and we fly away.

11 If only we knew the power of your anger! Your wrath is as great as the fear that is your due. 12 **Teach us to number our days, that we may gain a heart of wisdom.** 13 Relent, LORD! How long will it be? Have compassion on your servants. 14 **Satisfy us in the morning with your unfailing love,** that we may sing for joy and be glad all our days.

15 Make us glad for as many days as you have afflicted us, for as many years as we have seen trouble. 16 May your deeds be shown to your servants, your splendor to their children. 17 May the favor of the Lord our God rest on us; establish the work of our hands for us— yes, establish the work of our hands.

# Psalm 100

*A psalm. For giving grateful praise.*

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 103

*Of David.*

1 Praise the LORD, my soul; all my inmost being, praise his holy name. 2 **Praise the LORD, my soul, and forget not all his benefits**—3 who forgives all your sins and heals all your diseases, 4 who redeems your life from the pit and crowns you with love and compassion, 5 who satisfies your desires with good things so that your youth is renewed like the eagle's.

6 The LORD works righteousness and justice for all the oppressed.

7 He made known his ways to Moses, his deeds to the people of Israel:

8 The LORD is compassionate and gracious, slow to anger, abounding in love. 9 He will not always accuse, nor will he harbor his anger forever;

10 **he does not treat us as our sins deserve or repay us according to our iniquities.** 11 For as high as the heavens are above the earth, so great is his love for those who fear him; 12 **as far as the east is from the west, so far has he removed our transgressions from us.**

13 As a father has compassion on his children, so the LORD has compassion on those who fear him; 14 for he knows how we are formed, **he remembers that we are dust.** 15 **The life of mortals is like grass, they flourish 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, my soul.

# 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 over me; I was overcome by distress and sorrow.** 4 Then I called on the name of the LORD: **"LORD, save me!"** 5 The LORD is gracious and righteous; our God is full of compassion. 6 The LORD protects the unwary; when I was brought low, he saved me. 7 **Return to your rest, my soul, for the LORD has been good to you.** 8 For you, LORD, have delivered me 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 trusted in the LORD when I said, “I am greatly afflicted”;** 11 in my alarm I said, “Everyone is a liar.” 12 What shall I return to 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 faithful servants.** 16 Truly I am your servant, LORD; I serve you just as my mother did; 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, Jerusalem. Praise the LORD.

# Psalm **118**

1 **Give thanks to the LORD, for he is good; his love endures forever.**

2 Let Israel say: “His love endures forever.” 3 Let the house of Aaron say: “His love endures forever.” 4 Let those who fear the LORD say: “His love endures forever.”

5 When hard pressed, I cried to the LORD; he brought me into a spacious place. 6 The LORD is with me; I will not be afraid. What can mere mortals do to me? 7 **The LORD is with me; he is my helper.** I look in triumph on my enemies. 8 **It is better to take refuge in the LORD than to trust in humans.** 9 It is better to take refuge in the LORD than to trust in princes.

10 All the nations surrounded me, but in the name of the LORD I cut them down. 11 They surrounded me on every side, but in the name of the LORD I cut them down. 12 They swarmed around me like bees, but they were consumed as quickly as burning thorns; in the name of the LORD I cut them down. 13 I was pushed back and about to fall, but the LORD helped me.

14 The LORD is my strength and my defense; he has become my salvation. 15 Shouts of joy and victory resound in the tents of the righteous: “The LORD’s right hand has done mighty things! 16 The LORD’s right hand is lifted high; the LORD’s right hand has done mighty things!” 17 I will not die but live, and will proclaim what the LORD has done.

18 The LORD has chastened me severely, but he has not given me over to death. 19 Open for me the gates of the righteous; I will enter and give thanks to the LORD. 20 This is the gate of the LORD through which the righteous may enter. 21 I will give you thanks, for you answered me; you have become my salvation.

22 The stone the builders rejected has become the cornerstone; 23 the LORD has done this, and it is marvelous in our eyes. 24 The LORD has done it this very day; **let us rejoice today and be glad.** 25 LORD, save us! LORD, grant us success!

26 **Blessed is he who comes in the name of the LORD.** From the house of the LORD we bless you. 27 The LORD is God, and he has made his light shine on us. With boughs in hand, join in the festal procession up to the horns of the altar. 28 You are my God, and I will praise you; you are my God, and I will exalt you. 29 **Give thanks to the LORD, for he is good; his love endures forever.**

## Psalm **121**

*A song of ascents.*

1 **I lift up my eyes to the mountains—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 **127**

*A song of ascents. Of Solomon.*

1 **Unless the LORD builds the house, the builders labor in vain.** Unless the LORD watches over the city, the guards stand watch 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 Children are a heritage from the LORD, offspring a reward from him.  
4 Like arrows in the hands of a warrior are children 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 opponents in court.

## Psalm **128**

*A song of ascents.*

1 Blessed are all who fear the LORD, who walk in obedience to him.  
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 children will be like olive shoots around your table. 4 **Yes, this will be the blessing for the man who fears the LORD.** 5 May the LORD bless you from Zion; may you see the prosperity of Jerusalem all the days of your life. 6 May you live to see your children's children—peace be on Israel.

# Psalm 139

*For the director of music. Of David. A psalm.*

1 You have searched me, LORD, 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, LORD, know it completely.** 5 You hem me in behind and before, and you lay 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, 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.

19 If only you, God, would slay the wicked! Away from me, you who are bloodthirsty! 20 They speak of you with evil intent; your adversaries misuse your name. 21 Do I not hate those who hate you, LORD, and abhor those who are in rebellion against you? 22 I have nothing but hatred for them; I count them my enemies.

23 **Search me, God, and know my heart; test me and know my anxious thoughts.** 24 **See if there is any offensive way in me, and lead me in the way everlasting.**

# Psalm 142

*A maskil of David. When he was in the cave. A prayer.*

1 I cry aloud to the LORD; I lift up my voice to the LORD for mercy. 2 I pour out before him my complaint; before him I tell my trouble. 3 **When my spirit grows faint within me, it is you who watch over my way.** In the path where I walk people have hidden a snare for me. 4 Look and see, there is no one at my right hand; no one is concerned for me. I have no refuge; no one cares for my life.

5 I cry to you, LORD; I say, **“You are my refuge, my portion in the land of the living.”** 6 Listen to my cry, for I am in desperate need; rescue me from those who pursue me, for they are too strong for me. 7 Set 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 145

*A psalm of praise. Of David.*

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 commends your works to another; they tell of your mighty acts. 5 They speak of the glorious splendor of your majesty—and I will meditate on your wonderful works. 6 They tell of the power of your awesome works—and I will proclaim your great deeds. 7 They 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 your works praise you, LORD; your faithful people extol you. 11 They tell of the glory of your kingdom and speak of your might, 12 so that all people 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 trustworthy in all he promises and faithful in all he does.**

14 **The LORD upholds all 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 faithful in all he does. 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 forever and ever.