

## THE PSALMS

### Conversational Yahveh Covenant

#### BOOK 1

##### Psalm 1

<sup>1</sup>People are blessed that don't  
 take advice from the wicked  
 or stand among sinners  
 or sit with scoffers,  
<sup>2</sup>but delight in the Law of Yahveh  
 and meditate on it day and night.  
<sup>3</sup>They're like trees planted beside a river  
 that bear fruit in season,  
 whose leaves don't wither.  
 They're successful at what they do.

<sup>4</sup>Sinners aren't like that:  
 they're like chaff that wind blows away;  
<sup>5</sup>they won't withstand judgment  
 or stand among the godly.  
<sup>6</sup>Yahveh watches over the godly,  
 but the wicked perish.

Ps 1:1-6

##### Psalm 2

<sup>1</sup>Why do the nations get together  
 to plot pointless schemes?  
<sup>2</sup>Kings take their stand  
 and rulers hold counsel  
 against Yahveh and his Anointed One [*Messiah*]:  
<sup>3</sup>"Let's break their bonds  
 and throw them away."

<sup>4</sup>The One that's in heaven laughs;

Yahveh scoffs at them.

<sup>5</sup>He'll speak to them in his anger  
and terrify them with his fury:

<sup>6</sup>"I've installed my King on Zion, my holy mountain."      **Ps 2:1-6**

<sup>7</sup>"I'll tell Yahveh's decree:

'You're my Son;  
I've inaugurated you today.'

<sup>8</sup>Just ask me, and I'll give you the nations to inherit,  
the most distant lands to possess.

<sup>9</sup>You'll rule them with an iron scepter  
and shatter them like clay pots.'"

<sup>10</sup>So, kings, be wise;  
rulers, be warned.

<sup>11</sup>Serve Yahveh with reverence;  
celebrate with trembling.

<sup>12</sup>Kiss the Son so he won't be angry  
and you perish along the way;  
his anger is easily sparked.

They're so fortunate who take refuge in him!

**Ps 2:7-12**

### Psalm 3

A Psalm of David When He Fled from His Son Absalom

<sup>1</sup>Yahveh, I have so many enemies;  
so many are working against me;

<sup>2</sup>so many are saying,

"God's not going to help him."

**Ps 3:1-2**

<sup>3</sup>But you're my shield, Yahveh, my glory,  
the One that holds my head up.

<sup>4</sup>When I call out to you,  
you answer from your holy mountain.

<sup>5</sup>I lie down to sleep and wake up again  
because you sustain me.

<sup>6</sup>I won't be afraid if 10,000 oppose me.

<sup>7</sup>Arise, Yahveh; rescue me.

Slap my enemies;  
knock out their teeth.

<sup>8</sup>Victory comes from you;

bless your people!

**Ps 3:3-8**

### **Psalm 4**

For the Choir Director. A Psalm of David  
with Stringed Instruments

<sup>1</sup>Righteous God, answer when I call!

Take time for me in my distress;  
listen graciously to my prayer.

<sup>2</sup>People, how long will you try to ruin my reputation?

How long will you love unfounded accusations and outright lies?

<sup>3</sup>Just remember that Yahveh sets good people apart for himself;

he'll listen when I call out to him.

**Ps 4:1-3**

<sup>4</sup>If you're angry, don't sin;

*just* think it to yourself in bed; don't act it out.

<sup>5</sup>Offer sacrifices with the right attitude

and trust in Yahveh.

<sup>6</sup>Many say, "*Who will show us something good?*"

Smile on us, Yahveh.

<sup>7</sup>You make me happier

than those who have big crops and new wine.

<sup>8</sup>I lie down to sleep in peace

because you make me able to live safely.

**Ps 4:4-8**

### **Psalm 5**

For the Choir Director. A Psalm of David  
with Flute Accompaniment

<sup>1</sup>Listen to me, Yahveh;  
     Pay attention to my groaning.  
<sup>2</sup>Hear my call for help, my God and King,  
     because I pray *only* to you.  
<sup>3</sup>You hear me in the mornings,  
     when I offer my prayers and wait.  
<sup>4</sup>You're not amused by sinfulness  
     *because* there's nothing bad about you.  
<sup>5</sup>Braggards can't stand in your presence  
     *because* you send away everyone that sins.  
<sup>6</sup>You destroy liars  
     and abhor bloodthirsty people.  
<sup>7</sup>But I'll go into your house under your enduring love  
     and bow in reverence in your holy Temple.

Ps 5:1-7

<sup>8</sup>Because I have enemies, Yahveh,  
     lead me in your goodness;  
     make your way clear to me.  
<sup>9</sup>You can't believe a word they say;  
     they set their heart on destruction;  
     their throat's an open grave;  
     they flatter with their tongues.  
<sup>10</sup>Hold them guilty, God;  
     make their own schemes trip them up!  
     Cast them out because of their many sins  
     *because* they're rebelling against you.  
  
<sup>11</sup>Let everybody be happy that takes refuge in you;  
     let them always sing for joy.  
     Defend them  
     so those who love you can be happy in you.  
<sup>12</sup>You bless good people  
     and cover them with your favor like a shield.

Ps 5:8-12

**Psalm 6**  
     For the Choir Director. A Psalm of David  
     with Stringed Instruments;

Set to *The Sheminith [To the Eight-String Lyre]*

<sup>1</sup>Don't lash out at me, Yahveh,  
or take me to task in your anger.  
<sup>2</sup>Be gracious to me because I'm weak;  
heal me because I'm troubled deep inside.  
<sup>3</sup>I'm really scared;  
how long, Yahveh, before you save me?

<sup>4</sup>Come back and rescue me;  
because of your enduring love, save *me*;  
<sup>5</sup>because nobody talks about you when they're dead;  
who gives you gratitude in Sheol? **Ps 6:1-5**

<sup>6</sup>I'm worn out from moaning;  
I flood my bed with tears every night  
and drench my couch with weeping.  
<sup>7</sup>My eyes melt from grief,  
worn out over my adversaries.

<sup>8</sup>Go away, all you sinners,  
because Yahveh has heard me call.  
<sup>9</sup>He's heard my plea  
and accepts my prayer.  
<sup>10</sup>*He'll* disgrace my enemies and greatly distress them;  
they'll suddenly retreat, humiliated. **Ps 6:6-10**

**Psalm 7**

A Shiggaion of David that He Sang  
to Yahveh About Cush a Benjamite

<sup>1</sup>Yahveh my God, I've taken refuge in you;  
protect me from persecutors  
<sup>2</sup>so they won't tear me apart like a lion does,  
and drag me away with no one to rescue me.

<sup>3</sup>Yahveh my God, if I've done wrong,

if there's any injustice in me,  
 4 if I've betrayed a friend  
     or plundered an adversary for no reason,  
 5 chase me down and slay me;  
     trample me on the ground,  
     lay my honor in the dust.

**Ps 7:1-5**

6 Rise up in anger, Yahveh,  
     against my angry enemies;  
     wake up and decree justice on my behalf.  
 7 Gather the nations around you  
     and rule them from on high.  
 8 You that judge all people,  
     judge me by my goodness and integrity.  
 9 Put an end to people's sinfulness;  
     establish goodness  
     because *our* good God tests hearts and minds.  
 10 You're my shield who saves the godly in heart,  
     11 a just judge that's angry with sinners every day.

**Ps 7:6-11**

12 For someone that doesn't repent,  
     *God* sharpens his sword,  
     bends his bow, and strings it;  
 13 he has his deadly weapons ready  
     and makes arrows with flaming shafts.

14 Wicked people conceive evil,  
     get pregnant with sin,  
     and give birth to lies.  
 15 They dig a pit and hollow it out,  
     and fall into the hole they've dug to trap others.  
 16 Their scheming comes back on them;  
     their violence crashes down on their own heads.

17 I'll give Yahveh the thanks his goodness calls for  
     and sing praise to the<sup>Y</sup> Most High.

**Ps 7:12-17**

### Psalm 8

For the Choir Director. A Psalm of David  
Set to *The Gittith*

**<sup>1</sup>Yahveh, our Lord, you're so majestic all over the world!**

    You display your splendor higher than the sky!

**<sup>2</sup>Out of the mouth of infants and nursing babies**  
    you've established a defensive wall  
        against your adversaries,  
        to silence enemies that want revenge.

**Ps 8:1-2**

**<sup>3</sup>When I look at the sky, the work of your fingers,**  
    the moon and stars you've set in place,

**<sup>4</sup>what are we that you give us any thought**  
    or care about us?

**<sup>5</sup>You've made us a little lower than the angels**  
    and crowned us with glory and honor!

**<sup>6</sup>You've given us responsibility over what you've made**  
    and put it under our control:  
**<sup>7</sup>sheep and oxen, wild animals in the countryside,**  
**<sup>8</sup>birds in the sky, fish in the sea,**  
    whatever swims through the ocean.

**<sup>9</sup>Yahveh, our Lord, you're so majestic all over the world!**

**Ps 8:3-9**

### Psalm 9

For the Choir Director. A Psalm of David  
Set to *the tune of "Death of the Son"*

**<sup>1</sup>I'll thank you, Yahveh, with all my heart**  
    and call attention to the amazing things you've done.

**<sup>2</sup>I'll gladly celebrate over you**  
    and sing your praise, Most High.

**<sup>3</sup>When my enemies retreated,**  
    they staggered and died in front of you  
**<sup>4</sup>because you judged in my favor;**  
    you sat on your throne and judged justly.

<sup>5</sup>You've rebuked the nations,  
    destroyed the wicked,  
    and blotted out their names forever.

<sup>6</sup>Your enemies have ended up in permanent ruins;  
    you've uprooted their towns;  
    the very memory of them is gone.

**Ps 9:1-6**

<sup>7</sup>But Yahveh reigns as king forever,  
    rendering judgment from his throne.

<sup>8</sup>He judges the world justly,  
    delivers verdicts evenhandedly,  
<sup>9</sup>a stronghold for oppressed people,  
    a fortress in troubled times,  
<sup>10</sup>trusted by those who know him  
    because he doesn't abandon the ones who depend on him.

**Ps 9:7-10**

<sup>11</sup>Sing praises to Yahveh that lives in Zion;  
    tell what all he's done.

<sup>12</sup>He that avenges murder remembers the helpless;  
    he doesn't forget the cries of those who suffer.

<sup>13</sup>Be gracious to me, Yahveh;  
    look at how those who hate me treat me.

Lift me up from death

<sup>14</sup>so I can publicly praise you  
    and celebrate in Zion's gates over your deliverance.

<sup>15</sup>The nations fall into the pit they dig  
    and catch their feet in the net they hide.

<sup>16</sup>Yahveh makes himself known  
    for carrying out judgment.  
Sinners snare themselves in their own traps.

**Ps 9:11-16**

[*Higgaion*]

<sup>17</sup>The sinful go down to Sheol;  
    *so does* every nation that forgets God.

<sup>18</sup>Needy people won't be overlooked forever;  
    the hopes of the depressed won't perish.

<sup>19</sup>Don't let people prevail, Yahveh;  
    judge the nations.

<sup>20</sup>Put them in fear;

remind them that they're mere mortals.

Ps 9:17-20

Psalm 10

<sup>1</sup>Why stand so far away, Yahveh?  
    Why hide when trouble comes?

<sup>2</sup>Sinners hunt down the poor in arrogance  
    and get themselves caught in their own schemes.

<sup>3</sup>They brag about their sinful desires;  
    they bless the greedy and curse Yahveh.

<sup>4</sup>In their arrogance, they don't trust in him;  
    they *just* keep acting like there's no God. Ps 10:1-4

<sup>5</sup>Yet they always *seem to* prosper;  
    they don't see your coming judgments from on high;  
    they sneer at adversaries  
        <sup>6</sup>and keep telling themselves, "*We're all set;*  
            *nothing bad is ever going to happen to us.*"

<sup>7</sup>They curse, deceive, and oppress;  
    scheming and sin are on the tip of their tongue.

<sup>8</sup>They lie in ambush in villages,  
    kill innocent people in private,  
    and search for the unfortunate in stealth.

<sup>9</sup>They lurk in hiding places like lions in a den  
    and sneak around to pounce on helpless people  
        when they snare them in their nets.

<sup>10</sup>They crouch and slink down;  
    the unfortunate fall under their power.

<sup>11</sup>They tell themselves, "*God won't remember;*  
        *he doesn't pay attention to what's going on;*  
        *he won't even see it.*" Ps 10:5-11

<sup>12</sup>Raise up your hand, Yahveh;  
    remember the helpless.

<sup>13</sup>Why do sinners renounce you?  
    Why tell themselves you won't call them to account?

<sup>14</sup>You do see trouble and distress;  
    so you will take care of it.

Poor people commit themselves to you,  
and you defend orphans.

**15**Break the arms of bad people;  
search out sinners till there's none left to find.

**16**Yahveh, you're King forever;  
nations perish at your hand.

**17**You listen to what the humble need  
and increase your mercy toward them.

**18**You vindicate the orphan and the oppressed  
so worldly people can't abuse them anymore.

**Ps 10:12-18**

### Psalm 11

For the Choir Director. *A Psalm of David*

**1**I rely on Yahveh's protection;  
so why tell me,

*"Flee like a bird to the mountains*

**2***because the ungodly are bending the bow;*  
*they're putting their arrow to the string*  
*to shoot from the shadows at the godly in heart.*

**3***If the foundations of society collapse,*  
*what can good people do?"*

**4**Yahveh is in his holy Temple;  
he rules from heaven,  
watching everyone,  
examining each one.

**5**He tests the good and the bad  
and hates the ones that love violence.

**6**He'll rain burning coals on sinners;  
he'll punish them with fire, sulfur, and scorching wind

**7***because he's good and loves goodness.*

Good people get to meet him face to face.

**Ps 11:1-7**

### Psalm 12

For the Choir Director. A Psalm of David  
Set to *The Eight-String Lyre*

<sup>1</sup>Help, Yahveh; there aren't any decent people left;  
the faithful are disappearing.

<sup>2</sup>Neighbors lie to one another  
and speak with flattering lips and deceitful hearts.

<sup>3</sup>May Yahveh cut off their flattering lips  
and bragging tongues <sup>4</sup>that say

*"We can talk our way out of anything;  
they're our lips; who's going to stop us?"*

<sup>5</sup>Yahveh says, "Since the oppressed are suffering violence  
and the needy groan,  
*I'll come to give them the protection they long for.*"      **Ps 12:1-5**

<sup>6</sup>Your promises are pure, Yahveh,  
like silver refined in a furnace seven times.

<sup>7</sup>Keep us; protect us from this generation  
<sup>8</sup>that struts around, displaying its contempt.      **Ps 12:6-8**

### Psalm 13

<sup>1</sup>Yahveh, are you going to forget about me forever?  
How long will you ignore me?

<sup>2</sup>How long must I counsel myself in constant sorrow?  
How long will my enemies lord it over me?

<sup>3</sup>Think about me and respond to me, Yahveh my God;  
brighten my eyes so they don't grow dull as in death,  
<sup>4</sup>so my enemies won't brag about defeating me  
and celebrate over my downfall.

<sup>5</sup>I rely on your enduring love;  
I'm happy because you've delivered me.

<sup>6</sup>I'll sing to you, Yahveh,  
because you've blessed me wonderfully.      **Ps 13:1-6**

## Psalm 14

For the Choir Director. A Psalm of David

<sup>1</sup>Fools keep telling themselves there's no God,  
 corrupt people that do corrupt things;  
 none *of them* does what's right.

<sup>2</sup>Yahveh looks down from heaven  
 to see if there's anybody that lives wisely,  
 if anybody seeks him.

<sup>3</sup>But they've all veered off course and become corrupted;  
 not a one of them does what's right, not a one.

<sup>4</sup>Don't sinners realize what they're doing  
 when they eat up my people like bread  
 and refuse to call on me?

<sup>5</sup>Terror will overwhelm them later  
 because I'm taking the good people's side.

<sup>6</sup>Oppressors try to frustrate the endeavors of the oppressed,  
 but I'm their refuge.

<sup>7</sup>Oh that deliverance for Israel would come out of Zion!  
 When Yahveh restores his captive people,  
 Jacob will celebrate; Israel will be happy.

**Ps 14:1-7**

## Psalm 15

A Psalm of David

<sup>1</sup>Yahveh, who can live in your Tabernacle?  
 Who can reside on your holy hill?

<sup>2</sup>Those who act with integrity,  
 who do what's right and tell the truth;  
<sup>3</sup>who don't mistreat their neighbors  
 or join in gossiping about their friends;

<sup>4</sup>who despise reprobates,  
 but honor people that respect Yahveh,  
 who even swear to their own disadvantage  
 and carry *it* through,

<sup>5</sup>that don't charge interest  
 or accept bribes against innocent people.  
 People like that will always be secure. Ps 15:1-5

### Psalm 16

A Mikhtam of David

<sup>1</sup>Protect me, Yahveh; you're my refuge.  
<sup>2</sup>I say, "You're my Lord;  
*apart from you, I don't have anything good.*"  
<sup>3</sup>The godly people on earth are the noble ones I delight in.  
<sup>4</sup>Trouble multiplies  
 for those who rush off to some other god;  
 I won't pour out blood offerings with them  
 or *even* say their names.  
<sup>5</sup>Yahveh is my permanent possession, my cup;  
 he holds *in safekeeping* what's allotted to me.  
<sup>6</sup>The *boundary lines of my inheritance* fall in good places;  
 it's a beautiful land. Ps 16:1-6

<sup>7</sup>I'll bless Yahveh that guides me;  
*even* at night my heart teaches me.  
<sup>8</sup>I keep him<sup>Y</sup> continually beside me,  
 at my right hand so I don't get unsettled.  
<sup>9</sup>So I'm happy and celebrate;  
 my body will also rest secure  
<sup>10</sup>because you won't abandon me in Sheol,  
 or let your Holy One decay.  
<sup>11</sup>You'll show me how to live;  
 there's total joy when you're around,  
 with eternal delights with you. Ps 16:7-11

### Psalm 17

A Prayer of David

<sup>1</sup>Yahveh, listen to my call for justice;  
     pay attention to my sincere prayer.  
<sup>2</sup>Declare me innocent  
     because you see that I'm righteous.  
<sup>3</sup>You've visited me at night and tested my heart;  
     you've put me on trial and found nothing wrong;  
     I'm determined not to say anything sinful.  
<sup>4</sup>Your word has kept me from following  
     the example of cruel people.  
<sup>5</sup>My steps have stayed on your path;  
     my feet haven't slipped.

Ps 17:1-5

<sup>6</sup>I'm calling on you, God,  
     because you answer me.  
<sup>7</sup>Demonstrate your amazing, enduring love  
     for the ones that take refuge in you  
     from people that rebel against you.  
<sup>8</sup>Keep me as the pupil of *your* eye;  
     hide me under your wings  
         <sup>9</sup>from sinners who plunder,  
         from deadly enemies that surround me,  
         <sup>10</sup>that have no mercy in their hearts,  
         and brag arrogantly.  
<sup>11</sup>They've tracked me down and surrounded me,  
     and threaten to knock me to the ground.  
<sup>12</sup>They're like lions eager to maul me,  
     like young lions lurking in ambush.

Ps 17:6-12

<sup>13</sup>Confront them, Yahveh; knock them down;  
     deliver me from sinners with the sword  
         <sup>14</sup>that's in your hand,  
         from people who've cast their lot in this life,  
         whose stomach you fill with your treasure.  
     They're satisfied with having children  
     and leaving their wealth to their babies.

<sup>15</sup>*But* because I'm righteous,  
     I'll be satisfied by seeing you when I wake up.

Ps 17:13-15

**Psalm 18 (2 Samuel 22)**

For the Choir Director. A Psalm of David,  
 Yahveh's servant, who sang this song to him  
 when he delivered him from his enemies and from Saul  
 He said,

<sup>1</sup>"I love you, Yahveh, my strength;  
<sup>2</sup>my fortress, my deliverer,  
 my God, my Rock, my Refuge;  
 my shield, the place that saves me, my stronghold."  
<sup>3</sup>I called on him who deserves praise,  
 and he saved me from my enemies.

<sup>4</sup>The waves of death entangled me;  
 the torrents of destruction flooded over me.  
<sup>5</sup>the cords of Sheol tied me down;  
 the snares of death had entrapped me.  
<sup>6</sup>In my desperation, I cried out to Yahveh,  
 and he heard me in his Temple.

**Ps 18:1-6**

<sup>7</sup>Then the earth quaked and the mountains shook  
 because he was angry.  
<sup>8</sup>Smoke poured out of his nostrils;  
 consuming fire flared from his mouth;  
 glowing coals erupted from him.  
<sup>9</sup>He lowered the sky too  
 and came down with dense darkness under his feet.

<sup>10</sup>He rode on a cherub  
 and came flying swiftly on the wings of the wind.

<sup>11</sup>He covered himself with darkness like a pavilion,  
 with dark rain clouds veiling *his advance*  
<sup>12</sup>and hiding the brightness around him,  
 while hailstones and lightning bolts broke through his clouds.

<sup>13</sup>Yahveh thundered from the sky;  
 the Most High raised his voice;  
 hailstones and lightning bolts resounded.

<sup>14</sup>He shot his arrows and scattered *my enemies*;

lightning flashes routed them.

**15**Then the water in the ocean receded;  
the seabed was exposed  
at his rebuke,  
at the blast from his nostrils.

**Ps 18:7-15**

**16**He reached down from on high and grabbed me  
and pulled me out of the path of the raging tsunami.

**17**He delivered me from enemies  
that hated me,  
that were too strong for me.

**18**They attacked me at a time of distress,  
but Yahveh was my buttress.

**19**He brought me out to a safe place  
and rescued me because he delighted in me.

**20****Yahveh rewarded me for my goodness,**  
**for my innocence;**

**21**I'd kept his ways  
and hadn't sinned by leaving him;  
**22**his ordinances all stayed with me;  
I hadn't shoved any of his statutes away.

**23**I stood blameless in his presence  
because I'd kept myself from sinning.

**24****So Yahveh rewarded me for my goodness,**  
**for my innocence.**

**Ps 18:16-24**

**25**To the kind you're kind;  
with the blameless you're blameless;  
**26**with the pure you're pure;  
with the treacherous you're shrewd.

**27**You rescue the humble  
but bring down the haughty.

**28**You're my lamp, Yahveh my God,  
and shine light into my darkness.

**29**With your help, I can crush a whole battalion  
I can scale any wall.

**Ps 18:25-29**

<sup>30</sup>God's way is perfect;  
 Yahveh's promise proves true;  
 he's a shield for everyone that depends on his protection.

<sup>31</sup>Who is God except Yahveh?  
 Who is a rock but our God,  
<sup>32</sup>who wraps me in strength  
 and makes my way safe?

<sup>33</sup>He makes my feet as surefooted a red deer's hooves  
 and stands me securely on high ground.

<sup>34</sup>He trains my hands for battle  
 and strengthens my arms to draw a bronze bow.

<sup>35</sup>He's given me his deliverance as a shield;  
 his help has made me great.

<sup>36</sup>He's widened the path where I step  
 so my feet don't slip.

**Ps 18:30-36**

<sup>37</sup>I chased my enemies and overtook them;  
 I didn't turn back till I'd eliminated them.

<sup>38</sup>I thrust them through so they couldn't get up again;  
 they fell under my feet  
<sup>39</sup>because you wrapped me in strength for battle  
 and subdued my assailants.

<sup>40</sup>You've made my enemies retreat;  
 I destroyed the ones that hated me.

<sup>41</sup>They looked around for help, but there wasn't any;  
 they even cried out to Yahveh, but he didn't answer.

<sup>42</sup>I pulverized them like dust in the wind,  
 emptied them out like dirt on the street.

<sup>43</sup>You delivered me from conflict with the people  
 and placed me at the head of nations;  
 people I didn't know now serve me.

<sup>44</sup>Foreigners submit as soon as they hear me;  
<sup>45</sup>they lose heart and come cringing out of their fortresses.

**Ps 18:37-45**

<sup>46</sup>Yahveh lives; praise be to my Rock;  
 exalted be God that delivers me,

47that avenges me,  
 that subdues nations under me.  
 48that rescues me from my enemies,  
 lifts me above my attackers,  
 and delivers me from violent people.  
 49So I'll thank you among the nations, Yahveh,  
 and sing your praises.  
 50You give victory for your king  
 and show enduring love to your anointed one,  
 to me [David] and my descendants forever. Ps 18:46-50

### Psalm 19

For the Choir Director. A Psalm of David.

1The heavens show God's glory;  
 the sky displays his workmanship.  
 2Day in and day out *they* speak;  
 night after night they display intelligence.  
 3There's no speech or words;  
 there's nothing to hear.  
 4Their testimony goes out to the whole world,  
 their message to the ends of the earth;  
 in them he's pitched a tent for the sun.  
 5It's like a groom coming out of his room,  
 excited like a man in shape to run a race.  
 6It rises at one side of the sky  
 and makes its circuit to the other;  
 nothing escapes its warmth. Ps 19:1-6

7The Law of Yahveh is perfect for reviving the soul;  
 his Testimony is reliable for making simple people wise.  
 8The precepts of Yahveh are right, bringing happiness;  
 his commandments are clear, enlightening the mind.  
 9Respect for Yahveh is pure, lasting forever;  
 his judgments are true and altogether just.  
 10They're worth more than lots of fine gold;  
 they're sweeter than honey that drips from the honeycomb.

<sup>11</sup>They warn me  
and reward me when I keep them.

<sup>12</sup>Who can see their own mistakes?  
*So declare me innocent of my unseen faults.*

<sup>13</sup>Restrain me from presumptuous sins;  
don't let them gain control of me.  
Then I'll be blameless and relieved for not sinning.

<sup>14</sup>May what I think and say  
be acceptable to you, Yahveh, my Rock, my Redeemer. **Ps 19:7-14**

Psalm 20

## For the Choir Director. A Psalm of David

<sup>1</sup>When trouble comes, may Yahveh answer you!  
    May Jacob's God set you safely on high!

<sup>2</sup>May he send help from the sanctuary  
    and support you from Zion!

<sup>3</sup>May he remember your many meal offerings  
    and find your burnt offerings acceptable.

<sup>4</sup>May he grant you your heart's desire  
    and make your plans successful.

<sup>5</sup>You'll sing for joy over his deliverance  
    and hoist your banners in his name.  
May Yahveh give you your petitions.

<sup>6</sup>We know Yahveh saves his anointed ones;  
he answers them from his holy heaven  
with the saving strength of his right hand.

<sup>7</sup>Some nations boast about chariots and horses,  
but we'll boast about Yahveh our God.

<sup>8</sup>Those nations will collapse and fall,  
but we'll rise up and stand tall.

<sup>9</sup>Give us victory, Yahveh, when we call.

Ps 20:1-5

**Psalm 21**

## For the Choir Director. A Psalm of David

1Yahveh, the king delights in your strength;  
     he's happy because you've helped him.  
 2You've given him his heart's desire;  
     you didn't withhold his request.  
 3You met him with blessings  
     and crowned him with fine gold.  
 4He asked you for life,  
     and you gave him life everlasting.  
 5He has great honor because you delivered him  
     and endowed him with splendor and majesty.  
 6You make him blessed forever  
     and happy because you're with him.

**Ps 21:1-6**

7The king trusts in Yahveh;  
     because of the enduring love of the Most High,  
     he won't be deposed.  
 8You'll discover all your enemies;  
     you'll find out who hates you.  
 9You'll throw them into a blazing furnace in your anger;  
     you'll burn them up in your wrath  
     10and destroy their offspring.  
 11Though they've devised a coup to harm you,  
     they won't succeed.  
 12You'll put them to flight  
     when you snap your bowstring at their faces.  
 13Be honored in your strength, Yahveh;  
     we'll sing praises about your power.

**Ps 21:7-13**

### Psalm 22

For the Choir Director. A Psalm of David  
 Set to *The Hind of the Dawn*

1My God, my God, why have you forsaken me?  
     Why are you so far from helping me,  
     so far from my groaning?  
 2I call out in the daytime, but you don't answer;

I don't get any relief at night.

<sup>3</sup>Yet you're holy,

enthroned on Israel's praises.

<sup>4</sup>Our ancestors trusted in you, and you delivered them.

<sup>5</sup>They called out to you, and you saved them;

they relied on you, and you didn't disappoint them.

**Ps 22:1-5**

<sup>6</sup>But I'm a worm, not a man;

people scorn me and despise me.

<sup>7</sup>Everybody that sees me makes fun of me;

they make faces at me and shake their heads at me *and say*,

<sup>8</sup>"*Entrust yourself to Yahveh; let him deliver you;*

*let him rescue you because he delights in you!"*

<sup>9</sup>Yet you're the One that delivered me from the womb

and made me trust when I was on my mother's breasts.

<sup>10</sup>I've depended on you from birth;

you've been my God from my mother's womb.

**Ps 22:6-10**

<sup>11</sup>Don't be distant because trouble's near;

there's nobody else to help me.

<sup>12</sup>Many bulls have surrounded me;

fierce bulls from Bashan have gathered around me.

<sup>13</sup>They bellow at me

like ravening, roaring lions.

<sup>14</sup>I'm being poured out like water;

all my bones are out of joint;

my heart's melting like wax.

<sup>15</sup>My strength has dried up like a potsherd,

my tongue is sticking to my jaws,

and you've laid me down dead in the dust.

<sup>16</sup>Dogs have surrounded me;

an crowd has ganged up on me;

they've pierced my hands and feet.

<sup>17</sup>I can count all my bones;

*people* are staring at me;

<sup>18</sup>they're dividing up my clothes

and gambling for my garments.

**Ps 22:11-18**

**19**Don't be distant, Yahveh;  
you're my only help; hurry and help me.

**20**Deliver me from the sword;  
rescue me from the dog's paws;  
**21**save me from the lion's mouth  
and the wild ox's horns.

**Ps 22:19-21**

**22**I'll tell my brothers about you  
and praise you when your people gather.

**23**You that respect Yahveh, praise him;  
stand in awe of him, descendants of Israel,  
**24**because he hasn't looked down on the oppressed  
or ignored them;

when they've appealed to him for help, he's listened. **Ps 22:22-24**

**25**The theme of my praise in the great assembly comes from you;  
I'll fulfill my vows in front of people that respect you.

**26**The poverty-stricken will eat and be satisfied;  
those who rely on Yahveh will praise him.  
May their hearts live forever!

**Ps 22:25-26**

**27**The most distant places will remember and turn to Yahveh;  
all the families in the nations will worship him

**28**because the kingdom belongs to him;  
he rules the nations.

**29**Prosperous people will eat and worship;  
everyone that goes down to dust will bow to him,  
all those who can't keep themselves alive.

**30**Posterity will serve him;  
one generation will tell the next one about him.

**31**To people not yet born,  
they'll come to declare his goodness,  
that he's the One that's done all of this.

**Ps 22:27-31**

## Psalm 23

A Psalm of David

<sup>1</sup>Yahveh is my shepherd;  
     I'll have everything I need.  
<sup>2</sup>He beds me down in green pasture  
     and leads me beside still water.  
<sup>3</sup>He refreshes me  
     and guides me along good paths for his honor.  
<sup>4</sup>Even though I walk through the darkest valley,  
     I won't be afraid, because he's with me;  
     his rod and staff reassure me.

<sup>5</sup>You set a table for me in front of my enemies;  
     you anoint my head with oil;  
     my cup runs over.  
<sup>6</sup>Goodness and mercy will follow me all my life,  
     and I'll live in Yahveh's house forever.

Ps 23:1-6

### Psalm 24

A Psalm of David

<sup>1</sup>The earth and everything in it belongs to Yahveh,  
     the world and those who live here.  
<sup>2</sup>He positioned land higher than seas,  
     more elevated than ocean currents.  
<sup>3</sup>Who can climb his mountain  
     and stand in his holy place?  
<sup>4</sup>People with clean hands and pure hearts,  
     who don't offer themselves up to idols  
     or lie under oath.  
<sup>5</sup>They'll receive a blessing from Yahveh,  
     goodness from the God who keeps them safe.  
<sup>6</sup>That's the way it is for those who seek him out  
     and worship him—*even the House of Jacob.*

Ps 24:1-6

<sup>7</sup>**Open up, gates;**  
**open up, everlasting doors,**  
**so the glorious King can enter!**

**8Who is the glorious King?**

Yahveh strong and powerful,  
Yahveh mighty in battle.

**9Ope up, gates;**

Open up, everlasting doors,  
so the glorious King can enter!

**10Who is the glorious King?**

Yahveh of Hosts,  
he is the glorious King.

Ps 24:7-10

### Psalm 25

*A Psalm of David*

**1I hold my life up to you, Yahveh;**

**2I trust you;**  
don't let me down  
or let my enemies celebrate over my defeat.

**3Nobody that waits for you will be discredited;**  
people who deal treacherously  
are the ones that will be discredited.

Ps 25:1-3

**4Yahveh, let me know your ways;**

teach me your paths;

**5lead me in your truth**  
because you keep me safe;  
I'll always depend on you.

**6Remember your mercy and enduring love**

that have existed from ages past.

**7Don't keep in mind the sins I committed when I was young;**

remember me in the light of your enduring love. Ps 25:4-7

**8Yahveh is good and just,**

so he instructs sinners in his way

**9and leads the humble in what's right.**

**10Everything he does comes from truth and enduring love**

for those who keep his covenant and testimonies.

**11For your own honor,**

pardon my sin because it's great.

**Ps 25:8-11**

- 12**Who of you respect Yahveh?  
 He'll instruct you in what to choose  
**13**so you'll keep succeeding  
 and your offspring will inherit the land.  
**14**People that respect Yahveh are his friends;  
 he'll make his covenant known to them.  
**15**I keep looking to him

because he untangles my feet from my enemies' net. **Ps 25:12-15**

- 16**Turn to me and be gracious  
 because I'm lonely and downcast.  
**17**Relieve me of my pain and anguish,  
 and lift me out of my doldrums.  
**18**Look at my troubles  
 and forgive my sin.

**Ps 25:16-18**

- 19**Look at all the enemies I have  
 that hate me so much!  
**20**Guard my life and rescue me;  
 don't let me regret taking refuge in you.  
**21**Oh that integrity and godliness would protect me  
 because I depend on you.  
**22**Redeem Israel, God, from all its troubles.

**Ps 25:19-22**

### **Psalm 26**

*A Psalm of David*

- 1**Declare me innocent, Yahveh,  
 because I've conducted myself with integrity  
 and trusted in you without wavering.  
**2**Examine me, put me on trial,  
 test my motives and attitude.  
**3**I keep my eye on your unfailing love  
 and follow you faithfully.  
**4**I don't sit with deceitful people

- or run around with pretenders.
- <sup>5</sup>I detest the company of unreliable people  
and refuse to join in with sinners.
- <sup>6</sup>I'll wash my hands to express my innocence  
and frequent your altar, Yahveh,  
<sup>7</sup>singing my gratitude  
and telling about the wonderful things you've done.      **Ps 26:1-7**
- <sup>8</sup>Yahveh, I love the Temple where you live,  
the place where your glory lies.
- <sup>9</sup>Don't carry off my soul with sinners,  
or my life with bloodthirsty people  
<sup>10</sup>that devise sinful schemes  
and hand out bribes left and right.
- <sup>11</sup>But I maintain my integrity;  
redeem me with your grace.
- <sup>12</sup>My foot stands on solid ground;  
I'll bless you publicly.      **Ps 26:8-12**

### **Psalm 27**

*A Psalm of David*

- <sup>1</sup>Yahveh is my light and salvation;  
who am I going to be afraid of?  
He defends me;  
who am I going to dread?
- <sup>2</sup>When bad people come to devour me,  
they stumble and fall.
- <sup>3</sup>Though an army attacks me, it won't frighten me;  
though war breaks out against me, I'll stay confident.      **Ps 27:1-3**
- <sup>4</sup>I ask Yahveh for one thing—what I look for most:  
to live in his house my whole life,  
to see his beauty and meditate in his Temple.
- <sup>5</sup>When trouble comes, he'll shelter me;  
he'll hide me in a secret place  
and station me on a *high* rock.

<sup>6</sup>I'll hold up my head above my enemies;  
 in his Tabernacle I'll offer sacrifices with shouts of joy  
 and sing praises to Yahveh. Ps 27:4-6

<sup>7</sup>Listen when I call out, Yahveh;  
 be gracious and answer me.  
<sup>8</sup>You said, "Seek me,"

my heart and soul responded, "*I'll seek you.*"  
<sup>9</sup>Don't ignore me

or turn away angry.  
 You've been my help;  
 don't abandon me, God my Savior.  
<sup>10</sup>Even if my parents exposed me I *as an infant to die*,  
 you would pick me up. Ps 27:7-10

<sup>11</sup>Teach me your way, Yahveh;  
 lead me on a level path away from my enemies.

<sup>12</sup>Don't turn me over to them,  
 because lying witnesses have taken the stand against me,  
 the kind that threatens violence with every breath.

<sup>13</sup>I'd have despaired if I hadn't believed  
 I'd see Yahveh's goodness while I was alive.

<sup>14</sup>So wait for him;  
 be strong and courageous.  
 Yes, wait for him. Ps 27:11-14

### Psalm 28

*A Psalm of David*

<sup>1</sup>I'm calling out to you, Yahveh;  
 don't turn a deaf ear, my Rock;  
 otherwise, I'll be like someone going down to the Pit.

<sup>2</sup>Help me when I plead for help,  
 when I lift up my hands toward your holy sanctuary.

<sup>3</sup>Don't drag me away with the wicked,  
 with those who sin,

who offer their neighbors peace  
while selfish motives lurk in their hearts.

<sup>4</sup>Pay them back according to their deeds,  
in proportion to the sin they practice.

<sup>5</sup>Since they don't appreciate  
what you've made and done,  
tear them down and don't rebuild them.

**Ps 28:1-5**

<sup>6</sup>Bless Yahveh for listening to my petition.

<sup>7</sup>He's my strength and shield;  
I trust him and he helps me;  
so I celebrate and thank him with songs.

<sup>8</sup>He's his people's strength,  
the saving defense for his anointed ones.

<sup>9</sup>Save your people and bless your inheritance;  
be their shepherd and carry them forever.

**Ps 28:6-9**

### **Psalm 29** A Psalm of David

<sup>1</sup>Children of the mighty,  
attribute to Yahveh honor and strength.

<sup>2</sup>Honor him like he deserves;  
worship him in his holy splendor.

**Ps 29:1-2**

<sup>3</sup>The sound from Yahveh carries out over the water;  
our glorious God thunders across the ocean expanse.

<sup>4</sup>His voice is loud and majestic  
<sup>5</sup>and blows down cedars in Lebanon.

<sup>6</sup>He makes Lebanon skip like a calf  
and Sirion [Mt. Hermon] jump around like a young wild ox.

<sup>7</sup>The sound from Yahveh flashes out lightning bolts  
<sup>8</sup>and shakes the Wilderness of Kadesh;  
<sup>9</sup>it makes deer go into labor  
and strips the trees bare.

In his Temple everyone shouts, "Glory!"

<sup>10</sup>Yahveh sits like a king above the flood,  
enthroned forever.

<sup>11</sup>He gives his people courage  
and blesses them with peace.

**Ps 29:3-11**

### Psalm 30

*A Psalm of David*

A Song at the Dedication of the Temple

<sup>1</sup>I'll praise you, Yahveh, because you've rescued me;  
you haven't let my enemies celebrate victory over me.

<sup>2</sup>I appealed to you for help, my God,  
and you restored my health;

<sup>3</sup>you brought me up from Sheol;  
you kept me from going down to the Pit.

<sup>4</sup>Sing praise to Yahveh, his holy people;  
thank him <sup>5</sup>because his anger is only for a little while,  
but his blessing lasts a lifetime.

Weeping may go on all night,  
but rejoicing comes in the morning.

**Ps 30:1-5**

<sup>6</sup>In my good fortune, I said, "*I'll never be shaken.*"

<sup>7</sup>Your blessing, Yahveh, made me feel as stable as a mountain;  
*but then you hid from me,* and I was shattered.

<sup>8</sup>I called out to you in a petition:

<sup>9</sup>"*What does my death accomplish if you let me go down to the Pit?*  
*Will dust praise you and tell about your faithfulness?*"

<sup>10</sup>"*Hear me, Yahveh; be gracious and help me.*"

<sup>11</sup>You turned my mourning into dancing;  
you removed my burlap *of mourning*  
and dressed me in happiness.

<sup>12</sup>Now I can sing praise to you unrestrained;  
I can be eternally grateful to you.

**Ps 30:6-12**

**Psalm 31**  
For the Choir Director. A Psalm of David

<sup>1</sup>I take refuge in you, Yahveh;  
never let me be disgraced;  
in your goodness protect me.

<sup>2</sup>Listen to me, rescue me quickly;  
be a rock for me,  
a strong fortress to save me.

<sup>3</sup>You're my rock and fortress;  
for your honor, lead me and guide me.

<sup>4</sup>Free me out of the trap people secretly laid for me  
because you're my protection.

<sup>5</sup>I'm entrusting my spirit to you;  
rescue me, Yahveh, true God.

**Ps 31:1-5**

<sup>6</sup>I detest those who respect worthless idols;  
I trust in you, Yahveh.

<sup>7</sup>I'll be happy in your enduring love,  
because you see my difficulties  
and know the trouble I'm in,

<sup>8</sup>because you haven't handed me over to my enemies;  
you've set me on a spacious place.

**Ps 31:6-8**

<sup>9</sup>Be gracious to me in my distress, Yahveh;  
my eyes are melting away with grief,  
my soul and body are getting weak as well

<sup>10</sup>because I live in constant sorrow;  
I spend my years in sighing.

My strength is failing because of sin;  
my body is wasting away.

<sup>11</sup>Because I have so many enemies,  
my neighbors despise me,  
my acquaintances abhor me,  
and people shun me in the streets.

<sup>12</sup>I'm forgotten like someone *long* dead,  
out of mind like a broken pot.

<sup>13</sup>I hear people's slander;

there's terror on every side;  
 my enemies conspire against me  
 and lay plots to kill me.

**Ps 31:9-13**

- 14**But I trust you, Yahveh;  
 I swear, "*You're my God.*"
- 15**My future's in your hands;  
 rescue me from my enemies,  
 from those who persecute me.
- 16**Smile at me;  
 save me with your enduring love.
- 17**Don't let my enemies disgrace me, Yahveh,  
 because I'm calling on you.  
 Put sinners to disgrace;  
 let them be silent in Sheol.
- 18**Make lying lips be mute  
 that insult the good with pride and contempt.

**Ps 31:14-18**

**19**How great your goodness is  
 that you've stored up for those who respect you,  
 that you've shown to people that take refuge in you  
 so others can see.

**20**You secretly hide them with you away from people's plots,  
 and shelter them from the conflict that tongues can cause.

**21**Bless Yahveh  
 because he showed me his enduring love  
 when I was surrounded like a city under siege.

**22**I despaired in my alarm, "*I can't see you!*"  
 but you heard my appeal.

**Ps 31:19-22**

**23**Love Yahveh, all you holy people!  
 He preserves the faithful  
 and repays those who act arrogantly.

**24**Be strong and courageous,  
 you that rest your hopes in him!

**Ps 31:23-24**

## Psalm 32

A Maskil. A Psalm of David

<sup>1</sup>How blessed they are whose sin God forgives,  
 whose transgression he covers;  
<sup>2</sup>whose disobedience Yahveh doesn't hold against them,  
 whose spirit doesn't harbor deceit!

<sup>3</sup>When I didn't acknowledge my sin,  
 my body wasted away,  
 I moaned all day,  
<sup>4</sup>your hand weighed on me day and night,  
 my strength drained away in the summer heat.

<sup>5</sup>When I acknowledged it and said, "*I'll confess my sin to Yahveh,*"  
 you forgave me.

<sup>6</sup>So everyone that's godly needs to pray to you  
 while there's time;  
 so when distress floods in,  
 it won't overwhelm them.

<sup>7</sup>You're our hiding place  
 for protecting us from trouble  
 and surrounding us with songs about deliverance.

**Ps 32:1-7**

<sup>8</sup>I'll teach you the way to go;  
 I'll focus my attention on you and advise you.

<sup>9</sup>Don't be like a senseless horse or mule  
 that needs a bit and bridle to make it obey.

<sup>10</sup>Sinful people incur lots of sorrow,  
 but enduring love surrounds those who trust Yahveh.

<sup>11</sup>Be happy and celebrate in him;  
 shout for joy, all of you with godly hearts.

**Ps 32:8-11**

### **Psalm 33**

<sup>1</sup>Sing for joy to Yahveh, good people;  
 praise is fitting for the godly.

<sup>2</sup>Give him<sup>Y</sup> thanks with a lyre;

sing praises to him with a ten-string harp.

<sup>3</sup>Sing a new song to him;  
play skillfully and shout for joy.

<sup>4</sup>You can believe what he<sup>Y</sup> says  
and rely on what he does.  
<sup>5</sup>He loves goodness and justice,  
and fills the world with his enduring love.

Ps 33:1-5

<sup>6</sup>Yahveh made the sky with a word,  
all its host with the breath from his mouth.

<sup>7</sup>He gathered the water in the ocean  
and stored up the depths in reservoirs.

<sup>8</sup>The whole world must respect him  
and stand in awe of him.

<sup>9</sup>He spoke and it happened;  
he commanded and it occurred.

<sup>10</sup>Yahveh overrides the counsel of nations  
and frustrates the peoples' plans.

<sup>11</sup>His counsel stands forever;  
his plans *endure* across the generations.

Ps 33:6-11

<sup>12</sup>The nation is blessed whose God is Yahveh,  
the people he's chosen for his inheritance.

<sup>13</sup>Yahveh looks down from heaven at everyone;

<sup>14</sup>from where he sits, he sees the whole human race.

<sup>15</sup>He made their hearts;  
so he understands what they do.

<sup>16</sup>A king doesn't prevail by his *large* army;  
a soldier doesn't save himself by his great strength.

<sup>17</sup>A warhorse gives false hope for victory;  
it doesn't deliver anyone by its power.

Ps 33:12-17

<sup>18</sup>Yahveh watches over those who respect him,  
who place their hope in his enduring love

<sup>19</sup>to deliver them from death  
and keep them alive at famine time.

<sup>20</sup>We wait for him, our help and shield,  
<sup>21</sup>and celebrate in him because we trust in him.

<sup>22</sup>Send down your enduring love to us, Yahveh,  
 because we've put our hope in you.

**Ps 33:18-22**

### Psalm 34

*A Psalm of David When He Faked Insanity  
 Before Abimelech, Who Drove Him Away*

<sup>1</sup>I'll bless Yahveh at all times  
 and praise him constantly.

<sup>2</sup>I'll make my boast about him;  
 the helpless will hear it and take heart.

<sup>3</sup>Let's tell how great Yahveh is;  
 let's honor him together.

<sup>4</sup>I looked to Yahveh; he answered me  
 and freed me from my fears.

<sup>5</sup>People that look to him are radiant;  
 they never look subdued.

<sup>6</sup>I cried out in my suffering, and he<sup>Y</sup> listened  
 and saved me from my troubles.

<sup>7</sup>An angel of Yahveh camps around people that respect him,  
 and he rescues them.

**Ps 34:1-7**

<sup>8</sup>Taste and find out how good Yahveh is,  
 how blessed everyone is that takes refuge in him!

<sup>9</sup>Respect him, his holy people;  
 those who do, have everything they need.

<sup>10</sup>Young lions get hungry,  
 but anyone that looks to Yahveh has everything good.

<sup>11</sup>Come, children, listen to me;  
 I'll teach you to respect Yahveh.

<sup>12</sup>Who wants to live  
 a long time and prosper?  
<sup>13</sup>Keep your tongue from sinning

and your lips from lying.  
**14**Quit doing bad and do good;  
 look for peace and pursue it.

**Ps 34:8-14**

- 15**Yahveh watches over good people  
 and hears them cry out to him.  
**16**He turns against those who practice sin,  
 and erases the memory of them.  
**17**When good people call for help; he listens  
 and rescues them from their troubles.  
**18**He's close to the brokenhearted  
 and saves those whose spirit is crushed.  
  
**19**Good people face lots of trouble,  
 but Yahveh delivers them.  
**20**They keep all their bones;  
 not a one of them will be broken.  
**21**Sin slays the sinful;  
 God punishes those who hate the righteous.  
**22**He redeems his servants;  
 he doesn't condemn anyone that takes refuge in him.    **Ps 34:15-22**

### Psalm 35

*A Psalm of David*

- 1**Yahveh, oppose the ones that oppose me;  
 fight those who fight me.  
**2**Put on buckler and shield,  
 and come to my aid.  
**3**Draw spear and javelin against my pursuers;  
 tell me you'll save me.  
**4**Dishonor the ones that want to kill me;  
 drive back and humiliate those who scheme against me.  
**5**Make them like chaff in the wind,  
 with the angel of Yahveh blowing them.  
**6**Make their path dark and slippery,

- with the angel of Yahveh chasing them;  
 7for no reason they hid a net to catch me  
     and dug a pit to trap me.  
 8Bring destruction on them unawares;  
     have the net they hide catch them;  
     have them fall into that very destruction.
- Ps 35:1-8**
- 9I'll be happy in Yahveh  
     and celebrate over his salvation.  
 10My very bones say, "*Yahveh who is like you*  
     *that delivers the oppressed from people too strong for them,*  
     *and saves the needy from the one that robs them?*"  
 11Malicious witnesses testify against me  
     and accuse me of things I don't do.  
 12They repay me bad for good; I'm heartbroken.  
 13But when they were sick, I wore burlap;  
     I humbled myself with fasting  
     and prayed with my chin on my chest.  
 14I went about as if it was my friend or brother;  
     I bent over mourning as if it was my mother.  
 15But when I stumbled, they celebrated and ganged up on me;  
     strikers that I didn't even know gathered against me  
     and slandered me for no reason.  
 16Like godless jesters at a feast,  
     they gnashed their teeth at me.
- Ps 35:9-16**
- 17Lord, how long will you *just* watch?  
     Rescue me from their ravages;  
     *save* me from those lions.  
 18I'll thank you in the great community  
     and praise you in the mighty throng.  
 19Don't let my enemies celebrate over me,  
     or wink maliciously who hate me.  
 20They don't talk about peace;  
     they scheme against those who are peaceful in the land.  
 21They open their mouth wide against me,  
     "*Aha, aha, we saw him do it!*"
- Ps 35:17-21**

<sup>22</sup>You can see what they're doing, Yahveh;  
    don't stand back and not say anything.

<sup>23</sup>Stir yourself up, awake for my justice,  
    for my cause, my Lord and my God.

<sup>24</sup>Judge me, Yahveh, according to your goodness;  
    don't let *my enemies* celebrate over me.

<sup>25</sup>Don't let them say to themselves, "*Just what we'd hoped!*"  
    don't let them say, "*We'll eat him alive!*"

<sup>26</sup>Humiliate them who celebrate over my distress;  
    dress them in shame and dishonor  
        who vaunt themselves up over me.

Psalm 36

## For the Choir Director

## *A Psalm of David, Yahveh's Servant*

- <sup>1</sup>Sin speaks to sinful people's hearts;  
they don't respect God at all.
- <sup>2</sup>They flatter themselves  
that he can't discover their sin.
- <sup>3</sup>Their words deceive;  
they've stopped being wise and doing good.
- <sup>4</sup>They devise schemes in bed  
and carry them out *in the morning* with no qualms

<sup>5</sup>Yahveh, your enduring love reaches the stars;  
your faithfulness is as high as the sky;  
<sup>6</sup>your goodness as mighty as the mountains;  
your justice as deep as the ocean;  
your provision sufficient for everything that breathes.  
<sup>7</sup>How precious that enduring love is!  
All humanity finds protection under your wings.

- <sup>8</sup>They drink their fill from the abundance in your house,  
from your river of delights.
- <sup>9</sup>You're their fountain of life;  
in your light they see light.
- <sup>10</sup>Maintain your enduring love to all who know you,  
your goodness to the godly in heart. Ps 36:5-10
- <sup>11</sup>Don't let the proud tramp on me  
or the sinful shove me away.
- <sup>12</sup>Let sinners fall where they sin,  
thrown down so they can't get up. Ps 36:10-12

### Psalm 37

*A Psalm of David*

- <sup>1</sup>Don't worry about bad people  
or envy those who do wrong;
- <sup>2</sup>they'll wither like grass  
and fade like flowers.
- <sup>3</sup>Trust in Yahveh and do good  
so you can live in the land and enjoy security.
- <sup>4</sup>Delight in Yahveh,  
and he'll give you what your heart desires.
- <sup>5</sup>Commit your way to him and trust in him,  
and he'll act *on your behalf*.
- <sup>6</sup>He'll bring forth your goodness like the dawn  
and your vindication like the midday sun. Ps 37:1-6
- <sup>7</sup>Rest in Yahveh and wait patiently for him;  
don't worry about people that prosper  
by carrying out dishonest schemes.
- <sup>8</sup>Stop being mad *at them*; set anger aside;  
don't concern yourself with them;  
that only leads to your own sinning.
- <sup>9</sup>They'll be destroyed,  
but those who depend on Yahveh will inherit the land.
- <sup>10</sup>Sinners will soon be gone;  
you can look all over for them,

but they won't be there.

- 11**It's the humble will inherit the land  
and delight in abundant prosperity.

**Ps 37:7-11**

- 12**The wicked plot against the good  
and gnash their teeth at them.

- 13**But Yahveh laughs at them,  
because he sees what's going to happen to them.

- 14**Sinners draw the sword and bend the bow  
to bring down the poor and needy,  
and slay the godly;

- 15**but their sword will pierce their own heart,  
and their bow will break.

**Ps 37:12-15**

- 16**The little that good people have is better  
than the abundance sinners possess;

- 17**because Yahveh will break the arms of sinners  
and sustain the good.

- 18**He knows the time of the blameless;  
their inheritance lasts forever.

- 19**They aren't discouraged in hard times  
and have plenty during famine.

- 20**But the sinful perish;  
Yahveh's enemies are like flowers in a pasture;  
they dissipate like smoke.

- 21**The wicked borrow and don't repay,  
but the good are generous and give.

- 22**Those he blesses will inherit the land;  
the ones he curses will die.

**Ps 37:16-22**

- 23**Yahveh guides the steps of the godly  
and delights in their lives.

- 24**If they fall, they won't fall headlong  
because Yahveh will hold their hand.

- 25**I was young once; now I'm old;  
yet I've not seen good people abandoned  
or their children beg for bread.

- 26**They're gracious and generous;

their descendants are a blessing.

**27**Quit doing bad things and do good,  
so you'll live forever.

**Ps 37:23-27**

**28**Yahveh loves justice  
and doesn't abandon his holy people;  
he keeps them forever,  
but cuts off the descendants of the wicked.

**29**The godly will inherit the land  
and live there permanently.

**30**The godly utter wisdom and speak justice.

**31**The Law of their God is in their heart;  
their feet don't slip.

**32**Sinners spy on them  
and try to kill them.

**33**Yahveh won't abandon the godly to their power  
or let them be condemned when they're judged.

**34**Wait for Yahveh and keep his way,  
and he'll raise you up to inherit the land;  
you'll see the wicked destroyed.

**Ps 37:28-34**

**35**I've seen a violent, wicked people spread themselves out  
like tall trees in their native soil.

**36**Then they passed away and were gone;  
I looked for them, but they were nowhere to be found.

**37**Take note of blameless, watch the godly  
because peaceful people prosper;

**38**but sinners will be destroyed  
along with their future.

**39**The salvation of the godly comes from Yahveh,  
their refuge when trouble comes.

**40**Yahveh helps them and delivers them,  
protects them from sinners and saves them  
because they take refuge in him.

**Ps 37:35-40**

A Psalm of David  
for a Memorial

<sup>1</sup>Yahveh, don't rebuke me in your wrath  
or discipline me in your furious anger.  
<sup>2</sup>Your arrows have pierced deep into me;  
your hand has come down hard on me.  
<sup>3</sup>Because of your indignation, my body's not sound;  
by my sin I've ruined my health.  
<sup>4</sup>My iniquities have piled up higher than my head  
and weighed me down.  
<sup>5</sup>My wounds have festered and grown foul.  
My foolish choices <sup>6</sup>have doubled me over;  
I grieve all the time;  
<sup>7</sup>I'm burning up with fever;  
my health is broken.  
<sup>8</sup>I'm numb and crushed,  
and groan from inner conflict.

**Ps 38:1-8**

<sup>9</sup>Yahveh, you know what I long for;  
you hear my sighs.  
<sup>10</sup>My heart's pounding, my strength's failing;  
the sparkle in my eyes is gone.  
<sup>11</sup>My friends and loved ones stand back from my sickness;  
my relatives stay well away from me.  
<sup>12</sup>Those who want to kill me lay snares for me;  
the ones that want to injure me threaten destruction,  
constantly plotting treachery.

**Ps 38:9-12**

<sup>13</sup>But like someone deaf, I don't hear;  
like a mute I don't speak.  
<sup>14</sup>Yes, I'm like somebody that can't hear,  
someone with no arguments to offer.  
<sup>15</sup>I'm depending on you, Yahveh;  
you'll have to answer *for me*:  
<sup>16</sup>Don't let them celebrate over me  
or gloat when my foot slips.  
<sup>17</sup>I'm ready to fall;

my sorrow continually looms in front of me.

**18**I'm confessing my iniquity;  
I'm anxious about my sin.

**19**But my enemies are vigorous and strong;  
they hate me for no reason.

**20**and repay bad for good  
because I follow after what's good.

**21**Don't leave me, Yahveh;  
stay close by!

**22**Hurry and help me, Lord my savior!

Psalm 39

For the Choir Director. A Psalm of David  
Set to *Jeduthun*

<sup>1</sup>I said, “I’ll watch what I do  
so I won’t sin with my tongue;  
I’ll put a muzzle on my mouth  
while sinful people come around.”

<sup>2</sup>But when I kept silent even about what was good,  
it was of no avail;  
my agitation grew worse.

<sup>3</sup>The more I thought about it  
the more the fire burned within me;  
so I spoke up:

<sup>4</sup>“Yahweh, show me my end,  
how long I’ll live;  
let me realize how fleeting my life is.

<sup>5</sup>You’ve made my days like handbreadths;  
my lifetime is only a moment to you.  
We all stand like a mere breath.

<sup>6</sup>We walk around like shadows in turmoil for nothing;  
we accumulate wealth without knowing who will inherit it.

<sup>7</sup>“Now Lord, what is it I’m waiting for?  
You’re my only hope.

<sup>8</sup>Save me from my sins;

*don't let fools humiliate me.*

**9** *I can't open my mouth; I'm unable to speak  
because you're the one that disabled me.*

**10** *Stop striking me;  
I'm exhausted from your blows.*

**11** *You discipline us for our sins  
and consume like a moth what's precious to us.  
Clearly, we're all nothing more than a breath.*

<sup>12</sup>“Hear my prayer, Yahveh;  
don’t ignore my tears  
because I’m a passing guest,  
a nomad like my ancestors.

<sup>13</sup>Leave me alone so I can be happy again  
before I’m gone and don’t exist anymore.”

Psalm 40

## For the Choir Director. A Psalm of David

<sup>1</sup>I waited patiently for Yahveh;  
    he listened to my call *for help*.

<sup>2</sup>He brought me up out of the pit of despair,  
        out of the muddy clay,  
        set my feet on solid rock,  
        and made my footsteps secure.

<sup>3</sup>He put a new song in me, a song about praising God;  
    other people will hear it, see what he's done, and trust in him<sup>Y</sup>.

<sup>4</sup>How blessed people are that trust in Yahveh  
instead of turning to proud or deceitful people.  
<sup>5</sup>Yahveh my God, you've done so many amazing things;  
your good intentions for us are too many to tell.  
Nobody compares with you.  
If I tried to tell about *your wonderful acts*,  
I couldn't recount them all. Ps 40:1-5

<sup>6</sup>You don't delight in sacrifices and meal offerings;  
you haven't required burnt offerings and sin offerings;

you've pierced my ears. [you gave me a body<sup>LXX</sup>.]

<sup>7</sup>Then I said, "I'm coming;

it's written about me in the scroll;

<sup>8</sup>I delight in doing your will, my God;

I have your Law at heart."

<sup>9</sup>In the great assembly

I've proclaimed the good news about goodness;

I didn't hold back

<sup>10</sup>or keep to myself the truth about your goodness;

I spoke openly about your saving power,

about your enduring love and truth.

**Ps 40:6-10**

<sup>11</sup>Yahveh, don't withhold your mercy from me;

let your enduring love and truth keep protecting me.

<sup>12</sup>Troubles beyond number surround me;

my own sins overtake me

till I can't see *any way to escape them.*

<sup>13</sup>Yahveh, please hurry and help me.

<sup>14</sup>Embarrass and humiliate those who keep trying to destroy me;

disgrace the ones that delight in hurting me.

<sup>15</sup>Make them appalled at their disgrace

who say to me, "Aha, aha!"

<sup>16</sup>Make them happy who look to you,

who love your salvation and chant,

"Yahveh is great."

<sup>17</sup>Keep me in your thoughts

because I'm in misery and need you,

my helper, my deliverer.

Don't delay.

**Ps 40:11-17**

### Psalm 41

For the Choir Director. A Psalm of David

<sup>1</sup>How blessed people are that have regard for the poor;

Yahveh will deliver them when they have need.

<sup>2</sup>He'll<sup>Y</sup> protect them, keep them alive, and call them blessed;  
<sup>3</sup>sustain<sup>Y</sup> them when they're sick and restore them to health.

**Ps 41:1-3**

<sup>4</sup>I said, "*Be gracious to me, Yahveh;*  
*heal my soul because I've sinned against you.*"  
<sup>5</sup>My enemies say rude things about me:  
*"When's he going to die*  
*so we can forget about him?"*

<sup>6</sup>When they come to visit me,  
 they say things they don't mean;  
 they *just come to* gather threads  
 they can weave into gossip when they leave.

<sup>7</sup>Everybody that hates me whispers behind my back  
 and makes up hurtful things to say about me:  
<sup>8</sup>"*He has some deadly disease;*  
*he'll never get out of bed again.*"

<sup>9</sup>Even the close friend that I trusted, that I ate with,  
 has turned against me.

**Ps 41:4-9**

<sup>10</sup>But you, Yahveh, be gracious and restore me  
 so I can pay them back.

<sup>11</sup>I know you're pleased with me;  
 you haven't let my enemies triumph over me.

<sup>12</sup>You've upheld me in my integrity  
 and brought me into your eternal presence.

<sup>13</sup>Bless Yahveh God of Israel  
 from everlasting to everlasting.

Amen and Amen.

**Ps 41:10-13**

## BOOK 2

**Psalm 42**  
 For the Choir Director  
 A Maskil of the Sons of Korah

<sup>1</sup>My soul pants for God  
    like a deer pants for water.

<sup>2</sup>My soul is thirsty for the living God;  
    when will I *ever* see him?

<sup>3</sup>My tears have been my food day and night  
    as people ask me all the time, "*Where's your God?*"

<sup>4</sup>I think about these things as I pour out my soul.  
    I used to go with the throng,  
        leading the procession to the house of God,  
            singing for joy and giving thanks  
                in the great celebration.

**5Why despair, my soul?  
Why be disturbed?  
Put your hope in God because I'll still praise him  
for the help his presence brings.**

<sup>6</sup>I'm in despair, God;  
so I remember you from the land of the Jordan,  
from the peaks of Hermon—from Mount Mizar.  
<sup>7</sup>The sounds of your crashing waves echo back and forth;  
your waves and breakers are sweeping over me.

<sup>8</sup>Yahveh directs his enduring love to me in the daytime;  
I sing his songs at night, prayers to my living God.

<sup>9</sup>I say to God, my Rock, “*Why have you forgotten me?*  
***Why do I go around mourning***  
***because my enemies oppress me?***”

<sup>10</sup>Like breaking my bones, they taunt me;  
people ask me all the time, “*Where’s your God?*”

**11 Why despair, my soul?  
Why be disturbed?  
Put your hope in God because I'll still praise him  
for the help his presence brings.**

<sup>1</sup>Declare me innocent, God;  
 defend me against this ungodly nation;  
 deliver me from liars!

<sup>2</sup>You're the God that I rely on for courage;  
 why reject me?

**Why do I go around mourning  
 because my enemies oppress me?**

<sup>3</sup>Send your light and truth to lead me,  
 to bring me to the holy hill where you live. Ps 43:1-3

<sup>4</sup>Then I can go to your altar, my greatest *source of joy*,  
 and praise you with a harp.

<sup>5</sup>**Why despair, my soul?  
 Why be disturbed?  
 Put your hope in God because I'll still praise him,  
 my helper and my God.**

Ps 43:4-5

**Psalm 44**  
 For the Choir Director  
 A Maskil of the Sons of Korah

<sup>1</sup>God, our ancestors have told us  
 what you did in their time long ago.

<sup>2</sup>You drove out nations and planted this one;  
 you struck them and scattered them abroad.

<sup>3</sup>*Our ancestors* didn't conquer the land with their sword;  
 their own arm didn't save them.

Your right hand, your arm,  
 the light of your presence *did it*  
 when you showed them favor. Ps 44:1-3

<sup>4</sup>You're my King, God;  
 ordain victories for Jacob *in our day too*.

<sup>5</sup>By your power we'll push back our adversaries  
 and tramp down our attackers.

<sup>6</sup>We don't trust in our bow;

our sword won't save us.

<sup>7</sup>You are the one that must save us from our enemies  
and disgrace those who hate us.

<sup>8</sup>We take pride in you always  
and give you thanks forever.

Ps 44:4-8

<sup>9</sup>Yet now you've set us aside to dishonor;  
you don't go out with our armies.

<sup>10</sup>You've made us retreat from our enemies;  
those who hate us have plundered our land.

<sup>11</sup>You've butchered us like sheep  
and scattered us among the nations.

<sup>12</sup>You sell us cheap  
and make no profit from doing it.

<sup>13</sup>You make us a disgrace to our neighbors,  
something to scoff at,  
<sup>14</sup>a byword the world over,  
a laughingstock among the nations.

Ps 44:9-14

<sup>15</sup>All day long we're disgraced and humiliated  
<sup>16</sup>because people insult us;  
we have enemies and avengers everywhere.

<sup>17</sup>That's all come on us though we haven't forgotten you  
or been unfaithful to your covenant.

<sup>18</sup>Our heart hasn't deserted you;  
we haven't strayed from your way;  
<sup>19</sup>yet you've crushed us in a place filled with jackals  
and covered us with the shadow of death.

Ps 44:15-19

<sup>20</sup>If we'd forgotten you  
or raised our hands to a foreign god,

<sup>21</sup>wouldn't you have found it out?  
You know all our inner secrets.

<sup>22</sup>But for the sake of your honor, our lives are always in danger;  
we're like sheep headed for slaughter.

<sup>23</sup>Wake up, Yahveh; why are you sleeping?  
don't reject us forever.

<sup>24</sup>Why ignore us  
and forget our suffering and oppression?

**25**We're struck down to the dirt;  
our bodies stick to the ground.

<sup>26</sup>Get up and help us;  
redeem us like your enduring love suggests.

Ps 44:20-26

Psalm 45

For the Choir Director. Set to *Lilies*  
A Maskil of the Sons of Korah. A Song About Love

<sup>1</sup>My heart is overflowing with a noble theme  
as I recite my verses to the King;  
my tongue is like the pen of a gifted poet.

<sup>2</sup>You're more handsome than the sons of men;  
gracious words stream from on your lips;  
God has blessed you forever.

<sup>3</sup>Strap your sword to your thigh, Mighty Warrior,  
in your splendor and majesty!

<sup>4</sup> In your majesty, ride on to victory,  
defending truth, humility, and goodness;  
have your right hand display awesome deeds.

<sup>5</sup>Your sharp arrows pierce your enemies' hearts;  
nations fall under you.

Ps 45:1-5

<sup>6</sup>Your throne is eternal, God;  
your kingdom's scepter is a godly one.

<sup>7</sup>You love goodness and hate sinfulness;  
so God, your God, has anointed you  
with more happiness than your companions.

<sup>8</sup>Your robes have the fragrance of myrrh, aloes, and cassia;  
stringed instruments entertain you in ivory palaces.

<sup>9</sup>Your<sup>mas</sup> maids of honor include kings' daughters;  
at your<sup>mas</sup> right hand stands the queen in gold f-

<sup>10</sup>Listen, daughter; pay attention;

- forget your people and your father's family  
**11**The king delights in your beauty;  
     since he's your lord, bow to him.  
**12**The people from Tyre will shower you<sup>fem</sup> with gifts;  
     wealthy citizens will sue your<sup>fem</sup> favor.  
**13**The princess looks beautiful  
     in her gown interwoven with gold.  
**14**She'll be led to the king in embroidered robes  
     with bridesmaids in her train.  
**15**With happiness and celebration,  
     they'll enter the palace of the king.

**Ps 45:10-15**

- 16**Your<sup>mas</sup> sons will take the place of your<sup>mas</sup> fathers;  
     you'll<sup>mas</sup> make them rulers over many lands.  
**17**I'll perpetuate your<sup>mas</sup> memory in every generation;  
     the nations will be eternally grateful to you<sup>mas</sup>.

**Ps 45:16-17**

**Psalm 46**  
     For the Choir Director  
     A Psalm of the Sons of Korah  
     Set to *Alamoth*. A Song

- 1**God is our refuge and strength,  
     an ever-present help when trouble comes.  
**2**So we won't be afraid  
     though the ground tremors,  
     though the mountains cascade into the sea,  
**3**though its water roars and foams,  
     though the land quakes at its tsunamis.  
  
**4**There's a river of joy that flows into the city of God,  
     the sacred place where the Most High lives.  
**5**God is there; it's unmovable;  
     from the break of day, he protects it.  
**6**When nations rage and kingdoms totter,  
     his voice thunders and earth melts away.  
**7****Yahveh of Hosts is with us;**

**the God of Jacob is our refuge.**

**Ps 46:1-7**

**8**Come and look at what Yahveh does:  
he brings destruction on the earth;  
**9**he stops wars all over the world;  
he breaks bows and snaps spears in two;  
he burns chariots.

**10**“*So be still and know that I’m God,  
exalted in every nation,  
honored all over the world.*”

**11****Yahveh of hosts is with us;**  
**the God of Jacob is our refuge.**

**Ps 46:8-11**

**Psalm 47**  
For the Choir Director  
A Psalm of the Sons of Korah

**1**Clap your hands, everybody;  
shout to God with joy;  
**2**because you are to revere Yahveh Most High,  
the great King over the whole world.

**3**He subdued people groups under us,  
put nations beneath our feet,  
**4**and chose our inheritance for us,  
the pride of Jacob that he loves.

**Ps 47:1-4**

**5**God has ascended with a shout,  
with a trumpet fanfare.

**6**Sing praises to God, sing praises;  
sing praises to our King, sing praises;  
**7**because God is King over the whole world;  
sing praises with a beautiful psalm.

**8**He reigns over the nations on his holy throne.

**9**The rulers of the people have gathered together  
with the people of Abraham’s God;  
because the shields of the earth belong to him;

he's highly honored.

**Ps 47:5-9**

### **Psalm 48**

A Song. A Psalm of the Sons of Korah

- <sup>1</sup>Yahveh is great and deserves great praise  
in the city of our God on his holy mountain.  
<sup>2</sup>Mount Zion, the heights of Zaphon, is high and beautiful—  
the joy of the whole earth, the city of the great King.  
<sup>3</sup>In its towers God reveals himself as a strong defense.  
  
<sup>4</sup>Kings joined forces  
and advanced *against that strong defense.*  
<sup>5</sup>*But* as soon as it came into view,  
they panicked and fled.  
<sup>6</sup>Panic seized them  
like the anguish of a woman in childbirth.  
<sup>7</sup>*Yahveh* destroyed them  
like ships of Tarshish capsized by an east wind.  
<sup>8</sup>As we've heard, so we've seen  
in the city of Yahveh of Hosts, our God;  
he'll make it safe forever.

**Ps 48:1-8**

- <sup>9</sup>In your Temple we think about your enduring love.  
<sup>10</sup>Like your name, God, your praise is everywhere;  
your right hand is filled with goodness.  
<sup>11</sup>Let Mount Zion be happy,  
and the residents of Judah celebrate your goodness.  
<sup>12</sup>Walk around Zion and count its towers;  
<sup>13</sup>inspect its ramparts and tour its fortresses  
so you can tell the next generation;  
<sup>14</sup>because *God* is God forever;  
he'll guide us till we die.

**Ps 48:9-14**

### **Psalm 49**

For the Choir Director

A Psalm of the Sons of Korah

<sup>1</sup>Hear this, every nation;  
 listen, everyone on earth,  
<sup>2</sup>low and high, rich and poor alike.

<sup>3</sup>My words are wise;  
 my thoughts are full of insight.

<sup>4</sup>I listen to proverbs  
 and expound my riddles on a harp.

<sup>5</sup>Why should I be afraid when there's adversity,  
 when my enemies' sins are all around me,  
<sup>6</sup>people who trust in their wealth  
 and brag about how rich they are?

<sup>7</sup>Nobody can *use wealth* to redeem a brother *from death*  
 or pay God a ransom for him—  
<sup>8</sup>redeeming a life is too expensive;  
 you may as well forget about  
<sup>9</sup>living on forever and not seeing the Pit.

Ps 49:1-9

<sup>10</sup>Even the wise die—  
 just like the ignorant and senseless—  
 and leave their wealth to others.

<sup>11</sup>They act like their houses will last forever,  
 like where they live will be there for all generations;  
 so they name their lands after themselves.

<sup>12</sup>But in all their pomp, they won't endure;  
 they'll perish like animals.

<sup>13</sup>This is the fate of the foolish  
 and those who agree with them:  
<sup>14</sup>like sheep they're appointed to Sheol;  
 death will be their shepherd.

The godly will rule them in the morning;  
 Sheol will consume their form  
 far from their stately homes.

<sup>15</sup>But God will redeem me from its power  
 and take me to himself.

Ps 49:10-15

16 Don't be afraid when people get rich,  
     when their houses appreciate in value;  
 17 because when they die, they won't take anything with them;  
     what they gloried in won't go down with them *to the grave.*  
 18 Though they congratulate themselves while they're alive,  
     though other people praise them for being successful,  
 19 they'll go to their ancestors  
     and never see the light of day.  
 20 People in all their pomp who don't have intelligence  
     amount to being like animals when they die.

**Ps 49:16-20**

### Psalm 50

A Psalm of Asaph

1 The Mighty One, God, Yahveh, has spoken  
     and calls to earth from sunrise to sunset.  
 2 He shines forth out of Zion in perfect beauty.  
 3 Our God comes; he doesn't stay quiet;  
     a fire consumes in front of him;  
     a storm rages around him.  
 4 He calls on the sky above and the earth beneath  
     to witness the judgment of his people.  
 5 "*Gather my people to me  
     that I've made a covenant with by sacrifice.*"  
 6 The heavens declare his justice  
     because God himself is judge.

**Ps 50:1-6**

7 "*Listen, my people, and I'll speak;  
     Israel, I'll bring my charges against you.  
     I'm God, your God.*"  
 8 *I don't have any complaint about your sacrifices  
     or burnt offerings that are always in front of me.*  
 9 *But I don't need any bulls from your barns  
     or male goats from your pens;*  
 10 *every animal in the forest already belongs to me,  
     the livestock on a thousand hills.*

<sup>11</sup>*I know every bird in the mountains;  
everything that moves in the field is mine.*  
<sup>12</sup>*If I was hungry, I wouldn't say anything to you about it,  
because the whole world belongs to me and everything in it.*  
<sup>13</sup>*Will I eat the meat of bulls  
or drink the blood of male goats?*  
<sup>14</sup>*Offer to me a sacrifice of thanksgiving;  
keep your vows to the Most High.*  
<sup>15</sup>*Call on me when there's trouble;  
then I'll rescue you, and you'll honor me."*

Ps 50:7-15

<sup>16</sup>*But God says to the sinful,  
"What reason do you have to recite my statutes  
or discuss my covenant?"*  
<sup>17</sup>*You hate discipline  
and disregard what I tell you.*  
<sup>18</sup>*Thieves are your friends;  
you associate with adulterers.*  
<sup>19</sup>*You give your mouth free reign;  
your tongue tells lies.*  
<sup>20</sup>*You sit around and gossip about your brother;  
you slander your mother's son.*  
<sup>21</sup>*I didn't speak up when you did those things,  
so you thought it didn't matter to me;  
but now I'll charge you  
and lay out my case against you.*

Ps 50:16-21

<sup>22</sup>*"Consider this, you that forget about me,  
or I'll tear you to pieces,  
and there won't be anyone to save you.*  
<sup>23</sup>*Giving thanks is the sacrifice that honors me;  
I'll show you my deliverance if you keep to my path."* Ps 50:22-23

### Psalm 51

Psalm for the Choir Director. A Psalm of David,  
When Nathan the Prophet Came to Him,  
After He'd Slept with Bathsheba

<sup>1</sup>Be gracious to me, God, in proportion to your enduring love;  
according to your great mercy, blot out my transgressions.

<sup>2</sup>Wash me thoroughly from my sin;  
cleanse me from my iniquity.

<sup>3</sup>I know my failings;  
my sin always weighs on my mind.

<sup>4</sup>I've sinned against you and you only;  
I did what you consider evil;  
so you're justified in what you say to me,  
blameless when you condemn me.

Ps 51:1-4

<sup>5</sup>I was born in sin;  
in iniquity my mother conceived me.

<sup>6</sup>You want truth in the inward self;  
you'll make me know wisdom in myself.

<sup>7</sup>Purify me with hyssop, and I'll be clean;  
wash me, and I'll be whiter than snow.

<sup>8</sup>Fill me with joy and happiness again,  
and let the bones you broke mend up.

<sup>9</sup>Don't look at my sins;  
blot out my iniquities.

Ps 51:5-9

<sup>10</sup>Create a clean heart in me, God;  
renew a steadfast spirit within me.

<sup>11</sup>Don't banish me from your presence  
or take your Holy Spirit away from me.

<sup>12</sup>Restore to me the joy your salvation brings;  
grant me a willing attitude to obey.

<sup>13</sup>Then I'll teach transgressors your ways;  
sinners will be converted to you.

<sup>14</sup>Deliver me from being guilty of murder  
so I can joyfully sing about your goodness.

<sup>15</sup>Yahveh, open my lips,  
so I can express your praises.

<sup>16</sup>You don't delight in sacrifice; otherwise, I'd give it;  
you're not pleased with burnt offerings.

<sup>17</sup>The sacrifice you want is a broken spirit;  
you appreciate a repentant heart.

<sup>18</sup>In your good favor, do good to Zion;  
build up the walls around Jerusalem.

<sup>19</sup>Then you'll delight in godly sacrifices,  
in burnt offerings and whole burnt offerings;  
then young bulls will again be offered on your altar.      **Ps 51:10-19**

### Psalm 52

For the Choir Director. A Maskil of David,  
When Doeg the Edomite Came and Told Saul,  
*“David has gone to Ahimelech’s house.”*

<sup>1</sup>God's enduring love lasts all day;  
so why brag about sinning, great soldier?

<sup>2</sup>Your tongue cuts like a razor.

<sup>3</sup>You like evil more than good,  
falsehood more than truth.

<sup>4</sup>You like words that devour  
*and a lying tongue that deceives.*

<sup>5</sup>But God will strike you down once and for all;  
he'll pull you out of your tent  
and uproot you from the land of the living.      **Ps 52:1-5**

<sup>6</sup>Good people will see it and be amazed;  
they'll laugh at you and say,

<sup>7</sup>*“Look at the men that wouldn’t take refuge in God,  
but trusted in their great wealth  
and used their strength to destroy.”*

<sup>8</sup>But I'm like a green olive tree in God's house;  
I'll always trust in his enduring love.

<sup>9</sup>I'll be eternally grateful for what he's done,  
and depend on him in front of his holy people  
because that's good.      **Ps 52:6-9**

### Psalm 53

For the Choir Director. Set to *Mahalath*  
 A Maskil of David

<sup>1</sup>Fools tell themselves there's no God.  
 They're corrupt and commit disgusting sins;  
 none of them does what's good.

<sup>2</sup>God looks down from heaven  
 to see if anybody understands,  
 if anybody looks to him.

<sup>3</sup>Every one of them has turned aside and become corrupt;  
 not a one does what's good, not a one. Ps 53:1-3

<sup>4</sup>Won't sinners ever learn?  
 They eat up my people like bread  
 and don't pray to me.

<sup>5</sup>They'll be in a panic like never before,  
 because I'll scatter the bones of your attackers;  
 you'll put them to shame because I've rejected them.

<sup>6</sup>Oh that deliverance would come out of Zion!  
 When I restore the fortunes of my people,  
 Jacob will celebrate, Israel will be happy. Ps 53:4-6

### Psalm 54

For the Choir Director. A Maskil of David,  
 When the Ziphites Came and Told Saul,  
 "Isn't David hiding among us?"  
 On Stringed Instruments

<sup>1</sup>Deliver me, God, by your name;  
 vindicate me by your power.

<sup>2</sup>Listen to my prayer; hear what I have to say.

<sup>3</sup>Foreigners have attacked me;  
 violent people have tried to kill me;  
 they don't care about you.

<sup>4</sup>But God helps me; Yahveh sustains my life.

<sup>5</sup>He pays back my adversaries  
 and destroys them in his faithfulness.

<sup>6</sup>I'll sacrifice to him willingly  
and thank him because he's good.  
<sup>7</sup>He's delivered me from all my trouble  
so I could triumph over my enemies.

**Ps 54:1-7**

### Psalm 55

For the Choir Director. A Maskil of David  
On Stringed Instruments

<sup>1</sup>Hear my prayer, God;  
don't ignore my plea.  
<sup>2</sup>Listen and answer;  
trouble has overwhelmed me; I'm distracted  
<sup>3</sup>by the threats of my enemies,  
by bringing suffering on me  
and bearing angry grudges against me.

**Ps 55:1-3**

<sup>4</sup>My heart's pounding;  
terror of death has fallen on me.  
<sup>5</sup>Fear and trembling have come over me;  
horror has overwhelmed me.  
<sup>6</sup>I said, "*I wish I had wings like a dove!*  
*I'd fly off and find peace.*  
<sup>7</sup>*I'd flee far away*  
*and lodge out in the countryside.*  
<sup>8</sup>*I'd hurry to my shelter*  
*from the howling wind and raging storm.*"

**Ps 55:4-8**

<sup>9</sup>Lord, destroy *their plans*; confuse their languages,  
because all I see is violence and conflict in the city.  
<sup>10</sup>Day and night they patrol the walls,  
but sin and scheming threaten inside it.  
<sup>11</sup>Ruin is rampant within it;  
oppression and cheating never leave the streets.

**Ps 55:9-11**

<sup>12</sup>It's not an enemy that's disparaging me;

I could handle that;  
 it's not foes that hate me and rise up against me,  
 I could hide from them.

<sup>13</sup>But it's you, my equal,  
 my companion, my familiar friend.

<sup>14</sup>We used to be close friends  
 that walked in God's Temple together.

<sup>15</sup>Let death overtake my enemies;  
 let them go down alive to Sheol,  
 because there's evil where they live.

Ps 55:12-15

<sup>16</sup>I'll call on Yahveh my God to deliver me.

<sup>17</sup>Morning, noon, and night, he'll hear my groaning

<sup>18</sup>and deliver my life in peace from my attackers,  
 because lots of people are opposing me.

<sup>19</sup>The One who sits enthroned from of old  
 will punish the ones that don't change or respect him.

<sup>20</sup>*As for that companion of mine,*  
 he betrays his friends and breaks his promises  
 against those who are at peace with him.

Ps 55:16-20

<sup>21</sup>His speech is smoother than butter,  
 but there's war in his heart;  
 his words are more soothing than oil,  
 but secretly they're drawn daggers.

<sup>22</sup>Put your burdens on Yahveh, and he'll take care of you;  
 he won't let the godly fall.

<sup>23</sup>You, God, will bring the wicked down to the deepest pit;  
 bloodthirsty, devious people won't live half their time,  
 but I'll trust in you.

Ps 55:21-23

## Psalm 56

For the Choir Director. A Mikhtam of David,  
 When the Philistines Seized Him in Gath  
 Set to *The Pigeon in Far-Off Terebinths*

<sup>1</sup>Be gracious, God; people are walking all over me,  
      oppressing me all the time, <sup>2</sup>attacking me.  
<sup>3</sup>When I'm afraid, I put my trust in you.  
<sup>4</sup>In you, whose word I praise, I've put my trust;  
      what can mortals do to me?  
<sup>5</sup>All day long they try to frustrate my purposes;  
      they think up ways to harm me.  
<sup>6</sup>They stir up conflict, they lurk, they watch my every step,  
      looking *for a chance* to kill me.  
<sup>7</sup>Because they're sinful, throw them out;  
      in anger put them down, God!

Ps 56:1-7

<sup>8</sup>You've kept track of my wanderings  
      and collected my tears in your bottle;  
      aren't they recorded in your scroll?  
<sup>9</sup>My enemies will retreat when I call *to you for help*;  
      I know this one thing: you're with me.  
<sup>10</sup>In God, whose word I praise,  
      in Yahveh, whose word I praise,  
<sup>11</sup>I've put my trust so I won't be afraid;  
      what can mortals do to me?  
<sup>12</sup>I have to perform my vows to you;  
      I'll give thank offerings for your help,  
      <sup>13</sup>because you've delivered me from death  
      and my feet from stumbling  
      so I can walk with you in the light of life.

Ps 56:8-13

### Psalm 57

For the Choir Director. A Mikhtam of David,  
      When He Fled from Saul in the Cave  
      Set to *Do Not Destroy*

<sup>1</sup>Be gracious to me, God,  
      because I depend on you to protect me;  
      in the shadow of your wings I take refuge  
      till danger passes.  
<sup>2</sup>I call out to God Most High,

who accomplishes everything for me;  
**3**he sends help from heaven to rescue me  
 and discredits whoever tries to run over me. Ps 57:1-3

**4**I live among lions;  
 I have to lie among those who breathe fire,  
 people whose teeth are spears and arrows,  
 whose tongues are sharp swords.  
**5****Be raised up higher than the sky, God;**  
**shine your glory on the whole world.**  
**6**They've set a trap for me to step in;  
 they've dug a pit for me—I'm weary from stress—  
*but* they've fallen into it themselves! Ps 57:4-6

**7**My heart is steadfast, God; it's steadfast;  
 I'll sing; yes, I'll sing praises!  
**8**Wake up, my glory;  
 wake up, harp and lyre;  
 I'll wake up the dawn *with my songs*.  
**9**I'll give you thanks, God, among the peoples  
 and sing praises to you among the nations.  
**10**Your enduring love is as high as the sky;  
 your truth reaches up to the clouds.  
**11****Be raised up higher than the sky, God;**  
**shine your glory on the whole world.** Ps 57:7-11

### Psalm 58

For the Choir Director. A Mikhtam of David  
 Set to *Do Not Destroy*

**1**Leaders, do you decree what's right?  
 Do you judge justly?  
**2**No, you plot injustice in your hearts  
 and spread violence in the land.  
**3**The sinful go astray from the womb;  
 they lie from the time they're born.  
**4**They have venom like vipers,

and stop up their ears like deaf cobras  
<sup>5</sup>so they don't hear *their* charmers' voices  
 or those skilled at casting spells.

**Ps 58:1-5**

- <sup>6</sup>Pull out their fangs, God;  
 break the teeth out of the young lions.  
<sup>7</sup>Make them disappear like water that drains away;  
 make their arrows shafts without points.  
<sup>8</sup>Make *sinners* be like snails that dissolve as they go along,  
 like a miscarriage that never sees the sun.  
<sup>9</sup>Before your pots can feel the *heat of burning* briers;  
 he'll sweep them away with a whirlwind,  
 whether green or on fire.

**Ps 58:6-9**

- <sup>10</sup>Good people will celebrate when they see *God* pay them back;  
 he'll wash their feet in the sinners' blood.  
<sup>11</sup>People will say, "*There's surely a reward for good people;*  
*there's certainly a God that judges on earth!*"

**Ps 58:10-11**

### Psalm 59

For the Choir Director. A Mikhtam of David,  
 When Saul Sent Men to Watch the House and Kill Him  
 Set to *Do Not Destroy*

- <sup>1</sup>Deliver me from my enemies, God;  
 set me on high away from my attackers.  
<sup>2</sup>Save me from sinners;  
 rescue me from bloodthirsty people.  
<sup>3</sup>They lie in ambush to kill me;  
 fierce enemies stir up conflict against me, Yahveh,  
 but not for my transgression.  
<sup>4</sup>For no fault of mine, they run to attack me;  
 get up to see and help me!

**Ps 59:1-4**

- <sup>5</sup>Yahveh God of Hosts, God of Israel,  
 wake up and punish the nations;  
 don't extend grace to any that are treacherous.  
<sup>6</sup>**They come back in the evening**  
**and roam the city, howling like dogs.**

<sup>7</sup>They growl with their mouth;  
     they have swords in their lips;  
     they say, “*Who’s going to hear us?*”  
<sup>8</sup>But you laugh at them, Yahveh;  
     you scoff at the nations.

Ps 59:5-8

<sup>9</sup>I’ll watch for you, my Strength, my fortress.  
<sup>10</sup>You’ll meet me in your enduring love;  
     and let me look down in triumph at my enemies.  
<sup>11</sup>Don’t kill them; otherwise, my people will forget;  
     scatter them with your power  
     and bring them *to their knees*, Yahveh our shield.  
<sup>12</sup>For the sin of their mouth and the words of their lips,  
     catch them in their pride, their curses, and the lies they tell.  
<sup>13</sup>In your anger, destroy them so they’ll be out of the way,  
     so people will know that you rule in Jacob  
     and everywhere.

**<sup>14</sup>They come back in the evening  
     and roam the city, howling like dogs.**  
<sup>15</sup>They wander around looking for food  
     and growl if they’re not satisfied.

Ps 59:9-15

<sup>16</sup>But I’ll sing about your strength,  
     every morning about your enduring love.  
     You’ve been my fortress,  
     my refuge in trouble.

<sup>17</sup>I’ll sing praise to you, my Strength,  
     the God who shows me enduring love.

Ps 59:16-17

### Psalm 60

For the Choir Director. A Mikhtam of David,  
     to teach when he struggled with Aram-naharaim and Aram-zobah,  
     and Joab came back and struck 12,000 Edomites in the Valley of Salt

<sup>1</sup>You’ve rejected us, God, and broken us;  
     you’ve been angry, *but* restore us now.  
<sup>2</sup>You’ve made the land quake; you’ve split it open;

- now repair the faults and stop the tremors.*
- <sup>3</sup>You've made your people endure hardship  
and given us wine that makes us stagger.
- <sup>4</sup>You've raised a banner for those who respect you  
as a rallying point for truth.
- <sup>5</sup>Save us now with your right hand and answer us,  
deliver your beloved.

Ps 60:1-5

- <sup>6</sup>In his kindness God has answered;  
*"I'll celebrate by dividing up Shechem  
and measuring out the Valley of Succoth.*
- <sup>7</sup>Gilead and Manasseh belong to me;  
*Ephraim is my helmet; Jacob is my scepter.*
- <sup>8</sup>Moab will be my washbasin;  
*I'll scrape off my shoes on Edom  
and shout in triumph over Philistia!"*

Ps 60:6-8

- <sup>9</sup>Who will take me to a fortified city?  
Who will lead me to Edom?
- <sup>10</sup>Have you rejected us, God?  
You're not going out with our armies.
- <sup>11</sup>Help us against our enemies;  
we have no hope of human deliverance!
- <sup>12</sup>Through you we can do valiantly;  
you'll tread down our adversaries.

Ps 60:9-12

## Psalm 61

For the Choir Director. A Psalm of David  
On Stringed Instruments

- <sup>1</sup>Listen to my prayer, God; hear my prayer.
- <sup>2</sup>With a faint heart I call to you from the end of the earth;  
lead me to the rock that's higher than me.
- <sup>3</sup>You're my refuge, my strong tower against the enemy.
- <sup>4</sup>Let me live in your tent forever  
and take shelter under your wings.

<sup>5</sup>You've heard my vows, God,  
and given *me* the inheritance that comes to those who respect you.  
<sup>6</sup>Lengthen the king's life;  
make his lifetime like many generations.  
<sup>7</sup>Have him sit enthroned in your presence forever;  
appoint enduring love and truth to preserve him.  
<sup>8</sup>I'll sing praise to you forever  
as I pay my vows each day.

Ps 61:1-8

### Psalm 62

For the Choir Director. A Psalm of David  
Set to *Jeduthun*

<sup>1</sup>I wait for God alone  
because my victory comes from him.  
**<sup>2</sup>He alone is my rock, my salvation, my fortress;**  
**I won't be shaken.**

<sup>3</sup>How long will you<sup>pl</sup> assail me  
so you can murder me,  
like a leaning wall or crumbling fence?  
<sup>4</sup>Your only intention is to knock me down;  
you enjoy lying about me;  
you bless out loud but curse inside.

Ps 62:1-4

<sup>5</sup>My soul, wait in silence for God  
because my hope lies only in him.  
**<sup>6</sup>He alone is my rock, my salvation, my fortress;**  
**I won't be shaken.**

<sup>7</sup>My deliverance and glory rest with him,  
my strong rock and refuge.  
<sup>8</sup>Always trust him, people;  
pour out your heart to him, our refuge.

Ps 62:5-8

<sup>9</sup>Common people have no value;  
the powerful aren't what they seem.  
Either one rises higher in the balances;

they're both lighter than air.

<sup>10</sup>Don't put confidence in extortion;  
don't place empty hopes in stealing.  
If wealth does increase, don't set your heart on it.

<sup>11</sup>God has spoken once;  
I've heard it twice  
that power belongs to God  
<sup>12</sup>and Yahveh has enduring love;  
he pays people according to their work.

**Ps 62:9-12**

### **Psalm 63**

A Psalm of David,  
When He Was in the Wilderness of Judah

<sup>1</sup>God, you're my God; I look to you in earnest;  
my soul thirsts for you;  
my flesh yearns for you in this dry, weary land.

<sup>2</sup>So I've looked at you in the sanctuary  
and seen your power and glory.

<sup>3</sup> I'll praise you  
because your enduring love is better than life;

<sup>4</sup>I'll bless you as long as I live  
and lift up my hands in your name.

<sup>5</sup>You satisfy my soul like the finest food;  
I offer praises gladly.

**Ps 63:1-5**

<sup>6</sup>I remember you when I'm in bed;  
I think about you during the night.

<sup>7</sup>You've been my help;  
I sing for joy in the shadow of your wings.

<sup>8</sup>My soul clings to you;  
your right hand upholds me.

<sup>9</sup>But those who are trying to destroy me  
will end up in the ground.

<sup>10</sup>The sword will overwhelm them;

they'll become prey for foxes.  
**11**But the king will celebrate in God;  
 everybody that swears by him will glory  
*while* liars' mouths will be stopped. **Ps 63:6-11**

### **Psalm 64**

For the Choir Director. A Psalm of David

**1**Listen to my complaint, God;  
 keep me from *living in* dread of my enemies.  
**2**Hide me from the secret plots of bad people,  
 from the schemes of sinners  
     **3**that sharpen their tongue like a sword,  
     that aim bitter words like arrows,  
     **4**that shoot at innocent people from hiding places,  
     and do it suddenly without qualms.  
**5**They latch onto sinful purposes  
 and talk secretly about setting traps;  
 they say, “*Who will notice?*”  
**6**They look for ways to be unjust,  
     “*We’re ready with a well-conceived plot,*”  
 because the human mind and heart are cunning. **Ps 64:1-6**

**7**But God will wound them with an arrow  
     **8**and make them trip over their tongues!  
 Everybody that sees them will shake their heads.  
**9**Then everybody will be respectful  
 and talk about what God’s done  
 and ponder what he’s made.  
**10**Good people will be happy in Yahveh  
     and take refuge in him;  
 the godly in heart will honor him. **Ps 64:7-10**

### **Psalm 65**

For the Choir Director. A Psalm of David  
 A Song

<sup>1</sup>There will be silence in your presence, God,  
     as well as praise in Zion;  
     *people* will fulfill their vows to you.  
<sup>2</sup>All people will come to you, who hear prayers.  
<sup>3</sup>Sins overwhelm us, but you forgive them.  
<sup>4</sup>How blessed are the ones you choose  
     and bring close to you to live in your courts;  
     how satisfying is the goodness of your house,  
     the holy Temple.

Ps 65:1-4

<sup>5</sup>You answer us with awesome deeds, God who keeps us safe,  
     who is trusted in every land and the farthest sea.  
<sup>6</sup>You established the mountains by your power  
     and dressed yourself with strength,  
<sup>7</sup>you that still the roaring seas  
     and the disturbances among the nations.  
<sup>8</sup>They who live at the ends of the earth  
     stand in awe at your wonders;  
     you make the dawn and sunset shout for joy.

Ps 65:5-8

<sup>9</sup>You take care of the earth and water it;  
     you greatly enrich the ground and provide the water  
     to grow the grain;  
     that's how you've ordained things to work.

<sup>10</sup>You water the plowed ground abundantly and level its ridges;  
     you soften its clods with showers and bless its growth.

<sup>11</sup>You crown the year with abundant harvests;  
     paths get overgrown with lush vegetation.

<sup>12</sup>The pastures in the countryside drip with dew;  
     the hills blossom with rejoicing.

<sup>13</sup>The meadows are clothed with flocks;  
     the valleys are covered with grain;  
     they shout and sing for joy.

Ps 65:9-13

## Psalm 66

For the Choir Director. A Psalm. A Song

<sup>1</sup>Make a joyful sound to God, all the earth.

<sup>2</sup>Sing about his honor;  
make his praise glorious.

<sup>3</sup>Say to him, “*What you do is so awesome!*  
*Your enemies feign obedience to you*  
*out of fear for your power.*

<sup>4</sup>*All the earth worships you and praises you;*  
*they sing praises to you.”*

**Ps 66:1-4**

<sup>5</sup>Come and see what God has done;  
it’s awesome what he’s done for people.

<sup>6</sup>He turned the *Red Sea* into dry ground;  
the people crossed through the *Jordan* on foot;  
they celebrated over him there.

<sup>7</sup>He rules by his power forever;  
he keeps watch over the nations;  
the rebellious don’t make an uprising.

**Ps 66:5-7**

<sup>8</sup>Bless our God, you nations;  
sound his praise abroad.

<sup>9</sup>He keeps us alive  
and doesn’t let our feet slip.

<sup>10</sup>You’ve tried us, God,  
and refined us like silver.

<sup>11</sup>You caught us in your net  
and laid a heavy load in our lap.

<sup>12</sup>You put a ruler over us  
and passed us through fire and water;  
yet you brought us out into a large place.

<sup>13</sup>I’ll come to your Temple with burnt offerings  
and keep the vows <sup>14</sup>I made when I was in trouble.

<sup>15</sup>I’ll offer you burnt offerings of healthy animals  
with the smoke of rams;  
I’ll offer bulls and male goats.

**Ps 66:8-15**

<sup>16</sup>Come and listen, you that respect God,  
and I’ll tell you what he’s done for me.

<sup>17</sup>I appealed to him with my mouth

and extolled him with my tongue.  
**18**If I cherish sinfulness in my heart,  
 Yahveh won't hear me.  
**19**But he's certainly heard me;  
 he's listened to my prayer.  
**20**Bless God,  
 who hasn't ignored my prayer  
 or *withdrawn his* enduring love.

**Ps 66:16-20**

### **Psalm 67**

For the Choir Director. A Psalm. A Song  
 With Stringed Instruments

**1**God, be gracious and bless us;  
 smile at us  
**2**so every nation can know your way  
 and your saving power.  
**3****May the nations praise you;**  
**may they all praise you.**  
**4**May they be happy and sing  
 because you judge them justly  
 and guide them.  
**5****May the nations praise you, God;**  
**may they all praise you.**  
**6**The earth has yielded its produce;  
 God, our God, has blessed us  
**7**so everyone everywhere will respect him.

**Ps 67:1-7**

### **Psalm 68**

For the Choir Director. A Psalm of David  
 A Song

**1**Arise, God, scatter your enemies;  
 chase off those who hate you!  
**2**Blow them away like smoke;  
 melt them like wax near fire;

make sinners perish in your presence.

<sup>3</sup>But may good people be happy,

    delight in your presence,  
    celebrate and be glad.

<sup>4</sup>So sing to God, sing praises to him;

    lay out a highway for the One that rides through deserts,  
        whose name is Yahveh,  
    and celebrate with him.

**Ps 68:1-4**

<sup>5</sup>God in his holy Temple

    is a father for the fatherless and a judge for widows;

<sup>6</sup>he makes a home for the lonely

    and leads prisoners out to prosperity;  
        only the rebellious live in a parched land.

<sup>7</sup>God of Israel, when you went out ahead of your people

    and marched through the desert,

<sup>8</sup>the ground shook,

    the sky poured down rain,

    Sinai itself quaked in front of you.

<sup>9</sup>You sent widespread, abundant rain, God,

    and refreshed your inheritance when it was parched.

<sup>10</sup>The animals settled in it;

    in your goodness you provided for the poor.

**Ps 68:5-10**

<sup>11</sup>The Lord gives the command,

    and a host of women sing the good news:

<sup>12</sup>“Kings and their armies flee

*the women that stayed home divide the spoil!*”

<sup>13</sup>Even those who stayed among the flocks *found treasure*

    like the wings of a dove covered with silver

    and pinions *covered* with glistening gold.

<sup>14</sup>The Almighty scattered the enemy kings there

    like blowing snow in Zalmon.

<sup>15</sup>The mountain in Bashan is majestic,

    a mountain range with many peaks.

<sup>16</sup>Mountain with many peaks, why do you look with envy

at the mountain God wanted for his home?  
He'll certainly live there forever.

<sup>17</sup>God had twice ten thousand chariots, thousands upon thousands;  
Yahveh came with them from Sinai to the holy place.

<sup>18</sup>When you ascended on high and led captivity<sup>LXX</sup> captive,  
and received gifts from people, even rebellious people—  
so Yahveh God might live there.

**Ps 68:11-18**

<sup>15</sup>The mountain in Bashan is majestic,  
a mountain range with many peaks.

<sup>16</sup>Mountain with many peaks, why do you look with envy  
at the mountain that God wanted for his home?  
He'll certainly live there forever.

<sup>17</sup>God had twice ten thousand chariots, thousands upon thousands;  
Yahveh came with them from Sinai to the holy place.

<sup>18</sup>He has ascended on high and led captivity<sup>LXX</sup> captive,  
and received gifts among people,  
even among the rebellious so Yahveh God might live there.

**Ps 68:15-18**

<sup>19</sup>Bless Yahveh, who carries our burdens every day,  
who keeps us safe <sup>20</sup>and rescues us;  
deliverance from death comes from Yahveh the Lord.

<sup>21</sup>He'll bash in the heads of his enemies,  
the hairy crowns of those who keep doing their guilty deeds.

<sup>22</sup>The Lord said, "*I'll bring them down from Bashan  
and bring them up from the ocean depths*

<sup>23</sup>*so you can wash your feet in their blood  
and your dogs can have their share of your enemies.*" **Ps 68:19-23**

<sup>24</sup>They've seen your solemn procession, God,  
the procession of God, my King, into the sanctuary—

<sup>25</sup>singers first, then musicians,  
with young women playing tambourines.

<sup>26</sup>Bless God as a community,  
Yahveh, the fountain of Israel.

<sup>27</sup>There's Benjamin, the youngest, leading them,  
the officials of Judah in the throng,  
the officials of Zebulun and Naphtali.

28 Summon your strength, God;  
     show us your power like you have before.  
 29 Kings will bring you gifts  
     because of your Temple in Jerusalem.  
 30 Scare off the beast that lives in the reeds,  
     the herd of bulls among the calves of the nations.  
     Trample underfoot its bars of silver;  
     scatter the nations that delight in war.  
 31 Let envoys bring gifts out of Egypt;  
     let Nubia quickly submit to God.

Ps 68:24-31

32 Sing to God, kingdoms on earth;  
     sing praises to Yahveh,  
 33 that rides high in the ancient sky,  
     that thunders out his loud voice.  
 34 Attribute power to God,  
     whose majesty shines on Israel,  
     whose strength is displayed in the sky.  
 35 He's awesome in his sanctuary;  
     the God of Israel gives strength and power to his people.

Bless God!

Ps 68:32-35

**Psalm 69**

For the Choir Director. *A Psalm of David*  
Set to *Lilies*

1 Save me, God;  
     I'm in water up to my neck!  
 2 I've sunk in deep mud, where there's no foothold;  
     a flood is sweeping over me.  
 3 I'm worn out from crying; my throat's dry;  
     my eyes are red from crying, waiting for my God.  
 4 The people that hate me for no reason  
     outnumber the hairs on my head;  
     those who want to destroy me are powerful;  
     they're trying to make me repay what I didn't steal.     Ps 69:1-4

<sup>5</sup>God, you know about my foolish choices;  
     I can't hide the things I've done wrong.  
<sup>6</sup>May those who put their hope in you  
     not be disgraced because of me;  
     may the ones who look to you  
     not be dishonored by what I've done;  
<sup>7</sup>because I've endured humiliation for your sake;  
     I have shame written all over my face.  
<sup>8</sup>I'm alienated from my brothers;  
     my mother's sons treat me like a foreigner.  
<sup>9</sup>I'm consumed with zeal for your Temple;  
     the insults of those who insult you have fallen on me.  
<sup>10</sup>When I humble myself with fasting, they mock me;  
     <sup>11</sup>when I wear burlap, they make my name a byword.  
<sup>12</sup>Those who sit in the city gate talk about me;  
     drunks make up songs about me.

Ps 69:5-12

<sup>13</sup>But, I pray to you, Yahveh;  
     at an acceptable time, in your great enduring love,  
     answer me with your sure salvation.  
<sup>14</sup>Save me from sinking in the mud;  
     deliver me from my enemies and from deep water.  
<sup>15</sup>May the flood not overwhelm me  
     or the deep drown me  
     or the Pit close over me.

Ps 69:13-15

<sup>16</sup>Answer me, Yahveh, because your enduring love is good;  
     turn to me according to your great mercy.  
<sup>17</sup>Don't abandon me,  
     because I'm in distress; answer me quickly.  
<sup>18</sup>Come close to my soul and redeem it;  
     ransom me from my enemies.  
<sup>19</sup>You know my disgrace, shame, and dishonor;  
     all my adversaries stand in your presence.

Ps 69:16-19

<sup>20</sup>Insults have broken my heart; I'm heartsick.  
     I looked for sympathy, but there wasn't any,

- and for comforters, but I couldn't find any.
- <sup>21</sup>Instead, they gave me gall to eat and vinegar to drink.
- <sup>22</sup>May their table become a snare  
and their peace a trap.
- <sup>23</sup>May their eyes go blind  
and their loins tremble feebly.
- <sup>24</sup>Pour out indignation on them;  
overwhelm them with furious anger.
- <sup>25</sup>Make their camp desolate  
and their tents deserted.
- <sup>26</sup>They persecute the one you yourself have struck;  
they strike even more the ones you've *already* wounded.
- <sup>27</sup>Pile their sins high;  
don't let them experience your goodness.
- <sup>28</sup>Erase them from the Book of Life;  
don't enroll them with the godly.

Ps 69:20-28

- <sup>29</sup>I'm miserable with pain;  
save me, God; set me safely up high.
- <sup>30</sup>I'll praise God with song  
and magnify him with thanksgiving.
- <sup>31</sup>That will please Yahveh more  
than a young bull with horns and hoofs.
- <sup>32</sup>The humble will see it and be happy;  
you that look to God for help will revive your hearts.
- <sup>33</sup>Yahveh listens to the needy;  
he doesn't look down on his imprisoned people.

Ps 69:29-33

- <sup>34</sup>Let earth and sky praise him,  
the seas and everything that's in them.
- <sup>35</sup>God will save Zion and rebuild the towns in Judah  
so the people can settle there and own it.
- <sup>36</sup>The descendants of his servants will inherit it;  
those who love him will live there.

Ps 69:34-36

## Psalm 70

For the Choir Director. *A Psalm of David*  
for a Memorial

- <sup>1</sup>Hurry and deliver me, Yahveh;  
    come quick to help me.
- <sup>2</sup>Discredit those who want to kill me;  
    turn them back and  
    dishonor the people that delight in harming me.
- <sup>3</sup>Because of their disgrace,  
    turn them back those who say, “*Aha, Aha.*”
- <sup>4</sup>May the ones that depend on you be happy in you;  
    may those who love your deliverance repeatedly say,  
    “*God is great.*”
- <sup>5</sup>But I’m poor and needy, Yahveh!  
    you’re my deliverer; don’t delay.

**Ps 70:1-5**

**Psalm 71**

- <sup>1</sup>I’ve taken refuge in you, Yahveh;  
    don’t let me be discredited.
- <sup>2</sup>In your goodness, rescue me;  
    listen to me and save me.
- <sup>3</sup>Be my rock of refuge that I can always go to;  
    give orders to save me  
        because you’re my rock and fortress.
- <sup>4</sup>Rescue me from sinners,  
    from the grasp of cruel men.
- <sup>5</sup>You’re my hope, Lord Yahveh,  
    my confidence since I was young.  
<sup>6</sup>the One that took me from my mother’s womb  
    and sustained me since I was born.
- <sup>7</sup>Many have marveled over me  
    because you’ve been my strong refuge.
- <sup>8</sup>I’m full of your praise  
    and glory all the time.
- <sup>9</sup>Don’t set me aside in my old age

**Ps 71:1-6**

or leave me as my strength begins to fail.

**10** My enemies speak against me;  
they who want to kill me consult with each other,

**11** “God has left him.

*Let's go get him;*  
*he doesn't have anybody to defend him.”*

**Ps 71:7-11**

**12** God, stay close by to help me.

**13** Consume my adversaries with shame;  
cover their faces with dishonor that try to harm me.

**14** But I'll keep hoping  
and praising you on and on.

**15** I'll tell about your goodness  
and how many times you've saved me,  
though I can't count how often that's happened.

**16** I'll praise the great deeds of the Lord Yahveh  
and tell about the goodness you alone have.

**Ps 71:12-16**

**17** You've been teaching me since I was young;  
I still talk about your wonderful deeds.

**18** Even when I'm old and grey, don't leave me, Yahveh,  
till I tell this generation about your strength  
and future people about your power.

**19** Your goodness is as high as the sky,  
you that have done great things.  
Who is like you?

**20** You let me face troubles and distresses,  
but you revive me afterwards  
and lift me out of deep despair.

**21** You increase your greatness *toward me*  
and comfort me once again.

**22** I'll praise you with a harp for your faithfulness, my God;  
and sing praises with a lyre, you Holy One of Israel.

**23** I'll shout for joy when I sing to you;  
my soul that you've redeemed will praise you.

**24** I'll talk about your goodness,  
because the ones that were trying to harm me

have been discredited.

**Ps 71:17-24**

**Psalm 72**  
*A Psalm of Solomon*

<sup>1</sup>Give the king your judgments, God;  
    give your goodness to his son.

<sup>2</sup>May he judge your people fairly,  
    your oppressed ones with justice.

<sup>3</sup>Let the mountains bring prosperity to the people;  
    may the hills bring goodness.

<sup>4</sup>May he defend the downtrodden,  
    save the children of the needy,  
    and crush *their* oppressors.

**Ps 72:1-4**

<sup>5</sup>Let them respect you as long as the sun lasts,  
    as long as the moon *endures*—throughout all generations.

<sup>6</sup>May *the king* rule like rain on mown grass,  
    like showers that water the ground.

<sup>7</sup>May good people flourish in his time  
    and have abundant peace till the moon disappears.

**Ps 72:5-7**

<sup>8</sup>May he rule from sea to sea,  
    from the *Euphrates* River to the ends of the earth.

<sup>9</sup>Let desert nomads bow to him,  
    and his enemies lick dust.

<sup>10</sup>Let the kings of Tarshish and the islands bring presents,  
    and the kings of Sheba and Seba offer gifts.

<sup>11</sup>Let all kings bow to him  
    and every nation serve him.

<sup>12</sup>He'll deliver the needy when they call for help,  
    the oppressed with no one to help them.

<sup>13</sup>He'll have mercy on the poor and needy  
    and save their lives.

<sup>14</sup>He'll rescue them from oppression and violence;

their blood is precious to him;  
**15**so may they live long and receive the gold of Sheba;  
 let them pray to him continually  
 and bless him all day long.

**Ps 72:6-15**

**16**May grain be abundant in the land;  
 may it wave on tops of the hills.  
 May it produce like Lebanon;  
 may its people blossom in the city like grass in the pasture.

**17**May the king's name last forever  
 and grow as long as the sun shines.  
 Let people bless themselves by him  
 and all nations call him blessed.

**18**Bless Yahveh, the God of Israel,  
 who alone does wonderful things.

**19**Bless his glorious name forever;  
 may the whole world be full of his glory.  
 Amen and Amen.

**20**The end of the prayers of David Ben-Jesse

**Ps 72:16-20**

### BOOK 3

#### Psalm 73

A Psalm of Asaph

**1**God is good to Israel,  
 to those whose hearts are pure.  
**2**I'd almost stumbled; my steps almost slipped;  
**3**because I envied the prosperity of the arrogant.  
**4**They don't seem to suffer when they die;  
 their bodies are healthy and well.  
**5**They don't have trouble like other people;  
 they aren't stricken like everyone else.  
**6**So pride is the *gold* chain around their neck;  
 violence is their clothes.

<sup>7</sup>Their eyes are puffy with fatness;  
they have everything they could want.

<sup>8</sup>They mock, and talk about oppressing,  
and talk down to the oppressed.

<sup>9</sup>They brag against the sky itself;  
their words strut across the world.

Ps 73:1-9

<sup>10</sup>So his people turn to them  
and drink in all their claims.

<sup>11</sup>They say, “*How does God know any of this?*  
*Does the Most High even know what's happening?*”

<sup>12</sup>They're the sinful,  
always at ease as their wealth grows.

<sup>13</sup>It seems like I've kept my heart pure for nothing  
and washed my hands in innocence *for no reason*,

<sup>14</sup>because I'm stricken all day  
and endure grief every morning.

Ps 73:10-14

<sup>15</sup>If I'd talked the way I felt,  
I'd have betrayed your people.

<sup>16</sup>When I tried to understand why sinners prosper,  
I was troubled by it

<sup>17</sup>till I went to God's sanctuary;  
then I understood their destiny.

<sup>18</sup>You put them on slippery places  
and make them slide into ruin.

<sup>19</sup>They're quickly destroyed,  
completely swept away by sudden desolation!

<sup>20</sup>They're like dreamers when they wake up, Yahveh;  
their phantoms disappear.

Ps 73:15-20

<sup>21</sup>When I was bitter and in turmoil inside,

<sup>22</sup>I was senseless and ignorant  
like an animal in your presence.

<sup>23</sup>Nevertheless, I'm continually with you;  
you've taken me by the hand.

<sup>24</sup>You'll guide me with your advice

and afterward receive me into glory.

- <sup>25</sup>Who do I have in heaven but you?  
     I want you more than anything on earth.  
<sup>26</sup>My own flesh and heart may grow weak,  
     but you're my strength and portion forever.  
<sup>27</sup>Those who are far from you perish;  
     you destroy those who are not faithful to you.  
<sup>28</sup>Your nearness to me is good for me;  
     I've made you my refuge  
     so I can tell everybody how you operate.

Ps 73:21-28

### Psalm 74

A Maskil of Asaph

- <sup>1</sup>Why have you thrown us away forever, God?  
     Why does your anger smoke at the sheep in your pasture?  
<sup>2</sup>Remember your community that you bought so long ago,  
     that you redeemed as a tribe for your heritage,  
     Mount Zion, where you've lived.  
<sup>3</sup>Direct your attention to its continuing ruins;  
     the enemy has destroyed everything in the sanctuary.  
<sup>4</sup>Your adversaries have roared in your sanctuary  
     and set up their own standards for signs.  
<sup>5</sup>It's like someone that used an axe in a forest;  
     <sup>6</sup>they broke down its carved work with hatchets and hammers.  
<sup>7</sup>They burned the sanctuary to the ground  
     and defiled your home.  
<sup>8</sup>They said to themselves, "*We'll completely subdue them*";  
     they set fire to your meeting places in the land.  
<sup>9</sup>We don't see miraculous signs anymore;  
     there aren't any prophets;  
     nobody knows how long this will last.  
<sup>10</sup>How long will your adversaries scoff, God,  
     and mock you? Forever?  
<sup>11</sup>Why hold back from doing something?  
     Why keep your right hand against your chest?

Ps 74:1-11

1<sup>2</sup>Yet you're my king from ancient times,  
     who provided deliverance on the earth.  
 1<sup>3</sup>You divided the sea by your power  
     and bashed the heads of sea monsters in the water.  
 1<sup>4</sup>You crushed Leviathan's heads  
     and made it into food for animals in the open country.  
 1<sup>5</sup>You opened springs and torrents,  
     and dried up flowing rivers.  
 1<sup>6</sup>Day and night belong to you;  
     you put the sun and stars in place.  
 1<sup>7</sup>You established boundaries for the land  
     and marked out summer and winter.

**Ps 74:12-17**

1<sup>8</sup>Remember, Yahveh, that your enemies are scorning you;  
     foolish people are ridiculing you.  
 1<sup>9</sup>Don't deliver your turtledove to a wild animal;  
     don't forget forever the life of your hurting people.  
 1<sup>20</sup>Have regard for your covenant  
     because the land is filled with violent places.  
 1<sup>21</sup>Don't let the oppressed return ashamed;  
     let the poor and needy praise you.  
  
 1<sup>22</sup>Stand up for yourself, God;  
     remember how foolish people scoff at you all day long.  
 1<sup>23</sup>Don't forget the clamor of your adversaries,  
     the constant uproar of those who rebel against you.

**Ps 74:18-23**

### **Psalm 75**

For the Choir Director. A Psalm of Asaph  
                  A Song; Set to *Do Not Destroy*

1Thank you, God, for being close by;  
     people declare your wonderful deeds.  
  
 2“*When I set a time for judgment;*  
     *I'll judge even-handedly.*

<sup>3</sup>*The earth and everybody in it melt;  
I'm the One that firmly set its pillars.*  
<sup>4</sup>*I said to people that brag, 'Stop it,'  
and to sinners, 'Don't lift up your horns;*  
<sup>5</sup>*don't raise them up high  
or talk with such arrogance.'"*

**Ps 75:1-5**

<sup>6</sup>*Exaltation doesn't come from the east or west,  
but from God, the judge;  
he puts one person down and raises another up.*  
<sup>8</sup>*There's a cup of foaming wine in his hand;  
he has mixed it well and pours it out;  
sinners have to drain it and drink its dregs.*  
<sup>9</sup>*I'll sing praise to Jacob's God;  
I'll declare it forever.*  
<sup>10</sup>*He'll cut off the horns of the wicked,  
but lift up the righteous.*

**Ps 75:6-10**

### Psalm 76

For the Choir Director. A Psalm of Asaph  
A Song. On Stringed Instruments

<sup>1</sup>*God is known in Judah;  
his name is great in Israel.*  
<sup>2</sup>*His home is in Salem;  
he lives on Zion.*  
<sup>3</sup>*He has broken flaming arrows there,  
shields, swords, and weapons of war.*  
<sup>4</sup>*You're glorious, more majestic  
than mountains full of beasts of prey.*  
<sup>5</sup>*Our stouthearted enemies have been stripped of their spoil;  
they've sunk into deep sleep;  
none of the soldiers could raise a hand against us.*  
<sup>6</sup>*At your rebuke, God of Jacob,  
horse and rider were thrown down into dead sleep.*

<sup>7</sup>You're to be respected;  
who can withstand you when you're angry? Ps 76:1-7

<sup>8</sup>You rendered judgment from heaven;  
the earth lay silent in fear  
<sup>9</sup>when you arose to measure out judgment,  
to save the oppressed on earth.  
<sup>10</sup>People's wrath only heightens your honor;  
you dress yourself with the ashes of their anger.

<sup>11</sup>Make your vows to Yahveh your God and fulfill them;  
let everyone bring gifts to the One they need to respect.

<sup>12</sup>He breaks the pride of princes;  
kings on earth respect him. Ps 76:8-12

### Psalm 77

For the Choir Director. A Psalm of Asaph  
Set to *Jeduthun*

<sup>1</sup>I raise my voice up to God; I call out loud;  
it rises to him so he'll hear me.

<sup>2</sup>When trouble comes, I turn to Yahveh for help.  
All night I reach out to him,  
but I get no reassurance.

<sup>3</sup>When I think about him, I'm shaken;  
I sigh and feel faint.

<sup>4</sup>He won't let me sleep;  
I'm in such distress I can't pray.

<sup>5</sup>I think about days gone by, years ago.

<sup>6</sup>I remember singing during the night,  
meditating and pondering in my mind. Ps 77:1-6

<sup>7</sup>Will Yahveh reject me forever now?  
Won't he ever be kind to me again?

<sup>8</sup>Has his enduring love stopped permanently?  
Have his promises come to an end?

<sup>9</sup>Has he forgotten to be gracious?

In his anger has he withdrawn his mercy?

<sup>10</sup>I said, “*It’s my destiny  
that Yahveh has turned against me.*”

<sup>11</sup>Then I reconsider what all you’ve done, Yahveh,  
and recall your wonders from of old.

<sup>12</sup>I think about everything you do.

<sup>13</sup>Your way is holy;  
What god is as great as you?

<sup>14</sup>You work wonders  
and demonstrate your power among the nations.

<sup>15</sup>You’ve rescued your people by your strength,  
descendants of Jacob and Joseph.

**Ps 77:7-15**

<sup>16</sup>When the water faced you, God,  
it tremored to its depths.

<sup>17</sup>Clouds poured down water;  
the sky thundered;  
your arrows flashed.

<sup>18</sup>You thundered in the whirlwind;  
lightning flashes lit up the landscape;  
the ground shook.

<sup>19</sup>You went through the sea;  
your path led into deep water,  
but your footprints didn’t show.

<sup>20</sup>You led your people like a flock  
by the hand of Moses and Aaron.

**Ps 77:16-20**

### Psalm 78

Maskil of Asaph

<sup>1</sup>Listen to my instruction, my people;  
pay attention to what I’m saying.

<sup>2</sup>I’ll tell a parable and offer hidden truths from our history,  
<sup>3</sup>things we’ve heard and known from our ancestors.

<sup>4</sup>We won’t keep them from our children;  
we’ll tell the next generation what we praise Yahveh for:

his strength, the amazing things he's done.

**Ps 78:1-4**

<sup>5</sup>He established a Testimony in Jacob  
and appointed a Law in Israel,  
one that he commanded our ancestors  
to teach their children;  
<sup>6</sup>so the coming generation would know—  
children not yet born—  
so they'd grow up and tell their children  
<sup>7</sup>to put their confidence in God,  
not forget what he's done,  
and keep his commands.

<sup>8</sup>They weren't to be like their ancestors,  
stubborn and rebellious,  
who didn't prepare their heart,  
whose spirit wasn't faithful to God.

<sup>9</sup>The Ephraimites were archers equipped with bows;  
yet they retreated in battle.

<sup>10</sup>They didn't keep God's covenant  
or follow his Law.

**Ps 78:5-10**

<sup>11</sup>They forgot what he'd done,  
the miracles he'd shown them.

<sup>12</sup>He performed wonders for their ancestors to see  
in Egypt and in the plain of Zoan.

<sup>13</sup>He divided the sea so they could pass through it  
and made the water stand in a pile.

<sup>14</sup>He led them with a cloud in the daytime  
and the light of fire at night.

<sup>15</sup>He split rocks open in the desert  
to give them drinking water in abundance.

<sup>16</sup>He brought streams out of rock  
and made water run like a river.

<sup>17</sup>Yet they continued to sin against him,  
to rebel against the Most High in the desert.

<sup>18</sup>In their heart they put him to trial  
by asking for food they'd like better.

<sup>19</sup>They spoke against him  
*"Can God prepare a table in the desert?"*

**20***He struck the rock, and water gushed out  
and streams overflowed.  
Can he give us bread too?  
Can he feed us meat?"*

**Ps 78:11-20**

**21**When Yahveh heard it, he was furious;  
his wrath burned like fire against Jacob;  
his anger flared at Israel  
**22**because they didn't believe in him  
or trust in him to deliver them.

**23**Yet he commanded the clouds above  
and opened the doors in the sky,  
**24**and rained down manna on them  
and gave them bread from the sky to eat.

**25**People ate the bread of angels;  
God sent them food in abundance.

**26**He made the east wind blow  
and directed the south wind by his power.

**27**When he rained meat on them as plentiful as dust—  
winged fowl as abundant as sand by the sea—  
**28**he let them fall in the camp around the tents.

**Ps 78:21-28**

**29**So they ate their fill of what they craved.

**30**Before they'd satisfied their desire,  
while their food was in their mouths,  
**31**God's anger swelled up against them;  
he killed their strongest  
and cut down Israel's picked men.

**32**In spite of that, they still sinned  
and didn't believe in his wonderful deeds.

**33**So he brought their days to an end in futility,  
their years in terror.

**Ps 78:29-33**

**34**When he started taking their lives,  
they finally repented and turned to him diligently.

**35**They remembered that he was their rock,  
that the Most High God was their redeemer.

**36**But they tried to flatter him and lie to him

<sup>37</sup>because they weren't being honest with him  
or faithful to his covenant.

<sup>38</sup>But in his mercy, he forgave their sin  
and didn't destroy them;  
he often restrained his anger  
and didn't express all his wrath.

<sup>39</sup>He remembered that they were mortal,  
wind that blows and doesn't return.

<sup>40</sup>How often they rebelled against him in the desert  
and grieved him there!

<sup>41</sup>Again and again they tested him  
and pained the Holy One of Israel.

Ps 78:34-41

<sup>42</sup>They didn't keep in mind his power  
or his rescuing them from their foe

<sup>43</sup>as when he performed his signs in Egypt  
and his miracles in the plain of Zoan:

<sup>44</sup>he turned their streams to blood  
so they couldn't drink from them;

<sup>45</sup>he sent swarms of flies that devoured them  
and frogs to devour them;

<sup>46</sup>he gave their crops to caterpillars  
and the product from their labor to locusts;

<sup>47</sup>he destroyed their grapevines with hail  
and their sycamore-figs with sleet;

<sup>48</sup>he exposed their cattle to hailstones  
and their flocks to lightning bolts;

<sup>49</sup>he let loose his hot anger on them:  
fury, indignation, and distress—  
a band of destroying messengers;

<sup>50</sup>he directed his anger against them,  
not sparing them from plague and death;

<sup>51</sup>he struck Egypt's firstborn,  
the oldest sons in the tents of Ham.

<sup>52</sup>Then he led his own people out like sheep  
and guided them in the desert like a flock.

<sup>53</sup>He led them safely so they weren't afraid,  
but the sea drowned their enemies.

Ps 78:42-53

- <sup>54</sup>He brought them to his holy land,  
to this hill country that he'd won.
- <sup>55</sup>He drove out the nations in front of them,  
divided up the land for an inheritance,  
and enabled the tribes of Israel to live in their tents.
- <sup>56</sup>Yet they tested him and rebelled against the Most High God,  
and didn't observe his testimonies.
- <sup>57</sup>They were as unreliable as a crooked bow.
- <sup>58</sup>They provoked him with their high places  
and aroused his jealousy with their carved images.      **Ps 78:54-58**
- <sup>59</sup>When God heard it, he was angry  
and came to abhor Israel.
- <sup>60</sup>So he abandoned his house in Shiloh,  
the Tabernacle he'd pitched among them.
- <sup>61</sup>He let his powerful *Ark* be captured  
and surrendered his honor to the adversary.
- <sup>62</sup>He allowed the sword to destroy his people  
and vented his anger on his inheritance.
- <sup>63</sup>Fire consumed his young men;  
virgins had no wedding songs.
- <sup>64</sup>His priests fell by the sword,  
and widows couldn't weep.      **Ps 78:59-64**
- <sup>65</sup>Then Yahveh woke up as from sleeping,  
like a soldier aroused from drunkenness.
- <sup>66</sup>He routed his adversaries  
and put them to eternal shame.
- <sup>67</sup>He rejected Joseph's descendants  
and chose not to keep *the tribe of Ephraim*,
- <sup>68</sup>but chose Judah, Mount Zion that he loved.
- <sup>69</sup>He built his sanctuary as high as the sky,  
as enduring as the earth.
- <sup>70</sup>He chose David his servant,  
took him from the sheepfolds,
- <sup>71</sup>from tending ewes that had young  
to shepherding Jacob his people,  
Israel his inheritance.

<sup>72</sup>He shepherded them with a godly heart  
and led them with skillful hands.

Ps 78:65-72

### Psalm 79

A Psalm of Asaph

<sup>1</sup>Other nations have invaded your inheritance, God;  
they've defiled your holy Temple  
and laid Jerusalem in ruins.

<sup>2</sup>They've given the buzzards your servants' corpses,  
and the wild animals the flesh of your holy people.

<sup>3</sup>They've poured out their blood like water around Jerusalem;  
there wasn't anybody to bury them.

<sup>4</sup>We've become a disgrace to our neighbors,  
mocked and derided by the people around us.

<sup>5</sup>Yahveh, will you be angry forever?

Will your jealousy keep burning like fire?

Ps 79:1-5

<sup>6</sup>Pour out your wrath on nations that don't know you,  
that don't call on you;

<sup>7</sup>they've devastated Jacob and laid waste his realm.

<sup>8</sup>Don't hold our ancestors' sins against us;  
bring us mercy quickly because we're in despair.

<sup>9</sup>For your honor, help us, God who delivers;  
forgive our sins for your name's sake.

<sup>10</sup>Why should the nations say, "*Where's their God?*"  
Show those nations your vengeance

for your servants' blood that they shed.

<sup>11</sup>Listen to the moaning prisoner;  
with your great power save those doomed to die.

<sup>12</sup>Repay our neighbors seven times over  
for the taunts they've leveled at you, Yahveh,

<sup>13</sup>so we, your people, the sheep in your pasture,  
can be eternally grateful to you  
and recount your praise to all generations.

Ps 79:6-13

## Psalm 80

For the Choir Director. A Psalm of Asaph  
Set to *Lilies*; A Testimony

<sup>1</sup>Listen, Shepherd of Israel,  
    you that lead Joseph like a flock;  
    show your glory,  
    you that are enthroned above the cherubs.

<sup>2</sup>Stir up your power against Ephraim, Benjamin, and Manasseh;  
    and come to rescue us.

<sup>3</sup>**Restore us, God;**  
    **look at us with favor so we'll be saved.**

Ps 80:1-3

<sup>4</sup>Yahveh **God of Hosts,**  
    how long will you be angry with our prayers?

<sup>5</sup>You've fed us tears  
    and made us drink them in full measure.

<sup>6</sup>You made us a taunt to our neighbors;  
    they laugh at us among themselves.

<sup>7</sup>**God of Hosts, restore us;**  
    **look at us with favor so we'll be saved.**

Ps 80:4-7

<sup>8</sup>You took a grapevine out of Egypt,  
    drove out the *Canaanite* nations,  
    and planted it *in their land*.

<sup>9</sup>You cleared the ground for it;  
    it took deep root and spread across the whole land.

<sup>10</sup>It covered the mountains with its shadow  
    and God's cedars with its branches.

<sup>11</sup>It grew its branches all the way out to the Mediterranean Sea,  
    its shoots as far as the *Euphrates* River.

<sup>12</sup>Why did you tear down its walls  
    so everybody that goes by can pick its fruit?

<sup>13</sup>A boar from the woods roots it up;  
    whatever moves in the countryside feeds on it.

Ps 80:8-13

<sup>14</sup>**God of Hosts**, please come back now;  
    look down from heaven and take care of this grapevine,

- 15**the root you planted,  
the son you've raised for your use.
- 16**Our enemies have cut it down and burned it;  
may they perish at the rebuke from your angry look.
- 17**Encourage the man at your right hand,  
the son you made strong for yourself.
- 18**Then we won't turn away from you anymore;  
revive us so we can call on you again.
- 19****Yahveh God of Hosts, restore us;**  
**look at us with favor so we'll be saved.**

**Ps 80:14-19**

### Psalm 81

For the Choir Director. *A Psalm of Asaph*  
Set to *The Gittith*

- 1**Sing to God your Strength;  
make a joyful sound to Jacob's God.
- 2**Sing, beat the tambourine,  
pluck the lyre and harp.
- 3**At the new moons blow your ram's horn,  
at the full moon and on your festival days.
- 4**It's a statute for Israel,  
an ordinance from Jacob's God.
- 5**He established it as a Testimony in Joseph  
when he displayed his power all over Egypt.

I heard a language I didn't know, *saying.*

**Ps 81:1-5**

- 6**"*I'll take the burden off your shoulders  
and free you from heavy labor.*
- 7***You cried out in trouble, and I rescued you;  
I answered you while I concealed myself in a thundercloud;  
I tested you when you had no water at Meribah.*
- 8***Listen, my people, when I admonish you;  
Israel, if only you'll listen!*
- 9***There's to be no foreign god among you;  
don't worship any alien deity.*
- 10***I'm Yahveh your God*

*who brought you out of Egypt.  
Open your mouth, and I'll fill it. "*

Ps 81:6-10

<sup>11</sup> “But my people ignored me;  
    Israel wouldn’t obey.

<sup>12</sup> So I let them follow their stubborn heart  
    and go after their own devices.

<sup>13</sup> If only they’d listen!  
If Israel would just follow my ways,

<sup>14</sup> I’d quickly subdue their enemies;  
    I’d turn my hand against their foes,

<sup>15</sup> I’d doom forever  
    those who hate me while pretending to obey me.

<sup>16</sup> I want to feed you with the finest wheat  
    and satisfy you with wild honey from the rocky cliffs.”   Ps 81:11-16

## Psalm 82

### A Psalm of Asaph

- <sup>1</sup>God presides over the divine council  
and judges *you* judges.
- <sup>2</sup>So how long will you<sup>pl</sup> judge unjustly  
by showing<sup>pl</sup> partiality to lawbreakers?
- <sup>3</sup>Render<sup>pl</sup> justice to the weak and fatherless;  
stand<sup>pl</sup> up for the oppressed and destitute.
- <sup>4</sup>Rescue<sup>pl</sup> the weak and needy;  
deliver<sup>pl</sup> them from bad people.

**5**You don't know or understand;  
You're walking around in the dark;  
the *very* foundations of your world are unstable.

<sup>6</sup>I say, “*You’re gods,  
children of the Most High,*  
<sup>7</sup>*but you’ll die like other mortals  
and fall like anyone else.*”

**8**You judge the world, God!  
You're the One that owns the nations.

**Psalm 83**  
A Song. A Psalm of Asaph

<sup>1</sup>God, don't keep quiet; don't be silent.

<sup>2</sup>Your enemies are making an uproar;  
those who hate you are exalting themselves.

<sup>3</sup>They're plotting against your people,  
conspiring against them <sup>4</sup>and saying,  
*"Let's wipe out their nation  
so no one will remember them anymore."*

<sup>5</sup>Together they're signing a treaty against you:

<sup>6</sup>Edom and the Ishmaelites, Moab and the Hagrites;

<sup>7</sup>Gebal, Ammon, and Amalek;  
Philistia and the people in Tyre;

<sup>8</sup>Assyria has joined them too;  
they're allied with Lot's descendants.

**Ps 83:1-8**

<sup>9</sup>Deal with them like you dealt with Midian,  
with Sisera and Jabin at the Kishon River,

<sup>10</sup>that you destroyed at En-dor,  
that became like manure on the ground.

<sup>11</sup>Make their nobles like Oreb and Zeeb  
and their officials like Zebah and Zalmunna,  
<sup>12</sup>who said, *"Let's take over God's pastures."*

**Ps 83:9-12**

<sup>13</sup>Make them like whirling dust,  
like chaff in the wind.

<sup>14</sup>Like a wildfire that burns a whole forest,  
like a flame that sets mountains on fire;

<sup>15</sup>chase them with your storm;  
terrify them with your tempest.

<sup>16</sup>Write shame all over their faces  
till they submit to you, Yahveh.

<sup>17</sup>Frighten them forever;  
let them die in disgrace

<sup>18</sup>so they'll know that you  
are supreme over the whole world.

**Ps 83:13-18**

### **Psalm 84**

For the Choir Director. A Psalm of the Sons of Korah  
Set to *The Gittith*

<sup>1</sup>Your Temple is so beautiful, Yahveh of Hosts!

<sup>2</sup>I long, yes, even faint with longing for your courts;  
my body and soul sing for joy to the living God.

<sup>3</sup>Even a sparrow finds a home for herself,  
a swallow builds a nest to raise her young  
near your altars, Yahveh of Hosts, my God and King.

<sup>4</sup>How blessed they are who live in your Temple  
and continually sing your praises.

<sup>5</sup>How blessed people are whose strength comes from you,  
who've resolved to make pilgrimages to Zion!

<sup>6</sup>As they pass through the Valley of Weeping,  
they turn it into a spring;  
autumn rains cover it with blessings.

<sup>7</sup>They grow from strength to more strength  
till each one appears before God in Zion.

**Ps 84:1-7**

<sup>8</sup>Yahveh God of hosts, listen to my prayer;  
listen to me, God of Jacob!

<sup>9</sup>Extend your favor to the shield  
you anointed over us,

<sup>10</sup>because one day in your courts is better than a thousand *elsewhere*.  
I'd rather stand at the threshold of your Temple  
than live *at ease* in the tents of sinners,

<sup>11</sup>because Yahveh is sun and shield,  
who gives grace and honor  
and doesn't withhold anything good from those who do what's right.

<sup>12</sup>Yahveh of hosts, how blessed they are who trust in you! **Ps 84:8-12**

## Psalm 85

For the Choir Director. A Psalm of the Sons of Korah

<sup>1</sup>Yahveh, you blessed your land;  
     you restored the fortunes of Jacob;  
<sup>2</sup>you forgave your people's iniquity  
     and pardoned their sins;  
<sup>3</sup>you withdrew your fury  
     and turned away from your hot anger.

<sup>4</sup>Restore us, our Deliverer;  
     end your displeasure with us.  
<sup>5</sup>Will you be angry with us forever?  
     Will you extend your wrath to every generation?  
<sup>6</sup>Won't you revive us  
     so we can celebrate over you?  
<sup>7</sup>Show us your enduring love, Yahveh;  
     grant us your salvation.

**Ps 85:1-7**

<sup>8</sup>I'll listen to what our God Yahveh says,  
     because he offers peace to his holy people,  
     those who avoid foolish behavior.  
<sup>9</sup>His salvation is nearby for those who respect him,  
     so there can be honor in our land.  
<sup>10</sup>Truth and enduring love combine;  
     goodness and peace kiss each other.  
<sup>11</sup>Faithfulness grows up from the ground,  
     and goodness looks down from the sky.  
<sup>12</sup>Yahveh gives what's good  
     so our land can yield its produce.  
<sup>13</sup>Goodness goes ahead of him  
     and makes his footprints into a path.

**Ps 85:8-13**

## Psalm 86

A Prayer of David

<sup>1</sup>Listen, Yahveh, and answer me

because I'm troubled and in need.  
<sup>2</sup>Preserve my life because I'm a godly man;  
     save me because I trust in you.  
<sup>3</sup>Be gracious to me  
     because I call out to you all the time.  
<sup>4</sup>Make me happy  
     because I hold up my life to you.  
<sup>5</sup>You're good, ready to forgive,  
     and abundant in enduring love  
     to everyone that calls on you.  
<sup>6</sup>Hear my prayer, Yahveh;  
     listen to my petition.  
<sup>7</sup>When I'm in trouble, I call on you  
     because you answer me.  
<sup>8</sup>There's no one like you among the gods,  
     no other deeds like yours.  
<sup>9</sup>All the nations you've made will come  
     to worship you and honor you,  
<sup>10</sup>because you're great and do great things;  
     only you are God.

**Ps 86:1-10**

<sup>11</sup>Teach me your way;  
     I'll follow your truth;  
     make me consistently respect you.  
<sup>12</sup>I'll thank you, Yahveh my God, with all my heart  
     and honor you forever  
<sup>13</sup>because you show me such enduring love;  
     you've rescued me from the depths of Sheol.

**Ps 86:11-13**

<sup>14</sup>Arrogant people are attacking me, God;  
     a gang of violent men wants to kill me;  
     they don't care about you.  
<sup>15</sup>But you're a merciful, gracious God,  
     slow to get angry  
     and abundant in enduring love and faithfulness.  
<sup>16</sup>Turn to me and be gracious;  
     give me your strength;  
     save your servant's son.

<sup>17</sup>Show me a sign of your favor  
 so the ones that hate me can see it and be put to shame,  
 because you've helped me and reassured me. Ps 86:14-17

### Psalm 87

A Song. A Psalm of the Sons of Korah

<sup>1</sup>The city that Yahveh founded stands on his holy mountain;  
<sup>2</sup>he loves Zion more than the other places in Jacob.  
<sup>3</sup>Glorious things are said about you, city of God.  
<sup>4</sup>"I'll count Rahab [Egypt] and Babylon among those who know me,  
*Philistia, Tyre, and Nubia too:*  
*'They've become citizens there,'*" people will say.  
<sup>5</sup>But they will say about Zion,  
*"This one and that one were born here";*  
*the Most High himself has made it so.*  
<sup>6</sup>When Yahveh registers the nations,  
 he'll say, "*They've all become citizens here.*"  
<sup>7</sup>Then those who sing and those who play flutes *will say,*  
*"The springs of all our joy are in you."* Ps 87:1-7

### Psalm 88

For the Choir Director. A Psalm of the Sons of Korah.  
 A Song. Set to *Mahalath Leannoth*  
 A Maskil of Herman the Ezrahite

<sup>1</sup>Yahveh God who keeps me safe,  
 I call out to you day and night.  
<sup>2</sup>Let my prayer come to you;  
 listen to my call!  
<sup>3</sup>I've had so much trouble;  
 I'm close to Sheol.  
<sup>4</sup>I'm as good as dead,  
 like someone with no strength left.  
<sup>5</sup>Abandoned among the dead  
 like someone slain in the grave,

I'm forgotten and cut off from you.  
**6**You've put me in the Pit,  
     in regions dark and deep.  
**7**Your anger overwhelms me;  
     wave after wave weighs heavily on me.  
**8**You've made my friends avoid me  
     by making me someone they detest;  
     I'm trapped and can't escape.  
**9**My sight is blurry from tears;  
     I call on you every day, Yahveh,  
     and reach out to you for help.

**Ps 88:1-9**

**10**Do you perform wonders for the dead?  
     Do departed spirits rise and praise you?  
**11**Do they declare your enduring love in the grave  
     or your faithfulness in the place of destruction?  
**12**Are your wonders known in the dark  
     or your goodness in the land of forgetfulness?

**Ps 88:10-12**

**13**Yahveh, I call out to you for help;  
     in the mornings my prayers go up to you.  
**14**Why are you rejecting me?  
     Why are you hiding from me?  
**15**I've been attacked and close to death from my youth up;  
     I suffer from the terrors you bring; I'm overwhelmed.  
**16**Your furious anger has swept over me;  
     your dreaded assaults have destroyed me.  
**17**They surround me like water all the time  
     and engulf me completely.  
**18**You've removed lover and friend far from me;  
     my companions lie in darkness.

**Ps 88:13-18**

### Psalm 89

A Maskil of Ethan the Ezrahite

**1**I'll sing forever about Yahveh's enduring love  
     and make known his faithfulness to every generation,

<sup>2</sup>because I've said, "You build up enduring love;  
in the heavens you establish your faithfulness."

<sup>3</sup>Yahveh said, "I've made a covenant with my chosen one;  
I've sworn to David my servant,

<sup>4</sup>I'll make your descendants secure forever  
and build up your throne to all generations. ""

**Ps 89:1-4**

<sup>5</sup>The sky praises your wonders  
and extols your faithfulness in the assembly of your holy angels.

<sup>6</sup>Who in the sky can compare with you?

Who among the heavenly beings is like you,

<sup>7</sup>a God greatly respected in the council of holy angels  
and awesome above everyone around him?

<sup>8</sup>Lord Yahveh of Hosts, who is like you?

You're completely faithful.

<sup>9</sup>You rule the raging sea;

when its waves rise up, you quiet them.

<sup>10</sup>You've crushed Rahab like one that's slain

and scattered your enemies with your strong arm.   **Ps 89:5-10**

<sup>11</sup>The sky is yours; the earth belongs to you;  
you've founded the world and everything in it.

<sup>12</sup>You've created north and south;

Tabor and Hermon shout for joy over you.

<sup>13</sup>You have a powerful arm and a strong hand;

you lift your right hand high.

<sup>14</sup>Goodness and justice make the foundation for your throne;

enduring love and truth proceed ahead of you.

<sup>15</sup>How blessed people are who know the sound of joy,

who walk in the light of your presence, Yahveh.

<sup>16</sup>In your name they celebrate all day;

your goodness lifts their spirits.

<sup>17</sup>They glory in your strength;

your blessing honors them.

<sup>18</sup>Their shield belongs to Yahveh;

their king belongs to the Holy One of Israel.   **Ps 89:11-18**

<sup>19</sup>Long ago you said in a vision to your holy people,  
 “*I’ve crowned a great man,  
 chosen from the common people.*

<sup>20</sup>*I found my servant David  
 and anointed him with my holy oil.*

<sup>21</sup>*My hand will make him secure;  
 my arm will give him strength.*

<sup>22</sup>*His enemies won’t outsmart him;  
 sinful people won’t oppress him.*

<sup>23</sup>*I’ll crush his adversaries  
 and strike down those who hate him.*

<sup>24</sup>*My faithfulness and enduring love will be with him,  
 and I’ll make him honored.*

**Ps 89:19-24**

<sup>25</sup>*I’ll establish his rule as far as the sea  
 and set his control over the rivers.*

<sup>26</sup>*He’ll call out to me, ‘My Father,  
 my God, the Rock that keeps me safe.’*

<sup>27</sup>*I’ll make him my firstborn,  
 the highest among the kings on earth.*

<sup>28</sup>*I’ll keep my enduring love for him forever  
 and confirm my covenant with him.*

<sup>29</sup>*I’ll make his descendants permanently secure,  
 his throne as eternal as the sky.*

**Ps 89:25-29**

<sup>30</sup>“*If his descendants leave my Law  
 and don’t follow my judgments,*

<sup>31</sup>*if they violate my statutes  
 and don’t keep my commandments,  
 32then I’ll bring a rod to bear on their sin  
 and stripes on their iniquity.*

<sup>33</sup>*But I won’t break off my enduring love from him  
 or deal falsely in my faithfulness.*

<sup>34</sup>*I won’t violate my covenant  
 or alter what I’ve said.*

<sup>35</sup>*Once I’ve sworn by my holiness,  
 I won’t lie to David.*

<sup>36</sup>*His descendants will continue permanently,*

*his throne will last like the sun with me.*

<sup>37</sup>*It'll be secure as permanently as the moon,  
as faithful as its witness in the sky."*

Ps 89:30-37

<sup>38</sup>But, you've thrown him away and rejected *him*;  
you're angry with your anointed.

<sup>39</sup>You've spurned the covenant with him  
and profaned his crown in the dust.

<sup>40</sup>You've broken down his walls  
and brought his fortresses to ruin.

<sup>41</sup>Everyone that passes by plunders him;  
he's become a disgrace to his neighbors.

<sup>42</sup>You've raised up his adversaries  
and made them celebrate.

<sup>43</sup>You've turned back the edge of his sword  
and haven't made him stand in battle.

<sup>44</sup>You made his splendor cease  
and threw his throne on the ground.

<sup>45</sup>You've shortened his youth  
and covered him with shame.

Ps 89:38-45

<sup>46</sup>How long, Yahveh,  
will you conceal yourself,  
will your anger burn like fire?

<sup>47</sup>Remember how long life is.  
What emptiness have you created people for?

<sup>48</sup>Who can live without dying?  
Can anyone avoid Sheol?

Ps 89:46-48

<sup>49</sup>Where's your former enduring love  
that you faithfully swore to David?

<sup>50</sup>Remember the scorn your servants endure,  
how I carry many people's insults inside me  
<sup>51</sup>that your enemies have used for taunts,  
that they've mocked your anointed one with.

<sup>52</sup>Bless Yahveh forever!

Amen and Amen.

Ps 89:49-52

BOOK 4

## Psalm 90

## A Prayer of Moses the Man of God

<sup>1</sup>Yahveh, through all generations  
    you've been our dwelling place.  
<sup>2</sup>Before the mountains were born  
    or you gave birth to the world,  
    from one end of time to the other, you've been God.     **Ps 90:1-2**

<sup>3</sup>You turn people back to dust and say,  
*“Return to dust, mortals.”*

<sup>4</sup>A thousand years to you  
are like yesterday,  
like a watch in the night.

<sup>5</sup>You sweep us away like the dreams in our sleep.  
In the morning we sprout like grass <sup>6</sup>and flourish;  
    then toward evening we fade *like blossoms*  
    and wither away.

<sup>7</sup>Your anger consumes us;  
your wrath scares us.

<sup>8</sup>You place our iniquities in front of you;  
our secret sins are open to you.

<sup>9</sup>All our days pass away in your fury;  
we finish our years with a sigh.

<sup>10</sup>We live for 70 years or by good health for 80 years; yet whatever their length, they're full of labor and pain because they're gone so soon, and we fly away.

**11**Who understands the power of your anger and fury  
in comparison to the respect you deserve?

<sup>12</sup>So teach us to count our days  
so we can grow in wisdom toward you. Ps 90:3-12

<sup>13</sup>Come back *to us*, Yahveh; how long will it be?

- Have pity on your servants.
- <sup>14</sup>Satisfy us in the morning with your enduring love  
so we can sing and be happy our whole life.
- <sup>15</sup>Make us happy for as long as you've punished us,  
for the years we've had misfortune.
- <sup>16</sup>Let us see your work  
and our children witness your majesty.
- <sup>17</sup>Bless us, Yahveh our God;  
make our efforts successful;  
yes, make them succeed!
- Ps 90:13-17**

### Psalm 91

- <sup>1</sup>Those who live in the shelter of the Most High  
will find rest in the shadow of the Almighty.
- <sup>2</sup>They'll say about Yahveh,  
*"Our refuge and fortress, the God we trust!"*
- Ps 91:1-2**
- <sup>3</sup>He delivers *you* from the trapper's snare  
and deadly pestilence.
- <sup>4</sup>He covers you with his pinions;  
you can find refuge under his wings;  
his faithfulness shields and protects you.
- <sup>5</sup>You won't be afraid of terrors at night,  
of arrows that fly by day,  
<sup>6</sup>of pestilence that lurks in the dark,  
or destruction that lays waste at noon.
- <sup>7</sup>A thousand may fall at your side,  
ten thousand by your right hand;  
but disaster won't touch you.
- <sup>8</sup>You'll stand by and watch his recompense to the wicked,  
<sup>9</sup>because you've made Yahveh your refuge,  
the Most High your hiding place.
- <sup>10</sup>Misfortune won't fall on you;  
no plague will get near you.
- Ps 91:3-10**
- <sup>11</sup>He'll make his angels responsible

for guarding you whatever you do.

<sup>12</sup>They'll carry you  
so you won't trip over a rock.

<sup>13</sup>You'll step on lions and cobras  
and crush them.

<sup>14</sup>"I'll rescue them that love me  
and set up high those who know me.

<sup>15</sup>They'll call on me, and I'll answer them;  
I'll be with them in trouble,  
rescue and honor them.

<sup>16</sup>I'll satisfy them with long life  
and give them salvation."

**Ps 91:11-16**

### Psalm 92

A Psalm  
A Song for the Sabbath

<sup>1</sup>It's good to thank you, Yahveh,  
to sing praises to you, Most High;

<sup>2</sup>to declare your enduring love in the morning  
and your faithfulness at night  
<sup>3</sup>with a lute and a ten-stringed harp,  
with melody on a lyre.

<sup>4</sup>Because you've made me happy by what you've done,  
I'll sing for joy over what you do.

**Ps 92:1-4**

<sup>5</sup>Your deeds are so great, Yahveh,  
your thoughts so deep!

<sup>6</sup>Senseless people don't realize,  
ignorant mortals don't understand  
<sup>7</sup>that when sinners sprout up like grass  
and the wicked flourish,  
it's only that they'll be destroyed forever.

<sup>8</sup>But you're on high forever.

<sup>9</sup>Your enemies will perish;  
everybody that sins will scatter.

**Ps 92:5-9**

<sup>10</sup>You've made me as strong as a wild ox  
and anointed me with fresh oil.  
<sup>11</sup>I've looked in triumph at my enemies  
and heard about *the defeat of* my attackers.

<sup>12</sup>Good people flourish like palm trees;  
they grow like cedars in Lebanon.  
<sup>13</sup>Planted in Yahveh's Temple,  
they flourish in the courts of our God.  
<sup>14</sup>They bear fruit even when they're old;  
they're still green and full of energy.  
<sup>15</sup>They declare that Yahveh is good,  
that he's our rock; there's nothing bad about him.

Ps 92:10-15

**Psalm 93**

<sup>1</sup>Yahveh reigns, robed in majesty,  
dressed in strength.  
The world stands firm; it won't move.  
<sup>2</sup>Your throne has been secure from of old;  
you're from eternity past.

<sup>3</sup>The floods have swelled;  
the roar of their pounding waves has increased.  
<sup>4</sup>*But* more than the thunder of overwhelming water,  
more than the mighty ocean breakers *against the shore*,  
Yahveh on high, you are powerful.  
<sup>5</sup>Your decrees stand firm;  
holiness adorns your Temple forever.

Ps 93:1-5

**Psalm 94**

<sup>1</sup>Yahveh God of vengeance, shine!  
<sup>2</sup>Rise up, Judge of the whole world;  
repay the proud.

<sup>3</sup>How long will *you let* sinners celebrate?  
<sup>4</sup>How long will they pour out their arrogant words,  
     vaunt themselves up  
<sup>5</sup>crush your people,  
     attack your heritage  
<sup>6</sup>murder widows and foreigners and orphans,  
<sup>7</sup>and say, “*Yahveh’s not watching;*  
     *Jacob’s God is not paying attention.*”

Ps 94:1-7

<sup>8</sup>You silly people, you pay attention;  
     when will you *ever* understand?  
<sup>9</sup>Can’t he hear, who created the ear?  
     Can’t he see, who formed the eye?  
<sup>10</sup>Won’t he that rebukes nations, discipline you;  
     doesn’t the Source of knowledge know what you’re doing?  
<sup>11</sup>Yahveh knows that your thoughts  
     are nothing but hot air.  
  
<sup>12</sup>The ones you discipline are blessed, Yahveh,  
     *the ones you teach* out of the Law;  
<sup>13</sup>so you can grant them relief in adversity,  
     till you dig a pit for the wicked.  
  
<sup>14</sup>Yahveh won’t abandon his people  
     or forsake his inheritance.  
<sup>15</sup>The administration of justice will be good again,  
     and the godly will follow it.  
<sup>16</sup>Who *else* will stand up for me against evil people?  
     Who *else* will take a stand for me against sinners?

Ps 94:8-16

<sup>17</sup>If Yahveh hadn’t helped me,  
     I would soon have occupied the silent place.  
<sup>18</sup>When I cried out, “*I’m slipping,*”  
     his enduring love kept me from falling.  
<sup>19</sup>When my anxious thoughts multiplied,  
     he cheered me up.  
<sup>20</sup>Can corrupt rulers be his allies

and plot schemes with their wicked laws?  
**21**Can they gang up on good people  
 and condemn the innocent to death?

**22**No, because Yahveh is my fortress;  
 my God the Rock is my refuge.  
**23**He'll bring their sinfulness back on them  
 and destroy them with their own evil;  
 Yahveh our God will wipe them out.

**Ps 94:17-23**

### Psalm 95

**1**Come, let's sing to Yahveh;  
 let's make a joyful sound to the Rock that saves us.

**2**Let's go to him with thanksgiving  
 and sing to him with psalms.

**3**Yahveh is a great God,  
 a great King above all gods.

**4**He controls the deep sea;  
 he owns the mountain peaks  
**5**and the ocean because he created them;

he made the dry land.

**Ps 95:1-5**

**6**Come, let's bow in worship;  
 let's kneel to Yahveh our Maker.

**7**He's our God, and we're sheep in his pasture,  
 the flock under his care.

If you hear him today,

**8**don't harden your hearts like they did at Meribah  
 that day at Massah in the desert.

**9**Your ancestors kept testing me  
 though they'd been seeing my work for 40 years.

**10**I detested that generation and said,  
 "They err in their hearts;  
 they don't know my ways."

**11**So I swore in my anger,  
 "They certainly won't enter my rest."

**Ps 95:6-11**

## Psalm 96

<sup>1</sup>Sing a new song to Yahveh;  
     sing to him, all the earth.  
<sup>2</sup>Bless him in song;  
     proclaim every day the good news that he saves.  
<sup>3</sup>Tell about his glory the world over,  
     his marvelous deeds among the nations.  
<sup>4</sup>Yahveh is great and deserves great praise;  
     he's to be respected more than all gods  
<sup>5</sup>because the nations' gods are idols,  
     but Yahveh created the sky.  
<sup>6</sup>Honor and majesty lie in him;  
     strength and beauty fill his sanctuary.

**Ps 96:1-6**

<sup>7</sup>Families of the nations,  
     attribute to Yahveh honor and strength.  
<sup>8</sup>Attribute to Yahveh the glory he deserves;  
     take an offering to his courts.  
<sup>9</sup>Worship him in holy attire;  
     tremble at him, all the earth.  
<sup>10</sup>Say among the nations, “*Yahveh reigns;*  
     *yes, the world is firmly set; it won't move;*  
     *he'll judge the nations fairly.*”

<sup>11</sup>Let the heavens be happy and the earth rejoice;  
     let the ocean roar and everything that's in it;  
<sup>12</sup>let the fields celebrate and all that grows there;  
     then the trees in the forest will sing <sup>13</sup>to Yahveh  
     because he'll judge the world with justice  
     and its people with truth.

**Ps 96:7-13**

## Psalm 97

<sup>1</sup>Yahveh reigns; let the world rejoice;

let the distant shores be glad.  
<sup>2</sup>Clouds and dense darkness surround him;  
     goodness and justice are the foundation for his throne.  
<sup>3</sup>Fire goes forth ahead of him  
     and burns up his adversaries.  
<sup>4</sup>His lightning lights up the world;  
     the world sees it and trembles.  
<sup>5</sup>The mountains melt like wax  
     at his<sup>Y</sup> presence everywhere.  
<sup>6</sup>The sky declares his goodness;  
     every nation can see his glory.

**Ps 97:1-6**

<sup>7</sup>Let those who worship carved images be discredited,  
     those who take pride in idols;  
     bow to him, all you gods.  
<sup>8</sup>Zion hears that and is happy;  
     the towns in Judah celebrate  
     because of your justice, Yahveh,  
<sup>9</sup>You're greater than all gods.

<sup>10</sup>Hate evil, you that love Yahveh,  
     who preserves his holy people  
     and delivers them from sinners.  
<sup>11</sup>Light is sown like seed for the godly,  
     like happiness for the godly in heart.  
<sup>12</sup>Be happy in him, good people;  
     praise him for his holiness.

**Ps 97:7-12****Psalm 98**

A Psalm

<sup>1</sup>Sing a new song to Yahveh  
     because he's done outstanding things;  
     his right hand and holy arm have given him victory.  
<sup>2</sup>He has made his salvation known  
     and revealed his goodness to the nations.  
<sup>3</sup>He has remembered his enduring love

and faithfulness to Israel;  
 people the earth over have seen  
 the deliverance our God gives.

**Ps 98:1-3**

- <sup>4</sup>Make a joyful sound to Yahveh, all the earth;  
 break out in joyful song.  
<sup>5</sup>Sing praises to him with lyre and melody;  
<sup>6</sup>make a joyful sound with trumpets and rams' horns  
 to the King, Yahveh.

<sup>7</sup>Let the ocean roar and everything in it,  
 the world and those who live here.

<sup>8</sup>Let the rivers clap their hands;  
 let the mountains sing <sup>9</sup>to Yahveh  
 because he's coming to judge the world righteously  
 and *its* people fairly.

**Ps 98:4-9**

### Psalm 99

<sup>1</sup>Yahveh reigns;  
 let the people tremble;  
 he sits on his throne above the cherubs;  
 let the earth quake!

<sup>2</sup>Yahveh is great in Zion;  
 he's exalted above all nations.

<sup>3</sup>Let them praise his great, awesome name;  
**he is holy.**

<sup>4</sup>The great King who loves justice  
 has established what's fair for all.

<sup>5</sup>Exalt Yahveh our God  
 and worship at his feet; **he is holy.**

**Ps 99:1-5**

<sup>6</sup>Moses and Aaron were among his priests;  
 Samuel too was one who called on him;  
 they called on Yahveh and he answered them.

<sup>7</sup>He spoke to them in the pillar of cloud;  
 they kept the testimonies and statutes he gave them.

<sup>8</sup>He was a forgiving God;  
yet he disciplined them for their sins.

<sup>9</sup>Exalt Yahveh our God  
and worship on his holy mountain; because  
**he is holy.**

**Ps 99:6-9**

### **Psalm 100**

A Psalm for Thanksgiving

<sup>1</sup>Make a joyful sound to Yahveh, all the earth.

<sup>2</sup>Serve him gladly;  
come to him with singing.

<sup>3</sup>Acknowledge that Yahveh is God;  
he made us; we didn't make ourselves.  
We're his people, sheep in his pasture.

<sup>4</sup>Enter his gates with thanksgiving  
and his courts with praise.

Thank him and bless him <sup>5</sup>because he's good;  
his enduring love never ends;  
his faithfulness extends to every generation.

**Ps 100:1-5**

### **Psalm 101**

A Psalm of David

<sup>1</sup>I'll sing about your enduring love and justice,  
and sing praises to you, Yahveh.

<sup>2</sup>I'll pay attention to the way that's blameless;  
when will you come to help me?  
In my home I'll walk in integrity.

<sup>3</sup>I won't set anything base beside me;  
I'll hate what they do who fall away;  
I'll stay away from them.

<sup>4</sup>I'll cast perverse things out of my heart  
and have nothing to do with evil.

<sup>5</sup>I'll withdraw from anyone that slanders another;

I won't put up with people  
that have haughty looks or arrogant hearts. Ps 101:1-5  
**6**I'll focus my attention on the faithful  
to be my friends.

Those who follow the blameless way  
are the ones that will be my servants.  
**7**I won't let deceivers serve in my Temple;  
liars won't maintain their relationship with me.  
**8**Each morning I'll destroy the wicked in the land  
and rid the city of Yahveh of everyone that sins. Ps 101:6-8

### Psalm 102

A Prayer by the Oppressed When They're Faint  
and Pour Out Their Complaint to Yahveh

**1**Listen to my prayer, Yahveh!  
Let my cry come to you.  
**2**Don't turn away from me in my distress;  
when I call, answer quickly.  
**3**My days dissipate like smoke;  
my bones lie scorched on a hearth.  
**4**My heart is weak and withers away like grass;  
I have no appetite **5**in my loud groaning;  
I'm skin and bones.  
**6**I'm like a pelican in the desert,  
like an owl in desolate places;  
**7**I lie awake  
like a lonely bird on a housetop. Ps 102:1-7

**8**My enemies taunt me all day;  
they ridicule me and use my name as a curse.  
**9**I eat ashes for food  
and mix my drink with tears  
**10**because of your indignation,  
because you've thrown me away.  
**11**My days are like a shadow;

I wither like the grass.

- <sup>12</sup>But you live forever, Yahveh;  
you endure for all generations.  
<sup>13</sup>Have mercy on Zion;  
it's time to be gracious to it;  
the appointed time has come.  
<sup>14</sup>Your servants delight in its *very* rocks  
and have regard *even* for its dust.  
<sup>15</sup>So the nations will respect Yahveh;  
kings *will respect* your honor.  
<sup>16</sup>Yahveh will build up Zion;  
he'll appear in his glory.  
<sup>17</sup>He'll have regard for the destitute;  
he won't disregard their prayer.

Ps 102:8-17

- <sup>18</sup>Write this for the next generation,  
so people not yet born will praise Yahveh:  
<sup>19</sup>He looked down from his holy height;  
from heaven he gazed at earth  
<sup>20</sup>to hear the groaning prisoners,  
to free those doomed to die;  
<sup>21</sup>so people will celebrate Yahveh in Zion  
and praise him in Jerusalem  
<sup>22</sup>when the nations gather  
and the kingdoms *assemble* to serve him.

Ps 102:18-22

- <sup>23</sup>He weakened my strength  
in the course of my life and shortened it.  
<sup>24</sup>I say to him,  
*My God, don't take me away in the middle of life;*  
*you live throughout all generations.*  
<sup>25</sup>*You founded the earth long ago;*  
*the sky is your handiwork.*  
<sup>26</sup>*Even they will perish, but you'll remain;*  
*they'll wear out like a robe,*  
*and you'll change them like clothes.*  
<sup>27</sup>*But you'll be the same; your years won't end.*

**28** *Your people's children will continue in security;  
their descendants will thrive in your presence."*      **Ps 102:23-28**

**Psalm 103**  
*A Psalm of David*

**1****Bless Yahveh, all that I am!**

Everything that's in me, bless him.

**2****Bless Yahveh, all that I am;**

May I never forget how he helps me:

**3**he pardons my sins

and heals my diseases;

**4**he rescues me from the Pit

and crowns me with enduring love and mercy;

**5**he satisfies my years with good things,

and renews my youth like an eagle's.      **Ps 103:1-5**

**6**Yahveh performs good deeds

and renders justice for people mistreated.

**7**He made his ways known to Moses

and demonstrated his acts to Israel.

**8**Yahveh is merciful and gracious,

slow to anger and abounding in enduring love.

**9**He won't constantly confront us

or always be angry with us.

**10**He hasn't dealt with us according to our sins

or rewarded us in proportion to our iniquities.

**11**As high as the sky is above the earth,

so great is his enduring love toward those who respect him.

**12**As far as the east is from the west,

that's how far he's removed our sins from us.

**13**Like a father that has mercy on his children,

Yahveh has mercy on those who respect him.

**14**He knows how we're made;

he's aware that we're only dust.      **Ps 103:6-14**

**15**People are like grass,

they flourish like flowers in a field.

**16**When the wind blows on them, they're gone  
like they'd never been there.

**17**Yahveh's enduring love is  
from eternity past to future for them who respect him;  
his goodness is to children's children  
**18**to those who keep his covenant,  
that obey his commandments.

**Ps 103:15-18**

**19**Yahveh has secured his throne in the sky;  
he's sovereign everywhere.

**20****Bless Yahveh**, angels, great in power,  
who do what he says and obey him.

**21****Bless Yahveh**, all his hosts  
who serve him and do his will.

**22****Bless Yahveh**, everything he's created  
everywhere he reigns.

**Bless Yahveh, everything that I am!**

**Ps 103:19-22**

## Psalm 104

**1****Bless Yahveh, everything that I am!**

Yahveh my God, you're so great;  
you're dressed in splendor and majesty.

**2**You cover yourself with light as with a robe;  
you've stretched out the sky like a tent.

**3**You laid the beams for your rooms on the water;  
you make the clouds your chariot  
and walk on the wind.

**4**You make the winds your messengers  
and blazing fire your ministers.

**Ps 104:1-4**

**5**You built the earth on foundations  
so it would never shift.

**6**You covered it with the ocean like a robe  
deeper than the mountains.

**7**At your rebuke it receded;

at the sound of your thunder, it withdrew.

<sup>8</sup>The mountains rose up; the valleys sank down  
to the level you determined for them to have.

<sup>9</sup>You set a boundary *the water* couldn't cross  
so it wouldn't flow back over the earth again.

**Ps 104:5-9**

<sup>10</sup>You make springs in the valleys  
so creeks flow between the mountains.

<sup>11</sup>They water the animals in the countryside  
and quench the thirst of wild donkeys.

<sup>12</sup>Birds live beside them  
and chirp in the trees.

<sup>13</sup>You water the mountains from your home above;  
your work provides for the earth.

**Ps 104:10-13**

<sup>14</sup>You make grass grow for the livestock  
and crops from people's labor  
so they could produce food from the ground

<sup>15</sup>and wine to cheer them up,  
so they could make their faces shine with oil  
and grow food to sustain them.

<sup>16</sup>Yahveh's trees drink their fill,  
Lebanon's cedars that he planted,  
<sup>17</sup>where birds build their nests  
and storks make roosts in fir trees.

**Ps 104:14-17**

<sup>18</sup>High mountains are for wild goats,  
and rocks provide cover for badgers.

<sup>19</sup>You made the moon to mark the seasons;  
the sun knows where to set.

<sup>20</sup>You send darkness, and it becomes night;  
wild animals prowl around in it.

<sup>21</sup>Young lions roar after their prey  
and seek their food from God.

<sup>22</sup>When the sun comes up,  
they go back and lie down in their dens,  
<sup>23</sup>and people go out to work till evening.

**Ps 104:18-23**

**24**Yahveh, how many things you've done!  
 you've done them all with wisdom  
 and filled the earth with your creations.

**25**Yonder is the ocean, big and wide;  
 it teems with schools of fish without number,  
 marine life large and small.

**26**Ships move along on it,  
 Leviathan too, which you formed to play in it.

**Ps 104:24-26**

**27**They all depend on you  
 to feed them when it's time.

**28**You give them food, and they gather it;  
 you open your hand and satisfy them with good.

**29**If you hide, they're scared;  
 you take away their breath, and they die.

**30**You send out your breath, and they're created;  
 you renew the surface of the ground.

**Ps 104:27-30**

**31**Let Yahveh's honor endure forever;  
 let him delight in things he's made.

**32**The world trembles at his look;  
 the mountains smoke at his touch.

**33**I'll sing to Yahveh as long as I live;  
 I'll sing praise to my God as long as I'm here.

**34**May my meditations please him;  
 I'll be happy in him.

**35**Let sinners vanish from the earth;  
 let the wicked cease to exist.

**Bless Yahveh, everything that I am!**

**Hallelujah!**

**Ps 104:31-35**

## **Psalm 105**

**1**Be grateful to Yahveh; call on him;  
 tell the nations what all he's done.

**2**Sing praises to him;  
 talk about the amazing acts.

<sup>3</sup>Take pride in his holy name;  
    let the people be happy that rely on him.

<sup>4</sup>Rely on Yahveh and his strength;  
    depend on him always.

<sup>5</sup>Remember his amazing miracles,  
    the judgments he's rendered,

<sup>6</sup>descendants of Abraham his servant,  
        children of Jacob, his chosen ones!

<sup>7</sup>He's Yahveh our God,  
    who renders judgment all over the world.

**Ps 105:1-7**

<sup>8</sup>He remembers his eternal covenant,

    the message he commanded to a thousand generations,

<sup>9</sup>*his covenant with Abraham, his oath to Isaac.*

<sup>10</sup>his statute confirmed to Jacob  
        as an ongoing covenant.

<sup>11</sup>He swore, "*I'll give you Canaan to inherit.*"

<sup>12</sup>When they were just a few,  
    temporary residents,

<sup>13</sup>they wandered from nation to nation,  
        from kingdom to kingdom.

<sup>14</sup>He didn't let anybody oppress them;  
    he reprimanded kings on their behalf:

<sup>15</sup>*"Don't touch my anointed ones;  
        don't harm my prophets."*

**Ps 105:8-15**

<sup>16</sup>He called for a famine in the land  
    and cut off their food supply.

<sup>17</sup>He sent a man ahead of them,  
    Joseph, sold as a slave.

<sup>18</sup>They hurt his feet with restraints  
    and put an iron collar around his neck  
    <sup>19</sup>till God's message came to him  
        and revealed what kind of man he was.

<sup>20</sup>The king released him;  
    the people's ruler let him go.

<sup>21</sup>He made him master of his household,

steward over everything he owned,  
**22**even to imprison his officials if he saw fit  
 so he could teach his elders wisdom.

Ps 105:16-22

**23**Then Israel/*Jacob* went down to Egypt  
 and lived as a foreigner in the land of Ham.

**24***God* multiplied his people  
 and made them stronger than their enemies,  
**25**whose hearts he turned against his people  
 to mistreat them.

**26***Then* he sent Moses his servant  
 and Aaron his chosen one  
**27**to perform *his* amazing acts among them,  
 miracles in the land of Ham:

**28**he engulfed their land in **darkness**  
 when they defied him and his message;  
**29**he turned their **water to blood**  
 and killed their fish;

Ps 105:23-29

**30****frogs** overran the land  
 even into the king's bedrooms;  
**31**swarms of **flies** came,  
 and **gnats** infested the whole region;

**32**he gave them **hail** for rain,  
 and lightning flashed in the land;  
**33**he struck down their grapevines and fig trees  
 and stripped their trees;

**34**he summoned countless young **locusts** to come  
**35**and eat the vegetation in the country  
 and devour the produce from the ground;

**36**he struck the *Egyptians' firstborn*,  
 the first issue of their strength.

Ps 105:30-36

**37**Then he brought Israel out with silver and gold;  
 nobody among the tribes faltered.

**38**The *Egyptians* were glad when they left  
 because they'd come to dread them.

**39**He spread a cloud over them  
 and sent fire to light up the night.

- <sup>40</sup>They asked, and he brought quail  
and satisfied them with manna from the sky.
- <sup>41</sup>He opened a rock and water came out  
and ran into the desert like a stream.
- <sup>42</sup>He remembered his sacred promise  
to Abraham his servant.
- <sup>43</sup>He brought his people out with joy and celebration.
- <sup>44</sup>He gave them the lands of nations,  
and they harvested what those nations had grown;
- <sup>45</sup>*he did it* so they would keep his statutes  
and observe his laws.

**Hallelujah!**

**Ps 105:37-45**

### **Psalm 106**

**<sup>1</sup>Hallelujah!**

**Be grateful to Yahveh because he's good;  
his enduring love lasts forever.**

<sup>2</sup>Who can recount all his mighty deeds?  
Who can ever praise him enough?  
<sup>3</sup>How blessed they are who maintain justice,  
who practice goodness all the time!

<sup>4</sup>Remember me, Yahveh, when you're gracious to your people;  
come and rescue me  
<sup>5</sup>so I can share in your holy people's prosperity,  
celebrate in your nation's happiness,  
and glory in your heritage.

**Ps 106:1-5**

<sup>6</sup>We and our ancestors have sinned,  
committed iniquity, and behaved badly.

<sup>7</sup>Our ancestors in Egypt didn't get the point of *Yahveh*'s amazing acts  
or remember his abundant kindness;  
instead, they rebelled against him at the Red Sea.

<sup>8</sup>Nevertheless, he saved them to defend his honor  
and demonstrate his power.

<sup>9</sup>He commanded the Red Sea to dry up,

and led them through its depths as through a desert.

<sup>10</sup>He saved them from those who hated them;  
he rescued them from their enemy.

<sup>11</sup>The water drowned their adversaries;  
not a one survived.

<sup>12</sup>Then they believed in him and praised him in song.

**Ps 106:6-12**

<sup>13</sup>*But* they soon forgot what he'd done  
and didn't wait for his direction,

<sup>14</sup>but made loud demands  
and put him on trial in the desert.

<sup>15</sup>So he gave them what they asked for,  
but sent a wasting disease among them.

**Ps 106:13-15**

<sup>16</sup>When men in the camp got jealous of Moses  
and of Aaron, Yahveh's holy priest,

<sup>17</sup>the ground opened up  
and swallowed Dathan and Abiram's rebels.

<sup>18</sup>Fire broke out among their companions  
and consumed the sinful.

**Ps 106:16-18**

<sup>19</sup>They made a calf at Horeb/*Sinai*  
and worshiped a molten image;

<sup>20</sup>they exchanged their Glorious One  
for an image of a bull that eats grass.

<sup>21</sup>They forgot God, who'd saved them  
and done such great things in Egypt,  
<sup>22</sup>amazing things in Ham,  
awesome things at the Red Sea.

<sup>23</sup>So he said he'd destroy them.  
If Moses, his chosen one, hadn't stood in the gap  
to turn away his wrath, he would've done it.

<sup>24</sup>They refused to enter the pleasant land  
and didn't believe what he promised;  
<sup>25</sup>they grumbled in their tents  
and didn't listen to Yahveh.

<sup>26</sup>So he swore he'd let them die in the desert,

<sup>27</sup>disperse their descendants among the nations,  
and scatter them in other lands.

**Ps 106:19-27**

<sup>28</sup>They joined in the worship of Baal-peor  
and ate sacrifices to the dead.

<sup>29</sup>What they did provoked him  
to send a plague out among them.

<sup>30</sup>Then Phinehas got up and intervened;  
so the plague stopped.

<sup>31</sup>He's been considered a good man ever since.

**Ps 106:28-31**

<sup>32</sup>They'd already provoked *God* at Meribah  
and got Moses in *serious* trouble <sup>33</sup>for speaking rashly.

<sup>34</sup>Later, they failed to eradicate the nations like Yahveh told them to,

<sup>35</sup>but mixed in with them, learned their practices,

<sup>36</sup>and served their idols, which led to their downfall.

<sup>37</sup>They even sacrificed sons and daughters to the demons

<sup>38</sup>and thereby shed innocent blood,

the blood of their sons and daughters

that they sacrificed to the idols of Canaan;

they polluted the land with blood.

<sup>39</sup>So they defiled themselves with their practices

and played the prostitute in their deeds.

**Ps 106:32-39**

<sup>40</sup>Yahveh's anger so sparked against his people  
that he abhorred his special possession.

<sup>41</sup>So he gave them over to the surrounding nations;

people that hated them ruled them;

<sup>42</sup>their enemies subdued them

and oppressed them.

<sup>43</sup>Many times he delivered them,

but they kept rebelling with their own intentions

and sank into sin.

**Ps 106:40-43**

<sup>44</sup>Nevertheless, he felt compassion for them  
when he heard them cry out in distress.

**45**He remembered his covenant  
and relented because of his enduring love.  
**46**He even made their captors be kind to them.  
**47**Save us, Yahveh our God;  
retrieve us from the nations  
so we can thank you and glory in praising you.  
**48**Bless Yahveh God of Israel  
from everlasting to everlasting.  
Everybody say, "*Amen.*"

**Hallelujah!**

**Ps 106:44-48**

## **BOOK 5**

### **Psalm 107**

**1**Be grateful to Yahveh because he's good;  
his love endures forever.  
**2**Let his redeemed say it,  
the ones he rescued from their adversaries  
**3**and gathered from other countries  
east and west, north and south. **Ps 107:1-3**

**4**Some wandered in trackless desert  
and couldn't find their way to any inhabited city.  
**5**Hungry and thirsty,  
their souls fainted inside them.  
**6**Then they appealed to Yahveh in their trouble,  
and he delivered them from it;  
**7**he led them straight to a city they could live in.  
**8**They need to thank him for his enduring love  
and his awesome acts for his people!  
**9**He satisfies the thirsty  
and fills the hungry with good things. **Ps 107:4-9**

**10**Some sat in darkness and death's shadow,  
prisoners suffering in iron shackles,  
**11**because they'd rebelled against what God said

and spurned the advice of the Most High.  
**12**So he humbled them with labor;  
 they stumbled and nobody was there to help.  
**13****Then they appealed to Yahveh in their trouble,**  
**and he delivered them from it.**  
**14**He brought them out of darkness and death's shadow  
 and broke their chains.  
**15****They need to thank him for his enduring love**  
**and his awesome acts for his people!**  
**16**because he shattered bronze gates  
 and cut iron bars in two.

Ps 107:10-16

**17****Some** were fools  
 and suffered because they rebelled and sinned.  
**18**The very sight of food was repulsive to them;  
 they came close to dying.  
**19****Then they appealed to Yahveh in their trouble,**  
**and he delivered them from distress.**  
**20**He sent his message to heal them  
 and delivered them from destruction.  
**21****They need to thank him for his enduring love**  
**and his wonderful acts for his people!**

**22**Let them offer sacrifices of thanksgiving  
 and tell about his deeds with joyful singing.

Ps 107:17-22

**23****Some** went down to ships by the sea  
 and did business on the ocean;  
**24**they, too, have seen what Yahveh can do,  
 his powerful acts on the great deep.  
**25**He spoke and a storm arose  
 that whipped up the waves,  
**26**waves that swelled up toward the sky  
 and crashed down to the depths;  
 sailors' courage melted away in their terror.  
**27**They reeled and staggered like drunks;  
 they were at their wits' end.  
**28****Then they appealed to Yahveh in their trouble,**

**and he delivered them from distress.**

**29**He stilled the storm and calmed the waves.

**30**Then they were happy because they had quiet;  
so he guided them to the port they desired.

**31****They need to thank him for his enduring love  
and his wonderful acts for his people!**

**32**Let them extol him in front of the community  
and praise him at the elders' seats.

**Ps 107:23-32**

**33**He transforms rivers into desert,

springs into thirsty ground,

**34**productive land into a salt waste

because sinful people live there.

**35**But he transforms a desert into a sea,  
dry land into springs.

**36**He enables hungry people to live there

and build a city,

**37**sow fields, plant vineyards,

and gather a big harvest.

**Ps 107:33-37**

**38**He blesses them and they multiply;

he keeps the *number* of their livestock from decreasing.

**39**When they're decreased and brought low

through oppression, misery, and sorrow,

**40**he pours contempt on their rulers

and makes them wander in trackless wasteland.

**41**But he sets the needy safely on high away from adversity

and makes their families like a flock.

**42**The godly see it and are happy,

but bad people don't have anything they can say.

**43**Who is wise? Pay attention to these things

and think about Yahveh's's enduring love.

**Ps 107:38-43**

## **Psalm 108**

A Song. A Psalm of David

**1**I'm steadfast, God;

I'll sing praises in my heart.  
<sup>2</sup>Wake up, harp and lyre;  
 I'll wake up at dawn!  
<sup>3</sup>I'll thank you, Yahveh, among the nations  
 and sing praises to you everywhere,  
<sup>4</sup>because your enduring love is bigger than the sky;  
 your truth is as high as the heavens.  
<sup>5</sup>Be lifted up, God, above the sky;  
 display your glory the world over.  
<sup>6</sup>Save with your power and answer me  
 so your beloved can be delivered.

Ps 108:1-6

<sup>7</sup>God has spoken in his holiness:  
*"I'll gladly divide up Shechem.*  
<sup>8</sup>*Gilead and Manasseh belong to me;*  
*Ephraim, my helmet;*  
*Judah, my scepter;*  
<sup>9</sup>*Moab, my washbasin;*  
*I'll wipe my feet on Edom*  
*and shout in triumph over Philistia."*

Ps 108:7-9

<sup>10</sup>Who will take me to the besieged city?  
 Who will lead me to Edom?  
<sup>11</sup>Are you rejecting us, God?  
 Aren't you going out with our armies?  
<sup>12</sup>Help us against our adversary  
 because human help can't save us.  
<sup>13</sup>Through you, we'll do mightily;  
 you can tramp down our enemies.

Ps 108:10-13

### Psalm 109

For the Choir Director. A Psalm of David

<sup>1</sup>God that I praise, speak up for me!  
<sup>2</sup>Deceitful people speak against me;  
 they slander me with lies.  
<sup>3</sup>They surround me with hateful words

- and fight me for no reason.
- <sup>4</sup>In return for my love, they accuse me  
even when I'm praying for them.
- <sup>5</sup>They repay me evil for good,  
hatred for love. Ps 109:1-5
- <sup>6</sup>Appoint someone corrupt over them,  
an accuser to stand beside them.
- <sup>7</sup>When they're judged, pronounce them guilty;  
count even their prayers as acts of sin.
- <sup>8</sup>Shorten their lives  
and give someone else their position of oversight.
- <sup>9</sup>Make their children fatherless  
and their wives widows.
- <sup>10</sup>Have their children go begging,  
looking for food far from their ruined homes.
- <sup>11</sup>Have their creditors seize everything they own  
and foreigners plunder what they'd labored to produce.
- <sup>12</sup>May no one extend enduring love to them  
or be gracious to their fatherless children.
- <sup>13</sup>Cut off their posterity;  
erase their names from the next generation. Ps 109:6-13

- <sup>14</sup>Yahveh, remember their fathers' sins  
and not blot out their mothers' transgressions;
- <sup>15</sup>always keep them in mind;  
Have people forget they ever lived,
- <sup>16</sup>because they didn't show enduring love;  
they persecuted poor, needy people,  
and murdered the despondent.
- <sup>17</sup>They loved to curse; put curses on them!  
they didn't like to bless; don't bless them!
- <sup>18</sup>They cover themselves with cursing like clothes;  
it soaks into their bodies like water,  
down to the bone like oil!
- <sup>19</sup>Put it on them like a robe they have to wear all the time,  
like a belt they always have on.
- <sup>20</sup>Make such things Yahveh's reward to accusers

that claim bad things about me.

**Ps 109:14-20**

**21**But Yahveh God, deal graciously with me  
because your enduring love is good;  
deliver me **22**because I'm poor and needy  
and wounded in my heart.

**23**I'm passing on like a lengthening shadow;  
I'm brushed off like a locust.

**24**My knees are weak from fasting;  
I'm skin and bones.

**25**I'm someone people scorn;  
they just shake their heads at the sight of me.

**Ps 109:21-25**

**26**Help me, Yahveh my God;  
in your enduring love, save me.

**27**Show them this is your doing.

**28**Let them curse, but you bless;  
when they attack me, humiliate them,  
and I'll be happy.

**29**Dress those accusers in dishonor;  
cover them with their humiliation like a cloak.

**Ps 109:26-29**

**30**I'll praise Yahveh repeatedly;  
I'll praise him in front of everyone,  
**31**because he stands by the needy

to save them from those who condemn them to death.

**Ps 109:30-31**

## Psalm 110

A Psalm of David

**1**Yahveh said to my Lord,  
“*Sit at my right hand*  
*till I make your enemies your footstool.*”

**2**Yahveh will extend your mighty scepter from on Zion,  
*and say, “Rule your enemies.”*

**3**Your soldiers will volunteer readily  
when you muster your army in holy array;

your strength will be renewed  
every morning like the dew.

- <sup>4</sup>Yahveh has sworn and won't change his mind,  
     *"You're a priest forever after the order of Melchizedek."*
- <sup>5</sup>Yahveh is at your right hand  
     to shatter kings when it's time to display his anger.
- <sup>6</sup>He'll render judgment against the nations by filling them with corpses;  
     he'll shatter leaders worldwide.
- <sup>7</sup>He'll refresh himself from streams along the way  
     and raise up his head *in triumph.*

**Ps 110:1-7**

### **Psalm 111**

#### **<sup>1</sup>Hallelujah!**

I thank Yahveh with all my heart  
     in the presence of his godly people.

- <sup>2</sup>His works are so outstanding  
     no one that delights in them  
         can quit thinking about them;
- <sup>3</sup>their splendor and majesty  
     reflect his eternal goodness;
- <sup>4</sup>he makes his amazing acts memorable  
     because they show his grace and mercy.

- <sup>5</sup>He feeds those who respect him  
     and remembers his covenant *with them;*
- <sup>6</sup>he demonstrated his power to his people  
     by giving them other nations' land.

**Ps 111:1-6**

- <sup>7</sup>His works are just and true;  
     so his people can trust his commandments
- <sup>8</sup>to bring eternal security  
     when they practice them sincerely.
- <sup>9</sup>He has provided redemption for his people  
     and ordained his covenant with them forever;  
     he's holy and awesome.
- <sup>10</sup>Respecting Yahveh is the most important thing about being wise;

doing what he commands brings understanding.

Praise him forever.

**Ps 111:7-10**

### Psalm 112

#### **<sup>1</sup>Hallelujah!**

How blessed people are that respect Yahveh  
and delight in what he calls on them to do.

<sup>2</sup>Their descendants will be successful  
and a blessing to their own generation.

<sup>3</sup>They'll have wealth and riches in their homes,  
and **their goodness will last forever.**

<sup>4</sup>Godly people have light in the dark;  
they're gracious, merciful, and good.

<sup>5</sup>Goodness comes to those who graciously lend  
and conduct their affairs with justice.

<sup>6</sup>Misfortune won't overcome them,  
and people will remember the good they've done.

**Ps 112:1-6**

<sup>7</sup>Bad news doesn't scare people like that  
*because* they've committed themselves to Yahveh they trust;

<sup>8</sup>they're confident and courageous  
and face their adversaries with assurance.

<sup>9</sup>They give freely to the poor,  
so **their goodness lasts forever**  
in ongoing influence and honor.

<sup>10</sup>Sinners will see that and get mad;  
they'll grit their teeth—and leave;  
what they wanted won't happen.

**Ps 112:7-10**

### Psalm 113

#### **<sup>1</sup>Hallelujah!**

Servants of Yahveh, praise him;

<sup>2</sup>bless him from now on forever;

<sup>3</sup>from sunrise to sunset, praise him.

<sup>4</sup>On high above the nations,  
he displays his glory in the sky.

<sup>5</sup>Who is like Yahveh our God  
     that sits on high, <sup>6</sup>*but* humbles himself to watch  
     *what's happening* in the sky and on earth?  
<sup>7</sup>Then he raises up the poor from the dust  
     and lifts the needy from the ash pile  
     <sup>8</sup>to seat them beside the princes of his people.  
<sup>9</sup>He gives the barren woman a home  
     like a happy mother of children.

**Hallelujah!**

**Ps 113:1-9**

### **Psalm 114**

<sup>1</sup>When Israel left Egypt—  
     when the House of Jacob came out  
     from a nation with a different language—  
<sup>2</sup>*the land of* Judah became his sanctuary;  
     Israel became his kingdom.  
  
<sup>3</sup>The *Red Sea* saw *them coming* and backed away;  
     the Jordan quit flowing.  
<sup>4</sup>The mountains jumped like rams;  
     the hills *skipped around* like lambs.  
<sup>5</sup>What's the matter with you, Sea, that you're backing away,  
     *or* Jordan, *that* you've quit flowing,  
<sup>6</sup>*or* mountains, *that* you jump like rams,  
     *or* hills, *that you skip around* like lambs?  
  
<sup>7</sup>Earth, tremble at the Lord, Jacob's God,  
<sup>8</sup>who turned rock into water  
     and flint into a fountain.

**Ps 114:1-8**

### **Psalm 115**

<sup>1</sup>Not to us, Yahveh, not to us,  
     but to you be honor

because of your enduring love and faithfulness.

<sup>2</sup>Why should the nations say,

*“Where’s their God?”*

<sup>3</sup>Our God is in heaven,

where he accomplishes what he intends.

<sup>4</sup>Their man-made idols are *just* silver and gold

<sup>5</sup>with mouths that can’t talk,

eyes that can’t see,

<sup>6</sup>ears that can’t hear,

noses that can’t smell,

<sup>7</sup>hands that can’t feel,

feet that can’t walk,

throats that can’t make a sound!

<sup>8</sup>The ones that make them will become like them,

*likewise* everybody that relies on them.

**Ps 115:1-8**

<sup>1</sup>Not to us, Yahveh, not to us,

but to you be honor

because of your enduring love and faithfulness.

<sup>2</sup>Why should the nations say,

*“Where’s their God?”*

<sup>3</sup>Our God is in heaven,

where he accomplishes what he intends.

<sup>4</sup>Their man-made idols are *just* silver and gold

<sup>5</sup>with mouths that can’t talk,

eyes that can’t see,

<sup>6</sup>ears that can’t hear,

noses that can’t smell,

<sup>7</sup>hands that can’t feel,

feet that can’t walk,

throats that can’t make a sound!

<sup>8</sup>The ones that make them will become like them,

*likewise* everybody that relies on them.

**Ps 115:1-8**

<sup>9</sup>Israel, trust in Yahveh;

**he’s your helper and shield.**

<sup>10</sup>House of Aaron, trust in Yahveh;

**he’s your helper and shield.**

**11**All of you that respect Yahveh, trust in him;  
**he's your helper and shield.**

**12**He cares about you; he'll bless you;

Israel and Aaron;

**13**he'll bless everyone that respects him,  
 least and greatest.

**14**May he increase you and your children;

**15**may the Maker of earth and sky bless you.

**Ps 115:9-15**

**16**The sky belongs to him,  
 but he's given us the earth.

**17**The dead don't praise Yahveh;

nobody does that descends into silence;

**18**but we'll bless him  
 from now on forever.

**Hallelujah!**

**Ps 115:16-18**

### **Psalm 116**

**1**I love Yahveh because he listens to my petitions;

**2**so I'll call on him as long as I live.

**3**The snares of death were all around me;  
 the pains of Sheol came on me;  
 I suffered distress and sorrow.

**4**Then I called on Yahveh,

*"Please save me."*

**Ps 116:1-4**

**5**You<sup>Y</sup> are gracious and good, merciful God.

**6**You preserve the simple;  
 when I was brought low, you saved me.

**7**I can rest again

because you've been good to me;

**8**you've saved me from death,  
 my eyes from tears,  
 my feet from stumbling.

**9**I'll walk with you in the land of the living.

<sup>10</sup>I kept believing even when I said,  
*“I’m greatly oppressed.”*

<sup>11</sup>I said in my anxiety,  
*“Everybody’s lying to me!”*

Ps 116:5-11

<sup>12</sup>How can I repay you, Yahveh,  
 for all your benefits?

<sup>13</sup>I’ll lift up the cup of salvation  
 and call on you.

**<sup>14</sup>I’ll fulfill my vows to you  
 in the presence of your people.**

<sup>15</sup>You care about your holy people when they die.

<sup>16</sup>Yahveh, I’m your servant,  
 the son of your maidservant;  
 you’ve removed my shackles.

<sup>17</sup>I’ll offer you a thanksgiving sacrifice  
 and call on you.

**<sup>18</sup>I’ll fulfill my vows to you  
 in the presence of your people,**  
<sup>19</sup>in the courts of your Temple in Jerusalem.

Hallelujah!

Ps 116:18-19

### Psalm 117

<sup>1</sup>Praise Yahveh, every nation;  
 praise him, every people group,

<sup>2</sup>because he has great enduring love toward us.  
 His<sup>Y</sup> faithfulness lasts forever.

Hallelujah!

Ps 117:1-2

### Psalm 118

**<sup>1</sup>Be grateful to Yahveh because he’s good;  
 his love lasts forever.**

<sup>2</sup>Let Israel say,  
*“His love lasts forever.”*

<sup>3</sup>Let the house of Aaron house say,  
***“His love lasts forever.”***

<sup>4</sup>Let those that respect Yahveh say,  
***“His love lasts forever.”***

**Ps 118:1-4**

<sup>5</sup>I called on Yahveh in my distress;  
 he answered me and set me free.

<sup>6</sup>He<sup>Y</sup> is on my side; so I won’t be afraid;  
 what can mortals do to me?

<sup>7</sup>He’s beside me to help me;  
 so I’ll look in triumph at those who hate me.

<sup>8</sup>It’s better to take refuge in Yahveh than trust in people,  
 to take refuge in him than put trust in rulers.

**Ps 118:5-9**

<sup>10</sup>All the nations surrounded me;  
**in Yahveh’s name I destroyed them.**

<sup>11</sup>They surrounded me on every side;  
**in Yahveh’s name I destroyed them.**

<sup>12</sup>They swarmed around me like bees;  
 they stung like burning thorns;  
**in Yahveh’s name I destroyed them.**

<sup>13</sup>They shoved me back so hard I started to fall,  
 but Yahveh came to my aid.

<sup>14</sup>He’s my strength and song;  
 he’s my salvation.

**Ps 118:10-14**

<sup>15</sup>Joyful shouting over deliverance  
 goes on in the tents of good people;  
 Yahveh’s right hand has done valiantly.

<sup>16</sup>He<sup>Y</sup> has lifted high his right hand;  
 his<sup>Y</sup> right hand has done mighty things.

<sup>17</sup>I’ll live to tell what he’s done.

<sup>18</sup>He disciplined me severely,  
 but he didn’t let me die.

**Ps 118:15-18**

<sup>19</sup>Open the gate to goodness for me  
 so I can go in and thank Yahveh.

**20**This is his gate;  
good people enter through it.  
**21**Thank you for answering me;  
you've become my salvation.

**Ps 118:19-21**

**22**The stone the builders rejected  
has become the cornerstone.  
**23**That's Yahveh's doing;  
it's amazing to us.  
**24**Today is a day Yahveh has made;  
let's celebrate and be happy in it.  
**25**Yahveh, save us  
and send us prosperity.  
**26**Blessed is the one that comes in Yahveh's name;  
we bless you from his<sup>Y</sup> Temple.  
**27**Yahveh is God; he gives us light;  
tie the festival sacrifice to the horns of the altar.  
**28**You're my God; I thank you;  
you're my God; I praise you.  
**29**Give thanks to Yahveh because he's good;  
his love lasts forever.

**Ps 118:22-29**

## Psalm 119

Aleph נ

**1**How blessed they are who follow his way blamelessly,  
who follow the Law of Yahveh,  
**2**who observe his testimonies  
and look to him with all their heart.  
**3**They do no evil who follow his ways.  
**4**You've charged us  
to keep your commandments diligently.  
**5**Oh that my ways may become secure  
by reflecting on your statutes!

<sup>6</sup>I won't be disgraced  
 if I keep my eye on everything you've commanded.  
<sup>7</sup>I'll thank you by living with a godly heart  
 as I learn your good ordinances.  
<sup>8</sup>I'll keep your statutes;  
 don't give up on me!

Ps 119:1-8

## Bet ב

<sup>9</sup>How can the young keep their conduct pure?  
 By guarding it with what you say.  
<sup>10</sup>I've looked to you wholeheartedly;  
 don't let me stray from your commandments.  
<sup>11</sup>I've treasured up your word in my heart  
 so I won't sin against you.  
<sup>12</sup>You're blessed, Yahveh;  
 teach me your statutes.  
<sup>13</sup>I've recited all the ordinances you've given  
<sup>14</sup>and delighted in your testimonies as much as in wealth.  
<sup>15</sup>I'll study your precepts  
 and fix my attention on your ways.  
<sup>16</sup>I'll delight in your decrees  
 and commit your word to memory.

Ps 119:9-16

## Gimel ג

<sup>17</sup>Deal well with me  
 so I can live and keep your word.  
<sup>18</sup>Open my eyes so I can see  
 the wonderful things in your Law.  
<sup>19</sup>I'm a foreigner in the world;  
 so make your commandments clear to me.  
<sup>20</sup>I feel a burden  
 to always keep your ordinances.  
<sup>21</sup>You rebuke the insolent, the accursed  
 that wander off from your commandments.  
<sup>22</sup>Take their insults and contempt away from me

because I observe your decrees.

<sup>23</sup>Even though officials sit around plotting against me,  
I still think about your statutes  
<sup>24</sup>and delight in your decrees;  
they're my counselors.

**Ps 119:17-24**

### Dalet ٧

<sup>25</sup>I'm lying in the dust;  
revive me with your message.  
<sup>26</sup>I've told you my intentions and you responded;  
now teach me your statutes!  
<sup>27</sup>Make me understand what your commandments mean  
so I can think about your wonderful deeds.  
<sup>28</sup>I melt away with sorrow;  
encourage me with your message.  
<sup>29</sup>Put false ways far away from me  
and graciously teach me your Law.  
<sup>30</sup>I've chosen to be faithful  
and keep your ordinances at hand.  
<sup>31</sup>I hold onto your testimonies, Yahveh;  
don't let me feel humiliated!  
<sup>32</sup>I'll follow your commands  
because by them you increase my understanding.

**Ps 119:25-32**

### He ٧

<sup>33</sup>Teach me, Yahveh, the way your statutes direct,  
and I'll keep them to the end.  
<sup>34</sup>Help me understand  
so I can observe your Law properly.  
<sup>35</sup>Lead me the way your commandments dictate  
because I delight in them.  
<sup>36</sup>Incline my heart to your testimonies  
rather than to dishonest profit.  
<sup>37</sup>Turn my attention away from pointless things  
and give me life in your ways.

<sup>38</sup>Confirm to me <sup>your servant</sup> your promise  
to those who respect you.

<sup>39</sup>Turn away the disgrace I dread,  
because your ordinances are good.

<sup>40</sup>I want to obey your commandments;  
so in your goodness give me life.

Ps 119:33-40

Vav י

<sup>41</sup>Direct your enduring love toward me, Yahveh,  
the salvation you offer in your word,

<sup>42</sup>so I can answer whoever tries to discredit me,  
because I trust what you say.

<sup>43</sup>Don't take your message out of my mouth,  
because I've put my hope in your ordinances  
<sup>44</sup>so I can keep your Law ever and always.

<sup>45</sup>I'm free because I look to your precepts.

<sup>46</sup>I'll talk to kings about your testimonies  
without feeling self-conscious.

<sup>47</sup>I delight in your commandments;  
<sup>48</sup>I lift up my hands to them  
and study your statutes.

Ps 119:41-48

Zayin ז

<sup>49</sup>Remember your promise  
that you made for me to trust in.

<sup>50</sup>That's my reassurance in adversity;  
your promise revives me.

<sup>51</sup>Godless people utterly deride me;  
yet I won't turn aside from your Law.

<sup>52</sup>When I remember your ordinances from of old,  
I find comfort.

<sup>53</sup>Burning indignation has seized me  
because of sinners that abandon your Law.

<sup>54</sup>Your statutes are my songs  
wherever life leads me.

**55**I think about you at night,  
about keeping your instructions.  
**56**This has been my way of life:  
observing your commandments.

**Ps 119:49-56**

Het ַ

**57**Yahveh, you're my portion;  
I promise to obey what you say.  
**58**I ask for your blessing with all my heart;  
be gracious to me like you promised.  
**59**When I think about your ways,  
I turn to your testimonies.  
**60**I hurry to obey your commandments.  
**61**Although sinful people's cords ensnare me,  
I won't let them pull me away from your Law.  
**62**At midnight I get up to thank you  
for your good ordinances.  
**63**I'm a friend to everyone that respects you  
and keeps your precepts.  
**64**The earth is full of your enduring love, Yahveh;  
teach me your regulations.

**Ps 119:57-64**

Tet ָ

**65**You've dealt well with me,  
Yahveh, like you promised.  
**66**Give me discernment and insight  
because I believe in your commandments.  
**67**Before I suffered I went astray,  
but now I keep your word.  
**68**You're good and do good;  
teach me your regulations.  
**69**The godless have smeared me with slander;  
but I'll still observe your precepts with all my heart.  
**70**Their hearts are dull,  
but I delight in your Law.

<sup>71</sup>Suffering was good for me  
because from it I learned to obey your statutes.

<sup>72</sup>Your Law is more valuable to me  
than thousands of pieces of silver and gold.

Ps 119:65-72

Yod '

<sup>73</sup>You made me and fashioned me;  
help me understand so I can appreciate your commandments.

<sup>74</sup>May the ones that respect you see me and be happy  
because I wait for your promise.

<sup>75</sup>Yahveh, I know your judgments are right  
and that it was in your faithfulness that you oppressed me.

<sup>76</sup>Let your enduring love comfort me  
like you promised.

<sup>77</sup>Send me your mercy so I can live,  
because I delight in your Law.

<sup>78</sup>Discredit godless people  
because they're undermining my welfare with deceit;  
meanwhile, I'll stay focused on your precepts.

<sup>79</sup>May those who respect you return to me,  
the ones that know your testimonies.

<sup>80</sup>May my heart be blameless in regard to your statutes  
so I won't have any regrets.

Ps 119:73-80

Kaph ☩

<sup>81</sup>I'm weary waiting for your rescue,  
but I've put my hope in your message.

<sup>82</sup>My eyes strain to see your promises come true,  
while I say, "*When will you comfort me?*"

<sup>83</sup>Though I've shriveled up like a wineskin in smoke,  
I don't lose touch with your regulations.

<sup>84</sup>How long will I live?  
When will you punish my persecutors?

<sup>85</sup>Godless men have dug pits to capture me,  
men that don't conform to your Law.

86 Your commandments are reliable;  
     protect me from people that harass me with lies!  
 87 They almost ruined me,  
     but I didn't give up on your precepts;  
 88 in your enduring love, spare my life  
     so I can keep obeying them.

**Ps 119:81-88**

Lamed ♦

89 Yahveh, your word is settled forever in heaven.  
 90 Your faithfulness continues through every generation;  
     you built the earth to stand.  
 91 Your ordinances stand today  
     because everything serves your purposes.  
 92 If the Law hadn't delighted me,  
     I would've died in my misery.  
 93 But I'll never forget your instructions  
     because you've given me life by them.  
 94 I belong to you; save me  
     because I've relied on your precepts.  
 95 Bad people lie in ambush to destroy me,  
     so I'll diligently keep thinking about your testimonies.  
 96 I've seen a limit to perfection in everything else,  
     but your commandments don't have any.

**Ps 119:89-96**

Mem ♩

97 How I love your law!  
     I think about it all the time.  
 98 Your commandments make me wiser than my enemies  
     because they're my constant guide.  
 99 I have more insight than my teachers  
     because your testimonies inform my thinking.  
 100 I understand more than my elders  
     because I've observed your precepts.  
 101 I've stayed off of every errant path  
     so I could keep your word.  
 102 I haven't turned aside from your ordinances

because you yourself have taught me.  
**103**Your words taste so sweet!  
     they're sweeter than honey!  
**104**I gain insight from your precepts;  
     so I detest every false way of living.

**Ps 119:97-104**

Nun ↴

**105**Your word is a lamp for my feet,  
     a light for my path.  
**106**I've confirmed the oath I swore  
     to keep your good ordinances.  
**107**I'm hurting so much, Yahveh;  
     give me life like you promised.  
**108**Accept my praise  
     and teach me your regulations.  
**109**My life is constantly at risk;  
     yet I'm still faithful to your law.  
**110**Sinners have laid a snare for me;  
     yet I won't stray from your precepts.  
**111**I've inherited your testimonies forever;  
     they make me happy.  
**112**I'm determined  
     to keep your commandments to the very end.

**Ps 119:105-12**

Samek ⚭

**113**I detest people with divided loyalties,  
     but I love your Law.  
**114**You're my shield and hiding place;  
     I've put my hope in what you say.  
**115**Go away, bad people,  
     so I can observe God's commands.  
**116**Sustain me like you promised;  
     don't let me lose hope.  
**117**Uphold me so I'm safe,  
     so I can always regard your testimonies.

<sup>118</sup>You reject those who stray from your statutes  
because there're just fooling themselves.

<sup>119</sup>Sinners you consider dross,  
so I love your testimonies.

<sup>120</sup>My body trembles for fear of you;  
I stand in awe of your judgments.

Ps 119:113-20

### Ayin ֯

<sup>121</sup>I've done what's just and true;  
don't abandon me to my oppressors.

<sup>122</sup>Be my <sup>your servant's</sup> guarantee for good  
so godless people won't oppress me.

<sup>123</sup>My eyes strain to see your deliverance come  
and your promise come true.

<sup>124</sup>Deal with me according to your enduring love  
and teach me your statutes.

<sup>125</sup>I'm your servant; give me insight  
so I can understand your testimonies.

<sup>126</sup>It's time for you to act  
because they've broken your Law.

<sup>127</sup>I love your commandments  
more than gold, more than fine gold.

<sup>128</sup>I care about your precepts about everything;  
that's why I hate every false way.

Ps 119:121-28

### Pe ֯

<sup>129</sup>Your testimonies are wonderful;  
so I observe them.

<sup>130</sup>Explaining your message gives  
light and understanding to simple people.

<sup>131</sup>I panted with my mouth wide open,  
longing for your commandments.

<sup>132</sup>Turn to me and be gracious  
the way you do with those who love you.

<sup>133</sup>Steady my steps with your word;

don't let any sin get control of me.  
 134 Ransom me from human oppression  
     so I can keep your precepts.  
 135 Smile on me  
     and teach me your statutes.  
 136 I shed tears over people  
     that don't observe your Law.

Ps 119:129-36

## Tsade ¶

137 You're good, Yahveh;  
     your judgments are fair.  
 138 You've commanded your testimonies  
     in goodness and faithfulness.  
 139 My zeal has consumed me  
     because my adversaries have forgotten your words.  
 140 Your promise is pure;  
     that's why I love it.  
 141 I'm small and despised;  
     yet I don't forget your precepts.  
 142 Your goodness is everlasting;  
     your Law is true.  
 143 Trouble and anguish have come on me;  
     yet I still delight in your commandments.  
 144 Your testimonies are good forever;  
     help me understand them so I can live.

Ps 119:137-44

## Qoph ¶

145 I pray with all my heart; answer me, Yahveh!  
     I'll observe your statutes.  
 146 I've appealed to you; deliver me,  
     and I'll keep your testimonies.  
 147 I get up before dawn to call for help;  
     I hope you'll answer.  
 148 I look forward to the night watches  
     so I can think about what you say.

- <sup>149</sup>Listen to me in your enduring love;  
in your justice preserve my life.
- <sup>150</sup>The ones that persecute me are getting closer;  
they're far from your Law.
- <sup>151</sup>You're near me,  
and your commandments are true.
- <sup>152</sup>For a long time I've known  
that you've laid down your testimonies to last forever. **Ps 119:145-52**

## Resh ר

- <sup>153</sup>Look at my difficulties and deliver me  
because I don't forget your Law.
- <sup>154</sup>Argue my case and acquit me;  
**give me life like you promised.**
- <sup>155</sup>Salvation is far from sinners  
because they don't rely on your statutes.
- <sup>156</sup>Your mercies are great, Yahveh;  
**give me life like you promised.**
- <sup>157</sup>I have lots of adversaries and persecutors;  
yet I don't swerve from your testimonies.
- <sup>158</sup>When I look at the faithless, I loathe them  
because they don't listen to what you say.
- <sup>159</sup>Consider how I love your commandments;  
**give me life like you promised.**
- <sup>160</sup>Everything you say is true;  
every one of your just ordinances lasts forever. **Ps 119:153-60**

## Shin שׁ

- <sup>161</sup>Officials harass me for no reason,  
but I only stand in awe of what you say.
- <sup>162</sup>Your message makes me happy  
like someone that finds lots of spoil.
- <sup>163</sup>I despise falsehood,  
but I love your Law.
- <sup>164</sup>I praise you seven times a day

- because of your good ordinances.
- 165**The ones that love your Law have peace;  
nothing makes them stumble.
- 166**I look forward to your salvation, Yahveh,  
and do your commandments.
- 167**I keep your testimonies;  
I love them so much.
- 168**I keep your precepts,  
as you're well aware.

**Ps 119:161-68**

Tav נ

- 169**Let my call come to you, Yahveh;  
give me insight like you promised.
- 170**Listen to my petition  
and give me the deliverance you promised.
- 171**Let praise flow from my lips  
so you can teach me your regulations.
- 172**I'll sing about your word  
because your commandments are right.
- 173**Be ready to help me  
because I've chosen your precepts.
- 174**I long for your deliverance  
and delight in your Law.
- 175**Let me live to praise you;  
let your ordinances help me.
- 176**I've wandered off like a lost sheep; look for me  
because I haven't forgotten your commands.

**Ps 119:169-76**

**Psalm 120**  
A Song of Ascents

- 1**In my troubles I appealed to Yahveh,  
and he answered me.
- 2**Yahveh, rescue me from lying lips  
and treacherous tongues.
- 3**What will God do to you, treacherous tongues?

How will he intensify your punishment?  
<sup>4</sup>*He'll pierce you with a soldier's sharp arrows  
 and burn you with coals from a broom tree.*

<sup>5</sup>Misfortune awaits me because I'm a foreigner in Meshech,  
 because I live among the tents of Kedar!  
<sup>6</sup>For too long I've lived where people hate peace.  
<sup>7</sup>I'm for peace; but when I speak up, they're for war.      **Ps 120:1-7**

### **Psalm 121**

A Song of Ascents

<sup>1</sup>I look up toward the mountains—  
 will my help come from there?  
<sup>2</sup>It'll come from Yahveh,  
 who made earth and sky.  
<sup>3</sup>He won't let your foot slip.  
 The One that guards you won't slumber;  
<sup>4</sup>he who watches over Israel never sleeps.

<sup>5</sup>Yahveh is your keeper;  
 he's your protection nearby.  
<sup>6</sup>The sun won't harm you during the day  
 or the moon at night.  
<sup>7</sup>Yahveh will protect you from harm  
 and keep you alive.  
<sup>8</sup>He'll guard you in everything you do  
 from now on forever.      **Ps 121:1-8**

### **Psalm 122**

A Song of Ascents. by David

<sup>1</sup>It made me happy when they said,  
 "Let's go to Yahveh's Temple."  
<sup>2</sup>We're standing inside your gates, Jerusalem,  
<sup>3</sup>that's built solid and seamless,

<sup>4</sup>where the tribes of Yahveh go up as required by the Law  
to give him thanks;  
<sup>5</sup>the thrones for judgment stand here,  
the thrones of David's dynasty.

<sup>6</sup>Pray for peace in Jerusalem:  
“*May they prosper who love you;*  
<sup>7</sup>*may there be peace inside your walls*  
*and prosperity in your palaces.*”

<sup>8</sup>For the sake of my brothers and friends,  
I say, “*Peace be in you.*”  
<sup>9</sup>For the sake of the Temple of Yahveh our God,  
I'll seek the best for you.

### Psalm 123

#### A Song of Ascents

<sup>1</sup>I look to you enthroned in heaven!

<sup>2</sup>Like a servant looks to his master  
and a maid looks to her mistress,  
we look to Yahveh our God,  
to show us mercy.

<sup>3</sup>Be gracious to us, Yahveh,  
because we're had our fill of contempt.

<sup>4</sup>For too long our lives have been full of  
the scorn of people at ease  
and the contempt of arrogant others.

Ps 123:1-4

### Psalm 124

#### A Song of Ascents. by David

<sup>1</sup>Let Israel acknowledge,

“*If Yahveh hadn't taken our side*

<sup>2</sup>*when people attacked us,*

<sup>3</sup>*they would have swallowed us alive in their fury,*

<sup>4</sup>*the water would have overwhelmed us,*

*the river would have rushed over us  
 5the raging water would've drowned us."*

- <sup>6</sup>Bless Yahveh,  
 who didn't let us be torn to pieces in their teeth.  
<sup>7</sup>We escaped like a bird from a trapper's snare;  
 the snare broke and we got away.  
<sup>8</sup>Our help comes from Yahveh,  
 maker of earth and sky.

Ps 124:1-8

### Psalm 125

#### A Song of Ascents

- <sup>1</sup>Those who trust in Yahveh are like Mount Zion,  
 that can't be moved, that lasts forever.  
<sup>2</sup>Like mountains surround Jerusalem,  
 Yahveh surrounds his people  
 from now on forever.  
<sup>3</sup>Sinners won't rule  
 in the land allotted to good people  
 because they'd tempt the good to do wrong.  
<sup>4</sup>Yahveh does good to those who do good,  
 who are godly in heart.  
<sup>5</sup>But those who turn aside to their crooked ways,  
 he'll lead away with sinners.

Peace to Israel!

Ps 125:1-5

### Psalm 126

#### A Song of Ascents

- <sup>1</sup>When Yahveh brought us exiles back to Zion,  
 we were like people dreaming.  
<sup>2</sup>Our mouths were laughing,  
 our tongues were shouting with joy;  
 the other nations were saying of us,  
*"Yahveh has done great things for them."*  
<sup>3</sup>Yes, Yahveh has done great things for us;

we're happy.

- <sup>4</sup>Restore our fortunes, Yahveh,  
like streams in the Negev.  
<sup>5</sup>Those who sow in tears will reap with joy.  
<sup>6</sup>Those who go back and forth weeping with their bags of seed,  
will come again with shouts of joy, bringing bundles of grain.
- Ps 126:1-6**

### **Psalm 127**

A Song of Ascents, by Solomon

- <sup>1</sup>Unless Yahveh builds the house,  
they work for nothing who build it;  
unless Yahveh guards the city,  
its watchmen stay awake for no reason.  
<sup>2</sup>In vain you rise early and work late  
to eat the food you gain by painful labor;  
he gives rest to the ones he loves.
- <sup>3</sup>Children are a gift from Yahveh;  
what the womb produces is a reward.  
<sup>4</sup>Children born to a young man are  
like arrows in a soldier's hand.  
<sup>5</sup>How blessed he is that has a quiver full of them;  
he won't be disgraced  
when he confronts his accusers at the city gate.      **Ps 127:1-5**

### **Psalm 128**

A Song of Ascents

- <sup>1</sup>How blessed you are that respect Yahveh  
and follow his ways.  
<sup>2</sup>When you eat what you earn,  
you'll be happy, and life will be good.  
<sup>3</sup>Your wife will be like a fruitful vine in your house;  
your children will be like olive plants around your table.  
<sup>4</sup>That's how you're blessed who respect Yahveh.

<sup>5</sup>Yahveh bless you from Zion;  
 may you see Jerusalem prosper all your whole life.  
<sup>6</sup>May you live to see your grandchildren.

Peace to Israel!

Ps 128:1-6

### Psalm 129

A Song of Ascents

<sup>1</sup>Let Israel say,  
<sup>2</sup>“They’ve persecuted me often since I was young,  
 but they haven’t defeated me.  
<sup>3</sup>My back looks like a farmer plowed it  
 and made long furrows.”  
<sup>4</sup>Yahveh is good;  
 he has cut loose from me the cords of the wicked.

<sup>5</sup>May everyone that hates Zion  
 be driven away and discredited.  
<sup>6</sup>Let them be like grass on a rooftop  
 that withers before it’s grown.  
<sup>7</sup>The reaper doesn’t fill his hand with it,  
 or the bundler fill his arms.  
<sup>8</sup>People that go past don’t say,  
 “Yahveh bless you;  
 we bless you in his name.”

Ps 129:1-8

### Psalm 130

A Song of Ascents

<sup>1</sup>Yahveh, I’ve cried out to you from the depths;  
<sup>2</sup>be attentive to my petitions.  
<sup>3</sup>If you kept track of sins, who could stand?  
<sup>4</sup>But you forgive so people can continue to respect you.  
<sup>5</sup>I wait for Yahveh

and put my hope in what he says.  
6I wait for the Lord  
    more than watchmen hope for morning.  
7Israel, put your hope in Yahveh  
    because there's enduring love  
    and abundant redemption in him.  
8He'll redeem Israel from its sins.

# **Psalm 131**

## A Song of Ascents, by David

<sup>1</sup>Yahveh, my heart's not proud or my eyes arrogant;  
I don't insert myself into things I can't handle.

<sup>2</sup>I've calmed and quieted myself;  
like a weaned child resting against its mother,  
my soul is quiet within me.

<sup>3</sup>Israel, put your hope in Yahveh  
from now on forever.

## **Psalm 132**

### A Song of Ascents

<sup>1</sup>Yahveh, remember David and what he suffered;  
<sup>2</sup>how he swore to Yahveh  
and vowed to the Mighty One of Jacob:  
<sup>3</sup>*I won't go to my own house  
or get on my bed<sup>4</sup> and sleep  
till I find a place for Yahveh to live,  
a place for the Mighty One of Jacob.*"

<sup>6</sup>We heard it in Ephrathah  
    and found it in the fields of Jaar,  
<sup>7</sup>“Let’s go to his Temple  
    and worship at his footstool.”  
<sup>8</sup>Come to your resting place, Yahveh,  
    you and the ark that represents your strength.

<sup>9</sup>May your priests be arrayed in goodness,  
and your holy people sing for joy.  
<sup>10</sup>For the sake of David your servant,  
don't turn away from your anointed one.  
<sup>11</sup>You've sworn to him  
a truth you won't take back:  
*"I'll set a son from your body on your throne.*  
<sup>12</sup>*If your descendants keep my covenant  
and the Testimony I teach them,  
their descendants will also sit  
on your throne permanently."*

Ps 132:6-12

<sup>13</sup>You've chosen Zion;  
you wanted to live there:  
<sup>14</sup>*"This is my permanent resting place;  
I'll live here because I've wanted it.*  
<sup>15</sup>*I'll abundantly bless what it can provide  
and satisfy its needy ones with food.*  
<sup>16</sup>*I'll dress its priests in deliverance;  
its holy people will sing for joy.*  
<sup>17</sup>*I'll make a horn from David spring up there  
and light a lamp for my anointed one.*  
<sup>18</sup>*I'll dress his enemies in humiliation  
but make his crown shine."*

Ps 132:13-18

### Psalm 133

A Song of Ascents. by David

<sup>1</sup>It's so good and pleasant  
for brothers to live together in peace.  
<sup>2</sup>It's like precious *anointing* oil  
running down like it did on Aaron's beard  
and dripped on his robe.  
<sup>3</sup>It's like the dew from *Mount* Hermon  
that falls on the hills around Mount Zion;  
Yahveh commanded the blessing there—eternal life. Ps 133:1-3

**Psalm 134**  
A Song of Ascents

<sup>1</sup>Bless Yahveh, you servants of Yahveh  
that serve at night in his Temple!

<sup>2</sup>Raise your hands toward the sanctuary  
and bless him.

<sup>3</sup>May the One that made earth and sky  
bless you from Zion.

Ps 134:1-3

**Psalm 135**

**<sup>1</sup>Hallelujah!**

Praise Yahveh;  
praise him, his servant,  
<sup>2</sup>you that stand in his Temple,  
in the courts of our God!

<sup>3</sup>Praise him because he's good;  
sing his praises because he's gracious,  
<sup>4</sup>because he's chosen Jacob for himself,  
Israel for his own possession.

Ps 135:1-4

<sup>5</sup>I know Yahveh is great,  
that he's above all gods.

<sup>6</sup>He does what he wants  
in the sky, on earth, in the seas and all *their* depths.

<sup>7</sup>He makes clouds come up from the horizon;  
he sends lightning with the rain  
and brings the wind out of his storehouses.

Ps 135:5-7

<sup>8</sup>He struck Egypt's firstborn,  
people and animals.

<sup>9</sup>He performed signs and wonders  
on Pharaoh and his people.

<sup>10</sup>He struck many nations  
and slew powerful kings:

- <sup>11</sup>Sihon, king of the Amorites;  
 Og, king of Bashan;  
 as well as the kingdoms in Canaan.
- <sup>12</sup>He gave their land as an inheritance  
 to his people Israel.
- <sup>13</sup>His name lasts forever;  
 his renown *endures* throughout all generations.
- <sup>14</sup>Yahveh will vindicate his people  
 and have mercy on his servants.

Ps 135:8-14

- <sup>15</sup>The hand-crafted idols the nations have are just silver and gold
- <sup>16</sup>with mouths that can't talk,  
 with eyes that can't see,
- <sup>17</sup>with ears that can't hear;  
 and they can't breathe.
- <sup>18</sup>The ones that make them are just like them,  
 everybody that trusts in them too.

Ps 135:15-18

- <sup>19</sup>House of Israel, **bless Yahveh**;  
 House of Aaron, **bless Yahveh**;
- <sup>20</sup>House of Levi, **bless Yahveh**;  
 you that respect Yahveh, **bless him**.
- <sup>21</sup>From Zion **bless Yahveh**,  
 who lives in Jerusalem.

**Hallelujah!**

Ps 135:19-21

**Psalm 136**

- <sup>1</sup>Give thanks to Yahveh because he's good.  
**His love is everlasting.**
- <sup>2</sup>Give thanks to the God of gods.  
**His love is everlasting.**
- <sup>3</sup>Give thanks to the Lord of lords,  
**His love is everlasting.**
- <sup>4</sup>to him alone that does great things,  
**His love is everlasting.**
- <sup>5</sup>to him that made the sky in his wisdom,

**His love is everlasting.**

**6**to him that spread out the dry land higher than the water,

**His love is everlasting.**

**7**to him that made the great lights,

**His love is everlasting;**

**8**the sun to rule the day,

**His love is everlasting;**

**9**the moon and stars to rule the night,

**His love is everlasting.**

**Ps 136:1-9**

**10**to him that struck the Egyptians and their firstborn

**His love is everlasting;**

**11**and brought Israel out of there

**His love is everlasting,**

**12**with a strong hand and outstretched arm;

**His love is everlasting,**

**13**to him that separated the Red Sea

**His love is everlasting.**

**14**and passed Israel through it,

**His love is everlasting;**

**15**but overthrew Pharaoh and his army in it;

**His love is everlasting;**

**Ps 136:10-15**

**16**to him that led his people through the desert,

**His love is everlasting;**

**17**to him that struck great kings

**His love is everlasting;**

**18**and slew them:

**His love is everlasting.**

**19**Sihon, king of the Amorites,

**His love is everlasting,**

**20**and Og, king of Bashan;

**His love is everlasting;**

**21**and gave their land as an inheritance,

**His love is everlasting,**

**22**an inheritance for Israel his servant,

**His love is everlasting.**

**Ps 136:16-22**

<sup>23</sup>who remembered us in our low estate  
**His love is everlasting;**  
<sup>24</sup>and rescued us from our enemies,  
**His love is everlasting,**  
<sup>25</sup>who gives good to every person.  
**His love is everlasting.**

<sup>26</sup>Thank God in heaven.

**His love is everlasting.**

**Ps 136:23-26**

### Psalm 137

<sup>1</sup>We sat by the rivers in Babylon  
 and cried when we remembered Zion.  
<sup>2</sup>We hung our harps on its willows.  
<sup>3</sup>Our captors required us to sing there;  
 our tormentors demanded happy songs,  
*“Sing us a song from Zion.”*

**Ps 137:1-3**

<sup>4</sup>How can we sing about Yahveh in a foreign land?

<sup>5</sup>If I forget you, Jerusalem,  
 may my right hand wither.

<sup>6</sup>May my tongue stick to the roof of my mouth  
 if I don't remember you,  
 if I don't regard Jerusalem  
 above my greatest joy.

<sup>7</sup>Remember, Yahveh, against the Edomites  
 the day of Jerusalem, when they said *to the Babylonians,*  
*“Tear it down, tear it down to its foundation.”*

<sup>8</sup>Young woman of Babylon, you devastated one,  
 how happy will be the one that repays you  
 with what you did to us.

<sup>9</sup>How happy will the one be that grabs your infants  
 and dashes them against the rocks!

**Ps 137:4-9**

### Psalm 138

*A Psalm of David*

<sup>1</sup>I thank you with all my heart  
and sing your praises in front of the mighty.  
<sup>2</sup>I bow toward your holy Temple  
and thank you for your enduring love and faithfulness,  
because you've guaranteed your promises  
with the honor your name has.

<sup>3</sup>You answered me when I called out to you  
and made me bold with strength.

**Ps 138:1-3**

<sup>4</sup>Kings will thank you, Yahveh,  
when they hear what you say.

<sup>5</sup>They'll sing about your ways  
because your honor is so great.

<sup>6</sup>Though you're high *above us*,  
you care about the lowly;  
but you recognize the proud from a long way off.

<sup>7</sup>Though I'm in trouble, you'll protect me  
and reach out against my enemies to save me.

<sup>8</sup>You'll accomplish the purposes you have for me;  
your love endures forever, Yahveh.  
Don't abandon the ones you've created.

**Ps 138:4-8**

**Psalm 139**

For the Choir Director. A Psalm of David

<sup>1</sup>Yahveh, you've known me and examined me.

<sup>2</sup>You know when I sit down and when I get up;  
from a long way off you know what I'm thinking.

<sup>3</sup>You search out my traveling and my resting;  
you're well acquainted with my ways.

<sup>4</sup>Before I speak,  
you know what I'm going to say.

<sup>5</sup>You've protected me front and back  
and laid your hand over me.

<sup>6</sup>Knowledge like that is too amazing for me;

it's beyond me; I can't imagine it.

**Ps 139:1-6**

<sup>7</sup>Where can I go from your Spirit?  
 Where can I go to get away from you?  
<sup>8</sup>If I go up to the sky, you're there;  
 if I make my bed in Sheol, you're there.  
<sup>9</sup>If I take the wings of morning  
 and live by the most distant part of the ocean,  
<sup>10</sup>even there you'll lead me and support me.  
<sup>11</sup>If I say, "*Let darkness cover me,*  
*and the light around me become night,*"  
<sup>12</sup>the dark's not dark to you;  
 the night's as bright as day.

**Ps 139:7-12**

<sup>13</sup>You formed my inner parts  
 and knit me together in my mother's womb.  
<sup>14</sup>Thank you; the way you've made me  
 is awesome and wonderful.  
 What you do is marvelous;  
 I know that for sure.  
<sup>15</sup>My frame wasn't hidden from you  
 when I was being made in secret,  
 intricately put together deep in the earth.  
<sup>16</sup>You saw my unshaped substance;  
 you wrote in your scroll  
 the length of life you appointed *for me*  
 before there was any of it.

**Ps 139:13-16**

<sup>17</sup>How precious your thoughts are to me!  
 How vast their number is!  
<sup>18</sup>If I could count them, they'd outnumber the grains of sand.  
 When I wake up, I'm still with you.

<sup>19</sup>Oh that you'd slay the sinful, God.  
 (Go away from me, you murderers!)  
<sup>20</sup>Your enemies say awful things about you;  
 they use your name as a byword.

**21**Don't I hate those who hate you?  
 Don't I despise the ones that oppose you?  
**22**I have total disdain for them;  
 they're my enemies.

**23**Examine me, God, and know my heart;  
 test me and see how anxious my thoughts are.  
**24**See if there's anything offensive in me  
 and lead me in the everlasting way.

Ps 139:17-24

### Psalm 140

For the Choir Director. A Psalm of David

**1****Yahveh, rescue me from sinful people**  
**protect me from those who are violent,**  
**2**that plot evil things in their minds,  
 and constantly stir up conflict.  
**3**They have pointed tongues like a snake;  
 viper's venom lies behind their lips.

**4****Yahveh, protect me from sinful people;**  
**Protect me from those who are violent,**  
 that try to trip me.  
**5**The arrogant hide traps for me;  
 with cords they spread a net beside the road  
 and set snares for me.

Ps 140:1-5

**6**I said to Yahveh, "You're my God;  
*listen to my petitions.*  
**7***Yahveh the Lord, my strong deliverer,*  
*you've protected my head in battle.*  
**8***Don't let sinful people do whatever they please;*  
*don't further their evil intentions.*

**9**"*Make the schemes they talk about*  
*come down on their own heads.*  
**10***Let burning coals fall on them;*

*throw them into the fire,  
into deep pits they can't climb out of.*

**11***Don't let slanderers get a foothold in the earth;  
have misfortune hunt down violent people quickly."*

**12***I know you'll champion the cause of the suffering  
and *render* justice for the poor.*

**13***The godly will thank you  
and live in your presence.*

**Ps 140:6-13**

### **Psalm 141** A Psalm of David

**1***Yahveh, I'm calling on you; come quick;  
hear me out.*

**2***Consider my prayer as incense  
and the raising of my hands as an evening offering.*

**3***Guard my mouth;  
watch over my lips.*

**4***Incline my heart away from anything evil,  
from practicing sinful things with sinners.*

**Ps 141:1-4**

**5***Let a godly person strike me or rebuke me graciously;  
that would be ointment for my head;  
Don't let me refuse it.*

I still pray constantly against the deeds of sinners.

**6***When their leaders are thrown over the cliffs;  
they'll learn that Yahveh's word is true.*

**7***"Like someone plowing up rocks,  
our bones have been scattered at the mouth of Sheol."*

**8***I look to you, Lord Yahveh,  
and take refuge in you; don't leave me with no defense.*

**9***Keep me from the jaws of the trap they've set for me,  
from sinners' snares;*

**10***may they stumble into their own nets*

while I go on by safely.

**Ps 141:5-10**

### **Psalm 142**

A Maskil of David when he was in the cave  
A Prayer

- <sup>1</sup>I cry out to Yahveh  
and petition him;  
<sup>2</sup>I pour out my complaint to him  
and tell him my troubles.  
<sup>3</sup>When I feel overwhelmed,  
he knows the route I should take;  
they've hidden traps for me  
on every path I walk.  
<sup>4</sup>I look in every direction,  
but nobody notices me.  
There's no escape for me;  
nobody cares if I live.
- <sup>5</sup>I'm calling out to you, Yahveh;  
*"You're my refuge,  
my portion among the living."*
- <sup>6</sup>*Listen to my outcry  
because I'm in desperate need;  
deliver me from my persecutors;  
they're just too strong.*
- <sup>7</sup>*Bring me out of prison  
so I can thank you;  
the godly gather around me  
because you've been so good to me."*

**Ps 142:1-4**

**Ps 142:5-7**

### **Psalm 143**

A Psalm of David

- <sup>1</sup>Hear my prayer, Yahveh;  
listen to my petition;  
in your faithfulness and goodness, come to my relief.  
<sup>2</sup>Don't put me on trial

because, compared to you, nobody's good.

- <sup>3</sup>My enemy has chased me,  
crushed me on the ground,  
and made me sit in the dark like people long dead.  
<sup>4</sup>So I feel overwhelmed,  
and my heart is empty.

- <sup>5</sup>I remember the old days;  
I ponder everything you've done  
and think about what you've made.  
<sup>6</sup>I reach out for you,  
thirsty for you like parched ground.

**Ps 143:1-6**

- <sup>7</sup>Answer me right away, Yahveh;  
my spirit is failing; don't hide from me,  
or I'll get like those destined for the Pit.  
<sup>8</sup>Let me hear about your enduring love every morning  
because I put my trust in you;  
show me where to walk  
because I'm lifting myself up to you.  
<sup>9</sup>Deliver me from my enemies;  
you're my refuge.

- <sup>10</sup>Teach me how to do your will  
because you're my God;  
let your good Spirit lead me on level ground.  
<sup>11</sup>In defense of your honor, Yahveh, protect me;  
in your goodness, take me away from trouble;  
<sup>12</sup>in your enduring love, slay my enemies;  
destroy the ones that abuse me,  
because I'm your servant.

**Ps 143:7-12**

### **Psalm 144**

*A Psalm of David*

- <sup>1</sup>Bless Yahveh, my Rock,  
who trains my hands for war,

my fingers for battle.

<sup>2</sup>He's my enduring love and fortress,  
my stronghold and deliverer,  
my shield and refuge,  
who subdues nations.

<sup>3</sup>Yahveh, what are we that you give us any thought  
or care about us?

<sup>4</sup>We're like a breath;  
our lifetime is like a passing shadow.

Ps 144:1-4

<sup>5</sup>Lower the sky, Yahveh, and come down;  
touch the mountains and make them smoke.

<sup>6</sup>Throw your lightning bolts and scatter *my enemies*;  
shoot your arrows and rout them.

<sup>7</sup>Reach down from on high  
and rescue me from deep water,  
**from aliens** <sup>8</sup>**that lie,**  
**whose right hand deceives.**

<sup>9</sup>I'll sing you a new song, God;  
I'll sing praise to you on a ten-string harp.

<sup>10</sup>You deliver kings  
and rescued David from the cruel sword.

<sup>11</sup>Deliver me **from aliens that lie,**  
**whose right hand deceives.**

Ps 144:5-11

<sup>12</sup>Make our sons in their youth like grown-up plants  
and our daughters like corner pillars in a palace.

<sup>13</sup>Fill our granaries with every kind of crop;  
have our flocks bear thousands—tens of thousands—in our pastures.

<sup>14</sup>Have our cattle deliver without miscarriage or failure to bear;  
make it so there's no danger in our streets.

<sup>15</sup>How happy people are that have such blessings;  
how blessed they are that have Yahveh as their God! Ps 144:12-15

### Psalm 145

*A Psalm of Praise.* by David

<sup>1</sup>I'll praise you highly, my God and king,  
    and bless you forever.  
<sup>2</sup>I'll bless you every day  
    and praise you from now on.  
<sup>3</sup>You're great and deserve great praise;  
    you have a greatness we have no way to measure.  
<sup>4</sup>One generation will praise your works to the next  
    and tell about the powerful things you've done.  
<sup>5</sup>They'll think about your majestic glory and splendor  
    and about your amazing acts.  
<sup>6</sup>People will talk about the power evident in your awesome deeds  
    and tell how great you are.  
<sup>7</sup>They'll overflow with the fame of your abundant goodness  
    and loudly sing about your godliness.

Ps 145:1-7

<sup>8</sup>Yahveh is gracious and merciful,  
    slow to get angry and great in enduring love.  
<sup>9</sup>He's good to everyone;  
    his mercy spreads out across his whole creation.  
<sup>10</sup>Everything he's made will thank him;  
    his holy people will bless him.  
<sup>11</sup>They'll speak of the honor his kingdom has  
    and talk about his power  
<sup>12</sup>to make known his powerful deeds  
    and the glorious majesty of his kingdom.  
<sup>13</sup>His kingdom lasts forever;  
    his dominion continues across all generations.

Ps 145:8-13

<sup>14</sup>Yahveh catches the ones that fall down  
    and straightens up those who are bent over.  
<sup>15</sup>Everyone looks to him for help,  
    and he gives them their food as needed.  
<sup>16</sup>He meets the needs of every living thing.  
  
<sup>17</sup>Yahveh shows his goodness in everything he does,  
    his kindness in every deed.

**18**He's near to those who call on him,  
that call on him sincerely.  
**19**He provides for the people who respect him;  
he hears their call and saves them.  
**20**He protects those who love him,  
but destroys the sinful.  
**21**I'll speak praise to Yahveh;  
everyone will bless him forever.

**Ps 145:14-21**

### Psalm 146

**1**Praise Yahveh, my soul!  
**2**I'll praise my God as long as I live  
and sing praises to him as long as I'm here.  
**3**Don't rely on rulers,  
mortals, who can't help.  
**4**They quit breathing and go back into the ground;  
their plans come to an end at the same time.  
**5**How blessed they are that have Jacob's God to help them,  
whose hope lies in Yahveh  
**6**that made earth and sky,  
the ocean and everything in them,  
that's dependable forever,  
**7**who renders justice to the oppressed,  
who feeds the hungry  
and sets the prisoners free.

**Ps 146:1-7**

**8**He gives sight to the blind,  
lifts up the burdened,  
and loves the godly.  
**9**He protects foreigners  
and supports widows and the fatherless,  
but thwarts the sinful.  
**10**Yahveh will reign forever,  
your God, Zion, to all generations.

**Hallelujah!**

**Ps 146:8-10**

## Psalm 147

### **<sup>1</sup>Hallelujah!**

It's good to sing praises to our God;  
praising him is fitting because he's gracious.

<sup>2</sup>Yahveh builds up Jerusalem  
and gathers the outcasts in Israel.

<sup>3</sup>He heals the brokenhearted  
and bandages up their wounds.

<sup>4</sup>He counts the stars  
and calls them each by name.

<sup>5</sup>Our Lord is great and has great power,  
and understanding without limit.

<sup>6</sup>He supports the abused  
and takes sinners down to the ground.

**Ps 147:1-6**

<sup>7</sup>Sing thanksgiving to Yahveh;  
sing praise to our God with a lyre.

<sup>8</sup>He covers the sky with clouds,  
provides rain for the ground,  
and makes grass grow on the hills.

<sup>9</sup>He gives animals their food  
and *feeds* the young ravens when they caw.

<sup>10</sup>He doesn't delight in the strength of horses  
or take pleasure in human might.

<sup>11</sup>Yahveh favors those who respect him,  
who place their hopes in his enduring love.

**Ps 147:7-11**

<sup>12</sup>Praise Yahveh, Jerusalem;  
praise your God, Zion.

<sup>13</sup>He's reinforced the bars on your gates  
and blessed those who reside in you.

<sup>14</sup>He brings peace to your borders  
and satisfies you with the finest wheat.

<sup>15</sup>He issues his command to the world,  
and his message travels swiftly.

<sup>16</sup>He sends snow like wool

and scatters frost like ashes.  
**17**He makes it hail;  
  who can stand his freezing cold?  
**18**He speaks and it melts;  
  he makes wind blow and water flow.  
**19**He declares his message to Jacob,  
  his statutes and ordinances to Israel.  
**20**He hasn't dealt this way with any other nation;  
  they haven't known his ordinances.

**Hallelujah!**

**Ps 147:12-20**

### **Psalm 148**

**<sup>1</sup>Hallelujah!**

Praise Yahveh from heaven;  
  praise him in the sky.

- 2**Praise him, all his hosts of angels.  
**3**Praise him, sun and moon  
  and shining stars.  
**4**Praise him, highest heaven,  
  and water vapor in the sky.  
**5**Let them praise Yahveh  
  because he commanded and they came to be.  
**6**He established them forever  
  by a decree that won't expire.

**Ps 148:1-6**

- 7**Praise Yahveh from earth,  
  you sea monsters and all the great deep,  
**8**fire and hail, snow and clouds,  
  stormy wind fulfilling his command,  
**9**mountains and hills,  
  fruit trees and cedars,  
**10**wild animals and livestock,  
  crawling things and flying birds,  
**11**kings of the earth and all the nations,  
  officials and judges  
**12**young men and virgins,

old men and children.

**13**Praise Yahveh

because he alone is to be esteemed;  
his honor towers higher than earth and sky.

**14**He makes his people strong  
and establishes praise for his holy nation,  
for Israel that's near him.

**Hallelujah!**

**Ps 148:7-14**

### Psalm 149

**1**Hallelujah!

Sing Yahveh a new song;  
praise him in the assembly of his holy people.

**2**Be happy in your Maker, Israel;  
celebrate your King, people of Zion.

**3**Praise him with dancing;  
sing praises with tambourines and lyres,  
**4**because Yahveh delights in you  
and graces harassed people with deliverance.

**Ps 149:1-4**

**5**Holy people, celebrate in glory;  
sing for joy on your couches.

**6**Have the high praises of God in your voices  
and two-edged swords in your hands

**7**to carry out vengeance on nations  
and punishment on peoples,

**8**to bind kings with chains  
and nobles with iron restraints,

**9**to carry out prescribed judgment on them.  
That's an honor for all his holy people.

**10**Hallelujah!

**Ps 149:5-10**

### Psalm 150

**<sup>1</sup>Hallelujah!**

Praise God in his sanctuary;  
praise him in his heavenly expanse.

<sup>2</sup>Praise him for his powerful deeds  
in proportion to his greatness.

<sup>3</sup>Praise him with trumpet, harp, and lyre.

<sup>4</sup>Praise him with tambourines and dancing,  
with stringed instruments and flutes.

<sup>5</sup>Praise him with cymbals,  
with loud crashing cymbals.

<sup>6</sup>Everything that breathes, praise Yahveh.

**Hallelujah!**

**Ps 150:1-6**

Version by Virgil Warren: christir.org