### Psalms

## Chapter 39

To the [music] director:  
  
An ode by David to IdiThun.  
  
  
  
  
1I promised to guard all my ways,  
 And not to sin with my tongue.  
 So I always put a lock on my mouth  
 When sinners are standing before Me.  
  
2Then, I became humble and mute,  
 And I spoke not even good words,  
 As my pains kept on growing.  
  
3Then, within me, my heart became hot,  
 Burning away all my thoughts.  
 So my tongue spoke out and I said:  
  
 4‘Jehovah, please show me my limits,  
 And the number of days I’ll live,  
 So I’ll know what I haven’t accomplished.  
  
 5‘{Look!} The days of a palm, You’ve given to me;  
 Yet, I’m nothing before You.  
 For, foolish are the ways of all men.’  
  
6When men travel, they may carry an idol…  
 For they trust in things that are foolish.  
 They may also carry their treasures along…  
 Yet they know not why they collect them.  
 7But, I believe that I can endure  
 With just the aid of [My God].  
  
8So, please save me from my lawless ways,  
 And from the scorn of the foolish.  
  
9I was mute and I wouldn’t open my mouth,  
 For these trials have come from Jehovah.  
 10But, please bring an end to the whippings,  
 For in mighty hands, I’m failing.  
 11This correction is what You’ve sent me…  
 And along with the lawless, You’ve disciplined me.  
  
Like spiders, men’s lives waste away,  
 And this is the folly of humans.  
 12So, hear my prayer, O Jehovah…  
 Listen as I beg in my tears!  
  
Please don’t stay silent with me,  
 For, like my fathers, I’ve traveled with You!  
 13Refresh me and spare me before I must leave…  
 Before I no longer exist.