### Psalms

## Chapter 41

To the [music] director:  
  
A Psalm by David.  
  
  
  
  
1Blest are those who are paying attention  
 To the needs of the poor.  
 For God will save them when bad days arrive.  
  
2May Jehovah bless them and guard them…  
 May He keep them alive on the ground  
 And save them from their enemy’s hands.  
 3May God give them aid in their beds of grief,  
 And turn their beds when they’re ill.  
  
4I said:  
  
 ‘O Jehovah, show mercy on me;  
 Heal my soul, for I’ve sinned against You,  
 5And my enemies are saying bad things,  
 Asking about me, ‘When will he die?’’  
  
6Once foolishness came here to visit,  
 And he spoke to me from his heart.  
 He also brought the lawless along,  
 And they all went outside to talk.  
  
7To each other, my enemies whispered,  
 And developed a plot [to destroy] me.  
 8They planned to do something illegal…  
 They said:  
  
 ‘He will go to bed, but never arise.’  
  
9And a man with whom I always had peace  
 (One upon whom I had always relied  
 And who once ate bread at my table),  
 Against me, made plans of deceit.  
  
10But You, O Lord, showed mercy on me.  
 You lifted me up and repaid him.  
 11By this, I knew that you [loved] me,  
 And my foes will never find joy over me.  
  
12You helped me because I’m not guilty,  
 And throughout the age, I stood strong before You.  
 13So, Praise Jehovah, IsraEl’s God,  
 Throughout the age and the age of the ages…  
  
May it ever be so!