### Psalms

## Chapter 56

To the [music] director:  
  
For the people.  
  
From the holy things of David and for an inscription [about the time] when the Philistines held him at Gath.  
  
  
  
  
1Show mercy on me, O my God;  
 For a man has trampled on me all day long,  
 And he’s oppressed me in war.  
  
2All day long, my enemies are winning…  
 From higher ground, they’ve fought me.  
 3But today, I won’t be afraid,  
 For in You, I’m putting my trust.  
  
4I’ll praise You with words throughout the whole day;  
 For in my God, I’m putting my hope,  
 So I’ll not be afraid of what flesh can do.  
  
5Every day, they’ve hated my words,  
 And they think of ways they can hurt me.  
 6They run and hide, then watch for my heel,  
 As they patiently wait for my soul.  
 7Yet, You won’t bring them salvation,  
 But in rage, You’ll thereafter destroy them.  
  
8O God, to You, I’ve given My life,  
 And as You promised, You’ve noticed my tears.  
 9So, when I must call out to You,  
 Please drive my enemies away.  
  
{Look!} I’ve always known that you are my God,  
 10So I’ve [paid attention to] Your council,  
 And I’ve spoken in praise of Your words.  
 11So because I’ve put faith in my God,  
 I’ll not be afraid of what men can do.  
  
12Within me, O God, are the vows  
 That I made as I was speaking Your praises…  
 13For from death, You ransomed my soul.  
 There are also tears in my eyes,  
 For You didn’t allow them to trip me.  
 Thus, here in the light of the living,  
 I can keep pleasing Jehovah.