### Psalms

## Chapter 70

To the [music] director:  
  
A Psalm by David in remembrance of his being saved by Jehovah.  
  
  
  
  
1O God, please hear me and help me…  
 O Jehovah, please rush to my aid!  
 2May those seeking my life feel shame and remorse…  
 May those wishing me harm retreat in disgrace.  
 3May those saying of me, ‘Well done, well done,’  
 Turn back and then be ashamed.  
  
4But, may those who seek You be glad and rejoice…  
 May those who love Your salvation  
 Give praise to You, O Jehovah.  
  
5Help me, O God, for I’m poor and in need…  
 Become my helper and Savior…  
 I [need You now], so don’t delay!