

PSALMS FOR UNISON READING OR PERSONAL MEDITATION

690 PSALM 1

Blessed is the man
who does not walk in the counsel
of the wicked
or stand in the way of sinners
or sit in the seat of mockers.
But his delight is in the law
of the Lord,
and on His law he meditates
day and night.
He is like a tree planted by
streams of water,
which yields its fruit in season
and whose leaf does not wither.
Whatever he does prospers.

Not so the wicked!
They are like chaff
that the wind blows away.
Therefore the wicked will not
stand in the judgment,
nor sinners in the assembly
of the righteous.

For the Lord watches over the
way of the righteous,
but the way of the wicked
will perish.

691 PSALM 2

Why do the nations conspire
and the peoples plot in vain?
The kings of the earth take
their stand
and the rulers gather together
against the Lord
and against His Anointed One.
Let us break their chains,
they say,
and throw off their fetters.
The One enthroned in heaven laughs;
the Lord scoffs at them.
Then He rebukes them in His anger
and terrifies them in His
wrath, saying,

I have installed My King
on Zion, My holy hill.
I will proclaim the decree
of the Lord:

He said to Me, You are my Son;
today I have become Your Father.
Ask of Me,
and I will make the nations
Your inheritance,
the ends of the earth
Your possession.
You will rule them with an
iron scepter;
You will dash them to pieces
like pottery.

Therefore, you kings, be wise;
be warned, you rulers of the earth.
Serve the Lord with fear
and rejoice with trembling.
Kiss the Son, lest He be angry
and you be destroyed in your way,
for His wrath can flare up in
a moment.
Blessed are all who take
refuge in Him.

692 PSALM 16

Keep me safe, O God,
for in You I take refuge.

I said to the Lord, You are my Lord;
apart from You I have no good
thing.
As for the saints who are in
the land,
they are the glorious ones in
whom is all my delight.
The sorrows of those will increase
who run after other gods.
I will not pour out their libations
of blood
or take up their names on my lips.

Lord, You have assigned me my
portion and my cup;
You have made my lot secure.
The boundary lines have fallen for
me in pleasant places;
surely I have a delightful
inheritance.

I will praise the Lord, who
counsels me;
even at night my heart instructs me.
I have set the Lord always before me.
Because He is at my right hand,
I will not be shaken.

Therefore my heart is glad
and my tongue rejoices;
my body also will rest secure,
because You will not abandon me
to the grave,
nor will You let Your Holy
One see decay.
You have made known to me the
path of life;
You will fill me with joy in
Your presence,
with eternal pleasures at
Your right hand.

693 PSALM 19

The heavens declare the
glory of God;
the skies proclaim the work
of His hands.
Day after day they pour forth speech;
night after night they
display knowledge.
There is no speech or language
where their voice is not heard.
Their voice goes out into all
the earth,
their words to the ends of
the world.

The law of the Lord is perfect,
reviving the soul.
The statutes of the Lord are
trustworthy,
making wise the simple.
The precepts of the Lord are right,

giving joy to the heart.
The commands of the Lord are radiant,
giving light to the eyes.
The fear of the Lord is pure,
enduring forever.

The ordinances of the Lord are sure
and altogether righteous.
They are more precious than gold,
than much pure gold;
they are sweeter than honey,
than honey from the comb.
By them is Your servant warned;
in keeping them there is
great reward.

Who can discern his errors?
Forgive my hidden faults.
Keep Your servant also from
willful sins;
may they not rule over me.
Then will I be blameless,
innocent of great transgression.

May the words of my mouth and the
meditation of my heart
be pleasing in Your sight,
O Lord, my Rock and my Redeemer.

694 PSALM 22

My God, my God, why have
You forsaken me?
Why are You so far from saving me,
so far from the words of
my groaning?
O my God, I cry out by day, but
You do not answer,
by night, and am not silent.

Yet You are enthroned as
the Holy One;
You are the praise of Israel.
In You our fathers put their trust;
they trusted and You delivered them.
They cried to You and were saved;
in You they trusted and were
not disappointed.

Dogs have surrounded me;
a band of evil men has encircled me,
they have pierced my hands

and my feet.
I can count all my bones;
people stare and gloat over me.
They divide my garments among them
and cast lots for my clothing.

But You, O Lord, be not far off;
O my Strength, come quickly
to help me.

Deliver my life from the sword,
my precious life from the power
of the dogs.
Rescue me from the mouth
of the lions;
save me from the horns
of the wild oxen.

I will declare Your name to
my brothers;
in the congregation I will
praise You.

From You comes my praise in
the great assembly;
before those who fear You will I
fulfill my vows.
The poor will eat and be satisfied;
they who seek the Lord
will praise Him—
may your hearts live forever!
All the ends of the earth
will remember and turn to the Lord,
and all the families of the nations
will bow down before Him,
for dominion belongs to the Lord
and He rules over the nations.

695 PSALM 23

The Lord is my shepherd,
I shall not be in want.
He makes me lie down in
green pastures,
He leads me beside quiet waters,
He restores my soul.
He guides me in paths of
righteousness
for His name's sake.
Even though I walk
through the valley of the
shadow of death,

I will fear no evil,
for You are with me;
Your rod and Your staff,
they comfort me.

You prepare a table before me
in the presence of my enemies.
You anoint my head with oil;
my cup overflows.
Surely, goodness and love
will follow me
all the days of my life,
and I will dwell in the house
of the Lord
forever.

696 PSALM 24

The earth is the Lord's, and
everything in it,
the world, and all who live in it;
for He founded it upon the seas
and established it upon the waters.

Who may ascend the hill of the Lord?
Who may stand in His holy place?
He who has clean hands and
a pure heart,
who does not lift up his soul
to an idol
or swear by what is false.
He will receive blessing from
the Lord
and vindication from God his
Savior.
Such is the generation of those
who seek Him,
who seek Your face, O God of Jacob.

Lift up your heads, O you gates;
be lifted up, you ancient doors,
that the King of glory may come in.
Who is this King of glory?
The Lord strong and mighty,
the Lord mighty in battle.
Lift up your heads, O you gates;
lift them up, you ancient doors,
that the King of glory may come in.
Who is He, this King of glory?
The Lord Almighty—
He is the King of glory.

697 PSALM 27

The Lord is my light and
my salvation—
whom shall I fear?
The Lord is the stronghold
of my life—
of whom shall I be afraid?
When evil men advance against me
to devour my flesh,
when my enemies and my
foes attack me,
they will stumble and fall.
Though an army besiege me,
my heart will not fear;
though war break out against me,
even then will I be confident.

One thing I ask of the Lord,
this is what I seek:
that I may dwell in the house
of the Lord
all the days of my life,
to gaze upon the beauty of
the Lord
and to seek Him in His temple.

Hear my voice when I call, O Lord;
be merciful to me and answer me.
My heart says of you, Seek His face!
Your face, Lord, I will seek.
Do not hide Your face from me,
do not turn Your servant
away in anger;
You have been my helper.
Do not reject me or forsake me,
O God my Savior.
Though my father and mother
forsake me,
the Lord will receive me.
Teach me Your way, O Lord;
lead me in a straight path
because of my oppressors.

I am still confident of this:
I will see the goodness of the Lord
in the land of the living.
Wait for the Lord;
be strong and take heart
and wait for the Lord.

698 PSALM 32

Blessed is he
whose transgressions are forgiven,
whose sins are covered.
Blessed is the man
whose sin the Lord does not
count against him
and in whose spirit is no deceit.

When I kept silent,
my bones wasted away
through my groaning all day long.
For day and night
Your hand was heavy upon me;
my strength was sapped
as in the heat of summer.

Then I acknowledged my sin to You
and did not cover up my iniquity.
I said, I will confess
my transgressions to the Lord—
and You forgave
the guilt of my sin.

Therefore let everyone who is godly
pray to You
while You may be found;
surely when the mighty waters rise,
they will not reach him.
You are my hiding place;
You will protect me from trouble
and surround me with
songs of deliverance.

I will instruct you and teach you
in the way you should go;
I will counsel you and
watch over you.
Do not be like the horse or the mule,
which have no understanding
but must be controlled by bit
and bridle
or they will not come to you.
Many are the woes of the wicked,
but the Lord's unfailing love
surrounds the man who trusts
in Him.

Rejoice in the Lord and be
glad, you righteous;
sing, all you who are
upright in heart!

699 PSALM 33

Sing joyfully to the Lord,
you righteous;
it is fitting for the upright
to praise Him.
Sing to Him a new song;
play skillfully, and shout for joy.

For the word of the Lord is
right and true;
He is faithful in all He does.
The Lord loves righteousness
and justice;
the earth is full of His
unfailing love.

By the word of the Lord were
the heavens made,
their starry host by the
breath of His mouth.
Let all the earth fear the Lord;
let all the people of the
world revere Him.
For He spoke, and it came to be;
He commanded, and it stood firm.
The Lord foils the plans of
the nations;
He thwarts the purposes of
the peoples.
But the plans of the Lord
stand firm forever,
the purposes of His heart
through all generations.

We wait in hope for the Lord;
He is our help and our shield.
In Him our hearts rejoice,
for we trust in His holy name.
May Your unfailing love rest upon
us, O Lord,
even as we put our hope in You.

700 PSALM 40

I waited patiently for the Lord;
He turned to me and heard my cry.
He lifted me out of the slimy pit,
out of the mud and mire;
He set my feet on a rock
and gave me a firm place to stand.
He put a new song in my mouth,

a hymn of praise to our God.
Many will see and fear
and put their trust in the Lord.

Blessed is the man
who makes the Lord his trust,
who does not look to the proud,
to those who turn aside to
false gods.
Many, O Lord my God,
are the wonders You have done.
The things You planned for us
no one can recount to You;
were I to speak and tell of them,
they would be too many to declare.

Sacrifice and offering You
did not desire,
but my ears You have pierced;
burnt offerings and sin offerings
You did not require.
Then I said, Here I am, I
have come—
it is written about me in the scroll.
I desire to do Your will, O my God;
Your law is within my heart.
I proclaim righteousness in
the great assembly;
I do not seal my lips,
as you know, O Lord.
I do not hide Your righteousness
in my heart;
I speak of Your faithfulness
and salvation.
I do not conceal Your love
and Your truth
from the great assembly.

701 PSALM 42

As the deer pants for
streams of water,
so my soul pants for You, O God.
My soul thirsts for God, for
the living God.
When can I go and meet with God?
My tears have been my food
day and night,
while men say to me all day long,
Where is your God?
These things I remember

as I pour out my soul:
 how I used to go with the
 multitude,
 leading the procession to
 the house of God,
 with shouts of joy and thanksgiving
 among the festive throng.

Why are you downcast, O my soul?
 Why so disturbed within me?
 Put your hope in God,
 for I will yet praise Him,
 my Savior and my God.

My soul is downcast within me;
 therefore I will remember You
 from the land of the Jordan,
 the heights of Hermon—
 from Mount Mizar.
 Deep calls to deep
 in the roar of Your waterfalls;
 all Your waves and breakers
 have swept over me.

By day the Lord directs His love,
 at night His song is with me—
 a prayer to the God of my life.
 I say to God my Rock,
 Why have You forgotten me?
 Why must I go about mourning,
 oppressed by the enemy?
 My bones suffer mortal agony
 as my foes taunt me,
 saying to me all day long,
 Where is your God?

Why are you downcast, O my soul?
 Why so disturbed within me?
 Put your hope in God,
 for I will yet praise Him,
 my Savior and my God.

702 PSALM 46

God is our refuge and strength,
 an ever present help in trouble.
 Therefore we will not fear, though
 the earth give way
 and the mountains fall into the
 heart of the sea,
 though its waters roar and foam

and the mountains quake
 with their surging.

There is a river whose streams
 make glad the city of God,
 the holy place where the
 Most High dwells.
 God is within her, she will not fall;
 God will help her at break of day.
 Nations are in uproar, kingdoms fall;
 He lifts His voice, the earth melts.

The Lord Almighty is with us;
 the God of Jacob is our fortress.

Come and see the works of the Lord,
 the desolations He has brought
 on the earth.
 He makes wars cease to the ends
 of the earth;
 He breaks the bow and
 shatters the spear,
 He burns the shields with fire.
 Be still, and know that I am God;
 I will be exalted among the nations,
 I will be exalted in the earth.

The Lord Almighty is with us;
 the God of Jacob is our fortress.

703 PSALM 51

Have mercy on me, O God,
 according to Your unfailing love;
 according to Your great compassion
 blot out my transgressions.
 Wash away all my iniquity
 and cleanse me from my sin.

For I know my transgressions,
 and my sin is always before me.
 Against You, You only, have
 I sinned
 and done what is evil in Your sight,
 so that You are proved right
 when You speak
 and justified when You judge.
 Surely I was sinful at birth,
 sinful from the time my mother
 conceived me.
 Surely You desire truth in
 the inner parts;

You teach me wisdom in
the inmost place.

Cleanse me with hyssop, and I
will be clean;
wash me, and I will be
whiter than snow.

Let me hear joy and gladness;
let the bones You have
crushed rejoice.

Hide Your face from my sins
and blot out all my iniquity.

Create in me a pure heart, O God,
and renew a steadfast spirit
within me.

Do not cast me from Your presence
or take Your Holy Spirit from me.
Restore to me the joy of
Your salvation
and grant me a willing spirit,
to sustain me.

Then I will teach transgressors
Your ways,
and sinners will turn back to You.
You do not delight in sacrifice,
or I would bring it;
You do not take pleasure in
burnt offerings.
The sacrifices of God are a
broken spirit;
a broken and contrite heart,
O God, You will not despise.

704 PSALM 65

Praise awaits You, O God, in Zion;
to You our vows will be fulfilled.
O You who hear prayer,
to You all men will come.
When we were overwhelmed by sins,
You forgave our transgressions.
Blessed is the man You choose
and bring near to live in
Your courts!
We are filled with the good things
of Your house,
of Your holy temple.

You answer us with awesome deeds
of righteousness,

O God our Savior,
the hope of all the ends
of the earth
and of the farthest seas.
Those living far away fear
Your wonders;
where morning dawns and
evening fades
You call forth songs of joy.
You care for the land and water it;
You enrich it abundantly.
The streams of God are filled
with water
to provide the people with grain,
for so You have ordained it.
You crown the year with
Your bounty,
and Your carts overflow
with abundance.
The grasslands of the desert overflow;
the hills are clothed with gladness.

The meadows are covered with flocks
and the valleys are mantled
with grain;
they shout for joy and sing.

705 PSALM 84

How lovely is Your dwelling place,
O Lord Almighty!
My soul yearns, even faints,
for the courts of the Lord;
my heart and my flesh cry out
for the living God.

Even the sparrow has found a home,
and the swallow a nest for herself,
where she may have her young—
a place near Your altar,
O Lord Almighty, my King
and my God.
Blessed are those who dwell
in Your house;
they are ever praising You.

Blessed are those whose strength
is in You,
who have set their hearts
on pilgrimage.
As they pass through the
Valley of Baca,

they make it a place of springs;
the autumn rains also cover
it with pools.
They go from strength to strength
till each appears before God in Zion.

Hear my prayer, O Lord God
Almighty;
listen to me, O God of Jacob.

Better is one day in Your courts
than a thousand elsewhere;
I would rather be a doorkeeper in
the house of my God
than dwell in the tents
of the wicked.

For the Lord God is a sun and shield;
the Lord bestows favor and honor;
no good thing does He withhold
from those whose walk is blameless.

O Lord Almighty,
blessed is the man who
trusts in You.

706 PSALM 90

Lord, You have been our
dwelling place
throughout all generations.
Before the mountains were born
or You brought forth the earth
and the world,
from everlasting to everlasting
You are God.

You turn men back to dust,
saying, Return to dust, O
sons of men.
For a thousand years in Your sight
are like a day that has just gone by,
or like a watch in the night.

You have set our iniquities
before You,
our secret sins in the light of
Your presence.
All our days pass away
under Your wrath;
we finish our years with a moan.
The length of our days is

seventy years—
or eighty, if we have the strength;
yet their span is but trouble
and sorrow,
for they quickly pass, and
we fly away.

Satisfy us in the morning with
Your unfailing love,
that we may sing for joy and be
glad all our days.
Make us glad for as many days as
You have afflicted us,
for as many years as we
have seen trouble.

May Your deeds be shown to
Your servants,
Your splendor to their children.

May the favor of the Lord our God
rest upon us;
establish the work of our
hands for us—
yes, establish the work of
our hands.

707 PSALM 91

He who dwells in the shelter of
the Most High
will rest in the shadow of
the Almighty.
I will say of the Lord, He is my
refuge and my fortress,
my God, in whom I trust.

Surely He will save you from
the fowler's snare
and from the deadly pestilence.
He will cover you with His feathers,
and under His wings you will
find refuge;
His faithfulness will be your
shield and rampart.
You will not fear the terror
of night,
nor the arrow that flies by day,
nor the pestilence that stalks
in the darkness,
nor the plague that destroys
at midday.

A thousand may fall at your side,
ten thousand at your right hand,
but it will not come near you.
You will only observe with your eyes
and see the punishment of
the wicked.

If you make the Most High
your dwelling—
even the Lord, who is my refuge—
then no harm will befall you,
no disaster will come near your tent.
For He will command His angels
concerning you
to guard you in all your ways;
they will lift you up in their hands,
so that you will not strike your
foot against a stone.

Because he loves Me, says the Lord,
I will rescue him;
I will protect him, for he
acknowledges My name.
He will call upon Me, and I
will answer him;
I will be with him in trouble,
I will deliver him and honor him.
With long life will I satisfy him
and show him My salvation.

708 PSALM 95

Come, let us sing for joy to the Lord;
let us shout aloud to the Rock
of our salvation.
Let us come before Him with
thanksgiving
and extol Him with music and song.

For the Lord is the great God,
the great King above all gods.
In His hand are the depths
of the earth,
and the mountain peaks belong
to Him.
The sea is His, for He made it,
and His hands formed the dry land.

Come, let us bow down in worship,
let us kneel before the
Lord our Maker;
for He is our God

and we are the people of
His pasture,
the flock under His care.

Today, if you hear His voice,
do not harden your hearts as
you did at Meribah,
as you did that day at Massah
in the desert,
where your fathers tested
and tried Me,
though they had seen what I did.
For forty years I was angry with
that generation;
I said, They are a people whose
hearts go astray,
and they have not known My ways.
So I declared on oath in My anger,
They shall never enter My rest.

709 PSALM 100

Shout for joy to the Lord,
all the earth.
Worship the Lord with gladness;
come before Him with joyful songs.
Know that the Lord is God.
It is He who made us, and
we are His;
we are His people, the sheep
of His pasture.

Enter His gates with thanksgiving
and His courts with praise;
give thanks to Him and
praise His name.
For the Lord is good and His
love endures forever;
His faithfulness continues
through all generations.

710 PSALM 103

Praise the Lord, O my soul;
all my inmost being, praise
His holy name.
Praise the Lord, O my soul,
and forget not all His benefits—
who forgives all your sins
and heals all your diseases,
who redeems your life from the pit

and crowns you with love
and compassion,
who satisfies your desires with
good things
so that your youth is renewed
like the eagle's.
The Lord is compassionate
and gracious,
slow to anger, abounding in love.
He will not always accuse,
nor will He harbor His anger
forever;
He does not treat us as our
sins deserve
or repay us according to
our iniquities.
For as high as the heavens are
above the earth,
so great is His love for those
who fear Him;
as far as the east is from the west,
so far has He removed our
transgressions from us.
As a father has compassion
on his children,
so the Lord has compassion on
those who fear Him;
for He knows how we are formed,
He remembers that we are dust.
As for man, his days are like grass,
he flourishes like a flower
of the field;
the wind blows over it and it is gone,
and its place remembers it no more.
But from everlasting to everlasting
the Lord's love is with those
who fear Him,
and His righteousness with their
children's children—
with those who keep His covenant
and remember to obey His precepts.

The Lord has established His
throne in heaven,
and His kingdom rules over all.
Praise the Lord, O my soul.

711 PSALM 110

The Lord says to my Lord:
Sit at My right hand

until I make Your enemies
a footstool for Your feet.

The Lord will extend Your mighty
scepter from Zion;
You will rule in the midst
of Your enemies.

Your troops will be willing
on Your day of battle.
Arrayed in holy majesty,
from the womb of the dawn
You will receive the dew of
Your youth.

The Lord has sworn
and will not change His mind:
You are a priest forever,
in the order of Melchizedek.

The Lord is at Your right hand;
He will crush kings on the day
of His wrath.
He will judge the nations,
heaping up the dead
and crushing the rulers of
the whole earth.
He will drink from a brook
beside the way;
therefore He will lift up His head.

712 PSALM 118

Give thanks to the Lord, for
He is good;
His love endures forever.

In my anguish I cried to the Lord,
and He answered by setting me free.
The Lord is with me; I will
not be afraid.
What can man do to me?
The Lord is with me; He is my helper.
I will look in triumph on
my enemies.

It is better to take refuge in
the Lord
than to trust in man.
It is better to take refuge in
the Lord
than to trust in princes.

I was pushed back and about to fall,
but the Lord helped me.
The Lord is my strength and my song;
He has become my salvation.

Shouts of joy and victory
resound in the tents of the
righteous:
The Lord's right hand has done
mighty things!
The Lord's right hand is
lifted high;
the Lord's right hand has done
mighty things!

I will not die but live,
and will proclaim what the
Lord has done.
The Lord has chastened me severely,
but He has not given me
over to death.

Open for me the gates of
righteousness;
I will enter and give thanks
to the Lord.
This is the gate of the Lord
through which the righteous
may enter.
I will give You thanks, for
You answered me;
You have become my salvation.

The stone the builders rejected
has become the capstone;
the Lord has done this, and it is
marvelous in our eyes.
This is the day the Lord has made;
let us rejoice and be glad in it.

713 PSALM 121

I lift up my eyes to the hills—
where does my help come from?
My help comes from the Lord,
the Maker of heaven and earth.

He will not let your foot slip—
He who watches over you
will not slumber;
indeed, He who watches over Israel
will neither slumber nor sleep.

The Lord watches over you—
the Lord is your shade at
your right hand;
the sun will not harm you by day,
nor the moon by night.

The Lord will keep you
from all harm—
He will watch over your life;
the Lord will watch over your
coming and going
both now and forevermore.

714 PSALM 139

O Lord, You have searched me
and You know me.
You know when I sit and
when I rise;
You perceive my thoughts from afar.
You discern my going out and
my lying down;
You are familiar with all my ways.
Before a word is on my tongue
You know it completely, O Lord.

Where can I go from Your Spirit?
Where can I flee from Your
presence?
If I go up to the heavens,
You are there;
if I make my bed in the depths,
You are there.
If I rise on the wings of the dawn,
if I settle on the far side
of the sea,
even there Your hand will guide me,
Your right hand will hold me fast.

For You created my inmost being;
You knit me together in my
mother's womb.
I praise You because I am fearfully
and wonderfully made;
Your works are wonderful,
I know that full well.
My frame was not hidden from You
when I was made in the secret place.
When I was woven together in the
depths of the earth,
Your eyes saw my unformed body.
All the days ordained for me

were written in Your book
before one of them came to be.

How precious to me are Your
thoughts, O God!
How vast is the sum of them!

Were I to count them,
they would outnumber the
grains of sand.
When I awake,
I am still with You.

Search me, O God, and know my
heart;
test me and know my
anxious thoughts.
See if there is any offensive
way in me,
and lead me in the way everlasting.

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I will exalt You, my God the King;
I will praise Your name for
ever and ever.

Great is the Lord and most
worthy of praise;
His greatness no one can fathom.
One generation will commend Your
works to another;
they will tell of Your mighty acts.
They will tell of the glory of
Your kingdom
and speak of Your might,
so that all men may know of
Your mighty acts

and the glorious splendor
of Your kingdom.
Your kingdom is an
everlasting kingdom,
and Your dominion endures through
all generations.

The Lord is faithful to all
His promises
and loving toward all He has made.
The Lord upholds all those who fall
and lifts up all who are bowed
down.
The eyes of all look to You,
and You give them their food at
the proper time.
You open Your hand
and satisfy the desires of
every living thing.

The Lord is righteous in all His ways
and loving toward all He has made.
The Lord is near to all who
call on Him,
to all who call on Him in truth.

He fulfills the desires of those
who fear Him;
He hears their cry and saves them.
The Lord watches over all
who love Him,
but all the wicked He will destroy.

My mouth will speak in praise
of the Lord.
Let every creature praise
His holy name
for ever and ever.

Worship & Celebrate