

Easy-to-Read Version

Language: English

Provided by: Bible League International

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PDF generated on 2017-07-07 from source files dated 2017-07-07.

9417f999-1fb5-525b-a123-d5d84a7f35e1

ISBN: 978-1-5313-1294-7

Psalms

The book of Psalms is a collection of poems or songs. The word “psalm” is from a Greek word meaning “a song of praise”. Many of the psalms are songs of praise. But many are not. Some are filled with complaints, not praise. There are many different kinds of psalms. Each psalm says something about God, but not all include God in the same way. Some are about God’s people or even God’s enemies. Many describe the author’s personal experience.

Some psalms picture a happy life in a pleasant world. In these psalms everything is going well, the way God created it. For example, Psalm 1 invites readers to experience this kind of life: “Great blessings belong to those who don’t listen to evil advice... Instead they love the LORD’s teachings.” In these happy psalms, good people please God and enjoy his blessings. And the wicked are rightly punished. These kinds of psalms sing about how wonderful life is when people follow God. In these psalms, the wicked are the ones who suffer.

But life is often not so simple. Good people suffer as well. They may experience sickness or poverty. Many times, people who love the Lord are persecuted by those who do evil. So there are psalms about such times. They express sorrow or anger over how difficult life is. Those who are suffering call out to God for help or for justice. They sometimes use language that is shocking. Psalm 137 is this kind of psalm. It is about Jewish captives in Baby-

lon. It expresses sadness and anger about the terrible things they had suffered from their enemies. People who live through such painful times do not always say nice things. In fact, Psalm 137 ends with a blessing for the person who kills the children of their Babylonian masters!

People who have been taught God’s way are rightly upset at such language. But those who have never been treated so cruelly should not judge those who have. But is it ever right to express hate for people who abuse us? No, it is not right. Psalm 137 is not a model prayer. The angry words at the end are not God’s words. They express purely human emotion. Psalms like these teach that people who feel they have suffered unjustly can be honest with God about their feelings.

But God has often surprised people with new life. And there are psalms about that too. The writer of Psalm 30 sings about God who lifted him up out of trouble. God healed him and saved him from death. These psalms can help us move from difficult times to the new joys that God gives. People who have gone through hard times and have sung the sad songs enjoy these psalms the most.

The book of Psalms is a collection of many different songs written over a long period of time. There is something for everyone. All of us can find the psalms meaningful and helpful for the different times in our lives.

The book of Psalms is divided into these collections of songs:

- Book 1 (1:1 – 41:13)
- Book 2 (42:1 – 72:20)
- Book 3 (73:1 – 89:52)
- Book 4 (90:1 – 106:48)

Book 5 (107:1 – 150:6)

Book 1

(Psalms 1 – 41)

1 Great blessings belong to those who don't listen to evil advice, who don't walk on Sinners Road or join in making fun of what is good.
² Instead, they love the LORD's teachings and think about them day and night.
³ So they grow strong, like a tree planted by a stream— a tree that produces fruit when it should and has leaves that never fall. Everything they do is successful.
⁴ But the wicked are not like that. They are like chaff that the wind blows away.
⁵ God's judgement will find the wicked guilty. He will not give sinners a place among those he considers right.*
⁶ The LORD makes sure his people go the right way, but the wicked follow the way that leads to ruin.
2 Why are the nations rebelling? Why are they making such useless plans?
² These earthly kings and leaders join together to fight against the LORD and his chosen king.†
³ They say, "Let's rebel against them. Let's break free from them!"

⁴ But the one who rules in heaven laughs at them.
 The Lord makes fun of them.
⁵ He speaks to them in anger, and it fills them with fear.
⁶ He says, "I have chosen this man to be king, and he will rule in Jerusalem‡ on my holy mountain."
⁷ Let me tell you what the LORD has promised me:
 He said, "Today I have become your father,¶ and you are my son.
⁸ Ask, and I will give you the nations. The whole world will be yours.
⁹ You will rule over them with great power. You will scatter your enemies like broken pieces of pottery!"
¹⁰ So, all you kings and rulers, be smart and listen to this warning.
¹¹ Serve the LORD with fear and trembling.
¹² Show that you are loyal to him,§ or he will be angry and destroy you, and that can happen suddenly!
 But those who go to him for protection will be blessed.

A psalm of David written during the time he was running from his son Absalom.

3 LORD, I have so many enemies. So many people have turned against me.
² They say to themselves, "God will not rescue him!" *Selah*

***1:5** Or "The wicked will not be allowed to sit as judges nor sinners in the meeting of good people."

†**2:2** *chosen king* Literally, "anointed one". This might be anyone chosen by God to serve in a special way, but it is usually the king he has chosen.

‡**2:6** *Jerusalem* Literally, "Zion".

¶**2:7** *I have become your father* Or "I fathered you." Originally, this probably meant God was "adopting" the king as his son.

§**2:12** *Show ... him* Literally, "Kiss the son." But the word for "son" here is Aramaic, so it seems to have been added later.

³ But you, LORD, protect me.

You bring me honour;
you give me hope.

⁴ I will pray to the LORD,
and he will answer me from his holy
mountain. *Selah*

⁵ I can lie down to rest,
and I will wake up again,
because the LORD covers and protects
me.

⁶ So I will not be afraid of my enemies,
even if thousands of them surround me.

⁷ LORD, get up!*

My God, come rescue me!

If you hit my enemies on the cheek,
you will break all their teeth.

⁸ LORD, you are the one who gives us
victory!††

You are so good to your people. *Selah*

*For the music director: with stringed
instruments. A psalm of David.*

4 God, you showed that I was
innocent.

You gave me relief from all my troubles.
So listen to me now when I call to you
for help.

Be kind to me and hear my prayer.

² Men,‡‡ how long will you try to dishon-
our me?

Do you enjoy wasting your time search-
ing for new lies against me? *Selah*

³ You can be sure that anyone who serves
the LORD faithfully is special to
him.

The LORD listens when I pray to him.

⁴ Tremble with fear and stop sinning.¶¶
As you lie in bed, think about this and
be calm. *Selah*

⁵ Offer the right sacrifices to the LORD,
and put your trust in him!

⁶ Many people say, “We wish we could
enjoy the good life.

LORD, give us some of those bless-
ings.”§§

⁷ But you, LORD, have made me happier
than they will ever be with all their wine
and grain.

⁸ When I go to bed, I sleep in peace,
because you, LORD, keep me safe.

*For the music director:
with flutes.* A psalm of David.*

5 LORD, listen to me
and understand what I am trying to
say.

² My God and King,
listen to my prayer.

³ Every morning, LORD, I lay my gifts be-
fore you
and look to you for help.

And every morning you hear my prayers.

⁴ God, you don’t want evil people near
you;

they cannot stay in your presence.

⁵ Fools† cannot come near you.

****3:7 LORD, get up** The people said this when they lifted the Box of the Agreement and took it into battle, showing that God was with them. See Num. 10:35-36. Also in 7:6; 9:19; 10:12; 17:13; 132:8.

††**3:8 victory** Or “salvation”.

‡‡**4:2 Men** Literally, “Sons of man”. This may be a term of respect spoken to the leaders who were judging the writer of this psalm.

¶¶**4:4** Or “When you are angry, don’t sin.” See Eph. 4:26, which is based on the ancient Greek version.

§§**4:6 We wish ... blessings** Or “Who will show us good? Lift up on us the light of your face, LORD.”

‡**5:0 with flutes** This might be the name of a tune instead of a type of instrument.

†**5:5 Fools** Here, this means people who do not follow God and his wise teachings.

You hate those who do evil.

⁶You destroy those who tell lies.

LORD, you hate those who make secret plans to hurt others.

⁷But by your great mercy,

I can enter your house.

I can worship in your holy Temple with fear and respect for you.

⁸LORD, show me your right way of living,

and make it easy for me to follow.

People are looking for my weaknesses, so show me how you want me to live.

⁹My enemies never tell the truth; they only want to destroy people.

Their words are as dangerous as an open grave;

they use their tongues for telling lies.

¹⁰Punish them, God!

Let them be caught in their own traps.

They have turned against you,

so punish them for their many crimes.

¹¹But let those who trust in you be happy forever.

Protect those who love your name.

¹²LORD, when you bless good people, you surround them with your love, like a large shield that protects them.

*For the music director:
with stringed instruments, on the
sheminith. A psalm of David.*

6 LORD, don't punish me; don't correct me when you are so angry.

²LORD, be kind to me because I am sick and weak.

Heal me, LORD!

My bones are shaking.

³I am trembling all over.

LORD, how long until you heal me?[‡]

⁴LORD, come back and make me strong again.

Save me because you are so loyal and kind.

⁵If I am dead, I cannot sing about you.

Those in the grave don't praise you.

⁶Lord, I am so weak.

I cried to you all night.

My pillow is soaked;

my bed is dripping wet from my tears.

⁷My enemies have caused me such sorrow

that my eyes are worn out from crying.

⁸Go away, you evil people, because the LORD has heard my cries.

⁹The LORD has heard my request for mercy;

the LORD has accepted my prayer.

¹⁰All my enemies will be filled with fear and shame.

They will be sorry when disgrace suddenly comes upon them.

A song[†] of David that he sang to the LORD about Cush from the tribe of Benjamin.

7 LORD my God, I come to you for protection.

Save me from all who are chasing me.

²If you don't help me, I will be torn apart like an animal caught by a lion.

I will be carried away with no one to save me.

³LORD my God, what have I done to deserve this?

I am not guilty of any wrong.

⁴I have done nothing to hurt a friend[§] or to help his wicked enemy.

⁵If that is not the truth, then punish me.

Let an enemy chase me, catch me and

kill me.

[‡]6:3 LORD ... *heal me* Literally, "As for you, LORD, how long?"

[†]7:0 *song* Hebrew, "shiggayon", which may mean a special kind of song, perhaps one that is sad or full of emotion.

[§]7:4 *friend* Or "ally".

Let him grind me into the dirt and put me in my grave. *Selah*

⁶LORD, get up and show your anger! My enemies are angry, so stand and fight against them.

Get me the justice that you demand.

⁷Gather the nations around you, and take your place as judge.

⁸LORD, judge the people.

LORD, judge me.

Prove that I am right and that I am innocent.

⁹Stop those who do evil.

Support those who do good.

God, you are fair.

You know what people are thinking.

¹⁰God helps people who want to do right,

so he will protect me.

¹¹God is a good judge.

He always condemns evil.

¹²⁻¹³If the wicked will not change, then God is ready to punish them.

He has prepared his deadly weapons.

His sword is sharp.

His bow is strung, drawn back, and ready to shoot its flaming arrow.

¹⁴Look how the wicked think up ways to do evil.

They are pregnant with hurtful plans and give birth to lies.

¹⁵They dig a pit to trap others, but they are the ones who will fall into it.

¹⁶The trouble they cause will come back on them.

They plan harm for others, but they are the ones who will be hurt.

¹⁷I praise the LORD because he is good. I praise the name of the LORD Most High.

For the music director: with the gittith. A psalm of David.

8 LORD, our Lord, all over the earth people honour your name!

Your glory reaches above the heavens!

²From the mouths of children and babies

come songs of praise to you.

You use them as a defence against your enemies,

to stop all who fight against you.

³I look at the heavens you made with your hands.

I see the moon and the stars you put in their places.

⁴And I wonder, “Why are people so important to you?

Why do you even think about them?

Why do you care so much about humans?*

Why do you even notice them?”

⁵But you made them almost like gods and crowned them with glory and honour.

⁶You put them in charge of everything you made.

You put everything under their control.

⁷People rule over the sheep and cattle and all the wild animals.

⁸They rule over the birds in the sky and the fish that swim in the sea.

⁹LORD, our Lord, all over the earth people honour your name!

Your glory reaches above the heavens!

** **8:4 people ... humans** Literally, “man ... son of man” or “Enosh ... son of Adam”. These are Hebrew ways of saying humans—descendants of Adam and Enosh.

†† For the music director: use the *Alamoth of Ben*. ‡‡ A psalm of David.

9 I will praise you, LORD, with all my heart.

I will tell about all the wonderful things you have done.

² I will sing for joy because you make me happy.

God Most High, I praise your name.

³ My enemies turned to run from you, but they fell and were destroyed.

⁴ You listened to me from your throne like a good judge, and you decided that I was right.

⁵ You told the nations how wrong they were.

You destroyed those evil people; you erased their names from our memory for ever and ever.

⁶ The enemy is finished!

You destroyed their cities; there is nothing left to remind us of them.

⁷ The LORD set up his throne to bring justice, and he will rule forever.

⁸ He judges everyone on earth fairly.

He judges all nations honestly.

⁹ Many people are suffering—crushed by the weight of their troubles.

But the LORD is a refuge for them, a safe place they can run to.

¹⁰ LORD, those who know your name

trust in you.

And when they come to you, you do not leave them without help.

¹¹ Sing praises to the LORD, who sits as King in Zion. ¶

Tell the nations about the great things he has done.

¹² He punishes murderers and remembers those who are in need.

When suffering people cry for help, he does not ignore them.

¹³ I said this prayer: “LORD, be kind to me.

See how my enemies are hurting me. Save me from the ‘gates of death’.

¹⁴ Then, at the gates of Jerusalem, §§ I can sing praises to you.

I will be so happy because you saved me.”

¹⁵ Those other nations have fallen into the pit they dug.

They have been caught in their own trap.

¹⁶ The LORD showed that he judges fairly.

The wicked were caught by what they did to hurt others. *Higgayon** *Selah*

¹⁷ The wicked will go to the place of death,

as will all the nations that forget God.

¹⁸ God will not forget the poor and needy;

he will not leave them without hope.

¹⁹ LORD, get up† and judge the nations.

††9:0 In many Hebrew copies and in the ancient Greek version, Psalms 9 and 10 are combined as one psalm.

‡‡9:0 *Alamoth of Ben* This might be the name of a tune, “On the Death of the Son”, a music style or one of the orchestral groups in the Temple. See 1 Chr. 15:20.

¶9:11 *Sing ... Zion* Or “Inhabitants of Zion, sing praises to the LORD.” See Zion in the Word List.

§§9:14 *Jerusalem* Literally, “Daughter Zion”. See Zion in the Word List.

*9:16 *Higgayon* Or “Meditation”. Together with *Selah* this may mean a time to pause and think quietly.

†9:19 *LORD, get up* The people said this when they lifted the Box of the Agreement and took it into battle, showing that God was with them. See Num. 10:35-36. Also in Ps. 10:12.

Don't let anyone think they can win against you.

²⁰ Make them fear you, LORD.

Let them know they are only human.
Selah

10 LORD, why do you stay so far away?

Why do you hide from people in times of trouble?

² Filled with pride, the wicked persecute the poor.

Let them be caught in their own traps.

³ They boast about getting the things they want.

Greedy for wealth, they curse and reject the LORD.

⁴ The wicked are too proud.

They think God will not punish them; he does not fit into their plans.

⁵ They succeed in everything they do.

They don't understand how you can judge them;

they make fun of all their enemies.

⁶ They say to themselves, "Nothing bad will ever happen to us.

We will never be punished."

⁷ They are always cursing, lying and planning evil things to do.

⁸ They hide just outside the villages, waiting to kill innocent people, always looking for any helpless person they can hurt.

⁹ They are like lions hiding in the bushes to catch weak and helpless animals.

They lay their traps for the poor, who are caught in their nets.

¹⁰ Again and again they hurt people who are already weak and suffering.

¹¹ They say to themselves, "God has forgotten about us.

He is not watching; he will never see what we are doing."

¹² LORD, get up and do something.

Punish those who are wicked, God.

Don't forget those who are poor and helpless.

¹³ The wicked turn against God because they think he will not punish them.

¹⁴ But, Lord, you do see the pain and suffering they cause.

You see it, so you will punish them.

Those who were left helpless put their trust in you.

After all, you are the one who cares for orphans.

¹⁵ Break the arms of those who are wicked and evil.

Punish them for the evil they have done, and stop them from doing any more.

¹⁶ LORD, you are King for ever and ever, so I know you will remove the wicked nations from your land.

¹⁷ LORD, you hear what the poor want. You will listen to their prayers and give them hope.

¹⁸ You defend orphans and all who are abused.

No one on earth will be able to terrify the helpless again.

For the music director: a song of David.

11 I trust the LORD to keep me safe. So why did you say to me,

"Fly like a bird to the mountains!"[‡]

² Like hunters, the wicked hide in the dark.

They get their bows ready and aim their arrows;

they shoot at good, honest people.

³ And what can good people do when the wicked destroy all that is good?

⁴ The LORD is in his holy temple; the LORD sits on his throne in heaven.

He sees everything that happens;

[‡]**11:1** *the mountains* This follows several ancient translations. The traditional Hebrew text reads "your mountain".

he watches people closely.

⁵The LORD examines those who are good and those who are wicked; he hates those who enjoy hurting others.

⁶He will make hot coals and burning sulphur fall like rain on the wicked. They will get nothing but a hot, burning wind.

⁷The LORD always does what is right, and he loves seeing people do right. Those who live good lives will be with him.[¶]

For the music director: with the sheminith. A psalm of David.

12 Save me, LORD! We can no longer trust anyone! All the good, loyal people are gone.

²People lie to their neighbours; they say whatever they think people want to hear.

³The LORD should cut off their lying lips and cut out their boasting tongues.

⁴Those people think they can win any argument.

They say, "We are so good with words, no one will be our master."

⁵But the LORD says, "I have seen helpless people being hurt, and I have heard the groans of the poor. So I am coming to take action! I will give them the help they have been waiting for."

⁶The LORD's words are true and pure, like silver purified by fire, melted seven times to make it perfectly pure.

⁷LORD, take care of the helpless. Protect them forever from the wicked people in this world.

⁸The wicked are all around us, and everyone thinks evil is something to be praised!

For the music director: a psalm of David.

13 How long will you forget me, LORD?

Will you forget me forever?

How long will you refuse to look at me?[§]

²How long must I wonder if you have forgotten me and feel this sadness in my heart all the time?

How long will my enemy win against me?

³LORD my God, look at me and give me an answer.

Make me feel strong again, or I will die.

⁴Then my enemy will say, "I have won!"

He will be so happy to see me defeated.

⁵But I trust in your faithful love.

I will be happy when you save me.

⁶Then I will sing to the LORD because he was so good to me.

For the music director: a song of David.

14 Only fools think there is no God. People like that are evil and do disgusting things;

they never do what is right.

²The LORD looks down from heaven to see if there is anyone who is wise, anyone who looks to him for help.

³But everyone has gone the wrong way; everyone has turned bad.

No one does anything good.

No, not one person!

⁴Those who are evil treat my people like bread to be eaten,

and they never ask for the LORD's help. Don't they know what they are doing?

⁵They will have plenty to fear, because God is with those who do what is right.

⁶You wicked people want to spoil the hopes of the poor,

[¶]11:7 *Those ... him* Literally, "They will see his face."

[§]13:1 *refuse to look at me* Literally, "hide your face from me".

but the LORD will protect them.

⁷ I wish the one who lives on Mount Zion would bring victory to Israel!
When the LORD makes his people successful again,
the people of Jacob will be happy;
the people of Israel will be glad.

A psalm of David.

15 LORD, who can enter your Holy Tent?^{**}
Who can live on your holy mountain?
² Those who are free from blame, do what is right
and speak the truth from their hearts.
³ Such people don't say bad things about others.
They don't do things to hurt their neighbours;
they don't tell shameful things about those close to them.
⁴ They hate those who displease God and honour those who respect the LORD.
If they make a promise to their neighbour,
they do what they promised.^{††}
⁵ If they loan money to someone, they do not charge them interest.
And they refuse to testify against an innocent person,
even if someone offers them money to do it.

Whoever lives like this will always stand strong.

A miktam of David.

16 Protect me, God,
because I depend on you.
² Some of you^{‡‡} have said to the LORD, "You are my Lord.
Every good thing I have comes from you."
³ But you have also said about the gods^{¶¶} of this land,
"They are my powerful gods;
they are the ones who make me happy."
⁴ But those who worship other gods will have many troubles.
I will not join them in pouring out blood as offerings to idols.
I will not even say their names.
⁵ LORD, you give me all I need.
You support me;
you give me my share.
⁶ My share^{§§} is wonderful.
My inheritance^{*} is beautiful.
⁷ I praise the LORD because he taught me well.
Even at night he put his instructions deep inside my mind.[†]
⁸ I never forget that the LORD is with me.[‡]
He is right here beside me,
so nothing can harm me.
⁹ That is why I feel so happy.

**** 15:1 Holy Tent** The special tent where the people of Israel worshipped God. Here, it is probably the Temple on the "holy mountain" (see Zion in the Word List) in Jerusalem.

†† 15:4 If they ... promised Or "They promised not to do bad things, and they do not do bad things."

‡‡ 16:2 Some of you Literally, "you" (singular). Most translations assume it should be "I", leading to a different meaning for verses 2 and 3, which are very difficult in the Hebrew text.

¶¶ 16:3 gods Literally, "holy ones".

§§ 16:6 share Or "section of land".

*** 16:6 inheritance** Here, this probably means the land each Israelite received.

† 16:7 mind Literally, "my kidneys".

‡ 16:8 Literally, "I set the LORD before me always."

I am filled with joy!
 Even this weak body of mine is safe,
¹⁰ because you, LORD, will not leave me
 in the grave.[†]
 You will not let your faithful servant[§] rot
 there.
¹¹ You will show me the way that leads
 to life.
 Being together with you will fill me with
 joy.
 Sitting beside you, I will never stop
 celebrating.

*A prayer of David.***

17 LORD, hear my prayer for justice.
 I am calling loudly to you.
 I am being honest in what I say,
 so please listen to my prayer.
² Make the right decision for me,
 because you can see the truth.
³ You were with me all night
 and looked deep into my heart.
 You questioned me and found that
 I did not say or do anything wrong.
⁴ Unlike most people, I have obeyed your
 commands,
 so I have never been like those who are
 cruel and evil.
⁵ I have followed your way.
 My feet never left your path.
⁶ Every time I call to you, God, you an-
 swer me.
 So listen to me now, and hear what I say.
⁷ Show your amazing kindness,
 you who rescue those who depend on
 you.
 Use your great power,
 and protect them from their enemies.

⁸ Protect me like the pupil of your eye.
 Hide me in the shadow of your wings.
⁹ Save me from the wicked people who
 are trying to destroy me;
 protect me from those who come to hurt
 me.
¹⁰ They show no mercy to others
 and boast about what they will do.
¹¹ They have been following me,
 and now they are all around me.
 They watch me, waiting to throw me to
 the ground.
¹² Like hungry lions, they want to kill
 and eat.
 Like young lions, they hide, ready to
 attack.
¹³ LORD, get up^{††} and face the enemy.
 Make them surrender.
 Use your sword and save me from these
 wicked people.
¹⁴ Use your power, LORD,
 and remove them from this life.
 But bless the people you love with the
 food they need.
 Give them plenty for their children and
 grandchildren.
¹⁵ I have done only what is right,
 so I will see your face.
 And when I wake up and see you,^{‡‡}
 I will be fully satisfied.

^{††} *For the music director: a song of David,
 the LORD's servant. He sang this song to
 the LORD when the LORD saved him from
 Saul and all his other enemies.*

18 I love you, LORD!
 You are my strength.

[†]16:10 *grave* Literally, "Sheol".

[§]16:10 *faithful servant* Sometimes translated "Holy One", this word usually means a person who is devoted to God and pleasing to him.

^{**}17:0 *A prayer of David* Or "A prayer dedicated to David."

^{††}17:13 *LORD, get up* The people said this when they lifted the Box of the Agreement and took it into battle, showing that God was with them. See Num. 10:35-36.

^{‡‡}17:15 *you* Literally, "your likeness".

^{†††}18:0 This song is also found in 2 Sam. 22.

²The LORD is my rock, my fortress and my place of safety.

He is my God, the rock I run to for protection.

He is my shield; by his power I am saved.^{§§}

He is my hiding place high in the hills.

³I called to the LORD for help, and he saved me from my enemies!

He is worthy of my praise!

⁴Death had its ropes wrapped around me.

A deadly flood was carrying me away.

⁵The ropes of the grave wrapped around me.

Death set its trap right there in front of me.

⁶In my trouble I called to the LORD.

Yes, I cried out to my God for help.

There in his temple he heard my voice.

He heard my cry for help.

⁷The earth shook and shivered.

The foundations of the mountains trembled.

They shook because he was angry.

⁸Smoke came from his nose.

Scorching flames and red-hot coals came from his mouth.

⁹He tore open the sky and came down!

He stood on a thick, dark cloud.

¹⁰He flew across the sky, riding on a winged creature

racing on the wings of the wind.

¹¹He wrapped himself in darkness that covered him like a tent.

He was hidden by dark clouds heavy with water.

¹²Out of the brightness before him,

hail and red-hot coals broke through the clouds.

¹³The LORD thundered from the sky; God Most High let his voice be heard.*

¹⁴He scattered his enemies with his arrows—

the lightning bolts that threw them into confusion.

¹⁵LORD, you shouted your command, and a blast of breath came from your nose.

Then the bottom of the sea could be seen,

and the earth's foundations were uncovered.

¹⁶He reached down from above and grabbed me.

He pulled me from the deep water.

¹⁷He saved me from my powerful enemies,

who hated me and were too strong for me.

¹⁸They attacked me in my time of trouble,

but the LORD was there to support me.

¹⁹He was pleased with me, so he rescued me.

He took me to a safe place.

²⁰The LORD rewarded me for doing what is right.

He was good to me because I am innocent.

²¹The LORD did this because I have obeyed him.

I have not turned against my God.

²²I have remembered all his laws

and never rejected his rules.

²³He knows I did nothing that was wrong.

I have kept myself from sinning.

²⁴So the LORD rewarded me for doing what is right.

He could see that I am innocent.

²⁵Lord, you are faithful to those who are faithful.

You are good to those who are good.

^{§§}**18:2** *by his power I am saved* Literally, “He is the horn of my salvation.”

***18:13** Most Hebrew copies add “with hailstones and red-hot coals”, like the end of verse 12. But the ancient Greek version and some Hebrew copies do not add these words here. See also the similar passage in 2 Sam. 22:14.

²⁶You never do wrong to those who
have done no wrong,
but you outsmart the wicked,
no matter how clever they are.

²⁷You help those who are humble,
but you humiliate the proud.

²⁸LORD, you provide the flame for my
lamp.

You, my God, turn the darkness around
me into light.

²⁹With your help I can defeat an army.
If my God is with me, I can climb over
enemy walls.

³⁰God's way is perfect.
The LORD's promise always proves to be
true.

He is a shield to those who trust in him.

³¹There is no God except the LORD.

There is no Rock except our God.

³²God is the one who gives me strength.

He makes sure I reach my goal.

³³He makes my feet as steady as those
of a deer.

Even on steep mountains he keeps me
from falling.

³⁴He trains me for war
so that my arms can bend the most pow-
erful bow.

³⁵Lord, you have given me your shield
to protect me.

You support me with your right hand.

It is your help that has made me great.

³⁶You cleared a path for my feet
so that I could walk without stumbling.

³⁷I chased my enemies and caught them.

I did not stop until they were destroyed.

³⁸I struck them down,
and they could not get up again.

They fell under my feet.

³⁹You made me strong in battle.

You made my enemies bow down before
me.

⁴⁰You made my enemies turn and run
away.

I destroyed those who hated me.

⁴¹They cried out for help,
but there was no one to save them.

They cried out to the LORD,
but he did not answer them.

⁴²I beat them to pieces like dust blown
by the wind.

I smashed them like mud in the streets.

⁴³You saved me from those who fought
against me.

You made me the ruler over nations.

People I never knew now serve me.

⁴⁴As soon as they heard about me, they
were ready to obey.

Those foreigners fall helpless before me!

⁴⁵They lose all their courage
and come out of their hiding places shak-
ing with fear.

⁴⁶The LORD lives!

I praise my Rock, the God who saves me.
How great he is!

⁴⁷He is the God who punishes my ene-
mies for me,

the one who puts people under my
control.

⁴⁸He saves me from my enemies!

You, LORD, help me defeat those who
attack me.

You save me from violent people.

⁴⁹LORD, that is why I praise you among
the nations.

That is why I sing songs of praise to your
name.

⁵⁰The LORD helps his king win battle af-
ter battle.

He shows his faithful love to his chosen
king,[†]

to David and his descendants forever.

[†]**18:50 chosen king** Literally, "anointed one". This might be anyone chosen by God to serve in a special way, but it is usually the king he has chosen. Also in 20:6.

For the music director: a psalm of David.

19 The heavens tell about the glory of God.

The skies announce what his hands have made.

² Each new day tells more about him, and each night reveals more of his greatness.[‡]

³ You cannot hear them say anything; they don't make any sound we can hear.

⁴ But their message goes throughout the earth, and their words reach every part of the world.

The sun's home is up in the heavens.

⁵ It comes out like a happy bridegroom from his bedroom.

It follows its path across the sky like an athlete eager to run a race.

⁶ It starts at one end of the sky and runs all the way to the other end. Nothing can hide from its heat.

⁷ The LORD's teachings are perfect; they give strength to his people. The LORD's rules can be trusted; they help even the ignorant become wise.

⁸ The LORD's laws teach what is right; they bring people joy.

The LORD's commands are full of light; they show us the way to be happy.

⁹ Respect for the LORD is good; it is always the right thing to do. The LORD's judgements are right; they are completely fair.

¹⁰ His teachings are worth more than gold, even a huge amount of pure gold. They are sweeter than honey, even the best honey dripping from the honeycomb.

¹¹ Yes, Lord, your teachings are a warning to me, your servant,

and obeying them brings a great reward. ¹² People cannot know all their own faults.

So forgive me when I sin without knowing it.

¹³ And keep me from doing what I know is wrong.

Don't let sins like that control me.

Then I can be free from guilt, innocent of sinning on purpose.

¹⁴ I hope that my words and thoughts please you.

LORD, you are my Rock, the one who protects me.

For the music director: a psalm of David.

20 We pray that the LORD will answer you in times of trouble.

May the God of Jacob protect you.

² May he send you help from his Holy Place and support you from Zion.

³ May he remember all the grain offerings you have offered

and accept all your burnt offerings. *Selah*

⁴ May he give you what you really want and make all your plans successful.

⁵ We will celebrate when he helps you and praise the name of our God.

We pray that the LORD will give you everything you ask for.

⁶ Now I know the LORD helps his chosen king.

From his holy heaven he answers, and with his great power he saves him.

⁷ Some give the credit for victory to their chariots and others to their horses, but we honour the LORD our God.

⁸ They fall in battle, totally defeated, but we survive and stand strong!

⁹ LORD, save the king!

[‡]19:2 Or "Each day passes the news to the next day, and each night passes information to the next night."

Answer us when we call to you for help.[¶]

For the music director: a psalm of David.

21 LORD, your strength makes the king happy.

He is so happy when you give him victory.

² And you gave him what he wanted.

You gave him what he asked for. *Selah*

³ You gave the king such wonderful blessings.

You put a gold crown on his head.

⁴ He asked for life, and you gave it.

You gave him life that goes on forever.

⁵ You led him to victory that brought him great glory.

You gave him honour and fame.

⁶ You have given him blessings that will last forever.

You have given him the joy of being near you.

⁷ The king trusts in the LORD, and the faithful love of God Most High will keep him from falling.

⁸ You will show all your enemies that you are strong.

Your power will defeat those who hate you.

⁹ When you appear, you will burn them up like a blazing furnace.

In your anger, LORD, you will completely destroy them;

they will be swallowed by flames of fire.[§]

¹⁰ Their families will be destroyed;

they will be removed from the earth.

¹¹ That is because they made evil plans against you;

they wanted to do things they could not do.

¹² You will make them turn and run away

when you aim your arrows at their faces.

¹³ LORD, rise up and show your strength.

We sing and play songs about your power!

*For the music director: to the tune “The Deer of Dawn”. ** A psalm of David.*

22 My God, my God, why have you left me?

You seem too far away to save me, too far to hear my cries for help!

² My God, I cry out to you all day, but you do not answer.

I cry out to you at night, but you give me no rest.

³ You sit on your throne as the Holy One. You are the one Israel praises.

⁴ Our ancestors trusted you.

Yes, they trusted you, and you saved them.

⁵ They called to you for help and escaped their enemies.

They trusted you

and were not disappointed!

⁶ But I feel like a worm, less than human! People insult me and look down on me.

⁷ Everyone who sees me makes fun of me.

They shake their heads and stick out their tongues at me.

⁸ They say, “Call to the LORD for help.

Maybe he will save you.

If he likes you so much,

surely he will rescue you!”

⁹ God, the truth is, you are the one who brought me into this world.

You made me feel safe while I was still at my mother’s breasts.

[¶]20:9 *Answer ... help* This is from the ancient Greek, Aramaic and Latin versions. The traditional Hebrew text reads, “Let him answer when we call for help.”

[§]21:9 Or “You will make your king like a burning oven when you come to help him, LORD. And in his anger, he will completely destroy them.”

^{**}22:0 *The Deer of Dawn* This is probably the name of the tune for this song, but it could refer to a music style or type of instrument.

¹⁰You have been my God since the day
I was born.

I was thrown into your arms as I came
from my mother's womb.

¹¹So don't leave me!

Trouble is near, and there is no one to
help me.

¹²My enemies surround me like angry
bulls.

Like the powerful bulls of Bashan, they
are all around me.

¹³Their mouths are opened wide,
like a lion roaring and tearing at its prey.

¹⁴My strength is gone,
like water poured out on the ground.

My bones have separated.

My courage is gone.^{††}

¹⁵My mouth^{‡‡} is as dry as a piece of
pottery.

My tongue is sticking to the roof of my
mouth.

You have left me dying in the dust.

¹⁶Evil people are all around me;
they are closing in on me like a pack of
dogs.

My hands and feet are shrivelled up.^{¶¶}

¹⁷I can see each one of my bones.

My enemies are looking at me;
they just keep staring.

¹⁸They divide my clothes among
themselves,

and they throw lots for what I am
wearing.

¹⁹LORD, don't leave me!

You are my strength—hurry and help
me!

²⁰Save me from the sword;
save my precious life from these dogs.

²¹Rescue me from the lion's mouth.

Protect me from the horns of the bulls.^{§§}

²²I will tell my people about you.

I will praise you when they come
together.

²³Praise the LORD, all you who worship
him!

Honour him, you descendants of Jacob!
Fear and respect him, all you people of
Israel!

²⁴He does not ignore those who need
help.

He does not hate them.

He does not turn away from them.

He listens when they cry for help.

²⁵LORD, when all your people come to-
gether, you will give me words of
praise.

Among those who honour you, I will do
all that I promised.

²⁶Poor people, come eat and be satis-
fied.*

You who have come looking for the
LORD, praise him!

May your hearts be happy[†] forever.

²⁷All those who live in faraway places
will think about what the LORD has
done and will turn to him.

May the people of all the nations
bow down in worship to him,

^{††}22:14 *My courage is gone* Literally, "My heart is melted inside me like wax."

^{‡‡}22:15 *mouth* Or "strength".

^{¶¶}22:16 *My ... shrivelled up* This translation is based on a correction of the difficult Hebrew text, which is literally, "Like a lion my hands and feet".

^{§§}22:21 *Protect me ... bulls* Or "You have answered me and protected me from the horns of the bulls." This could be both a prayer for help (like the first half of the psalm) and also a statement that God had answered this prayer (like the second half of the psalm).

*22:26 *come eat ... satisfied* This person was giving an offering of thanksgiving that would be shared with other people at the Temple. This was how someone shared their happiness when God blessed them. See Lev. 3:1-5 and Deut. 14:22-29.

[†]22:26 *be happy* Literally, "live".

²⁸ because the LORD is King,
and he rules the nations.
²⁹ All who are alive and well here on
earth
will enjoy a meal in worship before the
LORD.
And all who are on their way to the
grave, or already there,
will bow down in worship before him.
³⁰ Our descendants will serve him.
Those who are not yet born will be told
about the Lord.
³¹ Each generation will tell their children
about the good things he has done.

A psalm of David.

23 The LORD is my shepherd.
I have everything I need.[‡]
² He gives me green pastures to lie in.
He leads me by calm pools of water.
³ He restores my strength.
He leads me along right paths[¶] to show
that he is good.
⁴ Even if I walk through a valley as dark
as the grave,[§]
I will fear no danger, because you are
with me.
Your rod and staff^{**} give me courage.
⁵ You prepare a meal for me in front of
my enemies.
You welcome me as an honoured
guest.^{††}
My cup is full and spilling over.
⁶ Yes, your goodness and kindness will
seek and find me every day of my
life,

and I will return again and again to
the LORD's house^{‡‡} for as long as I
live.^{¶¶}

A psalm of David.

24 The earth and everything on it
belong to the LORD.
The world and all its people belong to
him.
² He built the earth on the seas.
He built it over the rivers.
³ Who can go up on the LORD's moun-
tain?^{§§}
Who can stand in his holy Temple?
⁴ Only those who have not done evil
and want to do what is right,
those who do not use my name to hide
their lies,
and those who do not make false
promises.
⁵ Such good people will receive a bless-
ing from the LORD.
God will save them and reward them.
⁶ That's what the people are like who try
to follow God,
who go to the God of Jacob for help.
Selah
⁷ Gates, proudly lift your heads!
Open, ancient doors,
and the glorious King will come in.
⁸ Who is this glorious King?
He is the LORD, strong and powerful,
the LORD, the mighty warrior.
⁹ Gates, proudly lift your heads!
Open, ancient doors,
and the glorious King will come in.

[‡]23:1 *I have ... need* Literally, "I will lack nothing."

[¶]23:3 *right paths* Or "paths of goodness".

[§]23:4 *valley ... grave* Or "death's dark valley" or "a very dark valley".

^{**}23:4 *rod and staff* The club and walking stick a shepherd uses to protect and guide his sheep.

^{††}23:5 *You welcome ... guest* Literally, "You anoint my head with oil."

^{‡‡}23:6 *house* Or "Temple". See Temple in the Word List.

^{¶¶}23:6 *I will ... I live* Or "I will live in the LORD's house a long, long time."

^{§§}24:3 *LORD's mountain* Mount Zion, the hill in Jerusalem where the Temple was built.

¹⁰Who is this glorious King?
The LORD All-Powerful is the glorious
King. *Selah*

* *A song of David.*

25 LORD, I offer up this prayer to
you.[†]

²I trust in you, my God.
Please don't let my enemies laugh at my
defeat.

Protect me from such shame.

³Defeat and shame are not for those who
trust in you

but only for those who are unfaithful.

⁴LORD, help me learn your ways.

Show me how you want me to live.

⁵Guide me and teach me your truths.

You are my God, my Saviour.

I never stop trusting in you.

⁶Remember to be kind to me, LORD.

Show me the tender love that you have
always had.

⁷Don't remember the sinful things
I did when I was young.

Because you are good, LORD,
remember me with your faithful love.

⁸The LORD is good and does what is
right.

He shows sinners the right way to live.

⁹He teaches his ways to humble people.
He leads them with fairness.

¹⁰The LORD is kind and true to those
who obey what he said in his agreement.

¹¹LORD, I have done many wrong
things,

but I ask you to forgive them all to show
your goodness.

¹²When people honour the LORD,
he shows them the right way to live.

¹³They will enjoy good things,
and their children will keep the land God
promised.

¹⁴The LORD tells his secrets to those
who honour him.

He teaches them about his agreement.

¹⁵I always look to the LORD for help.
Only he can free me from my troubles.[‡]

¹⁶I am hurt and lonely.

Turn to me, and show me mercy.

¹⁷Free me from my troubles.

Help me solve my problems.

¹⁸Look at my trials and troubles.

Forgive all my sins.

¹⁹Look at all the enemies I have.

They hate me and want to hurt me.

²⁰Protect me! Save me from them!
I come to you for shelter, so don't let me
suffer shame.

²¹You are good and do what is right.

I trust you to protect me.

²²God, save the people of Israel
from all their troubles.

A song of David.

26¹⁻²LORD, look closely at me and
test me.

Judge my deepest thoughts and
emotions.

Let everyone know I am innocent, LORD,
because I do what is right.

I have never stopped trusting in you.

³I always remember your faithful love.
Your faithfulness guides my life.

⁴I don't run around with troublemakers.
I have nothing to do with hypocrites.

⁵I hate being around evil people.

I refuse to join those gangs of crooks.

⁶LORD, I wash my hands to show that I
am innocent

so that I can circle your altar in worship.

⁷I sing a song to give you thanks,
and I tell about all the wonderful things
you have done.

***25:0** In Hebrew, each verse in this psalm begins with the next letter of the alphabet.

†**25:1** *I offer ... you* Literally, "I lift my soul to you."

‡**25:15** *Only ... troubles* Literally, "For he will remove my feet from the net."

⁸ LORD, I love the house^f where you live,
the place where your glory is.

⁹ Lord, don't treat me like one of those
sinners.

Don't kill me with those murderers.

¹⁰ They are guilty of cheating people;
they take bribes to do wrong.

¹¹ But I do what is right,
so be kind to me and save me.

¹² I am safe from all danger.

I will praise you, LORD, when all your
people come together.

A song of David.

27 The LORD is my Light and my
Saviour,

so why should I be afraid of anyone?

The LORD is where my life is safe,
so I will be afraid of no one!

² Evil people may surround me
and try to destroy me.

But when my enemies attack me,
they will stumble and fall.

³ Even if an army surrounds me,
I will not be afraid.

If my enemies make war against me,
I will trust in the Lord.

⁴ I ask only one thing from the LORD.
This is what I want most:

Let me live in the LORD's house all my
life,

enjoying the LORD's beauty
and seeking his ways.

⁵ He will protect me when I am in
danger;

he will hide me in his tent.[§]

He will take me up to a place of safety.

⁶ If he will help me defeat the enemies
around me,

I will offer sacrifices in his tent with
shouts of joy.

I will sing and play songs to honour the
LORD.

⁷ LORD, hear my voice.

Be kind and answer me.

⁸ LORD, I remember you told us to come
to you,

so I am coming to ask for your help.

⁹ Don't turn away from me.

Don't be angry with your servant.

You are the only one who can help me.

My God, don't leave me all alone.

You are my Saviour.

¹⁰ Even if my mother and father leave
me,

the LORD will take me in.

¹¹ LORD, teach me how you want me to
live.

Show me the way that will avoid my
enemies.

¹² Don't let them do to me what they
want.

They have told lies about me
and want to hurt me.

¹³ But, I am sure that I will live
to enjoy the LORD's goodness.

¹⁴ Wait for the LORD's help.

Be strong and brave,
and wait for the LORD's help.

A song of David.

28 LORD, my Rock, I call to you for
help.

Don't close your ears to my prayer.

If you don't answer me,

I will be the same as those already in the
grave.

² I lift my hands and pray towards your
Most Holy Place.

Hear me when I call to you.

Show mercy to me.

³ Don't punish me the way you punish
the wicked,

^f26:8 *house* Or "Temple". See Temple in the Word List.

[§]27:5 *tent* The place where God lives among his people. Here, it is the Temple in Jerusalem. See Holy Tent and Temple in the Word List.

the people who do evil.
 They greet their neighbours like friends
 but secretly plan to hurt them.
⁴They have done bad things to others,
 so make bad things happen to them.
 Pay them back for all they have done.
 Give them the punishment they deserve.
⁵They pay no attention to what the
 LORD has done
 or to the good things he has made.
 So he will destroy them all
 and leave them lying in ruins.
⁶Praise the LORD!
 He has heard my prayer for mercy.
⁷The LORD is my strength and shield.
 I trusted him with all my heart.
 He helped me, so I am happy.
 I sing songs of praise to him.
⁸The LORD gives strength to his people.
 He saves and protects his chosen king.
⁹Save your people.
 Bless those who belong to you.
 Be their shepherd,
 and carry them in your arms forever.

A psalm of David.

29 Praise the LORD, you heavenly
 beings**!
 Praise the LORD's glory and power.
²Praise the LORD and honour his name!
 Worship the LORD in all his holy beauty.
³The LORD's voice can be heard over the
 sea.
 The voice of our glorious LORD God
 thunders over the great ocean.
⁴The LORD's voice is powerful.
 It shows the LORD's glory.
⁵The LORD's voice shatters great cedar
 trees.

The LORD breaks the great cedars of
 Lebanon.
⁶He makes Lebanon shake like a young
 calf dancing.
 Sirion†† trembles like a young bull jump-
 ing up and down.
⁷The LORD's voice causes the lightning
 to flash.
⁸His voice shakes the desert.
 The desert of Kadesh‡‡ trembles at his
 voice.
⁹The LORD's voice frightens the deer.¶¶
 He destroys the forests.
 In his temple everyone shouts, "Glory to
 God!"
¹⁰The LORD is on his throne over the
 waters above the sky,
 and the LORD will rule as king forever.
¹¹May the LORD make his people
 strong.
 May the LORD bless his people with
 peace.

*A psalm of David. A song for
 the dedication of the Temple. §§*

30 LORD, you lifted me out of my
 troubles.
 You did not give my enemies a reason to
 laugh,
 so I will praise you.
²LORD my God, I prayed to you,
 and you healed me.
³LORD, you lifted me out of the grave.
 I was falling into the place of death, but
 you saved my life.
⁴Praise the LORD, you who are loyal to
 him!

**29:1 *heavenly beings* Literally, "sons of gods". This probably means God's angels who are pictured here as priests worshipping him in heaven.

††29:6 *Sirion* Or "Mount Hermon".

‡‡29:8 *desert of Kadesh* A desert in Syria. This might also mean "the holy desert".

¶¶29:9 *deer* Or "oak trees".

§§30:0 *A psalm ... Temple* Or "A psalm. The song for the dedication of the house. Dedicated to David."

Praise him who is holy!*

⁵ His anger lasts for a little while,
but then his kindness brings life.
The night may be filled with tears,
but in the morning we can sing for joy!

⁶ When I was safe and secure,
I thought nothing could hurt me.

⁷ Yes, LORD, while you were kind to me,
I felt that nothing could defeat me.†

But when you turned away from me,
I was filled with fear.

⁸ So, LORD, I prayed to you.

I asked you, Lord, to show me mercy.

⁹ I said, "What good is it if I die
and go down to the grave?

The dead just lie in the dirt.

They cannot praise you;
they cannot tell anyone how faithful you
are.

¹⁰ LORD, hear my prayer, and be kind to
me.

LORD, help me!"

¹¹ You have changed my sorrow into
dancing.

You have taken away my rags
and clothed me with joy.

¹² You wanted me to praise you and not
be silent.

LORD my God, I will praise you forever!

For the music director: a psalm of David.

31 LORD, I come to you for
protection.

Don't let me be disappointed.

You always do what is right, so save me.

² Listen to me.

Come quickly and save me.

Be my Rock, my place of safety.

Be my fortress and protect me!

³ Yes, you are my Rock and my fortress.

For the good of your name, lead me and
guide me.

⁴ Save me from the traps my enemy has
set.

You are my place of safety.

⁵ LORD, you are the God we can trust.

I put my life in your hands.

Save me!

⁶ I hate those who worship worthless
idols.

I trust only in you, LORD.

⁷ Your faithful love fills me with joy.

You have seen my suffering.

You know about the troubles I have.

⁸ You have kept me away from my
enemies

and have given me a safe place to stand.

⁹ LORD, I have many troubles, so be kind
to me.

I have cried until my eyes hurt.

My throat and stomach are aching.

¹⁰ Because of my sin, my life is ending in
sorrow;

my years are passing away in sighs of
pain.

My life is ending in weakness.

My strength is draining away.

¹¹ My enemies despise me,

and even my neighbours have turned
away.

When my friends see me in the street,
they turn the other way.

They are afraid to be around me.

¹² People want to forget me like someone
already dead,

thrown away like a broken dish.

¹³ I hear them whispering all around me,
and everything they say terrifies me.

They have turned against me

and plan to kill me.

¹⁴ LORD, I trust in you.

As I have said, "You are my God."

¹⁵ My life is in your hands.

Save me from my enemies,
those who make me suffer.

*30:4 *him ... holy* Literally, "his holy remembrance".

†30:7 *I felt ... defeat me* Literally, "You made me as strong as a mountain."

¹⁶ Smile down on me, your servant.
 Be kind to me and save me.
¹⁷ LORD, I am praying to you.
 Don't let me be disappointed.
 The wicked are the ones who should be
 disappointed.
 Let them go to the grave in silence.
¹⁸ Those evil people boast
 and tell lies about those who do right.
 They are so proud now,
 but their lying lips will be silent.
¹⁹ Lord, you have many wonderful
 things to give those who serve you.
 You do so many good things for those
 who trust in you.
 You bless them so that all the world can
 see.
²⁰ Others make plans to hurt them.
 They say such bad things about them,
 but you hide your people in your shelter
 and protect them.
²¹ Praise the LORD!
 I was like a city surrounded by enemies,
 when he showed me his faithful love in
 an amazing way.
²² I was afraid and said,
 "I'm in a place where you cannot see
 me."
 But I prayed to you,
 and you heard my cries for help.
²³ Love the LORD, all his faithful people.
 The LORD protects those who are loyal
 to him.
 But he punishes those who show they are
 proud.
 He gives them the punishment they
 deserve.
²⁴ Be strong and brave,
 all of you who are waiting for the LORD's
 help.

A maskil of David.

32 It is a great blessing for people
 when they are forgiven for the
 wrongs they have done,

when their sins are pardoned.
² It is a great blessing for people
 when the Lord removes their sin from his
 record,
 when they don't try to hide anything.
³ When I refused to confess my sin,
 I became weak and miserable,
 groaning in pain all day long.
⁴ Day and night I felt your punishment.
 My strength evaporated like water in the
 summer heat. *Selah*
⁵ But then I decided to confess my sins to
 you, LORD.
 I stopped hiding my guilt.
 I said, "I will tell the LORD all the
 wrongs I have done."
 And you forgave all my sins! *Selah*
⁶ So all your faithful people should pray
 to you while they can.
 Then when trouble rises like a flood, it
 will not reach them.
⁷ You are a hiding place for me.
 You protect me from trouble.
 You surround me and protect me,
 so I sing about the way you saved me.
Selah
⁸ You said, "I will teach you and show
 you how you should live.
 I will advise you and watch over you.
⁹ Don't be like a stupid horse or mule
 that runs away
 unless you control it with a bit and
 bridle."
¹⁰ Many pains will come to the wicked,
 but the LORD's faithful love will sur-
 round those who trust in him.
¹¹ Good people, rejoice and be very
 happy in the LORD.
 All you who want to do right, rejoice!
33 You people who do what is right,
 sing for joy to the LORD!
 All who obey him should certainly praise
 him.
² Play the lyre and praise the LORD.
 Play the ten-stringed harp for him.

³ Sing a new song[‡] to him.
 Play it well and sing it loud!
⁴ The LORD's promises are certain.
 He is faithful in everything he does.
⁵ He loves goodness and justice.
 The LORD's faithful love fills the earth.
⁶ The LORD spoke, and the sky was
 made.
 A word from his mouth created the stars.
⁷ He gathered water from the sea
 and stored it above the sky.[†]
⁸ Everyone on earth should worship the
 LORD.
 All the world should fear him,
⁹ because he spoke, and the world began.
 At his command the earth appeared.
¹⁰ The LORD can ruin every decision the
 nations make.
 He can spoil all their plans.
¹¹ But the LORD's decisions are good
 forever.
 His plans are good for generation after
 generation.
¹² Great blessings belong to those who
 have the LORD as their God!
 He chose them to be his own special
 people.
¹³ The LORD looked down from heaven
 and saw all the people.
¹⁴ From his high throne he looked down
 at all the people living on earth.
¹⁵ He created every person's mind,
 and he knows what each one is doing.
¹⁶ A king is not saved by the power of his
 army.
 A soldier does not survive by his own
 great strength.
¹⁷ Horses don't really bring victory in
 war.
 Their strength cannot help you escape.

¹⁸ The LORD watches over those who
 honour him,
 those who wait for him to show his faith-
 ful love.
¹⁹ He saves them from death.
 He keeps them alive in times of famine.
²⁰ So we will wait for the LORD.
 He helps us and protects us.
²¹ He makes us happy
 because we trust him who alone is holy.
²² LORD, we trust in you,
 so continue to show us your faithful love.

[§] *A song of David when he pretended to be
 crazy so that Abimelech would
 send him away, which he did.*

34 I will praise the LORD at all
 times.

I will never stop singing his praises.
² Humble people, listen and be happy,
 while I boast about the LORD.
³ Praise the LORD with me.
 Let us honour his name.
⁴ I went to the LORD for help, and he an-
 swered me.
 He saved me from all that I fear.
⁵ If you look to him for help,
 he will put a smile on your face.
 You will have no need to be ashamed.
⁶ Helpless, I prayed to the LORD, and he
 heard me.
 He saved me from all my troubles.
⁷ The LORD's angel builds a camp
 around those who honour him,
 and he protects them.
⁸ Give the LORD a chance to show you**
 how good he is.
 Great blessings belong to those who go
 to him for protection!

[‡]**33:3 new song** Whenever God did a new and wonderful thing for his people, they would write a new song about it.

[†]**33:7** See Gen. 1:7.

[§]**34:0** In Hebrew, each verse in this psalm begins with the next letter of the alphabet.

^{**}**34:8 Give ... show you** Literally, "Taste and see".

⁹ Honour the LORD, you who are his chosen people.

Those who respect him will always have what they need.

¹⁰ Even strong lions get weak and hungry,

but those who go to the LORD for help will have every good thing.

¹¹ Children, come and listen to me; I will teach you to honour the LORD.

¹² Do you want to enjoy life and have many good days?

¹³ Then avoid saying anything hurtful, and never let a lie come out of your mouth.

¹⁴ Turn away from evil and do good.

And do all you can to live at peace with others.

¹⁵ The LORD watches over those who do what is right, and he listens to their prayers.

¹⁶ But the LORD is against those who do evil, so they are forgotten soon after they die.

¹⁷ Pray to the LORD, and he will hear you.

He will save you from all your troubles.

¹⁸ The LORD is close to those who have suffered disappointment.

He saves those who are discouraged.

¹⁹ Good people might have many problems,

but the LORD will take them all away.

²⁰ He will protect them completely.

Not one of their bones will be broken.

²¹ But troubles will kill the wicked.

The enemies of those who do what is right will be punished.

²² The LORD saves his servants.

All who go to him for protection will escape punishment.

A song of David.

35 LORD, oppose those who oppose me.

Fight those who fight me.

² Pick up your shields, large and small.

Get up and help me!

³ Take a spear and javelin and fight those who are chasing me.

Tell me, "I will rescue you."

⁴ Some people are trying to kill me.

Disappoint them and make them ashamed.

Make them turn and run away.

They are planning to hurt me.

Defeat and embarrass them.

⁵ Make them like chaff blown by the wind.^{††}

Let them be chased by the angel of the LORD.

⁶ Make their road dark and slippery.

Let the angel of the LORD chase them.

⁷ I did nothing wrong, but they tried to trap me.

For no reason at all, they dug a pit to catch me.

⁸ Let some unknown danger catch them.

Let them stumble into their own nets; let them fall into their own traps.

⁹ Then I will sing for joy to the LORD.

I will be happy when he saves me.

¹⁰ With my whole self I will say,

"LORD, there is no one like you.

You protect the poor from those who are stronger.

You save the poor and helpless from those who try to rob them."

¹¹ There are witnesses^{‡‡} trying to harm me.

They ask me questions that I know nothing about.

^{††}**35:5** *wind* This may be a wordplay, because the Hebrew word also means "spirit".

^{‡‡}**35:11** *witnesses* People who tell what they have seen or heard. Here, these people were probably telling lies.

¹²They pay me back evil for the good I have done.

They make me so very sad.

¹³When they were sick,

I was sad and wore rags.

I went without eating to show my sorrow,

but my prayers for them were not answered.

¹⁴So I mourned for them

the same as for a friend or a brother.

I bowed my head in sorrow,

crying as I would for my own mother.

¹⁵But when I had troubles, they came and laughed.

They joined together against me.

People I don't even know have attacked me,

and they keep on insulting me.

¹⁶They make fun of me, saying terrible things.

They grind their teeth to show their anger.

¹⁷Lord, are you ever going to do anything but watch?

Save me from these people!

They are attacking me like lions,

so protect my precious life from them.

¹⁸I will praise you when all your people come together.

I will praise you there among the crowds.

¹⁹Don't let my lying enemies keep on laughing at me.

They have no reason to hate me.

Surely they will be punished for their secret plans.[¶]

²⁰They have no friendly words for others,

but plan ways to hurt those who want to live in peace.

²¹They are telling lies about me.

They say, "Aha! We saw what you did!"

²²LORD, surely you can see what is happening.

So don't keep quiet.

Lord, don't stay away from me.

²³Wake up! Get up!

My God and my Lord, fight for me and bring me justice.

²⁴You are fair, LORD my God, so announce that I am innocent.

Don't let those people have any reason to laugh at me.

²⁵Don't let them think, "Aha! We got what we wanted!"

Don't let them say, "We destroyed him!"

²⁶Let my enemies be ashamed and embarrassed—

all those who were happy about my troubles.

Proud of themselves, they treated me as worthless.

So let them be covered with shame and disgrace.

²⁷For those who want the best for me,

I wish them joy and happiness.

May they always say, "Praise the LORD, who wants what is best for his servant."

²⁸So, Lord, I will tell people how good you are.

I will praise you all day long.

For the music director: a song of David, the LORD's servant.

36 Deep in the hearts of the wicked

a voice tells them to do wrong.

They have no respect for God.

²They lie to themselves.

They don't see their own faults,

so they are not sorry for what they do.

³Their words are wicked lies.

They have stopped doing anything wise or good.

⁴They make wicked plans in bed at night.

[¶]**35:19** *Surely ... plans* Literally, "Will the people who hate me freely wink their eyes?"

They choose a way of life that does no good,
and they never say no to anything evil.

⁵LORD, your faithful love is so great, it reaches the sky!

Your faithfulness is as high as the clouds.

⁶Your goodness is as high as the highest mountains.

Your fairness is as deep as the deepest ocean.

LORD, you protect people and animals.

⁷Nothing is more precious than your true love, God.

All people can find protection close to you,

like baby birds under their mother's wings.

⁸They get strength from all the good things in your house.

You let them drink from your wonderful river.

⁹The fountain of life flows from you.

Your light lets us see light.

¹⁰Continue to love those who really know you,

and do good to those who are true to you.^{§§}

¹¹Don't let proud people trample me or the wicked force me to run away.

¹²Look at the wicked who have fallen! They were crushed.

They will never stand up again.

** A song of David.*

37 Don't get upset about evil people.
Don't be jealous of those who do wrong.

²They are like grass and other green plants

that dry up quickly and then die.

³Trust in the LORD and do good.

Then he will take care of you in your land.

⁴Enjoy serving the LORD,
and he will give you whatever you ask for.

⁵Give your life to the LORD.

Trust in him, and he will help you.

⁶He will make it as clear as day that you are right.

Everyone will see that you are innocent.

⁷Trust in the LORD and wait quietly for his help.

Don't be angry when people make evil plans and succeed.

⁸Don't become so angry and upset that you, too, want to do evil.

⁹The wicked will be destroyed,
but those who look to the LORD for help will get the land back.

¹⁰In a short time there will be no more evil people.

You can look for them all you want, but they will be gone.

¹¹Humble people will take over the land,

and they will enjoy peace and great blessings.

¹²The wicked plan bad things for those who are good.

They show their teeth in anger at them.

¹³But our Lord will laugh at them.

He will make sure they get what they deserve.

¹⁴The wicked draw their swords to kill the poor and the helpless.

They aim their arrows to murder all who do what is right.

¹⁵But their bows will break,
and their swords will pierce their own hearts.

¹⁶Even if a good person has only a little,

^{§§}**36:10** *true to you* Or "honest hearted".

^{*}**37:0** In Hebrew, about every other verse in this psalm begins with the next letter of the alphabet.

it is better than the wealth of all who are evil.

¹⁷ Evil people will lose their power, but the LORD cares for those who are good.

¹⁸ The LORD protects innocent people all their life.

Their family's land will be theirs forever.

¹⁹ When trouble comes, good people will not suffer shame.

When times of famine come, good people will have plenty to eat.

²⁰ But evil people are the LORD's enemies, and they will be destroyed.

They will be like flowers in a field that dry up and burn.

They will disappear like smoke.

²¹ The wicked borrow money and never pay it back,

but good people are kind and generous.

²² Everyone the Lord blesses will get the land he promised, but everyone he curses will be destroyed.

²³ If the LORD is pleased with the way people live, he makes sure they are successful.

²⁴ If they stumble, they will not fall, because the LORD reaches out to steady them.

²⁵ I was young, and now I am old, but I have never seen good people left with no one to help them; I have never seen their children begging for food.

²⁶ They are kind and generous, and their children are a blessing.

²⁷ Stop doing anything evil and do good, and you will always have a place to live in the land.

²⁸ The LORD loves what is right,

and he will never leave his faithful people without help.

He will always protect them, but he will destroy the families of the wicked.

²⁹ Good people will get the land God promised and will live in it forever.

³⁰ Those who do what is right give good advice.

Their decisions are always fair.

³¹ They have learned God's teachings, and they will never stop living right.[†]

³² The wicked are always looking for ways to kill good people.

³³ But the LORD will not let the wicked defeat them.

He will not let good people be judged guilty.

³⁴ Do what the LORD says, and wait for his help.

He will reward you and give you the land he promised.

You will see the wicked being forced to leave.

³⁵ I once saw a wicked man who was powerful.

He was like a strong, healthy tree.

³⁶ But then he was gone.

I looked for him, but I could not find him.

³⁷ Watch carefully those who are good and honest.

Peace-loving people will have many descendants.

³⁸ But those who break the law will be destroyed completely, and their descendants will be forced to leave the land.[‡]

³⁹ The LORD saves those who are good. When they have troubles, he is their place of safety.

[†]37:31 *they ... right* Literally, "his steps will not slip".

[‡]37:38 *forced to leave the land* Or "destroyed". Literally, "cut off".

⁴⁰ The LORD helps good people and rescues them.

They depend on him, so he rescues them from the wicked.

A psalm of David for the day of remembrance.[†]

38 LORD, when you are angry, don't correct me.

No, don't punish me in anger.

² I feel like you have shot me with arrows or struck me down with your hand.

³ Your anger has made me sick all over. The pain of my sin makes my bones feel weak.

⁴ My guilt is like a heavy burden. I am sinking beneath its weight.

⁵ I did a foolish thing, and now I have infected sores that stink.

⁶ I am bent and bowed down. I am depressed all day long.

⁷ I am burning with fever, and my whole body hurts.

⁸ I hurt so much I cannot feel anything. My pounding heart makes me scream!

⁹ My Lord, you heard my groaning. You can hear my sighs.

¹⁰ My heart is pounding. My strength is gone, and I am going blind.[§]

¹¹ Because of my sickness, my friends and neighbours will not visit me;

my family will not come near me.

¹² My enemies say bad things about me. They are spreading lies and rumours; they talk about me all the time.

¹³ But I am like a deaf man and cannot hear.

I am like someone who cannot speak.

¹⁴ I am like those who cannot hear what people are saying about them.

I cannot answer to prove my enemies wrong.

¹⁵ LORD, you must defend me.

Lord my God, you must speak for me.

¹⁶ I prayed that my enemies would have no reason to celebrate.

If I stumble and fall, they will laugh proudly.

¹⁷ Well, I am about to fall.

All I can think about is my pain.

¹⁸ Lord, I told you about the evil I have done.

I am sorry for my sin.

¹⁹ But I did nothing to deserve all these enemies.

There are so many who hate me for no reason.

²⁰ I did nothing but good, and they pay me back with evil.

I try to do what is right, but that only makes them turn against me.

²¹ LORD, don't leave me.

My God, stay close to me.

²² Come quickly and help me.

My Lord, you are the one who saves me.

*For the music director,
Jeduthun. ** A psalm of David.*

39 I said, "I will be careful about what I say.

I will not let my tongue cause me to sin. I will keep my mouth closed^{††} when I am around wicked people."

² So I was completely quiet.

I kept myself from speaking at all.

But I became even more upset.

³ I was very angry,

[†]**38:0** *for ... remembrance* The ancient Greek version has "for the Sabbath".

[§]**38:10** *I am going blind* Or "My eyes have lost their sparkle." Literally, "Even the light of my eyes is no longer with me."

^{**}**39:0** *Jeduthun* Or "and to Jeduthun", one of the three main temple musicians. See 1 Chr. 9:16; 16:38-42.

^{††}**39:1** *will keep ... closed* Literally, "guard my mouth with a muzzle".

and the more I thought about it, the angrier I became.

So I said something.

⁴LORD, tell me, what will happen to me now?

Tell me, how long will I live?

Let me know how short my life really is.

⁵The life you gave me is so very short.

To you, my whole life is like the blink of an eye.

The life of every human is like a cloud that quickly disappears. *Selah*

⁶This life is not real—it is only a shadow.^{‡‡}

We rush through life collecting things, and we don't know who will get them after we die.

⁷So, Lord, what hope do I have?

I put my trust in you!

⁸Save me from the bad things I did.

Don't let me be treated like a fool.

⁹I did not open my mouth.

I did not say anything

because you were the one who made me suffer.

¹⁰But please stop punishing me.

You will destroy me if you do not stop.

¹¹You punish people for doing wrong to teach them the right way to live.

As a moth destroys cloth, you destroy what people love.

Yes, our lives are like a small cloud that quickly disappears. *Selah*

¹²LORD, hear my prayer!

Listen to the words I cry to you.

Please notice my tears.

Like a foreigner living in your land, I depend on you.

Like all my ancestors, I can only trust in your kindness.

¹³So leave me alone to relax and enjoy myself a little

before I am dead and gone.

For the music director: a psalm of David.

40 I waited patiently^{¶¶} for the LORD. He turned to me and heard my cries.

²He lifted me out of the grave.^{§§}

He lifted me from that muddy place.*

He picked me up, put me on solid ground,

and kept my feet from slipping.

³He put a new song[†] in my mouth, a song of praise to our God.

Many will see what he did and worship him.

They will put their trust in the LORD.

⁴Great blessings belong to those who trust in the LORD,

for those who do not turn to demons and false gods[‡] for help.

⁵LORD my God, you have done many amazing things!

You have made great plans for us.

No one is like you!

I could talk on and on about them,

because there are too many to count.

⁶Lord, you made me understand this:[¶]

You don't really want sacrifices and grain offerings.

^{‡‡}39:6 *This life ... shadow* Or “Our life is like an image in a mirror.”

^{¶¶}40:1 *waited patiently* Or “called”.

^{§§}40:2 *grave* Literally, “pit of destruction”. That is, “Sheol”, the place of death.

^{*}40:2 *muddy place* In many ancient stories, Sheol, the place of death, is a dark place with mud all around, like a grave.

[†]40:3 *new song* Whenever God did a new and wonderful thing for his people, they would write a new song about it.

[‡]40:4 *demons and false gods* Or “proud and deceptive people”.

[¶]40:6 *you made ... this* Literally, “you have dug my ears”. The ancient Greek version has “you prepared a body for me”.

You did not ask for burnt offerings and sin offerings.

⁷ So I said, "Here I am, ready to do what was written about me in the book.

⁸ My God, I am happy to do whatever you want.

I never stop thinking about your teachings."

⁹ I told all your people how faithful you have been to help us.

LORD, you know that I cannot keep from telling such good news.

¹⁰ I told about the good things you have done.

I did not hide these things in my heart. I spoke of how you can be trusted to save us.

I have never failed to tell everyone there about your love and loyalty.

¹¹ LORD, do not hide your mercy from me.

Let your love and loyalty always protect me.

¹² Troubles have surrounded me; they are too many to count! My sins have caught me, and I cannot escape them. They are more than the hairs on my head.

I have lost my courage.

¹³ Please, LORD, rescue me!

LORD, hurry and help me!

¹⁴ People are trying to kill me.

Please disappoint them.

Humiliate them completely!

They wanted to hurt me.

Make them run away in shame!

¹⁵ May those who make fun of me be too embarrassed to speak!

¹⁶ But may those who come to you be happy and rejoice.

May those who love being saved by you

always be able to say, "The LORD is great!"

¹⁷ My Lord, I am only a poor, helpless man,

but please pay attention to me.

You are my helper, the one who can save me.

My God, don't be too late.

For the music director: a psalm of David.

41 Those who help the poor will get many blessings.[§]

When trouble comes, the LORD will save them.

² The LORD will protect them and save their lives.

He will not let their enemies harm them. They will be known as blessed in this land.

³ When they are sick in bed, the LORD will give them strength and make them well!

⁴ I say, "LORD, be kind to me. I sinned against you, but forgive me and make me well."

⁵ My enemies say bad things about me. They ask, "When will he die and be forgotten?"

⁶ If they come to see me, they don't say what they are really thinking.

They come to gather a little gossip and then go to spread their rumours.

⁷ Those who hate me whisper about me; they imagine the worst that can happen to me.

⁸ They say, "He has a terrible disease. He will never get well."

⁹ My best friend, the one I trusted, the one who ate with me—even he has turned against me.

¹⁰ LORD, please be kind to me.

Let me get up, and I will pay them back.

¹¹ Don't let my enemy defeat me.

[§]41:1 Or "Those who teach the poor will be very fortunate."

Then I will know that you are pleased with me.

¹²I was innocent and you supported me. You let me stand and serve you forever.

¹³Praise the LORD, the God of Israel.

He always was, and he always will be.

Amen and Amen!

Book 2

(Psalms 42 – 72)

For the music director: a maskil from the Korah family.

42 Like a deer longing for streams of water,

I long for you, my God.

²I thirst for God, the living God.

When can I go to meet with him?

³Instead of food, I have only tears day and night,

as my enemies keep asking me, “Where is your God?”

⁴My heart breaks as I remember the pleasant times,

when I walked with the crowds as I led them up to God’s Temple.

I remember the happy songs of praise as they celebrated the festival.

⁵⁻⁶Why am I so sad?

Why am I so upset?

I tell myself, “Wait for God’s help!

You will again be able to praise him, your God, the one who will save you.”

In my sadness, I will remember you from here on Mount Mizar,

where Mount Hermon and the Jordan River meet.

⁷I hear the roar of the water coming from deep within the earth.

It shouts to the water below as it tumbles down the waterfall.

God, your waves come one after another, crashing all around and over me. ^{**}

⁸By day the LORD shows his faithful love,

and at night I have a song for him—a prayer for the God of my life. ^{††}

⁹I say to God, my Rock,

“Why have you forgotten me?

Why must I suffer this sadness that my enemies have brought me?”

¹⁰Their constant insults are killing me.

They never stop asking, “Where is your God?”

¹¹Why am I so sad?

Why am I so upset?

I tell myself, “Wait for God’s help!

You will again be able to praise him, your God, the one who will save you.”

43 Bring justice to me, God! Defend me against this nation

that has broken its agreement.

Save me from these evil liars.

²God, you are my place of safety.

Why have you turned me away?

Why must I suffer this sadness

that my enemies have brought me?

³Send your light and your truth to guide me,

to lead me to your holy mountain, to your home.

⁴I want to go to God’s altar,

to the God who makes me so very happy.

God, my God, I want to play my harp

and sing praises to you!

⁵Why am I so sad?

Why am I so upset?

I tell myself, “Wait for God’s help!

You will again have a chance to praise him,

your God, the one who will save you.”

^{**}42:7 *God, your waves ... over me* These word pictures describe the psalmist’s feelings about the many troubles the Lord has allowed him to experience.

^{††}42:8 *the God of my life* Or “my living God”.

*For the music director: a maskil
from the Korah family.*

44 God, we have heard about you.
Our ancestors told us what you
did in their lifetime.

They told us what you did long ago.

² With your great power you took this
land from other people,
and you settled our ancestors here.

You crushed those other nations,
but you made our ancestors successful.

³ It was not our fathers' swords that took
the land.

It was not their strength that brought
them victory.

It was your power and strength.

It was because you accepted them and
smiled down on them.

⁴ You are my God and my king.

Give the command and lead Jacob's peo-
ple to victory.

⁵ We need your help to push our enemies
back.

Only by your power can we trample
those who attacked us.

⁶ I don't put my trust in my bow.

My sword cannot save me.

⁷ You are the one who saved us from our
enemies.

You are the one who put our enemies to
shame.

⁸ We have praised you all day long,
and we will praise your name forever.

Selah

⁹ But you rejected us and put us to
shame.

You did not go with us into battle.

¹⁰ You let our enemies push us back.

You let them take our wealth.

¹¹ You gave us away like sheep to be
killed and eaten.

You scattered us among the nations.

¹² You sold your people for nothing.

You did not even argue over the price.

¹³ You made us a joke to our neighbours.
They laugh and make fun of us.

¹⁴ You made us one of the stories that
people love to tell.

People all over the world laugh at us and
shake their heads.

¹⁵ All I can think about is my shame.

Just look at my face, and you will see it.

¹⁶ All I can hear are the jokes and insults
of our enemy,

as I watch them take their revenge.

¹⁷ We wonder why all this has happened
to us.

We have not forgotten you
or broken the agreement you made with
us.

¹⁸ We have not turned away from you
or stopped following you.

¹⁹ But you crushed us in this home of
jackals.

You left us in this place as dark as death.

²⁰ Did we forget the name of our God?

Did we pray to foreign gods?

²¹ If we did, God knows it,

because he knows our deepest secrets.

²² All day long we are being killed for
you.

We are like sheep being led away to be
killed.

²³ Lord, wake up!

Why are you sleeping?

Get up! Don't reject us forever!

²⁴ Why are you hiding from us?

Have you forgotten our pain and
troubles?

²⁵ We have been pushed down into the
dirt.

We are lying face down in the dust.††

²⁶ Get up and help us!

Rescue us because of your faithful love.

††44:25 This shows that the people were being treated like slaves who must bow down to their masters.

*For the music director: to the tune
“Shoshanim”.^{¶¶} A maskil from
the Korah family. A love song.*

45 Beautiful thoughts fill my mind
as I speak these lines for the king.

These words come from my tongue
as from the pen of a skilled writer.

²You are more handsome than anyone,
and you say such pleasant things.
So God will always bless you.

³Put on your sword, mighty warrior,
so impressive in your splendid uniform.

⁴Ride out in your greatness to win the
victory for what is true and right.

Let us see the amazing things you can do
with your powerful right arm.

⁵Your sharp arrows will go deep into the
hearts of your enemies,
who will fall to the ground in front of
you.

⁶Your kingdom from God will last for-
ever.^{§§}

You use your authority for justice.

⁷You love what is right and hate what is
wrong.

So God, your God, chose you to be king,
giving you more joy and honour than
anyone like you.*

⁸From your clothes comes the wonderful
smell of myrrh, aloes and cassia.

In palaces decorated with ivory,
you enjoy the music of stringed
instruments.

⁹Here are ladies of honour, daughters of
kings.

Your bride[†] stands at your right side,
wearing a gown decorated with the
finest gold.

¹⁰My lady,[‡] listen to me.

Listen carefully and understand me.

Forget your people and your father's
family,

¹¹so that the king will be pleased with
your beauty.

He will be your new husband,[¶]
so you must honour him.

¹²People from Tyre will bring you gifts.
Their richest people will try to win your
friendship.

¹³The princess is so beautiful in her
gown,

like a pearl set in gold.

¹⁴Clothed in beauty, she is led to the
king,

followed by her bridesmaids.

¹⁵Filled with joy and excitement,
they enter into the king's palace.

¹⁶Your sons will be kings like their
ancestors.

You will make them rulers throughout
the land.

¹⁷My song will make you famous for
generations.

People from other nations will praise
you for ever and ever.

^{¶¶}45:0 *to the tune “Shoshanim”* Or “on the Shoshanim”.

^{§§}45:6 *Your ... forever* Or “You represent God, so your kingdom will last forever,” or “Your kingdom, God, will last forever.” The word “God” may be used here to describe “kingdom”, or as a title for the king.

*45:7 *chose ... anyone like you* Literally, “anointed you with the oil of gladness above your companions”. This refers to the special oil used in the dedication of a new priest or king.

[†]45:9 *bride* Or “queen”.

[‡]45:10 *My lady* Literally, “Daughter”.

[¶]45:11 *husband* Or “master”.

For the music director: a song from the Korah family. Use the alamoth.[§] A song.

46 God is our strong fortress and source of strength.

He is always ready to help us in times of trouble.

²So we are not afraid when the earth quakes

and the mountains fall into the sea.

³We are not afraid when the seas become rough and dark

and the mountains tremble. *Selah*

⁴There is a river whose streams bring happiness to God's city, to the holy home of God Most High.

⁵God is in that city, so it will never be destroyed.

He will help when morning comes.

⁶Nations shake with fear and kingdoms fall

when God shouts and makes the earth move.

⁷The LORD All-Powerful is with us.

The God of Jacob is our place of safety. *Selah*

⁸Look at the powerful things the LORD has done.

See the terrifying things he has done on earth.

⁹He stops wars all over the world.

He breaks the soldiers' bows, shatters their spears

and burns their shields.**

¹⁰God says, "Stop fighting and know that I am God!

I am the highest ruler over the nations, the one who rules the world."

¹¹The LORD All-Powerful is with us;

the God of Jacob is our place of safety. *Selah*

For the music director: a psalm from the Korah family.

47 All you nations, clap your hands. Shout with joy to God!

²The LORD, the Most High God, is awesome.

He is the great King over all the earth.

³He helped us defeat other nations.

He put them under our control.

⁴He chose our land for us.

He chose that wonderful land for Jacob, the one he loved. *Selah*

⁵The LORD God has gone up to his throne

at the sound of the trumpet and horn.

⁶Sing praises to God, sing praises!

Sing praises to our King, sing praises!

⁷God is the King of the whole world.

Sing songs of praise!^{††}

⁸God rules all the nations;

he sits on his holy throne.

⁹The leaders of the nations have come together

with the people of the God of Abraham.

All the rulers of the world belong to God.

He is over them all!

A song, a psalm from the Korah family.

48 The LORD is great! He is praised throughout the city of our God, his holy mountain.

²His city is high and beautiful, and it brings joy to people from around the world.

Mount Zion is the true mountain of God.^{‡‡}

[§]**46:0 alamoth** This might be a musical instrument, a special way of tuning an instrument, a music style or one of the groups that played harps in the Temple orchestra. See 1 Chr. 15:20.

****46:9 shields** Or "chariots".

††**47:7 songs of praise** Literally, "maskil". See maskil in the Word List.

‡‡**48:2 true mountain of God** Literally, "the summit of Zaphon". In Canaanite stories, Mount Zaphon was where the gods lived.

It is the city of the great King.

³In the fortresses of that city,
God has shown himself to be its
protector.

⁴Once some kings met together
and planned an attack against this city.
They marched towards the city,

⁵but when they saw it, they were
amazed.

They all panicked and ran away.

⁶Fear grabbed them;
they trembled like a woman giving birth.

⁷God, with a strong east wind,
you wrecked their big ships.

⁸Yes, we heard the stories about your
power,

but we also saw it in the city of our God,
the city of the LORD All-Powerful.

God makes that city strong forever. *Selah*

⁹God, here we are in your Temple,
remembering the true love you have
shown us.

¹⁰Your name is known everywhere,
God,

and people throughout the earth praise
you.

You have shown that you do what is
right.

¹¹Mount Zion is happy,
and the towns of Judah rejoice
because your decisions are fair.

¹²Walk around Jerusalem
and count its towers.

¹³Notice its strong walls
and look at its huge buildings.

Then you can tell your children about
them.

¹⁴These things show us what God is like:
He is our God for ever and ever.
He will always take care of us!

*For the music director: a psalm
from the Korah family.*

49 Listen to this, all you nations.
Pay attention, all you people on
earth.

²Everyone, rich and poor,
listen to me.

³I have some very wise words for you.

My thoughts will give you
understanding.

⁴I listened to these wise sayings.

And with my harp, I will sing and make
the hidden meaning clear.

⁵Why should I be afraid when trouble
comes?

There is no need to fear when evil ene-
mies surround me.

⁶They think their wealth will protect
them.

They boast about how rich they are.

⁷But no one has enough to buy back a
life,

and you cannot bribe[¶] God.

⁸You will never get enough money
to pay for your own life.

⁹You will never have enough
to buy the right to live forever
and keep your body out of the grave.

¹⁰Look, the wise die the same as fools
and stupid people.^{§§}

And their wealth stays here for others to
use.

¹¹It doesn't matter how much land they
owned,

because the grave will be their home for
the future.

¹²Even the rich and famous cannot stay
here forever;

they will die like the animals.

¹³That is what happens to all who trust
in themselves

[¶]49:7 *bribe* Here, this means offering a gift or sacrifice so that God will not punish a guilty person.

^{§§}49:10 *stupid people* Or "animals".

and to anyone who accepts their way of life. *Selah*

¹⁴ They are like sheep that have death as a shepherd to lead them to their grave.

When morning comes, the good people will enjoy victory, as the bodies of the proud slowly rot in the grave,

far away from their fancy houses.

¹⁵ But God will pay the price to save me from the grave.

He will take me to a safe place. *Selah*

¹⁶ Don't be jealous when you see others get rich

and fill their fancy houses with luxuries.

¹⁷ They will not take anything with them when they die.

They will go to the grave without their wealth.

¹⁸ A rich man might tell himself how well he has done in life, and other people might praise him.

¹⁹ But the time will come for him to die and go to his ancestors, and he will never again see the light of day.

²⁰ Wealthy people don't seem to understand

that they will die like the animals.

A psalm of Asaph.

50 The Most Powerful God, the LORD has spoken.

He calls to everyone on earth, from where the sun rises to where it sets.

² God shines like a light from Zion, the city of perfect beauty.

³ Our God is coming and will not keep quiet.

Fire burns in front of him.

There is a great storm around him.

⁴ He tells the sky and the earth to be witnesses as he judges his people.

⁵ He says, "Bring my faithful people to me.

Bring all who made an agreement with me by offering a sacrifice."

⁶ God is the judge, and the skies tell how fair he is. *Selah*

⁷ God says, "My people, listen to me! People of Israel, I will show my evidence against you.

I am God, your God.

⁸ The problem I have with you is not your sacrifices or the burnt offerings you bring to me every day.

⁹ Why would I want more bulls from your barns or goats from your pens?

¹⁰ I already own all the animals in the forest.

I own all the animals on a thousand hills.

¹¹ I know every bird in the mountains. Everything that moves in the fields is mine.

¹² If I were hungry, I would not ask you for food.

I already own the world and everything in it.

¹³ I don't eat the meat of bulls or drink the blood of goats."

¹⁴ You made promises to God Most High, so give him what you promised.

Bring your sacrifices and offerings of thanksgiving.

¹⁵ God says, "Call me when trouble comes.

I will help you, and you will honour me."

¹⁶ But God says to the wicked,

"Stop quoting my laws! Stop talking about my agreement!

¹⁷ You hate for me to tell you what to do. You ignore what I say.

¹⁸ You see a thief and run to join him.

You jump into bed with those who commit adultery.

¹⁹ The words that come from your mouth are evil.

You use your tongue for telling lies.

²⁰ You sit around talking about people

and find fault with your own family.

²¹ When you did these things, I said nothing.

So you thought that I* was just like you. But I will not be quiet any longer.

I will correct you and make clear what I have against you.

²² “You people who have forgotten God, understand what I am telling you, or I will tear you apart, and no one will be able to save you!

²³ Whoever gives an offering of thanksgiving shows me honour, and whoever decides to do what is right will see my power to save.”

For the music director: a psalm of David written when Nathan the prophet came to him after David’s sin with Bathsheba.

51 God, be merciful to me because of your faithful love.

Because of your great compassion, erase all the wrongs I have done.

² Scrub away my guilt.

Wash me clean from my sin.

³ I know I have done wrong.

I remember my sin all the time.

⁴ I did what you say is evil.

You are the one I have sinned against.

I say this so that people will know that I am wrong and you are right.

What you decided is fair.

⁵ I was born to do wrong, a sinner before I left my mother’s womb.

⁶ You want me to be completely loyal, so put true wisdom deep inside me.

⁷ Remove my sin and make me pure.[†]

Wash me until I am whiter than snow!

⁸ Let me hear sounds of joy and happiness again.

Let the bones you crushed be happy again.

⁹ Don’t look at my sins.

Erase them all.

¹⁰ God, create a pure heart in me.

Give me a new desire to be faithful.

¹¹ Don’t push me away or take your Holy Spirit from me.

¹² Give me the joy I felt when you saved me.

Fill me with the desire to obey you.

¹³ I will teach the guilty how you want them to live,

and the sinners will come back to you.

¹⁴ God, spare me from the punishment of death.[‡]

My God, you are the one who saves me! Let me sing about all the good things you do for me!

¹⁵ My Lord, I will open my mouth and sing your praises!

¹⁶ You don’t really want sacrifices, or I would give them to you.

¹⁷ The sacrifice that God wants is a humble spirit.

God, you will not reject a person who comes to you

with a broken heart, ready to obey.

¹⁸ God, please be good to Zion.

Rebuild the walls of Jerusalem.

¹⁹ Then you can enjoy the kind of sacrifices you want.[†]

You will receive burnt offerings, and people will again offer bulls on your altar.

*50:21 *that I* Or “that the ‘I AM’”.

†51:7 *Remove ... pure* Literally, “Cleanse me with hyssop.” See hyssop in the Word List.

‡51:14 *spare ... death* Or “don’t consider me guilty of murder”.

†51:19 *the kind ... you want* Or “the offering of righteousness”.

For the music director: a maskil of David written when Doeg the Edomite went to Saul and told him, "David is in Ahimelech's house."

52 You think you are so great, but why boast about the evil you do?

God's faithful love protects me all the time.

²You make plans to hurt people. You use your tongue like a sharp razor, always making up lies!

³You love evil more than good. You love lies more than truth. *Selah*

⁴You love to say things that confuse people.

You are nothing but a liar!

⁵So God will ruin you forever! He will grab you and pull you from your home,[§]

like someone pulling up a plant by the roots! *Selah*

⁶It will be a shock for good people who see this happen,

but then they will laugh at you and say,

⁷"Look what happened to this man who refused to depend on God!

This fool trusted in his great wealth, and he thought that hurting others would make him stronger."

⁸But I am safe in God's house, like a healthy olive tree.

I trust in God's faithful love that never ends.

⁹God, I praise you forever for what you have done.

Together with your faithful people, I will put my hope in you,

because you are good!

*For the music director: use the mahalath. ** A maskil of David.*

53 Only fools think there is no God. People like that are evil and do disgusting things.

They never do what is right.

²God looks down from heaven to see if there is anyone who is wise, anyone who looks to him for help.

³But everyone has turned away from him.

Everyone has become evil.

No one does anything good.

No, not one person!

⁴Those who are evil treat my people like bread to be eaten,

and they never ask for God's help.

Don't they know what they are doing?

⁵They will be filled with fear— a fear like they have never felt before!

People of Israel, you will defeat those who attacked you,

because God has rejected them.

And he will scatter their bones.

⁶I wish the one who lives on Mount Zion would bring victory to Israel!

When God makes Israel successful again, the people of Jacob will be happy;

the people of Israel will be glad.

For the music director: with instruments. A maskil of David written when the Ziphites went to Saul and told him, "We think David is hiding among our people."

54 God, use your power and save me.

Use your great power to set me free.^{††}

²God, listen to my prayer.

Listen to what I say.

[§]52:5 *home* This means the body. This is like saying, "God will end your life here on earth."

**53:0 *mahalath* Probably a musical term. It might be the name of an instrument or a tune, or it might mean a certain musical style.

††54:1 Literally, "God, save me with your name, judge me with your might."

³ Strangers who don't even think about
God have turned against me.

Those powerful men are trying to kill
me. *Selah*

⁴ Look, my God will help me.

My Lord will support me.

⁵ He will punish the people who turned
against me.

God, be faithful to me and destroy them.

⁶ LORD, I will give freewill offerings to
you.

I will praise your good name.

⁷ You saved me from all my troubles.

I saw my enemies defeated.

*For the music director: with
instruments. A maskil of David.*

55 God, hear my prayer.
Don't ignore my cry for help.

² Please listen and answer me.

Let me speak to you and tell you what
upsets me.

³ My enemies shout at me
and threaten me.

In their anger they attack me.

They bring troubles crashing down on
me.

⁴ My heart is pounding inside me.

I am afraid to die.

⁵ I am trembling with fear.

I am terrified!

⁶ Oh, I wish I had wings like a dove.

I would fly away and find a place to rest.

⁷ I would run far away

and live in the desert. *Selah*

⁸ I would hurry and find a place to hide.

I would escape from this storm of
trouble.

⁹ My Lord, confuse their words and stop
their plans.

I see so much cruelty and fighting in this
city.

¹⁰ Day and night, in every
neighbourhood,

the city is filled with evil and trouble.

¹¹ There is so much crime in the streets.

People who hurt and cheat others are
everywhere.

¹² If it were an enemy insulting me,
I could endure it.

If it were my enemies attacking me,
I could hide.

¹³ But it is you, the one so close to me,
my companion, my good friend, who
does this.

¹⁴ We used to share our secrets with each
other,

as we walked through the crowds to-
gether in God's Temple.

¹⁵ I wish death would take my enemies
by surprise!

I wish the earth would open up and swal-
low them alive,^{‡‡}

because they plan such terrible things
together.

¹⁶ I will call to God for help,
and the LORD will save me.

¹⁷ I speak to God morning, noon and
night.

I tell him what upsets me, and he listens
to me!

¹⁸ Many enemies surround and attack
me,

but he will rescue me and bring me home
safely.

¹⁹ God, who has always ruled as king,
will hear me and punish my enemies.

Selah

But they will never change.

They don't fear and respect God.

²⁰ This one who was once my friend now
attacks his friends.

He is breaking every promise he made.

²¹ His words about peace are as smooth
as butter,

^{‡‡}55:15 *I wish ... alive* Literally, "I wish they would go down into Sheol alive." See Num. 16:31-33.

but he has only war on his mind.
 His words are as slick as oil,
 but they cut like a knife.
²² Give your worries to the LORD,
 and he will care for you.
 He will never let those who are good be
 defeated.
²³ But, God, you will send those liars and
 murderers to the grave.
 They will die before their life is half
 finished!
 As for me, I will put my trust in you.

*For the music director: to the tune "The
 Dove in the Distant Oak". A
 miktam of David written when the
 Philistines captured him in Gath.*

56 God, people have attacked me, so
 be merciful to me.
 They have been chasing me all day, clos-
 ing in to attack me.
² All day long, my enemies attack me.
 There are so many fighting against me.
³ God Most High,[¶] when I am afraid,
 I put my trust in you.
⁴ I trust in God;
 I praise him for his promise to save me.
 So I do not fear what people can do to
 me!
⁵ All day long my enemies hurt me with
 their words.
 They are always making plans against
 me.
⁶ They hide together^{§§} and watch every
 move I make,
 hoping for a way to kill me.
⁷ God, send them away because of the
 bad things they did.
 Show your anger and defeat those
 people.
⁸ You know how upset I have been.
 You have kept all my tears in a bottle.

You have counted each one.
⁹ When I call for help, my enemies will
 turn and run.
 Yes, I know that God is on my side!
¹⁰ I praise God for his promise.
 I praise the LORD for his promise to me.
¹¹ I trust God, so I am not afraid
 of what people can do to me!
¹² God, I will keep the special promises I
 made to you.
 I will give you my offering of
 thanksgiving.
¹³ You saved me from death.
 You kept me from being defeated.
 So I will serve you in the light
 that only the living can see.

*For the music director: to the tune "Don't
 Destroy". A miktam of David
 written when he escaped from
 Saul and went into the cave.*

57 God, be merciful to me! Have
 mercy
 because I depend on you to protect me.
 I run to you like a bird to its mother,
 hiding under her wings until the danger
 has passed.
² I pray to God Most High for help,
 and he takes care of me completely!
³ From heaven he helps me and saves
 me.
 He will shame the one who attacks me.
Selah
 God will remain loyal to me
 and send his love to protect me.
⁴ My life is in danger.
 My enemies are all around me.
 They are like man-eating lions,
 with teeth like spears or arrows
 and tongues like sharp swords.
⁵ God, rise above the heavens!
 Let all the world see your glory.

[¶]**56:3 God Most High** This term actually appears at the end of verse 2. If it belongs there, it could mean "[from] a high place" or perhaps, "in pride".

^{§§}**56:6 hide together** This follows the ancient Latin and Aramaic translations. The traditional Hebrew text reads "attack, hide in wait".

⁶ My enemies set a trap to trip me
and make me fall.
They dug a deep pit to catch me,
but they will fall into it. *Selah*
⁷ God, I am devoted to you with all my
heart;
I will sing songs of praise to you!
⁸ I must wake up!
Harps and lyres, wake up,
and let's wake the dawn!
⁹ My Lord, I will give thanks to you be-
fore all people.
I will praise you in song everywhere on
earth.
¹⁰ Your love is so great, it reaches the
sky!
Your faithfulness is as high as the clouds.
¹¹ God, rise above the heavens!
Let all the world see your glory.

*For the music director: to the tune "Don't
Destroy". A miktam of David.*

58 You rulers* are not being fair in
your decisions.
You are not judging people fairly.
² No, you only think of evil things to do.
You commit violent crimes against the
people on earth.
³ Wicked people started doing wrong as
soon as they were born.
They have been liars from birth.
⁴ Their lies are as deadly as the poison of
a snake.
They shut their ears like a deaf cobra
⁵ that does not listen to the music of the
snake charmers,
no matter how well they play.
⁶ God, they are like lions.
So, LORD, break their teeth.
⁷ Make them disappear like water down
a drain.

Let them be crushed like weeds on a
path.
⁸ Let them be like snails melting away as
they move.
Let them be like a baby born dead, who
never saw the light of day.
⁹ Let them be destroyed suddenly,
like the thorns that are burned to quickly
heat a pot.
¹⁰ Good people will be happy
when the wicked get the punishment
they deserve.
They will feel like soldiers
walking through the blood of their ene-
mies![†]
¹¹ Then people will say, "Good people re-
ally are rewarded.
Yes, there is a God judging the world!"[‡]

*For the music director: to the tune "Don't
Destroy". A miktam of David written
when Saul sent people to watch
David's house to try to kill him.*

59 My God, save me from my
enemies.
Protect me from those who stand against
me.
² Save me from those who do wrong
and from those murderers.
³ Look, powerful men are waiting for me.
LORD, they are waiting to kill me,
even though I did not sin or commit a
crime.
⁴ I have done nothing wrong,
but they are rushing to attack me.
Wake up and see what's happening!
⁵ You are the LORD God All-Powerful,
the God of Israel!
Get up and punish those enemy nations!
Show no mercy to those evil traitors.
Selah

*58:1 rulers Literally, "gods".

†58:10 They ... enemies Literally, "They will wash their feet in the blood of the wicked."

‡58:11 Yes ... world Or "There are gods judging the world."

⁶ Those evil men are like dogs
that come into town in the evening,
growling and roaming the streets.
⁷ Listen to their threats and insults.
They say such cruel things,
and they don't care who hears them.
⁸ But LORD, you laugh at them.
You make fun of them all.
⁹ God, my strength, I look to you for
help.[¶]
You are my place of safety, high in the
mountains.
¹⁰ God loves me, and he will help me
win.
He will help me defeat my enemies.
¹¹ Do not just kill them, or my people
might forget.
My Lord and protector, scatter and de-
feat them with your strength.
¹² Those evil people curse and tell lies.
Punish them for what they said.
Let their pride trap them.
¹³ Destroy them in your anger;
destroy them completely!
Then people across the world will know
that God rules over the people of Jacob.
Selah
¹⁴ Those evil men are like dogs
that come into town in the evening,
growling and roaming the streets.
¹⁵ They roam around looking for food,
but even if they eat their fill,
they still growl and complain.
¹⁶ But I will sing about your strength.
Every morning I will sing about your
love.
You have been my place of safety,
the place I can run to when troubles
come.
¹⁷ I will sing praises to you, my source of
strength.
You, God, are my place of safety.
You are the God who loves me!

For the music director: to the tune "Lily of the Agreement". A miktam of David for teaching. Written after David fought the Arameans of northern Mesopotamia and Joab turned back and defeated 12,000 Edomite soldiers at Salt Valley.

60 God, you were angry with us.
You rejected us and destroyed our defences.

Please make us strong again.

² You shook the earth and split it open.
It is falling apart like a broken wall.

Please put it back together.

³ You have given your people many
troubles.

We are dizzy from the bitter wine you
have given us to drink.

⁴ Raise up a flag to show those who serve
you

where to gather to escape the enemy's
attack. *Selah*

⁵ Use your great power and give us
victory!

Answer our prayer and save the people
you love.

⁶ From his Temple[§] God made this
promise:

"I will enjoy victory and give the land to
my people!

I will divide up the city of Shechem for
them.

I will give them Succoth Valley piece by
piece.

⁷ The lands of Gilead and Manasseh will
be mine.

Ephraim will be my helmet.

Judah will be my royal sceptre.

⁸ Moab will be the bowl for washing my
feet.

Edom will be the slave who carries my
sandals.

[¶]59:9 *God ... help* Or "I will sing my songs of praise to you." See Ps. 59:17.

[§]60:6 *From his Temple* Or "In his holiness".

I will shout in victory over the Philistines.”

⁹⁻¹⁰ But, God, it seems that you have rejected us!

You do not go out with our army.

So who will lead me into the strong, protected city?

Who will lead me into battle against Edom?

¹¹ Help us defeat the enemy!

No one on earth can rescue us.

¹² With God on our side, we can win the battle.

Only he can defeat our enemies!

For the music director: with stringed instruments. A song of David.

61 God, hear my cry for help. Listen to my prayer.

² From a faraway land I call to you for help.

I feel so weak and helpless!

Carry me to a high rock where no one can reach me.

³ You are my place of safety, a strong tower that protects me from my enemies.

⁴ I want to live in your tent** forever and be safe under the shelter of your wings. *Selah*

⁵ God, you have heard my promises to you, and you have given me the blessings that belong to all who serve you.

⁶ Give the king a long life.

Let him live forever!

⁷ Let him rule in your presence forever. Protect him with your faithful love.

⁸ Then I will praise your name forever, and every day I will do what I promised.

For the music director, Jeduthun.†† A psalm of David.

62 Here I am, quietly looking to God for help.

My salvation comes from him.

² He is my Rock, the only one who can save me.

He is the fortress where no enemy can defeat me.

³ How long will you people attack me?

Do you all want to kill me?

I am like a leaning wall, like a fence ready to fall.

⁴ You want only to destroy me, to bring me down from my important position.

It makes you happy to tell lies about me.

In public, you say nice things, but in private, you curse me. *Selah*

⁵ Here I am, quietly looking to God for help.

My hope comes from him.

⁶ He is my Rock, the only one who can save me.

He is the fortress where no enemy can defeat me.

⁷ My victory and honour come from God.

He is the mighty Rock, where I am safe.

⁸ People, always put your trust in God!

Tell him all your problems.

God is our place of safety. *Selah*

⁹ People cannot really help.

You cannot depend on them.

Compared to God, they are nothing—no more than a gentle puff of air!

¹⁰ Don't trust in your power to take things by force.

Don't think you will gain anything by stealing.

And if you become wealthy, don't put your trust in riches.

** **61:4 tent** The place where God lives among his people. Here, it is the Temple in Jerusalem. See Holy Tent and Temple in the Word List.

†† **62:0 Jeduthun** Or “and to Jeduthun”, one of the three main temple musicians. See 1 Chr. 9:16; 16:38-42.

11 I heard God say once
that he is powerful.
But I have heard him say more than once
12 that his love is faithful.
LORD, you reward all people
for what they do.

*A psalm of David written when
he was in the desert of Judah.*

63 God, you are my God.
I am searching so hard to find
you.

Body and soul, I thirst for you
in this dry and weary land without
water.

2 Yes, I have seen you in your Temple.††
I have seen your strength and glory.

3 Your faithful love is better than life,
so my lips praise you.

4 I will give my whole life in praise to
you.

I lift my hands to you in prayer.

5 I am fully satisfied, like someone who
has enjoyed a rich feast.

My mouth is filled with joyful praise!

6 I remember you while lying on my bed;
I think about you in the middle of the
night.

7 That is because you are the one who
helps me.

It makes me happy to be under your
protection!

8 I stay close to you,
and you hold me with your powerful
arm.

9 Those who are trying to kill me will be
destroyed.

They will go down to their graves.

10 They will be killed with swords,
and wild dogs will eat their dead bodies.

11 But the king will be happy with his
God.

And those who make promises in God's
name will rejoice

when he has silenced those liars.

For the music director: a psalm of David.

64 God, listen to my complaint.
Save me from the terrible threats
of my enemies!

2 Protect me from the secret plans of the
wicked;

hide me from that gang of evil people.

3 They sharpen their tongues to use like
swords

and aim their poisonous words like
arrows.

4 Suddenly, from their hiding places,
they let their arrows fly.

They shoot to kill innocent people.

5 They encourage each other to do
wrong.

They talk about how to set their traps,
and they say, "No one will see them
here!"

6 They make plans to do evil and say,
"We have the perfect plan!

Yes, no one can know what we are
thinking."

7 But suddenly, God will shoot his arrows
and strike down those wicked people.

8 He will use their own words against
them,

and they will be destroyed.

Then everyone who sees them
will shake their heads in amazement.

9 People will see what God has done.

They will tell other people about him.

Then everyone will learn more about
God.

They will learn to fear and respect him.

10 All who live to please the LORD will
rejoice in what he has done.

They depend on him to protect them.

All who do what is right will praise him!

††63:2 *your Temple* Or "your holiness".

*For the music director: a
psalm of David, a song.*

65 God in Zion, we praise you
and give you what we promised.
² Anyone can come to you,
and you will listen to their prayers.
³ When our sins become too heavy for us,
you wipe them away.
⁴ You have blessed us to be the people
you chose
to come and stay in your Temple.
We are so happy to have the wonderful
things
that are in your Temple, your holy
palace.
⁵ God, you answer our prayers and do
what is right.
You do amazing things to save us.
People all over the world look to you for
help,
even those who live across the sea.
⁶ You are so strong you made the
mountains.
They show how powerful you are.
⁷ You can calm the roughest seas
or silence the shouts of the nations.
⁸ In even the most faraway places on
earth,
people are amazed at the things you do.
From where the sun rises to where it sets,
they sing your praises.
⁹ You take care of the land.
You water it and make it fertile.
Your stream above is always full.
That's how you make the crops grow.
¹⁰ You pour rain on the ploughed fields;
you soak the ground with water.
You soften the soil with showers
and cause the young plants to grow.

¹¹ You bless each year with a good
harvest.
Wherever you travel, we see wonderful
crops in your tracks.
¹² The desert fields are wet and green.
Even the hills look happy.
¹³ The pastures are covered with flocks,
and the valleys are blanketed with grain.
They are all singing and shouting for joy.

For the music director: a song, a psalm.

66 Everything on earth, shout with
joy to God!
² Praise his glorious name!
Honour him with songs of praise!
³ Tell God, "Your works are wonderful!
Your great power makes your enemies
bow down in fear before you.
⁴ Let the whole world worship you.
Let everyone sing praises to your name."
Selah
⁵ Look at what God has done!
These things amaze us.
⁶ He changed the sea to dry land,[¶]
and his people went across the water^{§§}
on foot.
So let's celebrate because of what he has
done!
⁷ He rules for ever with his great power.
He watches the nations everywhere,
so no one can rebel against him. *Selah*
⁸ You people, praise our God;
sing loud songs of praise to him.
⁹ He continues to give us life,
and he keeps us from falling.
¹⁰ God, you have tested us
the way people test silver with fire.
¹¹ You let us be trapped;
you put heavy burdens on us.
¹² You let our enemies run over us.
We went through fire and water,

[¶]**66:6** *changed the sea to dry land* This was with Moses at the Red Sea. See Exod. 14.

^{§§}**66:6** *water* Literally, "river". Although this word is not used for the Jordan River elsewhere, some think this line may refer to the later crossing there. See Josh. 3:14-17.

but you brought us to a safe place.

¹³⁻¹⁴When I was in trouble, I asked for help,

and I made promises to you.

So now I bring sacrifices to your Temple.

I am giving you what I promised.

¹⁵I bring my best sheep as burnt offerings.

I offer the smoke from them up to you.

I give you sacrifices of bulls and goats.

Selah

¹⁶All you people who worship God, come and I will tell you what he has done for me.

¹⁷⁻¹⁸I cried out to him for help, and I praised him.

If I had been hiding sin in my heart, the Lord would not have listened to me.

¹⁹But God did listen to me; he heard my prayer.

²⁰Praise God!

He did not turn away from me—he listened to my prayer.

He continues to show his love to me!

For the music director: with instruments. A psalm, a song.

67 God, show mercy to us and bless us.

Please accept us! *Selah*

²Let everyone on earth learn about you. Let every nation see how you save people.

³May people praise you, God!

May all people praise you.

⁴May all nations rejoice and be happy because you judge people fairly.

You rule over every nation. *Selah*

⁵May the people praise you, God!

May all people praise you.

⁶God, our God, bless us.

Let our land give us a great harvest.

⁷May God bless us, and may all people on earth fear and respect him.

For the music director: a psalm of David, a song.

68 God, get up and scatter your enemies!

May all your enemies run from you.

²You scatter your enemies like smoke blown away by the wind.

Just like wax melting away in a fire, your enemies are destroyed when you come.

³But let good people be happy.

Let them gather before God and enjoy themselves together.

⁴Sing to God! Sing praises to his name! Prepare the way for the one who rides on the clouds.

His name is YAH.*

Worship before him with joy.

⁵God lives in his holy palace.

He is a father to orphans, and he takes care of widows.

⁶God provides homes for those who are lonely.

He frees people from prison and makes them happy,

but those who turn against him will live in the desert.

⁷God, you led your people out of Egypt. You marched across the desert. *Selah*

⁸The ground shook and rain poured from the sky

when God, the God of Israel, came to Sinai.

⁹God, you sent the rain to make a tired, old land strong again.

¹⁰Your people[†] settled there, and you provided good things for the poor.

***68:4 YAH** This is a Hebrew name for God. It is like the Hebrew name usually translated “LORD”.

[†]**68:10 people** Or “animals” or “living things”.

¹¹ The Lord gave the command,
and many people went to tell the good
news:

¹² “The powerful kings and their armies
ran away!

At home, the women divide the things
brought from the battle.

¹³ Those who stayed at home will share
in the wealth—

doves with wings covered in silver
and feathers sparkling with gold.”

¹⁴ God All-Powerful scattered the kings
like snow falling on Mount Zalmon.

¹⁵ Mount Bashan is a great mountain,
a mountain with many high peaks.

¹⁶ With so many peaks, Bashan, why are
you jealous of Mount Zion?

That is where God has chosen to live.
The LORD will live there forever.

¹⁷ With his millions of chariots,
the Lord came from Sinai into the holy
place.

¹⁸ You, LORD, went up to that high
mountain,

leading a parade of captives.

You received gifts from people,[‡]
even those who turned against you.

You, LORD God, went up there to live.

¹⁹ Praise the Lord!

Every day he helps us with the loads we
must carry.

He is the God who saves us. *Selah*

²⁰ He is our God, the God who saves us.
The Lord GOD saves us from death.

²¹ God will smash the heads of his
enemies.

He will punish those who fight against
him.[¶]

²² The Lord said, “If they run up to
Bashan or down to the depths of the
sea,

I will bring them back.

²³ So you will march through pools of
their blood,
and there will be plenty left for your
dogs.”

²⁴ God, everyone can see your victory
parade—

the victory march of my God and King
into his holy place![§]

²⁵ Singers come marching in front, fol-
lowed by the musicians;
they are surrounded by young girls play-
ing tambourines.

²⁶ Praise God in the meeting place;
praise the LORD, people of Israel!

²⁷ There is the smallest tribe, Benjamin,
leading them.

And there comes a large group of leaders
from Judah.

Following them are the leaders of Zebu-
lun and Naphtali.

²⁸ God, show us your power!

Show us the power you used for us in the
past.

²⁹ Kings will bring their wealth to you,
to your Temple in Jerusalem.

³⁰ Punish the people in Egypt.

They are like cattle in the marshes, like
bulls among the calves.

You humiliated them.

You scattered them in war.

Now let them come crawling to you,
bringing their pieces of silver.

³¹ Messengers will come from Egypt.
Ethiopia will offer gifts to God.

³² Kingdoms of the earth, sing to God!

Sing songs of praise to the Lord! *Selah*

³³ Sing to him who rides his chariot
through the ancient skies.

Listen to his powerful voice!

³⁴ Tell everyone how powerful he is!

[‡]68:18 *received gifts from people* Or “took people as gifts”. Or “gave gifts to people”, as in the ancient Syriac and Aramaic versions and in Eph. 4:8.

[¶]68:21 Literally, “God will smash the heads of his enemies. He will smash the hairy skull walking in guilt.”

[§]68:24 *of my God ... holy place* Or “led by my holy God and King!”

He rules over Israel,
and his power fills the skies.
35 God, you are awesome in your
Temple!
You are the God of Israel,
the one who gives strength and power to
the people.
Praise God!

*For the music director: to the tune
"The Lilies". A song of David.*

69 God, save me from all my
troubles!

The rising water has reached my neck.
2 I have nothing to stand on.
I am sinking down, down into the mud.
I am in deep water,
and the waves are about to cover me.
3 I am getting weak from calling for help.
My throat is sore.
I have waited and looked for your help
until my eyes are hurting.
4 I have more enemies
than the hairs on my head.
They hate me for no reason;
they try hard to destroy me.
My enemies tell lies about me.
They say I stole from them,
and they demand that I pay for things I
did not steal.
5 God, you know my faults;
I cannot hide my sins from you.
6 My Lord GOD All-Powerful, don't let
me embarrass
those who put their hope in you.
God of Israel, don't let me bring disgrace
to those who worship you.
7 My face is covered with shame.
I carry this shame for you.
8 My own brothers treat me like a
stranger.
They act as if I came from a foreign land.
9 My love for your Temple causes me to
suffer!
When people insult you, they insult me
as well.

10 When I spend time crying and fasting,
they make fun of me.

11 When I wear rags to show my sorrow,
they tell jokes about me.

12 They talk about me in public places.
The beer drinkers make up songs about
me.

13 As for me, LORD, this is my prayer to
you:

Please accept me!
God, I want you to answer me with love.

I know I can trust you to save me.

14 Pull me from the mud,
and don't let me sink down deeper.

Save me from those who hate me
and from this deep water.

15 Don't let the waves drown me
or the deep sea swallow me
or the grave close its mouth on me.

16 Answer me, LORD,
from the goodness of your faithful love.

Out of your great kindness
turn to me and help me!

17 Don't turn away from your servant.
I am in trouble, so hurry and help me!

18 Come and save me;
rescue me from my enemies.

19 You know the insults I have suffered.
You know all my enemies,

and you saw how they shamed me.
20 I feel the pain of their hateful words.
They make me feel weak and helpless!

I wanted some sympathy,
but there was none.

I waited for someone to comfort me,
but no one came.

21 They gave me poison, not food.
They gave me vinegar, not wine.

22 Their tables are covered with food.
Let their fellowship meals destroy them.

23 Let them go blind
and their backs become weak.

24 Show them how angry you are.
Let them feel what your anger can do.

25 Make their homes empty;
don't let anyone live there.

²⁶ They try to hurt people you have already punished.

They tell everyone about the suffering of those you hurt.

²⁷ Punish them for the bad things they have done;

don't show them how good you can be.

²⁸ Erase their names from the book of life,

and take them off the list of those who do what is right.

²⁹ I am sad and hurting.

God, lift me up and save me!

³⁰ I will praise God's name in song and honour him by giving him thanks.

³¹ The LORD will be happier with this than with the offering of an ox or a full-grown bull as a sacrifice.

³² Poor people, you came to worship God.

You will be happy to know these things.

³³ The LORD listens to poor, helpless people.

He does not turn away from those who are in prison.

³⁴ Praise him, heaven and earth!

Sea and everything in it, praise him!

³⁵ God will save Zion.

He will rebuild the cities of Judah.

The people will settle there again, and they will own the land.

³⁶ The descendants of his servants will get that land.

Those who love his name will live there.

For the music director: a song of David to help people remember.

70 Please, God, rescue me!
LORD, hurry and help me!

² People are trying to kill me.

Please disappoint them.

Humiliate them!

They want to hurt me.

Make them run away in shame.

³ May those who make fun of me be too embarrassed to speak.

⁴ But may those who come to you be happy and rejoice.

May those who love being saved by you always be able to say, "God is great!"

⁵ I am only a poor, helpless man.

God, please hurry to me.

You are my helper, the one who can save me.

LORD, don't be too late!

71 LORD, I depend on you for protection.

Don't let me be disappointed.

² You always do what is right, so come and save me.

Listen to me and save me.

³ Be my Rock, my place of safety.

Be my fortress and protect me. **

You are my Rock and my protection.

⁴ My God, save me from wicked people. Save me from cruel, evil people.

⁵ Lord GOD, you are my hope.

I have trusted in you since I was a young boy.

⁶ I depended on you even before I was born.

I relied on you even in my mother's womb.

I have always prayed to you. ††

⁷ Many people see my life as a warning of danger,

but you have been my strong shelter.

⁸ I never stop praising you.

All day long I tell people how wonderful you are.

⁹ Don't throw me away now that I am old;

don't leave me as I lose my strength.

**71:3 *Be ... me* This is from the ancient Greek version. The traditional Hebrew text reads, "to which I can always go; give the command to save me".

††71:6 *prayed to you* Or "praised you".

¹⁰ My enemies are talking about me.
They come together and make plans to
kill me.

¹¹ They say, "Go and get him!
God has left him, so there is no one to
help him."

¹² God, don't leave me!
My God, hurry and help me!

¹³ Defeat and destroy those who attack
me.

Cover them with shame and disgrace!
They are trying to hurt me.
Let them suffer shame and disgrace.

¹⁴ Then I will always trust in you
and praise you more and more.

¹⁵ I will tell people how good you are.
I will need all day long to tell about the
times you saved me
because there were too many times to
count.

¹⁶ I will come and tell about your great-
ness, my Lord GOD.
I will talk only about you and your
goodness.

¹⁷ God, you have taught me since I was
a young boy,
and to this day, I tell people about the
wonderful things you do.

¹⁸ Now that I am old and grey,
don't leave me, God.
I must tell the next generation
about your power and greatness.

¹⁹ God, your goodness reaches far above
the skies.

You have done wonderful things.
God, there is no one like you.

²⁰ You have let me see troubles and hard
times,

but you will give me new life;
you will lift me up from this pit of death!

²¹ You will help me do even greater
things.

You will comfort me again!

²² I will sing and praise you with a harp,
my God,
because you always do what you
promise.

I will play my lyre and sing praise to you,
the Holy One of Israel.

²³ I will shout for joy,
singing songs of praise to you for saving
me.

²⁴ My tongue will sing
about your goodness all the time,
because those who wanted to harm me
have been defeated and disgraced.

To Solomon.^{‡‡}

72 God, help the king to be like you
and make fair decisions.

Help the king's son know what justice is.

² Help the king judge your people fairly
and make wise decisions for your poor
people.

³ Let there be peace and justice through-
out the land,
known on every mountain and hill.

⁴ May the king be fair to the poor
and help the helpless
and punish those who hurt them.

⁵ May people always fear and respect
you, God,
as long as the sun shines and the moon
is in the sky.

⁶ Help the king be like rain falling on the
fields,
like showers falling on the land.

⁷ Let goodness grow everywhere while
he is king.

Let peace continue as long as there is a
moon.

⁸ Let his kingdom grow from sea to sea,
to the edge of the waters surrounding the
earth.

⁹ May all the people living in the desert
bow down to him

^{‡‡}72:0 *To Solomon* This might mean that this song was written by Solomon or dedicated to him, or that it is from some special collection of songs.

and all his enemies bow before him with their faces in the dirt.

¹⁰ May the kings of Tarshish and the far-away islands pay taxes to him and the kings of Sheba and Seba bring him gifts.

¹¹ May all kings bow down to our king and all nations serve him.

¹² Our king rescues the poor who cry out to him— those in need who have no one to help them.

¹³ He feels sorry for all who are weak and poor.

He protects their lives.

¹⁴ He saves them from the cruel people who try to hurt them.

Their lives are important to him.

¹⁵ Long live the king!

Let him receive gold from Sheba.

Always pray for the king.

Ask God to bless him every day.

¹⁶ May the fields grow plenty of grain and the hills be covered with crops.

May the fields be as fertile as Lebanon, and may people fill the cities as grass covers a field.

¹⁷ May the king be famous forever, and may people remember his name as long as the sun shines.

May all nations be blessed through him, and may they all bless him.

¹⁸ Praise the LORD God, the God of Israel!

Only he can do such amazing things.

¹⁹ Praise his glorious name forever!

Let his glory fill the whole world.

Amen and Amen!

²⁰ This ends the prayers of David son of Jesse.

Book 3

(Psalms 73 – 89)

A psalm of Asaph.

73 God is so good to Israel, to those whose hearts are pure.

² But my doubts threw me off balance, and I almost lost my faith.

³ I saw proud and wicked people be successful, and it made me jealous.

⁴ They are healthy and strong; they don't have to struggle to survive.[¶]

⁵ They don't suffer like the rest of us; they don't have troubles like other people.

⁶ Their pride and cruelty are easy to see, as plain as the jewels and clothes they wear.

⁷ If they see something they like, they go and take it.

They do whatever they want.

⁸ They make fun of others and say cruel things about them.

In their pride they make plans to hurt people.

⁹ They think they are gods!

They think they are the rulers of the earth.

¹⁰ §§ Even God's people turn to them and do what they say.

¹¹ Those evil people say, "God does not know what we are doing! God Most High does not know!"

¹² Those proud people are wicked, but they are rich and getting richer.

¹³ Clearly, then, I gain nothing by keeping my thoughts pure!

What good is it to keep myself from sin?

¹⁴ God, I suffer all day long, and you punish me every morning.

¹⁵ I wanted to tell others these things,

[¶]73:4 Literally, "They have no bonds to their death."

§§73:10 The Hebrew text is not clear.

but that would have made me a traitor
to your people.

¹⁶ I tried hard to understand all this,
but it was too hard for me.

¹⁷ But then, God, I went to your Temple,
and I understood what will happen to
the wicked.

¹⁸ Clearly, you have put them in danger.
You make it easy for them to fall and be
destroyed.

¹⁹ Trouble can come suddenly,
and they will be ruined.
Terrible things can happen to them,
and they will be finished.

²⁰ Then they will be like a dream
that we forget when we wake up.
You will make them disappear
like the monsters in our dreams.

²¹ I let thoughts about such people upset
me,
and I was always angry.

²² I was so stupid and ignorant.
I was like an animal in the way I treated
you.

²³ But I am always with you;
you hold my hand.

²⁴ You lead me and give me good advice,
and later you will lead me to glory.*

²⁵ In heaven, God, I have only you.
If I am with you, what on earth could I
want?

²⁶ Maybe my mind[†] and body will be-
come weak,
but God is my source of strength.[‡]

He is mine forever!

²⁷ God, people who leave you will be
lost.

You will destroy all who are not faithful
to you.

²⁸ As for me, all I need is to be close to
God.

I have made the Lord GOD my place of
safety.

I will tell about all that you have done.

A maskil of Asaph.

74 God, why have you turned away
from us for so long?

Why are you still angry with us, your
own flock?

² Remember the people you bought so
long ago.

You saved us, and we belong to you.
And remember Mount Zion, the place
where you lived.

³ Come walk through these ancient
ruins;
come back to the Holy Place that the en-
emy destroyed.

⁴ The enemy shouted their war cries in
the Temple
and put up their flags there to show they
had won the war.

⁵ Their soldiers attacked the doors,
like workmen chopping down trees.

⁶ Using axes and hatchets,
they smashed the carved panels inside.

⁷ They burned down your Holy Place.
They dishonoured the house[¶] that hon-
oured your name.

They pulled it down to the ground.

⁸ The enemy decided to crush us
completely.

They burned every holy place[§] in the
country.

*73:24 *lead me to glory* Or “receive me in honour”.

†73:26 *mind* Literally, “heart”.

‡73:26 *my ... strength* Literally, “the Rock of my heart”.

¶74:7 *house* Literally, “tent”. This may be the Holy Tent, which some think was set up inside the Temple in Jerusalem. (See 1 Kgs 8:4.) Or it may refer to the Temple itself.

§74:8 *holy place* Or “meeting place”. This means everywhere people went to meet with God.

9 The prophets said these bad times will end soon,
but we don't see the signs they said will show this.

There are no true prophets any more.
No one knows how long these troubles will last.

10 God, how much longer will the enemy make fun of you?

Will you let them insult your name forever?

11 Why won't you help us?

Use your power to defeat our enemies!

12 God, you have been our King for a long time.

You have saved us many times on this earth.

13 With your great power you split open the sea
and broke the heads of the sea monster.

14 Yes, you smashed the heads of Leviathan**
and left his body for animals to eat.

15 You make the springs and rivers flow,
and you make the rivers dry up.

16 You control the day and the night;
you made the sun and the moon.

17 You set the limits for everything on earth,
and you created summer and winter.

18 LORD, remember, the enemy insulted you!

Those foolish people hate your name!

19 Don't give us like a helpless dove to those wild animals.

Never forget your poor, suffering people.

20 Remember the agreement you gave us,

because violence fills every dark place in this land.

21 Don't let those who have suffered be hurt any more.

Let your poor, helpless people praise you.

22 God, get up and defend yourself!

Remember, those fools challenged you.

23 Don't forget the shouts of your enemies;
they insulted you again and again.

For the music director: to the tune "Do Not Destroy". A psalm of Asaph, a song.

75 We praise you, God!

We praise you because you†† are near to us.

We tell about the amazing things you have done.

2 God says, "I have chosen a time for judgement,
and I will judge fairly.

3 The earth and all its people may shake,
but I am the one who keeps it steady.

Selah

4 "To those who are proud I say, 'Stop your boasting.'

I warn the wicked, 'Don't boast about how strong you are.

5 Don't be so sure that you will win;
don't boast that victory is yours!'"

6 There is no power on earth
that can decide what will happen.‡‡

7 God is the judge.

He decides who will be important;

he lifts one person up and brings another down.

8 The LORD has a cup in his hand,
filled with strong wine mixed with spices.

He will pour out the wine,

and all the wicked will drink it to the last drop.

**74:14 *sea monster ... Leviathan* These were creatures from ancient stories. People believed that they kept the world from being a safe, orderly place. So this verse means that God controls every part of the world and everything in it.

††75:1 *you* Literally, "your name".

‡‡75:6 Literally, "Not from the east or the west and not from the desert mountains."

⁹I will always tell people how great God is;

I will sing praise to the God of Jacob.

¹⁰God says, “I will take away any power the wicked have and give it to those who are good.”

For the music director: with instruments. A psalm of Asaph, a song.

76 People in Judah know God; people in Israel respect his name.

²His house[¶] is in Salem; his home is on Mount Zion.

³There he shattered the arrows, shields, swords and other weapons of war. *Selah*

⁴God, you are glorious coming back from the hills where you defeated your enemies.

⁵They thought they were strong, but now they lie dead in the fields. Their bodies are stripped of all they owned.

They could not defend themselves.^{§§}

⁶The God of Jacob shouted at them, and their army of chariots and horses fell dead.

⁷God, you are awesome! No one can stand against you when you are angry.

⁸⁻⁹You stood as judge and announced your decision. You saved all the humble people of the earth.

From heaven you gave the decision, and the whole earth was silent and afraid. *Selah*

¹⁰Even human anger can bring you honour

when you use it to punish your enemies.*

¹¹People, you made promises to the LORD your God.

Now give him what you promised. People everywhere fear and respect God, and they will bring gifts to him.

¹²God defeats great leaders; all the kings on earth fear him.

For the music director, Jeduthun.† A psalm of Asaph.

77 I cry out to God for help. I shout to God and know he will hear me!

²In my time of trouble, I turned to the Lord.

I reached out to him all night long. I refused to be comforted.

³I thought about you, God. I groaned and felt discouraged. *Selah*

⁴You would not let me sleep. I tried to say something, but I was too upset.

⁵I kept thinking about the past, remembering the years long ago.

⁶During the night, so many thoughts filled my mind.

I talked to myself, trying to understand what was happening.

⁷I wondered, “Has our Lord rejected us forever?

Will he ever accept us again?

⁸Is his love gone forever?

Will he never again speak to us?

⁹Has God forgotten what mercy is?

Has his compassion changed to anger?” *Selah*

¹⁰Then I said, “What bothers me most is the thought

[¶]**76:2 house** Literally, “tent”. This may be the Holy Tent, which some think was set up inside the Temple in Jerusalem (“Salem”). (See 1 Kgs 8:4.) Or it may refer to the Temple itself.

^{§§}**76:5 They ... themselves** Literally, “The warriors could not find their hands.”

^{*}**76:10** The Hebrew text is not clear.

[†]**77:0 Jeduthun** Or “and to Jeduthun”, one of the three main temple musicians. See 1 Chr. 9:16; 16:38-42.

that the power of God Most High is no longer there for us.”

¹¹ LORD, I remember what you have done;

I remember the amazing things you did long ago.

¹² I think about those things.

I think about them all the time.

¹³ God, all that you do is holy.

No god is as great as you are.

¹⁴ You are the God who does amazing things.

You showed the nations your great power.

¹⁵ By your power you saved your people, the descendants of Jacob and Joseph.

Selah

¹⁶ God, the water saw you and became afraid.

The deep water shook with fear.

¹⁷ The thick clouds dropped their water.

Thunder roared in the sky above.

Your arrows of lightning flashed through the clouds.

¹⁸ There were loud claps of thunder.

Lightning lit up the world.

The earth shook and trembled.

¹⁹ You walked through the water and crossed the deep sea,

but you left no footprints.

²⁰ You led your people like sheep,

using Moses and Aaron to guide them.

A maskil of Asaph.

78 My people, listen to my teachings.

Listen to what I say.

² I will tell you a story.

I will tell you about things from the past that are hard to understand.

³ We have heard the story and know it well.

Our fathers told it to us.

⁴ And we will not forget to tell it to our children.

We will tell those who come after us.

We will all praise the LORD

and tell about his power

and the amazing things he has done.

⁵ He made an agreement with Jacob

and gave the law to Israel.

And he commanded our ancestors

to teach it to their children.

⁶ Then all the children born to them

would know the law

and teach it to their own children.

⁷ This would make them all trust in God, helping them to never forget what he

had done

and to always obey his commands.

⁸ They would not be like their ancestors, who were stubborn and refused to obey.

Their hearts were not devoted to God,

and they were not faithful to him.

⁹ The men from Ephraim had their weapons,

but they ran from the battle.

¹⁰ They did not keep their agreement with God

and refused to obey his teachings.

¹¹ They forgot the great things he had done

and the amazing things he had shown them.

¹² While their ancestors watched,

he showed his great power at Zoan in Egypt.

¹³ He split the Red Sea and led the people across.

The water stood like a solid wall on both sides of them.

¹⁴ Each day God led them with the tall cloud,

and each night he led them with the light from the cloud of fire.

¹⁵ He split the rocks in the desert

and gave them an ocean of fresh water.

¹⁶ He brought a stream of water out of the rock

and made it flow like a river!

¹⁷ But they continued sinning against him;

they rebelled against God Most High in the desert.

¹⁸ Then they decided to test God by telling him to give them the food they wanted.

¹⁹ They complained about him and said, "Can God give us food in the desert?"

²⁰ Yes, he struck the rock and a flood of water came out.

But can he give us bread and meat?"

²¹ The LORD heard what they said, and he became angry with Jacob's people.

He was angry with Israel

²² because they did not trust in him.

They did not believe that God could save them.

²³ But then God commanded the clouds to part

like doors opening in the sky.

²⁴ And he poured down manna for them to eat;

he gave them grain coming down from heaven.

²⁵ So they ate the food of angels.

God sent them all that they could eat.

²⁶ He sent a strong wind from the east, and by his power he made the south wind blow.

²⁷ He made quail fall like rain until they covered the ground—

so many birds that they were like sand on the seashore.

²⁸ The birds fell in the middle of the camp,

all around their tents.

²⁹ The people ate until they were full.

God had given them what they wanted.

³⁰ But before they were fully satisfied, while the food was still in their mouths,

³¹ God became angry and killed even the strongest of them.

He brought down Israel's best young men.

³² But the people continued to sin!

They did not trust in the amazing things God could do.

³³ So he ended their worthless lives; he brought their years to a close with disaster.

³⁴ When he killed some of them, the others would turn back to him.

They would come running back to God.

³⁵ They would remember that God was their Rock,

that God Most High protected them.

³⁶ But they tried to fool him with their words;

they told him lies.

³⁷ Their hearts were not really with him.

They were not faithful to the agreement he gave them.

³⁸ But God was merciful.

He forgave their sins

and did not destroy them.

Many times he held back his anger.

He never let it get out of control.

³⁹ He remembered that they were only people,

like a wind that blows and then is gone.

⁴⁰ Oh, how often they rebelled against him in the desert!

They made him so sad.

⁴¹ Again and again they tested his patience.

They really hurt the Holy One of Israel.

⁴² They forgot about his power and the day when he saved them from the enemy.

⁴³ They forgot the miracles in Egypt, the miracles in the fields of Zoan.

⁴⁴ God turned the rivers into blood, and the Egyptians could not drink the water.

⁴⁵ He sent swarms of flies that bit them.

He sent the frogs that ruined their lives.

⁴⁶ He gave their crops to grasshoppers

and their other plants to locusts.

⁴⁷ He destroyed their vines with hail

and their trees with sleet.

⁴⁸ He killed their animals with hail

and their cattle with lightning.
⁴⁹ He showed the Egyptians his anger.
 He sent his destroying angels against them.
⁵⁰ He found a way to show his anger.
 He did not spare their lives,
 but let them die with a deadly disease.
⁵¹ He killed all the firstborn sons in Egypt,
 every firstborn in Ham's[‡] family.
⁵² Then he led his people like a shepherd
 and guided them like sheep through the desert.
⁵³ He guided them safely,
 and they had nothing to fear,
 but he drowned their enemies in the sea.
⁵⁴ He led his people to his holy land,
 to the mountain he took with his own power.
⁵⁵ He forced the other nations out before them
 and gave each family its share of the land.
 He gave each tribe of Israel a place to live.
⁵⁶ But they tested God Most High
 and made him very sad.
 They didn't obey his commands.
⁵⁷ They turned against him and were unfaithful
 just like their ancestors.
 They changed directions like a boomerang.
⁵⁸ They built places of worship and made God angry;
 they built statues of false gods and made him jealous.
⁵⁹ God heard what they were doing and became very angry,
 so he rejected Israel completely!
⁶⁰ He abandoned his place at Shiloh,[¶]
 the Holy Tent where he lived among the people.

⁶¹ He let foreigners capture the Box of the Agreement,
 the symbol of his power and glory.
⁶² He showed his anger against his people
 and let them be killed in war.
⁶³ Their young men were burned to death,
 and there were no wedding songs for their young women.
⁶⁴ Their priests were killed,
 but the widows had no time to mourn for them.
⁶⁵ Finally, the Lord got up
 like a man waking from his sleep,
 like a soldier after drinking too much wine.
⁶⁶ He forced his enemies to turn back defeated.
 He brought them shame that will continue forever.
⁶⁷ Then he rejected Joseph's family.
 He did not accept Ephraim's family.
⁶⁸ No, he chose the tribe of Judah,
 and he chose Mount Zion, the place he loves.
⁶⁹ He built his holy Temple as high as the sky.
 Like the earth, he built it to continue forever.
⁷⁰ He chose David to be his special servant
 and took him from the sheep pens.
⁷¹ God took him away from the job of caring for sheep,
 and he gave him the work of leading his people,
 Israel, the descendants of Jacob.
⁷² And David led them with a pure heart
 and guided them very wisely.

[‡]78:51 *Ham* The Egyptians were Ham's descendants. See Gen. 10:6-10.

[¶]78:60 *his place at Shiloh* See 1 Sam. 4:4-11; Jer. 7:17.

A psalm of Asaph.

79 God, foreigners have invaded your land.

They have ruined your holy Temple and left Jerusalem in ruins.

² They left the bodies of your servants for vultures to eat.

They let wild animals eat the bodies of those who were faithful to you.

³ Blood flowed like water all over Jerusalem,

and no one is left to bury the bodies.

⁴ The nations around us insult us.

Their people laugh at us and make fun of us.

⁵ LORD, will you be angry with us forever?

Will your anger continue to burn like a fire?

⁶ Turn your anger against the nations that do not know you, against the people who do not honour you as God.

⁷ Those nations killed Jacob's family and destroyed their land.

⁸ Please don't punish us for the sins of our ancestors.

Hurry, show us your mercy!

We need you so much!

⁹ Our God and Saviour, help us!

That will bring glory to your name.

Save us and forgive our sins

for the good of your name.

¹⁰ Don't give the other nations a reason to say,

"Where is their God?

Can't he help them?"

Let us see you punish those people.

Punish them for killing your servants.

¹¹ Listen to the sad cries of the prisoners!

Use your great power to free those who are sentenced to die.

¹² Punish the nations around us!

Pay them back seven times for what they did to us.

Punish them for insulting you, Lord.

¹³ We are your people, the sheep of your flock.

We will thank you forever;

we will praise you for ever and ever!

For the music director: to the tune "Lilies of the Agreement". A psalm of Asaph.

80 Shepherd of Israel, listen to us.

You lead your people⁸ like sheep. You sit on your throne above the winged creatures.

Shine like a light for us to see.

² Show your greatness to the tribes of Ephraim, Benjamin and Manasseh.

Come and save your people.

³ God, make us as strong as we were before.

Smile down on us and save us!

⁴ LORD God All-Powerful, when will you listen to our prayers?

How long will you be angry with us?

⁵ Instead of bread and water,

you gave your people tears.

⁶ You made us the target of everyone's hatred.

Our enemies make fun of us.

⁷ God All-Powerful, make us as strong as we were before.

Smile down on us and save us!

⁸ When you brought us out of Egypt,

we were like your special vine.

You forced other nations to leave this land,

and you planted that vine here.

⁹ You prepared the ground for it,

and it sent its roots down deep and spread throughout the land.

¹⁰ It covered the mountains,

⁸**80:1 your people** Literally, "Joseph", the father of Ephraim and Manasseh, whose names are often used to mean all the tribes in northern Israel.

and its leaves shaded even the giant cedar trees.

¹¹ Its branches spread west to the Sea, and its shoots spread east to the Euphrates River.

¹² God, why did you pull down the walls that protect your vine?

Now everyone who passes by picks its grapes.

¹³ Wild pigs come and ruin it; wild animals eat the leaves.

¹⁴ God All-Powerful, come back.

Look down from heaven at your vine and protect it.

¹⁵ Look at the vine you planted with your own hands.

Look at the young plant** you raised.

¹⁶ Our enemies have cut it down and burned it up.

Show them how angry you are and destroy them.

¹⁷ Reach out and help your chosen one.†† Reach out to the people‡‡ you raised up.

¹⁸ Then we will never leave you.

Let us live, and we will worship you.

¹⁹ LORD God All-Powerful, make us as strong as we were before.

Smile down on us and save us!

For the music director: on the gittith. A song of Asaph.

81 Be happy and sing to God, our strength.

Shout with joy to the God of Jacob.

² Begin the music. Play the tambourines.

Play the pleasant harps and lyres.

³ Blow the ram's horn^{¶¶} at the time of the new moon^{§§}

and at the time of the full moon,* when our festival begins.

⁴ This is what the people of Israel were told to do,

a command from the God of Jacob.

⁵ He gave this instruction to Joseph's people

when they left the land of Egypt.

In a voice I had never heard before, God said,

⁶ "I took the load from your shoulder.

I let you drop the worker's basket.

⁷ When you were in trouble, you called for help, and I rescued you.

I was hidden in the storm clouds, and I answered you.

I tested you by the water at Meribah."[†]

Selah

⁸ "There I said, 'My people, I am warning you.

Israel, listen to me!

⁹ Don't worship any of the false gods that the foreigners worship.

¹⁰ I, the LORD, am your God.

I brought you out of Egypt.

Israel, open your mouth,

and I will feed you.'

¹¹ "But my people did not listen to me.

Israel did not obey me.

¹² So I let them go their own stubborn way

and do whatever they wanted.

****80:15 young plant** Literally, "son".

††**80:17 chosen one** Literally, "the man of your right hand".

‡‡**80:17 people** Literally, "son of man".

¶¶**81:3 ram's horn** The hollow horn of a male sheep that was used like a trumpet to call people together for a special purpose.

§§**81:3 new moon** The first day of the Hebrew month. There were special meetings on these days when the people shared fellowship offerings as part of their worship to God.

***81:3 full moon** The middle of the Hebrew month. Many of the special meetings and festivals started at the time of a full moon.

†**81:7 Meribah** See Exod. 17:1-7.

¹³If my people would listen to me
and live the way I want,
¹⁴I would defeat their enemies
and punish those who cause them
trouble.
¹⁵Then those who hate the LORD would
shake with fear.
They would be punished forever.
¹⁶I would give the best wheat to you, my
people.
I would give you the purest honey until
you were satisfied.”

A psalm of Asaph.

82 God leads any meeting of divine
beings;
he stands as judge among the gods.
²He says, “How long will you judge
unfairly
and show special favours to the wicked?
Selah
³“Defend the poor and orphans;
protect the rights of the poor.
⁴Help those who are poor and helpless;
save them from those who are evil.
⁵“They[‡] don’t know what is happening.
They don’t understand!
They don’t know what they are doing.
Their world is falling down around
them!”
⁶I, God Most High, say,
“You are gods,[†] my own sons.
⁷But you will die like a human.
Your life will end like that of any ruler.”
⁸Get up, God! You be the judge of the
earth
because all the nations belong to you!

A song, a psalm of Asaph.

83 God, don’t keep quiet!
Don’t close your ears!

Please say something, God.
²Your enemies are getting ready to do
something.
Those who hate you will soon attack.
³They are making secret plans against
your people.
Your enemies are discussing plans
against the people you love.
⁴They say, “Come, let us destroy them
completely.
Then no one will ever again remember
the name Israel.”
⁵God, they have all joined together.
They have united against you.
⁶⁻⁷Their army includes the Edomites,
Ishmaelites, Moabites and Hagar’s
descendants,
the people of Byblos,[§] Ammon and
Amalek,
the Philistines and the people of Tyre.
⁸Even the Assyrians have joined them.
They have made Lot’s descendants very
powerful. *Selah*
⁹God, defeat them just as you defeated
Midian.
Do what you did to Sisera and Jabin at
the Kishon River.
¹⁰You destroyed the enemy at Endor,
and their bodies rotted on the ground.
¹¹Punish their leaders as you did Oreb
and Zeeb.
Do what you did to Zebah and
Zalmunna.
¹²They said, “Let’s make this land our
own—
these fields of grass that belong to God!”
¹³Make them like weeds blown by the
wind.
Scatter them the way wind scatters
straw.
¹⁴Be like a fire that destroys a forest

[‡]82:5 *They* This might mean that the “gods” or leaders don’t understand that they are ruining the world by not being fair and by not doing what is right.

[†]82:6 *gods* Or “judges”.

[§]83:6-7 *Byblos* The Hebrew name is “Gebal”, but the Phoenician city is better known by its Greek name “Byblos”.

or like a flame that sets the hills on fire.

¹⁵ Chase them away with your blasts of wind;

frighten them with your storms.

¹⁶ LORD, cover them with shame until they come to you for help.

¹⁷ May they be forever ashamed and afraid.

Disgrace and defeat them.

¹⁸ Then they will know that your name is YAHWEH—

that you alone are the LORD.

They will know that you are God Most High,
ruler over all the earth!

For the music director: on the gittith. A psalm from the Korah family.

84 LORD All-Powerful,
the place where you live is so beautiful!

² LORD, I cannot wait to enter your Temple.

I am so excited!

Every part of me cries out to be with the living God.

³ LORD All-Powerful, my King, my God, even the birds have found a home in your Temple.

They make their nests near your altar, and there they have their babies.

⁴ Great blessings belong to those who live at your Temple!

They continue to praise you. *Selah*

⁵ Great blessings belong to those who depend on you for strength!

Their heart's desire is to make the journey to your Temple.

⁶ As they travel through dry Baca Valley, it becomes a place of springs.

The autumn rains form pools of water.

⁷ They grow stronger as they near Jerusalem and reach Zion, where each one will meet with the God who is above all gods.

⁸ LORD God All-Powerful, listen to my prayer.

God of Jacob, listen to me. *Selah*

⁹ God, watch over the king, our protector.**

Be kind to him, your chosen king.††

¹⁰ One day in your Temple is better than a thousand days anywhere else.

Just standing at the gate of my God's house is better

than living in the homes of the wicked.

¹¹ The LORD God is our protector and glorious king.‡‡

He blesses us with kindness and honour. The LORD freely gives every good thing to those who do what is right.

¹² LORD All-Powerful, great blessings belong to those who trust in you!

For the music director: a psalm from the Korah family.

85 LORD, you have been so kind to your land.

You have brought success again to the people of Jacob.

² You have forgiven the bad things your people did.

You have taken away the guilt of their sins! *Selah*

³ You stopped being angry with them.

Your terrible anger has gone away.

⁴ Our God and Saviour, make us as strong as we were before.

Don't be angry with us any more.

⁵ Will you be angry with us forever?

**84:9 *the king, our protector* Literally, "our shield". This line could also mean "God, our Shield, look!"

††84:9 *chosen king* Literally, "anointed one". This might be anyone chosen by God to serve in a special way, but it is usually the king he has chosen.

‡‡84:11 *protector and glorious king* Literally, "sun and shield".

Will your anger reach to our children
and to their children?

⁶ Please, give us new life!

Make your people happy to be yours.

⁷ LORD, save us

and show us your love.

⁸ I want to hear what the LORD God will
say.

Surely he will promise peace to his faith-
ful people,

but they must not go back to their foolish
way of living.[¶]

⁹ He will soon come to save those who
honour him,

and his glory will again live in our land.

¹⁰ God's love will come together with his
faithful people.

Goodness and peace will greet them with
a kiss.

¹¹ People on earth will be loyal to God,
and God in heaven will be good to
them.^{§§}

¹² The LORD will give us many good
things.

The ground will grow many good crops.

¹³ Justice will lead the way before the
Lord,

preparing a path for his coming.

A prayer of David.

86 I am a poor, helpless man.

LORD, please listen to me and an-
swer my prayer!

² I am faithful to you, so please protect
me.

I am your servant, and you are my God.

I trust in you, so save me.

³ My Lord, be kind to me.

I have been praying to you all day.

⁴ My Lord, I offer up this prayer to you.

I am your servant, so make me happy.

⁵ My Lord, you are kind and merciful.

You love all those who call to you for
help.

⁶ LORD, hear my prayer.

Listen to my cry for mercy.

⁷ I am praying to you in my time of
trouble.

I know you will answer me.

⁸ My Lord, there is no God like you.

No one can do what you have done.

⁹ My Lord, you made everyone.

All the nations will come worship you
and honour your name.

¹⁰ You are great and do amazing things.

You and you alone are God.

¹¹ LORD, teach me your ways,
and I will live and obey your truths.

Help me make worshipping you
the most important thing in my life.

¹² My Lord God, I will praise you with all
my heart.

I will honour your name forever!

¹³ You have such great love for me.

You will save me from the place of death.

¹⁴ Proud people are attacking me, God.

A gang of cruel men is trying to kill me.
They don't respect you.

¹⁵ My Lord, you are a kind and merciful
God.

You are patient, full of unfailing love and
faithful.

¹⁶ Show that you hear me and be kind to
me.

I am your servant, so give me strength.

I am your slave, as my mother was, so
save me!

¹⁷ LORD, show me a sign that you care
for me.

My enemies will see it and be
disappointed,

because you helped and comforted me.

[¶]85:8 *but ... living* The ancient Greek version has "to those who turn their hearts to him".

^{§§}85:11 Literally, "Loyalty will sprout from the ground, and goodness will look down from the sky."

A psalm from the Korah family, a song.

87 ¹⁻² The LORD built his city on the holy hills.

He loves the gates of Zion more than any other place in Israel.

³ City of God,

We hear such wonderful things about you! *Selah*

⁴ God says, "Some of my people live in Egypt* and Babylon.

Some of them were born in Philistia, Tyre and even Ethiopia."

⁵ But about Zion he says,

"I know each and every person born there."

It is the city built by God Most High.

⁶ The LORD keeps a list of all his people, and he knows where each of them was born. *Selah*

⁷ At the festivals, people will dance and sing,

"All good things come from Zion."

A song, a psalm from the Korah family.

For the music director: about a painful sickness. A maskil of Heman the Ezrahite.

88 LORD God, you are my Saviour. I have been praying to you day and night.

² Please pay attention to my prayers.

Listen to my prayers for mercy.

³ My life is full of troubles!

I am ready to die.

⁴ People already treat me like a dead man,

like someone too weak to live.

⁵ Look for me among the dead, like a body in the grave.

I am one of those you have forgotten, cut off from you and your care.

⁶ You put me in that hole in the ground. Yes, you put me in that dark place.

⁷ Your anger presses down on me like a heavy weight,

like one wave after another pounding against me. *Selah*

⁸ You made my friends leave me.

They all avoid me like someone no one wants to touch.

Like a prisoner in my house, I cannot go out.

⁹ My eyes hurt from crying.

Every day, LORD, I beg you for help.

I lift my arms in prayer to you.

¹⁰ Do you do miracles for the dead?

Do ghosts rise up and praise you? No! *Selah*

¹¹ The dead in their graves cannot talk about your faithful love.

People in the world of the dead† cannot talk about your faithfulness.

¹² The dead who lie in darkness cannot see the amazing things you do.

Those in the world of the forgotten cannot talk about your goodness.

¹³ LORD, I am asking you to help me!

Early each morning I pray to you.

¹⁴ LORD, why have you abandoned me?

Why do you refuse to listen to me?

¹⁵ I have been sick and close to dying since I was young.

I have suffered terrifying things from you and feel helpless.

¹⁶ Your anger covers me like a flood.

Your attacks are killing me.

¹⁷ They surround me on every side.

I feel like a drowning man.

¹⁸ You caused my friends and loved ones to leave me.

Now darkness is my closest friend.

***87:4 Egypt** Literally, "Rahab". This name means the "Dragon". It became a popular name for Egypt.

†**88:11 the world of the dead** Or "Abaddon", a Hebrew name meaning "death" or "destruction". See Rev. 9:11.

A maskil from Ethan the Ezrahite.

89 I will sing forever about the LORD's love.

I will sing about his faithfulness for ever and ever!

²As I have said, "Your faithful love will continue forever.

Your loyalty is like the sky—there is no end to it!"

³You said, "I made an agreement with my chosen king.

I made this promise to my servant David:

⁴"There will always be someone from your family to rule.

I will make your kingdom continue for ever and ever." *Selah*

⁵LORD, all the beings in heaven praise you for the amazing things you do.

When they come together, they sing about your loyalty.

⁶No one in heaven is equal to the LORD. None of the beings there can compare to the LORD.

⁷He is the God feared by those heavenly beings when they come together.

He is more awesome than all those around him.

⁸LORD God All-Powerful, there is no one like you.

You are strong, LORD, and always faithful.

⁹You rule the stormy sea and calm its angry waves.

¹⁰You defeated the sea monster Rahab. You scattered your enemies with your own powerful arm.

¹¹Everything in heaven and earth belongs to you.

You made the world and everything in it.

¹²You created everything north and south.

Mount Tabor and Mount Hermon sing praises to your name.

¹³You have the power!

Your power is great!

Victory is yours!

¹⁴Your kingdom is built on what is right and just.

Love and faithfulness are servants before your throne.

¹⁵LORD, happy are those who have learned to shout your praise.

They live in the light of your smile.

¹⁶Your name always makes them happy.

They praise your goodness.

¹⁷You are their amazing strength.

It is your encouragement that makes us strong.

¹⁸We have a king to be our shield, because of the LORD, the Holy One of Israel.

¹⁹Lord, you once spoke in a vision to your faithful people:

"I have made a young soldier strong.

From among my people I chose him for an important position.

²⁰I have found my servant David and anointed him as king with my special oil.

²¹I will support him with my right hand, and my arm will make him strong.

²²So no enemy will ever control him; the wicked will never defeat him.

²³I will destroy his enemies before his eyes;

I will defeat those who hate him.

²⁴I will always love and support him.

I will always make him strong.

²⁵I will put him in charge of the sea.

He will control the rivers.

²⁶He will say to me, 'You are my father. You are my God, my Rock, my Saviour.'

²⁷And I will make him my firstborn son. He will be the highest of all the rulers on earth.

²⁸I will always show my faithful love to him.

My agreement with him will never end.

²⁹I will make his family continue forever.

His kingdom will continue as long as the skies.

³⁰ “If his descendants stop following my law

and stop obeying my commands,

³¹ if they break my laws

and ignore my commands,

³² I will punish them severely for their sins and wrongs.

³³ But I will never take my love from him.

I will never stop being loyal to him.

³⁴ I will not break my agreement with David.

I will never change what I said.

³⁵ By my holiness, I made a promise to him,

and I would not lie to David.

³⁶ His family will continue forever.

His kingdom will continue as long as the sun.

³⁷ It will last as long as the moon, that faithful witness in the sky.” *Selah*

³⁸ But now, Lord, you have turned away from your chosen king;[‡]

you have rejected him in anger.

³⁹ You have ended the agreement you made with your servant.

You have thrown his crown into the dirt.

⁴⁰ You have pulled down the walls of his city

and destroyed all his fortresses.

⁴¹ Everyone passing by steals from him.

His neighbours laugh at him.

⁴² You let the king’s enemies win the war and made them all happy.

⁴³ You helped them defend themselves; you did not help your king win the battle.

⁴⁴ You brought his majesty to an end; you threw his throne to the ground.

⁴⁵ You cut his life short

and put him to shame. *Selah*

⁴⁶ LORD, how long will this continue?

Will you hide yourself from us forever?

How long will your anger burn like a fire?

⁴⁷ Remember how short my life is.

You created us to live a short life and then die.

⁴⁸ Is there anyone alive who will never die?

Will anyone escape the grave? *Selah*

⁴⁹ Lord, where is the love you showed in the past?

You promised David that you would be loyal to his family.

⁵⁰ My Lord, remember how people have insulted me, your servant.

The insults of people everywhere have hurt me deeply.

⁵¹ LORD, those hurtful words have come from your enemies.

They insult your chosen king wherever he goes.

⁵² Praise the LORD forever!

Amen and Amen!

Book 4

(Psalms 90 – 106)

A prayer of Moses, the man of God.

90 Lord, you have been our home since the time of our first ancestors.

² You were God before the mountains were born,

before you gave birth to the earth and the whole universe.

You have always been and will always be God!

³ You bring people into this world, and you change them into dust again.

⁴ To you, a thousand years is like yesterday,

like a few hours in the night.

[‡]**89:38 chosen king** Literally, “anointed one”. This might be anyone chosen by God to serve in a special way, but it is usually the king he has chosen. Also in verse 51.

⁵ You end our lives like a passing dream.
We are like the grass that appears in the morning.

⁶ In the morning it looks so fresh and new,
but by evening it is dry and dying.

⁷ When you are angry, we are terrified.
We know that your anger can destroy us!

⁸ You know all the wrong things we do.
You see even the sins we think are secret.

⁹ Your anger can end our life.
We are here no longer than a brief moan.

¹⁰ We live for about 70 years
or, if we are strong, 80 years.
But most of them are filled with hard
work and pain.

Then, suddenly, the years are gone, and
we fly away.

¹¹ No one really knows the full power of
your anger,
but our fear and respect for you is as
great as your anger.

¹² Teach us how short our lives are
so that we can become wise.

¹³ LORD, come back to us.
Be kind to your servants.

¹⁴ Fill us with your love every morning.
Let us be happy and enjoy our lives.

¹⁵ For years you have made life hard for
us
and have given us many troubles.
Now make us happy for just as long.

¹⁶ Let your servants see the wonderful
things you can do for them,
and let their children see your glory.

¹⁷ Lord, our God, be kind to us.
Make everything we do successful;
yes, make it all successful.

91 You can go to God Most High to
hide.
You can go to God All-Powerful for
protection.

² I say to the LORD, "You are my place
of safety, my fortress.

My God, I trust in you."

³ God will save you from hidden dangers

and from deadly diseases.

⁴ You can go to him for protection.
He will cover you with his wings.

You can trust him to surround and pro-
tect you like a shield.

⁵ You will have nothing to fear at night
and no need to be afraid of enemy ar-
rows during the day.

⁶ You will have no fear of diseases that
come in the dark
or terrible suffering that comes at noon.

⁷ A thousand people may fall dead at
your side

or ten thousand right beside you,
but nothing bad will happen to you!

⁸ All you will have to do is watch,
and you will see that the wicked are
punished.

⁹ You trust in the LORD for protection.
You have made God Most High your
place of safety.

¹⁰ So nothing bad will happen to you.
No diseases will come near your home.

¹¹ He will command his angels
to protect you wherever you go.

¹² Their hands will keep you steady
so that you will not stumble on a rock.

¹³ You will have power to trample on
lions
and poisonous snakes.

¹⁴ The Lord says, "I will save those who
love me.

I will protect those who trust in me.

¹⁵ When they call to me for help, I will
answer them.

I will be with them when they are in
trouble;

I will rescue them and honour them.

¹⁶ I will give them a long life
and show them my power to save."

A psalm, a song for the Sabbath.

92 It is good to praise the LORD.
God Most High, it is good to
praise your name.

²It is good to sing about your love in the morning
and about your faithfulness at night.

³It is good to play for you on the ten-stringed instrument and lyre
and to add the soft sounds of the harp to my praise.

⁴LORD, you make me very happy because of what you have done.
I gladly sing about it.

⁵LORD, you did such great things.
Your thoughts are too hard for us to understand.

⁶Stupid people don't know this,
and fools don't understand.

⁷The wicked may sprout like grass,
and those who do evil may blossom like flowers.

But they will be destroyed, never to be seen again.

⁸And you, LORD, will rule over all forever.

⁹LORD, all your enemies will be destroyed,
and all who do evil will be scattered.

¹⁰But you have made me as strong as a wild ox.

You have given me your blessing.[¶]

¹¹My eyes have seen the defeat of those waiting to attack me;
my ears have heard the cries of my evil enemies.

¹²Good people are like budding palm trees;
they grow strong like the cedar trees of Lebanon.

¹³They are planted in the LORD's house[§]
and grow strong there in the courtyards of our God.

¹⁴Even when they are old,
they will continue producing fruit like young, healthy trees.

¹⁵So they tell everyone, "The LORD is good."^{**}

He is my Rock,
and he does no wrong."^{††}

93 The LORD is King.
He wears majesty and strength like royal robes.

He set the world on a firm foundation.
It will never be moved.

²LORD, you have reigned as King from the beginning of time.

You have lived forever!

³LORD, you were there when the seas raged,

when the raging seas roared.

The sea still lifts up its roaring waves.

⁴But the LORD above is powerful—
more powerful than the raging waters
and more powerful than the crashing waves of the sea.

⁵LORD, your laws will continue forever.^{‡‡}

Your holy Temple will stand for a long time.

94 LORD, you are a God who punishes people.

Show your anger! Come and punish them!

²You are the judge of the whole earth.

Give proud people the punishment they deserve.

³LORD, how long will the wicked have their fun?

How much longer?

⁴How much longer will those criminals boast about the evil they did?

[¶]92:10 *You ... blessing* Or "You poured your refreshing oil over me."

[§]92:13 *house* Or "Temple". See Temple in the Word List.

^{**}92:15 *good* This is a wordplay. The Hebrew word means "straight" (like the trees) and "good" or "honest".

^{††}92:15 *he ... wrong* Or "there is no crookedness in him."

^{‡‡}93:5 *your laws ... forever* Or "your agreement can really be trusted".

⁵ LORD, they hurt your people
and make them suffer.
⁶ They kill widows and immigrants liv-
ing in our country
and murder orphans.
⁷ And they say the LORD does not see
them doing these evil things!
They say the God of Jacob does not know
what is happening.
⁸ You evil people are foolish.
When will you learn your lesson?
You are so stupid!
You must try to understand.
⁹ God made your ears.
Do you think he can't hear?
He made your eyes.
Do you think he can't see?
¹⁰ The one who disciplines nations will
surely correct you.
He is the one who teaches us everything.
¹¹ The LORD knows what people are
thinking.
He knows that their thoughts are like a
puff of wind.
¹² LORD, great blessings belong to those
you correct,
to those you teach from your law.
¹³ You help them stay calm when trouble
comes.
You will help them until the wicked are
put in their graves.
¹⁴ The LORD will not leave his people;
he will not leave them without help.
¹⁵ Justice will return and bring fairness,
and those who want to do right will be
there to see it.
¹⁶ No one helped me fight against the
wicked.
No one stood with me against those who
do evil.
¹⁷ And if the LORD had not helped me,
I would soon have been silenced by
death.
¹⁸ I knew I was about to fall,

but, LORD, your faithful love supported
me.

¹⁹ I was worried and upset,
but you comforted me and made me
happy!

²⁰ You don't help crooked judges.
They use the law to make life hard for
the people.

²¹ They attack those who do what is
right.

They accuse innocent people and put
them to death.

²² But the LORD is my place of safety,
high on the mountain.

God, my Rock, is my safe place!

²³ He will punish those evil judges for
the bad things they did.

He will destroy them because they
sinned.

The LORD our God will destroy them.

95 Come, let us sing praise to the
LORD!

Let us shout praises to the Rock who
saves us.

² Come and worship him with songs of
thanks.[¶]

Let us sing happy songs of praise to him.

³ For the LORD is a great God,
the great King ruling over all the gods.

⁴ The deepest caves are his,
and the highest mountains belong to
him.

⁵ The ocean is his because he created it.
He made the dry land with his own
hands.

⁶ Come, let us bow down and worship
him!

Let us kneel before the LORD who made
us.

⁷ He is our God,
and we are the people he cares for,
his sheep that walk by his side.

Listen to his voice today:

[¶]95:2 *songs of thanks* Or "offerings of thanksgiving".

⁸“Don’t be stubborn, as your people were at Meribah,
as they were at Massah^{§§} in the desert.

⁹Your ancestors doubted and tested me, even after they saw what I could do!

¹⁰I was angry with them for 40 years.

I said, ‘They are not faithful to me.

They refuse to do what I say.’

¹¹So in my anger I made this vow:

‘They will never enter my land of rest.’”

96 Sing a new song* to the LORD!

Let the whole world sing to the LORD!

²Sing to the LORD and praise his name!

Tell the good news every day about how he saves us!

³Tell all the nations how wonderful he is!

Tell people everywhere about the amazing things he does.

⁴The LORD is great and most worthy of praise.

He is more awesome than all the gods.

⁵All the gods in other nations are nothing but statues,

but the LORD made the heavens.

⁶Glory and honour surround him.

His Temple is a place of power and beauty.

⁷Praise the LORD, all people of every nation;

praise the LORD’s glory and power.

⁸Give the LORD praise worthy of his glory!

Come, bring your offerings into his courtyard.

⁹Worship the LORD in all his holy beauty.

All the earth should tremble before him.

¹⁰Tell the nations that the LORD is King!

The world stands firm and cannot be moved.

He will judge all people fairly.

¹¹Let the heavens rejoice and the earth be happy!

Let the sea and everything in it shout for joy!

¹²Let the fields and everything in them be happy!

Let the trees in the forest sing for joy

¹³when they see the LORD who is coming!

He is coming to judge† all people on earth.

He will judge the world with his justice, always faithful to decide what is fair for everyone.

97 The LORD rules!

Let the earth be glad!

Let all the faraway lands celebrate!

²Thick, dark clouds surround him.

Goodness and justice make his kingdom strong.

³Fire goes before him and destroys his enemies.

⁴His lightning flashes in the sky.

The earth sees it and trembles with fear.

⁵The mountains melt like wax before the LORD,

before the Lord of all the earth.

⁶The skies tell about his goodness, and the nations see his glory.

⁷The people who worship idols are put to shame.

All who boast about their useless gods are now embarrassed,

because all their gods bow down before the Lord.

⁸LORD, your people see that you judge fairly.

So the people of Zion are glad,

§§95:8 *Meribah ... Massah* See Exod. 17:1-7.

*96:1 *new song* Whenever God did a new and wonderful thing for his people, they would write a new song about it.

†96:13 *judge* Or “rule”. Also in 98:9.

and all the cities of Judah rejoice.

⁹LORD, you are the Most High God over all the earth.

You are much higher than all the gods.

¹⁰Hate evil, you who love the LORD.

He protects his faithful people and keeps them from being hurt by those who are evil.

¹¹God blesses[‡] those who live right.

Happiness comes to those who want to do good.

¹²You who live right, be happy for what the LORD has done.

Praise him who alone is holy![¶]

A psalm.

98 Sing a new song[§] to the LORD, because he has done amazing things!

His powerful and holy right arm^{**} has brought him another victory.

²The LORD showed the nations his power to save;

he showed them his goodness.

³He has kept his promise of love and loyalty to the people of Israel.

People everywhere have seen our God's power to save.

⁴Everyone on earth, shout with joy to the LORD.

Start singing happy songs of praise!

⁵Praise the LORD with harps.

Yes, praise him with music from the harps.

⁶Blow the pipes and horns, and shout for joy to the LORD our King!

⁷Let the sea and everything in it,

the earth and all who live in it shout his praise!

⁸Rivers, clap your hands!

All together now, mountains sing out!

⁹Sing before the LORD

because he is coming to judge the world.

He will judge the world fairly and the nations in a way that is right.

99 The LORD is King, so let the nations shake with fear. He sits as King above the winged creatures,

so let the whole earth shake.

²The LORD in Zion is great!

He is the great leader over all people.

³Let all the nations praise your name.

Your name is great and awesome and holy.

⁴You are the powerful King who loves justice.

You have made things right.

You have brought goodness and fairness to Jacob.

⁵Praise the LORD our God, and bow down before his footstool,^{††} for he is holy.

⁶Moses and Aaron were some of his priests,

and Samuel was one of the men who called on his name.

They prayed to the LORD, and he answered them.

⁷God spoke from the tall cloud, and they obeyed the commands and law he gave them.

⁸LORD our God, you answered their prayers.

[‡]97:11 *God blesses* Literally, "Light is sown for".

[¶]97:12 *him ... holy* Literally, "his holy remembrance".

[§]98:1 *new song* Whenever God did a new and wonderful thing for his people, they would write a new song about it.

^{**}98:11 *holy right arm* This pictures God as a warrior-king. The right arm is a symbol of his power and authority. "Holy" may refer to the special cleansing and dedication that Israelites performed before going into battle.

^{††}99:5 *footstool* This probably means the Temple. See Temple in the Word List.

You showed them that you are a forgiving God
and that you punish people for the evil they do.

⁹Praise the LORD our God,
and bow down towards his holy mountain and worship him.
The LORD our God is holy!

A psalm of thanksgiving.

100 All the earth, sing to the LORD!

²Be happy as you serve the LORD!
Come before him with happy songs!
³Know that the LORD is God.
He made us, and we belong to him.
We are his people, the sheep he takes care of.

⁴Come through the gates to his Temple giving thanks to him;
enter his courtyards with songs of praise.
Give thanks to him and praise his name.
⁵The LORD is good!
There is no end to his faithful love.
We can trust him for ever and ever!

A psalm of David.

101 I will sing about faithful love and justice.

LORD, I will sing to you.
²I will be careful to live a pure life.
I will live in my house with complete honesty.
When will you come to me?
³I will not even look at anything shameful.‡

I hate all wrongdoing.
I want no part of it!
⁴I will not be involved in anything dishonest.
I will have nothing to do with evil.
⁵I will stop anyone who secretly says bad things about a neighbour.
I will not allow people to be proud

and think they are better than others.

⁶I will look throughout the land for those who can be trusted.
Only such people can live with me;
only those who live pure lives can be my servants.

⁷I will never let a dishonest person live in my house.

I will not let liars stay near me.

⁸My goal each day will be to destroy the wicked living in our land.

I will force all who do evil to leave the city of the LORD.

A prayer for a time of suffering, when anyone feels weak and wants to tell their complaints to the LORD.

102 LORD, hear my prayer.
Listen to my cry for help.

²Don't turn away from me when I have troubles.
Listen to me, and answer me quickly when I cry for help.

³My life is passing away like smoke.
My life is like a fire slowly burning out.

⁴My strength is gone—
I am like dry, dying grass.

I even forget to eat.
⁵Because of my sadness, I am losing so much weight

that my skin hangs from my bones.
⁶I am lonely, like an owl living in the desert,

like an owl living among old ruined buildings.

⁷I cannot sleep.

I am like a lonely bird on the roof.

⁸My enemies insult me all the time.

They make fun of me and use me as an example in their curses.

⁹My great sadness is my only food.

My tears fall into my drink.

¹⁰You were angry with me,
so you picked me up and threw me away.

‡101:3 *anything shameful* Or “an idol”.

¹¹ My life is almost finished,
like the long shadows at the end of the
day.

I am like dry and dying grass.

¹² But you, LORD, will rule as king
forever!

Your name will last for ever and ever!

¹³ You will rise up and comfort Zion.

The time has come for you to be kind to
Zion.

¹⁴ Your servants love her stones.

They love even the dust of that city!

¹⁵ The nations will worship the LORD's
name.

All the kings on earth will honour you.

¹⁶ The LORD will rebuild Zion.

He will appear in all his glory.

¹⁷ He will listen to the prayers of those
in poverty.

He will not ignore them.

¹⁸ Write these things for future
generations,

so that they will praise the LORD.

¹⁹ The LORD will look down from his
Holy Place above.

He will look down at the earth from
heaven.

²⁰ And he will hear the prisoners' prayers
and free those who were condemned to
die.

²¹ Then people in Zion will tell about the
LORD.

They will praise his name in Jerusalem

²² when nations gather together

and kingdoms come to serve the LORD.

²³ God has made me feel old for my age.

He has made my life too short.

²⁴ So I cry out, "Don't let me die young,
my God,

you whose years never end!

²⁵ Long ago, you made the world.

You made the sky with your own hands!

²⁶ The earth and sky will end,

but you will live forever!

They will wear out like old clothes,

and like clothes, you will change them
and toss them aside.

²⁷ But you never change.

You will live forever!

²⁸ We are your servants today.

Our children will live here,
and their descendants will be safe under
your care."

A song of David.

103 With all my heart I want to
praise the LORD!

I want to praise his holy name with all
that I am!

² With all my heart I want to praise the
LORD!

I must never forget all the good things
he has done!

³ He forgives all my sins
and heals all my sicknesses.

⁴ He saves me from the grave,
and he gives me love and compassion.

⁵ He gives me plenty of good things.
He keeps me young and strong like an
eagle.

⁶ The LORD does what is fair.
He brings justice to all who have been
hurt by others.

⁷ He taught his ways to Moses
and let Israel see the powerful things he
can do.

⁸ The LORD is kind and merciful.
He is patient and full of unfailing love.

⁹ He does not always criticize.
He does not stay angry with us forever.

¹⁰ We sinned against him,
but he didn't give us the punishment we
deserved.

¹¹ His love for those who honour him is
as high above us as heaven is above the
earth.

¹² And he has taken our sins
as far away from us as the east is from
the west.

¹³ The LORD is as kind to those who hon-
our him

as a father is to his children.

¹⁴ He knows all about us;
he knows we are made from dirt.

¹⁵ He knows our lives are like grass,
like a wild flower that grows so quickly,
¹⁶ but when the hot wind blows, it dies.

Soon, you cannot even see where it was.

¹⁷ But the LORD has always loved those
who honour him,
and he will continue to love them
forever

and be good to their descendants.

¹⁸ He will be good to those who are faith-
ful to his agreement
and who are careful to obey his
commands.

¹⁹ The LORD set his throne up in heaven,
and he rules over everything.

²⁰ Angels, praise the LORD!

You angels are the powerful soldiers
who obey his commands.

You listen to him and obey his
commands.

²¹ Praise the LORD, all his armies.[¶]

You are his servants,
and you do what he wants.

²² Everything the LORD has made should
praise him

throughout the world that he rules!

With all my heart I want to praise the
LORD!

104 With all my heart I want to
praise the LORD!

LORD my God, you are very great!

You are clothed with glory and honour.

² You wear light like a robe.

You spread out the skies like a curtain.

³ You built your home above them.^{§§}

You use the thick clouds like a chariot
and ride across the sky on the wings of
the wind.

⁴ You make the winds your messengers
and flames of fire your servants.

⁵ You built the earth on its foundations,
so it can never be moved.

⁶ You covered it with water like a
blanket;

the water even covered the mountains.

⁷ But you gave the command, and the
water turned back.

You shouted at the water, and it rushed
away.

⁸ The water flowed down from the
mountains into the valleys,
to the places you made for it.

⁹ You set the limits for the seas,
and the water will never again rise to
cover the earth.

¹⁰ Lord, you cause water to flow from
springs into the streams

that flow down between the mountains.

¹¹ The streams provide water for all the
wild animals;

even the wild donkeys come there to
drink.

¹² Wild birds come to live by the pools;
they sing in the branches of nearby trees.

¹³ You send rain down on the mountains.
The earth gets everything it needs from

what you have made.

¹⁴ You make the grass for the animals

and the plants for the crops we grow,
plants that make food from the earth.

¹⁵ You give us the wine that makes us
happy,

the oil that makes our skin soft,*

[¶]**103:21** *armies* This word can mean “armies”, “angels” or the “stars and planets”. This word is part of the name translated “LORD All-Powerful”. It shows that God is in control of all the powers in the universe.

^{§§}**104:3** *above them* Literally, “on the water above”. This is like the picture of the world in Gen. 1. There the sky was like a bowl turned upside down on the earth. There was water below the bowl and water above it.

***104:15** *makes our skin soft* Literally, “makes our face shine”. This can also mean “makes us happy”.

and the food that makes us strong.

¹⁶The great cedar trees of Lebanon belong to the LORD;

he planted them and gives them the water they need.

¹⁷That's where the birds make their nests,

and the storks live in the fir trees.

¹⁸The high mountains are a home for wild goats.

The large rocks are hiding places for rock badgers.

¹⁹Lord, you made the moon to show us when the festivals begin,

and the sun always knows when to set.

²⁰You made darkness to be the night—the time when wild animals come out and roam around.

²¹Lions roar as they attack, as if they are asking God for the food he gives them.

²²When the sun rises, they leave and go back to their dens to rest.

²³Then people go out to do their work, and they work until evening.

²⁴LORD, you created so many things! With your wisdom you made them all. The earth is full of the living things you made.

²⁵Look at the ocean, so big and wide! It is filled with all kinds of sea life.

There are creatures large and small—too many to count!

²⁶Ships sail over the ocean, and playing there is Leviathan,[†] the great sea creature you made.

²⁷Lord, all living things depend on you to give them food at the right time.

²⁸You give it, and they eat it. They are filled with good food from your open hands.

²⁹When you turn away from them, they become frightened.

When you take away their breath,[‡] they die, and their bodies return to the dust.

³⁰But when you send out your life-giving breath,[¶] things come alive, and the world is like new again!

³¹May the LORD's glory continue forever!

May the LORD enjoy what he made.

³²He just looks at the earth and it trembles.

He touches the mountains and smoke rises from them.

³³I will sing to the LORD for the rest of my life;

I will sing praises to my God as long as I live.

³⁴May my words be pleasing to him.

The LORD is the one who makes me happy.

³⁵I wish sinners would disappear from the earth

and the wicked would be gone forever. With all my heart I want to praise the LORD!

Praise the LORD!

105 Give thanks to the LORD and call out to him!

Tell the nations what he has done!

²Sing to him; sing praises to him.

Tell about the amazing things he has done.

³Be glad you belong to him who is holy. When you go to worship the LORD, be happy!

⁴Depend on the LORD for strength.

Always go to him for help.

[†]104:26 *Leviathan* This might mean any large sea animal, like a whale. But it probably means “the sea monster”, the “Dragon” or “Rahab”. This creature represents the great power of the ocean, the power that God controls.

[‡]104:29 *breath* Or “spirit”.

[¶]104:30 *life-giving breath* Or “Spirit”.

⁵ Remember the amazing things he has done;
remember his miracles and his fair decisions.

⁶ You belong to the family of his servant Abraham,
descendants of Jacob, the people God chose.

⁷ The LORD is our God.

He rules the whole world.

⁸ He will remember his agreement forever;

he will always keep the promises he made to his people.

⁹ He will keep the agreement he made with Abraham
and the promise he made to Isaac.

¹⁰ He gave it as a law to Jacob;
he gave it to Israel as an agreement that will last forever!

¹¹ He said, "I will give you the land of Canaan,
and it will be your very own."

¹² At the time God said this, there were only a few of his people,
and they were immigrants there.

¹³ They travelled around from nation to nation,
from one kingdom to another.

¹⁴ But the Lord did not let anyone mistreat them.

He warned kings not to harm them.

¹⁵ He said, "Don't hurt my chosen people.

Don't harm my prophets."

¹⁶ God caused a famine in their country,
and they did not have enough food.

¹⁷ But he sent a man ahead of them—
Joseph, who had been sold as a slave.

¹⁸ They put chains on his feet
and an iron ring around his neck.

¹⁹ Joseph was a slave until the future he had seen really happened,

and the LORD's message proved that Joseph was right.

²⁰ So the king of Egypt set him free;
that nation's ruler freed him from prison.

²¹ He put Joseph in charge of his house.
Joseph took care of everything the king owned.

²² Joseph gave instructions to the other leaders.

He taught the older men.

²³ Then Israel came to Egypt.

Jacob lived there in Ham's country.[§]

²⁴ Jacob's family became very large
and more powerful than their enemies.

²⁵ So the Egyptians began to hate his people
and made plans against his servants.

²⁶ So the Lord sent Moses, his servant,
and Aaron, his chosen priest.

²⁷ He used Moses and Aaron
to do many miracles in Ham's country.

²⁸ He sent darkness to cover their land,
but the Egyptians did not listen to him.

²⁹ So he changed the water into blood,
and all their fish died.

³⁰ Their country was filled with frogs,
even in the king's bedroom.

³¹ The Lord gave the command,
and the flies and gnats came.

They were everywhere!

³² He made the rain become hail.

Lightning struck throughout their land.

³³ He destroyed their vines and fig trees
and every tree in their country.

³⁴ He gave the command, and the locusts
and grasshoppers came.

There were too many to count!

³⁵ They ate all the plants in the country,
including all the crops in their fields.

³⁶ Then the Lord killed every firstborn in
their country.

He killed their oldest sons.

³⁷ He led his people out of Egypt.

[§]105:23 *Ham's country* Or "Egypt". The Egyptians were Ham's descendants. Also in 106:22. See Gen. 10:6-20.

They were carrying gold and silver,
and none of them stumbled or fell
behind.

³⁸ Egypt was happy to see his people go,
because they were afraid of them.

³⁹ The Lord spread out his cloud like a
blanket.

He used his tall cloud of fire to give his
people light at night.

⁴⁰ They asked for food, and he sent them
quail.

He also gave them plenty of bread from
heaven.

⁴¹ He split the rock, and water came bub-
bling out.

A river began flowing in the desert!

⁴² The Lord remembered his holy
promise

that he had made to his servant
Abraham.

⁴³ Yes, God brought his people out of
Egypt.

They came out rejoicing and singing
their happy songs!

⁴⁴ Then he gave his people the lands of
other nations,
and they got what others had worked
for.

⁴⁵ He did this so that his people would
obey his laws
and follow his teachings.

Praise the LORD!

106 Praise the LORD!
Give thanks to the LORD be-
cause he is good!

His faithful love will continue forever!

² No one can describe how great the
LORD really is;

no one can praise him enough.

³ Those who obey his commands are
happy.

They do good things all the time.

⁴ LORD, remember me when you show
kindness to your people;

remember to save me too!

⁵ Let me share in the good things

you do for your chosen people.

Let me rejoice with your nation;

let me join with your people in praise.

⁶ We sinned just as our ancestors did.

We were wrong; we did bad things!

⁷ Lord, our ancestors learned nothing
from the miracles you did in Egypt.

They forgot your kindness at the Red Sea
and rebelled against you.

⁸ But the Lord saved our ancestors for the
honour of his name—

to show his great power.

⁹ He gave the command, and the Red Sea
became dry.

He led them through the deep sea on
land as dry as the desert.

¹⁰ He saved our ancestors
and rescued them from their enemies.

¹¹ He covered their enemies with the sea.
Not one of them escaped!

¹² Then our ancestors believed what he
had said,

and they sang praises to him.

¹³ But they quickly forgot about what he
did;

they did not listen to his advice.

¹⁴ In the desert, they longed for food
in a way that tested God's patience.

¹⁵ He gave them what they asked for,
but he also gave them a terrible disease.

¹⁶ The people became jealous of Moses
and of Aaron, the LORD's holy priest.

¹⁷ The ground opened up and swallowed
Dathan.

Then the ground closed up and covered
Abiram's group.

¹⁸ Then a fire burned that group of
people;

it burned those wicked people.

¹⁹ The people made a gold calf at Mount
Horeb.

They worshipped a statue!

²⁰ They traded their glorious God
for a statue of a grass-eating bull!

²¹ They forgot all about God who saved
them,

who did the miracles in Egypt.

²² He did amazing things there in Ham's country!

He did awesome things at the Red Sea!

²³ God said he would destroy those people,

but Moses, the leader he chose, stood in the way.

God was very angry, but Moses begged him to stop,

so God did not destroy the people.**

²⁴ But then they refused to go into the wonderful land of Canaan.

They did not believe that God would help them defeat the people there.

²⁵ Our ancestors complained in their tents

and refused to obey the LORD.

²⁶ So he gave them a warning and vowed that they would die in the desert.

²⁷ He promised to scatter them among the nations

and to let other people defeat their descendants.

²⁸ At Peor they joined in worshipping Baal

and ate sacrifices to honour the dead.††

²⁹ These bad things they did made the LORD angry,

so a terrible sickness began to spread among them.

³⁰ But Phinehas began punishing those doing wrong,‡‡

and the sickness stopped.

³¹ So Phinehas will always be remembered

for doing what was right.

³² At Meribah the people made the LORD angry

and created trouble for Moses.

³³ They upset Moses, and he spoke without stopping to think.

³⁴ The LORD told the people to destroy the other nations living in Canaan,

but the Israelites did not obey him.

³⁵ They mixed with the other people and did what those people were doing.

³⁶ They began worshipping the false gods those people worshipped,

and their idols became a trap.

³⁷ They even offered their own children as sacrifices to demons.

³⁸ They killed their innocent sons and daughters

and offered them to the false gods of Canaan.

So the land was polluted with the sin of murder.

³⁹ They were unfaithful to him, and they became dirty with the sins of other nations.

⁴⁰ So the LORD became angry with his people

and rejected those who belonged to him.

⁴¹ He gave his people to other nations and let their enemies rule over them.

⁴² Their enemies controlled them and made life hard for them.

⁴³ He saved his people many times, but they turned against him and did

what they wanted to do. His people did many bad things.

⁴⁴ But whenever they were in trouble, he listened to their prayers.

⁴⁵ He always remembered his agreement,

and because of his faithful love, he had pity on them.

**106:23 Or "God said he would destroy them. But Moses, his chosen one, stood in the breach and repelled his anger from destroying." This compares Moses to a soldier standing at a break in a wall defending the city against enemy soldiers.

††106:28 *the dead* This might refer to "lifeless gods" or to dead friends or relatives honoured with meals eaten at their graves.

‡‡106:30 *began ... wrong* Literally, "stood and intervened". For the story of what Phinehas did see Num. 25:1-16.

⁴⁶ Other nations took them as prisoners,
but the Lord caused them to be kind to
his people.

⁴⁷ LORD, our God, save us!
Bring us back together from those
nations.

Then we will give thanks to you, the holy
one,
and joyfully praise you.

⁴⁸ Praise the LORD, the God of Israel!
He always was and will always be wor-
thy of praise.

Let all the people say, "Amen!"
Praise the LORD!

Book 5

(*Psalms 107 – 150*)

107 Thank the LORD, because he
is good!

His faithful love will continue forever!

² Everyone the LORD has saved should
repeat that word of thanks.

Praise him, all who have been rescued
from the enemy.

³ He gathered his people together from
many different countries.

He brought them from east and west,
north and south.^f

⁴ Some of them wandered in the dry
desert.

They were looking for a place to live,
but they could not find a city.

⁵ They were hungry and thirsty
and growing weak.

⁶ Then they called to the LORD for help,
and he saved them from their troubles.

⁷ He led them on a road that led straight
to the city where they would live.

⁸ Thank the LORD for his faithful love
and for the amazing things he does for
people.

⁹ He satisfies those who are thirsty

and fills those who are hungry with good
things.

¹⁰ Some of God's people were prisoners,
locked behind bars in dark prisons.

¹¹ That was because they had fought
against what God said.

They refused to listen to the advice of
God Most High.

¹² God made life hard for those people
because of what they did.

They stumbled and fell,
and there was no one to help them.

¹³ They were in trouble, so they called to
the LORD for help,
and he saved them from their troubles.

¹⁴ He took them out of their dark prisons;
he broke the ropes that held them.

¹⁵ Thank the LORD for his faithful love
and for the amazing things he does for
people.

¹⁶ He breaks down their bronze gates;
he shatters their iron bars.

¹⁷ Some people became fools and turned
against God,
and they suffered for the evil they did.

¹⁸ They became so sick that they refused
to eat,
so they almost died.

¹⁹ They were in trouble, so they called to
the LORD for help,

and he saved them from their troubles.

²⁰ He gave the command and healed
them,

so they were saved from the grave.

²¹ Thank the LORD for his faithful love
and for the amazing things he does for
people.

²² Offer sacrifices of thanks to him
and sing with joy about all that he has
done.

²³ Some sailed the sea in ships.
Their business carried them across the
water.

²⁴ They saw what the LORD can do,

^f107:3 *south* This is a correction of the similar Hebrew word for "sea".

the amazing things he did at sea.

²⁵ He gave the command, and a strong wind began to blow.

The waves became higher and higher.

²⁶ The waves lifted them high into the sky

and dropped them into the deep sea.

Facing such danger, the men lost their courage.

²⁷ They were stumbling and falling like drunks.

Their skill as sailors was useless.

²⁸ In their trouble they cried out to the LORD,

and he saved them from the danger.

²⁹ He stopped the storm and calmed the waves.

³⁰ The sailors were happy when the sea became calm, and he led them safely to where they wanted to go.

³¹ Thank the LORD for his faithful love and for the amazing things he does for people.

³² They should praise him when his people come together.

They should praise him where the older leaders meet.

³³ He changed rivers into a desert and stopped springs from flowing.

³⁴ He made the fertile land become salty, because the people living there did such evil things.

³⁵ He changed the desert into a land with pools of water.

He caused springs to flow from dry ground.

³⁶ He led the hungry to that good land, and they built a city to live in.

³⁷ They planted seeds in their fields and grapes in their vineyards, and they had a good harvest.

³⁸ God blessed them with many children and plenty of animals.

³⁹ But because of disaster and troubles, their families became small and weak.

⁴⁰ God shames even great leaders and makes them wander through empty deserts.

⁴¹ But he rescues the poor from their misery.

He makes their families large like flocks of sheep.

⁴² Good people see this and are happy, but the wicked see it and don't know what to say.

⁴³ Whoever is wise will remember these things

and begin to understand the LORD's faithful love.

A song, a psalm of David.

108 God, I am ready and determined

to sing songs of praise with all my heart.
² Harps and lyres, wake up,

and let's wake the dawn!
³ LORD, I will praise you before all people.

I will sing praises about you to every nation.

⁴ Your love is so great, it reaches above the sky!

Your faithfulness is as high as the clouds.
⁵ God, rise above the heavens!

Let all the world see your glory.

⁶ Use your great power and help us!

Answer my prayer and save the people you love.

⁷ From his Temple God made this promise:

"I will enjoy victory and give the land to my people.

I will divide up the city of Shechem for them.

I will give them Succoth Valley piece by piece.

⁸ Gilead and Manasseh will be mine.

Ephraim will be my helmet.

Judah will be my royal sceptre.

⁹ Moab will be the bowl for washing my feet.

Edom will be the slave who carries my sandals.

I will shout in victory over the Philistines.”

¹⁰⁻¹¹ But, God, it seems that you have left us!

You do not go out with our army.

So who will lead me into the strong, protected city?

Who will lead me into battle against Edom?

¹² Help us defeat the enemy!

No one on earth can rescue us.

¹³ Only God can make us strong.

Only God can defeat our enemies!

For the music director: a psalm of David.

109 God, I praise you!
Hear my prayer and do something!

² Wicked people tell lies about me; they say things that are not true.

³ They say hateful things about me and attack me for no reason.

⁴ I loved them, but they attacked me.

So I said a prayer.

⁵ I did good things to them, but they are doing bad things to me.

I loved them,

but they hated me.

⁶ They said, “Choose someone evil to judge him.

Let the one at his side really be his accuser.

⁷ At his trial, let the court find him guilty!

Then even his prayer will be seen as a lie.

⁸ Let his life be cut short, and let someone else take over his work.

⁹ Let his children become orphans, and let his wife be a widow.

¹⁰ Make his children wander around as beggars,

forced from homes that lie in ruins.

¹¹ Let the people he owes take everything he owns.

Let strangers take everything he worked for.

¹² Let no one be kind to him;

let no one show mercy to his children.

¹³ May his family come to an end and his name be unknown to future generations.

¹⁴ May the LORD remember the sins of his father,

and may his mother’s sins never be erased.

¹⁵ May the LORD never forget those sins, and may no one ever remember his family.

¹⁶ “He never gave a thought to helping anyone.

He made life hard for the poor and helpless

and killed those who were discouraged.

¹⁷ He loved to curse others, so let those bad things happen to him.

He never blessed others, so don’t let good things happen to him.

¹⁸ Cursing was a daily part of his life, like the clothes he wears.

Cursing others became a part of him, like the water he drinks

and the oil he puts on his body.

¹⁹ So let curses cover him like the robe he wears

and always surround him like a belt.”

²⁰ My accusers said these evil things about me,

but may their curses be the way the LORD punishes them.

²¹ My Lord GOD, treat me in a way that brings honour to your name.

Save me because of your faithful love.

²² I am only a poor, helpless man.

I am so sad; my heart is broken.

²³ I feel my life is over, fading like a shadow at day’s end.

I feel like a bug that someone brushed away.

²⁴ My knees are weak from fasting,
and I have lost weight and become thin.

²⁵ My enemies insult me;
they look at me and shake their heads.

²⁶ LORD my God, help me!

Show your faithful love and save me!

²⁷ Then my enemies will know that you
did it.

They will know that it was your power,
LORD, that helped me.

²⁸ They may curse me, but you will bless
me.

When they attack me, make them fail.

Then I, your servant, will be happy.

²⁹ Cover my accusers with disgrace!

Let them wear their shame like a coat.

³⁰ I will keep on thanking the LORD;

I praise him in front of everyone.

³¹ He stands by the helpless
and saves them from those who try to
put them to death.

A psalm of David.

110 The LORD said to my lord,^{§§}
“Sit at my right side,
while I put your enemies
under your control.”

² The LORD will cause your kingdom to
grow, beginning at Zion,

until you rule the lands of your enemies!

³ Your people will gladly join you
when you gather your army together.

Your young men will gather around you
on the holy hills

like dew in the early morning.*

⁴ The LORD has made a promise with an
oath

and will not change his mind:

“You are a priest forever—
the kind of priest Melchizedek was.”

⁵ My Lord is at your right side.

He will defeat the other kings when he
becomes angry.

⁶ He will judge the nations;
the ground will be covered with dead
bodies.

He will punish the leaders of powerful
nations all around the world.

⁷ He will drink from a stream on the way
home

and hold his head high in victory!

111 † Praise the LORD!
I will thank the LORD with all
my heart

when I meet with his good people.

² The LORD does wonderful things,
which are always in the thoughts of
those who delight in what he has
done.

³ The things he does are great and
glorious!

There is no end to his goodness.

⁴ He has not let us forget the amazing
things he has done.

The LORD is kind and merciful.

⁵ He provided food for those who hon-
oured him.

He remembers his agreement forever.

⁶ He showed his people his great power
by giving them the land of other nations.

⁷ He is faithful and fair in all he does,
and all his commands can be trusted.

⁸ His commands will continue forever.

They must be done with truth and
honesty.

⁹ He rescued his people
and made his agreement with them
forever.

His name is awesome and holy.

¹⁰ Wisdom begins with honouring the
LORD.

Those who obey him can expect success.

§§**110:1** *my lord* That is, the king.

***110:3** The Hebrew text is not clear.

†**111:0** In Hebrew, after the opening “Praise the LORD”, each line of this psalm begins with the next letter of the alphabet.

Praises will be sung to him forever.

112 [‡] Praise the LORD!
Great blessings belong to
those who honour the LORD,
who are happy to do what he commands.

² Their descendants will be given power
on earth;
those who do right will be greatly
blessed.

³ Their family will be very rich,
and their goodness will last forever.

⁴ A light shines in the dark for those who
are good,

for those who are merciful, kind and fair.

⁵ It is good for people to be kind and
generous
and to be fair in business.

⁶ Such good people will never fall.
They will always be remembered.

⁷ They will not live in fear of bad news;
they are confident because they trust in
the LORD.

⁸ They remain confident and without
fear,
so they defeat their enemies.

⁹ They were unselfish and gave to the
poor.

The good things they did will last
forever.

They will win great honour.

¹⁰ The wicked become angry when they
see this.

They will grind their teeth in anger, but
then they disappear.

They will never get what they want
most.

113 Praise the LORD!
Servants of the LORD, praise
him!

Praise the LORD's name.

² May the LORD's name be praised
now and forever.

³ May the LORD's name be praised

from where the sun rises to where it goes
down.

⁴ The LORD is higher than all nations;
his glory rises to the skies.

⁵ There is no one like the LORD our God,
who sits on his throne high in heaven.

⁶ He is so high above us that he must look
down
to see the sky and the earth.

⁷ He lifts the poor out of the dirt
and rescues beggars from the rubbish
dump.

⁸ He puts them in important positions,
giving them a place among the leaders
of his people.

⁹ He gives children to the woman whose
home is empty
and makes her a happy mother.

Praise the LORD!

114 The people of Israel escaped
from Egypt.

Yes, Jacob's descendants left that foreign
country.

² Then Judah became God's holy land,
and Israel became his kingdom.

³ The Red Sea saw this and ran away;
the Jordan River turned and ran.

⁴ The mountains danced like rams;
the hills danced like lambs.

⁵ Red Sea, why did you run away?

Jordan River, why did you turn and run
away?

⁶ Mountains, why did you dance like
rams?

Hills, why did you dance like lambs?

⁷ Earth, tremble when the Lord comes
near,

when the God of Jacob is present.

⁸ He is the one who caused water to flow
from a rock;

he made a spring of water flow from that
hard rock.

[‡]112:0 In Hebrew, after the opening "Praise the LORD," each line of this psalm begins with the next letter of the alphabet.

115 LORD, show that you are the one worthy of honour, not us. Glory and honour belong only to you because of your faithful love and loyalty.

² Why should the nations wonder where our God is?

³ Our God is in heaven, and he does whatever he wants.

⁴ The gods of those nations are only statues that some human made from gold and silver.

⁵ Those statues have mouths, but cannot talk.

They have eyes, but cannot see.

⁶ They have ears, but cannot hear.

They have noses, but cannot smell.

⁷ They have hands, but cannot feel.

They have feet, but cannot walk.

No sounds come from their throats.

⁸ The people who make and trust in those statues

will become like them!

⁹ People of Israel, trust in the LORD!

He is your strength and shield.

¹⁰ Aaron's family, trust in the LORD!

He is your strength and shield.

¹¹ All you who honour the LORD, trust in the LORD!

He is your strength and shield.

¹² The LORD has remembered us, and he blesses us.

He blesses the people of Israel; he blesses Aaron's family.

¹³ The LORD blesses all who honour him, whether they seem important or not.

¹⁴ The LORD blesses you with more and more children, and he blesses them as well.

¹⁵ You receive all these blessings from the LORD,

who made heaven and earth.

¹⁶ Heaven belongs to the LORD, but he gave the earth to people.

¹⁷ The dead don't praise him; those in the grave don't praise the LORD.

¹⁸ But we will praise the LORD now and forever!

Praise the LORD!

116 I love the LORD for hearing me,

for listening to my prayers.

² Yes, he paid attention to me, so I will always call to him whenever I need help.

³ Death's ropes were around me; the grave was closing in on me. I was worried and afraid.

⁴ Then I called on the LORD's name.

I said, "LORD, save me!"

⁵ The LORD is good and merciful; our God is so kind.

⁶ The LORD takes care of helpless people.

I was without help, and he saved me.

⁷ I said to myself, "Relax!"

The LORD is caring for you.

⁸ Lord, you saved me from death.

You stopped my tears; you kept me from falling.

⁹ I will continue to serve the LORD in the land of the living.

¹⁰ I continued believing even when I said,

"I am completely ruined!"

¹¹ Yes, even when I was upset and said, "There is no one I can trust!"

¹² What can I give the LORD for all that he has done for me?

¹³ He saved me, so I will give him a drink offering, and I will call on the LORD's name.

¹⁴ I will give the LORD what I promised in front of all his people.

¹⁵ The LORD loves his faithful people. He cares when one of them dies.

¹⁶ LORD, I am your servant!

Yes, I am your slave, as my mother was. You set me free from the chains of death.

¹⁷ I will give you an offering of thanksgiving,

and I will call on the LORD's name.

¹⁸ I will stand before the gathering of his people
and give the LORD what I promised.

¹⁹ I will do this in Jerusalem,
in the courtyards of the LORD's Temple.
Praise the LORD!

117 Praise the LORD, all you nations.

Praise him, all you people.

² His love for us has never failed!
The LORD will be faithful to us forever!
Praise the LORD!

118 Praise the LORD because he is good!

His faithful love will continue forever!

² Israel, say it:

"His faithful love will continue forever!"

³ Aaron's family,^f say it:

"His faithful love will continue forever!"

⁴ You people worshipping the LORD, say it:

"His faithful love will continue forever!"

⁵ I was in trouble, so I called to the LORD for help.

The LORD answered and set me free.

⁶ The LORD is with me, so I will not be afraid.

No one on earth can do anything to harm me.

⁷ The LORD is my helper.

I will see my enemies defeated.

⁸ It is better to trust in the LORD than to trust in people.

⁹ It is better to trust in the LORD than to trust in great leaders.

¹⁰ Many enemies surrounded me, but with the LORD's power I defeated them.

¹¹ They surrounded me again and again, but I defeated them with the LORD's power.

¹² They surrounded me like a swarm of bees,

but they were quickly destroyed like a fast-burning bush.

I defeated them with the LORD's power.

¹³ My enemy attacked me and almost destroyed me,

but the LORD helped me.

¹⁴ The LORD is my strength,

the one who protects me!

He is the one who saved me.

¹⁵ You can hear the victory celebration in the tents of those who do what is right.

The LORD has shown his great power again!

¹⁶ The LORD's arm is raised in victory.

The LORD has shown his great power again.

¹⁷ I will live and not die, and I will tell what the LORD has done.

¹⁸ The LORD punished me, but he did not let me die.

¹⁹ Open for me the gates where justice lives,

and I will enter and give thanks to the LORD.

²⁰ Those are the LORD's gates, and only good people can go through them.

²¹ Lord, I thank you for answering my prayer.

I thank you for saving me.

²² The stone that the builders rejected became the cornerstone.

²³ The LORD made this happen, and we think it is wonderful!

²⁴ This is the day the LORD has made.

Let us rejoice and be happy today!

²⁵ "Save us, LORD, please save us! LORD, give us success!"[§]

^f118:3 *Aaron's family* That is, the priests.

[§]118:25 Literally, "LORD, please save us. LORD, please make us successful." This was a shout of victory to honour a king returning after winning a war.

²⁶ God bless the one who comes in the name of the LORD.”

“We welcome you to the LORD’s house!

²⁷ The LORD is God, and he accepts us.

Tie up the lamb for the sacrifice and carry it to the horns of the altar.”

²⁸ Lord, you are my God, and I thank you.

My God, I praise you!

²⁹ Praise the LORD because he is good.

His faithful love will continue forever.

Aleph**

119 Great blessings belong to those whose lives are without fault!

They follow the LORD’s teachings.

² Great blessings belong to those who follow his rules!

They seek him with all their heart.

³ They don’t do wrong, and they follow his ways.

⁴ Lord, you gave us your instructions and told us to obey every one of them.

⁵ How I wish I could be more faithful in obeying your laws!

⁶ Then I would never feel ashamed when I look closely at your commands.

⁷ The more I understand how fair your laws are,

the more sincerely I will praise you.

⁸ I will obey your laws, so please don’t leave me!

Beth

⁹ How can a young person live a pure life?

By using your word as a guard against sin,

¹⁰ I have tried with all my heart to serve you.

Don’t let me wander from following your commands.

¹¹ I have stored your word in my memory

so that I will not sin against you.

¹² LORD, you are worthy of praise!

Teach me your laws.

¹³ My lips have repeated all the laws from your mouth.

¹⁴ I have enjoyed following your rules as much as others enjoy great riches.

¹⁵ I will study your instructions and pay attention to your way of life.

¹⁶ I enjoy your laws, and I will not forget your word.

Gimel

¹⁷ Be good to me, your servant, so that I may live to obey your word.

¹⁸ Open my eyes so that I can see all the wonderful things in your teachings.

¹⁹ I feel like a stranger here on earth.

I need to know your commands. Don’t keep them hidden from me.

²⁰ All I have ever wanted is to understand your laws.

²¹ You have told the proud how angry you are with them.

All those who refuse to obey your commands are cursed.

²² Don’t let me be ashamed and embarrassed

because I have obeyed your rules.

²³ Rulers have met and made plans against me,

but I, your servant, continue to study your laws.

²⁴ Your rules make me happy; they give me good advice.

Daleth

²⁵ I lie here like a dying man.

** **119:0 Aleph** The first letter of the Hebrew alphabet. This psalm has a section for each letter of the Hebrew alphabet, and each of the eight verses in each section begins with the Hebrew letter for its section.

Say the word, and I will live again.^{††}

²⁶I told you about my life, and you answered me.

Now, teach me your laws.

²⁷Help me understand your instructions, and I will think about your wonderful teachings.^{‡‡}

²⁸I am sad and tired.

Say the word, and make me strong again.

²⁹Don't let me live a lie;

be kind to me and let me know your teachings.

³⁰I have chosen to be loyal to you;

I respect your laws.

³¹I follow your rules closely, LORD.

Don't let me be put to shame.

³²I do my best to follow your commands, because you are the one who gives me the desire.

He

³³LORD, teach me the way of life shown in your laws.

Just following that way will be my reward.

³⁴Help me understand your teachings, and I will follow them.

I will obey them with all my heart.

³⁵Keep me on the path laid out by your commands,

because that is where I am happy.

³⁶Give me the desire to follow your rules,

not the desire to get rich.

³⁷Keep me from giving attention to worthless things.

Help me follow your ways so I can go on living.

³⁸Do what you promised me, your servant,

so that people will respect you.

³⁹Keep the insults I dread away from me.

Your laws are good.

⁴⁰See how much I want to obey your instructions!

Be good to me, and let me live.

Waw

⁴¹LORD, show me your faithful love.

Save me, as you promised.

⁴²Then, when others make fun of me, I will have an answer

because I trusted what you say.

⁴³Let me always say what is true.

I depend on your judgement to be fair.

⁴⁴I will follow your teachings for ever and ever.

⁴⁵So I will live in freedom,

because I do my best to know your instructions.

⁴⁶I will boldly talk to kings about your rules

and never feel ashamed.

⁴⁷What joy your commands give me!

How I love them!

⁴⁸Not only do I love your commands, but I also honour them.

I will study your laws.

Zain

⁴⁹Remember your promise to me, your servant.

It gives me hope.

⁵⁰You comfort me in my suffering, because your promise gives me new life.

⁵¹People full of pride are always making fun of me,

but I have not stopped following your teachings.

⁵²I remember the laws you gave us long ago, LORD,

and they bring me comfort.

⁵³I am overcome with anger when I see wicked people,

^{††}119:25 *Say ... again* Or "Give me life as you promised."

^{‡‡}119:27 *teachings* Or "deeds".

who have stopped following your teachings.

⁵⁴Your laws are the songs I sing wherever I am living.

⁵⁵LORD, in the night I remember how great you are, and it makes me want to obey your teachings.

⁵⁶And this is what I do:
I carefully follow your instructions.

Heth

⁵⁷LORD, I decided that my duty is to obey your commandments.

⁵⁸I beg you with all my heart, be kind to me, as you promised.

⁵⁹I thought very carefully about my life, and I decided to follow your rules.

⁶⁰Without wasting any time, I hurried back to obey your commands.

⁶¹The wicked tried to trap me, but I have not forgotten your teachings.

⁶²In the middle of the night, I get up to thank you

because your laws are so fair.

⁶³I am a friend to everyone who worships you and to everyone who obeys your instructions.

⁶⁴LORD, your faithful love fills the earth;

teach me your laws.

Teth

⁶⁵LORD, you did good things for me, your servant.

You did what you promised to do.

⁶⁶Give me good sense and understanding.

I trust your commands.

⁶⁷Before I suffered, I did many wrong things,

but now I carefully obey everything you say.

⁶⁸You are good, and you do good things; teach me your laws.

⁶⁹People full of pride made up lies about me,

but I keep obeying your instructions with all my heart.

⁷⁰Those people are so stupid that they care for nothing,

but I enjoy studying your teachings.

⁷¹Suffering was good for me;

I learned your laws.

⁷²Your teachings are worth more to me than a thousand pieces of silver and gold.

Yod

⁷³With your hands you made me and helped me become what I am.

Now help me learn and understand your commands.

⁷⁴Your faithful people will be happy to see me,

because I trust in your word.

⁷⁵LORD, I know that your decisions are fair,

and you were right to punish me.

⁷⁶Now comfort me with your faithful love,

as you promised.

⁷⁷Have mercy on me and let me live.

I enjoy your teachings.

⁷⁸Bring shame on those proud people who lied about me.

All I want to do is study your instructions.

⁷⁹Let your faithful people come to me so that they may learn your rules.

⁸⁰Let me obey your laws perfectly so that I will not be ashamed.

Kaph

⁸¹I feel weaker and weaker as I wait for you to save me,

but I put my hope in your word.

⁸²I keep looking for what you promised, but my eyes are feeling tired.

When will you comfort me?

⁸³ I am so old I look like a wineskin dried
up by smoke,
but I have not forgotten your laws.

⁸⁴ How long must I wait for you
to punish those who persecute me?

⁸⁵ These proud people have dug pits to
trap me.

They disobey your teachings.

⁸⁶ All your commands can be trusted.

These people have no reason to perse-
cute me.

Help me!

⁸⁷ They have almost destroyed me,
but I have not stopped obeying your
instructions.

⁸⁸ Show me your faithful love and let me
live.

I will do whatever you say.

Lamedh

⁸⁹ LORD, your word
continues forever in heaven.

⁹⁰ You are loyal for ever and ever.
You made the earth, and it still stands.

⁹¹ All things continue today because of
your laws.

Like slaves, they all obey you.

⁹² If I had not found joy in your
teachings,

my suffering would have destroyed me.

⁹³ I will never forget your instructions,
because through them you gave me new
life.

⁹⁴ I am yours, so save me!

I have done my best to know your
instructions.

⁹⁵ The wicked hide and wait to destroy
me,

but I think carefully about your rules.

⁹⁶ Everything has its limits,
except your commands.

Mem

⁹⁷ Oh, how I love your teachings!

I talk about them all the time.

⁹⁸ Your commands are always with me,
and they make me wiser than my
enemies.

⁹⁹ I am wiser than all my teachers,
because I study your rules.

¹⁰⁰ I understand more than those who
are older,

because I obey your instructions.

¹⁰¹ I have avoided every path that leads
to evil

so that I could obey your word.

¹⁰² You are my teacher,

so I will always do whatever you decide.

¹⁰³ Your words are so sweet to me,
like the taste of honey!

¹⁰⁴ I gain understanding from your
instructions,

so I hate anything that leads people the
wrong way.

Nun

¹⁰⁵ Your word is a lamp that guides my
steps,

a light that shows the path I should take.

¹⁰⁶ Your laws are good and fair.

I have promised to obey them, and I will
keep my promise.

¹⁰⁷ LORD, I have suffered for a long time.

Say the word, and I will live again![¶]

¹⁰⁸ LORD, accept the praise I want to
give you,

and teach me your laws.

¹⁰⁹ My life is always in danger,

but I have not forgotten your teachings.

¹¹⁰ The wicked try to trap me,
but I have not disobeyed your
instructions.

¹¹¹ The rules you have given me to fol-
low will be mine forever.

They give me great joy.

¹¹² More than anything, I want to obey
your laws always.

That will be the only reward I ever need.

[¶]119:107 Say ... *again* Or "Give me life as you promised."

Samekh

¹¹³ Lord, I hate those who are not completely loyal to you,
but I love your teachings.

¹¹⁴ You are my hiding place and my shield.

I put my hope in your word.

¹¹⁵ Don't come near me, you evil people,
so that I can obey my God's commands.

¹¹⁶ Support me, Lord, as you promised,
and I will live.

I trust in you, so don't disappoint me.

¹¹⁷ Help me and I will be saved.

I will always give attention to your laws.

¹¹⁸ You reject all who don't obey your laws,

because they are liars and did not do what they said.

¹¹⁹ You throw away the wicked of this world like rubbish.

So I love your rules.

¹²⁰ I am shaking with fear before you.

I fear and respect your judgements.

Ain

¹²¹ I have done what is right and good.
Don't let me fall into the hands of those who want to hurt me.

¹²² Promise to be good to me, your servant.

Don't let those proud people do harm to me.

¹²³ I have worn out my eyes looking for your help,

waiting for you to save me, as you promised.

¹²⁴ Show your faithful love to me, your servant.

Teach me your laws.

¹²⁵ I am your servant.

Give me wisdom to understand your rules.

¹²⁶ LORD, it is time for you to do something.

The people do what is against your teachings.

¹²⁷ I love your commands more than gold,
more than the purest gold.

¹²⁸ I carefully obey all your instructions,
so I hate anything that leads people the wrong way.

Pe

¹²⁹ Lord, your rules are wonderful.

That is why I follow them.

¹³⁰ When your words are explained, they give light

that makes even simple people wise.

¹³¹ My desire to hear your commands is so strong

that I wait with open mouth, gasping for breath.

¹³² Look at me, and be kind to me,
just as you always are to those who love your name.

¹³³ As you promised, keep me from falling;

don't let evil rule over me.

¹³⁴ Save me from those who want to hurt me,

and I will obey your instructions.

¹³⁵ Smile down on me, your servant,
and teach me your laws.

¹³⁶ I have cried a river of tears
because people don't obey your teachings.

Tsadhe

¹³⁷ LORD, you do what is right,
and your decisions are fair.

¹³⁸ The rules you have given us are right,
and we can trust them completely.

¹³⁹ Something that really upsets me is the thought

that my enemies ignore your commands.

¹⁴⁰ I love your word;
time and again it has been proved true.

¹⁴¹ I am young, and people don't respect me,

but I have not forgotten your instructions.

¹⁴²Your goodness is forever, and your teachings can be trusted.

¹⁴³Even though I have troubles and hard times,

your commands give me joy.

¹⁴⁴Your rules are always right; help me understand them so that I can live.

Qoph

¹⁴⁵I cried out with all my heart, "Answer me, LORD,

and I will obey your laws."

¹⁴⁶I cried out to you, "Save me, and I will obey your rules."

¹⁴⁷I get up early in the morning to pray to you.

I trust what you say.

¹⁴⁸Late into the night I stay awake to think about your word.

¹⁴⁹I know your love is true, so listen to me.

LORD, save me with one of your just decisions.

¹⁵⁰Here come those who have evil plans to hurt me;

they live far away from your teachings.

¹⁵¹But you are near me, LORD, and all your commands can be trusted.

¹⁵²Long ago I learned from your rules that you made them to last forever.

Resh

¹⁵³Look at my suffering and rescue me. I have not forgotten your teachings.

¹⁵⁴Argue my case, and set me free.

Let me live, as you promised.

¹⁵⁵The wicked have no hope of being saved,

because they don't follow your laws.

¹⁵⁶LORD, you are very kind.

So save me with one of your just decisions.

¹⁵⁷I have many enemies trying to hurt me,

but I have not stopped following your rules.

¹⁵⁸I look at those traitors and hate what I see,

because they refuse to do what you say.

¹⁵⁹See how much I love your instructions!

LORD, I know your love is true, so let me live.

¹⁶⁰Every word you say can be trusted; your laws are fair and will last forever.

Shin

¹⁶¹Powerful leaders attack me for no reason,

but the only thing I fear is your command.

¹⁶²Your word makes me happy, like someone who has found a great treasure.

¹⁶³I hate lies; they make me sick, but I love your teachings.

¹⁶⁴Seven times a day I praise you because your laws are fair.

¹⁶⁵Those who love your teachings will find true peace, and nothing can make them fall.

¹⁶⁶LORD, I am waiting for you to save me.

I obey your commands.

¹⁶⁷I follow your rules,

and I love them very much.

¹⁶⁸I obey all your instructions and rules, because you know everything I do.

Taw

¹⁶⁹LORD, listen to my cry for help. Make me wise, as you promised.

¹⁷⁰Listen to my prayer.

Save me, as you promised.

¹⁷¹I will burst into songs of praise, because you have taught me your laws.

¹⁷²Let my voice sing about your word, because all your commands are good.

¹⁷³I have chosen to follow your instructions,
so reach out and help me!

¹⁷⁴LORD, I want you to save me.
Your teachings make me happy.

¹⁷⁵Let me live to praise you,
and let me find the help I need in your laws.

¹⁷⁶I have wandered away like a lost sheep.

Come and find me.

I am your servant,

and I have not forgotten your commands.

A song for going up to the Temple.

120 I was in trouble.
I called to the LORD for help,
and he answered me!

²I said, "LORD, save me from liars,
from those who say things that are not true."

³You liars, what will God do to you?
Do you know how he will punish you?

⁴He will punish you with a soldier's sharp arrows

and with hot burning coals.

⁵How I hate living here among these people!

It's like living in Meshech or in the tents of Kedar.^{§§}

⁶I have lived too long with those who hate peace.

⁷I ask for peace,
but they want war.

A song for going up to the Temple.

121 I look up to the hills,^{*}
where my help comes from.

²My help will come from the LORD,
who made heaven and earth.

³He will not let you fall.

Your protector will not fall asleep.

⁴Israel's protector does not get tired.
He never sleeps.

⁵The LORD is your protector.

The LORD stands by your side, shading
and protecting you.

⁶The sun cannot harm you during the day,
and the moon cannot harm you at night.

⁷The LORD will protect you from every danger.

He will protect your life.

⁸The LORD will protect you as you come
and go,[†]

both now and forever!

A song of David for going up to the Temple.

122 I was happy when the people
said,

"Let us go to the LORD's Temple."

²Here we are,

standing at your gates, Jerusalem.

³This is New Jerusalem!

The city has been rebuilt as one united city.

⁴This is where the tribes come,
the people who belong to the LORD.

They come here to praise the LORD
as he commanded the people of Israel to do.[‡]

⁵The kings from David's family put their
thrones here.

They set up their thrones to judge the
people.

⁶Pray for peace in Jerusalem:

"May those who love you find peace."

§§**120:5 Meshech ... Kedar** Places where the people were known as wild and savage fighters.

***121:1 hills** Probably the hills of Jerusalem, where the LORD's Temple was and from which he blessed his people. See Ps. 87:1.

†**121:8 come and go** This may refer to going to war.

‡**122:4 as he ... to do** One Hebrew scroll from Qumran has "as the community of Israel".

⁷ May there be peace within your walls
and safety in your great buildings.”

⁸ For the good of my family and
neighbours,

I pray that there will be peace here.

⁹ For the good of the Temple of the LORD
our God,

I pray that good things will happen to
this city.

A song for going up to the Temple.

123 Lord, I look up and pray to
you.

You sit as King in heaven.

² A slave looks to his master to provide
what he needs,

and a servant girl depends on the woman
she serves.

So we depend on the LORD our God,
waiting for him to have mercy on us.

³ LORD, be merciful to us,
because we have been insulted far too
long.

⁴ We have had enough of the hateful
words of those proud people

who make fun of us and show us no
respect.

A song of David for going up to the Temple.

124 What would have happened
to us if the LORD had not been
on our side?

Tell us about it, Israel.

² What would have happened to us if the
LORD had not been on our side
when people attacked us?

³ They would have swallowed us alive
when their anger drove them against us.

⁴ It would have been like a flood washing
over us,

like a river drowning us.

⁵ Their anger, like raging waters,
would have covered us completely!

⁶ Praise the LORD!

He did not let our enemies tear us apart.

⁷ We escaped like a bird from the net of
a hunter.

The net broke, and we escaped!

⁸ Our help came from the LORD,
the one who made heaven and earth!

A song for going up to the Temple.

125 Those who trust in the LORD
are like Mount Zion.

They will never be shaken;
they will continue forever.

² Like the mountains that surround
Jerusalem,

the LORD surrounds and protects his
people now and forever.

³ The wicked will not always control the
land of those who do right.

If they did, even those who do right
might start doing wrong.

⁴ LORD, be good to those who are good,
to those who have pure hearts.

⁵ But, LORD, when you punish those who
do evil,

also punish those who have stopped fol-
lowing your way.

Let Israel always enjoy peace!

A song for going up to the Temple.

126 When the LORD made life
good again for Zion,
it was like a wonderful dream.

² We were filled with laughter
and sang happy songs!

Then the other nations said,
“The LORD showed his greatness in what
he did for them!”

³ Yes, what the LORD did for us showed
how great he is.

And it made us so happy!

⁴ So, LORD, bring back the good times
for us again,

like a desert stream filled again with
flowing water.

⁵ Then those who were sad when they
planted

will shout for joy when they gather the harvest!
⁶ Those who cried as they carried out the seeds
 will shout for joy when they bring in the crops!

A song from Solomon for going up to the Temple.

127 If it is not the LORD who builds a house,
 the builders are wasting their time.
 If it is not the LORD who watches over the city,
 the guards are wasting their time.
² It is a waste of time to get up early and stay up late,
 trying to make a living.
 The Lord provides for those he loves,
 even while they are sleeping.
³ Children are a gift¹ from the LORD,
 a reward from a mother's womb.
⁴ A young man's sons
 are like the arrows in a soldier's hand.
⁵ The man who has many of these arrows
 enjoys a great blessing.
 He will never be defeated
 when he faces his enemies at the city gates.⁸

A song for going up to the Temple.

128 Great blessings belong to those who honour the LORD
 and live the way he wants.
² You will get what you work for.
 You will enjoy the Lord's blessings, and
 all will go well for you.
³ At home, your wife will have many children,
 like a vine full of grapes.
 The children around your table
 will be like an orchard full of olive trees.

⁴ Yes, the LORD will really bless the man who honours him.
⁵ May the LORD bless you from Mount Zion.
 May you enjoy the blessings of Jerusalem all your life.
⁶ And may you live to see your grandchildren.
 Let Israel always enjoy peace!

A song for going up to the Temple.

129 All my life enemies have attacked me.
 Say it again, Israel.
² All my life enemies have attacked me,
 but they have never defeated me.
³ They beat me until I had deep cuts.
 My back looked like a freshly ploughed field.
⁴ But the LORD does what is right;
 he cut the ropes and set me free from those wicked people.
⁵ May those who hate Zion be put to shame;
 may they be stopped and chased away.
⁶ They will be like grass on a flat roof
 that dies before it has time to grow.
⁷ The one who goes to harvest it
 will not find enough to cut and stack.
⁸ May no one walking by those wicked people ever say,
 "May the LORD bless you!
 We bless you in the name of the LORD."

A song for going up to the Temple.

130 LORD, I am in deep trouble,
 so I am calling to you for help.
² My Lord, listen to me.
 Pay attention to my prayer!
³ LORD, if you punished people for all their sins,
 no one would be left alive.

¹127:3 *gift* Literally, "inheritance". This usually means the land God gave to each family in Israel.

⁸127:5 *city gates* This can refer to either a battle to protect the city or to a court case held in this public place.

⁴ But you forgive people
so that they will respect and honour you.

⁵ I am waiting for the LORD to help me.
I wait for him with all that I am.

I trust what he says.

⁶ I am waiting for my Lord,
like a guard waiting and waiting for the
morning to come.

⁷ Israel, trust in the LORD.

The LORD is the one who always shows
his love for us.

He saves us again and again.

⁸ And he is the one who will save Israel
from all their sins.

A song of David for going up to the Temple.

131 LORD, I don't feel proud.
I don't see myself as better
than others.

I am not thinking about doing great
things

or reaching impossible goals.

² No, right now I am calm and quiet,
like a child with its mother after nursing,
like this satisfied child in my arms. ^{**}

³ Israel, trust in the LORD.

Trust in him now and forever!

A song for going up to the Temple.

132 LORD, remember to reward
David

for all the hardship he accepted.

² He made a promise to you, LORD,

an oath to the Mighty God of Jacob.

³ He said, "I will not go into my house
or lie down on my bed.

⁴ I will not sleep
or let my eyes rest,

⁵ until I find a home for the LORD,
a tent for the Mighty God of Jacob!"

⁶ We were in Ephrathah^{††} when we
heard where it was;

we found the Box of the Agreement at
Kiriath Jearim.^{‡‡}

⁷ Now, let's go to the Lord's house;
let's worship at his footstool.^{¶¶}

⁸ LORD, get up^{§§} and come home to stay,
you and the Box that shows your power.

⁹ May your priests be clothed in victory
and your faithful people shout for joy.

¹⁰ For the sake of your servant David,
don't reject your chosen king.*

¹¹ The LORD made a promise to David,
an oath of loyalty to him:

"I will always put one of your descen-
dants on your throne.

¹² If your descendants obey my
agreement

and the laws I teach them,
then the king will always be
someone from your family."

¹³ The LORD has chosen Zion

as the place he wants for his home.

¹⁴ He said, "This will always be my place
of rest.

This is where I want to live.

^{**} **131:2 like a child ... arms** Or "like a baby on its mother's back, like a baby on my back, so is my soul". The metaphor may refer to the custom of a working mother tying her baby on her back after nursing.

^{††} **132:6 Ephrathah** Bethlehem, the town where David was born.

^{‡‡} **132:6 Kiriath Jearim** Literally, "fields of the forest". The Hebrew word meaning "forest" is like the name of this city.

^{¶¶} **132:7 footstool** Here, this refers to the Box of the Agreement inside the Holy Tent or Temple. God is seen as a king sitting on his throne and resting his feet on the place where people worship him.

^{§§} **132:8 LORD, get up** The people said this when they lifted the Box of the Agreement and took it into battle with them. This showed that God was with them. See Num. 10:35-36.

^{*} **132:10 chosen king** Literally, "anointed one". This might be anyone chosen by God to serve in a special way, but it is usually the king he has chosen.

¹⁵I will bless this city with plenty of food.

Even the poor will have enough to eat.

¹⁶I will clothe its priests with victory, and its faithful people will shout for joy.

¹⁷“This is where I will make David’s family strong.

I will never let the lamp of my chosen king stop burning.

¹⁸I will cover his enemies with shame, and on his head will be a shining crown.”

A song of David for going up to the Temple.

133 Oh, how wonderful, how pleasing it is when God’s people all come together as one![†]

²It is as precious as the oil poured over the high priest’s[‡] head—the oil that runs down his beard and onto his robes.

³It is as pleasing as rain from Mount Hermon falling on the hills of Zion. That’s where the LORD has promised his blessing of eternal life.

A song for going up to the Temple.

134 Praise the LORD, all his servants who serve in the Temple at night.

²Lift your hands towards the Temple, and praise the LORD.

³May the LORD, who made heaven and earth, bless you from Zion.

135 Praise the LORD! Praise the name of the LORD! Praise him, you servants of the LORD, ²you who serve in the LORD’s Temple, in the courtyard of the Temple of our God.

³Praise the LORD, because he is good.

Praise his name, because it brings such joy!

⁴The LORD chose Jacob to be his own. Yes, he chose Israel to be his own people.

⁵I know the LORD is great!

Our Lord is greater than all the gods!

⁶The LORD does whatever he wants, in heaven and on earth, in the seas and the deep oceans.

⁷He brings the clouds from the other side of the earth.

He sends the lightning and the rain, and he opens the doors to release the winds.

⁸He destroyed the firstborn males of the people in Egypt and their animals.

⁹He did great wonders and miracles in Egypt against Pharaoh and all his officials.

¹⁰He defeated many nations and killed powerful kings.

¹¹He defeated Sihon, king of the Amorites, Og, king of Bashan,

and all the kingdoms in Canaan.

¹²He gave their land to his people Israel to keep it as their own.

¹³LORD, your name will be famous forever!

LORD, people will remember you for ever and ever.

¹⁴The LORD defends his people; he is kind to his servants.

¹⁵The gods of other nations are only gold and silver idols that people have made.

¹⁶They have mouths, but cannot speak. They have eyes, but cannot see.

¹⁷They have ears, but cannot hear. They have mouths, but no breath.

¹⁸Those who make idols and trust in them

[†]133:1 *when ... as one* Or “when brothers live together in peace”.

[‡]133:2 *high priest’s* Literally, “Aaron’s”.

will become just like the idols they have made.

¹⁹ Family of Israel, praise the LORD!

Family of Aaron, praise the LORD!

²⁰ Family of Levi, praise the LORD!

All you who worship the LORD, praise the LORD!

²¹ The LORD should be praised from Zion,

from Jerusalem, his home.

Praise the LORD!

136 Praise the LORD because he is good.

His faithful love will continue forever.

² Praise the God of gods!

His faithful love will continue forever.

³ Praise the Lord of lords!

His faithful love will continue forever.

⁴ Praise him who alone does wonderful miracles!

His faithful love will continue forever.

⁵ Praise the one who used wisdom to make the skies!

His faithful love will continue forever.

⁶ He spread the land over the sea.

His faithful love will continue forever.

⁷ He made the great lights.

His faithful love will continue forever.

⁸ He made the sun to rule the day.

His faithful love will continue forever.

⁹ He made the moon and stars to rule the night.

His faithful love will continue forever.

¹⁰ He killed the firstborn males in Egypt, both men and animals.

His faithful love will continue forever.

¹¹ He took Israel out of Egypt.

His faithful love will continue forever.

¹² He used his powerful arms and strong hands.

His faithful love will continue forever.

¹³ He split the Red Sea into two parts.

His faithful love will continue forever.

¹⁴ He led Israel through the sea.

His faithful love will continue forever.

¹⁵ He threw Pharaoh and his army into the Red Sea.

His faithful love will continue forever.

¹⁶ He led his people through the desert.

His faithful love will continue forever.

¹⁷ He defeated great kings.

His faithful love will continue forever.

¹⁸ He defeated powerful kings.

His faithful love will continue forever.

¹⁹ He defeated Sihon king of the Amorites.

His faithful love will continue forever.

²⁰ He defeated Og king of Bashan.

His faithful love will continue forever.

²¹ He gave their land to Israel.

His faithful love will continue forever.

²² He gave it as a gift to Israel, his servant.

His faithful love will continue forever.

²³ He remembered us when we were defeated.

His faithful love will continue forever.

²⁴ He saved us from our enemies.

His faithful love will continue forever.

²⁵ He provides food for all living things.

His faithful love will continue forever.

²⁶ Praise the God of heaven!

His faithful love will continue forever.

137 We sat by the rivers in Babylon

and cried as we remembered Zion.

² We hung our harps nearby, there on the willow trees.[¶]

³ There in Babylon, those who captured us told us to sing.

Our enemies told us to entertain them.

They said, "Sing us one of your songs about Zion."

⁴ But we cannot sing the LORD's songs in a foreign country!

⁵ Jerusalem, if I ever forget you,

[¶]137:2 These instruments were used to praise God in the Temple in Jerusalem. Since it had been destroyed, the people had no reason to play the songs.

may I never play a song again.
⁶ If I fail to remember you,
 may I never sing again.
 I will always remember Jerusalem
 as my greatest joy!
⁷ LORD, be sure to punish the Edomites
 for what they did
 when Jerusalem was captured.
 They shouted, "Destroy its buildings!
 Pull them down to the ground!"
⁸ Babylon, you will be destroyed!
 God, bless the one who pays you back
 for what you did to us.
⁹ Bless the one who grabs your babies
 and smashes them against a rock.

A song of David.

138 LORD, I praise you with all
 my heart;
 I sing songs of praise to you before the
 gods.
² I bow down towards your holy Temple,
 and I praise your name for your love and
 loyalty.
 You are famous,
 and doing what you promised will make
 you even more famous!
³ When I called to you for help,
 you answered me and gave me strength.
⁴ LORD, all the kings on earth will praise
 you
 when they hear what you say.
⁵ They will sing about what the LORD
 has done,
 because the glory of the LORD is very
 great.
⁶ The LORD has the highest place above
 all others,
 but he still cares for the humble.
 Even from there, so high above,
 he knows what the proud do.
⁷ If I am in trouble, you keep me alive.

If my enemies are angry, you save me
 from them.
⁸ LORD, I know you will do what you
 have promised.
 Your faithful love will continue forever.
 You made us, so don't leave us!

For the music director: a psalm of David.

139 LORD, you have carefully ex-
 amined me,
 so you know all about me.
² You know when I sit down and when I
 get up.
 You know my thoughts from far away.
³ You know where I go and where I lie
 down.
 You know everything I do.
⁴ LORD, you know what I want to say,
 even before the words leave my mouth.
⁵ You are all around me—in front of me
 and behind me.
 I feel your hand on my shoulder.
⁶ I am amazed at what you know;
 it is too much for me to understand.
⁷ Your Spirit is everywhere I go.
 I cannot escape your presence.
⁸ If I go up to heaven, you will be there.
 If I go down to the place of death, you
 will be there.
⁹ If I rose in the east like the sun
 and ended up on the far side of the sea,
¹⁰ even there you would lead me by the
 hand.
 Your right hand would hold me.
¹¹ Suppose I wanted to hide from you
 and said,
 "Surely the darkness will hide me;
 the day will change to night and cover
 me."
¹² Even the darkness is not dark to you.
 The night is as bright as the day;
 darkness and light are the same.
¹³ You formed the way I think and feel. §

§139:13 *the way I think and feel* Literally, "my kidneys", which were thought to be the centre of emotions.

You put me together in my mother's womb.

¹⁴ I praise you because you made me in such a wonderful way.

I know how amazing that was!

¹⁵ You could see my bones grow as my body took shape, hidden in my mother's womb.**

¹⁶ You watched my body grow there.

In your book you wrote about all the days planned for me

before any of them had happened.

¹⁷ Your thoughts are beyond my understanding.^{††}

They cannot be measured!

¹⁸ If I could count them, they would outnumber the grains of sand.

Now look how far I have come, and you are still here with me.

¹⁹ You murderers, get away from me! God, kill those wicked people—

²⁰ those who say bad things about you. Your enemies use your name falsely.^{‡‡}

²¹ LORD, I hate those who hate you; I hate those who are against you.

²² I hate them completely!

Your enemies are also my enemies.

²³ God, examine me and know my mind. Test me and know my thoughts.

²⁴ Make sure that I don't go after false gods, and lead me on the path that has always been right.

For the music director: a psalm of David.

140 LORD, save me from people who are evil.

Protect me from those who are cruel,

² from those who plan to do evil

and always cause trouble.

³ Their words are as harmful as the fangs of a snake,

as deadly as its venom. *Selah*

⁴ LORD, keep me safe from the wicked! Protect me from these cruel people who plan to hurt me.

⁵ These proud people are trying to trap me.

They spread nets to catch me; they set traps in my path. *Selah*

⁶ I said to the LORD, "You are my God."

LORD, listen to my prayer.

⁷ My Lord GOD, the powerful one who saves me,

you protect my head in battle.

⁸ LORD, don't let the wicked have what they want.

Don't let their plans succeed. *Selah*

⁹ My enemies are planning trouble for me.

Lord, make that trouble fall on them.

¹⁰ Pour burning coals on their heads.

Throw them into the fire; throw them into pits from which they can never escape.

¹¹ Don't let those cruel liars enjoy success here.

Let disaster hunt them down.

¹² I know the LORD will provide justice for the poor

and will defend the helpless.

¹³ Those who do what is right will praise your name;

those who are honest will live in your presence.

A psalm of David.

141 LORD, I call to you for help.

Listen to me as I pray.

Please hurry and help me!

**139:15 *mother's womb* Literally, "deepest parts of the earth", meaning a place we know nothing about.

††139:17 *beyond my understanding* Or "precious to me".

‡‡139:20 *Your enemies ... falsely* The Hebrew text is not clear.

²Accept my prayer like a gift of burning incense,
the hands I lift in prayer as an evening sacrifice.

³LORD, help me control my tongue;
don't let me say anything bad.

⁴Take away any desire to do evil
or to join the wicked in doing wrong.
Help me stay away from their feasts.

⁵If good people correct me,
I will consider it a good thing.
If they criticize me,
I will accept it like a warm welcome.^{¶¶}
But my prayer will always be against the
wicked
and the evil they do.

⁶Let their judges be put to death.^{§§}
Then everyone will know that I told the truth.

⁷Like rocks in a field that a farmer has ploughed,
so our bones will be scattered at the edge
of the grave.

⁸My Lord GOD, I look to you for help.
I look to you for protection; don't let me die.

⁹Those evil people are trying to trap me.
Don't let me fall into their traps.

¹⁰Let the wicked fall into their own traps,
while I walk away unharmed.

*A maskil of David written when
he was in the cave. A prayer.*

142 I cry out to the LORD;
I beg the LORD to help me.

²I tell him my problems;
I tell him about my troubles.

³I am ready to give up.
But you, Lord, know the path I am on,
and you know that my enemies
have set a trap for me.

⁴I look around,

and I don't see anyone I know.
I have no place to run.

There is no one to save me.
⁵LORD, I cry out to you for help:

"You are my place of safety.
You are all I need in life."

⁶Listen to my prayer;
I am so weak.

Save me from those who are chasing me.
They are stronger than I am.

⁷Help me escape this trap,
so that I can praise your name.
Then good people will celebrate with
me,
because you took care of me.

A psalm of David.

143 LORD, hear my prayer.
Listen to my call for help and
answer my prayer.

Show me how good and loyal you are.

²Don't judge me, your servant.
No one alive can be judged innocent by
your standards.

³My enemies have chased me.
They have crushed me into the dirt.
They have forced me into a dark place,
like those already in the grave.

⁴I am ready to give up;
I am losing my courage.

⁵But I remember what happened long
ago;

I think about all you have done.
I wonder at what your hands have made!

⁶I lift my hands in prayer to you.
I am waiting for your help,
like a dry land waiting for rain. *Selah*

⁷Hurry and answer me, LORD!
I have lost my courage.
Don't turn away from me.
Don't let me join those on their way to
the grave.

^{¶¶}141:5 *a warm welcome* Or "like oil poured over my head".

^{§§}141:6 *Let their judges ... to death* Or "Let their judges be thrown from the cliffs."

⁸ Let me hear of your faithful love this morning;

I trust in you.

Show me what I should do.

I offer up this prayer to you.

⁹ LORD, I come to you for protection; save me from my enemies.

¹⁰ Teach me to do what pleases you.

You are my God.

Let your kind Spirit

lead me on a good path.

¹¹ LORD, let me live

so that people will praise your name.

Because of your faithfulness,

save me from my trouble.

¹² Because of your loyal love,

defeat my enemies.

Because I am your servant,

destroy those who are trying to kill me.

A song of David.

144 Praise the LORD!
He is my Rock.

He trains my hands for battle
and my fingers for war.

² He loves me and protects me.

He is my safe place high on the
mountain.

He rescues me; he is my shield.

I run to him for protection.

He has put people under my control.

³ LORD, why are people important to
you?

Why do you even notice us?

⁴ Our life is like a puff of air.

It is like a passing shadow.

⁵ LORD, spread open the skies and come
down.

Touch the mountains, and smoke will
rise from them.

⁶ Send the lightning and make my ene-
mies run away.

Shoot your “arrows” and make them run
away.

⁷ Reach down from heaven and save me!
Don’t let me drown in this sea of
enemies;

save me from these foreigners.

⁸ They are all liars,

even when they swear to tell the truth.

⁹ God, I will sing a new song* for you.

I will play a ten-stringed harp and sing
praise to you.

¹⁰ You are the one who gives victory to
kings.

You saved your servant David from the
sword of his enemy.

¹¹ Save me from these foreigners.

They are all liars,

even when they swear to tell the truth.

¹² May our sons be as strong as trees
and our daughters as beautiful as the
carved pillars of a palace.

¹³ May our barns be filled
with crops of all kinds.

May our sheep produce so many lambs
that thousands of sheep will fill our
fields.

¹⁴ And may our cows be heavy with
calves.

May no enemy break through our walls
or carry away any of our people.

May there be no cries of pain in our
streets.

¹⁵ How wonderful it is for the people
who receive these blessings!

Yes, great blessings belong to the people
who have the LORD as their God.

A psalm of praise by David.

145 I will tell of your greatness,
my God and King.

I will praise your name for ever and ever.

² I will praise you every day.

I will praise your name for ever and ever.

***144:9 new song** Whenever God did a new and wonderful thing for his people, they would write a new song about it. Also in 149:1.

³The LORD is great and deserves all our praise!

No one can fully understand his greatness!

⁴Each generation will praise you and tell the next generation about the great things you do.

⁵Your majesty and glory are wonderful. I will tell about your miracles.

⁶People will tell about the amazing things you do, and I will tell everyone how great you are.

⁷They will talk about your wonderful goodness and sing about your justice.

⁸The LORD is kind and merciful, patient and full of unfailing love.

⁹The LORD is good to everyone; he shows his mercy to everything he made.

¹⁰LORD, all you have made will give thanks to you.

Your faithful people will praise you.

¹¹They will tell how great your kingdom is and how powerful you are.

¹²So others will learn about the mighty things you do, about the glory of your kingdom—how marvellous it is!

¹³Your kingdom will never end, and you will rule forever. The LORD can be trusted in all he says; he is loyal in all that he does.[†]

¹⁴The LORD lifts up those who have fallen and helps those who are in trouble.

¹⁵All living things look to you for their food, and you give them their food at the right time.

¹⁶You open your hands

and give every living thing all that it needs.

¹⁷Everything the LORD does is good; everything he does shows how loyal he is.

¹⁸The LORD is near to everyone who sincerely calls to him for help.

¹⁹He gives those who honour him what they ask for.

He hears their cries and comes to save them.

²⁰The LORD protects everyone who loves him, but he destroys all who do evil.

²¹I will praise the LORD!

Let everyone praise him who alone is holy for ever and ever!

146 Praise the LORD!
With all my heart I want to praise the LORD!

²I will praise the LORD all my life.

I will sing praises to him as long as I live.

³Don't depend on your leaders for help or on people, because they cannot save you.

⁴People die and are buried.

Then all their plans to help are gone.

⁵It is a great blessing for people to have the God of Jacob to help them.

They depend on the LORD their God.

⁶He made heaven and earth, the sea and everything in it.

He can be trusted to do what he says.

⁷He does what is right for those who have been hurt.

He gives food to the hungry.

The LORD frees people locked up in prison.

⁸The LORD makes the blind see again.

The LORD helps those who are in trouble.

The LORD loves those who do right.

[†]145:13 *The LORD ... he does* This is from the ancient Greek and Syriac versions and a Hebrew scroll from Qumran. It is not in the traditional Hebrew text.

⁹The LORD protects immigrants in our country.

He cares for widows and orphans,
but he destroys the wicked.

¹⁰The LORD will rule forever!

Zion, your God will rule for ever and ever!

Praise the LORD!

147

Praise the LORD!

Yes, it is good to sing praises to our God;

how pleasant and right it is to praise him.

²The LORD rebuilds Jerusalem;
he brings back the Israelites who were taken as prisoners.

³He heals their broken hearts
and bandages their wounds.

⁴He counts the stars
and knows each of them by name.

⁵Our Lord is great and powerful.
There is no limit to what he knows.

⁶The LORD supports the humble,
but he shames the wicked.

⁷Give thanks to the LORD;
praise our God with harps.

⁸He fills the sky with clouds
and sends rain to the earth;
he makes the grass grow on the mountains.

⁹He gives food to the animals
and feeds the young birds that cry out.

¹⁰War horses and powerful soldiers
are not what he cares about.

¹¹The LORD delights in people who honour him
and trust in his faithful love.

¹²Jerusalem, praise the LORD!
Zion, praise your God!

¹³He makes your gates strong,
and he blesses the people in your city.

¹⁴He brings peace to your country,
so you have plenty of grain for food.

¹⁵He gives a command to the earth,
and it quickly obeys.

¹⁶He makes the snow fall until the
ground is as white as wool;
he makes the sleet fill the air like dust.

¹⁷He makes hail fall like rocks from the
sky.

No one can stand the cold he sends.

¹⁸Then he gives another command, and
warm air begins to blow.

The ice melts, and water begins to flow.

¹⁹He gave his commands to Jacob,
his laws and rules to Israel.

²⁰He did not do this for any other
nation.

He did not teach his laws to other
people.

Praise the LORD!

148

Praise the LORD!

Angels above,
praise the LORD from heaven!

²Praise him, all you angels!

Praise him, all his army![‡]

³Sun and moon, praise him!

All you shining stars, praise him!

⁴Praise him, highest heaven!

Waters above the sky, praise him!

⁵Let them praise the LORD's name,
because he gave the command and created them all!

⁶He made all these continue forever;
he made the laws that will never end.

⁷Everything on earth, praise him!

Great sea animals and all the oceans,
praise the LORD!

⁸Praise him, fire and hail, snow and
clouds,

and the stormy winds that obey him.

⁹Praise him, mountains and hills,
fruit trees and cedar trees.

¹⁰Praise him, wild animals and cattle,
reptiles and birds.

[‡]148:2 *army* This word can mean “armies,” “angels” or the “stars and planets”. This word is part of the name translated “LORD All-Powerful”. It shows that God is in control of all the powers in the universe.

¹¹ Praise him, kings of the earth and all nations,
princes and all rulers on earth.

¹² Praise him, young men and women,
old people and children.

¹³ Praise the LORD's name!
His name is greater than any other;
he is more glorious than heaven and earth.

¹⁴ He has made his nation strong,
giving his faithful people a reason to
praise him.

Israel, his precious people, praise him.

Praise the LORD!

149 Praise the LORD!
Sing a new song to the LORD!
Praise him when you are together with
his faithful people.

² Let Israel be happy with their Maker.
Let the people of Zion rejoice with their
King.

³ Let them praise him by dancing
and playing their tambourines and
harps.

⁴ The LORD is happy with his people.
He did a wonderful thing for his humble
people.

He saved them!

⁵ Let his faithful people be happy for this
victory!

Let them sing for joy, even in their beds!

⁶ Let the people shout praise to God,
and with a sharp sword in their hand,
⁷ let them take revenge on the other
nations.

Let them go and punish those people.

⁸ They will put their kings in chains
and their leaders in chains of iron.

⁹ They will punish those nations as God
commanded.

This is an honour for all his faithful
people.

Praise the LORD!

150 Praise the LORD!
Praise God in his Temple!
Praise him in heaven, his strong fortress!

² Praise him for the great things he does!
Praise him for all his greatness!

³ Praise him with trumpets and horns!

Praise him with harps and lyres!

⁴ Praise him with tambourines and
dancing!

Praise him with stringed instruments
and flutes!

⁵ Praise him with loud cymbals!

Praise him with crashing cymbals!

⁶ Everything that breathes, praise the
LORD!

Praise the LORD!