

**This book contains songs that
the Israeli people sang. We call
this book
Psalms
Book One**

1

The people God is pleased with

¹ God is pleased with those who do not do what
[MET] wicked people advise them to do,
and who do not imitate the behavior of
[MET] sinful people,
and who do not join in with people who
◀ridicule/sneer at▶ God.

² Those whom God is pleased with delight in
doing the things that he has instructed/
taught us to do.

They read and think about Yahweh's re-
quirements, day and night.

³ They *constantly produce/do things that please
God*

just like fruit trees that have been planted
along the banks of a stream produce fruit
at the right time every year.

Like trees that never wither,
they succeed in everything that they do.

⁴ But wicked people are not like that!
Wicked people are *as worthless as chaff*
that is blown away by the wind.

- ⁵ Therefore, wicked people ◀will not be acquitted/will be condemned▶ [LIT] when *God* judges people,
and furthermore, sinful people will not even be present when *God* gathers righteous people together,
⁶ because he guides and protects righteous people,
but the path that the wicked walk on leads them to where they will be destroyed/punished *by God forever*.

2

- ¹ ◀Why do the *leaders of* nations rage *against God*?/It is foolish for the nations to be angry *with God*▶ [RHQ].
◀Why do people plan to rebel *against God* even though it is in vain?/It is useless for people to plan to rebel *against God*▶ [RHQ]!
- ² The kings of the nations prepare to revolt;
the rulers plot together *to fight* against Yahweh and against his chosen king.
- ³ They shout, “We should free ourselves from their control [MET];
we should not let them rule over us any longer!”
- ⁴ But Yahweh, the one who sits *on his throne* in heaven, laughs *at them*;
he ridicules those rulers.
- ⁵ Then, because he is angry with them, he rebukes them.

He causes them to be terrified when *they realize* that he will furiously punish them.

⁶ *Yahweh says, "I have installed my king on Zion, my sacred hill in Jerusalem."*

⁷ *And his king says, "I will proclaim what Yahweh has decreed.*

He said to me, '*It is as though* you are my son;
today I have declared to everyone that *it is as though* [MET] I am your father.

⁸ Ask me to give you the nations,
so that they belong to you *to rule over them permanently,*
and I will give them to you.

Even the most remote nations will be yours.

⁹ You will defeat them completely [MET];
you will *destroy them like people* smash a
clay pot with an iron rod [SIM].' "

¹⁰ So then, you kings and other rulers on the
earth, act wisely!

Heed what Yahweh is warning you!

¹¹ Serve Yahweh, fervently revering him;
Rejoice *about what he has done for you*, but
tremble before him!

¹² Bow down humbly before his son!
If you do not do that, Yahweh will be angry,
and he will suddenly get rid of you.

Do not forget that he can very quickly show that
he is very angry!

But he is very pleased with all those who
request him to protect them [MET].

3

A psalm written by David when he fled from his son Absalom

¹ Yahweh, I have many enemies [DOU]!

There are many people who oppose/rebel against me.

² Many people are saying about me,
“God will *certainly* not help him!”

(Think about that!)

³ But Yahweh, you are like a shield *that protects me* [MET].

You greatly honor me, and you encourage me
(OR, enable me to triumph over my enemies) [IDM].

⁴ I cry out to you, Yahweh,
and you answer me from Zion, your sacred hill.

(Think about that!)

⁵ *At night* I lie down and sleep, and I awake *in the morning feeling good/refreshed*
because you, Yahweh, ◀take care of/protect▶
me *all during the night*.

⁶ There may be thousands of *enemy* soldiers who surround me,
but I am not afraid.

⁷ Yahweh, arise!

My God, *come and* rescue me *again*!

You *insult* my enemies by slapping them on their cheeks;
when you strike them, you break their teeth,

with the result that they cannot hurt anyone
[MET].

⁸ Yahweh, you are the one who saves your people
from their enemies.

Yahweh, bless your people!

(Think about that!)

4

*A psalm written by David for the choir director;
a psalm to be accompanied by people playing
stringed instruments*

¹ God, answer me when I pray to you.

You are the one who vindicates me;
Rescue me from things that distress me.

Act mercifully toward me, and listen to me
while I pray.

² How long will you people cause me to be
disgraced instead of honoring me [RHQ]?

You *people* love to falsely accuse me.

(Think about that!)

³ All those who are loyal to Yahweh,
he has chosen them to belong to him.

Yahweh listens to me when I pray to him.

⁴ When you people get angry, do not *allow your
anger to control you and cause you to sin.*

While you lie on your bed,

silently examine what you are thinking.

(Think about that!)

⁵ Also, offer to Yahweh the proper sacrifices,
and continue trusting in him.

- ⁶ Some people ask, "Who will allow good things to happen to us?"
But I say, "Yahweh, continue to act kindly toward us.
- ⁷ You have made me very happy;
I am happier than people who have harvested a great amount of grain and grapes.
- ⁸ I can lie down *at night* and sleep soundly because *I know that* you, Yahweh, will keep me safe."

5

*A psalm written by David for the choir director;
a psalm to be accompanied by playing flutes*

- ¹ Yahweh, listen to me while I pray!
Pay attention to me when I am groaning
because I am suffering very much.
- ² You are my King and my God.
When I call to you to ask you to help me, listen to me,
because you are the one to whom I pray.
- ³ Listen to me when I pray to you *each* morning,
and I wait for you to reply.
- ⁴ You are not a god who is pleased with wicked people;
you do not ◀associate with/invite into your house▶ *those who do what is evil.*
- ⁵ You do not allow those who are very proud to come to you to worship you.
You hate all those who do evil things.
- ⁶ You get rid of liars,

and you despise those who murder *others*
and those who deceive *others*.

⁷ Yahweh, because you love me so much and so
faithfully,

I come into your temple.

I revere you greatly,

and I bow down to worship you at your
sacred temple.

⁸ Yahweh, because you act righteously toward
me,

show me what is right for me to do.

Because I have many enemies,

show me clearly what you want me to do.

⁹ My enemies never say what is true;
they just want to destroy *others*.

The things that they say [MTY] are *as foul as an*
open grave where a corpse is decaying.

They use their tongues to tell lies.

¹⁰ O God, declare that they are guilty [MTY] *and*
punish them.

Cause them to experience the same disas-
ters/troubles that they plan to cause to
happen to others.

Get rid of them because they have committed
many sins,

and they have rebelled against you.

¹¹ But cause that all those who go to you to be
protected will rejoice;

cause them to sing joyfully to you forever.

Protect those who love you [MTY];

they are truly happy because ◀of what you
do for them/they belong to you▶.

- ¹² Yahweh, you always bless those who act
righteously;
you protect them like a *soldier is protected*
by his shield [SIM].

6

*A psalm written by David for the choir leader;
to be accompanied by people playing stringed
instruments*

- ¹ Yahweh, do not punish me when you are angry
with me;
Do not even rebuke/scold me when you are
angry.
- ² Yahweh, be kind to me and heal me because I
have become weak.
My body [SYN] shakes because I am experi-
encing much pain.
- ³ Yahweh, I am greatly distressed.
How long ◀must I endure this/will it be before
you help me▶ [RHQ]?
- ⁴ Yahweh, please come and rescue me.
Save me because you faithfully love me.
- ⁵ I will not be able to praise you after I die [RHQ];
No one in the place of the dead praises you.
- ⁶ I am exhausted/groan from my pain.
At night I cry very much, with the result that
my bed and my pillow become wet from
my tears.

- ⁷ My tears blur my eyes so much that I cannot see well.
My eyes have become weak because my enemies *have caused me to cry constantly*.
- ⁸ You people who do evil things, get away from me!
- ⁹ Yahweh heard me when I was crying and called out to him *to help me*,
and he will answer my prayer.
- ¹⁰ *When that happens*, all my enemies will be ashamed,
and they will *also* be terrified.
- They will get away *from me* and suddenly *leave me*
because they will be disgraced.

7

A psalm that David sang to Yahweh because of David's enemy, Cush

- ¹ Yahweh my God, I come to you to protect me.
Rescue me, save me from all those who are pursuing me *in order to harm me*.
- ² If you do not do that, they will tear me into pieces
like a lion does *when it attacks the animals it wants to kill*,
and no one will save me *from them*.
- ³ Yahweh my God, if I have done anything that is wrong,
⁴ if I have done evil to some friend who did good things to me,

or if, for no good reason, I have spared (OR,
acted violently toward) those who were
my enemies,

⁵ allow my enemies to pursue me and capture
me.

Allow them to trample me into the ground
and leave me [SYN] *lying dead* in the dirt.
(Think about that!)

⁶ But Yahweh, because you are *very* angry *with*
those who pursue me,
arise and attack/defeat my enemies who are
furiously/angrily *attacking me*

Do to them what is just!

⁷ Gather around you the people of *all* nations,
and rule them from where you are in heaven
[MTY].

⁸ Yahweh, judge the people of *all* nations!
And, Yahweh, show that I have done nothing
that is wrong.

⁹ God, you know what every person is thinking,
and because you are righteous, you *always*
do what is just/right.

So now stop evil people from doing wicked *deeds*,
and defend *all of us who are* righteous!

¹⁰ God, you protect me like a shield *protects*
soldiers [MET];
you protect all those who are righteous in
their inner being.

¹¹ You judge *everyone* correctly,
and every day you punish *wicked people*.

- 12 Whenever your enemies do not ◀repent/
change their behavior▶,
it is as though [MET] you sharpen your
sword and put a string on your bow *to get
ready to kill them.*
- 13 You are preparing your weapons that kill those
whom they strike;
the arrows that you will shoot have flaming
tips.
- 14 Wicked people tell lies,
and they think that they surely will be able
to do [MET] the evil things that they are
planning to do
*just as surely as a pregnant woman knows
that she is going to give birth to a child*
[MET].
- 15 But when they dig a deep pit *to trap others*,
they themselves will fall into it.
- 16 They themselves will experience the trouble
that they want to cause others to have;
they will hurt themselves by the violent
things that they want to do to others.
- 17 I praise Yahweh because he *always acts* righ-
teously/justly;
I sing to praise Yahweh, the one who is much
greater than any other god.

8

*A psalm written by David for the choir director;
to be accompanied by a stringed instrument*

- ¹ Yahweh, our Lord, people all over the world
know that you [MTY] are very great!
Your glory reaches up higher than the heavens!
- ² You have taught little children and infants to
praise you;
they cause your enemies and those who try
to ◀get revenge on/get rid of▶ you to be
silent.
- ³ When I look up at the sky *at night*,
and see the things that you have made—
the moon and the stars that you have set in
place—
- ⁴ it is amazing *to me* that [RHQ] you think about
people,
that you are concerned about *us* humans!
- ⁵ You made the angels in heaven to be only a little
more important than we are;
you caused us to be like kings [MET] and you
gave us splendor and honor [DOU]!
- ⁶ You put us in charge of everything that you
made;
you gave us authority over all things—
- ⁷ the sheep and the cattle,
and even the wild animals,
- ⁸ the birds, the fish,
and everything *else* that swims in the seas.
- ⁹ Yahweh, our Lord,
people all over the world know that you
[MTY] are very great!

9

*A psalm written by David for the choir director,
to be sung using the tune 'The death of my son'*

¹ Yahweh, I will praise you with all of my inner
being.

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

² I will sing to celebrate what you [MTY], who
are much greater than all other gods, *have
done*.

³ When my enemies realize *that you are very
powerful*,
they stumble, and then they are killed.

⁴ You sat on your throne to judge people,
and you have judged fairly/justly concerning
me.

⁵ You rebuked the *people of other* nations
and you have gotten rid of the wicked
people;
you have erased their names forever.

⁶ Our enemies have disappeared;
you destroyed their cities,
and people do not even remember them any
more.

⁷ But Yahweh rules forever.
He judges *people while he sits* on his throne
to judge people,

⁸ and he will judge *all the people in* [SYN] the
world justly;
he will judge the people *of all nations* fairly
[DOU].

9 Yahweh will be a refuge for those who are oppressed;
yes, *he will be like* a shelter for them when they have trouble.

10 Those who know Yahweh [MTY] trust in him;
he never abandons those who come to him
◀for help/to worship him▶.

11 Yahweh rules from Zion *Hill*;
praise him while you sing to him.
Tell *the people of all* the nations the *marvelous* things that he has done.

12 He does not forget *to punish* those who have murdered others;
and he will not ignore people who are crying because they are suffering.

13 Yahweh, be merciful to me!
Look at the ways that my enemies have injured me.
Do not allow me to die *because of these injuries*.

14 I want to live in order that I can praise you at the gates of Jerusalem [MTY]
and to rejoice because you rescued me.

15 *It is as though* the wicked people of many nations have dug a pit for me to fall into [MET],
but they have fallen into that same pit.

It is as if they spread out a net to catch me [MET],
but their feet have been caught in that same net.

16 Because of what you have done, people know that you decide matters *fairly/justly*,

but *you allow* wicked people to be trapped by the same evil things that they themselves do.

(Think about that!)

¹⁷ Wicked people will all *die and* be buried in their graves,
and *their spirits* will go to be with all those who have ◀forgotten about/rejected▶ you.

¹⁸ But you will not forget those who are needy/
poor;
what they confidently expect will certainly happen.

¹⁹ Yahweh, arise and judge the *wicked* people of the nations;
do not allow them to think that *because they are strong* they will never be punished.

²⁰ Yahweh, teach them to be terrified about you.
Cause them to know that they are merely human beings.

(Think about that!)

10

¹ Yahweh, ◀why are you far away *from us?*/it seems that you are far away *from us.*▶
[RHQ]

Why do you not pay attention when we have troubles [RHQ]?

² People who are proud gladly cause poor people to suffer.

So *cause what they do to others to happen to them!* May they be caught in the *same* traps that they set to catch others [MET]!

- ³ They brag about the *evil* things that they want to do.

They praise people who seize from others things that do not belong to them, and they curse you, Yahweh.

- ⁴ Wicked people are very proud.

As a result, they do not ◀seek help from/are not concerned about▶ God;
they do not even think that God exists.

- ⁵ But *it seems that* they succeed in everything that they do.

They do not think that they will be condemned/punished for their deeds,
and they ◀sneer at/make fun of▶ their enemies.

- ⁶ They think, “Nothing bad will happen to us!
We will never have troubles!”

- ⁷ When they talk [MTY], they are always cursing, lying, and threatening to harm others.

They constantly say [MTY] evil things that show that they are ready to do cruel things to others.

- ⁸ They hide in villages, ready to ◀ambush/suddenly attack▶ and kill people who ◀are innocent/have done nothing wrong▶.

They constantly search for people who will not be able to ◀resist/defend themselves▶ *when they are attacked*.

- ⁹ They are like [MET] lions that crouch down and hide,
waiting to pounce on their prey.

They are like hunters that catch their prey
with a net and then drag it away.

10 Just like helpless animals are crushed,
people who cannot defend themselves are
killed because wicked people are very
strong.

11 Wicked people say, "God will not pay any
attention *to what we do*.
His eyes are covered, so he never sees
anything."

12 Yahweh God, arise *and help us*
Punish [IDM] those wicked people!
And do not forget those who are suffering!

13 Wicked people revile you [RHQ] continually.
They think, "God will never punish us!"

14 But you see the trouble and the distress *that*
they cause.

People who are suffering expect that you will
help them;
and you help orphans, *also*.

15 ◀Break the arms/ Destroy the power▶ of
wicked [DOU] people!

Continue to pursue and punish them for the
wicked things that they do, until they stop
doing those things.

16 Yahweh, you are our king forever,
but *wicked* nations will disappear from the
earth.

17 You have listened to afflicted/suffering people
when they cry out to you.

You hear them *when they pray*, and you encourage [IDM] them.

- 18 You show that orphans and oppressed people have not done things that are wrong, with the result that human beings will not cause people to be terrified any more.

11

A psalm written by David for the choir director

- ¹ I trust that Yahweh will protect [MTY] me.
So do not [RHQ] say to me, "You need to escape/flee to the mountains like birds do,
² because wicked people have hidden in the darkness,
they have pulled back their bowstrings and aimed their arrows
to shoot them at godly/righteous [IDM] people *like you*.
³ When people are not punished for disobeying the laws,
◀what can righteous people do?/there is not much that righteous people can do.▶"
[RHQ]
⁴ But Yahweh is sitting on his throne in his sacred temple in heaven,
and he [SYN] watches everything that people do.
⁵ Yahweh examines what righteous people do and what wicked people do,
and he hates those who like to perform violent actions *to injure others*.

⁶ He will send down *from the sky* flaming coals
and burning sulfur,
and send scorching hot winds to punish
wicked people.

⁷ Yahweh is righteous and he loves those who act
righteously;
righteous people are able to come into his
presence.

12

A psalm written by David for the choir director

¹ Yahweh, help us!

It seems that people who are loyal to you
have all vanished.

² Everyone tells lies to other people;
they deceive others by ◀flattering them/
saying good things about them that they
know are not true▶.

³ Yahweh, we wish that you would cut off their
tongues
so that they cannot continue to boast.

⁴ They say, "By telling lies we will get what we
want;
we control what we say [MTY], so no one can
tell us what we should not do!"

⁵ But Yahweh replies, "I have seen the violent
things that they have done to helpless
people;
and I have heard those people groaning,
so I will arise and rescue the people who are
wanting me to help them."

- 6 Yahweh, you always do what you have promised to do;
what you have promised is *as precious and pure as silver*
that has been heated seven times in a furnace *to get rid of all the* impure material.
- 7-8 Wicked people strut around *proudly*,
and people praise them for doing vile/wicked deeds,
but Yahweh, *we know that* you will protect/
rescue us
from those wicked people.

13

A psalm written by David for the choir director

- 1 Yahweh, how long will you continue to forget about me [RHQ]?
Will you hide yourself [SYN] from me forever?
- 2 How long must I endure anguish/worry?
Must I be miserable/sad every day?
How long will my enemies continue to defeat me?
- 3 Yahweh my God, look at me and answer me.
Enable me to become strong *again* [IDM],
and do not allow me to die.
- 4 Do not allow my enemies *to boast* saying, "We have defeated him!"
Do not allow them to defeat me,
with the result that they will rejoice about it!
- 5 But I trust that you will faithfully love me;

I will rejoice when you rescue me.
6 Yahweh, you have done many good things for me,
so I will sing to you.

14

A psalm written by David for the choir director

1 Only foolish people say to themselves, "There is no God!"

People who say those things are corrupt/worthless; they do abominable/detestable deeds; there is not one *of them* who does what is good/right.

2 Yahweh looks down from heaven and sees humans;
he looks to see if anyone is very wise,
with the result that he desires *to know* God.

3 But they are all corrupt/evil;
no one does what is good/right.

4 Will those evil people never learn *what God will do to punish them* [RHQ]?

They act violently toward Yahweh's people while eating the food that he provides,
and they never pray to Yahweh.

5 But *some day* they will become very terrified
because God helps those who act righteously
and will punish those who reject him.

6 Those who do evil may prevent helpless people from doing what they plan to do,
but Yahweh protects those helpless people [MET].

⁷ I wish/desire that *Yahweh* would come from Jerusalem [MTY] and rescue us Israeli people!

Yahweh, when you bless your people again, all of us Israeli people, who are the descendants of Jacob, will rejoice.

15

A psalm written by David

¹ Yahweh, who are allowed to enter your Sacred Tent?

Who are allowed to live on your sacred mountain?

² Only those who always do what is right and do not sin may do that.

They always say what is true

³ and they do not slander others.

They do not do to others things that are wrong, and they do not say bad things about others.

⁴ *Godly people* hate those whom God has rejected, but they respect those who revere Yahweh.

They do what they have promised to do even if it causes them trouble to do that.

⁵ They lend money to others without charging interest,

and they never accept bribes in order to lie about people who have not done what is wrong.

Those who do those things will never stop trusting God *even if disastrous things happen to them.*

16

A psalm written by David

- ¹ God, protect me
because I go to you to keep me safe!
- ² I said to Yahweh, "You are my Lord;
all the good things that I have come from
you."
- ³ Your people who live in this land are wonder-
ful;
I delight to be with them.
- ⁴ Those who choose to worship other gods will
have many things that cause them to be
sad.
I will not join them when they make sacri-
fices *to their gods*;
I will not even join them when they speak [MTY]
the names of their gods.
- ⁵ Yahweh, you are the one whom I have chosen,
and you give me great blessings.
You protect me and control what happens to me.
- ⁶ Yahweh has given me a wonderful place in
which to live;
I am delighted with all the things that he has
given me [MET].
- ⁷ I will praise Yahweh, the one who teaches/
disciplines me;
even at night *he* you put in my mind what is
right for me to do.
- ⁸ I know that Yahweh is always with me.
He is beside me;

so nothing will ◀perturb me/cause me to be worried▶.

⁹ Therefore I am glad and I [MTY, DOU] rejoice;
I can rest securely

¹⁰ because you, Yahweh, will not allow my soul/
spirit to remain in the place where the
dead people are;
you will not allow me, your godly one, to stay
there.

¹¹ You will show me the road that leads to
receiving eternal life,
and you will make me joyful when I am with
you.

I will have pleasure forever when I am ◀at
your right hand/seated next to you▶.

17

A psalm written by David

¹ Yahweh, listen to me while I plead with you to
act justly toward me.

Hear me while I call out to you to help me.

Pay attention to what I say while I pray
because I am speaking [MTY] honestly/truth-
fully.

² You are the one who is able to declare that I
◀am innocent/have not done anything that
was wrong▶

because you see/know that I am telling the
truth.

³ You know what I think, *even* at night;
you have examined what I say and do,

and you know that I have determined to never tell any lies.

⁴ I have not done like others do;

I have always done what is right [IDM],
and I have not acted cruelly toward others.

⁵ I have always done what you told me to do [IDM],

I have ◀never failed to do/always done▶
[LIT] those things.

⁶ O God, I pray to you because you answer me;
please listen [MTY] to what I am saying.

⁷ Show me that you faithfully love me.

By your great power [MTY] rescue those who
◀run to/trust in▶ you to protect them from
their enemies.

⁸ Protect me as people carefully protect their own eyes;

protect me like *birds* protect *their babies*
under their wings [MET].

⁹ Do not allow wicked people to attack me;
my enemies surround me, wanting to kill me.

¹⁰ They never pity [IDM] anyone,
and they are always boasting.

¹¹ They have hunted/searched for me and found me.

They surround me, watching for an opportunity to throw me to the ground.

¹² They are like lions [SIM] that are ready to tear apart the animals that they capture;
they are like young lions that are hiding,
waiting to pounce *on their prey*.

13 Yahweh, come and ◀oppose/fight against▶ my enemies and defeat them!

Use your sword to save me from those wicked people!

14 Yahweh, by your power [MTY] rescue me from those people who are interested *only* in things here in this world.

But you provide plenty of food for those whom you love dearly;

their children also have many things that their grandchildren will inherit.

15 Yahweh, because I act righteously, I will *some day* see you [SYN].

When I awake, I will see you face-to-face, and then I will be happy.

18

A psalm written by God's servant David. He sang it after Yahweh had rescued him from Saul and his other enemies.

¹ Yahweh, I love you, the one who enables me to be strong.

² Yahweh is like an *overhanging* rock [DOU, MET] *under which I can hide from my enemies*;

he is like a strong fortress, the one who protects me;

he protects me like a shield [MET] *protects a soldier*;

he is the one to whom I go ◀for refuge/to be protected/safe▶,

and he defends me by his great power [IDM].

- ³ I called out to Yahweh, who deserves to be praised,
and he rescued me from my enemies.
- ⁴ All around me were dangerous situations in which I might be killed [PRS];
it was as though there were huge waves [MET] that almost crashed on me and killed me.
- ⁵ *It was as though* the place where dead people are had ropes that were wrapped around me,
or *it was as though* there was a trap [MET] that would *seize and* kill me.
- ⁶ But when I was very distressed, I called out to Yahweh,
and from his temple he heard me.
He listened to me when I cried out *for help*.
- ⁷ Then the earth quaked/shook strongly [DOU];
the mountains shook very strongly from their centers [DOU]
because Yahweh was angry.
- ⁸ *It was as though* smoke poured out from his nostrils,
and *as though* burning coals came out of his mouth.
- ⁹ He opened the sky and came down
with a black cloud under his feet.
- ¹⁰ He flew, riding on the back of a creature that had wings,
traveling *fast*, blown along by the wind.
- ¹¹ Darkness was all around him *like a blanket* [MET];

- dark clouds, full of moisture, covered him
[MET].
- 12 Hailstones and flashes of lightning were
around him;
hail and burning coals fell from the sky.
- 13 Then Yahweh *spoke in a loud voice* from the
sky,
and *his enemies* heard his voice that sounded
like thunder.
- 14 He shot his arrows at them and caused them
to scatter;
His flashes of lightning caused them to
become very confused (OR, to run away).
- 15 The bottom of the ocean became visible,
and the foundations of the earth were un-
covered,
when Yahweh rebuked his enemies
when he snorted.
- 16 *It was as though* he reached down from heaven
and grabbed me
and pulled me up out of the deep ocean.
- 17 He rescued me from my strong enemies who
hated me;
they were very strong,
with the result that I *could not defeat them*.
- 18 When I ◀was distressed/had troubles▶, they
attacked me,
but Yahweh defended/protected me.
- 19 He led me to a place where I was safe;
he rescued me because he was pleased with
me.
- 20 Yahweh has rewarded me because I do what
is right;

- he has blessed me because I ◀am innocent/
have not done things that are wrong▶.
- 21 I have obeyed Yahweh's laws;
I have not abandoned him.
- 22 My behavior was directed by his rules;
I have not stopped obeying them.
- 23 He knows that I have not done what is wrong;
I have kept myself from sinning.
- 24 So he rewards me because I do what is right;
he knows that I [SYN] have not committed
sins.
- 25 Yahweh, you are faithful to those who faith-
fully *do what you tell them to do*;
you always do what is good/right to those
who do what you want them to do.
- 26 You are kind to those who are kind to others,
but you act wisely toward those who ◀act
perversely/do bad things▶.
- 27 You save those who are humble,
but you cause those who are proud to be
humiliated/ashamed.
- 28 You give light to my *soul/spirit*;
you take away the darkness of my soul.
- 29 You enable me to be strong,
with the result that I can run and attack a
line of enemy soldiers;
with your help I can ◀scale/climb up▶ the
walls *that surround my enemies' cities*.
- 30 Everything that Yahweh my God does is per-
fect.
We can depend on him to do what he
promises.

He is like a shield [MET] to protect all those who go to him for refuge.

31 Yahweh is [RHQ] the only one who is God;
only he is like an *overhanging rock under which we can be safe*.

32 God is the one who enables me to be strong
and who keeps me safe on the roads that I walk on.

33 He enables me to *walk swiftly without stumbling*,
like a deer walks/runs in the mountains.

34 He teaches me how to use a strong/metal bow
in order that I can use it to fight in battles.

35 Yahweh, you protect and save me with your shield;
you have made me safe by your power [MTY].
I have become ◀strong/a great king▶ because you have helped me.

36 You have cleared the road for me,
with the result that now I do not slip/
stumble.

37 I have pursued my enemies and caught them;
I did not stop until I had defeated/killed them all.

38 When I strike them, they are not able to get up again;
they lie on the ground, defeated.

39 You have enabled me to be strong
in order that I can fight battles and defeat my enemies.

40 You caused my enemies to run away (OR,
you enabled me to put my foot on my
enemies' necks *after I captured them and
forced them to lie on the ground*);

I have gotten rid of all those who hated me.

41 They called out for someone to help them,
but no one saved them.

42 I pulverize them,
with the result that they become like [MET]
the dust that the wind *blows away*;
I throw them out like [SIM] *people throw* dirt
out into the streets.

43 You enabled me to defeat those who fought
against me,
and appointed me to be the ruler of *many*
nations;
people whom I did not know about previously
are now slaves *in my kingdom*.

44 When foreigners hear about me,
they ◀cringe/bow low before me▶ and they
obey me.

45 They are no longer courageous,
and from their forts *where they were hiding*
they come *to me* trembling.

46 Yahweh is alive!
Praise the one who is like an *overhanging*
rock [MET] *under which I am safe*

Exalt the God who saves me!

47 He enables me to get revenge on my enemies;
he causes me to defeat nations and to rule
over them,

48 and he rescues me from my enemies.

He has lifted me up high so that violent men
could not reach me *and harm me*.

⁴⁹ So I praise him *and I tell the nations the great things that he has done*.

⁵⁰ He has enabled me, his king, to powerfully
defeat my enemies;
he faithfully loves me, David, the one he has
chosen *to be king*, and he will faithfully
love my descendants forever.

19

A psalm written by David for the choir director

¹ When people look at everything that God has
placed in the skies, they can see that he is
very great;
they can see the great things that he has
created.

² Day after day it is as though the sun proclaims
the glory of God,
and night after night it is as though the moon
and stars say that they know that God
made them.

³ They do not really speak;
they do not say any words.
There is no voice *from them* for anyone to
hear.

⁴ But what they declare *about God* goes through-
out the world,
and even people who live in the most distant/
remote places on earth can know it.

The sun is in the skies where God placed it [MET];

⁵ it rises each morning like a bridegroom *who is happy* as he comes out of his bedroom after his wedding.

It is like a strong athlete who is very eager to start running in a race.

⁶ The sun rises at one side of the sky and goes across *the sky and sets on* the other side, and nothing can hide from its heat.

⁷ The instructions that Yahweh has given us are perfect;

they ◀revive us/give us new strength▶.

We can be sure that the things that Yahweh has told us will never change, and *by learning them* people who have not been previously taught/instructed will become wise.

⁸ Yahweh's laws are fair/just;
when we obey them, we become joyful.

The commands of Yahweh are clear,
and *by reading them* [PRS] we start to understand *how God wants us to behave*.

⁹ It is good for people to revere Yahweh;
that is something that they will do forever.

What Yahweh has decided is fair,
and it is always right.

¹⁰ The things that God has decided are more valuable than gold,
even the finest/purest gold.

They are sweeter than honey
that drips from honeycombs.

11 Furthermore, *by reading them* I learn *what things are good to do and what things are evil*,
and they promise a great reward
to *us who* obey them.

12 But there is no one who can know all his errors
[RHQ];
so Yahweh, forgive me for these things
which I do that I do not realize are wrong.

13 Keep me from doing things that I know are
wrong;
do not let my sinful desires control me.

If you do that, I will no longer be guilty for
committing such sins,
and I will not commit the great sin *of
rebelling terribly* against you.

14 O Yahweh, you are *like* an *overhanging* rock
[MET] under which I can be safe; you are
the one who protects me.

I hope/desire that the things that I say and
what I think will *always* please you.

20

A psalm written by David for the choir director

1 I desire that Yahweh will answer you *when you
call out to him* when you have troubles!

God is the one whom ◀*our ancestor Jacob/the
Israeli people*▶ *worshiped*;

I desire that he will protect you [MTY] *from
being harmed by your enemies*.

2 I desire/hope that he will reach out from his
sacred temple and help you,

and aid you from *where he lives* on Zion Hill.

³ I desire/hope that he will accept all the offerings
that you give him to be burned *on the altar*,
and all your *other* offerings.

(Think about that!)

⁴ I want him to give to you what you desire,
and that you will be able to accomplish all
that you desire to do.

⁵ When *we hear that* you have defeated *your*
enemies, we will shout joyfully.

We will lift up a banner proclaiming that it
is God [MTY] *who helps us* (inc).

I want Yahweh to *do for you* all that you request
him to do.

⁶ I know now that Yahweh rescues *me*, the one
whom he has chosen *to be king*.

From his holy place in heaven he will answer
me,

and he will save me by his great power
[MTY].

⁷ Some *kings* trust that because they have chari-
ots *they will be able to defeat their enemies*,
and some trust that their horses *will enable*
them to defeat their enemies,

but we will trust in the power [MTY] of
Yahweh our God.

⁸ Some kings will stumble and fall down,
but we will be strong and ◀not be moved/
continue standing firm▶.

⁹ Yahweh, enable *me*, your king, to defeat our
enemies!

disastrous things will never happen to me/
him.

⁸ You will enable me/him to capture [MTY] all my/
his enemies
and all those who hate me/him.

⁹ When you appear, you will throw them into a
fiery furnace.

Because you are angry *with them*, you will get
rid of them;
the fire will burn them up.

¹⁰ You will remove their children from this earth;
their descendants will all disappear.

¹¹ They planned to harm you,
but what they plan will never succeed.

¹² You will cause them to run away [IDM]
by shooting arrows at them.

¹³ Yahweh, show us that you are very strong!
When you do that, while we sing we will
praise you because you are very powerful.

22

*A psalm written by David for the choir director,
to be sung to the tune 'Doe of the Dawn'*

¹ My God, my God, why have you abandoned/
deserted me?

Why do you stay so far from me,
and why do you not hear/help me [RHQ]?

Why do you not hear me when I am groaning?

² My God, every day I call to you during the
daytime and during the night,

but you do not answer me, so I am not able to sleep.

³ But you are holy.

You sit on your throne as king, and *we the people of Israel* praise you [PRS].

⁴ Our ancestors trusted in you.

Because they trusted in you, you rescued them.

⁵ When they cried out to you, you saved them.

They trusted in you, and ◀they were not disappointed/you *saved them* as you said that you would▶.

⁶ But *you have not rescued me*

People despise me and consider that I am not a man;

they think that I am as worthless as a worm!

Everyone [HYP] scorns me and despises me.

⁷ Everyone who sees me [HYP] makes fun of me.

They sneer at me and *insult me by shaking their heads at me as though I were an evil man.*

They say,

⁸ “He trusts in Yahweh,

so Yahweh should save him!

He says that Yahweh is very pleased with him;

if that is so, Yahweh should rescue him!”

⁹ *Why do you not protect me now as you did when I was born?*

I was safe even when I was ◀nursing/ drinking milk from my mother’s breasts▶.

¹⁰ *It was as though* you adopted me right when I was born.

- You have ◀been my God/taken care of me▶
ever since I was born.
- 11 So, ◀do not stay far from/stay close to▶ [LIT]
me now
because *enemies who will cause me much*
trouble are near me,
and there is no one *else* who can help me.
- 12 *My enemies* surround me *like* a herd/group of
wild bulls.
Fierce people, like those strong bulls that
graze *on the hills* in Bashan area, encircle
me.
- 13 *They are like* roaring lions that are attacking
the animals that they want to kill [MET]
and eat;
they rush toward me *to kill* me;
they *are like lions that* have their mouths open,
ready to tear their victims to pieces [MET].
- 14 I am completely exhausted [MET],
and all my bones are out of their joints/
places.
I *no longer expect that God will save me;*
that expectation is gone completely, like wax
that has melted away.
- 15 My strength is *all dried up* [MET]
like a broken piece of a clay jar that has dried
in the sun.
I am so thirsty that my tongue sticks to the
roof of my mouth.
O God, *I think that you are about to let* me
die and become dirt!
- 16 My enemies [MET] surround me like a pack/
group of wild dogs.

A group of evil men has encircled me, *ready to attack me.*

They have *already* smashed my hands and my feet.

17 *I am so weak and thin that my bones can be seen and counted.*

My enemies stare at me and ◀gloat/are happy▶ about *what has happened to me.*

18 They looked at the clothes that I *was wearing* and gambled to determine which piece each of them would get.

19 O Yahweh, do not stay far away from me!

You who are my *source of* strength,
come quickly and help me!

20 Rescue me from *those who want to kill me with their swords.*

Save me from those who are *like wild/fierce dogs* [MET].

21 Snatch me away from *my enemies who are like lions whose jaws are already open, ready to chew me up*

Grab me away from *those men who are like wild oxen that attack other animals with their horns* [MET]!

22 *But you have saved me, so* I will declare to my fellow *Israelis* how great you [MTY] are.

I will praise you among the group of your people gathered *together to worship you.*

23 You people who have an awesome respect for Yahweh, praise him!

All you who are descended from Jacob,
honor Yahweh!

All you Israeli people, revere him!

24 He does not despise or ignore those who are
suffering;

he does not hide ◀his face/himself▶ from
them.

He has listened to them when they cried out to
him for help.

25 Yahweh, in the great gathering *of your people*,
I will praise you for what you have done.

In the presence of those who revere you, I
will offer *the sacrifices* that I promised.

26 The poor people *whom I have invited to the
meal* will eat as much as they want.

All who come worship Yahweh will praise
him.

I pray that *God will enable* you all to live a
long and happy life!

27 I pray that *people in all nations, even* in the
remote areas, will think about Yahweh
and turn to him,

and that people from all the clans in the
world will bow down before him.

28 Because Yahweh is the king!

He rules all the nations.

29 I desire that all the rich people on the earth
will bow before him.

Some day they will die,

but I want them to prostrate themselves on
the ground in his presence *before they die*.

30 People ◀in the future generations/who have not been born yet▶ will also serve Yahweh. Our descendants will be told about what Yahweh *has done*.

31 People who are not yet born, *who will live in future years*, will be told how Yahweh rescued his people. People will tell them, "Yahweh did it!"

23

1 Yahweh, you *care for me like a shepherd cares for his sheep*.

So I have everything that I need.

2 You *encourage me*
and give me peace;

you are like a shepherd

who leads *his sheep* to places where there is
plenty of green grass *for them to eat*,
and lets them rest beside streams where the
water *is flowing* slowly.

3 You renew my strength.

You guide me along the roads that are the right
ones *for me*

in order that I can honor you.

4 Even when I am walking through very dangerous dark ravines
where I might be killed,

I will not be afraid of anything
because you are with me.

You protect me *like a shepherd protects his sheep*.

He uses his club and his walking stick to protect them from being attacked by wild animals.

- ⁵ You prepare a *great* feast for me,
in a place where my enemies can see me.
You *joyfully receive me, as people joyfully receive*
the guests they have invited
by pouring olive oil over their heads.
You have given me very many blessings!
- ⁶ I am certain that you will be good to me
and act mercifully toward me
as long as I live;
and *then, O Yahweh, I will live in your home in*
heaven forever.

24

A psalm written by David

- ¹ The earth and everything in it belongs to
Yahweh;
all the people in the world belong to him,
too,
- ² because he caused the ground to be above the
water,
above the water that was deep below the
surface of the earth.
- ³ Who will be allowed to go up on Zion Hill *in*
Jerusalem,
in order to stand *and worship* in Yahweh's
holy temple?
- ⁴ *Only* those whose actions [MTY] and thoughts
are pure,
who have not worshiped idols,

and who do not tell lies when they have solemnly promised *to tell the truth*.

⁵ ◀They will be blessed by Yahweh/Yahweh will bless them▶.

When God *judges them*, he, who has saved them, will say that they ▶have done nothing wrong/are without fault▶.

⁶ They are the ones who approach God,
they are the ones who may worship God, the
one *we* Israelis worship.

(Think about that!)

⁷ Open up [APO] the *temple* gates
in order that our glorious king may enter!

⁸ *Do you know* who the glorious king is?
He is Yahweh, the one who is very strong
[DOU];
He is Yahweh, who conquers *all his enemies*
in battles!

⁹ Open up the *temple* gates
in order that our glorious king may enter!

¹⁰ *Do you know* who the glorious king is?
He is Yahweh almighty;
he is our glorious king!

(Think about that!)

25

A psalm written by David

¹ Yahweh, my God,, I give myself to you.

² I trust in you.

Do not allow my enemies *to defeat me*,
with the result that I would be ashamed/
disgraced.

Do not allow my enemies to defeat/conquer me,
with the result that they would rejoice.

³ Do not allow any of those who trust in you to
be disappointed/disgraced.

Cause those who ◀act treacherously toward/
try to deceive▶ others to be disappointed/
disgraced.

⁴ Yahweh, show me the way that I should
◀conduct my life/live as you want me to▶,
teach me how to act in the manner that you
want me to act/behave.

⁵ Teach me to conduct my life *by obeying* your
truth
because you are my God, the one who saves
me.
All the time I trust in you.

⁶ Yahweh, do not forget how you have acted
mercifully to me and have faithfully loved
me;
that is the way that you have acted toward
me from long ago.

⁷ Forgive me for all the sinful things I did and
the ways that I rebelled against you when
I was young;

I ask this because you faithfully love your
people and do good things for them,

Yahweh, do not forget me!

⁸ Yahweh is good and fair/just;
therefore he shows sinners ◀how they
should conduct their lives/how to live as
you want them to▶.

- 9 He shows humble people what is right for them
to do
and teaches them what he wants *them to do*.
- 10 He always faithfully loves and does what he
has promised
to those who keep his agreement with them
and who do what he requires.
- 11 Yahweh, forgive me for all my sins, which are
many,
in order that I may honor you [MTY].
- 12 To all those who revere you [RHQ],
you show them the ◀right way to conduct
their lives/things that they should do▶.
- 13 They will always be prosperous,
and their descendants will continue to live
in *this* land.
- 14 Yahweh is a friend of those who have an
awesome respect for him,
and he teaches them the agreement that he
made with them.
- 15 I always ask [MTY] Yahweh to help me,
and he rescues me from danger [MET].
- 16 Yahweh, pay attention to me and be merciful
to me, because I am alone,
and I am very distressed because I am
suffering/oppressed.
- 17 Help me to not worry,
and rescue me from my troubles.
- 18 Note that I am distressed and troubled [DOU],
and forgive *me for* all my sins.
- 19 Also note that I have many enemies,
see that they hate me very much.

- 20 Protect me, and rescue me from them;
do not allow *them to defeat me*,
with the result that I would be ashamed/
disgraced;
I have come to you to ◀get refuge/be safe▶.
- 21 Protect me because I do what is good and
honest/just [PRS],
and because I trust in you.
- 22 God, rescue *us* Israeli people from all of our
troubles!

26

A psalm written by David

- 1 Yahweh, show that I ◀am innocent/have not
done what is wrong▶.
I always do what is right;
I have trusted in you and never doubted *that*
you would help me.
- 2 Yahweh, examine what I have done and test
me;
thoroughly evaluate what I think [IDM].
- 3 I never forget that you faithfully love me,
I conduct my life according to your truth.
- 4 I do not spend my time with liars
and I stay away from hypocrites.
- 5 I do not like to be with evil people,
and I avoid wicked people.
- 6 Yahweh, I wash my hands to show that I ◀am
innocent/have not done what was wrong▶.
As I join with others marching around your altar,
- 7 we sing songs to thank you,

- and we tell others the wonderful things that
you *have done*.
- 8 Yahweh, I love *to be in* the temple where you
live,
in the place where your glory appears.
- 9 Do not get rid of me like you get rid of sinners;
do not cause me to die like you cause those
who murder [MTY] people to die,
- 10 and people who [SYN] are ready to do wicked
things
and people who are always taking bribes.
- 11 But as for me, I always try to do what is right.
So be kind to me and rescue me.
- 12 I stand in places where I am safe,
and when *all your people* gather together, I
praise you.

27

A psalm written by David

- 1 Yahweh is the one who gives light *to my soul/*
spirit and the one who saves me,
so I do not [RHQ] need to be afraid of anyone.
Yahweh is the one to whom I go for refuge,
so I will never be afraid.
- 2 When those who do evil come near me to attack
me,
they stumble and fall down.
- 3 *Even* if an army surrounds me,
I [SYN] will not be afraid.
Even if they attack me,
I will trust *in God*.

4 There is one thing that I have requested from
Yahweh;
this is the one thing that I desire:
That I may worship in Yahweh's house/temple
every day of my life,
and see that Yahweh is wonderful
and inquire *what he wants me to do*.

5 He will protect me when I have troubles;
he will keep me safe in his Sacred Tent.
He will set me safely ◀on a high rock/in a secure
place▶.

6 Then I will triumph over [IDM] my enemies.
I will shout joyfully as I offer sacrifices in his
Sacred Tent,
and I will praise Yahweh as I sing.

7 Yahweh, listen to me while I pray.
Be kind to me and answer my prayer.

8 I sensed that I heard you say, "Come and
worship me [IDM],"
so, Yahweh, I will worship you.

9 I am your servant;
Do not be angry with me and turn away from
me.
You have always helped me.
You are the one who has saved me,
so do not abandon me *now*.

10 *Even* if my father and mother desert me,
you will take care of [IDM] me.

11 Yahweh, teach me to do what you want me to
do,
and lead me on a safe path

because I have many enemies.

- ¹² Do not allow my enemies to do to me what they want;
they say many false things about me and
threaten to do violent things to me.

- ¹³ But I know that because I trust in you
you will be good to me as long as I live.

- ¹⁴ So trust in Yahweh, *all of you!*
Be strong and courageous,
and wait expectantly for him *to help you!*

28

A psalm written by David

- ¹ Yahweh, I call out to you;
*you are like an overhanging rock under which I
can hide.*

Do not refuse to answer me,
because if you are silent, I will soon be with
those who are in their graves.

- ² Listen to me when I call out for you *to help me*,
when I pray, lifting up my hands as I face
your sacred temple.

- ³ Do not drag me away with wicked people,
with those who do wicked deeds,
with those who pretend *to act* peacefully toward
others
while in their inner beings, they hate them.

- ⁴ Punish those people in the way that they
deserve for what they have done;
punish them for their evil deeds [DOU].

⁵ Yahweh, they do not pay attention to the
 wonderful things that you have done and
 that you have created;
 so get rid of them permanently and do not
 let them appear again!

⁶ Praise Yahweh
 because he has heard me when I called out
 for him to help me!

⁷ Yahweh makes me strong and *protects me like
 a shield* [MET];
 I trusted in him, and he helped me.

I was glad,
 and from my inner being I praised him as I
 sang to him.

⁸ Yahweh causes us to be strong and protects us;
 and he saves me, the one he appointed [MTY]
 to be king.

⁹ Yahweh, save/rescue your people;
 bless those who belong to you.
*Take care of them like a shepherd takes care of
 his sheep* [MET];
 take care of them forever.

29

A psalm written by David

¹ You angels in heaven, praise Yahweh!
 Praise him because he is very glorious and
 powerful.

² Proclaim that ◀he/his name▶ is glorious;
 bow down before Yahweh in his holy *temple*.

- ³ Yahweh's voice is heard above the oceans;
Yahweh, the glorious God, thunders.
His voice thunders over the huge oceans [DOU].
- ⁴ His voice is powerful and majestic.
- ⁵ The sound of Yahweh's voice breaks great cedar trees,
the cedars that grow in Lebanon.
- ⁶ He causes *the mountains in Lebanon* to jump like calves jump,
and causes Hermon *Mountain* to jump like a young bull jumps.
- ⁷ Yahweh's voice causes lightning to flash.
- ⁸ His voice causes the desert to shake;
he shakes Kadesh Desert *in the southern part of Judah*.
- ⁹ Yahweh's voice shakes the huge oak trees
and strips the leaves from the trees
while the people in the temple shout, "Praise God!"
- ¹⁰ Yahweh ruled over the flood *that covered the earth*;
he is our King who will rule forever.
- ¹¹ Yahweh enables his people to be strong,
and he blesses them by causing things to go well for them.

30

A psalm written by David for the dedication of the temple

- ¹ Yahweh, I praise you because you rescued me.
You did not allow *me to die*,

with the result that my enemies could gloat/
rejoice.

² Yahweh, my God, I called out for you to help *me*
when I was ill,
and you healed me.

³ You saved/restored me when I was dying [MTY].
I was nearly dead,
but you caused me to get well again.

⁴ All you who belong to Yahweh, sing praise to
him!
Think about what *God*, the holy one, has
done, and thank him!

⁵ When he becomes angry, he is angry for only a
very short time [HYP],
but he is good *to us* all of our life.

We may cry during the night,
but the next morning we will be joyful.

⁶ As for me, when I had no troubles, I said *to*
myself,
“No one will defeat me!”

⁷ Yahweh, because you were good to me,
at first you caused me to be safe *as though I*
was inside [MET] a mountain.

But then *I became ill, and I thought that* you had
turned away from me,
and I became afraid.

⁸ *Then* I called out to you,
and I pleaded for you *to help me*.

⁹ *I said*, “Yahweh, ◀what will you gain if I die?/
you won’t gain anything if I die▶ [MTY].

◀In what way will it benefit you?/it won't benefit you at all▶ if I go to the place where the dead people are [RHQ].

Dead people are certainly not able to praise you [RHQ],

and they are not able to tell others that you are trustworthy [RHQ]!

¹⁰ Yahweh, listen to me, and be merciful to me!
Yahweh, help me!"

¹¹ But *now you have healed me*, and you have caused me to change from being sad to dancing *joyfully*.

You have taken away the clothes that showed that I was very sad
and you have given me clothes that showed that I was *very joyful*.

¹² So I will not be silent;
I will sing out *loudly* to praise you.

Yahweh, you are my God,
and I will thank you forever.

31

A psalm written by David for the choir director

¹ Yahweh, I have come to you to be protected;
do not allow me to be *defeated*, with the *result that I am* disgraced.

Since you always do what is fair/right,
rescue me!

² Listen to me, and save me right now!
Be *like* a huge rock *under which I can hide* [MET]
and *like* a strong fort in which I will be safe.

³ Yes, you are *like* huge rock and my fort;

guide me and lead me [DOU] in order that I
can honor you [MTY].

⁴ You are the one who protects me,
so keep me from falling into the hidden traps
that my enemies have set for me.

⁵ Yahweh, you are a God who can be trusted,
so I put myself into your care
because you rescued me.

⁶ Yahweh, I hate those who worship useless idols,
but I trust in you.

⁷ I will be very glad [DOU] because you faithfully
love me.

You see me when I have been afflicted,
and you have known when I have had
troubles.

⁸ You have not allowed my enemies to capture
me;
instead, you have rescued me from danger.

⁹ *But now*, Yahweh, be kind to me *again*
because I am distressed.

Because I cry *so much*, I cannot see well,
and I am completely exhausted.

¹⁰ I have become very weak because I am *so*
miserable,
and it is causing my life to become shorter.

I have become weak because of all my troubles;
even my bones are becoming weaker.

¹¹ All of my enemies make fun of me,
and *even* my neighbors despise me.

Even my friends are afraid of me *because they*
think I am being punished by God,

and when they see me on the streets, they
run away.

- 12 People have forgotten me like they forget
people who are dead.

They think I am as useless as a broken pot.

- 13 I have heard people slandering me,
and they have caused me to become terri-
fied.

My enemies are making plans
in order to kill me.

- 14 But Yahweh, I trust in you.
You are my God.

- 15 My whole life [MTY] is in your hands;
save me from my enemies,
from those who pursue me.

- 16 Be kind to me
and rescue me because you always faithfully
love me.

- 17 Yahweh, I call out to you,
so do not allow me to be disgraced.

I desire that wicked people will be disgraced;
I want them to *soon die and* go down to the
place where the dead people are.

- 18 I desire that you will cause people [MTY] who
tell lies to be unable to speak.
Do that to people who are proud and those
who arrogantly accuse righteous people.

- 19 You have stored up many blessings for those
who revere you.
You do those good things for those who go to
you to be protected;

everyone sees you doing that.

- 20 You hide people in your presence where it is safe,
and protect them from people who plot to
kill them.

You hide them in safe places from their enemies
[MTY] who accuse/insult them.

- 21 Praise Yahweh!

When my enemies surrounded the city *in
which I was living,*
he showed me in a wonderful way that he
faithfully loves me.

- 22 I was afraid, and I cried out, "I have been
separated from Yahweh!"
but you heard me and answered my cry for
help.

- 23 You people who belong to Yahweh, love him!
Those who are loyal to him, he protects,
but those who are very proud, he punishes
them severely like they deserve to be
punished.

- 24 You who confidently expect Yahweh *to do great
things for you,*
be strong, be courageous!

32

*A psalm written by David, a psalm which will
help people to be wise*

- 1 Those whom God has forgiven for rebelling
against him,

whose stains [MET] of sin have been wiped away,
are truly blessed *by God!*

² Those whose record of their sins Yahweh has erased,
those who no longer do deceitful things,
are *truly blessed by God!*

³ When I did not confess my sins,
◀my body/I▶ was very weak and sick,
and I groaned ▶all day long/continually▶.

⁴ Day and night, *Yahweh*, you [SYN] punished me severely.

My strength drained away like *water that*
◀evaporates/dries up▶ on a hot summer day.

(Think about that!)

⁵ *Then/Finally* I admitted/confessed my sins to you;

I stopped trying to hide them.

(Think about that!)

I said *to myself*,

“I will confess to Yahweh the wrong things that I have done.”

And *when I confessed them*, you forgave me,
so now I ▶am no longer guilty/will no longer be punished▶ for my sins.

⁶ Therefore, the people who are godly should pray to you

when they ▶realize that they have sinned/have difficulties▶.

If they pray to you, *difficulties* [MET] will not overwhelm them *like* a great flood.

- ⁷ You are *like* a place where I can hide *from my enemies* [MET],
you protect me from troubles,
and you ◀enable me/put people around me
who will enable me▶ to shout, praising you
for saving me *from my enemies*.

(Think about that!)

- ⁸ *Yahweh* says, “I will teach you about how you
should conduct your life.

I will instruct you and watch over you.

- ⁹ Do not be stupid like horses and mules that do
not have understanding;
they need ◀bits/pieces of metal put in their
mouths▶ and ◀bridles/ropes fastened to
their head▶
so they will go in the direction you want
them to go.”

- ¹⁰ Wicked people will have many *troubles that
will make them* sad,
but those who trust in *Yahweh* will expe-
rience him faithfully loving them all the
time.

- ¹¹ *So, all* you righteous people, rejoice about what
Yahweh has done for you;
you whose ◀inner beings/lives▶ are pure, be
glad and shout joyfully!

33

- ¹ You righteous people should sing joyfully to
Yahweh
because that is what he deserves.

- ² Praise Yahweh as you play songs on the lyre/
harp.
Praise him as you play *other* instruments
that have many strings.
- ³ Sing a new song to him;
Play those instruments well, and shout joy-
fully as you play them!
- ⁴ Yahweh always does what he says that he will
do;
we can trust that everything that he does is
right.
- ⁵ He loves everything that we do that is just and
right.
People all over the earth can know that
Yahweh faithfully loves us.
- ⁶ Yahweh created everything in the sky by
commanding it.
By what he said [MTY] he created all the
stars.
- ⁷ He gathered all the water into one huge mass
like *someone scoops liquid* into a container.
- ⁸ Everyone on the earth should revere Yahweh
[DOU].
- ⁹ When he spoke, the world ◀was created/started
to exist▶.
Everything started to exist as a result of him
commanding it.
- ¹⁰ Yahweh frustrates the things that the *pagan*
nations decide to do.
He prevents them from doing the *evil* things
that they plan to do.

- 11 But what Yahweh decides to do will last forever.
What he plans to do will never be changed.
- 12 Yahweh blesses those nations who choose him to be their God;
He is pleased with those whom he has chosen to receive what he has promised.
- 13 Yahweh looks down from heaven and sees all us people;
14 from where he rules [MTY], he looks down on all the people who live on the earth.
- 15 He formed our inner beings,
and he sees everything that we do.
- 16 It is not because a king has a great army that he is able to win *battles*,
and it is not because a soldier is very strong that he is able to defeat *his enemy*.
- 17 It is foolish to trust that because horses are very strong
that they will be able to win a battle and save their riders.
- 18 Do not forget that Yahweh watches over those who revere him,
those who confidently expect him to faithfully love them.
- 19 He saves them [SYN] from dying *before they should die*
and preserves them when there is a famine.
- 20 We trust that Yahweh will help us;
he protects us like a shield protects a soldier [MET].
- 21 We rejoice because of what he *has done for us*;

we trust in him because he [MTY] is holy.

- ²² Yahweh, we pray that you will always faithfully love us
while we confidently expect you *to do great things for us*.

34

A psalm written by David when he pretended to be insane in front of King Abimelech, so that the king would send him away

- ¹ I will always thank Yahweh;
I will constantly praise him [MTY].
- ² I will boast about what Yahweh *has done*.
All those who are oppressed/discouraged
should hear me and rejoice.
- ³ Join with me in telling others that Yahweh is great!
You and I should together proclaim how glorious he is!
- ⁴ I prayed to Yahweh, and he ◀answered my prayer/did what I asked him to do▶;
he rescued me from *all those who caused me to be afraid*.
- ⁵ Those who trust [IDM] that he *will help them*
will be joyful;
◀they will never be disappointed/he will always do for them the things that he promises▶ [LIT].
- ⁶ I was miserable/helpless, but I called out to Yahweh, and he heard me.
He rescued me from all my troubles.

- ⁷ An angel from Yahweh guards those who revere him,
and the angel rescues them.
- ⁸ Find out for yourself, and you will experience that Yahweh is good to you!
He is very pleased with those who ask him to protect them.
- ⁹ All you who belong to him, revere him!
Those who do that will always have the things that they need [LIT].
- ¹⁰ Lions *are usually* very strong, *but sometimes* even young lions are hungry and become weak,
but those who trust in Yahweh will ◀have everything/not lack any good thing▶ [LIT] *that they need*.
- ¹¹ You ◀who are my students/whom I teach▶, come and listen to me,
and I will teach you how to revere Yahweh.
- ¹² If [RHQ] any of you wants to enjoy life and have a good long life,
- ¹³ do not say anything that is evil!
Do not tell lies!
- ¹⁴ Turn away from doing evil, and do what is good!
Always try hard to enable people to live peacefully *with each other*.
- ¹⁵ Yahweh [MTY] carefully watches over those who *act* righteously;
he always responds [MTY] to them when they call *to him for help*.

16 But Yahweh [SYN] ◀is opposed to/turns away from▶ those who do what is evil.
And after they die, people will forget them completely.

17 Yahweh hears righteous people when they call out to him;
he rescues them from all their troubles.

18 Yahweh is always ready to help those who are discouraged;
he rescues those who have nothing good to hope for.

19 Righteous people may have many troubles,
but Yahweh rescues them from all those troubles.

20 Yahweh protects them from being harmed;
when their enemies attack them,
they will not break any bones of those righteous people.

21 Wicked people will be killed by their own evil deeds (OR, by *people doing to them* the same evil things *that the wicked do to others*) [PRS],
and Yahweh will punish those who oppose righteous people.

22 Yahweh will save those who serve him.
He will ◀not condemn/forgive▶ [LIT] those who trust in him.

35

A psalm written by David

- 1 Yahweh, fight against those who fight against me!
Fight against *my enemies* when they fight me!
- 2 Be *like* a shield [DOU] to protect me
and come to help me!
- 3 Lift up your spear [DOU] and *throw it* at those
who pursue me!
Promise me that you will enable me to defeat
my enemies.
- 4 Cause those who are trying to kill me to be
defeated and disgraced!
Cause those who are planning to do evil things
to me to be pushed back and become
confused!
- 5 Send your angel to pursue them,
and as a result cause them to disappear like
chaff/straw blown away by the wind!
- 6 Cause the path on which they run to be dark
and slippery
as your angel pursues them!
- 7 Although I did not do anything wrong to them,
they concealed a deep pit for me to fall into;
they hid a net in which they would catch me.
- 8 Cause them to suddenly experience disaster!
Cause them to be trapped in their own nets!
Cause them to fall into the pits that they have
dug for me and disappear!
- 9 Then I will be joyful about what you, Yahweh,
have done for me,
I will be glad that you have rescued me.
- 10 With my whole inner being [SYN] I will say,

“There is no one like Yahweh [RHQ]!
No one else can rescue helpless people from
powerful people [RHQ].
No one else can rescue weak and needy
people from those who want to rob them.”

11 People who tell lies stand in court
and falsely accuse me of doing things that I
do not know *anything* about.

12 In return for my doing good things for them,
they do evil things to me,
with the result that I feel that I am alone.

13 When they were ill, I showed that I was sad.
I did not eat any food, and I bowed my head
as I prayed *for them*.

14 I mourned and bowed my head as I prayed
as though it was a friend or my mother for
whom I was grieving.

15 But when I had troubles, they were all happy
about it.

They gathered around to make fun of me.
Strangers struck me,
and they would not stop.

16 Worthless people ridicule me
and snarl at me.

17 Yahweh, how long will you only watch them
doing this?

Rescue me from their attacking me;
Save me from being killed by these men who are
attacking me
like [MET] lions *that are attacking other
animals*

18 Then, when many of your people gather,

I will praise you
and I will thank you in front of all of them.

19 Do not allow my enemies, who tell lies about
me, defeat me
and then rejoice!

Do not allow those who hate me when there is
no reason to hate me
to ◀smirk/smile happily▶!

20 They do not talk peacefully to people;
instead, they seek ways to tell lies about
people who are peaceful.

21 They shout at me, to accuse me,
saying, "We saw the wrong things that you
did!"

22 Yahweh, you have seen these things, so do not
be silent!

Do not stay far from me!

23 Arise, my God, and plead my case in court,
and successfully defend me!

24 Yahweh, my God, because you are righteous,
prove that I am innocent

in order that my enemies will not be able to
gloat *that I was judged to be guilty*.

25 Do not allow them to be able to say to
themselves,

"Yes, we have gotten rid of him [IDM] just
like we desired!"

26 Cause those who rejoice about my misfortunes
to be completely defeated and disgraced;
cause those who boast that they are much
greater than me

- to be disgraced and dishonored!
- ²⁷ But cause those who desire that I be acquitted
to be happy and shout joyfully,
and cause them to continually say, "Yahweh is
great!
He is delighted to cause things to go well for
those who serve him."
- ²⁸ Then I will proclaim that you act righteously,
and I will praise you all day long.

36

*A psalm written for the choir director by David,
a man who served God faithfully*

- ¹ Wicked people continually desire to sin.
They consider [IDM] that they do not need to
revere God.
- ² Because they are very proud,
they do not think that God will discover their
sins and condemn them (OR, they do not
think about their sins and hate themselves
for it).
- ³ Everything that they say is deceitful and full of
lies;
they no longer do what is good
and are no longer wise.
- ⁴ While they are lying on their beds, they plan to
do things to harm others;
they are determined to do things that are not
good,
and they never refuse to do what is evil.
- ⁵ Yahweh, your faithful love for us reaches as
high as the heavens,

you faithfully *do what you have promised*;
it is as though your doing that extends up to
the clouds.

- ⁶ Your righteous behavior is *as permanent as* the
highest mountains [MET],
your acting justly *will continue as long as* the
deepest oceans exist.

You take care of people and you take care of
animals.

- ⁷ God, your faithful love for us is very precious.
You protect us like birds protect their baby birds
under their wings [MET].

- ⁸ You provide for us plenty of food from the
abundant supply [IDM] that you have;
your great blessings for us *flow* like a river.

- ⁹ You are the one who causes everything to live;
your light is what enables us to see.

- ¹⁰ Continue to faithfully love those who have
experienced a relationship with you,
and bless those who act righteously/justly.

- ¹¹ Do not allow proud people [SYN] to attack me,
or allow wicked people to chase me away.

- ¹² Look where evil people have fallen on the
ground, defeated;
they were thrown down, and they will never
rise again.

37

A psalm written by David

- ¹ Do not be bothered/upset by what wicked
people do.

- Do not desire to have the things that people
who do wrong/evil have,
2 because they will soon disappear, like grass
withers *in the hot sun* and dries up.
Just like some green plants *come up but* die
during the hot summer,
evil people will soon die also.
- 3 Trust in Yahweh, and do what is good;
if you do that, you will live safely in the land
that he has given you,
and you will live peacefully [MET].
- 4 Be delighted with all that Yahweh *does for you*;
if you do that, he will give you the things that
you desire most.
- 5 Commit to Yahweh all the things that you plan
to do;
trust in him,
and he will do *whatever is needed to help you*.
- 6 He will show *as clearly* as the sunlight that you
◀are innocent/have done nothing that is
wrong▶;
he will show *as clearly* as *the sun at noon-*
time [SIM]
that all the things that you have decided are
just.
- 7 Be quiet in Yahweh's presence, and wait pa-
tiently for him *to do what you want him to*
do.
Do not be bothered/upset when what evil
men do is successful,

when they are able to do the wicked things
that they plan.

⁸ Do not be angry *about what wicked people do*.
Do not want to punish them yourself.
Do not be envious of such people
because you will only harm *yourself if you
try to envy them*.

⁹ *Some day Yahweh* will get rid of wicked people,
but those who trust in Yahweh will live *safely*
in the land *that he has given to them*.

¹⁰ Soon the wicked will disappear.
If you look for them, they will be gone.

¹¹ But those who are humble will live safely in
their land.
They will happily enjoy living peacefully and
having the other good things *that Yahweh
gives them*.

¹² Wicked people plan to harm righteous/godly
people;
they snarl at them [MET] *like wild animals*.

¹³ But Yahweh laughs *at them*
because he knows that some day [MTY] *he
will judge and punish the wicked people*.

¹⁴ Wicked people pull out their swords/daggers
and they put strings on their bows,
ready to kill people who are poor [DOU]
and to slaughter those who live righteously.

¹⁵ But they will be killed by their own swords/
daggers,
and their bows will be broken.

- 16 It is good to be righteous/godly even if you do not have many possessions,
but it is bad to be wicked, even if you are very wealthy,
- 17 because *Yahweh* will completely take away the strength of wicked people,
but he will ◀sustain/take care of▶ people who live righteously.
- 18 Every day *Yahweh* cares about those who have not done any evil things;
the things that *Yahweh* gives them will last forever.
- 19 They will survive when calamities occur;
when there are famines, they will still have plenty to eat.
- 20 But wicked people will die;
just like the beautiful wild flowers in the fields *die under the hot sun* and disappear like smoke [MET],
Yahweh will cause his enemies to suddenly disappear.
- 21 The wicked people borrow *money*, but they are not able to repay it;
righteous/godly people, *in contrast, have enough money that* they can give generously *to others*.
- 22 Those whom *Yahweh* has blessed will live safely in the land that he has given to them,

but he will get rid of those people whom he
has cursed.

²³ Yahweh protects those who do what is pleasing
to him,
and he will enable them to walk confidently,
wherever they go;

²⁴ even if they stumble, they will not fall down,
because Yahweh holds them by his hand.

²⁵ I was young *previously*, and now I am an old
man,
but *in all those years*, I have never seen
righteous/godly people being abandoned
by Yahweh,
nor have I seen that their children *needed to*
beg for food.

²⁶ Righteous/Godly people are generous, and
happily lend *money to others*,
and their children are a blessing to them.

²⁷ Turn away from *doing* evil, and do what is
good.

If you do that, you *and your descendants* will
live in your land forever.

²⁸ *That will happen* because Yahweh likes to see
people doing what is just,
and he will never forsake righteous/godly
people.

He will protect them forever;
but he will get rid of the children of wicked
people.

29 Righteous/Godly people will own the land *that Yahweh promised to give to them*,
and they will live there forever.

30 Righteous people give wise *advice to others*,
and they [MTY] say what is just/fair.

31 They continually think about God's laws;
they do not stray from *God's* path.

32 Those who are evil wait in ambush for righteous people
in order to kill them *as they walk by*.

33 But Yahweh will not abandon righteous people,
and allow ◀them to fall into their enemies' hands/their enemies harm them▶.

And he will not allow righteous people to be condemned
when someone takes them to a judge *to be put on trial*.

34 Be patient and trust that Yahweh *will help you*,
and ◀walk on his paths/do what he wants you to do▶.

If you do that, he will honor you by giving you the land *that he promised*,
and when he gets rid of the wicked, you will see it happen.

35 I have seen that wicked people who ◀act like tyrants/terrify people▶ *sometimes prosper*,
like trees that grow well in fertile soil,

36 when I looked *later*, they were gone!

I searched for them, but *Yahweh had caused* them to disappear.

³⁷ Notice the people who have not done evil things, those who act righteously: their descendants will have peace in their inner beings.

³⁸ But Yahweh will get rid of the wicked; he will also get rid of their descendants (OR, as a result, they will not have any descendants).

³⁹ Yahweh rescues righteous people; in times of trouble he protects them [MET].

⁴⁰ Yahweh helps them and saves them; he rescues them from *being attacked/harmed* by wicked people because they go to him to be protected [MET].

38

A psalm written by David, asking God not to forget him

¹ Yahweh, when you are angry *with me*, do not rebuke/scold me and punish me!

² *Now it is as though* you have shot your arrows at me and wounded me; you have struck me and knocked me down.

³ Because you have been angry with me, I am suffering great pain.

Because of my sin, my whole body is diseased.

⁴ All my sins are *like a flood* that covers my head;

they are like a load that is very heavy, with
the result that I cannot carry it.

⁵ Because I have done foolish things,
I have sores that have become worse, and
they stink.

⁶ *Sometimes* I am bent over, and *sometimes* I lie
prostrate;
I am sad/cry all day.

⁷ My body is burning with fever,
and I am very ill.

⁸ I am completely exhausted, and I have no
strength.
I am very distressed, and I groan with pain.

⁹ Yahweh, you know that I desire *to be healed*;
you hear me while I am groaning.

¹⁰ My heat is pounding heavily, and all my
strength is gone.
I am no longer able to see well.

¹¹ My friends and neighbors stay away from me
because of my sores;
even my own family stays away from me.

¹² And those who want to kill me set traps to
catch me;
those who want to harm me discuss ways to
get rid of me;
they plot against me all day.

¹³ Now I act like I'm deaf, and do not listen *to
what they say*.
I act like I cannot talk, so I say nothing *to
reply to them*.

- 14 I act like a man who does not answer *when people talk to him*,
because he cannot hear anything.
- 15 But Yahweh, I trust in you.
My Lord God, you will answer me.
- 16 I said to you, “Do not cause *me to die, with the result that* my enemies will rejoice!
Do not cause me to stumble, with the result
that they will be very happy!”
- 17 I say that because I am about to fall down,
and I constantly have pain.
- 18 I confess the wrong things that I have done;
I am *very* sorry for the sins that I have
committed.
- 19 My enemies are healthy and strong;
there are many people who hate me for no
reason.
- 20 Those who do evil things to me in return for
my doing good things to them
oppose me because I try to do what is right.
- 21 Yahweh, do not abandon me!
My God, do not stay far from me!
- 22 Lord, you are the one who saves/rescues me;
Quickly *come and* help me!

39

*A psalm written by David for Jeduthun, the
choir director*

- 1 I said *to myself*, “I will be careful not to sin by
the things that I say [MTY].
I will not say anything *to complain*

while wicked people are near to me *and can hear me.*"

² So I was completely silent [DOU], and I did not *even* talk about things that were good, but it was useless, because I began to suffer even more.

³ I became very anxious/worried [IDM].
As I thought *about my troubles*, I became more worried.

Then *finally* I said [MTY],

⁴ "Yahweh, show/tell me how long I will live.
Tell me when I will die.
Tell me how many years I will live!

⁵ *It seems that* you have caused me to live only a short time;
◀my lifetime/all the time that I have lived▶
seems like nothing to you.
The time that all we humans live is *as short as* [MET] a puff of wind.

(Think about that!)

⁶ Then we disappear like a shadow does.
It seems that all that we do is for nothing/useless.
We *sometimes* get a lot of money, but we do not know who will get it *after we die*.

⁷ So now, Yahweh, if I expect [RHQ] *to receive blessings from other people*, I will be disappointed.

You are the *only* one from whom I confidently expect *to receive blessings*.

⁸ Save me from *being punished* for all the sins that I have committed.

And do not allow foolish people to make fun of me.

⁹ I did not say anything *when you punished me*, because *I knew that* you were the one who caused *me to suffer*.

¹⁰ But now, please stop punishing me!

If you do not do that, I am about to die because of the ways that you [SYN] have struck/afflicted me.

¹¹ When you rebuke someone and punish him for the sin that he has committed, you destroy the things that ◀he loves/are precious to him▶, like moths' *larva* destroy clothing.

Our lives *disappear like* a puff of wind.

(Think about that!)

¹² Yahweh, listen to me while I pray;
pay attention to me while I cry out to you.
Help me while I am crying.

I am here on the earth for only a short time,
like all my ancestors.

¹³ *Now* please leave me alone, *and do not punish me any more*
in order that I may smile and be happy for
a while before I die. [EUP, DOU]"

40

A psalm written by David for the choir director

¹ I waited patiently for Yahweh *to help me*,
and he listened to me [DOU] when I called
out to him.

² *When I had many troubles, it was as though I was in a deep pit.*

But he lifted me up out of the mud and slime of that pit;
he set my feet on a *solid* rock,
and enabled me to walk ◀safely/without falling▶.

³ He has given me a new song to sing,
a song to praise him who is our God.
Many people will find out *what he has done for me*,
and they will revere and trust him.

⁴ Yahweh is pleased with those who trust him,
those who do not trust in idols
or join with those who worship those false gods.

⁵ O Yahweh, my God, you have done many wonderful things!
No one can list all the wonderful things that you have planned for us.
If I tried to tell *others* about all those wonderful things,
I would not be able to,
because there would be too many for me to mention.

⁶ Various kinds of sacrifices and other offerings are not the *only* things that delight you.
You have enabled me to understand that very well [IDM].
Animals burned on the altar and other offerings are not all that you require *for sins to be forgiven*.

⁷ So I said *to you*, “Yahweh, here I am,
to do the things that have been written in the
scroll *that contains your laws*,
things that you want me *to do*.”

⁸ O my God, I delight to do what you desire;
I *keep* your laws within my inner being.

⁹ Whenever all *your people* are gathered,
I have told them about how you save us.
Yahweh, you know that I have not been
afraid to tell that to them.

¹⁰ And I have not kept to myself the news that
you always act justly/fairly;
when many of your people have gathered
together *to worship you in the temple*,

I have told them that you are faithful to us and
save us.

I have ~~not~~ concealed/openly told people
that you faithfully love us and act loyally
toward us.

¹¹ Yahweh, do not stop being merciful to me.
Because you faithfully love *me* [PRS] and are
loyal *to me*, always protect me.

¹² I have many troubles; *so many that* I cannot
count them.

My sins are like a flood that has covered me
[PRS, MET];

they are so many that I cannot find my way.

The sins that I have committed are more than
the hairs on my head.

I am very discouraged.

¹³ O Yahweh, please save me!

- Come quickly to help me!
- ¹⁴ Humble those who are happy about my troubles, and cause them to be disgraced and ashamed.
Chase away those who are trying to get rid of me.
- ¹⁵ I hope/desire that those who make fun of me will be dismayed when you defeat them.
- ¹⁶ But I hope that all those who go to *worship* you will be very joyful [DOU].
I want those who love you because you saved them to shout repeatedly,
“Yahweh is great!”
- ¹⁷ As for me, I am poor and needy [DOU];
but *I know that* Yahweh has not forgotten me.
O my God, you are the one who saves and helps me,
so please come quickly *and help me!*

41

A psalm written by David for the choir director

- ¹ Yahweh is pleased with those people who help to provide for the poor;
he will rescue those people when they have troubles.
- ² Yahweh protects them and allows them to live *for a long time*.
He enables them to be happy in the land of *Israel*,
and rescues them from their enemies.
- ³ When they are sick, Yahweh strengthens them,
and he heals them.

⁴ *When I was sick*, I said, “Yahweh, be merciful to me and heal me;
I know that I am sick because I have sinned against you.”

⁵ My enemies say cruel things about me;
they say, “How soon will he die, and then everyone will forget about him [MTY]?
(OR, he will not have *any descendants to continue* his name).”

⁶ When my enemies come to me, they falsely say that they *are concerned about me*.
They listen to bad news about ◀me/my health▶.
Then they go away and tell everywhere what is happening to me.

⁷ All those who hate me whisper to others about me,
and they hope/desire that very bad things will happen to me.

⁸ They say, “He will soon die because of his being sick;
he will never get up from his bed *before he dies.*”

⁹ Even my best friend, whom I trusted very much,
who *often* ate with me,
has ◀betrayed me/put me into my enemies’ hands▶ [IDM].

¹⁰ But Yahweh, be merciful to me, and enable me to become healthy *again*.

When you do that, I will be able to ◀pay back my enemies/get revenge on my enemies/cause my enemies to suffer like they caused me to suffer▶.

¹¹ *If you enable me to do that, with the result that my enemies do not defeat me, I will know that you are pleased with me.*

¹² *I will know that it is because I have done what is right that you have helped me, and I will know that you will let me be with you forever.*

¹³ Praise Yahweh, the God whom we Israelis worship;

Praise him forever!

Amen! I desire that it will be so!

Book Two

42

A psalm written by one of the descendants of Korah for the choir director

¹ Deer pant, desiring to drink water from a stream *when there is a drought* (OR, *when they are being pursued by hunters.*)

In the same way [SIM], God, I need you very much.

² I desire to have fellowship with [MET] you, the all-powerful God.

I wonder, "When will I be able to go back to the temple in Israel

and worship in your presence again?"

³ Every day and every night I cry;

it is as though the only thing I have to drink
is my tears;
and while I do that, my enemies are continually
asking me,

“Why does your god not *help* you?”

⁴ I am very distressed [IDM] as I remember
when I went with the crowd of people to the
temple *in Jerusalem*,
leading them as we walked along;
we were all shouting joyfully and singing to
thank God *for what he had done*;
we were a large group who were celebrating.

⁵ So *I say to myself*, “◀Why am I sad and
discouraged?/ I should not be sad and
discouraged!▶ [RHQ]

I confidently expect God *to help me*,
and again I will praise him,
my God, the one who saves me.”

⁶ *But now, Yahweh*, I am very discouraged [IDM],
so I think about you,
even from where the Jordan *River* gushes out
from the bottom of Hermon *Mountain* and
from Mizar Mountain.

⁷ But here, the great sorrow that I feel is like
water that you send down [MET];
it is like a waterfall that tumbles down and
floods over me.

⁸ Yahweh shows me each day that he faithfully
loves me,
and each night I sing to him

and pray to him, the God who causes me to live.

⁹ I say to God, *who is like an overhanging rock under which I can hide* [MET],

"It seems that you have forgotten me.

I <mourn/cry> constantly because my enemies act cruelly toward me" [RHQ].

¹⁰ They make fun of me constantly;
they continually ask, "Why does your god not help you?" [RHQ]

And when they insult me *like that*,
it is like wounds that I feel even in my bones.

¹¹ But *I think*,

"◀Why am I sad and discouraged?/I should not be sad and discouraged!▶ [RHQ]

I will confidently expect God *to help me*,
and I will praise him again,
my God, the one who saves me."

43

(A continuation of psalm 42)

¹ God, declare that I ▶am innocent/have not done things that are wrong▶.

Defend me when ▶ungodly people/people who do not worship you▶ say things against me,

rescue me from people who deceive and say *things about me that are not true*.

² You are God, the one who protects me;
▶why have you abandoned me?/it seems that you have abandoned me!▶ [RHQ]

It does not seem right that [RHQ] I am forced to
mourn/cry constantly
because my enemies are cruel to me.

³ Shine your light on me and speak your truth to
me;

and let them guide me,
and take me back to Zion, your sacred hill *at
Jerusalem*,
and to *your temple*, where you live.

⁴ When you do that, I will go to your altar,
to *worship you*, my God, who causes me to
be extremely joyful.

There I will praise you, the God whom I
worship, while I play my harp.

⁵ So ◀why am I sad and discouraged?/I should
not be sad and discouraged!▶ [RHQ]

I confidently expect God *to bless me*,
and I will praise him again,
my God, the one who saves me.

44

*A psalm written by one of the descendants of
Korah for the choir director*

¹ God, we ourselves have heard
what our parents and grandparents told us.
They told us about the miracles
that you performed long ago.

² *They told us* how you expelled the ungodly
people
and enabled us to live in their land.
They told us that you punished those ungodly
people

- and enabled your own people to prosper
[IDM].
- ³ It was not by using their own swords that they
conquered the people that lived in that
land,
and it was not by their own power that they
were victorious;
it was only by your power [MTY, DOU] *that they*
did those things;
and they were sure that you were with them,
and that showed that you were pleased with
them.
- ⁴ You are my King and my God;
it is you who enable us, your people [MTY],
to defeat our enemies.
- ⁵ It is by your power that we knock our enemies
down and tramp on them.
- ⁶ I do not trust that I will be saved
by using my bow *and arrows* and my sword.
- ⁷ No, it is you who have rescued us from our
enemies,
it is you who have caused those who hate
us to become ashamed *because they were*
defeated.
- ⁸ We have continually boasted about what God
has done for us,
and we will thank him [MTY] forever.
(Think about that!)
- ⁹ But *now* you have rejected us and caused us to
be disgraced;
when our armies march out *to fight a battle*,
you no *longer* go with them.

- 10 You have caused us to run away from our enemies,
with the result that they captured the things
that belonged to us.
- 11 You have allowed us to become like [MET]
sheep that were ready to be slaughtered;
you scattered us *far away* among *other*
nations.
- 12 *It is as though* [MET] you sold us, your people,
to our enemies for a very small price,
and you did not gain much profit from
selling us!
- 13 People who live in nations near us make fun
of us;
they laugh at us and deride/belittle us.
- 14 They make jokes using the name of *our*
country,
they shake their heads *to indicate that they*
despise us.
- 15 All day I feel disgraced;
from seeing my face, people know that I am
ashamed.
- 16 I hear what those who sneer at me and revile
me say;
I am ashamed in front of my enemies and
those who want to harm me.
- 17 All these things have happened to us
even though we have not forgotten you,
and we are not the ones who disobeyed the
agreement you made with *our ancestors*.
- 18 We have not stopped being loyal to you,

- and we have not stopped doing what you want us to do [IDM].
- 19 But *it is as though* you have allowed us to be helpless among wild animals, and abandoned us in a deep dark *ravine*.
- 20 If we had forgotten to worship [MTY] our God, or if we had spread out our hands to *worship* a foreign god,
- 21 you certainly would have known that, because you know *even* what we secretly think.
- 22 But it is because we belong to you, *that our enemies* are constantly killing us. They act toward us as though we were only sheep to be slaughtered.
- 23 So, Yahweh, arise! Why are you asleep [RHQ]? Get up! Do not reject us forever!
- 24 Why are you not looking at us? Why are you forgetting that we are suffering and being oppressed *by our enemies*?
- 25 We are pushed down to the ground and we cannot get up.
- 26 Arise, and come and help us! Rescue us because you faithfully love us!

45

A love song written by one of the descendants of Korah, for the choir director, to be sung to the tune 'Lilies'

¹ In my inner being I am stirred by a beautiful message
which will be sung to the king.
The words of this message will be written
with a pen by me, a skilled writer.

² *O King*, you are the most handsome man in the world,
and you always speak [MTY] eloquently,
because God has always blessed you.

³ You who are a mighty warrior, put on your sword!
You are glorious and majestic.

⁴ Ride on like a great chief
to defend the truth that you speak
and the fair decisions that you make!
Because you are strong [MTY],
you will do awesome deeds.

⁵ Your arrows are sharp,
and they pierce the hearts of your enemies.
Soldiers of many nations will fall dead at
your feet.

⁶ The kingdom [MTY] that God will give to you
will remain forever.
You rule [MTY] people justly.

⁷ You love right actions,
and you hate evil actions.

Therefore God, your God, has chosen [MTY] you
to be king
and caused you to be happier [MET] than
any other king.

⁸ The perfume of various spices is on your robes.

People ◀entertain you/make you happy▶ in
ivory palaces
by playing stringed instruments.

9 Among the women who stay near you [EUP]
stay are daughters of *other* kings.

And at your right hand stands *your bride*,
the queen, wearing beautiful ornaments of
gold that comes from Ophir.

10 *Now I will say something* to your bride:

Listen to me carefully [DOU]!

Forget the people who live in your home
country,

forget your relatives!

11 Because you are *very* beautiful,
the king will desire *to sleep with* [EUP] you.
He is your master, so you must obey him.

12 The people from Tyre *city* will bring gifts to
you;
their rich people will try to persuade you to
do favors for them.

13 *O king*, your bride will be entering the palace
wearing beautiful robes made from gold
thread.

14 While she is wearing a gown that has many
colors,
her companions will lead her to you.
She will have many other young women who
accompany her.

15 They will be very joyful [DOU] as they are led
along
to enter your palace.

- 16 Some day, your sons and your grandsons will
become kings,
just like your ancestors were.
You will enable them to become rulers in many
countries [HYP].
- 17 And as for me, I will enable people in every
generation to remember the great things
that you [MTY] have done,
and people will praise you forever.

46

*A psalm written by one of the descendants of
Korah for the choir director*

- 1 God is the one who protects us and causes us to
be strong;
he is always ready to help us when we have
troubles.
- 2 So, even if the earth shakes,
we will not be afraid.
Even if the mountains fall into the middle of the
sea,
- 3 and if the water in the sea roars and foams,
and the hills shake violently,
we will not be afraid!
(Think about that!)
- 4 Blessings that come from God are like a river
that makes everyone in the city where we
worship God joyful.
It is the city where the temple of God, who
is greater than any other god, exists.
- 5 God is in this city, and it will never be destroyed;

he will *come to help the people* in that city at dawn every day.

⁶ *Sometimes* the *people of many* nations are terrified;

kingdoms ◀are overthrown/cease to exist▶;

God speaks *loudly like thunder*,

and the earth melts (OR, people everywhere become terrified) [MET].

⁷ But Yahweh, the commander of the armies of heaven, is with us;

the God whom Jacob worshiped (OR, we Israeli people worship) is our refuge.

(Think about that!)

⁸ Come and ◀see/think about▶ the amazing things that Yahweh has done [DOU]!

⁹ He stops wars all over the world;

he breaks bows *and arrows*;

he destroys spears;

he burns up shields.

¹⁰ *God says*, "Be quiet, and remember that I am God!

I will be honored by the people of all nations.

I will be honored all over the earth."

¹¹ *So never forget that* Yahweh, the commander of the armies of heaven, is with us;

the God whom Jacob worshiped (OR, we Israeli people worship) is our refuge.

(Think about that!)

47

A psalm written for the choir director by one of the descendants of Korah

¹ You people all over *the world*, clap your hands for joy!

Shout joyfully to *praise* God!

² Yahweh, who is much greater than any other god, is awesome;

he is the king who rules over all the world!

³ He enabled us to defeat *the armies of the people-groups that lived in Canaan*.

⁴ He chose for us this land where we now live;
we Israeli people [MTY], whom he loves, are proud that we own this land.

(Think about that!)

⁵ God has gone up *into his temple*.

The people shouted joyfully and blew trumpets as Yahweh went up.

⁶ Sing songs to praise our God!

Sing to praise him [DOU]!

Sing to God, our king!

⁷ God is the one who rules over everything in the world;

sing a psalm to him!

⁸ God sits on his sacred throne

as he rules over the people of *all* ethnic groups.

⁹ The rulers of those people-groups gather as God's people, the people *descended* from Abraham, *do*.

But God has more power than the weapons/
shields of *all the kings* on the earth;
◀he is greatly honored/people honor him▶
everywhere.

48

*A psalm written by one of the descendants of
Korah*

¹ Yahweh is great, and he deserves to be greatly
praised in the city where he *lives*,
which is built on Zion, his sacred hill.

² That city, on a high *hill*, is beautiful;
it is the city where the true *God*, the great
king, *lives*,
and it causes people all over the world to
rejoice *when they see it*.

³ God is in the strong towers there,
and he shows that he protects the people in
that city.

⁴ Many kings gathered *with their armies* to attack
that city,

⁵ but when they saw it, they were amazed;
they became terrified, and ran away.

⁶ Because they were very afraid, they trembled
like a woman who is about to give birth to a
child;

⁷ they shook *like ships* sailing from Tarshish are
shaken by a strong wind.

⁸ We had heard *that this city is glorious*,
and now we have seen that it is.

It is the city in which Yahweh, the almighty one, *lives*.

It is the city which God will preserve/protect forever.

(Think about that!)

⁹ God, *here* in your temple we think about how you faithfully love us.

¹⁰ You [MTY] are famous and ◀are praised/people praise you▶ all over the earth, because you rule powerfully [MTY] and justly.

¹¹ The people who live near Zion Hill should be happy!

The people in *all* the cities [MTY] in Judah should rejoice

because you judge people fairly.

¹² *You Israeli people should walk around Zion Hill and count the towers there;*

¹³ notice the walls there and examine the forts in order that you can tell about them to your children.

¹⁴ *Say to them, "This is the city that belongs to our God, the one who lives forever; he will guide us all of our lives."*

49

A psalm written for the choir director by one of the descendants of Korah

¹ You people of all ethnic groups, listen!

You people all over the world,

² important people and unimportant people,

rich people and poor people,
everyone, *listen to what I am saying,*

³ *because* what I am thinking is very sensible,
and what I say will enable you to become
wise!

⁴ I think about [MTY] ◀proverbs/wise sayings▶,
and while I play my harp, I explain what
they mean.

⁵ I am not [RHQ] afraid when I am in trouble/
danger,
when I am surrounded by my enemies,

⁶ by evil men who trust that *things will always go
well for them because* they are wealthy,
and who boast about being very rich.

⁷ *They may be rich,* but no one can pay money
with the result that he would live forever!
No one can pay God enough so that God will
allow him *to continue* to live,

⁸ because that cost is too great,
and he will never be able to pay enough

⁹ with the result that he will live forever
and never *die and* be buried!

¹⁰ We see that foolish and stupid people die,
but we see that wise people also die;
they all leave their wealth, and others in-
herit it.

¹¹ Those wise people once had *houses on land*
that they owned,
but now their graves are their homes forever,
the place where they will stay for all time!

12 Even if people are great, that cannot prevent them from dying;
all people die, the same as animals do.

13 That is what happens to those who foolishly trust *in what they have accomplished*,
to those who are delighted in *all* that they possess.

(Think about that!)

14 They are certain to die just like sheep,
when a shepherd leads them away to be slaughtered. [PRS, MET]

In the morning righteous people will rule over them,

and then *those wealthy people will die and* their bodies will quickly decay in their graves;
they will be where dead people are, far from their homes.

15 But it is certain that God will rescue me
so that I am not kept in the place of the dead.
(Think about that!)

16 So, do not be dismayed when someone becomes rich
and the houses where they live become more and more luxurious,

17 because when he dies, he will take nothing with him;
his wealth will not go with him.

18 While *a rich person* is alive, he congratulates himself,

and people praise him for being successful,

19 but he will *die*, joining his ancestors,
who will never see daylight again.

- 20 Even if someone is great, that cannot prevent
him from dying;
he will die, the same as animals do.

50

A psalm written by Asaph

- 1 God, the all-powerful one, speaks;
he summons all people,
from the east to the west.
2 His glory shines from Zion *Hill in Jerusalem*,
an extremely beautiful city.
3 Our God comes to us,
and he is not silent.
A great fire is in front of him,
and a storm is around him.
4 He comes to judge his people.
He shouts to the *angels in heaven*
and to *the people on the earth*.
5 He says, "Summon those who faithfully *worship*
me,
those who made an agreement with me by
offering sacrifices to me."
6 The *angels in heaven* declare,
"God is righteous,
and he is the supreme judge."
(Think about that!)
- 7 God says, "My people, listen!
You Israeli people, listen,
as I, your God, say what you have done that is
wrong.
8 I am not rebuking you for making sacrifices to
me,

for the offerings that you completely burn *on the altar*.

⁹ But I do not really need *you to sacrifice*
the bulls from your barns and the goats from
your pens,

¹⁰ because all the animals in the forest belong to
me,
and all the cattle on 1,000 hills also belong to
me.

¹¹ I *own and know* all the birds
and all *the creatures* that move around in
the fields.

¹² So, if I were hungry, I would not tell you *to*
bring me some food,
because everything in the world belongs to
me!

¹³ I do not eat the flesh of the bulls *that you*
sacrifice,
and I do not drink the blood of the goats *that*
you offer to me.

¹⁴ The sacrifice *that I really want is that you thank*
me
and do all that you have promised to do.

¹⁵ And pray to me when you have troubles.
If you do that, I will rescue you, and *then you*
will praise me.

¹⁶ But I say this to the wicked people:

◀Why do you/It does not benefit you at all to▶
[RHQ] recite my commandments
or talk about the agreement that I made with
you,

¹⁷ because you have refused to allow me to
discipline you,
and you have rejected what I told you to do.

18 Every time that you see a thief, you become his friend,
and you spend *much* time with those who commit adultery.

19 You are *always* talking [MTY] about doing wicked things,
and you are *always* trying to deceive people.

20 You are always accusing members of your own family *of doing wrong*,
and slandering them.

21 You did *all* those things, and I did not say anything to you,
so you thought that I was *a sinner* just like you.

But now I rebuke you and accuse you, right in front of you.

22 So, all you who have ignored me, pay attention to this,
because if you do not, I will tear you to pieces,
and there will be no one to rescue you.

23 The sacrifice that *truly* honors me is to thank me *for what I have done*;
and I will save those who always do the things that I want them to."

51

A psalm written by David for the choir director, concerning the time when the prophet Nathan rebuked David after he had committed adultery with Bathsheba

¹ O God, be merciful to me,
because you love me faithfully;

because you are very merciful,
erase *the record of* the ways that I disobeyed
you!

² Make me pure from the wrong things that I
have done;
make me clean from *the guilt of* my sin.

³ *I say that* because I know the ways that I have
disobeyed you;
I cannot forget them.

⁴ You, you only, are the one that I have *really*
sinned against,
and you have seen the evil things that I have
done.

When you say that I am guilty, you are right/
correct,
and when you judge me, you justly say *that*
I deserve to be punished.

⁵ I have been a sinner since the day that I was
born;
truly, I have been like that since my mother
conceived me.

⁶ What you desire is that I desire what is true
in order that you *can* teach me how to act
wisely.

⁷ Purify me from the guilt of my sins, and *after*
that happens, I will be clean *in my inner*
being;
cleans me, and *then in my inner being* I will
be ◀whiter than snow/very clean▶.

⁸ Allow/Cause me to be joyful [DOU] again;

you have ◀crushed my spirit/ completely discouraged me▶ [MTY];

but now let me rejoice *again*.

⁹ Do not continue to look at the sins [IDM] that I have committed;
erase the record of the evil things that I have done.

¹⁰ O God, cause my inner being to be pure.
Put new *thoughts* within me and make me faithful again.

¹¹ Do not send me away from you *because of my sin*,
and do not take your Holy Spirit from me.

¹² Cause/Allow me to be happy again because of *knowing* that you have freed me *from the guilt of my sin*,
and make me willing *to obey you*.

¹³ If you do that, I will *be able to* teach *other* sinners what you want them to do,
and they will repent and begin to obey you.

¹⁴ O God, you are the one who saves me;
forgive me for being guilty of causing someone *who was not my enemy* to die.
When you do that, I will sing joyfully about your being very good and righteous.

¹⁵ O Yahweh, help me to speak
in order that I may praise you.

¹⁶ You are not pleased *only* with the sacrifices *that people bring to you*.
If that were *enough to* please you, I would bring you sacrifices.

You are not pleased with burnt offerings *alone*.

¹⁷ The sacrifice that you *really* want is for people to be truly humble and sorry *for having sinned*;

O God, you will not refuse that kind of sacrifice.

¹⁸ O God, be good to *the people who live in Jerusalem* [MTY],
and help them to rebuild the city walls.

¹⁹ When that happens, *they will bring you* the proper sacrifices,
animals that they will completely burn,
young bulls that they will burn on your altar,
and you will be pleased.

52

A psalm written by David for the choir director, when Doeg went to Saul and said, "David has gone to talk with Ahimelech, the Supreme Priest"

¹ You people *think that you* are strong
and brag about the sins that you have committed,
while you plan to harm godly people.

² All during the day you plan to get rid of *others*;
what you say [MTY] *injures others* like a sharp razor [SIM],
and you are *always* deceiving *others*.

³ You like *doing what is* evil more than you like doing what is good,
and you like telling lies more than you like telling the truth.

(Think about that!)

⁴ You who say things [MTY] to deceive people,
you like to say ◀things that hurt people/cruel
things▶!

⁵ But God will get rid of you forever;
he will grab you and drag you from your
home
and take you away from this world where
people are alive.

(Think about that!)

⁶ When righteous *people* see that, they will be
awestruck,
and they will laugh at *what happened* to you,
and say,

⁷ “Look *what happened* to the man who would
not ask God to protect him;
he trusted that his great wealth *would save*
him;
he trusted in the money that he got by
wickedly taking it from others!”

⁸ But I am *secure/safe because I worship* in God’s
temple;

I am like a *strong* green olive tree.

I trust in God, who faithfully loves us forever.

⁹ God, I will always thank you for the things that
you have done.

As I stand before godly *people*, I will pro-
claim that you are good (OR, the many
good [MTY] *things you have done for us*).

53

*A psalm written by David for the choir director,
to be sung using a tune called 'Mahalath'*

¹ Only foolish people say to themselves, "There is no God!"

People who say that are corrupt; they commit terrible sins;
there is not one of them who does what is good/right.

² God looks down from heaven and sees humans;
he looks to see if anyone is *very* wise,
with the result that he seeks *to know* God.

³ But they are all morally corrupt;
no one does what is good/right.

⁴ Will all these evil people never learn *what God will do to them*?

They act violently toward Yahweh's people while eating the food that he provides,
and they never pray to Yahweh.

⁵ But *some day* those people will become terrified,
like they have never been terrified before,
because God will cause those who are separated from him to die,
and he will *disrespect them* by scattering their bones.

They have rejected God,
so he will cause them to be *defeated and* completely disgraced.

⁶ I wish/desire that someone from Jerusalem
[MTY] would come and rescue the Israeli
people!

God, when you bless your people again,
all the Israeli people, all the descendants of Jacob,
will rejoice.

54

*A psalm written by David for the choir director;
to be accompanied by stringed instruments; it was
written when the people of Ziph went to Saul and
told him that David was hiding in their area*

¹ God, by your power [MTY, DOU] save me *from*
my enemies,

and show people that I have not done
anything that is wrong!

² God, listen to my prayer;
listen to what I say to you,

³ because strangers are *trying to* attack me;
proud men are wanting to kill me;
men who do not have any ◀respect for/
interest in▶ you.

(Think about that!)

⁴ But God is the one who helps me;
Yahweh defends/protects me *from my ene-*
mies.

⁵ He will cause the evil things that they want to
do to me to happen to them instead;
because he faithfully *does what he promises,*
he will get rid of them.

- ⁶ Yahweh, I will gladly give an offering to you
because I want to,
and I will thank you [MTY], for you are good
to me;
⁷ you have rescued me from all my troubles,
and I have seen that you have defeated my
enemies.

55

*A psalm written by David for the choir director,
to be accompanied by stringed instruments*

- ¹ God, listen to my prayer,
and do not turn away from me while I am
pleading with you.
² Listen to me, and answer me,
because I am overwhelmed by *all* my troubles.
³ My enemies cause me to be terrified;
wicked people oppress me.
They cause me to have great troubles;
they are angry with me, and they hate me.

⁴ I am terrified,
and I am very much afraid that I will die.
⁵ I am very fearful and I tremble/shake,
and I am completely terrified.
⁶ I said, "I wish that I had wings like a dove!
If I had wings, I would fly away and find a place
to rest.
⁷ I would fly far away
and live in the desert.
(Think about that!)
⁸ I would quickly find a shelter from *my enemies*

who are like [MET] a strong wind and rain-storm."

⁹ Lord, confuse my enemies, and cause their plans to fail,
because I see them acting violently and causing strife in the city *of Jerusalem*.

¹⁰ During *each* day and night they march around on top of its walls,
committing crimes and causing trouble.

¹¹ They destroy *things* everywhere.
They oppress and defraud *people* in the
◀marketplaces/public squares▶.

¹² If it were an enemy who was making fun of me,
I could endure it.

If it were someone who hates me, who despises me,
I could hide from him.

¹³ But it is someone who is just like me, my companion,
someone who was my friend *who is doing this to me*.

¹⁴ We previously had many good talks together;
we walked around together in God's temple.

¹⁵ I desire/hope that my enemies will die suddenly;
while they are still young, cause them to go down to the place where the dead people are.
They think evil things.

- 16 But I *will* ask Yahweh, *my* God, to help me,
and he will save me.
- 17 *Each* morning and *each* noontime and *each*
evening I tell him what I am concerned
about, and I moan,
and he hears my voice.
- 18 I have *very* many enemies,
but he will rescue me and bring me back
safely from the battles that I fight.
- 19 God is the one who has ruled everything
forever,
and he will listen to me.
He will cause my enemies to be *defeated and*
disgraced,
because they do not change their evil behav-
ior
and they do not revere God.
(Think about that!)
- 20 My companion, *whom I mentioned previously*,
betrayed his friends
and broke the agreement that he made with
them.
- 21 What he said was *easy to listen to, like butter*
is easy to swallow [MET],
but in his inner being he hated people;
his words were *soothing* like olive oil,
but they hurt people like sharp swords do
[MET].
- 22 Put your troubles in Yahweh's hands,
and he will take care of you;
he will never allow righteous *people* to experi-
ence disasters.

- ²³ God, you will cause murderers [MTY] and liars
to die before they have lived half as long
as they expect to live;
but *as for me*, I will trust in you.

56

*A psalm written by David for the choir director;
concerning the time the Philistines seized David in
Gath; to be sung using the tune 'Dove on distant
oaks'*

- ¹ God, be merciful to me because men have
harassed me;
all day my enemies pursue me.
- ² My enemies harass me all day long;
there are many of them who proudly attack
me.
- ³ But whenever I am afraid,
I trust in you.
- ⁴ God, I praise/thank you because you do what
you have promised;
I trust in you, and then I am not afraid.
Ordinary humans certainly cannot [RHQ]
harm me!
- ⁵ All day long my enemies claim that I said things
that I did not say (OR, try to destroy what
I am doing);
they are always thinking of ways to harm
me.
- ⁶ In order to cause trouble for me, they hide
and watch everything that I do,
waiting for *an opportunity* to kill me [MTY].

⁷ So, God, punish them for the wicked things that they are doing;
show that you are angry by defeating those people!

⁸ You have counted *all* the times that I have been wandering alone/distressed;
it is as though you have put *all* my tears in a bottle
in order that you can see how much I have cried.
You have counted my tears and written the number in your book.

⁹ When I call out to you, *my* God, my enemies will be defeated;
I know that will happen, because you are fighting for me.

¹⁰ I praise/thank you that you do what you have promised;
Yahweh, I *will always* praise you for that [DOU].

¹¹ I trust in you, and as a result, I will not be afraid.

I know that humans cannot really [RHQ] harm me!

¹² I will bring to you the offering that I promised;
I will bring an offering to you to thank you,

¹³ because you have rescued me from being killed;

you have kept me from stumbling.

As a result, I will continue to live in your presence in the light that *shines on those*

who are still alive (OR, in the light that enables people to live).

57

*A psalm written by David for the choir director;
when David went into a cave to escape from Saul;
to be sung using the tune 'Do not destroy'*

¹ God, be merciful to me!

Act mercifully toward me because I come to you
to protect me.

I ask you to protect me *like little birds are pro-
tected under their mother's wings* [MET]
until the storm/danger is ended.

² God, you who are greater than all other gods,
I cry out to you, the one who enables me to
do all that you desire.

³ You will answer me from heaven and rescue
me,
but you will cause those who oppress me to
be *defeated and disgraced!*

(Think about that!)
God will *always* faithfully love me and ◀will
be faithful/will do what he promises▶.

⁴ *Sometimes* I am surrounded by *my enemies who
are like lions that kill humans;*
*they are like lions that chew with their teeth
animals that they kill;*
but my enemies have spears and arrows, not
teeth;

and *the false things that they say* [MTY]
hurt people as much as sharp swords hurt
people [MET].

⁵ God, show in the heavens that you are very
great!
And show your glory to people all over the
earth!

⁶ *It is as if* [MET, HYP] my enemies spread a net
to seize me,
and I became very distressed [IDM].
It is as if [MET, HYP] they dug a deep pit along
the path where I walk,
but they themselves fell into it!
(Think about that!)

⁷ God, I have complete confidence [DOU] in you.
I will sing to you,
and I will praise you while I sing.

⁸ I will awaken myself;
I will arise before the sun rises
and *praise you while I play* my harp or my
◀lyre/small harp▶.

⁹ Lord, I will thank you among *all* the people;
and I will sing to praise you among *many* ethnic
groups,

¹⁰ because your faithful love for us is *as great*
as the distance from the earth to the sky,
and because your ◀faithfulness/ faithfully
doing what you promise▶ is *as great as the*
distance up to the clouds [MET].

- ¹¹ God, show in the heavens that you are very great!
And show your glory *to people* all over the earth!

58

*A psalm written by David for the choir director,
to be sung using the tune 'Do not destroy'*

- ¹ When you mighty men speak, you never say
what is right;
you never decide things about people justly
[RHQ]!
- ² No, in your inner beings you think only about
doing what is wrong,
and you commit violent crimes in this land
of Israel.
- ³ Wicked people do wrong things and tell lies
from the time that they are born [DOU].
- ⁴ God, show in the heavens how great you are!
And show your glory to people all over the
earth!
What wicked people say *injures people like* the
venom of a snake [MET];
They refuse to listen to good advice, *as
though they were* cobras that were deaf
[MET]!
- ⁵ As a result, *like a snake that does not respond
when* a charmer plays a flute or when
someone sings magic songs,
*they do not pay attention when others rebuke
them.*

- 6 God, as for these enemies who *want to attack me like* young lions,
break their teeth!
- 7 Cause them to disappear like water disappears
in dry ground!
Cause the arrows that they shoot to have no
◀heads/sharp points▶!
- 8 Cause them to become like snails that disappear
in the slime;
cause them to be like babies that are born
dead!
- 9 Get rid of them
as fast as thornbushes are blown away *after*
they are cut (OR, *as fast as* a fire heats a
pot over burning thorns).
- 10 Righteous people will rejoice when they see
wicked people being punished as they
deserve;
they will wash their feet in the blood of
wicked people.
- 11 *Then* people will say, "It is true that there is a
reward for righteous people;
and there is indeed a God who judges people
justly here on the earth!"

59

*A psalm written by David for the choir director;
when Saul, wanting to kill David, sent men to
watch David's house*

- 1 God, save me from my enemies!
Protect me from those who want to attack
me!

² Rescue me from men who want to do what is wicked,
men who are murderers!

³ Look! They are waiting to kill me!
Fierce men have gathered to assault me.
Yahweh, they are doing that even though I have
not done what is wrong!

⁴ It is not because I have committed any sin
against them
that they run and get ready to attack me.

⁵ Yahweh my God, commander of the armies of
heaven, the one we Israelis *worship*,
arise and punish the *ungodly/heathen people*
of all the nations;
do not be merciful to those *wicked people*
who have ◀acted treacherously toward/
secretly planned to harm▶ us.
(Think about that!)

⁶ They return each evening,
snarling like vicious dogs [SIM] as they prowl
around this city.

⁷ They loudly say terrible things;
they say [MTY] many things that *injure*
people like [MET] swords do,
but they think, "No one will [RHQ] hear us!"

⁸ But Yahweh, you laugh at them.
You ◀scoff at/ridicule▶ the *people of the*
pagan nations.

⁹ God, I have confidence in you because you are
very strong;

you are my refuge.

- 10 Because you love me, you will come to save me;
you will allow me to watch while you defeat my enemies.

- 11 But do not kill them *immediately*
in order that my people will not forget *how you punished them!*
Instead, Lord, you who are like a shield that protects us [MET],
scatter them by your power, and *then* defeat them.

- 12 Because what they say [MTY] is sinful,
allow them to be trapped for being proud.
Because they are *always* cursing and telling lies,

- 13 because you are angry, get rid of them;
destroy them completely
in order that people will know that you rule over us, your Israeli people,
and that you rule over all the earth.
(Think about that!)

- 14 My enemies return each evening,
snarling like *vicious* dogs as they prowl around this city.

- 15 They roam around, searching for food;
and if they do not find enough, they growl.

- 16 But *as for me*, I will sing about your power;
every morning I will sing joyfully about your faithfully loving us.
I will sing about how you protected me when I was very distressed.

- 17 God, you are the one who enables me to be strong;
you are my refuge;
you faithfully love me.

60

A psalm written by David for the choir director, a psalm for teaching, to be sung using the tune 'Lily of the Promise'. David wrote it during the wars in northern Syria, and Joab's army, after returning from the battle, killed 12,000 of the Edom people-group in Salt Valley

- ¹ I prayed, "God, you have rejected us Israelis!
Because you have been angry with us,
you have *enabled our enemies* to break through our ranks.

Please enable us to be strong again!

- ² *When we were defeated, it was as though* [MET]
there was a big earthquake in our land
that caused the ground to split open.

So now, *just as only you can* cause the cracks in
the land to disappear,
help our army to be strong again,
because *it is as though* our country is
◀falling apart/being destroyed▶.

- ³ You have caused us, your people, to suffer very much;
it is as though you forced us to drink strong
wine that caused us to stagger around *after*
we became drunk.

- ⁴ But you have raised a battle flag for those who
revere you

in order that they can gather around it and
not *be killed by the enemies'* arrows.

(Think about that!)

⁵ Answer our *prayers* and enable us by your
power [MTY] to defeat *our enemies*
in order that we, the people whom you love,
will be saved."

⁶ Then God answered my prayer and spoke from
his temple, saying,

"Because I have conquered *your enemies*, I will
divide up *everything in* Shechem city,
and I will distribute it among my people *the*
land in Succoth Valley.

⁷ The Gilead *region* is mine;
the *people of the tribe of* Manasseh are mine;
the tribe of Ephraim is like my helmet [MET];
and *the tribe of* Judah is like the ◀scepter/stick
that I hold which shows that I am the
ruler▶ [MET];

⁸ but the Moab *region* is like my washbasin
[MET];

I throw my sandal in the Edom *area to show*
that it belongs to me;

I shout triumphantly because I have de-
feated *the people of* the Philistia *area*."

⁹ Because I want to defeat the people of Edom,
◀who will lead my army triumphantly to their
capital city that has strong walls around
it?/I want someone to lead my army tri-
umphantly to their *capital city* that has
strong walls around it.▶" [RHQ]

- ¹⁰ So, God, we *desire/hope that* [RHQ] you have not truly abandoned us,
and that you will go with us when our armies march out *to fight our enemies*.
- ¹¹ We *need you to* help us when we fight against our enemies,
because the help that humans can give us is worthless.
- ¹² But with you *helping us*, we shall win;
you will enable us to defeat our enemies.

61

*A psalm written by David for the choir director;
to be accompanied by musical instruments*

- ¹ God, listen to me,
and answer my prayer [DOU]!
- ² While I am discouraged and far from my home,
I am calling out to you.
- Lead me to *the place that is like* a high rock [MET]
on top of which I will be safe.
- ³ You have been my refuge;
you have been *like* a strong tower [MET]
in which I am safe from being attacked by my enemies.
- ⁴ Allow me to live close to your temple all during my life [HYP]!
Allow me to be safe [MET], *like a little bird is safe*
under *its mother's* wings.
(Think about that!)
- ⁵ God, you heard me when I solemnly promised
to give offerings to you;

you have given to me the blessings that belong to those who have an awesome respect for you [MTY].

⁶ *I am the king of Israel;*
please allow me to live *and rule* for many years,
and allow my descendants to rule *also*.

⁷ Allow us to rule forever while you observe us;
watch over us while you faithfully love us
and do for us what you promised.

⁸ If you do that, I will always sing to praise you
[MTY]
while I offer to you each day the sacrifices
that I promised to give to you.

62

*A psalm written by David for Jeduthun, the
choir leader*

¹ God is the only one who can give me peace in
my inner being,
and he is the one who saves me *from my
enemies*.

² Only he is like an *overhanging* rock *under which
I can be safe* [MET];
he will be *like* a shelter, *with the result that* I
will never be defeated [MET].

³ When will you, *my enemies*, stop attacking me
[RHQ]?
I feel that I am *as useless against you as a
wall that is about to fall over or a broken-
down fence* [MET].

⁴ My enemies plan to remove me from my important position so that people no longer honor me.

They delight in telling lies.

They bless people by what they say [MTY],
but in their inner beings they curse *those people*.

(Think about that!)

⁵ God is the only one who gives me peace in my inner being;

he is the one whom I confidently expect to *help me*.

⁶ Only he is *like an overhanging rock under which I can be safe* [MET];

he is *like* a shelter, and *as a result* I will never be defeated.

⁷ God is the one who saves me and honors me.

He is *like an overhanging* strong rock under which I can find shelter [MET].

⁸ *You my people*, always trust in him.

Tell him all your troubles,

because he is ◀our refuge/the one who protects us▶ [MET].

(Think about that!)

⁹ People who are considered to be unimportant are *as worthless/unreliable as* a breath of air;

people who are considered to be important *also* really ◀amount to nothing/cannot be trusted to *help us*▶.

If you put them all on a scale, *it would be as if* they weighed less than a puff of air.

¹⁰ Do not trust in money gained by extorting it
from others;
do not try to gain anything by robbing
others.

If you become very wealthy, do not trust in [IDM]
your money.

¹¹ I have heard God say more than once that he
is the one who *really* has power,

¹² and that he is the one who faithfully loves *us*.
He rewards every one *of us* according to the
deeds that we do.

63

*A psalm written by David when he was in the
desert in Judea*

¹ God, you are the God whom I *worship*.

I greatly desire to be with you
like [SIL] a person in a dry hot desert greatly
desires *some cool water*.

² So, I want to see you in your temple;
I want to see that you are great and glorious.

³ Your constantly loving *me* is ◀worth more/more
precious▶ than *my* life,
so I [MTY] will *always* praise you.

⁴ I will praise you all the time that I live;
I will lift up my hands to you while I pray.

⁵ *Knowing you satisfies me more than* [IDM, MET]
my eating a very big feast,
so I will praise you while I sing [MTY] joyful
songs.

- ⁶ While I lie on my bed, I think about you.
I think/meditate about you all during the night,
⁷ because you have always helped me,
and I sing joyfully knowing that I am protected by you
as a little bird is protected under its mother's wings [MET].
- ⁸ I cling to you;
and with your hand/power you protect me.
- ⁹ But those who are trying to kill me
will *die and* descend into the place of the dead;
- ¹⁰ they will be killed in battles [MTY]
and their *corpses* will be eaten by jackals/
wild dogs.
- ¹¹ But I, the king *of Israel*, will rejoice in what
God has done;
and all those who revere and trust God will
praise him,
but he will not allow liars to say anything.

64

A psalm written by David for the choir director

- ¹ God, listen to me as I tell you the things that I
am worried about.
I am afraid of my enemies; so save/rescue
me from them.
- ² Protect me from what wicked men are planning
to do to me;
protect me from that gang of men who do
what is evil.

- ³ The hostile things they say [MTY] are like [SIM] *sharp* swords;
their cruel words are like [SIM] arrows.
- ⁴ Without being afraid, they *lie about people and slander people* who have not done what is wrong,
like someone who suddenly jumps up from where he is hiding and shoots *arrows* at his enemy [MET].
- ⁵ They encourage each other about doing the evil things that they are planning to do;
they talk *with each other* about where they can set traps to catch people,
and they think, "No one [RHQ] will see what we are doing,
- ⁶ because we have planned very well the crime that we are going to commit!"
No one can fully understand what people can think and plan!
- ⁷ But *it will be as though* God will shoot his arrows at them,
and suddenly they will be wounded.
- ⁸ Because of what they say [MTY], he will get rid of them,
and then everyone who sees *what has happened* to them will shake their heads to *ridicule them*.
- ⁹ And then everyone will be afraid *to sin because of what might happen to them, also*;
they will tell others what God has done,

and they themselves will think much about it.
10 Righteous people should rejoice because of what Yahweh *has done*;
they should go to him to ◀find protection/be safe▶;
and all those who are godly will praise him.

65

A psalm written by David for the choir director

¹ God, it is right/appropriate *for us* to praise you in Jerusalem,
and to do what *we* have promised you that *we* would do,
² *because* you answer our prayers.
People everywhere will come to you
³ *because* of the sins *that they have committed*.
Our many sins are like a very heavy burden to us,
but you forgive us.
⁴ You are pleased with those whom you have chosen
to live close to your temple.
We are happy with all the blessings that we receive from *worshiping in your sacred temple*.
⁵ *God, when we pray to you*, you answer us and save us by doing awesome deeds;
you are the one who rescues us;

people who live in very remote places on the earth, on the other side of the oceans, trust in you.

⁶ By your strength you put the mountains in their places,
showing that you are very powerful.

⁷ You calm the seas when they roar,
and you stop the waves from crashing *on the shore*;

you *also* calm people when they ◀make a great uproar/shout angrily together▶.

⁸ People who live in very remote/distant places on the earth

◀are awed by/revere▶ you because of the miracles that you perform;

because of what you do,

people who live far to the west and far to the east shout joyfully.

⁹ You take care of the soil and send rain,
causing many good things to grow;

you fill the streams with water,
and cause grain/crops to grow.

That is what you have determined/said would happen.

¹⁰ You *send plenty of rain* on the fields that have been plowed,

and you fill the furrows with water.

With showers you soften the *hard clods/lumps of* soil,

and you bless the soil by causing young plants to grow.

- 11 Because you bless the soil, there are very good crops at harvest season;
wherever you have gone [MTY], good crops are very abundant [IDM].
- 12 The pastures are full of flocks *of sheep and goats*;
it is as though the hills are very joyful.
- 13 The meadows are full of sheep and goats,
and the valleys are full of grain;
it is as though they *also* sing and shout joyfully.

66

A psalm which is a song for the choir director

- 1 Tell everyone on the earth
that they should sing joyfully to praise God!
- 2 They should sing songs that say that God [MTY]
is very great,
and they should tell everyone that he is very glorious!
- 3 They should say to God, "The things that you do are awesome!
You are very powerful,
with the result that your enemies ◀cringe/
bow down▶ in front of you."
- 4 Everyone on the earth *should* worship God
and sing to praise him
and honor him [MTY].
(Think about that!)
- 5 Come and think about what God has done!
Think about the awesome things that he has done.

⁶ He caused the *Red Sea* to become dry land,
with the result that our ancestors were able
to walk right through it.

There we rejoiced because of what he *had done*.

⁷ By his great power he rules forever,
and he keeps watching all the nations *to see*
what things they do,
so those nations that want to rebel *against*
him should not be proud.

(Think about that!)

⁸ You people *of all nations*, praise our God!
Praise him loudly in order that people will
hear you as you praise him.

⁹ He has kept us alive,
and he has not allowed us to ◀stumble/be
defeated▶.

¹⁰ God, you have tested us;
you have allowed us to experience great difficul-
ties *to make our lives become pure*
as people put precious metals in a hot fire *to*
burn out what is impure [MET].

¹¹ *It is as if* you allowed us to fall into traps [MET],
and you *forced us to endure difficult things*
which were like putting heavy loads on our
backs [MET].

¹² You allowed *our* enemies to trample on us;
we *experienced difficulties/troubles that were*
like [MET] walking through fires and
floods,
but now you have brought us into a place where
we have plenty.

13 *Yahweh*, I will bring to your temple offerings
that are to be completely burned *on the altar*;

I will offer to you what I promised.

14 When I was experiencing *much* trouble, I said
that I would bring offerings to you *if you rescued me*;
and you did rescue me, so I will bring to you
what I promised.

15 I will bring sheep to be burned on the altar,
and I will *also* sacrifice bulls and goats,
and when they are burning, *you will be pleased when the smoke rises up* ◀to you/
to the sky▶.

(Think about that!)

16 All *you people* who revere God, come and
listen,
and I will tell you what he has done for me.

17 I called out to him to help me,
and I praised him while I was speaking to
him [MTY].

18 If I had ignored the sins that I had committed,
the Lord would not have paid any attention
to me.

19 But because *I confessed my sins*, God has
listened to me
and he paid attention to my prayers.

20 I praise God
because he has not ignored my prayers
or stopped faithfully loving me.

67

A psalm for the choir director; to be accompanied by stringed instruments

¹ God, be merciful to us and bless us;
be kind to us [IDM],

(Think about that!)

² in order that *everyone in* the world may
know what you want them to do,
and *the people of* all nations may know that
you *have the power to save them*.

³ God, I desire that *all* people-groups *will* praise
you;

I want them all to praise you!

⁴ I desire that *the people of* all nations will be glad
and sing joyfully,

because you judge the people-groups
equally/justly,

and you guide *all* nations in the world.

(Think about that!)

⁵ God, I desire that the people-groups *will* praise
you;

I want them all to praise you!

⁶ Good crops have grown on our land;

God, our God, has blessed us.

⁷ *And because* God has blessed us,

I desire that all *people* everywhere [MTY] on the
earth will revere him.

68

A psalm written by David for the choir director

¹ God, arise and scatter your enemies,

and cause those who hate you to run away from you.

² Like *wind* blows smoke away,
chase your enemies away.

Like wax melts when it is near a fire,
cause wicked people to ◀disappear/be destroyed▶.

³ But righteous people should be joyful;
they should rejoice when they are in God's presence;
they should be happy, and be very joyful.

⁴ Sing to God; sing to praise him;
sing a song (OR, make a road) for him who rides
on the clouds;
his name is Yahweh; be glad when you are in his presence.

⁵ God, who lives in his sacred temple, is *like*
[MET] a father to *those who are* orphans,
and he is the one who protects widows.

⁶ For those who have no one to live with, he
provides families *to live with*.

He frees prisoners and enables them to be successful,
but those who rebel *against him* will be
forced to live in a very hot and dry land.

⁷ God, you led your people out *of Egypt*,
and then you marched with them through
the desert.

(Think about that!)

⁸ After you did that, because when you, the God
worshiped by us Israeli people, appeared
to us at Sinai *Mountain*,,

the earth shook,
and rain poured down from the sky.

⁹ You caused plenty of rain to fall *on your land*,
and so you enabled good crops to grow again
on the land that you gave *to us Israelis*.

¹⁰ Your people built homes there;
and because you were good to them, you
provided *food* for those who were poor.

¹¹ The Lord gave a message,
and many women took that message to other
places.

¹² *They proclaimed, "Many kings and their armies
are running away from our army!"
When our army brought back to their homes
the things that they captured,*

the women who were at home divided up those
things *among themselves and among their
families*.

¹³ Even those women who were in the pens
*taking care of the sheep received some of
those things*;
they got statues of doves whose wings were
covered with silver
and whose feathers were covered with pure
yellow gold.

¹⁴ When Almighty *God* scattered the *enemy* kings
and their armies,
*the number of weapons that they abandoned
there seemed like there had been a snow-
storm on Zalmon (OR, a black) Mountain.*

15 There is a very high mountain in the Bashan
region,

a mountain which has many peaks.

16 But the *people who live near* that mountain
should not [RHQ] envy those who live near
Zion,

the mountain on which God chose to live!
Yahweh will live there forever!

17 *After we defeated all our enemies,*
it was as though the Lord, surrounded by many
thousands of strong chariots, descended
from Sinai *Mountain*
and came into the sacred temple *in Jerusalem.*

18 He ascended the sacred mountain *where his*
temple is,

and took with him many people who had been
captured *in battles;*
and received gifts from the enemies *whom*
he had defeated.

He received gifts even from those who had
rebelled against him,
and Yahweh our God will live there *in his*
sacred temple forever.

19 Praise the Lord, who *helps us* carry our heavy
loads every day;

he is the one who saves/rescues us.

(Think about that!)

20 Our God is the God who saves us;
He is Yahweh, our Lord, the one who ◀al-
lows us to escape/prevents us▶ from being
killed *in battles.*

21 But God will smash the heads of his enemies,

the skulls of those who continue to behave sinfully.

22 The Lord said, "I will bring back the *corpses of those who were killed in Bashan*, and I will bring back those who sank deep in the ocean *and drowned*.

23 I will do that in order that you may wash your feet in their blood, and your dogs can *also* lap up some of your enemies' blood."

24 God, many people see you march triumphantly into your sacred temple, *celebrating that you have defeated your enemies*.

You *march like* a king does, and a large crowd walks with you.

25 The singers are in front, and the people who play stringed instruments are at the rear, and young women who are beating their tambourines are between them.

26 *They are all singing*, "You Israeli people, praise God when you gather together; praise Yahweh, all you who are descendants of Jacob!"

27 First come *the people of the tribe of Benjamin*, the smallest *tribe*, and following them come the leaders of *the tribe of Judah* and their group, and following them come the leaders of *the tribes of Zebulun and Naphtali*.

28 God, show people that you are very powerful; show people the power with which you have helped us previously.

29 Show that power from your temple in Jerusalem,
where kings bring gifts to you.

30 Rebuke *your enemies, such as those in Egypt*
who are like wild hippopotamuses/animals
that live in the reeds;
and *powerful nations that are like bulls* that are
among their calves [MET];
rebuken/trample them until they bow down and
give you gifts of silver.

Scatter the people who enjoy making wars.

31 Then people will bring gifts of bronze (OR, of
cloth) to you from Egypt;
the people in Ethiopia will lift up their hands
to praise you.

32 *You people who are citizens of kingdoms/*
countries all over the world, sing to God!
Sing praises to the Lord!

(Think about that!)

33 Sing to the God, the one who rides across the
sky,
the sky that *he created* long ago.

Listen as he shouts with a very powerful voice.

34 Proclaim that God is very powerful;
he is the king that rules over Israel,
and in the skies *he also shows that he is*
powerful.

35 God is awesome as he comes out of his sacred
temple;
he is the God whom *we* Israeli people *wor-*
ship.

He makes [DOU] his people very powerful.

Praise God!

69

A psalm written by David for the choir director

- ¹ O God, save me,
because *I am in great danger.*
It is as though flood water is up to my neck,
and I am about to drown [MET].
- ² I continue to sink in the deep mud,
and there is no solid ground for me to stand
on.
I am in deep water,
and flood waters are swirling around me.
- ³ I am exhausted from calling out *for help*;
my throat is very dry.
Because I have cried so much as I have waited
for God *to help me*,
my eyes are swollen.
- ⁴ Those who hate me when there is no reason to
hate me
are more than the number of hairs on my
head [HYP]!
Those who want to get rid of me are strong,
and they tell lies about me.
They demand that I return to them things that I
did not steal!
- ⁵ O God, ◀you see the sins that I have committed/
my sins are not hidden from you▶.
You know that I have foolishly *disobeyed*
your laws.
- ⁶ O Yahweh God, *you who are the commander of*
the armies of heaven,

- do not allow the *wrong things that I have done*
to cause those who trust in you to be
disappointed/disillusioned.
- O God, you whom *we* Israeli people *worship*,
do not allow me to cause your people to be
humiliated.
- ⁷ People have insulted/ridiculed me because *I am devoted to you*.
They have thoroughly humiliated [IDM] me.
- ⁸ Even my own *older* brothers act as if they do
not know me;
they treat me like a foreigner.
- ⁹ *Some people have despised your temple*;
but my zeal for *keeping* your temple *holy* is
like a fire burning inside me.
So *it is as though* those who are insulting you are
also insulting me.
- ¹⁰ When I have humbled myself and ◀fasted/
abstained from eating food▶
*to show my sadness about the disgraceful
things that they have done to your temple*,
they just insult me.
- ¹¹ When I put on *rough* sackcloth *to show that I
am sad*,
they laugh at [IDM] me.
- ¹² Even the elders *of the city* say bad things about
me.
The drunkards of the city sing *disgusting*
songs about me.
- ¹³ But Yahweh, I will *continue* praying to you.
At the time that you choose, answer me and
rescue me

because you faithfully love me.

14 Do not allow me to sink any more in the mud.

Rescue me from those who hate me!

Lift me up out of these deep waters!

15 Do not allow flood waters to swirl around me,
do not allow the deep *mud* to swallow me;
keep me from sinking into the pit *of death*
[MET].

16 O Yahweh, answer my prayer and help me
because you are good and love me faithfully.

17 Do not ◀hide yourself from/refuse to hear▶
me;

answer me quickly

because I am in great trouble.

18 Come near to me and save me;

rescue me from my enemies.

19 You know that I am insulted
and that *people cause me to feel* ashamed and
dishonored;

you know *who* all my enemies *are*.

20 *Their* insults have deeply offended me,
and I ◀feel helpless/am in despair▶.

I searched for *someone who would* pity me,
but there was no one.

I wanted someone to encourage/comfort me,
but there were none.

21 *Instead*, they gave me food *that tasted like*
poison,
and when I was thirsty, they gave me sour
wine to drink.

- 22 I hope/desire that the feasts [MTY] *that they enjoy* will ◀become a snare for/bring trouble to▶ them,
and that *those whom they invite to* the sacrificial feasts will also be trapped.
- 23 I hope/desire that their eyesight will become dim so that they cannot see anything,
and that their backs/bodies will become weaker and weaker.
- 24 Show them that you are very angry with them!
Because of your great/furious anger, chase after them and catch them.
- 25 Cause their towns to become abandoned/deserted
and that there will be no one left to live in their tents/houses.
- 26 *Do this* because they persecute those whom you have punished,
◀they talk about the sins of/they want to hurt even more▶ those whom you have wounded.
- 27 Keep making a record of all their sins,
do not acquit/pardon them *for the evil things that they have done*.
- 28 Erase their names [SYN] from the book *containing the names of those who have eternal life*;
do not include them in the list of righteous people.
- 29 As for me, I have pain and am suffering.
O God, protect me and rescue me.
- 30 When God does that, I will sing as I praise God,

- and I will honor him by thanking him.
- 31 My doing that will please Yahweh more than
sacrificing oxen,
more than offering him full-grown bulls.
- 32 Oppressed/Afflicted people will see *that God*
has rescued me,
and they will be glad.
- I want all of you who ask God *to help you* to be encouraged.
- 33 Yahweh listens to those who are needy;
He does not ignore/forget those who are
oppressed/imprisoned.
- 34 I desire that everything will praise God—
everything that is in heaven and on earth,
and all the creatures that are in the seas.
- 35 God will rescue the people of Jerusalem *from*
their enemies,
and he will rebuild the towns that are in
Judah.
- His people will live there and *again* possess the
land.
- 36 The descendants of his people will inherit it,
and those who love him will live there *safely*.

70

*A psalm written by David for the choir director;
asking God to help David*

¹ God, please save me!

Yahweh, come quickly to help me!

² Humble those who are happy about my troubles/difficulties, and cause them to be disgraced/ashamed.

Chase away those who are trying to kill me.

³ I hope/desire that you will cause them to become dismayed and ashamed
because you have defeated them.

⁴ *But* I hope/desire that all those who go to *worship* you will be very joyful [DOU].

I want those who love you because you saved them to shout repeatedly [HYP],

“God is great!”

⁵ As for me, I am poor and needy [DOU];
so God, come quickly to help me!

Yahweh, you are the one who saves and helps me,
so *please* come quickly!

71

¹ Yahweh, I have come to you to ◀get refuge/be protected▶;
never allow me to become ashamed *because of being defeated.*

² Because you always do what is right, help me and rescue me;
listen to me, and save me!

³ Be *like an overhanging* rock [MET] under which
I *can be* safe/protected;

be like a strong fortress in which I am safe [DOU].
You *continually* command (OR, *Continually* command) *your angels* to rescue me.

⁴ God, rescue me from wicked *people*,
from the power of unjust and evil men.

- ⁵ Yahweh, my Lord, you are the one whom I
confidently expect *to help me*;
I have trusted in you since I was young.
- ⁶ I have depended on you all my life;
you have taken care of me [IDM] since the
day that I was born,
so I will always praise you.
- ⁷ The manner in which I have conducted my life
has been an example to many *people*,
because *they realize that* you have been my
strong defender.
- ⁸ I praise you all day long,
and I proclaim that you are glorious/wonder-
ful.
- ⁹ Now, when I have become an old man, do not
reject/abandon me;
do not abandon me now, when I am not
strong any more.
- ¹⁰ My enemies say *that they want to kill me*;
they plan together *how they can do that*.
- ¹¹ They say *about me*, "God has abandoned him;
so now we can pursue him and seize him,
because there is no one who will rescue
him."
- ¹² God, do not stay far away from me;
hurry to help me!
- ¹³ Cause those who ◀accuse me/say that I have
done things that are wrong▶ to be de-
feated and destroyed;
cause those who want to harm me to be
shamed and disgraced.

- 14 But *as for me*, I will continually and confidently
expect *you to do great things for me*,
and I will praise you more and more.
- 15 I will tell people that you do what is right;
all day long I will tell people how you have saved
me,
although what you have done is more than I
can fully understand.
- 16 Yahweh, my Lord, I will praise you for your
mighty deeds;
I will proclaim that only you always act
justly.
- 17 God, you have taught me *many/those things*
ever since I was young,
and I still tell people about your wonderful
deeds.
- 18 And now, God, when I am old and my hair is
gray,
do not abandon me.
Stay with me while I continue to proclaim to my
children and grandchildren [HYP] that you
are *very* powerful!
- 19 God, you do many righteous deeds;
it is as though they extend up to the sky.
You have done great things;
there is no one like you [RHQ].
- 20 You have caused me to have many troubles
and to suffer much,
but you will cause me to become strong again;
when I am almost dead [HYP], you will keep me
alive.
- 21 You will cause me to be greatly honored
and you will encourage/comfort me again.

²² I will also praise you *while I play* my harp;
I will praise you, my God, for faithfully *doing*
what you have promised to do.

I will play hymns to praise you, the holy God
whom *we* Israelis *worship.*

²³ I [SYN] will shout joyfully while I play *the harp*
for you;

with my entire inner being I will sing
because you have rescued me.

²⁴ All day long I will tell people that you act
righteously,
because those who wanted to harm me will
have been defeated and disgraced.

72

A psalm written by Solomon.

A prayer for God to bless the king

¹ O God, enable *me*, the king *whom you appointed*
in Israel, to rule justly.

Show/Teach me how to judge matters fairly

² in order that I will judge your people fairly,
that I will govern your oppressed people
justly.

³ I desire that *all over the country—even* on the
hills and mountains [DOU]—
people will live peacefully and righteously.

⁴ Help *me*, your king, to defend the poor people
and to rescue needy people and to defeat
those who oppress them.

⁵ I desire that your people will revere you as long
as the moon shines, *forever.*

- ⁶ I desire that my rule will *be enjoyed by the people* [SIM]
like *they enjoy* rain on growing crops,
like *they enjoy* showers that fall on the land.
- ⁷ I hope/desire that people will live righteously
during the years that I rule,
and that my people will live peacefully and
prosperously as long as the moon shines.
- ⁸ I hope/desire that the kings *of Israel* will rule
the people
in all the area from one sea *in the east* to
another *in the west*,
and from the *Euphrates* River to the most
remote/distant places on earth.
- ⁹ I hope/desire that those who live in the desert
will bow down before them,
and that their enemies will throw them-
selves on the ground *in submission* to
them.
- ¹⁰ I hope/desire that the kings of Spain and of
the islands *in the Mediterranean Sea* will
bring ◀tribute money/taxes▶ to the kings
of Israel,
and that the kings of Sheba *to the south* and
of Seba *to the southwest* will bring them
gifts.
- ¹¹ I hope/desire that all the *other* kings *in the*
world will bow before the kings *of Israel*,
and that *people of* all nations will serve them.
- ¹² They will rescue poor people when they ◀cry
out/plead▶ for help,

and help those who are needy and those who have no one to help them.

¹³ They will pity those who are weak and needy; he saves the people's lives.

¹⁴ Our kings will rescue the people from being oppressed and from being treated cruelly, *because* ◀their lives/they▶ [MTY] are precious to our kings.

¹⁵ I hope/desire that our kings will live a long time!

I hope/desire that they will be given gold from Sheba.

I desire that people will always pray for our kings and praise them all the time, *every day*.

¹⁶ I hope/desire that the fields will produce plenty of grain *everywhere*, *even* on the tops of the hills in the land where they rule, like the grain that grows *on the hills* in Lebanon.

I hope/desire that the cities *in Israel* will be full of people

like the fields are full of grass.

¹⁷ I desire that the names of our kings will never be forgotten.

I hope/desire that people will remember them as long as the sun shines.

I hope/desire that people of all nations will ask ◀God to bless them/that they will be blessed by God▶

just like he has blessed the kings *of Israel*.

18 Praise Yahweh, the God whom *we* Israelis
 worship;
 he is the only one who does wonderful
 things.

19 Praise him forever!
 I desire that ◀his glory will fill the whole
 world/people all over the world may see
 that he is very great▶ [MTY]!
 Amen! May it be so!

20 That is the end of this group of prayers/songs
 written by David, the son of Jesse.

Book Three

73

A psalm written by Asaph

1 God truly is good to *us* Israeli people,
 to those who totally want to do all that God
 desires.

2 As for me, I almost *stopped trusting in God*;
 it was as though my feet slipped and I stumbled
 [MET],

3 because I envied those who proudly *said that*
 they did not need God,
 and I saw that they prospered *even though*
 they were wicked.

4 Those people do not have any pains;
 they are *always* strong and healthy.

5 They do not have the troubles/difficulties that
 other people have;
 they do not have problems like others do.

- ⁶ So they are proud, and their being proud is *like*
a necklace *that they show to others*,
and they show off their violent actions like
people show off their beautiful robes.
- ⁷ From their inner beings they ◀pour out/do▶
evil deeds,
and they are always thinking about more
evil things to do.
- ⁸ They scoff at *other people*, and they talk about
doing evil things to them;
they are proud while they plan to oppress others.
- ⁹ They say evil things about *God who is in heaven*
[MTY],
and they talk boastfully/proudly about
things *that they have done* here on the
earth.
- ¹⁰ The result is that people listen to what they say
and praise them
and do not think that they have done any-
thing that is wrong.
- ¹¹ Wicked people say *to themselves*, “God will
certainly not [RHQ] know *what we have*
done;
people say that he is greater than any other
god, but he does not know *everything*.”
- ¹² That is what wicked people are like;
they never worry about anything, and they
are always becoming richer.
- ¹³ So, *God*, I think it is useless that I have [RHQ]
always done what you want me to,
and that I have not sinned.

- 14 All day long I have problems,
and every morning you punish me.
- 15 If I had said the things that the wicked people
say,
I would have been sinning against your
people.
- 16 And when I tried to think about all this,
it was very difficult for me *to understand it*.
- 17 But when I went to your temple, *you spoke to
me*,
and I understood what will happen to the
wicked people *after they die*.
- 18 *Now I know that you will surely put them in
slippery places,*
and they will fall down and die.
- 19 They will be destroyed instantly;
they will die in terrible ways.
- 20 *They will disappear as quickly* as a dream
disappears when a person awakes in the
morning;
Lord, when you arise, you will ◀cause them
to disappear/forget all about them▶.
- 21 When I felt sad/bitter,
and brokenhearted,
- 22 I was stupid and ignorant,
and I behaved like an animal toward you.
- 23 But I am always close to you,
and you hold my hand.
- 24 You guide me by teaching me,

- and ◀at the end *of my life*/when I die▶, you
will receive me and honor me.
- 25 You are in heaven and I belong to you [RHQ],
and there is nothing on this earth that I desire
more than that.
- 26 My body and my mind may become very weak,
but God, you continue to enable me to be
strong;
I belong to you forever.
- 27 Those who remain far from you will be
destroyed;
you will get rid of those who abandon you.
- 28 But *as for* me, it is wonderful to be near to God
and to be protected by Yahweh,
and to proclaim to others all that he has done
for me.

74

A psalm written by Asaph

- 1 God, why have you abandoned/rejected us?
Will you keep rejecting us forever [RHQ]?
Why are you angry with us,
since we are like sheep in your pasture *and*
you are like our shepherd? [MET, RHQ]
- 2 Do not forget your people whom you chose long
ago,
the people whom you freed *from being slaves*
in Egypt and caused to become your tribe.
Do not forget Jerusalem, which was ◀your home/
where you dwelt▶ *on this earth*.
- 3 Walk along *and see* where everything has been
totally ruined;

our enemies have destroyed everything in
the sacred temple.

⁴ Your enemies shouted triumphantly in this
sacred place;
they erected their banners *to show they had
defeated us.*

⁵ They cut down all the *engraved objects in the
temple* like woodsmen cut down trees.

⁶ Then they smashed all the carved wood with
their axes and hammers.

⁷ *Then* they burned your temple to the ground;
they caused that place where you were wor-
shiped to be unfit for people to worship in.

⁸ They said to themselves, "We will destroy the
Israelis completely,"
and they *also* burned down all the other
places where we gathered to worship God.

⁹ All our sacred symbols (OR, miracles) are gone;
there are no prophets now/any more,
and no one knows how long *this situation
will continue.*

¹⁰ God, how long will our enemies make fun of
you [RHQ]?

Will they insult you [MTY] forever [RHQ]?

¹¹ Why do you refuse to help [MTY, RHQ] us?

Why do you keep your hand inside your
cloak *instead of using it to destroy our
enemies* [RHQ]?

¹² God, you have been our king *all the time* since
we came out of Egypt [HYP],

and you have enabled us to defeat *our enemies*
in the land *of Israel*.

13 By your power you caused the *Red Sea* to
divide;

it was as though you smashed the heads of
the *rulers of Egypt who were like* huge sea
dragons [MET].

14 *It was as though* you crushed the head of the
king of Egypt [MET]

and gave his body to the animals in the
desert to eat.

15 You caused springs and streams to flow,
and you *also* dried up rivers that had never
dried up previously.

16 You created the days and the nights,
and you put the sun and the moon in their
places.

17 You determined where the oceans end and the
land begins,
and you created the summer/hot season and
the winter/cold season.

18 Yahweh, do not forget that your enemies laugh
at you,
and that it is foolish people who despise you
[MTY].

19 Do not let your helpless people [MET] fall into
the hands of their cruel enemies;
do not forget your suffering/persecuted people.

20 Do not forget the agreement that you made
with us;
remember that there are violent people in
every dark place on the earth.

- 21 Do not allow your oppressed people to be disgraced;
help those poor and needy people in order
that they will *again* praise you [MTY].
- 22 God, arise and defend yourself *by defending*
your people!
Do not forget that foolish people laugh at you
◀all day long/continually▶!
- 23 Do not forget that your enemies shout angrily
at you;
the uproar that they make *while they oppose*
you never stops.

75

*A psalm written by Asaph for the choir director;
to be sung using the tune 'Do not destroy'*

- 1 We give thanks to you;
our God, we thank you.
You are close to us,
and we proclaim to others the wonderful
things that you have done *for us*.
- 2 *You have said*, "I have appointed a time when I
will judge people,
and I will judge *everyone* fairly.
- 3 When the earth shakes
and all the creatures on the earth tremble,
I am the one who will ◀keep its foundations
steady/prevent it from being destroyed▶.
(Think about that!)
- 4 I say to people who ◀boast/talk proudly about
themselves▶, 'Stop bragging!'

and I say to wicked people, 'Do not proudly *do things* to show how great you are [IDM]!

⁵ Do not be arrogant,
and do not speak so boastfully!' "

⁶ The one who judges people does not come from
the east or from the west,
and he does not come from the desert.

⁷ God is the one who judges people;
he says that some have sinned and must be
punished, and that others have not done
what is wrong.

⁸ *It is as though* Yahweh holds a cup in his hand;
it is filled with wine that *has spices* mixed
in it *to cause those who drink it to become
more drunk*;
and when Yahweh pours it out, he will force all
the wicked people to drink it;
they will drink every drop of it,
*which means that he will give them all the
punishment that they deserve.*

⁹ But *as for me*, I will never stop saying what the
God whom Jacob *worshiped has done*;
I will never quit singing to praise him.

¹⁰ He will destroy the power [IDM] of wicked
people,
but he will cause righteous people to become
more powerful.

76

*A psalm written by Asaph for the choir director;
to be accompanied by stringed instruments*

¹ People in Judah know God;
the Israeli people honor him [MTY].

² His home is in Jerusalem;
he lives on Zion *Hill*.

³ There he broke the flaming arrows *that his enemies shot,*
and he also broke their shields and swords
and other weapons that they used in
battles.

(Think about that!)

⁴ God, you are glorious!
You are like a king *as you return from* the moun-
tains *where you defeated your enemies*.

⁵ Their brave soldiers *were killed, and then those who killed them* took away everything that those soldiers had.

Those enemies died [EUP],
so they were unable to use their weapons
any more!

⁶ When you, the God whom Jacob *worshiped,*
rebuked *your enemies,*
the result was that their horses and their
riders fell down dead.

⁷ But you cause everyone to be afraid.

When you are angry *and you punish people,* no
one can [RHQ] endure it.

⁸ From heaven you proclaimed that you would
judge people,
and then everyone on the earth was afraid
and did not say *anything more,*

⁹ when you arose to declare that you would
punish *wicked people*

and rescue all those whom they had oppressed.

(Think about that!)

¹⁰ When *you punish those* with whom you are angry, your people will praise you, and *your enemies* who ◀survive/are not killed▶ will worship you on your festival days.

¹¹ So give to Yahweh the offerings that you promised to give to him; all the people of nearby people-groups should also bring gifts to him, the one who is awesome.

¹² He humbles [IDM] princes, and *even* causes *great* kings to be terrified.

77

A psalm written by Asaph for Jeduthun, the choir director

¹ I cry out to God;

I cry aloud to him, and he hears me.

² Whenever have trouble, I pray to the Lord; all during the night I lift up my hands while I pray, *but* nothing causes me to be comforted.

³ When I think about God, I ◀despair/think that he will never help me▶; when I meditate about him, I am discouraged.
(Think about that!)

4 *All during the night* he prevents me from sleeping;

I am very worried, with the result that I do not know what to say.

5 I think about days that have passed;

I remember *what happened* in previous years.

6 I spend the whole night thinking *about things*;

I meditate, and this is what I ask myself:

7 “Will the Lord always reject us?

Will he never again be pleased with us?

8 Has he stopped faithfully loving us?

Will he not do for us what he promised to do?

9 God promised to be merciful to us; has he forgotten that?

Because he is angry *with us*, has he decided to not be kind to us?”

(Think about that!)

10 Then I said, “What causes me to be *very* sad is that

it seems that God, who is greater than any other god, is no longer powerful.”

11 *But then*, Yahweh, I recall/remember your great deeds;

I remember the wonderful things that you did in the past.

12 I meditate on all that you have done, and I think about your mighty acts.

13 God, everything that you do is holy; there is certainly no god [RHQ] who is great like you are!

- 14 You are God, the one who performs miracles;
you showed to people of many people-
groups that you are powerful.
- 15 By your power [MTY] you rescued your people
from Egypt;
you saved those who were descendants of
Jacob and *his son* Joseph.
(Think about that!)
- 16 *It was as though* the waters of the Red Sea saw
you and became very afraid,
and even the deepest part of the water
shook.
- 17 Rain poured down from the clouds [PRS];
it thundered *very loudly* [PRS],
and lightning flashed in all directions.
- 18 Thunder crashed in the whirlwind,
and lightning ◀lit up/flashed across▶ the
entire sky [HYP];
the earth shook violently [DOU].
- 19 *Then* you walked through the sea
on a path that you made through the deep
water,
but your footprints could not be seen.
- 20 You led your people like *a shepherd leads his
flock of sheep*,
while Moses and Aaron were the leaders of
your people.

78

A psalm written by Asaph

- ¹ My friends, listen to what I am going to teach you;
pay careful attention [IDM] to what I say.
- ² I am going to give you some sayings that wise people have said.
They will be sayings about things that happened long ago,
things that were difficult to understand [MET],
- ³ things that we have heard and known previously,
things that our parents and grandparents told us.
- ⁴ We will tell these things to our children [LIT],
and we will also tell to our grandchildren
about Yahweh's power and the glorious/
great things that he has done.
- ⁵ He gave laws and commandments to the Israeli people,
those who are the descendants of Jacob [DOU],
and he told our ancestors to teach them to their children
- ⁶ in order that their children would *also* know them
and then they would teach them to their children.
- ⁷ In that way, they also would trust in God,
and not forget the things that he has done;
instead, they would obey his commandments.
- ⁸ They would not be like their ancestors,
who were very stubborn and kept rebelling
against God;
they did not continue firmly trusting in God,
and they did not worship only him.

⁹ *The soldiers of the tribe of Ephraim had bows and arrows*
but they ran away *from their enemies* on the day that they fought a battle with their enemies.

¹⁰ They did not do what they had agreed with God that they would do;
they refused to obey his laws.

¹¹ They forgot what he had done;
they forgot about the miracles that they had seen him perform.

¹² While our ancestors were watching,
God performed miracles in the area around Zoan city in Egypt.

¹³ *Then he caused the Red Sea to divide,*
causing the water *on each side* to pile up like a wall,
with the result that *our ancestors* walked through it *on dry ground*.

¹⁴ He led them by a *bright* cloud during the day and by a fiery light during the night.

¹⁵ He split rocks open in the desert,
giving to our ancestors plenty of water from deep inside the earth.

¹⁶ He caused a stream of water to flow from the rock;
the water flowed like a river [DOU].

¹⁷ But *our ancestors* continued to sin against God; in the desert they rebelled against the one who is greater than any other god.

¹⁸ By demanding that God give them the food that they desired,

they tried to find out if he would always do what they requested him to do.

19 They insulted God by saying, “We don’t think he can supply food for us *here* in this desert!

20 *It is true that* he struck the rock,
with the result that water gushed/flowed out,
but ◀can he also provide bread and meat for us, his people?/we doubt that he can also provide bread and meat for us, his people.▶” [RHQ]

21 So, when Yahweh heard that, he became very angry,
and he sent a fire to burn up *some of* his Israeli *people*. [MTY, DOU]

22 *He did that* because they did not trust in him,
and they did not believe that he would rescue them.

23 But God spoke to the sky above them;
he commanded it to open *like* a door,

24 and *then food* fell down like rain,
food which they named ‘manna’;
God gave them grain from ◀heaven/the sky▶.

25 So the people ate the food that angels eat,
and God gave to them all the manna that they wanted.

26 *Later*, he caused the wind to blow from the east,
and by his power he also sent wind from the south,

27 and the wind brought birds

which were as numerous as the grains of sand on the seashore.

- 28 God caused those birds to fall *dead* in the middle of ◀their camp▶/the area where the people had put up their tents.

There were dead birds all around their tents.

- 29 So the people *cooked the birds and* ate the meat and their stomachs were full, because God had given them what they wanted.

- 30 But before they had eaten all that they wanted, and while they were still eating it,

- 31 God was *still* very angry with them, and he caused their strongest men to die; he got rid of *many of* the finest *young* Israeli men.

- 32 In spite of all that, the people continued to sin; in spite of all the miracles that God had performed, they still did not trust that he *would take care of them*.

- 33 So, he caused their lives to end as quickly as a puff of wind ends; they died when disasters suddenly struck them.

- 34 When God caused *some of* them to die, *the others* turned to God; they repented and earnestly asked God *to save them*.

- 35 They remembered that God is *like* a huge rock ledge *under which they would be safe* [MET],

and that he, who was greater than any other god,
is the one who protected/rescued them.

36 But they *tried to* deceive God by what they said
[MTY];

their words [MTY] were *all* lies.

37 They were not loyal to him;
they disregarded/ignored the agreement that
he had made with them.

38 But God was merciful to his people.

He forgave them for having sinned
and did not get rid of them.

Many times he refrained from becoming angry
with them

and restrained from furiously/severely *punishing*
them [MTY].

39 He remembered/considered that they were
only humans who die;

they *disappear quickly* [SIM], like a wind that
blows by and then is gone.

40 Many times our ancestors rebelled against God
in the desert

and caused him to become very sad.

41 Many times they did evil things, to find out
if they could do those things without God
punishing them.

They frequently caused the holy God of
Israel to become disgusted/sad.

42 They forgot about his *great* power,
and they ◀forgot/did not think▶ about the
time when he rescued them from their
enemies.

43 They forgot about when he performed many
miracles

in the area near Zoan *city* in Egypt.

44 He caused the *Nile* River (OR, their sources of water) to become *red like* blood, with the result that the people of Egypt had no water to drink.

45 He sent among the people of Egypt swarms of flies that bit them, and he sent frogs that ate up everything.

46 He sent locusts to eat their crops and the other things that grew in their fields.

47 He sent hail that destroyed the grapevines, and sent frost that ruined the figs.

48 He sent hail that killed their cattle and sent lightning that killed their sheep and cows.

49 Because God was fiercely angry with the people of Egypt, he caused them to be very distressed.

The disasters that struck them were like a group of angels that destroyed *everything*.

50 He did not lessen his being angry *with them*, and he did not ◀spare their lives/prevent them from dying▶;

he sent a ◀plague/serious illness▶ that killed *many* of them.

51 He also caused all the firstborn sons of the people of Egypt to die.

52 Then he led his people out *of Egypt* like a *shepherd leads* his sheep [SIM], and he guided them *while they walked* through the desert.

53 He led them safely, and they were not afraid, but their enemies were drowned in the sea.

- 54 *Later* he brought them to *Canaan*, his sacred land,
to *Zion Hill* (OR, the hilly area)
and by his power [MTY] he enabled them to
conquer *the people who were living there*.
- 55 He expelled the people-groups while his people
were advancing;
he allotted part of the land for *each tribe* to
possess,
and he gave to the Israeli people the houses
of those people who had been expelled.
- 56 However, the Israeli people rebelled against
God, who is greater than any other god,
and they did many evil things to see if
they could do those things without God
punishing them,
and they did not obey his commandments.
- 57 Instead, like their ancestors did, they rebelled
against God and ◀were not loyal to/did not
faithfully *obey*▶ him;
they were as *unreliable as* a crooked arrow
that does not go straight [SIM].
- 58 Because they *worshiped* carved images of their
gods on the tops of hills,
they caused God to become angry [DOU].
- 59 He saw what they were doing and became very
angry,
so he rejected the Israeli people.
- 60 He no longer appeared to them at Shiloh
in the tent where he had lived among them.
- 61 He allowed their enemies to capture *the sacred
chest*,

which was the symbol of his power and his glory.

62 Because he was angry with his people,
he allowed them to be killed [MTY] *by their enemies.*

63 Young men were killed in battles,
with the result that the young women had
no one to marry.

64 *Many* priests were killed by *their enemies'*
swords,
and ◀the people did not allow the priests'
widows/the priests' widows were not al-
lowed▶ to mourn.

65 *Later, it was as though* the Lord awoke from
sleeping;

he was like a strong man who ◀became stim-
ulated/felt that he was strong▶ by (OR,
became sober after) *drinking* a lot of wine
[SIM].

66 He pushed their enemies back
and caused them to be *very* ashamed for a
long time [HYP]
because they had been defeated.

67 *But* he did not set up his tent where *the people*
of the tribe of Ephraim lived;
he did not choose their area *to do that.*

68 Instead he chose *the area where* the tribe of
Judah lived;
he chose Zion Hill, which he loves.

69 He *decided to have* his temple built *there*, high
up, like *his home in heaven*;
he caused it to be firm,

and intended that his temple would last forever, like the earth.

⁷⁰ He chose David, who served him *faithfully*, and took him from the pastures

⁷¹ where he was taking care of his *father's* sheep,

and appointed him to be the leader [MET] of the Israeli people,

the people who belong to God.

⁷² David took care of the Israeli people sincerely and wholeheartedly, and guided them skillfully/wisely.

79

A psalm written by Asaph

¹ God, other people-groups have invaded your land.

They have ◀desecrated your temple/caused your temple to be unfit for worship▶, and they have destroyed all the buildings in Jerusalem.

² *Instead of burying* the corpses of your people *whom they killed*,

they allowed vultures and wild animals to eat the flesh of those corpses,

³ When they killed your people, your people's blood flowed like water through *the streets of* Jerusalem,

and there was *almost* no one [HYP] left to bury their corpses.

⁴ The people-groups that live in countries that surround our land insult us; they laugh at us and deride/belittle us.

⁵ Yahweh, how long *will this continue?*

Will you be angry with us forever?

Will your being angry *destroy us like* a burning
fire *destroys things?*

⁶ *Instead of being angry with us,*

be angry with the people-groups that do not
know/worship you!

Be angry with kingdoms whose people do not
pray to you,

⁷ because they have killed Israeli people
and they have ruined your country.

⁸ Do not punish us because of the sins that our
ancestors committed!

Be merciful to us now/quickly,
because we are very discouraged.

⁹ God, you have saved/rescued *us many times*,
so help us *now*;

rescue us and forgive us for having sinned
in order that other people will honor you
[MTY].

¹⁰ It is not right that [RHQ] other people-groups
say *about us*,

“If their God is *very powerful*, ◀surely he
should help them/why does he not *help*
them▶?”

Allow us to see you punishing the people of other
nations in return for their shedding our
blood;

they have killed many of us, your people.

¹¹ Listen to your people groaning while they are
in prison,

and by your great power free those whom
our enemies say that they will certainly
execute.

¹² In return for their having *often* insulted you,
punish them seven times as much!

¹³ After you do that, we, whom you *take care of*
like a shepherd takes care of his sheep, will
continue praising you;
we will continue to praise you forever [HYP].

80

*A psalm written by Asaph for the choir director,
to be sung using the tune 'Lilies of the covenant'*

¹ Yahweh, you *who lead us like a shepherd* leads
his flock of *sheep*,

listen to us Israeli people.

You sit on your throne *in the Very Holy Place in*
the temple, above the *carvings of winged*
creatures.

² Show yourself to *the people of the tribes of*
Ephraim and Benjamin and Manasseh!

Show us that you are powerful
and come and rescue us!

³ God, cause our nation to be strong like it was
before;

be kind to us [IDM] in order that we may be
saved *from our enemies*.

⁴ Yahweh, you who are the commander of the
armies of heaven,

how long will you be angry with us, your people, when we pray to you?

⁵ *It is as though* the only food and drink that you have given us is a cup full of our tears!

⁶ You have allowed the people-groups that surround us to fight with *each other to decide which part of our land each of them will take*;
our enemies laugh at us.

⁷ God, commander of the armies of heaven,
cause our nation to be strong like it was before!
Be kind to us in order that we may be saved!

⁸ *Our ancestors were like* a grapevine [MET] that you brought out of Egypt;
you expelled the other people-groups *from this land*,
and you put your people in their land.

⁹ *Like people* clear ground to plant a grapevine [MET],
you cleared out the people who were living in this land for us to live in it.

Like the roots of a grapevine go deep down into the ground and spread [MET],
you enabled our ancestors to prosper and start living in towns all over this land.

¹⁰ *Like huge* grapevines cover the hills with their shade
and their branches are taller than big cedar trees [MET, HYP],

- 11 *your people ruled all of Canaan, from the Mediterranean Sea in the west to the Euphrates River in the east.*
- 12 So why have you abandoned us
and *allowed our enemies* to tear down our walls [RHQ]?
You are like someone who tears down the fences
around *his vineyard*,
with the result that all *the people* who pass
by *can* steal the grapes,
13 and wild pigs *can* trample *the vines*,
and wild animals *can also* eat *the grapes*.
- 14 You who are the commander of the armies of
heaven, ◀turn to/stop abandoning▶ us!
Look down from heaven and see *what is happening* to us!
Come and rescue *us who are like* [MET] your
grapevine,
15 who are *like* the young vine that you [SYN]
planted and caused to grow!
- 16 Our enemies have torn down and burned
everything in our land;
look at them angrily and get rid of them!
- 17 But strengthen *us* people whom you have
chosen [IDM],
us Israeli people whom you *previously*
caused to be very strong.
- 18 When you do that, we will never turn away
from you again;
◀revive us/cause us to be again like we
were previously▶, and *then* we will praise/
worship you.

- 19 Yahweh, commander of the armies of heaven,
restore us;
be kind to us in order that we may be
rescued *from our enemies!*

81

A psalm written by Asaph for the choir director

- 1 Sing songs to praise God, who enables us to be
strong *when we fight our enemies*;
shout joyfully to God, whom we ◀descendants of
Jacob/Israeli people▶ *worship!*
- 2 Start *playing* the music, and beat the tam-
bourines,
and play nice music on the harps and ◀lyres/
other stringed instruments▶.
- 3 Blow the trumpets *during the festival to cele-
brate* each new moon
and each time the moon is full and during
our *other* festivals.
- 4 *Do that* because that is a law for us Israeli
people;
God commanded it for us descendants of
Jacob.
- 5 He commanded us Israeli *people to obey it*
when he punished *the people of Egypt*.

I heard someone [MTY] whose voice I did not
recognize, saying,

- 6 *"After the rulers of Egypt forced you Israelis to
work as slaves,*
I took those *heavy* burdens off your backs,
and I enabled you to lay down those *heavy*
baskets of bricks that you were carrying.

7 When you were *greatly* distressed, you called
out to me, and I rescued you;
I answered you out of a thundercloud.
*Later I tested whether you would trust me to
give you water when you were in the desert
at Meribah.*

(Think about that!)

8 *You who are my people*, listen while I warn you!
I wish that you Israeli *people* would pay attention
to what I *say to you!*

9 You must not have any idols of other gods
among you;
you must never bow to worship any of them!

10 I am Yahweh, your God;
It was *not any of those other gods* who
brought you out of Egypt,
I am the one who did it!
So ask me what you want me to do for you
[MTY], and I will do it.

11 But my people would not listen to me [SYN];
they would not obey me.

12 So even though they were very stubborn,
I allowed them to do whatever they wanted
to do.

13 I wish that my people would listen to me,
that the Israeli *people* would behave as I
want them to do.

14 *If they did that*, I would quickly defeat their
enemies;

I would strike/punish *all of* them [DOU].

15 *Then all* those who hate me would ◀cringe
before/bow down to▶ me,

- and *then* I would punish them [MTY] forever.
¹⁶ But I would give you *Israelis* very good wheat/
grain,
and I would fill your stomachs with wild
honey.”

82

A psalm written by Asaph

- ¹ God gathers all the *rulers and judges who think
they are gods* for a meeting in heaven;
and he tells them that he has decided this:
² “You must [RHQ] stop judging *people* unfairly;
you must no longer make decisions that
favor wicked *people*!
(Think about that!)
³ You must defend *people who are poor and
orphans*;
you must act fairly toward those who are
needy and those who have no one to help
them.
⁴ Rescue them from the power [MTY] of evil
people [DOU]!”
⁵ *Those rulers* do not know or understand any-
thing!
They are very corrupt/evil,
and *as a result of their corrupt/evil behavior,*
it is as though the foundation of the world is
being shaken!
⁶ I the all-powerful God, previously said to them,
“You think you are gods!
It is as though you are all my sons,

- ⁷ but you will die like people do;
your lives will end, like the lives of all rulers
end.”
- ⁸ God, arise and judge *everyone on* [MTY] the
earth,
because all the people-groups belong to you!

83

A psalm which is a song written by Asaph

- ¹ God, do not continue to be silent!
Do not be quiet and say nothing,
- ² because your enemies are rioting against you;
those who hate you are rebelling against
you!
- ³ They are secretly planning to do things to harm
us, your people;
they are ◀conspiring together against/planning how to defeat▶ the people whom you
protect.
- ⁴ They say, “Come, we must destroy their nation,
with the result that no one will remember
that Israel ever existed!”
- ⁵ They have agreed on *what they want to do to
destroy Israel*,
and they have formed an alliance against
you.
- ⁶ *The people who have done that are the people of
Edom region,*
the descendants of Ishmael *who live on the
east side of the Jordan River,*

the Moab *people-group*, the descendants of Hagar *who also live on the east side of the Jordan River*,

⁷ Gebal *people-group*, the Ammon *people-group*, the Amalek *people-group*, the Philistia *people-group*, and the people of Tyre city.

⁸ *The people of Assyria* have joined them; they are strong allies of the *Moab and Ammon people-groups*, *who are descendants of Abraham's nephew Lot*.

(Think about that!)

⁹ *God*, do to those people things like you did to the Midian *people-group*, like you *did* to Sisera and Jabin at Kishon River.

¹⁰ You destroyed them at Endor *town*, and their corpses *lay on* the ground and decayed.

¹¹ Do to them things like you did to *Kings Oreb and Zeeb*; defeat their leaders like you defeated Zebah and Zalmunna,

¹² *who said*, "We will take for ourselves the land that *the Israelis say* belongs to God!"

¹³ My God, cause them *to disappear quickly* like whirling dust, like chaff that the wind blows away!

¹⁴ Like a fire completely burns a forest and like flames burn in the mountains,

¹⁵ expel them by sending storms;

cause them to be terrified by your big storms/hurricanes!

¹⁶ Cause them [SYN] to be very ashamed in order that they will admit that you are very powerful.

¹⁷ Cause them to be forever disgraced *because of being defeated*, and cause them to die while they are still disgraced.

¹⁸ Cause them to know that you, whose name is Yahweh, are the supreme ruler over everything on the earth.

84

A psalm written by one of the descendants of Korah for the choir director

¹ Lord, you who are the Commander of the armies of angels, your temple is very beautiful!

² I [SYN] would like to be there; Yahweh, I desire that very much [DOU]. With all of my inner being I sing joyfully to you, the all-powerful God.

³ Even sparrows and swallows have built nests *near your temple, where you protect them* [DOU]; they take care of their young babies near the altars *where people offer sacrifices to you*, who are the commander of the armies of heaven, and my king and my God.

4 ◀Happy are/You are pleased with▶ those who
◀live/continually worship▶ in your temple,
constantly singing to praise you.
(Think about that!)

5 Happy are those who *know that* you are the one
who causes them to be strong,
those who strongly desire to ◀make the trip/go▶
to *Zion Hill*.

6 While they travel through the *dry Baca Valley*,
you cause it to become a place where there are
springs of water,
where the rains ◀in the autumn/before the
cold season▶ fill the valley with pools of
water.

7 *As a result, those who travel through there*
become stronger/refreshed
knowing that they will appear in your presence
◀on *Zion Hill*/in Jerusalem▶.

8 Yahweh, commander of the armies of heaven,
listen to my prayer;
God, who *is worshiped by us* ◀*descendants of*
Jacob/Israeli people▶, hear [IDM] what I
am saying!

(Think about that!)

9 God, be kind to [IDM] our king, the one who
protects us [MTY],
the one whom you have chosen [MTY] *to rule*
us.

10 *For me*, spending one day in your temple

is better than spending 1,000 days somewhere else;
standing at the entrance to your temple, *ready to go inside*,

is better than living in the tents/homes where wicked *people* live.

¹¹ Yahweh our God is *like* the sun *that shines on us* and *like* a shield *that protects us* [MET];
he is kind to *us* and honors *us*.

Yahweh does not refuse to give any good thing/
blessing to those who do what is right.

¹² Yahweh, commander of the armies of heaven,
◀happy are/you are pleased with▶ those
who trust in you!

85

*A psalm written by one of the descendants of
Korah for the choir director*

¹ Yahweh, you have been kind to *us people who live in this land*;
you have enabled *us* Israeli people to become
prosperous again.

² You forgave *us*, your people, for the sins that
we had committed;
you pardoned *us* for all our sins [DOU].
(Think about that!)

³ You stopped being angry *with us*
and turned away from severely punishing
us.

⁴ Now, God, the one who saves/rescues *us*,
◀restore *us*/make *us* prosperous again▶

and stop being angry with us!

⁵ ◀Will you continue to be angry with us forever?/Please do not continue to be angry with us forever.▶ [DOU, RHQ]

⁶ Please enable us [RHQ] to prosper again
in order that *we*, your people, will rejoice
about what you *have done for us*.

⁷ Yahweh, by rescuing us *from our troubles/*
difficulties,
show us that you faithfully love us.

⁸ I want to listen to what Yahweh *our* God says,
because he promises/says that he will enable
us, his people, to live peacefully,
if we do not return to doing foolish things.

⁹ He is surely ready to save/rescue those who
revere him,
in order that *his* glory/splendor will be seen
in our land.

¹⁰ *When that happens*, he will both faithfully
love us and faithfully *do for us what he*
promised to do [PRS];

and we will act/behave righteously, and he will
give us peace,
which will be like a kiss that he gives us.

¹¹ Here on earth, we will ◀be loyal to/continually
believe in▶ God,
and from heaven, God will act justly/fairly
toward us.

¹² Yes, Yahweh will do good things *for us*,
and there will be great harvests in our land.

¹³ *Yahweh always acts* righteously [PRS, MET];

he acts righteously wherever he goes.

86

A prayer written by David

- ¹ Yahweh, listen [IDM] to what I say and answer me,
because I am weak and needy.
- ² Prevent me from dying now, because I ◀am
loyal to/continue to believe in▶ you;
save/rescue me, because I serve you and I
trust in you, my God.
- ³ Lord, be kind to me,
because I cry out to you all during the day.
- ⁴ Lord, cause me to be glad,
because I ◀pray to/worship▶ [IDM] you.
- ⁵ Lord, you are good *to us*, and you forgive *us*;
you faithfully love very much all those who
◀pray/call out▶ to you.
- ⁶ Lord, listen to my prayer;
hear me when I cry out to you to help me.
- ⁷ When I have troubles, I call out to you,
because you answer me.
- ⁸ Lord, among all the gods *whom the heathen
nations worship*,
there is no one like you;
not one of them has done *the great things* that
you have done.
- ⁹ Lord, *some day, people from* all the nations that
you have established will come and bow
down in front of you
and they will praise you [MTY].

- 10 You are great, and you do wonderful/marvelous things;
only you are God.
- 11 Yahweh, teach me what you want me to do
in order that I may conduct my life according
to what you say, which is true.
Cause/Teach me to revere you.
- 12 Lord, my God, I *will* thank you with all my
inner being,
and I will praise you forever.
- 13 You faithfully love me very much;
you have prevented me from *dying and going*
to the place where dead people are.
- 14 But God, proud men are *trying to* attack me;
a gang/group of cruel men are wanting to kill
me;
they are men who do not have any ◀respect
for/interest in▶ you.
- 15 But Lord, you always are mercifully and kind;
you do not become angry quickly,
you faithfully love us very much
and always do for us what you have
promised to do.
- 16 Look down toward me and be merciful to me;
cause me to be strong and save/rescue me
who serves you *faithfully* like my mother did.
- 17 Yahweh, do something to show me that you
are being good to me
in order that those who hate me will see that
you have encouraged me and helped me,
and as a result they will be ashamed.

87

A psalm written by one of the descendants of Korah

¹ The city that Yahweh established is on his sacred hill.

² He loves that city, Jerusalem, more than he loves any other city in Israel.

³ *You people in [APO] the city that God ◀owns/lives in▶,*
people say wonderful things about your city.
(Think about that!)

⁴ *Some of those who know about God are the people of Egypt and Babylonia,*
and also *the people of Philistia and Tyre and Ethiopia;*
some day they all will say,
“Although I was not born in Jerusalem,
because I belong to Yahweh, it is as though I
was born there.”

⁵ And concerning Jerusalem, people will say
“It is as though everyone was born there,
and Almighty God will cause that city to
remain strong/safe/secure.”

⁶ Yahweh will write a list of *the names of the*
people of various groups *who belong to*
him,

and he will say that *he considers them* all to be
citizens of Jerusalem.

(Think about that!)

⁷ They will all dance and sing, saying,
“Jerusalem is the source of all our blessings.”

88

A psalm that expresses sadness, written for the choir director by Zerah's son Heman, one of the descendants of Korah

¹ Yahweh God, you who rescues me, all during
each day I call out *to you* to help me,
and I cry out to you during each night also.

² Listen [IDM] to my prayer [DOU],
while I cry out to you *for help*!

³ I have experienced many troubles/difficulties,
and I am about to die [MTY] and go where
dead people are.

⁴ Because I have no more strength,
other people also consider that I will soon
die.

⁵ I am like a corpse that has been abandoned;
I am like dead people who lie in their graves,
people who have been completely forgotten,
because you do not take care of them any
more.

⁶ *It is as though* you have thrown me into a deep,
dark pit,
into a place where they throw corpses.

⁷ *It seems like* you are very angry with me,
and *it is as though* you have crushed me like
ocean waves crash down on people [MET].
(Think about that!)

⁸ You have caused my friends to ◀avoid/stay
away from▶ me;
I have become repulsive to them.
It is as though I am in a prison and cannot escape.

9 My eyes cannot see well because I cry very much.
Yahweh, every day I call out to you *to help me*;
I lift up my hands to you *while I pray*.

10 You certainly do not [RHQ] perform miracles for dead people!
Their spirits do not [RHQ] arise to praise you!
(Think about that!)

11 Corpses in the grave certainly do not tell about your faithfully loving us [RHQ],
and in the place where people are finally destroyed,
no one tells about what you faithfully *do for us* [RHQ].

12 No one in the deep dark pit ever sees the miracles that you perform [RHQ],
and no one in the place where people have been completely forgotten tells about your being good to us.

13 But *as for me*, Yahweh, I cry out to you *to help me*;
each morning I pray to you.

14 Yahweh, why do you reject me [RHQ]?
Why do you turn away from me [RHQ]?

15 All the time since I was young, I have suffered and have often almost died;
I am ◀in despair/very discouraged▶ because of enduring the terrible things that you have done to me.

- ¹⁶ *I feel that* you have crushed me because of your
being angry with me;
the terrible things that you are doing to me
are almost destroying me.
- ¹⁷ *I feel as though* they surround me like a flood
[SIM];
they are ◀closing in on/crushing▶ me from
all sides.
- ¹⁸ You have caused *even* my friends and others
whom I love to avoid me,
and *it is as though* the only friend that I have
is darkness.

89

A song written by Ethan, from the clan of Ezra

- ¹ Yahweh, I will sing forever about the ways you
faithfully love me;
people not yet born will hear that you
faithfully *do all that you have promised*.
- ² I will tell people that you will faithfully love us
forever,
and that your being faithful *to do what you
have promised* is as permanent as the sky.
- ³ Yahweh said, "I have made an agreement with
David, whom I chose *to serve me*.
I have made this solemn ◀agreement with/
promise to▶ him:
- ⁴ 'I will enable various ones of your descendants
to always be kings;
the line of kings descended from you [MTY]
will never end.' "
- (Think about that!) 10

- ⁵ Yahweh, I desire that all *those beings who are in* [MTY] heaven will praise you for the wonderful things that you do,
and that all your holy angels will sing about how you faithfully *do what you promise*.
- ⁶ There is no one [RHQ] in heaven who can be compared with you, Yahweh.
There are no angels [RHQ] in heaven who are equal to you.
- ⁷ When your holy angels gather together,
they declare that you must be revered;
they say that you are more awesome than all the angels that surround your throne!
- ⁸ O Yahweh, God Almighty, there is no one [RHQ] who is powerful like you are;
your faithfully doing *all that you promise* is *like a cloak that* [MET] *always* surrounds you.
- ⁹ You rule over the powerful seas;
when their waves rise up, you calm them.
- ¹⁰ You are the one who crushed *and killed the great sea monster named Rahab*.
You *defeated and* scattered your enemies with your great power [MTY].
- ¹¹ The heavens are yours, and the earth is yours;
and everything on the earth is yours, because you created it all.
- ¹² You created *everything from* the north to the south.
Tabor *Mountain* and Hermon *Mountain* joyfully praise you [MTY].
- ¹³ ◀You/Your arms▶ are very powerful;

◀you/your hands▶ are extremely strong.

14 ▶Your rule [MTY] over us is based on/As you rule over us, you are always▶ treating people fairly and justly, and on/are always faithfully loving us and doing *what you promised*.

15 Yahweh, happy are the people who worship you with joyful shouts, who live knowing that you are always watching over them.

16 Every day, throughout the day, they rejoice in what you [MTY] *have done*, and they praise you for being very good to *them*.

17 You give us your glorious strength; because you act in our favor, we defeat [MET] *our enemies*.

18 Yahweh, you gave us *the one who* protects us [MET]; you, the holy God whom we Israelis worship, chose a king for us.

19 Long ago you spoke in a vision to one of your servants/prophets, saying,
“I have helped a famous soldier;
I chose him from among all the people to be a king.

20 That man is David, the one who will serve me *faithfully*, and I anointed him with sacred olive oil to *make him king*.

21 I [MTY] will always strengthen him;

- with my power [MTY] I will make him strong.
- 22 His enemies will never find ways to defeat him, and wicked people will never defeat him.
- 23 I will crush his enemies in front of him and get rid of those who hate him.
- 24 I will always be loyal to him and faithfully love him and enable him to defeat [MET] *his enemies*.
- 25 I will cause ◀his kingdom/the area that he rules▶ to include all the land from the *Mediterranean Sea* to the *Euphrates River*.
- 26 He will say to me, 'You are my Father, my God, the one who protects [MET] and saves me.'
- 27 I will give him *the rights/privileges that a man's firstborn son has* [MET]; he will be the greatest king on the earth.
- 28 I will always be loyal to him, and my agreement *to bless* him will last forever.
- 29 I will establish a line of his descendants that will never end, various ones of his descendants will always be kings.
- 30 But, if *some of* his descendants disobey my laws, and do not not behave like my commands say that they should,
- 31 if they disregard my requirements and do not do the right things that I have told them to do,
- 32 I will punish them severely [MTY]

- and cause them to suffer for doing wrong.
- ³³ But I will not stop faithfully loving *David*,
and I will always do what I promised him.
- ³⁴ I will not break the agreement that I made with
him;
I will not change even one word that I spoke
to him.
- ³⁵ Once I made a solemn promise to David, and
that will never change,
and because I am God, I will never lie to
David.
- ³⁶ *I promised that* the line of kings descended
from him will go on forever;
it will last as long as the sun *shines*.
- ³⁷ That line will ◀be as permanent/last as long▶
as the moon
that is always watching everything from the
sky.

Think about that!)

- ³⁸ But *Yahweh*, now you have rejected [DOU]
David!
You are very angry with the king whom you
appointed.
- ³⁹ *It seems that* you have broken the agreement
that you made with your servant, *David*;
it seems as though you *have signaled that*
he is no longer the king by throwing his
crown into the dust/dirt.
- ⁴⁰ You have torn down the walls *that protect* his
city,
and allowed all his forts to become ruins.
- ⁴¹ All those who pass by plunder/steal his posses-
sions;

his neighbors ◀laugh at/ridicule▶ him.

42 You have enabled his enemies to defeat him;
you have made them all happy.

43 You have caused his sword to become useless,
and you have not helped him in his battles.

44 You have caused his splendor to end (OR, You
have taken away his power
by knocking his throne to the ground.

45 You have caused him to look old when he is
still young
and caused him to be very shamed/dis-
graced.

(Think about that!)

46 O Yahweh, how long *will this continue?*
Will you hide yourself forever?

How long will your anger burn like a fire?

47 Do not forget that life is very short;
have you created all us people in vain?

48 No one can [RHQ] keep on living and never
die;

◀No one can [RHQ] avoid going/Everyone
will go▶ to the place of the dead.

(Think about that!)

49 Yahweh, you promised long ago
that you would faithfully love us;
why are you not doing that?

You solemnly promised that to David!

50 Yahweh, do not forget that people insult me!

◀Heathen people/People who do not know
you▶ curse me!

51 Yahweh, your enemies insult your chosen king!
They insult/ridicule him wherever he goes.

52 I hope/desire that Yahweh will be praised forever!
Amen! May it be so!

Book Four

90

A prayer by the prophet Moses

1 Lord, you have always ◀been like a home for us/protected us▶ [MET].

2 Before you created the mountains,
before you formed the earth and everything
that is in it,
you were eternally God,
and you will be God forever.

3 *When people die*, you cause their corpses to
become soil again;
you change their corpses to become dirt like
the first man was created from.

4 When you ◀consider/think about▶ time,
1,000 years are *as short as* [SIM] one day
which passes;
you consider that [HYP] they are as short as
a few hours in the night.

5 You cause people suddenly to die [MET];
they live only a short time, like a dream lasts
only a short time.

They are like grass/weeds [SIM] that grow up.

- ⁶ In the morning [DOU] the grass sprouts and grows well,
but in the evening it dries up and ◀completely withers/dies▶.

- ⁷ *Similarly, because of the sins that we have committed, you become angry with us; you terrify us and then you destroy us.*

- ⁸ *It is as though you place our sins in front of you, you spread out even our secret sins where you can see them.*

- ⁹ Because you are angry with us, you cause our lives to end;
the years that we live pass as quickly as a sigh does.

- ¹⁰ People live for only 70 years;
but if they are strong, some of them live for 80 years.

But even during good years we have much pain and troubles;
our lives soon end, and we die [EUP].

- ¹¹ No one [RHQ] has fully experienced the powerful things you can do to them when you are angry with them,
and people are not afraid that you will greatly punish them because of your being angry with them.

- ¹² So teach/help us to realize that we live for only a short time
in order that we may *use our time* wisely.

- 13 Yahweh, how long *will you be angry with us?*
Pity us who serve you.
- 14 Each morning show us that your faithfully
loving us is enough for us
in order that we may shout joyfully and be
happy for the rest of our lives.
- 15 Cause us to now be as happy for as many years
as you ◀afflicted us/caused us to be sad▶
and we experienced troubles.
- 16 Enable us to see the *great* things that you do
and enable our descendants to *also* see your
glorious power.
- 17 Lord, our God, give us your blessings
and enable us to be successful;
yes, cause us to be successful in *everything*
that we do [DOU]!

91

- 1 Those who live under the protection of God
Almighty,
will be able to rest *safely* under his care.
- 2 I will declare to Yahweh,
"You protect me;
you are like a fort [MET] in which I am safe.
You are my God, the one in whom I trust."
- 3 Yahweh will rescue you from all hidden traps
and save you from deadly diseases.
- 4 He will shield/protect you *like a bird shields/*
protects its chicks [MET] with/under her
wings.

You will be safe ◀in his care/because he takes care of you▶.

His faithfully doing what he has promised is like a shield [MET] that will protect you.

⁵ You will not be afraid of things that happen during the night that could ◀terrorize you/cause you to be very afraid▶,
or of arrows that *your enemies will shoot at you* during the day.

⁶ You will not be afraid of ◀plagues/widespread sicknesses▶ that demons cause when they attack people at night,
or of other *evil forces* that kill people at midday.

⁷ Even if 1,000 people fall *dead* alongside you,
even if 10,000 *people are dying* around you,
you will not be harmed.

⁸ Look and see
that ◀wicked people are being punished/God is punishing wicked people▶!

⁹ If you allow Yahweh to protect you,
if you trust God Almighty to ◀shelter/take care of▶ you,

¹⁰ nothing evil will happen to you;
no plague will come near your house,

¹¹ because Yahweh will command his angels
to protect you wherever you go.

¹² They will hold you up with their hands,
with the result that you will not hurt your
foot on a big stone.

¹³ You will be *kept safe from being harmed by your enemies* [MET];

it will be as though you are stepping on lions and poisonous snakes without them harming you!

- ¹⁴ *Yahweh says, "I will rescue those who love me, I will protect them because they ◀acknowledge that I am Yahweh/know me▶.*
- ¹⁵ *When they call out to me, I will answer them. I will help them when they are experiencing trouble;*
I will rescue them and honor them.
- ¹⁶ *I will reward them by enabling them to live a long time, and I will save them."*

92

A psalm that is to be sung on Sabbath days

- ¹ *Yahweh, it is good for people to thank you and to sing to praise you [MTY] who are greater than any other god.*
- ² *It is good to proclaim every morning that you faithfully love us, and each night to sing songs that declare that you always do what you have promised to do,*
- ³ *accompanied by musicians playing harps that have ten strings, and by the sounds made by a lyre.*
- ⁴ *Yahweh, you have caused me to be glad; I sing joyfully because of what you [SYN] have done.*
- ⁵ *Yahweh, the things that you do are great!*

But it is difficult for us to understand *all* that you think.

⁶ There are things *that you do* that foolish people cannot know about, things that stupid people cannot understand.

⁷ They do not understand that although the number of wicked *people* increases *like blades of grass* do [SIM], and they prosper, they will be completely destroyed.

⁸ But Yahweh, you *will* ◀be exalted/be honored/rule▶ forever.

⁹ Yahweh, your enemies will *certainly* die, and those who do wicked things will be defeated/scattered.

¹⁰ But you have caused me to be as strong [MTY] as [SIM] a wild ox; you have caused me to be very joyful [MTY].

¹¹ I [SYN] have seen you defeat my enemies; d I have heard those evil men wail/scream while they were being slaughtered.

¹² But righteous *people* will prosper like [SIM] palm trees that grow well, or like [SIM] cedar *trees* that grow in Lebanon.

¹³ *They are like the trees* that grow near the temple of Yahweh *in Jerusalem*, those trees that are close to the courtyard of the temple of our God.

¹⁴ *Even* when righteous people become old, they do many things [IDM] *that please God*.

They remain strong and full of energy, *like trees that* [MET] remain full of sap.

¹⁵ That shows that Yahweh is just;
he is *like a huge rock under which I am safe/protected*,
and he never does anything that is wicked/
wrong.

93

¹ Yahweh, you are the King!

You are majestic, and the power that you
have is *like* [MET] a robe that a king wears.
You put the world firmly in place, and it will
never be moved/shaken.

² You ruled as king a very long time ago;
you have always existed.

³ Yahweh, *when you created the world, you separated the water from the chaotic mass and formed oceans*,
and the waves of the waters *of those oceans*
still roar,

⁴ *but* you are greater than the roar of those
oceans,
more powerful than the ocean waves!
You are Yahweh, the one who is greater than
any other god!

⁵ Yahweh, your laws never change,
and your temple has always been holy/
sacred.
And that will be true forever.

94

- ¹ Yahweh, you are able to get revenge *on your enemies*.
So show them that you are going to punish them!
- ² You are the one who judges all *people on the earth*;
so arise, and give/punish the proud *leaders of our people* like they deserve.
- ³ Yahweh, how long will those wicked *people* be glad/happy?
It is not right that [RHQ] they continue being glad!
- ⁴ They do evil things, and they boast about doing them;
how long will they *be allowed to* continue doing that?
- ⁵ Yahweh, *it is as though* those wicked people crush us, your people;
they ◀oppress/treat cruelly▶ those who belong to you [DOU].
- ⁶ They murder widows and orphans
and people from other countries who *think it is safe to* live in our land.
- ⁷ Those wicked people say, "Yahweh does not see anything;
so the God whom those Israelis *worship* does not see *the evil things that we do*."
- ⁸ You evil people *who rule Israel*, you are foolish and stupid;

when will you become wise [RHQ]?

- ⁹ God made our ears;
so *do you think that* he cannot hear *what you*
say [RHQ]?

He created our eyes;
so do you think that he cannot see *the evil*
things that you do [RHQ]?

- ¹⁰ He also scolds *the leaders of other* nations;
so do you think that he will not punish *you*
[RHQ]?

He is the one who knows everything;
so *why do you think that he does not know*
what you do [RHQ]?

- ¹¹ Yahweh knows *everything* that people are
thinking;
he knows that what they think *◀is useless/
vanishes as quickly as▶* smoke [MET].

- ¹² Yahweh, you are pleased with people who
want you to discipline/correct them,
those who *want you to* teach them your laws.

- ¹³ When those people have had troubles, you
cause those troubles to cease,
and some day *it will be as though* you will dig
pits for wicked people,
and they will fall into those pits *and die*.

- ¹⁴ Yahweh will not abandon his people;
he will not desert like that those who belong
to him [DOU].

- ¹⁵ *Some day* judges will decide matters fairly for
people,
and all honest/righteous people will be
pleased about that.

16 But when wicked *people* ◀*oppressed me/treated me cruelly*▶,

◀who defended me?/no one defended me.▶
[RHQ]

No one stood up to testify for me against those evil people [RHQ].

17 If Yahweh had not helped me *at that time*,
I would have been executed,
and my soul/spirit would have gone to the place where *dead people* say nothing.

18 I said/thought *to myself*, "I am about to die,"
but Yahweh, you held me up by faithfully loving me.

19 Whenever I am very worried,
you comfort/encourage me and cause me to be happy.

20 You have nothing to do with wicked judges,
who establish laws that allow people to do what is not legal.

21 They plan to get rid of righteous *people*,
and they declare that ◀*innocent people/people*
who have not done what is wrong▶ must be executed.

22 But Yahweh ◀*has become like* my fortress/
protects me▶ [MET];
my God is *like a huge* rock under which I am protected/safe [MET].

23 He will punish those wicked leaders in return for the wicked things that they have done, and will get rid of them for the sins that they have committed;

yes, Yahweh our God will ◀wipe them out/
destroy them completely▶.

95

- ¹ Come, sing to Yahweh;
sing joyfully to the one who protects us
[MET] and saves us!
- ² We should thank him as we come before him,
and sing ◀joyful songs/joyfully▶ as we praise
him.
- ³ Because Yahweh is the great God,
he is a great king *who rules* over all *other*
gods.
- ⁴ He rules over the whole earth,
from the deepest places/caves to the highest
mountains.
- ⁵ The seas are his, because he made them.
He is *also* the one who [SYN] formed/made
the dry land.
- ⁶ We should come, worship, and bow down
before him.
We should kneel before Yahweh, the one
who made us.
- ⁷ He is our God,
and we are the people whom he takes care
of [MET];
like sheep *that a shepherd* takes care of.
- Today, listen to what Yahweh is saying to you.
- ⁸ He says, “Do not become stubborn [IDM]
like *your ancestors* did at Meribah,
and like *they did* at Massah in the desert.

- 9 There your ancestors ◀wanted to see/tried to determine▶ if they could do many very evil things *without my punishing them*.
Even though they had seen me perform many miracles, they tested whether I *would continue to be patient with them*.
- 10 For 40 years I was angry with those people, and I said, 'Those people say that they want to please me, but they do things that I detest.
They refuse to obey my commands.'
- 11 So because I was very angry, I solemnly said/declared about them:
'They will never enter *the land of Canaan* where I would have allowed them to rest!' "

96

- 1 Sing to Yahweh a new song!
You people throughout the earth, sing to Yahweh!
- 2 Sing to Yahweh and praise him [MTY]!
Every day proclaim *to others* that he has saved/rescued us.
- 3 Tell about his glory/greatness to all people-groups;
tell all people-groups the marvelous *things that he has done*.
- 4 Yahweh is great, and he deserves to be praised very much;
he should be revered more than for all the gods,
- 5 because all the gods that other people-groups *worship* are *only* idols,

but Yahweh *is truly great*; he created the skies!

⁶ Those who are in his presence honor him and can see that he is a great king.

They can see in his temple that he is very powerful and is very beautiful.

⁷ You people in nations all over the earth, praise Yahweh!

Praise Yahweh for his glorious power [HEN]!

⁸ Praise Yahweh like he deserves to be praised, Bring an offering and come to his temple.

⁹ Bow down before Yahweh *when he appears* in his holy/sacred temple; everyone on the earth should tremble in front of him, because he is majestic and holy.

¹⁰ Say to all the people-groups, "Yahweh is the king!

He put the world in its place, and nothing will ever be able to move/shake it.

He will judge *all* the people-groups fairly."

¹¹ *All the beings that are in* [MTY] the heavens should be glad, and *all the people on the earth* should rejoice.

The oceans and all the creatures that are in the oceans should roar *to praise Yahweh*.

¹² The fields and everything that grows in them should rejoice.

When they do that, *it will be as though* all the trees in the forests will sing joyfully

¹³ in front of Yahweh.

That will happen when he comes to judge *every-one on* [MTY] the earth.
He will judge all the people fairly/justly,
according to *what he knows* is true.

97

- ¹ Yahweh is the king!
I want *everyone on* the earth to be glad/
happy,
and the *people who live on* the islands in the
oceans to *also rejoice about that!*
- ² There are very dark clouds around him *to hide him*;
he rules [MTY] righteously/justly and fairly.
- ³ He *sends* fire in front of him,
and he completely burns all his enemies in
that fire.
- ⁴ All around the world he causes lightning to
flash;
people on the earth see it, and it causes them
to *be afraid and* tremble.
- ⁵ The mountains/hills melt like wax in front of
Yahweh,
the one who is the Lord, *who rules* over all
the earth.
- ⁶ The *angels in* [MTY] heaven proclaim that he
acts righteously,
and all the people-groups see his glory.
- ⁷ Everyone who worships idols should be
ashamed;
all those who are proud of their false gods
should realize that their gods are useless,

It is as though all those gods bow down to
worship Yahweh.

⁸ *The people* [MTY] of Jerusalem hear *about*
Yahweh and are glad/happy,
and *people in the other* [MTY] cities in Judah
also rejoice,
because Yahweh judges *and punishes wicked*
people.

⁹ Yahweh is the supreme *king* over all the earth;
he has very great power, and all the *other*
gods have no power at all.

¹⁰ Yahweh loves those who hate what *people do*
that is evil;
he protects the lives of his people,
and he rescues them when the wicked *people*
try to harm them.

¹¹ His light shines on righteous *people*;
he causes those who are righteous to rejoice.

¹² You righteous *people*, rejoice about what Yah-
weh *has done*,
and thank him, our holy God!

98

A psalm

¹ Sing to Yahweh a new song,
because he has done wonderful things!
By his power [MTY] and his great strength [DOU]
he has defeated *his enemies*.

² Yahweh has declared to people that he has
defeated his enemies;
he has revealed that he has punished *them*,

and *people* in all the world have seen that he has done it.

³ Like he promised to us Israeli people [MTY], he has faithfully loved us and ◀been loyal to/not abandoned▶ us.

People who live in very remote places in all the earth have seen that our God has defeated *his enemies*.

⁴ All you *people* [MTY] everywhere should sing joyfully to Yahweh; praise him while you sing and shout joyfully!

⁵ Praise Yahweh while you play the lyres/harps, playing *delightful* music.

⁶ *Some of you should* blow trumpets and other horns, while *others* shout joyfully to Yahweh, *our king*.

⁷ The oceans and all *the creatures* that are in the oceans should roar *to praise Yahweh*.

Everyone on the earth should sing!

⁸ *It should seem as though* the rivers are clapping their hands *to praise Yahweh* and that the hills are singing together joyfully in front of Yahweh,

⁹ because he will come to judge *everyone on* [MTY] the earth!

He will judge *all* the people-groups in the world justly and fairly [DOU].

99

¹ Yahweh is the *supreme* king,

so *all* the people-groups should tremble ◀*in his presence/in front of him*▶!

He sits on his throne *in the temple* above the
statues of winged creatures,
so the earth should quake/shake!

² Yahweh is a mighty *king* in Jerusalem;
but he is *also* the supreme ruler of all
people-groups.

³ So they should praise him because he is
very great/powerful;
and he is holy!

⁴ He is a mighty king who ◀*loves/is pleased*
with▶ what is just/right;
he has acted justly and fairly [DOU] in Israel.

⁵ Praise Yahweh our God!
Worship him *in front of the Sacred Chest in*
his temple [MTY],
where he rules people.
He is holy!

⁶ Moses and Aaron were two of his priests;
Samuel also was someone who prayed to him.
Those *three* cried out to Yahweh *to help them,*
and he answered them.

⁷ He spoke to Moses and Aaron from the cloud
that was like a huge pillar;
they obeyed *all* the laws and commandments
[DOU] that he gave to them.

⁸ Yahweh, our God, you answered *your people*
when they cried out to you to help them;

you are a God who forgave them *for those sins that they had committed*,
even though you punished them for the things that they did that are wrong.

⁹ Praise Yahweh, our God,
and worship him *at the temple* on his sacred hill;
it is right to do that because Yahweh, our God, is holy!

100

A psalm of thanksgiving

¹ Everyone in the world should shout joyfully to Yahweh!

² We should worship Yahweh gladly!
We should come before him singing joyful songs.

³ We should acknowledge/recognize that Yahweh is God;
it is he who made us, so we belong to him.
We are the people that he takes care of [MET];
we are *like* sheep that are cared for by their shepherd.

⁴ Enter the gates *of his temple* thanking him;
enter the courtyard *of the temple* singing songs to praise him!

Thank him and praise him,

⁵ because Yahweh always *does good things for us*.
He faithfully loves us,
and ◀is faithful/is loyal to us forever/will never forsake us▶.

101

A psalm written by David

¹ Yahweh, I will sing to you!

I will sing about *your* faithfully loving *us* (OR, my being loyal to you and acting justly/fairly toward people).

² I promise that while I rule people [MTY],

I will behave in such a way that no one will be able to criticize me.

Yahweh, ◀when will you come to *help* me?/I need you to come to *help* me.▶ [RHQ]

I will do things that are right.

³ I will not allow stay away from those who do what is evil [SYN].

I hate the deeds of those who ◀turn away from/*sin against*▶ you;

I will ◀completely avoid those people/not allow those people to come near me▶.

⁴ I will not be dishonest,

and I will not have anything to do with evil (OR, evil people).

⁵ I will get rid of anyone who secretly slanders someone else,

and I will not ◀tolerate/allow to be near me▶ anyone who is proud and arrogant [DOU].

⁶ I will approve of [IDM] people in this land who ◀are loyal to/faithfully *obey*▶ God,

and I will allow them to ◀live with/work for▶ me.

I will allow those who behave in such a way
that no one can criticize them to ◀serve
me/be my officials▶.

⁷ I will not allow anyone who deceives others to
work in my palace;
no one who tells lies will be allowed to continu-
ally come to *work for me*.

⁸ Every day I will *try to* get rid of all the wicked
people in this land;
I will *do that by* expelling them from *this* city,
which is Yahweh's city.

102

*A prayer written by someone who was afflicted,
when he was discouraged and pleaded for Yahweh
to help him*

¹ Yahweh, listen to what I am praying;
hear me while I cry out to you!

² Do not ◀turn away/hide yourself▶ from me
when I ◀have troubles/am distressed▶!
Listen to me,
and answer me quickly now, when I am
calling out to you!

³ My life is ending, like smoke that disappears
[SIM];
I have *a high fever which* burns my body like a
fire burns [SIM].

⁴ *I feel like* I am drying up like grass [SIM] that
has been beaten/trampled down,
and I no longer have a desire to eat food.

⁵ I groan loudly,
and my bones can be seen under my skin
because I have become very thin.

⁶ I am like a *lonely and despised* vulture in the
desert,
like an owl by itself in the abandoned ruins
of a building/city.

⁷ I lie awake *at night*;
because there is no one to comfort me,
I am like a lonely bird *sitting* on a housetop
[SIM].

⁸ All during the day my enemies insult me;
those who make fun of me mention my name
and say, "May you be like him" when they
curse people.

⁹⁻¹⁰ Because you are very angry [DOU] with me,
now *I sit in ashes while I am suffering greatly*;
and those ashes *fall on* the bread/food that I
eat,
and what I drink has my tears mixed with it.
It is as though you have picked me up and
thrown me away!

¹¹ My time to remain alive is like an evening
shadow *that will soon be gone* [SIM].
I am withering like grass withers *in the hot*
sun.

¹² But Yahweh, you are our king who rules [MTY]
forever;
people who are not yet born will remember you.

¹³ You will arise and be merciful to *the people of*
[MTY] Jerusalem;
it is now time for you to do that;

this is the time for you to be kind to them.

14 Even though ◀the city has been destroyed/our
enemies have destroyed our city▶,
we who serve you still love the stones that
were formerly in the city walls;
because now there is rubble everywhere,
we, your people, are very sad when we see
it.

15 Yahweh, *some day the people of other nations*
will revere you [MTY];
all the kings on earth will see that you are very
glorious/great.

16 You will rebuild Jerusalem,
and you will appear there with your glory/
brightness.

17 You will listen to the prayers of your people
who are homeless,
and you will ◀not ignore them/do what they
request▶ [LIT]
when they plead with you to help them.

18 Yahweh, *I want to* write these words
in order that people in future years *will*
know what you have done,
in order that people who are not born yet
will praise you.

19 They will know that you looked down from
your holy/sacred place in heaven [DOU]
and saw *what was happening on* the earth.

20 They will know that you hear prisoners groan-
ing
and that you will set free those who have
been told, "You will be executed."

- 21 As a result, people in Jerusalem will praise you
[DOU] for what you *have done*
- 22 when many people *from other people-*
groups and *those who are citizens of other*
kingdoms gather to worship you.
- 23 *But now* you have caused me to become weak
while I am still young;
I think that I will ◀not live much longer/ very
long/soon die▶.
- 24 I say to you, "My God, do not cause me to die
now,
before I become old!
You live forever!
- 25 You created the world long ago,
and you made ◀the heavens/everything in
the sky▶ with your own hands.
- 26 The earth and the heavens/sky will disappear,
but you will remain.
They will wear out like clothes wear out.
You will get rid of them like *people get rid of* old
clothes,
and they will no longer exist,
- 27 but you are *not like the things that you created,*
because you are always the same;
you never die.
- 28 *Some day* our children will live safely in
Jerusalem,
and their descendants will be protected in
your presence."

103

A psalm written by David

- ¹ *I tell myself that I should praise Yahweh.*
I will praise him [MTY] with all of my inner
being, *because* he [MTY] is holy.
- ² *I tell myself that I should praise Yahweh*
and never forget all the kind things he has
done for me:
- ³ He forgives all my sins,
and he heals me from all my diseases/
sicknesses;
- ⁴ he keeps me from dying [MTY],
and blesses me by faithfully loving me and
acting mercifully to me.
- ⁵ He gives me good things during my entire life.
He makes me feel young and strong like
eagles.
- ⁶ Yahweh judges justly and ◀vindicates/does
what is right for▶ all those who have been
treated unfairly.
- ⁷ *Long ago* he revealed to Moses what he planned
to do;
he showed to the *ancestors of us* Israeli
people the mighty things that he was able
to do.
- ⁸ Yahweh acts mercifully and kindly;
he does not quickly ◀get angry/punish us▶
when we sin;
he is always *showing us that he* faithfully loves
us.
- ⁹ He will not keep rebuking us,
and he will not remain angry forever.
- ¹⁰ He punishes us for our sins,

- but he does not punish us *severely* as we deserve [DOU]!
- 11 The skies are very high above the earth,
and Yahweh's faithful love for all those who
revere him is just as great.
- 12 He has taken away *the guilt for* [MTY] our sins,
taking it as far from us as the east is from
the west.
- 13 Just like parents act mercifully toward their
children,
Yahweh is kind to those who revere him.
- 14 He knows what our bodies are like;
he remembers that *he created us from dirt*,
and so we quickly fail *to do what pleases him*
[MET].
- 15 We humans do not live forever [SIM];
we are like grass [SIM] *that withers and dies*.
We are like wild flowers: They bloom *for a short
while*,
- 16 but then the *hot* wind blows over them, and
they disappear;
no one sees them again.
- 17 But Yahweh will faithfully keep loving forever
all those who revere him.
He will act fairly to our children and to their
children;
- 18 he will act that way to all those who obey
the agreement he made with them *to bless
them if they did what he told them to do*,
to all those who obey what he has com-
manded.
- 19 Yahweh made/caused the heavens to be the
place where he rules [MTY];

from there he rules over everything.

²⁰ You angels who belong to Yahweh, praise him!
You are powerful creatures/beings who do
what he tells you to do;
you obey what he commands.

²¹ Praise Yahweh, you armies/thousands of an-
gels who serve him and do what he de-
sires!

²² All you things that Yahweh has created, praise
him;
praise him in every place where he rules,
everywhere!

And I *also* will praise Yahweh!

104

¹ I *tell* myself that I should praise Yahweh.

Yahweh, my God, you are very great!

Like a king has on his royal robes [MET],
you have honor and majesty/ greatness all
around you!

² You *created/caused* light to be like your robe
[MET].

You spread out the sky like *a man sets up a*
tent.

³ You made/put your home *in heaven*, above
the rain clouds in the sky, *like a man puts*
the rafters of his house in place [MET].

You made/caused the clouds to be like chariots to
carry you.

⁴ You caused the winds to be *like* your messen-
gers [MET],
and flames of fire to be *like* your servants.

- ⁵ You placed the world firmly on its foundation
so that it can never be moved/shaken.
- ⁶ *Later*, you covered the earth with a flood, like
a blanket,
with the water that covered the mountains.
- ⁷ *But* when you rebuked the water, the oceans
receded;
your voice spoke like thunder,
and then the waters rushed away.
- ⁸ Mountains rose up *from the water*,
and the valleys sank down
to the levels that you had determined for
them.
- ⁹ *Then* you set a boundary for the oceans, a
boundary that they cannot cross;
their water will never again cover the *whole*
earth.
- ¹⁰ You make/cause springs to pour *water* into
ravines;
their *water* flows down between the moun-
tains.
- ¹¹ Those *streams* provide water for all the ani-
mals *to drink*;
the wild donkeys *drink the water and* are no
longer thirsty.
- ¹² Birds make their nests alongside *the streams*,
and they sing among the branches *of the*
trees.
- ¹³ From ◀your home in heaven/the sky▶ you
send rain down on the mountains,
and you fill the earth with many good things
that you create.

- 14 You make/cause grass to grow for the cattle *to eat*,
and you make/cause plants to grow for people.
In that way *animals and people* get their food from *what grows in* the soil.
- 15 We get *grapes to make* [MTY] wine to *drink and* make us cheerful,
and we get *olives to make* [MTY] olive oil to *put on our* skin and cause it to shine,
and we get *grain to make* [MTY] bread to give us strength.
- 16 Yahweh, you *send plenty of rain to* water your trees,
the cedar *trees* that you planted in Lebanon.
- 17 Birds make their nests in those *trees*;
even storks make their nests in pine/fir trees.
- 18 High up in the mountains the wild goats live,
and hyraxes/badgers live in the crags/
crevices in the rocks.
- 19 *Yahweh*, you made the moon to indicate the times for our festivals,
and you made the sun that knows when to go down.
- 20 You bring darkness, and it becomes night,
when all the animals in the forest prowl around, *looking for food*.
- 21 At night the young lions roar as they seek their prey,
but they depend on you to give them food.
- 22 At dawn, they go back to their dens and lie down.

23 And during the daytime, people go to their work;
they work until it is evening.

24 Yahweh, you have made so many different kinds of things!
You were *very* wise as you made them all.
The earth is full of the creatures that you *made*.

25 We see the ocean which is very large [DOU]!
It is full of many kinds of living creatures,
big ones and little ones.

26 We see the ships which sail along!
We see the huge sea monster, which you made to ◀splash around/play▶ in the sea.

27 All of those creatures depend on you
to give them the food that they need.

28 When you give them the food that they need,
they gather it.

You give them what you have in your hand,
and they *eat it and* are satisfied.

29 *But* if you refuse to give food to them,
they become terrified.

And when you cause them to stop breathing, they die;
their bodies *decay and* become soil again.

30 When you cause newborn creatures to begin to breathe,
they start to live;
you give new life to all the living creatures on the earth.

- 31 I want the glory of Yahweh to last forever.
I want him to rejoice about *all* the things that
he has created.
- 32 He causes the earth to shake *just* by looking at
it!
By *merely* touching the mountains he makes/
causes them to pour out fire and smoke!
- 33 I will sing to Yahweh ◀as long as I live/
throughout my entire life▶.
I will praise my God until the day that I die.
- 34 I want Yahweh to be pleased by all those things
that I have thought *about him*,
because I rejoice about *knowing* him.
- 35 *But* I desire that sinners will disappear from
the earth,
so that there will be no more wicked *people*!

But as for me, I will praise Yahweh!

◀Praise him/Hallelujah▶!

105

- 1 Give thanks to Yahweh, and tell others that he
is very great!
Tell everyone in the world what he has done!
- 2 Sing to him; praise him as you sing to him;
tell others about his wonderful miracles.
- 3 Be happy because *you know that* he [MTY] is
holy!
You people who worship Yahweh, rejoice!
- 4 Ask Yahweh to help you and give you his
strength,

and continue to ask him!

5-6 You people who are descendants of God's servant Abraham,
you descendants of Jacob, the man God chose,
think about *all* the wonderful things that he has done:
He performed miracles, and he punished *all our enemies*.

7 He is Yahweh, our God.
He rules and judges *people* throughout the earth.

8 He never forgets the agreement that he made;
he made a promise that will last for 1,000 generations;

9 that is the agreement that he made with Abraham,
and he repeated that agreement with Isaac.

10 *Later* he confirmed it *again* to Jacob
as an agreement for the Israeli *people* that would last forever.

11 What he said was, "I will give you the Canaan region;
it will belong to you *and your descendants forever*."

12 *He said that to them* when there were only a few of them,
a tiny group of people who were living in that land like strangers.

13 They continued to wander from one place to another,
from one kingdom to another.

- 14 But he did not allow others to oppress them.
He warned those kings by saying to them,
- 15 “Do not do harm the *people* whom I have
chosen!
Do not harm my prophets!”
- 16 He sent a famine to Canaan, and *as a result all
the people* had no food to eat.
- 17 So his people went to Egypt, but first he sent
someone there.
He sent Joseph, who had been sold to be a
slave.
- 18 *Later, while Joseph was in prison in Egypt,*
they put his legs in shackles that bruised his
feet,
and they put an iron collar around his neck.
- 19 There, Yahweh ◀refined Joseph’s character/
tested Joseph to see if Joseph would con-
tinue to trust him▶,
until what Joseph predicted would happen
◀came true/happened▶.
- 20 The king *of Egypt* summoned him, and he set
Joseph free;
this ruler of many people-groups released
Joseph *from prison*.
- 21 *Then* he appointed him to take care of every-
thing in the king’s household,
to take care of everything that the king
possessed.
- 22 ◀Joseph was permitted/He permitted Joseph▶
to command the king’s servants
to do anything that Joseph wanted them to
do,

and *even* to tell the king's advisors the things
that they should do *for the people of Egypt*.

- ²³ Later, *Joseph's father* Jacob arrived in Egypt.
He lived like a foreigner in the land that
belonged to the descendants of Ham.
- ²⁴ And *years later* Yahweh caused the descen-
dants of Jacob to become very numerous.
As a result, their enemies, *the Egyptians*, con-
sidered that the Israelis were too strong.
- ²⁵ So Yahweh caused the rulers of Egypt to ◀turn
against/hate▶ the Israeli people,
and they planned ways to get rid of his
people.
- ²⁶ *But then* Yahweh sent his servant Moses
along with *Moses' older brother* Aaron,
whom Yahweh had *also* chosen to be his
servant.
- ²⁷ Those two performed amazing miracles among
the people of Egypt,
in that land where the descendants of Ham
lived.
- ²⁸ Yahweh sent darkness, so that the people of
Egypt could not see anything [DOU],
but the rulers of Egypt refused [RHQ] to obey
when *Moses and Aaron* commanded *them*
to let the Israeli people leave Egypt.
- ²⁹ Yahweh caused *all* the water in Egypt to
become ◀blood/red like blood▶,
and *his doing that* caused all the fish to die.
- ³⁰ *Then he* caused the land to become full of frogs;
the king and his officials even had frogs in
their bedrooms.

- 31 *Then* Yahweh commanded that flies come, and swarms of them descended *on the people of Egypt*, and gnats *also* swarmed across the whole country.
- 32 Instead of sending rain, Yahweh sent *terrible* hail, and lightning flashed throughout the land.
- 33 The hail ruined their grapevines and fig trees and shattered all the *other* trees.
- 34 He commanded locusts to come, and swarms of them came; *so many that* they could not be counted.
- 35 The locusts ate every green plant in the land, ruining all the crops.
- 36 *Then* Yahweh killed the oldest son in every house *of the people of Egypt* [DOU].
- 37 Then he brought the Israeli *people* out *from Egypt*; they were carrying loads of *jewelry made of silver and gold that the women of Egypt had given to them*.
- No one was left behind because of being sick.
- 38 *The people of Egypt* were glad when the Israeli people left, because they had become very afraid of the Israelis.
- 39 *Then* Yahweh spread a cloud to cover the Israelis; and *at night it became* a big fire *in the sky* to give them light.
- 40 *Later* the Israelis asked for *meat to eat*,

and Yahweh sent *flocks of* quail to them,
and he gave them plenty of manna *food* from the
sky *each morning*.

⁴¹ *One day* he caused a rock to open up and water
poured out *for them to drink*;
it was like a river flowing in that desert.

⁴² *He did that* because he kept thinking about
the sacred promise *that he had given* to his
servant, Abraham.

⁴³ So his people were joyful as he brought them
out from Egypt;
those people whom he had chosen were
shouting joyfully as they went.

⁴⁴ He gave to them the land that belonged to the
people-groups *that lived there in Canaan*,
and the Israelis harvested crops that *other*
people had planted.

⁴⁵ *Yahweh did all these things*
in order that his people would do all the
things that he had commanded them to do
[DOU].

Praise Yahweh!

106

¹ Praise Yahweh!

Praise Yahweh, because he does good things *for*
us;
he faithfully loves *us* forever/continually!

² *Because Yahweh has done many great things*,
no one can [RHQ] tell all the great things that
Yahweh has done,

and no one can praise him enough/sufficiently.

³ ◀Happy are/He is pleased with▶ those who act fairly/justly,
with those who always do what is right.

⁴ Yahweh, be kind to me when you help your people;
help me when you rescue/save them.

⁵ Allow me to see it when your people become prosperous again
and when *all the people of* your nation,
Israel, are happy;
allow me to be happy with them!
I want to praise you along with *all those others* who belong to you.

⁶ We and our ancestors have sinned;
we have done things that were very wicked
[DOU].

⁷ When our ancestors were in Egypt,
they did not pay attention to the wonderful things that Yahweh did;
they forgot about the many times that he showed that he faithfully loved them.

Instead, when they were at the Red Sea,
they rebelled against God, who is greater than any other god.

⁸ But he rescued them for the sake of his own *reputation*
in order that he could show that he is very powerful.

⁹ He rebuked the Red Sea and it became dry,

- and *then* while he led our ancestors across it,
they walked through it as though it were as dry as a desert [SIM].
- 10 In that way he rescued them from the power [MTY] of their enemies who hated them [DOU].
- 11 *Then* their enemies were drowned in the water of the Red Sea;
not one of them was left.
- 12 When that happened, our ancestors believed that *Yahweh had truly done for them* what he had promised to do,
and they sang to praise him.
- 13 But they soon forgot what he had done for them;
they *did things* without waiting to find out what Yahweh wanted them to do.
- 14 They intensely wanted *food like they formerly ate in Egypt*.
They *did evil things* to find out if they could do those things without God punishing them.
- 15 So he gave them what they requested,
but he *also* caused a terrible disease to afflict them.
- 16 *Later* when some of the men became jealous of Moses
and his older brother Aaron, who was dedicated to serve Yahweh by being a priest,
- 17 the ground opened up and swallowed Dathan and also buried Abiram and his family.
- 18 And God sent a fire down from heaven

which burned up *all* the wicked *people who*
◀supported them/agreed with▶ them.

19 Then the *Israeli leaders* made a gold statue at
Sinai Mountain
and worshiped it.

20 Instead of worshiping *our* glorious God,
they *started to* worship a statue of a bull that
eats grass!

21 They forgot about God, who had rescued them
by the great miracles that he performed in
Egypt.

22 They forgot about the wonderful things that he
did for them in Egypt
and the amazing/awesome things that he did
for them at the Red Sea.

23 Because of that, God said that he would get rid
of the Israelis,
but Moses, whom God had chosen *to serve*
him, pleaded with God *not to get rid of*
them.

And as a result God did not destroy them.

24 *Later*, our ancestors ◀refused/were afraid▶ to
enter beautiful *Canaan* land
because they did not believe *that God would*
enable them to take the land from the
people who were living there, as he had
promised.

25 They stayed in their tents and grumbled
and would not pay attention to what Yahweh
said that they should do.

26 So he solemnly [MTY] told them

that he would cause them to die *there* in the desert,

27 and that he would scatter their descendants among the *people of other* nations/
people-groups *who did not believe in him*,
and that he would allow them to die in those lands.

28 Later the Israeli people *started to worship the idol of Baal who they thought lived at Peor Mountain*,

and they ate *meat that had been sacrificed to Baal and those other* lifeless gods.

29 Yahweh became very angry because of what they had done,
so *again* he sent a terrible disease to attack/
strike them.

30 But Phinehas stood up and punished/killed *the ones who had sinned greatly*,
and as a result the ◀plague/serious disease▶
ended.

31 People have remembered that righteous thing that Phinehas did,
and in future years people will remember it.

32 *Then* at Meribah Springs our ancestors caused Yahweh to become angry,
and as a result Moses had trouble.

33 They caused Moses to become very angry [IDM],
and he said things that were foolish.

34 Our ancestors did not destroy the people *who did not believe in Yahweh*

like he told them to do.

35 Instead, they mingled with people from those people-groups, and they started to do the evil things that those people did.

36 Our ancestors worshiped the idols of those people, which resulted in their being destroyed/exiled/taken to another country [MET].

37 *Some of the Israelis sacrificed their sons and daughters to the demons that those idols represented.*

38 They killed [MTY] their own children, who ◀were innocent/had not done things that were wrong▶,

and offered them as sacrifices to the idols in Canaan.

As a result, Canaan land was polluted by those murders [MTY].

39 So by their deeds they caused themselves to become unacceptable to God;

because they did not faithfully worship only God,

they became like women who sleep with other men instead of sleeping only with their husbands [MET].

40 So Yahweh became very angry with his people; he was completely disgusted with them.

41 *As a result* he allowed people-groups *who did not believe in him* to conquer them, so those who hated our ancestors started to rule over them.

- 42 Their enemies ◀oppressed them/treated them cruelly▶
and completely controlled them [MET].
- 43 Many times Yahweh rescued them,
but they continued to rebel against him,
and they were finally destroyed because of
the sins that they committed.
- 44 However, Yahweh *always* heard them when
they cried out to him;
he listened to them when they were dis-
tressed.
- 45 For their sake, he thought about the agree-
ment/promise that he had made *to bless*
them,
and because he never stopped loving them
very much,
he changed his mind *about punishing them*
more.
- 46 He caused all those who had taken the Israelis
to Babylonia to ◀feel sorry for/pity▶ them.
- 47 Yahweh our God, rescue/save us
and bring us back *to Israel* from among those
people-groups
in order that we may thank you [MTY]
and joyfully praise you.
- 48 Praise Yahweh, the God whom *we* Israelis
worship,
praise him now and forever!

And I want everyone to say, "Amen/May it be so!"
Praise Yahweh!

Book Five

107

- ¹ Give thanks to Yahweh, because he always does
good *things for us*
His faithful love *for us* lasts forever!
- ² Those whom Yahweh has saved should tell
others
that he has rescued them from their ene-
mies.
- ³ He has gathered *those of you* who were ◀exiled/
taken forcefully▶ to many lands;
he has gathered you together from the east
and the west,
from the north and from the south.
- ⁴ Some of those *who returned from those coun-*
tries wandered in the desert;
they were lost and had no homes to live in.
- ⁵ They were hungry and thirsty,
and they were very discouraged.
- ⁶ When they were in trouble, they called out to
Yahweh,
and he rescued them from ◀being dis-
tressed/their difficulties▶.
- ⁷ He led them along a straight road *where they*
walked safely
to cities *in Canaan* where they could live.
- ⁸ They should praise/thank Yahweh for loving
them faithfully
and for the wonderful things that he does for
people.
- ⁹ He gives thirsty people plenty *of water* to drink,

and he gives hungry people plenty of good things *to eat*.

¹⁰ Some of them were in very dark [HEN] ◀places in *Babylonia/other countries*▶; they were prisoners, suffering because of chains *fastened to their hands and feet*.

¹¹ They were in prison because they had ◀rebelled against/not obeyed▶ the message of God;

they were there because they had despised the advice given by God,
who is greater than all other gods.

¹² *That is why* their bodies were worn out from hard labor;
when they fell down, there was no one who would help them.

¹³ In their troubles, they called out to Yahweh,
and he rescued them from their being distressed.

¹⁴ He broke the chains that were on their hands and feet;
and brought them out of those very dark *prisons*.

¹⁵⁻¹⁶ He broke down the *prison* gates that were made of bronze,
and cut through the *prison* bars that were made of iron.

So they also should praise/thank Yahweh for faithfully loving *them*,
and for *all* the wonderful things that he does for people.

- 17 Some of them foolishly rebelled *against God*,
so they suffered for their sins.
- 18 They did not want to eat any food,
and they almost died.
- 19 In their troubles, they *also* called out to
Yahweh,
and he rescued them from their being dis-
tressed.
- 20 When he commanded that they be healed, they
were healed;
he saved them from dying.
- 21 They *also* should praise/thank Yahweh for
faithfully loving them,
and for *all* the wonderful things that he does
for people.
- 22 They should give offerings to him to show that
they are thankful,
and they should sing joyfully about the
miracles that he has performed.
- 23 Some of them sailed in ships;
they were selling things *in ports* throughout
the world.
- 24 As *they were sailing*, they also saw the miracles
that Yahweh performed,
the wonderful things that he did *when they*
were on very deep seas.
- 25 He commanded the winds, and they became
strong
and ◀stirred up high waves/caused waves to
rise high▶.
- 26 The ships *in which they were sailing* were
tossed high in the air,

and *then* they sank into the ◀troughs/low places▶ *between the high waves*;
then the sailors were terrified.

27 They stumbled about and staggered like
drunken men,
and they did not know what to do.

28 In their troubles, they *also* called out to
Yahweh,
and he rescued them from their distresses.

29 He ◀calmed the storm/caused the wind to stop
blowing▶,
and he caused the waves to completely
subside.

30 They were *very* glad when it became calm;
and Yahweh brought them safely into a
harbor.

31 They *also* should praise/thank Yahweh for
faithfully loving *them*,
and for *all* the wonderful things that he does
for people.

32 They should praise him among the *Israeli*
people when they have gathered together,
and they should praise him in front of the
leaders *of the country*.

33 *Sometimes* Yahweh causes rivers *to become*
dry,
with the result that the land becomes a
desert,
and springs of water become dry land.

34 *Sometimes* he causes land that has produced
lots of crops to become salty wastelands,
with the result that they do not produce crops.

- He does that because the people who live there are *very* wicked.
- 35 *But sometimes* he causes pools of water to appear in deserts,
and he causes springs to flow in very dry ground.
- 36 He brings hungry *people* into that land, to live there and build cities *there*.
- 37 They plant seeds in their fields,
and they plant grapevines that produce big crops *of grapes*.
- 38 He blesses the people, and the women give birth to many children,
and they have large herds of cattle.
- 39 When the number of people becomes smaller
and they have been humiliated *by their enemies*
by being oppressed and caused to suffer [DOU],
- 40 Yahweh shows contempt for the leaders who oppress them,
and causes them to wander in deserts where there are no roads.
- 41 But he rescues poor *people* from ◀being in misery/suffering▶,
and causes their families to *increase in number* like flocks of sheep.
- 42 Godly/Righteous *people will* ◀see/hear about▶ these things, and they will rejoice,
and wicked people *will hear about these things, too,*
but they will have nothing to say in reply.

- 43 Those who are wise should think carefully
about those things;
they should consider *all the things* that
Yahweh *has done to show that he faithfully*
loves *them*.

108

A psalm written by David

- 1 God, I am ◀very confident/trusting completely▶
[IDM] in you.
I will sing to praise *you*.
with all my inner being.
- 2 I will arise before the sun rises,
and I will *praise you while I play* my *big* harp
and my ◀lyre/small harp▶.
- 3 I *prayed*, “Yahweh, I will thank you among *all*
the people-groups;
I will sing to praise you among the nations,
4 because your faithful love for us reaches up to
the heavens,
and your faithfully doing what you promise
is as great as the distance up to the clouds.
- 5 Yahweh, *show* in the heavens that you are very
great!
And *show* your glory to *people* all over the
earth!
- 6 Answer our *prayers* and by your power help us
[MTY] to *defeat our enemies*
in order that we, the people whom you love, may
be saved/rescued.”
- 7 And *Yahweh answered our prayers and* spoke
from his temple, saying, “Because I have

conquered *your enemies*, I will joyfully
divide *everything* in Shechem city
and I will distribute among my people *the
valuable things* in Succoth Valley.

⁸ The Gilead *region* is mine;
the *people of the tribe of* Manasseh are mine;
the tribe of Ephraim is like my war helmet,
and *the tribe of* Judah is like the ◀scepter/
stick that I hold which shows that I am the
ruler▶ [MET];

⁹ the Moab *region* is like my washbasin [MET];
I throw my sandal in the Edom *area to show
that it belongs to me*;
I shout triumphantly because I have de-
feated *the people of* the Philistia *area*."

¹⁰ *Because we want to attack the people of* Edom,
◀who will lead my *army triumphantly* to their
capital city that has strong walls around
it?/I want someone to lead my *army tri-
umphantly* to their *capital city* that has
strong walls around it.▶ [RHQ]

¹¹ God, we *hope that* [RHQ] you have not aban-
doned us,
and that you will go with us when our army
marches out *to fight our enemies*.

¹² *We need you to help us* when we fight against
our enemies,
because the help that humans can give us is
worthless.

¹³ *But with you helping us*, we shall win;
you will *enable us to* defeat our enemies.

109

A psalm written by David for the choir director

- ¹ God, you are the one whom I praise,
So please answer my prayer,
- ² because wicked people slander me
and tell [MTY] lies about me.
- ³ They are constantly saying that they hate me,
and they say evil things about me for no reason.
- ⁴ I show them that I want to be their friends
and I pray for them,
but *instead of being kind to me*, they say that
I have done evil things.
- ⁵ In return for my doing good things for them
and loving them,
they do evil things to me and hate me.
- ⁶ They said, "Appoint a wicked *judge* who will
judge him,
and bring in one of his enemies who will stand
up and accuse him.
- ⁷ And cause that when the trial *ends*,
the judge will declare that he is guilty,
and that *even* his prayer will be considered
to be a sin.
- ⁸ *Then*, cause that he will soon die
and that someone else will have his job/work
(OR, possessions).
- ⁹ Cause that his children will not have a father
any more
and that his wife will become a widow.
- ¹⁰ Cause that his children will be forced to leave
the ruined homes that they have been
living in

- and wander around begging for food.
- 11 Cause that all the people to whom he owed money will seize all his property;
Cause that strangers will take away everything that he worked to acquire.
- 12 Cause that *while he is still living* no one will be kind to him,
and *after he dies*, cause that no one will pity his children.
- 13 Cause that all his descendants will die
and that his grandchildren will not remember who he [MTY] was.
- 14 Yahweh, remember *and do not forgive* his ancestors for the evil things that they did,
and do not *even* forgive the sins that his mother committed;
- 15 think about his sins continually,
and cause that his name will be completely forgotten.
- 16 He never was kind to anyone;
he ◀persecuted/cause problems for▶ poor and needy *people*
and even killed helpless *people*.
- 17 He liked to curse *people*.
So cause those terrible things that he requested to happen to others to happen to him!
- He did not want to bless *others*,
so cause that no one will bless him!
- 18 He cursed other people *as often/easily* as he put on his clothes [SIM];
cause that the terrible things that he wanted to happen to others will *happen to him and*

- enter his body like water *that he drinks* [SIM],
like *olive* oil soaks into a person's bones
when it is rubbed on his skin [SIM].
- 19 Cause that those terrible things will cling to
him like his clothes
and be around him like the belt that he wears
every day."
- 20 Yahweh, I want you to punish all my enemies
that way,
those who say evil things about me.
- 21 But Yahweh, my God, do good things for me
in order that I may honor you;
rescue me *from my enemies*
because your faithfully loving me is good.
- 22 *I ask you to do this* because I am poor and
needy
and my inner being is ◀full of pain/very
troubled/discouraged▶.
- 23 *I think that my time to remain alive* is short,
like an evening shadow *that will soon disap-
pear* [SIM].
I will be blown away like a locust/grasshop-
per is blown *by the wind*.
- 24 My knees are weak because I have ◀fasted/
abstained from eating food▶ very often,
and my body has become very thin.
- 25 The people who accuse me make fun of me;
when they see me, they *insult me by* shaking
their heads *at me as though I were an evil
man*.
- 26 Yahweh, my God, help me!

Because you faithfully love *me*, rescue me!

²⁷ *When you save me,*

cause my enemies to know that you are the
one who has done it!

²⁸ They may curse me, but I ask that you bless
me.

Cause those who ◀persecute/cause problems
for▶ me *to be defeated and as a result to be*
disgraced/ashamed,

and cause me to be glad/happy!

²⁹ Cause those who accuse me to be completely
disgraced;

cause *other people to see* that they are
disgraced, as *easily as they see* the clothes
that they wear [SIM]!

³⁰ But I will thank Yahweh very greatly;

I will praise him *when I am* among the crowd
of people who are worshiping him.

³¹ *I will do that* because he defends [MTY] needy
people like me,

and saves us from those who have decided/
declared that we must be executed.

110

A psalm written by David

¹ Yahweh said to my lord *the king,*

“Sit *here*, close to me, in the place of highest
honor [MTY]

until I *completely defeat* your enemies [MET]
and make them like a stool for your feet!”

² Yahweh *also said to him*, “I will extend your power as king
from Jerusalem *to other lands*;
you will rule over all your enemies.

³ On the day that you lead your armies into battle,
many of your people will volunteer *to join your army*.

Like the dew refreshes the earth early in the morning,
young men will *encourage you by coming to help you*.”

⁴ Yahweh has made a solemn promise,
and he will never change his mind;
he has said to the king, “You will be a priest forever
serving Yahweh like Melchizedek did.”

⁵ Yahweh stands *in the place of highest honor* at your right side;
when he becomes angry, he will defeat *many kings*.

⁶ He will judge and punish the people of *many nations*;
he will fill the land with their corpses.
He will crush the heads of other kings all over the earth.

⁷ But my lord the king will drink from streams near the road;
he will be refreshed after defeating his enemies.

111

¹ Praise Yahweh!

I will thank Yahweh with my entire inner being,
every time I am with a large group of godly/
righteous people.

² The things that Yahweh has done are wonderful!

All those who are delighted/pleased with those things

desire to ◀study/think about▶ them.

³ *Because of everything* that he does,
people greatly honor him and respect him
because he is a great king;

the righteous/just things that he does will endure
forever.

⁴ He has *appointed/established festivals in which*
we remember the wonderful things that
he has done;

Yahweh *always* is kind and merciful.

⁵ He provides food for those who revere him;
he never forgets the agreement that he made
with our ancestors.

⁶ By enabling his people to capture the lands that
belonged to other people-groups,

he has shown to *us*, his people, that he is very
powerful.

⁷ He [MTY] faithfully *does what he has promised*
and always does what is just/fair,
and we can depend on him *to help us* when
he commands us to do things.

⁸ What he commands must be obeyed forever;
and he acted in a true and righteous manner
when he gave us those commands.

- ⁹ He rescued *us*, his people, *from being slaves in Egypt*,
and he made an agreement *with us* that will
last forever.
He [MTY] is holy and awesome!
- ¹⁰ Revering Yahweh is the way to become wise.
All those who obey *his commands* will know
what is good *for them to decide to do*.
We should praise him forever!

112

- ¹ Praise Yahweh!

◀Happy are/He is pleased with▶ those who
revere him,
those who happily obey his commands.

- ² Their children will prosper in their land;
and their descendants will be blessed *by God*.
- ³ Their families [MTY] will be very wealthy
[DOU],
and *the results of* their righteous deeds will
endure forever.
- ⁴ Godly/Righteous people are *like* lights [SIM] that
shine in the darkness
on those who are kind, merciful and right-
eous.
- ⁵ Things *will* go well for those who generously
lend money to others
and who conduct their businesses honestly.
- ⁶ Righteous people will not be overwhelmed/wor-
ried/distressed *because of their troubles*,

and they will never be forgotten *by other people*.

⁷ They are not afraid of *receiving* bad news;
they confidently/completely trust in Yahweh.

⁸ They are confident and not afraid,
because they know that they will see *God defeat* their enemies.

⁹ They give things generously to poor/needly
people;
the results of their kind deeds will endure
forever,
and they *will* be exalted and honored.

¹⁰ Wicked people see those things and are angry;
they gnash their teeth *angrily*,
but they *will* disappear *and die*.
The *wicked* things that they want to do *will*
never happen.

113

¹ Praise Yahweh!

You people who serve Yahweh, praise him!

Praise ◀him/his name▶!

² Yahweh should be praised now and forever!

³ People who live in the east and people who live
in the west,
everyone, should praise Yahweh [MTY]!

⁴ Yahweh rules [MTY] over all the nations,
and high in the heavens he shows that his glory
is very great.

⁵ There is no one [RHQ] who is like Yahweh, our
God,
who lives/sits/rules in the highest heaven,
⁶ and looks far down through the heavens
and sees the *people* on the earth.

⁷ Sometimes he lifts poor people up so that they
no longer sit in the dirt;
he helps needy *people* so that they no longer sit
on heaps of ashes

⁸ and causes them to *be honored* by sitting next
to princes,
the sons of the kings *who rule* their people.

⁹ He also enables women who have no children
to have a family;
he causes them to be happy mothers.

Praise Yahweh!

114

¹ When the Israeli *people* left Egypt,
when they who were descendants of Jacob left
people who spoke a foreign/different lan-
guage,

² *the land of* Judah became the place where
people worshiped God;
and Israel became the land (OR, the *Israeli*
people became the people) that he ruled
over.

³ *When they came to the Red Sea,*
it was as though the water saw them and ran
away!

When they came to the Jordan River,

that *water in the river* stopped flowing so
that the *Israelis* could cross it.

- ⁴ When they came to *Sinai Mountain* and there
was a *big earthquake*,
it was as though the mountains skipped/
jumped like goats do
and the hills jumped around like lambs do.

- ⁵ If someone asks, “What happened at the *Red Sea*
that caused the water to run away?

What happened that caused the *water in the*
Jordan River to stop flowing?

- ⁶ What happened that caused the mountains to
skip like goats
and caused the hills to jump around like
lambs?”

- ⁷ I would reply that it was the presence of the
Lord that caused those things to happen!

Everyone/Everything on the earth should tremble
in the presence of God, whom ◀Jacob
worshipped/the Israeli people worship▶!

- ⁸ He is the one who caused pools of water *for the*
Israeli people to drink to flow from a rock;
he caused a spring *to flow* from a solid rock
cliff!

115

- ¹ Yahweh, people should praise *only* you [MTY];
they must praise you, not us,
because you faithfully love us and always do
what you have promised to do.

- ² It is not right that [RHQ] *other* people-groups
should say about us,
“*They claim that their God is very powerful,*
but if that is true, why does he not help
them?”
- ³ Our God is in heaven,
and he does whatever he wants to!
- ⁴ *But* their idols are only *statues made of* silver
and gold,
things that humans have made.
- ⁵ Their idols have mouths, but they cannot say
anything;
they have eyes, but they cannot see *anything*.
- ⁶ They have ears, but they cannot hear *anything*;
they have noses, but they cannot smell
anything.
- ⁷ They have hands, but they cannot feel *anything*;
they have feet, but they cannot walk,
and they have throats but cannot *even* make
any sounds!
- ⁸ The people who make those idols are as
powerless as those idols,
and those who trust in those idols *can*
accomplish nothing, just like their idols!
- ⁹ You, *my fellow* Israeli people, trust in Yahweh!
He is the one who helps you and *protects you*
like [MET] a shield.
- ¹⁰ You priests [MTY], trust in Yahweh!
He is the one who helps you and *protects you*
like [MET] a shield.
- ¹¹ *All* you who revere Yahweh, trust in him!

He is the one who helps you and *protects you like* [MET] a shield.

- 12 Yahweh has not forgotten us;
he will bless us Israeli people [MTY]!
He will bless the priests,
- 13 and he will bless *all* those who revere him;
he will bless important *people* and people
who are considered to be unimportant,
everyone!
- 14 I desire that Yahweh will give many children
to you *my fellow-Israeli people*, and to your
descendants.
- 15 I desire that Yahweh, the one who made
heaven and the earth, will bless *all of* you!
- 16 The *highest* heavens belong to Yahweh,
but he gave *everything that is on* the earth to
us people.
- 17 Dead *people* are not *able to* praise Yahweh;
when they descend into the place where
dead people are,
they are unable to speak and cannot praise
him.
- 18 But we *who are alive* will thank/praise him,
now and forever.

Praise Yahweh!

116

- 1 I love Yahweh,
because he hears me when I cry for him to
help me.

- ² He listens to me,
so I will call out to him all during my life.
- ³ Everything around me [MET] caused me to
think that I would die;
I was very afraid that I would *die and go to*
the place where dead people are.
I was very distressed/worried and afraid.
- ⁴ *But* then I called out to Yahweh, saying,
“Yahweh, I plead with you to save/rescue
me!”
- ⁵ Yahweh is kind and does what is right;
he is our God, and he acts mercifully *to us*.
- ⁶ He protects those who ◀are helpless/cannot
defend themselves▶;
and when I thought that I would die, he
saved me.
- ⁷ I must encourage/tell myself to ◀have inner
peace/not worry any more▶,
because Yahweh has done very good things
for me.
- ⁸ Yahweh has saved me [SYN] from dying,
and has kept/protected me from *troubles that*
would cause me to cry.
He has kept/protected me from stumbling.
- ⁹ *So here* on the earth, where people are still
alive,
I live knowing that Yahweh is *directing* me.
- ¹⁰ I continued to believe/trust *in Yahweh*,
even when I said, “I am greatly afflicted/
troubled.”

11 *Even* when I was distressed/worried and said,
 "I cannot trust anyone,"
 I continued to trust in Yahweh.

12 So now *I will tell you* [RHQ] what I will offer to
 Yahweh,
 because of all the good things that he has
 done for me.

13 I will offer to him a cup *of wine*
 to thank him for saving/rescuing me.

14 When I am together with many [HYP] people
 who belong to Yahweh,
 I will give to him the offerings that I
 solemnly promised to give to him.

15 Yahweh is very grieved/sad when one of his
 people dies.

16 I am one of those who serve Yahweh;
 I serve him like my mother did.
 He has freed/saved me from dying (OR, from
 being fastened by chains).

17 So I will offer to him a sacrifice to thank him,
and I will pray to him.

18-19 When I am together with many of [HYP] the
 people who belong to Yahweh,
 in the courtyard outside his temple in
 Jerusalem,
 I will give to him the offerings that I
 solemnly promised to give to him.

Praise Yahweh!

117

- ¹ You *people* of all nations, praise Yahweh!
All you people-groups, extol/praise him,
² because he faithfully loves us *very* much.
and he will forever faithfully do *for us* what
he promised that he would do.

Praise Yahweh!

118

- ¹ Tell Yahweh that you thank him very much for
the good *things that he has done for you*
He faithfully loves *us, his people*, forever.
- ² You Israeli *people* should *repeatedly* shout,
“He faithfully loves *us, his people*, forever!”
- ³ You *priests* who are descendants of Aaron
should repeatedly shout,
“He faithfully loves *us, his people*, forever!”
- ⁴ All you who revere him should repeatedly
shout,
“He faithfully loves *us, his people*, forever!”
- ⁵ When I was distressed, I called out to Yahweh,
and he answered me and set me free *from*
my worries/troubles.
- ⁶ Yahweh is ◀on my side/helping me▶,
so I will not be afraid *of anything*.
No one [RHQ] can do anything that will
prevent God from blessing me forever.
- ⁷ Yes, Yahweh is ◀on my side/helping me▶,
so I will look triumphantly at my enemies
while he defeats them.

- ⁸ It is better to trust in Yahweh
than to ◀depend on/trust in▶ people.
- ⁹ It is better to trust Yahweh to protect *us*
than to trust *that influential/important* people
will protect *us*.
- ¹⁰ Armies of [MTY] many nations surrounded me,
but Yahweh enabled me to defeat them by
his power [MTY].
- ¹¹ They completely surrounded me,
but I defeated them all by the power of
Yahweh.
- ¹² They swarmed around me like *angry* bees;
they were like a fire that blazes strongly, but
only briefly, in a thornbush,
but I defeated them by the power [MTY] that
Yahweh gave me.
- ¹³ *My enemies* attacked me fiercely and almost
defeated me,
but Yahweh helped me.
- ¹⁴ Yahweh is the one who makes me strong,
and he is the one about whom I *always* sing;
he has saved me *from my enemies*.
- ¹⁵ Listen to the joyful songs of victory being sung
in the tents of godly/righteous people!
They sing, "Yahweh has defeated our ene-
mies by his mighty power [MTY];
- ¹⁶ he has raised his strong right arm *to show he*
has defeated his enemies.
Yahweh has completely defeated them!"

- 17 I will not be killed *in battle*;
I will live to proclaim the great things that
Yahweh has done.
- 18 Yahweh has punished me severely,
but he has not allowed ◀me to die/my
enemies to kill me▶.
- 19 You gatekeepers, open for me the gates of the
temple
in order that I may enter and thank Yahweh.
- 20 Those are the gates *through which we enter the
temple to worship* Yahweh;
godly/righteous people enter those gates.
- 21 Yahweh, I thank you that you answered my
prayer,
and you saved me *from my enemies*.
- 22 Yahweh's *promised/chosen king is like* [MET]
the stone which the builders rejected
when they were building a house,
but that stone became the ◀cornerstone/most
important stone in the building▶.
- 23 ◀This was done by Yahweh/Yahweh has done
this▶,
and it is a wonderful thing for us to see.
- 24 This is the day in which *we remember that*
Yahweh acted *powerfully to defeat our
enemies*;
we will rejoice and be glad/happy today.
- 25 Yahweh, we plead with you to *keep* rescuing
us *from our enemies*.
Yahweh, please help us ◀accomplish/ do
well▶ *what we want to do*.

26 Yahweh, bless the one who will come with
your authority [MTY].
And from the temple we ◀bless/ask Yahweh
to bless▶ all of you.

27 Yahweh is God,
and he has caused his light to shine on us.
Come, carrying *palm* branches, and join the
people *who are starting* the festival as they
go to the altar.

28 *Yahweh*, you are the God whom I *worship*, and
I will praise you!
You are my God, and I will tell *everyone* that
you are great!

29 Thank Yahweh, because he does good things
for us
He will faithfully love *us* forever.

119

1 ◀Yahweh is pleased with/Happy are▶ those
about whom no one can say truthfully that
they have done things that are wrong,
those who always obey the laws of Yahweh.

2 Yahweh is pleased with those who ◀obey his
requirements/do what he has instructed
them to do▶,
those who request him with their entire inner
beings to help them *to do that*.

3 They do not do things that are wrong;
they behave like Yahweh wants them to.

- 4 Yahweh, you have given *us* ◀your principles of behavior/all the things that you have declared that we should do▶,
and you told us to obey them carefully.
- 5 I desire that I will faithfully/always obey all
◀your statutes/that you have said that we should do▶.
- 6 If I continually ◀heed/pay attention to▶ all
◀your commands/that you have commanded▶,
I will not be disgraced/ashamed.
- 7 When I learn *all of* ◀your regulations/the rules that you have given *to us*▶,
I will praise you with a pure inner being [IDM].
- 8 I will obey all ◀your statutes/that you have decreed that *we* should do▶;
do not desert/abandon me!
- 9 *I know* [RHQ] how a youth can ◀keep his life pure/avoid sinning▶;
it is by obeying what you have told us to do.
- 10 I try to serve you with my entire inner being;
do not allow me to ◀wander away from obeying/disobey▶ ◀your commands/what you have commanded▶.
- 11 I have ◀memorized/stored in my mind▶ *many of* ◀your words/what you have promised▶
in order that I will not sin against you.
- 12 Yahweh, I praise you;
teach me ◀your statutes/what you have declared▶.
- 13 I [MTY] tell others ◀the regulations/the rules that you have given *to us*▶.

- 14 I like to obey ◀your requirements/what you have instructed *us to do*▶;
I enjoy that more than being very rich.
- 15 I will ◀study/think about▶ ◀your principles of behavior/what you have declared that we should do▶,
and I will pay attention to what you have showed *me*.
- 16 I will be happy *to obey* ◀your statutes/what you have decreed that *we* should do▶,
and I will not forget your words.
- 17 Do good things for me, who serve you,
in order that I may continue to live and obey
◀your words/what you have told us to do▶
during all my life.
- 18 Open my mind
in order that I may know the wonderful things that *are written* in your laws.
- 19 I am living *here* on the earth for only a short time;
◀do not prevent me from *understanding*/
help me to understand▶ [LIT] ◀your com-
mands/what you have commanded▶.
- 20 In my inner being I strongly desire to know
◀your regulations/the rules that you have given to us▶ all the time.
- 21 You rebuke those who are proud;
cursed are those who disobey ◀your com-
mands/what you have commanded▶.
- 22 Do not allow them to continue to insult and scorn me;
I request this because I have obeyed what you have instructed us to do.

- 23 Rulers gather together and plan ways to harm me,
but I will ◀meditate on/ study▶ ◀your statutes/what you have decreed▶.
- 24 I am delighted with ◀your requirements/what you have instructed *us to do*▶;
it is as though they are my advisors.
- 25 *I think that* I will soon die [IDM];
revive/heal me, as you have told me that you would.
- 26 When I told you about my behavior, you answered me;
teach me ◀your statutes/what you have decreed that we should do▶.
- 27 Help me to understand ◀your principles of behavior/what you have declared that we should do▶,
and *then* I will ◀meditate on/think about▶ the wonderful things that you *have done*.
- 28 I am very sad/sorrowful [IDM], with the result that I have no strength;
enable me to be strong *again*, like you promised me that you would do.
- 29 Prevent me from doing what is wrong,
and be kind to me by teaching me your laws.
- 30 I have decided that I will faithfully/always *obey you*;
I have ◀paid attention to/heeded▶ ◀your regulations/the rules that you have given to us▶.
- 31 Yahweh, I try to carefully hold fast to what you have instructed *us to do*;

do not *abandon me*, with the result that I would become disgraced.

32 I will eagerly obey [IDM] ◀your commands/
what you have commanded▶,
because you have enabled me to understand
more *what you want me to do*.

33 Yahweh, teach me the meaning of ◀your
statutes/the things that you have decreed
that we should do▶,
and *then* I will obey them, every one of them.

34 Help me to understand your laws
in order that I may obey them with all my
inner being.

35 I am happy with ◀your commands/what you
have commanded▶,
so ◀lead me along the paths/enable me to
walk on the road▶ that you *have chosen
for me*.

36 Cause me to want to obey your rules
and not to want to become rich.

37 Do not allow me to look at things that are
worthless,
and allow me to continue to live, like you
promised that you would do.

38 *Because* I serve you, do what you promised to
do for me,
which is what you also promise to do for *all*
those who revere you.

39 *People* insult me;
protect me from those insults, *because* I hate
them.

The ◀regulations/rules that you have given
to us▶ are *very good*!

40 I very much desire *to obey* ◀your principles of
behavior/what you have declared that we
should do▶;

because you are righteous, allow me to
continue to live (OR, be good to me).

41 Yahweh, show me that you faithfully love me,
and rescue/save me, like you have said/
promised that you would.

42 After you do that, I will be able to reply to those
who insult me,
because I trust in ◀your word/what you have
promised that you would do▶.

43 Always enable me to [LIT] speak your truth,
because I have confidence in ◀your regula-
tions/the rules that you have given us▶.

44 I will always obey your laws,
forever.

45 I will be free *from* ◀affliction/my enemies'
attacks▶,
because I have tried *to obey* ◀your principles
of behavior/what you have declared that
we should do▶.

46 I will tell to kings ◀your requirements/what
you have instructed us to do▶;
and *because I did not abandon you*, those
kings will not cause me to be ashamed.

47 I am delighted to *obey* ◀your commands/what
you have commanded▶,
and I love them.

- 48 I respect/revere [IDM] ◀your commands/what you have commanded▶,
and I love them,
and I will ◀meditate on/think about▶ ◀your statutes/what you have decreed that we should do▶.
- 49 Do not forget what you said/promised to do for me, who serve you,
because what you have said has caused me to confidently expect *good things from you*.
- 50 When I have been suffering, you comforted me;
you did what you promised me, and that [PRS] revived me.
- 51 Proud people are always making fun of me,
but I do not ◀turn away from/stop▶ *obeying* your laws.
- 52 Yahweh, when I think about ◀your regulations/the rules▶ that you gave to us long ago,
I am comforted/encouraged.
- 53 When *I see that* wicked people have disregarded your laws,
I become very angry.
- 54 While I have been living here for a short time on the earth,
I have written songs about ◀your statutes/what you have decreed that we should do▶.
- 55 Yahweh, during the night I think about you [MTY],
and so I obey your laws.

- 56 What I have always done is to obey ◀your principles of behavior/what you have declared that we should do▶.
- 57 Yahweh, you are the one whom I have chosen, and I promise to ◀obey your words/do what you have told us to do▶.
- 58 With all my inner being I plead with you to be good to me;
be kind to me, like you promised/said that you would do.
- 59 I have thought about my behavior, and I *have decided* to return to *obeying* ◀your requirements/what you have instructed us to do▶.
- 60 I hurry to obey ◀your commands/what you have commanded▶;
I do not delay *at all*.
- 61 Wicked people have *tried to* seize me, *like a hunter tries to catch an animal* with a net [MET],
but I do not forget your laws.
- 62 In the middle of the night I wake up, and I praise you for ◀your commands/the rules that you have given us to do▶;
they are fair/just.
- 63 I am a friend of all those who revere you, those who obey ◀your principles of behavior/what you have declared that we should do▶.
- 64 Yahweh, you faithfully/always love *people* all over the earth;

teach me ◀your statutes/what you have
decreed that *we* should do▶.

65 Yahweh, you have done good things for me,
like you promised/said that you would do.

66 Teach me to think carefully before I decide
what to do,
and *teach me other things that I need to*
know,
because I believe *that it is good for us*
to obey ◀your commands/what you have
commanded▶.

67 Before you afflicted/punished me, I did things
that were wrong,
but now I obey ◀your words/what you have
told us to do▶.

68 You are *very* good, and what you do is good;
teach me ◀your statutes/what you have
decreed that *we* should do▶.

69 Proud people have told many lies about me,
but *the truth is that* with all my inner being
I obey ◀your principles of behavior/what
you have declared that *we* should do▶.

70 Those proud people ◀are stupid/do not under-
stand your laws▶ [IDM],
but *as for me*, I am delighted with your laws.

71 It was good for me that *you* afflicted/punished
me,
because the result was that I learned ◀your
statutes/what you have decreed that *we*
should do▶.

72 The laws that you [MTY] gave/told *to us* are
worth more to me than gold,

more than thousands of pieces of gold and silver.

⁷³ You created me and formed my body (OR, kept me safe);

help me to be wise in order that I may learn ◀your commands/what you have commanded▶.

⁷⁴ Those who have an awesome respect for you will see *what you have done for me*, and they will rejoice,

because *they will see that* I have trusted in ◀your words/what you told us▶.

⁷⁵ Yahweh, I know that ◀your regulations/the rules that you have given to us▶ are right/fair

and that you have afflicted/punished me because you faithfully do *what you have promised*.

⁷⁶ Cause me to be comforted/encouraged by *knowing that* you faithfully love *me*, like you said to me that you would do.

⁷⁷ Be merciful to me in order that I may *continue to live*,

because I am delighted with your laws.

⁷⁸ Cause the proud people who falsely accuse me to be ashamed,

but as for me, I will *continue* ◀meditating on/thinking about▶ ◀your principles of behavior/what you have declared that we should do▶.

⁷⁹ Cause those who revere you to come *back* to me

- in order that they may (OR, specifically, those who) know ◀your requirements/what you have instructed *us to do*▶.
- 80 Enable me to perfectly *obey* ◀your statutes/what you have decreed that we should do▶
in order that I may not be ashamed *because of not doing that*.
- 81 I am very tired/exhausted while I wait for you to save *me from my enemies*;
but I confidently expect that you will tell *me what you will do*.
- 82 My eyes are tired from waiting a long time for you to do what you promised/said that you would do,
and I ask, "When will you help/encourage me?"
- 83 I have become *as useless as* [MET] a wineskin that is *shriveled from hanging a long time in the smoke inside a house*,
but I have not forgotten ◀your statutes/what you have decreed that *we* should do▶.
- 84 How long must I wait?
When will you punish those who ◀persecute/cause trouble for▶ me?
- 85 *It is as though* proud people have dug deep pits for me *to fall into*,
people who do not obey your laws.
- 86 All ◀your commands are/what you have commanded is▶ trustworthy;
but people are ◀persecuting/causing trouble for▶ me by telling lies *about me, so please help me!*

- 87 Those people have almost killed me,
but I have not stopped *obeying* ◀your principles of behavior/what you have declared that we should do▶.
- 88 Because you faithfully love *me*, allow me to *continue* to live
in order that I may *continue to obey* ◀your rules/what you have instructed *us to do*▶.
- 89 Yahweh, your words will last forever;
they will last as long as heaven lasts.
- 90 You will faithfully *continue doing* ◀for people who are not yet born/in every generation▶
what you have ◀promised/said that you would do▶;
you have put the earth in its place, and it remains firmly *there*.
- 91 To this day, *all things on the earth* remain
because you decided that they should remain;
everything *on the earth* serves you.
- 92 If I had not been delighted *in obeying* your laws,
I would have died because of what I was suffering.
- 93 I will never forget ◀your principles of behavior/what you have declared that we should do▶,
because as a result of *my obeying them* you have enabled me to *continue to live*.
- 94 I belong to you; save/rescue me *from my enemies*,

- because I have tried to obey ◀your principles of behavior/what you have declared that we should do▶.
- 95 Wicked *men* are waiting to kill me,
but I *will* think about what you have instructed *us to do*.
- 96 I have learned that there is a limit/end for everything,
but what you command ◀has no limits/never ends▶.
- 97 I love your laws very much.
I ◀meditate on/think about▶ them all during the day.
- 98 Because I know ◀your commands/what you have commanded▶,
and because I think about them all the time,
I have become wiser than my enemies.
- 99 I understand more than my teachers do,
because I ◀meditate on/think about▶ ◀your requirements/what you have instructed us to do▶.
- 100 I understand more than *many* old people do,
because I obey ◀your principles of behavior/what you have declared that we should do▶.
- 101 I have avoided all evil behavior
in order that I may obey ◀your words/what you have told us to do▶.
- 102 I have not ◀turned away from/quit▶ *obeying*
◀your regulations/the rules that you have given to us▶,
because you have taught me *while I have studied them*.

- 103 *When I read your words,*
they are like [MET] sweet things that I taste/
eat,
yes, they are even sweeter than honey.
- 104 Because *I have learned* ◀your principles of
behavior/what you have declared that we
should do▶,
I am able to understand *many things*;
therefore, I hate all evil things *that some*
people do.
- 105 Your words are *like* [MET] a lamp to guide me;
they are *like* a light [MET] to show me the
path *that I should walk on*.
- 106 I have solemnly promised, and I am solemnly
promising it again,
that I will *always* obey your ◀regulations/
rules that you have given to us▶,
and they are *all* fair/just.
- 107 Yahweh, I am suffering very much;
cause me to be strong/healthy *again*, as you
have promised to do.
- 108 Yahweh, when I thank you while I pray, it is
like [MET] a sacrifice to you;
please accept it,
and teach me your ◀regulations/rules that
you have given to us▶.
- 109 *My enemies* are often trying to kill me [IDM],
but I do not forget your laws.
- 110 Wicked *people* have tried to seize me *like a*
hunter tries to catch an animal with a trap
[MET],

- but I have not disobeyed ◀your principles
of behavior/what you declared that we
should do▶.
- 111 ◀Your requirements/ What you have in-
structed us to do▶ are my possession
forever;
because of them [PRS], I am joyful.
- 112 I ◀have decided/am determined▶ [IDM] to
obey ◀your statutes/what you have de-
creed that *we* should do▶ until the day that
I die [MTY].
- 113 I hate people who are *only* partly committed
to you,
but I love your laws.
- 114 You are *like* a place where I can hide *from my
enemies*,
and you are *like* a shield [MET] *behind which
I am protected from them*,
and I trust in your promises.
- 115 You evil people, stay away from me
in order than I may obey ◀my God's com-
mands/what my God has commanded▶!
- 116 Enable me to be strong, as you promised/said
that you would do,
in order that I may *continue to live*.
I am confidently expecting *that you will restore
me*;
◀do not disappoint me/do not allow me to
be disappointed▶.
- 117 Hold me up, in order that I will be safe
and always ◀pay attention to/heed▶ ◀your
statutes/what you have decreed that we
should do▶.

- 118 You reject all those who disobey ◀your statutes/what you have decreed that *we* should do▶;
but what they deceitfully plan to do will be
◀useless/in vain▶.
- 119 You get rid of all the wicked *people* on the earth like [SIM] *people throw away* trash;
therefore I love what you have instructed us to do.
- 120 I [SYN] tremble because I am afraid of you;
I am afraid *because you punish those who do not obey* ◀your regulations/the rules that you have given to us▶.
- 121 *But* I have done what is right and fair/just;
so do not allow people to oppress/mistreat me.
- 122 Promise me that you will do good things for me
and do not allow proud *people* to oppress me.
- 123 My eyes are tired from waiting a long time for you to rescue *me*,
for you to save *me* like you promised/said that you would.
- 124 Do something for me to show that you faithfully love *me*,
and teach me ◀your statutes/what you have decreed that *we* should do▶.
- 125 I am one who serves you;
enable me to understand *what you want me to know*
in order that I will know ◀your requirements/what you have instructed us to do▶.

- 126 Yahweh, now is the time for you to *punish people*
because they have disobeyed your laws.
- 127 Truly, I love ◀your commands/what you have
commanded▶ more than I love gold;
I love them more than I love *very* pure gold.
- 128 So I conduct my life by ◀your principles of
behavior/what you have declared that we
should do▶,
and I hate all the evil things that *some people*
do.
- 129 ◀Your requirements are/All the things that
you have instructed us to do are▶ wonder-
ful,
so I obey them with all my inner being.
- 130 When someone explains ◀your words/what
you have said▶,
it is as though they are lighting a light;
what they say causes *even* people who have
not learned your laws to be wise.
- 131 I eagerly desire to know ◀your commands/
what you have commanded▶,
like [SIM] a *dog* that pants with its mouth
open *wanting to be fed*.
- 132 Listen to me and act kindly to me,
like you do to *all* those who love you [MTY].
- 133 Guide me as you promised/said that you
would do and help me not to fall/sin;
do not allow evil *people* to control what I do.
- 134 Rescue/Save me from those who oppress me

- in order that I may obey ◀your principles of behavior/what you have declared that we should do▶.
- 135 Be kind to me
and teach me ◀your statutes/what you have decreed that we should do▶.
- 136 I cry very much
because *many* people do not obey your laws.
- 137 Yahweh, you are righteous
and ◀your regulations/the rules that you have given to us▶ are just/fair.
- 138 ◀Your requirements/All the things that you have instructed us to do▶ are true
and are all very right and fair.
- 139 I am ◀furious/very angry▶
because my enemies disregard ◀your words/what you have told us to do▶.
- 140 ◀Your promises are/All the things that you have said that you will do are▶ dependable
and I love them.
- 141 I am not important and people despise me,
but I do not forget ◀your principles of behavior/what you have declared that we should do▶.
- 142 You are righteous and you will be righteous forever,
and your laws will never be changed.
- 143 I *constantly* have troubles/difficulties and I am worried,
but ◀your commands cause/what you have commanded causes▶ me to be happy.

- 144 ◀Your requirements are/All the things that you have instructed us to do are▶ always fair;
help me to understand them in order that I may *continue* to live.
- 145 Yahweh, with all my inner being I call out to you;
answer me and I will obey ◀your statutes/what you have decreed that *we* should do▶.
- 146 I call out to you;
save/rescue me in order that I *can continue* to obey *all* ◀your requirements/the things that you have instructed us to do▶.
- 147 *Each morning* I arise before dawn and call to you to help me;
I confidently expect you to do what you have ◀promised/said that you will do▶.
- 148 All during the night I am awake,
and I ◀meditate on/think about▶ what you have ◀promised/said that you would do▶.
- 149 Yahweh, because you faithfully love me,
listen to me *while I pray*,
and keep me safe because of *my obeying* ◀your regulations/what you have told us to do▶.
- 150 Those evil people who oppress/persecute me are coming closer to me;
they do not pay any attention to your laws.
- 151 But Yahweh, you are near to me,
and *I know that* ◀your commands/what you command▶ will never be changed.

- 152 Long ago I found out about ◀your requirements/all the things that you have instructed us to do▶,
and *I know that* you intended them to last forever.
- 153 Look at me and see that I am suffering *very much*, and heal me,
because I do not forget your laws.
- 154 Defend me *when others accuse me*, and rescue me *from them*;
allow me to *continue to* live, as you promised/said that you would.
- 155 Wicked *people* do not obey ◀your statutes/what you have decreed that *we* should do▶,
so you will certainly not save them.
- 156 Yahweh, you are very merciful;
allow me to *continue to* live because of *my obeying* ◀your regulations/the rules that you have given to us▶.
- 157 Many *people* are my enemies and *many people* ◀cause me to suffer/persecute me▶,
but I ◀do not turn aside from/have not stopped obeying▶ [LIT] ◀your requirements/what you have instructed us to do▶.
- 158 When I look at those who are not faithful to you, I am disgusted
because they do not obey ◀your requirements/what you have instructed *us* to do▶.
- 159 Yahweh, notice that I love ◀your principles of behavior/what you have declared that we should do▶;

because you faithfully love *me*, allow me to
continue to live.

160 All that you have said is truth,
and all ◀your regulations/the rules that you
have given to us▶ will endure forever.

161 Rulers persecute me for no reason,
but in my inner being I revere ◀your words/
what you have said▶.

162 I am happy about ◀your words/what you
have promised *to do for me*▶,
as happy as someone who has found a great
treasure.

163 I thoroughly hate [DOU] *all* lies
but I love your laws.

164 Seven/Many times each day I thank you for
◀your regulations/the rules that you have
given to us▶,
and they are *all* just/fair.

165 Things go well for those who love your laws;
there is nothing adverse/bad that will hap-
pen to them.

166 Yahweh, I confidently expect that you will
rescue me *from my troubles*,
and I obey ◀your commands/what you have
commanded us▶.

167 I obey ◀what you require/what you have
instructed▶ us to do;
I love it *all* very much.

168 I obey ◀your principles of behavior/what you
have declared that we should do▶,
and you see everything that I do.

- 169 Yahweh, listen while I pray *for you to help me*;
help me to understand ◀your words/what
you have told us to do▶.
- 170 Hear me while I pray
and rescue/save me as you promised/said
that you would.
- 171 I [MTY] will always praise you
because you teach me ◀your statutes/what
you have decreed that we should do▶.
- 172 I will sing about ◀your words/what you have
promised to do▶
because ◀all your commands are/everything
that you have commanded is▶ just/fair.
- 173 I ask you [SYN] to *always* be ready to help me
because I have chosen *to obey* ◀your prin-
ciples of behavior/what you have declared
that we should do▶.
- 174 Yahweh, I eagerly desire for you to rescue/
save me *from my enemies*;
I am delighted with your laws.
- 175 Allow me to *continue to* live in order that I
can *continue to* praise you,
and that your regulations/rules *that you have
given to us* will continue to help me.
- 176 I have *wandered away from you* like [SIM] a
sheep that has become lost;
search for me, because I have not forgotten
◀your commands/what you have com-
manded us▶.

120

*A psalm written for people going up to the
temple to worship*

- ¹ When I had troubles, I called out to Yahweh
and he answered me.
- ² *I prayed,*
“Yahweh, rescue/save me from people [SYN,
MTY] who lie to me and *try to* deceive me!”
- ³ You people who lie to me, *I will tell you* [RHQ]
what *God* will do to you
and what he will do to punish you.
- ⁴ He will shoot sharp arrows at you like soldiers
do,
and he will *burn you with* red-hot coals from
the wood of a broom tree.
- ⁵ It is terrible for me, living among cruel/savage
[DOU] people
like those who live in Meshech *region* and
Kedar *region*.
- ⁶ I have lived for a long time among people who
hate to live with others peacefully.
- ⁷ Every time I talk about living together peace-
fully,
they talk about starting a war.

121

*A psalm written for people going up to the
temple to worship*

- ¹ *When we travel toward Jerusalem,*
I look up toward the hills *and I ask myself,*
“Who will help me?”
- ² *And my answer is that Yahweh is the one who
helps me;*

he is the one who made heaven and the earth.

³ He will not allow us to fall/stumble;
God, who protects us, will not fall asleep.

⁴ The one who protects us Israeli people
never gets sleepy, nor does he sleep [LIT].

⁵ Yahweh watches over us;
he is like the shade [MET] *that protects us from the sun.*

⁶ *He will not allow* the sun to harm us during the day,
and *he will not allow* the moon to harm us during the night.

⁷ Yahweh will protect us from being harmed in any manner;
he will keep us safe.

⁸ He will protect us from the time that we leave
our houses in the morning until we return
in the evening;
he will protect us now, and he will protect us forever.

122

A psalm written by David for people going up to the temple to worship

¹ I was glad/happy when people said to me,
“We should go to the temple of Yahweh in Jerusalem!”

² And now we are here,

- standing inside the gates/ city of [APO]
Jerusalem.
- ³ Jerusalem is a city that has been rebuilt,
with the result that people can gather to-
gether in it.
- ⁴ We *people of the* tribes of Israel who belong to
Yahweh can now go up there
as Yahweh commanded that we should do,
and we can thank him.
- ⁵ There the kings of Israel who were descendants
of *King David* sit on their thrones
and decide cases *fairly when the people have*
disputes.
- ⁶ Pray that there will be peace in Jerusalem;
I desire that those who love Jerusalem will
◀prosper/live peacefully▶.
- ⁷ I desire that there will be peace inside the walls
of the city
and that *people who are* inside the palaces
will be safe.
- ⁸ For the sake of my relatives and friends, I say,
“My desire is that that inside Jerusalem
people will live peacefully.”
- ⁹ And because I love the temple of Yahweh our
God,
I pray that things will go well for the people
who live *in Jerusalem.*

123

*A psalm written for people going up to the
temple to worship*

- ¹ Yahweh, I look up toward you,

- up to heaven, from where you rule.
- ² Like servants ask [IDM] their masters *for what they need*
and like maids ask t their mistresses *for what they need*,
we ask you, Yahweh our God, *for what we need*,
and we ask you to be merciful to us.
- ³ Yahweh, be very merciful [DOU] to us
because *our enemies* have acted very contemptuously toward us.
- ⁴ Rich people have made fun of us for a long time,
and proud *people* who have ◀oppressed/
acted cruelly toward▶ us have acted toward us as though we were worthless.

124

A psalm written by David for people going up to the temple to worship

- ¹ You Israeli *people*, *answer this question*:
What *would have happened to us* if Yahweh had
not been ◀helping/fighting for▶ us?
- ² When *our enemies* attacked us,
if Yahweh had not been fighting for us,
- ³ we would have all been killed [IDM]
because they were very angry with us!
- ⁴ *They would have been like* [MET] a flood that
swept/carried us away;
it would have been as though the water would
have covered us,
- ⁵ and we would *all* have drowned in the flood
that was ◀raging/flowing very fast▶.

- ⁶ *But* praise Yahweh,
because he has not allowed our *enemies to destroy us*
like wild animals [MET] *tear apart the creatures that they capture.*
- ⁷ We have escaped *from our enemies* like a bird
escapes from the trap that hunters have set;
it is as though the trap that our enemies set for us was broken
and we have escaped from it!
- ⁸ Yahweh is the one who helps us [MTY];
he is the one who made heaven and the earth.

125

A psalm written for people going up to the temple to worship

- ¹ Those/We who trust in Yahweh are *as secure/steadfast* [SIM] *as Zion Hill,*
which cannot be shaken and can never be moved.
- ² Like the hills that surround Jerusalem *protect the city,*
Yahweh protects *us,* his people,
and he will protect us forever.
- ³ Wicked people [MTY] should not *be allowed to rule over the land where righteous people live.*
If they did that, those righteous *people might*
◀*be encouraged to imitate them and*▶ do things that are wrong.

⁴ Yahweh, do good things to those who do good things to others
and to those who sincerely obey your commands [IDM].

⁵ But when you punish the wicked people *who are not Israelis*,
also punish those *Israelis* who turn away from walking on the good roads [MET] that you have shown them!

I wish that things will go well for *people in Israel*!

126

A psalm written for people going up to the temple to worship

¹ When Yahweh brought *us Israeli people* back to Jerusalem (OR, enabled us *Israelis* to prosper again),

it was wonderful;

it seemed as though [SIM] we were dreaming.

² We were extremely happy,
and we [SYN] continued shouting joyfully.

Then the *other* people-groups said about us,

“Yahweh has done great things for them!”

³ *And we say, “Yes, Yahweh truly has done great things for us,
and we are very happy.”*

⁴ Yahweh, when it rains, water flows in the streams again *after they were dry* [SIM].
Similarly, enable our nation to become great again like it was before.

⁵ We cried when we planted *seeds because it was hard work preparing the soil that had not been plowed for many years;*
now we want to shout joyfully because we are gathering a *big* harvest.

⁶ Those who cried as they carried the *bags of seeds to the fields* will shout joyfully when they bring the crops *to their houses at harvest time.*

127

A psalm written by Solomon for people going up to the temple to worship

¹ If people are building a house without *knowing whether it is Yahweh's will to build it,* they are building it in vain.

Similarly, if Yahweh does not protect a city,
it is useless for guards/sentries to stay awake *to tell people if their enemies come to attack it.*

² It is *also* useless to arise very early and go to sleep late at night
in order that you can work hard *all day to earn money to buy* food,
because Yahweh gives food to those whom he loves.

³ Children are a gift *that comes to parents* from Yahweh;
they are a reward/blessing from him.

⁴ If a man has sons while he is still young,
when they grow up, they will be able to help him defend his family

like [SIM] a soldier *can defend himself if he has a bow and arrows* in his hand.

⁵ A man *who has many sons* is very happy,
like [MET] *a soldier who has many arrows* in his quiver is very happy.

If a man *with his many grown sons* is taken by his enemies to the place where they decide matters, his enemies will never be able to defeat that man,
because his sons will help to defend him.

128

A psalm written for those going up to the temple to worship

¹ ◀Happy are/Yahweh is pleased with▶ those of you who revere him
and do what he wants you to do [IDM].

² You will *be able to earn the money* that you [MTY] need to buy food;
you will be happy and you will be prosperous.

³ Your wife will be like a grapevine that bears many grapes [SIM];
she will give birth to many children.

Your children who sit around your table
will be like a strong olive *tree that has many shoots growing up around it* [SIM].

⁴ Every man who reveres Yahweh
will be blessed like that.

⁵ I wish/hope that Yahweh will bless all of you
from *where he dwells* ◀on Zion Hill/in Jerusalem▶

and that you will see *the people of* Jerusalem
prospering every day that you live!

⁶ I desire that you will live many years,
long enough to see your grandchildren.

I desire/hope that things will go well for *the
people in* Israel!

129

*A psalm written for people going up to the
temple to worship*

¹ I say that my enemies have ◀afflicted/caused
trouble for▶ me ever since I was young.

Now I ask you, my fellow Israelis, to repeat those
same words:

² “Our enemies have afflicted us since our nation
began,
but they have not defeated us!

³ *Our enemies struck us with whips* that cut into
our backs [MET]
like a *farmer uses a* plow to cut deep furrows
into the ground.”

⁴ *But* Yahweh is righteous,
and he has freed *me* from being a slave
[MTY] of wicked *people*.

⁵ I wish/hope that all those who hate Jerusalem/
Israel will be ashamed because of being
defeated.

⁶ I hope/wish that they will be *of no value*, like
grass that grows on the roofs of houses
that dries up and does not grow tall;

⁷ *as a result* no one *cuts it and* puts it in bundles and carries it away.

⁸ People who pass by *and see men harvesting grain usually greet them by saying to them,* “We wish/hope that Yahweh will bless you!”

But this will not happen *to those who hate Israel.*
We, acting as Yahweh’s representatives, bless you *Israelis.*

130

A psalm written for people going up to the temple to worship

¹ Yahweh, I have a lot of troubles/many difficulties, so I call out to you.

² Yahweh, hear me,
while I call out to you [SYN] to be merciful to me!

³ Yahweh, if you kept a record of the sins *that we have committed,*
not one *of us* [RHQ] would escape from being condemned *and punished*

⁴ But you forgive us,
with the result that we greatly revere you.

⁵ Yahweh has said *that he would help/rescue me;*
I trust what he said, and I wait eagerly for him to do that.

⁶ I wait for Yahweh *to help me*
more than watchmen wait for the light to dawn;
yes, I wait more eagerly than they do!

- ⁷ You *my fellow* Israelis, confidently expect that
Yahweh *will bless us*.
He will bless us because he faithfully loves
us,
and he is very willing to save/rescue *us*.
- ⁸ And he will save us Israeli *people* from *being*
punished for all the sins that *we* have
committed.

131

*A psalm written by David for people going up
to the temple to worship*

- ¹ Yahweh, I am not proud
and I have not thought highly about ◀my-
self/the things that I have done▶.
- And I do not concern myself about things *that*
you have done that are very big or very
wonderful.
- ² Instead, I am calm and peaceful,
like a *small* child who lies quietly in its
mother's arms [SIM].
In the same way, I am peaceful.
- ³ You *my fellow* Israelis, confidently expect that
Yahweh *will do good things for you*,
now and forever!

132

A song to sing along the road up to Jerusalem

- ¹ Yahweh, do not forget *King* David
and all the hardships/troubles he endured!
- ² He made a solemn promise to you,

the mighty God whom *our ancestor Jacob worshiped.*

³ He said, "I will not go home,
I will not *rest* on my bed,

⁴ I will not sleep at all

⁵ until I build a place for Yahweh,
a home for the mighty God whom Jacob
worshiped."

⁶ In Bethlehem we heard news about the sacred
chest.

We *went and found* it in the fields of Jearim
city, and we took it to Jerusalem.

⁷ *Later we said, "Let's go to the temple of Yahweh
in Jerusalem;*

let's worship *there* in front of the throne
where he sits."

⁸ Yahweh, come to the place where you live
eternally,

to the place where your sacred chest is,
to that place that shows that you are very
powerful.

⁹ I want/desire that the righteous behavior of
your priests *will always be evident,*

just like the beautiful robes that they wear
[MET],

and that your people will *always* shout joyfully.

¹⁰ You chose David to serve you *as king of Israel;*
do not reject/abandon him!

¹¹ Yahweh, you made a solemn promise to David,
a promise that you will not break.

You said, "I will cause your descendants to rule [MTY] as kings like you.

¹² If they keep my agreement with them and obey *all* the commands that I will give them,
the line of kings descended from you will never end."

¹³ Yahweh has chosen Jerusalem;

he has wanted to make that city his home;

¹⁴ he said, "This is the city where I will live forever [DOU];
this is the place where I wanted to stay.

¹⁵ I will give to the people of Jerusalem all that they need;
I will give *enough* food *even* to satisfy the poor people there.

¹⁶ I will cause the priests *to behave in a manner worthy of* being ones whom I have saved;
that will be as evident as the beautiful robes that they wear [MET];
and all my people who live there will shout joyfully.

¹⁷ There *in Jerusalem* I will cause one of David's descendants [MET] to become a great king;
he also will be my chosen king,
and he will be *like a bright lamp* [MET] *that shines continually*.

¹⁸ I will *defeat his* enemies and cause them to be very ashamed/disgraced;
but the crown that my king wears will *always shine*."

133

A psalm written for people going up to the temple to worship

- ¹ It is very good and very pleasant
for God's people to gather together harmoniously.
- ² It is *as delightful as* the precious/expensive
◀olive oil/perfume▶
that runs down from *the Supreme Priest*
Aaron's head onto his beard *when he is anointed*
and runs down onto the collar of his robes.
- ³ Gathering together harmoniously is *as delightful*
as the dew *that falls* on Hermon
Mountain
and the dew that falls on the hills near Zion
Hill.
Yahweh has promised to bless *his people there in Jerusalem*
by giving them everlasting (OR, a long-lasting) life.

134

A psalm written for people going up to the temple to worship

- ¹ All you people who serve Yahweh,
who stand up and ▶serve/pray to▶ him at
night in his temple,
come and praise him!
- ² Lift up your hands/arms *to pray to him* in the
temple
and praise him!

- ³ And I want Yahweh, who created heaven and the earth,
to bless you from *where he lives in the temple*
on *Zion Hill*.

135

- ¹ Praise Yahweh!
You who ◀do work for/serve▶ Yahweh,
praise him!
- ² You who stand in the temple of Yahweh our God
and in the surrounding courtyard,
praise him [MTY]!
- ³ Praise Yahweh, because he does good things *for us*;
sing to him [MTY], because he is kind *to us*.
- ⁴ He has chosen *us, the descendants of Jacob*;
he has chosen *us* Israelis to belong to him
[DOU].
- ⁵ I know that Yahweh is great;
he is greater than all the gods.
- ⁶ Yahweh does whatever he desires to do,
in heaven and on the earth
and in the seas/oceans, *down* to the bottom
of the seas.
- ⁷ He is the one who causes clouds to appear from
very distant places on the earth;
he sends lightning with the rain,
and he brings the winds from the places
where he stores them.
- ⁸ He is the one who killed *all* the firstborn *males*
in Egypt,
the firstborn of people and of animals.

- 9 There he performed many kinds of miracles
[DOU]
to punish the king and all his officials.
- 10 He destroyed many nations
and the powerful kings *who ruled them*:
- 11 Sihon, the king of the Amor people-group,
and Og, the king of Bashan *region*,
and all the other kings in Canaan *land*.
- 12 Then he gave their land to *us* Israeli people
to belong to *us forever*.
- 13 Yahweh your name will endure forever,
and people who are not yet born will remember
the great things *that you have done*.
- 14 Yahweh, *you* declare that we your people ◀are
innocent/have not done things that are
wrong▶,
and you are merciful to us.
- 15 But the idols that the *other* people-groups
worship are only *statues made of* silver and
gold,
things that humans have made.
- 16 Their idols have mouths, but they cannot say
anything;
they have eyes, but they cannot see *anything*.
- 17 They have ears, but they cannot hear *anything*,
and they are not *even able to* breathe.
- 18 The people who make those idols are as
powerless as those idols,
and those who trust in those idols *can*
accomplish no more than their idols can!

- 19 *My fellow* Israelis, praise Yahweh!
You *priests* who are descended from Aaron,
praise Yahweh!
- 20 You *men* who are descended from Levi, *you*
who assist the priests, praise Yahweh!
All you who revere Yahweh, praise him!
- 21 Praise Yahweh in *the temple on Zion Hill* in
Jerusalem,
where he lives!

Praise Yahweh!

136

- 1 Thank Yahweh, because he does good things *for us*;
his faithful love *for us* endures forever.
- 2 Thank God, the one who is greater than all
other gods;
his faithful love *for us* endures forever.
- 3 Thank the Lord who is greater than all other
lords/rulers;
his faithful love *for us* endures forever.
- 4 He is the only one who performs great miracles;
his faithful love *for us* endures forever.
- 5 He is the one who by being very wise created
the heavens;
his faithful love *for us* endures forever.
- 6 He is the one who caused the ground to rise up
above the deep waters;
his faithful love *for us* endures forever.
- 7 He is the one who created great lights *in the sky*;
his faithful love *for us* endures forever.

- ⁸ He created the sun to shine in the daytime;
his faithful love *for us* endures forever.
- ⁹ He created the moon and stars to shine during
the nighttime;
his faithful love *for us* endures forever.
- ¹⁰ He is the one who killed the firstborn *males* in
Egypt;
his faithful love *for us* endures forever.
- ¹¹ He led the Israeli people out of Egypt;
his faithful love *for us* endures forever.
- ¹² With his ◀strong hand/great power▶ he led
them out;
his faithful love *for us* endures forever.
- ¹³ He is the one who caused the Red Sea to divide;
his faithful love *for us* endures forever.
- ¹⁴ He enabled the Israeli people to walk through
it *on dry land*;
his faithful love *for us* endures forever.
- ¹⁵ But he caused the king of Egypt and his army
to drown in it;
his faithful love *for us* endures forever.
- ¹⁶ He is the one who led his people *safely through
the desert*;
his faithful love *for us* endures forever.
- ¹⁷ He killed powerful kings;
his faithful love *for us* endures forever.
- ¹⁸ He killed kings who were famous;
his faithful love *for us* endures forever.
- ¹⁹ He killed Sihon, the king of the Amor people-
group;

- his faithful love *for us* endures forever.
- ²⁰ He killed Og, the king of Bashan *region*;
his faithful love *for us* endures forever.
- ²¹ He gave their lands to us, his people;
his faithful love *for us* endures forever.
- ²² He gave those lands to us people of Israel, who
serve him;
his faithful love *for us* endures forever.
- ²³ He is the one who did not forget about us when
we were defeated *by our enemies*;
his faithful love *for us* endures forever.
- ²⁴ He rescued us from our enemies;
his faithful love *for us* endures forever.
- ²⁵ He is the one who gives food to all living
creatures;
his faithful love *for us* endures forever.
- ²⁶ So thank God, *who lives in heaven, for all those things*,
because his faithful love *for us* endures
forever!

137

- ¹ When we *had been taken to* Babylonia, *far from Jerusalem*,
we sat down by the rivers there,
and we cried when we thought about *the temple on Zion Hill in Jerusalem*.
- ² On the willow trees *alongside the rivers* we
hung our harps
because we did not want to play them any more because we were very sad.

³ The *soldiers* who had captured us *and taken us to Babylonia* told us to sing *for them*; they told us to ◀entertain them/make them happy▶, saying,
“Sing for us one of the songs *that you previously sang in Jerusalem!*”

⁴ But *we thought*,
“We are sad because we have been punished by Yahweh and brought to this foreign land, so we cannot [RHQ] sing songs about Yahweh while we are here!”

⁵ If I forget about Jerusalem [APO], let my right hand wither
with the result that I will be unable to play my harp

⁶ Do not allow me to sing again [MTY],
if I forget about Jerusalem,
if I do not consider that Jerusalem causes me to be more joyful than anything else does.

⁷ Yahweh, *punish* the people of the Edom people-group
for what they did on the day that the army of Babylon captured Jerusalem.

Do not forget that they said,
“Tear down all the buildings! Destroy them completely! Leave only the foundations!”

⁸ And you people of Babylon, you will certainly be destroyed!
Those who punish you in return for what you did to us will be happy;

- ⁹ they will take your babies
and completely smash them on the rocks.

138

A psalm written by David

- ¹ Yahweh, I thank you with all my inner being.
I sing to praise you in front of *the idols of false gods to ridicule/belittle them.*
- ² I bow down while I look towards your sacred temple,
and I thank you [MTY] because you faithfully love us and faithfully do all that you have promised.
You have shown that both you [MTY] and what you have promised to do are greater than anything else.
- ³ On the day when I called out to you, you answered me;
you enabled me to be strong and brave.
- ⁴ Yahweh, *some day* all the kings of this earth will praise you,
because they will have heard what you have said.
- ⁵ They will sing about what you have done;
they will sing and say that you are very great.
- ⁶ Yahweh, you are supreme,
but you take care of people *who are considered to be* unimportant.
And you know what proud people *are doing,*

even though they are far away *from you and think that you do not see them.*

⁷ When I am in the midst of *many troubles/difficulties*,
you save/rescue me.

With your hand/power [MTY] you rescue me
from my enemies who are angry at me.

⁸ Yahweh, you will do for me everything that you
promised;
you faithfully love *us* forever.
Finish what you started to do *for us, your
Israeli people.*

139

A psalm written by David for the choir director

¹ Yahweh, you have examined me,
and you know *everything about me.*

² You know when I sit down and when I stand
up.

Even though you are far away from me,
you know what I am thinking.

³ When I travel and when I lie down,
you know everything that I do.

⁴ Yahweh, even before I say [MTY] anything,
you know everything that I am going to say!

⁵ You protect me on all sides;
you put your hand on me *to protect me with
your power* [MTY].

⁶ I am not able to understand that you know
everything about me.
That is too great for me to really understand.

7 ◀Where could I go to escape from your Spirit?
I could not go anywhere to escape from
your Spirit.▶ [RHQ]

◀Where could I go to get away from you?/I could
not go anywhere to get away from you.▶
[RHQ]

8 If I went up to heaven, you would be there.
If I lay down in the place where the dead people
are, you would be there.

9 If I had wings and flew very far east [MTY],
or if I flew west and made a place to live *on an*
island in the ocean,

10 you would be there also, to lead me by your
hand,
and you would help me.

11 I could request the darkness to hide me,
or I could request the light around me to become
darkness,

12 but even *if that happened*, the darkness would
not be darkness for you!

For you, the night is *as bright* as the daytime is,
because for you, daylight and darkness are
◀not different/the same▶.

13 You created *all* the parts of my body;
you put *the parts of* my body together when
I was still in my mother's womb.

14 I praise you because you made my *body in a*
very awesome and wonderful way.

Everything that you do is amazing!

I know that very well.

15 When my body was being formed,

while it was being put together where no one
else could see it,
you saw it!

¹⁶ You saw me before I was born.
You wrote in your book the number of days that
you had decided that I would live.
You did that before any of those days had
even started!

¹⁷ God, what you think about me is very precious
(OR, is very hard to understand).
There is a great number of things that you
think about.

¹⁸ If I could count them, *I would see that* they
are more than the grains of sand *at the
seashore.*
And when I wake up, I am still with you
*and I know that there are still more of your
thoughts about me to count.*

¹⁹ God, I desire that you would kill all the wicked
people!

And I wish that violent [MTY] men would
◀leave/go away from▶ me.

²⁰ They say wicked/malicious things about you;
they slander your name.

²¹ Yahweh, I certainly [RHQ] hate those who hate
you!

And I despise [RHQ] those who rebel against
you.

²² I hate them completely,
and I consider that they are my enemies.

²³ God, search my inner being;

find out what I am thinking!

- ²⁴ Find out whether there is anything evil in my
inner being,
and lead me along the road *that leads to my*
being with you forever.

140

A psalm written by David

- ¹ Yahweh, rescue/save me from *being attacked by*
evil men;
and *even more*, ◀keep me safe/protect me▶
from being attacked by violent people.
- ² They are always planning to do evil things
and they are always inciting/urging people
to start quarrels.
- ³ By what they say [MTY] *they injure people like*
poisonous snakes do;
the words that they speak [MTY] *can kill*
people as easily as cobras/vipers do.
(Think about that!)
- ⁴ Yahweh, protect me from the power [MTY] of
wicked *people*.
Keep me safe from violent men who plan to
destroy me [SYN].
- ⁵ *It is as though* proud people have set a trap for
me;
it is as though they have spread their nets to
catch me;
it is as though they have put those things
along the road to catch/seize me.
(Think about that!)

⁶ I say to you, “Yahweh, you are my God;”
so listen to me while I cry out to you to help
me.

⁷ Yahweh, my Lord, you are the one who defends
me strongly;
you have *protected me* during battles [MET]
as though you had put a helmet on my
head.

⁸ Yahweh, do allow wicked *people* to do the things
that they desire,
and do not allow them to do the *evil things*
that they plan to do.

(Think about that!)

⁹ *Do not allow* my enemies to ◀become proud/
defeat me▶;
cause the evil things that they say [MTY] they
will do to me to happen to them, *instead.*

¹⁰ Cause burning coals to fall on their *heads!*
Cause them to be thrown into deep pits, from
which they cannot climb out!

¹¹ Do not allow those who slander others to
succeed;
cause evil things to happen to violent men
and destroy them!

¹² Yahweh, I know that you defend those who are
oppressed,
and that you do what is just/fair for those
who are needy/poor.

¹³ Righteous *people* will surely thank you [MTY],
and they will live ◀in your presence/with
you▶.

141

A psalm written by David

¹ Yahweh, I call out to you;
please help me quickly!

Listen to me when I am calling to you.

² Accept my prayer as though it were incense
being burned as an offering [SIM] to you.
And accept me while I lift up my hands *to*
pray to you
like you accept sacrifices *that I offer to you*
each evening [SIM].

³ Yahweh, do not allow me to say [MTY] things
that are wrong;
guard my lips.

⁴ Prevent me from wanting to do anything that
is wrong,
and from joining with wicked men when
they want to do evil deeds [DOU].

Do not *even* allow me to share in eating delightful
food with them!

⁵ It is all right if righteous people strike/hit me or
rebuke me
because they are trying to act kindly toward
me *to teach me to do what is right*,
but I do not want wicked *people to honor me by*
anointing my head with *olive oil*;
I am always praying *that you will punish*
them because of the wicked deeds that they
do.

- ⁶ When their rulers are thrown down from the top of rocky cliffs,
people will know that what you, Yahweh, said *about them* is true.
- ⁷ Like a log that is split and cut into small pieces [SIM],
their shattered bones will be scattered *on the ground* near *other* graves.
- ⁸ But Yahweh God, I *continue to* ask you to *help me*.
I ask you to protect me;
do not allow me to ◀die/be killed▶ *now!*
- ⁹ *It is as though* people have set traps for me;
protect me from falling into those traps,
It is as though they have spread nets to catch me;
keep me from being caught in those nets.
- ¹⁰ I desire that wicked *people* will fall into the traps they have set *to catch me*
while I escape *from them*.

142

A psalm that David prayed when he was hiding in a cave

- ¹ Yahweh, I cry out to you;
I plead *with you to help me*.
- ² I am bringing to you *all* my problems;
I am telling you *all* my troubles/difficulties.
- ³ When I am very discouraged,
you know what I should do.

Wherever I walk, *it is as though* my enemies have hidden traps for me *to fall into*.

⁴ I look around,
but there is no one who pays attention to me,
no one who will protect me,
no one who cares about *what happens* to me.

⁵ So Yahweh, I cry out to you *to help me*;
you are the one who protects me;
and you are all that I need while I am alive.

⁶ Listen to me while I cry out to you *for help*,
because I am very distressed.
Rescue/Save me from those who are pursuing
me,
because they are very strong,
with the result that I cannot *escape from*
them.

⁷ Free/Rescue me from my troubles/difficulties
[MET]
in order that I may thank you.

If you do that, when I am with godly/righteous
people,
I will praise you for having been very good
to me.

143

A psalm written by David

¹ Yahweh, hear me while I pray to you!
Because you are righteous
and because you faithfully do what you have
promised,
listen to what I am pleading that you *do for*
me.

² I am one who serves you;
do not judge me,

because you know that everyone has done things that are wrong▶.

³ My enemies have pursued me;
they have completely defeated me.
It is as though they have put me in a dark prison,
where I *have nothing good to* ◀hope for/expect▶,
like those who died long ago [SIM].

⁴ So I am very discouraged;
I am very dismayed/worried.

⁵ I remember what has happened previously:
I ◀meditate on/think about▶ all the things
that you have done;
I consider *all* the *great* deeds that you [SYN] have
performed.

⁶ I lift up my hands/arms to you while I pray;
I [SYN] need you, like very dry ground *needs*
rain [SIM].

(Think about that!)

⁷ Yahweh, I am very discouraged,
so please answer me right now!
Do not hide from me,
because if you do that, I will *soon* be [SIM]
among those who descend to where the
dead people are.

⁸ Every morning cause me to remember that you
faithfully love *me*,
because I trust in you.

I ◀pray/send my prayers up [IDM]▶ to you;
show me what I should do.

⁹ Yahweh, I have gone/run to you to be protected,

so rescue me from my enemies.

¹⁰ You are my God;

teach me to do what you want me to do.

I want your good Spirit to lead me on a path that
is not difficult to walk on.

¹¹ Yahweh, restore me when I am close to dying,
as you promised to do.

Because you are righteous/good, rescue me
from my troubles/difficulties!

¹² I am one who serves you;

so because you faithfully love *me*,

kill my enemies

and get rid of all those who ◀oppress/cause
trouble for▶ me.

144

Written by David

¹ I praise Yahweh, who is *like an overhanging
rock under which I ◀get refuge/am pro-
tected▶!*

He trains my hands so that I can use them to fight
battles;

he trains my fingers so that I can *shoot
arrows in a war.*

² He is the one who protects me;

he is *like* a fortress [DOU] in which I am safe,
he protects me *like* shields *protect soldiers*
[MET],

and he gives me refuge.

He defeats *other* nations and *then* puts them
under my power.

³ Yahweh, *we* people are *very insignificant/unimportant*, so why ◀are you concerned/do you care about us▶ [RHQ]?

It is amazing to me that you pay attention to humans.

⁴ *The time that we live is as short as* [SIM] a puff of wind;
our time to live disappears like a shadow does.

⁵ Yahweh, ◀tear open/open up▶ the sky and come down!

Touch the mountains in order that smoke will pour out from them!

⁶ Cause lightning to flash with the result that *your enemies* will run away!

Shoot your arrows *at them* and cause them to ◀run away/scatter▶.

⁷ *It is as though my enemies surround me like a flood*;

reach your hand down from heaven and rescue me from them [SYN].

They are men from other countries

⁸ who [SYN] *always* tell lies.

Even in a courtroom where they swear to tell the truth

they tell lies.

⁹ God, I will sing a new song to you,
and I will play my ten-stringed harp *while I sing* to you.

¹⁰ You enable kings to defeat *their enemies*;
and you rescued me, your servant David,
from *being killed by my enemies' swords*.

11 *So I ask you to save me from being killed by the swords that those evil people carry.*

Rescue me from the power [MTY] of those foreigners

who [SYN] *always* tell lies,

and *who raise* their right hands in court-rooms when they solemnly declare that they will tell the truth.

12 I wish/hope that our young sons will grow up to be like strong plants [SIM],

and I wish/hope that our daughters will *grow up to be straight and tall*

like the pillars [SIM] that stand in the corners of palaces.

13 I wish/hope that our barns will be full of many different crops.

I wish/hope that the sheep in our fields will give birth to tens of thousands of baby lambs.

14 I wish/hope that our cows will give birth to many calves

without having any miscarriages or deaths when they are born (OR, that no enemies will break through our city walls and take us ◀into exile/to their own countries▶).

I wish/hope that *there will not be a time when the people in our streets cry out in distress because foreign armies are invading.*

15 If good things like that happen to a nation, the people will be very happy.

The people whose God is Yahweh are the ones who will be happy!

145

A psalm written by David to praise God

- ¹ My God and King, I will proclaim that you are
very great/glorious;
I will praise you [MTY] now and forever.
- ² Every day I will praise you;
Yes, I will praise you [MTY] forever.
- ³ Yahweh you are great, and ◀you ought to be
praised/people should praise you▶ very
much;
we cannot fully realize how great you are.
- ⁴ Parents should tell their children the things that
you have done;
they should tell their children about your
mighty deeds.
- ⁵ They should tell them that you are very glorious
and majestic [DOU],
and I will ◀meditate on/think about▶ *all* your
wonderful deeds.
- ⁶ People will speak about your powerful and
awesome deeds,
and I will proclaim that you are *very* great.
- ⁷ People will remember and proclaim that you
are very good *to us*,
and they will sing joyfully that you *always*
act justly/fairly.
- ⁸ Yahweh, you *are* kind and merciful *to us*;
you do not quickly become angry;
you faithfully love *us* very much.
- ⁹ Yahweh, you are good to everyone,

- and you are merciful to everything that you have made.
- 10 Yahweh, *all* the creatures that you *made* will thank you,
and all your people will praise you.
- 11 They will tell *others* that you rule gloriously as *our* king
and that you are *very* powerful.
- 12 *They will do that* in order that everyone will know about your powerful deeds
and that you rule *over us* gloriously.
- 13 You will never stop being king;
you *will* rule ◀throughout all generations/forever▶.
- Yahweh, you faithfully do all that you have promised to do,
and all that you do, you do mercifully.
- 14 Yahweh, you help all those who are discouraged
and you lift up all those who ◀stumble and fall down/are distressed▶.
- 15 All of the creatures that you made expect that
you *will provide food for them*,
and you give them food when they need it.
- 16 You give food to all living creatures generously [IDM],
and you cause them to ◀be satisfied/have all the food that they need▶.
- 17 Everything that Yahweh does, he does justly/
fairly,
and all that he does, he does mercifully.

- 18 Yahweh ◀comes near to/is ready to help▶ all
those who call out to him,
to those who call to him sincerely.
- 19 To all those who revere him, he gives them
what they need.
He hears them when they cry out to him, and
saves/rescues them.
- 20 Yahweh protects all those who love him,
but he will get rid of all the wicked *people*.
- 21 I [SYN] will always praise Yahweh;
He is holy; and I wish/hope that everyone
will praise him [MTY] forever.

146

- 1 Praise Yahweh!

With my whole inner being I will praise Yahweh.

- 2 I will praise Yahweh as long as I am alive;
I will sing to praise my God for *the rest of* my
life.
- 3 *You people*, do not trust in your leaders;
do not trust humans because they cannot
save/rescue you *from your difficulties/problems*.
- 4 And when they die, their corpses *decay and*
become soil again.
After they die, they can no longer do the
things that they planned to do.
- 5 But those whose helper is the God whom Jacob
worshiped are happy.

The one whom they confidently expect *to help them* is Yahweh, their God.

⁶ He is the one who created heaven and the earth and the oceans and all *the creatures* that are in them.

He always does what he has promised to do.

⁷ He decides matters fairly for those who are ◀treated unfairly/oppressed▶, and he provides food for those who are hungry.

He frees those who are in prison.

⁸ Yahweh enables those who are blind to see again.

He lifts up those who have fallen down.

He loves righteous *people*.

⁹ Yahweh takes care of those from other countries who live in our land, and he helps widows and orphans. But he gets rid of wicked *people*.

¹⁰ Yahweh will *continue to* be our king forever; you people of Israel, your God will rule forever!

Praise Yahweh!

147

¹ Praise Yahweh!

It is good to sing to praise our God.

It is a delightful thing to do and the right thing to do.

² *Jerusalem was destroyed, but* Yahweh is *enabling us to build Jerusalem again.*

He is bringing back the people who were taken to *Babylonia*.

³ He enables those who were very discouraged to be encouraged again;
it is as though they have wounds and he bandages them.

⁴ He has determined how many stars there will be,
and he gives names to all of them.

⁵ Yahweh is great and very powerful,
and no one can measure how much he understands.

⁶ Yahweh lifts up those who have been oppressed,
and he throws the wicked down to the ground.

⁷ Thank Yahweh while you are singing to him to praise him;
on the harps, play music to our God.

⁸ He covers the sky with clouds,
and then he sends rain to the earth
and causes grass to grow on the hills.

⁹ He gives to animals the food that they *need*,
and gives food to young crows/birds when they cry out *because they are hungry*.

¹⁰ He is not pleased with strong horses
or with men who can run [MTY] fast.

- 11 Instead, what pleases him are those who
revere him,
those who confidently expect him to con-
tinue to faithfully love them.
- 12 *You people of [APO] Jerusalem, praise Yahweh!*
Praise your God!
- 13 He *guards your city* by keeping its gates strong.
He blesses the people who live there.
- 14 He protects the borders *of your country, so that*
enemies from other countries cannot attack
you.
He gives you plenty of very good wheat/grain
to eat.
- 15 He commands what he wants to be done on
the earth,
and his words quickly come to the place to
which he sends them.
- 16 He sends snow which *covers the ground* like a
white wool blanket [SIM],
and he scatters frost *on the ground* like *wind*
scatters ashes [SIM].
- 17 He sends hail down like ◀pebbles/tiny stones▶;
when that happens, ◀it is very difficult to en-
dure because the air becomes very cold./
who can endure because the air becomes
very cold?▶ [RHQ]
- 18 *But* he commands the wind to blow, and it
blows.
Then the hail melts and the water flows into
the streams.
- 19 He sent his message to *the descendants of*
Jacob;

he tells to his Israeli people the laws and regulations that he had decreed.

²⁰ He has not done that for any other nation;
the other nations do not know his laws.

Praise Yahweh!

148

¹ Praise Yahweh!

Praise him, from up in heaven;
praise him from way up in the sky!

² All you angels who belong to him, praise him!
All you who are in the armies of heaven,
praise him!

³ Sun and moon, *you also* praise him!
You shining stars, you praise him!

⁴ You highest heavens, praise him!
And you waters that are high above the sky,
praise him!

⁵ I want *all of* these to praise Yahweh [MTY]
because by commanding *them to exist*, he
created them.

⁶ He determined the places where they should be
in the sky,
and he commanded that they should be
there forever.
They cannot disobey that command!

⁷ And everything on the earth, praise Yahweh!
You *huge* sea monsters and *everything else*
that is deep in the ocean,

⁸ and fire and hail, and snow and frost,

- and strong winds that obey what he commands,
I tell all of you to praise Yahweh!
- ⁹ Hills and mountains,
fruit trees and cedar *trees*,
- ¹⁰ all the wild animals and all *you* cattle,
and the ◀reptiles/ creatures that scurry
across the ground▶,
and *all* the birds, *I tell all of them to praise
Yahweh!*
- ¹¹ You kings on this earth and all the people *that
you rule*,
you princes and all *other* rulers,
- ¹² you young men and young women,
you old people and children, *everyone, praise
Yahweh!*
- ¹³ I want them *all* to praise Yahweh [MTY]
because he is greater than anyone else.
His glory is greater than *anything on* the
earth or *in* heaven.
- ¹⁴ He caused us, his people, to be strong
in order that we, his people,
we Israeli people ◀who are very precious to
him/whom he loves very much▶,
would praise him.

So praise Yahweh!

149

¹ Praise Yahweh!

Sing a new song to Yahweh,

praise him whenever *his faithful people*
gather together!

² You Israeli people, be glad because of *what God*,
who created you, *has done for you!*

You people of Jerusalem, rejoice because of
what God your king has done for you!

³ Praise Yahweh by dancing, by beating/playing
tambourines,
and by playing harps to praise him!

⁴ Yahweh is pleased with his people;
he honors humble *people* by helping them to
defeat *their enemies*.

⁵ God's people should rejoice because they have
won battles
and they should sing joyfully all during the
night!

⁶ They [MTY] should shout loudly to praise God;
but *they should also hold sharp swords in*
their hands,

⁷ *ready to use them to defeat the soldiers of*
nations that do not worship God,
and to punish the people *of those nations*,

⁸ and to fasten the arms and legs of their kings
and other leaders with iron chains,

⁹ to judge *and punish* the people of those nations,
like *God wrote/declared should be done*.
It is ◀a privilege/an honor▶ for God's faith-
ful people to do that!

Praise Yahweh!

150

¹ Praise Yahweh!

Praise God in his sacred temple!

And praise him in his fortress in heaven!

² Praise him for the mighty deeds that he has performed;

praise him for his being extremely great!

³ Praise him by *blowing* trumpets loudly;

praise him by *playing* harps and ◀small lyres/other instruments that have many strings▶!

⁴ Praise him by *beating* drums and by dancing.

Praise him by *playing* stringed instruments and by *playing* flutes!

⁵ Praise him by *clashing* cymbals together;

praise him by clashing *together* very loud cymbals!

⁶ I want all living creatures to praise Yahweh!

Praise Yahweh!

Translation for Translators

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