

Psalms

Book 1

1

(Psalms 1—41)

¹ Great blessings belong to those
 who don't listen to evil advice,
who don't live like sinners,
 and who don't join those who make fun of
 God.*

² Instead, they love the LORD'S teachings
 and think about them day and night.

³ So they grow strong,
 like a tree planted by a stream—
a tree that produces fruit when it should
 and has leaves that never fall.
Everything they do is successful.

⁴ But the wicked are not like that.
 They are like chaff that the wind blows away.

⁵ When the time for judgment comes, the wicked
 will be found guilty.
Sinners have no place among those who do
 what is right.†

⁶ The LORD shows his people how to live,
 but the wicked have lost their way.

* **1:1** Or "The one who does not follow the advice of the wicked or turn onto Sinners Road or stay at Scoffers' House is blessed."

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

2

- ¹ Why are the nations so angry?
Why are the people making such foolish plans?
- ² Their kings and leaders join together
to fight against the LORD and his chosen king.*
- ³ They say, "Let's rebel against them.
Let's break free from them!"
- ⁴ But the one who rules in heaven laughs at them.
The Lord makes fun of them.
- ⁵ He speaks to them in anger,
and it fills them with fear.
- ⁶ He says, "I have chosen this man to be king,
and he will rule on Zion, my holy mountain."
- ⁷ Let me tell you about the LORD'S agreement:
He said to me, "Today I have become your father,[†]
and you are my son.
- ⁸ If you ask, I will give you the nations.
Everyone on earth will be yours.
- ⁹ You will rule over them with great power.
You will scatter your enemies like broken pieces of pottery!"
- ¹⁰ So, kings and rulers, be smart
and learn this lesson.
- ¹¹ Serve the LORD with fear and trembling.

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

¹² Show that you are loyal to his son,[‡]
or the Lord will be angry and destroy you.
He is almost angry enough to do that now,
but those who go to him for protection will
be blessed.

3

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

¹ LORD, I have so many enemies.
So many people have turned against me.
² They say to themselves, "God will not rescue
him!"
Selah

³ But you, LORD, protect me.
You bring me honor;
you give me hope.

⁴ I will pray to the LORD,
and he will answer me from his holy moun-
tain.
Selah

⁵ I can lie down to rest and know that I will wake
up,
because the LORD covers and protects me.
⁶ So I will not be afraid of my enemies,
even if thousands of them surround me.

[‡] **2:12** Show ... his son Literally, "Kiss the son."

⁷ LORD, get up!*

My God, come rescue me!
If you hit my enemies on the cheek,
you will break all their teeth.

⁸ LORD, the victory† is yours!

You are so good to your people.

Selah

4

To the director: With stringed instruments. A
song of David.

¹ God, you showed that I was innocent.

You gave me relief from all my troubles.
So listen to me now when I call to you for help.
Be kind to me and hear my prayer.

² Men,* how long will you try to dishonor me?

Do you enjoy wasting your time searching
for new lies against me?

Selah

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

The LORD listens when I pray to him.

* **3:7** LORD, get up The people said this when they lifted the Box of the Agreement and took it into battle, showing that God was with them. See Num. 10:35-36. † **3:8** victory Or “salvation.”

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

⁴ Tremble with fear, and stop sinning.[†]
Think about this when you go to bed, and
calm down.

Selah

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

⁶ Many people say, “I wish I could enjoy the good
life.
LORD, give us some of those blessings.”[‡]

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

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

5

To the director: With flutes.* A song of David.

¹ LORD, listen to me
and understand what I am trying to say.

² My God and King,
listen to my prayer.

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

And every morning you hear my prayers.

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

[†] **4:4** Or “Be angry, but don’t sin.” See Eph. 4:26, which is based on the ancient Greek version. [‡] **4:6** I wish ... blessings Or “Who will show us good. Lift up on us the light of your face, LORD.”

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

- They cannot stay in your presence.[†]
- ⁵ Fools[‡] cannot come near you.
You hate those who do evil.
- ⁶ You destroy those who tell lies.
LORD, you hate those who make secret plans
to hurt others.
- ⁷ But by your great mercy, I can enter your house.
I can worship in your holy Temple with fear
and respect for you.
- ⁸ LORD, show me your right way of living,
and make it easy for me to follow.
People are looking for my weaknesses,
so show me how you want me to live.
- ⁹ My enemies never tell the truth.
They only want to destroy people.
Their words come from mouths that are like
open graves.
They use their lying tongues to deceive
others.[§]
- ¹⁰ Punish them, God!
Let them be caught in their own traps.
They have turned against you,
so punish them for their many crimes.
- ¹¹ But let those who trust in you be happy forever.
Protect and strengthen those who love your
name.
- ¹² LORD, when you bless good people,

[†] 5:4 Or "You are not a God who likes evil people, and they don't respect you." [‡] 5:5 Fools Here, this means people who do not follow God and his wise teachings. [§] 5:9 They use ... others Or "They say nice things to others, but only to trap them."

you surround them with your love, like a large shield that protects them.

6

To the director: With stringed instruments, on the sheminith. A song of David.

¹ LORD, don't punish me.

Don't correct me when you are so angry.

² LORD, be kind to me.

I am sick and weak.

Heal me, LORD!

My bones are shaking.

³ I am trembling all over.

LORD, how long until you heal me?*

⁴ LORD, come back and make me strong again.

Save me because you are so loyal and kind.

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

Those in the grave don't praise you.

⁶ Lord, I am so weak.

I cried to you all night.

My pillow is soaked;

my bed is dripping wet from my tears.

⁷ My enemies have caused me such sorrow

that my eyes are worn out from crying.

⁸ Go away, you wicked people,

because the LORD has heard my cries.

⁹ The LORD has heard my request for mercy.

The LORD has accepted my prayer.

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

- 10 All my enemies will be filled with fear and shame.
They will be sorry when disgrace suddenly comes upon them.

7

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

- 1 LORD my God, I come to you for protection.
Save me from those who are chasing me.
2 If you don't help me, I will be torn apart like an animal caught by a lion.
I will be carried away with no one to save me.
3 LORD my God, I have done nothing wrong.
4 I have done nothing to hurt a friend†
or to help his enemies.
5 If that is not the truth, then punish me.
Let an enemy chase me, catch me, and kill me.
Let him grind me into the dirt and put me in my grave.

Selah

- 6 LORD, get up‡ and show your anger!
My enemy is angry, so stand and fight against him.

* 7: song Hebrew, "*shiggayon*," which may mean a special kind of song, perhaps one that is sad or full of emotion. † 7:4 friend Or "ally." ‡ 7:6 LORD, get up The people said this when they lifted the Box of the Agreement and took it into battle, showing that God was with them. See Num. 10:35-36.

- Get me the justice that you demand.
- ⁷ Gather the nations around you,
and take your place as judge.
- ⁸ LORD, judge the people.
LORD, judge me.
Prove that I am right and that I am innocent.
- ⁹ Stop those who do evil.
Support those who do good.
God, you are fair.
You know what people are thinking.
- ¹⁰ God helps people who want to do right,
so he will protect me.
- ¹¹ God is a good judge.
He always condemns evil.
- ¹²⁻¹³ If the wicked will not change,
then God is ready to punish them.
He has prepared his deadly weapons.
His sword is sharp.
His bow is strung, drawn back,
and ready to shoot its flaming arrow.
- ¹⁴ The minds of the wicked are full of evil;
they are pregnant with wicked plans,
which give birth to lies.
- ¹⁵ They dig a pit to trap others,
but they are the ones who will fall into it.
- ¹⁶ The trouble they cause will come back on
them.
They plan harm for others,
but they are the ones who will be hurt.
- ¹⁷ I praise the LORD because he is good.

I praise the name of the LORD Most High.

8

To the director: With the *gittith*. A song of David.

¹ LORD our Lord, your name is the most wonderful in all the earth!
It brings you praise everywhere in heaven.

² From the mouths of children and babies come songs of praise to you.
They sing of your power to silence your enemies who were seeking revenge.

³ I look at the heavens you made with your hands.
I see the moon and the stars you created.

⁴ And I wonder, “Why are people so important to you?
Why do you even think about them?
Why do you care so much about humans*?
Why do you even notice them?”

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

⁶ You put them in charge of everything you made.
You put everything under their control.

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

⁸ They rule over the birds in the sky

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

and the fish that swim in the sea.
9 LORD our Lord, your name is the most wonderful name in all the earth!

9

* To the director: Use the Alamoth of Ben.[†] A song of David.

1 I will praise you, LORD, with all my heart.
I will tell about the wonderful things you have done.

2 You make me happy, so I will rejoice in you.
God Most High, I praise your name.

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

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

5 You told the nations how wrong they were.
You destroyed those evil people.
You erased their names from our memory forever and ever.

6 The enemy is finished!
You destroyed their cities.
There is nothing left to remind us of them.

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

* 9: In many Hebrew copies and in the ancient Greek version, Psalms 9 and 10 are combined as one psalm. † 9: Alamoth of Ben This might be the name of a tune, "On the Death of the Son," a music style, or one of the orchestral groups in the Temple. See 1 Chron. 15:20.

⁸ He judges everyone on earth fairly.

He judges all nations honestly.

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

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

¹⁰ LORD, those who know your name
come to you for protection.

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

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

Tell the nations about the great things he has
done.

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

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

¹³ I said this prayer: “LORD, be kind to me.
See how my enemies are hurting me.
Save me from the ‘gates of death.’”

¹⁴ Then, at the gates of Jerusalem,§ I can sing
praises to you.
I will be so happy because you saved me.”

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

† **9:11** Sing ... Zion Or “Inhabitants of Zion, sing praises to the LORD.” See “Zion” in the Word List. § **9:14** Jerusalem Literally, “daughter Zion.” See “Zion” in the Word List.

They have been caught in their own trap.

¹⁶ The LORD showed that he judges fairly.

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

Higgayon

*

Selah

¹⁷ The wicked will go to the place of death,
as will all the nations that forget God.

¹⁸ It may seem that those who are poor and needy
have been forgotten,
but God will not forget them.
He will not leave them without hope.

¹⁹ LORD, get up[†] and judge the nations.
Don't let anyone think they can win against you.

²⁰ Teach them a lesson, LORD.
Let them know they are only human.

Selah

10

¹ LORD, why do you stay so far away?

Why do you hide from people in times of trouble?

² The wicked are proud and make evil plans to hurt the poor,

* **9:16** Higgayon Or "Meditation." Together with *Selah* this may mean a time to pause and think quietly. † **9:19** LORD, get up The people said this when they lifted the Box of the Agreement and took it into battle, showing that God was with them. See Num. 10:35-36. Also in Psalm 10:12.

- who are caught in their traps and made to suffer.
- ³ Those greedy people brag about the things they want to get.
They curse the LORD and show that they hate him.
- ⁴ The wicked are too proud to ask God for help.
He does not fit into their plans.
- ⁵ They succeed in everything they do.
They don't understand how you can judge them.
They make fun of all their enemies.
- ⁶ They say to themselves, "Nothing bad will ever happen to us.
We will have our fun and never be punished."
- ⁷ They are always cursing, lying,
and planning evil things to do.
- ⁸ They hide just outside the villages,
waiting to kill innocent people,
always looking for any helpless person they can hurt.
- ⁹ They are like lions hiding in the bushes
to catch weak and helpless animals.
They lay their traps for the poor,
who are caught in their nets.
- ¹⁰ Again and again they hurt people
who are already weak and suffering.
- ¹¹ They say to themselves, "God has forgotten about us.
He is not watching.
He will never see what we are doing."
- ¹² LORD, get up and do something.

Punish those who are wicked, God.
Don't forget those who are poor and help-
less.

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

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

You see it, so punish them.

Those who were left helpless put their trust in
you.

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

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

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

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

¹⁷ LORD, you have heard what the poor want.
Listen to their prayers, and do what they ask.

¹⁸ Protect the orphans and those who have been
hurt.

Don't let powerful people drive us from our
land!

11

To the director: A song of David.

¹ I trust in the LORD, so why did you tell me to
run and hide?

Why did you say, "Fly like a bird to your mountain?"

² Like hunters, the wicked hide in the dark.
They get their bows ready and aim their arrows.

They shoot at good, honest people.

³ What would good people do
if the wicked destroyed all that is good?*

⁴ The LORD is in his holy temple.
The LORD sits on his throne in heaven.
He sees everything that happens.
He watches people closely.

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

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

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

12

To the director: With the sheminith. A song of David.

¹ Save me, LORD!

We can no longer trust anyone!

* **11:3** Or "What if the foundations of society were really destroyed?" † **11:7** Those ... him Literally, "They will see his face."

All the good, loyal people are gone.

² People lie to their neighbors.

They say whatever they think people want to hear.

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

⁴ Those people think they can win any argument. They say, "We are so good with words, no one will be our master."

⁵ They took advantage of the poor and stole what little they had.

But the LORD knows what they did, and he says, "I will rescue those who are poor and helpless, and I will punish those who hurt them."*

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

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

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

* **12:5** I will rescue ... hurt them Or "I will rescue poor, helpless people who were hurt and asked me for help."

13

To the director: A song of David.

¹ How long will you forget me, LORD?

Will you forget me forever?

How long will you refuse to accept me?*

² How long must I wonder if you have forgotten me?

How long must I feel this sadness in my heart?

How long will my enemy win against me?

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

Make me feel strong again, or I will die.

⁴ If that happens, my enemy will say, "I beat him!"

He will be so happy that he won.

⁵ But I trust in your faithful love, Lord.

I will be happy when you save me.

⁶ Then I will sing to the LORD

because he was so good to me.

14

To the director: A song of David.

¹ Only fools think there is no God.

People like that are evil and do terrible things.

They never do what is right.

² The LORD looks down from heaven

* **13:1** refuse to accept me Literally, "hide your face from me."

- to see if there is anyone who is wise,
anyone who looks to him for help.
³ But everyone has gone the wrong way.
Everyone has turned bad.
No one does anything good.
No, not one person!
- ⁴ Those who are evil treat my people like bread
to be eaten.
And they never ask for the LORD'S help.
Don't they know what they are doing?
- ⁵ They will have plenty to fear,
because God is with those who do what is
right.
- ⁶ You wicked people want to spoil the hopes of
the poor,
but the LORD will protect them.
- ⁷ I wish the one who lives on Mount Zion
would bring victory to Israel!
When the LORD makes his people successful
again,
the people of Jacob will be happy;
the people of Israel will be glad.

15

A song of David.

- ¹ LORD, who can live in your Holy Tent*?
Who can live on your holy mountain?

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

- ² Only those who live pure lives, do what is right,
and speak the truth from their hearts.
- ³ Such people don't say bad things about others.
They don't do things to hurt their neighbors.
They don't tell shameful things about those
close to them.
- ⁴ They hate those who fail to please God
and honor those who respect the LORD.
If they make a promise to their neighbor,
they do what they promised.[†]
- ⁵ If they loan money to someone,
they do not charge them interest.
And they refuse to testify against an innocent
person,
even if someone offers them money to do it.

Whoever lives like this will always stand strong.

16

A miktam of David.

- ¹ Protect me, God, because I depend on you.
- ² Some of you* have said to the LORD,
"You are my Lord.
Every good thing I have comes from you."
- ³ But you have also said about the gods[†] of this
land,
"They are my powerful gods."

[†] **15:4** If they ... promised Or "They promised not to do bad things, and they do not do bad things." * **16:2** Some of you Literally, "you" (singular). Most translations assume it should be "I," giving a different meaning to verses 2 and 3, which are very difficult in the Hebrew text. [†] **16:3** gods Literally, "holy ones."

They are the ones who make me happy.”

⁴ But those who worship other gods will have many troubles.

I will not share in the gifts of blood they offer to their idols.

I will not even say their names.

⁵ LORD, you give me all that I need.

You support me.

You give me my share.

⁶ My share[‡] is wonderful.

My inheritance[§] is very beautiful.

⁷ I praise the LORD because he taught me well.

Even at night he put his instructions deep inside my mind.*

⁸ I always remember that the LORD is with me.[†]

He is here, close by my side,
so nothing can defeat me.

⁹ So my heart and soul will be very happy.

Even my body will live in safety,

¹⁰ because you will not leave me in the place of death.

You will not let your faithful one rot in the grave.

¹¹ You will teach me the right way to live.

Just being with you will bring complete happiness.

[‡] **16:6** share Or “section of land.” [§] **16:6** inheritance Here, this probably means the land each Israelite received. * **16:7** mind Literally, “my kidneys.” [†] **16:8** Literally, “I set the LORD before me always.”

Being at your right side will make me happy
forever.

17

A prayer of David.*

¹ LORD, hear my prayer for justice.

I am calling loudly to you.

I am being honest in what I say,
so please listen to my prayer.

² You will make the right decision,
because you can see the truth.

³ You were with me all night
and looked deep into my heart.

You questioned me and found that
I did not say or do anything wrong.

⁴ Unlike most people, I have obeyed your com-
mands,
so I have never been like those who are cruel
and evil.

⁵ I have followed your way.
My feet never left your path.

⁶ Every time I call to you, God, you answer me.
So listen to me now, and hear what I say.

⁷ Show your amazing kindness
and rescue those who depend on you.

Use your great power
and protect them from their enemies.

⁸ Protect me like the pupil† of your eye.
Hide me in the shadow of your wings.

* **17:** A prayer of David Or "A prayer dedicated to David."

† **17:8** pupil The center of the eye, which everyone wants to protect.

9 Save me from the wicked people who are trying to destroy me.

Protect me from those who come to hurt me.

10 They think only of themselves and brag about what they will do.

11 They have been following me, and now they are all around me.

They watch me, waiting to throw me to the ground.

12 Like hungry lions, they want to kill and eat. Like young lions, they hide, ready to attack.

13 LORD, get up[‡] and face the enemy.

Make them surrender.

Use your sword and save me from these wicked people.

14 Use your power, LORD, and remove them from this life.

But as for the people you treasure, fill them with food.

Give them plenty for their children and their grandchildren.

15 I have done only what is right, so I will see your face.

And seeing you,[§] I will be fully satisfied.

[‡] 17:13 LORD, get up The people said this when they lifted the Box of the Agreement and took it into battle, showing that God was with them. See Num. 10:35-36. [§] 17:15 you Literally, "your likeness."

18

* To the director: A song of David, the LORD'S servant. He sang this song to the LORD when the LORD saved him from Saul and all his other enemies.

¹ I love you, LORD!
You are my strength.

² The LORD is my Rock, my fortress, my place of safety.
He is my God, the Rock I run to for protection.
He is my shield; by his power I am saved.[†]
He is my hiding place high in the hills.

³ I called to the LORD for help,
and he saved me from my enemies!
He is worthy of my praise!

⁴ Death had its ropes wrapped around me.
A deadly flood was carrying me away.

⁵ The ropes of the grave wrapped around me.
Death set its trap right there in front of me.

⁶ In my trouble I called to the LORD.
Yes, I cried out to my God for help.
There in his temple he heard my voice.
He heard my cry for help.

⁷ The earth shook and shivered.
The foundations of the mountains trembled.
They shook because he was angry.

⁸ Smoke came from his nose.
Burning flames came from his mouth.

* **18:** This song is also found in 2 Sam. 22. † **18:2** by his power I am saved Literally, "He is the horn of my salvation."

- Red-hot coals fell from him.
9 He tore open the sky and came down!
He stood on a thick, dark cloud.
10 He flew across the sky, riding on a Cherub
angel
racing on the wings of the wind.
11 He wrapped himself in darkness that covered
him like a tent.
He was hidden by dark clouds heavy with
water.
12 Out of the brightness before him,
hail broke through the clouds with flashes of
lightning.
13 The LORD thundered from the sky;
God Most High let his voice be heard.‡
14 He scattered his enemies with his arrows—
the lightning bolts that threw them into
confusion.
15 LORD, you shouted your command,
and a powerful wind began to blow.§
Then the bottom of the sea could be seen,
and the earth's foundations were uncovered.
16 He reached down from above and grabbed me.
He pulled me from the deep water.
17 He saved me from my powerful enemies, who
hated me.
They were too strong for me, so he saved me.
18 They attacked me in my time of trouble,

‡ 18:13 The ancient Greek version and some Hebrew copies add
“with hailstones and bolts of lightning.” § 18:15 and ... blow
Or “and a blast of breath came from your nose.”

- but the LORD was there to support me.
19 He was pleased with me, so he rescued me.
He took me to a safe place.
20 The LORD rewarded me for doing what is right.
He was good to me because I am innocent.
21 The LORD did this because I have obeyed him.
I have not turned against my God.
22 I always remembered his laws.
I never rejected his rules.
23 He knows I did nothing that was wrong.
I have kept myself from sinning.
24 So the LORD rewarded me for doing what is right.
He could see that I am innocent.
- 25 Lord, you are faithful to those who are faithful.
You are good to those who are good.
26 You never do wrong to those who have done no wrong.
But you outsmart the wicked, no matter how clever they are.
27 You help those who are humble,
but you humiliate the proud.
28 LORD, you provide the flame for my lamp.
You, God, turn the darkness around me into light.
29 With your help I can defeat an army.
If my God is with me, I can climb over enemy walls.
- 30 God's way is perfect.
The LORD'S promise always proves to be true.

- He protects those who trust in him.
- 31 There is no God except the LORD.
There is no Rock except our God.
- 32 God is the one who gives me strength.
He clears the path I need to take.
- 33 He makes my feet as steady as those of a deer.
Even on steep mountains he keeps me from falling.
- 34 He trains me for war
so that my arms can bend the most powerful bow.
- 35 Lord, you have given me your shield to protect me.
You support me with your right hand.
It is your help that has made me great.
- 36 You cleared a path for my feet
so that I could walk without stumbling.
- 37 I chased my enemies and caught them.
I did not stop until they were destroyed.
- 38 I struck them down, and they could not get up again.
They fell under my feet.
- 39 God, you made me strong in battle.
You made my enemies fall before me.
- 40 You made my enemies turn and run away.
I destroyed those who hated me.
- 41 They cried out for help,
but there was no one to save them.
They cried out to the LORD,
but he did not answer them.

42 I beat them to pieces like dust blown by the wind.
I smashed them like mud in the streets.

43 You saved me from those who fought against me.
You made me the ruler over nations.
People I never knew now serve me.

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

Those foreigners fall helpless before me!

45 They lose all their courage
and come out of their hiding places shaking with fear.

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

47 He is the God who punishes my enemies for me,
the one who puts people under my control.

48 He saves me from my enemies!

You, Lord, help me defeat those who attack me.
You save me from cruel people.

49 LORD, that is why I praise you among the nations.
That is why I sing songs of praise to your name.

50 The Lord helps his king win battle after battle.
He shows his faithful love to his chosen one,*
to David and his descendants forever.

* **18:50** his chosen one Literally, "his anointed one."

19

To the director: A song of David.

- ¹ The heavens tell about the glory of God.
The skies announce what his hands have made.
- ² Each new day tells more of the story,
and each night reveals more and more about God's power.*
- ³ You cannot hear them say anything.
They don't make any sound we can hear.
- ⁴ But their message goes throughout the world.
Their teaching reaches the ends of the earth.

The sun's tent is set up in the heavens.

- ⁵ It comes out like a happy bridegroom from his bedroom.
It begins its path across the sky
like an athlete eager to run a race.
- ⁶ It starts at one end of the sky
and runs all the way to the other end.
Nothing can hide from its heat.

- ⁷ The LORD'S teachings are perfect.
They give strength to his people.
The LORD'S rules can be trusted.
They help even the foolish become wise.
- ⁸ The LORD'S laws are right.
They make people happy.
The LORD'S commands are good.
They show people the right way to live.

* **19:2** Or *"Like the changing of the guards, each day passes the news to the next day and each night passes information to the next night."*

- ⁹ Learning respect for the LORD is good.
It will last forever.
The LORD'S judgments are right.
They are completely fair.
- ¹⁰ His teachings are worth more than pure gold.
They are sweeter than the best honey dripping from the honeycomb.
- ¹¹ His teachings warn his servants,
and good things come to those who obey them.
- ¹² People cannot see their own mistakes,
so don't let me commit secret sins.
- ¹³ Don't let me do what I know is wrong.
Don't let sin control me.
If you help me, I can be pure
and free from sin.
- ¹⁴ May my words and thoughts please you.
LORD, you are my Rock—the one who rescues me.

20

To the director: A song of David.

- ¹ May the LORD answer you in times of trouble.
May the God of Jacob protect you.
- ² May he send you help from his Holy Place.
May he support you from Zion.
- ³ May he remember all the gifts you have offered.
May he accept all your sacrifices.
- Selah
- ⁴ May he give you what you really want.
May he make all your plans successful.
- ⁵ We will celebrate when he helps you.

We will praise the name of God.
May the LORD give you everything you ask for.

- ⁶ Now I know the LORD helps his chosen king.
From his holy heaven he answered.
With his great power he saved him.
- ⁷ Some give the credit for victory to their chariots
and soldiers,
but we honor the LORD our God.
- ⁸ They fall in battle, totally defeated,
but we survive and stand strong!
- ⁹ LORD, save the king!
Answer us when we call to you for help.

21

To the director: A song of David.

- ¹ LORD, your strength makes the king happy.
He is so happy when you give him victory.
- ² And you gave him what he wanted.
You gave him what he asked for.
- Selah
- ³ You gave the king such wonderful blessings.
You put a golden crown on his head.
- ⁴ He asked for life, and you gave it.
You gave him life that goes on forever.
- ⁵ You led him to victory that brought him great
glory.
You gave him honor and fame.
- ⁶ You have given him blessings that will last
forever.

- You have given him the joy of being near you.
- ⁷ The king trusts in the LORD,
and the faithful love of God Most High will
keep him from falling.
- ⁸ Lord, you will show all your enemies that you
are strong.
Your power will defeat those who hate you.
- ⁹ When you appear,
you will burn them up like a blazing furnace.
In your anger, LORD, you will completely destroy
them;
they will be swallowed by flames of fire.*
- ¹⁰ Their families will be destroyed.
They will be removed from the earth.
- ¹¹ That is because they made evil plans against
you.
They wanted to do things they could not do.
- ¹² You will make them turn and run away
when you aim your arrows at their faces.
- ¹³ LORD, we lift you up with our songs of praise.
We sing and play songs about your power!

22

To the director: To the tune “The Deer of Dawn.”* A song of David.

* **21:9** Or “You will make your king like a burning oven when you come to help him, LORD. And in his anger, he will completely destroy them.” * **22:** “The Deer of Dawn” This is probably the name of the tune for this song, but it might refer to a music style or type of instrument.

- ¹ My God, my God, why have you left me?
You seem too far away to save me,
too far to hear my cries for help!
- ² My God, I kept calling by day,
and I was not silent at night.
But you did not answer me.
- ³ God, you are the Holy One.
You sit as King upon the praises of Israel.
- ⁴ Our ancestors trusted you.
Yes, they trusted you, and you saved them.
- ⁵ They called to you for help and escaped their
enemies.
They trusted you and were not disappointed!
- ⁶ But I feel like a worm, less than human!
People insult me and look down on me.
- ⁷ Everyone who sees me makes fun of me.
They shake their heads and stick out their
tongues at me.
- ⁸ They say, "Call to the LORD for help.
Maybe he will save you.
If he likes you so much, surely he will rescue
you!"
- ⁹ God, the truth is, you are the one who brought
me into this world.
You made me feel safe while I was still at my
mother's breasts.
- ¹⁰ You have been my God since the day I was
born.
I was thrown into your arms as I came from
my mother's womb.
- ¹¹ So don't leave me!

- Trouble is near, and there is no one to help me.
- 12 My enemies surround me like angry bulls.
They are like the powerful bulls of Bashan,
and they are all around me.
- 13 Their mouths are opened wide,
like a lion roaring and tearing at its prey.
- 14 My strength is gone,
like water poured out on the ground.
My bones have separated.
My courage is gone.†
- 15 My mouth‡ is as dry as a piece of baked pottery.
My tongue is sticking to the roof of my mouth.
You have left me dying in the dust.
- 16 The “dogs” are all around me—
a pack§ of evil people has trapped me.
They have pierced my hands and feet.*
- 17 I can see each one of my bones.
My enemies are looking at me;
they just keep staring.
- 18 They divide my clothes among themselves,
and they throw lots for what I am wearing.
- 19 LORD, don’t leave me!
You are my strength—hurry and help me!
- 20 Save me from the sword.

† 22:14 My courage is gone Literally, “My heart is melted inside me like wax.” ‡ 22:15 mouth Or “strength.” § 22:16 pack A group of dogs. Dogs travel together in packs to hunt and kill other animals for food. * 22:16 They ... feet Literally, “Like a lion, my hands and feet.”

Save my precious life from these dogs.

²¹ Rescue me from the lion's mouth.

Protect me from the horns of the bulls.[†]

²² I will tell my people about you.

I will praise you in the great assembly.

²³ Praise the LORD, all you who worship him!

Honor him, you descendants of Jacob!

Fear and respect him, all you people of Israel!

²⁴ He does not ignore those who need help.

He does not hate them.

He does not turn away from them.

He listens when they cry for help.

²⁵ Lord, because of you I offer praise in the great assembly.

In front of all these worshipers I will do all that I promised.

²⁶ Poor people, come eat and be satisfied.[‡]

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

May your hearts be happy§ forever.

[†] **22:21** Protect me ... bulls Or "You have answered me and protected me from the horns of the bulls." This could be both a prayer for help (like the first half of the psalm) and also a statement that God had answered this prayer (like the second half of the psalm). [‡] **22:26** come eat ... satisfied This person was giving a thank offering that would be shared with other people at the Temple. This was how someone shared their happiness when God blessed them. See Leviticus 3:1-5 and Deuteronomy 14:22-29. [§] **22:26** be happy Literally, "live."

- 27 May those in faraway countries remember the
LORD and come back to him.
May those in distant lands worship him,
28 because the LORD is the King.
He rules all nations.
29 The people have eaten all they wanted
and bowed down to worship him.
Yes, everyone will bow down to him—
all who are on the way to the grave, unable
to hold on to life.
30 Our descendants will serve him.
Those who are not yet born will be told
about him.
31 Each generation will tell their children
about the good things the Lord has done.

23

A song of David.

- 1 The LORD is my shepherd.
I will always have everything I need.*
2 He gives me green pastures to lie in.
He leads me by calm pools of water.
3 He restores my strength.
He leads me on right paths† to show that he
is good.
4 Even if I walk through a valley as dark as the
grave,‡
I will not be afraid of any danger, because
you are with me.

* 23:1 I will ... need Literally, "I will lack nothing." † 23:3 right paths Or "paths of goodness." ‡ 23:4 valley ... grave Or "death's dark valley" or "a very dark valley."

- Your rod and staff[§] comfort me.
⁵ You prepared a meal for me in front of my enemies.
 You welcomed me as an honored guest.*
 My cup is full and spilling over.
⁶ Your goodness and mercy will be with me all my life,
 and I will live in the LORD'S house[†] a long, long time.[‡]

24

A song of David.

- ¹ The earth and everything on it belong to the LORD.
 The world and all its people belong to him.
² He built the earth on the water.
 He built it over the rivers.
³ Who can go up on the LORD'S mountain*?
 Who can stand in his holy Temple?
⁴ Only those who have not done evil,
 who have pure hearts,
 who have not used my name[†] to hide their lies,
 and who have not made false promises.

§ **23:4** rod and staff The club and walking stick a shepherd uses to protect and guide his sheep. * **23:5** You welcomed ... guest Literally, "You anointed my head with oil." † **23:6** house Or "Temple." See "Temple" in the Word List. ‡ **23:6** I ... long time Or "I will return again and again to the LORD'S Temple for as long as I live." * **24:3** LORD'S mountain Mount Zion, the hill in Jerusalem where the Temple was built. † **24:4** my name Literally, "my soul."

- ⁵ Good people ask the LORD to bless others.
They ask God, their Savior, to do good things.
⁶ They try to follow God.
They go to the God of Jacob for help.
- Selah

- ⁷ Gates, proudly lift your heads!
Open, ancient doors,
and the glorious King will come in.
⁸ Who is the glorious King?
He is the LORD, the powerful soldier.
He is the LORD, the war hero.
- ⁹ Gates, proudly lift your heads!
Open, ancient doors,
and the glorious King will come in.
¹⁰ Who is the glorious King?
The LORD All-Powerful is the glorious King.

25

- * A song of David.
- ¹ LORD, I put my life in your hands.†
² I trust in you, my God,
and I will not be disappointed.
My enemies will not laugh at me.
³ No one who trusts in you will be disappointed.
But disappointment will come to those who
try to deceive others.
They will get nothing.

* **25:** In Hebrew, each verse in this psalm begins with the next letter of the alphabet. † **25:1** I put ... hands Literally, "I lift my soul to you."

- 4 LORD, help me learn your ways.
Show me how you want me to live.
- 5 Guide me and teach me your truths.
You are my God, my Savior.
You are the one I have been waiting for.
- 6 Remember to be kind to me, LORD.
Show me the tender love that you have
always had.
- 7 Don't remember the sinful things I did when I
was young.
Because you are good, LORD, remember me
with your faithful love.
- 8 The LORD is good and does what is right.
He shows sinners the right way to live.
- 9 He teaches his ways to humble people.
He leads them with fairness.
- 10 The LORD is kind and true to those
who obey what he said in his agreement.
- 11 LORD, I have done many wrong things.
But I ask you to forgive them all to show your
goodness.
- 12 When people choose to follow the LORD,
he shows them the best way to live.
- 13 They will enjoy good things,
and their children will get the land God
promised.
- 14 The LORD tells his secrets to his followers.
He teaches them about his agreement.
- 15 I always look to the LORD for help.

Only he can free me from my troubles.‡

- 16 I am hurt and lonely.
Turn to me, and show me mercy.
- 17 Free me from my troubles.
Help me solve my problems.
- 18 Look at my trials and troubles.
Forgive me for all the sins I have done.
- 19 Look at all the enemies I have.
They hate me and want to hurt me.
- 20 Protect me! Save me from them!
I come to you for protection, so don't let me
be disappointed.
- 21 You are good and do what is right.
I trust you to protect me.
- 22 God, save the people of Israel
from all their enemies.

26

A song of David.

- 1 LORD, you be the judge and prove that I have
lived a pure life.
I have depended on you, LORD, to keep me
from falling.
- 2 Look closely at me, LORD, and test me.
Judge my deepest thoughts and emotions.
- 3 I always remember your faithful love.
I depend on your faithfulness.
- 4 I don't run around with troublemakers.
I have nothing to do with hypocrites.

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

- ⁵ I hate being around evil people.
I refuse to join those gangs of crooks.
- ⁶ LORD, I wash my hands to make myself pure,
so that I can come to your altar.
- ⁷ I sing a song to give you thanks,
and I tell about all the wonderful things you
have done.
- ⁸ LORD, I love the house* where you live,
the place where your glory is.
- ⁹ Lord, don't treat me like one of those sinners.
Don't kill me with those murderers.
- ¹⁰ They are guilty of cheating people.
They take bribes to do wrong.
- ¹¹ But I am innocent,
so be kind to me and save me.
- ¹² I am safe from all danger
as I stand here praising you, LORD, in the
assembly of your people.

27

A song of David.

- ¹ LORD, you are my Light and my Savior,
so why should I be afraid of anyone?
The LORD is where my life is safe,
so I will be afraid of no one!
- ² Evil people might attack me.
They might try to destroy my body.
Yes, my enemies might attack me and try to
destroy me,

* **26:8** house Or "Temple." See "Temple" in the Word List.

but they will stumble and fall.

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

Even if people attack me in war, I will trust in the Lord.

⁴ I ask only one thing from the LORD.

This is what I want most:

Let me live in the LORD'S house all my life,
enjoying the LORD'S beauty
and spending time in his palace.*

⁵ He will protect me when I am in danger.

He will hide me in his tent.†

He will take me up to his place of safety.

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

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

I will sing and play songs to honor the LORD.

⁷ LORD, hear my voice.

Be kind and answer me.

⁸ My heart told me to come to you, LORD,
so I am coming to ask for your help.

⁹ Don't turn away from me.

Don't be angry with your servant.

You are the only one who can help me.

My God, don't leave me all alone.

* **27:4** palace A large house built for a king. Here, it is the Temple. See "Temple" in the Word List. † **27:5** tent The place where God lives among his people. Here, it is the Temple in Jerusalem. See "Holy Tent" and "Temple" in the Word List.

You are my Savior.

¹⁰ Even if my mother and father leave me,
the LORD will take me in.

¹¹ I have enemies, LORD, so teach me your ways.
Show me the right way to live.

¹² My enemies have attacked me.
They have told lies about me and have tried
to hurt me.

¹³ But I really believe
that I will see the LORD'S goodness before I
die.‡

¹⁴ Wait for the LORD'S help.
Be strong and brave,
and wait for the LORD'S help.

28

A song of David.

¹ LORD, you are my Rock.
I am calling to you for help.
Don't close your ears to my prayers.

If you don't answer me,
I will be counted among the dead.

² I lift my hands and pray toward your Most Holy
Place.
Hear me when I call to you.
Show mercy to me.

³ Don't treat me like the evil people
who do wicked things.
They greet their neighbors like friends,
but secretly plan to hurt them.

⁴ They do bad things to others,

‡ **27:13** before I die Literally, "in the land of the living."

- so make bad things happen to them.
Give them the punishment they deserve.
- ⁵ They don't notice what the LORD does.
They ignore all the good things he has made.
So instead of building them up,
he will destroy them.
- ⁶ Praise the LORD!
He has heard my prayer for mercy.
- ⁷ The LORD is my strength and shield.
I trusted him with all my heart.
He helped me, so I am happy.
I sing songs of praise to him.
- ⁸ The LORD protects his chosen one.*
He saves him and gives him strength.
- ⁹ Save your people.
Bless those who belong to you.
Lead them and honor them† forever.

29

A song of David.

- ¹ Praise the LORD, you heavenly angels*!
Praise the LORD'S glory and power.
- ² Praise the LORD and honor his name!
Worship the LORD in all his holy beauty.

* **28:8** his chosen one Or "his anointed one." This might be anyone God chose to serve in a special way, but it is usually the king he has chosen. † **28:9** honor them Or "forgive them." Literally, "lift them up." * **29:1** heavenly angels Literally, "sons of gods." This probably means God's angels who are pictured here as priests worshipping him in heaven.

- ³ The LORD'S voice can be heard over the sea.
The voice of our glorious LORD God is like
thunder over the great ocean.
- ⁴ The LORD'S voice is powerful.
It shows the LORD'S glory.
- ⁵ The LORD'S voice shatters great cedar trees.
The LORD breaks the great cedars of
Lebanon.
- ⁶ He makes Lebanon shake like a young calf
dancing.
Sirion[†] trembles like a young bull jumping
up and down.
- ⁷ The LORD'S voice cuts the air with flashes of
lightning.
- ⁸ The LORD'S voice shakes the desert.
The desert of Kadesh[‡] trembles at the
LORD'S voice.
- ⁹ The LORD'S voice frightens the deer.[§]
He destroys the forests.
- In his temple everyone shouts, "Glory to God!"
- ¹⁰ The LORD ruled as king at the time of the flood,
and the LORD will rule as king forever.
- ¹¹ May the LORD make his people strong.
May the LORD bless his people with peace.

[†] **29:6** Sirion Or "Mount Hermon." [‡] **29:8** the desert of
Kadesh A desert in Syria. This might also mean "the holy desert."

[§] **29:9** deer Or "oak trees."

30

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

- ¹ LORD, you lifted me out of my troubles.
You did not give my enemies a reason to
laugh,
so I will praise you.
- ² LORD my God, I prayed to you,
and you healed me.
- ³ LORD, you lifted me out of the grave.
I was falling into the place of death, but you
saved my life.

- ⁴ Praise the LORD, you who are loyal to him!
Praise his holy name[†]!
- ⁵ His anger lasts for a little while,
but then his kindness brings life.
The night may be filled with tears,
but in the morning we can sing for joy!

- ⁶ When I was safe and secure,
I thought nothing could hurt me.
- ⁷ Yes, LORD, while you were kind to me,
I felt that nothing could defeat me.[‡]
But when you turned away from me,
I was filled with fear.
- ⁸ So, LORD, I turned and prayed to you.
I asked you, Lord, to show me mercy.

* **30:** A song ... Temple Or "A psalm. The song for the dedication of the house. Dedicated to David." † **30:4** name Literally, "memory" or "memorial." ‡ **30:7** I felt ... defeat me Literally, "You placed me on the strong mountains."

- ⁹ I said, "What good is it if I die
and go down to the grave?
The dead just lie in the dirt.
They cannot praise you.
They cannot tell anyone how faithful you
are."
¹⁰ LORD, hear my prayer, and be kind to me.
LORD, help me!"
- ¹¹ You have changed my sorrow into dancing.
You have taken away my sackcloth
and clothed me with joy.
- ¹² You wanted me to praise you and not be silent.
LORD my God, I will praise you forever!

31

To the director: A song of David.

- ¹ LORD, I come to you for protection.
Don't let me be disappointed.
You always do what is right, so save me.
- ² Listen to me.
Come quickly and save me.
Be my Rock, my place of safety.
Be my fortress and protect me!
- ³ Yes, you are my Rock and my protection.
For the good of your name, lead me and
guide me.
- ⁴ Save me from the traps my enemy has set.
You are my place of safety.
- ⁵ LORD, you are the God we can trust.
I put my life* in your hands.

* **31:5** life Literally, "spirit."

Save me!

⁶ I hate those who worship false gods.
I trust only in the LORD.

⁷ Your kindness makes me so happy.
You have seen my suffering.
You know about the troubles I have.

⁸ You will not let my enemies take me.
You will free me from their traps.

⁹ LORD, I have many troubles, so be kind to me.
I have cried until my eyes hurt.
My throat and stomach are aching.

¹⁰ Because of my sin, my life is ending in grief;
my years are passing away in sighs of pain.

My life is ending in weakness.
My strength is draining away.

¹¹ My enemies despise me,
and even my neighbors have turned away.

When my friends see me in the street,
they turn the other way.
They are afraid to be around me.

¹² People want to forget me like someone already
dead,
thrown away like a broken dish.

¹³ I hear them whispering about me.
They have turned against me and plan to kill
me.

¹⁴ LORD, I trust in you.
You are my God.

¹⁵ My life is in your hands.
Save me from those who are persecuting me.

- 16 Please welcome and accept your servant.[†]
Be kind to me and save me.
- 17 LORD, I am praying to you.
Don't let me be disappointed.
The wicked are the ones who should be disappointed.
Let them go to the grave in silence.
- 18 Those evil people brag
and tell lies about those who do right.
They are so proud now,
but their lying lips will be silent.
- 19 Lord, you have hidden away many wonderful things for your followers.
You have done so many good things for those who trust in you.
You have blessed them so that all the world can see.
- 20 Others make plans to hurt them.
They say such bad things about them.
But you hide your people in your shelter and protect them.
- 21 Praise the LORD, because he showed me how wonderful his faithful love is
when the city was surrounded by enemies.
- 22 I was afraid and said, "I am in a place where he cannot see me."
But I prayed to you, and you heard my loud cries for help.
- 23 Love the LORD, all of you who are his loyal followers.

[†] **31:16** Please ... servant Literally, "Let your face shine on your servant."

The LORD protects those who are loyal to him.
But he punishes those who brag about their own power.
He gives them all the punishment they deserve.
²⁴ Be strong and brave,
all of you who are waiting for the LORD'S help.

32

A maskil of David.

¹ It is a great blessing
when people are forgiven for the wrongs
they have done,
when their sins are erased.*
² It is a great blessing
when the LORD says they are not guilty,
when they don't try to hide their sins.

³ Lord, I prayed to you again and again,
but I did not talk about my sins.
So I only became weaker and more miserable.
⁴ Every day you made life harder for me.
I became like a dry land in the hot summer-time.

Selah

⁵ But then I decided to confess my sins to the LORD.

* **32:1** erased Or "covered over" or "atoned."

I stopped hiding my guilt and told you about
my sins.

And you forgave them all!

Selah

⁶ That is why your loyal followers pray to you
while there is still time.

Then when trouble rises like a flood, it will
not reach them.

⁷ You are a hiding place for me.

You protect me from my troubles.

You surround me and protect me,
so I sing about the way you saved me.

Selah

⁸ The Lord says, "I will teach you
and guide you in the way you should live.
I will watch over you and be your guide.

⁹ Don't be like a stupid horse or mule that will
not come to you
unless you put a bit in its mouth and pull it
with reins."

¹⁰ Many pains will come to the wicked,
but the LORD'S faithful love will surround
those who trust in him.

¹¹ Good people, rejoice and be very happy in the
LORD.

All you who want to do right, rejoice!

33

¹ Rejoice in the LORD, good people!

It is only right for good people to praise him.

² Play the lyre and praise the LORD.

- Play the ten-stringed harp for him.
- ³ Sing a new song* to him.
Play it well and sing it loud!
- ⁴ The LORD'S word is true,
and he is faithful in everything he does.
- ⁵ He loves goodness and justice.
The LORD'S faithful love fills the earth.
- ⁶ The LORD spoke the command, and the world
was made.
The breath from his mouth created every-
thing in the heavens.
- ⁷ He gathered together the water of the sea.
He put the ocean in its place.
- ⁸ Everyone on earth should fear and respect the
LORD.
All the people in the world should fear him,
- ⁹ because when he speaks, things happen.
And if he says, "Stop!"—then it stops.†
- ¹⁰ The LORD can ruin every decision the nations
make.
He can spoil all their plans.
- ¹¹ But the LORD'S decisions are good forever.
His plans are good for generation after
generation.
- ¹² Great blessings belong to those who have the
LORD as their God!
He chose them to be his own special people.
- ¹³ The LORD looked down from heaven
and saw all the people.

* **33:3** new song Whenever God did a new and wonderful thing for his people, they would write a new song about it. † **33:9** And if ... stops Or "He gives the command, and it stands!" The word "stand" can mean "stand forever" or "stop."

- 14 From his high throne he looked down
at all the people living on earth.
- 15 He created every person's mind,
and he knows what each one is doing.
- 16 A king is not saved by the power of his army.
A soldier does not survive by his own great
strength.
- 17 Horses don't really bring victory in war.
Their strength cannot help you escape.
- 18 The LORD watches over his followers,
those who wait for him to show his faithful
love.
- 19 He saves them from death.
He gives them strength when they are hun-
gry.
- 20 So we will wait for the LORD.
He helps us and protects us.
- 21 He makes us happy.
We trust his holy name.
- 22 LORD, we worship you,
so show your great love for us.

34

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

- 1 I will praise the LORD at all times.
I will never stop singing his praises.
- 2 Humble people, listen and be happy,
while I brag about the LORD.
- 3 Praise the LORD with me.

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

- Let us honor his name.
- ⁴ I went to the LORD for help, and he listened.
He saved me from all that I fear.
- ⁵ If you look to him for help,
he will put a smile on your face.
You will have no need to be ashamed.
- ⁶ As a poor, helpless man I prayed to the LORD,
and he heard me.
He saved me from all my troubles.
- ⁷ The LORD'S angel builds a camp around his
followers,
and he protects them.
- ⁸ Give the LORD a chance to show you[†] how good
he is.
Great blessings belong to those who depend
on him!
- ⁹ The LORD'S holy people should fear and respect
him.
Those who respect him will always have
what they need.
- ¹⁰ Even strong lions get weak and hungry,
but those who go to the LORD for help will
have every good thing.
- ¹¹ Children, come and listen to me;
I will teach you to respect the LORD.
- ¹² Do you want to enjoy life?
Do you want to have many happy days?
- ¹³ Then avoid saying anything hurtful,
and never let a lie come out of your mouth.
- ¹⁴ Stop doing anything evil, and do good.
Look for peace, and do all you can to help
people live peacefully.

[†] **34:8** Give ... show you Literally, "Taste and see."

- 15 The LORD watches over those who do what is right,
and he hears their prayers.
- 16 But the LORD is against those who do evil,
so they are forgotten soon after they die.
- 17 Pray to the LORD, and he will hear you.
He will save you from all your troubles.
- 18 The LORD is close to those who have suffered disappointment.
He saves those who are discouraged.
- 19 Good people might have many problems,
but the LORD will take them all away.
- 20 He will protect them completely.
Not one of their bones will be broken.
- 21 But troubles will kill the wicked.
The enemies of those who live right will all
be punished.
- 22 The LORD saves his servants.
All who go to him for protection will escape
punishment.

35

A song of David.

- 1 LORD, oppose those who oppose me.
Fight those who fight me.
- 2 Pick up your shields, large and small.
Get up and help me!
- 3 Take a spear and javelin
and fight those who are chasing me.
Tell me, "I will rescue you."

- 4 Some people are trying to kill me.
Disappoint them and make them ashamed.
Make them turn and run away.
They are planning to hurt me.
Defeat and embarrass them.
- 5 Make them like chaff blown by the wind.*
Let them be chased by the LORD'S angel.
- 6 Make their road dark and slippery.
Let the LORD'S angel chase them.
- 7 I did nothing wrong, but they tried to trap me.
For no reason at all, they dug a pit to catch me.
- 8 So let them fall into their own traps.
Let them stumble into their own nets.
Let some unknown danger catch them.
- 9 Then I will rejoice in the LORD.
I will be happy when he saves me.
- 10 With my whole self I will say,
"LORD, there is no one like you.
You protect the poor from those who are stronger.
You save the poor and helpless from those who try to rob them."
- 11 There are witnesses† trying to harm me.
They ask me questions that I know nothing about.
- 12 They pay me back evil for the good I have done.
They make me so very sad.
- 13 When they were sick, I was sad and wore sackcloth.

* 35:5 wind This may be a wordplay, because the Hebrew word also means "spirit." † 35:11 witnesses People who tell what they have seen or heard. Here, these people were probably telling lies.

- I went without eating to show my sorrow.
(May my prayers for them not be answered!)
- 14 I mourned for them as I would for a friend or
a brother.
I bowed low with sadness, crying as I would
for my own mother.
- 15 But when I had troubles, they laughed at me.
They were not really friends.
I was surrounded and attacked
by people I didn't even know.
- 16 They made fun of me, using the worst language.
They ground their teeth to show their anger.
- 17 My Lord, how long will you watch this happen?
Save my life from these people
who are attacking me like lions and trying to
destroy me.
- 18 I will praise you in the great assembly.
I will praise you there among the crowds.
- 19 Don't let my lying enemies keep on laughing
at me.
They have no reason to hate me.
Surely they will be punished for their secret
plans.‡
- 20 They have no friendly words for others,
but plan ways to hurt those who want to live
in peace.
- 21 They are telling lies about me.
They say, "Aha! We know what you did!"

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

- 22 LORD, surely you can see what is happening.
So don't keep quiet.
Lord, don't leave me.
- 23 Wake up! Get up!
My God and my Lord, fight for me, and bring
me justice.
- 24 LORD my God, judge me with your fairness.
Don't let those people laugh at me.
- 25 Don't let them think, "Aha! We got what we
wanted!"
Don't let them say, "We destroyed him!"
- 26 Let my enemies be ashamed and embar-
rased—
all those who were happy about my troubles.
Proud of themselves, they treated me as worth-
less.
So let them be covered with shame and
disgrace.
- 27 To those who want the best for me,
I wish them joy and happiness.
May they always say, "Praise the LORD,
who wants what is best for his servant."
- 28 So, Lord, I will tell people how good you are.
I will praise you all day long.

36

To the director: A song of David, the LORD'S
servant.

- ¹ Deep in the hearts of the wicked a voice tells
them to do wrong.
They have no respect for God.
- ² They lie to themselves.

- They don't see their own faults,
so they are not sorry for what they do.
- ³ Their words are wicked lies.
They have stopped doing anything wise or
good.
- ⁴ They make wicked plans in bed at night.
They choose a way of life that does no good.
And they never say no to anything evil.
- ⁵ LORD, your faithful love reaches to the sky.
Your faithfulness is as high as the clouds.
- ⁶ Your goodness is higher than the highest mountains.
Your fairness is deeper than the deepest ocean.
- LORD, you protect people and animals.
- ⁷ Nothing is more precious than your loving
kindness.
All people can find protection close to you.
- ⁸ They get strength from all the good things in
your house.
You let them drink from your wonderful
river.
- ⁹ The fountain of life flows from you.
Your light lets us see light.
- ¹⁰ Continue to love those who really know you,
and do good to those who are true to you.*
- ¹¹ Don't let proud people trap me.
Don't let the wicked force me to run away.
- ¹² Put this on their grave markers:
"Here fell the wicked.

* **36:10** true to you Or "honest hearted."

They were crushed.
They will never stand up again.”

37

* A song of David.

¹ Don't get upset about evil people.

Don't be jealous of those who do wrong.

² They are like grass and other green plants
that dry up quickly and then die.

³ So trust in the LORD and do good.

Live on your land and be dependable.†

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

⁵ Depend on the LORD.

Trust in him, and he will help you.

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

Everyone will see that you are being fair.

⁷ Trust in the LORD and wait quietly for his help.
Don't be angry when people make evil plans
and succeed.

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

⁹ The wicked will be destroyed,
but those who call to the LORD for help will
get the land he promised.

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

* **37:** In Hebrew, about every other verse in this psalm begins with the next letter of the alphabet. † **37:3** be dependable
Literally, “shepherd faithfulness.”

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

11 Humble people will get the land God promised,
and they will enjoy peace.

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

They show their teeth in anger at them.

13 But our Lord will laugh at them.

He will make sure they get what they de-
serve.

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

They aim their arrows to murder all who live
right.

15 But their bows will break,

and their swords will pierce their own
hearts.

16 A few good people are better
than a large crowd of those who are evil.

17 The wicked will be destroyed,
but the LORD cares for those who are good.

18 The LORD protects pure people all their life.
Their reward will continue forever.

19 When trouble comes,
good people will not be destroyed.

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

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

Their valleys will dry up and burn.

They will be destroyed completely.

- 21 The wicked borrow money and never pay it back.
But good people are kind and generous.
- 22 Everyone the Lord blesses will get the land he promised.
Everyone he curses will be destroyed.
- 23 The LORD shows us how we should live,
and he is pleased when he sees people living that way.
- 24 If they stumble, they will not fall,
because the LORD reaches out to steady them.
- 25 I was young, and now I am old,
but I have never seen good people left with no one to help them;
I have never seen their children begging for food.
- 26 They are kind and generous,
and their children are a blessing.
- 27 Stop doing anything evil and do good,
and you will always have a place to live.
- 28 The LORD loves what is right,
and he will never leave his followers without help.
He will always protect them,
but he will destroy the families of the wicked.
- 29 Good people will get the land God promised
and will live on it forever.
- 30 Those who do what is right give good advice.
Their decisions are always fair.
- 31 They have learned God's teachings,

and they will never stop living right.‡

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

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

He will not let good people be judged guilty.

34 Do what the LORD says, and wait for his help.
He will reward you and give you the land he promised.

You will see the wicked being forced to leave.

35 I once saw a wicked man who was powerful.
He was like a strong, healthy tree.

36 But then he was gone.

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

37 Be pure and honest.

Peace loving people will have many descendants.

38 But those who break the law will be destroyed completely.

And their descendants will be forced to leave the land.§

39 The LORD saves those who are good.

When they have troubles, he is their strength.

40 The LORD helps good people and rescues them.
They depend on him, so he rescues them from the wicked.

‡ 37:31 they ... right Literally, "his steps will not slip." § 37:38 forced to leave the land Or "destroyed." Literally, "cut off."

38

A song of David for the day of remembrance.*

¹ LORD, don't criticize me when you are angry.

Don't discipline me in anger.

² You have hurt me.

You punished me and hurt me deeply.

³ You punished me severely, so my whole body is sore.

I sinned, and now all my bones hurt.

⁴ My guilt is like a heavy burden.

I am sinking beneath its weight.

⁵ I did a foolish thing,

and now I have infected sores that stink.

⁶ I am bent and bowed down.

I am depressed all day long.

⁷ I am burning with fever,

and my whole body hurts.

⁸ I hurt so much I cannot feel anything.

My pounding heart makes me scream!

⁹ My Lord, you heard my groaning.

You can hear my sighs.

¹⁰ My heart is pounding.

My strength is gone, and I am going blind.†

¹¹ Because of my sickness,

my friends and neighbors will not visit me;

my family will not come near me.

¹² My enemies say bad things about me.

They are spreading lies and rumors.

They talk about me all the time.

* **38:** for ... remembrance The ancient Greek version has "for the Sabbath." † **38:10** I am going blind Or "My eyes have lost their sparkle." Literally, "Even the light of my eyes is no longer with me."

- 13 But I am like a deaf man and cannot hear.
I am like someone who cannot speak.
- 14 I am like those who cannot hear what people
are saying about them.
I cannot answer to prove my enemies wrong.
- 15 LORD, you must defend me.
Lord my God, you must speak for me.
- 16 That's why I prayed, "Don't let my enemies
smile at my pain.
Full of pride, they will laugh if I stumble and
fall."
- 17 I know I am guilty of doing wrong.
I cannot forget my pain.
- 18 Lord, I told you about the evil I have done.
I am sorry for my sin.
- 19 But my enemies are alive and healthy,
and they have told many lies.
- 20 I did nothing but good,
and they paid me back with evil.
- I try to do what is right,
but that only makes them turn against me.
- 21 LORD, don't leave me.
My God, stay close to me.
- 22 Come quickly and help me.
My Lord, you are the one who saves me.

39

To the director, Jeduthun.* A song of David.

- ¹ I said, "I will be careful about what I say.
I will not let my tongue cause me to sin.

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

I will keep my mouth closed[†]
when I am around wicked people.”

² So I didn’t say anything.
I didn’t even say anything good,
but I became even more upset.

³ I was very angry,
and the more I thought about it, the angrier
I became.
So I said something.

⁴ LORD, tell me, what will happen to me now?
Tell me, how long will I live?
Let me know how short my life really is.

⁵ You gave me only a short life.
Compared to you, my whole life is nothing.
The life of every human is like a cloud that
quickly disappears.

Selah

⁶ Our life is like an image in a mirror.[‡]
We rush through life collecting things,
but we don’t know who will get them after
we die.

⁷ So, Lord, what hope do I have?
You are my hope!

⁸ Save me from the bad things I did.
Don’t let me be treated like a fool.

[†] 39:1 will keep ... closed Literally, “guard my mouth with a muzzle.” [‡] 39:6 Our life ... mirror Or “This life is not real—it is only a shadow” or “People wander around in the dark—not knowing what will happen.”

- ⁹ I will not open my mouth.
I will not say anything.
You did what should have been done.
¹⁰ But please stop punishing me.
You will destroy me if you do not stop.
¹¹ You punish people for doing wrong to teach
them the right way to live.
As a moth destroys cloth, you destroy what
people love.
Yes, our lives are like a small cloud that
quickly disappears.

Selah

- ¹² LORD, hear my prayer!
Listen to the words I cry to you.
Look at my tears.
I am only a traveler passing through this life with
you.
Like all my ancestors, I will live here only a
short time. §
¹³ Leave me alone* and let me be happy
before I am dead and gone.

40

To the director: A song of David.

- ¹ I called* to the LORD, and he heard me.
He heard my cries.
² He lifted me out of the grave.†

§ 39:12 I live ... time Literally, "I am a settler." * 39:13 Leave me alone Or "Stop looking at me." * 40:1 called Or "waited patiently." † 40:2 grave Literally, "pit of destruction." That is, "Sheol," the place of death.

He lifted me from that muddy place.‡
He picked me up, put me on solid ground,
and kept my feet from slipping.

³ He put a new song§ in my mouth,
a song of praise to our God.
Many will see what he did and worship him.
They will put their trust in the LORD.

⁴ Great blessings belong to those who trust in the
LORD,
for those who do not turn to demons and
false gods* for help.

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

You have made great plans for us—too many
to list.
I could talk on and on about them,
because there are too many to count.

⁶ Lord, you made me understand this:†
You don't really want sacrifices and grain
offerings.

You don't want burnt offerings and sin
offerings.

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

‡ **40:2** muddy place In many ancient stories, Sheol, the place of death, is a dark place with mud all around, like a grave. § **40:3** new song Whenever God did a new and wonderful thing for his people, they would write a new song about it. * **40:4** demons and false gods Or "proud and deceptive people." † **40:6** you made ... this Literally, "you have dug my ears." The ancient Greek version has "you prepared a body for me."

8 My God, I am happy to do whatever you want.
I never stop thinking about your teachings.”

9 I told the good news of victory‡ to the people in
the great assembly.

And, LORD, you know that I will never stop
telling that good news.

10 I told about the good things you did.

I did not hide these things in my heart.

I spoke of how you can be trusted to save us.

I did not hide your love and loyalty from
those in the great assembly.

11 LORD, do not hide your mercy from me.

Let your love and loyalty always protect me.

12 Troubles have surrounded me.

They are too many to count!

My sins have caught me,
and I cannot escape them.

They are more than the hairs on my head.

I have lost my courage.

13 Please, LORD, rescue me!

LORD, hurry and help me!

14 People are trying to kill me.

Please disappoint them.

Humiliate them completely!

They wanted to hurt me.

Make them run away in shame!

15 May those who make fun of me

be too embarrassed to speak!

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

‡ 40:9 victory Or “goodness” or “righteousness.”

May those who love being saved by you
always be able to say, "Praise the LORD!"§

¹⁷ My Lord, I am only a poor, helpless man,
but please pay attention to me.
You are my helper, the one who can save me.
My God, don't be too late.

41

To the director: A song of David.

¹ Those who help the poor succeed will get many
blessings.*

When trouble comes, the LORD will save
them.

² The LORD will protect them and save their lives.
He will bless them in this land.
He will not let their enemies harm them.

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

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

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

⁶ If they come to see me,
they don't say what they are really thinking.
They come to gather a little gossip

§ 40:16 Praise the LORD Literally, "The LORD is great" or "May
the LORD be magnified." * 41:1 Or "Those who teach the poor
will be very fortunate."

- and then go to spread their rumors.
7 Those who hate me whisper about me.
They think the worst about me.
8 They say, "He did something wrong.
That is why he is sick.
He will never get well."
9 My best friend, the one I trusted,
the one who ate with me—even he has
turned against me.
10 LORD, please be kind to me.
Let me get up, and I will pay them back.
11 Don't let my enemy defeat me.
Then I will know that you care for me.
12 I was innocent and you supported me.
You let me stand and serve you forever.
13 Praise the LORD, the God of Israel.
He always was, and he always will be.

Amen and Amen!

Book 2

42

(Psalms 42—72)

To the director: A maskil from the Korah family.

- 1 Like a deer drinking from a stream,
I reach out to you, my God.*
2 My soul thirsts for the living God.
When can I go to meet with him?

* **42:1** Or "As a deer stretches out to drink water from a stream,
so my soul thirsts for you, God."

³ Instead of food, I have only tears day and night,
as my enemies laugh at me and say, "Where
is your God?"

⁴ My heart breaks as I remember the pleasant
times in the past,
when I walked with the crowds as I led them
up to God's Temple.

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

⁵⁻⁶ Why am I so sad?
Why am I so upset?

I tell myself, "Wait for God's help!
You will again be able to praise him,
your God, the one who will save you."

In my sadness I say, "I will remember you from
here on this small hill,[†]
where Mount Hermon and the Jordan River
meet."

⁷ I hear the roar of the water coming from deep
within the earth.
It shouts to the water below as it tumbles
down the waterfall.

God, your waves come one after another,
crashing all around and over me.[‡]

⁸ By day the LORD shows his faithful love,

[†] **42:5-6** small hill Or "Mount Mizar." [‡] **42:7** God, your waves
... over me These word pictures describe the psalmist's feelings
about the many troubles the Lord has allowed him to experience.

and at night I have a song for him—a prayer
for the God of my life. §

- ⁹ I say to God, my Rock,
“Why have you forgotten me?
Why must I suffer this sadness that my
enemies have brought me?”
- ¹⁰ Their constant insults are killing me.
They never stop asking, “Where is your
God?”

- ¹¹ Why am I so sad?
Why am I so upset?
I tell myself, “Wait for God’s help!
You will again be able to praise him,
your God, the one who will save you.”

43

- ¹ Defend me, God.
Argue my case against those people who
don’t know you.
Protect me from those evil liars.
- ² God, you are my place of safety.
Why have you turned me away?
Why must I suffer this sadness
that my enemies have brought me?
- ³ Send your light and your truth to guide me,
to lead me to your holy mountain, to your
home.
- ⁴ I want to go to God’s altar,
to the God who makes me so very happy.
God, my God, I want to play my harp

§ 42:8 the God of my life Or “my living God.”

and sing praises to you!

⁵ Why am I so sad?

Why am I so upset?

I tell myself, "Wait for God's help!

You will again have a chance to praise him,
your God, the one who will save you."

44

To the director: A maskil from the Korah family.

¹ God, we have heard about you.

Our fathers told us what you did in their
lifetime.

They told us what you did long ago.

² With your great power you took this land from
other people,

and you gave it to us.

You crushed those foreigners

and forced them to leave this land.

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

It was not their strong arms that brought
them victory.

It was your power.

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

⁴ God, you are my king.

Give the command and lead Jacob's people
to victory.

⁵ We need your help to push our enemies back.

Only in your name can we trample those
who attacked us.

⁶ I don't put my trust in my bow.

My sword cannot save me.

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

You are the one who put our enemies to shame.

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

Selah

⁹ But you left us and put us to shame.

You did not go with us into battle.

¹⁰ You let our enemies push us back.

You let them take our wealth.

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

You scattered us among the nations.

¹² You sold your people for nothing.

You did not even argue over the price.

¹³ You made us a joke to our neighbors.

They laugh and make fun of us.

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

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

¹⁵ All I can think about is my shame.

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

¹⁶ All I can hear are the jokes and insults of my enemies,

as I watch them take their revenge.

¹⁷ We have not forgotten you.

But you do all those things to us.

We did not break the agreement you gave us.

¹⁸ We did not turn away from you.

We did not stop following you.

- 19 But you crushed us in this home of jackals.
You left us in this place as dark as death.
- 20 Did we forget the name of our God?
Did we pray to foreign gods?
- 21 If we did, then God knows it,
because he knows our deepest secrets.
- 22 All day long we died for you.
We are like sheep being led away to be killed.
- 23 Lord, wake up!
Why are you sleeping?
Get up! Don't ignore us forever!
- 24 Why are you hiding from us?
Have you forgotten our pain and troubles?
- 25 We have been pushed down into the dirt.
We are lying face down in the dust.*
- 26 Get up and help us!
Rescue us because of your faithful love.

45

To the director: To the tune "Shoshanim."* A maskil from the Korah family. A love song.

- 1 Beautiful thoughts fill my mind
as I speak these lines for the king.
These words come from my tongue
as from the pen of a skilled writer.

- 2 You are more handsome than anyone,
and you say such pleasant things.

* **44:25** This shows that the people were being treated like slaves who must bow down to their masters. * **45:** To the tune "Shoshanim" Or "On the Shoshanim."

So God will always bless you.

- ³ Put on your sword, mighty warrior,
so impressive in your splendid uniform.
- ⁴ Go out in your greatness to win the victory for
what is true and right.
Let us see the amazing things you can do
with your powerful right arm.[†]
- ⁵ Your sharp arrows will go deep into the hearts
of your enemies,
who will fall to the ground in front of you.
- ⁶ God,[‡] your kingdom will last forever.
You use your authority for justice.
- ⁷ You love what is right and hate what is wrong.
So God, your God, chose you to be king,
giving you more joy and honor than anyone
like you.[§]
- ⁸ From your clothes comes the wonderful smell
of myrrh, aloes, and cassia.
In palaces decorated with ivory, you enjoy
the music of stringed instruments.
- ⁹ Here are ladies of honor, daughters of kings.
Your bride^{*} stands at your right side, wear-
ing a gown decorated with the finest gold.

[†] **45:4** right arm This pictures God as a warrior-king. The right arm is a symbol of his power and authority. [‡] **45:6** God This might be a song to God as king. Or here, the writer might be using the word “God” as a title for the king. [§] **45:7** chose ... anyone like you Literally, “anointed you with the oil of gladness above your companions.” This refers to the special oil used in the dedication of a new priest or king. ^{*} **45:9** bride Or “queen.”

10 My lady,[†] listen to me.

Listen carefully and understand me.

Forget your people and your father's family,

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

He will be your new husband,[‡]

so you must honor him.

12 People from Tyre will bring you gifts.

Their richest people will try to win your friendship.

13 The princess is so beautiful in her gown,
like a pearl set in gold.

14 Clothed in beauty, she is led to the king,
followed by her bridesmaids.

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

16 Your sons will be kings like their ancestors.
You will make them rulers throughout the land.

17 You will be famous for generations.
People will praise you forever and ever.

46

To the director: A song from the Korah family.
Use the alamoth.^{*} A song.

[†] 45:10 My lady Literally, "Daughter." [‡] 45:11 husband Or "master." ^{*} 46: alamoth This might be a musical instrument, a special way of tuning an instrument, a music style, or one of the groups that played harps in the Temple orchestra. See 1 Chron. 15:21.

- ¹ God is our protection and source of strength.
He is always ready to help us in times of trouble.
- ² So we are not afraid when the earth quakes
and the mountains fall into the sea.
- ³ We are not afraid when the seas become rough
and dark
and the mountains tremble.
- Selah
- ⁴ There is a river whose streams bring happiness
to God's city,
to the holy city of God Most High.
- ⁵ God is in that city, so it will never be destroyed.
He is there to help even before sunrise.
- ⁶ Nations will shake with fear and kingdoms will
fall
when God shouts and makes the earth move.
- ⁷ The LORD All-Powerful is with us.
The God of Jacob is our place of safety.
- Selah
- ⁸ Look at the powerful things the LORD has done.
See the awesome things he has done on
earth.
- ⁹ He stops wars all over the world.
He breaks the soldiers' bows, shatters their
spears, and burns their shields.†
- ¹⁰ God says, "Stop fighting and know that I am
God!
I am the one who defeats the nations;
I am the one who controls the world."

† 46:9 shields Or "chariots."

- 11 The LORD All-Powerful is with us.
The God of Jacob is our place of safety.
Selah

47

To the director: A song from the Korah family.

- 1 Everyone, clap your hands.
Shout with joy to God!
2 The LORD Most High is awesome.
He is the great King over all the earth.
3 He helped us defeat other nations.
He put those people under our control.
4 He chose our land for us.
He chose that wonderful land for Jacob, the
one he loved.
Selah

- 5 The LORD God goes up to his throne
at the sound of the trumpet and horn.
6 Sing praises to God, sing praises!
Sing praises to our King, sing praises!
7 God is the King of the whole world.
Sing songs of praise!*
- 8 God sits on his holy throne;
he rules all the nations.
9 The leaders of the nations have come together
with the people of the God of Abraham.
All the rulers of the world belong to God.
He is over them all!

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

48

A song of praise from the Korah family.

¹ The LORD is great!

He is praised throughout the city of our God,
his holy mountain.

² His city is such a pleasant place.

It brings joy to people from around the
world.

Mount Zion is the true mountain of God.*

It is the city of the great King.

³ In the palaces of that city,

God is known as the fortress.

⁴ Once some kings met together

and planned an attack against this city.

They marched toward the city,

⁵ but when they saw it, they were amazed.

They all panicked and ran away.

⁶ Fear grabbed them;

they trembled like a woman giving birth.

⁷ God, with a strong east wind,

you wrecked their big ships.

⁸ Yes, we heard the stories about your power.

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

God makes that city strong forever.

Selah

⁹ God, in your Temple we remember your loving
kindness.

¹⁰ Your name is known everywhere, God,

and people throughout the earth praise you.

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

- You have shown that you do what is right.
- 11 Mount Zion is happy,
and the towns of Judah rejoice, because your
decisions are fair.
- 12 Walk around Jerusalem,
and count its towers.
- 13 Look at the tall walls,
and see the palaces.
Then you can tell the next generation about
them.
- 14 This God is our God forever and ever.
He will lead us from now to the end of time!

49

To the director: A song from the Korah family.

- 1 Listen to this, all you nations.
Pay attention, all you people on earth.
- 2 Everyone, rich and poor, listen to me.
- 3 I have some very wise words for you.
My thoughts will give you understanding.
- 4 I listened to these sayings.
And now, with my harp, I will sing and make
the hidden meaning clear.
- 5 Why should I be afraid when trouble comes?
There is no need to fear when evil enemies
surround me.
- 6 They think their wealth will protect them.
They brag about how rich they are.
- 7 But no one has enough to buy back a life,
and you cannot bribe* God.

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

- 8 You will never get enough money
to pay for your own life.
- 9 You will never have enough
to buy the right to live forever
and keep your body out of the grave.
- 10 Look, the wise die the same as fools and stupid
people.[†]
They die and leave their wealth to others.
- 11 The grave will be their new home forever.
And how much land they owned will not
make any difference.
- 12 People might be wealthy, but they cannot stay
here forever.
They will die like the animals.
- 13 That is what happens to all who trust in
themselves
and to anyone who accepts their way of life.
Selah
- 14 They are just like sheep, but the grave will be
their pen.
Death will be their shepherd.
- When morning comes, the good people will enjoy
victory,
as the bodies of the proud slowly rot in the
grave,
far away from their fancy houses.
- 15 But God will pay the price to save me from the
grave.
He will take me to be with him.
Selah

[†] 49:10 stupid people Or “animals.”

- 16 Don't be afraid of people just because they are rich.
Don't be afraid of people just because they have big, fancy houses.
- 17 They will not take anything with them when they die.
They will not take their wealth with them.
- 18 A wealthy man might tell himself how well he has done in life.
And other people might praise him.
- 19 But the time will come for him to die and go to his ancestors.
And he will never again see the light of day.
- 20 Wealthy people don't seem to understand
that they will die like the animals.

50

One of Asaph's songs.

- 1 The LORD God Most Powerful has spoken.
He calls to everyone on earth, from where the sun rises to where it sets.
- 2 God appeared from Zion, the city of perfect beauty.*
- 3 Our God is coming and will not keep quiet.
Fire burns in front of him.
There is a great storm around him.
- 4 He tells the sky and the earth to be witnesses
as he judges his people.
- 5 He says, "My followers, gather around me.

* **50:2** God ... beauty Or "God shining from Zion is absolutely beautiful."

Come, my worshipers, who made an agreement with me.”

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

Selah

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

I am God, your God.

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

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

¹⁰ I already own all the animals in the forest.
I own all the animals on a thousand hills.

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

¹² If I were hungry, I would not ask you for food.
I already own the world and everything in
it.

¹³ I don’t eat the meat of bulls or drink the blood
of goats.”

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

Bring your sacrifices and thank offerings.

¹⁵ God says, “Call me when trouble comes.
I will help you, and you will honor me.”

¹⁶ But God says to the wicked,

- “Stop quoting my laws!
Stop talking about my agreement!
17 You hate for me to tell you what to do.
You ignore what I say.
18 You see a thief and run to join him.
You jump into bed with those who commit
adultery.
19 You say evil things and tell lies.
20 You sit around talking about people,
finding fault with your own brothers.
21 When you did these things, I said nothing.
So you thought that I[†] was just like you.
But I will not be quiet any longer.
I will correct you and make clear what I have
against you.
22 You people who have forgotten God,
understand what I am telling you,
or I will tear you apart,
and no one will be able to save you!
23 Whoever gives a thank offering shows me
honor.
And whoever decides to live right will see
my power to save.”

51

To the director: A song of David written when Nathan the prophet came to him after David's sin with Bathsheba.

- ¹ God, be merciful to me
because of your faithful love.
Because of your great compassion,

[†] 50:21 that I Or “that the ‘I AM.’ ”

- erase all the wrongs I have done.
2 Scrub away my guilt.
Wash me clean from my sin.
3 I know I have done wrong.
I remember that sin all the time.
4 I did what you said is wrong.
You are the one I have sinned against.
I say this so that people will know
that I am wrong and you are right.
What you decided is fair.
5 I was born to do wrong,
a sinner before I left my mother's womb.
6 You want me to be completely loyal,
so put true wisdom deep inside of me.
7 Remove my sin and make me pure.*
Wash me until I am whiter than snow!
8 Let me hear sounds of joy and happiness again.
Let the bones you crushed be happy again.
9 Don't look at my sins.
Erase them all.
10 God, create a pure heart in me,
and make my spirit strong again.
11 Don't push me away
or take your Holy Spirit from me.
12 Your help made me so happy.
Give me that joy again.
Make my spirit strong and ready to obey you.
13 I will teach the guilty how you want them to
live,
and the sinners will come back to you.

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

- 14 God, spare me from the punishment of death.[†]
My God, you are the one who saves me!
Let me sing about all the good things you do for me!
- 15 My Lord, I will open my mouth and sing
your praises!
- 16 You don't really want sacrifices,
or I would give them to you.
- 17 The sacrifice that God wants is a humble spirit.
God, you will not turn away someone who
comes with a humble heart and is willing
to obey you.[‡]
- 18 God, please be good to Zion.
Rebuild the walls of Jerusalem.
- 19 Then you can enjoy the kind of sacrifices you
want.[§]
You will receive whole burnt offerings,
and people will again offer bulls on your
altar.

52

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

- 1 Great warrior, why are you bragging about the
evil you did?
You are a disgrace to God.

[†] 51:14 spare ... death Or "don't consider me guilty of murder."

[‡] 51:17 someone ... obey you Literally, "a broken and crushed heart." § 51:19 the kind ... you want Or "the offering of righteousness."

² You are nothing but a hired killer,*
making plans to hurt people and making up
lies!

³ You love evil more than goodness.
You love lies more than truth.

Selah

⁴ You and your lying tongue love to hurt people.

⁵ So God will ruin you forever!

He will grab you and pull you from your
home,† like someone pulling up a plant by
the roots!‡

Selah

⁶ Good people will see this
and learn to fear and respect God.

They will laugh at you and say,

⁷ “Look what happened to the warrior who
did not depend on God.

That fool thought his wealth and lies would
protect him.”

⁸ But I am like a green olive tree growing in God’s
Temple.

I will trust God’s faithful love forever and
ever.

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

* **52:2** hired killer Literally, “sharpened razor.” † **52:5** home
This means the body. This is a poetic way of saying, “God will end
your life here on earth.” ‡ **52:5** like someone ... roots Literally,
“He will root you up from the land of the living.” This also means
“He will kill you and your descendants.”

I will speak your name[§] before your followers because it is so good!

53

To the director: Use the mahalath.* A maskil of David.

¹ Only fools think there is no God.

People like that are evil and do terrible things.

They never do what is right.

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

³ But everyone has turned away from him. Everyone has become evil.

No one does anything good.

No, not one person!

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

And they never ask for God's help.

Don't they understand what they are doing?

⁵ They will be filled with fear—

a fear like they have never felt before!

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

because God has rejected them.

And he will scatter their bones.

[§] 52:9 speak your name Or "I will trust your name." * 53: mahalath Probably a musical term. It might be the name of an instrument or a tune, or it might mean a certain musical style.

⁶ I wish the one who lives on Mount Zion
would bring victory to Israel!
When God makes Israel successful again,
the people of Jacob will be very happy;
the people of Israel will be glad.

54

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

¹ God, use your power and save me.

Use your great power to set me free.*

² God, listen to my prayer.

Listen to what I say.

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

Those powerful men are trying to kill me.

Selah

⁴ Look, my God will help me.

My Lord will support me.

⁵ He will punish the people who turned against
me.

God, be faithful to me and destroy them.

⁶ LORD, I will give freewill offerings to you.

I will praise your good name.

⁷ You saved me from all my troubles.

I saw my enemies defeated.

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

55

To the director: With instruments. A maskil of David.

¹ God, hear my prayer.

Don't ignore my cry for help.

² Please listen and answer me.

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

³ My enemies shout at me and threaten me.

In their anger they attack me.

They bring troubles crashing down on me.

⁴ My heart is pounding inside me.

I am afraid to die.

⁵ I am trembling with fear.

I am terrified!

⁶ Oh, I wish I had wings like a dove.

I would fly away and find a place to rest.

⁷ I would go far into the desert and stay there.

Selah

⁸ I would run away.

I would escape from this storm of trouble.

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

I see so much cruelty and fighting in this city.

¹⁰ Day and night, in every neighborhood,
the city is filled with evil and trouble.

¹¹ There is so much crime in the streets.

People who hurt and cheat others are everywhere.

¹² If it were an enemy insulting me,

I could bear it.

If it were my enemies attacking me,

I could hide.

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

14 We used to share our secrets with one another,
as we walked through the crowds together
in God's Temple.

15 I wish death would take my enemies by
surprise!

I wish the earth would open up and swallow
them alive,*
because they plan such terrible things to-
gether.

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

17 I speak to God morning, noon, and night.
I tell him what upsets me, and he listens to
me!

18 I have fought in many battles,
but he has always rescued me and brought
me back safely.

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

Selah

But they will never change.

They don't fear and respect God.

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

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

He is breaking every promise he made.

²¹ His words about peace are as smooth as butter,
but he has only war on his mind.

His words are as slick as oil,
but they cut like a knife.

²² Give your worries to the LORD,
and he will care for you.
He will never let those who are good be
defeated.

²³ But, God, you will send those liars and murderers to the grave.
They will die before their life is half finished!
As for me, I will put my trust in you.

56

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

¹ God, people have attacked me, so be merciful to me.

They have been chasing me all day, closing
in to attack me.

² My enemies come at me constantly.
There are too many fighters to count.*

³ When I am afraid,
I put my trust in you.

⁴ I trust God, so I am not afraid of what people
can do to me!
I praise God for his promise to me.

* **56:2** There are ... count Or "There are many attacking me from above."

- ⁵ My enemies are always twisting my words.
They are always making plans against me.
- ⁶ They hide together and watch every move I make,
hoping for some way to kill me.
- ⁷ God, send them away because of the bad things they did.
Show your anger and defeat those people.
- ⁸ You know I am very upset.
You know how much I have cried.
Surely you have kept an account of all my tears.
- ⁹ I know that when I call for help, my enemies will turn and run.
I know that because God is with me!
- ¹⁰ I praise God for his promise.
I praise the LORD for his promise to me.
- ¹¹ I trust God, so I am not afraid
of what people can do to me!
- ¹² God, I will keep the special promises I made to you.
I will give you my thank offering.
- ¹³ You saved me from death.
You kept me from being defeated.
So I will serve you in the light
that only the living can see.

57

To the director: To the tune “Don’t Destroy.” A mikdam of David written when he escaped from Saul and went into the cave.

¹ God, be merciful to me.

Be kind because my soul trusts in you.

I have come to you for protection,
while the trouble passes.

² I pray to God Most High for help,
and he takes care of me completely!

³ From heaven he helps me and saves me.
He will punish the one who attacks me.

Selah

God will remain loyal to me
and send his love to protect me.

⁴ My life is in danger.

My enemies are all around me.

They are like man-eating lions,
with teeth like spears or arrows
and tongues like sharp swords.

⁵ God, rise above the heavens!

Let all the world see your glory.

⁶ My enemies set a trap for my feet
to bring me down.

They dug a deep pit to catch me,
but they fell into it.

Selah

⁷ God, I am ready, heart and soul,
to sing songs of praise.

⁸ Wake up, my soul!

Harps and lyres, wake up,
and let's wake the dawn!

⁹ My Lord, I will praise you before all people.
I will sing praises about you to every nation.

- 10 Your faithful love is higher
than the highest clouds in the sky!
11 Rise above the heavens, God.
Let all the world see your glory.

58

To the director: To the tune “Don’t Destroy.” A miktam of David.

- 1 You judges are not being fair in your decisions.
You are not judging people fairly.
2 No, you only think of evil things to do.
You do violent crimes in this country.
3 Those wicked people started doing wrong as
soon as they were born.
They have been liars from birth.
4 Their anger is as deadly as the poison of a
snake.*
They shut their ears like a deaf cobra
5 that does not listen to the music of the snake
charmers,
no matter how well they play.
6 God, they are like lions.
So LORD, break their teeth.
7 May they disappear like water down a drain.
May they be crushed like weeds on a path.†
8 May they be like snails melting away as they
move.

* 58:4 anger ... snake A wordplay in Hebrew. The word meaning “anger” can also mean “venom” (poison). † 58:7 Or “May he shoot his arrows, *cutting them down* as if they were withering grass.”

- May they be like a baby born dead, who
never saw the light of day.
- ⁹ May they be destroyed suddenly,
like the thorns that are burned to quickly
heat a pot.
- ¹⁰ Good people will be happy
when they see the wicked getting the punishment they deserve.
They will feel like soldiers
walking through the blood of their enemies!‡
- ¹¹ Then people will say, “Good people really are
rewarded.
Yes, there is a God judging the world!”§

59

To the director: To the tune “Don’t Destroy.” A
miktam of David written when Saul sent people
to watch David’s house to try to kill him.

- ¹ God, save me from my enemies.
Protect me from those who stand against me.
- ² Save me from those who do wrong.
Save me from those murderers.
- ³ Look, powerful men are waiting for me.
LORD, they are waiting to kill me,
even though I did not sin or commit a crime.
- ⁴ I have done nothing wrong, but they are
rushing to attack me.
Come and see for yourself!

‡ **58:10** They ... enemies Literally, “They will wash their feet in
the blood of the wicked.” § **58:11** Yes ... world Or “There really
are judges in this land doing their job.”

⁵ You are the LORD God All-Powerful, the God of Israel!
Get up and punish them.
Don't show any mercy to those traitors.
Selah

⁶ Those evil men are like dogs
that come into town in the evening,
growling and roaming the streets.
⁷ Listen to their threats and insults.
They say such cruel things,
and they don't care who hears them.

⁸ LORD, laugh at them.

Make fun of them all.

⁹ God, my strength, I look to you for help.*
You are my place of safety, high in the mountains.

¹⁰ God loves me, and he will help me win.
He will help me defeat my enemies.

¹¹ Don't just kill them, or my people might forget.
My Lord and Protector, scatter and defeat them with your strength.

¹² Those evil people curse and tell lies.
Punish them for what they said.
Let their pride trap them.

¹³ Destroy them in your anger.
Destroy them completely!

Then people all over the world will know
that God rules over the people of Jacob.
Selah

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

- 14 Those evil men are like dogs
that come into town in the evening, growling
and roaming the streets.
- 15 They roam around looking for food,
but even if they eat their fill, they still growl
and complain.
- 16 But I will sing about your strength.
I will rejoice in your love every morning.
You have been my place of safety,
the place I can run to when troubles come.
- 17 I will sing praises to you, my source of strength.
You, God, are my place of safety.
You are the God who loves me!

60

To the director: To the tune “Lily of the Agreement.” A miktam of David for teaching. Written when David fought Aram Naharaim and Aram Zobah, and Joab came back and defeated 12,000 Edomite soldiers at Salt Valley.

- 1 God, you were angry with us.
You rejected us and destroyed our defenses.
Please make us strong again.
- 2 You shook the earth and split it open.
It is falling apart like a broken wall.
Please put it back together.
- 3 You have given your people many troubles.
We are dizzy and fall down like drunks.
- 4 But you have provided a flag to show your
faithful followers
where to gather to escape the enemy’s at-
tack.

Selah

⁵ Use your great power and give us victory!
Answer our prayer and save the people you
love.

⁶ God has spoken in his Temple*:
“I will win the war and rejoice in victory!
I will divide this land among my people.
I will give them Shechem.
I will give them Succoth Valley.

⁷ Gilead and Manasseh will be mine.
Ephraim will be my helmet.
Judah will be my royal scepter.

⁸ Moab will be the bowl for washing my feet.
Edom will be the slave who carries my
sandals.
I will defeat the Philistines and shout in
victory!”

⁹⁻¹⁰ But, God, it seems that you have left us!
You do not go out with our army.
So who will lead me into the strong, protected
city?
Who will lead me into battle against Edom?

¹¹ Help us defeat the enemy!
No one on earth can rescue us.

¹² Only God can make us strong.
Only God can defeat our enemies!

* **60:6** in his Temple Or “in his holiness.”

61

To the director: With stringed instruments. A song of David.

¹ God, hear my cry for help.

Listen to my prayer.

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

I feel so weak and helpless!

Carry me to a high rock

where no one can reach me.

³ You are my place of safety,

a strong tower that protects me from my enemies.

⁴ I want to live in your tent* forever.

I want to hide where you can protect me.

Selah

⁵ God, you heard what I promised to give you,

but everything your worshipers have comes from you.

⁶ Give the king a long life.

Let him live forever!

⁷ Let him rule in your presence forever.

Protect him with your faithful love.

⁸ Then I will praise your name forever.

Every day I will do what I promised.

62

To the director, Jeduthun.* A song of David.

* **61:4** tent The place where God lives among his people. Here, it is the Temple in Jerusalem. See "Holy Tent" and "Temple" in the Word List. * **62:** Jeduthun Or "and to Jeduthun," one of the three main temple musicians. See 1 Chron. 9:16; 16:38-42.

- ¹ I must calm down and turn to God;
only he can rescue me.
- ² He is my Rock, the only one who can save me.
He is my high place of safety, where no army
can defeat me.
- ³ How long will you people attack me?
Do you all want to kill me?
I am like a leaning wall,
like a fence ready to fall.
- ⁴ You want only to destroy me,
to bring me down from my important position.
It makes you happy to tell lies about me.
In public, you say nice things,
but in private, you curse me.

Selah

- ⁵ I must calm down and turn to God;
he is my only hope.
- ⁶ He is my Rock, the only one who can save me.
He is my high place of safety, where no army
can defeat me.
- ⁷ My victory and honor come from God.
He is the mighty Rock, where I am safe.
- ⁸ People, always put your trust in God!
Tell him all your problems.
God is our place of safety.

Selah

- ⁹ People cannot really help.
You cannot depend on them.
Compared to God, they are nothing—
no more than a gentle puff of air!

- 10 Don't trust in your power to take things by force.
Don't think you will gain anything by stealing.
- And if you become wealthy,
don't put your trust in riches.
- 11 God says there is one thing you can really depend on, and I believe it:
"Strength comes from God!"
- 12 My Lord, your love is real.
You reward all people for what they do.

63

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

- 1 God, you are my God.
I am searching so hard to find you.
Body and soul, I thirst for you
in this dry and weary land without water.
- 2 Yes, I have seen you in your Temple.*
I have seen your strength and glory.
- 3 Your faithful love is better than life,
so my lips praise you.
- 4 By my life, I will praise you.
In your name, I lift my hands in prayer.
- 5 When I sit down to satisfy my hunger,
my joyful lips hunger to praise you!
- 6 I remember you while lying on my bed.
I think about you in the middle of the night.

* 63:2 your Temple Or "your holiness."

- ⁷ That is because you are the one who helps me.
It makes me happy to be under your protection!
- ⁸ I stay close to you,
and you hold me with your powerful arm.
- ⁹ Those who are trying to kill me will be destroyed.
They will go down to their graves.
- ¹⁰ They will be killed with swords.
Wild dogs will eat their dead bodies.
- ¹¹ But the king will be happy with his God,
and those who promised to obey him will
praise him when he defeats those liars.

64

To the director: A song of David.

- ¹ God, listen to my complaint.
Save me from the terrible threats of my enemies!
- ² Protect me from the secret plans of the wicked.
Hide me from that gang of evil people.
- ³ They sharpen their tongues to use like swords.
They aim their poisonous words like arrows.
- ⁴ Suddenly, from their hiding places, they let
their arrows fly.
They shoot to kill innocent people.
- ⁵ They encourage each other to do wrong.
They talk about setting traps and say, "No
one will see them here!"
- ⁶ No one will discover our crime.
We have the perfect plan!"

Yes, people can be very tricky and hard to understand.

⁷ But suddenly, God will shoot his arrows,
and those wicked people will be hit.

⁸ He will use their own words against them,
and they will be destroyed.

Then everyone who sees them
will shake their heads in amazement.

⁹ People will see what God has done.
They will tell other people about him.

Then everyone will learn more about God.
They will learn to fear and respect him.

¹⁰ Good people are happy to serve the LORD.
They depend on him to protect them.
All those who want to do right will praise
him!

65

To the director: A praise song of David.

¹ God in Zion, we praise you
and give you what we promised.

² Anyone can come to you,
and you will listen to their prayers.

³ When our sins become too heavy for us,
you wipe them away.

⁴ Oh, how wonderful it is to be the people you
chose
to come and stay in your Temple.

And we are so happy to have the wonderful
things
that are in your Temple, your holy palace.

⁵ God, you answer our prayers and do what is right.

You do amazing things to save us.

People all over the world know they can trust in you,

even those who live across the sea.

⁶ You made the mountains.

We see your power all around us.

⁷ You can calm the roughest seas
or the nations raging around us.

⁸ People all around the world are amazed at the
wonderful things you do.

You make all people, east and west, sing with
joy.

⁹ You take care of the land.

You water it and make it fertile.

Your streams are always filled with water.

That's how you make the crops grow.

¹⁰ You pour rain on the plowed fields;
you soak the fields with water.

You make the ground soft with rain,
and you make the young plants grow.

¹¹ You start the new year with a good harvest.

You end the year with many crops.*

¹² The desert and hills are covered with grass.

¹³ The pastures are covered with sheep.

The valleys are filled with grain.

Everything is singing and shouting for joy.

* **65:11** In ancient Israel there were two calendars. The calendar for religious festivals began in the spring, at the barley harvest. The other calendar started in the fall, when they gathered other crops.

66

To the director: A song of praise.

¹ Everything on earth, shout with joy to God!

² Praise his glorious name!

Honor him with songs of praise!

³ Tell God, "Your works are wonderful!

Your great power makes your enemies bow
down in fear before you.

⁴ Let the whole world worship you.

Let everyone sing praises to your name."

Selah

⁵ Look at what God has done!

These things amaze us.

⁶ He changed the sea to dry land,*

and his people went across the water† on
foot.

So let's celebrate because of what he has
done!

⁷ He rules the world with his great power.

He watches people everywhere.

No one can rebel against him.

Selah

⁸ People, praise our God.

Sing loud songs of praise to him.

⁹ He continues to give us life,

and he keeps us from falling.

* **66:6** changed the sea to dry land This was with Moses at the Red Sea. See Exodus 14. † **66:6** water Literally, "river." Although this word is not used for the Jordan River elsewhere, some think this line may refer to the later crossing there. See Josh. 3:14-17.

10 God, you have tested us, as people test silver
with fire.

11 You let us be trapped.
You put heavy burdens on us.

12 You let our enemies run over us.
We went through fire and water,
but you brought us to a safe place.

13-14 So I bring sacrifices to your Temple.
When I was in trouble, I asked for help
and made promises to you.

Now I am giving you what I promised.

15 I bring my best sheep as burnt offerings.
I offer the smoke from them up to you.
I give you sacrifices of bulls and goats.

Selah

16 All you people who worship God,
come and I will tell you what he has done
for me.

17-18 I cried out to him for help,
and I praised him.

If I had been hiding sin in my heart,
the Lord would not have listened to me.

19 But God did listen to me;
he heard my prayer.

20 Praise God!
He did not turn away from me—he listened
to my prayer.
He continues to show his love to me!

67

To the director: With instruments. A song of
praise.

- ¹ God, show mercy to us and bless us.
Please accept us!

Selah

- ² Let everyone on earth learn about you.
Let every nation see how you save people.
- ³ May people praise you, God!
May all people praise you.
- ⁴ May all nations rejoice and be happy
because you judge people fairly.
You rule over every nation.
- ⁵ May the people praise you, God!
May all people praise you.
- ⁶ God, our God, bless us.
Let our land give us a great harvest.
- ⁷ May God bless us,
and may all people on earth fear and respect
him.

68

To the director: A praise song of David.

- ¹ God, get up and scatter your enemies!
May all your enemies run from you.
- ² May your enemies be scattered
like smoke blown away by the wind.
May your enemies be destroyed
like wax melting in a fire.
- ³ But let good people be happy.
Let them gather before God and enjoy them-
selves together.
- ⁴ Sing to God! Sing praises to his name!

- Prepare the way for the one who rides on
the clouds.
His name is YAH.*
Worship before him with joy.
- ⁵ God, who lives in his holy palace, is a father to
orphans,
and he takes care of widows.
- ⁶ God provides homes for those who are lonely.
He frees people from prison and makes them
happy.
But those who turn against him will live in
the desert.
- ⁷ God, you led your people out of Egypt.
You marched across the desert.
- Selah
- ⁸ The ground shook and rain poured from the sky
when God, the God of Israel, came to Sinai.
- ⁹ God, you sent the rain
to make a tired, old land strong again.
- ¹⁰ Your people[†] came back to live there,
and you provided good things for the poor.
- ¹¹ My Lord gave the command,
and many people went to tell the good news:
- ¹² “The armies of powerful kings ran away!
At home, the women divide the things
brought from the battle.
- ¹³ Those who stayed home will share in the
wealth—

* **68:4** YAH This is a Hebrew name for God. It is like the Hebrew name usually translated “LORD.” Also in verse 18. † **68:10** people Or “animals” or “living things.”

metal doves with wings covered in silver and
feathers sparkling with gold.”

- 14 God All-Powerful scattered the kings
like snow falling on Mount Zalmon.
15 Mount Bashan is a great mountain
with many high peaks.
16 But, Bashan, why are you jealous of Mount
Zion?
That is where God has chosen to live.
The LORD will live there forever.
17 With his millions of chariots,
the Lord came from Sinai into the holy place.
18 You went up to your high place,
leading a parade of captives.
You received gifts from people,[‡]
even those who turned against you.
The LORD God went up there to live.
19 Praise the Lord!
Every day he helps us with the loads we must
carry.
He is the God who saves us. Selah
20 He is our God, the God who saves us.
My Lord GOD saves us from death.
21 God will smash the heads of his enemies.
He will punish those who fight against him.§

[‡] **68:18** received gifts from people Or “took people as gifts.”
Or “gave gifts to people,” as in the ancient Syriac and Aramaic
versions and in Eph. 4:8. § **68:21** Literally, “God will smash
the heads of his enemies. He will smash the hairy skull walking
in guilt.”

- 22 My Lord said, "If they run up to Bashan or
down to the depths of the sea,
I will bring them back.
- 23 So you will march through pools of their blood,
and there will be plenty left for your dogs."
- 24 God, everyone can see your victory parade—
the victory march of my God and King into
his holy place!*
- 25 Singers come marching in front, followed by
the musicians;
they are surrounded by young girls playing
tambourines.
- 26 Praise God in the meeting place.†
Praise the LORD, people of Israel!
- 27 There is the smallest tribe, Benjamin, leading
them.
And there comes a large group of leaders
from Judah.
Following them are the leaders of Zebulun
and Naphtali.
- 28 God, show us your power!
Show us the power you used for us in the
past.
- 29 Kings will bring their wealth to you,
to your Temple in Jerusalem.
- 30 Punish the people in Egypt.
They are like cattle in the marshes, like bulls
among the calves.

* **68:24** of my God ... holy place Or "led by my holy God and King!" † **68:26** in the meeting place Or "with the trumpets that announce the assembly!"

You humiliated them.

You scattered them in war.

Now let them come crawling to you,
bringing their pieces of silver.

³¹ Messengers from Egypt will come bearing gifts.
Ethiopia will offer God their tribute.

³² Kings on earth, sing to God!
Sing songs of praise to our Lord!

Selah

³³ Sing to him who rides his chariot through the
ancient skies.

Listen to his powerful voice!

³⁴ Tell everyone how powerful he is!
He rules over Israel.
His power fills the skies.

³⁵ God, you are awesome in your Temple!
The God of Israel is the one who gives
strength and power to his people.

Praise God!

69

To the director: To the tune "The Lilies." A song
of David.

¹ God, save me from all my troubles!
The rising water has reached my neck.

² I have nothing to stand on.
I am sinking down, down into the mud.
I am in deep water,
and the waves are about to cover me.

³ I am getting weak from calling for help.
My throat is sore.

I have waited and looked for your help
until my eyes are hurting.

⁴ I have more enemies than the hairs on my head.
They hate me for no reason.
They try hard to destroy me.

My enemies tell lies about me.
They say I stole from them
and they demand that I pay for things I did
not steal.

⁵ God, you know my faults.
I cannot hide my sins from you.

⁶ My Lord GOD All-Powerful, don't let me embarrass your followers.
God of Israel, don't let me bring disgrace to
those who worship you.

⁷ My face is covered with shame.
I carry this shame for you.

⁸ My own brothers treat me like a stranger.
They act as if I came from a foreign land.

⁹ My strong devotion to your Temple is destroying me.

Those who insult you are also insulting me.

¹⁰ When I spend time crying and fasting,
they make fun of me.

¹¹ When I wear sackcloth to show my sorrow,
they tell jokes about me.

¹² They talk about me in public places.
The beer drinkers make up songs about me.

¹³ As for me, LORD, this is my prayer to you:
Please accept me!

God, I want you to answer me with love.
I know I can trust you to save me.

¹⁴ Pull me from the mud,

- and don't let me sink down deeper.
Save me from those who hate me.
Save me from this deep water.
- 15 Don't let the waves drown me.
Don't let the deep sea swallow me
or the grave close its mouth on me.
- 16 Answer me, LORD, from the goodness of your
faithful love.
Out of your great kindness turn to me and
help me!
- 17 Don't turn away from your servant.
I am in trouble, so hurry and help me!
- 18 Come save my soul.
Rescue me from my enemies.
- 19 You know the shame I have suffered.
You know all my enemies.
You saw how they humiliated me.
- 20 I feel the pain of their insults.
The shame makes me feel like dying!
I wanted some sympathy,
but there was none.
I waited for someone to comfort me,
but no one came.
- 21 They gave me poison, not food.
They gave me vinegar, not wine.
- 22 Their tables are covered with food.
Let their fellowship meals destroy them.
- 23 Let them go blind and their backs become
weak.
- 24 Show them how angry you are.
Let them feel what your anger can do.
- 25 Make their homes empty.
Don't let anyone live there.

26 They try to hurt people you have already punished.

They tell everyone about the suffering you gave them.

27 Punish them for the bad things they have done.

Don't show them how good you can be.

28 Erase their names from the book of life.

Don't let their names appear on the list of those who do what is right.

29 I am sad and hurting.

God, lift me up and save me!

30 I will praise God's name in song.

I will honor him by giving him thanks.

31 The LORD will be happier with this

than with the offering of an ox or a full-grown bull as a sacrifice.

32 Poor people, you came to worship God.

You will be happy to know these things.

33 The LORD listens to poor, helpless people.

He does not turn away from those who are in prison.

34 Praise him, heaven and earth!

Sea and everything in it, praise him!

35 God will save Zion.

He will rebuild the cities of Judah.

The people will settle there again and own the land.

36 The descendants of his servants will get that land.

Those who love his name will live there.

70

To the director: A song of David to help people remember.

¹ Please, God, rescue me!

LORD, hurry and help me!

² People are trying to kill me.

Please disappoint them.

Humiliate them!

They want to hurt me.

Make them run away in shame.

³ May those who make fun of me

be too embarrassed to speak.

⁴ But may those who come to you

be happy and rejoice.

May those who love being saved by you

always be able to say, "Praise God!"*

⁵ I am only a poor, helpless man.

God, please hurry to me.

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

LORD, don't be too late!

71

¹ LORD, I depend on you for protection.

Don't let me be disappointed.

² You always do what is right, so come and save me.

Listen to me and save me.

³ Be my Rock, my place of safety.

Be my fortress, and protect me!

You are my Rock and my protection.

* **70:4** Praise God Literally, "God is great" or "May God be magnified."

- ⁴ My God, save me from wicked people.
Save me from cruel, evil people.
- ⁵ Lord GOD, you are my hope.
I have trusted you since I was a young boy.
- ⁶ I depended on you even before I was born.
I relied on you even in my mother's womb.
I have always prayed to you.*
- ⁷ You are my source of strength,
so I have been an example to others.
- ⁸ I am always singing about the wonderful things
you do.
- ⁹ Don't throw me away just because I am old.
Don't leave me as I lose my strength.
- ¹⁰ My enemies make plans against me.
They have met together and are making
plans to kill me.
- ¹¹ They say, "Go get him!
God has left him, so there is no one to help
him."
- ¹² God, don't leave me!
My God, hurry and help me!
- ¹³ Defeat my enemies.
Destroy them completely!
They are trying to hurt me.
Let them suffer shame and disgrace.
- ¹⁴ Then I will always trust in you
and praise you more and more.
- ¹⁵ I will tell people how good you are.
I will tell about all the times you saved me—
too many times to count.
- ¹⁶ I will tell about your greatness, my Lord GOD.

* **71:6** prayed to you Or "praised you."

I will talk only about you and your goodness.

17 God, you have taught me since I was a young boy.

And to this day I have told people about the wonderful things you do.

18 Now that I am old and my hair is gray, don't leave me, God.

I must tell the next generation about your power and greatness.

19 God, your goodness reaches far above the skies.

You have done wonderful things.

God, there is no one like you.

20 You have let me see troubles and hard times,
but you will give me new life;
you will lift me up from this pit of death!

21 You will help me do even greater things.
You will comfort me again!

22 I will play the harp and praise you.
My God, I will sing about your faithfulness.

I will play songs on my lyre
for the Holy One of Israel.

23 I will shout for joy,
singing songs of praise to you for saving me.

24 My tongue will sing about your goodness all
the time,
because those who wanted to kill me
have been defeated and disgraced.

72

To Solomon.*

¹ God, help the king be like you and make fair decisions.

Help the king's son know what justice is.

² Help the king judge your people fairly.

Help him make wise decisions for your poor people.

³ Let there be peace and justice throughout the land,

known on every mountain and hill.

⁴ May the king be fair to the poor.

May he help the helpless and punish those who hurt them.

⁵ May people always fear and respect you, God, as long as the sun shines and the moon is in the sky.

⁶ Help the king be like rain falling on the fields, like showers falling on the land.

⁷ Let goodness grow everywhere while he is king. Let peace continue as long as there is a moon.

⁸ Let his kingdom grow from sea to sea, from the Euphrates River to the faraway places on earth.†

⁹ May all the people living in the desert bow down to him.

May all his enemies bow before him with their faces in the dirt.

* **72:** To Solomon This might mean that this song was written by Solomon or dedicated to him, or that it is from some special collection of songs. † **72:8** faraway places on earth This usually means the countries around the Mediterranean Sea.

- 10 May the kings of Tarshish and all the faraway
lands by the sea bring gifts to him.
May the kings of Sheba and Seba bring their
tribute to him.
- 11 May all kings bow down to our king.
May all nations serve him.
- 12 Our king helps the poor who cry out to him—
those in need who have no one to help them.
- 13 He feels sorry for all who are weak and poor.
He protects their lives.
- 14 He saves them from the cruel people who try
to hurt them.
Their lives are important to him.
- 15 Long live the king!
Let him receive gold from Sheba.
Always pray for the king.
Ask God to bless him every day.
- 16 May the fields grow plenty of grain
and the hills be covered with crops.
May the fields be as fertile as Lebanon,
and may people fill the cities as grass covers
a field.
- 17 May the king be famous forever.
May people remember his name as long as
the sun shines.
May all nations be blessed through him,
and may they all bless him.
- 18 Praise the LORD God, the God of Israel!
Only he can do such amazing things.
- 19 Praise his glorious name forever!
Let his glory fill the whole world.
Amen and Amen!

20 (This ends the prayers of David son of Jesse.)

Book 3

73

(Psalms 73—89)

Asaph's song of praise.

- ¹ God is so good to Israel,
to those whose hearts are pure.
² But I almost slipped and lost my balance.
I almost fell into sin.
³ I saw that wicked people were successful,
and I became jealous of those proud people.
⁴ They are healthy.
They don't have to struggle to survive.*
⁵ They don't suffer like the rest of us.
They don't have troubles like other people.
⁶ So they are proud and hateful.
This is as easy to see as the jewels and fancy
clothes they wear.
⁷ If they see something they like, they go and take
it.
They do whatever they want.
⁸ They make fun of others and say cruel things
about them.
In their pride they make plans to hurt
people.
⁹ They think they are gods!
They think they are the rulers of the earth.
¹⁰ † Even God's people turn to them

* **73:4** Literally, "They have no bonds to their death." † **73:10**
The Hebrew text here is hard to understand.

and do what they say.

- 11 Those evil people say, "God does not know
what we are doing!
God Most High does not know!"

- 12 Those proud people are wicked,
but they are rich and getting richer.

- 13 Clearly, then, I gain nothing by keeping my
thoughts pure!

What good is it to keep myself from sin?

- 14 God, I suffer all day long,
and you punish me every morning.

- 15 I wanted to tell others these things,
but that would have made me a traitor to
your people.

- 16 I tried hard to understand all this,
but it was too hard for me.

- 17 But then, God, I went to your Temple,
and I understood what will happen to the
wicked.

- 18 Clearly, you have put them in danger.
You make it easy for them to fall and be
destroyed.

- 19 Trouble can come suddenly,
and they will be ruined.

Terrible things can happen to them,
and they will be finished.

- 20 Then they will be like a dream
that we forget when we wake up.

You will make them disappear
like the monsters in our dreams.

21-22 I was so stupid.

I thought about such people and became upset.

God, I was upset and angry with you!

I acted like a senseless animal.

23 But I am always with you.

You hold my hand.

24 You lead me and give me good advice,
and later you will lead me to glory.‡

25 In heaven, God, I have only you.

And if I am with you, what on earth could I want?

26 Maybe my mind§ and body will become weak,
but God is my source of strength.*

He is mine forever!

27 God, people who leave you will be lost.

You will destroy all who are not faithful to you.

28 As for me, all I need is to be close to God.

I have made the Lord GOD my place of safety.

And, God, I will tell about all that you have done.

74

A maskil of Asaph.

1 God, why have you turned away from us for so long?

Why are you still angry with us, your own flock?

2 Remember the people you bought so long ago.

‡ 73:24 lead me to glory Or “receive me in honor.” § 73:26 mind Literally, “heart.” * 73:26 my ... strength Literally, “the Rock of my heart.”

You saved us, and we belong to you.
And remember Mount Zion, the place where you
lived.

³ God, come walk through these ancient ruins.
Come back to the Holy Place that the enemy
destroyed.

⁴ The enemy shouted their war cries in the
Temple.

They put up their flags there to show they
had won the war.

⁵ Their soldiers attacked the doors,
like workmen chopping down trees.

⁶ Using axes and hatchets,
they smashed the carved panels inside.

⁷ They burned down your Holy Place.
It was built to honor your name,
but they pulled it down to the ground.

⁸ The enemy decided to crush us completely.
They burned every holy place* in the coun-
try.

⁹ We do not see any of our signs.†
There are no more prophets.
And no one knows how long this will last.

¹⁰ God, how much longer will the enemy make
fun of us?
Will you let them insult your name forever?

* **74:8** holy place Or “El meeting place.” This means every place where people went to meet with God. † **74:9** signs These were probably signal fires that people burned as a way of passing messages from one town to the next. In war, this was a way people showed other towns that the enemy had not yet destroyed their own town.

- 11 Why won't you help us?
Use your power to defeat our enemies!
- 12 God, you have been our King for a long time.
You have saved us many times on this earth.
- 13 With your great power you split open the sea
and broke the heads of the sea monster.
- 14 Yes, you smashed the heads of Leviathan[‡]
and left his body for animals to eat.
- 15 You make the springs and rivers flow,
and you make the rivers dry up.
- 16 You control the day and the night.
You made the sun and the moon.
- 17 You set the limits for everything on earth.
And you created summer and winter.
- 18 LORD, remember, the enemy insulted you!
Those foolish people hate your name!
- 19 Don't give us like a helpless dove to those wild
animals.
Never forget your poor, suffering people.
- 20 Remember the agreement you gave us,
because violence fills every dark place in this
land.
- 21 Your people were treated badly.
Don't let them be hurt anymore.
Let your poor, helpless people praise you.
- 22 God, get up and defend yourself!
Remember, those fools challenged you.
- 23 Don't forget the shouts of your enemies.
They insulted you again and again.

[‡] **74:14** sea monster ... Leviathan These were creatures from ancient stories. People believed that they kept the world from being a safe, orderly place. So this verse means that God controls every part of the world and everything in it.

75

To the director: To the tune “Don’t Destroy.” One of Asaph’s songs of praise.

¹ We praise you, God!

We praise you because you* are near to us.
We tell about the amazing things you have done.

² God says, “I have chosen a time for judgment,
and I will judge fairly.

³ The earth and all its people may shake,
but I am the one who keeps it steady.

Selah

⁴ “To those who are proud I say, ‘Stop your boasting.’

I warn the wicked, ‘Don’t brag about how strong you are.

⁵ Don’t be so sure that you will win.
Don’t boast that victory is yours!’ ”

⁶ There is no power on earth
that can make a person important.†

⁷ God is the judge.

He decides who will be important.
He lifts one person up and brings another down.

⁸ The LORD has a cup in his hand.

It is filled with the poisoned wine of his anger.

He will pour out this wine,

* **75:1** you Literally, “your name.” † **75:6** Literally, “Not from the east or the west and not from the desert mountains.”

- and the wicked will drink it to the last drop.
9 I will always tell people how great God is.
I will sing praise to the God of Jacob.
10 God says, "I will take away any power the
wicked have
and give it to those who are good."

76

To the director: With instruments. One of
Asaph's songs of praise.

- 1 People in Judah know God.
People in Israel respect his name.
2 His Temple is in Salem.*
His house is on Mount Zion.
3 There he shattered the arrows,
shields, swords, and other weapons of war.
Selah
4 God, you are glorious coming back
from the hills where you defeated your
enemies.
5 They thought they were strong, but now they
lie dead in the fields.
Their bodies are stripped of all they owned.
They could not defend themselves.†
6 The God of Jacob shouted at them,
and their army of chariots and horses fell
dead.
7 God, you are awesome!

* **76:2** Salem Another name for Jerusalem. This name means
"Peace." † **76:5** They ... themselves Literally, "The warriors
could not find their hands."

- No one can stand against you when you are angry.
8-9 You stood as judge and announced your decision.
You saved the humble people of the land.
From heaven you gave the decision,
and the whole earth was silent and afraid.
10 Even human anger can bring you honor
when you use it to punish your enemies.‡
11 People, you made promises to the LORD your God.
Now give him what you promised.
People everywhere fear and respect God,
and they will bring gifts to him.
12 God defeats great leaders;
all the kings on earth fear him.

77

- To the director, Jeduthun.* One of Asaph's songs.
1 I cry out to God for help.
I cry out to you, God; listen to me!
2 My Lord, in my time of trouble I came to you.
I reached out for you all night long.
My soul refused to be comforted.
3 I thought about you, God,
and tried to tell you how I felt, but I could not.
4 You would not let me sleep.

‡ 76:10 The Hebrew text here is hard to understand. * 77: Jeduthun Or "and to Jeduthun," one of the three main temple musicians. See 1 Chron. 9:16; 16:38-42.

- I tried to say something, but I was too upset.
5 I kept thinking about the past,
about things that happened long ago.
6 During the night, I thought about my songs.
I talked to myself, trying to understand what
is happening.
7 I wondered, "Has our Lord rejected us forever?
Will he ever accept us again?
8 Is his love gone forever?
Will he never again speak to us?
9 Has God forgotten what mercy is?
Has his compassion changed to anger?"
Selah
- 10 Then I said to myself, "What bothers me most
is the thought
that God Most High has lost his power."
- 11 LORD, I remember what you have done.
I remember the amazing things you did long
ago.
12 I think about those things.
I think about them all the time.
13 God, all that you do is holy.
No god is as great as you are.
14 You are the God who does amazing things.
You showed the nations your great power.
15 By your power you saved your people,
the descendants of Jacob and Joseph.
Selah
- 16 God, the water saw you and became afraid.
The deep water shook with fear.

- 17 The thick clouds dropped their water.
Thunder roared in the sky above.
Your arrows of lightning flashed through the clouds.
- 18 There were loud claps of thunder.
Lightning lit up the world.
The earth shook and trembled.
- 19 You walked through the water and crossed the deep sea,
but you left no footprints.
- 20 You led your people like sheep,
using Moses and Aaron to guide them.

78

One of Asaph's maskils.

- 1 My people, listen to my teachings.
Listen to what I say.
- 2 I will tell you a story.
I will tell you about things from the past that are hard to understand.
- 3 We have heard the story, and we know it well.
Our fathers told it to us.
- 4 And we will not forget it.
Our people will be telling this story to the last generation.
- We will all praise the LORD
and tell about the amazing things he did.
- 5 He made an agreement with Jacob.
He gave the law to Israel.
- He gave the commands to our ancestors.
He told them to teach the law to their children.

⁶ Then the next generation, even the children not yet born, would learn the law.
And they would be able to teach it to their own children.

⁷ So they would all trust in God,
never forgetting what he had done
and always obeying his commands.

⁸ They would not be like their ancestors,
who were stubborn and refused to obey.
Their hearts were not devoted to God,
and they were not faithful to him.

⁹ The men from Ephraim had their weapons,
but they ran from the battle.

¹⁰ They did not keep their agreement with God.
They refused to obey his teachings.

¹¹ They forgot the great things he had done
and the amazing things he had shown them.

¹² While their ancestors watched,
he showed his great power at Zoan in Egypt.

¹³ He split the Red Sea and led the people across.
The water stood like a solid wall on both sides of them.

¹⁴ Each day God led them with the tall cloud,
and each night he led them with the light
from the column of fire.

¹⁵ He split the rocks in the desert
and gave them an ocean of fresh water.

¹⁶ He brought a stream of water out of the rock
and made it flow like a river!

¹⁷ But they continued sinning against him.
They rebelled against God Most High in the desert.

¹⁸ Then they decided to test God

- by telling him to give them the food they wanted.
- 19 They complained about him and said,
“Can God give us food in the desert?
- 20 Yes, he struck the rock and a flood of water came out.
But can he give us bread and meat?”
- 21 The LORD heard what they said
and became angry with Jacob’s people.
He was angry with Israel,
- 22 because they did not trust in him.
They did not believe that God could save them.
- 23-24 But then God opened the clouds above,
and manna rained down on them for food.
It was as if doors in the sky opened,
and grain poured down from a storehouse in the sky.
- 25 These people ate the food of angels.
God sent plenty of food to satisfy them.
- 26 He sent a strong wind from the east,
and by his power he made the south wind blow.
- 27 He made quail fall like rain until they covered the ground.
There were so many birds that they were like sand on the seashore.
- 28 The birds fell in the middle of the camp,
all around their tents.
- 29 The people ate until they were full.
God had given them what they wanted.
- 30 But before they were fully satisfied,
while the food was still in their mouths,

- 31 God became angry and killed even the
strongest of them.
He brought down Israel's best young men.
- 32 But the people continued to sin!
They did not trust in the amazing things God
could do.
- 33 So he ended their worthless lives;
he brought their years to a close with disaster.
- 34 When he killed some of them, the others would
turn back to him.
They would come running back to God.
- 35 They would remember that God was their
Rock.
They would remember that God Most High
had saved them.
- 36 But they tried to fool him with their words;
they told him lies.
- 37 Their hearts were not really with him.
They were not faithful to the agreement he
gave them.
- 38 But God was merciful.
He forgave their sins and did not destroy
them.
Many times he held back his anger.
He never let it get out of control.
- 39 He remembered that they were only people,
like a wind that blows and then is gone.
- 40 Oh, they caused him so much trouble in the
desert!
They made him so sad.
- 41 Again and again they tested his patience.
They really hurt the Holy One of Israel.
- 42 They forgot about his power.

- They forgot the many times he saved them
from the enemy.
- 43 They forgot the miracles in Egypt,
the miracles in the fields of Zoan.
- 44 God turned the rivers into blood,
and the Egyptians could not drink the water.
- 45 He sent swarms of flies that bit them.
He sent the frogs that ruined their lives.
- 46 He gave their crops to grasshoppers
and their other plants to locusts.
- 47 He destroyed their vines with hail
and their trees with sleet.
- 48 He killed their animals with hail
and their cattle with lightning.
- 49 He showed the Egyptians his anger.
He sent his destroying angels against them.
- 50 He found a way to show his anger.
He did not spare their lives.
He let them die with a deadly disease.
- 51 He killed all the firstborn sons in Egypt.
He killed every firstborn in Ham's* family.
- 52 Then he led Israel like a shepherd.
He led his people like sheep into the desert.
- 53 He guided them safely.
They had nothing to fear.
He drowned their enemies in the sea.
- 54 He led his people to his holy land,
to the mountain he took with his own power.
- 55 He forced the other nations out before them
and gave each family its share of the land.
He gave each tribe of Israel a place to live.

* **78:51** Ham The Egyptians were Ham's descendants. See Genesis 10:6-10.

- 56 But they tested God Most High and made him
very sad.
They didn't obey his commands.
- 57 They turned against him and were unfaithful
just like their ancestors.
They changed directions like a boomerang.
- 58 They built high places and made God angry.
They built statues of false gods and made
him jealous.
- 59 God heard what they were doing and became
very angry.
So he rejected Israel completely!
- 60 He abandoned his place at Shiloh,[†]
the Holy Tent where he lived among the
people.
- 61 He let foreigners capture the Box of the
Agreement,
the symbol of his power and glory.
- 62 He showed his anger against his people
and let them be killed in war.
- 63 Their young men were burned to death,
and there were no wedding songs for their
young women.
- 64 Their priests were killed,
but the widows had no time to mourn for
them.
- 65 Finally, our Lord got up
like a man waking from his sleep,
like a soldier after drinking too much wine.
- 66 He forced his enemies to turn back defeated.
He brought them shame that will last for-
ever.

[†] **78:60** Holy Tent at Shiloh See 1 Sam. 4:4-11; Jeremiah 7:17.

- 67 Then he rejected Joseph's family.
He did not accept Ephraim's family.
- 68 No, he chose the tribe of Judah,
and he chose Mount Zion, the place he loves.
- 69 He built his holy Temple high on that mountain.
Like the earth, God built his Temple to last forever.
- 70 He chose David to be his special servant.
He took him from the sheep pens.
- 71 He took him away from the job of caring for sheep
and gave him the job of caring for the
descendants of Jacob—Israel, his chosen
people.
- 72 And David led them with a pure heart
and guided them very wisely.

79

One of Asaph's songs of praise.

- 1 God, some people from other nations came to
fight your people.
They ruined your holy Temple.
They left Jerusalem in ruins.
- 2 They left the bodies of your servants for the
wild birds to eat.
They let wild animals eat the bodies of your
followers.
- 3 Blood flowed like water all over Jerusalem.
No one is left to bury the bodies.
- 4 The countries around us insult us.

- The people around us laugh at us and make fun of us.
- ⁵ LORD, will you be angry with us forever?
Will your strong feelings* continue to burn like a fire?
- ⁶ Turn your anger against the nations that do not know you,
against the people who do not honor you as God.
- ⁷ Those nations killed Jacob's family
and destroyed their land.
- ⁸ Please don't punish us for the sins of our ancestors.
Hurry, show us your mercy!
We need you so much!
- ⁹ Our God and Savior, help us!
That will bring glory to your name.
Save us and forgive our sins
for the good of your name.
- ¹⁰ Don't give the other nations a reason to say,
"Where is their God? Can't he help them?"
Let us see you punish those people.
Punish them for killing your servants.
- ¹¹ Listen to the sad cries of the prisoners!
Use your great power to free those who are sentenced to die.
- ¹² Punish the nations around us!
Pay them back seven times for what they did to us.
Punish them for insulting you.
- ¹³ We are your people, the sheep of your flock.
We will praise you forever.

* **79:5** strong feelings The Hebrew word can mean any strong feelings such as zeal, jealousy, or love.

We will praise you forever and ever!

80

To the director: To the tune “Lilies of the Agreement.” One of Asaph’s songs of praise.

¹ Shepherd of Israel, listen to us.

You lead your people* like sheep.

You sit on your throne above the Cherub angels.

Let us see you.

² Shepherd of Israel, show your greatness to the tribes of Ephraim, Benjamin, and Manasseh.

Come and save your people.

³ God, accept us again.

Smile down on us and save us!

⁴ LORD God All-Powerful, when will you listen to our prayers?

How long will you be angry with us?

⁵ Instead of bread and water,
you gave your people tears.

⁶ You made us the target of everyone’s hatred.

Our enemies make fun of us.

⁷ God All-Powerful, accept us again.

Smile down on us and save us!

⁸ When you brought us out of Egypt,
we were like your special vine.

You forced other nations to leave this land,
and you planted that vine here.

⁹ You prepared the ground for it,

* **80:1** your people Literally, “Joseph,” the father of Ephraim and Manasseh, whose names are often used to mean all the tribes in northern Israel.

- and it sent its roots down deep and spread
throughout the land.
- 10 It covered the mountains,
and its leaves shaded even the giant cedar
trees.
- 11 Its branches spread to the Mediterranean Sea,
its shoots to the Euphrates River.
- 12 God, why did you pull down the walls that
protect your vine?
Now everyone who passes by picks its
grapes.
- 13 Wild pigs come and ruin it.
Wild animals eat the leaves.
- 14 God All-Powerful, come back.
Look down from heaven at your vine and
protect it.
- 15 Look at the vine you planted with your own
hands.
Look at the young plant[†] you raised.
- 16 Our enemies have cut it down and burned it
up.
Show them how angry you are and destroy
them.
- 17 Reach out and help your chosen one.[‡]
Reach out to the people[§] you raised up.
- 18 Then we will never leave you.
Let us live, and we will worship you.
- 19 LORD God All-Powerful, accept us again.
Smile down on us and save us!

[†] 80:15 young plant Literally, "son." [‡] 80:17 chosen one
Literally, "the man of your right hand." [§] 80:17 people
Literally, "son of man."

81

To the director: On the *gittith*. One of Asaph's songs.

¹ Be happy and sing to God, our strength.

Shout with joy to the God of Jacob.

² Begin the music.

Play the tambourines.

Play the pleasant harps and lyres.

³ Blow the ram's horn at the time of the new moon^{*}

and at the time of the full moon,[†] when our festival begins.

⁴ This is the law for the people of Israel.

The God of Jacob gave the command.

⁵ God made this agreement with Joseph's people, when he led them out of Egypt.

In a language we didn't understand, God said,

⁶ "I took the load from your shoulder.

I let you drop the worker's basket.

⁷ When you were in trouble, you called for help, and I set you free.

I was hidden in the storm clouds, and I answered you.

I tested you by the water at Meribah.[‡]"

Selah

⁸ "My people, I am warning you.

Israel, listen to me!

^{*} **81:3** new moon The first day of the Hebrew month. There were special meetings on these days when the people shared fellowship offerings as part of their worship to God. [†] **81:3** full moon The middle of the Hebrew month. Many of the special meetings and festivals started at the time of a full moon. [‡] **81:7** Meribah See Exodus 17:1-7.

- ⁹ Don't worship any of the false gods
that the foreigners worship.
- ¹⁰ I, the LORD, am your God.
I brought you out of Egypt.
Israel, open your mouth,
and I will feed you.
- ¹¹ "But my people did not listen to me.
Israel did not obey me.
- ¹² So I let them go their own stubborn way
and do whatever they wanted.
- ¹³ If my people would listen to me
and would live the way I want,
- ¹⁴ then I would defeat their enemies.
I would punish those who cause them trouble.
- ¹⁵ Those who hate the LORD would shake with
fear.
They would be punished forever.
- ¹⁶ I would give the best wheat to my people.
I would give them the purest honey, until
they were satisfied."

82

One of Asaph's songs of praise.

- ¹ God stands in the assembly of the gods.*

He stands as judge among the judges.

- ² He says, "How long will you judge unfairly

* **82:1** assembly of the gods Other nations taught that El (God) and the other gods met together to decide what to do with the people on earth. But many times kings and leaders were also called "gods." So this psalm may be God's warning to the leaders of Israel.

and show special favors to the wicked?"

Selah

³ "Defend the poor and orphans.

Protect the rights of the poor.

⁴ Help those who are poor and helpless.

Save them from those who are evil.

⁵ "They[†] don't know what is happening.

They don't understand!

They don't know what they are doing.

Their world is falling down around them!"

⁶ I, God Most High, say,

"You are gods,[‡] my own sons.

⁷ But you will die as all people must die.

Your life will end like that of any ruler."

⁸ Get up, God! You be the judge!

You be the leader over all the nations!

83

One of Asaph's songs of praise.

¹ God, don't keep quiet!

Don't close your ears!

Please say something, God.

² Your enemies are getting ready to do something.

Those who hate you will soon attack.

[†] **82:5** They This might mean that the poor don't understand what is happening. Or it might mean that the "gods" or leaders don't understand that they are ruining the world by not being fair and by not doing what is right. [‡] **82:6** gods Or "judges."

3 They are making secret plans against your people.

Your enemies are discussing plans against the people you love.

4 They say, "Come, let us destroy them completely.

Then no one will ever again remember the name Israel."

5 God, they have all joined together.

They have united against you.

6-7 Their army includes the Edomites, Ishmaelites, Moabites, and Hagar's descendants,

the people of Byblos, Ammon, and Amalek, the Philistines, and the people of Tyre.

8 Even the Assyrians have joined them.

They have made Lot's descendants very powerful.

Selah

9 God, defeat them just as you defeated Midian.

Do what you did to Sisera and Jabin at the Kishon River.

10 You destroyed the enemy at Endor, and their bodies rotted on the ground.

11 Punish their leaders as you did Oreb and Zeeb.

Do what you did to Zebah and Zalmunna.

12 They said, "Let's make this land our own—these fields of grass that belong to God!"

13 Make them like weeds blown by the wind. Scatter them the way wind scatters straw.

14 Be like a fire that destroys a forest or like a flame that sets the hills on fire.

- 15 Chase them away with your blasts of wind;
frighten them with your storms.
16 LORD, cover them with shame
until they come to you for help.
17 May they be forever ashamed and afraid.
Disgrace and defeat them.
18 Then they will know that your name is YAH-
WEH—
that you alone are the LORD.
They will know that you are God Most High,
ruler over all the earth!

84

To the director: On the *gittith*. A song of praise
from the Korah family.

- 1 LORD All-Powerful, the place where you live is
so beautiful!
2 LORD, I cannot wait to enter your Temple.
I am so excited!
Every part of me cries out to be with the Living
God.
3 LORD All-Powerful, my King, my God,
even the birds have found a home in your
Temple.
They make their nests near your altar,
and there they have their babies.
4 Great blessings belong to those who live at your
Temple!
They continue to praise you.

Selah

- 5 Great blessings belong to those who depend on
you for strength!

Their heart's desire is to make the trip to
your Temple.

⁶ They travel through Baca Valley,
which God has made into a place of springs.
Autumn rains form pools of water there.

⁷ The people travel from town to town*
on their way to Zion, where they will meet
with God.

⁸ LORD God All-Powerful, listen to my prayer.
God of Jacob, listen to me.

Selah

⁹ God, watch over the king, our protector.†
Be kind to him, the one you have chosen.

¹⁰ One day in your Temple is better
than a thousand days anywhere else.
Serving as a guard at the gate of my God's house
is better
than living in the homes of the wicked.

¹¹ The LORD God is our protector and glorious
king.‡

He blesses us with kindness and honor.
The LORD freely gives every good thing
to those who do what is right.

¹² LORD All-Powerful,
great blessings belong to those who trust in
you!

* **84:7** town to town Or "wall to wall." † **84:9** the king, our protector Literally, "our shield." This line could also mean "God, our Shield, look!" ‡ **84:11** protector and glorious king Literally, "sun and shield."

85

To the director: A song of praise from the Korah family.

- ¹ LORD, you have been so kind to your land.
You have brought success again to the people
of Jacob.
- ² You have forgiven the bad things your people
did.
You have taken away the guilt of their sins!
Selah
- ³ You stopped being angry with them.
Your terrible anger has gone away.
- ⁴ Our God and Savior, accept us again.
Don't be angry with us anymore.
- ⁵ Will you be angry with us forever?
Will your anger reach to our children and to
their children?
- ⁶ Please, give us new life!
Make your people happy to be yours.
- ⁷ LORD, save us
and show us your love.
- ⁸ I heard what the LORD God said.
He said there would be peace for his people
and his loyal followers.
So they must not go back to their foolish way
of living.
- ⁹ He will soon save his faithful followers.
His glory will again live in our land.*
- ¹⁰ God's love will come together with his faithful
people.

* 85:9 We ... land Or "We will soon live with honor in our land."

Goodness and peace will greet them with a kiss.

- 11 People on earth will be loyal to God,
and God in heaven will be good to them.[†]
12 The LORD will give us many good things.
The ground will grow many good crops.
13 Goodness will go before the Lord
and prepare the way for him.

86

A prayer of David.

- 1 I am a poor, helpless man.
LORD, please listen to me and answer my prayer!
2 I am your follower, so please protect me.
I am your servant, and you are my God.
I trust in you, so save me.
3 My Lord, be kind to me.
I have been praying to you all day.
4 My Lord, I put my life in your hands.
I am your servant, so make me happy.
5 My Lord, you are good and merciful.
You love all those who call to you for help.
6 LORD, hear my prayer.
Listen to my cry for mercy.
7 I am praying to you in my time of trouble.
I know you will answer me.
8 My Lord, there is no God like you.
No one can do what you have done.
9 My Lord, you made everyone.

[†] **85:11** Literally, "Loyalty will sprout from the ground, and goodness will look down from the sky."

- I wish they all would come worship you and
honor your name.
- 10 You are great and do amazing things.
You and you alone are God.
- 11 LORD, teach me your ways,
and I will live and obey your truths.
Help me make worshiping your name
the most important thing in my life.
- 12 My Lord God, I praise you with all my heart.
I will honor your name forever!
- 13 You have such great love for me.
You save me from the place of death.
- 14 Proud people are attacking me, God.
A gang of cruel men is trying to kill me.
They don't respect you.
- 15 My Lord, you are a kind and merciful God.
You are patient, loyal, and full of love.
- 16 Show that you hear me and be kind to me.
I am your servant, so give me strength.
I am your slave, as my mother was, so save
me!
- 17 LORD, show me a sign that you care for me.
My enemies will see it and be disappointed,
because you helped and comforted me.

87

A song of praise from the Korah family.

- 1 The LORD built his city on the holy hills.
2 He loves the gates of Zion more than any
other place in Israel.
- 3 Wonderful things are said about you, City of
God.

Selah

⁴ God says, "Some of my people live in Egypt*
and Babylon.

Some of them were born in Philistia, Tyre,
and even Ethiopia."

⁵ But about Zion he says,
"I know each and every person born there."
It is the city built by God Most High.

⁶ The LORD keeps a list of all his people,
and he knows where each of them was born.
Selah

⁷ At the festivals, people will dance and sing,
"All good things come from Zion."

88

A song from the Korah family. To the director:
About a painful sickness. A maskil of Heman the
Ezrahite.

¹ LORD God, you are my Savior.
I have been praying to you day and night.

² Please pay attention to my prayers.
Listen to my prayers for mercy.

³ My soul has had enough of this pain!
I am ready to die.

⁴ People already treat me like a dead man,
like someone too weak to live.

⁵ Look for me among the dead,
like a body in the grave.

* **87:4** Egypt Literally, "Rahab." This name means the "Dragon."
It became a popular name for Egypt.

I am one of those you have forgotten,
cut off from you and your care.

⁶ You put me in that hole in the ground.

Yes, you put me in that dark place.

⁷ Your anger presses down on me like a heavy weight.

It's like one wave after another pounding against me.

Selah

⁸ You made my friends leave me.

They all avoid me like someone no one wants to touch.

Like a prisoner in my house, I cannot go out.

⁹ My eyes hurt from crying.

LORD, I pray to you constantly!

I lift my arms in prayer to you.

¹⁰ Do you do miracles for the dead?

Do ghosts rise up and praise you? No!

Selah

¹¹ The dead in their graves cannot talk about your faithful love.

People in the world of the dead* cannot talk about your faithfulness.

¹² The dead who lie in darkness cannot see the amazing things you do.

Those in the world of the forgotten cannot talk about your goodness.

¹³ LORD, I am asking you to help me!

Early each morning I pray to you.

* **88:11** the world of the dead Or "Abaddon," a Hebrew name meaning "death" or "destruction." See Rev. 9:11.

- 14 LORD, why have you abandoned me?
Why do you refuse to listen to me?
- 15 I have been sick and weak since I was young.
I have suffered your anger, and I am helpless.
- 16 Your anger covers me like a flood.
Your attacks are killing me.
- 17 They surround me on every side.
I feel like a drowning man.
- 18 You caused my friends and loved ones to leave me.
Now darkness is my closest friend.

89

A maskil from Ethan the Ezrahite.

- 1 I will sing forever about the LORD'S love.
I will sing about his faithfulness forever and ever!
- 2 I will say, "Your faithful love will last forever.
Your loyalty is like the sky—there is no end to it!"
- 3 You said, "I made an agreement with my chosen king.
I made this promise to my servant David:
- 4 "There will always be someone from your family to rule.
I will make your kingdom continue forever and ever.' "
- Selah
- 5 LORD, the heavens praise you for the amazing things you do.

The assembly of holy ones sings about your loyalty.

⁶ No one in heaven is equal to the LORD.

None of the “gods” can compare to the LORD.

⁷ When God’s holy ones—the angels around his throne—meet together,
they fear and respect him;
he is more awesome than all those around him.

⁸ LORD God All-Powerful, there is no one like you.
You are strong, LORD, and always faithful.

⁹ You rule the stormy sea.
You can calm its angry waves.

¹⁰ You defeated Rahab.
You scattered your enemies with your own powerful arm.

¹¹ Everything in heaven and earth belongs to you.
You made the world and everything in it.

¹² You created everything north and south.
Mount Tabor and Mount Hermon sing praises to your name.

¹³ You have the power!
Your power is great!
Victory is yours!

¹⁴ Your kingdom is built on truth and justice.
Love and faithfulness are servants before your throne.

¹⁵ LORD, your loyal followers are happy.
They live in the light of your kindness.

¹⁶ Your name always makes them happy.
They praise your goodness.

¹⁷ You are their amazing strength.
Their power comes from you.

- 18 The king, our protector, belongs to the LORD,
who is the Holy One of Israel.
- 19 Lord, you once spoke in a vision to your
followers:
“I have made a young soldier strong.
From among my people I chose him for an
important position.
- 20 I have found my servant David
and anointed him as king with my special
oil.
- 21 I will support him with my right hand,
and my arm will make him strong.
- 22 So no enemy will ever control him.
The wicked will never defeat him.
- 23 I will destroy his enemies before his eyes.
I will defeat those who hate him.
- 24 I will always love and support him.
I will always make him strong.
- 25 I will put him in charge of the sea.
He will control the rivers.
- 26 He will say to me, ‘You are my father.
You are my God, my Rock, my Savior.’
- 27 And I will make him my firstborn son.
He will be the great king on earth.
- 28 My love will protect him forever.
My agreement with him will never end.
- 29 I will make his family continue forever.
His kingdom will last as long as the skies.
- 30 If his descendants stop following my law
and stop obeying my commands,
- 31 if they break my laws
and ignore my commands,
- 32 I will punish them severely

for their sins and wrongs.

33 But I will never take my love from him.

I will never stop being loyal to him.

34 I will not break my agreement with David.

I will never change what I said.

35 By my holiness, I made a promise to him,

and I would not lie to David.

36 His family will continue forever.

His kingdom will last as long as the sun.

37 Like the moon, it will continue forever.

The sky is a witness to the agreement that
can be trusted."

Selah

38 But now, Lord, you have become angry with
your chosen king,*

and you have left him all alone.

39 You ended the agreement you made with your
servant.

You threw the king's crown into the dirt.

40 You pulled down the walls of his city.

You destroyed all his fortresses.

41 Everyone passing by steals from him.

His neighbors laugh at him.

42 You made all the king's enemies happy
and let his enemies win the war.

43 You helped them defend themselves.

You did not help your king win the battle.

44 You did not let him win.

You threw his throne to the ground.

45 You cut his life short.

You shamed him.

* **89:38** chosen king Literally, "anointed one."

Selah

⁴⁶ LORD, how long will this continue?

Will you ignore us forever?

Will your anger burn like a fire forever?

⁴⁷ Remember how short my life is.

You created us to live a short life and then die.

⁴⁸ Is there anyone alive who will never die?

Will anyone escape the grave?

Selah

⁴⁹ Lord, where is the love you showed in the past?

You promised David that you would be loyal to his family.

⁵⁰⁻⁵¹ My Lord, please remember how people insulted your servant.

LORD, I had to listen to all the insults from your enemies.

They insulted your chosen king wherever he went.

⁵² Praise the LORD forever!

Amen and Amen!

Book 4

90

(Psalms 90—106)

The prayer of Moses, the man of God.

¹ My Lord, you have been our home forever and ever.

² You were God before the mountains were born, before the earth and the world were made.

You have always been and will always be
God!

- ³ You bring people into this world,
and you change them into dust again.
- ⁴ To you, a thousand years is like yesterday,
like a few hours in the night.
- ⁵ Our life is like a dream that ends when morning
comes.
We are like grass
- ⁶ that grows and looks so fresh in the
morning,
but in the evening it is dry and dying.
- ⁷ Your anger could destroy us.
Your anger frightens us!
- ⁸ You know about all our sins.
You see every one of our secret sins.
- ⁹ Your anger can end our life.
Our lives fade away like a whisper.
- ¹⁰ We live about 70 years
or, if we are strong, 80 years.
But most of them are filled with hard work and
pain.
Then, suddenly, the years are gone, and we
fly away.
- ¹¹ No one really knows the full power of your
anger,
but our fear and respect for you is as great
as your anger.
- ¹² Teach us how short our lives are
so that we can become wise.
- ¹³ LORD, come back to us.
Be kind to your servants.
- ¹⁴ Fill us with your love every morning.

Let us be happy and enjoy our lives.

¹⁵ For years you have made life hard for us and
have given us many troubles.

Now make us happy for just as long.

¹⁶ Let your servants see the wonderful things you
can do for them.

And let their children see your glory.

¹⁷ Lord, our God, be kind to us.

Make everything we do successful.

Yes, make it all successful.

91

¹ You can go to God Most High to hide.

You can go to God All-Powerful for protection.

² I say to the LORD, "You are my place of safety,
my fortress.

My God, I trust in you."

³ God will save you from hidden dangers
and from deadly diseases.

⁴ You can go to him for protection.

He will cover you like a bird spreading its
wings over its babies.

You can trust him to surround and protect
you like a shield.

⁵ You will have nothing to fear at night
and no need to be afraid of enemy arrows
during the day.

⁶ You will have no fear of diseases that come in
the dark
or terrible suffering that comes at noon.

⁷ A thousand people may fall dead at your side

- or ten thousand right beside you,
but nothing bad will happen to you!
- ⁸ All you will have to do is watch,
and you will see that the wicked are punished.
- ⁹ You trust in the LORD for protection.
You have made God Most High your place of safety.
- ¹⁰ So nothing bad will happen to you.
No diseases will come near your home.
- ¹¹ He will command his angels to protect you
wherever you go.
- ¹² Their hands will catch you
so that you will not hit your foot on a rock.
- ¹³ You will have power to trample on lions
and poisonous snakes.
- ¹⁴ The Lord says, "If someone trusts me, I will
save them.
I will protect my followers who call to me for help.
- ¹⁵ When my followers call to me, I will answer them.
I will be with them when they are in trouble.
I will rescue them and honor them.
- ¹⁶ I will give my followers a long life
and show them my power to save."

92

A song of praise for the Sabbath.

- ¹ It is good to praise the LORD.
God Most High, it is good to praise your name.
- ² It is good to sing about your love in the morning

- and about your faithfulness at night.
- ³ It is good to play for you on the ten-stringed instrument and lyre
and to add the soft sounds of the harp to my praise.
- ⁴ LORD, you make us very happy because of what you did.
I gladly sing about it.
- ⁵ LORD, you did such great things.
Your thoughts are too hard for us to understand.
- ⁶ Stupid people don't know this.
Fools don't understand.
- ⁷ The wicked may sprout like grass,
and those who do evil may blossom like flowers,
but they will be destroyed, never to be seen again.
- ⁸ But, LORD, you will be honored forever.
- ⁹ LORD, all your enemies will be destroyed,
and all who do evil will be scattered.
- ¹⁰ But you have made me as strong as a wild ox.
You have given me your blessing.*
- ¹¹ My eyes will see the defeat of those waiting to attack me.
My ears will hear the cries of my evil enemies.
- ¹² Good people are like budding palm trees.
They grow strong like the cedar trees of Lebanon.

* **92:10** You ... blessing Or "You poured your refreshing oil over me."

- 13 They are planted in the house[†] of the LORD.
They grow strong there in the courtyards of
our God.
- 14 Even when they are old,
they will continue producing fruit like
young, healthy trees.
- 15 They are there to show everyone that the LORD
is good.[‡]
He is my Rock, and he does no wrong.[§]

93

- 1 The LORD is King.
The LORD wears majesty and strength like
clothes.
He is ready, so the whole world is safe.
It will not be shaken.
- 2 Your kingdom has continued forever.
You have lived forever!
- 3 LORD, the ocean roars.
The mighty ocean sounds like thunder
as the waves crash on the shore.
- 4 The crashing waves of the sea are loud and
powerful,
but the LORD above is even more powerful.
- 5 LORD, your laws will continue forever.*
Your holy Temple will stand for a long time.

[†] 92:13 house Or "Temple." See "Temple" in the Word List.

[‡] 92:15 good This is a wordplay. The Hebrew word means "straight" (like the trees) and "good" or "honest." § 92:15 he ... wrong Or "there is no crookedness in him." * 93:5 your laws ... forever Or "your agreement can really be trusted."

94

- ¹ The LORD is a God who punishes people.
God, come punish them.
- ² You are the judge of the whole earth.
Give proud people the punishment they
deserve.
- ³ LORD, how long will the wicked have their fun?
How much longer?
- ⁴ How much longer will those criminals
brag about the evil they did?
- ⁵ LORD, they hurt your people
and make them suffer.
- ⁶ They kill widows and foreigners living in our
country.
They murder orphans.
- ⁷ And they say the LORD does not see them doing
these evil things!
They say the God of Jacob does not know
what is happening.
- ⁸ You evil people are foolish.
When will you learn your lesson?
You are so stupid!
You must try to understand.
- ⁹ God made our ears,
so surely he can hear what is happening!
He made our eyes,
so surely he can see you!
- ¹⁰ The one who disciplines nations will surely
correct you.
He is the one who teaches us everything.
- ¹¹ The LORD knows what people are thinking.

He knows that their thoughts are like a puff of wind.

12 LORD, great blessings belong to those you discipline,

to those you teach from your law.

13 You help them stay calm when trouble comes.
You will help them until the wicked are put in their graves.

14 The LORD will not leave his people.
He will not leave them without help.

15 Justice will return and bring fairness.
And those who want to do right will be there to see it.

16 No one helped me fight against the wicked.
No one stood with me against those who do evil.

17 And if the LORD had not helped me,
I would have been silenced by death.

18 I know I was ready to fall,
but, LORD, your faithful love supported me.

19 I was very worried and upset,
but you comforted me and made me happy!

20 You don't help crooked judges.
They use the law to make life hard for the people.

21 They attack those who do right.
They say innocent people are guilty and put them to death.

22 But the LORD is my place of safety, high on the mountain.

God, my Rock, is my safe place!
23 He will punish those evil judges for the bad things they did.
He will destroy them because they sinned.
The LORD our God will destroy them.

95

1 Come, let us sing praise to the LORD!
Let us shout praises to the Rock who saves us.
2 Come and worship him with songs of thanks.*
Let us sing happy songs of praise to him.
3 For the LORD is a great God,
the great King ruling over all the other "gods."
4 The deepest caves and the highest mountains belong to him.
5 The ocean is his—he created it.
He made the dry land with his own hands.
6 Come, let us bow down and worship him!
Let us kneel before the LORD who made us.
7 He is our God,
and we are the people he cares for,
his sheep that walk by his side.

Listen to his voice today:

8 "Don't be stubborn, as you were at Meribah,
as you were at Massah† in the desert.
9 Your ancestors doubted and tested me,

* 95:2 songs of thanks Or "thank offerings." † 95:8 Meribah ... Massah See Exodus 17:1-7.

- even after they saw what I could do!
10 I was angry with them for 40 years.
I said, 'They are not faithful to me.
They refuse to do what I say.'
11 So in my anger I made this vow:
'They will never enter my land of rest.' "

96

- 1 Sing a new song* to the LORD!
Let the whole world sing to the LORD!
2 Sing to the LORD and praise his name!
Tell the good news every day about how he
saves us!
3 Tell all the nations how wonderful he is!
Tell people everywhere about the amazing
things he does.
4 The LORD is great and worthy of praise.
He is more awesome than any of the "gods."
5 All the "gods" in other nations are nothing but
statues,
but the LORD made the heavens.
6 He lives in the presence of glory and honor.
His Temple is a place of power and beauty.
7 Praise the LORD, all people of every nation;
praise the LORD'S glory and power.
8 Give the LORD praise worthy of his glory!
Come, bring your offerings into his court-
yard.
9 Worship the LORD in all his holy beauty.
Everyone on earth should tremble before him.

* **96:1** new song Whenever God did a new and wonderful thing
for his people, they would write a new song about it.

- 10 Tell the nations that the LORD is King!
The world stands firm and cannot be moved.
He will judge all people fairly.
- 11 Let the heavens rejoice and the earth be
happy!
Let the sea and everything in it shout for joy!
- 12 Let the fields and everything in them be happy!
Let the trees in the forest sing for joy
- 13 when they see the LORD coming!
He is coming to rule[†] the world.
He will rule all the nations of the world
with justice and fairness.

97

- 1 The LORD rules, and the earth is happy.
All the faraway lands are happy.
- 2 Thick, dark clouds surround him.
Goodness and justice make his kingdom
strong.
- 3 Fire goes before him
and destroys his enemies.
- 4 His lightning flashes in the sky.
The earth sees it and trembles with fear.
- 5 The mountains melt like wax before the LORD,
before the Lord of all the earth.
- 6 The skies tell about his goodness,
and the nations see his glory.
- 7 People worship their idols.
They brag about their “gods.”
But they will be embarrassed.

[†] 96:13 rule Or “judge.” Also in 98:9.

- And all their “gods” will bow down before
the Lord.
- ⁸ Zion, listen and be happy!
Cities of Judah, be glad!
Rejoice because the LORD’S decisions are
fair.
- ⁹ LORD Most High, you really are the ruler of the
earth.
You are much better than the “gods.”
- ¹⁰ Hate evil, you who love the LORD.
He protects his followers and saves them
from evil people.
- ¹¹ Light and happiness shine on those
who want to do right.
- ¹² Good people, be happy in the LORD!
Praise his holy name!

98

A song of praise.

- ¹ Sing a new song* to the LORD,
because he has done amazing things!
His powerful and holy right arm[†]
has brought him another victory.
- ² The LORD showed the nations his power to
save.
He showed them his goodness.

* **98:1** new song Whenever God did a new and wonderful thing for his people, they would write a new song about it. † **98:1** holy right arm This pictures God as a warrior-king. The right arm symbolizes his power and authority. “Holy” may refer to the special cleansing and dedication that Israelites performed before going into battle.

- ³ He has kept his promise of love and loyalty to
the people of Israel.
People everywhere have seen our God's
power to save.
- ⁴ Everyone on earth, shout with joy to the LORD.
Start singing happy songs of praise!
- ⁵ Praise the LORD with harps.
Yes, praise him with music from the harps.
- ⁶ Blow the pipes and horns,
and shout for joy to the LORD our King!
- ⁷ Let the sea and everything in it,
the earth and all who live in it shout his
praise!
- ⁸ Rivers, clap your hands!
All together now, mountains sing out!
- ⁹ Sing before the LORD
because he is coming to judge the world.
He will rule the world fairly.
He will rule the people with goodness.

99

- ¹ The LORD is King,
so let the nations shake with fear.
He sits as King above the Cherub angels,
so let the whole earth shake.
- ² The LORD in Zion is great!
He is the great leader over all people.
- ³ Let all the nations praise your name.
Your name is great and awesome.
Your name is holy.
- ⁴ You are the powerful King who loves justice.
You have made things right.

You have brought goodness and fairness to Jacob.

⁵ Praise the LORD our God,
and bow down before his footstool,* for he is holy.

⁶ Moses and Aaron were some of his priests,
and Samuel was one of the men who called on his name.

They prayed to the LORD,
and he answered them.

⁷ God spoke from the tall cloud,
and they obeyed his commands
and the law he gave them.

⁸ LORD our God, you answered their prayers.
You showed them that you are a forgiving God
and that you punish people for the evil they do.

⁹ Praise the LORD our God.
Bow down toward his holy mountain and
worship him.
The LORD our God is holy!

100

A song of thanks.

¹ Earth, sing to the LORD!

² Be happy as you serve the LORD!
Come before him with happy songs!

³ Know that the LORD is God.
He made us, and we belong to him.

* **99:5** footstool This probably means the Temple. See "Temple" in the Word List.

- We are his people, the sheep he takes care of.
- ⁴ Come through the gates to his Temple giving thanks to him.
Enter his courtyards with songs of praise.
Honor him and bless his name.
- ⁵ The LORD is good!
There is no end to his faithful love.
We can trust him forever and ever!

101

A song of David.

- ¹ I will sing about love and justice.
LORD, I will sing to you.
- ² I will be careful to live a pure life.
I will live in my house with complete honesty.
When will you come to me?
- ³ I will not even look at anything shameful.*
I hate all wrongdoing.
I want no part of it!
- ⁴ I will not be involved in anything dishonest.
I will have nothing to do with evil.
- ⁵ I will stop anyone who secretly
says bad things about a neighbor.
I will not allow people to be proud
and think they are better than others.
- ⁶ I will look throughout the land for those who
can be trusted.
Only such people can live with me.

* **101:3** anything shameful Or "an idol."

- Only those who live pure lives can be my servants.
- ⁷ I will never let a dishonest person live in my house.
I will not let liars stay near me.
- ⁸ My goal each day will be to destroy the wicked living in our land.
I will force all who do evil to leave the city of the LORD.

102

A prayer for a time of suffering, when anyone feels weak and wants to tell their complaints to the LORD.

- ¹ LORD, hear my prayer.
Listen to my cry for help.
- ² Don't turn away from me when I have troubles.
Listen to me, and answer me quickly when I cry for help.
- ³ My life is passing away like smoke.
My life is like a fire slowly burning out.
- ⁴ My strength is gone—
I am like dry, dying grass.
I even forget to eat.
- ⁵ Because of my sadness, I am losing so much weight
that my skin hangs from my bones.
- ⁶ I am lonely, like an owl living in the desert,
like an owl living among old ruined buildings.
- ⁷ I cannot sleep.
I am like a lonely bird on the roof.

- 8 My enemies insult me all the time.
They make fun of me and use me as an
example in their curses.
- 9 My great sadness is my only food.
My tears fall into my drink.
- 10 You were angry with me,
so you picked me up and threw me away.
- 11 My life is almost finished, like the long shadows
at the end of the day.
I am like dry and dying grass.
- 12 But you, LORD, will rule as king forever!
Your name will continue forever and ever!
- 13 You will rise up and comfort Zion.
The time has come for you to be kind to Zion.
- 14 Your servants love her stones.
They love even the dust of that city!
- 15 The nations will worship the LORD'S name.
All the kings on earth will honor you.
- 16 The LORD will rebuild Zion,
and people will again see her glory.
- 17 He will listen to the prayers of those in poverty.
He will not ignore them.
- 18 Write these things for future generations,
so that they will praise the LORD.
- 19 The LORD will look down from his Holy Place
above.
He will look down at the earth from heaven.
- 20 And he will hear the prisoner's prayers.
He will free those who were condemned to
die.
- 21 Then people in Zion will tell about the LORD.
They will praise his name in Jerusalem

- 22 when nations gather together
and kingdoms come to serve the LORD.
- 23 My strength failed me.
My life is cut short.
- 24 So I said, "Don't let me die while I am still
young.
God, you will live forever and ever!
- 25 Long ago, you made the world.
You made the sky with your own hands!
- 26 The earth and sky will end,
but you will live forever!
They will wear out like clothes,
and like clothes, you will change them.
- 27 But you never change.
You will live forever!
- 28 We are your servants today.
Our children will live here,
and their descendants will come here to
worship you."

103

A song of David.

- 1 My soul, praise the LORD!
Every part of me, praise his holy name!
- 2 My soul, praise the LORD
and never forget how kind he is!
- 3 He forgives all our sins
and heals all our sicknesses.
- 4 He saves us from the grave,
and he gives us love and compassion.
- 5 He gives us plenty of good things.

- He makes us young again,
like an eagle that grows new feathers.
- ⁶ The LORD does what is fair.
He brings justice to all who have been hurt
by others.
- ⁷ He taught his laws to Moses.
He let Israel see the powerful things he can
do.
- ⁸ The LORD is kind and merciful.
He is patient and full of love.
- ⁹ He does not always criticize.
He does not stay angry with us forever.
- ¹⁰ We sinned against him,
but he didn't give us the punishment we
deserved.
- ¹¹ His love for his followers is
as high above us as heaven is above the
earth.
- ¹² And he has taken our sins
as far away from us as the east is from the
west.
- ¹³ The LORD is as kind to his followers
as a father is to his children.
- ¹⁴ He knows all about us.
He knows we are made from dust.
- ¹⁵ He knows our lives are short, that they are like
grass.
He knows we are like a little wildflower that
grows so quickly,
- ¹⁶ but when the hot wind blows, it dies.
Soon, you cannot even see where the flower
was.
- ¹⁷ But the LORD has always loved his followers,
and he will continue to love them forever
and ever!
He will be good to all their descendants,

- 18 to those who are faithful to his agreement
and who remember to obey his commands.
- 19 The LORD set his throne up in heaven,
and he rules over everything.
- 20 Angels, praise the LORD!
You angels are the powerful soldiers who
obey his commands.
You listen to him and obey his commands.
- 21 Praise the LORD, all his armies.*
You are his servants,
and you do what he wants.
- 22 Everything the LORD has made should praise
him
throughout the world that he rules!
My soul, praise the LORD!

104

- 1 My soul, praise the LORD!
LORD my God, you are very great!
You are clothed with glory and honor.
- 2 You wear light like a robe.
You spread out the skies like a curtain.
- 3 You built your home above them.*
You use the thick clouds like a chariot

* **103:21** armies This word can mean “armies,” “angels,” or the “stars and planets.” This word is part of the name translated “LORD All-Powerful.” It shows that God is in control of all the powers in the universe. * **104:3** above them Literally, “on the water above.” This is like the picture of the world in Genesis 1. There the sky was like a bowl turned upside down on the earth. There was water below the bowl and water above it.

- and ride across the sky on the wings of the wind.
- 4 You make the winds your messengers
and flames of fire your servants.†
- 5 You built the earth on its foundations,
so it can never be moved.
- 6 You covered it with water like a blanket.
The water covered even the mountains.
- 7 But you gave the command, and the water
turned back.
You shouted at the water, and it rushed away.
- 8 The water flowed down from the mountains
into the valleys,
to the places you made for it.
- 9 You set the limits for the seas,
and the water will never again rise to cover
the earth.
- 10 Lord, you cause water to flow from springs
into the streams
that flow down between the mountains.
- 11 The streams provide water for all the wild
animals.
Even the wild donkeys come there to drink.
- 12 Wild birds come to live by the pools;
they sing in the branches of nearby trees.
- 13 You send rain down on the mountains.
The earth gets everything it needs from what
you have made.
- 14 You make the grass grow to feed the animals.
You provide plants for the crops we grow—
the plants that give us food from the earth.

† **104:4** Or “You make your angels spirits and your servants flames of fire.” This may be a wordplay referring to the Cherub and Seraph angels.

- 15 You give us the wine that makes us happy,
the oil that makes our skin soft,[‡]
and the food that makes us strong.
- 16 The great cedar trees of Lebanon belong to the
LORD.
He planted them and gives them the water
they need.
- 17 That's where the birds make their nests,
and the storks live in the fir trees.
- 18 The high mountains are a home for wild goats.
The large rocks are hiding places for rock
badgers.
- 19 Lord, you made the moon to show us when the
festivals begin.
And the sun always knows when to set.
- 20 You made darkness to be the night—
the time when wild animals come out and
roam around.
- 21 Lions roar as they attack,
as if they are asking God for the food he gives
them.
- 22 When the sun rises, they leave
and go back to their dens to rest.
- 23 Then people go out to do their work,
and they work until evening.
- 24 LORD, you created so many things!
With your wisdom you made them all.

[‡] **104:15** makes our skin soft Literally, "makes our face shine."
This can also mean "makes us happy."

The earth is full of the living things you made.

25 Look at the ocean, so big and wide!
It is filled with all kinds of sea life.
There are creatures large and small—too many to count!

26 Ships sail over the ocean,
and playing there is Leviathan,[§]
the great sea creature you made.

27 Lord, all living things depend on you.
You give them food at the right time.

28 You give it, and they eat it.
They are filled with good food from your open hands.

29 When you turn away from them,
they become frightened.

When you take away their breath,^{*}
they die, and their bodies return to the dust.

30 But when you send out your life-giving breath,[†]
things come alive, and the world is like new again!

31 May the LORD'S glory continue forever!
May the LORD enjoy what he made.

32 He just looks at the earth, and it trembles.

§ 104:26 Leviathan This might mean any large sea animal, like a whale. But it probably means "the sea monster," the "Dragon," or "Rahab." This creature represents the great power of the ocean, the power that God controls. * 104:29 breath Or "spirit."

† 104:30 life-giving breath Or "Spirit."

He just touches the mountains, and smoke
rises from them.

- ³³ I will sing to the LORD for the rest of my life.
I will sing praises to my God as long as I live.
³⁴ May my words be pleasing to him.
The LORD is the one who makes me happy.
³⁵ I wish sinners would disappear from the earth.
I wish the wicked would be gone forever.

My soul, praise the LORD!
Praise the LORD!

105

- ¹ Give thanks to the LORD and call out to him!
Tell the nations what he has done!
² Sing to him; sing praises to him.
Tell about the amazing things he has done.
³ Be proud of his holy name.
You followers of the LORD, be happy!
⁴ Depend on the LORD for strength.
Always go to him for help.
⁵ Remember the amazing things he has done.
Remember his miracles and his fair decisions.
⁶ You belong to the family of his servant Abraham.
You are descendants of Jacob, the people God chose.
⁷ The LORD is our God.
He rules the whole world.
⁸ He will remember his agreement forever.
He will always keep the promises he made
to his people.

- 9 He will keep the agreement he made with
Abraham
and the promise he made to Isaac.
- 10 He gave it as a law to Jacob.
He gave it to Israel as an agreement that will
last forever!
- 11 He said, "I will give you the land of Canaan.
It will be your very own."
- 12 At the time God said this, there were only a
few of his people,
and they were strangers there.
- 13 They traveled around from nation to nation,
from one kingdom to another.
- 14 But the Lord did not let anyone mistreat them.
He warned kings not to harm them.
- 15 He said, "Don't hurt my chosen people.
Don't harm my prophets."
- 16 He caused a famine in that country,
and people did not have enough food.
- 17 But he sent a man named Joseph to go ahead
of them.
Joseph was sold like a slave.
- 18 They tied a rope around his feet
and put an iron ring around his neck.
- 19 Joseph was a slave until what he said had
really happened.
The LORD'S message proved that Joseph was
right.
- 20 So the king of Egypt set him free.
That nation's leader let him out of jail.
- 21 He put Joseph in charge of his house.
Joseph took care of everything the king
owned.

- 22 Joseph gave instructions to the other leaders.
He taught the older men.
- 23 Then Israel came to Egypt.
Jacob lived there in Ham's country.*
- 24 Jacob's family became very large
and more powerful than their enemies.
- 25 So the Egyptians began to hate his people.
They made plans against his servants.
- 26 So the Lord sent Moses, his servant,
and Aaron, his chosen priest.
- 27 He used Moses and Aaron
to do many miracles in Ham's country.
- 28 He sent darkness to cover their land,
but the Egyptians did not listen to him.
- 29 So he changed the water into blood,
and all their fish died.
- 30 Their country was filled with frogs,
even in the king's bedroom.
- 31 The Lord gave the command,
and the flies and gnats came.
They were everywhere!
- 32 He made the rain become hail.
Lightning struck throughout their land.
- 33 He destroyed their vines and fig trees.
He destroyed every tree in their country.
- 34 He gave the command, and the locusts and
grasshoppers came.
There were too many to count!
- 35 They ate all the plants in the country,
including all the crops in their fields.

* **105:23** Ham's country Or "Egypt." The Egyptians were Ham's descendants. See Genesis 10:6-20.

36 Then the Lord killed every firstborn in their country.

He killed their oldest sons.

37 He led his people out of Egypt.

They were carrying gold and silver,
and none of them stumbled or fell behind.

38 Egypt was happy to see his people go,
because they were afraid of them.

39 The Lord spread out his cloud like a blanket.

He used his column of fire to give his people
light at night.

40 They asked for food, and he sent them quail.

He also gave them plenty of bread from
heaven.

41 He split the rock, and water came bubbling
out.

A river began flowing in the desert!

42 The Lord remembered his holy promise

that he had made to his servant Abraham.

43 He brought his people out of Egypt.

They came out rejoicing and singing their
happy songs!

44 Then he gave his people the lands of other
nations.

His people got what others had worked for.

45 He did this so that his people would obey his
laws

and follow his teachings.

Praise the LORD!

106

¹ Praise the LORD!

Give thanks to the LORD because he is good!

His faithful love will last forever!

² No one can describe how great the LORD really is.

No one can praise him enough.

³ Those who obey his commands are happy.

They do good things all the time.

⁴ LORD, remember me when you show kindness to your people.

Remember to save me too!

⁵ Let me share in the good things that you do for your chosen people.

Let me rejoice with your nation.

Let me join with your people in praise.

⁶ We sinned just as our ancestors did.

We were wrong; we did bad things!

⁷ Lord, our ancestors learned nothing from the miracles you did in Egypt.

They forgot your kindness at the Red Sea and rebelled against you.

⁸ But the Lord saved our ancestors for the honor of his name.

He saved them to show his great power.

⁹ He gave the command, and the Red Sea became dry.

He led them through the deep sea on land as dry as the desert.

¹⁰ He saved our ancestors and rescued them from their enemies.

¹¹ He covered their enemies with the sea. Not one of them escaped!

- 12 Then our ancestors believed what he had said.
They sang praises to him.
- 13 But they quickly forgot about what he did.
They did not listen to his advice.
- 14 They became hungry in the desert,
and they tested him in the wilderness.
- 15 He gave them what they asked for,
but he also gave them a terrible disease.
- 16 The people became jealous of Moses.
They became jealous of Aaron, the LORD'S
holy priest.
- 17 The ground opened up and swallowed Dathan.
Then the ground closed up and covered
Abiram's group.
- 18 Then a fire burned that mob of people.
It burned those wicked people.
- 19 The people made a golden calf at Mount Horeb.
They worshiped a statue!
- 20 They traded their glorious God
for a statue of a grass-eating bull!
- 21 They forgot all about God, the one who saved
them,
the one who did the miracles in Egypt.
- 22 He did amazing things there in Ham's coun-
try*!
He did awesome things at the Red Sea!
- 23 God wanted to destroy those people,
but Moses, the leader he chose, stood in the
way.

* **106:22** Ham's country Or "Egypt." The Egyptians were Ham's descendants. See Genesis 10:6-20.

God was very angry, but Moses begged him to stop,
so God did not destroy the people.[†]

24 But then they refused to go into the wonderful
land of Canaan.

They did not believe that God would help
them defeat the people there.

25 Our ancestors complained in their tents
and refused to obey the LORD.

26 So he swore that they would die
in the desert.

27 He promised to scatter them among the na-
tions
and to let other people defeat their descen-
dants.

28 At Baal Peor they joined in worshiping Baal
and ate sacrifices to honor the dead.[‡]

29 The LORD became angry with his people,
so he made them sick.

30 But Phinehas prayed[§] to God,
and God stopped the sickness.

31 He considered what Phinehas did a good work,
and it will be remembered forever and ever.

[†] **106:23** Or “God said he would destroy them. But Moses, his chosen one, stood in the breach and repelled his anger from destroying.” This compares Moses to a soldier standing at a break in a wall defending the city against enemy soldiers. [‡] **106:28** the dead This might refer to “lifeless gods” or to dead friends or relatives honored with meals eaten at their graves. [§] **106:30** prayed Or “intervened,” or “judged.” Phinehas not only prayed to God, but he also did something to stop the people from doing these sins. See Num. 25:1-16.

- 32 At Meribah the people made the LORD angry
and created trouble for Moses.
- 33 They upset Moses,
and he spoke without stopping to think.
- 34 The LORD told the people to destroy the other
nations living in Canaan.
But the Israelites did not obey him.
- 35 They mixed with the other people
and did what those people were doing.
- 36 They began worshiping the false gods those
people worshiped.
And their idols became a trap.
- 37 They even offered their own children
as sacrifices to demons.
- 38 They killed their innocent sons and daughters
and offered them to the false gods of Canaan.
So the land was polluted with the sin of
murder.
- 39 They were unfaithful to him,
and they became dirty with the sins of other
nations.
- 40 So the LORD became angry with his people.
He rejected those who belonged to him.
- 41 He gave his people to other nations
and let their enemies rule over them.
- 42 Their enemies controlled them
and made life hard for them.
- 43 He saved his people many times,
but they turned against him and did what
they wanted to do.
His people did many bad things.
- 44 But whenever they were in trouble,
he listened to their prayers.

⁴⁵ He always remembered his agreement,
and because of his faithful love, he com-
forted them.

⁴⁶ Other nations took them as prisoners,
but the Lord caused them to be kind to his
people.

⁴⁷ LORD our God, save us!
Bring us back together from those nations.
Then we will give thanks to your holy name
and joyfully praise you.

⁴⁸ Praise the LORD, the God of Israel!
He always was and will always be worthy of
praise.

Let all the people say, "Amen!"

Praise the LORD!

Book 5

107

(Psalms 107—150)

¹ Praise the LORD, because he is good!

His faithful love will last forever!

² Everyone the LORD has saved should repeat
that word of thanks.

Praise him, all who have been rescued from
the enemy.

³ He gathered his people together from many
different countries.

He brought them from east and west, north
and south.*

* **107:3** south Or "the Sea." This might refer to all the coastal
areas around the Mediterranean Sea.

- 4 Some of them wandered in the dry desert.
They were looking for a place to live,
but they could not find a city.
- 5 They were hungry and thirsty
and growing weak.
- 6 Then they called to the LORD for help,
and he saved them from their troubles.
- 7 He led them straight to the city where they
would live.
- 8 Thank the LORD for his faithful love
and for the amazing things he does for
people.
- 9 He satisfies those who are thirsty.
He fills those who are hungry with good
things.
- 10 Some of God's people were prisoners,
locked behind bars in dark prisons.
- 11 That was because they had fought against what
God said.
They refused to listen to the advice of God
Most High.
- 12 God made life hard for those people
because of what they did.
They stumbled and fell,
and there was no one to help them.
- 13 They were in trouble, so they called to the
LORD for help,
and he saved them from their troubles.
- 14 He took them out of their dark prisons.
He broke the ropes that held them.
- 15 Thank the LORD for his faithful love

and for the amazing things he does for people.

16 He breaks down their bronze gates.
He shatters their iron bars.

17 Some people became fools and turned against God,
and they suffered for the evil they did.

18 They became so sick that they refused to eat,
so they almost died.

19 They were in trouble, so they called to the LORD for help,
and he saved them from their troubles.

20 He gave the command and healed them,
so they were saved from the grave.

21 Thank the LORD for his faithful love
and for the amazing things he does for people.

22 Offer sacrifices of thanks to him.
Sing with joy about all that he has done.

23 Some sailed the sea in ships.
Their work carried them across the water.

24 They saw what the LORD can do.
They saw the amazing things he did at sea.

25 He gave the command, and a strong wind
began to blow.
The waves became higher and higher.

26 The waves lifted them high into the sky
and dropped them into the deep sea.
The storm was so dangerous that the men
lost their courage.

- 27 They were stumbling and falling like someone
who is drunk.
Their skill as sailors was useless.
- 28 They were in trouble, so they called to the
LORD for help,
and he saved them from their troubles.
- 29 He stopped the storm
and calmed the waves.
- 30 The sailors were happy that the sea became
calm,
and he led them safely to where they wanted
to go.
- 31 Thank the LORD for his faithful love
and for the amazing things he does for
people.
- 32 Praise God in the great assembly.
Praise him when the older leaders meet
together.
- 33 He changed rivers into a desert.
He stopped springs from flowing.
- 34 He made the fertile land become salty,
because the people living there did such evil
things.
- 35 He changed the desert into a land with pools
of water.
He caused springs to flow from dry ground.
- 36 He led the hungry to that good land,
and they built a city to live in.
- 37 They planted seeds in their fields and grapes
in their vineyards,
and they had a good harvest.
- 38 God blessed them with many children
and plenty of animals.

- 39 But because of disaster and troubles,
their families became small and weak.
- 40 God shames even great leaders
and makes them wander through empty
deserts.
- 41 But he rescues the poor from their misery.
He makes their families large like flocks of
sheep.
- 42 Good people see this and are happy.
But the wicked see it and don't know what
to say.
- 43 Whoever is wise will remember these things
and begin to understand the LORD'S faithful
love.

108

A praise song of David.

- 1 God, I am ready, heart and soul,
to sing songs of praise.
- Wake up, my soul!
- 2 Harps and lyres, wake up,
and let's wake the dawn!
- 3 LORD, I will praise you before all people.
I will sing praises about you to every nation.
- 4 Your faithful love is higher
than the highest clouds in the sky!
- 5 Rise above the heavens, God.
Let all the world see your glory.
- 6 Use your great power and help us!
Answer my prayer and save the people you
love.

- ⁷ God has made this promise in his Temple*:
 "I will win the war and rejoice in victory!
I will divide this land among my people.
 I will give them Shechem.
 I will give them Succoth Valley.
- ⁸ Gilead and Manasseh will be mine.
 Ephraim will be my helmet.
 Judah will be my royal scepter.
- ⁹ Moab will be the bowl for washing my feet.
 Edom will be the slave who carries my sandals.
 I will defeat the Philistines and shout in victory!"
- ¹⁰⁻¹¹ But, God, it seems that you have left us!
 You do not go out with our army.
So who will lead me into the strong, protected city?
 Who will lead me into battle against Edom?
- ¹² Help us defeat the enemy!
 No one on earth can rescue us.
- ¹³ Only God can make us strong.
 Only God can defeat our enemies!

109

To the director: A praise song of David.

- ¹ God, I praise you!
 Hear my prayer and do something!
- ² Wicked people are telling lies about me.
 They are saying things that are not true.
- ³ They are saying hateful things about me.

* **108:7** in his Temple Or "in his holiness."

- They are attacking me for no reason.
4 I loved them, but they were against me.
So I said a prayer.
5 I did good things to them,
but they are doing bad things to me.
I loved them,
but they hated me.
- 6 They said, "Choose someone evil to represent
him.
Let the one at his side really be his accuser.
7 Let even his prayer be used as evidence against
him,
and let the court find him guilty.
8 Let his life be cut short,
and let someone else take over his work.
9 Let his children become orphans and his wife
a widow.
10 Make his children wander around as beggars,
forced from homes that lie in ruins.
11 Let the people he owes take everything he
owns.
Let strangers get everything he worked for.
12 Let no one be kind to him.
Let no one show mercy to his children.
13 May his family come to an end.
May his name be unknown to future gener-
ations.
14 May the LORD remember the sins of his father,
and may his mother's sins never be erased.
15 May the LORD remember their sins forever,
and may he cause people to forget his family
completely.
16 He never did anything good.

- He never loved anyone.
He made life hard for the poor and the helpless.
- 17 He loved to curse others,
so let those bad things happen to him.
He never blessed others,
so don't let good things happen to him.
- 18 Cursing was a daily part of his life,
like the clothes he wears.
Cursing others became a part of him,
like the water he drinks and the oil he puts
on his body.
- 19 So let curses cover him like the robe he wears
and always surround him like a belt."
- 20 My enemies said these evil things against me.
But may those curses be the way the LORD
punishes them.
- 21 My Lord GOD, treat me in a way that brings
honor to your name.
Save me because of your faithful love.
- 22 I am only a poor, helpless man.
I am so sad; my heart is broken.
- 23 I feel my life is over, fading like a shadow at
day's end.
I feel like a bug that someone brushed away.
- 24 My knees are weak from fasting.
I have lost weight and become thin.
- 25 My enemies insult me.
They look at me and shake their heads.
- 26 LORD my God, help me!
Show your faithful love and save me!
- 27 Then they will know that you did it.

- They will know that it was your power,
LORD, that helped me.
- ²⁸ They curse me, but you can bless me.
They attacked me, so defeat them.
Then I, your servant, will be happy.
- ²⁹ Humiliate my enemies!
Let them wear their shame like a coat.
- ³⁰ I give thanks to the LORD.
I praise him in front of everyone.
- ³¹ He stands by the helpless
and saves them from those who try to put
them to death.

110

A praise song of David.

- ¹ The LORD said to my lord,*
“Sit at my right side, while I put your
enemies under your control.”
- ² The LORD will cause your kingdom to grow,
beginning at Zion,
until you rule the lands of your enemies!
- ³ Your people will gladly join you
when you gather your army together.
You will wear your special clothes
and meet together early in the morning.
Your young men will be all around you
like dew on the ground.†

* **110:1** my lord That is, the king. † **110:3** The Hebrew text here is hard to understand. Literally, “Your people will be freewill offerings on your day of power. In holy splendor from the womb of dawn your dew of youth will be yours.”

- ⁴ The LORD has made a promise with an oath
and will not change his mind:
“You are a priest forever—
the kind of priest Melchizedek was.”
- ⁵ My Lord is at your right side.
He will defeat the other kings when he
becomes angry.
- ⁶ He will judge the nations.
The ground will be covered with dead bod-
ies.
He will punish the leaders of powerful
nations all around the world.
- ⁷ The king will drink from a stream on the way.
Then he will lift his head and become
strong!‡

111

* ¹ Praise the LORD!

- I thank the LORD with all my heart
in the assembly of his good people.
- ² The LORD does wonderful things,
more than anyone could ask for.†
- ³ The things he does are great and glorious!

‡ **110:7** lift his head and become strong Literally, “lift his head.”
Here, the poet probably means two things: “he will raise his
head after drinking the water,” and “he will become strong or
important.” * **111:** In Hebrew, each line of this psalm begins
with the next letter in the alphabet. † **111:2** more ... for
Literally, “requested for all their desires.”

- There is no end to his goodness.
4 He does amazing things so that we will remember
that the LORD is kind and merciful.
5 He gives food to his followers.
He remembers his agreement forever.
6 He has shown his people how powerful he is
by giving them the land of other nations.
7 Everything he does is good and fair.
All his commands can be trusted.
8 His commands will continue forever.
They must be done with truth and honesty.
9 He rescued his people and made his agreement
with them forever.
His name is awesome and holy.
10 Wisdom begins with fear and respect for the
LORD.
Those who obey him are very wise.
Praises will be sung to him forever.

112

* 1 Praise the LORD!

- Great blessings belong to those who fear and
respect the LORD,
who are happy to do what he commands.
2 Their descendants will be given power on earth.
Those who do right will be greatly blessed.
3 Their family will be very rich,
and their goodness will continue forever.

* **112:** In Hebrew, each line of this psalm begins with the next letter in the alphabet.

- ⁴ A light shines in the dark for those who are good,
for those who are merciful, kind, and fair.
⁵ It is good for people to be kind and generous
and to be fair in business.
⁶ Such good people will never fall.
They will always be remembered.
⁷ They will not be afraid of bad news.
They are confident because they trust in the LORD.
⁸ They remain confident and without fear,
so they defeat their enemies.
⁹ They freely give to the poor.
Their goodness will continue forever.
They will be honored with victory.
¹⁰ The wicked become angry when they see this.
They grind their teeth in anger, but then they disappear.
They will never get what they want most.

113

- ¹ Praise the LORD!

Servants of the LORD, praise him!

Praise the LORD'S name.

- ² May the LORD'S name be praised
now and forever.

- ³ May the LORD'S name be praised
from where the sun rises to where it goes
down.

- ⁴ The LORD is higher than all nations.
His glory rises to the skies.

- ⁵ There is no one like the LORD our God.

- He sits on his throne high in heaven.
6 He is so high above us that he must look down
to see the sky and the earth.
7 He lifts the poor out of the dirt
and rescues beggars from the garbage dump.
8 He puts them in important positions,
giving them a place among the leaders of his
people.
9 He gives children to the woman whose home is
empty.
He makes her a happy mother.

Praise the LORD!

114

- 1 The people of Israel escaped from Egypt.
Yes, Jacob's descendants left that foreign
country.
2 Then Judah became God's special people,
and Israel became his kingdom.
3 The Red Sea saw this and ran away.
The Jordan River turned and ran.
4 The mountains danced like rams.
The hills danced like lambs.
5 Red Sea, why did you run away?
Jordan River, why did you turn and run
away?
6 Mountains, why did you dance like rams?
Hills, why did you dance like lambs?
7 The earth shook in front of the Lord,
the God of Jacob.

- ⁸ He is the one who caused water to flow from a rock.
He made a spring of water flow from that hard rock.

115

- ¹ LORD, you should receive the honor, not us.
The honor belongs to you
because of your faithful love and loyalty.
- ² Why should the nations wonder
where our God is?
- ³ Our God is in heaven,
and he does whatever he wants.
- ⁴ The “gods” of those nations are only statues
that some human made from gold and silver.
- ⁵ Those statues have mouths, but cannot talk.
They have eyes, but cannot see.
- ⁶ They have ears, but cannot hear.
They have noses, but cannot smell.
- ⁷ They have hands, but cannot feel.
They have feet, but cannot walk.
No sounds come from their throats.
- ⁸ The people who make and trust in those statues
will become like them!
- ⁹ People of Israel, trust in the LORD!
He is your strength and shield.
- ¹⁰ Aaron’s family, trust in the LORD!
He is your strength and shield.
- ¹¹ Followers of the LORD, trust in the LORD!
He is your strength and shield.
- ¹² The LORD remembers us.

He will bless us.

He will bless Israel.

He will bless Aaron's family.

¹³ The LORD will bless his followers,
great and small.

¹⁴ May the LORD give more and more to you
and to your children.

¹⁵ May you receive blessings from the LORD,*
who made heaven and earth.

¹⁶ Heaven belongs to the LORD,
but he gave the earth to people.

¹⁷ The dead don't praise him.

Those in the grave don't praise the LORD.

¹⁸ But we will praise the LORD
now and forever!

Praise the LORD!

116

¹ I love the LORD for hearing me,
for listening to my prayers.

² Yes, he paid attention to me,
so I will always call to him whenever I need
help.

³ Death's ropes were around me.
The grave was closing in on me.
I was worried and afraid.

⁴ Then I called on the LORD'S name.
I said, "LORD, save me!"

⁵ The LORD is good and merciful;

* **115:15** May ... the LORD Or "The LORD welcomes you with a blessing."

- our God is so kind.
6 The LORD takes care of helpless people.
I was without help, and he saved me.
7 My soul, relax!
The LORD is caring for you.
8 Lord, you saved my soul from death.
You stopped my tears.
You kept me from falling.
9 I will continue to serve the LORD
in the land of the living.
- 10 I continued believing even when I said,
"I am completely ruined!"
11 Yes, even when I was upset and said,
"There is no one I can trust!"
- 12 What can I give the LORD
for all that he has done for me?
13 He saved me,
so I will give him a drink offering,
and I will call on the LORD'S name.
14 I will give the LORD what I promised.
I will go in front of all his people now.
- 15 Very dear to the LORD are the lives of his
followers.
He cares when they face death.
16 LORD, I am your servant!
Yes, I am your slave, as my mother was.
You set me free from the chains of death.
17 I will give you a thank offering.
I will call on the LORD'S name.
18 I will stand before the gathering of his people
and give the LORD what I promised.

¹⁹ I will do this in Jerusalem,
in the courtyards of the LORD'S Temple.

Praise the LORD!

117

¹ Praise the LORD, all you nations.
Praise him, all you people.

² He loves us very much!
The LORD will be faithful to us forever!

Praise the LORD!

118

¹ Praise the LORD because he is good!
His faithful love will last forever!

² Israel, say it:
"His faithful love will last forever!"

³ Aaron's family,* say it:
"His faithful love will last forever!"

⁴ You people worshiping the LORD, say it:
"His faithful love will last forever!"

⁵ I was in trouble, so I called to the LORD for help.
The LORD answered and made me free.

⁶ The LORD is with me, so I will not be afraid.
No one on earth can do anything to harm
me.

⁷ The LORD is my helper.
I will see my enemies defeated.

⁸ It is better to trust in the LORD
than to trust in people.

* **118:3** Aaron's family That is, the priests.

- 9 It is better to trust in the LORD
than to trust in great leaders.
- 10 Many enemies surrounded me,
but with the LORD'S power I defeated them.
- 11 They surrounded me again and again,
but I defeated them with the LORD'S power.
- 12 They surrounded me like a swarm of bees,
but they were quickly destroyed like a fast-
burning bush.
I defeated them with the LORD'S power.
- 13 My enemy attacked me and almost destroyed
me,
but the LORD helped me.
- 14 The LORD is my strength and my reason for
singing.[†]
He saved me!
- 15 You can hear the victory celebration in the
homes of those who live right.
The LORD has shown his great power again!
- 16 The LORD'S arm is raised in victory.
The LORD has shown his great power again.
- 17 I will live and not die,
and I will tell what the LORD has done.
- 18 The LORD punished me,
but he did not let me die.
- 19 Gates of goodness, open for me,
and I will come in and worship the LORD.
- 20 Those are the LORD'S gates,
and only good people can go through them.

[†] **118:14** my reason for singing Or "my protection."

- 21 Lord, I thank you for answering my prayer.
I thank you for saving me.
- 22 The stone that the builders rejected
became the cornerstone.
- 23 The LORD made this happen,
and we think it is wonderful!
- 24 This is the day the LORD has made.
Let us rejoice and be happy today!
- 25 *The people say, "Praise the LORD!*
The LORD saved us!‡
- 26 Welcome to the one who comes in the name of
the LORD."
The priests answer, "We welcome you to the
LORD'S house!
- 27 The LORD is God, and he accepts us.
Tie up the lamb for the sacrifice and carry it
to the horns of the altar."
- 28 Lord, you are my God, and I thank you.
My God, I praise you!
- 29 Praise the LORD because he is good.
His faithful love will last forever.

119

*Aleph**

‡ **118:25** Literally, "LORD, please save us. LORD, please make us successful." This was a shout of victory to honor a king returning after winning a war. * **119:** Aleph The first letter of the Hebrew alphabet. This psalm has a section for each letter of the Hebrew alphabet, and each of the eight verses in each section begins with the Hebrew letter for its section.

- 1 Great blessings belong to those who live pure
lives!
They follow the LORD'S teachings.
- 2 Great blessings belong to those who follow his
rules!
They seek him with all their heart.
- 3 They don't do wrong.
They follow his ways.
- 4 Lord, you gave us your instructions
and told us to always obey them.
- 5 How I wish I could be more faithful
in obeying your laws!
- 6 Then I would never feel ashamed
when I look closely at your commands.
- 7 The more I understand how fair your laws are,
the more sincerely I will praise you.
- 8 I will obey your laws,
so please don't leave me!

Beth

- 9 How can a young person live a pure life?
By obeying your word.
- 10 I try with all my heart to serve you.
Help me obey your commands.
- 11 I study your teachings very carefully
so that I will not sin against you.
- 12 LORD, you are worthy of praise!
Teach me your laws.
- 13 I will repeat the laws we have heard from you.
- 14 I enjoy following your rules
as much as others enjoy great riches.
- 15 I will study your instructions.
I will give thought to your way of life.
- 16 I enjoy your laws.

I will not forget your word.

Gimel

- 17 Be good to me, your servant,
so that I may live to obey your word.
- 18 Open my eyes so that I can see
all the wonderful things in your teachings.
- 19 I feel like a stranger visiting here on earth.
I need to know your commands.
Don't keep them hidden from me.
- 20 I constantly feel a hunger
to understand your laws.
- 21 You tell the proud how angry you are with
them.
All those who refuse to obey your word are
cursed.
- 22 Don't let me be ashamed and embarrassed.
I have obeyed your rules.
- 23 Even if rulers say bad things about me,
I am your servant,
and I continue to study your laws.
- 24 Your rules make me happy.
They give me good advice.

Daleth

- 25 I lie here like a dying man.
Say the word, and I will live again.†
- 26 I told you about my life, and you answered me.
Now, teach me your laws.
- 27 Help me understand your instructions,
and I will think about your wonderful teach-
ings.‡

† 119:25 Say ... again Or "Give me life as you promised."

‡ 119:27 teachings Or "deeds."

- 28 I am sad and tired.
Say the word, and make me strong again.
- 29 Don't let me live a lie.
Guide me with your teachings.
- 30 I have chosen to be loyal to you.
I respect your laws.
- 31 I follow your rules closely, LORD.
Don't let me be put to shame.
- 32 I do my best to follow your commands,
because you are the one who gives me the
desire.

He

- 33 LORD, teach me your laws,
and I will always follow them.
- 34 Help me understand your teachings,
and I will follow them.
Obeying them will be my greatest desire.
- 35 Help me follow your commands,
because that makes me happy.
- 36 Give me the desire to follow your rules,
not the desire to get rich.
- 37 Don't let me look at worthless things.
Help me live your way.
- 38 Do what you promised me, your servant,
so that people will respect you.
- 39 Take away the shame I fear.
Your laws are good.
- 40 See how much I want to obey your instructions!
Be good to me, and let me live.

Waw

- 41 LORD, show me your faithful love.
Save me, as you promised.

- 42 Then I will have an answer for those who make
fun of me
for trusting what you say.
- 43 Let me always say what is true.
I depend on your judgment to be fair.
- 44 I will follow your teachings forever and ever.
- 45 So I will live in freedom,
because I do my best to know your instructions.
- 46 I will discuss your rules with kings,
and no one will embarrass me.
- 47 What joy your commands give me!
How I love them!
- 48 Not only do I love your commands, but I also
honor them.
I will study your laws.

Zain

- 49 Remember your promise to me, your servant.
It gives me hope.
- 50 You comfort me in my suffering,
because your promise gives me new life.
- 51 People full of pride are always making fun of
me,
but I have not stopped following your teachings.
- 52 I remember the laws you gave us long ago,
LORD,
and they bring me comfort.
- 53 I am overcome with anger when I see wicked
people,
who have stopped following your teachings.
- 54 Your laws are the songs I sing
wherever I am living.
- 55 LORD, in the night I remembered your name,

and I obeyed your teachings.

56 This happened because I carefully obey your instructions.

Heth

57 LORD, I decided that my duty is to obey your commandments.

58 I beg you with all my heart,
be kind to me, as you promised.

59 I thought very carefully about my life,
and I decided to follow your rules.

60 Without wasting any time,
I hurried back to obey your commands.

61 The wicked tried to trap me,
but I have not forgotten your teachings.

62 In the middle of the night, I get up to thank
you
because your laws are so fair.

63 I am a friend to everyone who worships you.
I am a friend to everyone who obeys your
instructions.

64 LORD, your faithful love fills the earth.
Teach me your laws.

Teth

65 LORD, you did good things for me, your
servant.

You did what you promised to do.

66 Give me the knowledge to make wise decisions.
I trust your commands.

67 Before I suffered, I did many wrong things.
But now I carefully obey everything you say.

68 You are good, and you do good things.
Teach me your laws.

69 People full of pride made up lies about me.

But I keep obeying your instructions with all my heart.

70 Those people are so stupid that they care for nothing,

but I enjoy studying your teachings.

71 Suffering was good for me;
I learned your laws.

72 Your teachings are worth more to me
than a thousand pieces of silver and gold.

Yod

73 With your hands you made me and helped me
become what I am.

Now help me learn and understand your
commands.

74 Your followers will see me and be happy,
because I trust in your word.

75 LORD, I know that your decisions are fair,
and you were right to punish me.

76 Now comfort me with your faithful love,
as you promised.

77 Comfort me and let me live.
I enjoy your teachings.

78 Bring shame on those proud people who lied
about me.

All I want to do is study your instructions.

79 Let your followers come back to me
so that they may learn your rules.

80 Let me obey your laws perfectly
so that I will not be ashamed.

Kaph

81 I feel weaker and weaker as I wait for you to
save me.

But I put my trust in your word.

- 82 I keep looking for what you promised, but my
eyes are feeling tired.
When will you comfort me?
- 83 Even when I am like a dried wineskin on the
trash pile,
I will not forget your laws.
- 84 How long must I wait for you
to punish those who persecute me?
- 85 Proud people have tried to trap me
and make me disobey your teachings.
- 86 All your commands can be trusted.
Those people are wrong to persecute me.
Help me!
- 87 They have almost destroyed me,
but I have not stopped obeying your instruc-
tions.
- 88 Show me your faithful love and let me live.
I will do whatever you say.

Lamedh

- 89 LORD, your word continues forever in heaven.
- 90 You are loyal forever and ever.
You made the earth, and it still stands.
- 91 All things continue today because of your laws.
Like slaves, they all obey you.
- 92 If I had not found joy in your teachings,
my suffering would have destroyed me.
- 93 I will never forget your commands,
because through them you gave me new life.
- 94 I am yours, so save me!
I have done my best to know your instruc-
tions.
- 95 The wicked tried to destroy me,
but your rules made me wise.

96 Everything has its limits,
except your commands.

Mem

97 Oh, how I love your teachings!
I talk about them all the time.
98 Your commands are always with me,
and they make me wiser than my enemies.
99 I am wiser than all my teachers,
because I study your rules.
100 I understand more than those who are older,
because I obey your instructions.
101 I have avoided every path that leads to evil
so that I could obey your word.
102 You are my teacher,
so I will always do whatever you decide.
103 Your words are so sweet to me,
like the taste of honey!
104 I gain understanding from your instructions,
so I hate anything that leads people the
wrong way.

Nun

105 Your word is like a lamp that guides my steps,
a light that shows the path I should take.
106 Your laws are good and fair.
I have promised to obey them, and I will
keep my promise.
107 LORD, I have suffered for a long time.
Say the word, and I will live again!§
108 LORD, accept the praise I want to give you,
and teach me your laws.
109 My life is always in danger,

§ 119:107 Say ... again Or "Give me life as you promised."

- but I have not forgotten your teachings.
110 The wicked try to trap me,
but I have not disobeyed your instructions.
111 The rules you have given me to follow will be
mine forever.
They give me great joy.
112 More than anything I want to obey your laws
always,
until the end of my life.

Samekh

- 113 Lord, I hate those who are not completely
loyal to you,
but I love your teachings.
114 Hide me and protect me.
I trust what you say.
115 Don't come near me, you who are evil,
so that I can obey my God's commands.
116 Support me, Lord, as you promised, and I will
live.
I trust in you, so don't disappoint me.
117 Help me and I will be saved.
And I will always give attention to your laws.
118 You reject all who don't obey your laws,
because they are liars and did not do what
they said.
119 You throw away the wicked of this world like
trash.
So I love your rules.
120 I am shaking with fear before you.
I fear and respect your judgments.

Ain

- 121 I have done what is right and good.

- Don't let me fall into the hands of those who
want to hurt me.
- 122 Promise to be good to me, your servant.
Don't let those proud people do harm to me.
- 123 I have worn out my eyes looking for your
help,
waiting for you to save me, as you promised.
- 124 Show your faithful love to me, your servant.
Teach me your laws.
- 125 I am your servant.
Give me wisdom to understand your rules.
- 126 LORD, it is time for you to do something.
The people do what is against your teach-
ings.
- 127 I love your commands more than gold,
more than the purest gold.
- 128 I carefully obey all your commands.
So I hate anything that leads people the
wrong way.

Pe

- 129 Lord, your rules are wonderful.
That is why I follow them.
- 130 As people understand your word, it brings
light to their lives.
Your word makes even simple people wise.
- 131 My desire to hear your commands is so strong
that I wait with open mouth, gasping for
breath.
- 132 Look at me, and be kind to me,
just as you always are to those who love your
name.
- 133 Guide me, as you promised.
Don't let evil rule over me.

- 134 Save me from those who want to hurt me,
and I will obey your instructions.
135 Accept your servant,
and teach me your laws.
136 I have cried a river of tears
because people don't obey your teachings.

Tsadhe

- 137 LORD, you do what is right,
and your decisions are fair.
138 The rules you have given us are right.
We can trust them completely.
139 Something that really upsets me is the thought
that my enemies ignore your commands.
140 I love your word.
Time and again it has been proven true.
141 I am young, and people don't respect me.
But I have not forgotten your instructions.
142 Your goodness is forever,
and your teachings can be trusted.
143 Even though I have troubles and hard times,
your commands give me joy.
144 Your rules are always right.
Help me understand them so that I can live.

Qoph

- 145 LORD, I call to you with all my heart.
Answer me, and I will obey your laws.
146 I call to you.
Save me, and I will obey your rules.
147 I get up early in the morning to pray to you.
I trust what you say.
148 Late into the night I stay awake
to think about your word.

- 149 I know your love is true, so listen to me.
LORD, you always do what is right, so let me live.
- 150 Here come those who have evil plans to hurt me.
They live far away from your teachings.
- 151 But you are near me, LORD,
and all your commands can be trusted.
- 152 Long ago, I learned from your rules
that you made them to last forever.

Resh

- 153 Look at my suffering and rescue me.
I have not forgotten your teachings.
- 154 Argue my case, and set me free.
Let me live, as you promised.
- 155 The wicked have no hope of being saved,
because they don't follow your laws.
- 156 LORD, you are very kind.
You always do what is right, so let me live.
- 157 I have many enemies trying to hurt me,
but I have not stopped following your rules.
- 158 I look at those traitors and hate what I see,
because they refuse to do what you say.
- 159 See how much I love your instructions!
LORD, I know your love is true, so let me live.
- 160 Every word you say can be trusted.
Your laws are fair and will last forever.

Shin

- 161 Powerful leaders attack me for no reason,
but the only thing I fear is your command.
- 162 Your word makes me happy,
like someone who has found a great treasure.

- 163 I hate lies; they make me sick!
But I love your teachings.
- 164 Seven times a day I praise you
because your laws are fair.
- 165 Those who love your teachings will find true
peace.
Nothing can make them fall.
- 166 LORD, I am waiting for you to save me.
I obey your commands.
- 167 I follow your rules.
I love them very much.
- 168 I obey all your instructions and rules,
because you know everything I do.

Taw

- 169 LORD, listen to my cry for help.
Make me wise, as you promised.
- 170 Listen to my prayer.
Save me, as you promised.
- 171 I will burst into songs of praise,
because you have taught me your laws.
- 172 Let my voice sing about your word,
because all your commands are good.
- 173 I have chosen to follow your instructions,
so reach out and help me!
- 174 LORD, I want you to save me.
Your teachings make me happy.
- 175 Let me live to praise you.
Let me find the help I need in your laws.
- 176 I have wandered away like a lost sheep.
Come and find me.
- I am your servant,
and I have not forgotten your commands.

120

A song for going up to the Temple.

¹ I was in trouble.

I called to the LORD for help,
and he answered me!

² I said, "LORD, save me from liars,
from those who say things that are not true."

³ Liars, do you know what the Lord has for you?
Do you know what you will get?

⁴ You will get a soldier's sharp arrow
and hot coals to punish you.

⁵ How I hate living here among these people!
It's like living in Meshech or in the tents of
Kedar.*

⁶ I have lived too long
with those who hate peace.

⁷ I ask for peace,
but they want war.

121

A song for going up to the Temple.

¹ I look up to the hills,
but where will my help really come from?

² My help will come from the LORD,
the Creator of heaven and earth.

³ He will not let you fall.
Your Protector will not fall asleep.

⁴ Israel's Protector does not get tired.

* **120:5** Meshech ... Kedar Places where the people were known
as wild and savage fighters.

He never sleeps.

⁵ The LORD is your Protector.

The LORD stands by your side, shading and protecting you.

⁶ The sun cannot harm you during the day,
and the moon cannot harm you at night.

⁷ The LORD will protect you from every danger.
He will protect your soul.

⁸ The LORD will protect you as you come and go,*
both now and forever!

122

A song of David for going up to the Temple.

¹ I was happy when the people said,
“Let us go to the LORD’S Temple.”

² Here we are, standing at the gates of Jerusalem.

³ This is New Jerusalem!

The city has been rebuilt as one united city.

⁴ This is where the tribes come, the tribes who
belong to the LORD.

The people of Israel come here to praise the
LORD’S name.

⁵ The kings from David’s family put their thrones
here.

They set up their thrones to judge the people.

⁶ Pray for peace in Jerusalem:

“May those who love you find peace.

⁷ May there be peace within your walls.

May there be safety in your great buildings.”

* **121:8** come and go This may refer to going to war.

- ⁸ For the good of my family and neighbors,
I pray that there will be peace here.
- ⁹ For the good of the Temple of the LORD our
God,
I pray that good things will happen to this
city.

123

A song for going up to the Temple.

- ¹ Lord, I look up and pray to you.
You sit as King in heaven.
- ² A slave looks to his master to provide what he
needs,
and a servant girl depends on the woman
she serves.
So we depend on the LORD our God,
waiting for him to have mercy on us.
- ³ LORD, be merciful to us,
because we have been insulted much too
long.
- ⁴ We have had enough of the hateful words of
those proud people
who make fun of us and show us no respect.

124

A song of David for going up to the Temple.

- ¹ What would have happened to us if the LORD
had not been on our side?
Tell us about it, Israel.
- ² What would have happened to us if the LORD
had not been on our side
when people attacked us?

- ³ They would have swallowed us alive
when they became angry with us.
- ⁴ Their armies would have been
like a flood washing over us,
like a river drowning us.
- ⁵ Those proud people would have been
like water rising up to our mouth and
drowning us.
- ⁶ Praise the LORD!
He did not let our enemies tear us apart.
- ⁷ We escaped like a bird from the net of a hunter.
The net broke, and we escaped!
- ⁸ Our help came from the LORD,
the one who made heaven and earth!

125

A song for going up to the Temple.

- ¹ Those who trust in the LORD are like Mount
Zion.
They will never be shaken.
They will continue forever.
- ² Like the mountains that surround Jerusalem,
the LORD surrounds and protects his people
now and forever.
- ³ The wicked will not always control the land of
those who do right.
If they did, even those who do right might
start doing wrong.
- ⁴ LORD, be good to those who are good,
to those who have pure hearts.

⁵ But, LORD, when you punish those who do evil,
also punish those who have stopped follow-
ing your way.

Let Israel always enjoy peace!

126

A song for going up to the Temple.

¹ It will be like a dream
when the LORD comes back with the cap-
tives of Zion.*

² We will laugh and sing happy songs!
Then the other nations will say,
“The LORD did a great thing for Zion!”

³ Yes, we will be happy
because the LORD did a great thing for us.

⁴ So, LORD, bring back the good times,
like a desert stream filled again with flowing
water.

⁵ Then those who were sad when they planted
will be happy when they gather the harvest!

⁶ Those who cried as they carried the seeds†
will be happy when they bring in the crops!

127

A song from Solomon for going up to the Temple.

¹ If it is not the LORD who builds a house,
the builders are wasting their time.

* **126:1** when ... Zion Or “when the LORD restores Zion.” See
“Zion” in the Word List. † **126:6** carried the seeds Or “carried
all their possessions.”

If it is not the LORD who watches over the city,
the guards are wasting their time.

² It is a waste of time to get up early and stay up
late,
trying to make a living.
The Lord provides for those he loves,
even while they are sleeping.

³ Children are a gift* from the LORD,
a reward from a mother's womb.

⁴ A young man's sons
are like the arrows in a soldier's hand.

⁵ The man who fills his quiver with sons
will be very blessed.

He will never be defeated
when he opposes his enemy at the city gates.†

128

A song for going up to the Temple.

¹ Great blessings belong to those who fear and
respect the LORD
and live the way he wants.

² You will get what you work for.
You will enjoy the Lord's blessings, and all
will go well for you.

* **127:3** gift Literally, "inheritance." This usually means the land God gave to each family in Israel. † **127:5** city gates This can refer to either a battle to protect the city or to a court case held in this public place.

- ³ At home, your wife will have many children,
like a vine full of grapes.
The children around your table will be like
an orchard full of olive trees.
- ⁴ Yes, the LORD will really bless those who
respect him.
- ⁵ May the LORD bless you from Mount Zion.
May you enjoy the blessings of Jerusalem all
your life.
- ⁶ And may you live to see your grandchildren.

Let Israel always enjoy peace!

129

A song for going up to the Temple.

- ¹ All my life enemies have attacked me.
Say it again, Israel.
- ² All my life enemies have attacked me,
but they have never defeated me.
- ³ They beat me until I had deep cuts.
My back looked like a freshly plowed field.
- ⁴ But the LORD does what is right;
he cut the ropes and set me free from those
wicked people.
- ⁵ May those who hate Zion be put to shame.
May they be stopped and chased away.
- ⁶ They will be like grass on a flat roof
that dies before it has time to grow.
- ⁷ The one who goes to harvest it
will not find enough to cut and stack.
- ⁸ May no one walking by those wicked people
ever say,

“May the LORD bless you!
We bless you in the name of the LORD.”

130

A song for going up to the Temple.

¹ LORD, I am in deep trouble,
so I am calling to you for help.

² My Lord, listen to me.
Listen to my cry for help.

³ LORD, if you punished people for all their sins,
no one would be left alive.

⁴ But you forgive people,
so they fear and respect you.

⁵ I am waiting for the LORD to help me.
My soul waits for him.
I trust what he says.

⁶ I am waiting for my Lord,
like a guard waiting and waiting for the
morning to come.

⁷ Israel, trust in the LORD.
The LORD is the one who is faithful and true.
He saves us again and again,

⁸ and he is the one who will save the people
of Israel from all their sins.

131

A song of David for going up to the Temple.

¹ LORD, I don't feel proud.

I don't see myself as better than others.
I am not thinking about doing great things

or reaching impossible goals.

² No, right now I am calm and quiet,
like a child after nursing,
content in its mother's arms.*

³ Israel, trust in the LORD.
Trust in him now and forever!

132

A song for going up to the Temple.

¹ LORD, remember how David suffered.

² He made a promise to you, LORD,
an oath to the Mighty God of Jacob.

³ He said, "I will not go into my house
or lie down on my bed.

⁴ I will not sleep
or let my eyes rest,

⁵ until I find a home for the LORD,
a tent for the Mighty God of Jacob!"

⁶ We heard about this in Ephrathah.*

We found the Box of the Agreement at
Kiriath Jearim.†

⁷ Now, let's go to the Lord's house.

* **131:2** like a child ... arms Or "like a baby on its mother's back, like a baby on my back, so is my soul." The metaphor may refer to the custom of a working mother tying her baby on her back after nursing. * **132:6** Ephrathah Bethlehem, the town where David was born. † **132:6** Kiriath Jearim Literally, "fields of the forest." The Hebrew word meaning "forest" is like the name of this city.

Let's worship at his throne.‡

- 8 LORD, get up§ and go to your resting place;
go with the Box that shows your power.
- 9 May your priests be clothed in victory
and your loyal followers be filled with joy.
- 10 For the sake of your servant David,
don't reject your chosen king.*
- 11 The LORD made a promise to David, an oath
of loyalty to him:
"I will always put one of your descendants
on your throne.
- 12 If your descendants obey my agreement and
the laws I teach them,
then the king will always be someone from
your family."
- 13 The LORD has chosen Zion to be the place for
his Temple,
the place he wanted for his home.
- 14 He said, "This will always be my place of rest.
This is where I want to sit on my throne.
- 15 I will bless this city with plenty of food.
Even the poor will have enough to eat.
- 16 I will clothe the priests with salvation,
and my followers will be filled with joy.

‡ **132:7** at his throne Literally, "at his footstool." This can mean the Box of the Agreement, the Holy Tent, or the Temple. God is like a king sitting on his throne and resting his feet on the place where people worship him. § **132:8** LORD, get up The people said this when they lifted the Box of the Agreement and took it into battle with them. This showed that God was with them. See Num. 10:35-36. * **132:10** chosen king Literally, "anointed one."

- ¹⁷ This is where I will make David's family strong.
I will never let the lamp of my chosen king
stop burning.
- ¹⁸ I will cover his enemies with shame,
and on his head will be a shining crown."

133

A song of David for going up to the Temple.

- ¹ Oh, how wonderful, how pleasing it is
when God's people all come together as
one*!
- ² It is like the sweet-smelling oil that is poured
over the high priest's[†] head,
that runs down his beard flowing over his
robes.
- ³ It is like a gentle rain[‡] from Mount Hermon
falling on Mount Zion.
It is there that the LORD has promised his
blessing of eternal life.

134

A song for going up to the Temple.

- ¹ Praise the LORD, all his servants
who serve in the Temple at night.
- ² Lift your hands toward the Temple,
and praise the LORD.
- ³ May the LORD, who made heaven and earth,

* **133:1** when ... as one Or "when brothers live together in peace." † **133:2** high priest's Literally, "Aaron's." ‡ **133:3** gentle rain Or "mist" or "snow." The Hebrew can mean either "the oil is like the mist ..." or "Aaron's beard is like the snow"

bless you from Zion.

135

¹ Praise the LORD!

Praise the name of the LORD!

Praise him, you servants of the LORD,

² you who serve in the LORD'S Temple,
in the courtyard of the Temple of our God.

³ Praise the LORD, because he is good.

Praise his name, because it brings such joy!

⁴ The LORD chose Jacob to be his own.

Yes, he chose Israel to be his own people.

⁵ I know the LORD is great!

Our Lord is greater than all the gods!

⁶ The LORD does whatever he wants,
in heaven and on earth, in the seas and the
deep oceans.

⁷ He brings the clouds from the other side of the
earth.

He sends the lightning and the rain,
and he opens the doors to release the winds.

⁸ He destroyed the firstborn males of the people
in Egypt and their animals.

⁹ He did great wonders and miracles in Egypt.

He used them against Pharaoh and his officials.

¹⁰ He defeated many nations
and killed powerful kings.

¹¹ He defeated Sihon, king of the Amorites,
Og, king of Bashan,
and all the kingdoms in Canaan.

- 12 Then he gave their land to Israel, his people.
- 13 LORD, your name will be famous forever!
LORD, people will remember you forever
and ever.
- 14 The LORD defends his people;
he is kind to his servants.
- 15 The gods of other nations are only gold and
silver idols
that people have made.
- 16 They have mouths, but cannot speak.
They have eyes, but cannot see.
- 17 They have ears, but cannot hear.
They have mouths, but no breath.
- 18 Those who make idols and trust in them
will become just like the idols they have
made.
- 19 Family of Israel, praise the LORD!
Aaron's family, praise the LORD!
- 20 Levi's family, praise the LORD!
All you who worship the LORD, praise the
LORD!
- 21 The LORD should be praised from Zion,
from Jerusalem, his home.

Praise the LORD!

136

- 1 Praise the LORD because he is good.
His faithful love will last forever.
- 2 Praise the God of gods!
His faithful love will last forever.

- 3 Praise the Lord of lords!
His faithful love will last forever.
- 4 Praise him who alone does wonderful miracles!
His faithful love will last forever.
- 5 Praise the one who used wisdom to make the
skies!
His faithful love will last forever.
- 6 He spread the land over the sea.
His faithful love will last forever.
- 7 He made the great lights.
His faithful love will last forever.
- 8 He made the sun to rule the day.
His faithful love will last forever.
- 9 He made the moon and stars to rule the night.
His faithful love will last forever.
- 10 He killed the firstborn males in Egypt, both
men and animals.
His faithful love will last forever.
- 11 He took Israel out of Egypt.
His faithful love will last forever.
- 12 He used his powerful arms and strong hands.
His faithful love will last forever.
- 13 He split the Red Sea into two parts.
His faithful love will last forever.
- 14 He led Israel through the sea.
His faithful love will last forever.
- 15 He drowned Pharaoh and his army in the Red
Sea.
His faithful love will last forever.
- 16 He led his people through the desert.
His faithful love will last forever.
- 17 He defeated powerful kings.
His faithful love will last forever.
- 18 He defeated strong kings.
His faithful love will last forever.
- 19 He defeated Sihon king of the Amorites.

- His faithful love will last forever.
20 He defeated Og king of Bashan.
His faithful love will last forever.
21 He gave their land to Israel.
His faithful love will last forever.
22 He gave it as a gift to Israel, his servant.
His faithful love will last forever.
23 He remembered us when we were defeated.
His faithful love will last forever.
24 He saved us from our enemies.
His faithful love will last forever.
25 He provides food for all living things.
His faithful love will last forever.
26 Praise the God of heaven!
His faithful love will last forever.

137

- 1 We sat by the rivers in Babylon
and cried as we remembered Zion.
2 We hung our harps nearby, there on the willow
trees.*
3 There in Babylon, those who captured us told
us to sing.
Our enemies told us to entertain them.
They said, "Sing us one of your songs about
Zion."
4 But we cannot sing the LORD'S songs
in a foreign country!
5 Jerusalem, if I ever forget you,
may I never play a song again.
6 If I fail to remember you,

* **137:2** These instruments were used to praise God in the Temple in Jerusalem. Since it was destroyed, the people had no reason to play the songs.

may I never sing again.
I will always remember Jerusalem
as my greatest joy!

- ⁷ LORD, be sure to punish the Edomites for what
they did
when Jerusalem was captured.
They shouted, "Destroy its buildings!
Pull them down to the ground!"
- ⁸ Babylon, you will be destroyed!
Bless the one who pays you back for what
you did to us.
- ⁹ Bless the one who grabs your babies
and smashes them against a rock.

138

A song of David.

- ¹ LORD, I praise you with all my heart.
I sing songs of praise to you before the gods.
- ² I bow down toward your holy Temple,
and I praise your name for your love and
loyalty.
- You are famous,
and doing what you promised will make you
even more famous!
- ³ When I called to you for help,
you answered me and gave me strength.
- ⁴ LORD, all the kings on earth will praise you
when they hear what you say.
- ⁵ They will sing about what the LORD has done,
because the glory of the LORD is very great.

- 6 The LORD has the highest place above all others,
but he still cares for the humble.
Even from there, so high above,
he knows what the proud do.
- 7 If I am in trouble, you keep me alive.
If my enemies are angry, you save me from them.
- 8 LORD, I know you will do what you have promised.
LORD, your faithful love will last forever.
You are the one who made us, so don't leave us!

139

To the director: A praise song of David.

- 1 LORD, you have tested me,
so you know all about me.
- 2 You know when I sit down and when I get up.
You know my thoughts from far away.
- 3 You know where I go and where I lie down.
You know everything I do.
- 4 LORD, you know what I want to say,
even before the words leave my mouth.
- 5 You are all around me—in front of me and behind me.
I feel your hand on my shoulder.
- 6 I am amazed at what you know;
it is too much for me to understand.
- 7 Your Spirit is everywhere I go.
I cannot escape your presence.
- 8 If I go up to heaven, you will be there.

- If I go down to the place of death, you will
be there.
- 9 If I go east where the sun rises
or go to live in the west beyond the sea,
10 even there you will take my hand and lead me.
Your strong right hand will protect me.
- 11 Suppose I wanted to hide from you and said,
“Surely the darkness will hide me.
The day will change to night and cover me.”
12 Even the darkness is not dark to you.
The night is as bright as the day.
Darkness and light are the same.
- 13 You formed the way I think and feel.*
You put me together in my mother’s womb.
- 14 I praise you because you made me in such a
wonderful way.
I know how amazing that was!
- 15 You could see my bones grow as my body took
shape,
hidden in my mother’s womb.†
- 16 You could see my body grow each passing day.‡
You listed all my parts, and not one of them
was missing.
- 17 Your thoughts are beyond my understanding.§
They cannot be measured!

* **139:13** the way I think and feel Literally, “my kidneys,” which were thought to be the center of emotions. † **139:15** mother’s womb Literally, “deepest parts of the earth,” meaning a place we know nothing about. ‡ **139:16** You ... day Or “You watched me every day.” § **139:17** beyond my understanding Or “precious to me.”

18 If I could count them, they would be more than
all the grains of sand.
But when I finished, I would have just
begun.*

19 You murderers, get away from me!
God, kill those wicked people—
20 those who say bad things about you.
Your enemies use your name falsely.†
21 LORD, I hate those who hate you.
I hate those who are against you.
22 I hate them completely!
Your enemies are also my enemies.
23 God, examine me and know my mind.
Test me and know all my worries.
24 Make sure that I am not going the wrong way.‡
Lead me on the path that has always been
right.§

140

To the director: A praise song of David.

1 LORD, save me from people who are evil.
Protect me from those who are cruel,
2 from those who plan to do evil
and always cause trouble.
3 Their words are as harmful as the fangs of a
snake,

* 139:18 I ... begun Or "I would still be with you." † 139:20
Your enemies ... falsely The Hebrew text here is hard to
understand. ‡ 139:24 Make sure ... way Or "See that I don't
worship idols." § 139:24 Lead me ... right Or "Guide me on
the ancient path."

as deadly as its venom.

Selah

⁴ LORD, save me from the wicked!
Protect me from these cruel people who plan
to hurt me.

⁵ These proud people are trying to trap me.
They spread nets to catch me;
they set traps in my path.

Selah

⁶ LORD, you are my God.
LORD, listen to my prayer.

⁷ My Lord GOD, you are the powerful one who
saves me.
You protect my head in battle.

⁸ LORD, don't let the wicked have what they
want.
Don't let their plans succeed.

Selah

⁹ My enemies are planning trouble for me.
Lord, make that trouble fall on them.

¹⁰ Pour burning coals on their heads.
Throw them into the fire.
Throw them into pits they can never escape.

¹¹ Don't let those cruel liars enjoy success here.
Let disaster hunt them down.

¹² I know the LORD will provide justice for the
poor
and will defend the helpless.

¹³ Those who do what is right will praise your
name;
those who are honest will live in your
presence.

141

A praise song of David.

¹ LORD, I call to you for help.

Listen to me as I pray.

Please hurry and help me!

² Accept my prayer like a gift of burning incense,
the words I lift up like an evening sacrifice.

³ LORD, help me control what I say.

Don't let me say anything bad.

⁴ Take away any desire to do evil.

Keep me from joining the wicked in doing
wrong.

Help me stay away from their feasts.

⁵ If good people correct me,

I will consider it a good thing.

If they criticize me,

I will accept it like a warm welcome.*

But my prayer will always be against the wicked
and the evil they do.

⁶ Let their judges be put to death.†

Then everyone will know that I told the
truth.

⁷ Like rocks in a field that a farmer has plowed,
so our bones will be scattered in the grave.

⁸ My Lord GOD, I look to you for help.

I look to you for protection; don't let me die.

⁹ Those evil people are trying to trap me.

Don't let me fall into their traps.

* **141:5** a warm welcome Or "like oil poured over my head."

† **141:6** Let their judges ... to death Or "Let their judges be
thrown from the cliffs."

- ¹⁰ Let the wicked fall into their own traps,
while I walk away unharmed.

142

A maskil of David written when he was in the cave. A prayer.

- ¹ I cry out to the LORD.
I beg the LORD to help me.
- ² I tell him my problems;
I tell him about my troubles.
- ³ I am ready to give up.
But you, Lord, know the path I am on,
and you know that my enemies have set a
trap for me.
- ⁴ I look around,
and I don't see anyone I know.
I have no place to run.
There is no one to save me.
- ⁵ LORD, I cry out to you for help:
"You are my place of safety.
You are all I need in life."
- ⁶ Listen to my prayer.
I am so weak.
Save me from those who are chasing me.
They are stronger than I am.
- ⁷ Help me escape this trap,*
so that I can praise your name.
Then good people will celebrate with me,
because you took care of me.

* **142:7** trap Literally, "frame around my soul."

143

A praise song of David.

¹ LORD, hear my prayer.

Listen to my call for help and answer my prayer.

Show me how good and loyal you are.

² Don't judge me, your servant.

No one alive could be judged innocent by your standards.

³ My enemies are chasing me.

They have crushed me into the dirt.

They are pushing me into the dark grave,
like people who died long ago.

⁴ I am ready to give up.

I am losing my courage.

⁵ But I remember what happened long ago.

I am thinking about all you have done.

I am talking about what you made with your hands!

⁶ I lift my hands in prayer to you.

I am waiting for your help, like a dry land
waiting for rain.

Selah

⁷ Hurry and answer me, LORD!

I have lost my courage.

Don't turn away from me.

Don't let me die and become like the people
lying in the grave.

⁸ Show me your faithful love this morning.

I trust in you.

Show me what I should do.

I put my life in your hands!

- ⁹ LORD, I come to you for protection.
Save me from my enemies.
- ¹⁰ Show me what you want me to do.
You are my God.
Let your good Spirit lead me over level ground.
- ¹¹ LORD, let me live
so that people will praise your name.
Show me how good you are
and save me from my trouble.
- ¹² Show me your love
and defeat my enemies.
Destroy those who are trying to kill me
because I am your servant.

144

A song of David.

- ¹ Praise the LORD!
He is my Rock.
He prepares me for war.
He trains me for battle.
- ² He loves me and protects me.
He is my safe place high on the mountain.
He rescues me.
He is my shield.
I trust in him.
He helps me rule my people.
- ³ LORD, why are people important to you?
Why do you even notice us?
- ⁴ Our life is like a puff of air.
It is like a passing shadow.
- ⁵ LORD, tear open the skies and come down.

- Touch the mountains, and smoke will rise
from them.
- ⁶ Send the lightning and make my enemies run
away.
Shoot your “arrows” and make them run
away.
- ⁷ Reach down from heaven and save me!
Don’t let me drown in this sea of enemies.
Save me from these foreigners.
- ⁸ They are all liars,
even when they swear to tell the truth.
- ⁹ God, I will sing a new song* for you.
I will play a ten-stringed harp and sing praise
to you.
- ¹⁰ You are the one who gives victory to kings.
You saved your servant David from the
sword of his enemy.
- ¹¹ Save me from these foreigners.
They are all liars,
even when they swear to tell the truth.
- ¹² May our sons be as strong as trees
and our daughters as beautiful as the carved
columns of a palace.
- ¹³ May our barns be filled
with crops of all kinds.
May our sheep produce so many lambs,
that thousands of sheep will fill our fields.
- ¹⁴ And may our cows be heavy with calves.
May no enemy break through our walls

* **144:9** new song Whenever God did a new and wonderful thing
for his people, they would write a new song about it.

or carry away any of our people.
May there be no cries of pain in our streets.

- ¹⁵ How wonderful to have such blessings!
Yes, great blessings belong to those who have
the LORD as their God.

145

A song of David.

- ¹ I will tell of your greatness, my God and King.
I will praise your name forever and ever.
- ² I will praise you every day.
I will praise your name forever and ever.
- ³ The LORD is great and deserves all our praise!
No one can fully understand his greatness!
- ⁴ Each generation will praise you
and tell the next generation about the great
things you do.
- ⁵ Your majesty and glory are wonderful.
I will tell about your miracles.
- ⁶ People will tell about the amazing things you
do,
and I will tell everyone how great you are.
- ⁷ They will talk about your goodness
and sing about your justice.
- ⁸ The LORD is kind and merciful,
patient and full of love.
- ⁹ The LORD is good to everyone.
He shows his mercy to everything he made.
- ¹⁰ LORD, all you have made will give thanks to
you.

- Your loyal followers will praise you.
11 They will tell how great your kingdom is.
They will tell how great you are.
12 So others will learn about the mighty things
you do,
about the glory of your kingdom—how marvelous it is!
13 Your kingdom will never end,
and you will rule forever.

The LORD can be trusted in all that he says.

He is loyal in all that he does.*

- 14 The LORD lifts up people who have fallen.
He helps those who are in trouble.
15 All living things look to you for their food,
and you give them their food at the right time.
16 You open your hands
and give every living thing all that it needs.
17 Everything the LORD does is good.
Everything he does shows how loyal he is.
18 The LORD is near to everyone
who sincerely calls to him for help.
19 He listens to his followers and does what they want.
He answers their prayers and saves them.
20 The LORD protects everyone who loves him,
but he destroys all who do evil.
21 I will praise the LORD!

* **145:13** The LORD ... he does This is found in the ancient Greek and Syriac versions and a Hebrew scroll from Qumran, but not in the standard Hebrew text.

Let everyone praise his holy name forever
and ever!

146

- ¹ Praise the LORD!
My soul, praise the LORD!
- ² I will praise the LORD all my life.
I will sing praises to him as long as I live.
- ³ Don't depend on your leaders for help.
Don't depend on people, because they cannot save you.
- ⁴ People die and are buried.
Then all their plans to help are gone.
- ⁵ It is a great blessing for people to have the God
of Jacob to help them.
They depend on the LORD their God.
- ⁶ He made heaven and earth.
He made the sea and everything in it.
He can be trusted to do what he says.
- ⁷ He does what is right for those who have been
hurt.
He gives food to the hungry.
The LORD frees people locked up in prison.
- ⁸ The LORD makes the blind see again.
The LORD helps those who are in trouble.
The LORD loves those who do right.
- ⁹ The LORD protects strangers in our country.
He cares for widows and orphans,
but he destroys the wicked.
- ¹⁰ The LORD will rule forever!
Zion, your God will rule forever and ever!

Praise the LORD!

147

- ¹ Praise the LORD because he is good.
Sing praises to our God.
It is good and pleasant to praise him.
- ² The LORD rebuilds Jerusalem.
He brings back the Israelites who were taken
as prisoners.
- ³ He heals their broken hearts
and bandages their wounds.
- ⁴ He counts the stars
and knows each of them by name.
- ⁵ Our Lord is great and powerful.
There is no limit to what he knows.
- ⁶ The LORD supports the humble,
but he shames the wicked.
- ⁷ Give thanks to the LORD.
Praise our God with harps.
- ⁸ He fills the sky with clouds.
He sends rain to the earth.
He makes the grass grow on the mountains.
- ⁹ He gives food to the animals.
He feeds the young birds that cry out.
- ¹⁰ War horses and powerful soldiers
are not what he cares about.
- ¹¹ The LORD enjoys people who worship him
and trust in his faithful love.
- ¹² Jerusalem, praise the LORD!
Zion, praise your God!
- ¹³ He makes your gates strong,
and he blesses the people in your city.
- ¹⁴ He brought peace to your country,
so you have plenty of grain for food.
- ¹⁵ He gives a command to the earth,
and it quickly obeys.

- 16 He makes the snow fall until the ground is as
white as wool.
He makes sleet blow through the air like
dust.
- 17 He makes hail fall like rocks from the sky.
No one can stand the cold he sends.
- 18 Then he gives another command, and warm
air begins to blow.
The ice melts, and water begins to flow.
- 19 He gave his commands to Jacob.
He gave his laws and rules to Israel.
- 20 He did not do this for any other nation.
He did not teach his laws to other people.

Praise the LORD!

148

- 1 Praise the LORD!

Angels above,
praise the LORD from heaven!

2 Praise him, all you angels!
Praise him, all his army*!

3 Sun and moon, praise him!
Stars and lights in the sky, praise him!

4 Praise him, highest heaven!
Waters above the sky, praise him!

5 Let them praise the LORD'S name,

* **148:2** his army This can mean "angels," "stars and planets,"
or "soldiers in an army."

because he gave the command and created
them all!
6 He made all these continue forever.
He made the laws that will never end.
7 Everything on earth, praise him!
Great sea animals and all the oceans, praise
the LORD!
8 Praise him, fire and hail, snow and clouds,
and the stormy winds that obey him.
9 Praise him, mountains and hills,
fruit trees and cedar trees.
10 Praise him, wild animals and cattle, reptiles
and birds.
11 Praise him, kings of the earth and all nations,
princes and all rulers on earth.
12 Praise him, young men and women,
old people and children.
13 Praise the LORD'S name!
Honor his name forever!
His name is greater than any other.
He is more glorious than heaven and earth.
14 He made his people strong.
His loyal followers praise him.
Israel, his precious people, praise the LORD!

149

1 Praise the LORD!

Sing a new song* to the LORD!

Sing his praise in the assembly of his follow-
ers.

* **149:1** new song Whenever God did a new and wonderful thing
for his people, they would write a new song about it.

- ² Let Israel be happy with their Maker.
Let the people of Zion rejoice with their King.
- ³ Let them praise him by dancing
and playing their tambourines and harps.
- ⁴ The LORD is happy with his people.
He did a wonderful thing for his humble
people.
He saved them!
- ⁵ Let his followers rejoice in this victory!
Let them sing for joy, even in their beds!
- ⁶ Let the people shout praise to God.
And with a sharp sword in their hand,
- ⁷ let them take revenge on the other nations.
Let them go punish those people.
- ⁸ They will put their kings in chains
and their leaders in chains of iron.
- ⁹ They will punish those nations as God com-
manded.
This is an honor for all his followers.

Praise the LORD!

150

- ¹ Praise the LORD!

Praise God in his Temple!

Praise him in heaven, his strong fortress!

- ² Praise him for the great things he does!

Praise him for all his greatness!

- ³ Praise him with trumpets and horns!

Praise him with harps and lyres!

- ⁴ Praise him with tambourines and dancing!

Praise him with stringed instruments and
flutes!

⁵ Praise him with loud cymbals!

Praise him with crashing cymbals!

⁶ Everything that breathes, praise the LORD!

Praise the LORD!

Easy-to-Read Version **The Holy Bible, Easy-to-Read Version**

copyright © 1987, 1999, 2006 Bible League International

Language: English

Dialect: American

Translation by: World Bible Translation Center

© Copyright 1987, 1999, 2006 Bible League International. All rights reserved.

Permissions

This copyrighted material may be quoted up to 1000 verses without written permission. However, the extent of quotation must not comprise a complete book nor should it amount to more than 50% of the work in which it is quoted. This copyright notice must appear on the title or copyright page:

Holy Bible: Easy-to-Read Version™

Taken from the HOLY BIBLE: EASY-TO-READ VERSION™

© 2006 by Bible League International and used by permission.

When quotations from the ERV are used in non-saleable media, such as church bulletins, orders of service, posters, transparencies or similar media, a complete copyright notice is not required, but the initials (ERV) must appear at the end of each quotation.

Requests for permission to use quotations or reprints in excess of 1000 verses or more than 50% of the work in which they are quoted, or other permission requests, must be directed to and approved in writing by Bible League International.

Web: <https://www.bibleleague.org/>

Free Downloads of electronic copies of Bibles and New Testaments translated by the World Bible Translation Center's Bibles and New Testaments are available at www.bibleleague.org.

2018-08-30

PDF generated using Haiola and XeLaTeX on 22 Feb 2024 from source files dated 31 Aug 2018

7ff7feac-2218-588f-a307-72f6a3544fa8