Psalm

1

1 Blessed is the man who does not walk by the
counsel of the wicked, or stand in the way
of sinners, or sit in the company of
scoffers,
2 but whose delight is in the law of the LORD,
and who meditates on his law day and
night.
3 He is like a tree planted beside streams of
water, yielding its fruit in season, whose
leaves do not wither.
Whatever he does prospers.
4 The wicked are not like this;
they are like chaff driven by the wind.
5 Therefore the wicked will not stand in the
judgment, nor sinners in the assembly of
the righteous.
6 For the LORD knows the way of the righteous,
but the way of the wicked will perish.

2

1 Why do the nations rage and the peoples plot
in vain?
2 The kings of the earth take their stand, and the
rulers conspire together against the LORD
and his anointed one:
3 “Let us tear their bonds apart and throw off
their ropes.”
4 The one enthroned in heaven laughs;
the Lord mocks them.

5 Then he speaks to them in his anger and
terrifies them in his fury:
6 “I have installed my king on Zion, my holy
mountain.”
7 I will proclaim the decree: The LORD said to
me, “You are my son;
today I have fathered you.
8 Ask of me, and I will give you the nations as
your inheritance, the ends of the earth as
your possession.
9 You will break them with an iron rod and
shatter them like a potter’s vessel.”
10 Now, kings, be wise;
accept correction, judges of the earth.
11 Serve the LORD with fear, and rejoice with
trembling.
12 Kiss the son, lest he become angry and you
perish on the way, for his anger can flare
up in a moment.
Blessed are all who take refuge in him.

3

A psalm of David, when he fled from his son Absalom.
1 LORD, how many are my foes!
Many rise against me.
2 Many say of me, “There is no salvation for him
in God.” Selah.

3 But you, LORD, are a shield around me, my
glory and the one who lifts my head.
4 I cry aloud to the LORD, and he answers me
from his holy mountain. Selah.

5 I lay down and slept;
I awoke, for the LORD sustains me.
6 I will not fear the tens of thousands who have
taken their stand against me on every
side.
7 Rise up, LORD!
Save me, my God!
For you have struck all my enemies on the
cheek;
you have broken the teeth of the wicked.
8 Salvation belongs to the LORD.
May your blessing rest on your people!
Selah.

4

1 Answer me when I call, God of my
righteousness.
You made room for me in distress;
be gracious to me and hear my prayer.
2 You men, how long will you turn my honor to
shame?
How long will you love what is worthless
and seek a lie? Selah.

3 Know that the LORD has set apart the faithful
for himself;
the LORD hears when I call to him.
4 Tremble, and do not sin.
Reflect in your hearts as you lie on your
beds, and be still. Selah.

5 Offer righteous sacrifices, and trust in the
LORD.
6 Many say, “Who will show us any good?”

Lift up the light of your face upon us, LORD.
7 You have put greater joy in my heart than
theirs when their grain and new wine
abound.
8 In peace I will both lie down and sleep, for you
alone, LORD, make me dwell in safety.

5

1 Listen to my words, LORD;
consider my groaning.
2 Attend to my cry for help, my King and my
God, for to you I pray.
3 LORD, in the morning you hear my voice;
in the morning I lay my prayer before you
and keep watch.
4 For you are not a God who delights in
wickedness;
evil cannot dwell with you.
5 The arrogant cannot stand before your eyes;
you hate all who do evil.
6 You destroy those who speak lies;
the LORD detests the bloodthirsty and
deceitful.
7 But through your abundant steadfast love I will
enter your house;
in reverence for you I will bow toward your
holy temple.
8 LORD, lead me in your righteousness because
of those who watch for my downfall;
make your way straight before me.
9 For nothing in their speech is trustworthy;
within them is destruction.
Their throat is an open grave;

they flatter with their tongue.
10 Declare them guilty, God;
let their own schemes bring them down.
Drive them out for their many
transgressions, for they have rebelled
against you.
11 Let all who take refuge in you rejoice;
let them sing for joy forever.
Spread your protection over them, and let
those who love your name exult in you.
12 For you bless the righteous, LORD;
you surround them with favor as with a
shield.

6

1 LORD, do not rebuke me in your anger or
discipline me in your fury.
2 Be gracious to me, LORD, for I am wasting
away;
heal me, LORD, for my bones tremble.
3 My soul is deeply shaken.
And you, LORD—how long?
4 Return, LORD, and deliver my soul;
save me for the sake of your steadfast love.
5 For in death there is no remembrance of you;
in Sheol, who will give you thanks?
6 I am worn out with groaning;
every night I flood my bed and drench my
couch with tears.
7 My eye wastes away with grief;
it grows old because of all my foes.
8 Away from me, all who do evil, for the LORD
has heard my weeping.

9 The LORD has heard my plea;
the LORD will receive my prayer.
10 Let all my enemies be put to shame and
deeply shaken;
let them turn back in sudden shame.

7

1 LORD my God, in you I take refuge;
save me from all who pursue me, and
deliver me,
2 lest one tear me apart like a lion, ripping me to
pieces with no one to rescue me.
3 LORD my God, if I have done this, if there is
injustice in my hands,
4 if I have repaid with evil one who was at peace
with me, or plundered my foe without
cause,
5 let the enemy pursue me and overtake me;
let him trample my life to the ground and
lay my honor in the dust. Selah.

6 Rise up, LORD, in your anger;
rise against the fury of my foes.
Awake on my behalf;
you have decreed judgment.
7 Let the assembly of peoples surround you;
return on high above it.
8 The LORD judges the peoples.
Judge me, LORD, according to my
righteousness and the integrity within me.
9 Let the evil of the wicked come to an end, and
establish the righteous, you who test

hearts and deepest thoughts, righteous
God.
10 My shield rests with God, who saves the
upright in heart.
11 God is a righteous judge, a God who is
indignant every day.
12 If a man does not turn back, God will sharpen
his sword;
he has bent his bow and made it ready.
13 He has prepared deadly weapons for him;
he makes his arrows fiery shafts.
14 Look, the wicked man is in labor with evil;
he conceives trouble and gives birth to
falsehood.
15 He digs a pit and hollows it out, then falls into
the hole he has made.
16 The trouble he causes returns on his own
head;
his violence comes down on his own crown.
17 I will thank the LORD for his righteousness
and sing praise to the name of the LORD
Most High.

8

1 LORD, our Lord, how majestic is your name in
all the earth!
You have set your splendor above the
heavens.
2 From the mouths of children and nursing
infants you have established strength
because of your foes, to silence the enemy
and the avenger.

3 When I look at your heavens, the work of your
fingers, the moon and stars you have
established,
4 what is mortal man that you remember him,
the son of man that you care for him?
5 You made him a little lower than God and
crowned him with glory and honor.
6 You gave him rule over the works of your
hands;
you put everything beneath his feet:
7 all sheep and cattle, and also the beasts of the
field,
8 the birds of the sky and the fish of the sea,
whatever travels the paths of the seas.
9 LORD, our Lord, how majestic is your name in
all the earth!

9

1 I will thank you, LORD, with all my heart;
I will recount all your wonders.
2 I will rejoice and exult in you;
I will sing praise to your name, Most High.
3 When my enemies turn back, they stumble and
perish before you.
4 For you have upheld my right and my cause;
you have sat on the throne, judging
righteously.
5 You have rebuked the nations and destroyed
the wicked;
you have erased their name forever and
ever.
6 The enemy has come to an end, in ruins
forever;

you have uprooted their cities, and their
very memory has perished.
7 But the LORD is enthroned forever;
he has established his throne for judgment.
8 He will judge the world in righteousness and
govern the peoples with equity.
9 The LORD will be a stronghold for the
oppressed, a stronghold in times of
distress.
10 Those who know your name trust in you, for
you have not forsaken those who seek
you, LORD.
11 Sing praise to the LORD, who dwells in Zion;
proclaim his deeds among the peoples.
12 For the one who calls bloodshed to account
remembers them;
he does not forget the cry of the afflicted.
13 Be gracious to me, LORD;
see my affliction from those who hate me,
you who lift me from the gates of death,
14 so that I may recount all your praises in the
gates of daughter Zion and rejoice in your
salvation.
15 The nations have sunk into the pit they made;
their foot is caught in the net they hid.
16 The LORD has made himself known;
he has carried out judgment.
The wicked man is trapped by the work of
his own hands.
Higgaion. Selah.

17 The wicked will return to Sheol, all the
nations that forget God.

18 For the needy will not be forgotten forever,
nor will the hope of the poor perish for all time.
19 Rise up, LORD!
Do not let mortals prevail;
let the nations be judged before you.
20 Strike them with fear, LORD;
let the nations know they are only mortal.
Selah.

10

1 Why, LORD, do you stand far away?
Why do you hide in times of distress?
2 In his pride the wicked man pursues the poor;
let them be caught in the schemes they have devised.
3 For the wicked man boasts of his heart's desire,
and the greedy man curses and spurns the LORD.
4 In his haughtiness the wicked man does not seek him;
all his thoughts are, "There is no God."
5 His ways prosper at all times;
your judgments are high above his sight.
He snorts at all his foes.
6 He says in his heart, "I will not be shaken;
through all generations I will never face adversity."
7 His mouth is full of curses, deceit, and oppression;
trouble and evil lie beneath his tongue.
8 He sits in ambush in the villages;
in hiding places he murders the innocent.
His eyes watch secretly for the helpless.

9 He lurks in hiding like a lion in its lair;
he lies in wait to seize the poor.
He seizes the poor by drawing them into his net.
10 He crouches and lies low, and the helpless fall under his might.
11 He says in his heart, “God has forgotten;
he has hidden his face and will never see.”
12 Rise up, LORD!
God, lift your hand!
Do not forget the afflicted.
13 Why does the wicked man spurn God and say in his heart, “You will not call me to account”?
14 But you have seen;
you observe trouble and grief to take them in hand.
The helpless entrust themselves to you;
you have been the helper of the fatherless.
15 Break the arm of the wicked and evil man;
call his wickedness to account until none can be found.
16 The LORD is King forever and ever;
the nations have perished from his land.
17 You have heard the desire of the humble, LORD;
you strengthen their heart and incline your ear,
18 to bring justice to the fatherless and the oppressed, so that mortals of the earth may strike terror no more.

11

1 In the LORD I take refuge.

How can you say to me, “Flee like a bird to
your mountain”?
2 For look, the wicked bend the bow;
they set their arrow on the string to shoot
from the darkness at the upright in heart.
3 When the foundations are torn down, what
can the righteous do?
4 The LORD is in his holy temple;
the LORD’s throne is in heaven.
His eyes behold;
his eyelids examine humankind.
5 The LORD tests the righteous, but his soul hates
the wicked and those who love violence.
6 He will rain snares upon the wicked;
fire, sulfur, and a scorching wind will be the
portion of their cup.
7 For the LORD is righteous;
he loves righteous deeds.
The upright will behold his face.

12

1 Save us, LORD, for the faithful are gone;
the loyal have vanished from humankind.
2 They speak falsehood to one another;
with flattering lips and a double heart they
speak.
3 May the LORD cut off every flattering lip and
every tongue that speaks boastfully,
4 those who say, “With our tongue we will
prevail;
our lips are our own.
Who is lord over us?”

5 “Because the poor are oppressed and the needy
groan, I will now rise up,” says the LORD.
“I will give safety to the one who longs for it.”
6 The words of the LORD are pure words, like
silver refined in an earthen furnace,
purified seven times.
7 You, LORD, will guard them;
you will protect him from this generation
forever.
8 The wicked prowl on every side when vileness
is exalted among humankind.

13

1 How long, LORD?
Will you forget me forever?
How long will you hide your face from me?
2 How long must I wrestle with my thoughts,
with sorrow in my heart each day?
How long will my enemy rise above me?
3 Look and answer me, LORD my God.
Give light to my eyes, lest I sleep the sleep of
death,
4 lest my enemy say, “I have overcome him,” and
my foes rejoice when I stumble.
5 But I have trusted in your steadfast love;
my heart will rejoice in your salvation.
6 I will sing to the LORD, for he has dealt
generously with me.

14

1 The fool says in his heart, “There is no God.”
They are corrupt;
their deeds are detestable.

No one does good.
2 The LORD looks down from heaven on
humankind to see if anyone understands,
if anyone seeks God.
3 All have turned aside;
together they have become corrupt.
No one does good, not even one.
4 Do all who do evil have no understanding?
They devour my people as they eat bread,
and they do not call on the LORD.
5 There they are filled with dread, for God is
with the generation of the righteous.
6 You put the poor man's plans to shame, but the
LORD is his refuge.
7 Oh, that Israel's salvation would come from
Zion!
When the LORD restores the fortunes of his
people, Jacob will exult and Israel will
rejoice.

15

1 LORD, who may stay in your tent?
Who may dwell on your holy mountain?
2 One who walks with integrity, does what is
righteous, and speaks truth from his
heart;
3 who does not slander with his tongue, does no
harm to his neighbor, and brings no
reproach upon those near him;
4 who despises the vile but honors those who
fear the LORD;
who swears to his own hurt and does not go
back on his word;

5 who does not lend his money at interest or
accept a bribe against the innocent.
One who does these things will never be
shaken.

16

1 Guard me, God, for in you I take refuge.
2 My soul, you have said to the LORD, “You are
my Lord;
I have no good apart from you.”
3 As for the holy ones in the land, they are the
noble ones in whom is all my delight.
4 The sorrows of those who hurry after another
god will multiply.
I will not pour out their drink offerings of
blood or take their names upon my lips.
5 The LORD is my allotted portion and my cup;
you hold my lot.
6 The boundary lines have fallen for me in
pleasant places;
indeed, my inheritance is beautiful to me.
7 I will bless the LORD, who counsels me;
even at night my inmost thoughts instruct
me.
8 I have set the LORD always before me;
because he is at my right hand, I will not be
shaken.
9 Therefore my heart is glad and my glory
rejoices;
my flesh also dwells secure.
10 For you will not abandon my soul to Sheol or
let your faithful one see the pit.
11 You make known to me the path of life;

in your presence is fullness of joy;
at your right hand are pleasures forever.

17

1 Hear a just cause, LORD;
attend to my cry.
Listen to my prayer from lips without deceit.
2 Let my vindication come from your presence;
let your eyes behold what is right.
3 You have tested my heart, visited me at night,
and refined me;
you find nothing.
I have resolved that my mouth will not
transgress.
4 As for human deeds, by the word of your lips I
have kept myself from the paths of the
violent.
5 My steps have held to your tracks;
my feet have not slipped.
6 I call on you, for you will answer me, God;
incline your ear to me and hear my words.
7 Show the wonders of your steadfast love, you
who save by your right hand those who
take refuge from their attackers.
8 Guard me as the apple of your eye;
hide me in the shadow of your wings
9 from the wicked who assault me, from my
deadly enemies who surround me.
10 They have closed their unfeeling hearts;
with their mouths they speak arrogantly.
11 Now they surround us at every step;
they fix their eyes on throwing us to the
ground.

12 He is like a lion longing to tear prey apart, like
a young lion lurking in hiding.
13 Rise up, LORD!
Confront him and bring him down;
with your sword deliver my soul from the
wicked,
14 with your hand, LORD, from men, from men
of this world whose portion is in this life.
You fill their bellies with your stored
treasures;
their sons are satisfied and leave their
surplus to their little ones.
15 As for me, I will behold your face in
righteousness;
when I awake, I will be satisfied with your
likeness.

18

For the music leader. Of David, the servant of the LORD, who spoke the words of this song to the LORD on the day the LORD delivered him from the hand of all his enemies and from the hand of Saul.

1 He said: “I love you, LORD, my strength.
2 The LORD is my crag, my fortress, and my
deliverer;
my God is my rock, in whom I take refuge,
my shield and the horn of my salvation,
my stronghold.
3 I call on the LORD, who is worthy of praise,
and I am saved from my enemies.
4 The cords of death enclosed me;
torrents of destruction terrified me.
5 The cords of Sheol surrounded me;

the snares of death confronted me.
6 In my distress I called on the LORD and cried
to my God for help.
From his temple he heard my voice;
my cry came before him, into his ears.
7 Then the earth shook and quaked;
the foundations of the mountains trembled
and shook because he was angry.
8 Smoke rose from his nostrils, and consuming
fire came from his mouth;
coals blazed from it.
9 He bent the heavens and came down, with
thick darkness beneath his feet.
10 He rode on a cherub and flew;
he soared on the wings of the wind.
11 He made darkness his hiding place, his shelter
all around him: dark waters and dense
clouds.
12 From the brightness before him his clouds
passed, with hail and coals of fire.
13 The LORD thundered in the heavens;
the Most High sounded his voice, with hail
and coals of fire.
14 He sent out his arrows and scattered them;
he hurled lightning in abundance and threw
them into confusion.
15 Then the watercourses appeared, and the
foundations of the world were laid bare at
your rebuke, LORD, at the blast of breath
from your nostrils.
16 He reached down from on high and took hold
of me;
he drew me out of mighty waters.

17 He delivered me from my strong enemy and
from those who hated me, for they were
too powerful for me.
18 They confronted me on the day of my
calamity, but the LORD was my support.
19 He brought me out into a spacious place;
he rescued me because he delighted in me.
20 The LORD rewarded me according to my
righteousness;
according to the cleanness of my hands he
repaid me.
21 For I have kept the ways of the LORD and have
not wickedly turned away from my God.
22 All his judgments were before me, and I did
not put his statutes away from me.
23 I was blameless with him and kept myself
from my iniquity.
24 So the LORD repaid me according to my
righteousness, according to the cleanness
of my hands before his eyes.
25 With the faithful you show yourself faithful;
with the blameless man you show yourself
blameless.
26 With the pure you show yourself pure, and
with the crooked you deal shrewdly.
27 For you save an afflicted people, but you bring
down haughty eyes.
28 For you light my lamp;
the LORD my God brightens my darkness.
29 With you I can charge a troop;
with my God I can leap over a wall.
30 God's way is perfect;

the word of the LORD is refined.
He is a shield for all who take refuge in him.
31 For who is God besides the LORD?
Who is a rock except our God?
32 It is God who girds me with strength and
makes my way blameless.
33 He makes my feet like the feet of deer and sets
me on my heights.
34 He trains my hands for battle, so that my arms
can bend a bronze bow.
35 You have given me the shield of your
salvation;
your right hand supports me, and your
gentleness makes me great.
36 You give my steps room beneath me, and my
ankles have not slipped.
37 I pursued my enemies and overtook them;
I did not turn back until they were finished.
38 I crushed them so that they could not rise;
they fell beneath my feet.
39 You girded me with strength for battle;
you subdued beneath me those who rose
against me.
40 You made my enemies turn their backs to me,
and I destroyed those who hated me.
41 They cried for help, but there was no savior;
they cried to the LORD, but he did not
answer them.
42 I ground them fine as dust before the wind;
I poured them out like mud in the streets.
43 You delivered me from the strife of the people
and made me head of nations;
a people I had not known serves me.

44 As soon as they hear, they obey me;
foreigners feign submission to me.
45 Foreigners wither away and come trembling
from their strongholds.
46 The LORD lives!
Blessed be my rock!
Exalted be the God of my salvation!
47 He is the God who grants me vengeance and
subdues peoples beneath me,
48 who delivers me from my enemies.
You lift me above those who rise against me;
you rescue me from the violent man.
49 Therefore I will thank you among the nations,
LORD, and sing praise to your name.
50 He grants great deliverance to his king and
shows steadfast love to his anointed, to
David and his offspring forever."

19

1 The heavens declare the glory of God;
the expanse proclaims the work of his
hands.
2 Day pours out speech to day, and night reveals
knowledge to night.
3 There is no speech, and there are no words;
their voice is not heard.
4 Yet their line goes out through all the earth,
their words to the ends of the world.
In them he has set a tent for the sun,
5 which comes out like a bridegroom from his
chamber and rejoices like a strong man to
run its course.
6 It rises from one end of the heavens and makes
its circuit to the other;

nothing is hidden from its heat.
7 The law of the LORD is perfect, restoring the
soul;
the testimony of the LORD is trustworthy,
making the simple wise.
8 The precepts of the LORD are right, rejoicing
the heart;
the commandment of the LORD is pure,
giving light to the eyes.
9 The fear of the LORD is clean, enduring
forever;
the judgments of the LORD are true,
altogether righteous.
10 They are more desirable than gold, than much
fine gold, and sweeter than honey, than
drippings from the honeycomb.
11 By them your servant is warned;
in keeping them there is great reward.
12 Who can discern his errors?
Clear me of hidden faults.
13 Keep your servant also from presumptuous
sins;
do not let them rule over me.
Then I will be blameless and free of great
transgression.
14 May the words of my mouth and the
meditation of my heart be acceptable
before you, LORD, my rock and my
redeemer.

20

1 May the LORD answer you in the day of
distress;

may the name of the God of Jacob set you
safely on high.
2 May he send you help from the sanctuary and
support you from Zion.
3 May he remember all your offerings and
accept your burnt offering. Selah.

4 May he grant you your heart's desire and fulfill
all your plans.
5 We will shout for joy over your salvation and
raise our banners in the name of our God.
May the LORD fulfill all your requests.
6 Now I know that the LORD saves his anointed;
he will answer him from his holy heavens
with the saving might of his right hand.
7 Some rely on chariots and some on horses, but
we call to mind the name of the LORD our
God.
8 They have bowed down and fallen, but we
have risen and stand firm.
9 LORD, save!
May the king answer us on the day we call.

21

1 LORD, the king rejoices in your strength;
how greatly he exults in your salvation!
2 You have granted him his heart's desire and
have not withheld the request of his lips.
Selah.

3 For you meet him with blessings of goodness;
you set a crown of fine gold on his head.
4 He asked you for life, and you gave it to him:
length of days forever and ever.

5 His glory is great through your salvation;
you bestow splendor and majesty on him.
6 For you make him a blessing forever;
you gladden him with joy in your presence.
7 For the king trusts in the LORD, and through
the steadfast love of the Most High he will
not be shaken.
8 Your hand will find all your enemies;
your right hand will find those who hate
you.
9 You will make them like a fiery furnace when
you appear.
The LORD will swallow them in his anger,
and fire will consume them.
10 You will destroy their fruit from the earth and
their offspring from humankind.
11 Though they intend evil against you and
devise a scheme, they cannot succeed.
12 For you will make them turn their backs when
you aim your bowstrings at their faces.
13 Be exalted, LORD, in your strength!
We will sing and praise your might.

22

1 My God, my God, why have you forsaken me?
Why are you so far from saving me, from
the words of my groaning?
2 My God, I cry by day, but you do not answer,
and by night, but I find no rest.
3 Yet you are holy, enthroned on the praises of
Israel.
4 In you our fathers trusted;
they trusted, and you delivered them.

5 To you they cried and were rescued;
in you they trusted and were not put to shame.
6 But I am a worm and not a man, scorned by humankind and despised by the people.
7 All who see me mock me;
they sneer with their lips and shake their heads:
8 “Commit yourself to the LORD!
Let him deliver him;
let him rescue him, since he delights in him.”
9 Yet you brought me from the womb;
you made me trust at my mother’s breasts.
10 From birth I was cast upon you;
from my mother’s womb you have been my God.
11 Do not be far from me, for trouble is near and there is no one to help.
12 Many bulls surround me;
mighty bulls of Bashan encircle me.
13 They open their mouths against me like a lion tearing prey and roaring.
14 I am poured out like water, and all my bones are out of joint.
My heart has become like wax;
it melts within me.
15 My strength has dried up like a pottery shard, and my tongue clings to my jaws;
you lay me in the dust of death.
16 For dogs surround me;
a band of evildoers encircles me, like a lion at my hands and feet.
17 I can count all my bones;

they look on and stare at me.
18 They divide my garments among themselves
and cast lots for my clothing.
19 But you, LORD, do not be far away;
my strength, hurry to help me.
20 Deliver my soul from the sword, my only life
from the power of the dog.
21 Save me from the lion's mouth!
From the horns of wild oxen you have
answered me.
22 I will proclaim your name to my brothers;
in the midst of the assembly I will praise
you.
23 You who fear the LORD, praise him!
All you offspring of Jacob, honor him!
Stand in awe of him, all you offspring of
Israel!
24 For he has not despised or detested the
affliction of the afflicted;
he has not hidden his face from him, but
has heard when he cried to him for help.
25 From you comes my praise in the great
assembly;
I will fulfill my vows before those who fear
him.
26 The humble will eat and be satisfied;
those who seek the LORD will praise him.
May your hearts live forever!
27 All the ends of the earth will remember and
turn to the LORD;
all the families of the nations will bow
before you.
28 For kingship belongs to the LORD, and he
rules over the nations.

29 All the prosperous of the earth will eat and
bow down;
before him all who go down to the dust will
kneel, even one who cannot keep himself
alive.
30 Offspring will serve him;
a coming generation will be told about the
Lord.
31 They will come and proclaim his
righteousness to a people yet to be born:
he has done it.

23

1 The LORD is my shepherd;
I will lack nothing.
2 He makes me lie down in green pastures;
he leads me beside still waters.
3 He restores my soul;
he guides me in paths of righteousness for
his name's sake.
4 Even though I walk through the valley of the
shadow of death, I will fear no evil, for
you are with me;
your rod and your staff comfort me.
5 You prepare a table before me in the presence
of my foes;
you anoint my head with oil;
my cup overflows.
6 Surely goodness and steadfast love will follow
me all the days of my life, and I will
return to the house of the LORD for long
days to come.

24

1 The earth is the LORD's, and all it contains, the
world and those who dwell in it.
2 For he founded it upon the seas and
established it upon the rivers.
3 Who may ascend the mountain of the LORD?
Who may stand in his holy place?
4 One with clean hands and a pure heart, who
has not invoked my life in vain or sworn
deceitfully.
5 He will receive blessing from the LORD and
righteousness from the God of his
salvation.
6 Such is the generation of those who seek him,
who seek your face: Jacob. Selah.

7 Lift up your heads, gates!
Be lifted up, ancient doors, that the King of
glory may enter!
8 Who is this King of glory?
The LORD, strong and mighty, the LORD,
mighty in battle.
9 Lift up your heads, gates!
Lift them up, ancient doors, that the King of
glory may enter!
10 Who is he, this King of glory?
The LORD of hosts—he is the King of glory!
Selah.

25

1 To you, LORD, I lift up my soul.
2 My God, in you I trust;

do not let me be put to shame or let my
enemies exult over me.
3 Indeed, none who wait for you will be put to
shame;
those who act treacherously without cause
will be put to shame.
4 Make your ways known to me, LORD;
teach me your paths.
5 Lead me in your truth and teach me, for you
are the God of my salvation;
for you I wait all day.
6 Remember your compassion, LORD, and your
steadfast love, for they are from of old.
7 Do not remember the sins of my youth or my
transgressions;
remember me according to your steadfast
love, for the sake of your goodness, LORD.
8 Good and upright is the LORD;
therefore he instructs sinners in the way.
9 He guides the humble in justice and teaches
the humble his way.
10 All the paths of the LORD are steadfast love
and faithfulness for those who keep his
covenant and his testimonies.
11 For your name's sake, LORD, forgive my
iniquity, for it is great.
12 Who is the man who fears the LORD?
He will teach him the way he should choose.
13 His soul will dwell in well-being, and his
offspring will inherit the land.
14 The LORD's intimate counsel is for those who
fear him;
he makes his covenant known to them.

15 My eyes are always toward the LORD, for he
will draw my feet out of the net.
16 Turn to me and be gracious to me, for I am
alone and afflicted.
17 The troubles of my heart have grown;
bring me out of my distresses.
18 See my affliction and my toil, and forgive all
my sins.
19 See how many my enemies are and how
violently they hate me.
20 Guard my soul and deliver me;
do not let me be put to shame, for in you I
take refuge.
21 Let integrity and uprightness guard me, for I
wait for you.
22 Redeem Israel, God, from all his troubles.

26

1 Vindicate me, LORD, for I have walked in my
integrity and trusted in the LORD;
I will not slip.
2 Examine me, LORD, and test me;
refine my inmost thoughts and my heart.
3 For your steadfast love is before my eyes, and I
have walked in your faithfulness.
4 I have not sat with false men, nor will I join
those who conceal what they are.
5 I hate the assembly of evildoers and will not sit
with the wicked.
6 I wash my hands in innocence and go around
your altar, LORD,
7 to sound my thanksgiving aloud and recount
all your wonders.

8 LORD, I love the dwelling of your house and
the place where your glory resides.
9 Do not gather my soul with sinners or my life
with bloodthirsty men,
10 whose hands hold wicked schemes and whose
right hands are full of bribes.
11 But I will walk in my integrity;
redeem me and be gracious to me.
12 My foot stands on level ground;
in the assemblies I will bless the LORD.

27

1 The LORD is my light and my salvation;
whom shall I fear?
The LORD is the stronghold of my life;
whom shall I dread?
2 When evildoers came against me to devour my
flesh, my foes and my enemies, they
stumbled and fell.
3 Though an army encamp against me, my heart
will not fear;
though war rise against me, even then I will
trust.
4 One thing I have asked of the LORD, and this I
will seek: to dwell in the house of the
LORD all the days of my life, to behold the
beauty of the LORD and inquire in his
temple.
5 For he will hide me in his shelter on the day of
trouble;
he will conceal me in the hiding place of his
tent and lift me high upon a rock.
6 Now my head will rise above the enemies
around me;

in his tent I will offer sacrifices with shouts
of joy.
I will sing and make music to the LORD.
7 Hear my voice, LORD, when I cry;
be gracious to me and answer me.
8 On your behalf my heart says, “Seek my face.”
Your face, LORD, I will seek.
9 Do not hide your face from me;
do not turn your servant away in anger.
You have been my help;
do not cast me off or forsake me, God of my
salvation.
10 Though my father and mother forsake me, the
LORD will take me in.
11 Teach me your way, LORD, and lead me on a
level path because of those who watch for
my downfall.
12 Do not hand me over to the will of my foes, for
false witnesses have risen against me,
breathing violence.
13 If I had not believed that I would see the
goodness of the LORD in the land of the
living...
14 Wait for the LORD;
be strong, and let your heart take courage.
Wait for the LORD!

28

1 To you, LORD, I call;
my rock, do not turn a deaf ear to me.
If you remain silent toward me, I will
become like those who go down to the pit.

2 Hear my pleading when I cry to you for help,
when I lift my hands toward your holy
inner sanctuary.
3 Do not drag me away with the wicked, with
those who do evil, who speak peace to
their neighbors while evil is in their
hearts.
4 Give to them according to their deeds and the
evil of their actions;
give to them according to the work of their
hands.
Repay them what they deserve.
5 Because they pay no heed to the deeds of the
LORD or the work of his hands, he will
tear them down and not build them up.
6 Blessed be the LORD, for he has heard my
pleading!
7 The LORD is my strength and my shield;
my heart trusted in him, and I was helped.
My heart exults, and with my song I thank
him.
8 The LORD is their strength;
he is the saving stronghold of his anointed.
9 Save your people and bless your inheritance;
shepherd them and carry them forever.

29

1 Ascribe to the LORD, heavenly beings;
ascribe to the LORD glory and strength.
2 Ascribe to the LORD the glory of his name;
worship the LORD in the splendor of
holiness.
3 The voice of the LORD is over the waters;
the God of glory thunders;

the LORD is over mighty waters.
4 The voice of the LORD is powerful;
the voice of the LORD is majestic.
5 The voice of the LORD breaks cedars;
the LORD shatters the cedars of Lebanon.
6 He makes them skip like a calf, Lebanon and
Sirion like a young wild ox.
7 The voice of the LORD cleaves flames of fire.
8 The voice of the LORD makes the wilderness
tremble;
the LORD makes the wilderness of Kadesh
tremble.
9 The voice of the LORD makes deer give birth
and strips the forests bare;
in his temple all cry, “Glory!”
10 The LORD sat enthroned over the flood;
the LORD sits as King forever.
11 The LORD will give strength to his people;
the LORD will bless his people with peace.

30

1 I will exalt you, LORD, for you have drawn me
up and have not let my enemies rejoice
over me.
2 LORD my God, I cried to you for help, and you
healed me.
3 LORD, you brought my soul up from Sheol;
you kept me alive from going down to the
pit.
4 Sing praise to the LORD, you his faithful ones;
give thanks at the remembrance of his
holiness.
5 For his anger is but a moment, his favor a
lifetime.

Weeping may lodge for the night, but joy
comes in the morning.
6 In my ease I said, “I will never be shaken.”
7 LORD, by your favor you made my mountain
stand strong;
you hid your face, and I was terrified.
8 To you, LORD, I cried, and to the Lord I
pleaded:
9 “What gain is there in my blood, in my going
down to the pit?
Will the dust thank you?
Will it proclaim your faithfulness?
10 Hear, LORD, and be gracious to me;
LORD, be my helper.”
11 You turned my mourning into dancing;
you loosened my sackcloth and clothed me
with joy,
12 so that my glory may sing praise to you and
not be silent.
LORD my God, I will thank you forever.

31

1 In you, LORD, I take refuge;
never let me be put to shame.
Deliver me in your righteousness.
2 Incline your ear to me;
rescue me quickly.
Be my rock of refuge, a fortress to save me.
3 For you are my crag and my fortress;
for your name's sake, lead me and guide me.
4 Draw me out of the net they have hidden for
me, for you are my stronghold.
5 Into your hand I commit my spirit;

you have redeemed me, LORD, faithful God.
6 I hate those who cling to worthless idols, but I
trust in the LORD.
7 I will exult and rejoice in your steadfast love,
for you have seen my affliction and
known the troubles of my soul.
8 You have not handed me over to the enemy;
you have set my feet in a spacious place.
9 Be gracious to me, LORD, for I am in distress;
my eye wastes away with grief, my soul and
my body too.
10 For my life is spent in sorrow and my years in
sighing;
my strength fails because of my iniquity,
and my bones waste away.
11 Because of all my foes I have become a
reproach, especially to my neighbors, and
a terror to those who know me;
those who see me in the street flee from me.
12 I am forgotten, out of mind like the dead;
I have become like a ruined vessel.
13 For I hear the slander of many—terror on
every side!
They conspire together against me, plotting
to take my life.
14 But I trust in you, LORD;
I say, “You are my God.”
15 My times are in your hand;
deliver me from the hand of my enemies
and those who pursue me.
16 Make your face shine upon your servant;
save me in your steadfast love.

17 LORD, do not let me be put to shame, for I
have called on you.
Let the wicked be put to shame and lie silent
in Sheol.
18 Let lying lips be silenced, lips that speak
arrogantly against the righteous with
pride and contempt.
19 How great is your goodness, which you have
stored up for those who fear you and
shown to those who take refuge in you, in
the sight of humankind!
20 You hide them in the shelter of your presence
from human plots;
you conceal them in your shelter from the
strife of tongues.
21 Blessed be the LORD, for he has shown me the
wonders of his steadfast love in a
besieged city!
22 In my alarm I said, “I am cut off from before
your eyes.”
Yet you heard my pleading when I cried to
you for help.
23 Love the LORD, all you his faithful ones!
The LORD guards the loyal, but repays the
proud in full measure.
24 Be strong, and let your heart take courage, all
you who hope in the LORD.

32

1 Blessed is the one whose transgression is
forgiven, whose sin is covered.

2 Blessed is the man to whom the LORD does not
count iniquity, and in whose spirit is no
deceit.
3 When I kept silent, my bones wasted away
through my groaning all day.
4 For day and night your hand lay heavy on me;
my vitality dried up in the heat of summer.
Selah.

5 I made my sin known to you and did not cover
my iniquity.
I said, “I will confess my transgressions to
the LORD,” and you forgave the guilt of
my sin. Selah.

6 Therefore let everyone faithful pray to you
while you may be found;
surely, when mighty waters overflow, they
will not reach him.
7 You are my hiding place;
you guard me from distress and surround
me with songs of deliverance. Selah.

8 I will instruct you and teach you the way you
should go;
I will counsel you with my eye upon you.
9 Do not be like a horse or mule, without
understanding, which must be restrained
with bit and bridle;
otherwise it will not come near you.
10 Many are the sorrows of the wicked, but
steadfast love surrounds the one who
trusts in the LORD.
11 Rejoice in the LORD and exult, you righteous!

Shout for joy, all you upright in heart!

33

1 Sing for joy in the LORD, you righteous;
praise befits the upright.
2 Thank the LORD with the lyre;
sing praise to him on a harp of ten strings.
3 Sing him a new song;
play skillfully with shouts of joy.
4 For the word of the LORD is upright, and all his
work is done in faithfulness.
5 He loves righteousness and justice;
the earth is full of the steadfast love of the
LORD.
6 By the word of the LORD the heavens were
made, and by the breath of his mouth all
their host.
7 He gathers the waters of the sea like a heap;
he puts the depths in storehouses.
8 Let all the earth fear the LORD;
let all the world's inhabitants stand in awe
of him.
9 For he spoke, and it came to be;
he commanded, and it stood firm.
10 The LORD frustrates the counsel of the
nations;
he thwarts the plans of the peoples.
11 The counsel of the LORD stands forever, the
plans of his heart from generation to
generation.
12 Blessed is the nation whose God is the LORD,
the people he has chosen as his
inheritance.
13 The LORD looks down from heaven;

he sees all humankind.
14 From his dwelling place he watches all who
inhabit the earth.
15 He forms the hearts of them all and
understands all their deeds.
16 No king is saved by a great army;
no warrior is delivered by great strength.
17 A horse is a false hope for salvation;
its great might cannot rescue.
18 Look, the eye of the LORD is on those who fear
him, on those who hope in his steadfast
love,
19 to deliver their souls from death and keep
them alive in famine.
20 Our soul waits for the LORD;
he is our help and our shield.
21 For our heart rejoices in him, because we
trust in his holy name.
22 May your steadfast love be upon us, LORD, as
we hope in you.

34

1 I will bless the LORD at all times;
his praise will always be in my mouth.
2 My soul will boast in the LORD;
let the humble hear and rejoice.
3 Magnify the LORD with me;
let us exalt his name together.
4 I sought the LORD, and he answered me;
he delivered me from all my fears.
5 They looked to him and grew radiant;
let their faces never be put to shame.
6 This poor man cried, and the LORD heard him
and saved him from all his troubles.

7 The angel of the LORD camps around those
who fear him and rescues them.
8 Taste and see that the LORD is good;
blessed is the man who takes refuge in him!
9 Fear the LORD, you his holy ones, for those
who fear him lack nothing.
10 Young lions suffer want and hunger, but those
who seek the LORD lack no good thing.
11 Come, children, listen to me;
I will teach you the fear of the LORD.
12 Who is the man who desires life and loves
days in which to see good?
13 Guard your tongue from evil and your lips
from speaking deceit.
14 Turn from evil and do good;
seek peace and pursue it.
15 The eyes of the LORD are on the righteous,
and his ears attend to their cry.
16 The face of the LORD is against those who do
evil, to cut off their memory from the
earth.
17 They cry out, and the LORD hears and delivers
them from all their troubles.
18 The LORD is near to the brokenhearted and
saves those crushed in spirit.
19 Many are the afflictions of the righteous man,
but the LORD delivers him from them all.
20 He guards all his bones;
not one of them is broken.
21 Evil will kill the wicked, and those who hate
the righteous will be condemned.
22 The LORD redeems the souls of his servants;
none who take refuge in him will be
condemned.

35

1 Contend, LORD, with those who contend with me;
fight those who fight against me.
2 Take hold of shield and great shield, and rise to my aid.
3 Draw out the spear and block the way against my pursuers;
say to my soul, “I am your salvation.”
4 Let those who seek my life be put to shame and disgrace;
let those who plot my harm turn back in humiliation.
5 Let them be like chaff before the wind, with the angel of the LORD driving them away.
6 Let their way be dark and slippery, with the angel of the LORD pursuing them.
7 For without cause they hid their net for me in a pit;
without cause they dug to take my life.
8 Let ruin come upon him unawares;
let the net he hid catch him, and let him fall into it to his ruin.
9 Then my soul will exult in the LORD and rejoice in his salvation.
10 All my bones will say, “LORD, who is like you, delivering the afflicted from one stronger than he, the poor and needy from the one who robs him?”
11 Violent witnesses rise up;
they question me about things I do not know.
12 They repay me evil for good, leaving my soul bereft.

13 But when they were sick, I wore sackcloth;
I humbled my soul with fasting, and my
prayer returned to my breast.
14 I went about as for a friend or brother;
I bowed down in mourning, as one grieving
for his mother.
15 But when I stumbled, they rejoiced and
gathered;
stricken men I did not know gathered
against me.
They tore at me without ceasing.
16 With godless mockers who jeer for a cake,
they gnash their teeth at me.
17 Lord, how long will you look on?
Rescue my soul from their ravages, my only
life from young lions.
18 I will thank you in the great assembly;
among a mighty people I will praise you.
19 Do not let those wrongfully my enemies
rejoice over me, or those who hate me
without cause wink their eye.
20 For they do not speak peace;
they devise deceitful words against those
who live quietly in the land.
21 They open their mouths wide against me and
say, “Aha, aha!
Our eyes have seen it!”
22 You have seen, LORD;
do not be silent.
Lord, do not be far from me.
23 Rouse yourself and awake for my judgment,
my God and my Lord, for my cause.

24 Judge me according to your righteousness,
LORD my God;
do not let them rejoice over me.
25 Do not let them say in their hearts, “Aha, just
what we wanted!”
Do not let them say, “We have swallowed
him up!”
26 Let those who rejoice at my harm be put to
shame and humiliation together;
let those who exalt themselves over me be
clothed in shame and disgrace.
27 Let those who desire my vindication shout for
joy and rejoice;
let them always say, “May the LORD, who
delights in his servant’s well-being, be
magnified!”
28 Then my tongue will speak of your
righteousness and of your praise all day.

36

1 An oracle in my heart concerning the
transgression of the wicked: there is no
fear of God before his eyes.
2 For he flatters himself in his own eyes too
much to discover and hate his iniquity.
3 The words of his mouth are evil and deceit;
he has stopped acting wisely and doing
good.
4 He plots evil on his bed;
he sets himself on a way that is not good
and does not reject evil.
5 LORD, your steadfast love reaches the heavens,
your faithfulness to the clouds.

6 Your righteousness is like the mountains of God;
your judgments are a great deep.
You save man and beast, LORD.
7 How precious is your steadfast love, God!
Humankind takes refuge in the shadow of your wings.
8 They are filled from the abundance of your house, and you give them drink from the river of your delights.
9 For with you is the fountain of life;
in your light we see light.
10 Extend your steadfast love to those who know you, and your righteousness to the upright in heart.
11 Do not let the foot of pride come against me, or the hand of the wicked drive me away.
12 There the evildoers have fallen;
they are thrust down and cannot rise.

37

1 Do not fret over evildoers or envy those who do wrong.
2 For they will soon wither like grass and fade like green vegetation.
3 Trust in the LORD and do good;
dwell in the land and feed on faithfulness.
4 Delight yourself in the LORD, and he will give you the desires of your heart.
5 Commit your way to the LORD;
trust in him, and he will act.
6 He will bring forth your righteousness like the light, your just cause like the noonday.

7 Be still before the LORD and wait patiently for
him.
Do not fret over the man whose way
prospers, who carries out wicked
schemes.
8 Let go of anger and abandon wrath;
do not fret—it only leads to evil.
9 For evildoers will be cut off, but those who
wait for the LORD will inherit the land.
10 In a little while the wicked man will be no
more;
you will look at his place, and he will not be
there.
11 But the meek will inherit the land and delight
in abundant peace.
12 The wicked man plots against the righteous
man and gnashes his teeth at him.
13 The Lord laughs at him, for he sees that his
day is coming.
14 The wicked draw the sword and bend their
bow to bring down the poor and needy, to
slaughter those whose way is upright.
15 Their sword will enter their own heart, and
their bows will be broken.
16 Better is the little the righteous man has than
the abundance of many wicked people.
17 For the arms of the wicked will be broken, but
the LORD supports the righteous.
18 The LORD knows the days of the blameless,
and their inheritance will last forever.
19 They will not be put to shame in times of
disaster, and in days of famine they will
have enough.
20 But the wicked will perish;

the enemies of the LORD, like the beauty of
pastures, will vanish;
like smoke they will vanish.
21 The wicked man borrows and does not repay,
but the righteous man is gracious and
gives.
22 For those he blesses will inherit the land, but
those he curses will be cut off.
23 A man's steps are established by the LORD,
and he delights in his way.
24 Though he falls, he will not lie cast down, for
the LORD holds his hand.
25 I was young and now am old, yet I have not
seen the righteous man forsaken or his
offspring begging for bread.
26 All day he is gracious and lends, and his
offspring are a blessing.
27 Turn from evil and do good, and dwell forever.
28 For the LORD loves justice and will not
forsake his faithful ones.
They are guarded forever, but the offspring
of the wicked will be cut off.
29 The righteous will inherit the land and dwell
in it forever.
30 The mouth of the righteous man speaks
wisdom, and his tongue speaks justice.
31 The law of his God is in his heart;
his steps do not slip.
32 The wicked man watches the righteous man
and seeks to kill him.
33 The LORD will not abandon him to his hand
or condemn him when he is judged.
34 Wait for the LORD and keep his way;
he will raise you up to inherit the land.

You will see when the wicked are cut off.
35 I have seen a wicked, ruthless man spreading
like a lush tree in its native soil.
36 But he passed away and was gone;
I sought him, but he could not be found.
37 Observe the blameless and look at the upright,
for there is a future for the man of peace.
38 But transgressors will be destroyed together;
the future of the wicked will be cut off.
39 The salvation of the righteous comes from the
LORD;
he is their stronghold in times of distress.
40 The LORD helps them and delivers them;
he delivers them from the wicked and saves
them, because they take refuge in him.

38

1 LORD, do not rebuke me in your indignation or
discipline me in your fury.
2 For your arrows have sunk into me, and your
hand has come down upon me.
3 There is no soundness in my flesh because of
your anger, no peace in my bones because
of my sin.
4 For my iniquities have risen over my head;
like a heavy burden they weigh too much
for me.
5 My wounds stink and fester because of my
folly.
6 I am bent and bowed down deeply;
all day I go about in mourning.
7 For my loins are filled with burning, and there
is no soundness in my flesh.

8 I am numb and utterly crushed;
I roar from the turmoil of my heart.
9 Lord, all my longing lies before you, and my
sighing is not hidden from you.
10 My heart pounds, my strength leaves me;
even the light of my eyes is gone.
11 My friends and companions stand apart from
my wound, and those close to me stand
far away.
12 Those who seek my life lay snares;
those who seek my harm speak of ruin and
ponder deceit all day.
13 But I am like a deaf man who does not hear,
like a man unable to speak who does not
open his mouth.
14 I have become like a man who does not hear,
with no rebuttal in his mouth.
15 For I wait for you, LORD;
you will answer, Lord my God.
16 For I said, “Do not let them rejoice over me;
when my foot slips, they exalt themselves
over me.”
17 For I am ready to stumble, and my pain is
always before me.
18 I confess my iniquity;
I am troubled over my sin.
19 But my enemies are vigorous and strong, and
those who hate me wrongfully have
grown in number.
20 Those who repay evil for good oppose me
because I pursue what is good.
21 Do not forsake me, LORD;
my God, do not be far from me.

22 Hurry to help me, Lord, my salvation.

39

1 I said, “I will guard my ways so that I do not sin
with my tongue;
I will keep a muzzle on my mouth while the
wicked man is before me.”
2 I was mute and silent;
I kept still even from good, but my pain
grew worse.
3 My heart grew hot within me;
as I pondered, a fire burned.
Then I spoke with my tongue:
4 “LORD, make me know my end and the
measure of my days, so that I may know
how fleeting I am.
5 Look, you have made my days mere
handbreadths, and my lifetime is as
nothing before you.
Surely every person, though standing firm,
is only a breath. Selah.

6 Surely a man walks about as a shadow;
surely they bustle in vain.
He heaps up wealth and does not know who
will gather it.
7 And now, Lord, what do I wait for?
My hope is in you.
8 Deliver me from all my transgressions;
do not make me the fool’s reproach.
9 I am mute;
I do not open my mouth, for you have done
it.

10 Remove your stroke from me;
I am spent under the assault of your hand.
11 With rebukes for iniquity you discipline a man;
like a moth you consume what he treasures.
Surely every person is a breath. Selah.

12 Hear my prayer, LORD, and listen to my cry for help;
do not be silent at my tears.
For I am a stranger with you, a temporary resident like all my fathers.
13 Look away from me, that I may regain cheer
before I depart and am no more."

40

1 I waited patiently for the LORD;
he inclined toward me and heard my cry for help.
2 He brought me up from the roaring pit, from the miry clay;
he set my feet upon a rock and made my steps firm.
3 He put a new song in my mouth, a song of praise to our God.
Many will see and fear, and trust in the LORD.
4 Blessed is the man who makes the LORD his trust and does not turn to the arrogant or those who stray after falsehood.
5 Many are the wonders you have done, LORD my God, and your thoughts toward us;
none can compare with you.

I would proclaim and tell them, but they are
too many to recount.
6 Sacrifice and offering you have not desired;
you have opened my ears.
Burnt offering and sin offering you have not
required.
7 Then I said, “Here I come;
in the book scroll it is written of me.
8 I delight to do your will, my God;
your law is deep within me.”
9 I have proclaimed righteousness in the great
assembly;
look, I have not restrained my lips.
LORD, you know.
10 I have not hidden your righteousness within
my heart;
I have spoken of your faithfulness and
salvation.
I have not concealed your steadfast love and
truth from the great assembly.
11 You, LORD, do not withhold your compassion
from me;
let your steadfast love and truth always
guard me.
12 For evils beyond number surround me;
my iniquities have overtaken me, and I
cannot see.
They are more than the hairs of my head,
and my heart has failed me.
13 Be pleased, LORD, to deliver me;
LORD, hurry to help me.
14 Let those who seek my life to destroy it be put
to shame and humiliation together;

let those who desire my harm turn back in
disgrace.
15 Let those who say to me, “Aha, aha!”
be appalled because of their shame.
16 Let all who seek you exult and rejoice in you;
let those who love your salvation always
say, “May the LORD be magnified!”
17 But I am poor and needy;
may the Lord think of me.
You are my help and my deliverer;
my God, do not delay.

41

1 Blessed is the one who considers the poor;
the LORD will deliver him in the day of
trouble.
2 The LORD will guard him and keep him alive;
he will be called blessed in the land.
Do not hand him over to the will of his
enemies.
3 The LORD sustains him on his bed of sickness;
in his illness you restore him completely.
4 I said, “LORD, be gracious to me;
heal my soul, for I have sinned against you.”
5 My enemies speak evil of me: “When will he
die and his name perish?”
6 If one comes to see me, he speaks falsehood;
his heart gathers evil to itself, and when he
goes outside, he tells it.
7 All who hate me whisper together against me;
they plot my harm:
8 “A deadly calamity has fastened on him;

now that he lies down, he will never rise
again."
9 Even my close friend, whom I trusted, who ate
my bread, has lifted his heel against me.
10 But you, LORD, be gracious to me and raise
me up, that I may repay them.
11 By this I know that you delight in me: my
enemy does not shout in triumph over me.
12 As for me, you uphold me in my integrity and
set me before you forever.
13 Blessed be the LORD, the God of Israel, from
everlasting to everlasting.
Amen and amen.

42

1 As a deer longs for streams of water, so my soul
longs for you, God.
2 My soul thirsts for God, for the living God.
When may I come and appear before God?
3 My tears have been my bread day and night,
while they say to me all day, "Where is
your God?"
4 These things I remember as I pour out my soul
within me: how I used to pass among the
throng and lead them to the house of God,
with shouts of joy and thanksgiving, a
crowd keeping festival.
5 Why are you bowed down, my soul, and why
do you groan within me?
Hope in God, for I will yet praise him for the
saving help of his presence.
6 My God, my soul is bowed down within me;

therefore I remember you from the land of
the Jordan and the Hermon peaks, from
Mount Mizar.
7 Deep calls to deep at the roar of your
waterfalls;
all your breakers and waves have swept
over me.
8 By day the LORD commands his steadfast love,
and by night his song is with me, a prayer
to the God of my life.
9 I say to God, my rock, “Why have you forgotten
me?
Why must I go about mourning under the
enemy’s oppression?”
10 Like a deadly blow to my bones are my foes’
taunts, as they say to me all day, “Where is
your God?”
11 Why are you bowed down, my soul, and why
do you groan within me?
Hope in God, for I will yet praise him, my
saving help and my God.

43

1 Vindicate me, God, and plead my cause against
an unfaithful nation;
deliver me from the deceitful and unjust
man.
2 For you are the God of my refuge;
why have you rejected me?
Why must I go about mourning under the
enemy’s oppression?
3 Send out your light and your truth;
let them guide me and bring me to your
holy mountain and your dwelling places.

4 Then I will come to the altar of God, to God, my
exceeding joy, and thank you with the
lyre, God, my God.
5 Why are you bowed down, my soul, and why
do you groan within me?
Hope in God, for I will yet praise him, my
saving help and my God.

44

1 God, we have heard with our ears;
our fathers have told us the work you did in
their days, in days of old.
2 With your hand you drove out nations and
planted our fathers;
you afflicted peoples and let our fathers
spread.
3 For they did not possess the land by their
sword, nor did their arm save them, but
your right hand, your arm, and the light of
your face, because you delighted in them.
4 You are my King, God;
command deliverance for Jacob.
5 Through you we push back our foes;
through your name we trample those who
rise against us.
6 For I do not trust in my bow, and my sword
cannot save me.
7 But you have saved us from our foes and put
those who hate us to shame.
8 In God we boast all day, and we will praise
your name forever. Selah.

9 Yet you have rejected and disgraced us;

you no longer go out with our armies.
10 You make us turn back before the foe, and
those who hate us plunder for themselves.
11 You give us up like sheep for food and scatter
us among the nations.
12 You sell your people for next to nothing and
gain no wealth from their price.
13 You make us a reproach to our neighbors, a
mockery and a scorn to those around us.
14 You make us a byword among the nations, a
shaking of the head among the peoples.
15 All day my disgrace is before me, and shame
covers my face,
16 at the voice of the one who taunts and reviles,
at the presence of the enemy and the
avenger.
17 All this has come upon us, yet we have not
forgotten you or dealt falsely with your
covenant.
18 Our heart has not turned back, nor have our
steps strayed from your path,
19 though you have crushed us in a haunt of
jackals and covered us with the shadow of
death.
20 If we had forgotten the name of our God or
spread out our hands to a foreign god,
21 would not God discover this?
For he knows the secrets of the heart.
22 Yet for your sake we are killed all day;
we are counted as sheep for slaughter.
23 Awake! Why do you sleep, Lord?
Rouse yourself;
do not reject us forever!

24 Why do you hide your face and forget our
affliction and oppression?
25 For our soul is bowed down to the dust;
our belly clings to the ground.
26 Rise up to help us;
redeem us for the sake of your steadfast
love.

45

1 My heart overflows with a noble theme;
I recite my work to the king.
My tongue is the pen of a skillful scribe.
2 You are fairer than all other men;
grace is poured upon your lips.
Therefore God has blessed you forever.
3 Gird your sword upon your thigh, mighty
warrior, in your splendor and majesty.
4 In your majesty ride forth victoriously for the
cause of truth, humility, and
righteousness;
let your right hand teach you awesome
deeds.
5 Your arrows are sharp;
peoples fall beneath you.
They strike the hearts of the king's enemies.
6 Your throne, God, is forever and ever;
the scepter of your kingdom is a scepter of
equity.
7 You have loved righteousness and hated
wickedness;
therefore God, your God, has anointed you
with the oil of gladness above your
companions.

8 All your garments are fragrant with myrrh,
aloes, and cassia;
from ivory palaces stringed instruments
gladden you.
9 Kings' daughters are among your honored
women;
at your right hand stands the queen in gold
of Ophir.
10 Listen, daughter, look and incline your ear;
forget your people and your father's house.
11 The king will desire your beauty;
he is your lord, so bow before him.
12 The daughter of Tyre will come with a gift;
the rich among the people will seek your
favor.
13 Within the palace the king's daughter is all
glorious;
her clothing is woven with gold.
14 In embroidered garments she is led to the
king;
the virgins who follow her, her companions,
are brought to you.
15 They are led with joy and gladness;
they enter the king's palace.
16 Your sons will take the place of your fathers;
you will appoint them princes throughout
the earth.
17 I will cause your name to be remembered in
every generation;
therefore peoples will praise you forever
and ever.

46

1 God is our refuge and strength, a help readily
found in distress.
2 Therefore we will not fear, though the earth
give way and mountains slip into the
heart of the seas,
3 though its waters roar and foam, though
mountains tremble at its surging. Selah.

4 There is a river whose streams gladden the city
of God, the holy dwelling place of the
Most High.
5 God is in her midst;
she will not be shaken.
God will help her at the break of dawn.
6 Nations roar, kingdoms totter;
he sounds his voice, and the earth melts.
7 The LORD of hosts is with us;
the God of Jacob is our stronghold. Selah.

8 Come, behold the works of the LORD, the
desolations he has made on the earth.
9 He makes wars cease to the ends of the earth;
he breaks the bow and cuts the spear apart;
he burns the chariots with fire.
10 “Be still, and know that I am God.
I will be exalted among the nations;
I will be exalted in the earth.”
11 The LORD of hosts is with us;
the God of Jacob is our stronghold. Selah.

47

1 Clap your hands, all you peoples!
Shout to God with cries of joy!

2 For the LORD Most High is awesome, a great
King over all the earth.
3 He subdues peoples beneath us, nations
beneath our feet.
4 He chooses our inheritance for us, the pride of
Jacob, whom he loves. Selah.

5 God has gone up with a shout, the LORD with
the sound of a ram's horn.
6 Sing praise to God, sing praise!
Sing praise to our King, sing praise!
7 For God is King of all the earth;
sing praise with understanding.
8 God reigns over the nations;
God sits upon his holy throne.
9 The nobles of the peoples have gathered as the
people of the God of Abraham.
10 For the shields of the earth belong to God;
he is greatly exalted.

48

1 Great is the LORD and greatly to be praised in
the city of our God, on his holy mountain.
2 Beautiful in elevation, the joy of all the earth, is
Mount Zion, in the far reaches of the
north, the city of the great King.
3 Within her palaces God has made himself
known as a stronghold.
4 For look, the kings assembled;
they advanced together.
5 They saw and were astounded;
they were terrified and fled in haste.

6 Trembling seized them there, anguish like that
of a woman in labor.
7 With an east wind you shatter the ships of
Tarshish.
8 As we have heard, so we have seen in the city
of the LORD of hosts, in the city of our
God.
God will establish her forever. Selah.

9 We ponder your steadfast love, God, in the
midst of your temple.
10 Like your name, God, your praise reaches the
ends of the earth;
your right hand is full of righteousness.
11 Let Mount Zion rejoice;
let the daughters of Judah exult because of
your judgments.
12 Walk around Zion and encircle her;
count her towers.
13 Set your hearts on her ramparts;
examine her palaces, so that you may tell a
coming generation.
14 For this is God, our God forever and ever;
he will guide us until death.

49

1 Hear this, all you peoples;
listen, all who inhabit the world,
2 both common people and nobles, rich and poor
together.
3 My mouth will speak wisdom, and the
meditation of my heart will be
understanding.

4 I will incline my ear to a proverb and unfold
my riddle with the lyre.
5 Why should I fear in days of evil, when the
iniquity of those at my heels surrounds
me,
6 those who trust in their wealth and boast of
their great riches?
7 No man can ransom his brother or give God a
ransom for him
8 —the ransom for their life is too costly;
he must give it up forever—
9 so that he might live on forever and never see
the pit.
10 For he sees that the wise die;
the fool and the senseless perish together
and leave their wealth to others.
11 Their inward thought is that their houses will
last forever, their dwellings from
generation to generation;
they name lands after themselves.
12 But man in his splendor does not remain;
he is like the beasts that perish.
13 This way of theirs is folly, yet those who
follow them approve their words. Selah.

14 Like sheep they are destined for Sheol;
death will shepherd them.
The upright will rule over them in the
morning;
Sheol will consume their form, far from
their dwelling.
15 But God will ransom my soul from the power
of Sheol, for he will take me. Selah.

16 Do not fear when a man grows rich, when the
splendor of his house increases.
17 For at his death he will take nothing with him;
his splendor will not descend after him.
18 Though in his lifetime he blesses himself—and
people praise you when you do well for
yourself—
19 his soul will go to the generation of his fathers;
they will never see light.
20 Man in his splendor, without understanding,
is like the beasts that perish.

50

1 The Mighty One, God, the LORD, speaks and
summons the earth from the rising of the
sun to its setting.
2 From Zion, the perfection of beauty, God shines
forth.
3 Our God comes and does not keep silent;
fire devours before him, and a mighty storm
rages around him.
4 He summons the heavens above and the earth,
to judge his people:
5 "Gather my faithful ones to me, those who
made my covenant by sacrifice."
6 The heavens proclaim his righteousness, for
God himself is judge. Selah.

7 "Hear, my people, and I will speak;
Israel, I will testify against you.
I am God, your God.
8 I do not rebuke you for your sacrifices;
your burnt offerings are always before me.

9 I will not take a bull from your house or male
goats from your pens,
10 for every beast of the forest is mine, the cattle
on a thousand hills.
11 I know every bird of the mountains, and all
that moves in the field is mine.
12 If I were hungry, I would not tell you, for the
world and all it contains are mine.
13 Do I eat the flesh of bulls or drink the blood of
male goats?
14 Offer thanksgiving as a sacrifice to God, and
fulfill your vows to the Most High.
15 Call on me in the day of distress;
I will deliver you, and you will honor me."
16 But to the wicked man God says, "What right
have you to recite my statutes or take my
covenant upon your lips,
17 when you hate discipline and cast my words
behind you?
18 When you see a thief, you are pleased with
him, and you share your lot with
adulterers.
19 You give your mouth free rein for evil, and
your tongue weaves deceit.
20 You sit and speak against your brother;
you slander your mother's son.
21 You have done these things, and I kept silent;
you thought I was just like you.
But I will rebuke you and lay it all before
your eyes.
22 Consider this, you who forget God, lest I tear
you apart with no one to rescue.

23 The one who offers thanksgiving as a sacrifice
honors me;
to the one who orders his way I will show
the salvation of God."

51

For the music director. A psalm of David, when the prophet Nathan came to him after David had gone in to Bathsheba.

1 Be gracious to me, God, according to your
steadfast love;
in your abundant compassion blot out my
transgressions.
2 Wash me thoroughly from my iniquity, and
cleanse me from my sin.
3 For I know my transgressions, and my sin is
always before me.
4 Against you, you alone, have I sinned and done
what is evil in your sight, so that you are
just when you speak and blameless when
you judge.
5 Indeed, I was brought forth in iniquity, and in
sin my mother conceived me.
6 Indeed, you desire truth in the inward parts,
and in the hidden place you make wisdom
known to me.
7 Purify me with hyssop, and I will be clean;
wash me, and I will be whiter than snow.
8 Let me hear joy and gladness;
let the bones you have crushed rejoice.
9 Hide your face from my sins, and blot out all
my iniquities.

10 Create in me a clean heart, God, and renew a
steadfast spirit within me.
11 Do not cast me away from your presence or
take your Holy Spirit from me.
12 Restore to me the joy of your salvation, and let
a willing spirit sustain me.
13 Then I will teach transgressors your ways, and
sinners will return to you.
14 Deliver me from bloodguilt, God, God of my
salvation, and my tongue will sing aloud
of your righteousness.
15 Lord, open my lips, and my mouth will
proclaim your praise.
16 For you do not desire sacrifice, or I would give
it;
you do not delight in burnt offering.
17 The sacrifices of God are a broken spirit;
a broken and crushed heart, God, you will
not despise.
18 Do good to Zion in your favor;
build the walls of Jerusalem.
19 Then you will delight in righteous sacrifices,
burnt offering and whole burnt offering;
then bulls will be offered on your altar.

52

1 Why do you boast of evil, mighty man?
The steadfast love of God endures all day.
2 Your tongue devises destruction like a
sharpened razor, working deceit.
3 You love evil more than good, falsehood more
than speaking righteousness. Selah.

4 You love every devouring word, deceitful
tongue.
5 But God will tear you down forever;
he will seize you and pull you from your
tent, uprooting you from the land of the
living. Selah.

6 The righteous will see and fear, and they will
laugh at him:
7 “Look at the man who did not make God his
stronghold, but trusted in his great riches
and grew strong in his evil desire!”
8 But I am like a flourishing olive tree in the
house of God;
I trust in the steadfast love of God forever
and ever.
9 I will thank you forever, for you have done it;
I will wait for your name, for it is good, in
the presence of your faithful ones.

53

1 The fool says in his heart, “There is no God.”
They are corrupt and commit detestable
injustice;
no one does good.
2 God looks down from heaven on humankind to
see if anyone understands, if anyone
seeks God.
3 All have turned back;
together they have become corrupt.
No one does good, not even one.
4 Do those who do evil have no understanding?
They devour my people as they eat bread,
and they do not call on God.

5 There they are filled with dread where there
was nothing to dread, for God has
scattered the bones of the one encamped
against you.
You have put them to shame, for God has
rejected them.
6 Oh, that Israel's salvation would come from
Zion!
When God restores the fortunes of his
people, Jacob will exult and Israel will
rejoice.

54

1 Save me, God, by your name, and vindicate me
by your might.
2 God, hear my prayer;
listen to the words of my mouth.
3 For strangers have risen against me, and
ruthless men seek my life;
they have not set God before them. Selah.

4 Look, God is my helper;
the Lord is among those who sustain my life.
5 He will return evil upon those who watch for
my downfall;
in your faithfulness destroy them.
6 Willingly I will sacrifice to you;
I will praise your name, LORD, for it is good.
7 For he has delivered me from every distress,
and my eye has looked upon my enemies.

55

1 Listen to my prayer, God;

do not hide yourself from my plea.
2 Attend to me and answer me;
I am restless in my complaint and groan
3 at the voice of the enemy, at the oppression of the wicked.
For they bring trouble down upon me and hate me in their anger.
4 My heart writhes within me, and the terrors of death have fallen upon me.
5 Fear and trembling come upon me, and horror covers me.
6 I said, “Oh, that I had wings like a dove!
I would fly away and find rest.
7 Look, I would wander far away and lodge in the wilderness. Selah.

8 I would hurry to a refuge from the raging wind and storm.”
9 Swallow them up, Lord;
divide their tongues, for I see violence and strife in the city.
10 Day and night they go around it on its walls;
evil and trouble are within it.
11 Destruction is in its midst;
oppression and deceit never leave its squares.
12 For it is not an enemy who taunts me;
that I could bear.
It is not one who hates me who exalts himself over me;
from him I could hide.
13 But it is you, a man my equal, my companion and close friend,

14 with whom I shared sweet counsel, as we
walked in the house of God among the
throng.
15 Let death take them by surprise;
let them go down alive to Sheol, for evil is in
their dwellings and within them.
16 As for me, I will call on God, and the LORD
will save me.
17 Evening, morning, and noon I complain and
groan, and he hears my voice.
18 He has ransomed my soul in peace from the
battle against me, for many were with me.
19 God will hear and humble them, he who has
been enthroned from of old.
Selah.
For they do not change and do not fear God.
20 He stretches out his hands against those at
peace with him;
he has broken his covenant.
21 His mouth is smoother than butter, but war is
in his heart.
His words are softer than oil, yet they are
drawn swords.
22 Cast your burden on the LORD, and he will
sustain you;
he will never let the righteous man be
shaken.
23 But you, God, will bring them down to the pit
of destruction;
bloodthirsty and deceitful men will not live
out half their days.
But I will trust in you.

56

For the music director; according to Jonath Elem Rehokim. A miktam of David, when the Philistines seized him in Gath.

1 Be gracious to me, God, for a mortal tramples me;
all day he fights and oppresses me.
2 Those who watch for my downfall trample me all day, for many fight against me in pride.
3 When I am afraid, I will trust in you.
4 In God, whose word I praise, in God I trust;
I will not fear.
What can flesh do to me?
5 All day they twist my words;
all their thoughts against me are for evil.
6 They gather and hide;
they watch my steps, waiting to take my life.
7 Will they escape despite their evil?
In your anger bring down the peoples, God.
8 You have counted my wanderings;
put my tears in your wineskin.
Are they not in your record?
9 Then my enemies will turn back on the day I call.
This I know: God is for me.
10 In God I praise his word;
in the LORD I praise his word.
11 In God I trust;
I will not fear.
What can man do to me?
12 My vows to you are upon me, God;
I will bring you thank offerings.
13 For you have delivered my soul from death.

Have you not also kept my feet from
stumbling, that I may walk before God in
the light of the living?

57

1 Be gracious to me, God, be gracious to me, for
my soul takes refuge in you.
In the shadow of your wings I will take
refuge until destruction passes.
2 I cry to God Most High, to God who brings
things to completion for me.
3 He will send from heaven and save me;
he will put my trampler to shame.
Selah.
God will send his steadfast love and truth.
4 My soul is among lions;
I lie among fiery men whose teeth are
spears and arrows, whose tongue is a
sharp sword.
5 Be exalted above the heavens, God;
let your glory be over all the earth.
6 They prepared a net for my steps;
my soul was bowed down.
They dug a pit before me, but fell into it
themselves. Selah.

7 My heart is steadfast, God, my heart is
steadfast;
I will sing and make music.
8 Awake, my glory!
Awake, harp and lyre!
I will awaken the dawn.
9 I will thank you among the peoples, Lord;
I will sing praise to you among the nations.

10 For your steadfast love is great to the heavens,
and your truth to the clouds.
11 Be exalted above the heavens, God;
let your glory be over all the earth.

58

1 Do you really speak righteousness, you silent ones?
Do you judge uprightly, human beings?
2 Rather, in your heart you work injustice;
on the earth you weigh out the violence of your hands.
3 The wicked are estranged from the womb;
those who speak lies go astray from birth.
4 Their venom is like a serpent's venom, like a deaf cobra that stops its ear
5 and will not listen to the voice of charmers, however skillful the spellbinder.
6 God, break the teeth in their mouths;
shatter the fangs of the young lions, LORD.
7 Let them melt away like water that flows off;
when he shoots his arrows, let them be cut to pieces.
8 Let them be like a snail that melts as it moves, like a woman's stillborn child that never sees the sun.
9 Before your pots feel the heat of the thornwood, he will sweep it away in a whirlwind, green or burning alike.
10 The righteous man will rejoice when he sees vengeance;
he will wash his feet in the blood of the wicked.

11 Then people will say, “Surely there is a reward
for the righteous;
surely there is a God who judges on earth.”

59

1 Deliver me from my enemies, my God;
set me safely on high above those who rise
against me.
2 Deliver me from those who do evil, and save
me from bloodthirsty men.
3 For look, they lie in wait for my life;
fierce men gather against me, not for my
transgression or my sin, LORD.
4 Without guilt on my part they run and take
their stand.
Awake, come to meet me, and see!
5 You, LORD, God of hosts, God of Israel, awake
to punish all the nations;
be gracious to none of the treacherous
evildoers. Selah.

6 They return at evening, growling like a dog
and prowling around the city.
7 Look, they pour out words from their mouths,
with swords on their lips, for they say,
“Who hears?”
8 But you, LORD, laugh at them;
you mock all the nations.
9 In the face of his strength I watch for you, for
God is my stronghold.
10 The God of my steadfast love will meet me;
God will let me look upon those who watch
for my downfall.

11 Do not kill them, lest my people forget;
make them wander by your might and bring them down, Lord, our shield.
12 For the sin of their mouths, the words of their lips, let them be caught in their pride, for the curses and lies they tell.
13 Consume them in wrath;
consume them until they are no more.
Let them know that God rules in Jacob to the ends of the earth. Selah.

14 Let them return at evening, growling like a dog and prowling around the city.
15 Let them wander in search of food and grumble if they are not satisfied.
16 But I will sing of your strength and shout for joy at your steadfast love in the morning, for you have been my stronghold and my refuge in the day of my distress.
17 My strength, I will sing praise to you, for God is my stronghold, the God of my steadfast love.

60

1 God, you have rejected us and broken through our ranks;
you have been angry.
Restore us!
2 You have made the earth quake and split it open;
heal its breaches, for it totters.
3 You have made your people see hard things;
you have given us wine that makes us stagger.

4 You have given a banner to those who fear you,
to be raised because of truth. Selah.

5 So that your beloved may be delivered, save
with your right hand and answer me.
6 God has spoken in his holiness: “I will exult;
I will divide Shechem and measure out the
Valley of Succoth.
7 Gilead is mine, and Manasseh is mine;
Ephraim is the helmet of my head;
Judah is my scepter.
8 Moab is my washbasin;
upon Edom I will cast my sandal.
Philistia, shout because of me!”
9 Who will lead me to the fortified city?
Who will guide me as far as Edom?
10 Is it not you, God, who have rejected us?
You no longer go out with our armies, God.
11 Give us help against the foe, for human rescue
is futile.
12 With God we will do mighty deeds;
he will trample our foes.

61

1 Hear my cry, God;
attend to my prayer.
2 From the ends of the earth I call to you when
my heart grows faint;
lead me to a rock higher than I am.
3 For you have been my refuge, a strong tower
against the enemy.
4 Let me dwell in your tent forever;

let me take refuge in the shelter of your
wings. Selah.

5 For you, God, have heard my vows;
you have given me the inheritance of those
who fear your name.
6 Add days to the days of the king;
let his years extend through generation
after generation.
7 Let him sit enthroned before God forever;
appoint steadfast love and truth to guard
him.
8 Then I will sing praise to your name forever,
fulfilling my vows day after day.

62

1 For God alone my soul waits in silence;
from him comes my salvation.
2 He alone is my rock and my salvation, my
stronghold;
I will not be greatly shaken.
3 How long will you assault a man, all of you
battering him down like a leaning wall, a
tottering fence?
4 They plan only to thrust him down from his
high place;
they delight in falsehood.
With their mouth they bless, but inwardly
they curse. Selah.

5 Wait in silence for God alone, my soul, for my
hope comes from him.

6 He alone is my rock and my salvation, my
stronghold;
I will not be shaken.
7 My salvation and my glory rest on God;
my strong rock and my refuge are in God.
8 Trust in him at all times, you people;
pour out your heart before him.
God is our refuge. Selah.

9 Common people are only a breath, nobles a lie;
in the scales they rise, together lighter than
a breath.
10 Do not trust in extortion or set vain hopes on
robbery;
if wealth increases, do not set your heart on
it.
11 Once God has spoken;
twice I have heard this: power belongs to
God,
12 and to you, Lord, belongs steadfast love, for
you repay each person according to his
work.

63

1 God, you are my God;
I seek you earnestly.
My soul thirsts for you, my flesh longs for
you in a dry and weary land without
water.
2 So I have beheld you in the sanctuary, to see
your power and your glory.
3 For your steadfast love is better than life;
my lips will praise you.
4 So I will bless you as long as I live;

in your name I will lift my hands.
5 My soul will be satisfied as with rich, choice
food, and my mouth will praise you with
joyful lips,
6 when I remember you on my bed and meditate
on you through the watches of the night.
7 For you have been my help, and in the shadow
of your wings I sing for joy.
8 My soul clings to you;
your right hand supports me.
9 But those who seek to destroy my life will go
down to the depths of the earth.
10 They will be given over to the power of the
sword;
they will be a portion for jackals.
11 But the king will rejoice in God;
all who swear by him will boast, for the
mouths of those who speak lies will be
stopped.

64

1 Hear my voice, God, in my complaint;
guard my life from the terror of the enemy.
2 Hide me from the conspiracy of evildoers, from
the tumult of those who do evil,
3 who sharpen their tongue like a sword and aim
a bitter word as their arrow,
4 to shoot from hiding at the blameless man;
suddenly they shoot at him without fear.
5 They encourage one another in an evil plan;
they talk of hiding snares and say, “Who will
see them?”

6 They devise injustices: “We have completed a
carefully devised plan.”
The inward self and heart of man are deep.
7 But God will shoot them with an arrow;
suddenly they will be wounded.
8 Their own tongue will make them stumble;
all who see them will shake their heads.
9 Then all people will fear;
they will proclaim the work of God and
understand what he has done.
10 The righteous man will rejoice in the LORD
and take refuge in him;
all the upright in heart will boast.

65

1 Praise awaits you in silence, God, in Zion;
to you the vow will be fulfilled.
2 You who hear prayer, to you all flesh will come.
3 Iniquities overwhelm me, but you atone for
our transgressions.
4 Blessed is the one you choose and bring near to
dwell in your courts.
We will be satisfied with the goodness of
your house, your holy temple.
5 With awesome deeds in righteousness you
answer us, God of our salvation, the hope
of all the ends of the earth and the distant
seas,
6 who establishes the mountains by his strength,
girded with might,
7 who stills the roar of the seas, the roar of their
waves, and the tumult of the peoples.

8 Those who dwell at the farthest reaches fear
your signs;
you make the coming of morning and
evening shout for joy.
9 You visit the earth and water it;
you enrich it abundantly.
The stream of God is full of water;
you prepare their grain, for so you prepare
the earth.
10 You drench its furrows and level its ridges;
you soften it with showers and bless its
growth.
11 You crown the year with your goodness, and
your paths drip abundance.
12 The wilderness pastures drip with it, and the
hills gird themselves with joy.
13 The pastures clothe themselves with flocks,
and the valleys wrap themselves in grain;
they shout for joy and sing.

66

1 Shout for joy to God, all the earth!
2 Sing the glory of his name;
make his praise glorious.
3 Say to God, “How awesome are your deeds!
Through your great strength your enemies
feign submission to you.
4 All the earth will bow before you and sing
praise to you;
they will sing praise to your name.” Selah.

5 Come and see the works of God;
awesome are his deeds toward humankind.

6 He turned the sea into dry land;
they crossed the river on foot.
There we rejoiced in him.
7 He rules by his might forever;
his eyes watch the nations.
Let the rebellious not exalt themselves.
Selah.

8 Bless our God, you peoples;
let the sound of his praise be heard,
9 who keeps our soul among the living and has
not let our feet slip.
10 For you have tested us, God;
you have refined us as silver is refined.
11 You brought us into the net;
you laid a burden on our loins.
12 You let men ride over our heads;
we went through fire and water, but you
brought us out into abundance.
13 I will enter your house with burnt offerings
and fulfill my vows to you,
14 the vows my lips uttered and my mouth spoke
when I was in distress.
15 I will offer you burnt offerings of fattened
animals, with the smoke of rams;
I will sacrifice cattle with male goats. Selah.

16 Come and hear, all you who fear God, and I
will recount what he has done for my soul.
17 I called to him with my mouth, and praise was
beneath my tongue.
18 If I had cherished evil in my heart, the Lord
would not have heard.

19 But God has indeed heard;
he has attended to my prayer.
20 Blessed be God, who has not turned away my
prayer or his steadfast love from me!

67

1 May God be gracious to us and bless us;
may he make his face shine upon us, Selah,
2 so that your way may be known on earth, your
salvation among all nations.
3 Let the peoples praise you, God;
let all the peoples praise you.
4 Let the nations rejoice and sing for joy, for you
judge the peoples with equity and guide
the nations on earth. Selah.

5 Let the peoples praise you, God;
let all the peoples praise you.
6 The earth has yielded its harvest;
God, our God, will bless us.
7 God will bless us, and all the ends of the earth
will fear him.

68

1 Let God rise up;
let his enemies scatter, and let those who
hate him flee before him.
2 As smoke is driven away, drive them away;
as wax melts before fire, let the wicked
perish before God.
3 But let the righteous rejoice and exult before
God;
let them be glad with joy.
4 Sing to God, sing praise to his name;

raise a highway for the one who rides
through the deserts.
The LORD is his name;
exult before him.
5 A father to the fatherless and a judge for
widows is God in his holy dwelling.
6 God gives the lonely a home and brings
prisoners out into prosperity, but the
rebellious dwell in a parched land.
7 God, when you went out before your people,
when you marched through the
wilderness, Selah,
8 the earth quaked and the heavens poured rain
before God;
Sinai itself quaked before God, the God of
Israel.
9 You showered generous rain, God;
when your inheritance was weary, you
established it.
10 Your community dwelled in it;
in your goodness you provided for the poor,
God.
11 The Lord gives the word;
the women who proclaim the good news are
a great host:
12 "The kings of armies flee, they flee!"
And the woman at home divides the spoil.
13 Though you lie among the sheepfolds, the
wings of a dove are covered with silver, its
pinions with yellow gold.
14 When the Almighty scattered kings there, it
snowed on Zalmon.
15 A mountain of God is Mount Bashan;
a mountain of many peaks is Mount Bashan.

16 Why do you look with envy, mountains of
many peaks, at the mountain God desired
for his dwelling?
Indeed, the LORD will dwell there forever.
17 The chariots of God are twenty thousand,
thousands upon thousands;
the Lord is among them;
Sinai is in the sanctuary.
18 You ascended on high and led captives away;
you received gifts from people, even the
rebellious, so that the LORD God might
dwell there.
19 Blessed be the Lord, who bears our burdens
day after day, the God of our salvation.
Selah.

20 Our God is a God of deliverances;
to the LORD, the Lord, belong escapes from
death.
21 Surely God will crush the heads of his
enemies, the hairy crown of one who goes
on in his guilt.
22 The Lord said, “I will bring them back from
Bashan;
I will bring them back from the depths of
the sea,
23 so that your foot may crush them in blood,
and the tongue of your dogs may have its
share of the enemies.”
24 They have seen your processions, God, the
processions of my God, my King, in the
sanctuary.

25 The singers go before, the musicians behind,
with young women playing tambourines
in their midst.
26 In the assemblies bless God;
bless the LORD, you who spring from
Israel's fountain.
27 There is Benjamin, the youngest, leading
them, the princes of Judah with their
throng, the princes of Zebulun, the
princes of Naphtali.
28 Your God has commanded your strength;
strengthen, God, what you have done for us.
29 Because of your temple at Jerusalem, kings
will bring you gifts.
30 Rebuke the beast of the reeds, the herd of
bulls among the calves of the peoples,
until it bows down with pieces of silver.
Scatter the peoples who delight in war.
31 Dignitaries will come from Egypt;
Cush will hasten to stretch its hands toward
God.
32 Kingdoms of the earth, sing to God;
sing praise to the Lord, Selah,
33 to the one who rides in the ancient heavens of
heavens.
Look, he sounds his voice, a mighty voice.
34 Ascribe strength to God;
his majesty is over Israel, and his strength is
in the clouds.
35 Awesome are you, God, from your
sanctuaries!
The God of Israel gives strength and might
to the people.
Blessed be God!

69

1 Save me, God, for the waters have reached my
neck.
2 I have sunk into deep mire where there is no
foothold.
I have come into deep waters, and the flood
has swept over me.
3 I am weary from crying out;
my throat is parched.
My eyes fail as I wait for my God.
4 Those who hate me without cause outnumber
the hairs of my head.
Mighty are those who would destroy me, my
enemies without reason.
I must restore what I did not steal.
5 God, you know my foolishness;
my guilt is not hidden from you.
6 Do not let those who wait for you be put to
shame because of me, Lord GOD of hosts.
Do not let those who seek you be disgraced
because of me, God of Israel.
7 For I have borne reproach for your sake;
disgrace has covered my face.
8 I have become a stranger to my brothers, a
foreigner to my mother's sons.
9 For zeal for your house has consumed me, and
the reproaches of those who reproach you
have fallen on me.
10 I wept and fasted, and this brought me
reproach.
11 I made sackcloth my clothing and became a
byword to them.

12 Those who sit at the gate talk about me, and I
am the song of those who drink strong
drink.
13 But as for me, my prayer is to you, LORD, at a
time of favor.
God, in your abundant steadfast love,
answer me with your saving faithfulness.
14 Rescue me from the mire;
do not let me sink.
Let me be rescued from those who hate me
and from the deep waters.
15 Do not let the flood sweep over me, or the
deep swallow me, or the pit close its
mouth over me.
16 Answer me, LORD, for your steadfast love is
good;
turn to me in your abundant compassion.
17 Do not hide your face from your servant, for I
am in distress.
Answer me quickly.
18 Draw near to my soul and redeem it;
ransom me because of my enemies.
19 You know my reproach, my shame, and my
disgrace;
all my adversaries are before you.
20 Reproach has broken my heart, and I am sick.
I looked for sympathy, but there was none,
and for comforters, but I found none.
21 They put poison in my food and gave me
vinegar to drink for my thirst.
22 Let their table before them become a snare,
and their security a trap.
23 Let their eyes grow dark so they cannot see,
and make their loins tremble continually.

24 Pour out your indignation on them;
let your burning anger overtake them.
25 Let their camp be desolate;
let no one live in their tents.
26 For they persecute the one you have struck,
and they talk about the pain of those you
have wounded.
27 Add guilt to their guilt, and do not let them
enter into your righteousness.
28 Let them be erased from the book of the living
and not be inscribed with the righteous.
29 But I am afflicted and in pain;
let your salvation, God, set me safely on
high.
30 I will praise the name of God with a song and
magnify him with thanksgiving.
31 This will please the LORD more than an ox,
more than a bull with horns and hooves.
32 The humble will see and rejoice.
You who seek God, let your hearts live!
33 For the LORD hears the needy and does not
despise his prisoners.
34 Let heaven and earth praise him, the seas and
everything that moves in them.
35 For God will save Zion and rebuild the cities of
Judah;
they will dwell there and possess it.
36 The offspring of his servants will inherit it,
and those who love his name will dwell in
it.

70

1 God, deliver me!
LORD, hurry to help me!

2 Let those who seek my life be ashamed and
humiliated;
let those who desire my harm turn back in
disgrace.
3 Let those who say, “Aha!
Aha!”
turn back because of their shame.
4 Let all who seek you rejoice and be glad in you.
Let those who love your salvation always
say, “Let God be magnified!”
5 But I am poor and needy;
God, hurry to me!
You are my help and my deliverer;
LORD, do not delay.

71

1 In you, LORD, I have taken refuge;
let me never be put to shame.
2 In your righteousness, rescue and deliver me;
incline your ear to me and save me.
3 Be a rock where I may dwell, where I can
always come.
You have commanded that I be saved, for
you are my rock and my fortress.
4 My God, rescue me from the hand of the
wicked, from the grasp of the unjust and
cruel.
5 For you are my hope, Lord GOD, my trust from
my youth.
6 I have leaned on you from the womb;
you brought me out of my mother’s womb.
My praise is always of you.

7 I have become a portent to many, but you are
my strong refuge.
8 Let my mouth be filled with your praise and
with your glory all day long.
9 Do not cast me off in old age;
do not forsake me when my strength is
spent.
10 For my enemies speak against me, and those
who watch for my life conspire together,
11 saying, “God has forsaken him.
Pursue him and seize him, for there is no
one to rescue him.”
12 God, do not be far from me;
my God, hurry to help me.
13 Let the adversaries of my soul be ashamed
and consumed;
let those who seek my harm be covered
with reproach and disgrace.
14 But I will always hope and add to all your
praise.
15 My mouth will recount your righteousness
and your salvation all day long, for I do
not know their number.
16 I will come with the mighty deeds of the Lord
GOD;
I will proclaim your righteousness, yours
alone.
17 God, you have taught me from my youth, and
to this day I declare your wonderful
deeds.
18 Even when I am old and gray, God, do not
forsake me, until I declare your powerful
arm to another generation, your might to
all who are to come.

19 Your righteousness, God, reaches the heights.
You have done great things;
God, who is like you?
20 You, who have shown me many bitter
troubles, will revive me again;
from the depths of the earth you will bring
me up again.
21 You will increase my honor and comfort me
again.
22 I too will give you thanks with the harp for
your faithfulness, my God;
I will sing praise to you with the lyre, Holy
One of Israel.
23 My lips will shout for joy when I sing praise to
you, and so will my soul, which you have
redeemed.
24 My tongue too will speak of your
righteousness all day long, for those who
seek my harm have been ashamed and
humiliated.

72

1 God, give the king your judgments, and the
king's son your righteousness.
2 May he judge your people with righteousness
and your afflicted ones with justice.
3 May the mountains bring peace to the people,
and the hills, through righteousness.
4 May he defend the afflicted among the people,
save the children of the needy, and crush
the oppressor.

5 May they fear you as long as the sun endures,
and as long as the moon, through all
generations.
6 May he come down like rain on mown grass,
like showers watering the earth.
7 May the righteous flourish in his days, and
peace abound until the moon is no more.
8 May he rule from sea to sea, and from the
River to the ends of the earth.
9 May desert dwellers bow before him, and his
enemies lick the dust.
10 May the kings of Tarshish and the coastlands
bring tribute;
may the kings of Sheba and Seba present
gifts.
11 May all kings bow down before him, and all
nations serve him.
12 For he will rescue the needy who cry out, and
the afflicted who have no helper.
13 He will have pity on the weak and needy, and
save the lives of the needy.
14 He will redeem their lives from oppression
and violence;
their blood will be precious in his eyes.
15 May he live!
May gold from Sheba be given to him.
May prayer be offered for him continually,
and blessings all day long.
16 May there be abundant grain in the land, even
on the mountaintops.
May its fruit sway like Lebanon, and people
flourish from the city like the grass of the
earth.

17 May his name endure forever;
may his name continue as long as the sun.
May people bless themselves by him;
may all nations call him blessed.
18 Blessed be the LORD God, the God of Israel,
who alone does wonderful things.
19 Blessed be his glorious name forever;
may the whole earth be filled with his glory.
Amen and amen.
20 The prayers of David son of Jesse are ended.

73

1 Surely God is good to Israel, to those who are
pure in heart.
2 But as for me, my feet had almost strayed;
my steps had nearly slipped.
3 For I envied the arrogant when I saw the
prosperity of the wicked.
4 For they have no pangs in their death, and
their bodies are well fed.
5 They have none of the troubles of other
mortals;
they are not afflicted like the rest of
humanity.
6 So pride is their necklace, and violence covers
them like a garment.
7 Their eyes bulge with fatness;
the imaginings of their hearts overflow.
8 They scoff and speak of oppression with
malice;
they speak from on high.
9 They set their mouths against heaven, and
their tongues roam the earth.

10 Therefore his people return here, and they
drink water in abundance.
11 They say, “How does God know?
Does the Most High have knowledge?”
12 Look, these are the wicked: always at ease,
they increase their wealth.
13 Surely in vain I have kept my heart pure and
washed my hands in innocence.
14 For I have been afflicted all day long and
disciplined every morning.
15 If I had said, “I will speak this way,” I would
have betrayed the generation of your
children.
16 When I tried to understand this, it was a
wearisome task in my eyes,
17 until I entered the sanctuaries of God;
then I understood their end.
18 Surely you set them on slippery ground;
you cast them down to ruin.
19 How suddenly they are desolated!
They are swept away, brought to an end by
terrors.
20 Like a dream when one awakes, Lord, when
you arise, you will despise their image.
21 When my heart was embittered and I was
pierced within,
22 I was senseless and did not understand;
I was like a beast before you.
23 Yet I am always with you;
you have taken hold of my right hand.
24 You guide me with your counsel, and
afterward you will receive me in glory.
25 Whom have I in heaven but you?
And with you, I desire nothing on earth.

26 My flesh and my heart fail, but God is the rock
of my heart and my portion forever.
27 For look, those far from you will perish;
you destroy all who are unfaithful to you.
28 But as for me, the nearness of God is my good.
I have made the Lord GOD my refuge, that I
may recount all your works.

74

1 God, why have you rejected us forever?
Why does your anger smoke against the
sheep of your pasture?
2 Remember your congregation, which you
acquired long ago, the tribe you redeemed
as your inheritance, this Mount Zion
where you have dwelt.
3 Direct your steps to the perpetual ruins, to all
the destruction the enemy has done in the
sanctuary.
4 Your adversaries roared within your meeting
place;
they set up their own banners as signs.
5 They appeared like men raising axes in a
thicket of trees.
6 Now they smash all its carved work with
hatchets and hammers.
7 They set your sanctuary on fire;
they profaned the dwelling place of your
name, bringing it to the ground.
8 They said in their hearts, “Let us crush them all
together!”
They burned every meeting place of God in
the land.

9 We do not see our signs;
there is no longer a prophet, and no one among us knows how long.
10 How long, God, will the adversary taunt?
Will the enemy revile your name forever?
11 Why do you hold back your hand, your right hand?
Bring it out from your bosom and destroy them!
12 Yet God is my King from long ago, working acts of salvation in the midst of the earth.
13 You divided the sea by your strength;
you shattered the heads of the sea monsters on the waters.
14 You crushed the heads of Leviathan;
you gave him as food to the desert dwellers.
15 You split open springs and streams;
you dried up ever-flowing rivers.
16 The day is yours, and the night is yours as well;
you established the light and the sun.
17 You set all the boundaries of the earth;
you formed summer and winter.
18 Remember this: the enemy has taunted you, LORD, and a foolish people has reviled your name.
19 Do not give the life of your turtledove to the wild beast;
do not forget the lives of your afflicted ones forever.
20 Have regard for the covenant, for the dark places of the land are full of haunts of violence.
21 Do not let the oppressed turn back in disgrace;

let the afflicted and needy praise your name.
22 Rise up, God, defend your cause!
Remember how the fool taunts you all day long.
23 Do not forget the clamor of your adversaries,
the uproar of those who rise against you,
which goes up continually.

75

1 We give thanks to you, God;
we give thanks, for your name is near.
People recount your wonderful deeds.
2 "When I choose the appointed time, I will judge with equity.
3 When the earth and all its inhabitants melt away, I am the one who has set its pillars firm. Selah.

4 I say to the boastful, 'Do not boast,' and to the wicked, 'Do not lift up your horn.
5 Do not lift your horn on high or speak with an arrogant neck.' "
6 For exaltation comes neither from the east nor from the west nor from the wilderness.
7 It is God who judges: he brings one down and lifts another up.
8 For in the LORD's hand is a cup, with foaming wine, full of mixed drink.
He pours from it, and all the wicked of the earth will drain it, drinking even its dregs.
9 But I will declare it forever;
I will sing praise to the God of Jacob.

10 I will cut off all the horns of the wicked, but
the horns of the righteous will be lifted up.

76

1 God is known in Judah;
his name is great in Israel.
2 His shelter is in Salem, and his dwelling place
in Zion.
3 There he shattered the flaming arrows of the
bow, the shield, the sword, and the
weapons of war. Selah.

4 You are radiant, majestic beyond the
mountains of prey.
5 The stouthearted have been plundered;
they have sunk into sleep.
None of the mighty warriors could use their
hands.
6 At your rebuke, God of Jacob, both chariot and
horse fell into deep sleep.
7 You, you are to be feared!
Who can stand before you once your anger
is aroused?
8 From heaven you made judgment heard;
the earth feared and was still,
9 when God rose to judge, to save all the humble
of the earth. Selah.

10 Surely human wrath will praise you;
with the remainder of wrath you will gird
yourself.
11 Make vows to the LORD your God and fulfill
them;

let all who surround him bring gifts to the
One who is to be feared.
12 He cuts off the spirit of rulers;
he is feared by the kings of the earth.

77

1 I cry aloud to God;
aloud to God, and he listens to me.
2 In the day of my distress I sought the Lord.
My hand was stretched out through the
night without growing weary;
my soul refused to be comforted.
3 I remember God and groan;
I meditate, and my spirit grows faint. Selah.

4 You hold my eyelids open;
I am so troubled that I cannot speak.
5 I consider the days of old, the years long past.
6 I remember my song in the night;
I meditate in my heart, and my spirit
searches:
7 "Will the Lord reject us forever?
Will he never show favor again?
8 Has his steadfast love ceased forever?
Has his promise come to an end for all
generations?
9 Has God forgotten to be gracious?
Has he shut up his compassion in anger?"
Selah.

10 Then I said, "This is my grief: the changing of
the right hand of the Most High."
11 I will remember the deeds of the LORD;

yes, I will remember your wonders of old.
12 I will meditate on all your work and ponder
your deeds.
13 God, your way is holy.
What god is as great as God?
14 You are the God who works wonders;
you have made your strength known among
the peoples.
15 With your arm you redeemed your people, the
children of Jacob and Joseph. Selah.

16 The waters saw you, God;
the waters saw you and writhed;
even the depths trembled.
17 The clouds poured out water;
the skies gave voice, and your arrows sped
about.
18 Your thunder sounded in the whirlwind;
lightning lit up the world;
the earth trembled and shook.
19 Your way was through the sea, your path
through the mighty waters, yet your
footprints were not known.
20 You led your people like a flock by the hand of
Moses and Aaron.

78

1 Listen, my people, to my teaching;
incline your ears to the words of my mouth.
2 I will open my mouth in a parable;
I will utter riddles from long ago,
3 things we have heard and known, that our
fathers have told us.

4 We will not hide them from their children, but
will recount to the coming generation the
praises of the LORD, his might, and the
wonders he has done.
5 He established a testimony in Jacob and set a
law in Israel, which he commanded our
fathers to make known to their children,
6 so that the coming generation might know,
children yet to be born, who would arise
and tell their own children,
7 that they might put their confidence in God,
not forget the deeds of God, and keep his
commandments.
8 Then they would not be like their fathers, a
stubborn and rebellious generation, a
generation whose heart was not steadfast
and whose spirit was not faithful to God.
9 The men of Ephraim, armed with bows, turned
back on the day of battle.
10 They did not keep God's covenant and refused
to walk in his law.
11 They forgot his deeds and the wonders he had
shown them.
12 He worked wonders before their fathers in
the land of Egypt, in the fields of Zoan.
13 He split the sea and brought them through;
he made the waters stand like a heap.
14 He led them with a cloud by day, and all night
with the light of fire.
15 He split rocks in the wilderness and gave
them abundant drink, as from the depths.
16 He brought streams out of the rock and made
waters flow down like rivers.

17 Yet they continued to sin against him,
rebelling against the Most High in the dry land.
18 They tested God in their hearts by asking for food to satisfy their appetite.
19 They spoke against God, saying, “Can God set a table in the wilderness?
20 Look, he struck the rock, and water gushed out and streams overflowed.
But can he also give bread?
Can he provide meat for his people?”
21 So the LORD heard and was enraged;
fire was kindled against Jacob, and anger rose against Israel,
22 because they did not believe in God or trust in his salvation.
23 Yet he commanded the clouds above and opened the doors of heaven.
24 He rained manna on them to eat and gave them the grain of heaven.
25 Mortals ate the bread of the mighty ones;
he sent them provisions in abundance.
26 He set the east wind blowing in the heavens and drove the south wind by his strength.
27 He rained meat on them like dust, winged birds like the sand of the seas.
28 He made them fall within their camp, all around their dwellings.
29 They ate and were completely satisfied;
he brought them what they craved.
30 They had not turned from their craving, and their food was still in their mouths,
31 when God’s anger rose against them.

He killed the strongest among them and
struck down the young men of Israel.
32 Despite all this they kept on sinning and did
not believe in his wonders.
33 So he brought their days to an end like a
breath, and their years in terror.
34 When he killed them, they sought him;
they turned back and earnestly sought God.
35 They remembered that God was their rock,
and God Most High their redeemer.
36 But they flattered him with their mouths and
lied to him with their tongues.
37 Their hearts were not steadfast toward him,
and they were not faithful to his covenant.
38 Yet he was compassionate;
he atoned for their guilt and did not destroy
them.
Again and again he turned his anger away
and did not stir up all his wrath.
39 He remembered that they were flesh, a wind
that passes and does not return.
40 How often they rebelled against him in the
wilderness and grieved him in the
wasteland!
41 Again and again they tested God and pained
the Holy One of Israel.
42 They did not remember his hand, the day he
ransomed them from the adversary,
43 when he performed his signs in Egypt and his
wonders in the fields of Zoan.
44 He turned their rivers to blood, so they could
not drink from their streams.

45 He sent swarms of flies among them that
devoured them, and frogs that destroyed
them.
46 He gave their crops to the devouring locust,
and the fruit of their labor to the locust
swarm.
47 He destroyed their vines with hail, and their
sycamore-fig trees with frost.
48 He gave their cattle over to hail, and their
herds to lightning bolts.
49 He sent upon them his burning anger, wrath,
indignation, and distress—a company of
messengers of calamity.
50 He cleared a path for his anger;
he did not spare their lives from death, but
gave their lives over to pestilence.
51 He struck every firstborn in Egypt, the
firstfruits of their vigor in the tents of
Ham.
52 But he led his people out like sheep and
guided them like a flock in the wilderness.
53 He led them safely, and they were not afraid;
but the sea covered their enemies.
54 He brought them to his holy territory, to this
mountain his right hand had acquired.
55 He drove out nations before them, allotted
their land as an inheritance by the
measuring line, and settled the tribes of
Israel in their tents.
56 Yet they tested and rebelled against God Most
High, and did not keep his testimonies.
57 They turned back and were faithless like their
fathers;
they swerved like an unreliable bow.

58 They provoked him to anger with their high
places and to jealousy with their carved
images.
59 God heard and was enraged;
he utterly rejected Israel.
60 He forsook the dwelling at Shiloh, the tent he
had established among mortals.
61 He gave his strength over to captivity, and his
splendor into the adversary's hand.
62 He gave his people over to the sword and was
enraged against his inheritance.
63 Fire devoured their young men, and no
wedding songs were sung for their young
women.
64 Their priests fell by the sword, and their
widows did not weep.
65 Then the Lord awoke as from sleep, like a
warrior shouting because of wine.
66 He beat his adversaries back and put them to
everlasting shame.
67 He rejected the tent of Joseph and did not
choose the tribe of Ephraim.
68 But he chose the tribe of Judah, Mount Zion,
which he loved.
69 He built his sanctuary like the heights, like the
earth he established forever.
70 He chose David his servant and took him from
the sheepfolds.
71 From following the nursing ewes he brought
him to shepherd Jacob his people, Israel
his inheritance.
72 He shepherded them with integrity of heart
and guided them with skillful hands.

79

1 God, nations have invaded your inheritance;
they have defiled your holy temple and
reduced Jerusalem to heaps of rubble.
2 They have given the bodies of your servants as
food to the birds of heaven, the flesh of
your faithful ones to the beasts of the
earth.
3 They have poured out their blood like water
around Jerusalem, with no one to bury
them.
4 We have become a reproach to our neighbors,
a mockery and a scorn to those around us.
5 How long, LORD?
Will you be angry forever?
Will your jealousy burn like fire?
6 Pour out your wrath on the nations that do not
know you, and on the kingdoms that do
not call on your name.
7 For they have devoured Jacob and laid waste
his dwelling place.
8 Do not remember against us the sins of those
before us;
let your compassion hurry to meet us, for
we have been brought very low.
9 Help us, God of our salvation, for the glory of
your name.
Rescue us and atone for our sins for your
name's sake.
10 Why should the nations say, "Where is their
God?"
Before our eyes, let vengeance for the shed
blood of your servants be known among
the nations.

11 Let the groaning of the prisoner come before you;
by your mighty arm preserve those doomed to die.
12 Return sevenfold into our neighbors' bosom
the reproach with which they have reproached you, Lord.
13 Then we, your people, the sheep of your pasture, will give you thanks forever;
from generation to generation we will recount your praise.

80

1 Listen, Shepherd of Israel, you who lead Joseph like a flock.
You who are enthroned upon the cherubim, shine forth!
2 Before Ephraim, Benjamin, and Manasseh, stir up your might and come to save us.
3 Restore us, God;
let your face shine, and we will be saved.
4 LORD God of hosts, how long will your anger smoke against the prayer of your people?
5 You have fed them the bread of tears and given them tears to drink in great measure.
6 You have made us an object of contention to our neighbors, and our enemies laugh among themselves.
7 Restore us, God of hosts;
let your face shine, and we will be saved.
8 You brought a vine out of Egypt;
you drove out nations and planted it.
9 You cleared the ground before it;

it took deep root and filled the land.
10 The mountains were covered by its shade, the
mighty cedars by its branches.
11 It sent its branches to the sea, and its shoots to
the River.
12 Why have you broken down its walls, so that
all who pass along the road pluck its fruit?
13 The boar from the forest ravages it, and the
creatures of the field feed on it.
14 God of hosts, please return!
Look down from heaven and see;
care for this vine,
15 the stock your right hand planted, and the son
you made strong for yourself.
16 It is burned with fire and cut down;
they perish at the rebuke of your face.
17 Let your hand rest on the man at your right
hand, on the son of man you made strong
for yourself.
18 Then we will not turn back from you;
give us life, and we will call on your name.
19 Restore us, LORD God of hosts;
let your face shine, and we will be saved.

81

1 Sing for joy to God our strength;
shout to the God of Jacob.
2 Raise a song and sound the tambourine, the
sweet lyre with the harp.
3 Blow the ram's horn at the new moon, at the
full moon, on our feast day.
4 For this is a statute for Israel, an ordinance of
the God of Jacob.

5 He established it as a testimony in Joseph when
he went out against the land of Egypt.
I heard a language I did not know:
6 "I relieved his shoulder of the burden;
his hands were freed from the basket.
7 In distress you called, and I rescued you;
I answered you from the hiding place of
thunder.
I tested you at the waters of Meribah. Selah.

8 Listen, my people, and I will warn you.
Israel, if only you would listen to me!
9 There must be no strange god among you, and
you must not bow down to a foreign god.
10 I am the LORD your God, who brought you up
from the land of Egypt.
Open your mouth wide, and I will fill it.
11 But my people did not listen to my voice;
Israel would have none of me.
12 So I gave them over to their stubborn hearts,
to walk in their own counsels.
13 If only my people would listen to me, if Israel
would walk in my ways!
14 I would soon subdue their enemies and turn
my hand against their adversaries.
15 Those who hate the LORD would feign
submission to him, and their time would
last forever.
16 He would feed him the finest wheat, and I
would satisfy you with honey from the
rock."

82

1 God stands in the assembly of God;

among the gods he gives judgment:
2 “How long will you judge unjustly and show
favor to the wicked? Selah.

3 Defend the weak and the fatherless;
uphold the cause of the afflicted and poor.
4 Rescue the weak and needy;
deliver them from the hand of the wicked.
5 They neither know nor understand;
they walk about in darkness.
All the foundations of the earth are shaken.
6 I said, ‘You are gods, all of you sons of the Most
High.’
7 Yet you will die like mortals and fall like any
ruler.”
8 Rise up, God, judge the earth, for all the nations
are yours to inherit.

83

1 God, do not remain silent;
do not hold your peace or be still, God.
2 For look, your enemies are in uproar;
those who hate you have lifted their heads.
3 They plot cunningly against your people and
conspire against those you shelter.
4 They say, “Come, let us wipe them out as a
nation, so that the name of Israel is
remembered no more.”
5 For they conspire with one accord;
they make a covenant against you:
6 the tents of Edom and the Ishmaelites, Moab
and the Hagrites,
7 Gebal, Ammon, and Amalek, Philistia with the
inhabitants of Tyre.

8 Assyria too has joined them;
they have become an arm of strength for
the children of Lot. Selah.

9 Do to them as you did to Midian, to Sisera and
Jabin at the Kishon River,
10 who were destroyed at Endor and became
dung for the ground.
11 Make their nobles like Oreb and Zeeb, all their
princes like Zebah and Zalmunna,
12 who said, “Let us take possession of the
pastures of God.”
13 My God, make them like whirling dust, like
stubble before the wind.
14 As fire burns a forest, as a flame sets the
mountains ablaze,
15 so pursue them with your tempest and terrify
them with your storm.
16 Fill their faces with dishonor, that they may
seek your name, LORD.
17 Let them be ashamed and terrified forever;
let them be disgraced and perish.
18 Let them know that you, whose name is the
LORD, you alone are Most High over all
the earth.

84

1 How lovely are your dwelling places, LORD of
hosts!
2 My soul longs, even faints, for the courts of the
LORD;
my heart and my flesh sing for joy to the
living God.

3 Even the sparrow has found a home, and the
swallow a nest for herself where she may
lay her young, near your altars, LORD of
hosts, my King and my God.
4 Blessed are those who dwell in your house;
they are always praising you. Selah.

5 Blessed are those whose strength is in you, in
whose hearts are the highways.
6 As they pass through the Valley of Baca, they
make it a place of springs;
the early rain also covers it with blessings.
7 They go from strength to strength;
each appears before God in Zion.
8 LORD God of hosts, hear my prayer;
listen, God of Jacob. Selah.

9 Look upon our shield, God;
look on the face of your anointed.
10 For one day in your courts is better than a
thousand.
I would rather stand at the threshold of the
house of my God than dwell in the tents of
wickedness.
11 For the LORD God is a sun and shield;
the LORD gives grace and glory.
He withholds no good thing from those who
walk in integrity.
12 LORD of hosts, blessed is the one who trusts in
you!

85

1 LORD, you have shown favor to your land;

you have restored the fortunes of Jacob.
2 You have forgiven the guilt of your people;
you have covered all their sin. Selah.

3 You have withdrawn all your wrath;
you have turned from your burning anger.
4 Restore us, God of our salvation;
put an end to your anger against us.
5 Will you be angry with us forever?
Will you prolong your anger through all generations?
6 Will you not revive us again, that your people may rejoice in you?
7 Show us your steadfast love, LORD, and grant us your salvation.
8 I will listen to what God the LORD will say, for he will speak peace to his people, to his faithful ones.
But let them not return to folly.
9 Surely his salvation is near those who fear him, that glory may dwell in our land.
10 Steadfast love and faithfulness have met;
righteousness and peace have kissed.
11 Faithfulness springs up from the earth, and righteousness looks down from heaven.
12 The LORD will indeed give what is good, and our land will yield its harvest.
13 Righteousness will go before him and prepare a way for his steps.

86

1 Incline your ear, LORD, and answer me, for I am afflicted and needy.

2 Preserve my life, for I am faithful to you.
You are my God;
save your servant who trusts in you.
3 Be gracious to me, Lord, for I cry to you all day long.
4 Gladden the soul of your servant, for to you, Lord, I lift up my soul.
5 For you, Lord, are good and forgiving,
abundant in steadfast love to all who call on you.
6 Listen to my prayer, LORD, and attend to the voice of my pleas.
7 In the day of my distress I will call on you, for you will answer me.
8 There is none like you among the gods, Lord, nor are there any works like yours.
9 All the nations you have made will come and bow down before you, Lord, and glorify your name.
10 For you are great and do wonderful things;
you alone are God.
11 Teach me your way, LORD, and I will walk in your truth;
give me an undivided heart to fear your name.
12 I will give you thanks, Lord my God, with all my heart, and glorify your name forever.
13 For great is your steadfast love toward me;
you have rescued my soul from the depths of Sheol.
14 God, the arrogant have risen against me;
a band of ruthless men seeks my life, and they do not set you before them.

15 But you, Lord, are a compassionate and
gracious God, slow to anger and abundant
in steadfast love and faithfulness.
16 Turn to me and be gracious to me;
give your strength to your servant, and save
the son of your servant woman.
17 Show me a sign of your goodness, that those
who hate me may see and be ashamed,
because you, LORD, have helped and
comforted me.

87

1 His foundation is in the holy mountains.
2 The LORD loves the gates of Zion more than all
the dwellings of Jacob.
3 Glorious things are spoken of you, city of God.
Selah.

4 "I will name Rahab and Babylon among those
who know me.
Look, Philistia and Tyre, with Cush: 'This
one was born there.' "
5 Of Zion it will be said, "This one and that one
were born in her," and the Most High
himself will establish her.
6 The LORD will count as he registers the
peoples, "This one was born there." Selah.

7 Singers and flute players alike will say, "All my
springs are in you."

88

A song. A psalm for the sons of Korah. For the music director; according to Mahalath Leannoth. A maskil of Heman the Ezrahite.

1 LORD, God of my salvation, I cry out before you day and night.

2 Let my prayer come before you;
incline your ear to my cry.

3 For my soul is filled with troubles, and my life draws near to Sheol.

4 I am counted with those who go down to the pit;
I am like a man without strength,

5 adrift among the dead, like the slain who lie in the grave, whom you remember no more, who are cut off from your hand.

6 You have put me in the deepest pit, in dark places, in the depths.

7 Your wrath weighs heavily on me;
you have afflicted me with all your waves. Selah.

8 You have put my acquaintances far from me;
you have made me repulsive to them.
I am shut in and cannot get out.

9 My eyes grow dim from affliction.
I call to you, LORD, every day;
I spread out my hands to you.

10 Do you work wonders for the dead?
Will the shades of the dead rise and give you thanks? Selah.

11 Is your steadfast love recounted in the grave,
or your faithfulness in Abaddon?
12 Are your wonders known in the darkness, or
your righteousness in the land of
forgetfulness?
13 But I cry to you for help, LORD;
in the morning my prayer comes before you.
14 Why, LORD, do you reject my soul and hide
your face from me?
15 I have been afflicted and near death from my
youth;
I bear your terrors and am bewildered.
16 Your burning anger has swept over me;
your terrors have destroyed me.
17 They surround me like water all day long;
together they close in on me.
18 You have put lover and friend far from me;
my companions are darkness.

89

1 I will sing of the LORD's acts of steadfast love
forever;
with my mouth I will make your
faithfulness known to all generations.
2 For I said, "Steadfast love will be built up
forever;
in the heavens you will establish your
faithfulness."
3 "I have made a covenant with my chosen one;
I have sworn to David my servant:
4 'I will establish your offspring forever and
build your throne for all generations.' "
Selah.

5 The heavens praise your wonders, LORD, and
your faithfulness in the assembly of the
holy ones.
6 For who in the skies can compare with the
LORD?
Who among the heavenly beings is like the
LORD?
7 God is greatly feared in the council of the holy
ones, awesome above all who surround
him.
8 LORD God of hosts, who is mighty like you,
LORD?
Your faithfulness surrounds you.
9 You rule the raging sea;
when its waves rise, you still them.
10 You crushed Rahab like one slain;
with your mighty arm you scattered your
enemies.
11 The heavens are yours, and the earth is yours
as well;
you founded the world and all that fills it.
12 You created the north and the south;
Tabor and Hermon sing for joy at your
name.
13 You have a mighty arm;
your hand is strong, your right hand lifted
high.
14 Righteousness and justice are the foundation
of your throne;
steadfast love and faithfulness go before
you.
15 Blessed are the people who know the joyful
shout;
LORD, they walk in the light of your face.

16 They rejoice in your name all day long, and in
your righteousness they are exalted.
17 For you are the glory of their strength, and by
your favor our horn is lifted high.
18 For our shield belongs to the LORD, our king
to the Holy One of Israel.
19 Then you spoke in a vision to your faithful
ones and said, “I have laid help on a
warrior;
I have exalted one chosen from the people.
20 I have found David my servant;
with my holy oil I have anointed him.
21 My hand will remain firm with him;
my arm will strengthen him.
22 No enemy will oppress him, no wicked man
afflict him.
23 I will crush his adversaries before him and
strike those who hate him.
24 My faithfulness and my steadfast love will be
with him, and in my name his horn will
be lifted high.
25 I will set his hand on the sea, his right hand on
the rivers.
26 He will call to me, ‘You are my Father, my God,
and the rock of my salvation.’
27 I too will make him my firstborn, the highest
of the kings of the earth.
28 I will keep my steadfast love for him forever;
my covenant with him will stand firm.
29 I will establish his offspring forever, and his
throne as long as the heavens endure.
30 If his sons forsake my law and do not walk in
my judgments,

31 if they profane my statutes and do not keep
my commandments,
32 I will punish their rebellion with the rod and
their guilt with blows.
33 But I will not withdraw my steadfast love from
him or prove false to my faithfulness.
34 I will not profane my covenant or alter what
has passed my lips.
35 Once I have sworn by my holiness;
I will not lie to David.
36 His offspring will endure forever, and his
throne like the sun before me.
37 Like the moon it will be established forever, a
faithful witness in the skies." Selah.

38 But you have rejected and spurned him;
you have been enraged with your anointed.
39 You have renounced the covenant of your
servant;
you have profaned his crown in the dust.
40 You have broken down all his walls and
reduced his strongholds to ruin.
41 All who pass along the road plunder him;
he has become a reproach to his neighbors.
42 You have lifted high the right hand of his
adversaries;
you have made all his enemies rejoice.
43 You have turned back the edge of his sword
and have not made him stand in battle.
44 You have brought his splendor to an end and
cast his throne to the ground.
45 You have shortened the days of his youth and
covered him with shame. Selah.

46 How long, LORD?
Will you hide yourself forever?
Will your wrath burn like fire?
47 Remember how brief my life is.
Why have you created all mortals in vain?
48 What man can live and not see death?
Can he rescue his soul from the hand of
Sheol? Selah.

49 Where are your former acts of steadfast love,
Lord, which you swore to David in your
faithfulness?
50 Remember, Lord, the reproach of your
servants, how I bear in my bosom the
reproach of all the many peoples,
51 with which your enemies have taunted, LORD,
with which they have taunted the
footsteps of your anointed.
52 Blessed be the LORD forever!
Amen and amen.

90

1 Lord, you have been our dwelling place
through all generations.
2 Before the mountains were born, before you
brought forth the earth and the world,
from everlasting to everlasting you are
God.
3 You return mortals to dust and say, “Return,
children of Adam.”
4 For a thousand years in your eyes are like
yesterday when it has passed, like a watch
in the night.
5 You sweep them away;

they are like sleep, like grass that sprouts in
the morning.
6 In the morning it blossoms and grows;
by evening it withers and dries up.
7 For we are consumed by your anger and
terrified by your wrath.
8 You have set our guilt before you, our secrets
in the light of your face.
9 For all our days pass away under your wrath;
we finish our years like a sigh.
10 The years of our life are seventy, or eighty if
we have strength;
yet their pride is toil and sorrow, for they
pass quickly, and we fly away.
11 Who knows the power of your anger, your
wrath according to the fear you are due?
12 Teach us so to number our days that we may
gain a heart of wisdom.
13 Return, LORD!
How long?
Have compassion on your servants.
14 Satisfy us in the morning with your steadfast
love, that we may sing for joy and be glad
all our days.
15 Make us glad for as many days as you have
afflicted us, for as many years as we have
seen trouble.
16 Let your work be seen by your servants, and
your majesty by their children.
17 Let the favor of the Lord our God be upon us.
Establish the work of our hands for us;
yes, establish the work of our hands.

91

1 The one who dwells in the shelter of the Most
High will rest in the shadow of the
Almighty.
2 I will say to the LORD, “My refuge and my
fortress, my God, in whom I trust.”
3 For he will rescue you from the fowler’s snare
and from deadly pestilence.
4 He will cover you with his feathers, and under
his wings you will take refuge;
his faithfulness is a shield and buckler.
5 You will not fear the terror of the night, or the
arrow that flies by day,
6 or the pestilence that stalks in darkness, or the
destruction that ravages at noon.
7 A thousand may fall at your side, ten thousand
at your right hand, but it will not come
near you.
8 You will only look with your eyes and see the
recompense of the wicked.
9 Because you have made the LORD, my refuge,
the Most High, your dwelling place,
10 no evil will befall you, no plague come near
your tent.
11 For he will command his angels concerning
you, to guard you in all your ways.
12 They will bear you up in their hands, so that
you do not strike your foot against a stone.
13 You will tread on the lion and the cobra;
you will trample the young lion and the
serpent.
14 “Because he has set his love on me, I will
rescue him;

I will set him safely on high, because he
knows my name.
15 He will call on me, and I will answer him.
I will be with him in distress;
I will rescue him and honor him.
16 With long life I will satisfy him and show him
my salvation."

92

1 It is good to give thanks to the LORD and sing
praise to your name, Most High,
2 to declare your steadfast love in the morning
and your faithfulness by night,
3 with a ten-stringed instrument and a harp,
with the melody of the lyre.
4 For you have gladdened me by your work,
LORD;
I sing for joy at the works of your hands.
5 How great are your works, LORD!
Your thoughts are very deep.
6 A senseless man does not know, and a fool does
not understand this:
7 though the wicked sprout like grass and all
evildoers flourish, it is so they may be
destroyed forever.
8 But you, LORD, are on high forever.
9 For look, your enemies, LORD—for look, your
enemies will perish;
all evildoers will be scattered.
10 You have lifted my horn like that of a wild ox;
I have been anointed with fresh oil.
11 My eyes look upon those who watch me;
my ears hear the evildoers who rise against
me.

12 The righteous will flourish like a palm tree
and grow like a cedar in Lebanon.
13 Planted in the house of the LORD, they will
flourish in the courts of our God.
14 They will still bear fruit in old age;
they will be full of sap and green,
15 declaring that the LORD is upright;
he is my rock, and there is no injustice in
him.

93

1 The LORD reigns, clothed in majesty;
the LORD is clothed in strength and has
girded himself.
Indeed, the world stands firm;
it will not be shaken.
2 Your throne stands firm from long ago;
you are from everlasting.
3 The floods have risen, LORD;
the floods have lifted their voice;
the floods lift their waves.
4 Mightier than the roar of many waters, than
the mighty breakers of the sea, is the
LORD on high.
5 Your testimonies are utterly trustworthy;
holiness befits your house, LORD, for all
days to come.

94

1 LORD, God of vengeance, God of vengeance,
shine forth!
2 Rise up, Judge of the earth;
repay the proud what they deserve.

3 How long will the wicked, LORD, how long will
the wicked exult?
4 They pour out arrogant words;
all evildoers boast.
5 They crush your people, LORD, and afflict your
inheritance.
6 They kill the widow and the foreigner, and
murder the fatherless.
7 They say, “The LORD does not see;
the God of Jacob does not notice.”
8 Understand, you senseless among the people!
Fools, when will you be wise?
9 Does the one who planted the ear not hear?
Does the one who formed the eye not see?
10 Will the one who disciplines nations not
correct, the one who teaches humanity
knowledge?
11 The LORD knows human thoughts, that they
are but a breath.
12 Blessed is the man you discipline, LORD,
whom you teach from your law,
13 to give him rest from days of trouble until a
pit is dug for the wicked.
14 For the LORD will not reject his people or
forsake his inheritance.
15 For judgment will return to righteousness,
and all the upright in heart will follow it.
16 Who will rise up for me against the wicked?
Who will stand for me against evildoers?
17 If the LORD had not been my help, my soul
would soon have dwelt in silence.
18 When I say, “My foot is slipping,” your
steadfast love, LORD, sustains me.

19 When anxious thoughts multiply within me,
your consolations delight my soul.
20 Can a destructive throne be allied with you,
one that fashions harm by statute?
21 They band together against the life of the
righteous and condemn innocent blood.
22 But the LORD has become my stronghold, and
my God the rock of my refuge.
23 He will bring their own wickedness back on
them and destroy them for their evil;
the LORD our God will destroy them.

95

1 Come, let us sing for joy to the LORD;
let us shout to the rock of our salvation.
2 Let us come before him with thanksgiving and
shout to him with songs.
3 For the LORD is a great God, a great King above
all gods.
4 In his hand are the depths of the earth, and the
mountain peaks are his.
5 The sea is his, for he made it;
his hands formed the dry land.
6 Come, let us worship and bow down;
let us kneel before the LORD our Maker.
7 For he is our God, and we are the people of his
pasture, the sheep of his hand.
Today, if you hear his voice:
8 "Do not harden your hearts as at Meribah, as
on the day at Massah in the wilderness,
9 where your fathers tested me and put me to
the proof, though they had seen my work.

10 For forty years I loathed that generation and
said, ‘They are a people whose hearts go
astray;
they have not known my ways.’
11 So I swore in my anger, ‘They will not enter
my rest.’ ”

96

1 Sing to the LORD a new song;
sing to the LORD, all the earth!
2 Sing to the LORD;
bless his name.
Proclaim the good news of his salvation day
after day.
3 Declare his glory among the nations, his
wonders among all the peoples.
4 For great is the LORD and greatly to be praised;
he is to be feared above all gods.
5 For all the gods of the peoples are idols, but the
LORD made the heavens.
6 Splendor and majesty are before him;
strength and beauty are in his sanctuary.
7 Ascribe to the LORD, families of the peoples,
ascribe to the LORD glory and strength.
8 Ascribe to the LORD the glory due his name;
bring an offering and come into his courts.
9 Worship the LORD in the splendor of holiness;
tremble before him, all the earth!
10 Say among the nations, “The LORD reigns!”
Indeed, the world stands firm;
it will not be shaken.
He will judge the peoples with equity.
11 Let the heavens rejoice and the earth be glad;

let the sea roar and all that fills it.
12 Let the field exult and everything in it;
then all the trees of the forest will sing for joy
13 before the LORD, for he comes, for he comes to judge the earth.
He will judge the world with righteousness and the peoples with his faithfulness.

97

1 The LORD reigns!
Let the earth rejoice;
let the many coastlands be glad.
2 Clouds and thick darkness surround him;
righteousness and justice are the foundation of his throne.
3 Fire goes before him and burns up his adversaries all around.
4 His lightning lit up the world;
the earth saw and trembled.
5 The mountains melted like wax before the LORD, before the Lord of all the earth.
6 The heavens declared his righteousness, and all the peoples saw his glory.
7 Let all who serve carved images be ashamed, those who boast in idols.
Bow down before him, all you gods!
8 Zion heard and was glad;
the daughters of Judah rejoiced because of your judgments, LORD.
9 For you, LORD, are Most High over all the earth;
you are exalted far above all gods.
10 You who love the LORD, hate evil!

He guards the lives of his faithful ones and
rescues them from the hand of the wicked.
11 Light is sown for the righteous, and joy for the
upright in heart.
12 Rejoice in the LORD, you righteous, and give
thanks at the remembrance of his
holiness.

98

1 Sing to the LORD a new song, for he has done
wonderful things.
His right hand and his holy arm have won
him victory.
2 The LORD has made his salvation known;
he has revealed his righteousness before the
eyes of the nations.
3 He has remembered his steadfast love and
faithfulness to the house of Israel.
All the ends of the earth have seen the
salvation of our God.
4 Shout for joy to the LORD, all the earth;
break forth in joyful song and sing praise.
5 Sing praise to the LORD with the lyre, with the
lyre and the sound of song.
6 With trumpets and the sound of the ram's
horn, shout before the King, the LORD.
7 Let the sea roar and all that fills it, the world
and those who dwell in it.
8 Let the rivers clap their hands;
let the mountains sing for joy together
9 before the LORD, for he comes to judge the
earth.
He will judge the world with righteousness
and the peoples with equity.

99

1 The LORD reigns;
let the peoples tremble!
He is enthroned upon the cherubim;
let the earth shake!
2 The LORD is great in Zion;
he is exalted above all the peoples.
3 Let them praise your great and awesome name.
He is holy!
4 The King's strength loves justice.
You have established equity;
you have worked justice and righteousness
in Jacob.
5 Exalt the LORD our God and bow down at his
footstool.
He is holy!
6 Moses and Aaron were among his priests,
Samuel among those who called on his
name.
They called to the LORD, and he answered
them.
7 He spoke to them from the pillar of cloud;
they kept his testimonies and the statute he
gave them.
8 LORD our God, you answered them;
you were a forgiving God to them, though
you punished them for their deeds.
9 Exalt the LORD our God and bow down at his
holy mountain, for the LORD our God is
holy.

100

1 Shout for joy to the LORD, all the earth!
2 Serve the LORD with gladness;

come before him with joyful singing.
3 Know that the LORD is God.
He made us, and we are his, his people, the sheep of his pasture.
4 Enter his gates with thanksgiving and his courts with praise;
give thanks to him and bless his name.
5 For the LORD is good;
his steadfast love endures forever, and his faithfulness to all generations.

101

1 I will sing of steadfast love and justice;
to you, LORD, I will sing praise.
2 I will give heed to the blameless way.
When will you come to me?
I will walk with integrity of heart within my house.
3 I will set no worthless thing before my eyes.
I hate the deeds of those who turn aside;
they will not cling to me.
4 A perverse heart will be far from me;
I will have nothing to do with evil.
5 Whoever secretly slanders his neighbor, I will destroy.
I will not tolerate haughty eyes and an arrogant heart.
6 My eyes will be on the faithful of the land, that they may dwell with me;
the one who walks in a blameless way will serve me.
7 No one who practices deceit will dwell in my house;

no one who speaks lies will remain before
my eyes.
8 Every morning I will destroy all the wicked of
the land, cutting off all evildoers from the
city of the LORD.

102

A prayer of an afflicted person, when he grows faint and pours out his lament before the LORD.
1 LORD, hear my prayer;
let my cry for help come to you.
2 Do not hide your face from me in the day of my
distress.
Incline your ear to me;
answer me quickly when I call.
3 For my days vanish like smoke, and my bones
burn like a hearth.
4 My heart is stricken and withered like grass;
I forget to eat my bread.
5 Because of my groaning, my bones cling to my
flesh.
6 I am like a pelican in the wilderness, like an
owl among the ruins.
7 I lie awake, like a lonely bird on a rooftop.
8 All day long my enemies taunt me;
those who rage against me use me in their
curses.
9 For I eat ashes like bread and mix my drink
with tears,
10 because of your indignation and wrath, for
you have lifted me up and thrown me
away.
11 My days are like a lengthening shadow, and I
wither like grass.

12 But you, LORD, are enthroned forever;
your remembrance endures to all
generations.
13 You will rise and have compassion on Zion,
for it is time to show her favor;
the appointed time has come.
14 For your servants cherish her stones and
show favor to her dust.
15 The nations will fear the name of the LORD,
and all the kings of the earth your glory.
16 For the LORD will have rebuilt Zion and
appeared in his glory.
17 He will have turned to the prayer of the
destitute and not despised their prayer.
18 Let this be written for a generation to come,
and a people yet to be created will praise
the LORD.
19 For he looked down from his holy height;
from heaven the LORD gazed upon the
earth,
20 to hear the groaning of the prisoner and
release those doomed to die,
21 that the name of the LORD may be proclaimed
in Zion, and his praise in Jerusalem,
22 when peoples gather together, and kingdoms,
to serve the LORD.
23 He weakened my strength along the way;
he shortened my days.
24 I say, “My God, do not take me away in the
midst of my days;
your years endure through all generations.
25 Long ago you founded the earth, and the
heavens are the work of your hands.

26 They will perish, but you will remain;
they will all wear out like a garment.
Like clothing you will change them, and
they will be changed.
27 But you are the same, and your years will
have no end.
28 The children of your servants will dwell
secure, and their offspring will be
established before you."

103

1 Bless the LORD, my soul, and all that is within
me, bless his holy name.
2 Bless the LORD, my soul, and forget none of his
benefits.
3 He forgives all your guilt and heals all your
diseases.
4 He redeems your life from the pit and crowns
you with steadfast love and compassion.
5 He satisfies your life with good things, so that
your youth is renewed like the eagle's.
6 The LORD works righteousness and justice for
all the oppressed.
7 He made his ways known to Moses, his deeds
to the children of Israel.
8 The LORD is compassionate and gracious, slow
to anger and abundant in steadfast love.
9 He will not accuse forever or keep his anger
for all time.
10 He has not dealt with us according to our sins
or repaid us according to our guilt.

11 For as high as the heavens are above the
earth, so great is his steadfast love toward
those who fear him.
12 As far as the east is from the west, so far has
he removed our transgressions from us.
13 As a father has compassion on his children, so
the LORD has compassion on those who
fear him.
14 For he knows how we are formed;
he remembers that we are dust.
15 As for mortals, their days are like grass;
they flourish like a flower of the field.
16 The wind passes over it, and it is gone;
its place knows it no more.
17 But the LORD's steadfast love is from
everlasting to everlasting toward those
who fear him, and his righteousness to
children's children,
18 to those who keep his covenant and
remember his precepts to do them.
19 The LORD has established his throne in
heaven, and his kingdom rules over all.
20 Bless the LORD, you his angels, mighty in
strength, who do his word, obeying the
voice of his word.
21 Bless the LORD, all his hosts, his servants who
do his will.
22 Bless the LORD, all his works, in all the places
of his dominion.
Bless the LORD, my soul!

104

1 Bless the LORD, my soul!
LORD my God, you are very great;

you are clothed in splendor and majesty.
2 He wraps himself in light as in a garment;
he stretches out the heavens like a tent curtain.
3 He lays the beams of his upper chambers in the waters;
he makes the clouds his chariot and walks on the wings of the wind.
4 He makes the winds his messengers, flaming fire his servants.
5 He founded the earth on its bases, so that it will never be shaken.
6 You covered it with the deep as with a garment;
the waters stood above the mountains.
7 At your rebuke they fled;
at the sound of your thunder they hurried away.
8 The mountains rose, the valleys sank, to the place you established for them.
9 You set a boundary they cannot cross, so they will not return to cover the earth.
10 He sends springs into the ravines;
they flow between the mountains.
11 They give drink to every beast of the field;
the wild donkeys quench their thirst.
12 Beside them the birds of heaven dwell;
they sing among the branches.
13 He waters the mountains from his upper chambers;
the earth is satisfied with the fruit of your works.
14 He makes grass grow for the cattle, and plants for human cultivation, to bring forth food from the earth:

15 wine that gladdens the human heart, oil that
makes the face shine, and bread that
strengthens the human heart.
16 The trees of the LORD are satisfied, the cedars
of Lebanon that he planted.
17 There the birds make their nests;
the stork has her home in the cypress trees.
18 The high mountains are for the wild goats;
the rocks are a refuge for the hyraxes.
19 He made the moon for appointed times;
the sun knows its setting.
20 You make darkness, and it is night, when all
the beasts of the forest creep about.
21 The young lions roar for prey, seeking their
food from God.
22 When the sun rises, they withdraw and lie
down in their dens.
23 People go out to their work, to their labor
until evening.
24 How many are your works, LORD!
In wisdom you made them all;
the earth is full of your creatures.
25 There is the sea, great and wide, teeming with
creatures beyond number, living things
both small and great.
26 There the ships sail, and Leviathan, which you
formed to play in it.
27 All of them look to you to give them their food
in due season.
28 You give to them, and they gather it;
you open your hand, and they are satisfied
with good things.
29 You hide your face, and they are terrified;

you take away their breath, and they die
and return to their dust.
30 You send forth your Spirit, and they are
created;
you renew the face of the ground.
31 May the glory of the LORD endure forever;
may the LORD rejoice in his works.
32 He looks at the earth, and it trembles;
he touches the mountains, and they smoke.
33 I will sing to the LORD as long as I live;
I will sing praise to my God as long as I exist.
34 May my meditation be pleasing to him;
I will rejoice in the LORD.
35 Let sinners be consumed from the earth, and
the wicked be no more.
Bless the LORD, my soul!
Praise the LORD!

105

1 Give thanks to the LORD;
call on his name;
make his deeds known among the peoples.
2 Sing to him;
sing praise to him;
tell of all his wonders.
3 Glory in his holy name;
let the hearts of those who seek the LORD
rejoice.
4 Seek the LORD and his strength;
seek his face always.
5 Remember the wonders he has done, his signs
and the judgments of his mouth,
6 you offspring of Abraham his servant, children
of Jacob, his chosen ones.

7 He is the LORD our God;
his judgments are in all the earth.
8 He remembers his covenant forever, the word
he commanded for a thousand
generations,
9 the covenant he made with Abraham, his oath
to Isaac.
10 He confirmed it to Jacob as a statute, to Israel
as an everlasting covenant,
11 saying, “To you I will give the land of Canaan
as your allotted inheritance.”
12 When they were few in number, very few, and
foreigners in it,
13 they wandered from nation to nation, from
one kingdom to another people.
14 He allowed no one to oppress them;
he rebuked kings for their sake:
15 “Do not touch my anointed ones;
do my prophets no harm.”
16 He summoned famine upon the land and
broke every staff of bread.
17 He sent a man ahead of them, Joseph, who
was sold as a slave.
18 They hurt his foot with fetters;
he was put in irons,
19 until the time his word came to pass;
the word of the LORD tested him.
20 The king sent and released him;
the ruler of peoples set him free.
21 He made him lord of his house and ruler over
all his possessions,
22 to bind his officials as he pleased and teach
his elders wisdom.
23 Then Israel came to Egypt;

Jacob lived as a foreigner in the land of
Ham.
24 He made his people very fruitful and stronger
than their adversaries.
25 He turned their hearts to hate his people, to
plot against his servants.
26 He sent Moses his servant, and Aaron, whom
he had chosen.
27 They performed his signs among them,
wonders in the land of Ham.
28 He sent darkness and made it dark;
they did not rebel against his word.
29 He turned their waters to blood and killed
their fish.
30 Their land swarmed with frogs, even in the
chambers of their kings.
31 He spoke, and swarms of flies came, gnats
throughout their territory.
32 He gave them hail for rain, flaming fire in
their land.
33 He struck their vines and fig trees and
shattered the trees throughout their
territory.
34 He spoke, and locusts came, devouring locusts
without number.
35 They devoured every plant in their land and
ate the fruit of their soil.
36 He struck every firstborn in their land, the
firstfruits of all their vigor.
37 He brought them out with silver and gold;
no one among his tribes stumbled.
38 Egypt was glad when they departed, for dread
of them had fallen upon it.

39 He spread a cloud as a covering, and fire to
give light by night.
40 They asked, and he brought quail and satisfied
them with the bread of heaven.
41 He opened a rock, and water gushed out;
it flowed through the dry places like a river.
42 For he remembered his holy word, and
Abraham his servant.
43 He brought his people out with joy, his chosen
ones with shouts of gladness.
44 He gave them the lands of nations, and they
inherited the fruit of the peoples' labor,
45 so that they might keep his statutes and
observe his laws.
Praise the LORD!

106

1 Praise the LORD!
Give thanks to the LORD, for he is good;
his steadfast love endures forever.
2 Who can recount the mighty deeds of the LORD
or proclaim all his praise?
3 Blessed are those who uphold justice, who do
righteousness at all times.
4 Remember me, LORD, with the favor you show
your people;
visit me with your salvation,
5 that I may see the prosperity of your chosen
ones, rejoice in the joy of your nation, and
glory with your inheritance.
6 We have sinned with our fathers;
we have acted perversely and done
wickedly.

7 Our fathers in Egypt did not understand your
wonders or remember your many acts of
steadfast love;
they rebelled by the sea, at the Red Sea.
8 Yet he saved them for his name's sake, to make
his might known.
9 He rebuked the Red Sea, and it dried up;
he led them through the depths as through a
wilderness.
10 He saved them from the hand of those who
hated them and redeemed them from the
hand of the enemy.
11 The waters covered their adversaries;
not one of them remained.
12 Then they believed his words and sang his
praise.
13 But they soon forgot his works;
they did not wait for his counsel.
14 They craved intensely in the wilderness and
tested God in the wasteland.
15 He gave them what they asked for, but sent
wasting disease among them.
16 They envied Moses in the camp, and Aaron,
the holy one of the LORD.
17 The earth opened and swallowed Dathan;
it covered the company of Abiram.
18 Fire blazed among their company;
a flame burned up the wicked.
19 They made a calf at Horeb and bowed down
to a cast-metal image.
20 They exchanged their glory for the image of
an ox that eats grass.

21 They forgot God their Savior, who had done
great things in Egypt,
22 wonders in the land of Ham, awesome deeds
by the Red Sea.
23 He said he would destroy them, had not Moses
his chosen one stood in the breach before
him, to turn back his wrath from
destroying them.
24 They despised the pleasant land and did not
believe his word.
25 They grumbled in their tents and did not
listen to the voice of the LORD.
26 So he raised his hand in an oath to them, to
make them fall in the wilderness,
27 to make their offspring fall among the nations
and scatter them among the lands.
28 They yoked themselves to Baal of Peor and ate
sacrifices offered to the dead.
29 They provoked him to anger by their deeds,
and a plague broke out among them.
30 Then Phinehas stood up and intervened, and
the plague was stopped.
31 It was counted to him as righteousness
through all generations forever.
32 They angered him at the waters of Meribah,
and trouble came to Moses because of
them,
33 because they rebelled against his Spirit, and
Moses spoke rashly with his lips.
34 They did not destroy the peoples as the LORD
had commanded them,
35 but mingled with the nations and learned
their practices.

36 They served their idols, which became a snare
to them.
37 They sacrificed their sons and daughters to
demons.
38 They shed innocent blood, the blood of their
sons and daughters whom they sacrificed
to the idols of Canaan, and the land was
polluted with blood.
39 They defiled themselves by their deeds and
prostituted themselves by their practices.
40 Then the LORD's anger burned against his
people, and he abhorred his inheritance.
41 He gave them into the hand of the nations, and
those who hated them ruled over them.
42 Their enemies oppressed them, and they were
subdued under their hand.
43 Many times he rescued them, but they
rebelled in their schemes and sank down
in their guilt.
44 Yet he looked on their distress when he heard
their cry.
45 For their sake he remembered his covenant
and relented according to his many acts of
steadfast love.
46 He caused all their captors to have
compassion on them.
47 Save us, LORD our God, and gather us from
among the nations, that we may give
thanks to your holy name and glory in
your praise.
48 Blessed be the LORD, the God of Israel, from
everlasting to everlasting!
Let all the people say, "Amen!"
Praise the LORD!

107

1 Give thanks to the LORD, for he is good;
his steadfast love endures forever.
2 Let the redeemed of the LORD say so, those he
redeemed from the hand of the adversary
3 and gathered from the lands, from the east and
the west, from the north and the sea.
4 They wandered in the wilderness along a
desolate way;
they found no city to dwell in.
5 Hungry and thirsty, their souls fainted within
them.
6 Then they cried to the LORD in their trouble,
and he rescued them from their distress.
7 He led them by a straight way to a city where
they could dwell.
8 Let them give thanks to the LORD for his
steadfast love, for his wonders for the
children of Adam.
9 For he satisfies the thirsty soul and fills the
hungry soul with good things.
10 Some sat in darkness and the shadow of
death, prisoners in affliction and iron,
11 because they had rebelled against the words
of God and despised the counsel of the
Most High.
12 He humbled their hearts with hard labor;
they stumbled, and there was no one to help.
13 Then they cried to the LORD in their trouble,
and he saved them from their distress.
14 He brought them out of darkness and the
shadow of death and tore their chains
apart.

15 Let them give thanks to the LORD for his
steadfast love, for his wonders for the
children of Adam.
16 For he shattered doors of bronze and cut
through bars of iron.
17 Fools suffered because of their rebellious
ways and their guilt.
18 They loathed all food and drew near to the
gates of death.
19 Then they cried to the LORD in their trouble,
and he saved them from their distress.
20 He sent his word and healed them;
he rescued them from their pits.
21 Let them give thanks to the LORD for his
steadfast love, for his wonders for the
children of Adam.
22 Let them offer sacrifices of thanksgiving and
recount his works with joyful singing.
23 Those who go down to the sea in ships, doing
business on the mighty waters,
24 have seen the works of the LORD and his
wonders in the deep.
25 He spoke and raised a storm wind that lifted
its waves.
26 They rose to the heavens and sank to the
depths;
their souls melted in their calamity.
27 They reeled and staggered like a drunkard;
all their skill was swallowed up.
28 Then they cried to the LORD in their trouble,
and he brought them out of their distress.
29 He turned the storm to calm, and the waves
grew quiet.

30 They rejoiced because the waters were quiet,
and he guided them to the harbor they
desired.
31 Let them give thanks to the LORD for his
steadfast love, for his wonders for the
children of Adam.
32 Let them exalt him in the assembly of the
people and praise him in the council of
the elders.
33 He turns rivers into wilderness, springs of
water into thirsty ground,
34 fruitful land into a salt waste, because of the
wickedness of those who dwell in it.
35 He turns wilderness into pools of water, dry
ground into springs.
36 There he settles the hungry, and they establish
a city to dwell in.
37 They sow fields and plant vineyards that yield
a fruitful harvest.
38 He blesses them, and they multiply greatly;
he does not let their cattle decrease.
39 Then they diminish and are brought low
through oppression, calamity, and sorrow.
40 He pours contempt on nobles and makes them
wander in a trackless waste.
41 But he lifts the needy high above affliction
and makes their families like flocks.
42 The upright see and rejoice, and all
wickedness shuts its mouth.
43 Whoever is wise, let him heed these things
and consider the LORD's acts of steadfast
love.

108

1 My heart is steadfast, God;

I will sing and make music with my whole
being.
2 Awake, harp and lyre!
I will awaken the dawn.
3 I will give you thanks among the peoples,
LORD;
I will sing praise to you among the nations.
4 For your steadfast love is great above the
heavens, and your faithfulness reaches
the clouds.
5 Be exalted above the heavens, God;
let your glory be over all the earth.
6 So that your beloved may be delivered, save
with your right hand and answer me.
7 God has spoken in his holiness: “I will exult;
I will divide Shechem and measure out the
Valley of Succoth.
8 Gilead is mine, Manasseh is mine;
Ephraim is the helmet for my head, Judah
my scepter.
9 Moab is my washbasin;
upon Edom I will cast my sandal;
over Philistia I will shout in triumph.”
10 Who will bring me to the fortified city?
Who will lead me to Edom?
11 Have you not rejected us, God?
You do not go out with our armies, God.
12 Give us help against the adversary, for human
deliverance is worthless.
13 With God we will do valiantly;
he will trample our adversaries.

109

1 God of my praise, do not be silent.

2 For wicked and deceitful mouths have opened
against me;
they speak to me with a lying tongue.
3 They surround me with hateful words and
fight against me without cause.
4 In return for my love they accuse me, but I give
myself to prayer.
5 They repay me evil for good, and hatred for my
love.
6 Appoint a wicked man over him;
let an accuser stand at his right hand.
7 When he is tried, let him come out guilty;
let his prayer be counted as sin.
8 Let his days be few;
let another take his office.
9 Let his children be fatherless, and his wife a
widow.
10 Let his children wander continually and beg,
seeking food from their ruined homes.
11 Let a creditor seize all he has;
let strangers plunder the fruit of his labor.
12 Let no one extend steadfast love to him or
show compassion to his fatherless
children.
13 Let his offspring be cut off;
in the next generation let their name be
erased.
14 Let the guilt of his fathers be remembered
before the LORD, and let his mother's sin
not be erased.
15 Let them be before the LORD continually, that
he may cut off their memory from the
earth.

16 For he did not remember to show steadfast
love, but pursued the afflicted and needy
man, the brokenhearted, to put him to
death.
17 He loved cursing, and it came upon him;
he did not delight in blessing, and it went
far from him.
18 He clothed himself with cursing like a robe;
it entered him like water, like oil into his
bones.
19 Let it be to him like a garment he wraps
around himself, like a belt he always
wears.
20 Let this be the recompense of my accusers
from the LORD, of those who speak evil
against my life.
21 But you, LORD, the Lord, act on my behalf for
your name's sake;
rescue me, for your steadfast love is good.
22 For I am afflicted and needy, and my heart is
wounded within me.
23 I fade like a lengthening shadow;
I am shaken off like a locust.
24 My knees falter from fasting;
my flesh has lost its fat.
25 I have become a reproach to them;
when they see me, they shake their heads.
26 Help me, LORD my God;
save me according to your steadfast love.
27 Let them know that this is your hand, that
you, LORD, have done it.
28 Let them curse, but you bless.
Let them rise and be ashamed, but let your
servant rejoice.

29 Let my accusers be clothed in disgrace;
let them wrap themselves in their shame as in a robe.
30 With my mouth I will give great thanks to the LORD;
I will praise him in the midst of the multitude.
31 For he stands at the right hand of the needy, to save him from those who condemn his life.

110

1 The LORD declares to my Lord, “Sit at my right hand until I make your enemies a footstool for your feet.”
2 The LORD will send forth your mighty scepter from Zion.
Rule in the midst of your enemies!
3 Your people will offer themselves freely on the day of your power, in holy splendor;
from the womb of the dawn, yours is the dew of your youth.
4 The LORD has sworn and will not change his mind: “You are a priest forever, according to the order of Melchizedek.”
5 The Lord is at your right hand;
he will shatter kings on the day of his anger.
6 He will judge among the nations, filling the land with corpses;
he will shatter heads across a vast land.
7 He will drink from the stream along the way;
therefore he will lift up his head.

111

1 Praise the LORD!
I will give thanks to the LORD with all my heart, in the council of the upright and in the assembly.
2 Great are the works of the LORD, studied by all who delight in them.
3 His work is splendor and majesty, and his righteousness endures forever.
4 He has made his wonders remembered;
the LORD is gracious and compassionate.
5 He gives food to those who fear him;
he remembers his covenant forever.
6 He has shown his people the power of his works, giving them the inheritance of the nations.
7 The works of his hands are faithfulness and justice;
all his precepts are trustworthy,
8 upheld forever and ever, established in faithfulness and uprightness.
9 He sent redemption to his people;
he ordained his covenant forever.
Holy and awesome is his name.
10 The fear of the LORD is the beginning of wisdom;
all who practice his precepts have good understanding.
His praise endures forever.

112

1 Praise the LORD!
Blessed is the man who fears the LORD, who greatly delights in his commandments.

2 His offspring will be mighty in the land;
the generation of the upright will be blessed.
3 Wealth and riches are in his house, and his
righteousness endures forever.
4 Light dawns in the darkness for the upright;
he is gracious, compassionate, and
righteous.
5 It goes well with the man who is gracious and
lends, who conducts his affairs with
justice.
6 For he will never be shaken;
the righteous will be remembered forever.
7 He will not fear bad news;
his heart is steadfast, trusting in the LORD.
8 His heart is secure;
he will not fear, until he looks upon his
adversaries.
9 He has freely distributed his gifts to the needy;
his righteousness endures forever.
His horn will be lifted high in honor.
10 The wicked man will see and be angry;
he will gnash his teeth and melt away.
The desire of the wicked will perish.

113

1 Praise the LORD!
Praise, servants of the LORD;
praise the name of the LORD.
2 Blessed be the name of the LORD from now on
and forever.
3 From the rising of the sun to its setting, the
name of the LORD is to be praised.
4 The LORD is high above all nations, his glory
above the heavens.

5 Who is like the LORD our God, who is seated on
high,
6 who stoops to look on the heavens and the
earth?
7 He raises the weak from the dust and lifts the
needy from the refuse heap,
8 to seat them with nobles, with the nobles of his
people.
9 He gives the barren woman a home as a joyful
mother of children.
Praise the LORD!

114

1 When Israel went out from Egypt, the house of
Jacob from a people of foreign speech,
2 Judah became his sanctuary, Israel his
dominion.
3 The sea saw and fled;
the Jordan turned back.
4 The mountains skipped like rams, the hills like
lambs.
5 What troubles you, sea, that you flee, Jordan,
that you turn back,
6 mountains, that you skip like rams, hills, like
lambs?
7 Tremble, earth, before the Lord, before the God
of Jacob,
8 who turns the rock into a pool of water, the
flint into a spring.

115

1 Not to us, LORD, not to us, but to your name
give glory, for your steadfast love and
faithfulness.

2 Why should the nations say, “Where is their
God now?”
3 Our God is in the heavens;
he does all that he pleases.
4 Their idols are silver and gold, the work of
human hands.
5 They have mouths but cannot speak, eyes but
cannot see.
6 They have ears but cannot hear, noses but
cannot smell.
7 They have hands but cannot feel, feet but
cannot walk;
they make no sound in their throats.
8 Those who make them will be like them, and so
will all who trust in them.
9 Israel, trust in the LORD!
He is their help and their shield.
10 House of Aaron, trust in the LORD!
He is their help and their shield.
11 You who fear the LORD, trust in the LORD!
He is their help and their shield.
12 The LORD has remembered us;
he will bless us.
He will bless the house of Israel;
he will bless the house of Aaron.
13 He will bless those who fear the LORD, small
and great alike.
14 May the LORD increase you, you and your
children.
15 May you be blessed by the LORD, the Maker of
heaven and earth.
16 The heavens are the LORD's heavens, but the
earth he has given to the children of
Adam.

17 The dead do not praise the LORD, nor any who
go down into silence.
18 But we will bless the LORD from now on and
forever.
Praise the LORD!

116

1 I love the LORD, for he hears my voice and my
pleas.
2 Because he has inclined his ear to me, I will
call on him as long as I live.
3 The cords of death surrounded me;
the anguish of Sheol overtook me.
I found distress and sorrow.
4 Then I called on the name of the LORD: “Please,
LORD, rescue my soul!”
5 The LORD is gracious and righteous;
our God is compassionate.
6 The LORD guards the simple;
I was brought low, and he saved me.
7 Return to your rest, my soul, for the LORD has
dealt bountifully with you.
8 For you have rescued my soul from death, my
eyes from tears, my feet from stumbling.
9 I will walk before the LORD in the lands of the
living.
10 I believed, even when I said, “I am greatly
afflicted.”
11 In my alarm I said, “All people are liars.”
12 What shall I return to the LORD for all his
benefits to me?
13 I will lift the cup of salvation and call on the
name of the LORD.

14 I will fulfill my vows to the LORD now in the
presence of all his people.
15 Precious in the LORD's eyes is the death of his
faithful ones.
16 Please, LORD, I am your servant;
I am your servant, the son of your servant
woman.
You have loosed my bonds.
17 I will offer you a sacrifice of thanksgiving and
call on the name of the LORD.
18 I will fulfill my vows to the LORD now in the
presence of all his people,
19 in the courts of the house of the LORD, in your
midst, Jerusalem.
Praise the LORD!

117

1 Praise the LORD, all nations!
Extol him, all peoples!
2 For mighty is his steadfast love toward us, and
the faithfulness of the LORD endures
forever.
Praise the LORD!

118

1 Give thanks to the LORD, for he is good;
his steadfast love endures forever.
2 Let Israel now say, "His steadfast love endures
forever."
3 Let the house of Aaron now say, "His steadfast
love endures forever."
4 Let those who fear the LORD now say, "His
steadfast love endures forever."
5 From my distress I called on the LORD;

the LORD answered me and set me in a
spacious place.
6 The LORD is on my side;
I will not fear.
What can a human being do to me?
7 The LORD is on my side among my helpers;
I will look upon those who hate me.
8 It is better to take refuge in the LORD than to
trust in humans.
9 It is better to take refuge in the LORD than to
trust in nobles.
10 All nations surrounded me;
in the name of the LORD I will cut them off.
11 They surrounded me, yes, surrounded me;
in the name of the LORD I will cut them off.
12 They surrounded me like bees;
they were snuffed out like fire among
thorns.
In the name of the LORD I will cut them off.
13 You pushed me hard to make me fall, but the
LORD helped me.
14 The LORD is my strength and my song;
he has become my salvation.
15 Shouts of joy and salvation are in the tents of
the righteous: “The LORD’s right hand
does valiantly!
16 The LORD’s right hand is lifted high;
the LORD’s right hand does valiantly!”
17 I will not die, but live, and recount the deeds
of the LORD.
18 The LORD has disciplined me severely, but he
has not given me over to death.
19 Open to me the gates of righteousness;

I will enter them and give thanks to the
LORD.
20 This is the gate of the LORD;
the righteous will enter through it.
21 I will give you thanks, for you have answered
me and become my salvation.
22 The stone the builders rejected has become
the cornerstone.
23 This is the LORD's doing;
it is wonderful in our eyes.
24 This is the day the LORD has made;
let us rejoice and be glad in it.
25 Please, LORD, save us now!
Please, LORD, grant us success now!
26 Blessed is he who comes in the name of the
LORD.
We bless you from the house of the LORD.
27 The LORD is God, and he has given us light.
Bind the festival sacrifice with cords, up to
the horns of the altar.
28 You are my God, and I will give you thanks;
my God, I will exalt you.
29 Give thanks to the LORD, for he is good;
his steadfast love endures forever.

119

1 Blessed are those whose way is blameless, who
walk in the law of the LORD.
2 Blessed are those who keep his testimonies and
seek him with all their heart.
3 They do no wrong;
they walk in his ways.
4 You have commanded that your precepts be
kept diligently.

5 Oh, that my ways were steadfast in keeping
your statutes!
6 Then I would not be put to shame when I look
to all your commandments.
7 I will praise you with an upright heart as I
learn your righteous judgments.
8 I will keep your statutes;
do not utterly forsake me.
9 How can a young man keep his way pure?
By guarding it according to your word.
10 With all my heart I seek you;
do not let me stray from your
commandments.
11 I have treasured your word in my heart so
that I may not sin against you.
12 Blessed are you, LORD;
teach me your statutes.
13 With my lips I recount all the judgments of
your mouth.
14 I rejoice in the way of your testimonies as in
all riches.
15 I will meditate on your precepts and look to
your ways.
16 I will delight in your statutes;
I will not forget your word.
17 Deal generously with your servant, so that I
may live and keep your word.
18 Open my eyes, so that I may see wonderful
things in your law.
19 I am a stranger on the earth;
do not hide your commandments from me.
20 My soul is crushed with longing for your
judgments at all times.

21 You rebuke the arrogant, the accursed who
stray from your commandments.
22 Roll away reproach and contempt from me,
for I have kept your testimonies.
23 Even though rulers sit and speak against me,
your servant meditates on your statutes.
24 Your testimonies are also my delight;
they are my counselors.
25 My soul clings to the dust;
give me life according to your word.
26 I recounted my ways, and you answered me;
teach me your statutes.
27 Help me understand the way of your precepts,
so that I may meditate on your wonders.
28 My soul melts with sorrow;
strengthen me according to your word.
29 Keep the way of falsehood far from me, and
graciously grant me your law.
30 I have chosen the way of faithfulness;
I have set your judgments before me.
31 I cling to your testimonies;
LORD, do not put me to shame.
32 I will run in the way of your commandments,
for you enlarge my heart.
33 Teach me the way of your statutes, LORD, and
I will keep it to the end.
34 Give me understanding, so that I may keep
your law and observe it with all my heart.
35 Lead me in the path of your commandments,
for I delight in it.
36 Incline my heart to your testimonies and not
to dishonest gain.

37 Turn my eyes away from worthless things;
give me life in your ways.
38 Confirm your promise to your servant, so that
you may be feared.
39 Turn away the reproach I dread, for your
judgments are good.
40 Look, I long for your precepts;
give me life in your righteousness.
41 Let your acts of steadfast love come to me,
LORD, your salvation according to your
promise.
42 Then I will have an answer for the one who
taunts me, for I trust in your word.
43 Do not take the word of truth entirely from
my mouth, for I hope in your judgments.
44 I will keep your law continually, forever and
ever.
45 I will walk in a spacious place, for I have
sought your precepts.
46 I will speak of your testimonies before kings
and will not be ashamed.
47 I will delight in your commandments, which I
love.
48 I will lift my hands to your commandments,
which I love, and meditate on your
statutes.
49 Remember your word to your servant, in
which you have made me hope.
50 This is my comfort in my affliction: your word
has given me life.
51 The arrogant mock me beyond measure, but I
have not turned away from your law.
52 I remember your judgments of old, LORD, and
I am comforted.

53 Burning indignation grips me because of the
wicked who forsake your law.
54 Your statutes have been my songs in the house
where I sojourn.
55 At night I remember your name, LORD, and I
keep your law.
56 This has become mine because I have kept
your precepts.
57 The LORD is my portion;
I have promised to keep your words.
58 I seek your favor with all my heart;
be gracious to me according to your
promise.
59 I have considered my ways and turned my
feet to your testimonies.
60 I hasten and do not delay in keeping your
commandments.
61 The cords of the wicked entangle me, but I
have not forgotten your law.
62 At midnight I rise to praise you because of
your righteous judgments.
63 I am a companion of all who fear you, of those
who keep your precepts.
64 The earth is full of your steadfast love, LORD;
teach me your statutes.
65 You have dealt well with your servant, LORD,
according to your word.
66 Teach me good judgment and knowledge, for I
believe in your commandments.
67 Before I was afflicted I went astray, but now I
keep your word.
68 You are good and do good;
teach me your statutes.

69 The arrogant smear me with lies, but with all
my heart I keep your precepts.
70 Their hearts are unfeeling, thick as fat, but I
delight in your law.
71 It was good for me to be afflicted, so that I
might learn your statutes.
72 The law of your mouth is better to me than
thousands of pieces of gold and silver.
73 Your hands made me and formed me;
give me understanding, so that I may learn
your commandments.
74 Those who fear you will see me and rejoice,
for I have hoped in your word.
75 I know, LORD, that your judgments are
righteous and that in faithfulness you
have afflicted me.
76 Let your steadfast love comfort me, according
to your promise to your servant.
77 Let your compassion come to me, so that I
may live, for your law is my delight.
78 Let the arrogant be put to shame, for they
have wronged me with lies;
I will meditate on your precepts.
79 Let those who fear you turn to me, those who
know your testimonies.
80 Let my heart be blameless in your statutes, so
that I may not be put to shame.
81 My soul faints with longing for your salvation;
I hope in your word.
82 My eyes fail with longing for your promise;
I ask, “When will you comfort me?”
83 Though I have become like a wineskin in the
smoke, I have not forgotten your statutes.

84 How many are your servant's days?
When will you bring judgment on my
persecutors?
85 The arrogant have dug pits for me, contrary to
your law.
86 All your commandments are trustworthy;
they persecute me with lies.
Help me!
87 They have almost put an end to me on the
earth, but I have not forsaken your
precepts.
88 Give me life according to your steadfast love,
so that I may keep the testimony of your
mouth.
89 Forever, LORD, your word stands firm in the
heavens.
90 Your faithfulness endures through all
generations;
you established the earth, and it stands.
91 They stand to this day according to your
judgments, for all things are your
servants.
92 If your law had not been my delight, I would
have perished in my affliction.
93 I will never forget your precepts, for through
them you have given me life.
94 I am yours;
save me, for I have sought your precepts.
95 The wicked lie in wait to destroy me, but I
consider your testimonies.
96 I have seen an end to all perfection, but your
commandment is exceedingly broad.
97 Oh, how I love your law!

It is my meditation all day long.
98 Your commandments make me wiser than my
enemies, for they are mine forever.
99 I have more insight than all my teachers, for
your testimonies are my meditation.
100 I have more understanding than the aged, for
I keep your precepts.
101 I have kept my feet from every evil path so
that I may keep your word.
102 I have not turned aside from your judgments,
for you yourself have taught me.
103 How sweet is your word to my palate,
sweeter than honey to my mouth!
104 Through your precepts I gain understanding;
therefore I hate every false way.
105 Your word is a lamp to my feet and a light to
my path.
106 I have sworn and confirmed it: I will keep
your righteous judgments.
107 I am afflicted beyond measure;
LORD, give me life according to your word.
108 Please accept the freewill offerings of my
mouth, LORD, and teach me your
judgments.
109 My life is always in my hand, but I have not
forgotten your law.
110 The wicked have set a trap for me, but I have
not strayed from your precepts.
111 Your testimonies are my inheritance forever,
for they are the joy of my heart.
112 I have inclined my heart to carry out your
statutes forever, to the end.

113 I hate the double-minded, but I love your law.
114 You are my hiding place and my shield;
I hope in your word.
115 Depart from me, you evildoers, so that I may
keep the commandments of my God.
116 Uphold me according to your promise, so that
I may live;
do not let me be put to shame in my hope.
117 Support me, so that I may be saved, and I will
regard your statutes continually.
118 You reject all who stray from your statutes,
for their deceit is falsehood.
119 You remove all the wicked of the earth like
dross;
therefore I love your testimonies.
120 My flesh shudders in fear of you, and I am
afraid of your judgments.
121 I have done what is just and right;
do not abandon me to my oppressors.
122 Stand as guarantor for your servant's good;
do not let the arrogant oppress me.
123 My eyes fail with longing for your salvation
and for your righteous promise.
124 Deal with your servant according to your
steadfast love, and teach me your statutes.
125 I am your servant;
give me understanding, so that I may know
your testimonies.
126 It is time for the LORD to act;
they have broken your law.
127 Therefore I love your commandments more
than gold, more than fine gold.

128 Therefore I consider all your precepts right
in all things;
I hate every false way.
129 Your testimonies are wonderful;
therefore my soul keeps them.
130 The unfolding of your words gives light;
it gives understanding to the simple.
131 I open my mouth and pant, for I long for your
commandments.
132 Turn to me and be gracious to me, as is your
custom toward those who love your name.
133 Establish my steps according to your word,
and let no evil rule over me.
134 Redeem me from human oppression, so that I
may keep your precepts.
135 Make your face shine on your servant, and
teach me your statutes.
136 Streams of water flow down from my eyes
because they do not keep your law.
137 You are righteous, LORD, and your judgments
are upright.
138 The testimonies you have commanded are
righteous and utterly faithful.
139 My zeal consumes me because my
adversaries have forgotten your words.
140 Your word is thoroughly refined, and your
servant loves it.
141 I am small and despised, but I have not
forgotten your precepts.
142 Your righteousness is an everlasting
righteousness, and your law is truth.
143 Trouble and anguish have found me, but
your commandments are my delight.

144 Your testimonies are righteous forever;
give me understanding, so that I may live.
145 I call with all my heart;
answer me, LORD!
I will keep your statutes.
146 I call to you;
save me, so that I may keep your
testimonies.
147 I rise before dawn and cry for help;
I hope in your word.
148 My eyes are awake before the night watches,
so that I may meditate on your word.
149 Hear my voice according to your steadfast
love;
LORD, give me life according to your
judgments.
150 Those who pursue wicked schemes draw
near;
they are far from your law.
151 You are near, LORD, and all your
commandments are truth.
152 Long ago I learned from your testimonies
that you established them forever.
153 Look on my affliction and rescue me, for I
have not forgotten your law.
154 Plead my cause and redeem me;
give me life according to your promise.
155 Salvation is far from the wicked, for they do
not seek your statutes.
156 Your compassion is great, LORD;
give me life according to your judgments.

157 My persecutors and adversaries are many,
but I have not turned aside from your
testimonies.
158 I see the treacherous and feel disgust,
because they do not keep your word.
159 See how I love your precepts;
LORD, give me life according to your
steadfast love.
160 The sum of your word is truth, and every
righteous judgment of yours endures
forever.
161 Rulers persecute me without cause, but my
heart stands in awe of your word.
162 I rejoice in your word like one who finds
great spoil.
163 I hate and detest falsehood, but I love your
law.
164 Seven times a day I praise you because of
your righteous judgments.
165 Great peace belongs to those who love your
law, and there is no stumbling block for
them.
166 I hope for your salvation, LORD, and I carry
out your commandments.
167 My soul keeps your testimonies, and I love
them greatly.
168 I keep your precepts and your testimonies,
for all my ways are before you.
169 Let my cry come before you, LORD;
give me understanding according to your
word.
170 Let my plea come before you;
deliver me according to your promise.

171 Let my lips pour forth praise, for you teach
me your statutes.
172 Let my tongue sing of your word, for all your
commandments are righteous.
173 Let your hand be ready to help me, for I have
chosen your precepts.
174 I long for your salvation, LORD, and your law
is my delight.
175 Let my soul live and praise you, and let your
judgments help me.
176 I have strayed like a lost sheep;
seek your servant, for I have not forgotten
your commandments.

120

1 In my distress I called to the LORD, and he
answered me.
2 LORD, deliver my life from lying lips and a
deceitful tongue.
3 What will he give you, and what more will he
add to you, deceitful tongue?
4 A warrior's sharpened arrows, with burning
coals of broom wood.
5 Woe to me, for I sojourn in Meshech;
I dwell among the tents of Kedar!
6 Too long have I lived with those who hate
peace.
7 I am for peace, but when I speak, they are for
war.

121

1 I lift my eyes to the mountains.
Where does my help come from?

2 My help comes from the LORD, the Maker of
heaven and earth.
3 May he not let your foot slip;
may the one who watches over you not
slumber.
4 Indeed, the one who watches over Israel
neither slumbers nor sleeps.
5 The LORD watches over you;
the LORD is your shade at your right hand.
6 The sun will not strike you by day, nor the
moon by night.
7 The LORD will keep you from all evil;
he will keep your life.
8 The LORD will keep your going out and your
coming in, from now on and forever.

122

1 I was glad when they said to me, “Let us go to
the house of the LORD.”
2 Our feet are standing within your gates,
Jerusalem.
3 Jerusalem is built as a city firmly joined
together.
4 There the tribes go up, the tribes of the LORD,
according to the testimony given to Israel,
to give thanks to the name of the LORD.
5 For there stand thrones for judgment, the
thrones of the house of David.
6 Pray for the peace of Jerusalem: “May those
who love you live at ease.
7 May there be peace within your walls and ease
within your palaces.”

8 For the sake of my brothers and companions I
will say, “Peace be within you.”
9 For the sake of the house of the LORD our God I
will seek your good.

123

1 I lift my eyes to you, to you who are enthroned
in the heavens.
2 As the eyes of servants look to the hand of their
masters, as the eyes of a servant woman
look to the hand of her mistress, so our
eyes look to the LORD our God, until he is
gracious to us.
3 Be gracious to us, LORD, be gracious to us, for
we have had more than enough contempt.
4 Our soul has had more than enough of the
mockery of those at ease and the
contempt of the arrogant.

124

1 Let Israel now say, “If the LORD had not been
on our side,
2 if the LORD had not been on our side when
people rose against us,
3 then they would have swallowed us alive when
their anger burned against us.
4 Then the waters would have swept us away;
the torrent would have passed over us.
5 Then the raging waters would have passed
over us.”
6 Blessed be the LORD, who has not given us as
prey to their teeth.
7 We have escaped like a bird from the fowlers’
snare;

the snare is broken, and we have escaped.
8 Our help is in the name of the LORD, the Maker
of heaven and earth.

125

1 Those who trust in the LORD are like Mount
Zion, which cannot be shaken but
remains forever.
2 As the mountains surround Jerusalem, so the
LORD surrounds his people, from now on
and forever.
3 For the scepter of wickedness will not rest on
the land allotted to the righteous, so that
the righteous will not stretch out their
hands to do wrong.
4 Do good, LORD, to those who are good, to those
who are upright in heart.
5 But those who turn aside to their crooked ways,
the LORD will lead away with evildoers.
Peace be upon Israel!

126

1 When the LORD restored the fortunes of Zion,
we were like those who dream.
2 Then our mouth was filled with laughter and
our tongue with shouts of joy.
Then they said among the nations, “The
LORD has done great things for them.”
3 The LORD did great things for us, and we were
glad.
4 Restore our fortunes, LORD, like the streams in
the Negev.
5 Those who sow in tears will reap with shouts
of joy.

6 The one who goes out weeping, carrying seed
to sow, will surely return with shouts of
joy, carrying his sheaves.

127

1 Unless the LORD builds the house, its builders
labor in vain.
Unless the LORD guards the city, the
watchman stays awake in vain.
2 It is in vain that you rise early and stay up late,
eating the bread of painful toil;
for he gives sleep to his beloved.
3 Indeed, children are a heritage from the LORD;
the fruit of the womb is a reward.
4 Like arrows in a warrior's hand are sons born
in one's youth.
5 Blessed is the man who fills his quiver with
them!
They will not be put to shame when they
speak with enemies at the gate.

128

1 Blessed is everyone who fears the LORD, who
walks in his ways.
2 You will eat the fruit of your hands' labor;
you will be blessed, and it will go well with
you.
3 Your wife will be like a fruitful vine within
your house, your children like olive
shoots around your table.
4 Indeed, this is how the man who fears the
LORD will be blessed.
5 May the LORD bless you from Zion;

may you see the good of Jerusalem all the
days of your life.
6 May you see your children's children.
Peace be upon Israel!

129

1 Let Israel now say, "They have oppressed me
greatly from my youth.
2 They have oppressed me greatly from my
youth, but they have not prevailed against
me.
3 The plowmen plowed on my back;
they made their furrow long.
4 The LORD is righteous;
he has cut the cords of the wicked."
5 May all who hate Zion be put to shame and
turned back.
6 May they be like grass on the rooftops, which
withers before it is pulled up,
7 with which the reaper cannot fill his hand, nor
the binder of sheaves his arms.
8 Nor do those who pass by say, "The blessing of
the LORD be upon you;
we bless you in the name of the LORD."

130

1 Out of the depths I cry to you, LORD.
2 Lord, hear my voice;
let your ears be attentive to the voice of my
pleas.
3 If you, LORD, kept account of iniquities, Lord,
who could stand?
4 But with you there is forgiveness, so that you
may be feared.

5 I wait for the LORD;
my soul waits, and in his word I hope.
6 My soul waits for the Lord more than
watchmen for the morning, more than
watchmen for the morning.
7 Israel, hope in the LORD, for with the LORD
there is steadfast love, and with him there
is abundant redemption.
8 He himself will redeem Israel from all its
iniquities.

131

1 LORD, my heart is not proud, and my eyes are
not haughty;
I do not pursue great things or things too
wonderful for me.
2 Surely I have calmed and quieted my soul, like
a weaned child with its mother;
like a weaned child is my soul within me.
3 Israel, hope in the LORD, from now on and
forever.

132

1 Remember David, LORD, and all his hardships,
2 how he swore to the LORD and vowed to the
Mighty One of Jacob:
3 “I will not enter my dwelling tent or climb into
my bed;
4 I will not give sleep to my eyes or slumber to
my eyelids,
5 until I find a place for the LORD, dwelling
places for the Mighty One of Jacob.”
6 Look, we heard of it in Ephrathah;
we found it in the fields of the forest.

7 Let us enter his dwelling places;
let us bow down at his footstool.
8 Arise, LORD, to your resting place, you and the
ark of your strength.
9 Let your priests be clothed with righteousness,
and let your faithful ones shout for joy.
10 For the sake of David your servant, do not
reject your anointed one.
11 The LORD swore to David a sure oath from
which he will not turn back: “I will set one
of your own descendants on your throne.
12 If your sons keep my covenant and my
testimonies that I will teach them, their
sons too will sit on your throne forever.”
13 For the LORD has chosen Zion;
he has desired it as his dwelling:
14 “This is my resting place forever;
here I will dwell, for I have desired it.
15 I will abundantly bless its provisions;
I will satisfy its poor with bread.
16 I will clothe its priests with salvation, and its
faithful ones will shout aloud for joy.
17 There I will make a horn sprout for David;
I have prepared a lamp for my anointed one.
18 I will clothe his enemies with shame, but his
crown will gleam upon him.”

133

1 Look, how good and how pleasant it is when
brothers dwell together in unity!
2 It is like fine oil on the head, running down the
beard, Aaron’s beard, running down onto
the collar of his robes.

3 It is like the dew of Hermon falling on the
mountains of Zion;
for there the LORD commanded the
blessing: life forevermore.

134

1 Come, bless the LORD, all you servants of the
LORD who stand by night in the house of
the LORD.
2 Lift your hands toward the sanctuary and bless
the LORD.
3 May the LORD, the Maker of heaven and earth,
bless you from Zion.

135

1 Praise the LORD!
Praise the name of the LORD;
praise him, you servants of the LORD,
2 who stand in the house of the LORD, in the
courts of the house of our God.
3 Praise the LORD, for the LORD is good;
sing praises to his name, for it is pleasant.
4 For the LORD has chosen Jacob for himself,
Israel as his treasured possession.
5 For I know that the LORD is great, and our
Lord is above all gods.
6 Whatever the LORD pleases, he does, in heaven
and on earth, in the seas and all the
depths.
7 He makes clouds rise from the ends of the
earth;
he makes lightning for the rain and brings
the wind out of his storehouses.

8 He struck down the firstborn of Egypt, both
human and animal.
9 He sent signs and wonders into your midst,
Egypt, against Pharaoh and all his
servants.
10 He struck down many nations and killed
mighty kings:
11 Sihon king of the Amorites, Og king of Bashan,
and all the kingdoms of Canaan.
12 He gave their land as an inheritance, an
inheritance to Israel his people.
13 LORD, your name endures forever;
LORD, your renown endures through all
generations.
14 For the LORD will vindicate his people and
have compassion on his servants.
15 The idols of the nations are silver and gold,
the work of human hands.
16 They have mouths but do not speak;
they have eyes but do not see.
17 They have ears but do not hear;
there is no breath in their mouths.
18 Those who make them will become like them,
as will all who trust in them.
19 House of Israel, bless the LORD!
House of Aaron, bless the LORD!
20 House of Levi, bless the LORD!
You who fear the LORD, bless the LORD!
21 Blessed be the LORD from Zion, he who dwells
in Jerusalem.
Praise the LORD!

136

1 Give thanks to the LORD, for he is good, for his
steadfast love endures forever.
2 Give thanks to the God of gods, for his steadfast
love endures forever.
3 Give thanks to the Lord of lords, for his
steadfast love endures forever.
4 To him who alone does great wonders, for his
steadfast love endures forever.
5 To him who made the heavens with
understanding, for his steadfast love
endures forever.
6 To him who spread out the earth over the
waters, for his steadfast love endures
forever.
7 To him who made the great lights, for his
steadfast love endures forever.
8 The sun to rule the day, for his steadfast love
endures forever.
9 The moon and stars to rule the night, for his
steadfast love endures forever.
10 To him who struck Egypt through its firstborn,
for his steadfast love endures forever.
11 And brought Israel out from among them, for
his steadfast love endures forever.
12 With a strong hand and an outstretched arm,
for his steadfast love endures forever.
13 To him who divided the Red Sea into parts, for
his steadfast love endures forever.
14 And brought Israel through its midst, for his
steadfast love endures forever.
15 And overthrew Pharaoh and his army in the
Red Sea, for his steadfast love endures
forever.

16 To him who led his people through the
wilderness, for his steadfast love endures
forever.
17 To him who struck down great kings, for his
steadfast love endures forever.
18 And killed mighty kings, for his steadfast love
endures forever.
19 Sihon king of the Amorites, for his steadfast
love endures forever.
20 And Og king of Bashan, for his steadfast love
endures forever.
21 And gave their land as an inheritance, for his
steadfast love endures forever.
22 An inheritance to Israel his servant, for his
steadfast love endures forever.
23 Who remembered us in our low estate, for his
steadfast love endures forever.
24 And rescued us from our adversaries, for his
steadfast love endures forever.
25 Who gives food to all flesh, for his steadfast
love endures forever.
26 Give thanks to the God of heaven, for his
steadfast love endures forever.

137

1 By the rivers of Babylon, there we sat and wept
when we remembered Zion.
2 On the poplars there we hung our lyres.
3 For there our captors demanded songs of us,
and our tormentors demanded joy: “Sing
us one of the songs of Zion!”
4 How can we sing the LORD’s song in a foreign
land?
5 If I forget you, Jerusalem, let my right hand
forget its skill.

6 Let my tongue cling to the roof of my mouth if I
do not remember you, if I do not set
Jerusalem above my highest joy.
7 Remember against the people of Edom, LORD,
the day of Jerusalem, when they said,
“Raze it, raze it to its very foundation!”
8 Daughter Babylon, doomed to devastation,
blessed is the one who repays you for
what you have done to us.
9 Blessed is the one who seizes your little ones
and dashes them against the rock.

138

1 I will give you thanks with all my heart;
before the gods I will sing your praise.
2 I will bow down toward your holy temple and
give thanks to your name for your
steadfast love and your truth, for you
have exalted your word above all your
name.
3 On the day I called, you answered me;
you made me bold with strength in my soul.
4 All the kings of the earth will give you thanks,
LORD, for they have heard the words of
your mouth.
5 They will sing of the ways of the LORD, for
great is the glory of the LORD.
6 Though the LORD is high, he looks upon the
lowly, but he knows the proud from afar.
7 Though I walk in the midst of trouble, you
preserve my life;

you stretch out your hand against the anger
of my enemies, and your right hand saves
me.
8 The LORD will complete what he does for me.
LORD, your steadfast love endures forever;
do not forsake the works of your hands.

139

1 LORD, you have searched me and known me.
2 You know when I sit down and when I rise;
you understand my thought from afar.
3 You examine my path and my lying down;
you are familiar with all my ways.
4 Even before a word is on my tongue, you,
LORD, know it completely.
5 You hem me in behind and before, and you lay
your hand upon me.
6 Such knowledge is too wonderful for me, too
high for me to attain.
7 Where can I go from your Spirit?
Where can I flee from your presence?
8 If I ascend to heaven, you are there;
if I make my bed in Sheol, you are there.
9 If I take the wings of the dawn and dwell at the
farthest edge of the sea,
10 even there your hand will lead me, and your
right hand will hold me fast.
11 If I say, “Surely the darkness will overwhelm
me, and the light around me will become
night,”
12 even darkness is not dark to you;
the night shines like the day, for darkness is
as light to you.

13 For you formed my inward parts;
you knitted me together in my mother's
womb.
14 I praise you, for I am fearfully and
wonderfully made;
wonderful are your works, and my soul
knows it well.
15 My frame was not hidden from you when I
was made in secret, woven together in the
depths of the earth.
16 Your eyes saw my unformed body;
in your book were written all the days
formed for me, when none of them yet
existed.
17 How precious are your thoughts to me, God!
How vast is their sum!
18 If I counted them, they would outnumber the
sand;
when I awake, I am still with you.
19 If only you would slay the wicked, God!
Depart from me, you bloodthirsty men!
20 They speak of you with malicious intent;
your adversaries take your name in vain.
21 Do I not hate those who hate you, LORD, and
feel disgust at those who rise against you?
22 I hate them with complete hatred;
they have become my enemies.
23 Search me, God, and know my heart;
test me and know my anxious thoughts.
24 See if there is any hurtful way in me, and lead
me in the everlasting way.

140

1 Rescue me, LORD, from evil people;
protect me from violent men,
2 who plot evil in their hearts and stir up wars
every day.
3 They sharpen their tongues like a serpent's;
viper's venom is under their lips. Selah.

4 Keep me, LORD, from the hands of the wicked;
protect me from violent men who plot to
trip my steps.
5 The proud have hidden a trap and cords for
me;
they have spread a net beside the path and
set snares for me. Selah.

6 I say to the LORD, "You are my God;
hear the voice of my pleas, LORD."
7 LORD, the Lord, the strength of my salvation,
you have covered my head in the day of
battle.
8 Do not grant the desires of the wicked, LORD;
do not advance their scheme, lest they exalt
themselves. Selah.

9 As for the heads of those who surround me, let
the harm of their own lips cover them.
10 Let coals fall upon them;
let him cast them into the fire, into deep pits
from which they cannot rise.
11 Let no slanderer be established in the land;
let evil hunt down the violent man to
overthrow him.

12 I know that the LORD will uphold the cause of
the afflicted and justice for the needy.
13 Surely the righteous will give thanks to your
name;
the upright will dwell in your presence.

141

1 LORD, I call to you;
come quickly to me.
Hear my voice when I call to you.
2 Let my prayer be set before you like incense,
the lifting of my hands like the evening
offering.
3 Set a guard over my mouth, LORD;
keep watch over the door of my lips.
4 Do not incline my heart toward anything evil,
to practice wicked deeds with those who
do wrong;
do not let me eat their delicacies.
5 Let a righteous man strike me—it is kindness;
let him rebuke me—it is oil for my head.
Let my head not refuse it, for my prayer is
still against their evil deeds.
6 When their judges are thrown down the sides
of the cliff, they will hear my words, for
they are pleasant.
7 As when the ground is plowed and broken up,
our bones are scattered at the mouth of
Sheol.
8 But my eyes are on you, LORD, the Lord;
in you I take refuge.
Do not pour out my life.

9 Keep me from the trap they have laid for me
and from the snares of evildoers.
10 Let the wicked fall into his nets while I pass
on.

142

1 With my voice I cry to the LORD;
with my voice I plead for the LORD's grace.
2 I pour out my complaint before him;
I tell my trouble before him.
3 When my spirit faints within me, you know my
path.
Along the way I walk they have hidden a
trap for me.
4 Look to the right and see: no one
acknowledges me.
No escape remains for me;
no one cares for my life.
5 I cry to you, LORD;
I say, "You are my refuge, my portion in the
land of the living."
6 Listen to my cry, for I am brought very low;
rescue me from my persecutors, for they are
stronger than I.
7 Bring me out of prison, so that I may give
thanks to your name.
The righteous will surround me, for you will
deal generously with me.

143

1 LORD, hear my prayer;
listen to my pleas.

In your faithfulness answer me, in your
righteousness.
2 Do not enter into judgment with your servant,
for no one living is righteous before you.
3 For the enemy has pursued my life;
he has crushed my life to the ground.
He has made me dwell in darkness, like
those long dead.
4 My spirit faints within me;
my heart within me is appalled.
5 I remember the days of old;
I meditate on all you have done and ponder
the work of your hands.
6 I stretch out my hands to you;
my soul longs for you like a parched land.
Selah.

7 Answer me quickly, LORD;
my spirit fails.
Do not hide your face from me, lest I
become like those who go down to the pit.
8 Let me hear of your steadfast love in the
morning, for I trust in you.
Show me the way I should walk, for I lift my
soul to you.
9 Rescue me from my enemies, LORD;
in you I hide myself.
10 Teach me to do your will, for you are my God;
may your good Spirit lead me on level
ground.
11 For your name's sake, LORD, give me life;
in your righteousness bring my soul out of
trouble.

12 In your steadfast love cut off my enemies, and
destroy all who oppress my life, for I am
your servant.

144

1 Blessed be the LORD, my rock, who trains my
hands for battle and my fingers for war.
2 He is my steadfast love and my fortress, my
stronghold and my deliverer, my shield, in
whom I take refuge, who subdues my
people under me.
3 LORD, what is a human being that you take
notice of him, a mortal's son that you
consider him?
4 A human being is like a breath;
his days are like a passing shadow.
5 LORD, bend your heavens and come down;
touch the mountains, so that they smoke.
6 Flash your lightning and scatter them;
send your arrows and throw them into
confusion.
7 Reach down your hands from on high;
rescue me and deliver me from mighty
waters, from the hand of foreigners,
8 whose mouths speak falsehood and whose
right hand is a right hand of deceit.
9 God, I will sing you a new song;
on a ten-stringed harp I will sing your
praise.
10 He gives salvation to kings and rescues David
his servant from the deadly sword.
11 Rescue me and deliver me from the hand of
foreigners, whose mouths speak

falsehood and whose right hand is a right
hand of deceit.
12 May our sons be like plants grown tall in their
youth, our daughters like corner pillars
carved for a palace.
13 May our storehouses be full, providing
supplies of every kind;
may our flocks multiply by thousands and
tens of thousands in our fields.
14 May our oxen be fully laden;
may there be no breach and no going out in
surrender, no cry of distress in our
squares.
15 Blessed are the people for whom it is so;
blessed are the people whose God is the
LORD!

145

1 I will exalt you, my God and King, and bless
your name forever and ever.
2 Every day I will bless you and praise your
name forever and ever.
3 Great is the LORD and greatly to be praised;
his greatness is beyond searching out.
4 One generation will praise your works to
another and tell of your mighty deeds.
5 I will meditate on the glorious splendor of your
majesty and on your wonderful works.
6 They will speak of the power of your awesome
deeds, and I will recount your greatness.
7 They will pour forth the memory of your
abundant goodness and sing for joy of
your righteousness.

8 The LORD is gracious and compassionate, slow
to anger and great in steadfast love.
9 The LORD is good to all, and his compassion is
over all he has made.
10 All your works will give you thanks, LORD,
and your faithful ones will bless you.
11 They will speak of the glory of your kingdom
and tell of your power,
12 to make known to humankind his mighty
deeds and the glorious splendor of his
kingdom.
13 Your kingdom is a kingdom for all ages, and
your dominion endures through all
generations.
14 The LORD upholds all who are falling and
raises up all who are bowed down.
15 The eyes of all look to you in hope, and you
give them their food in due season.
16 You open your hand and satisfy the desire of
every living thing.
17 The LORD is righteous in all his ways and
faithful in all his works.
18 The LORD is near to all who call on him, to all
who call on him in truth.
19 He fulfills the desire of those who fear him;
he hears their cry and saves them.
20 The LORD watches over all who love him, but
he will destroy all the wicked.
21 My mouth will speak the praise of the LORD,
and let all flesh bless his holy name
forever and ever.

146

1 Praise the LORD!
Praise the LORD, my soul!
2 I will praise the LORD as long as I live;
I will sing praise to my God as long as I exist.
3 Do not put your trust in princes, in a human
being who cannot save.
4 His breath departs, and he returns to the earth;
on that very day his plans perish.
5 Blessed is the one whose help is the God of
Jacob, whose hope is in the LORD his God,
6 the Maker of heaven and earth, the sea and all
that is in them, who keeps faith forever,
7 who brings justice to the oppressed and gives
food to the hungry.
The LORD sets prisoners free.
8 The LORD opens the eyes of the blind;
the LORD raises up those bowed down;
the LORD loves the righteous.
9 The LORD watches over foreigners;
he upholds the fatherless and the widow,
but he frustrates the way of the wicked.
10 The LORD will reign forever, your God, Zion,
through all generations.
Praise the LORD!

147

1 Praise the LORD!
For it is good to sing praise to our God, for
praise is pleasant and fitting.
2 The LORD builds up Jerusalem;
he gathers the outcasts of Israel.

3 He heals the brokenhearted and binds up their
wounds.
4 He counts the number of the stars;
he calls them all by name.
5 Great is our Lord and abundant in power;
his understanding has no limit.
6 The LORD upholds the humble;
he brings the wicked down to the ground.
7 Sing to the LORD with thanksgiving;
sing praise to our God with the lyre.
8 He covers the heavens with clouds, prepares
rain for the earth, and makes grass grow
on the mountains.
9 He gives food to the animals and to the young
ravens that cry.
10 He does not delight in the strength of the
horse or take pleasure in a man's legs.
11 The LORD takes pleasure in those who fear
him, in those who hope in his steadfast
love.
12 Praise the LORD, Jerusalem;
praise your God, Zion.
13 For he has strengthened the bars of your gates
and blessed your children within you.
14 He makes peace within your borders and
satisfies you with the finest wheat.
15 He sends his command to the earth;
his word runs swiftly.
16 He gives snow like wool and scatters frost like
ashes.
17 He casts down his ice like morsels;
who can stand before his cold?
18 He sends his word and melts them;

he makes his wind blow, and the waters
flow.
19 He declares his words to Jacob, his statutes
and judgments to Israel.
20 He has not dealt this way with any other
nation;
they have not known his judgments.
Praise the LORD!

148

1 Praise the LORD!
Praise the LORD from the heavens;
praise him in the heights.
2 Praise him, all his angels;
praise him, all his hosts.
3 Praise him, sun and moon;
praise him, all you shining stars.
4 Praise him, you heavens of heavens, and you
waters above the heavens.
5 Let them praise the name of the LORD, for he
commanded, and they were created.
6 He established them forever and ever;
he gave a decree that will not pass away.
7 Praise the LORD from the earth, you sea
monsters and all the depths,
8 fire and hail, snow and mist, stormy wind
carrying out his word,
9 mountains and all hills, fruit trees and all
cedars,
10 wild animals and all livestock, crawling things
and winged birds,
11 kings of the earth and all peoples, rulers and
all judges of the earth,

12 young men and young women, old people
together with children.
13 Let them praise the name of the LORD, for his
name alone is exalted;
his splendor is above earth and heaven.
14 He has raised up a horn for his people, a cause
of praise for all his faithful ones, for the
children of Israel, the people near to him.
Praise the LORD!

149

1 Praise the LORD!
Sing to the LORD a new song, his praise in
the assembly of the faithful.
2 Let Israel rejoice in its Maker;
let the children of Zion rejoice in their King.
3 Let them praise his name with dancing and
sing praise to him with tambourine and
lyre.
4 For the LORD takes pleasure in his people;
he adorns the humble with salvation.
5 Let the faithful exult in honor and sing for joy
on their beds.
6 Let the high praises of God be in their throats,
and a double-edged sword in their hands,
7 to carry out vengeance on the nations and
punishments on the peoples,
8 to bind their kings with chains and their nobles
with fetters of iron,
9 to carry out on them the judgment written.
This is an honor for all his faithful ones.
Praise the LORD!

150

1 Praise the LORD!
Praise God in his sanctuary;
praise him in his mighty expanse.
2 Praise him for his mighty deeds;
praise him according to his surpassing greatness.
3 Praise him with the sound of the horn;
praise him with harp and lyre.
4 Praise him with tambourine and dancing;
praise him with strings and pipe.
5 Praise him with sounding cymbals;
praise him with loud, ringing cymbals.
6 Let everything that has breath praise the LORD.
Praise the LORD!

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