



unfoldingWord® Simplified Text

v90

Psalms

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Psalms

Book One

1 ¹ The person who will have a truly good life

is the person who does not do what evil people tell him to do,

who does not imitate sinful people's behavior,

and who does not become like people who enjoy mocking.

2 Instead, he delights in what Yahweh teaches,

he thoughtfully reads it aloud every day and every night.

3 Like having plenty of water causes a well-cultivated tree to produce fruit at the right time,

and keeps it from dying,

so **his faithfulness to Yahweh** causes everything this person does to prosper.

4 That is not what wicked people are like!

Instead, they are like chaff that the wind blows away.

5 Just so, wicked people will not be able to endure **when Yahweh judges the world.**

Neither will sinful people **be present when Yahweh** gathers all the righteous people together.

6 **All of this is** because Yahweh cares for righteous people,

but wicked people keep sinning until **Yahweh** destroys them **forever.**

2 ¹ Foreign kingdoms are scheming,

and people groups are planning, but it is useless.

2 Earthly kings prepare to revolt,

the rulers plot together to fight

against Yahweh and against his chosen king.

3 **They shout,** "We should break free from the shackles **that they control us with.**

We should throw aside the ropes **that they rule over us with!"**

4 But the heavenly ruler sneers at them;

the Lord ridicules those rulers.

5 Then he speaks to them angrily.

He terrifies them by **showing them how** furious he is.

6 **Yahweh says,** "It is I who has made my king rule in Zion, **which is my sacred hill."**

7 **Yahweh's king says,** "I will proclaim what Yahweh has decreed.

Yahweh said to me, 'You are my son;

today I have become your father.

8 Request **this from** me:

ask to inherit the nations,

ask to own the **whole** earth **even the** farthest parts.

I will give them to you.

9 You will strike them with an iron rod

and they will shatter into small pieces as if they were a clay pot.'"

10 So then, you kings should act wisely!

All rulers on the earth
should allow Yahweh and his
king to correct them!

11 Worship Yahweh
respectfully.

Be joyful and afraid **while**
you are worshipping him!

12 Swear to be truly loyal to his
son

otherwise, he may become
angry
and suddenly kill you
because he can become
angry quickly.

But all those who ask him to
protect them will have a life
that is truly good.

3 *David wrote this psalm when
he was fleeing from his son
Absalom.*

1 Yahweh, I have so many
enemies!

Many people are deciding to
oppose me.

2 Many people are saying about
me,

“God will not rescue him.”
Selah

3 But Yahweh, you are like a
shield that protects me.

You greatly honor me, and you
encourage me.

4 Whenever I cry loudly to
Yahweh **for help**,

he **comes** from **Zion**, his
sacred hill, to help me. Selah

5 I **can** lie down and sleep,
knowing that I **will** wake up
because Yahweh guards me
all night.

6 There may be thousands of
enemy soldiers who surround
me,

but I am not afraid.

7 Yahweh, get up!

My God, rescue me!

You can **insultingly** slap my
enemies on their cheeks,
and destroy those wicked
people’s **power like breaking**
animals’ teeth,

8 Yahweh rescues!

Bless your people! Selah

4 *This is a note for the worship
leader: David wrote this psalm to
be accompanied by people playing
stringed instruments.*

1 Righteous God, respond to
me when I pray to you.

You who have **always** rescued
me when I was distressed,
act mercifully toward me
and pay attention to what I
pray.

2 How long will you mortal
people dishonor me instead of
honoring me?

How long will you love what
is useless, and chase lies?
Selah

3 You all should know that
Yahweh treats people who are
faithful to him as special to him.
Yahweh will pay attention when
I pray to him.

4 You should be afraid of
Yahweh, and **because of that**
stop sinning!

While you lie on your bed,
examine what you are thinking
and stop accusing **me**. Selah

5 Instead, offer to Yahweh the
proper sacrifices
and continually trust him.

6 Many people are wishing for
something good to happen.

Yahweh, please do good things for us!

7 You have made me very joyful,
even more than **these complainers are** when they have plenty of food and drink.

8 I can lie down at night and sleep without worrying
because **I know that** it is only you, Yahweh, who keeps me safe.

5 *This is a note for the worship leader: David wrote this psalm to be accompanied by people playing flutes.*

1 Yahweh, listen to what I say!
Comprehend my distressed sigh.

2 **Since** you are my king and my God,
hear and respond when I plead aloud for rescuing,
because I am praying to you **only**.

3 Yahweh, you will hear me pleading each morning.
Every morning I will request that you save me, and I will wait for you to do it.

4 You are a God who certainly does not approve of wicked people;
evil-doers never stay as your guests.

5 Boasters are not allowed to come worship you.
You hate everyone who does evil things.

6 You kill liars.
Yahweh despises murderers and people who deceive others.

7 As for me, I will come **worship you** where you live,

because you faithfully love us so abundantly.

I will reverently kneel to worship you at your sacred temple.

8 Yahweh, my enemies are watching me **to try to catch me doing something wrong**.

Please show me how to do what is right, just as you always do what is right.
Make it easy for me to live obediently to you.

9 Please do this because my enemies are untrustworthy;
one of their strongest desires is to destroy people.
They speak things that are vile like the smell of an open grave.

They flatter people **to trap and destroy them**.

10 O God, declare that they are guilty and punish them.

Cause to happen to them the harmful events that they plan to cause to happen to others.

Get rid of them because they have sinned often,
and rebelled against you.

11 But enable all the people who ask you to protect them to be glad;
enable them to sing gladly always.

Please protect them.

Enable everyone who loves it when you are famous to praise you.

12 **I ask this** because Yahweh, you always bless those who act righteously;

you protect them as if your good acts are like a shield around them.

6 *This is a note for the worship leader: Musicians playing stringed*

instruments should accompany this song. Perform it in a low range. David wrote this psalm.

- 1 Yahweh, do not correct me angrily,
do not punish me wrathfully.
- 2 Yahweh, act kindly toward me because I have become weak.
Yahweh, heal me because my body shakes fearfully.
- 3 Yahweh, I am greatly troubled in my inner being.
How long must I endure this?
- 4 Yahweh, relent from your anger and deliver me!
Help me because you always do what you promise!
- 5 **Do this** because **I and** no one **else** who is dead can honor you.
I and no one **else** can praise you **if we are** in the place where the dead are.
- 6 I am exhausted because of my pain.
I cry all night long, so that my tears soak
and seem as if they will wash away my bed and my cushions.
- 7 I am very sad and **I cry so much that** I cannot see well.
My vision has become weak from **crying because of** all my enemies.
- 8 **I advise** all you people who do evil things to get away from me because Yahweh heard me when I was crying;
- 9 he heard me when I called out for him to help me,
and he will answer my prayer.
- 10 **When that happens**, all my enemies will be ashamed and very troubled.

They will relent **from attacking me because they will suddenly be** ashamed.

7 *A psalm that David sang to Yahweh because of a Benjamite named Cush.*

- 1 Yahweh my God, I have come to you so that you can protect me.
Save me from everyone who is chasing me **in order to harm me**. Rescue me!
- 2 If you do not do that, they will maul me like a lion **does when it attacks the animals it wants to kill**;
they shred me and there is not a rescuer.
- 3 My God Yahweh, suppose that I have done these things,
that I am really guilty.
- 4 Suppose that I have harmed my ally,
maybe I was unfaithful to my ally and instead rescued an enemy for no reason.
- 5 Then allow my enemies to chase and capture me.
Allow them to stomp me into the ground
and leave me lying **dead** in the dirt. Selah
- 6 Get up Yahweh!
Because you are angry, show that you are greater than what my furious enemies can do!
Be alert so you can rescue me by doing what you have said is just!
- 7 The people of all nations gather around you;
return to ruling over them all!
- 8 Yahweh, judge the people of all nations!

Decide favorably for me,
Yahweh,
because I am righteous and
honorable **before you the**
highest judge.

9 God, you are righteous and
look closely at what people
think and want.

Please stop evil people from
doing wicked things,
and make **all of us** who are
righteous secure!

10 God, you protect me as a
shield protects soldiers;
you rescue all those who are
righteous in their inner
being.

11 God judges everyone
correctly.
God condemns **the wicked**
constantly.

12 Whenever the wicked do not
repent, it is as though God
sharpens his sword
and puts a string on his bow
to get ready to kill them.

13 He prepares his deadly
weapons to kill **the wicked**,
he makes his arrows have
flaming tips.

14 Look at the wicked person
who is filled with evil
intentions, as though pregnant
with them,
who plans to trouble people
like conceiving a child,
and who lies as naturally as
giving birth.

15 If he digs a deep pit to trap
others,
he will fall into his own trap.

16 He experiences the bad
things that he wants to cause to
others,
he hurts himself by the
violent things that he wants
to do to others.

17 I thank Yahweh because he
always acts justly,
I sing to praise Yahweh, who
is the highest judge, and to
make him famous.

8 *This is a note for the worship
leader: Accompany the song with a
stringed instrument. David wrote
this psalm.*

1 Our Lord Yahweh, people all
over the world know how
impressive you are!
You have made the sky show
everyone how grand you are
every time anyone looks at
it!

2 When **anyone who is weak**
cries for help like nursing little
children cry **for help**,
you **listen and** protect them
from your enemies, **the ones**
that want to hurt your
people.
In order to protect them, you
destroy enemies who want to
harm them in return **for**
what you have justly done to
them.

3 I look up at the sky **at night**
and see the things that you
have made—
the moon and the stars that
you have set in place.

4 It is amazing to me that you
think about people,
that you are concerned
about humans!

5 In fact though, you made
humans to be just slightly lower
than heavenly beings.

You made humans to be
glorious and majestic **like**
you.

6 You put humans in charge of
everything that you made,
you made them rule over all
things—

7 over all the domestic animals
like sheep, goats, and cattle,
the wild animals too,

8 the birds in the sky,
the fish in the sea,
and everything else that
swims in the ocean.

9 Our Lord Yahweh,
people all over the world
know how impressive you
are!

9 *This is a note to the worship
leader: David wrote this song to
the tune of "The Death of the
Son."*

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

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

2 You make me extremely
happy, so I will sing to celebrate
what you, who are much
greater than all other spirit
beings, have done.

3 When my foes flee from your
righteous anger,
they trip and fall. You kill
them just by being near
them.

4 You are angry because you
have found my legal case to be
righteous and my enemies' to
be wicked.

You sit on a throne like a
king judging everything
rightly.

5 You reprimanded the people
from other nations, and killed
the wicked people;

you eradicate them so
thoroughly no one will ever
remember their names.

6 Nothing remains of our
enemies except the ruins

of their cities which you
permanently destroyed.
No one even remembers
those enemies anymore.

7 But Yahweh rules forever.
He is prepared to judge from
his throne.

8 He will judge all the people in
the world justly;
he will be fair when he
judges the people of every
nation.

9 Let Yahweh be like a fortress
for those whom oppressors
oppress;
like a strong fort for them
when they have trouble.

10 Those who know your
reputation should trust you;
because you, Yahweh, never
abandon those who come to
you for help.

11 Yahweh rules on Mount
Zion;
praise him by singing to him!
Tell people from every nation
the marvelous things that he
has done.

12 Do this because Yahweh
always remembers to repay any
person who murders another
person.

When someone's enemy has
oppressed him, and when
that person calls to Yahweh
to help him, Yahweh does
not forget to avenge him.

13 Yahweh, act mercifully
toward me!

You who rescue me when I
am almost dead, look at the
ways that my enemies have
oppressed me.

14 I want to live in order to tell
all your people at the entrance
to Jerusalem all the reasons to
praise you

and to rejoice because you
rescued me.

15 When you rescue me it is like wicked people of many nations had dug a pit for me to fall into,

but have fallen into that same pit,
or like they hid a net to catch me,

but their feet have been caught in that same net.

16 So you allow the traps that wicked people make to trap them.

Because of that, people can discover that you, Yahweh, are just. Higgsion Selah

17 Wicked people will flee from you back to the place where dead people stay.

There are people there from every nation, people who have forgotten to worship the true God.

18 This all happens because there is a certain time when God will remember to take care of poor people.

It is good for oppressed people to expect him to rescue them because he will do it one day.

19 Yahweh, do something! Do not let evil people win!

Bring them to your court and judge them!

20 Yahweh, teach them that they must be afraid of you and honor you.

Cause the rulers of nations to know that they are mortal. Selah

10 ¹ Yahweh, please do not stay far away from us.

Please let us find you when enemies threaten us.

2 Wicked people proudly chase people until they can oppress them.

Yahweh, please make the bad things they plan to do to others happen to them instead.

3 A wicked person even brags about what he strongly wants to do.

He praises people who unjustly take things from other people. He curses Yahweh.

4 The wicked person is so proud that he does not care about God.

He plans to do evil things as if there was no God.

5 What he does always prospers.

He ignores doing what you say is right.

He makes a mocking noise at all his enemies.

6 He thinks, "Nothing bad can happen to me!

As long as I live, nothing will trouble me."

7 He constantly curses, lies, and threatens others.

He is always talking about harming others and doing wrong.

8 He hides outside villages to surprise attack people.

From his secret spot he kills people who have done nothing wrong.

From there he sneakily watches for some unlucky person.

9 He hides in a secret spot like a lion, crouching in the bushes, waiting for people to catch and oppress.

He catches people and drags them away in a net to oppress them.

10 The wicked person makes sure everything is properly prepared

so he can oppress his
unlucky victim.

11 He convinces himself, "God
is not recording what I do.

He is not paying attention;
he will never notice."

12 Do something, Yahweh!
Prove that you are powerful,
God!

Pay attention to oppressed
people!

13 Do not let wicked people
curse you, God!

Do not let him believe that
you do not care about his
evil deeds!

14 Surely you see everything!
You pay attention to how
wicked people hurt and
frustrate other people so that
you can punish those wicked
people.

Unlucky people trust that
you will protect them. You
help orphans.

15 Cause people who are
always doing very evil things to
become powerless!

When someone tries to
oppress other people may he
discover he cannot do it.

16 Yahweh reigns eternally!
Foreign people no longer
occupy his land.

17 Yahweh, when oppressed
people ask you to help, you
listen

and encourage them. You
pay close attention,

18 so you can act justly for the
orphans and oppressed people.
You will stop any mere
human from ever terrifying
them again.

11 ¹ *This is a note for the
worship leader: This is a psalm of
David.*

I trust that Yahweh will protect
me.

So do not say to me, "You need
to escape to the mountains like
birds do,

2 because wicked people have
hidden in the darkness.

They have pulled back their
bowstrings and aimed their
arrows

to shoot them at godly
people **like you**.

3 When people are not
punished for doing wrong
things,

there is nothing righteous
people can do."

4 But Yahweh is in his holy
sanctuary, he reigns from
heaven,

and he watches and
examines **everything that**
people do.

5 Yahweh examines what
righteous people do and what
wicked people do,

and he hates those who love
to do violent things.

6 May he send down from the
sky traps upon the wicked,
and may Yahweh punish them
with fire and burning sulfur and
scorching hot winds.

7 Yahweh is completely
righteous, and he loves when
people do what is righteous.

People who do what is right
will be able to come into his
presence.

12 *This is a note for the
worship leader: David wrote this
song. Perform it in a low range.*

1 Yahweh, help us!

It seems like people who
honor you are no more.

2 Everyone tells lies to other
people;

they deceive others by saying good things about them that they know are not true and by speaking insincerely.

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

4 They say, "By speaking untruthfully we will get what we want;
we control what we say, no one can tell us what we should do!"

5 **But** Yahweh replies, "I have seen the oppressive things that they have done to helpless people;

I have heard those people groaning,
so I will take action and rescue the people who are wanting someone to help them."

6 Yahweh, what you say is morally pure and you always do what you have said you will do.

Your words are **as precious and pure as silver** that has been heated seven times in a furnace **to get rid of all the impure material**.

7 Yahweh, we know that you will continually protect us who honor you
from those wicked people.

8 When people praise wicked actions,
wicked people strut around **proudly**.

13 *This is a note to the worship leader: This is a psalm of David.*

1 Yahweh, how long will you continue to not answer me?

How long will you hide yourself from me?

2 How long must I think about my problems within myself?

Must I be miserable every day?

How long will my enemy defeat me?

3 Yahweh, my God, pay attention to me and respond to me.

Restore my strength by giving me what I have hoped for, or I will die

4 and then my enemy would say, "I have defeated him,"
and those who are against me would celebrate when they had defeated me.

5 But I trust that you will faithfully love me;

may I rejoice when you rescue me.

6 Yahweh will do good things for me,
so I will sing to him.

14 **1** *This is a note for the worship leader: This is a psalm of David.*

Only foolish people say to themselves, "There is no God!" People who say those things do corrupt deeds;
they do detestable deeds;
hardly anyone does what is right.

2 Yahweh looks down from heaven and sees humans;
he looks to see if there are any wise people,
with the result that they are wise enough that they desire to know him.

3 But they all do evil and corrupt things;
no one does what is right.

4 All the people who make a practice of doing wicked things do not take seriously the fact that Yahweh is going to punish them!

They act violently toward Yahweh's people and want to consume them like they consume bread.

These evil people never pray to Yahweh.

5 **But in the future**, at the place God will judge wicked people, they will become very terrified because God will help those who act righteously.

6 You evil people try to humiliate poor people, but Yahweh will protect them.

7 I wish that Yahweh would come from where he dwells in Jerusalem and rescue us Israelite people!

When Yahweh blesses us, his people again, then all of us Israelite people will rejoice.

15 ¹ *A psalm of David.*

Yahweh, who is allowed to enter your sacred tent?

Who is allowed to live on your sacred mountain?

2 Those whose behavior is faultless and who do righteous things, and who speak the truth.

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

4 They despise the people God abhors, but they respect those who revere Yahweh.

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

5 They lend money to others without charging interest, and they never accept bribes in order to lie about people who have not done anything wrong.

Those who do those things will always live in safety.

16 ¹ *A song of David.*

God, protect me, because I go to you to keep me safe!

2 I said to Yahweh, "You are my Lord; all the good things that I have come from you."

3 People who try to live holy lives, they are wonderful; I greatly delight in them.

4 Those who choose to worship other gods will have many things that cause them to be sad.

I will not join them when they make sacrifices **to their gods**, and I will not join them in speaking the names of their gods.

5 Yahweh, you have granted to me that I would belong to you, and you supply all of my needs. You control what happens to me.

6 Yahweh has greatly blessed me;

I am delighted with all the things that he has given me.

7 I will praise Yahweh, the one who teaches me; even during the night he puts in my mind the right things for me to do.

8 I have chosen to always think about Yahweh. Because he is the one who strengthens and supports me,
he will save me from anything that might trouble me.

9 Therefore I am very glad,
and I can rest securely,

10 because you, Yahweh, will save me from going to the place where dead people go,
yes, you will save me, a godly person, from dying.

11 You reveal to me how to live in a way that will make me joyful now and will result in receiving eternal life in the future.

You make me joyful when I am with you.

You give pleasures forever.

17 ¹ *A prayer of David*

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

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

Pay attention to what I say while I pray

because I am speaking honestly.

2 May you declare that I am innocent;

may you decide what is right.

3 You know what I think, **even** during the night.

You have examined me and not found anything that grieves you.

I have determined that I will not sin by what I say.

4 Regarding the actions of people,

according to what you have commanded, I have carefully avoided living a violent life.

5 I have carefully obeyed what you told me to do;

I have not failed to do those things.

6 O God, I am praying to you because I know that you will answer me;

please listen to what I am saying.

7 Wonderfully show how you faithfully love me;

you who rescue with your great power the people who trust you to protect them from their enemies.

8 Protect me as carefully as people protect their own eyes;
protect me like mother birds protect their babies under their wings.

9 Do not allow wicked people to attack me,

those enemies of mine who surround me, wanting to kill me.

10 They never pity anyone,
and they are always speaking boastfully.

11 They have searched for me and found me.

They surround me, watching for an opportunity to attack and kill me.

12 These wicked people are like lions that are ready to tear **apart their prey**.

They are like young lions that are hiding, waiting to **pounce on their prey**.

13 Yahweh, come and oppose my enemies and make them fall to the ground when you defeat them!

Take violent action and deliver me from wicked men!

14 Yahweh, by your power rescue me from those people who are interested **only** in things here in this world. You provide them with many good things.

They have many children and **when they die**, they leave their wealth to their descendants.

15 **Yahweh**, because I act in the right way, I will see you.

When I wake up I will see you, and then I will be happy.

18 *This is a note to the worship leader: David, God's servant, wrote this psalm. He sang this song to Yahweh after Yahweh had rescued him from Saul and his other enemies.*

1 This is what he sang:
"Yahweh, I love you, the one who enables me to be strong.

2 Yahweh, you are like a huge rock and like a fortress **where I can go to be safe**. I can be confident that you will rescue me when I am in trouble. You are my God. You protect me. I am as safe as I would be if I were hiding on top of a cliff. It is as if you are a shield that defends me. You are the powerful God who saves me. You are like a high place **where I am safe from my enemies**.

3 You deserve for people to praise you, Yahweh. When I cry to you **for help**, you rescue me from my enemies.

4 **Someone was trying to kill me, and** I was in such danger of dying that it was as if someone was trying to tie ropes around me. His wicked plans against me were like floodwaters that were carrying me away, and this made me very afraid.

5 I did not think I could escape going to the place where dead people go. It was as if that place had wrapped ropes around me and was pulling me down into it. It was as if the only direction I could walk was right into a trap where I would surely die.

6 But when I was very distressed, I cried out to you, Yahweh my God. From your temple in heaven you could hear me calling to you, and you listened to my prayer.

7 It made you so angry **that someone was trying to kill me, and you responded so powerfully** that it was as if there was a great earthquake and as if you shook the foundations of the mountains.

8 **Your power was so great that** it was as if there was a volcano from which smoke was rising, a stream of fire was flowing out that burned up everything in its path, and hot coals were flying into the air that started fires where they landed.

9 **Your power was so great** when you came **to help me that** it was as if there was a great thunderstorm, with only a little sky visible below the low-hanging dark clouds.

10 He flew, riding on the back of an angel traveling fast, which the wind was blowing along.

11 It was as if you had made the darkness of the storm a safe place for you to stay. Yes, it was as if you had a temporary shelter within the dark storm clouds that were full of moisture.

12 It was as if it became bright where you were within the clouds, and then hailstones and lightning bolts came from there.

13 It was as if there was a loud sound of thunder in the sky because you, Yahweh, the God who is greater than all other spirit beings, had spoken to **announce that you were coming to rescue me**, and as if hailstones and coals of fire **continued to come**.

14 It was as if you sent many flashes of lightning that made my enemies so afraid that they ran away in different directions, as if you had shot arrows at them.

15 The bottom of the ocean became visible, and the water uncovered the foundations of the earth when Yahweh rebuked his enemies with the breath that came in his anger!

16 It was as if you reached down from heaven and grabbed me so that you could pull me up out of the deep water of the ocean.

17 There was a powerful man who wanted to harm me, and there were people who hated me. They were too strong for me to defeat, but you rescued me from them.

18 They attacked me, and they would have destroyed me, but you, Yahweh, protected me.

19 You brought me to a place where I was safe. You love me, and so you rescued me.

20 Yahweh, you did good things for me because I did what was right. I did not harm my enemies, so you made sure that they did not harm me.

21 Yahweh, I have lived as you want people to live. I have not stopped obeying you, my God, and done wicked things instead.

22 I have remained aware of what you have said people

should do, and I have continued to obey all your laws.

23 I have not done anything for which you would blame me. I have been careful not to do anything for which you would punish me.

24 You have done good things for me because I did what is right. You recognize that I am innocent.

25 When people are loyal to you, you act loyally toward them; when people are careful to do what you want them to do, you do good things for them.

26 You allow sincere people to recognize how sincere you are. But when people try to trick others, you show that you are much more clever than they are.

27 You rescue people whom others are afflicting, but you humiliate those who are proud.

28 Yahweh my God, it is as if you light my lamp so that I can see even when it is dark.

29 With your help I have caught and defeated a band of raiders. With your help I have captured a city that had walls around it, as if I had leaped over those walls.

30 My God, everything that you do is perfect. Everything that you say is right. You protect everyone who depends on you, as if you are a shield that defends them.

31 Yahweh, you are the only real God. Only you are like a huge rock **where I can go to be safe**.

32 My God, you enable me to be strong like someone who equips me for war. You make sure that nothing prevents me

from doing what you want me to do.

33 You enable me to walk about safely in the mountains, as a deer does, without falling.

34 You teach me how to fight in a battle. You give me the strength to bend **and string** a bronze bow.

35 You have saved me by protecting me like a shield, you are strong and therefore keep me safe. You humble yourself and answer my prayers and this is what has made me successful.

36 You have given me many ways to respond to each situation. As a result, I have been able to carry out my plans successfully.

37 I chased my enemies and defeated them. I did not stop fighting them until I had killed them all.

38 I wounded them so badly that the ones who fell to the ground never got up because they died of their wounds.

39 You have given me the strength and courage to fight battles. When people revolted against me, you enabled me to subdue them.

40 You enabled me to defeat my enemies and step in triumph on their necks. You gave me power over those who hated me so that I was able to destroy them.

41 They called out for someone to rescue them, but no one did. They cried out **for help** to you, Yahweh, but you did not help them.

42 I defeated them so completely that they were no longer any threat to me, no more than tiny particles of dust that the wind blows away would

be. It was as if they were dirt that I threw out into the street.

43 You rescued me from the Israelites who tried to rebel against me. You appointed me as the ruler of many nations. Foreign people are now my subjects.

44 When they heard about what Yahweh enabled me to do, they obeyed me. Foreign rulers fearfully bow down in front of me **to show their submission**.

45 I defeat foreign armies that resist me so that they become weak, like a plant that dries up in the sun. They surrender and come out of their walled cities shaking with weakness and fear.

46 Yahweh, you are the only real God! I praise you! You are like a huge rock **where I can go to be safe**! You are the God who rescues me. Everyone should exalt you.

47 You are the God who enables me to conquer enemies who have attacked me. You cause the people of other nations to be subject to my rule.

48 You kept my enemies from capturing me. People rebelled against me, but it as if their armies had been floodwaters and you lifted me out of them to safety. You rescued me from men who tried to harm me.

49 Because of all this, I thank you, Yahweh, so that all people groups will know that you are the one who has helped me. I will sing to praise you for what you have done that has made you famous.

50 You chose me to be king, and you have done great things to save me from my enemies. You faithfully show kindness to me, David, whom you anointed

as king, as well as to my descendants forever.”

19 *This is a note to the worship leader: This is a psalm of David.*

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

Yes, the way God made the sky shows people that he is powerful.

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

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

4 But what they declare about God goes throughout all the world,
and even people who live in the most distant places on earth can know it.

The sun is in the skies where God placed it;

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

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

6 The sun rises at one side of the sky and goes across the sky and sets on the other side,
and there is nothing that is unaffected by its heat.

7 The instructions that Yahweh has given us are perfect;
they keep us from living in a way that would cause God to condemn us.

We can be sure that the things that Yahweh has told us are trustworthy,
and by learning them people who have not been previously taught will become wise.

8 Yahweh’s laws are fair;
when we obey them, we become joyful.

The commands of Yahweh are morally perfect,
and by learning them we start to understand how God wants us to behave.

9 The law of Yahweh causes people to revere him and therefore live in a morally upright way;
that is something that will endure forever.

The things Yahweh has decreed are true,
they are completely righteous.

10 Yahweh’s commandments are more valuable than gold,
even great amounts of the purest gold.

Learning the things Yahweh teaches us through them is more pleasurable than eating honey,

than honey dripping from honeycombs.

11 Furthermore, by your commandments I am warned about what things I should not do.

You greatly reward those who obey them.

12 There is no one who can know all his sins;
so Yahweh, forgive me for these things which I do that I do not realize are wrong.

13 Also, keep me from doing things that I know are wrong;

do not let my sinful desires
control me.

If you do that, then I will be
guiltless,

and I will not be guilty of
committing any great sin.

14 I pray that both what I say,
and what I think about,
be pleasing to you,
Yahweh, you who enable me to
be strong and who redeem me.

20 *This is a note to the
worship leader: This is a psalm of
David.*

1 I desire that Yahweh will
answer you **when you call out to
him** when you are in a crisis!
I desire that Yahweh, the God
whom **our ancestor** Jacob
worshiped, will protect you
from your enemies.

2 I desire that he may come
from his sacred temple and
help you,
and aid you from **where he
lives** on Mount Zion.

3 I desire that he may accept
all your grain offerings
and accept all your **other**
offerings that you give him
to be burned **on the altar**.
Selah

4 I want him to give you what
you desire,
and I want him to allow you
to be able to accomplish
everything that you have
planned to do.

5 When you defeat your
enemies, we will shout joyfully.
We will lift up a banner
proclaiming that it is Yahweh
our God **who helps us**.

I desire Yahweh to do
everything that you have
requested him to do.

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

From his holy place in heaven
he will answer him,

and he will save him by his
great power.

7 Some **kings** trust that
because they have chariots **they
will be able to defeat their
enemies**,

and some trust that their
horses **will enable them to
defeat their enemies**,

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

8 Some will stumble and fall
down,
but we will be strong and not
be moved.

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

We desire that the king
answer us when we cry out
for help.

21 *This is a note to the
worship leader: This is a psalm of
David.*

1 Yahweh, **your** king is glad
because you have enabled him
to be strong

and because you have
rescued him **from his
enemies**; indeed, how
exceedingly he rejoices.

2 You have given **your** king the
things he desired,

and you have not refused to
do what he requested you to
do. Selah

3 In answer to his prayer, you
bless him with many good
things.

You place a gold crown on
his head.

4 He asked you to let him live
for a long time,

and you have enabled him to live for a long time.

5 People honor him greatly because you have helped him defeat his enemies.

You have made him famous.

6 You bless him forever, and you cause him to be joyful in your presence.

7 The king trusts in you, Yahweh, and because you, who are much greater than all other spirit beings, faithfully love him,

you will protect him. **8** You, the king, will defeat all your enemies; yes, you will surely defeat all those who hate you.

9 When you, the king, appear, you will so completely destroy them that it will be as if you threw them into a fiery furnace. Because Yahweh is angry with them, he will decimate them so completely that it will be as if he swallowed them whole or burned them up.

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

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

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

13 Yahweh, show everyone how very strong you are!

When you do that, we will sing and praise you because you are very powerful.

22 *This is a note to the worship leader: David wrote this*

song. The tune is "The Doe of the Dawn."

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

Why do you not come and help me?

Why do you not respond to me when **I am suffering so severely that** I am groaning?

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

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

3 But you are holy.

You sit on your throne as king, and receive praise in your sacred tent from your people Israel.

4 Our ancestors trusted in you. They trusted in you and you rescued them.

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

They trusted in you, and they were not disappointed.

6 But you have not rescued me!

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

they think that I am a worm!

Everyone scorns me and despises me.

7 Everyone who sees me makes fun of me.

They sneer at me and **insult me by** shaking their heads at me. **8** **My enemies say**, "He

trusts in Yahweh, so Yahweh should save him!

He says that Yahweh is very pleased with him;

if that is so, Yahweh should rescue him!"

9 You, God, have been with me since I was in my mother's womb,

and you taught me to trust
you when I was at my
mother's breasts.

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

You have been my God ever
since I was born.

11 Come near to me **and help
me,**

because my enemies are
near me
and there is no one who is
helping me.

12 My enemies surround me
like a group of wild bulls.

**Fierce people, like those
strong bulls that graze on
the hills in the region of
Bashan, surround me.**

13 **They are like** roaring lions
that are attacking the animals
that they want to kill.

They rush toward me to kill
me;

they **are like lions** that have
their mouths open, ready to
tear their victims to pieces.

14 I am completely exhausted,
and am in much pain!
I feel greatly discouraged!

15 My strength is all dried up
like a broken piece of a clay
jar that has dried **in the sun.**
You have allowed **me to
become so thirsty that** my
tongue sticks to the roof of
my mouth.

**Oh God, I think that you are
about to let my body die and
become dust!**

16 My enemies surround me
like a pack of wild dogs.

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

They have pierced my hands
and my feet.

17 **I am so weak and thin that** I
can see and count my bones.

My enemies stare at me and
gloat **about what has
happened to me.**

18 **They looked at** the clothes
that I **was wearing**

and gambled to determine
which piece each of them
would get.

19 Yahweh, do not be like my
enemies; rather be concerned
for me.

You who are the one who
strengthens me,
come quickly and help me.

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

Save me from those who are
like wild dogs.

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

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

22 **Because you have saved me,**
I will proclaim to my fellow
Israelites how great you are.

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

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

All you who are descended
from Jacob, honor Yahweh!

All you Israelite people,
revere him!

24 Yahweh does not despise or
ignore those who are suffering.

He pays attention to them,
and he responds when they call
out to him **for help.**

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

In the presence of those who revere Yahweh, I will offer the sacrifice that I promised to make to you because you delivered me.

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

All who come to worship Yahweh will praise him.

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

27 People in all nations, even in the remote areas, will think about Yahweh and turn to him.

People from all the clans in the world will bow down before you,

28 because Yahweh is the king! He rules the people of all nations.

29 All the rich people on the earth will celebrate and bow before him.

All those who are close to dying will kneel in worship before him, yes, those who are not able to keep themselves alive.

30 People who have not been born yet will also serve Yahweh.

We will tell our descendants what Yahweh has done.

31 People will come and will proclaim to people not yet born, who will live in future years, that because Yahweh is righteous he has delivered those who prayed to him for help.

People will tell them that, "Yahweh did it!"

Yahweh cares for me like a shepherd cares for his sheep, so I know that I will have everything that I need.

2 Yahweh nourishes and encourages my inner person and enables me to rest in peace, like a shepherd who leads his sheep to places where there is plenty of green grass for them to eat

and leads them to streams where the water is flowing slowly.

3 Yahweh renews my strength. He gives me good guidance for how I should live, in order that I, and others, will honor him.

4 Even when I am in dangerous and scary circumstances in which evil men might kill or hurt me,

I will fear nothing, because you are with me.

I feel comforted and reassured because you protect and care for me like a shepherd protects his sheep by using his club and his walking stick to protect them from being attacked by wild animals.

5 You richly provide food for me and protect me from my enemies.

You joyfully welcome me and honor me

as people joyfully receive the guests they have invited by pouring olive oil over their heads.

You have given me very many blessings!

6 I am certain that Yahweh will be good to me and will continue to love me faithfully as long as I live.

I will worship Yahweh in his sanctuary throughout my life.

24 ¹ A psalm of David

The earth and everything in it belongs to Yahweh.

All the people in the world belong to him too,

² because he caused the ground to be above the water, above the water that was deep below the surface of the earth.

³ This is the type of person who Yahweh will allow to go up onto his mountain, Mount Zion in **Jerusalem**,

in order to stand **and worship** him in his sacred tent.

⁴ Only those whose actions and thoughts are pure, who have not worshiped idols, and who do not tell lies when they have solemnly promised to speak truthfully.

⁵ Yahweh will bless this type of person.

When Yahweh **judges them**, he who has saved them, he will say that they are righteous.

⁶ Such are the ones who seek Yahweh, the descendants of Jacob, who seek you, Yahweh. Selah

⁷ Open up the gates **of the sacred tent**, in order that our glorious king may enter!

⁸ I will tell you who this glorious king is.

He is Yahweh, the one who is very strong;

He is Yahweh, who conquers **all his enemies** in battles!

⁹ Open up the gates **of the sacred tent**,

in order that our glorious king may enter!

¹⁰ I will tell you who he, this glorious king, is.

He is Yahweh, who commands armies; he is our glorious king! Selah

25 ¹ A psalm of David

Yahweh, I come to you in prayer and tell you all that I need.

² I trust in you, my God. Do not allow my enemies **to defeat me**, with the result that they would rejoice and I would be ashamed.

³ Truly, you will not allow any of those who trust in you to be ashamed. You will cause those who act treacherously toward others to be ashamed.

⁴ Yahweh, show me how I should conduct my life as you want me to.

Teach me how to act in the manner that is pleasing to you.

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

⁶ Yahweh, please act mercifully to me and faithfully love me, because that is the way that you have acted since long ago.

⁷ Forgive me for the sinful things I did when I was young and for my rebellious actions **as an adult**.

I ask that, because you faithfully love your people, you treat me kindly and forgive me.

Yahweh, I ask that you do this because you are good!

8 Yahweh is good and acts righteously,
so he shows sinful people the right way to conduct their lives.

9 He shows humble people what is right for them to do and teaches them what he wants them to do.

10 Yahweh always faithfully loves and does what he has promised
to those who obey his covenant and who do what he requires.

11 Yahweh, forgive me for all my sins, which are many, in order that I and others may honor you.

12 To all those who revere Yahweh,
he shows them the right way to conduct their lives.

13 They will always be prosperous,
and their descendants will continue to live in **this** land.

14 Yahweh is a friend of those who revere him,
and he teaches them the covenant that he made **with them**.

15 I always ask Yahweh to help me,
because he will rescue me when my enemies attempt to hurt me.

16 **Yahweh**, pay attention to me and be merciful to me,
because I have no one to help me and I am suffering.

17 **Because of my present circumstances** there are many things that cause me to worry.

Rescue me from the things that are causing me to be distressed.

18 Take notice that I am in difficult circumstances and troubled,
and forgive me for every sinful thing I have done.

19 Take notice that I have many enemies,
and that they hate me very much.

20 Protect me and rescue me **from them**;
do not allow **them to defeat me**
with the result that I would be ashamed,

because I go to you to keep me safe.

21 Protect me because I do what is good and honest,
and because I trust in you.

22 God, rescue **us** Israelite people from all of our troubles!

26 ¹ *A psalm of David*

Yahweh, show that I am innocent.

I have done what is right,
and I have trusted in Yahweh without doubting him.

2 Yahweh, examine what I have done and test me;
thoroughly evaluate what I think in my inner being.

3 I never forget that you faithfully love me.
I conduct my life according to what you say is right.

4 I do not spend my time with liars,
and I stay away from hypocrites.

5 I do not like to be with evil people,

and I avoid wicked people.

6 Yahweh, I wash my hands to show that I have not done what was wrong.

As I join with others marching around your altar,

7 we sing songs to thank you, and we tell others the wonderful things that you have done.

8 Yahweh, I love **to be in** the sanctuary where you dwell, in the place where your glory appears.

9 Do not get rid of me like you get rid of sinners.
Do not cause me to die like you cause those who murder people to die,

10 and people who are ready to do wicked things, and people who are always taking bribes.

11 But as for me, I always try to do what is right.
So rescue me and act kindly toward me.

12 **Because I have conducted myself righteously** I am secure, and when all Yahweh's people gather together, I praise him among them.

27 ¹ *A psalm of David*

Yahweh encourages me and nourishes my inner being. He is the one who saves me,

so I will not fear anyone.

Yahweh is the one to whom I go for refuge,

so I will not dread anyone.

2 When those who do evil things come near me to attack and destroy me,

Yahweh enables me to defeat them so that they fall down.

3 Even if an army sets up their tents in order to attack me,
I will not be afraid.

Even if they attack me,
I will trust **in God**.

4 There is one thing that I have requested from Yahweh, and that one thing I will repeatedly ask Yahweh for.

This is the one thing I ask of Yahweh: that I may worship in Yahweh's sanctuary every day during my life,

in order to experience how wonderful Yahweh is.

When I am in his sanctuary then I will ask him **for guidance**.

5 When I have troubles he will protect me in his tabernacle; yes, he will keep me safe in his sacred tent.

He will keep me safe as if he were setting me high upon a rock **where my enemies cannot reach me**.

6 Then I will triumph over my enemies who surround me.

I will shout joyfully as I offer sacrifices in his sacred tent, and I will praise Yahweh as I sing.

7 Yahweh, listen to me while I call **to you in prayer**.

Act kindly toward me and answer my prayer.

8 **I sensed that I heard you say, "Seek me and my help,"**

so, Yahweh, I will respond by seeking you and your help.

9 I am your servant; do not be angry with me, or turn away from me.

You have always helped me. You are the one who has saved me,

so do not abandon me now.

10 My father and mother have left me,
but Yahweh will take care of me.

11 Yahweh, teach me to do what you want me to do,
and guide me so that I remain safe
because I have enemies **who want to hurt me**.

12 Do not allow my enemies to do to me what they want,
because they say false things about me and want violent things to happen to me.

13 I would have died if I had not trusted you
to be good to me as long as I live.

14 Trust in Yahweh.
Have a strong and courageous attitude,
and wait expectantly for Yahweh **to help you**.

28 ¹ *A psalm of David*

Yahweh, I call out to you.
You are like a huge rock **on top of which I am safe**.

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

2 Pay attention to me and respond when I call out for you to help me
when I pray, lifting up my hands as I face your very holy place in your sacred tent.

3 Do not get rid of me when you get rid of wicked people,
those who do wicked deeds.
Those people speak peacefully toward others,

while in their inner beings,
they hate them and devise evil plans.

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

5 Yahweh will get rid of them permanently and not let them appear again.

Yahweh **will do this** because these evil people do not pay attention to the righteous things he has taught his people and do not take notice that he always judges evil deeds.

6 Praise Yahweh
because he responded to me when I called out for him to help me.

7 Yahweh strengthens me and he protects me like a shield;
I trust in him, and he helps me.

As a result I am glad in my inner being,
and I will praise him with my songs **of praise**.

8 Yahweh strengthens and protects his people.

Yahweh saves the one he appointed to be king.

9 Yahweh, rescue your people and bless those who belong to you.

Take care of them like a shepherd takes care of his sheep;
take care of them forever.

29 ¹ *A psalm of David*

You heavenly beings, praise Yahweh!

Declare that he is very glorious and powerful.

2 Proclaim that Yahweh is glorious.

Bow down and worship
Yahweh in holy attire.

3 **People hear** Yahweh's voice
above the sea;

the glorious God thunders.
Yahweh's **voice thunders** over
the large sea.

4 Yahweh's voice is powerful
and majestic.

5 The sound of Yahweh's voice
breaks cedar trees,
the cedars that grow in
Lebanon.

6 He causes **the mountains in**
Lebanon to jump like calves
jump,
and he causes Mount
Hermon to jump as a young
wild bull jumps.

7 Yahweh tells the lightning to
flash **upon the mountains** and it
hews out rocks.

8 The sound of Yahweh's voice
causes the wilderness to shake;
he shakes the wilderness of
Kadesh.

9 The sound of Yahweh's voice
makes the deer give birth
and strips the leaves from
the trees,
while the people in Yahweh's
sacred tent say, "Praise
Yahweh!"

10 Yahweh rules as king over
the waters that are above the
sky;
Yahweh rules as king
forever.

11 Yahweh will strengthen his
people,
and he will bless them by
giving them good things and
causing them to be happy
and peaceful.

30 *David wrote this psalm to
be sung at the dedication of the
tabernacle.*

1 Yahweh, I praise you
because you rescued me.
You did not allow **me to die with**
the result that
my enemies could gloat.

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

3 Yahweh, when I was dying
you restored me.
I was nearly dead,
but you caused me to get well.

4 All you who are faithful to
Yahweh, sing praise to him.
Think about what Yahweh, the
holy one,
has done, and thank him.

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

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

6 As for me, when my life was
going well,
I said **to myself,**
"Nothing will ever trouble
me."

7 Yahweh, because you were
good to me,
at first you caused me to be
secure as a mountain.

But then you let me become ill
when
you stopped protecting me
from illness,
and I became greatly
disturbed.

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

9 I said, “Yahweh, you will gain
nothing if I die.

It will not benefit you at all if I
go

to the place where the dead
people are.

Dead people certainly are not
able to praise you,
and they are not able to tell
others that you are faithful.

10 Yahweh, listen to me, and
act mercifully to me.
Yahweh, help me.”

11 **But now** you have changed
my circumstances

and healed me,
and as a result I have stopped
grieving

and now dance joyfully.
You have caused me to change
from the clothes that showed
that I was very sad
and to put on clothes that show
that I am very joyful.

12 **You did that** so that I would
not be silent
but would sing out to praise
you.

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

31 *This is a note to the
worship leader: This is a psalm of
David.*

1 Yahweh, I come to you to
protect me.
Never allow **them to defeat
me, with the result that I**
would be ashamed.

Since you always do what is
right and just,
please rescue me.

2 Respond to my prayers for
help, and save me right now!
Be **like** a huge rock where I can
flee for refuge,

and **like** a strong fortress in
which my enemies cannot
harm me.

3 **Yes**, you are **like** a huge rock
and **like** a fortress **where I can
go to be safe.**

For the sake of your
reputation you guide me **so
that no harm comes to me.**

4 You are the one who protects
me,

so you will rescue me from
the evil plans my enemies
have secretly made to hurt
me.

5 I put myself into your care.
You have rescued me.

Yahweh, you are faithful.

6 I hate those who worship
useless idols,

but I trust in Yahweh.

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

You have noticed that I have
suffered,

and have known the
troubling things I have
experienced.

8 You have not allowed my
enemies to capture me;
instead, you brought me to a
place where I was safe.

9 Yahweh, act kindly toward me
because I am distressed.

Because I cry so much that my
eyes are tired,

and I am completely
exhausted.

10 I have become very weak
because I am so miserable;
my life is getting shorter.

I have become weak because of the sinful things that I have done.

I am totally exhausted.

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

My friends are afraid of me
because they think that you, God, are punishing me.

When they see me on the streets, they run away.

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

I am **as useless as** a broken pot.

13 There are terrifying things all around me.

I hear people whispering **things about me.**

My enemies are making plans to kill me.

14 But Yahweh, I trust in you.
I say **confidently** that you are the God I worship.

15 You control the events and circumstances of my life.

Save me from my enemies,
from those who pursue me.

16 Act kindly toward me and rescue me because you always faithfully love me.

17 Yahweh, I call out to you, so do not allow others to shame me.

I desire that you cause wicked people to be ashamed.

I desire that they **soon die and** go down to the place where the dead people are.

18 I desire that you will cause people who tell lies to be unable to speak.

Do that to people who arrogantly say disrespectful

things about righteous people.

19 Many indeed are the good things which you have prepared for the people who revere you!

You do good things for those who go to you for protection. Everyone sees you protect them.

20 You protect people **who trust in you** by being near to them and saving them from people who devise evil schemes **to harm them.**

You keep them safe from their enemies who accuse them.

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

22 I was alarmed and cried out, "I have been separated from Yahweh!"

But in fact you heard me **and answered** my cry for help.

23 You people who belong to Yahweh, love him!

Those who are loyal to him, he protects,
but those who are proud, he punishes them severely like they deserve to be punished.

24 You who confidently expect Yahweh **to do great things for you,**

be strong and be courageous!

32 ¹ A song of David

Those whom God has forgiven for rebelling against him,
and those whose sin God has atoned for,

these are the ones who will
have a truly good life!

2 Those whose record of sins
Yahweh no longer takes into
account,

and those who are not
deceitful,
these are the ones who will
have a truly good life!

3 When I did not confess my
sins,
my body felt weak and sick,
and I groaned all day long.

4 Day and night, Yahweh, you
afflicted me.

My strength was sapped like
it would be on a hot summer
day. Selah

5 **Then** I confessed my sinful
actions to you;
I stopped trying to hide
them.

I said to myself,
“I will tell Yahweh the wrong
things that I have done.”

When I confessed them, you
forgave me,

so now I am no longer guilty
for the sinful things I did.
Selah

6 Therefore all the people who
are godly should pray to you
when they realize they have
sinned.

If they do that, then it is certain
that difficulties will not
overwhelm them like a great
flood.

7 You are like a place where I
can hide from my enemies;
you protect me from troubles
and surround me with
people who are joyfully
praising you for saving me
from my enemies. Selah

8 I will teach you about how
you should conduct your life.
I will teach you personally.

9 Do not be like horses and
mules that do not have
understanding;
they need pieces of metal
put in their mouth and ropes
fastened to their head
so they will go in the
direction you want them to
go.

10 Wicked people will have
many difficult things in their
lives that will make them sad,
but those who trust in
Yahweh will experience him
faithfully loving them all the
time.

11 **So, all** you righteous people,
rejoice about **what** Yahweh **has**
done for you!

All you whose inner beings
are pure, be glad and shout
joyfully!

33 **1** You people who do
what is right, shout joyfully
because of Yahweh,
because praising him is what
upright people should do.

2 Praise Yahweh by playing
songs on the harp.
Praise him as you make
music for him with
instruments that have many
strings.

3 Sing a new song to him;
play those instruments well,
and shout joyfully as you
play them!

4 Do this because everything
that Yahweh says is true,
and we can trust that
everything that he does is
right.

5 He loves everything that
people do that is right and just.
Yahweh faithfully loves
people all over the earth.

6 Yahweh created everything in
the sky by commanding it.

He created all of the stars by speaking.

7 He gathered all the water of the sea into one huge mass as though scooping it into a container.

8 Everyone on the earth should deeply revere Yahweh.

9 They should revere him because he is the one who spoke, making the world exist.

Everything started to exist because he is the one who commanded it.

10 Yahweh stops the nations from doing what they plan to do.

He prevents the peoples from carrying out what they decide.

11 However, what Yahweh decides to do will last forever.

What he plans to do will never change.

12 What a good life people have when Yahweh is the God of their nation;

he chose those people to belong to him.

13 Yahweh looks down from heaven; he sees all human beings.

14 From the place where he lives he watches

everyone who lives on the earth.

15 He created each person's heart,

and he knows everything that they do.

16 It is not because a king has a great army that he is able to win **battles**,

and it is not because a soldier is very strong that he is able to defeat **his enemy**.

17 It is foolish to hope that a horse can save anyone;

even with its great strength, it cannot rescue **its rider**.

18 Note this: Yahweh watches over those who deeply revere him;

He watches over those who confidently expect him to faithfully love them,

19 to save them from dying and to preserve them alive through any famine.

20 We trust that Yahweh will take care of us; he will help us and protect us.

21 Indeed, he makes us very joyful; we trust him because he is holy.

22 Yahweh, we pray that you will always faithfully love us, while we confidently wait for you **to help us**.

34 *David wrote this psalm about when he pretended to be insane in front of King Abimelech so that the king would send him away.*

1 I will always thank Yahweh; I will constantly praise him out loud.

2 I will boast about **what** Yahweh **has done for me**.

All of the humble people who hear me will rejoice.

3 Join with me in telling others that Yahweh is great, and let us together proclaim how glorious he is!

4 I prayed to Yahweh, and he answered me; he rescued me from everything that I was afraid of.

5 Those who ask him **to help them** will be joyful;

may Yahweh always provide for them.

6 I was suffering, but I called out to Yahweh, and he heard me.

He saved me from all of the things that were troubling me.

7 An angel representing Yahweh guards people who deeply revere Yahweh, and the angel rescues them from bad things.

8 Experience for yourselves how good Yahweh is! Everyone who trusts in Yahweh will be truly happy!

9 All you people who belong to Yahweh, deeply revere him, because those who deeply revere him will always have everything that they need.

10 Even young lions sometimes go hungry and have nothing to eat, but people who trust in Yahweh for help will always have the good things that they need.

11 You who are my students, come and listen to me, and I will teach you how to deeply revere Yahweh.

12 If any of you want to truly live and to enjoy a good, long life,

13 then be careful to not say things that are harmful, and to not tell lies.

14 Stop doing what is evil and instead do what is good; always strive to live peacefully with others.

15 Yahweh pays attention to people who do what is right, and he listens when they call to him to help them.

16 But Yahweh opposes people who do what is evil.

He does not allow their descendants to remain on the earth.

17 People who do what is right cry out to Yahweh, and he hears them;

he rescues them from all the things that trouble them.

18 Yahweh is always ready to help people who are very sad, and he saves people who are deeply discouraged.

19 People who do what is right experience many bad things, but Yahweh rescues them from all of those bad things.

20 Yahweh protects their whole body; he does not allow their enemies to break even one of their bones.

21 Wicked people will cause themselves to die because of the evil things that they do, and Yahweh will punish those who hate righteous people.

22 Yahweh saves those who serve him, and he will forgive all who trust in him.

35 ¹ A psalm of David.

Yahweh, be the enemy of my enemies!

Defend me against those who attack me!

2 Protect me like a soldier who has both of his shields, and come to help me!

3 Take your spear and javelin and confront those who are pursuing me!

Tell me, "I am the one who saves you."

- 4 Please defeat and dishonor
those who want to kill me,
and make those who plan to
harm me become confused
and turn back.
- 5 May an angel from Yahweh
chase them away
so that they disappear like
chaff in the wind.
- 6 May their lives be like
running on a path that is dark
and slippery,
while an angel from Yahweh
pursues them!
- 7 Please do these things to
them, because I have not done
anything wrong to them, yet
they try to kill me.
It is as though they hide nets
and dig pits for me to walk
into!
- 8 So let disaster suddenly
surprise each of them!
Let it be as though the nets
that they hid catch them
instead,
and as though they fall into
their own **pits** and die!
- 9 Then I will rejoice because of
what Yahweh has done for me,
and I will be glad because he
has saved me.
- 10 With my whole being I will
say,
"Yahweh, no one is like you!
No one else rescues weak
people from those who are
stronger,
no one else rescues poor and
needy people from those
who rob them."
- 11 Hostile people tell lies **about
me** in court
and accuse me of things that
I know nothing about.
- 12 I was good to them. But
instead of being good to me,
they are evil to me.

- That makes me feel
completely alone.
- 13 Yet for my part, when they
were sick, I put on rough cloth
to mourn for them;
I went without food as I
prayed for them,
bowing my head over my
chest.
- 14 I walked around grieving for
them
as I would grieve for a friend
or for a brother,
and I bowed down mourning
for them as though for my
own mother.
- 15 But when I suffered, they all
gathered together and
celebrated.
People whom I did not even
know gathered to attack me.
They kept slandering me and
would not stop.
- 16 Profane people mocked me
for being lame
and ground their teeth at me
to show how angry they were.
- 17 Lord, please do more than
just watch what they do!
Rescue me from these
people who want to destroy
me!
Save me from these people
who are as fierce as young
lions!
- 18 Then I will thank you when
the great crowd of your people
gather together,
and I will praise you in front
of all of them.
- 19 Do not let my enemies who
lie about me celebrate **because
they defeated me**,
and do not let those who
hate me for no reason wink
at each other **to show how
pleased they are about it**.

20 Do not let them succeed,
because they do not speak
peacefully to anyone;

instead, they make up lies
about quiet, peaceable
people in the land.

21 They shout loudly to accuse
me,

saying, "Yes! Yes! We saw
what you did!"

22 Yahweh, you have seen all of
this, so please do something
about it!

Lord, please help me!

23 Become active and do the
right thing for me;

my God and my Lord, defend
me!

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

and do not let my enemies
celebrate that they have
defeated me.

25 Do not let them think to
themselves, "Yes! We got what
we wanted!"

Do not let them say to each
other, "We have completely
destroyed him!"

26 Instead, make all those who
celebrate when bad things
happen to me

feel totally ashamed and
disgraced.

Yes, completely humiliate
those who boast that they
are greater than me.

27 But let those who want God
to show that I am innocent

shout for joy and celebrate!

Let them always say,
"Yahweh is great!

He loves to make things go
well for the one who serves
him."

28 Then I will tell everyone how
righteous you are,

and I will praise you all day
long.

36 Note for the worship
leader: David, a man who served
Yahweh faithfully, wrote this
psalm.

1 Wicked people act as though
they are obeying a voice from
deep within themselves that is
urging them to sin.

They have no respect for
God at all.

2 Indeed, they are so proud
that they refuse
to recognize how wrongly they
act

so that they might hate
doing those things.

3 Everything that they say is
wicked and deceptive;

they have stopped acting
wisely and stopped doing
what is right.

4 They plan sinful activities
while lying on their beds;

they commit themselves to a
bad way of living;

they do not refuse to do evil
things.

5 Yahweh, the amount that you
faithfully love us is so much
that it is as though it fills the
heavens.

If we could measure how
trustworthy you are, the
amount would extend into
the clouds.

6 Your way of doing what is
right is as permanent as the
highest mountains;

your way of acting justly is
as vast and mysterious as the
deepest oceans.

Yahweh, you take care of all
living creatures, both people
and animals.

7 God, how precious it is that you faithfully love us!

You protect people just as a bird shelters its young under its wings.

8 You provide for them plenty of food from the abundant supply that you have;

you satisfy them with good things that they enjoy, as if from a never-ending stream.

9 Indeed, you are the one who causes everything to live;

you are the one who makes it possible for us to understand what is true.

10 Please continue to faithfully love those who know you, and continue to do right for those who sincerely want to do what is right.

11 Do not let arrogant people overcome me, and do not let wicked people force me to flee.

12 See how the people who do evil have fallen!

God has thrown them down, and they can never get up again.

37 ¹ *This is a psalm of David.*

Do not let what wicked people do upset you;

do not wish that you had what people who do evil things have.

2 **Do not worry about them** because they will soon disappear, just as grass dries up **in the sun**

and green plants quickly wither and die.

3 Trust in Yahweh and do what is right;

live in the land **that he has given you,** and be faithful **to him.**

4 Also, enjoy Yahweh more than anything else;

then he will give you what you desire most.

5 Entrust everything that you plan to do to Yahweh;

trust in him,

and then, for his part, he will do **whatever you need him to do.**

6 He will show everyone as clearly as the light of the noonday sun that you do what is right

and that you are innocent of doing anything wrong.

7 Be calm before Yahweh and wait patiently for him **to act.**

Do not become upset when you see **evil** people succeed as they do the **wicked** things that they have planned.

8 Stop being angry **about what wicked people do;**

do not want to punish them yourself; that only leads to doing evil.

9 Do not do that because Yahweh will destroy people who do evil,

but as for the people who trust Yahweh to act, they will possess the land.

10 Soon wicked people will disappear.

You will look for them where they used to be, but they will be gone.

11 Humble people, however, will possess the land

and will enjoy living **there** very peacefully and well.

12 Wicked people plan to harm people who do what is right.

They grind their teeth at people who do what is right **to show how much they hate them.**

13 But the Lord scoffs at wicked people,

because he knows that the time when he will judge them is coming.

14 Wicked people draw their swords and string their bows to kill people who are poor and helpless and to slaughter people who live honestly.

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

16 It is better to be a person who does what is right and to have only a few possessions than to have the abundant wealth of many wicked people.

17 **This is so** because Yahweh will make wicked people unable to do what they want to do, but he will take care of people who do what is right.

18 Each day Yahweh watches over people who do not do wrong things, and what he gives them will last forever.

19 During times when bad things happen they will not despair; even when there is a famine, they will still have enough **to eat.**

20 But wicked people will die.

Those who hate Yahweh will be like wildflowers that look beautiful in the meadows; but then they will disappear **as quickly** as a puff of smoke.

21 Wicked people borrow **money** and never repay **it**, but people who do what is right are generous and give **freely to others.**

22 Moreover, those whom Yahweh blesses will possess the land, but he will destroy those whom he has cursed.

23 Yahweh directs a person to live securely, and he is pleased with how that person lives.

24 Even if something bad happens to that person, he will not completely fail, because Yahweh takes care of him.

25 I have been young, and now I am old, but **in all those years** I have never seen Yahweh stop caring for any person who does what is right, nor have I seen such a person's children **needing to** beg for food.

26 People who do what is right are generous and lend freely **to others** every day, and their children bless others.

27 Avoid doing evil and do what is right. If you do that, you **and your descendants** will live in the land forever.

28 Indeed, Yahweh loves it when people do what is just,

and he will never stop caring
for those who are faithful to
him.

He will protect them forever,
but he will destroy the
descendants of wicked
people.

29 People who do what is right
will possess the land **that**
Yahweh gives them
and will live there forever.

30 People who do what is right
speak wisely,
and they say what is just.

31 They continually think about
the instructions that their God
gave to them;
they succeed in living **the**
way that God wants them to
live.

32 Wicked people observe
people who do what is right
and look for ways to kill
them.

33 But Yahweh will keep
protecting them from what the
wicked people want to do to
them,
and he will not let a judge
wrongly condemn the people
who do what is right.

34 Patiently rely on Yahweh **to**
help you and obey what he
commands.

If you do that, he will honor
you by giving you the land.
When God destroys the
wicked people, you will see
it happen.

35 I once saw a wicked and
tyrannical person who was
becoming powerful, like a large
tree that was spreading out its
branches over its native soil.

36 But then he passed away!
Suddenly, he was gone!

I looked for him, but he was
not there.

37 Observe **and imitate** people
who are honest and who live
rightly,
because people who live
peacefully will have a long
life.

38 But Yahweh will destroy all
people who rebel against him;
he will make the lives of
wicked people short.

39 Yahweh saves people who do
what is right;
he protects them when bad
things are happening.

40 Yahweh helps them and
rescues them
from **what** wicked people
want to do to them.
He saves them because they
have trusted in him **to help**
them.

38 *This is a psalm of David, to
ask God to remember him.*

1 *Yahweh, please do not correct
me angrily;*

no, please do not punish me
wrathfully.

2 **I feel as though** you have shot
arrows into me,
and that you have struck me
with your hand.

3 Because you are so angry
with me,
my whole body suffers.
My body is restless
because I have sinned.

4 Indeed, all my sins **are like**
flood waters that rise above my
head;
they are like a heavy load
that is too much for me to
bear.

5 Because I have acted foolishly,

I have sores that keep getting worse and stink.

6 My body is twisted and bent over very low.

I go around sad and grieving constantly.

7 This is because there is a fever inside me,
and my whole body is sick.

8 I am exhausted and feel completely broken.

I moan loudly because I feel so distressed.

9 Lord, you know everything that I long for,
and you hear every time that I sigh.

10 My heart beats rapidly and I am very weak.

Even my eyesight is failing me.

11 My friends and the people I love keep away from me because of my disease;
even my own family stays far away from me.

12 Those who want to kill me set traps for me,
and those who want to harm me talk about how to destroy me
and they constantly plot how they will deceive me.

13 But I act like someone who is deaf, and I do not listen **to them**.

I act like someone who cannot speak, and I say nothing **to them**.

14 I have become like a man who cannot hear
and who cannot argue back.

15 **This is** because I wait for you, Yahweh, **to help me**.

You will be the one who will respond, Lord my God.

16 **I know this** because I prayed,

“Do not let my enemies celebrate over me. Do not let them gloat over me if something bad happens to me.”

17 Indeed, I feel that something bad will soon happen,
and I am constantly in pain.

18 Certainly, I confess all the wrong things that I have done;
I feel terrible about my sin.

19 But my vigorous enemies are powerful,
and there are many people who hate me for no reason.

20 When I do good things for people, some of them do evil things to me in return.

Those people accuse me **of doing evil things**, even though I am trying to do what is right.

21 Yahweh, please do not leave me!

My God, please stay near me!

22 Come quickly to help me,
Lord, you who save me!

39 *This is a note to the worship leader: David wrote this song. Perform in the style of Jeduthun.*

1 I thought to myself, “I must be very careful about how I act so that I do not sin by what I say.

I must keep myself from speaking

while wicked people are near me.”

2 So I kept completely silent; I did not say anything, not even anything good,
but my suffering only became worse.

3 I felt very agitated inside me; the more I pondered, the more agonized I became.
Then finally I spoke and said,

4 “Yahweh, let me know when I will die.
Tell me how many days I have left to live.
Help me to understand how short my life really is.

5 Indeed, you have made my days very few;
the time that I have to live is practically nothing to you.
Truly, every person appears and disappears as quickly as vapor.
Selah

6 Truly, each person does not do anything more substantial than a shadow would do.
Truly, people become agitated about things that do not matter.
They pile up **wealth**, but they do not know
who will get it **after they die**.

7 So now, Lord, I realize that it is useless for me to expect any person to make my life purposeful.
You are the only one who can do anything worthwhile for me.

8 Please save me from all the ways that I sin against you.
Do not let me be someone whom foolish people ridicule.

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

10 **But now**, please stop punishing me!
As for me, because you have afflicted me, I am about to die.

11 When you correct a person for the wrong things that he has done,
you destroy what he treasures, just as moths destroy clothing.
Truly, every person lives only a very short time. Selah

12 Yahweh, please hear me as I pray **to you**
and listen **to me** when I cry out for help.
Do not ignore my tears,
because I am only living before you **on the earth** for a short time,
a temporary resident, just like all of my ancestors.

13 Please leave me alone in order that I may be happy **for awhile**
before I die.”

40 *A note for the worship leader: David wrote this psalm.*

1 I patiently waited for Yahweh **to help me**,
and he was attentive to me and listened when I called out to him.

2 When bad things were happening to me, it was as though I was in a dangerous pit that was full of mud and slime
but he rescued me from those terrible things
as though he had lifted me out of the pit and set me onto a solid rock
where I could stand securely.

3 He gave me reason to sing a new song,
praising him, our God.
Many people will see **what he did for me** and will revere him
and will trust in Yahweh.

4 What a good life the person has
who trusts confidently in Yahweh
and does not imitate proud people
who are loyal to what is false.

5 Yahweh my God, you are the one who has done many wonderful things
and made **great** plans for us!
No one compares to you.
If I tried to tell others about all of those wonderful things,
there would be too many for me to mention.

6 It is not the sacrifices and offerings that you have wanted **from me**;
instead, you gave me the ability to hear and obey you.
Burnt offerings and sin offerings are not what you require **to forgive my sins**.

7 So I said, "Yahweh, here I am, **ready to do the things that** the scroll of your instruction says about me."

8 My God, I gladly do what you desire;
I deeply treasure your instruction.

9 Whenever your people gather together in the large congregation,
I tell them about the righteous things **that you do**.
Indeed, Yahweh, certainly you know that I do not stop talking **about this**.

10 I have not kept to myself **the good news** that you are righteous;
I have told the large gathering of your people that you are faithful and that you save us.
I have not hidden from them that you faithfully love us and are always trustworthy.

11 Yahweh, you will not stop being merciful to me.
Because you faithfully love me and are always trustworthy,
I know that you will continually protect me.

12 I assure myself of this because so many bad things are happening to me that it seems that I cannot even count them.
the wrong things that I have done are now affecting me badly,
and I cannot see **a way to fix them**.
It seems that they are more numerous than the hairs on my head,
and I am very discouraged.

13 Yahweh, please rescue me!
Yahweh, please come quickly to help me!

14 May God completely disgrace
all of the people who want to kill me.
May God frustrate the people who want me to suffer
and may he humiliate them.

15 May those who mock me, saying, "Ha, Ha!"
feel horrified because God has so humiliated them.

16 May all those who come to worship you

be very joyful because of
you.

May those who love that you
save them say continually,
“Yahweh is great!”

17 As for me, I am very poor,
but the Lord cares about me.
You are the one who rescues
me;
my God, please do not wait
any longer!

41 *Note for the worship
leader: David wrote this psalm.*

1 What a good life those people
have who help powerless
people!

When bad things happen to
them, Yahweh will rescue
them.

2 Yahweh will protect them
and people will see that
things turn out well for them
as they live in the land.
Yahweh, please do not let
their enemies do what they
want with them.

3 Yahweh will strengthen them
when they are sick;

Yahweh, you completely
restore them whenever they
become ill.

4 As for me, I said, “Yahweh,
please be merciful to me and
heal me.

I am sick because I have
sinned against you.”

5 My enemies say hateful
things about me;
they say, “We want him to
die so that everyone will
forget him!”

6 Whenever one of them comes
to visit **me**, he says things that
mean nothing.
He secretly collects harmful
information,

then he goes outside and
tells **it to everyone**.

7 Everyone who hates me
whispers about me to one
another;
they plot how to harm me.

8 **They say about me**,
“Something terrible has
happened to him,
and he will never get up
from where he is lying.”

9 Even my closest friend, the
one I trusted,
who shared meals with me,
has greatly betrayed me.

10 However, Yahweh, please be
merciful to me and make me
well,
so that I can do to them
what they did to me.

11 When you do this, I will
know that you are pleased with
me,
when my enemies **will not be
able to defeat me and so**
cannot rejoice about it.

12 As for me, you have helped
me because I live honestly,
and you will allow me to be
with you forever.

13 We should all praise
Yahweh, the God whom the
people of Israel worship!
People should praise him at
all times, now and forever!
Yes, let it be so!

Book Two

42 *This is a note for the
worship leader: One of the
Korahites wrote this song.*

1 When a wild deer is very
thirsty,
it takes short, quick breaths
because it wants so badly

to find a brook from which it
can drink water.

That is how much I want you,
God.

It is as if I am taking short,
quick breaths.

2 You are the only true God,
and I desire very greatly to
be in your temple again
and worship in your
presence.

I desire that so much
that it is as if I am very
thirsty.

3 I have been crying
continually.
I have been crying so much
that I have not been able to
eat.

This is because my enemies
keep telling me,
“Your God will certainly not
help you!”

4 It is appropriate for me to
weep to express my great
sorrow.

But **to encourage myself**, I
should also remember
how I used to go with large
groups of people
to celebrate festivals at
God’s temple.

**Because I was one of the
worship musicians,**

I would lead the people as
they walked to the temple.

On the way there,
we all shouted joyfully and
praised God.

5 So I certainly should not be
so sad and upset!
I can confidently expect God
to rescue me!

When he does, I will have the
opportunity
to praise him as my savior
and

6 my God. But I do feel very
sad.

**So even though I am a long
distance from your temple,
God**

I will remember you from here
at Mount Mizar

in the land near Mount
Hermon where the Jordan
River begins.

7 The waterfalls you created
make such a loud sound
that it is as if one deep
stream were shouting to
another deep stream within
the river.

I feel such anguish that it is as
if

one wave after another were
crashing over me.

8 Yahweh continually loves me
faithfully as he promised.

In response, as he inspires
me, I continually sing
prayers to him.

He is the God who keeps me
alive.

9 God is like a huge rock on top
of which I am safe.

So I will pray to him,

“Please pay attention to me!
I am living sorrowfully
because my enemies are
afflicting me!”

10 Those enemies are
continually insulting me.

They keep telling me, “Your
God will certainly not help
you!”

When they insult me like that,
it is as painful as if they
were breaking my bones.

11 But I certainly should not be
so sad and upset!

I can confidently expect God
to rescue me!

When he does, I will have the
opportunity

to praise him as my savior
and my God.

43 ¹ Please protect me,
God, from the people who are
being so cruel to me.

Please consider that I do not
deserve that.

Rescue me from people who
would deceive me and treat me
unfairly. ² **I ask you to do this**
because you are the God who
protects me,

and yet I feel as if you have
abandoned me!

I am living sorrowfully because
my enemies are afflicting me.

³ Treat me favorably, as if you
were smiling at me.

Help me, as you have
promised to do for those who
are loyal to you.

Guide me so that I can return
to your temple on Mount
Zion.

⁴ **When I do come to Zion**, I will
go to your altar **to worship you**.

O God, you make me very
joyful! **At your altar**, I will
sing praise to you,

the God whom I worship, as
I play the harp.

⁵ So I certainly should not be
so sad and upset!

I can confidently expect God
to rescue me!

When he does, I will have the
opportunity

to praise him as my savior
and my God.

44 *This is a note for the
worship leader: One of the
Korahites wrote this song.*

¹ God, we listened carefully
when our ancestors told us
about the great things you
did long ago

when the Israelites first
came into the land of
Canaan.

² **They told us about** how
powerfully you forced the other
nations to leave

and established our
ancestors securely in their
land.

It was as if they had been
plants that you put firmly in
the ground.

You destroyed the people
groups that had lived there
and enabled our ancestors to
settle there.

³ Our ancestors did not
conquer this land with their
own weapons

or by their own power.

Instead, you helped them and
defeated their enemies

by your own great power.

You did that because you
loved them.

⁴ You are our real king, O God.
Please enable the people of
Israel to defeat their
enemies.

⁵ You enable us to defeat our
enemies.

Because you help us, we
destroy armies that fight
against us.

⁶ We do not expect to win
victories

because of the weapons we
have.

⁷ Instead, you rescue us from
our enemies.

You disgrace our opponents
by defeating them.

⁸ We regularly celebrate what
God has done for us.

We will always praise him.
Selah

⁹ But now it appears that you
no longer want to help us.

This has embarrassed us.
When our armies march out to
fight a battle,
you no longer enable them to
win victories.

10 You make us retreat from
our enemies.

We must leave behind
weapons and possessions,
and they take as many of
those as they want.

11 You have allowed our
enemies to slaughter us as if we
were sheep.

Foreign armies have
captured many of our people
and taken them back to their
countries as slaves.

12 You did not even receive any
money

for allowing others to take
your people as their slaves.

You did not become any richer
as a result of that.

13 Because you no longer help
us,

the people groups around us
insult us.

They express contempt for us
and laugh at us.

14 People in other nations are
using us Israelites

as an example of an
unfortunate people group.

They are shaking their heads at
us

to ridicule us.

15 I am constantly aware of my
disgrace.

I feel complete shame

16 because people are speaking
so harshly to me.

Those people are my
enemies, and they want to
harm me.

17 These things have happened
to us

even though we have not
stopped worshiping you
and we have not disobeyed
the solemn agreement that
you made with our
ancestors.

18 We still love you as our God,
and we have continued to do
what you have commanded
us to do.

19 But **you have allowed** our
enemies to ruin our land and
leave it desolate.

You have left us feeling as
though we are going to die.

20 If we had stopped
worshiping you as our God
and had started worshiping
a foreign god,

21 you would surely have
known that.

That is because you know
even what people secretly
think.

22 Because you are not helping
us,

our enemies are continuing
to kill our people.

They believe they can kill us
as easily as if we were
sheep,
which people slaughter
easily.

23 Protect us! Do not fail to act,
Lord, as if you were asleep!

Defend us! Do not keep
treating us as if we were not
your people!

24 Please be favorable to us
and help us!

Consider how badly our
enemies are harming us
and how greatly we are
suffering!

25 We ask you to do this
because we are helpless,
as if we had fallen down

and were lying on the ground and could not get up.

26 You have promised to love us faithfully because we belong to you.

So please do something to rescue us from our enemies!

45 *This is a note for the worship leader: One of the Korahites wrote this song. It is a love song. The tune is "Lilies."*

1 There is something wonderful that I feel so strongly about that I must sing about it.

I will sing a song that I have composed in honor of the king.

As I sing, I will express my ideas in an orderly and complete way,

just like a scribe who records quickly and accurately what he hears people say.

2 O King, you are the most handsome man in the world!

You speak very graciously! So we know that God has always blessed you.

3 Prepare yourself to keep fighting powerfully **for justice**!

You are glorious and majestic when you do that.

4 Go and win victories to establish yourself as a king who is honest,

who does not proudly oppress his people, and who does what is right.

As you do that, may you find that your skill as a warrior terrifies anyone who would resist you.

5 Your sharp arrows pierce into the hearts of your enemies.

You defeat the people groups that fight against you.

6 Your Majesty, you will be the king for a very long time.

You decide people's cases fairly as you rule your kingdom.

7 You love it when people do what is right,

and you hate it when people do what is wrong.

That is why God, whom you worship, has made you so happy.

You are happier than all the people around you.

8 Your royal robes smell beautifully of **the spices** myrrh, aloe, and cassia.

From within your palace, which has ivory decorations, you hear people playing stringed instruments.

That music makes you happy.

9 The honored women of your court include foreign princesses.

Your bride, the queen, is standing at your right side. Threads of gold fine gold from Ophir decorate her robe.

10 And as for you, dear bride, please listen carefully to my advice.

From now on, regard this as your country

and these people as your family.

11 If you do that, the king will love and appreciate you even more.

Bow down in front of him to honor him as your husband and king.

12 Representatives of **foreign kingdoms such as the wealthy kingdom** of Tyre will bring gifts to you.

The wealthy people of this kingdom will ask you to treat them favorably.

13 This royal princess looked so beautiful in her private room where she had dressed for the wedding!

She had put on a robe that gold threads richly decorated.

14 As she came in procession to where you are, O king, people could see that her robe also had beautiful designs of colored thread.

Other young women, her bridesmaids,

followed her in that procession.

15 As they came in procession into your palace, this made everyone very happy.

16 You will be famous not because of your ancestors but because of your descendants.

They will have influence and authority all over the world.

17 **By this song,** I want to make the people of future generations remember what a great king you are.

Then people will always say good things about you.

46 *This is a note for the worship leader: One of the Korahites wrote this song. The tune is "Maidens."*

1 God keeps us safe, as if he were a secure place where we could go if we were in danger.

God strengthens us.

He is always present to help us when we have troubles.

2 So we would not be afraid even if there were an earthquake

that caused huge chunks of mountains to fall deep into the sea.

3 We would not be afraid even if there were a great storm in the ocean

whose surging waves battered the coastline. Selah

4 A stream flows down from the mountains into Jerusalem.

Its cool waters refresh the people who live there.

Jerusalem is the location of God's holy temple.

He is greater than all other spirit beings.

5 God is present in Jerusalem in a special way, so no one destroys it.

God rescues the people of that city,

and it is as if a dark night ends and a bright new day begins.

6 Sometimes foreign armies invade kingdoms and conquer them.

But that does not happen to us, because God powerfully defends us and defeats our enemies.

7 Yahweh, the commander of the heavenly armies, helps us.

The God whom we Israelites worship keeps us safe. Selah

8 Let me tell you what Yahweh does.

He destroys our enemies.

9 He stops wars all over the world.

It is as if he breaks bows and arrows, destroys spears, and burns up war wagons.

10 God says, "Calm down and remember that I am God.

The people of nations
throughout the earth will
honor me.”

- 11** Yahweh, the commander of
the heavenly armies, helps us.
The God whom we Israelites
worship keeps us safe. Selah

47 *This is a note for the
worship leader: One of the
Korahites wrote this psalm.*

- 1** People all over the world,
clap your hands!
Shout joyfully to praise God!
- 2** Everyone should revere
Yahweh, who is much greater
than any other spirit being.
He rules powerfully over the
whole world!
- 3** He enables us to conquer
people groups that oppose us.
- 4** He loved our ancestor Jacob,
and so he chose this land to
be our possession.
We are proud of the land he
gave us. Selah
- 5** People have acclaimed
Yahweh their God as their king
by shouting and blowing
ram’s horns.
- 6** Sing songs to praise God our
King!
Yes, sing songs to praise
him!
- 7** Do that because God rules
the whole world.
Sing a special song about
that.
- 8** God rules over all people
groups.
He rules them completely
fairly, not the way many
human kings do.
- 9** The rulers of the people
groups will assemble

to join those who worship
the same God whom
Abraham worshiped.

- They will do that because the
leaders of the world must obey
God.
He is the supreme ruler of
the world.

48 *One of the Korahites wrote
this psalm.*

- 1** Yahweh is great, and he
deserves to have people praise
him greatly
in **Jerusalem**, the city that
belongs to him.
That city is high up on the
mountain that he chose
as the place where people
would worship him.
- 2** The height of Mount Zion is
magnificent.
People from all over the
world are happy when they
see it.
The city of **Jerusalem**, where
Yahweh rules as the great king,
is on the northern ridge of
that mountain.
- 3** God is present **as a defender**
in the city’s fortifications.
He has shown that he
protects the people of the
city.
- 4** Listen to why Yahweh
deserves our praise.
Kings joined together and
led their armies to attack
our city.
- 5** However, when they saw it,
its secure position and
defenses amazed them.
They became so frightened
that they ran away.
- 6** Their bodies shook because
they were so afraid.

They screamed as if they
were women who were
giving birth.

7 Just as you, Yahweh, can sent
a strong east wind
that wrecks even the
sturdiest ships at sea,
so you destroyed the armies
that were attacking us.

8 Jerusalem belongs to Yahweh,
the commander of the
heavenly armies, who is our
God.

We had heard **from our
ancestors** that God would
always keep the city secure.

Now we who live in the city
have seen for ourselves that
this is true. Selah

9 We went into your temple,
God,
and recognized that you
faithfully kept your covenant
when you protected us.

We acknowledged that you had
been just as faithful to us
as you were to our
ancestors.

10 People throughout the world
praise you as you deserve.
You use your power to make
sure that people treat each
other right.

11 The people who live in
Jerusalem and in other parts of
the kingdom of Judah
should celebrate the way you
judge people fairly.

12 You Judeans should walk
around the walls of the city of
Jerusalem.
See how many defensive
towers it has!

13 You should observe the
strength of the walls and the
fortifications
so that you can tell your
descendants about them.

14 The people of Judah and
Jerusalem should praise
Yahweh

because he is our God and
he will always be our God.
He will lead us for as long as
we live.

49 *This is a note for the
worship leader: One of the
Korahites wrote this psalm.*

1 Listen to me, members of
people groups
from throughout the world,

2 whether or not you are
famous
and whether or not you are
rich!

3 I have thought carefully
about what I am going to say,
so it will be wise, and it will
help you understand things
better.

4 There is a popular saying
about something that people
find difficult to understand.
I have considered it, and I
will explain it as I **sing and**
play my harp.

5 I do not have to be afraid
during difficult times
when wicked people around
me try to harm me.

6 These wicked people believe
that they will be able to use
their money to overcome any
difficulty.

They boast about how rich
they are.

7 No one can use his money to
keep a person from dying.
No, no one can pay God
money so that another
person will not die.

8 No matter how much money a
person has,

- it is never enough to keep someone else from dying
- 9** so that the person will live forever
and never leave this world.
- 10** Whether people are wise or foolish and brutish, they all die.
Then other people inherit their money.
- 11** They imagine that the houses they live in will always exist.
They call their properties by their own names
as if they would always have them.
- 12** Even if someone is great, he does not stay that way.
He still dies, just as animals do.
- 13** Those who think and act as if they will never die are living in a foolish manner.
Even so, some other people admire them and approve of what they say. Selah
- 14** God has determined that they will die, as easily as sheep die,
and go to the place where dead people are.
They will remain there, as if death were a shepherd keeping them in a pen.
One day God will make righteous people rule over wicked people.
Wicked people will no longer live in comfortable homes.
Instead, their bodies will decay in their graves.
- 15** But God will take me to himself.
In that way, he will rescue me from the place where dead people are. Selah
- 16** Do not let it trouble you when a person becomes rich

and has many valuable possessions.

- 17** After all, when that person dies,
he will take nothing with him **to the place where dead people are.**
He will not be able to bring his money there with him.
- 18** While a rich person is alive, he says to himself that he is successful.
(People tend to praise anyone who is successful.)
- 19** Nevertheless, he will die and go to where his dead ancestors are.
All of them will remain in that dark place forever.
- 20** If someone is great but does not understand these things,
he will die, just as animals do.

50 ¹ *A Levite from the clan of Asaph wrote this song.*

- Yahweh is the only true God.
He has decreed that people from all over the world should come to him.
- 2** Mount Zion is as wonderful as a place can be **because God's temple is there.**
God's presence there is like a light that shines brightly.
- 3** Our God is approaching us **to judge us.**
He will now tell us **what we have done right and what we have done wrong.**
He is coming very powerfully, as he did at Mount Sinai,
when there was a great thunderstorm and a burning fire on the mountain as he approached it.

4 He calls upon the sky and the land **to serve as witnesses of his covenant with the Israelites.**

This demonstrates that he will judge them fairly **according to that covenant.**

5 He says, "Summon those who worship me faithfully, those who made a covenant with me that involved offering sacrifices to me."

6 The sky displays the character of God so clearly, it is as though it is saying, "God is righteous, and he is the supreme judge." Selah

7 God says, "You Israelite people who belong to me, listen as I speak to you.

I am the God whom you worship. I am going to tell you what you have done right and what you have done wrong.

8 You continually burn animals completely on the temple altar as sacrifices to me, so I have no complaint that you have failed to offer sacrifices to me.

9 However, I do not really need the bulls from your herds or the goats from your pens **that you sacrifice to me.**

10 I do not need them, because all of the animals that live in the forests belong to me.

All of the cattle everywhere on earth also belong to me.

11 I own all the birds that live in the mountains.

All the little creatures that move around in the fields also belong to me.

12 Because everything in the world belongs to me,

if I were hungry, I would not tell you

so that you would bring me some food to eat.

13 When you sacrifice bulls to me, I do not eat their flesh, and when you offer goats to me, I do not drink their blood.

14 I want you to offer sacrifices to me, your God, because you have promised to do that to thank me for helping you.

I am the God who is greater than all other spirit beings.

15 So pray to me when you are in trouble.

If you do that, I will rescue you, and then you will honor me **publicly by offering a sacrifice."**

16 But God says to wicked people,

"You should not be reciting my commandments or talking about the covenant that I made with you!

17 You should not do that, because you hate it when I correct you, and when I tell you to do something, you refuse to obey me.

18 When you see someone stealing, you decide that it is acceptable for him to steal.

When you learn that people are having sexual relations with people other than their spouses,

you do the same thing.

19 You do not restrain yourselves from saying wicked things,

and you make up things to say to deceive people.

20 You consistently say bad things about members of your own family,
even about your closest relatives.

21 You do all those things,
and I have not said anything to you about them,
so you think that I do not care about them any more than you do.

But now I am going to show you **all the wicked things you have done**,

and I am going to judge and punish you for doing them.

22 Many of you have been ignoring me.

Pay attention to what I am saying now!

If you do not, I will destroy you.
No one will be able to rescue you.

23 When people publicly offer sacrifices to thank me for helping them,
that honors me greatly.

If people live as I want people to live,

I will rescue them when they are in trouble."

51 *This is a note for the worship leader: King David wrote this song after the prophet Nathan came and rebuked him for having sexual relations with **another man's wife**, Bathsheba.*

1 Oh God, since you promised to faithfully love me,
please act mercifully toward me.

You gently love people in many ways,

so please forgive me for disobeying you so badly.

2 Remove my sin completely, as if it were dirt that you were washing off me
to make me clean.

3 I ask this because I know that I have disobeyed you in many ways.

I am continually aware of that.

4 What grieves me most is how I have sinned against you.

I have done things that you consider to be very wrong.

So when you declare that I am guilty, you are right.

When you judge me, you are completely fair.

5 Indeed, I have been a sinner from birth.

In fact, I have been a sinner since my mother conceived me.

6 I know that you want me to have honest intentions.

You help me understand very well how to act wisely.

7 Make me acceptable to you again,

as if you were using hyssop to sprinkle water on me to purify me.

Remove my sin as if it were dirt that you were washing off me.

Then I will be completely pure, like snow that has just fallen.

8 Please tell me **that you have forgiven me**.

That would make me very happy.

My guilt feels like a heavy weight on me,

but may I rejoice **in your forgiveness**.

9 Please forgive all the wrong things I have done

so that it will be as if I never did them.

10 O God, please make me want to do only things that please you.

Help me to be loyal to you consistently.

11 Please allow me to come into your presence.

Please do not make your Holy Spirit leave me.

12 Please save me **from the guilt and punishment of my sin.**

That will make me very happy again.

Please make me eager to obey you

so that I do not sin again.

13 Please make me so obedient that I can even teach people who are doing wrong things

how you want them to live instead.

That way people who have been disobeying you

will start obeying you again.

14 God, I admit that I deserve to die because I murdered someone,

but please rescue me from that punishment.

You can save me **from the guilt and punishment of my sin** because you are God.

When you do that, I will sing joyfully about how good you are.

15 Lord, **please do these things so that** I will have a reason to speak publicly

and say things to praise you.

16 If you had wanted me to offer a sacrifice **because of the sin I committed,**

I would certainly have done that.

But you do not accept burnt offerings

from people who bring them to try to make things right

with you after committing murder.

17 What you really want is for people to pray to you in genuine humility **and ask for forgiveness.**

When a person is very sorrowful for his sin, you, God, do not reject him.

18 Please regard us Israelites favorably and help us.

Protect us from our enemies.

19 Then people will offer sacrifices to you for the right reasons.

They will bring animals that they will burn completely as offerings to you.

They will completely burn up young bulls on your altar.

You will gladly accept these sacrifices.

52 *This is a note for the worship leader: David wrote this song when Doeg the Edomite went to King Saul and told him, "David went to Ahimelech's house."*

1 **Doeg**, you are boasting as if you were a great warrior because you killed so many people,

but you are wrong to boast, because they were helpless.

God always protects me because he is kind to me.

2 You say things that you know will cause great harm to other people.

It is as if your tongue is a sharp knife slashing people.

People did something innocently,

but you reported it in such a way that they seemed to be guilty.

3 You like to do what is wrong more than you like to do what is right.

You like to tell lies more than
you like to tell the truth.
Selah

4 You like to say anything that
will cause harm to people.

What you say causes
innocent people to suffer.

5 But God will destroy you
permanently, just as you have
destroyed others.

You may feel safe in your
home, but God will take you
from there

and remove you from this
world in which people are
alive. Selah

6 When good people see that,
they will respect God **for being
just**.

They will laugh at you.

7 **They will say**, "Look what
happened to this man who did
not trust God to protect him.

He thought that because he
had a lot of money, he could
avoid trouble.

He believed that harming
other people would make
him powerful."

8 But I am safe, just like the
olive trees that the priests plant
and care for in the courtyard of
the place where we worship
God.

I know that God will always
be kind to me.

9 I am confident that you, God,
are going to do what I have
described,

and I will always praise you
for that.

You have demonstrated to the
people who are faithful to you
that you are good.

So I will wait patiently for
you to act according to your
good character.

53 *This is a note for the
worship leader: David wrote this
song to the tune of "Weakness."*

1 People who do not want to
obey God tell themselves that
God does not exist.

People like that are bad.
They do terrible things.

Every one of them acts
wickedly.

2 God looks down from heaven
at the people on the earth.

He wants to find out whether
any of them are wise and
want to know him.

3 But they have all chosen to
disobey God.

They have all become bad
people.

Every single one of them
acts wickedly.

4 They take away people's
possessions until they have
nothing left.

They do that as easily as
they would eat a loaf of
bread.

The people who do such bad
things ought to realize **that God
is going to punish them**.

But they do not worship God.

5 An army came and attacked
the Israelites.

Its soldiers did not have to
be afraid that the Israelites
would defeat them.

But God made them lose in
battle so badly that the
survivors were not even able to
bury the dead soldiers.

This made them very afraid.
God regarded this army as
insignificant **compared with his
great power**.

He helped the Israelites, **and
so they** were able to

humiliate those soldiers **by defeating them.**

6 I wish that God, whose sanctuary is on Mount Zion, would rescue the Israelite people!

When God makes his people prosperous again, the Israelites, those descendants of Jacob, will be very happy.

54 *This is a note for the worship leader: Musicians playing stringed instruments should accompany this song. David wrote this song when the people of the region of Ziph went to Saul and told him that David was hiding in their area.*

1 God, please use your power to save me **from my enemies!**
If you do that, people will realize that I have not done anything wrong.

2 God, please listen to what I say
as I pray to you.

3 I am praying for your help because even my fellow Judeans are treacherously acting against me.
These are violent men, and they want to kill me.

They do not respect you.
Selah

4 But God is helping me.
The Lord is helping the people who are protecting me so that I stay alive.

5 My enemies want to do harmful things to me,
but God will cause those things to happen to them instead.

Because you faithfully do what you promise,
destroy them **so that they do not kill me!**

6 I promise that **when you rescue me**, I will publicly offer a sacrifice to honor you.

I will praise you, Yahweh, for how good you are.

7 I will be able to do this because he rescues me from all my troubles

and, as a result, I see that he has defeated my enemies.

55 *This is a note for the worship leader: Musicians playing stringed instruments should accompany this song. David wrote this song.*

1 God, please listen to me as I pray to you.
Please do not ignore me as I am pleading with you.

2 Please pay attention to me and do what I ask.
The things I am praying about are agitating me and making me moan **in distress.**

3 This is because my enemies are saying things **to threaten me.**
Wicked people are attacking me.

They are causing me to have great troubles.
Because they are so hostile to me, they never stop trying to harm me.

4 My heart is pounding inside me because I am so upset.
I strongly feel many fears because I know that my enemies are trying to kill me.

5 I am shaking because I am so afraid.
The only thing I feel is fear.

6 I have been thinking, "How good it would be if I had wings like a dove!"

I would fly away and find a place to rest.

7 If I could, I would go far away and stay in a desolate area.
Selah

8 I would quickly find a safe place
where my enemies could not harm me in the way that a powerful storm causes damage."

9 Lord, please destroy my enemies!

Make them disagree about what to do **so that they cannot make successful plans against me.**

I ask this because I know that they are fighting with people in the city and hurting them.

10 The fighting is constant, and the people in the city cannot get away from it.

Bad people are causing much trouble right in the middle of the city.

11 These bad people harm others right in the middle of the city.

Dishonest people continually deceive and cheat others in the marketplace.

12 If it were an enemy who was saying bad things about me,
I could endure it.

If it were someone who hated me who was powerfully opposing me,

I could hide from him.

13 But the person who is doing those things to me is someone I treated not as a subject but as an equal.

I knew him well, and we were together often.

14 We used to talk together in a wonderful way.

We also used to go to the temple courtyard together **to worship God** with the other Israelites who gathered there.

15 My enemies are so wicked in their inner beings that it is as if wickedness lives in their homes **and influences what they do.**

So I hope that bad things happen to them that destroy them!

I wish that **the earth would open up under them so that**

they would go down alive to the place where dead people are.

16 But I will ask Yahweh, my God, to help me,
and he will rescue me.

17 I will continually pray to him,

whether I can express my concerns in words

or whether I am only able to moan **as a plea to him.**

He will answer my prayer by helping me.

18 My enemies are coming with many soldiers to fight against me,

but God will keep me safe and save my life when we fight a battle.

19 My enemies have no difficulties in life,
so they do not respect God.
Selah

But God, who has ruled forever, will answer my prayer and punish them as they deserve.

20 The man I knew well is attacking me even though I was his friend.

He should have remained loyal to me, but he has not.

21 What he said was as easy to believe as butter is easy to swallow,

but secretly he hated me.
The words he spoke were as
soothing as olive oil,
but all along he intended to
use words to hurt people as
sharp swords do.

22 Depend on Yahweh to help
you when you are in trouble,
and he will take care of you.

He will never allow anyone
to destroy people who are
righteous.

23 God, you will cause people
who deceive and kill others
to die before they have lived
half as long as most people
do.

But as for me, I will trust you **to
protect me.**

56 *This is a note for the
worship leader: David wrote this
song when the Philistines made
him their prisoner in the city of
Gath. The tune is "A Faraway
Silent Dove."*

1 O God, men are attacking me,
so please help me!

They keep fighting me and
making me suffer.

2 Many proud enemies are
fighting against me,
so there is continually
someone attacking me.

3 But whenever I am afraid,
I trust you **to help me.**

4 I praise you, God, because
you have promised **to take care
of me.**

I trust you to do that, so I am
not afraid.

I know that mere humans
will not be able to harm me!

5 My enemies are continually
trying to interfere in my
activities. They keep planning
ways to harm me.

6 Together they secretly watch
where I am going

because they are looking for
an opportunity to kill me.

7 They should not be able to
avoid punishment for the
wicked things they are doing.

O God, in your anger, please
defeat all of our foreign
enemies!

8 You have watched me
carefully as I have wandered to
this place.

Please stay close to me as I
have sad experiences here.

I know that you have
watched me closely as I have
had these experiences.

9 When I cry to God for help,
my enemies will stop attacking
me.

I know that will happen
because God favors me.

10 I praise you, Yahweh my
God,

because you have promised
to take care of me.

11 I trust you to do that, so I
am not afraid.

I know that mere humans
will not be able to harm me!

12 God, I have vowed **that I will
thank you publicly when you
help me,**

so I will offer a sacrifice to
thank you.

13 I will be able to do that
because you will have rescued
me.

No one will have killed me.
Because you protect me, I will
be able to live in your presence
here in this world where
people are alive.

57 *This is a note for the
worship leader: David wrote this
song when he fled into a cave to*

escape from Saul. The tune is "Do Not Destroy."

- 1 O God, please help me!
I ask you to do that because
I depend on you to protect
me.
I pray that you will protect me
just as a mother bird protects
her chicks under her wings.
I ask you to do that until the
troubles I am having are
over.
- 2 I am crying **for help** to God,
who is greater than all other
spirit beings.
God will complete what he
has begun to do for me.
- 3 May he act from where he is
in heaven to rescue me.
Someone is trying to harm
me; may God prevent him
from doing that. Selah
God is kind and loyal to the
people who trust him,
so may he help me.
- 4 Men who are as dangerous as
lions are all around me.
I have no safe place to sleep
far away from those men
who are trying to kill me.
They say things about me that
make other people want to
harm me.
- 5 May you have the most glory,
God,
of anyone in heaven or on
earth!
- 6 My enemies are trying to
capture me, as if they had set
out a net to trap me.
This has distressed me
greatly.
Yes, they are trying to capture
me, as if they had dug a deep
pit along the path where I walk,
hoping that I would fall into it.
But I believe that God will
use what they are doing
against them, as if they had

fallen into that pit
themselves. Selah

- 7 God, I trust you completely.
So **instead of worrying**, I will
sing praises to you.
- 8 I will do that enthusiastically.
I will begin the day by
praising you as I play my
harp and lyre.
- 9 I will sing songs to praise
you, Lord,
so that people of other
nations can find out about
you.
- 10 You deserve this praise
because your kindness and
loyalty are much greater than
anything on earth,
just as the clouds in the sky
are much higher than
anything on earth.
- 11 May you have the most
glory, God, of anyone in heaven
or on earth!

58 *Here is a note to the
worship leader: The tune is "Do
Not Destroy." David wrote this
song.*

- 1 You **judges** should not think
that you can ensure justice if
you do not speak out **to
condemn wickedness**.
You are not judging cases
fairly, and that shows that
you are acting only as
humans, **not as God's
representatives**.
- 2 In fact, you keep thinking
about doing things that are
wrong.
The decisions that you make
encourage people to commit
violent crimes.
- 3 Wicked people do wrong
things and tell lies
from the time when they are
born.

4 Wicked people harm other people just as poisonous snakes harm people.

They do not pay attention to God's commandments, as if they were cobras that refused to listen

5 and so did not respond to the music that snake charmers were playing.

Even the most skillful charmer could not get them to respond to music.

6 Yahweh my God, wicked people are as dangerous as young lions,

but destroy them as if you were breaking the large teeth of such lions.

7 Make them disappear like water that flows away.

When they try to harm people as if they were shooting arrows at them, keep them from hurting those people, as if those arrows had no heads!

8 May they be like a snail that dissolves as it moves along.

May they be like a baby that never lives on earth because it dies before its mother gives birth to it.

9 God will punish and destroy them as powerfully as if a whirlwind were carrying them away.

He will do that more quickly than thorns can catch fire and heat a pot, even if the thorns are dry, not fresh.

10 Righteous people will celebrate when they see God punish wicked people.

It will be as if wicked people were an army that God destroyed and righteous people were walking triumphantly

through the battlefield afterwards.

11 Then people will say, "It is true that there is a reward for righteous people!

It is true that God judges fairly the people who live on the earth!"

59 *This is a note for the worship leader: David wrote this song when Saul sent men to watch his house so that they could kill him **when he left it**. The tune is "Do Not Destroy."*

1 My God, please rescue me from my enemies!

Protect me from those who want to attack me!

2 Rescue me from wicked men who are trying to kill me!

3 Look! They are hiding and waiting for a chance to kill me!

Fierce men have gathered to harm me.

Yahweh, they are doing that even though I have not done anything that is wrong!

4 I have not committed any sin, but they are hurrying to get ready to attack me.

Please consider my situation and come quickly to help me.

5 Yahweh, you are the God who commands the heavenly armies.

You are the God whom we Israelites worship.

So I ask you to take action and punish all the people who do not honor you.

Do not act mercifully toward those wicked people who have acted treacherously toward me. Selah

6 They are like wild dogs that come out in **the cool** of the evening

and growl as they roam
around this city **looking for
scraps of food.**

7 They make violent threats so
loudly that it is as if they are
belching.

They think, “No one who
hears us **will stop us!**”

8 But you mock them, Yahweh.
You scoff at people who do
not honor you.

9 Because you, God, are the
one who protects me and makes
me strong,

I will depend on you.

10 You, God, are faithfully
loving to me, and you will come
to help me.

You will defeat my enemies
so that I can look
triumphantly at them.

11 But do not kill them **right
away.**

Otherwise, the Israelite
people might forget how you
punished them.

Instead, use your power to
make them wander around
helplessly,

and then destroy them.

Lord, you are like a shield
that protects us.

12 The things that they say are
sinful.

They curse people falsely.

May their pride be like a trap
that catches them

**and keeps them from doing
what they are planning.**

13 Become angry with them
and destroy them so that they
do not exist anymore.

That way people will know
that you, God, rule over the
Israelite people and the
entire world. Selah

14 They are like wild dogs that
come out in **the cool of the
evening**

and growl as they roam
around this city **looking for
scraps of food.**

15 They roam around searching
for food.

If they do not get enough to
eat, they keep roaming
around all night.

16 But as for me, I will sing
each morning about how
powerful you are.

I will sing joyfully about how
faithfully loving you are to
me.

I will sing about how you
protect me when I am in
danger.

17 I will praise you, who
enables me to be strong,
because you, God, protect
me and faithfully love me as
you promised.

60 *This is a note for the
worship leader: The tune is “The
Lily.” David wrote this song when
he was leading the Israelite army
to fight against Aramean armies
from Naharaim and Zobah and his
general Joab had to leave and fight
the Edomites in the Valley of Salt,
where he killed 12,000 of their
soldiers. David wanted to testify to
the Israelite people so that they
would learn from this song **that
they should depend on God to help
them.***

1 God, you have stopped
helping us Israelites!

Because you have become
angry with us, our enemies
have been able to break
through our ranks.

Please enable us to fight
victoriously again!

2 It is as if you have caused a great earthquake that has split open the ground.

Our army is struggling, but please make it strong again.

3 You have caused us Israelites to experience great difficulties.

It is as if you have made us drink strong wine that is making us fall down as if we were drunk.

4 But you have raised a battle flag for those who honor you.

They can rally around it when their enemies attack them. *Selah*

5 That way you will rescue the people whom you love.

Please answer my prayer and use your power to save us.

6 God is holy **and does not lie**, and he has said,

“I delight in the territory that I have measured and divided up for you Israelites to live in.

That territory includes land on the east side of the Jordan River, where the Valley of Succoth is,

and land on the west side of the Jordan River, where Shechem is.

7 I own the region of Gilead **east of the Jordan River**,

and I own the territory of Manasseh **west of the Jordan River**.

The mighty soldiers of the tribe of Ephraim **who fight to protect Israel** are like my helmet,

and I have given Israel a ruler from the tribe of Judah.

8 The Moabites are my servants, like slaves who wash my feet.

I own the land of Edom; it is as if I have thrown my

sandal onto it to show that it belongs to me.

And you Philistines might shout your battle cry against me, **but I will defeat you.**”

9 But I still need someone to lead my army to the land of Edom

and conquer their **capital** city that has strong walls around it.

10 It seems that you, God, have stopped helping us Israelites.

It seems that you do not enable our armies to defeat our enemies when they march out to fight them.

11 Any help that human beings could give us would not be at all sufficient.

So we need you to help us to defeat our enemies.

12 If you, God, help us defeat our enemies,

then we will be able to fight very valiantly.

61 *This is a note for the worship leader: A musician playing a stringed instrument should accompany this song. David wrote this song.*

1 O God, I am calling to you for help.

Please do what I ask.

2 I am far from home, and I feel sad, so I am calling out to you **for help**.

Please keep me safe, as if you had put me on top of a high rock.

3 You protect me.

You are like a strong tower into which I can go so that my enemies cannot harm me.

4 I wish I could always be a guest in your home!

Keep me as safe as a baby
bird is under its mother's
wings. Selah

5 God, you know that I have
solemnly promised to offer
sacrifices to acknowledge you,
so please help me.

You have given me the
blessings that belong to
people who honor you.

6 Please allow me, the king of
Israel, to live and rule for many
years.

Please allow my descendants
to rule also.

7 May I reign for a long time as
you watch over me.

You are faithful, and you
keep your promises, so
please protect me.

8 If you do that, I will always
sing songs to praise you,
and each day I will offer the
sacrifices that I promised to
give you.

62 *This is a note for the
worship leader: Perform in the
style of Jeduthun. David wrote this
psalm.*

1 God is the one who saves me
from my enemies,
and I am waiting quietly for
him to do that.

2 He is the only one who can
save me.
He protects me as if he were
a rock I could climb onto in
order to be safe.
No one would harm me at
all.

3 My enemies are threatening
me,
but they will not be able to
keep doing that.
God will destroy all of them,
just as a leaning wall falls down

and just as people can push
a fence onto the ground.

4 My enemies are plotting
together to do one thing.
They want to remove me
from my important position.

They enjoy telling lies.
They say things to bless
people,
but in their inner beings,
they are cursing those
people. Selah

5 Because I am expecting God
to help me,
I will wait quietly for him
alone to do that.

6 He is the only one who can
save me.
He protects me as if he were a
rock I could climb onto in order
to be safe.

No one would harm me.

7 God is the one who saves me
and honors me.
God is like a huge rock to
which I can go to be safe.
He makes me strong.

8 You Israelite people should
always trust in God.
Pray earnestly to him in his
presence.
He is the one who keeps us
safe. Selah

9 Certainly, ordinary people
lack the power to help,
and important people are not
as powerful as they seem.
If you put them all on a scale,
it would be as if they
weighed less than air.

10 It is foolish to expect to get
rich by cheating other people or
by stealing from them.

If you become wealthy, do
not rely on your money.

11 God has said very reliably
that he is the one who truly
has power.

12 God is also the one who
always keeps his promises.
He punishes people who do
wrong things but rewards
people who do good things.

63 *David wrote this song when
he was in the desolate area that
belongs to the tribe of Judah.*

1 God, you are the God whom I
worship.

I greatly desire to be with
you.

It is as if my body aches for
you,

just as a person in a dry, hot
wilderness greatly desires
water.

2 I have worshiped you in your
sanctuary

and recognized how
powerful and glorious you
are.

3 You are always kind to me, as
you promised in your covenant.

This is worth more to me
than even being alive,
so I will always praise you.

4 I will praise you for as long as
I am alive.

I will lift up my hands and
pray to you.

5 You satisfy me as if I had just
eaten a delicious banquet of
rich foods.

I will praise you very joyfully.

6 Sometimes I think about you
when I am lying in bed.

When that happens, I reflect
during the night on how
wonderful you are.

7 **I realize that you are
wonderful** because you have
always helped me.

I sing to you joyfully because
I am aware that you protect
me

just as a mother bird
protects her chicks under
her wings.

8 I remain completely loyal to
you,

and you protect me by your
power.

9 Some people are trying to kill
me,

but they will die and go to
the place where dead people
are.

10 They may die in a battle,
and then wild dogs will eat
their corpses.

11 But I, the king **of Israel**, will
rejoice in what God has done
for me.

All those who swear oaths in
the name of God will praise
him

because he will have stopped
people from saying things
that are not true.

64 *This is a note for the
worship leader: David wrote this
song.*

1 God, please listen to me as I
tell you about what worries me.

I am afraid of my enemies;
please save me from them.

2 Protect me from what wicked
men are planning to do to me.

Protect me from that group
of men who do evil things.

3 The hostile things they say
are like sharp swords;

their cruel words are like
arrows.

4 They are not afraid of anyone.

They falsely accuse people
who have done nothing
wrong. They are like a
person who suddenly jumps
up from a hiding place

and shoots an arrow at someone.

5 They encourage each other to do the evil things they are planning.

They boast about how they have deceived people.

They say, "No one will realize what we are doing!"

6 They carefully plan the wicked things they want to do.

They brag, "We have planned this out perfectly!"

It is very difficult to know what people are thinking privately.

7 But God will suddenly judge and punish them,

as if he were shooting an arrow at them and wounding them.

8 The deceitful things they say will get them into trouble.

Everyone who sees what happens to them will stay away from them.

9 People will think about how God has punished them,

and they will tell others about it.

As a result, people will not dare to be wicked.

10 People who do what is right will be very happy that Yahweh has punished those wicked people.

They will trust Yahweh to protect them.

Yes, those who really want to do good things will be glad.

65 *This is a note for the worship leader: David wrote this song.*

1 God, when you come to your sanctuary on Mount Zion,

you will find that we have been waiting quietly to praise you

and to do what we promised we would do to honor you.

2 Because you help people when they pray,

people everywhere will pray to you.

3 When we feel very badly because we have done wrong things,

you forgive our sins and make it as if we had not committed them.

4 When you invite people to come and worship you in your sanctuary,

that makes them very happy!

When we come to your sanctuary,

we realize how good and holy you are,

and that satisfies us completely.

5 When we pray to you, you do good and powerful things to help us.

You are the God who saves us.

Even people who live in very remote places on the earth,

on the other side of the oceans, trust in you.

6 You are so strong, you were able to use your power

to set the mountains in their places.

7 When there is a storm at sea, you can calm it

and stop its waves from crashing on the shore.

In the same way, you can keep nations from causing trouble.

8 People who live in very remote places on the earth

deeply respect you because
of the miracles that you
perform.

People who live all over the
world celebrate what you do.

9 You send rain to make the soil
fertile

so that it will produce good
crops.

It is as if you bring water to
the fields in a stream.

That is how you prepare the
earth

to produce abundant crops.

10 You send rain on the plowed
fields,

and you fill their furrows
with water.

You soften the hard clods of
soil with showers,

and you help young plants to
grow in the fields.

11 When harvest time comes,
the fields are glorious with
crops,

as if you had put a golden
crown on them.

You provide food for people
in great abundance.

12 There is plenty of food for
sheep and goats to eat in the
pastures where they graze.

So many crops grow on the
hills that it is as if the hills
were celebrating.

13 Flocks of sheep and goats
cover the meadows like a
garment,

and there is so much grain in
the valleys that the ground is
not visible.

It is as if the meadows and
valleys are singing and
shouting joyfully.

66 ¹ *This is a note for the
worship leader: This is a song, a
psalm.*

Everyone on earth should shout
joyfully to praise God!

2 They should sing songs that
tell how glorious God is

and how much he deserves
praise for being glorious.

3 Everyone should tell God,
“You do such amazing things!

You are so powerful
that your enemies come and
bow down fearfully in front
of you.

4 Everyone on earth should
worship you

and sing to praise you
for your excellent
character.” Selah

5 Come and consider what God
has done!

Think about the amazing
things that he has done
among people.

6 He made a dry path through
the Sea of Reeds

so that our ancestors could
walk right through it.

They also walked across the
Jordan River **when he
stopped it from flowing.**

After they crossed, they
celebrated what God had done,
and we should still celebrate
that today.

7 He is so powerful that he
rules forever.

He observes what all the
people groups do,

so anyone who considers
rebellious against him

should not think that he will
be able to do that. Selah

8 People from every nation,
praise our God!

Praise him loudly so that
others will hear you as you
praise him.

9 He has kept us alive,

and he has not allowed
anyone to destroy us.

10 God, you have allowed us to
experience great difficulties **in
order to make us pure,**

just as people put silver in a
hot fire so they can purify it.

11 It is as if you allowed
someone to catch us in a trap
or made us carry a load that
was almost too heavy for us.

12 It is as if you allowed our
enemies to trample on us.

We experienced troubles
that were like walking
through fires and floods.

But now you have brought us
to a place where we are safe
and have plenty of food.

13 God, I have come to your
temple bringing offerings for
the priests to burn completely
on the altar.

I am doing what I promised
to do for you.

14 When I was experiencing
great trouble,

I said that I would bring
these offerings to you **if you
rescued me.**

15 So I have brought fat sheep
to burn on the altar,

and I have also brought bulls
and goats.

When they are burning, you
will enjoy the smell of the
smoke. Selah

16 All you people who deeply
respect God, come and listen
as I tell you what he has
done for me.

17 I called out to him to help
me,

and I praised him as I was
praying to him.

18 If I had secretly intended to
commit sins,

the Lord would not have
done what I asked.

19 **But I did not do that,**
so God has done what I
asked.

20 I praise God
because he did what I asked
him to do.

He has continued to be kind
to me, as he promised.

67 *This is a note for the
worship leader: This is a song, a
psalm. Musicians playing stringed
instruments should accompany
this song.*

1 May God always be kind to us
and bless us.

May he consider us
favorably. Selah

2 God, please do that so that all
of the people in the world will
know

how you want them to live
and that you are the one who
saves them.

3 May all the people in the
world praise you, God!

4 You judge those nations fairly
and show them what they
should do.

So may they praise you
loudly and joyfully! Selah

5 May all the people in the
world praise you, God!

6 Good crops have grown on
our land.

May the God whom we
Israelites worship continue
to give us good harvests.

7 May God bless us,
and may that cause people
throughout the world to
respect him greatly.

68 *This is a note for the worship leader: David wrote this psalm. It is a song.*

1 God, take action and chase away your enemies!

Make those who hate you run away from you.

2 Chase your enemies away just as wind blows smoke away.

Make bad people go away, God, just as wax melts when it is near a fire.

3 But make good people happy. May they rejoice when they are in your presence; may they be very joyful.

4 Sing praise to God! Sing a song for him who even cares for desolate regions.

His name is Yahweh; be glad when you are in his presence.

5 God, who is present in his sanctuary, is like a father to those who are orphans, and he protects widows.

6 He provides families for those who have no one to live with. He frees prisoners and enables them to be successful.

But those who rebel against him will not be successful.

It will be as if they live in a place where it is very hard to grow crops.

7 God, you led your people out of Egypt, and then you marched with them through the desert. Selah

8 After you did that, the earth shook at Mount Sinai when you appeared to your people.

Rain poured down from the sky, and your people worshiped you.

9 You caused much rain to fall there in the wilderness, and so you enabled good crops to grow again on that land that you gave to us Israelites.

10 Your people built homes there. You were kind to poor people and provided food for them.

11-12 Kings led their armies to fight against the Israelites, but God defeated them and they ran away.

The Lord declared victory over them, and a great crowd of Israelite women sang and danced to celebrate.

The men who fought against these enemies captured many valuable possessions and brought them back to the women who were at home.

13 Some men had to take care of the sheep **instead of fighting**, but the soldiers captured enough valuable possessions to give them some as well. They received treasures such as a dove statue with silver wings and feathers shimmering with fine gold.

14 Shaddai defeated the enemy kings and their armies by making it snow on Mount Zalmon!

15 Mount Bashan is a very high mountain. It has many peaks.

16 Because it is such a great mountain, if it could think, it might think that God should have chosen it as the place for his sanctuary.

But Yahweh chose Mount Zion instead, and he will always be present there.

17 God is so powerful that it is as if he has thousands and thousands of chariots.

In fact, it is as if he has ten thousands and ten thousands of them!

The same God who appeared to the Israelites on Mount Sinai

is now present in his sanctuary on Mount Zion.

18 After he defeated his enemies, he went up to the sacred mountain where his sanctuary is.

He led many captured prisoners in a victory procession.

He received gifts from the enemies whom he had defeated.

He even received gifts from those who had rebelled against him.

Now Yahweh, our God, will always be present in his sanctuary.

19 Praise the Lord, who helps us every day as if he were carrying a heavy load for us.

He is the God who saves us.
Selah

20 Our God is the God who saves us;

Yahweh our Lord is the one who rescues us from dying.

21 But God will completely destroy his enemies.

If anyone continues to behave sinfully, God will destroy that person.

22 The Lord said, "Even if my enemies try to climb a high mountain to be safe,

or even if they try to hide at the bottom of the ocean, I will bring them back

23 so that you can trample on their heads.

Your dogs will lick up the blood that comes out of their heads."

24 And now you are parading triumphantly into your sanctuary, God.

You are our king, and you are leading a great crowd the way a king does.

25 There are singers at the front of the parade.

Musicians playing stringed instruments are at the back of the parade.

In the middle there are girls playing tambourines.

26 Praise God, you who have gathered together!

Praise Yahweh, you descendants of Israel!

27 People from the tribe of Benjamin, the smallest tribe, are marching first.

Leaders and many other people from the tribe of Judah come next.

There are even leaders from the far northern tribes of Zebulun and Naphtali in the parade.

28 Our God has made our Israelite tribes strong.

God, continue to help us with your power as you helped us in the past.

29 Since you have now established your sanctuary on a mountain above Jerusalem,

kings will send tribute to you there.

30 Show the king of Egypt that even though he has a powerful army, he cannot defeat you.

Many kings who are strong like bulls may gather together.

They may form armies from
their subject nations, which are
like bulls' calves,

**but they will not be able to
defeat you either.**

Instead, they will come
submissively and pay you
tribute in silver.

Some nations are eager to
fight wars; make their
armies run away!

31 Then envoys will come from
Egypt **bringing gifts to you.**

The ruler of Cush will hasten
to send tribute to God.

32 People of nations
throughout the world, sing
praise to God!

He is the Lord Selah

33 who dwells above the sky
that he created long ago.

When you hear thunder, it is
as if he is shouting with his
very powerful voice.

34 Proclaim how powerful God
is!

He is the king who reigns
over Israel
as he rules powerfully from
the sky.

35 God, you are in your
sanctuary, and you are very
powerful.

This is the God whom we
Israelite people worship.
He makes us very strong.
Praise God!

69 *This is a note for the
worship leader: David wrote this
song. The tune is "Lilies."*

1 Please rescue me, God!

I am in great danger, as if I
were just about to drown in
a flood.

2 It is as if I am sinking in deep
mud where there is no solid
ground for me to stand on.

It is as if I am in deep water
and a flood is swirling
around me.

3 I am tired and my throat is
dry

because I have been calling
to you for help for so long.

I have been looking for so long
for you to come and help me
that I have worn out my
eyes.

4 There are people who hate
me for no reason.

There are so many of these
people, it is as if there are
more of them than there are
hairs on my head!

The enemies who want to harm
me are powerful,

and they are telling lies
about me.

They are demanding that I
pay back things that I did
not steal!

5 O God, you know that I have
foolishly disobeyed your laws;
you are aware of the sins
that I have committed.

6 But Yahweh my Lord,
commander of the heavenly
armies,

may the wrong things I have
done not disappoint the
people who trust you.

You are the God whom we
Israelite people should worship.

Please do not let me
embarrass those who do
worship you.

7 People have insulted me
because I am loyal to you.

They have thoroughly
humiliated me.

8 Even my own family members
act as if they do not know me.

9 I care so much about your
temple that people are causing
trouble for me.

People are speaking
disrespectfully of you, and it
is as if they are also insulting
me.

10 I wept and fasted very
sincerely,

but they mocked me for
doing that.

11 I wore rough clothing **to**
show that I was sad,

but they used me as an
example of a foolish person.

12 Even the elders of the city
say bad things about me.

The drunkards in the city
sing insulting songs about
me.

13 But I will continue praying
to you, Yahweh.

You are always very kind to
me, as you have promised.

So at the time that you choose,
please answer my prayer by
rescuing me,
since you love me faithfully.

14 Rescue me so that it will no
longer be as if I were sinking in
mud.

Rescue me from my enemies
so that it will no longer be as
if I were drowning.

15 Make it so that it will no
longer be as if a flood were
swirling around me

and I was about to go down
to the bottom of deep water.

Rescue me so that I do not
go to the place where dead
people are.

16 Yahweh, it is so good that
you faithfully love me,

so please do what I ask.

Because you are very
merciful, please help me.

17 I am experiencing much
trouble,

so please consider my
situation

and act quickly to help me.

18 Come and save me;
please rescue me from my
enemies.

19 You know personally how
people are insulting, shaming,
and dishonoring me.

You know who all my
enemies are.

20 Their insults have deeply
offended me, and I feel very
badly.

I wanted someone to feel
sorry for me and encourage
me,
but no one did.

21 Instead, they put poison in
my food,

and when I was thirsty, they
gave me sour wine to drink.

22 May their own food be like a
trap that they walk into!

May it harm their health.

23 May their eyes become dim
so that they cannot see
anything.

May their bodies keep
getting weaker.

24 Become angry with them
and punish them!

Angrily pursue them until
you catch them.

25 Make them abandon their
towns

so that no one lives in them
anymore.

26 Do this because they did
things to harm

people whom you were
already disciplining.

They said that people whom
you were correcting

were suffering **because they**
had done bad things.

27 Punish them for every
wrong thing they have done.

Do not forgive them!

28 Remove their names from the book that records the names of people who have everlasting life;

do not include them in your list of righteous people.

29 As for me, I am in bad circumstances, and I am suffering.

O God, please protect me and save me.

30 When God does that, I will sing a song to praise God, and I will honor him by thanking him.

31 When I do that, it will please Yahweh more than if I had sacrificed oxen,

yes, he will like that better than if I had offered him full-grown bulls.

32 Humble people will be happy when they see **that God has rescued me.**

This will encourage people who worship God sincerely.

33 When needy people pray to Yahweh, he does what they ask.

He greatly respects people who suffer for him.

34 May the entire creation praise God:

the birds in the sky, the animals on the land, and the creatures in the sea.

35 May God protect the people who live in Jerusalem and in other places in Judah.

May he strengthen their cities so that they keep living in them as their territory.

36 May the descendants of the people who are loyal to him inherit that territory,

and may those who love him live there safely.

70 *This is a note for the worship leader: David wrote this psalm to remind **God that he had promised to help him.***

1 Yahweh my God, please act quickly to rescue me!

2 Some people are trying to kill me.

Embarrass them by making them fail to do that.

Some people would be happy to harm me.

Humiliate them by making them abandon that plan.

3 Some people are saying that I am suffering because I am a bad person.

Make them ashamed of saying that so that they stop saying it.

4 **Rescue me so that** everyone who is loyal to you will greatly celebrate.

Then the people who depend on you to rescue them will keep saying, "God certainly is great!"

5 But right now I am in very difficult circumstances,

so please act quickly to help me, God!

Yahweh, you are the one who helps me and saves me,

so please help me right away!

71 **1** You, Yahweh, are the one who keeps me safe.

May it always be clear that I was right to trust you.

2 Because you always do what is right,

take action to help me.

Consider my situation and save me!

3 You declare that I will be safe,

since you are the one who
keeps me safe and protects
me,

so please be like a huge rock
on top of which I can always
go to be safe.

4 My God, please rescue me
from what wicked people want
to do to me.

Rescue me from the power
of violent, evil men.

5 Yahweh my Lord, you are the
one whom I confidently expect
to help me.

I have trusted in you ever
since I was young.

6 I have depended on you for
my entire life;

you even made sure that I
was born safely,
so I will always praise you.

7 It shocks many people to see
me now,

but you are my mighty
protector.

8 I praise you lavishly
throughout the day for how
glorious you are.

9 Please keep helping me now
that I have become an old man.

Please help me even though
I am not strong anymore.

10 My enemies are saying that
they want to kill me,

and they are planning
together how to do that.

11 They are saying, "No one
will rescue him,

since God is not helping him
anymore,

so we can pursue him and
capture him."

12 My God, do not neglect me;
hurry to help me!

13 Embarrass the people who
want to kill me by making their
plans fail.

Yes, completely shame and
disgrace those who want to
harm me!

14 But as for me, I will always
trust you,

and I will praise you even
more **now than I have in the
past.**

15 I will tell people how you
have saved me because you are
good.

I will do that continually
because there will always be
more for me to say about
this.

16 Yahweh my Lord, you are
the one who gives me great
strength.

I will recall **to others** how
you do what is right in a way
that no one else does.

17 God, you have taught me
many things ever since I was
young,

and I still tell people today
about the wonderful things
you do.

18 God, please keep helping me
now that I am old and my hair
is gray.

That way I will be able to tell
my descendants how
powerfully you have helped
me.

19 God, you do so many great
things because you are good,
it is as if they have piled up
to the sky.

There is no one else like you,
God!

20 You have allowed me to
experience many very difficult
things,

and it has seemed as if I was
about to go to the place
where dead people are,
but now please give me a
good life again.

21 Please make me even
greater than I was before,
and comfort me rather than
allow me to have difficult
experiences.

22 When you do that, then I
will play my lute and praise
you,

my God, for faithfully
helping me.

I will play my harp as I sing to
praise you.

You are the holy God whom
we Israelites worship.

23 I will shout joyfully while I
sing.

Because you will have
rescued me,

I will sing to you
wholeheartedly.

24 You will have defeated and
disgraced the people who
wanted to harm me,

so throughout the day I will
describe how you did what
was right.

72 ¹ *A psalm of Solomon.*

O God, please enable the man
who is now succeeding his
father as king

to judge cases rightly, as you
would do.

2 Enable him to judge the cases
of Israelite people fairly,

especially for people who are
vulnerable.

3 May the people live rightly so
that they will be prosperous

as crops grow abundantly on
the hillsides of the land.

4 Help the king to defend poor
people and rescue needy people
and defeat those who are
oppressing them.

5 May each successive
generation of the people
respect you.

May they do that for as long
as the sun and the moon are
in the sky!

6 May this king make the
nation prosperous,

just as heavy rains soak the
soil

and enable more hay to grow
after a first cutting.

7 May people who live rightly
prosper during the time when
he reigns,

and may the nation be very
prosperous for as long as the
moon is in the sky.

8 May he rule over all of the
surrounding territory, right up
to the shores of the seas.

May his realm extend from
the Euphrates River to the
limits of the lands that
people know.

9 May the leaders of the desert
tribes bow down in front of him
**to acknowledge him as their
ruler,**

and may his enemies lie
facedown on the ground **in
submission to him.**

10 May the kings who rule the
land of Tarshish and other
coastal areas pay tribute to
him.

May the king of Sheba and
the king of Seba give him
gifts.

11 In fact, may all the kings in
the world acknowledge him as
their ruler,

and may every nation obey
him.

12 May all these things happen
because he rescues needy
people when they cry out for
help

and he helps poor people
who have no one else to help
them.

13 May he feel compassion for
people who are weak and needy
and save their lives.

14 May their lives be important
to him
so that he rescues them from
people who are oppressing
and harming them.

15 May this king live for a long
time!
May he receive much fine
gold.
May people always pray for
him and ask God to bless
him.

16 May the fields produce such
abundant crops
that grain grows all the way
up to the tops of the hills
and sways in the wind like the
branches of the trees in
Lebanon.

May the cities in Israel be as
full of people as the fields
are full of grass.

17 May people always
remember what a good king
this was,

for as long as the sun is in
the sky!

May he do good things for
many people,

and may the people of other
nations say that he has a
good life.

18 Praise Yahweh, the God
whom we Israelites worship;
he does amazing things that
no one else can do.

19 Praise him forever for how
glorious he is!

May his glory fill the whole
world! Amen! Yes, amen!

20 This is the end of the
prayers that David, the son of
Jesse, wrote.

Book Three

73 ¹ *Asaph wrote this psalm.*

God truly is good to us Israelite
people,

to those who want to do
what pleases God.

2 As for me, I almost stopped
trusting in God;

I was almost guilty of
committing a great sin
against him

3 because I envied those who
proudly acted as if they did not
need God,

when I realized that they
prospered even though they
were wicked.

4 Those people do not suffer;
they always have plenty of
food to eat.

5 They do not experience the
difficult things that other
people do;

they do not experience
catastrophes and sicknesses
like other people.

6 So they are proud and
violent.

Their being prideful is like a
necklace that they show off
to others, and they openly
display their violent actions
like people openly display
the clothes they wear.

7 Their eyes protrude because
their faces are fat,

and they are always thinking
about more evil things to do.

8 They scoff at other people,
and wickedly talk about doing
unjust things to them;

they speak pridefully.

9 They exalt themselves and
talk as if they are God in
heaven,

and they go about the earth
talking boastfully.

10 The result is that people pay
attention to them
and listen to everything they
say.

11 Wicked people say to
themselves, "God certainly does
not care what we do;
the Most High certainly will
not judge us for what we
do!"

12 Look at how these wicked
people live;
their lives are so easy that
they never have to worry
about anything, and they are
always becoming richer.

13 **When I saw this I thought**
that certainly it is useless that I
have thought about things that
are pleasing to you
and have not sinned.

14 Every day I suffer,
and every morning you
punish me.

15 If I had said these things out
loud in front of others,
surely I would have been
sinning against your people.

16 When I tried to think about
all this,
it was very difficult for me to
understand it.

17 But when I went to the
temple where people worship
God,
then I understood what will
happen to wicked people in
the future.

18 I know that you make their
future insecure;
you will cause them to be
ruined.

19 God will suddenly destroy
these wicked people;
they will die in terrible ways.

20 Lord, when you act, you will
cause the wicked to quickly
vanish;

they will vanish like a dream
which disappears as soon as
a person awakes from their
sleep.

21 When I was grieved in my
inner being
and felt emotionally hurt,

22 I was stupid and ignorant;
I behaved like an animal
toward you.

23 Nevertheless I am always
with you;
you constantly stay close to
me.

24 You lead me by instructing
me,
and when I die, you will take
me into your glorious
presence.

25 You are the only one I have
in heaven!
There is nothing on this
earth that I desire more than
you.

26 My body and my spirit may
become very weak,
but God enables me to feel
encouraged;
he has granted to me that I
would belong to him forever.

27 People who abandon you
will perish;
you will ruin every person
who is not loyal to you.

28 But for me, the only thing I
need is to be close to God.
I trust in the Lord Yahweh to
keep me safe
so that I may tell others
everything you have done for
me.

74 ¹ *A Levite from the clan of
Asaph wrote this song.*

God, it feels as if you have permanently abandoned us!

You care for us Israelites the way a shepherd cares for his flock.

So please do not continue to be angry with us.

2 Think about your people whom you chose long ago.

You rescued us from slavery so that we would belong to you.

Think about Mount Zion, where you have been present **in your temple**.

3 Come and walk through the ruins of your temple.

It seems that no one will ever rebuild it.

Look at all the damage that the enemy soldiers did to your temple.

4 Your enemies shouted in triumph right there in the place where you met with us Israelites.

They set up their battle flags to show that they had conquered it.

5 They acted like woodsmen who were swinging axes to cut down trees in a forest.

6 They smashed all the carved wooden panels with their axes and hammers.

7 Then they burned down your temple completely.

They treated the temple where you were present as if it were not a sacred place.

8 They said to themselves, "We will completely subdue the Israelites."

They burned down every place in the land where people gathered to worship God.

9 You no longer give us any signs,

and there are no prophets anymore.

None of us knows how long this will last.

10 God, do not allow your opponents to continue to insult you!

Do not allow your enemies to keep treating you with disrespect anymore!

11 You should not fail to use your great power.

Use your power to destroy your enemies!

12 God, I acknowledge that you have ruled from ancient times.

You have been saving people throughout the earth.

13 By your great power, you pushed back the sea so that the dry land would appear.

You created order out of the watery chaos.

14 It was as if you smashed the heads of a chaos monster that lived in the sea

and left his body in the desert for scavengers to eat.

15 You are able to make springs and streams flow in dry areas,

but you are also able to dry up rivers that usually flow all the time.

16 You determine when it becomes day and when it becomes night.

You make it light during the day when the sun shines.

17 You are the one who set all the boundaries of the earth.

You are the one who created the seasons of summer and winter.

18 Yahweh, remember that your enemies have insulted you and that foolish people have mocked your reputation.

19 Do not allow cruel enemies to destroy the people whom you cherish.

Save the lives of your vulnerable people before it is too late.

20 People are committing violent acts in places where they think others will not see them.

So we need you to help us. Please do that because of the covenant that you made with us.

21 We are asking you to help us; please do not disappoint us.

Then we poor and needy people will praise you for what you have done.

22 Take action to defend yourself, God!

Do not allow foolish people to keep insulting you!

23 Do not ignore what your enemies are saying.

Your opponents keep shouting things against you.

75 *This is a note for the worship leader: Asaph wrote this song. The tune is "Do Not Destroy."*

1 We thank you, God!

We thank you because you are close **to us**.

We tell people about the wonderful things that you have done.

2 **You say**, "I have set a time **to judge people**."

At that time, I will judge everyone fairly.

3 The earth may shake, and everyone who lives on it may tremble. But I am the one who holds it steady." Selah

4 I warn those who boast, "Stop boasting!"

I tell wicked people, "Do not be proud!"

5 Do not brag about your power!

Do not speak arrogantly!"

6 **The one who judges and honors people** does not come from the east, west, or south.

7 God is the one who judges people;

he shames and punishes some people, and he honors other people.

8 It is as if Yahweh holds a cup **full of punishment** in his hand.

It is full of **punishment that is like** foaming wine mixed with spices.

He pours it out **to punish the wicked**,

and all the wicked people on earth must drink it.

He punishes them fully like they were drinking the cup to the last drop.

9 But as for me, I will never stop saying what the God whom Jacob worshiped has done; I will never stop singing to praise him.

10 God promises this: "I will destroy the power of wicked people, but I will increase the power of righteous people."

76 *This is a note for the worship leader: to be accompanied by stringed instruments. Asaph wrote this psalm.*

1 People in Judah know God. He is famous in Israel.

2 His home is in Jerusalem. He lives on Mount Zion.

3 There he shattered the flaming arrows.
He destroyed the shields, the swords, and the weapons of war. Selah

4 You are glorious and excellent.
You are more majestic than the mountains where you destroyed your enemies.

5 Enemy soldiers plundered the brave soldiers.
They have fallen into their final sleep.
None of the warriors were able to lift their hands **to defend themselves**.

6 When you, the God whom Jacob worshiped, shouted at them,
their war horses and their riders fell down dead.

7 You are the one whom everyone must fear.
No one can survive in your presence when you are angry.

8 You gave your decision from heaven.
The whole world was scared and silent.

9 This happened when you stood up to judge, O God,
to rescue all the oppressed people of the world. Selah

10 Even human anger will bring you praise.
You will use the rest of their anger as a weapon.

11 Make promises to Yahweh your God and keep them.
Let everyone around him bring gifts to the Awesome One.

12 He humbles the leaders, and terrifies all the kings.

77 *This is a note for the worship leader: Perform in the style of Jeduthun. Asaph wrote this song.*

1 I cried out to God;
I cried aloud to him, and he listened to me.

2 When I was in trouble, I prayed to the Lord;
all during the night I lifted up my hands **while I prayed**, and I did not stop **praying**.
But nothing could comfort me.

3 When I thought about God, I despaired;
as I thoughtfully considered **him**, I became weak and discouraged. Selah

4 All during the night he prevented me from sleeping;
I was so worried that I did not know what to say.

5 I thought about days that had passed;
I remembered what had happened in previous years.

6 During the night, I remembered the songs that I used to sing;
I thoughtfully considered, and I pondered these things:

7 **I feared that** the Lord would reject **me** forever
and that he would never be kind **to me** again.

8 **I wondered whether the Lord** had completely stopped being faithful
and had broken his promise to all future generations.

9 **I asked myself whether** God had forgotten to be gracious **and whether** his anger had caused him to stop being compassionate. Selah

10 I said, “What causes me to be sad the most is that it seems that God, who is greater than any other spirit being, is no longer using his power for us.”

11 But then, Yahweh, I recall your great deeds;

I remember the wonderful things that you did in the past.

12 I contemplated all that you have done, and I thought carefully about your mighty acts.

13 God, everything that you do is amazing; there is certainly no god who is great like you are!

14 You are God, the one who performs miracles; you showed to the people of many people groups that you are powerful.

15 By your power you rescued your people **from Egypt**; you saved those who were descendants of Jacob and his son Joseph. Selah

16 It was as though the waters saw you and became very afraid, and even the deepest part of the water shook.

17 Rain poured down from the clouds; it thundered very loudly, and lightning flashed in all directions.

18 Thunder crashed in the whirlwind—your voice! Lightning lit up, and the earth shook violently.

19 Then you walked through the sea in a path that you made through the deep water,

but your footprints could not be seen.

20 You led your people as a shepherd leads his flock of sheep while Moses and Aaron were the leaders of your people.

78 ¹ *A song of Asaph.*

My friends, listen to what I am going to teach you; pay careful attention to what I will say.

2 I am going to give you some sayings that wise people have said.

They will be sayings about things that happened long ago, things that were difficult to understand.

3 These are things that we have heard and known previously, things that our parents and grandparents told us.

4 We will tell these things to our children, but we will also tell our grandchildren to praise Yahweh for his power and the glorious things that he has done.

5 He gave requirements and instructions to the Israelites, those who are descended from Jacob, and he told our ancestors to teach them to their children.

6 He commanded this so that their children would also know them and so that they would teach them to their own children.

7 In that way, they also would trust in God

and would not forget the things that he has done; instead, they would obey his commandments.

8 They would not be like their ancestors,
 who were very stubborn and kept rebelling against God;
 they did not continue firmly trusting in God,
 and they did not worship him alone.

9 The soldiers of the tribe of Ephraim had bows and arrows, but they ran away from their enemies on the day that they fought with their enemies.

10 They did not do what they had agreed with God that they would do;
 they refused to obey his laws.

11 They forgot what he had done;
 they forgot about the miracles that they had seen him perform.

12 While our ancestors were watching,
 God performed miracles in the area around the city of Zoan in Egypt.

13 Then he caused the Sea of Reeds to divide,
 causing the water on each side to pile up like a wall,
 with the result that our ancestors walked through it on dry ground.

14 He led them by a bright cloud during the day
 and by a fiery light during the night.

15 He split rocks open in the wilderness
 and gave to our ancestors plenty of water from deep inside the earth.

16 He caused a stream of water to flow from the rock;
 the water flowed like a river.

17 But our ancestors continued to sin against God;
 in the desert they rebelled against the one who is greater than any other spirit being.

18 By demanding that God give them the food that they desired, they tried to find out if he would always do what they requested him to do.

19 They insulted God by saying, "God surely cannot supply food for us here in this desert.

20 It is surely true that Moses struck the rock,
 and God made a huge amount of water gush out,
 but we, his people, **doubt** that he can also provide bread and meat for us."

21 So when Yahweh heard that, he became very angry,
 and he sent a fire to burn up some of his Israelite people.

22 He did that because they did not trust in him,
 and they did not believe that he would rescue them.

23 But God spoke to the sky above them
 and commanded it to open like a door,

24 and then food fell down like rain,
 food that they named "manna."

God gave them grain from heaven.

25 So the people ate the food that angels eat.

God gave to them all the manna that they wanted.

26 Later, he caused the wind to blow from the east,

and by his power he also sent wind from the south.

27 The wind brought birds to eat which fell like rain.

They were as uncountable as the grains of sand on the seashore.

28 God caused those birds to fall in the middle of their camp.

There were birds all around their tents.

29 So the people **cooked the birds and** ate the meat; their stomachs were full

because God had given them what they wanted.

30 But they had not yet eaten all that they wanted,

31 when God angrily killed some of their strongest men.

He even sent young Israelite men to their graves.

32 In spite of all this, the people continued to sin; in spite of all the miracles that God had performed,

they still did not trust that he would take care of them.

33 So he shortened their lives so they seemed to only be a few days or like they were gone as quickly as a breath of air,

and he terrified them during even those few years.

34 Whenever God caused some of the Israelites to die, the others would repent; they would be sorry and seriously ask God to save them.

35 They would remember that God was like a huge rock on which they would be safe, and that he, who was greater than any other spirit

being, was the one who would buy them back.

36 But they tried to trick God by lying to him.

37 They were not loyal to him; they did not keep the promises between God and them.

38 But God acted mercifully toward his people.

He forgave them for having sinned

and did not get rid of them.

Many times he decided not to become angry with them

and did not furiously punish them.

39 He remembered that they were only humans who die, humans who disappear as quickly as a wind that blows by and then is gone.

40 Many times our ancestors rebelled against God in the wilderness and made him very sad.

41 Many times they did evil things to find out if they could do those things without God punishing them.

They frequently caused the holy God whom the Israelites worship to become sad.

42 They did not remember how powerfully he had acted, and they **forgot** about the time when he rescued them from their enemies.

43 They forgot about all the wonderfully powerful things he did near Zoan in Egypt.

44 He turned the rivers of **Egypt** to blood, so that the people could not drink their streams.

45 He sent swarms of flies
among the people of Egypt that
bit them,
and he sent frogs that
destroyed everything.

46 He gave their crops to the
locusts.
He let swarming locusts eat
everything they had worked for.

47 He killed their grape vines
with hail,
and killed their sycamore
trees with frost.

48 He sent a terrible
thunderstorm with hail to kill
all their domestic animals.

49 Because God was fiercely
angry with the people of Egypt,
he caused them to be very
distressed.
The disasters that struck
them were like a group of
angels that destroyed
everything.

50 He let himself be angry with
them,
and he did not prevent them
from dying;
he sent a serious illness that
killed many of them.

51 In that plague he caused all
the firstborn sons of the people
of Egypt to die.

52 Then he led his people out
of Egypt like a shepherd leads
his sheep,
and he guided them like a
flock in the desert.

53 He led them safely, and they
were not afraid,
but their enemies drowned
in the sea.

54 Later God used his power to
bring the Israelite people to the
land he had set apart,
to this hill country that he
had taken for himself.

55 He drove out the people
groups as the Israelites
advanced;
he distributed the land for
each tribe to possess as their
own,
and he settled the tribes of
Israel in the homes of those
peoples.

56 But the Israelites defied the
God who is greater than all
other spirit beings and
disobeyed him to see what he
would do.
They did not obey what he
had required them to do.

57 They turned away and were
unfaithful, just as their
ancestors had been;
they were as unreliable as a
bow that does not shoot
straight.

58 They made God angry by
worshiping at shrines on the
hilltops,
and they made him jealous
by worshiping carved idols.

59 When God saw what they
were doing, he became very
angry
and completely rejected the
Israelite people.

60 He stopped living at Shiloh,
the place where he had set
up his tent and lived among
people.

61 He let enemies capture the
sacred chest which showed how
strong and glorious he was.

62 He let enemies kill his
people in battle,
because he was very angry
with the people who
belonged to him.

63 Fire destroyed the young
men,
and no one sang wedding
songs for the young women.

64 Enemies killed the priests in battle,

and the wives they left behind were not able to mourn for them.

65 Then the Lord acted as though he had been sleeping and had woken up,

like a warrior who becomes alert after drinking wine.

66 He drove his enemies back and disgraced them forever.

67 He did not choose the descendants of Joseph to be the leading tribe,

and he did not choose the tribe of Ephraim.

68 Instead he chose the tribe of Judah

whose capital is on Mount Zion, which he loves.

69 He had them build his temple there, high up like the heavens,

and he established it to last as long as the earth.

70 He chose David, who served him,

and took him away from tending the sheep.

71 He took David from caring for the mother sheep and their lambs

and appointed him to lead the people of Israel, the people who belonged to God.

72 David led them with a sincere and devoted heart,

and he guided them with great skill.

79 ¹ *A Levite from the clan of Asaph wrote this song.*

God, foreign nations have invaded the land that belongs to you.

They have made your holy temple unfit for worship, and they have made Jerusalem a pile of ruins.

2 They left the dead bodies of the people who were faithful to you

for birds and wild animals to eat.

3 They killed so many of your people that blood flowed like water all around Jerusalem.

There were not enough people still alive to bury them.

4 The people of the nations around us insult us and laugh at us.

5 Yahweh, please do not stay so very angry with us,

even though we sinned against you by worshiping other gods.

6 The people of other nations do not honor you as God.

You should be angry with them and punish them,

7 because they are the ones who have killed so many Israelites

and destroyed the land in which they lived.

8 Please forgive the wicked things we did in the past.

Quickly be merciful to us, because we are desperate.

9 God, you are the one who saves us, so please help us!

Do that for the sake of your glorious reputation.

Forgive us for our sins so that people will honor you.

10 Do not let the other nations say, "Their God was not able to help them!"

We want to see you punish those nations

for killing the people who serve you.

11 Listen to the moans of your people who are now captives,
and use your great power to save those who are about to die.

12 Lord, pay back our neighbors directly, seven times over,

for the insults they have spoken against you!

13 Then we will always thank you.

You care for us, your people,
the way a shepherd cares for his sheep.

Each generation of Israelites will tell their children how wonderful you are.

80 *This is a note for the worship leader: The tune is "Lilies." A Levite from the clan of Asaph wrote this song as an appeal to Yahweh for help.*

1 God, you are like a shepherd to the people of Israel, so please listen to me.

You lead the descendants of Joseph the way a shepherd leads his flock.

You were present with us in your temple above the statues of the cherubim;

reveal your glory to us again!

2 Just as you moved powerfully through the wilderness

right ahead of the tribes of Ephraim, Benjamin, and Manasseh,

come powerfully once again and save us.

3 God, make us strong again.

Regard us favorably and save us.

4 Yahweh, you are the God who commands the heavenly armies.

You have been angry with us,
and so you have not been doing what we ask
when we pray to you. But please now answer our prayers.

5 You have caused us to experience constant sorrow.

It feels as if you are punishing us three times as much as we deserve.

6 The nations around us have become hostile to us,
and our enemies make fun of us.

7 God, you who command the heavenly armies, make us strong again!

Regard us favorably and save us.

8 You brought your people out of Egypt as if you were transplanting a vine from there.

You forced other nations to leave this land

and you allowed your people to settle in it,

as if you were planting that vine here.

9 You removed the foreign nations, just as a farmer clears the ground for a new plant.

This enabled your people to become a strong nation that occupied the entire country.

10 It was as if that vine became so large that its shadow darkened the mountains

and its branches were like great cedar trees.

11 They controlled the territory from the Great Sea in the west to the Euphrates River in the east.

12 But now you have allowed enemies to invade and conquer us,

as if you had torn down a fence that protected that vine,

so that everyone who walked past it

could take whatever fruit they wanted from it.

13 Those enemies have destroyed the country,

as if a wild boar had chewed up that vine
and wild animals ate what remained.

14 God, commander of the heavenly armies, please help us again!

Look down from heaven and see what is happening to us!
Come and care for your people, who are like a vine that you planted

15 and worked hard to make sure that it would grow well.

Your people are also like your own son whom you helped grow up to be strong.

16 But now, because you do not regard them favorably,

their enemies are destroying them
as if someone had cut down that vine and burned it.

17 Even though we are human, we are like your own son

whom you helped grow up to be strong,

so please help us with your power.

Restore us to a position of honor.

18 Then we will not worship other gods again.

Give us new life, and we will worship only you.

19 Yahweh, the God who commands the heavenly armies, make us strong again!

Regard us favorably and save us.

81 *This is a note for the worship leader: Accompany the song with a stringed instrument. A Levite from the clan of Asaph wrote this song.*

1 Sing joyfully to God, who makes us strong!

Shout with joy to the God whom we Israelites worship!

2 Start playing music! Beat tambourines

and play lyres and pleasant-sounding harps.

3 Blow a ram's horn for the new-moon festival **each month**

and on the day of the full moon when the Festival of Shelters begins.

4 Do this because the God whom we Israelite people worship

has commanded us to do it.

5 God told our ancestors to observe these festivals

when he delivered them from slavery to the Egyptians,

a people whose language they did not understand.

6 **Yahweh says**, "They had to hold on to heavy baskets full of bricks

as they carried them on their shoulders,

but I freed them from doing that.

7 When they were suffering, they cried to me for help, and I rescued them.

At Mount Sinai, I spoke to them from dark clouds **and gave them laws**.

Then I saw whether they
trusted me
when they complained at
Meribah that they had no
water. Selah

8 Listen to me, my people,
while I warn you!

I wish that you Israelites
would pay attention to me!

9 You must not make any idols
that represent any of the gods
that other nations worship.

You must never bow down to
worship any of those gods.

10 I am Yahweh your God.

I am the one who rescued
you from slavery in Egypt.

If you depend on me,

I will provide everything that
you need.

11 However, my people would
not listen to what I said;
the Israelites refused to obey
me.

12 So I let them do whatever
they stubbornly wanted to do;
they did whatever they had
decided to do.

13 I wish that my people would
obey me!

Yes, I wish that the Israelites
would live the way I want
them to!

14 Then I would use my power
against those who are opposing
them,

and I would easily defeat
their enemies.

15 Then those who had
rebelled against Yahweh
would bow down fearfully in
front of him **to submit to his
authority.**

But the Israelites would
always prosper.

16 I would make their fields
produce abundant crops,

and they would even find all
the honey they wanted
in wild bee hives in rocky
places."

82 ¹ *A Levite from the clan of
Asaph wrote this song.*

God has taken his place in the
assembly that he governs;

he pronounces judgment on
the rulers there.

2 He says, "You must stop
making unjust decisions
and favoring wicked people!
Selah

3 Defend poor people and
orphans,
and decide cases fairly for
people who have no one else
to help them.

4 Save defenseless people
from what wicked people
want to do to them!

5 You are foolish and ignorant!
You do not recognize the
right things to do.
People are no longer living
by the basic principles that
make a society fair.

6 I said, 'You are spiritual
beings;
you are all rulers over
creation like the Most High.

7 But you will die as humans
do;
you will lose your power just
as rulers do.'"

8 God, you rule all the nations,
so take action and judge the
people who live on the earth!

83 *A Levite from the clan of
Asaph wrote this song.*

1 God, please take action to
help us!

- Please do that right away!
- 2** I ask this because the enemies who hate you are defiantly approaching us with a large army.
- 3** They have plotted deviously together to fight against us Israelites whom you cherish.
- 4** They have said to each other, "Come on, let us destroy them so completely that no one will ever remember that Israel existed!"
- 5** They have all agreed to do this, and they have made an alliance against you.
- 6** This army includes soldiers who are Edomites, Ishmaelites, Moabites, Hagrites,
- 7** Gebalites, Ammonites, Amalekites, Philistines, and Tyrians.
- 8** The Assyrians are helping them. They have given military support to the Moabites and Ammonites **who are leading this army.** Selah
- 9** Defeat them just as you helped Gideon defeat the Midianites, and just as you helped Barak defeat Sisera, the commander of the Canaanite king Jabin at the Kishon River!
- 10** You destroyed those Canaanites at En Dor, and their dead bodies rotted on the ground.
- 11** Kill the leaders of this invading army

just as Gideon killed Oreb and Zeeb, the Midianite commanders.

Defeat all their rulers just as Gideon defeated Zebah and Zalmunna, **the Midianite rulers.**

12 They too had said, "Let us take for ourselves the land where God's people dwell."

13 My God, please defeat them so that they run away just as tumbleweed rolls away and just as chaff flies away in the wind!

14 Just as a forest fire burns down trees and flames burn up the dry vegetation on hillsides,

15 make them run away afraid as if a great storm were driving them off.

16 Completely disgrace them so that they will acknowledge who you are, Yahweh.

17 Embarrass them and make them always afraid. Humiliate them until they die.

18 Then they will know that you alone, Yahweh, are the Most High God who rules over everyone in the world.

84 *This is a note for the worship leader: Accompany the song with a stringed instrument. One of the Korahites wrote this psalm.*

1 Yahweh, commander of the heavenly armies, what a wonderful place your temple is!

2 I long greatly, deep inside,

to be in the courtyards of
Yahweh's temple.
With my whole being I call out
to the only true God.

3 Even little birds have built
their nests near your temple,
and that is where they are
taking care of their babies.
Yahweh, commander of the
heavenly armies,
you are my king and my God.

4 What a good life people have
who live by your temple!
They worship you
continually there. *Selah*

5 What a good life people have
whom you make strong
so that they can travel to
your temple as they greatly
desire!

6 As they pass through the **arid**
Valley of Baca, they dig wells to
look for water,
and God sends autumn rains
that fill those wells with life-
giving water.

7 They become stronger as they
go,
and each of them arrives at
the temple in Zion
where God is present.

8 Yahweh, you are the God who
commands the heavenly armies.
Please answer my prayer.
You are the God whom we
Israelite people worship.
Please do what I ask. *Selah*

9 God, please treat favorably
the king you have appointed
to protect us.

10 It is better be in your temple
courtyards for a single day
than to be anywhere else for
a thousand days.
I would rather stand at the
entrance to the courtyard of my
God's temple

than stay in any of the
comfortable homes where
wicked people live.

11 Yahweh our God makes us
prosper, just as the sun makes
crops grow,
and he protects us, just as a
shield protects a warrior.
He is kind to us and honors
us.
Yahweh gives people who live
rightly
every good thing that they
need.

12 Yahweh, commander of the
heavenly armies,
what a good life people have
who trust you!

85 *This is a note for the
worship leader: One of the
Korahites wrote this psalm.*

1 Yahweh, you have brought
back the Israelites who were
exiles
so that this land can be
prosperous again.

2 You forgave all the sins that
your people committed. *Selah*

3 You completely ceased being
angry with us
and stopped punishing us
severely.

4 God, you are the one who
saves us.
Please stop being upset with
us, and make us strong
again.

5 Please do not be continually
angry with us
and with our children and
grandchildren.

6 Please help us so that we will
thrive again.
Then we, your people, will
be happy because of you.

7 Yahweh, please treat us kindly as you promised
and rescue us from our troubles.

8 I am going to listen to what Yahweh, my God, says to me.
I believe he will say that he will make his people thrive if they are loyal to him.
However, they must not do foolish things anymore.

9 He is surely ready to help people who deeply respect him.
Then he will be gloriously present with us in our land.

10 He will be faithfully kind and true to us.
He will do what is right and make us peaceful.

11 People on earth will be faithful to God,
and God will act justly toward us from heaven.

12 Yes, Yahweh will give us good things,
and our land will produce abundant harvests.

13 As he considers what to do, he will recognize what the right thing is to do,
and he will do that.

86 ¹ *A prayer of David.*

Yahweh, I am poor and helpless,
so please do what I ask.

2 I am loyal to you, so please protect me.
I worship you as my God and I trust you,
so please save me.

3 I have been crying out to you continually, Lord,
so please be kind to me.

4 I am asking you to help me, Lord, as someone who worships you,
so please make me happy by doing that.

5 Do this, Lord, because you are good and you forgive people's sins.
You very faithfully love everyone who prays to you.

6 Yahweh, I am pleading with you in prayer to help me;
please do what I ask.

7 Whenever I am in trouble, I call out to you,
because I know that you will help me.

8 Lord, among all the gods that the nations worship,
there is none like you;
none of them has done the great things that you have done.

9 Lord, the nations that you have made
will all come and bow down before you,
and they will praise you.

10 They will do this because you are great and you do amazing things;
you are the only true God.

11 Yahweh, please teach me how you want me to live
so that I will act properly, as you wish.
Give me a sincere desire to honor you.

12 Lord my God, I will thank you wholeheartedly,
and I will praise you forever.

13 I will do that because you have been so faithfully kind to me;
you have kept me from going way down into the place where dead people are.

14 God, proud people are attacking me.

Yes, a group of cruel people is trying to kill me;
those people do not respect you.

15 But you, Lord, are a God who is merciful and kind.

You do not quickly become angry,
and you are so faithfully kind and true to us.

16 Consider my situation and be kind to me;

make me, your servant, strong.

Help me as if I had been born in your household.

17 Do something to show that you are helping me

so that my enemies will see it, and it will embarrass them.

I believe that you, Yahweh, will help me

and comfort me.

87 ¹ *One of the Korahites wrote this song.*

Yahweh established his city on mountains that he made holy.

2 He loves the city of Zion more than any other place where Israelites live.

3 People say wonderful things about this city that belongs to God. Selah

4 **Yahweh says**, "When I talk about people who know me, this will include Egyptians and Babylonians.

Indeed, I will also say about Philistines and Tyrians and Cushites,

"This person is a native of Zion."

5 People will say about Zion, "Every one of those people is a native of that city,"

and God Most High will personally keep Zion strong.

6 When Yahweh registers each of those people,

he will record, "This person is a native of Zion." Selah

7 Singers and musicians **will celebrate and say**,

"Zion, everything that makes me flourish comes from you!"

88 *One of the Korahites wrote this song. This is a note for the worship leader: The tune is "Weakness of Afflicting." Heman the Ezrahite wrote this song.*

1 Yahweh, you are the God who saves me.

I continually ask you to help me.

2 Please pay attention to what I am saying as I pray to you.

3 I ask this because I have experienced so many bad things that I cannot endure any more;

I am about to die and go to the place where dead people are.

4 People expect me to die soon because I have so little strength left.

5 It is as if I belong among dead people

who are lying in their graves.

It seems that you are no longer aware of such people and you stop taking care of them.

6 It is as though you have thrown me down to the bottom of a deep, dark pit.

7 I feel as if you are angry with me, and that is like an oppressive burden to me.

It is as if I am drowning in your anger. Selah

8 Because my illness is so unpleasant and you have not healed me,

my friends stay away from me,

and I am not able to leave my home **to visit anyone**.

9 My eyes are swollen because I cry so much.

Yahweh, throughout the day I call out to you for help

as I spread out my hands toward you **in prayer**.

10 If I were to die, it would be too late for you to do a miracle to help me.

Dead people do not come back to life and praise you! Selah

11 Dead bodies in graves do not talk about how you faithfully love us.

In the place where dead people go, no one talks about how faithful you are.

12 No one in that dark place sees the amazing things you do; no one in the place where no one remembers anything knows how good you are.

13 But I **am still alive**, Yahweh, and I am calling out to you to help me.

It is as if my prayer is already there waiting for you when you get up in the morning.

14 Yahweh, please do not reject me!

Please do not ignore me!

15 Since I was young, I have been so ill that I have nearly died.

I have been sick for so long with this terrible illness that you permit

that I have no more hope.

16 I feel as if you are very angry with me.

This terrible illness that you permit has destroyed the good life I could have had.

17 The bad things that are happening to me are like floodwaters

that continually surround me and are about to drown me.

18 Because you have allowed this illness,

my friends and family members stay away from me.

I can no longer see where they are.

89 *Ethan the Ezrahite wrote this song.*

1 Yahweh, I will always sing about how faithfully you love your people.

I will tell my children and grandchildren that you always do what you promise.

2 I know that you will always love us faithfully.

Just as the sky is permanent, so you will always be faithful to us.

3 Yahweh has said, "I made a covenant with the man I chose **to be the king of Israel**.

That was David, who loyally obeyed me.

I made a solemn promise to him.

4 I said, 'I will make sure that your descendants always rule as kings;

yes, I will make sure that your dynasty never ends.'" Selah

- 5 Yahweh, the angels in heaven praise you for the wonderful things you do,
 When those holy beings gather, they celebrate how you always do what you promise.
- 6 No one in the sky is equal to Yahweh!
 None of the heavenly beings is like Yahweh!
- 7 When the holy beings gather together, they all respect God greatly.
 Everyone around his throne honors him.
- 8 Yahweh, you are the God who commands the heavenly armies.
 No one is as mighty as you are!
 You are always faithful in every way.
- 9 You control the sea so that it does not become too violent;
 when its waves become too large, you make them smaller.
- 10 It was you who **put the world in order as you created it, as if you had** completely destroyed the sea monster Rahab;
 You used your great power to defeat your enemies.
- 11 Because you created the world and everything in it,
 the sky belongs to you, and the earth also belongs to you.
- 12 You created the full extent of the world around us.
 You made everything to the north and to the south.
 You made everything to the west, where Mount Tabor is,
 and you made everything to the east, where Mount Hermon is.

People throughout the world joyfully praise you because of who you are.

- 13 You are very powerful; yes, you are very strong,
 and you use your power to do great things.
- 14 As you rule, you always do what is right and just,
 and you are always faithful and true in everything you do.
- 15 Yahweh, the people who worship you with joyful shouts have truly good lives;
 they enjoy your favor as they live.
- 16 They rejoice continually because of who you are,
 and they celebrate how you always do what is right.
- 17 You make your people strong and glorious,
 and because you were pleased with us, you gave us a good king.
- 18 The one who protects us belongs to you, Yahweh;
 yes, our king belongs to you, the holy God whom we Israelites worship.
- 19 Long ago you spoke in a vision to the Israelites who were loyal to you.
 You said, "I have given strength to a mighty warrior; I have chosen a young man from among the people **to be the king.**"
- 20 I have found David, who loyally obeys me,
 and I have had people anoint him with my holy oil **to appoint him as king.**
- 21 I will always support him with my power;
 indeed, I will make him strong.

22 He will never have to pay tribute to a foreign ruler,
and no wicked enemy will defeat him.

23 I will defeat his opponents when they fight against him;
yes, I will destroy his enemies.

24 I will always be faithful to him and treat him kindly,
and I will make him a great ruler by my own authority.

25 I will make his realm extend from the Great Sea to the Euphrates River.

26 He will call out to me, 'You are my Father;
you are my God, the one who protects me and saves me!'

27 For my part, I will treat him as if he were my firstborn son,
and I will make him the greatest of all the kings on the earth.

28 I will always love him faithfully,
and I will always honor my covenant with him.

29 I will make sure that his descendants always rule as kings,
so that his dynasty lasts as long as the sky exists.

30 However, if his descendants disobey my instructions
and do not live according to what I have decreed,

31 if they treat my decrees as something they can ignore,
and if they do not obey my commands,

32 then I will punish them to correct them
because of the wrong things they have done
as if I were hitting them with a rod.

33 But I will not stop faithfully loving David;
I will not fail to do what I promised **for his descendants**.

34 I will not break my covenant;
no, I will not take back what I said.

35 I guaranteed my promise to David by my own holy character.
I said that I was not lying to him, and I meant it.

36 I promised solemnly that his descendants would rule as kings forever.
Yes, I said that I would preserve his dynasty
just as I have made the sun to shine in the sky always.

37 The moon appears in the sky dependably each month,
and in the same way, David's dynasty will always endure."
Selah

38 Yet now it appears that you have completely rejected
David's descendant who was our king.
It appears that you have abandoned him.

39 It seems as though you are disregarding the covenant you made with David.
You have allowed his dynasty to end, as if you had not promised to preserve it.

40 You have allowed enemies to break down
all the walls that protected his city **of Jerusalem**.
It had strong defenses, but you have allowed those enemies to reduce them to ruins.

41 Now people can come along
and steal the things that remain
in the city.

People in the surrounding
countries are ridiculing us
Israelites.

42 You have allowed our
enemies to become strong,
and they are celebrating
how they have defeated us.

43 Our armies have had to
retreat from battles
because you have not helped
us when we fight.

44 Our kingdom is no longer
glorious,
and we no longer have a
king.

45 We are no longer strong, as
young men are.
This has disgraced us
completely. Selah

46 Yahweh, please help us, and
do not delay! Do not keep
neglecting us!
Do not keep being so angry
with us!

47 Please remember how short
human lives are!
Please remember that you
created us human beings as
mere mortals!

48 No one can live forever and
never die;
everyone must go to the
place where dead people
are. Selah

49 Lord, you promised David
that you would faithfully love us
Israelites, and you did.
You always keep your
promises, **so please help us!**

50 Lord, consider the insulting
things that many people are
saying
about us who loyally obey
you!

I deeply feel the pain of all
those insults.

51 Yahweh, do something to
stop your enemies
from mocking the actions of
the king you appointed.

52 May people always bless
Yahweh!
Amen! Yes, amen!

Book Four

90 *A prayer by the prophet Moses*

1 Lord, you have been like a
home for us
throughout our generations.

2 Before you created the
mountains,
before you formed the earth
and everything that is in it,
you were eternally God,
and you will be God forever.

3 **When people die**, you cause
their corpses to become soil
again;
you change their corpses to
become dirt like that from
which **the first** man was
created.

4 When you consider time,
a thousand years are **as
short as** one day that passes;
you consider that they are **as
short as** a few hours in the
night.

5 You cause people to die
suddenly;
they live **only a short time** as
a dream lasts **only a short
time**.

They are like grass in the
morning that comes and
goes.

6 In the morning the grass
sprouts and develops,

then in the evening it dries
up and completely withers.

7 Similarly, **because of the sins that we commit**, you become angry with us;

you terrify us and then you destroy us.

8 It is as though you place our sins in front of you;

spreading out even our secret sins where you can see them.

9 Because you are angry with us, you cause our lives to end;

the years that we live pass as quickly as a sigh passes.

10 People live for **only** seventy years;

if they are strong, **some of them live** for eighty years.

But throughout our time we have much pain and troubles;

our lives soon end, and we die.

11 No one has fully experienced the powerful things that you can do to people when you are angry with them, No, people are not adequately afraid of how you can punish them because you are angry with them.

12 So teach us to realize that we live for only a short time in order that we may think wisely **about how we use our time**.

13 Yahweh, how long will you be angry with us?

Pity us who serve you.

14 Each morning, show us that it is enough for us if you love us faithfully as you have promised that you would do.

Show us this so that we may shout joyfully and be happy all during the years that we live.

15 Cause us now to be happy for as many years as you afflicted us and we experienced bad things.

16 Enable us who serve you to see the **great** things that you do,

and enable our descendants to see your glorious power **also**.

17 Lord, our God, give us your blessings

and enable us to be successful;

yes, cause us to be successful in everything that we do!

91 **1** Those people whom God Most High protects

will be able to rest safely because Shaddai cares for them.

2 I will declare to Yahweh,

"You protect me;

you are like a stronghold in which I am safe.

You are my God, the one in whom I trust."

3 He will rescue you from all hidden traps

and save you from deadly diseases.

4 He will protect you as a bird does who covers her young under her wings.

You will be safe in his care.

As he faithfully does what he has promised, that is like a shield or strong wall that will protect you.

5 You will not be afraid of things that happen during the night that could terrorize you

or of arrows **that your enemies will shoot at you** during the day.

- 6** You will not be afraid of
plagues that infect people in
the night
or of other evil forces that
kill people in the light of day.
- 7** Even if a thousand people fall
dead alongside you,
even if ten thousand people
are dying around you,
the deadly thing will not
harm you.
- 8** All you need to do is watch
and you will see that God is
punishing evil people!
- 9** This is because you trust
Yahweh, God Most High, who
protects me,
to also protect you.
- 10** Therefore, nothing evil will
happen to you;
no plague will affect your
family
- 11** because Yahweh will
command his angels
to protect you in whatever
you are doing.
- 12** They will even hold you up
with their hands
so that you will not hurt your
foot on a big stone.
- 13** Yahweh will not allow your
enemies to harm you;
even if strong lions and
poisonous snakes attack you,
you will defeat them!
- 14** Yahweh says, "I will rescue
those who love me;
I will protect them because
they know me.
- 15** When they call out to me, I
will answer them.
I will help them when they
are experiencing trouble;
I will rescue them and honor
them.

- 16** I will reward them by
enabling them to live a long
time,
and I will save them."

92 *A psalm that is to be sung on Sabbath days.*

- 1** Yahweh, it is good for people
to thank you
and to sing as they praise
you, the Most High God.
- 2** It is good to proclaim every
morning that you faithfully love
us
and to declare each night
that everything that you say
is true,
- 3** **singing to the music of
instruments that have ten
strings**
and of lyres
**and with musicians playing
melodies on a harp.**
- 4** I do this, Yahweh, because
what you have done makes me
happy;
I sing joyfully because of the
things that you do.
- 5** Yahweh, the things that you
do are great!
We cannot understand all
that you think.
- 6** These are things that foolish
people do not know about,
things that dolts cannot
understand:
- 7** **They do not understand that**
when the number of wicked
people increases as blades of
grass increase,
and **when it seems that** all
those who do what is evil
prosper,
Yahweh will destroy them
forever.
- 8** But Yahweh, you will rule
forever.

9 Just look at your enemies,
Yahweh! Your enemies will
certainly die.

You will destroy everyone
who does wicked things.

10 But you have caused me to
be as strong as a wild ox;
you have caused me to be very
joyful.

11 I have observed my enemies
as they oppose me,
and I have heard those evil
men.

12 But righteous **people** will
prosper like **flourishing** palm
trees,
they will grow like the **tall**
cedar trees in Lebanon.

13 They belong to Yahweh as
securely as if they were trees
with roots deep in his temple
grounds.
They are as prosperous and
healthy as if they were trees
growing in our God's
courtyard.

14 They are like trees that
continue to bear fruit even
when they are old.
They remain strong and full
of energy, like trees that are
full of sap and have
abundant leaves.

15 That shows that Yahweh
is just;
he is like a huge rock behind
which I am safe,
and he never does anything
that is unjust.

93 ¹ Yahweh, you are the
King!

It is as though you are
wearing royal robes that are
majestic and powerful.
You are the one who put the
world firmly in place, and no
one can move it **out of its place**.

2 You have been king since long
ago;
you have always existed.

3 Yahweh, the oceans rise up;
their waves **loudly** pound
against the shore;
it is as though they roar with
a powerful voice.

4 But you are more powerful
than the roar of those oceans;
you are more powerful than
the huge ocean waves!
You are Yahweh, the one who
is great and powerful!

5 Yahweh, your laws are
completely reliable;
your temple is a beautifully
holy place.
That will be true forever.

94 ¹ Yahweh, you are a God
who punishes **your enemies**.

So reveal **to them** who you
are!

2 You are the one who judges
all people on the earth;
so take action and give the
arrogant people what they
deserve.

3 Yahweh, wicked people just
continue to be glad,
and that is not right!

4 They abundantly speak
arrogant things;
all people who do evil things
say that they are great
people.

5 Yahweh, it is as though those
wicked people were crushing
us, your people;
they distress the people who
belong to you alone.

6 They murder widows, people
from other countries,
and also young people who
have no fathers.

- 7 Those wicked people think to themselves, "Yahweh does not see **any of this**;
the God whom the Israelites worship does not notice **the evil things that we do.**"
- 8 You wicked people in Israel need to understand **what is right**;
you have been stupid and foolish far too long!
- 9 Since Yahweh is the one who made ears,
of course he can hear **what you say!**
Not only that, he created eyes;
so of course he can see **the evil things that you do!**
- 10 He corrects **the leaders of** other nations,
so he will punish **you**, as well.
He has taught people everything that they know,
so of course he knows everything **that you do.**
- 11 Yahweh knows everything that people are thinking;
he knows that what they think is evil and useless.
- 12 Yahweh, how fortunate are those who allow you to discipline them,
how fortunate are those whom you teach from your laws!
- 13 You relieve those people from bad things when they happen,
and someday you will punish the wicked people
and stop them from doing wicked things.
- 14 This will happen because Yahweh will not reject his people;
he will not desert those who belong to him.
- 15 Yes, someday judges will again decide matters fairly for people,
and all honest people will be pleased about that.
- 16 **But when evil people oppressed me,**
I could find no one to defend me
against the wicked things that evil people did to me.
- 17 If Yahweh had not helped me **at that time,**
I would have gone quickly to the place where dead people say nothing.
- 18 Just when I thought, "I am about to die,"
then, Yahweh, you saved me by being faithful and loving to me.
- 19 Whenever I am very worried,
you comfort me and cause me to be happy.
- 20 Corrupt rulers,
those who establish laws that allow people to do what is not right,
cannot be your friends.
- 21 They plot together how to destroy righteous people,
and they declare that innocent people must die.
- 22 But Yahweh has become like a fortress for me;
my God is like a huge rock that protects me.
- 23 He will do to those wicked leaders the terrible things that they have done to others;
he will get rid of them because they do wicked things.
Yes, Yahweh our God will get rid of them.

95 ¹ **Everyone**, come and let us sing to Yahweh;

let us shout joyfully to the one who protects us and saves us!

² Let us thank him as we come before him

and sing joyful psalms as we praise him.

³ Because Yahweh is a great God.

He is a great king who rules over all other spirit beings.

⁴ He controls the whole earth.

From the deepest places to the highest mountains, it belongs to him.

⁵ The seas are his because he is the one who made them.

He also made the dry land.

⁶ **Everyone**, come, let us worship him and bow down before him.

Let us kneel before Yahweh, who is the one who made us.

⁷ **Do this** because he is our God,

and we are the people whom he protects,
like sheep that a shepherd takes care of.

I desire that today you may hear what Yahweh is saying to you.

⁸ He says, "Do not become stubborn as your ancestors did at Meribah,

and as they did long ago at Massah in the wilderness.

⁹ There your ancestors tested whether I would continue to be patient with them.

They wanted to see if they could do evil things and not have me punish them.

They did this even though they had seen me perform many miracles.

¹⁰ For 40 years I was angry with those people.

I said about them, "Those people are unreliable.

They completely refuse to obey my commands.'

¹¹ So because I was very angry, I solemnly said about them,

"They will never enter **the land of Canaan** where I would have allowed them to rest!"

96 ¹ Sing to Yahweh a new song!

All you people throughout the earth, sing to Yahweh!

² Sing to Yahweh and praise him!

Every day proclaim to others that he has saved us.

³ Tell about how glorious he is to all people groups;

tell all peoples everywhere the marvelous things that he has done.

⁴ Do this because Yahweh is great, and he deserves very much for people to praise him; people should revere him more than all other gods.

⁵ This is true because all of the gods that the other peoples worship are only idols,

but it is Yahweh who made the heavens!

⁶ Yahweh is magnificent and majestic.

His holy house shows how strong and beautiful he is.

⁷ You peoples in nations all over the earth,

Proclaim that Yahweh is the one who is truly glorious and strong!

8 Praise Yahweh as he deserves
for us to praise him;

bring an offering and come
to his temple.

9 Bow down before Yahweh
because he is marvelously holy.

Everyone on earth should
tremble because of who he
is.

10 Say to **all** the people groups,
"Yahweh is the king!"

He put the world in its place,
and nothing will ever be able
to move it.

He judges **all** the peoples fairly.

11 All the beings that are in the
heavens should be glad, and all
the people on the earth should
rejoice.

The oceans and all the
creatures that are in the
oceans should roar **to praise**
Yahweh.

12 Let it be as though the fields
and everything that is in them
are rejoicing.

Then let it be as though all the
trees in the forests are singing
joyfully

13 in front of Yahweh.

They should do this because he
is coming to judge everyone on
the earth, and this is certain.

He will judge all the people
fairly according to what he
knows is true.

97 ¹ Yahweh is the king!

I want everyone on the earth
to be glad

and I want all the people
who live on the land in and
around the oceans to **also**
rejoice **about that!**

2 There are very dark clouds all
around him;
he always rules righteously and
justly.

3 He sends fire out in front of
him,

and **that fire** burns all of his
enemies.

4 All around the world he sends
his bright lightning;

people on the earth see **it**,
and it causes them **to be**
afraid and to tremble.

5 The mountains melt like wax
before Yahweh;

he is the Lord who rules over
all of the earth.

6 Everything that people can
see in the heavens makes it
clear that he is righteous,

and all the people groups
see how glorious he is.

7 Everyone who worships
carved images should be
ashamed;

all those who are proud of
their useless false gods
should be ashamed.

All those gods should bow down
to worship Yahweh!

8 The people of Jerusalem
heard **Yahweh's just decrees**
and they were happy **about**
them;

people in the other cities in
Judah also **heard and**
rejoiced

because you judge **people**
justly, Yahweh.

9 Of course, Yahweh, you are
the supreme king who rules
over all the earth;

You are far more powerful
than any other spirit beings.

10 All you who love Yahweh,
you must hate every evil thing
that people do!

Yahweh protects those who
are faithful to him;

he rescues them when
wicked people try to harm
them.

11 He makes good things
happen for righteous people
and he causes those who are
honest to rejoice.

12 You righteous people, let
Yahweh make you glad,
and thank him, the one we
all know to be holy!

98 ¹ *A psalm.*

Sing to Yahweh a new song
because he has done wonderful
things!
By being powerfully holy he has
saved **his people**.

2 Yahweh has shown openly
that he saves **his people**;
he has revealed to people all
over the world that he
always does what is right.

3 He is always loyal to his
covenant to be faithful to the
Israelite people.

Even the people who live in
the most remote places of
the earth
will see that our God saves
his people.

4 All you people everywhere
should shout joyfully to Yahweh;
praise him while you sing
joyfully and make music!

5 Play to Yahweh on a harp,
and sing along as you play.

6 **Some of you should** blow
trumpets and ram's horns
while others shout joyfully to
Yahweh, our king!

7 The oceans and all **the**
creatures that are in the oceans
should roar **to praise Yahweh**.
The earth itself and everyone
on it should do the same!

8 It should seem as though the
rivers were clapping their
hands **to praise Yahweh**

and that the hills were
singing together joyfully

9 before Yahweh because he
will come to judge everyone on
the earth!

He will judge all the people
in the world justly and fairly.

99 ¹ Yahweh is the supreme
king,
so all people should tremble **in**
front of him!

He sits on his throne **in the**
temple above the **statues of** the
cherubim,

so the earth should quake!

2 Yahweh is a mighty king in
Jerusalem;
he is also the supreme ruler
of all peoples.

3 They should praise you,
Yahweh, because you are
great and awesome!

They should say, "He is
holy!"

4 Yahweh is a mighty king
because he loves what is just.

You, Yahweh, have
established what is fair.

You have acted justly and
righteously for the people of
Israel.

5 Praise Yahweh, the God
whom we worship!

Bow down to him at **the**
temple, which is his
footstool.

He is holy!

6 Moses and Aaron were two of
his priests;
Samuel also was someone who
prayed to him.

Those **three** cried out to
Yahweh **to help them**,
and he helped them.

7 He spoke to Moses and Aaron
from the cloud that was **like** a
huge pillar.

They obeyed **all** the laws and commandments that he gave to them.

8 Yahweh, our God, you helped Moses, Aaron, and Samuel

when they cried out to you to help them;

you are the God who forgave them **for the sins that they had committed,**

even though you punished them for the things that they did that were wrong.

9 Praise Yahweh, our God,
and worship him **at the temple** on his holy hill;
it is right to do that because Yahweh, our God, is holy!

100 ¹ *A psalm of thanksgiving.*

Everyone in the world should shout joyfully to Yahweh!

2 We should worship Yahweh gladly!
We should come before him singing joyfully.

3 We should acknowledge that Yahweh is God.

It is he who made us; we did not make ourselves.
We are the people who belong to him;
we are like sheep that he cares for as a shepherd does.

4 Enter the gates **of his temple** thanking him;
enter the courtyard **of his temple** singing songs to praise him!

Thank him and praise him

5 because Yahweh always does good things for us.

He will faithfully love us forever,
and he will always fulfill everything that he has promised.

101 ¹ *David wrote this psalm.*

Yahweh, I will praise you with singing!

I will sing that you are just and that you faithfully love us.

2 I will examine how to live in the right way.

Yahweh, I need you to come and help me!

In everything that I do in my household, I will sincerely try to do what is right.

3 I will not tempt myself to do any bad thing.

I hate any kind of sinful action;
I will not allow myself to think about doing those things.

4 I will not be dishonest,
and I will not do anything evil.

5 I will get rid of anyone who secretly slanders someone else.
I will not tolerate anyone who is proud or arrogant.

6 I look for people in this land who are loyal to God
to help me rule **this nation**.
Only people who behave honestly may work for me.

7 I will not allow anyone who deceives others **to work** in my palace,
and I will not allow anyone who tells lies to continue working for me.

8 I will start every day by working to get rid of all of the wicked people in this land.
I will expel everyone who does what is evil from this city that belongs to Yahweh.

102 *Someone wrote this prayer when he was feeling discouraged and pleads for Yahweh to help him.*

1 Yahweh, please listen to me
when I pray to you;
yes, please be attentive as I cry
out to you!

2 When distressing things
happen to me, please do not
ignore me!

Listen to me,

and answer me quickly as
soon as I call out to you!

3 Please hurry because my life
is ending as quickly as smoke
that disappears;
my body feels like a fire is
burning it.

4 I feel as though I am
withering away like grass that
the sun has scorched.

You see, I do not even
remember to eat any food.

5 I groan aloud so much
that my bones protrude
under my skin.

6 I am **lonely and despised** like
an owl in the desert;
I have become like a screech
owl in the ruins **of a town**.

7 I lie awake **at night**;
I am like a lonely bird sitting
on a housetop.

8 During the whole of each day
my enemies insult me.

Those who make fun of me
use my name when they
curse people,
saying, "May you be like
him."

9-10 It feels as though you have
picked me up and thrown me
away!

Because you are so very angry
with me,

my food tastes like ashes
and my tears fall into my
drink.

11 My time to remain alive is
coming to an end

like an evening shadow **that**
will soon be gone.

I have withered as grass
witheres **in the hot sun**.

12 But Yahweh, you will rule
forever on your royal throne;
people of all times will talk
about you.

13 You yourself will now act
and be merciful to the people of
Jerusalem;

you will do this because it is
now the time that you have
set

for you to be kind to them.

14 It is true that we who serve
you love everything about
Jerusalem.

15 Yahweh, someday the people
of all nations will revere you,
and all the kings on the earth
will recognize how very
glorious you are.

16 You see, it is Yahweh who
builds Jerusalem;
he will appear **there**
gloriously.

17 Yahweh listens to the
prayers of **his** people who are
homeless.

He does not ignore them
when they pray for him to
help them.

18 I will write these things
down

so that people in future
years will know **what he has**
done,

in order that people who are
not born yet will praise
Yahweh.

19 **They will describe** how Yahweh looked down from his holy place in heaven and saw **what was happening on** the earth.

20 Yahweh looked down in order to help the groaning prisoners.

He looked down in order to set free the people whom their enemies were about to kill.

21 As a result, people in Jerusalem will tell what Yahweh has done and praise him for it.

22 This will happen when many peoples, including those from other kingdoms, gather to worship Yahweh together.

23 **But now** he has caused me to become weak while I am still young;

I think that I will not remain alive very long.

24 I say **to you**, "My God, do not let me die when I am only half-way through my lifetime!

In contrast, you live forever!

25 You created the world long ago,

and you are the one who made the heavens.

26 As for the earth and the heavens, they will disappear, but as for you, you will remain.

All of it will wear out as clothes wear out.

You will get rid of them as people get rid of old clothes, and they will no longer exist.

27 But you are Yahweh; you will always be.

28 The children of those who worship you will live safely **in Jerusalem**,

and you will protect their descendants as they live in your presence."

103 ¹ *A psalm of David*

I tell myself, "Praise Yahweh!"

To everything that is within me, I say, "Praise him because he is holy!"

2 I tell myself, "Praise Yahweh, and think about all of the kind things that he has done for me."

3 He forgives all of my sins, and he heals me from all of my sicknesses.

4 He rescues me from things that would kill me;

he blesses me by faithfully loving me and acting mercifully to me.

5 He gives me plenty of good things **during my entire life**.

He makes me feel young **and strong as though I could fly high** like an eagle.

6 It is Yahweh who does all this! He does what is right and judges justly for all those whom people have been treating unfairly.

7 **Long ago** he revealed to Moses the way that he works; he showed to **our ancestors**, the people of Israel, the **mighty** things that he can do.

8 Yahweh acts mercifully and kindly;

he does not quickly get angry **when we sin**;

he always faithfully loves us.

9 He will not always rebuke us, and he will not remain angry forever.

10 He does not punish us for our sins nearly as much as we deserve.

11 Indeed, as high as the sky is
above the earth,

that is how much Yahweh
faithfully loves everyone who
reveres him.

12 He has taken away the guilt
for our sins

and put it as far from us as
the east is from the west.

13 Just as parents always love
their children,

Yahweh always loves those
who revere him.

14 Indeed, he certainly knows
how weak we are;

he remembers that he
created us from dust.

15 The lifetime of humans
passes quickly, like that of
grass.

We are like wild flowers that
bloom for a short while,

16 but then the wind blows
over them and they disappear,
and no one knows they were
ever there.

17 But Yahweh will continue to
faithfully love

all those who revere him,
forever.

He will do what is right for
generations of their
children,

18 that is, he will act that way
to all those who obey the
covenant that he made with
them.

Yes, he will act that way to
all those who obey what he
has commanded us to do.

19 Yahweh rules as king in
heaven.

From there, he rules over
everything.

20 Praise Yahweh, you angels
who belong to Yahweh,

You powerful warriors who
do what he tells you to do,

you who obey what he
commands!

21 Praise Yahweh, all you
armies of his angels,
you who serve him and do what
he desires!

22 All of the creatures that
Yahweh has created should
praise him!

They should praise him in
every place where he rules,
which is everywhere!

I say to myself, "Praise
Yahweh!"

104 ¹ I tell myself, "Bless
Yahweh!"

Yahweh, my God, you are
magnificent!

You are more majestic than a
king appearing in his
beautiful robes!

2 You use light **itself** as your
robe;

you spread out **all of** heaven
as your tent.

3 The rain clouds are like
the upper rooms of your
palace.

The clouds are like chariots for
you;

the wind is like a bird that
takes you wherever you want
to go.

4 You send the winds like your
messengers,

and you control fire as your
servant.

5 You created the world to be
secure,

so that nothing can ever
move it from its place.

6 Later, you covered the earth
with a flood, like covering
someone with clothing;

water even covered the
mountains.

7 Then you commanded the water, and it receded;

yes, you spoke loudly,
and the water rushed away.

8 Part of the water ascended to its place above the mountains,
and part of it descended the valleys to its place in the earth.

All of it went back to the place that you had determined for it.

9 Then you set a boundary for the water that it cannot cross over.

That boundary ensures that the water will never again cover the whole earth.

10 You make the springs that pour water into the stream beds;

their water flows between the mountains.

11 Those streams provide water for all of his wild animals to drink.

The wild donkeys drink the water and are no longer thirsty.

12 Birds make their nests beside the streams.

They sing among the branches of the trees.

13 From the heavens you send rain down on the mountains.

As a result of doing this, you satisfy all of the creatures on earth with many good things.

14 You make grass to grow for the cattle to eat,

and you make plants to grow for people to cultivate,
so that they can make bread from those plants that grew in the soil.

15 You give us grapes that produce wine that makes us cheerful;

you give us olives that produce oil to make our faces shine,
and you give us grain to make bread that makes us strong.

16 Yahweh, you send plenty of rain to water

your cedar trees that you planted in Lebanon.

17 Birds make their nests in those trees,

and storks make their nests in the cypress trees.

18 High up in the mountains is where the wild goats live,
and hyraxes live in the rocky cliffs.

19 Yahweh, you made the moon to indicate the times for our festivals,

and you made the sun to always go down at the right time.

20 You bring darkness, and it becomes night

when all of your forest animals prowl around.

21 The young lions roar then as they seek their prey,

looking for the food that you have provided for them.

22 At dawn, they go back to their dens and lie down.

23 That is when people go to their work;

and they do their work until it is evening.

24 Yahweh, you have made so many different kinds of things!

You were very wise as you made them all.

The earth is full of the creatures that you made.

25 We see the ocean, which is vastly wide between its shores!

It is full of many kinds of wriggling creatures,

so many that no one can count them.

There are creatures ranging from small to big.

26 Ships sail on the sea.

Leviathan is also there, the creature that you made to splash around in it.

27 All of these creatures depend on you

to give them the food that they need at the right time.

28 When you give them the food that they need, then they gather it.

You give it to them freely.

They eat until they are full of your good things.

29 But when you refuse to give food to them, they panic.

When you cause them to stop breathing, they die;

their bodies decay and become part of the soil.

30 When you cause **newborn** creatures to begin to breathe, they begin to live.

You give new life to **all the living creatures on** the earth.

31 I want all of Yahweh's creatures to glorify him forever!

I want Yahweh to rejoice about everything that he has created!

32 He makes the earth shake just by looking at it!

When he **merely** touches the mountains they start to burn!

33 I will sing to Yahweh as long as I live.

I will praise my God until the day that I die.

34 May Yahweh be pleased by all **these things** that I have thought about him.

As for me, I will rejoice because I know him.

35 However, I want sinners to disappear from the earth, and for there to be no more wicked people!

I tell myself, "Bless Yahweh!"

Praise Yahweh!

105 ¹ Give thanks to Yahweh; worship him and pray to him.

Tell everyone in the world what he has done!

2 Sing to him; praise him with instruments;

tell others about all of his wonderful miracles!

3 Be proud of Yahweh, who is the holy one.

You people who worship Yahweh, rejoice!

4 Ask Yahweh to help you and to make you strong; always try to be with him!

5-6 You people who are descendants of Yahweh's servant Abraham,

you descendants of Jacob, the people whom Yahweh has chosen,

think about all of the wonderful things that he has done;

he performed miracles, and he proclaimed **righteous** judgments.

7 He is Yahweh, the God whom we worship.

He rules over people throughout the earth.

8 He never forgets the covenant that he made;

that is, he will maintain what he promised for countless generations.

9 That is the covenant that he made with Abraham,
and that he repeated with an oath to Isaac.

10 Then he repeated it as a reliable covenant with Jacob,
that is, with Israel, and it was a covenant that would last forever.

11 What Yahweh said to them was, "I will give to you the region of Canaan;
that will be what you **and your descendants** inherit from me."

12 Yahweh said that to the people of Israel when there were only a few of them.
They were just a tiny group of people who were living in that land like strangers.

13 They continually wandered from one place to another,
living in various kingdoms and people groups.

14 But Yahweh did not allow others to oppress the people of Israel.

On their behalf, he warned kings **by saying to them**,

15 "Do not harm the people whom I have chosen!
Do nothing bad to my prophets!"

16 Yahweh created a famine in the land of Canaan,
that is, all of the people there had no food to eat.

17 **So the people of Israel went to Egypt, but** before they went, Yahweh had already sent someone **there**.

He sent Joseph, whom his brothers had sold to be a slave.

18 **Later, while Joseph was in prison in Egypt,**

the guards trapped his feet in shackles,

and they put an iron collar around his neck.

19 **Joseph was in prison** until the time

when the events that he had predicted happened.

Yahweh spoke to him **during this time** and taught Joseph to trust him more.

20 The king of Egypt, the ruler of the people, commanded his servants

who went to the prison and set Joseph free.

21 Then the king chose Joseph as the one to decide about everything in the king's household,

that is, to be in charge of everything that the king possessed.

22 The king permitted Joseph to command the king's officials to do anything that Joseph wanted them to do,
and Joseph taught the king's advisors how to be wise.

23 **Later, Joseph's father** Jacob, also called Israel, arrived in Egypt.

He lived like a foreigner in that land that belonged to the descendants of Ham.

24 Over the years, Yahweh caused the descendants of Jacob to become very numerous.

As a result, the enemies of the people of Israel considered that the people of Israel were becoming too strong.

25 So Yahweh caused the rulers of Egypt to hate Yahweh's people,

and they devised ways to oppress his people.

26 But then Yahweh sent his servant Moses along with **Moses' older brother** Aaron, whom Yahweh had also chosen to serve him.

27 Those two performed Yahweh's amazing miracles among the people of Egypt in that land where the descendants of Ham lived.

28 Yahweh sent darkness so that the land of Egypt was dark, and Moses and Aaron obeyed what Yahweh told them to do.

29 Yahweh caused all of the water in Egypt to become blood, which caused all of their fish to die.

30 Then he caused the land to become full of frogs; the royal family even had frogs in their bedrooms!

31 Then Yahweh commanded that flies come, and swarms of flies descended on the people of Egypt.

Gnats also swarmed across the whole country.

32 Yahweh sent them hail instead of rain, and he started fires that burned throughout their land.

33 The hail ruined their grapevines, fig trees, and destroyed all the other trees in their country.

34 Yahweh commanded locusts to come, and hordes of them came of different kinds; so many came that no one could count them.

35 The locusts ate every green plant in their land, including all of the crops.

36 Then Yahweh killed every firstborn son, the one who first demonstrated that the man was virile, in every house of the people of Egypt.

37 Then Yahweh brought the Israelite people out from Egypt.

They were carrying many heavy things made of silver and gold that the people of Egypt had given to them, and yet none of his people stumbled as they went.

38 The people of Egypt were glad when the Israelite people left

because the people of Egypt had become very afraid of the Israelites.

39 Then Yahweh spread a cloud to cover the Israelites; and at night it became a big fire in the sky to give them light.

40 Then the Israelites asked for meat to eat, and Yahweh sent flocks of quail to them, and he gave them plenty of manna bread from the sky each morning.

41 One day Yahweh split open a rock, and water poured out from the opening for the people to drink.

The water became a river flowing in the desert.

42 Yahweh did those things because he continually thought about the sacred promise that he had given to his servant, Abraham.

43 So his people were joyful as Yahweh brought them out from Egypt.

These people whom he had chosen were shouting joyfully as they went.

44 Then Yahweh gave to the people of Israel the land that had belonged to the people groups **that lived there in Canaan.**

So the Israelites took over the fields that those peoples had planted.

45 Yahweh did all these things so that his people would do all the things that he had commanded them to do.

Praise Yahweh!

106 ¹ Praise Yahweh!

Thank Yahweh because he is good

and because he faithfully loves us forever!

² Because Yahweh has done so many great things,

no one can tell all the great things that Yahweh has done,

and no one can praise him enough.

³ How happy are those who act fairly,

always doing what is right!

⁴ Yahweh, be kind to me when you help your people!

Include me when you rescue them!

⁵ Allow me to see the people whom you have chosen become prosperous again.

Allow me to be happy with the people of your nation when they become happy again.

Allow me to praise you along with all those others who belong to you.

⁶ We have sinned just as our ancestors did;

we have done all kinds of evil.

⁷ Our ancestors did not appreciate the wonderful things that you did when they were in Egypt.

They forgot about the many times that you showed that you faithfully loved them.

Instead, when they were at the Sea of Reeds,

they rebelled against you.

⁸ Even so, he rescued them because of who he is,

so that he could show that he is very powerful.

⁹ He rebuked the Sea of Reeds and it became dry.

Then he led our ancestors through it and even the deepest parts were as dry as a desert.

¹⁰ In that way he rescued them from their hateful enemies.

¹¹ Then their enemies drowned under the water **of the Sea of Reeds;**

not one of them remained alive.

¹² When that happened, our ancestors believed that Yahweh had truly done for them what he had promised to do,

and they sang to praise him.

¹³ But they soon forgot what he had done for them;

they did things without waiting to find out what Yahweh wanted them to do.

¹⁴ They intensely wanted certain foods in the wilderness.

They did evil things there that challenged God to punish them.

¹⁵ So he gave them what they requested,

but then he made many of them sick so that they died.

16 Later when some of the men in the camp became resentful of Moses

and of **his older brother** Aaron, who was dedicated to serve Yahweh **by being a priest,**

17 the ground opened up and Dathan fell into it
and it also buried Abiram and his people.

18 God made a fire start among their people
that burned up all the wicked people **who agreed with them.**

19 Then the Israelite leaders made a metal statue of a calf at Mount Horeb
and they worshiped it.

20 So instead of worshiping their glorious God,
they worshiped a statue of a bull that eats grass!

21 They ignored God, who had rescued them by the great miracles that he performed in Egypt.

22 They stopped thinking about the wonderful things that he did for them in Egypt
and the amazing things that he did for them at the Sea of Reeds.

23 Because of that, God said that he would get rid of the Israelites;
but Moses, whom God had chosen **to serve him,**
confronted God to persuade him not to destroy **them.**

24 Then our ancestors refused to enter the beautiful land of **Canaan**
because they did not believe that God would fulfill his promise **that he would enable them to take the land from the people who were living there.**

25 Instead, they stayed in their tents and complained.

They did not obey what Yahweh said that they should do.

26 So Yahweh solemnly swore to them
that he would cause them to die there in the wilderness,
27 and that he would spread their descendants among the people of other nations,
yes, that he would disperse them in those **foreign** lands.

28 Later the Israelite people began worshiping the statue of Baal at Mount Peor,
and they ate meat that had been sacrificed to dead **ancestors.**

29 When the people did these things, that made Yahweh angry,
so **again** he caused many of them to get a terrible disease.

30 But Phinehas stood up and punished **the ones who had sinned,**
and as a result the plague ended.

31 Because of what Phinehas did, people have considered him to be a righteous man,
and people in all future years will continue to remember him as righteous.

32 Then at Meribah, where the water came out **of the rock,** our ancestors caused Yahweh to become angry **again,**
and Moses suffered because of what they did.

33 Moses suffered because they caused him to become very angry,
and he said things that were foolish.

34 Our ancestors did not
destroy the other people groups
as Yahweh had told them to
do.

35 Instead, the men married
women from those people
groups,
and they started doing the
evil things that those people
did.

36 Our ancestors worshiped
the idols of those people,
and that is how they began
to reject Yahweh and his
ways.

37 **Many of** the Israelites
sacrificed their sons and
daughters to the demons **that**
those idols represented.

38 They killed their own sons
and daughters, who had done
nothing wrong,
by offering them as sacrifices to
the idols of the Canaanites.

Because of those murders,
the land of Canaan became
defiled.

39 Because of what they did
they made it impossible for
Yahweh to accept them.
By worshiping idols instead
of faithfully worshiping only
Yahweh,
they became like prostitutes.

40 So Yahweh became very
angry with his people;
he was completely disgusted
with them.

41 As a result, he allowed other
people groups to conquer our
ancestors,
so that those who hated our
ancestors were their rulers.

42 Their enemies oppressed
our ancestors
and completely controlled
them.

43 Many times Yahweh saved
his people,
but they insisted on rebelling
against him,
and they destroyed
themselves by being more
and more sinful.

44 However, Yahweh saw
everything that was distressing
to them,
and he listened to them
when they cried out to him
for help.

45 He thought about the
covenant that he had made with
them,
and because he was
completely committed to
faithfully loving them,
he decided that he would
stop **punishing them.**

46 He caused all those who had
captured the Israelites to feel
sorry for them.

47 Yahweh our God, rescue us
and bring us back to Israel from
among those other people
groups
so that we may thank you
who are holy
and joyfully praise you!

48 Praise Yahweh, the God
whom we Israelites worship!
Praise him now and forever!
Let all the people say, "We
agree!
Praise Yahweh!"

Book Five

107 ¹ Thank Yahweh
because he is good
and because he faithfully
loves us forever!

² Those whom Yahweh has
saved should tell others
that he has rescued them
from their enemies.

3 He has gathered them together from **many foreign** lands;
 he has gathered them from the east and the west,
 from the north and from the **southern** sea.

4 Some of those who returned from those countries wandered in the trackless desert;
 they could find no town to live in.

5 They were hungry and thirsty, and they became weak and discouraged.

6 Then because they were distressed, they called out to Yahweh,
 and he rescued them from what was distressing them.

7 He led them along a straight road where they walked **safely** to cities where they could live.

8 They should praise Yahweh for how he has loved them faithfully
 and for the wonderful things that he does for all people!

9 They should thank him because he satisfies people who are thirsty,
 and he gives hungry people plenty of good food to eat.

10 Some of them sat in deep darkness;
 they were prisoners, suffering in iron **chains fastened to their hands and feet**.

11 They were suffering in prison because they had rebelled against God;
 they actually rejected the instructions that the Most High God gave to them.

12 God made them experience difficult things so that they would no longer be proud.

 When bad things happened to them, there was no one who would help them.

13 Then because they were so distressed, they called out to Yahweh,

 and he rescued them from what was distressing them.

14 He broke the chains that were on their hands and feet and brought them out of those very dark prisons.

15-16 Yahweh broke down the bronze gates
 and he cut through the iron bars of their prison.

Therefore they should praise Yahweh for how he has loved them faithfully
 and for the wonderful things that he does for all people!

17 Some of them foolishly rebelled **against God**,
 and they suffered because of their sins.

18 They did not want to eat any food,
 and they almost died.

19 Then because they were so distressed, they called out to Yahweh,
 and he rescued them from what was distressing them.

20 Then Yahweh healed them by speaking a message of healing;
 in this way he saved them from dying.

21 They should praise Yahweh for how he has loved them faithfully
 and for the wonderful things that he does for all people!

22 They should give offerings to him to show that they are thankful,

and they should tell about the miracles that he has performed by singing joyfully!

23 Some of them sailed in ships;

they bought and sold things far away across the sea.

24 These people saw the creatures that Yahweh created; they saw the amazing things that he had made **as they traveled** across the very deep seas.

25 Then he commanded the winds to become strong.

They became a storm and stirred up very high waves.

26 The ships in which they were sailing went up on the high waves,

then they went down into the troughs between the waves.

This dangerous action terrified the sailors.

27 They stumbled about and staggered as drunken men do, and everything that they tried to do was useless.

28 Then because they were distressed, they called out to Yahweh,

and he rescued them from what was distressing them.

29 He calmed the storm and he stilled the waves.

30 Then they were very glad that the storm had become calm

and Yahweh brought them **safely** into the harbor where they had wanted to go.

31 They should praise Yahweh for how he has loved them faithfully

and for the wonderful things that he does for all people!

32 They should praise him among the Israelite people when they have gathered together,

and they should praise him in front of the leaders of the community.

33 Yahweh causes rivers to become dry so that the land becomes barren, and he makes springs of water to become dusty ground.

34 Yahweh causes land that normally produces a lot of crops to become salty wastelands.

He does that because the people who live there are very wicked.

35 But Yahweh also creates pools of water in deserts, that is, he causes springs to flow where the ground had been dry.

36 Then he brings people who are hungry into that land, to live there and to build cities there.

37 Then they sow **some of** the fields with seeds and **in other fields** they plant grapevines and it all produces **a large amount of** crops.

38 He blesses those people so that they have very many children,

and so that their herds of cattle become very large.

39 Then the people become fewer because the leaders oppress them

and cause them to become distressed and to suffer.

40 Then Yahweh shows that he despises the leaders **who oppress them**,

and makes those leaders wander in a wilderness where there are no roads.

41 But he rescues poor people from those who oppress them and causes **their** families to increase in number as flocks of sheep do.

42 People who live rightly see **Yahweh do these things**, and they rejoice;
wicked people **know about these things, too**,
but they have nothing to say in reply.

43 Those who are wise should think carefully about these things;
they should thoughtfully consider all the things that Yahweh has done to show that he faithfully loves them.

108 *David wrote this psalm.
It is a song.*

1 God, I am completely committed to **worshipping** you.
I will sing and I will play music **to praise you**.
I will do this with my whole being!

2 I will arise before the sun rises,
and I will praise you while I play my lyre and my harp.

3 Yahweh, I will thank you as foreign people listen;
yes, I will play music to praise you before other people groups.

4 I will do that because the way that you faithfully love us is so great that it is like the distance

between the heavens and the earth,

and the way that you faithfully keep your promises is so great that it is like the distance between the earth and the clouds.

5 God, show **all creatures** that you are greater than anything in the heavens!

Show how wonderful you are **to people** all over the earth!

6 Please answer our prayers and rescue us from our enemies by your power

so that we, the people whom you love, may be safe.

7 Because God is holy, he answered, "I will joyfully divide the area of Shechem **for you** and I will distribute **among my people** the land in the Valley of Succoth.

8 **The region of** Gilead is mine;
the area of the tribe of Manasseh is mine;
the tribe of Ephraim is **like** my war helmet;
and **the tribe of** Judah is **like** my royal scepter.

9 The people of Moab serve me as those who wash my feet;
the people of Edom also belong to me as menial servants;
I have defeated the people of Philistia."

10 I wait for God to lead us to **fight against the people of** Edom;

I wait for God to lead my army to **attack** their **capital** city that has strong walls around it.

11 God, we hope that you have not abandoned us;

we are distressed that you have not been going with us

when our army marches out
to **fight our enemies**.

12 Please help us when we
fight against our enemies
because the help that
humans can give **to us** is
worthless.

13 **But** with you **helping us**, we
will win;
you are the one who will
enable us to defeat our
enemies.

109 ¹ *A note to the worship
leader: David wrote this psalm.*

God, you are the one whom I
praise,

so please answer my prayer

2 because evil and dishonest
people slander me
and tell lies about me.

3 On all sides of me they say
things that show that they hate
me,
and they harm me for no
reason.

4 I show them that I love them
but instead of being kind to
me, they say that I have
done evil things.
So I pray to God **about it**.

5 I do good things for them and
they respond by doing evil
things to me.

I love them and they respond
by hating me.

6 So appoint a wicked judge
who will judge my enemy,
and bring one **of his enemies**
who will stand next to him
and accuse him **of doing evil
things**.

7 Let that judge declare that
my enemy is guilty,
and may you judge that even
his prayer **to you** is a sin.

8 Then cause him to die soon;

let people honor someone
else rather than him.

9 Cause his children not to
have a father anymore,
and cause his wife to
become a widow.

10 Cause his children to
wander far from their ruined
homes,
begging and looking for
food.

11 Let the people to whom he
owed money seize all of his
property;

let strangers take away
everything that he worked to
acquire.

12 Make sure that no one is
faithfully loving to him;
make sure that no one pities
his fatherless children.

13 Cause all his children to die,
so that there will not be
another generation to
continue his name.

14 Yahweh, consider all of the
evil things that his ancestors
did

and do not forgive the sins
that his mother committed.

15 Please think about their sins
always,

but cause everyone on earth
to completely forget who
they were.

16 I pray these things because
that man, **my enemy**, was never
faithful toward anyone as your
covenant says we must be;

instead, he persecuted poor,
needy, and grieving people
until they were dead.

17 He enjoyed cursing **other
people**,

so now people are cursing
him.

He did not want to bless
other people,

so there will be no one who blesses him.

18 Cursing **other people** is as natural for him as wearing clothes.

Cursing **other people** is so much a part of who he is that it is like the water that he drinks;
it is so much a part of who he is that it is like olive oil that has soaked into his bones.

19 Cause those terrible curses to continually afflict him like clothes that cling to him
and like the belt that he wears every day.

20 Yahweh, let this **curse** be the way that you punish all of those who accuse me **of doing bad things**

and all of those who say evil things about me.

21 But you, Yahweh, my God, please be kind to me
because of who you are!

Rescue me **from my enemies** because you faithfully love me as you promised.

22 I ask you to do this because I am destitute
and I am intensely sorrowful.

23 I think that my time to remain alive will end
as quickly as an evening shadow disappears.
I will be gone as quickly as a man shakes off a locust.

24 My knees are weak because I have fasted very often,
and my body has become very thin; any fat is gone.

25 The people who accuse me despise me;
when they see me, they insult me by shaking their heads at me.

26 Yahweh, the God whom I worship, please help me!

Rescue me because you faithfully love me!

27 Then my enemies will know that you, Yahweh, are the one who has done it!

28 As for them, they will curse **me**, but you, in contrast, will bless **me**.

When they persecute **me**, **the result will be that** you make them ashamed,
but you cause **me**, your servant, to be glad!

29 Please let everyone see that those who accuse me are completely disgraceful!

Yes, cause other people to see that they are shameful as easily as someone sees the clothes that they wear!

30 I will thank Yahweh very much out loud;

I will praise him when I am among the crowd of people who are worshiping him.

31 I will do that because he defends poor people **like me** in order to save **us** from those who would condemn us to die.

110 ¹ *David wrote this psalm.*

Yahweh said to my lord,

“Sit **here**, close to me, in the place of highest honor until I completely defeat your enemies
and make them **like** a stool for your feet!”

2 Yahweh will extend your powerful kingdom
from Zion **to other lands**;
you are to rule over all your enemies.

3 When you lead your army into battle,

your people will offer themselves freely **to join your army**.

The way that they are completely devoted to you will be beautiful.

You will be as strong as you were as a young man every day,

as surely as the dew comes that waters the earth every morning.

4 Yahweh has made a solemn promise

and he will never change his mind **about it**;

he said to the king, "You are an eternal priest

in the way that Melchizedek was a priest."

5 The Lord fights for you;

when he becomes angry, he defeats many kings.

6 He will punish the people of many nations;

he will cause many **enemy soldiers** to fall dead, with crushed heads, all over a broad land.

7 But the king will drink from the stream alongside the road; because of **all** this, he will be victorious.

111 ¹ Praise Yahweh!

I will thank Yahweh with my entire inner being

every time that those who do what is right meet together.

2 The things that Yahweh does are wonderful!

All those who delight in those things study them carefully.

3 The things that he does show how wonderful and glorious he is,

and that he is eternally righteous.

4 He has done wonderful things that people will always remember;

Yahweh always acts kindly and mercifully.

5 He provides food for those who profoundly respect him; he never forgets the covenant that he made **with our ancestors**.

6 By enabling his people to capture the lands that had belonged to other people groups,

he showed to **us**, his people, that he is very powerful.

7 He does everything fairly and in the right way,

and we can trust that everything that he tells us to do is for our good.

8 We must obey his instructions forever;

he created them in order to do what is best for us, and they are completely right.

9 He rescued us, his people, **from being slaves in Egypt**,

and he made a covenant **with us** that will last forever.

He is holy and awesome!

10 Having a profound respect for Yahweh is the way to become wise.

All those who obey his instructions will come to understand why it is good to do them.

We should praise him forever!

112 ¹ Praise Yahweh!

How fortunate are those who
have a profound respect for
Yahweh;

How fortunate are those who
happily obey his commands!

2 Their descendants will
prosper in their land;

Yahweh will bless all who do
what is right.

3 Their families will be wealthy,
and their righteous deeds
will endure forever.

4 For those who honor God, it
is as if a light were shining on
them in the darkness,
on those who are kind,
merciful, and righteous.

5 It is good to be kind to others
and to generously lend money
to them.

A person like that does
everything honestly.

6 Righteous people do this
because they know that bad
things will never overwhelm
them;

other people will always
joyfully remember them.

7 Righteous people are not
afraid when they receive bad
news;

they confidently trust in
Yahweh.

8 They are confident and not
afraid

because they know that they
will see God defeat their
enemies.

9 They give things generously
to poor people;

their kind deeds will endure
forever;

people will greatly honor
them.

10 Wicked people will see **those**
things and become angry;

they will gnash their teeth
angrily,

then people will stop hearing
from them and they will die.

The wicked things that they
want to do will never
happen.

113 ¹ Praise Yahweh!

You people who serve Yahweh,
praise him!

Praise Yahweh for who he is!

2 Everyone should praise
Yahweh for who he is, both now
and forevermore!

3 From the people who live in
the far east to the people who
live in the far west,

everyone should praise
Yahweh for who he is!

4 Yahweh rules over all the
nations,

he is more glorious than
anything under the heavens.

5 There is no one who is like
Yahweh, the God whom we
worship,

who sits on his throne in the
highest heaven

6 and who stoops down to
look at the sky and at the
earth.

7 He rescues very poor people
from the very poor way that
they live

8 and causes people to honor
them by making them

leaders among those who
rule his people.

9 He also enables women who
have had no children to live in
their houses

as happy mothers with
children.

Praise Yahweh!

114 ¹ When the Israelite
people left Egypt,

yes, when the descendants
of Jacob left those people

who spoke a foreign language,

2 the land of Judah became the place where people worshiped God; and the land of Israel became the area that he ruled over.

3 When they came to the Sea of Reeds,

it was as though the water saw them and ran away!

When they came to the Jordan River,

the water in the river stopped flowing so that the Israelites could cross it.

4 When Mount Sinai shook, it was as though the mountains skipped like rams and the hills jumped like lambs.

5 If someone asks, "What happened at the Sea of Reeds that made it seem to run away?

What happened that caused the water in the Jordan River to stop flowing?

6 What happened at Mount Sinai that made the mountains seem to skip like rams

and made the hills seem to jump like lambs?"

7 I would reply, "The earth trembles because the Lord is there!

Everyone should tremble because of the presence of the God whom Jacob worshiped!"

8 He is the one who caused pools of water to flow from a rock for the Israelite people to drink;

indeed, he caused a spring to flow from a solid rock!

1 Yahweh, we ask not so people will honor us, no, not that at all; rather, we want people to honor you alone because of seeing how you faithfully love us and by seeing you do what you have promised to do.

2 It is not right that other people groups should say about us,

"We do not see their God doing anything to help them."

3 Well, the God whom we worship lives in heaven; he does whatever he wants!

4 But the idols of those people groups are only silver and gold statues; humans made them.

5 Their idols have mouths, but they cannot say anything; they have eyes, but they cannot see anything.

6 They have ears, but they cannot hear anything; they have noses, but they cannot smell anything.

7 They have hands, but they cannot feel anything; they have feet, but they cannot walk; they cannot even make any sounds in their throats!

8 The people who make those idols are as powerless as those idols,

Everyone who trusts in those idols to do anything is also powerless!

9 You, my fellow Israelite people, trust in Yahweh!

He is the one who helps you and protects you like a shield.

10 You priests, the descendants of Aaron, trust in Yahweh!

115 A psalm written by David

He is the one who helps you
and protects you like a
shield.

11 All you who deeply respect
Yahweh, trust in Yahweh!

He is the one who helps you
and protects you like a
shield.

12 Yahweh has not forgotten
us; he will bless **us**.

he will bless us Israelite
people!

He will bless the priests!

13 Yahweh will bless all those
who deeply respect him—
those who are less important
as well as the important
people, that is, each one!

14 I pray that Yahweh may give
many children

both to you, **my fellow**
Israelite people, and to your
children **after you**.

15 I pray that Yahweh, the one
who made heaven and the
earth, may bless all of you!

16 The highest heavens belong
to Yahweh,
but he gave everything that
is on the earth to
humankind.

17 People who are dead are not
able to praise Yahweh;
when they go to the place
where dead people are,
they become silent and
cannot praise him.

18 But we who are alive will
praise Yahweh,
both now and forevermore.
Praise Yahweh!

116 ¹ I love Yahweh
because he hears me when I
cry out for him to help me.

² I love him because he listens
to me,

so I will call out to him all
during my life.

3 Everything around me caused
me to think that I was about to
die;

it seemed to me that I was
already dying.

I was distressed and very sad.

4 But then I called out to
Yahweh.

I said, "Yahweh, I plead with
you to save me!"

5 Yahweh is kind and does what
is right.

He is the God whom we
worship, and he loves us.

6 Yahweh protects those who
are helpless;

when I was experiencing bad
things, he saved me.

7 I encourage myself to relax
once again

because Yahweh has
restored me.

8 Indeed, Yahweh has saved me
from dying,

he has delivered me from
being sorrowful,

and he has kept me from
making bad mistakes.

9 So while I am still alive,
I will live as Yahweh directs
me.

10 I continued to trust **in**
Yahweh,

even when I said, "As for me,
I am greatly suffering."

11 For my part, I was so
distressed that I thought,
"I cannot trust anyone."

12 I can never repay Yahweh
for all the good things that
he has done for me.

13 **But I can do this:** I will
present a cup **of wine as a**
thank offering

as I call out to thank him for saving me.

14 Also, as the people who belong to Yahweh watch,
I will give to him the offerings that I solemnly promised to give to him.

15 Yahweh is very grieved when one of his people dies.

16 Certainly I am one of Yahweh's people;
I am his servant; I have belonged to him since my mother bore me.
So he saved me from what was going to kill me.

17 So I will offer to him a sacrifice to thank him,
and I will pray to Yahweh.

18-19 As the people who belong to Yahweh watch,
in the courtyard outside his temple,
in the middle of Jerusalem,
I will give to him the offerings that I solemnly promised to give to him.

Praise Yahweh!

117 ¹ You people of all nations, praise Yahweh!

All you people groups, greatly praise him!

² Do this, because he is fully committed to love us faithfully, just as he promised to do,
and we can trust that Yahweh will be faithful forever.

Praise Yahweh!

118 ¹ Thank Yahweh because he is good
and because he faithfully loves us forever!

² All Israelite people should repeatedly shout,

"because he faithfully loves us forever!"

3 You **priests** who are descendants of Aaron should repeatedly shout,
"because he faithfully loves us forever!"

4 All you who deeply revere Yahweh should repeatedly shout,
"because he faithfully loves us forever!"

5 When I was distressed, I called out to Yahweh,
and Yahweh answered me and set me free.

6 Yahweh is on my side,
so I will not be afraid of anything.
I know that humans cannot really harm me!

7 Yes, Yahweh is on my side. He helps me defeat my enemies,
so I know that I will look **triumphantly** on them.

8 It is better to rely on Yahweh than to depend on people.

9 It is better to rely on Yahweh than to trust that influential people will protect us.

10 Armies of many nations surrounded me,
but Yahweh powerfully enabled me to make them retreat.

11 They completely surrounded me,
but Yahweh powerfully enabled me to make them retreat.

12 They swarmed around me like **angry** bees,
but they diminished as quickly as a fire that is burning only thorns;
Yahweh powerfully enabled me to make them retreat.

13 My enemies attacked me
fiercely and thought that they
would defeat me,

but Yahweh helped me.

14 Yahweh is the one who
makes me strong,
and who gives me a reason to
sing;

and he saves me from my
enemies.

15 Listen to the joyful songs of
how Yahweh saves people!

They come from the tents of
the people who honor God!

They sing, "Yahweh has
powerfully defeated our
enemies;

16 Yahweh has shown himself
to be victorious!

Yahweh has powerfully
defeated our enemies!"

17 My enemies will not kill me;
no, I will live to proclaim the
great things that Yahweh has
done.

18 Yahweh has punished me
severely,

but he has not allowed me to
die.

19 **You gatekeepers**, open for
me the gates through which
those who obey Yahweh may
enter,

so that I may enter through
them and thank Yahweh.

20 **The gatekeeper says**, "This
is Yahweh's gate;

all who obey him may enter
through it."

21 **Yahweh**, I thank you that you
answered my prayer

and saved me **from my
enemies**.

22 **People considered me
worthless, like a stone that
builders rejected,**

**but then Yahweh showed that
he highly values me,**

as if that stone then became the
most important stone in the
building.

23 The people said, "Yahweh
made that happen,
and for us, it is a wonderful
thing.

24 Yahweh made possible
everything that we are
celebrating today;

we should be extremely
happy about all of it!

25 Yahweh, we plead with you
to keep rescuing us **from our
enemies**.

Yahweh, please continue to
help us to succeed **against
our enemies**.

26 Yahweh, bless the one who
will come with your power.

From the temple we bless all
of you.

27 Yahweh is God,
and he has made us
victorious.

Bring an animal sacrifice **for
him** and tie it to the horns of
the altar."

28 Yahweh, you are the God
whom I worship, and I will
praise you!

You are the only God whom I
worship, and I will tell
everyone that you are great!

29 Thank Yahweh because he is
good

and because he faithfully
loves us forever!

119 ALEPH

1 How fortunate are those
about whom no one can say
truthfully that they have done
things that are wrong!

Those are the people who
always obey Yahweh's
instructions.

2 How fortunate are those who do what he tells them to do!

Those are the people who sincerely want to know him.

3 They certainly do not want to cheat other people;

they live in a way that pleases Yahweh.

4 Yahweh, you have given us your instructions

so that we would carefully obey them.

5 I want very much to continually obey everything that you command!

6 If I did that, then I would not be ashamed

when I think about everything that you command.

7 As I learn all of your just regulations,

I thank you sincerely.

8 I will obey your regulations; do not desert me!

BETH

9 I know how a young person can live in the right way;

it is by obeying your commands.

10 I eagerly want to please you.

Do not allow me to disobey what you have commanded.

11 I have memorized your commands
in order to not sin against you.

12 Yahweh, I praise you;
teach me your rules.

13 I have proclaimed to the people all of the things that you have commanded us to do.

14 I delight in obeying your instructions;

I enjoy that more than being very rich.

15 I will carefully think about everything that you have commanded me,

yes, I will pay attention to the way of living that you have taught me.

16 I am happy to obey your decrees;

I will not forget what you have said.

GIMEL

17 Do good things for me, the one who serves you,

in order that I may continue to live and obey you.

18 Help me to understand how wonderful your instructions are.

19 I am living here on the earth for only a short time;

please let me know your instructions.

20 I am weak from constantly desiring to know your instructions.

21 You rebuke people who are proud;

you curse people who disobey your commands.

22 Do not allow them to continue to insult and scorn me;

I request this because I have obeyed what you have required.

23 Rulers gather together and plan ways to harm me,
but I, your servant, will meditate on what you have commanded me.

24 Yes, I am delighted with your requirements;

they are like **good** advisors
for me.

DALETH

25 **Sometimes** I feel like I will
soon die;
allow me to live as you have
told me that you would do.

26 When I told you about what
was happening with me, you
responded to me;
teach me the things that you
want me to do.

27 Help me to understand how
you want me to behave,
and then I can think about
how amazing your
instructions are.

28 I am very sad, with the
result that I am becoming
weak;
enable me to be strong again
through a message from you.

29 Prevent me from telling lies,
and be kind to me by
teaching me your
instructions.

30 I have decided that I will
faithfully obey you;
I know that what you say is
right.

31 Yahweh, I try to carefully
obey what you say;
please do not allow me to do
anything shameful.

32 I eagerly obey your
instructions
because you help me
increasingly to understand
how they benefit me.

HE

33 Yahweh, teach me what your
regulations mean,

and then I will always obey
them.

34 Help me to understand your
instructions
so that I may eagerly obey
them.

35 I am happy to do the things
that you command,
so teach me the best way to
obey them.

36 Cause me to want to do
what you say
rather than to want to get
things **that belong to other
people.**

37 Do not allow me to desire
things that are not good for me;
make me able to live as you
want me to live.

38 Please do what you
promised to do for me, your
servant.

Your promises are what
cause people to deeply
revere you.

39 I become afraid when my
enemies insult me **for obeying
you;**
so please stop them,
because it is good to do what
you tell us to do.

40 Indeed, I very much desire
to obey what you have declared
that we should do!

Because you are righteous,
please make me joyful again
in living **for you.**

WAW

41 Then I will know that you
faithfully love me, Yahweh;
and that you will save me as
you promised that you would
do.

42 After you do that, I will be
able to reply to those who insult
me

because I trust what you have said.

43 Please do allow me to truthfully tell **them how you saved me**;

you see, I am patiently waiting for you to act justly.

44 I will consistently obey your instructions,
for as long as I live.

45 I will live freely and safely because I **always** try to obey your regulations.

46 I will tell kings the things that you have said;
I will not be ashamed **to do so**.

47 I am very happy to obey the things that you command me to do;
I love to do them.

48 I eagerly ask to receive more of your commandments.
I love them,
and I will think deeply about everything that you require us to do.

ZAYIN

49 Please do what you said you would do for me, the one who serves you,
because what you have said has caused me to confidently expect good things from you.

50 When I am suffering, your promise to me comforts me;
knowing that you will do what you have said makes me joyful again in living **for you**.

51 Proud people are always making fun of me,
but I do not stop obeying your instructions.

52 Yahweh, I think about your regulations that you gave to us long ago.

Doing that comforts me.

53 When I see wicked people disregard your instructions,
I become very angry.

54 During this short time that I am living here on the earth,
the regulations that you have given to us are like music to me.

55 Yahweh, **even** during the night I think about you,
so that I **always** obey your instructions.

56 This is what I do;
I obey your regulations.

HETH

57 Yahweh, you have granted to me that I would belong to you,
and I promise to obey what you tell me to do.

58 I earnestly plead with you **to be good to me**;
act kindly to me as you promised that you would do.

59 I think about my behavior,
and **when it is wrong**, I once again obey what you tell me to do.

60 **When I understand** your instructions,
I do them immediately.

61 Wicked people try to make me do bad things,
but I continue to obey your instructions.

62 In the middle of the night I get up,
in order to praise you
because everything that you say is completely right.

63 I am a friend of all those
who deeply revere you,
yes, to all those who obey
what you tell us to do.

64 Yahweh, you faithfully love
people all over the earth;
please **continue** to teach me
how you want people to live.

TETH

65 Yahweh, you have done good
things for me, your servant,
just as you promised that
you would do.

66 Teach me to understand
what is happening around me
and to think carefully **before I**
decide what to do,
because I believe that the
best way to live is to obey
what you tell us to do.

67 Before you afflicted me, I
did things that were wrong,
but now I obey what you say
to do.

68 You are good, and what you
do is good;
teach me the **good** things
that you have told us to do.

69 Proud people tell many lies
about me,
but as for me, I
enthusiastically obey what
you have told us to do.

70 Those people are stupid,
but as for me, I happily obey
your instructions.

71 It was good for me that you
afflicted me
because the result was that I
learned **how good** your
regulations **are**.

72 The instructions that you
give **to us** are beneficial to me.

They are more beneficial
than thousands of pieces of
gold and silver.

YODH

73 You created me and made
me who I am;
please help me to be wise so
that I may learn **to obey**
what you tell me to do.

74 I want everyone who deeply
reveres you to see **what you**
have done for me.
Then they will be glad,
because they will see **how**
good it is that I have trusted
you to do what you said.

75 Yahweh, I know that when
you judge people, you are
always right.
I know that you have made
me suffer only because you
faithfully love me.

76 Please comfort me by
showing that you faithfully love
me
as you said to me, your
servant, that you would do.

77 I want you to act mercifully
to me in order that I may
continue to live,
because I am delighted with
your instruction.

78 Cause the proud people who
falsely accuse me to be
ashamed;

but as for me, I will continue
meditating on what you have
commanded that I should do.

79 Cause those who deeply
revere you to come to me
in order that they may learn
what you say to us.

80 Enable me to want to
perfectly obey your regulations

in order that I may not be
ashamed **because of not
doing that.**

KAPH

81 I desperately long for you to
save me **from my enemies,**
but I will wait, knowing that
you will answer **my prayer.**

82 My eyes are tired from
watching for you to do what you
promised that you would do,
and I ask, "When will you
help me?"

83 Indeed, I feel as **weak and
useless as** a wineskin that is
shriveled up from hanging a
long time in the smoke,
but I have not forgotten your
regulations.

84 I, your servant, cannot wait
any longer!
I want you to punish those
who persecute me soon!

85 It is as though my proud
enemies have dug deep pits for
me **to fall into.**
These people disobey your
instructions **to us.**

86 Everything that you tell us
to do is truly good **for us;**
but people are persecuting
me by telling lies **about me,**
so please help me!

87 Those people have come
very close to killing me,
but as for me, I have not
stopped obeying what you
have told us to do.

88 Because you faithfully love
me, allow me to **continue to** live
so that I may **continue to**
obey what you have
instructed **us to do.**

LAMEDH

89 Yahweh, what you have
proclaimed is eternal;
it exists forever in heaven.

90 You will continue to act
faithfully for people of every
generation;
you have put the earth in its
place, and it remains firmly
there.

91 To this day, all things on the
earth remain because you
decided that they should
remain;
that is because everything
on the earth serves you.

92 If I had not been delighted
to obey your instructions,
then I would have died
because of what I was
suffering.

93 I will always remember what
you have declared that we
should do.
I obeyed those things, and as
a result, you have enabled
me to continue to live.

94 I belong to you; please save
me from my enemies
because I intentionally obey
what you have declared that
we should do.

95 Wicked men are waiting to
ambush and kill me,
but I think about what you
have instructed **us to do.**

96 I have learned that there is
a limit to **even** the best **that
people can achieve,**
but what you decree is
limitless.

MEM

97 I love your instructions very
much!
I meditate on them
throughout the day.

98 Because I know what you
have told us to do
and because I think about
those things all the time,
I have become wiser than my
enemies.

99 I understand more than any
of my teachers do
because I continually think
about everything that you
tell **us**.

100 I behave more intelligently
than many old people do
because I obey what you
have declared that we
should do.

101 I have avoided all evil
behavior
in order that I may obey
what you have told us to do.

102 I have not stopped obeying
your regulations
because you are the one who
taught **them** to me.

103 When I read your words,
it is like eating something
sweet;
yes, it is even better than
eating honey!

104 Because I have learned
what you have declared that we
should do,
I am able to understand
many things;
therefore, I hate all evil
activities.

NUN

105 Your instruction is like a
lamp that guides me;
yes, it is like a light that
shows me where to walk.

106 I have solemnly promised,
and I am solemnly promising it
again,

that I will always obey your
regulations;
they are always right.

107 Yahweh, I am suffering
very much;
cause me to be strong again
as you have promised to do.

108 Yahweh, sometimes the
sacrifices that I offer to you are
just my prayers to thank and
praise you.

Please accept them,
and teach me the things that
you tell us to do.

109 My enemies are constantly
trying to kill me,
but I do not forget your
instructions.

110 Wicked people have tried
to seize me **as a hunter tries to
catch little animals** with a trap,
but I have not disobeyed
what you declared that we
should do.

111 You have given me your
instructions and they are mine
forever;
Indeed, they are what make
me joyful.

112 I have determined that I
will always obey your
commands as long as I live, to
the very end.

SAMEKH

113 I hate people who cannot
decide what to commit to,
but I love your instructions.

114 You are like a place where I
can hide **from my enemies**,
and you are like a shield
**behind which I am protected
from them**;
I will wait, knowing that you
will answer **my prayer**.

- 115** You people who do evil things, go away from me
so that I may obey what my God has commanded!
- 116** Please enable me to be strong as you promised that you would do,
in order that I may **continue** to live.
- I am confidently expecting **that you will restore me**;
please do not disappoint me.
- 117** Please take care of me so that I can be safe
and so that I can always pay attention to what you have decreed that we should do.
- 118** You despise everyone who disregards what you have decreed that we should do;
indeed, they deceive others by lying.
- 119** You get rid of all the wicked people on the earth as **people get rid of** trash;
therefore, I love what you say to us.
- 120** I tremble because I am afraid of you;
I am afraid **because you punish those who do not obey** the rules that you have given to us.

AYIN

- 121** But I have done what is right and fair;
so please do not allow people to oppress me.
- 122** Please ensure that good things will happen for me, your servant,
and do not allow proud people to oppress me.
- 123** My eyes are tired from watching for you to save me,

yes, from watching for you to do what is right, as you promised to do.

- 124** Please do **things** for me, your servant, to show that you faithfully love me,
and teach me how to do what you have decreed that we should do.
- 125** I am one who serves you; please enable me to understand **what you want me to know**
in order that I may learn what you have instructed us to do.
- 126** Yahweh, you should punish **people** now
because they have disobeyed your laws.
- 127** Because **I do not want to be like those people**, I love your instructions more than I love gold;
I love them more than I love very pure gold.
- 128** So I am careful to obey everything that you have declared that we should do,
and I hate all of the evil things that people do.

PE

- 129** All the things that you have instructed us to do are wonderful,
so I obey them enthusiastically.
- 130** When someone explains what you have said **to us**,
it is as though he is opening a door to a bright light **that allows people to see what they did not see before**;
what he says causes **even** people who have not studied your instructions to be wise.

131 I eagerly desire to know
what you have commanded **us**,
as eagerly as though I were
panting **for food and water**.

132 Pay attention to me and act
kindly to me
as is right **for you to do** for
all those who love you.

133 Please guide me by your
instructions;
do not allow me to desire to
do sinful things more than to
obey you.

134 Rescue me from the people
who oppress me
so that I may obey what you
have declared that we
should do.

135 Please act kindly toward
me, your servant,
and teach me what you have
decreed that we should do.

136 I cry very much
because many people do not
obey your instructions.

TSADHE

137 Yahweh, you are righteous
and the rules that you have
given to us are just.

138 All of the things that you
have instructed us to do are
absolutely right
and exactly what we need.

139 I am furious
because my enemies
disregard what you have told
us to do.

140 All of the things that you
have said are perfectly
dependable,
and I, your servant, love
them.

141 I am not important, and
people despise me,

but I do not forget what you
have declared that we
should do.

142 You are righteous and you
will be righteous forever,
and your instructions are
completely reliable.

143 I am constantly stressed
and anxious,
but what you have
commanded **us** causes me to
rejoice.

144 All of the things that you
have instructed us to do are
always right;
help me to understand them
in order that I may **continue**
to live.

QOPH

145 Yahweh, fervently I call out
to you; please answer me!
I fully intend to obey what
you have decreed that we
should do.

146 I call out to you, "Save me,
in order that I may obey the
things that you have
instructed us to do."

147 **Each morning** I arise
before dawn and call to you to
help me;
I confidently wait for you to
do what you have promised
to do.

148 All during the night I am
awake,
so that I can think about
what you have said **to us**.

149 Yahweh, because you
faithfully love me,
please listen to me **while I**
pray;
because you do what is
right, make me joyful again
in living **for you**.

150 People who intend to harm me are approaching me;

they completely disregard your instructions.

151 But Yahweh, you are near to me,

and **I know that** what you command is completely right.

152 Long ago, I learned from what you have said

that you established your commandments to last forever.

because they do not obey what you have instructed us to do.

159 Yahweh, please notice that I love what you have declared that we should do;

because you faithfully love me, please allow me **to continue** to live.

160 Everything that you have said is true;

every statement that you have made is right and will endure forever.

RESH

153 Please acknowledge that I am suffering, and save me **from it**,

because I continually obey your instructions.

154 Defend me **when others accuse me** and rescue me **from them**;

allow me **to continue** to live as you promised that you would do.

155 Wicked people do not obey what you have decreed that we should do,

so you will certainly not save them.

156 Yahweh, you are constantly being merciful **to me** in many ways;

because you always do what is right, please allow me **to continue** to live.

157 Many people cause me to suffer,

but I continue to obey what you have instructed us to do.

158 When I look at those who are not faithful to you, I feel disgust

SIN and SHIN

161 Rulers persecute me for no reason,

but I deeply respect your words.

162 The things that you say make me very happy,

as happy as someone who has found a great treasure.

163 I thoroughly hate **all** lies but I love your instructions.

164 I praise you throughout the day

because everything that you tell us to do is completely right.

165 Those who love your instructions live very peacefully;

they will continually do the right thing.

166 Yahweh, I confidently expect that you will rescue me, and I obey what you have commanded **us**.

167 I obey what you have told us to do;

I love all of it very much.

168 I obey what you have instructed us to do,

because you know
everything that I do.

TAW

169 Yahweh, please listen as I
call out to you **to help me**;
help me to understand **your**
message, as you said that
you would do.

170 Please pay attention to me
while I pray to you to help me,
and rescue me as you said
that you would do.

171 I intend to continue
praising **you** abundantly
because you teach me what
you have told us to do.

172 I intend to continue singing
about your instructions
because everything that you
command us to do is right.

173 Please be always ready to
help me
because I have chosen to
obey what you have declared
that we should do.

174 Yahweh, I eagerly desire
for you to rescue me **from my**
enemies,
and I greatly enjoy your
instructions.

175 Please allow me to
continue to live in order that I
may **continue to** praise you
and may the things that you
tell us to do **continue to** help
me.

176 I am as vulnerable as a
sheep that has left its flock;
please search for me, your
servant, because I have not
forgotten what you have
commanded **us**.

120 ¹ *A psalm for people
going up to the temple to worship.*

When I was distressed, I called
out to Yahweh,
and he answered me.

2 **I prayed**, “Yahweh, rescue me
from people who tell lies,
who say things to deceive
me!”

3 You people who lie, God will
certainly punish you.
He will do even more to you
than that.

4 He will punish you severely
as with a warrior’s sharp
arrows,
and as with burning coals
from broom tree wood.

5 It is terrible for me that I
have to live among **people like**
those in Meshech,
that I have to dwell with
people like those who live in
the tents of Kedar.

6 I have lived too long among
people
who hate to live peacefully
with others.

7 I want to live peacefully, but
whenever I speak **about it**,
they want to fight.

121 ¹ *A psalm for people
going up to the temple to worship.*

I look toward the hills
and I ask myself, “Where will
anyone to help me come
from?”

2 **I answer myself**, “Yahweh is
the one who helps me.”
He is the one who made
everything that exists.

3 **You say**, “May Yahweh not let
you stumble.
May Yahweh, who protects
you, not become drowsy!”

4 **I reply**, “Listen to me, the one
who protects the people of
Israel

will never become drowsy;
he never sleeps!"

5 Yahweh watches over you.
He stays between you and
what might harm you, like a
shade **from the sun**.

6 The sun will not harm you
during the day,
and the moon will not harm
you at night.

7 Yahweh will protect you from
everything that could harm you.
He will keep you safe.

8 Yahweh will protect you in
everything that you do.
He will do that now, and **he**
will do that forever.

122 ¹ *A psalm for people
going up to the temple to worship.
This is a psalm of David.*

I was very happy when people
said to me, "We should go to
Yahweh's temple **in Jerusalem!**"

2 Now we are standing inside
the gates of Jerusalem.

3 This is Jerusalem, the city
that people have built in a way
that everything fits closely
together.

4 The tribes of Israel who
belong to Yahweh go there,
as Yahweh told them to do,
in order to thank him.

5 Indeed, the kings who belong
to King David's family
sit on their thrones there
and judge **the people**.

6 Pray that people will live
peacefully in Jerusalem!
May those who love
Jerusalem be successful.

7 May everyone inside the city
walls live well and prosper.

8 Because I love my fellow
Israelites and my friends,

I want to say,
"May the people in
Jerusalem live well."

9 Because Yahweh our God has
his temple there,
I intend to always do what is
best for Jerusalem.

123 ¹ *A psalm for people
going up to the temple to worship.*

Yahweh, I look up toward you
who live in heaven.

2 You see, just as servants
watch their master closely,
waiting for him to provide
for them,
and just as a female servant
watches her mistress,
in the same way, we look to
Yahweh our God,
waiting for him to be
merciful to us.

3 Yahweh, please be very
merciful to us,
because people have
despised us so much that we
cannot endure any more.

4 We have endured far too
much mocking
from people who are
arrogant,
yes, from proud people who
despise us.

124 ¹ *A psalm for people
going up to the temple to worship;
of David.*

If Yahweh had not been helping
us—
All Israelites should repeat
this—

2 If Yahweh had not been
helping us
when our enemies attacked
us,

3 then they would have
destroyed us completely,
because they were so angry
with us.

4 They would have
overwhelmed us like a flood;
they would have swept over
us like a raging river.

5 **They would have destroyed us
as completely as** raging waters
would have drowned us.

6 We praise Yahweh
because he did not let our
enemies destroy us
as wild animals devour their
prey.

7 We escaped from them like a
bird that gets free from a
hunter's trap.

It was as though the trap
broke, and, as for us, we
went free!

8 Yahweh is the one who helps
us;

he is the one who made
everything that exists.

125 ¹ *A psalm for people
going up to the temple to worship.*

People who trust in Yahweh are
as secure as Mount Zion,
which will stand firm forever.

2 Just as the hills surrounding
Jerusalem protect the city,
so Yahweh protects his
people,
and he will protect them
forever.

3 Indeed, wicked people will
not rule over the land that God
gave to righteous people,
so that righteous people will
not start doing what is
wrong.

4 Yahweh, please do good
things for people who do good
things for others,
yes, for those who obey you
sincerely.

5 But as for those people who
choose to do evil things,
Yahweh will send them away
along with everyone else
who does evil things.

May Yahweh bless the people of
Israel!

126 ¹ *A psalm for people
going up to the temple to worship.*

When Yahweh brought us back
to Zion after our enemies had
captured us **and taken us away**,
we felt as if we were
dreaming.

2 We laughed and shouted
joyfully.

Then people from other people
groups said about us,

"Yahweh has done great
things for them!"

3 **Yes!** Yahweh **truly** has done
great things for us,
and we are very happy.

4 Yahweh, restore us as before
our enemies captured us,
as you restore the streams in
the Negev **that flow again
after being dry**.

5 Those who sow seeds while
crying
will shout joyfully when they
gather the harvest.

6 They may indeed walk
through the field crying,
as they spread the seed from
their bags.

But they will surely come back
shouting joyfully,
carrying their bundles of
grain.

127 ¹ *This is a psalm for people going up to the temple to worship. It is of Solomon.*

If people are building a house,
but Yahweh does not approve of
it,

those who build it are doing
nothing useful.

If Yahweh does not protect a
city,

it is useless for the guards to
stay awake watching it.

² It is useless for you to get up
very early and stay up very late,
working hard to get food,
because Yahweh wants to give
sleep to those whom he loves.

³ Children are a gift that
Yahweh gives;
Offspring are a benefit **from**
him.

⁴ When a man has sons while
he is still young,
those sons become as useful
as arrows are in the hand of
a warrior.

⁵ A man who has many sons
has such a good life!
When he argues with an
opponent at the place where
people settle disputes,
the opponent will not defeat
him.

128 ¹ *This is a psalm for those going up to the temple to worship.*

How good life is for all who
deeply revere Yahweh
and who do what he tells
them to do!

² You will enjoy eating the food
that you have worked hard for,
and it will make you healthy.

³ Your wife will bear many
children in the innermost rooms
of your house,

like a grapevine that
produces many grapes.

Your children will grow strong
like young olive trees
as they fill the room around
your table.

⁴ Yes, that is how Yahweh will
bless every person
who deeply reveres him.

⁵ May Yahweh bless you from
where he lives in Zion,
so that you may be able to
experience how the people
of Jerusalem prosper
during the whole time that
you live,

⁶ and so that you may live long
enough to see your
grandchildren!

May the people of Israel live
well!

129 ¹ *A psalm for people going up to the temple to worship.*

Ever since I was young, my
enemies have oppressed me
frequently.

All of the people of Israel
should say this **with me**:

² Ever since I was young, my
enemies have oppressed me
frequently,
but they have never defeated
me!

³ **They oppressed me severely**
as though they were plowing
across my back,
making long wounds like
furrows in a field.

⁴ Yahweh does what is right;
he no longer allows wicked
people to control me.

5 May everyone who hates the people of Zion be ashamed and go away.

6 May they be **as insignificant** as the grass that grows on the rooftops

that dries up before anyone can pull it out,

7 that no harvester would **bother to** pick up
and that no one gathering bundles would **want to** wrap his arms around **to tie it up**.

8 They will never hear someone walking by **the reapers** say,
“May Yahweh bless you!”

They will not hear the reapers reply, “We bless you as representatives of Yahweh.”

130 ¹ *This is a psalm for people going up to the temple to worship.*

Yahweh, I am very distressed, so I call out to you.

2 Lord, please listen to me;
please listen attentively as I call out to you to have mercy on me!

3 Yahweh, if you kept a record of **the sins that we have committed**,

Lord, you would have to condemn and punish every one of us!

4 But you forgive us,
with the result that we deeply revere you.

5 Yahweh has said **that he would help me**;

I trust what he said, and so I wait eagerly for him **to do that**.

6 I wait for the Lord **to help me**

more **eagerly** than watchmen wait for the morning **to come**;

yes, I wait more eagerly than watchmen wait for the morning!

7 **My fellow** Israelites, confidently expect that Yahweh will help us.

He will help us because he faithfully loves us,
and he is very willing to save us.

8 It is he who will make it so he will not need to punish **us** Israelite people for all the sins that **we** have committed.

131 ¹ *This is a psalm for people going up to the temple to worship. It is a psalm of David.*

Yahweh, I am not a proud, haughty person.

I do not concern myself with things that are too great or too amazing for me.

2 Instead, I have calmed myself,
like a weaned child who rests **calmly on the breast of** his mother.

Yes, my inner being is peaceful like that contented child.

3 Israelites, confidently expect Yahweh **to do good things for you**,

now and forever!

132 ¹ *This is a psalm for people going up to the temple to worship.*

Yahweh, think about **King** David and the many ways that he suffered.

2 He made a solemn promise to Yahweh,

the Mighty God whom Jacob worshiped.

- 3** **He said**, “I will not go home or lie down on my bed to rest.
- 4** I will not allow myself to sleep at all
- 5** until I build a home for Yahweh,
the Mighty God whom Jacob worshiped.”
- 6** Listen, we heard about the sacred chest in Ephrathah;
we found it in the fields near Jaar (Kiriath-Jearim).
- 7** **We said**, “Let us go to the place where Yahweh lives;
let us worship **before the sacred chest** where he rests his feet.”
- 8** Yahweh, come to the place where you will stay,
together with the sacred chest that represents your powerful presence.
- 9** May your priests always do what is right,
and may the people who are faithful to you shout joyfully.
- 10** Because of what you promised to David, who served you,
do not reject the king whom you chose.
- 11** Yahweh swore a promise to David,
and he will certainly not take it back: “I will place one of your own descendants
to rule as king on your throne.
- 12** If your sons obey my covenant
and the commands that I will teach them,
then their sons will also rule as kings on your throne forever.”

13 Indeed, Yahweh has chosen Zion

because he wanted it to be the place where he lives.

14 **He said**, “This is the place where I will stay forever;

I will live here because I have chosen this place.

15 I will certainly give the people of Zion everything that they need;

I will give enough food to satisfy **even** the poor people who live there.

16 I will enable the priests of Zion to show others what a person looks like whom I have saved,

and the people there who are faithful to me will shout very joyfully.

17 In Zion I will cause a powerful king to come from David’s family;

I have arranged for the king whom I have chosen that a son of his will always rule.

18 I will cause his enemies to be very ashamed,
but his kingdom will prosper.”

133 ¹ *This is a psalm for people going up to the temple to worship. It is of David.*

Think about how wonderful and delightful it is when God’s people live together **in a unified way**!

2 It is as delightful as **watching someone pour** fine olive oil on the head of Aaron, **the priest**,
oil that runs down onto his beard
and flows down to the collar of his robes.

3 It is as delightful as **feeling** the dew from Mount Hermon

coming down on the
mountains of Zion.

That is where Yahweh blessed
his people,
giving them a way to live
forever.

134 ¹ *This is a psalm for
people going up to the temple to
worship.*

Listen! Praise Yahweh,
all you who serve Yahweh,
you who stand in Yahweh's
temple during the night
hours.

² Raise your hands **to pray**
toward the holy place
and praise Yahweh.

³ I pray that Yahweh will bless
you from **his temple on** Mount
Zion,

for he is the one who made
everything that exists.

135 ¹ Praise Yahweh!

Praise him because of who he
is!

You who serve Yahweh,
praise him,

² you who stand **and serve** in
Yahweh's temple,
in the courtyards of the
house of our God!

³ Praise Yahweh, because he is
good;
sing praises to him, because
doing that is delightful.

⁴ Praise him because Yahweh
chose **us**, the descendants of
Jacob,

the people of Israel, to
belong only to him.

⁵ Indeed, I know very well that
Yahweh is great
and that our Lord is more
powerful than all other spirit
beings.

⁶ Yahweh does whatever he
wants to do,
everywhere, whether it is in
heaven or on the earth
or in the ocean, even deep
down in the ocean.

⁷ He causes clouds to form in
distant places on the earth;
he makes lightning flash
along with the rain,
and he sends out wind from
the places where he stores
it.

⁸ He killed every firstborn in
Egypt,
including those from both
people and animals.

⁹ He did amazing miracles
among the people of Egypt
to punish Pharaoh and all of
his officials.

¹⁰ He defeated many nations
and killed their powerful
kings.

¹¹ He killed Sihon, king of the
Amorites,
and Og, king of Bashan,
and all the kings of Canaan.

¹² Then he gave the land that
those kings had ruled over
to his own people, that is, to
us, the people of Israel, to be
our own land.

¹³ Yahweh, people will always
know how great you are;
Yahweh, people in every
generation will remember
you,

¹⁴ because Yahweh defends his
people
and is merciful to those who
serve him.

¹⁵ The idols that other people
groups worship are only statues
made of silver and gold;
people made them with their
own hands.

16 Those idols have mouths,
but they cannot say anything;
they have eyes, but they
cannot see anything.

17 They have ears, but they
cannot hear anything;
In fact, they do not even
breathe.

18 The people who make those
idols will become as helpless as
they are,
and so will everyone who
trusts in them.

19 You Israelites, praise
Yahweh!
You descendants of Aaron,
praise Yahweh!

20 You descendants of Levi,
praise Yahweh!
All you who deeply revere
Yahweh, praise him!

21 Praise Yahweh from his
temple on Mount Zion,
where he lives in Jerusalem!
Praise Yahweh!

136 ¹ Thank Yahweh
because he is good **to us**,
because he faithfully loves
us forever!

² Thank God, the one who is
greater than all other spirit
beings,
because he faithfully loves
us forever!

³ Thank the Lord, the one who
is greater than all other rulers;
because he faithfully loves
us forever!

⁴ **Thank** him, the only one who
does wonderful miracles,
because he faithfully loves
us forever!

⁵ **Thank** him, the one who
wisely created the heavens;
because he faithfully loves
us forever!

⁶ **Thank** him, the one who
formed the earth over the
waters;
because he faithfully loves
us forever!

⁷ **Thank** him, the one who
created the great lights **in the**
sky;
because he faithfully loves
us forever!

⁸ **He made** the sun to light up
the daytime,
because he faithfully loves
us forever!

⁹ **He made** the moon and stars
to light up the nighttime,
because he faithfully loves
us forever!

¹⁰ **Thank** him, who killed the
firstborn **sons** of the Egyptians;
because he faithfully loves
us forever!

¹¹ He brought the Israelite
people out from among them,
because he faithfully loves
us forever!

¹² He did that by being very
powerful,
because he faithfully loves
us forever!

¹³ **Thank** him, the one who
divided the Sea of Reeds into
two parts;
because he faithfully loves
us forever!

¹⁴ He enabled the Israelite
people to walk through the
middle of it **on dry land**,
because he faithfully loves
us forever!

¹⁵ But he caused Pharaoh and
his army to drown in the Sea of
Reeds,
because he faithfully loves
us forever!

- 16** **Thank** him, the one who led his people **safely** through the desert,
because he faithfully loves **us** forever!
- 17** **Thank** him, the one who defeated powerful kings,
because he faithfully loves **us** forever!
- 18** He killed powerful kings,
because he faithfully loves **us** forever!
- 19** **He killed** Sihon, the king of the Amorites,
because he faithfully loves **us** forever!
- 20** **He killed** Og, the king of Bashan;
because he faithfully loves **us** forever!
- 21** He gave their land to the people of Israel to possess;
because he faithfully loves **us** forever!
- 22** **He gave it** to the people of Israel, who serve him, to be our own land,
because he faithfully loves **us** forever!
- 23** He did not forget about us when our enemies were oppressing us,
because he faithfully loves **us** forever!
- 24** He rescued us from our enemies,
because he faithfully loves **us** forever!
- 25** He gives food to every living creature;
because he faithfully loves **us** forever!
- 26** Thank God, who rules from heaven;
because he faithfully loves **us** forever!

- 137** ¹ **After soldiers had taken us to** Babylon, we sat down by the rivers there,
and we cried when we thought about **the temple on Mount Zion in Jerusalem**.
- ² We hung our harps on the willow trees there
and did not play them.
- ³ We did that because those who had captured us **and taken us** there demanded that we sing for them.
They tormented us and told us to sing a joyful song. **They said**, "Sing for us one of the songs about Zion!"
- ⁴ **We thought**, "We are not able to sing **joyful** songs about Yahweh
in this foreign land!"
- ⁵ If I ever forget about Jerusalem,
may my right hand be unable **to play the harp**!
- ⁶ May my tongue and my mouth make me unable to sing if I forget about Jerusalem,
or **even** if I do not consider that Jerusalem causes me to be more joyful
than anything else does.
- ⁷ Yahweh, please punish the Edomites for what they did
when the enemy destroyed Jerusalem. They shouted,
"Completely tear it down to its foundations!"
- ⁸ Concerning the people of Babylon, who devastate **other nations**,
How good it will be for the person who completely pays them back
with what they did to us!
- ⁹ How good it will be for the one who seizes your babies

and smashes them against
the rocks!

138 ¹ *This is a psalm of David.*

Yahweh, I sincerely thank you.
In the presence of **idols** of other
gods, I sing to praise you.

² I bow down toward your
sacred temple **to worship you**
and I thank you because you
faithfully love us and
because we can trust you to
do all that you have
promised.

You have given cause for
people everywhere to honor
you and what you have said
more than anything else.

³ When I called out to you, you
helped me;
you enabled me to be brave
and strong.

⁴ Yahweh, **someday** all the
kings of this earth should praise
you
because they will have heard
what you have said.

⁵ They should sing about what
you have done
because you are very
glorious.

⁶ Yahweh, although you live in
heaven,
you take care of humble
people.

Proud people, however, you
identify from far away.

⁷ Even when dangerous things
happen all around me,
you keep me safe.

You rescue me from my
enemies who are angry with
me.

⁸ Yahweh, I know that you will
continue to do what is good for
me;

Yahweh, you faithfully love
us forever.

Please do not abandon **us**,
the people that you have
made!

139 ¹ *This is a note for the worship leader: This is a psalm of David.*

Yahweh, you have thoroughly
examined me,
and you know **me**
completely.

² You are the one who knows
everything that I do, including
when I sit and when I stand.

Even from far away, you
know what I am thinking.

³ You have examined in detail
all of my movements, from the
time I go out until I lie down,
and you know intimately all
of my habits.

⁴ Indeed, even before I say
anything,
Yahweh, you already know
everything that I am going to
say!

⁵ You guard me on every side,
and you put your hand on me
to protect me.

⁶ I am in awe that you know
everything about me.
I am not able to comprehend
that.

⁷ There is nowhere I could go
to get away from your Spirit!
There is nowhere I could run
to escape from your
presence!

⁸ If I went up to heaven, you
would be there.

Even if I lay down in the
place where dead people go,
you would be there!

⁹ If I rose up and flew to where
the sun rises in the east,

or if I settled in the farthest
place across the **western** sea,
10 even there you would guide
me
and you would keep me
secure.
11 Even if I said, "Let the
darkness completely overwhelm
me,
and the light around me turn
to night,"
12 even darkness is not dark to
you,
and the night shines as
bright as the daytime.
For you, darkness and light
are the same.
13 Indeed, you are the one who
created my deepest inner parts;
you formed me inside my
mother's womb.
14 I praise you because you
made me in such an awesome
and wonderful way.
Everything that you do is
wonderful!
I know that very well.
15 You saw my bones when you
made me in that hidden place.
As you wove me together deep
in the womb,
16 you saw me before I had any
form.
You wrote in your book each
day that you had planned for
me to live,
before any of those days had
even started.
17 God, the things that you
think are very valuable to me!
There are so many of them!
18 If I tried to count them, I
would not be able to do that,
because they are more than the
grains of sand **on the earth.**
Every morning I wake up, I
am still with you, **and there**

**are still more of them to
count.**

19 God, I wish that you would
kill all wicked people!
I wish that all violent men
would go away from me!
20 They say wicked things
about you and plan evil things;
your enemies misuse your
name.
21 Yahweh, I certainly hate
those who hate you,
and I am disgusted with
those who rise up against
you.
22 I hate them completely;
I consider them to be my
enemies.
23 God, I invite you to search
me and to know what I am
thinking;
please examine me and
know what I worry about.
24 See if there is any harmful
way in me,
and teach me to live in the
way that lasts forever.

140 *This is a note to the
worship leader: David wrote this
psalm.*

1 Yahweh, please save me from
evil people;
protect me from people who
want to attack me.
2 They are always planning
how to do evil things,
and every day they provoke
fights.
3 They say things **to people** that
hurt **them**;
what comes from their
mouths is as deadly as the
venom of a viper. Selah

4 Yahweh, protect me from wicked people who want to harm me;

keep me safe from violent people who have planned to destroy me.

5 Proud people are trying to destroy me.

It is as though they have hidden a snare for me;

It is as though they have spread out a net along my path;

It is as though they have set traps to catch me. Selah

6 I say to you, "Yahweh, you are my God."

Yahweh, please listen to me as I plead with you to help me!

7 Yahweh, my Lord, you are the one who powerfully saves me; you have protected me during battles as though you had covered my head **with a helmet**.

8 Yahweh, do not give wicked people what they want; do not let their plans succeed, or they will become proud. Selah

9 As for the leaders of those who surround me, let the harmful things that they have said **to others** happen to them.

10 Pour burning coals on them! Throw them into a fire! Throw them into deep holes from which they will never get out!

11 Yahweh, please do not allow people who slander others to prosper in this land;

Cause evil things to continually happen to violent people and destroy them.

12 Yahweh, I know that you do what is just

and right for poor people.

13 People who do what is right will surely thank you, and they will live with you.

141 ¹ *This is a psalm of David.*

Yahweh, I call out to you; please help me quickly!

Please listen to me when I am calling out to you.

2 Please accept my prayer **as though it were** an offering of incense to you.

Please accept me while I lift up my hands **to pray to you**, just as you accept the sacrifices that people offer to you each evening.

3 Yahweh, do not allow me to say things that are bad or wrong.

Do not allow me to say those things as a sentry does not allow the wrong people to go through a doorway.

4 Prevent me from wanting to do anything that is wrong and from joining with wicked men when they want to do evil deeds.

Do not even allow me to share in eating their delightful food!

5 It is all right if righteous people strike me because they are acting faithfully and kindly toward me to correct me.

If they do that, it will be as if they have honored me by anointing my head with olive oil, and may I never refuse to accept it.

but I am always praying that
you will punish the wicked
because of the wicked deeds
that they do.

6 When their rulers are thrown
down from the top of rocky
cliffs,

the wicked will hear what I
am saying, and will know
that what I am saying is
right and good.

7 **They will say**, “Just as one
scatters **clods of earth** when he
breaks up the ground, **soon** our
bodies will lie scattered on the
way to the place where dead
people are.”

8 But Lord Yahweh, I continue
to rely on you.

I ask you to protect me;
please do not stop protecting
my life!

9 People who do evil things are
trying to trick me and destroy
me.

It is as though they have laid
out snares and set traps for
me.

Please keep me safe from
what they are trying to do to
me.

10 I desire that wicked people
fall together into the traps that
they have set **to catch me**,

while, for my part, I escape
from them.

142 *This is a psalm that
David prayed when he was hiding
in a cave.*

1 Yahweh, I cry out to you;
I plead for you to help me.

2 I am complaining to you
about **all of** my problems;
I am telling you **all of** my
troubles.

3 When I am very discouraged,

you are the one who knows
what I must do.

As I go about my activities, **it is
as though** my enemies have
hidden traps along my path for
me **to fall into**.

4 If you look to my right you
will see

that there is no one who
watches over me.

There is nowhere I can go to
be safe,

and no one cares what
happens to me.

5 So Yahweh, I called out to you
to help me;

I said, “You are the one who
protects me;

you are all that I need while I
am alive.”

6 Please listen to me while I
call out to you **to help me**
because I am very
distressed.

Save me from those who are
making me suffer,

because they are stronger
than I am.

7 Please free me from those
who are distressing me

so that I may thank you.

When you do that, the other
righteous people will gather
with me **to praise you together**

because you will have
fulfilled my request.

143 ¹ *This is a psalm of
David.*

Yahweh, please listen to me as I
pray to you, pleading for you to
help me!

Because you are righteous
and because you faithfully do
what you have promised,
please do what I am asking
you to do for me!

2 Please do not judge me, your servant,
because you know that there is no one alive who is completely innocent.

3 Please help me because my enemies have pursued me;
they have completely defeated me.

It is as though they have already put me in a grave like people who are dead for eternity.

4 So I am very discouraged;
I feel very dismayed.

5 I remember what has happened previously;
I think about all the things that you have done;

I consider the **great** deeds that you have performed.

6 I lift up my hands to you **as I pray**;
I need you, just as much as a very dry land needs water.
Selah

7 Yahweh, I am absolutely despairing,
so please answer me right now!

Do not keep away from me
because if you do that, I will **soon** be among those who descend to where the dead people are.

8 Every morning cause me to remember that you faithfully love me

because I trust in you.
show me the things that I should do
because I depend on you for my life.

9 Yahweh, please save me from my enemies;
I rely on you to protect me.

10 You are the God to whom I belong,
so teach me to do what pleases you.

I want your good Spirit to show me the best way to live.

11 Yahweh, please keep me alive because of who you are;
because you are righteous, please rescue me from **the people who are** oppressing me!

12 I am one who serves you;
so because you faithfully love me as you promised to do,
please kill all of my enemies who want to kill me.

144 ¹ *This is a psalm of David.*

I praise Yahweh, who protects me!

He equips me to fight well in wars.

2 He is always faithful and kind to me.

He keeps me safe and helps me escape from danger,
as if he were my shield
or a place where I could go to be safe.

He enables me to rule other peoples.

3 Yahweh, people are so insignificant;
it is amazing that you pay any attention to them!

4 People live for only a very short time,
just as a mist or a shadow quickly disappears.

5 Yahweh, please come down from the sky
and split open the mountains so that smoke pours from them.

- 6** Please send lightning bolts
like arrows
 against my enemies to make
 them run away.
- 7** Reach down from heaven and
rescue me from my enemies
 who are surrounding me like
 a dangerous flood.
 Save me from the power of
 these foreign people.
- 8** They say things that are not
true
 and raise their right hands
 to swear oaths that are false.
- 9** God, I will sing a new song to
you
 and play my ten-stringed
 harp to praise you,
- 10** because you are the one
who saves kings
 and who rescues me, your
 servant David, from danger
 in battle.
- 11** Save me from the power of
these foreign people.
 They say things that are not
 true
 and raise their right hands
 to swear oaths that are false.
- 12** Then our sons will be like
strong plants
 that grow tall when they are
 young,
and our daughters will be as
beautiful and stately
 as pillars that craftsmen
 carve to decorate a palace.
- 13** May our barns overflow with
many kinds of crops.
 May our sheep give birth to
 great numbers of lambs,
 yes, very great numbers as
 they graze in our pastures.
- 14** May our oxen be strong to
pull plows.
 May no one break through
 our walls, may no one go
 into exile,

and may no one cry out **in
distress** in our city squares.

- 15** What a good life people
have when these things happen
for them!

What a good life people have
who worship Yahweh as their
God!

145 ¹ *This is a psalm of David.*

My God and king, I will
proclaim that you are very
great;

I will praise you now and
always.

- 2** I will bless you every day;
I will praise you forever.

3 Yahweh, you are great, and
people should praise you very
much;

no one can fully understand
how great you are.

4 People of every generation
will tell the next generation
about what you have done;
they will tell about your
mighty deeds.

5 I will think about how very
glorious and majestic you are,
and I will think about your
wonderful deeds.

6 People will talk about how
powerful your awesome deeds
are,
and I will proclaim how
great you are.

7 People will celebrate how
very good you are,
and they will sing joyfully
about how righteous you are.

8 Yahweh acts kindly and
mercifully;
he does not quickly become
angry, and he faithfully loves
us very much.

9 Yahweh is good to everyone,

and he acts mercifully
toward everything that he
has made.

10 Yahweh, all the creatures
that you have made will praise
you,

and the people who are
faithful to you will bless you.

11 They will tell others about
how gloriously you rule as king
and about how powerful you
are,

12 so that all people will know
about your mighty deeds
and about how gloriously
and majestically you rule.

13 You will never stop ruling as
king;

you will rule throughout
every generation.

14 Yahweh sustains people who
are in difficult circumstances,
and he helps those who are
struggling.

15 All creatures look to you
expectantly,
and you give them food
when they need it.

16 You give generously
and satisfy the desire of
every living thing.

17 Yahweh does everything
rightly;
indeed, he acts faithfully in
all that he does.

18 Yahweh is ready to help
everyone who asks him for help
when they do that sincerely.

19 He gives those who deeply
respect him what they need.
He responds to them when
they call for help,
and he rescues them.

20 Yahweh protects all those
who love him,
but he destroys wicked
people.

21 I will always say things to
praise Yahweh;

I want all people always to
praise him because he is so
holy.

146 ¹ Praise Yahweh!

I will praise Yahweh with my
whole being.

2 I will praise Yahweh for as
long as I am alive;

Yes, I will sing to praise my
God for the rest of my life.

3 Since no human being can
save you,
do not rely on your leaders.

4 When they die, their bodies
decay and become soil again.
When that happens, they can
no longer carry out their
plans.

5 Some people confidently
expect Yahweh their God to
help them.

He is the God whom Jacob
worshiped.

He does help them, and they
have a very good life.

6 He is the one who created the
sky and the land.

He also created the oceans
and all the creatures that
are in them.

He always does what he has
promised to do.

7 He defends people whom
others oppress,

and he provides food for
people who are hungry.

Yahweh frees people who are
in prison.

8 Yahweh enables people who
are blind to see again;

Yahweh helps people who
are struggling;

Yahweh loves people who do
what is right.

9 Yahweh protects foreigners;

he preserves the property of
orphans and widows,
but he makes the plans of
wicked people fail.

10 Yahweh will be the king
forever;

yes, the God of the people of
Jerusalem will always reign.

Praise Yahweh!

147 ¹ Praise Yahweh!

Singing praises to our God is a
good thing to do.

He deserves it, and it makes
us happy.

2 Yahweh is rebuilding
Jerusalem

and bringing back the
Israelites whom our enemies
had scattered.

3 He comforts people who are
very sad

and heals their pain.

4 He knows how many stars
there are,

and he has given each one
its name.

5 Our Lord is great and very
powerful;

no one can measure how
much he understands.

6 Yahweh helps humble people,
but he makes wicked people
fail in what they want to do.

7 Thank Yahweh, our God, for
all he has done for us

as you play the harp and
sing to him.

8 He makes the sky form rain
clouds

so that they will rain on the
earth

and make grass grow on the
mountains.

9 He provides food for wild
animals.

He even feeds young ravens
when they cry out for food.

10 He does not value the
strength of a horse
or the speed of a human
runner.

11 Instead, Yahweh values
people who deeply respect him.
He values people who
confidently expect him
to be faithful to his covenant
promises.

12 Praise Yahweh our God, you
people of Jerusalem
who live on Mount Zion!

13 He has made the defenses of
your city strong,
and he has blessed the
people who live among you.

14 He keeps your borders safe,
and gives you plenty of
wheat to eat.

15 He gives commands about
what will happen on the earth,
and these things happen
right away.

16 He makes snow that covers
the ground like a white wool
blanket,

and he scatters frost on the
ground like ashes.

17 He hurls down hail like
small stones.

When he makes it cold, no
one can stand outside.

18 But then he gives a
command, and the snow and ice
melt.

He sends a warm wind, and
the water flows again.

19 He told the descendants of
Jacob how he wanted them to
live.

Yes, he gave decrees and
laws to the Israelites.

20 He has not done this for any
other nation;

they do not know his laws.
Praise Yahweh!

148 ¹ Praise Yahweh!

You who are in heaven, praise Yahweh;

yes, you who are in the highest places, praise him.

² All you angels, praise him;
all you heavenly armies,
praise him.

³ Sun and moon, praise him;
all you shining stars, praise him.

⁴ You highest heavens, praise him,
and you waters above the sky, praise him.

⁵ Let all of these praise Yahweh,
because he created them by his own command.

⁶ He set them in their places permanently;
to do that, he made a decree that will always be in effect.

⁷ You who are on the earth, praise Yahweh!
You great sea creatures and everything deep in the ocean,

⁸ lightning and hail, snow and clouds,
and strong winds that obey what he commands,

⁹ all you mountains and hills,
all you fruit trees and cedar trees,

¹⁰ all you wild animals and livestock,
all you creatures that crawl on the ground
and all you birds that fly in the sky,

¹¹ you kings of the earth and all your peoples,

you rulers and all you judges,

¹² you young men and young women,

you old people and children,

¹³ you should all praise Yahweh,

because he alone is truly great.

He is more glorious than everything on earth and in heaven.

¹⁴ He has made his people strong,
and other nations respect them.

His people are the Israelite people,

who are close to him.

Praise Yahweh!

149 ¹ Praise Yahweh!

Sing a new song to Yahweh!

Let his faithful people praise him when they gather together.

² You Israelite people, God made you.

Be happy because of what he has done for you.

You people of Jerusalem, rejoice because God is your king.

³ Praise Yahweh by dancing.
Play tambourines and harps to honor him.

⁴ Do that because Yahweh loves his people;
he honors poor people by rescuing them.

⁵ God's faithful people should celebrate because he has honored them.

Even on their beds at night, they should praise him with joyful songs.

⁶ They should also shout loudly to praise God

when they go into battle
holding swords that have
two sharp edges.

7 **They should be ready** to
punish the people of other
nations

for the sins they have
committed against God.

8 They should bind their kings
with chains

and put iron shackles on
their leaders.

9 In that way, they will carry
out the judgment that God has
decreed against them.

God will give his faithful
people the honor **of doing
that for him.**

Praise Yahweh!

150 **1** Praise Yahweh!

Praise God in his temple here
on earth,

and praise him in the
heavens that he created by
his power!

2 Praise him for the mighty
things he has done!

Praise him because he is so
very great!

3 Praise him by blowing horns
loudly!

Praise him by playing lyres
and harps!

4 Praise him by beating
tambourines and by dancing!

Praise him by playing
stringed instruments and
flutes!

5 Praise him by playing loud
cymbals

and cymbals that make high
notes!

6 Let everything that breathes
praise Yahweh!

Praise Yahweh!