



# **unfoldingWord® Simplified Text**

v90

**Psalms**

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# Psalms

## Book One

**1** <sup>1</sup> 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** <sup>1</sup> 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. Higgsaion 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** <sup>1</sup> 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** <sup>1</sup> *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** <sup>1</sup> *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** <sup>1</sup> *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** <sup>1</sup> *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** <sup>1</sup> *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!"

## 23 <sup>1</sup> A psalm of David

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 <sup>1</sup> *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 <sup>1</sup> *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 <sup>1</sup> *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 <sup>1</sup> 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.

<sup>2</sup> 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.

<sup>3</sup> 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**.

<sup>4</sup> 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**.

<sup>5</sup> 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**.

<sup>6</sup> 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.

<sup>7</sup> Yahweh, listen to me while I  
call **to you in prayer**.

Act kindly toward me and  
answer my prayer.

<sup>8</sup> **I sensed that I heard you say,**  
"Seek me and my help,"

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

<sup>9</sup> 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.

<sup>10</sup> My father and mother have  
left me,

but Yahweh will take care of  
me.

<sup>11</sup> 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**.

<sup>12</sup> 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.

<sup>13</sup> I would have died if I had not  
trusted you

to be good to me as long as I  
live.

<sup>14</sup> Trust in Yahweh.

Have a strong and courageous  
attitude,

and wait expectantly for  
Yahweh **to help you**.

## 28 <sup>1</sup> 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 <sup>1</sup> 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 <sup>1</sup> *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 <sup>1</sup> *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** <sup>1</sup> *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** <sup>1</sup> 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. <sup>2</sup> **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, aloes, 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 send 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** <sup>1</sup> *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** <sup>1</sup> *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 <sup>1</sup> *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** <sup>1</sup> *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** <sup>1</sup> *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 <sup>1</sup> *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** <sup>1</sup> *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** <sup>1</sup> *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 <sup>1</sup> *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** <sup>1</sup> *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** <sup>1</sup> 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**.

<sup>2</sup> You have been king since long ago;  
you have always existed.

<sup>3</sup> Yahweh, the oceans rise up;  
their waves **loudly** pound **against the shore**;  
**it is as though** they roar with a powerful voice.

<sup>4</sup> 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!

<sup>5</sup> Yahweh, your laws are completely reliable;  
your temple is a beautifully holy place.  
**That will be true** forever.

**94** <sup>1</sup> Yahweh, you are a God who punishes **your enemies**.

So reveal **to them** who you are!

<sup>2</sup> You are the one who judges all people on the earth;  
so take action and give the arrogant people what they deserve.

<sup>3</sup> Yahweh, wicked people just continue to be glad,  
and that is not right!

<sup>4</sup> They abundantly speak arrogant things;  
all people who do evil things say that they are great people.

<sup>5</sup> Yahweh, it is as though those wicked people were crushing us, your people;  
they distress the people who belong to you alone.

<sup>6</sup> They murder widows, people from other countries,  
and also young people who have no fathers.

<sup>7</sup> 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**."

<sup>8</sup> You wicked people in Israel need to understand **what is right**;  
you have been stupid and foolish far too long!

<sup>9</sup> 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**!

<sup>10</sup> 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**.

<sup>11</sup> Yahweh knows everything that people are thinking;  
he knows that what they think is evil and useless.

<sup>12</sup> Yahweh, how fortunate are those who allow you to discipline them,

**how fortunate are** those whom you teach from your laws!

<sup>13</sup> 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 <sup>1</sup> *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** <sup>1</sup> 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** <sup>1</sup> 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** <sup>1</sup> *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 withers **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 <sup>1</sup> *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** <sup>1</sup> Give thanks to  
Yahweh; worship him and pray to  
him.

Tell everyone in the world  
what he has done!

<sup>2</sup> 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 <sup>1</sup> Praise Yahweh!

Thank Yahweh because he is good

and because he faithfully  
loves us forever!

<sup>2</sup> 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.

<sup>3</sup> How happy are those who act fairly,  
always doing what is right!

<sup>4</sup> Yahweh, be kind to me when you help your people!  
Include me when you rescue them!

<sup>5</sup> 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.

<sup>6</sup> We have sinned just as our ancestors did;  
we have done all kinds of evil.

<sup>7</sup> 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.

<sup>8</sup> Even so, he rescued them because of who he is,

so that he could show that he is very powerful.

<sup>9</sup> 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.

<sup>10</sup> In that way he rescued them from their hateful enemies.

<sup>11</sup> Then their enemies drowned under the water of the Sea of Reeds;  
not one of them remained alive.

<sup>12</sup> 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.

<sup>13</sup> But they soon forgot what he had done for them;  
they did things without waiting to find out what Yahweh wanted them to do.

<sup>14</sup> They intensely wanted certain foods in the wilderness.  
They did evil things there that challenged God to punish them.

<sup>15</sup> So he gave them what they requested,  
but then he made many of them sick so that they died.

<sup>16</sup> 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,

<sup>17</sup> 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** <sup>1</sup> Thank Yahweh  
because he is good  
and because he faithfully loves us forever!

<sup>2</sup> Those whom Yahweh has saved should tell others  
that he has rescued them from their enemies.

<sup>3</sup> 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** <sup>1</sup> *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** <sup>1</sup> *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 <sup>1</sup> Praise Yahweh!

How fortunate are those who  
have a profound respect for  
Yahweh;

How fortunate are those who  
happily obey his commands!

<sup>2</sup> Their descendants will prosper  
in their land;

Yahweh will bless all who do  
what is right.

<sup>3</sup> Their families will be wealthy,  
and their righteous deeds will  
endure forever.

<sup>4</sup> 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.

<sup>5</sup> It is good to be kind to others  
and to generously lend money to  
them.

A person like that does  
everything honestly.

<sup>6</sup> Righteous people do this  
because they know that bad  
things will never overwhelm  
them;

other people will always  
**joyfully** remember them.

<sup>7</sup> Righteous people are not  
afraid when they receive bad  
news;

they confidently trust in  
Yahweh.

<sup>8</sup> They are confident and not  
afraid

because they know that they  
will see God defeat their  
enemies.

<sup>9</sup> They give things generously to  
poor people;

their kind deeds will endure  
forever;

people will greatly honor  
them.

<sup>10</sup> 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 <sup>1</sup> Praise Yahweh!

You people who serve Yahweh,  
praise him!

Praise Yahweh for who he is!

<sup>2</sup> Everyone should praise  
Yahweh for who he is, both now  
and forevermore!

<sup>3</sup> 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!

<sup>4</sup> Yahweh rules over all the  
nations,  
he is more glorious than  
anything under the heavens.

<sup>5</sup> There is no one who is like  
Yahweh, the God whom we  
worship,

who sits on his throne in the  
highest heaven

<sup>6</sup> and who stoops down to  
look at the sky and at the  
earth.

<sup>7</sup> He rescues very poor people  
from the very poor way that they  
live

<sup>8</sup> and causes people to honor  
them by making them

leaders among those who rule  
his people.

<sup>9</sup> He also enables women who  
have had no children to live in  
their houses

as happy mothers with  
children.

Praise Yahweh!

**114** <sup>1</sup> When the Israelite  
people left Egypt,

yes, when the descendants of  
Jacob left those people who  
spoke a foreign language,

<sup>2</sup> the land of Judah became  
the place where people  
worshiped God;  
and the land of Israel became  
the area that he ruled over.

<sup>3</sup> **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.**

<sup>4</sup> **When Mount Sinai shook,**

**it was as though the  
mountains skipped like rams  
and the hills jumped like  
lambs.**

<sup>5</sup> **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?**

<sup>6</sup> **What happened at Mount Sinai  
that made the mountains seem to  
skip like rams**

**and made the hills seem to  
jump like lambs?”**

<sup>7</sup> **I would reply, “The earth  
trembles because the Lord is  
there!**

**Everyone should tremble  
because of the presence of the  
God whom Jacob worshiped!”**

<sup>8</sup> 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!

**115** *A psalm written by David*

<sup>1</sup> 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.

<sup>2</sup> It is not right that other people  
groups should say **about us,**  
“We do not see their God doing  
anything **to help them.**”

<sup>3</sup> Well, the God whom we  
worship lives in heaven;  
he does whatever he wants!

<sup>4</sup> But the idols of those people  
groups are only silver and gold  
**statues;**  
humans made them.

<sup>5</sup> Their idols have mouths, but  
they cannot say anything;  
they have eyes, but they  
cannot see anything.

<sup>6</sup> They have ears, but they  
cannot hear anything;  
they have noses, but they  
cannot smell anything.

<sup>7</sup> They have hands, but they  
cannot feel anything;  
they have feet, but they  
cannot walk;  
they cannot even make any  
sounds in their throats!

<sup>8</sup> 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!

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** <sup>1</sup> 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** <sup>1</sup> You people of all nations, praise Yahweh!

All you people groups, greatly praise him!

- <sup>2</sup> 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** <sup>1</sup> Thank Yahweh

because he is good  
and because he faithfully loves us forever!

- <sup>2</sup> All Israelite people should repeatedly shout,  
"because he faithfully loves us forever!"

<sup>3</sup> You **priests** who are descendants of Aaron should repeatedly shout,

"because he faithfully loves us forever!"

- <sup>4</sup> All you who deeply revere Yahweh should repeatedly shout,  
"because he faithfully loves us forever!"

<sup>5</sup> When I was distressed, I called out to Yahweh,  
and Yahweh answered me and set me free.

- <sup>6</sup> Yahweh is on my side,  
so I will not be afraid of anything.  
I know that humans cannot really harm me!

<sup>7</sup> Yes, Yahweh is on my side. He helps me defeat my enemies,  
so I know that I will look **triumphantly** on them.

<sup>8</sup> It is better to rely on Yahweh than to depend on people.

<sup>9</sup> 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.

## PE

## 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.

**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.

## 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  
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.

## 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** <sup>1</sup> *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** <sup>1</sup> *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** <sup>1</sup> *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** <sup>1</sup> *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** <sup>1</sup> *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** <sup>1</sup> *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** <sup>1</sup> *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** <sup>1</sup> *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** <sup>1</sup> *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** <sup>1</sup> *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** <sup>1</sup> *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** <sup>1</sup> *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** <sup>1</sup> *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  
worshipped.

**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  
worshipped.”

**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** <sup>1</sup> *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** <sup>1</sup> Thank Yahweh  
because he is good **to us**,  
because he faithfully loves **us** forever!

<sup>2</sup> 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** <sup>1</sup> **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**.

<sup>2</sup> We hung our harps on the willow trees there

**and did not play them.**

<sup>3</sup> 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!"

<sup>4</sup> **We thought**, "We are not able to sing **joyful** songs about Yahweh

in this foreign land!"

<sup>5</sup> If I ever forget about Jerusalem,

may my right hand be unable **to play the harp!**

<sup>6</sup> 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 <sup>1</sup> *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 <sup>1</sup> *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** <sup>1</sup> *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 <sup>1</sup> *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 <sup>1</sup> *This is a psalm of David.*

I praise Yahweh, who protects  
me!

He equips me to fight well in  
wars.

<sup>2</sup> 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.

<sup>3</sup> Yahweh, people are so  
insignificant;  
it is amazing that you pay any  
attention to them!

<sup>4</sup> People live for only a very  
short time,  
just as a mist or a shadow  
quickly disappears.

<sup>5</sup> Yahweh, please come down  
from the sky  
and split open the mountains  
so that smoke pours from  
them.

<sup>6</sup> Please send lightning bolts like  
arrows  
against my enemies to make  
them run away.

<sup>7</sup> 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.

<sup>8</sup> They say things that are not  
true

and raise their right hands to  
swear oaths that are false.

<sup>9</sup> God, I will sing a new song to  
you

and play my ten-stringed harp  
to praise you,

<sup>10</sup> because you are the one who  
saves kings

and who rescues me, your  
servant David, from danger in  
battle.

<sup>11</sup> 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.

<sup>12</sup> 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.

<sup>13</sup> 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.

<sup>14</sup> 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.

<sup>15</sup> 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 <sup>1</sup> *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.

<sup>2</sup> I will bless you every day;  
I will praise you forever.

<sup>3</sup> Yahweh, you are great, and  
people should praise you very  
much;

no one can fully understand  
how great you are.

<sup>4</sup> People of every generation will  
tell the next generation about  
what you have done;

they will tell about your  
mighty deeds.

<sup>5</sup> I will think about how very  
glorious and majestic you are,  
and I will think about your  
wonderful deeds.

<sup>6</sup> People will talk about how  
powerful your awesome deeds  
are,

and I will proclaim how great  
you are.

<sup>7</sup> People will celebrate how very  
good you are,

and they will sing joyfully  
about how righteous you are.

<sup>8</sup> Yahweh acts kindly and  
mercifully;

he does not quickly become  
angry, and he faithfully loves  
us very much.

<sup>9</sup> Yahweh is good to everyone,  
and he acts mercifully toward  
everything that he has made.

<sup>10</sup> Yahweh, all the creatures that  
you have made will praise you,  
and the people who are  
faithful to you will bless you.

<sup>11</sup> They will tell others about  
how gloriously you rule as king  
and about how powerful you  
are,

<sup>12</sup> so that all people will know  
about your mighty deeds  
and about how gloriously and  
majestically you rule.

<sup>13</sup> You will never stop ruling as  
king;  
you will rule throughout every  
generation.

<sup>14</sup> Yahweh sustains people who  
are in difficult circumstances,  
and he helps those who are  
struggling.

<sup>15</sup> All creatures look to you  
expectantly,  
and you give them food when  
they need it.

<sup>16</sup> You give generously  
and satisfy the desire of every  
living thing.

<sup>17</sup> Yahweh does everything  
rightly;  
indeed, he acts faithfully in all  
that he does.

<sup>18</sup> Yahweh is ready to help  
everyone who asks him for help  
when they do that sincerely.

<sup>19</sup> He gives those who deeply  
respect him what they need.  
He responds to them when  
they call for help,  
and he rescues them.

<sup>20</sup> Yahweh protects all those  
who love him,  
but he destroys wicked  
people.

<sup>21</sup> I will always say things to  
praise Yahweh;

I want all people always to  
praise him because he is so  
holy.

## 146 <sup>1</sup> Praise Yahweh!

I will praise Yahweh with my  
whole being.

<sup>2</sup> 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.

<sup>3</sup> Since no human being can save  
you,  
do not rely on your leaders.

<sup>4</sup> When they die, their bodies  
decay and become soil again.

When that happens, they can  
no longer carry out their  
plans.

<sup>5</sup> 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.

<sup>6</sup> 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.

<sup>7</sup> He defends people whom  
others oppress,

and he provides food for  
people who are hungry.

Yahweh frees people who are  
in prison.

<sup>8</sup> Yahweh enables people who  
are blind to see again;

Yahweh helps people who are  
struggling;

Yahweh loves people who do  
what is right.

<sup>9</sup> Yahweh protects foreigners;  
he preserves the property of  
orphans and widows,  
but he makes the plans of  
wicked people fail.

<sup>10</sup> Yahweh will be the king  
forever;

yes, the God of the people of  
Jerusalem will always reign.

Praise Yahweh!

## 147 <sup>1</sup> Praise Yahweh!

Singing praises to our God is a  
good thing to do.

He deserves it, and it makes  
us happy.

<sup>2</sup> Yahweh is rebuilding Jerusalem  
and bringing back the  
Israelites whom our enemies  
had scattered.

<sup>3</sup> He comforts people who are  
very sad  
and heals their pain.

<sup>4</sup> He knows how many stars  
there are,  
and he has given each one its  
name.

<sup>5</sup> Our Lord is great and very  
powerful;  
no one can measure how  
much he understands.

<sup>6</sup> Yahweh helps humble people,  
but he makes wicked people  
fail in what they want to do.

<sup>7</sup> Thank Yahweh, our God, for all  
he has done for us  
as you play the harp and sing  
to him.

<sup>8</sup> 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 <sup>1</sup> 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** <sup>1</sup> 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** <sup>1</sup> 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!