

unfoldingWord® Simplified Text

v92

Psalms

Copyright & Licensing

unfoldingWord® Simplified Text

Copyright © 2026 by unfoldingWord

This work is made available under the Creative Commons Attribution-ShareAlike 4.0 International License. To view a copy of this license, visit https://creativecommons.org/licenses/by-sa/4.0/ or send a letter to Creative Commons, PO Box 1866, Mountain View, CA 94042, USA.

unfoldingWord® is a registered trademark of unfoldingWord. Use of the unfoldingWord name or logo requires the written permission of unfoldingWord. Under the terms of the CC BY-SA license, you may copy and redistribute this unmodified work as long as you keep the unfoldingWord® trademark intact. If you modify a copy or translate this work, thereby creating a derivative work, you must remove the unfoldingWord® trademark.

On the derivative work, you must indicate what changes you have made and attribute the work as follows: “The original work by unfoldingWord is available from unfoldingword.org/ust”. You must also make your derivative work available under the same license (CC BY-SA).

If you would like to notify unfoldingWord regarding your translation of this work, please contact us at unfoldingword.org/contact/.

The unfoldingWord® Simplified Text is based on *A Translation For Translators* by Ellis W. Deibler, Jr., which is licensed CC BY-SA 4.0 (https://git.door43.org/Door43/T4T).

Table of Contents

Psalms 1
- Psalm 1 1
- Psalm 2 1
- Psalm 3 1
- Psalm 4 2
- Psalm 5 2
- Psalm 6 2
- Psalm 7 3
- Psalm 8 3
- Psalm 9 4
- Psalm 10 4
- Psalm 11 5
- Psalm 12 5
- Psalm 13 5
- Psalm 14 5
- Psalm 15 6
- Psalm 16 6
- Psalm 17 6
- Psalm 18 7
- Psalm 19 8
- Psalm 20 9
- Psalm 21 9
- Psalm 22 10
- Psalm 23 11
- Psalm 24 11
- Psalm 25 11
- Psalm 26 12
- Psalm 27 12
- Psalm 28 12
- Psalm 29 13
- Psalm 30 13
- Psalm 31 14
- Psalm 32 14
- Psalm 33 15
- Psalm 34 15
- Psalm 35 16
- Psalm 36 17
- Psalm 37 17
- Psalm 38 18
- Psalm 39 19
- Psalm 40 19
- Psalm 41 20
- Psalm 42 21
- Psalm 43 21
- Psalm 44 21
- Psalm 45 22
- Psalm 46 23
- Psalm 47 23
- Psalm 48 24
- Psalm 49 24
- Psalm 50 25
- Psalm 51 25
- Psalm 52 26
- Psalm 53 27
- Psalm 54 27
- Psalm 55 27
- Psalm 56 28

Psalm 57 29
Psalm 58 29
Psalm 59 30
Psalm 60 30
Psalm 61 31
Psalm 62 31
Psalm 63 32
Psalm 64 32
Psalm 65 32
Psalm 66 33
Psalm 67 33
Psalm 68 34
Psalm 69 35
Psalm 70 36
Psalm 71 36
Psalm 72 37
Psalm 73 37
Psalm 74 38
Psalm 75 39
Psalm 76 39
Psalm 77 40
Psalm 78 40
Psalm 79 42
Psalm 80 42
Psalm 81 43
Psalm 82 44
Psalm 83 44
Psalm 84 44
Psalm 85 45
Psalm 86 45
Psalm 87 46
Psalm 88 46
Psalm 89 46
Psalm 90 48
Psalm 91 48
Psalm 92 49
Psalm 93 49
Psalm 94 49
Psalm 95 50
Psalm 96 50
Psalm 97 51
Psalm 98 51
Psalm 99 51
Psalm 100 51
Psalm 101 52
Psalm 102 52
Psalm 103 53
Psalm 104 53
Psalm 105 54
Psalm 106 55
Psalm 107 57
Psalm 108 58
Psalm 109 58
Psalm 110 59
Psalm 111 60
Psalm 112 60
Psalm 113 60
Psalm 114 60
Psalm 115 61
Psalm 116 61

Psalm 117 62
Psalm 118 62
Psalm 119 62
Psalm 120 67
Psalm 121 67
Psalm 122 67
Psalm 123 67
Psalm 124 67
Psalm 125 68
Psalm 126 68
Psalm 127 68
Psalm 128 68
Psalm 129 68
Psalm 130 69
Psalm 131 69
Psalm 132 69
Psalm 133 70
Psalm 134 70
Psalm 135 70
Psalm 136 70
Psalm 137 71
Psalm 138 71
Psalm 139 71
Psalm 140 72
Psalm 141 72
Psalm 142 73
Psalm 143 73
Psalm 144 73
Psalm 145 74
Psalm 146 74
Psalm 147 75
Psalm 148 75
Psalm 149 75
Psalm 150 76

Psalms

Psalm 1

Book One

[1] The person who will have a truly good life
is the person who does not do what evil
people tell him to do,
who does not imitate sinful people's behavior,
and who does not become like people
who enjoy mocking.
[2] Instead, he delights in what Yahweh teaches,
he thoughtfully reads it aloud every day
and every night.
[3] Like having plenty of water causes a well-cultivated tree
to produce fruit at the right time,
and keeps it from dying,
so *his faithfulness to Yahweh* causes everything this
person does to prosper.

[4] That is not what wicked people are like!
Instead, they are like chaff that the wind blows away.
[5] Just so, wicked people will not be able to endure
when Yahweh judges *the world*.
Neither will sinful people *be present when Yahweh*
gathers all the righteous people together.

[6] *All of this is* because Yahweh cares for righteous people,
but wicked people keep sinning until *Yahweh*
destroys them *forever*.

Psalm 2

[1] Foreign kingdoms are scheming,
and people groups are planning, but it is useless.
[2] Earthly kings prepare to revolt,
the rulers plot together to fight
against Yahweh and against his chosen king.
[3] *They shout,* "We should break free from the shackles
that they control us with.
We should throw aside the ropes *that they*
rule over us with!"

[4] But the heavenly ruler sneers at them;
the Lord ridicules those rulers.
[5] Then he speaks to them angrily.
He terrifies them by *showing them how* furious he is.
[6] *Yahweh says,* "It is I who has made my king rule in Zion,
which is my sacred hill."

[7] *Yahweh's king says,* "I will proclaim what
Yahweh has decreed.
Yahweh said to me, 'You are my son;
today I have become your father.
[8] Request *this from* me:
ask to inherit the nations,
ask to own the *whole* earth *even the* farthest parts.
I will give them to you.
[9] You will strike them with an iron rod
and they will shatter into small pieces as if
they were a clay pot.'"

[10] So then, you kings should act wisely!
All rulers on the earth should allow Yahweh
and his king to correct them!
[11] Worship Yahweh respectfully.
Be joyful and afraid *while you are worshiping 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.

Psalm 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*

Psalm 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.

Psalm 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.

Psalm 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.

Psalm 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.

Psalm 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!

Psalm 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. *Higgaion 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*

Psalm 10

1 Yahweh, please do not stay far away from us.
Please let us find you when enemies threaten us.
2 Wicked people proudly chase people until they can oppress them.
Yahweh, please make the bad things they plan to do to others happen to them instead.
3 A wicked person even brags about what he strongly wants to do.
He praises people who unjustly take things from other people. He curses Yahweh.
4 The wicked person is so proud that he does not care *about God*.
He plans *to do evil things* as if there was no God.
5 What he does always prospers.
He ignores doing what you say is right.
He makes a mocking noise at all his enemies.
6 He thinks, "Nothing bad can happen to me!
As long as I live, nothing will trouble me."
7 He constantly curses, lies, and threatens others.
He is always talking about harming others and doing wrong.
8 He hides outside villages to surprise attack people.
From his secret spot he kills people who have done nothing wrong.
From there he sneakily watches for some unlucky person.
9 He hides in a secret spot like a lion, *crouching* in the bushes,
waiting for people to catch and oppress.
He catches people and drags them away in a net to oppress them.
10 The wicked person makes sure everything is properly prepared
so he can oppress his unlucky victim.
11 He convinces himself, "God is not recording what I do.
He is not paying attention; he will never notice."
12 Do something, Yahweh! Prove that you are powerful, God!
Pay attention to oppressed people!
13 Do not let wicked people curse you, God!

Do not let him believe that you do not care
about his evil deeds!
14 Surely you see everything! You pay attention to how
wicked people hurt and frustrate other people
so that you can punish those wicked people.
Unlucky people trust that you will protect
them. You help orphans.
15 Cause people who are always doing very evil
things to become powerless!
When someone tries to oppress other people may
he discover he cannot do it.
16 Yahweh reigns eternally!
Foreign people no longer occupy his land.
17 Yahweh, when oppressed people ask you to
help, you listen
and encourage them. You pay close attention,
18 so you can act justly for the orphans and
oppressed people.
You will stop any mere human from ever
terrifying them again.

Psalm 11

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

I trust that Yahweh will protect me.
So do not say to me, "You need to escape to
the mountains like birds do,
2 because wicked people have hidden in the darkness.
They have pulled back their bowstrings and
aimed their arrows
to shoot them at godly people *like you*.
3 When people are not punished for doing wrong things,
there is nothing righteous people can do."
4 But Yahweh is in his holy sanctuary, he
reigns from heaven,
and he watches and examines *everything that* people do.
5 Yahweh examines what righteous people do and
what wicked people do,
and he hates those who love to do violent things.
6 May he send down from the sky traps upon the wicked,
and may Yahweh punish them with fire and burning
sulfur and scorching hot winds.
7 Yahweh is completely righteous, and he loves when
people do what is righteous.
People who do what is right will be able to
come into his presence.

Psalm 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*.

Psalm 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.

Psalm 14

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

Only foolish people say to themselves, "There is no God!"
People who say those things do corrupt deeds;
they do detestable deeds;
hardly anyone does what is right.
2 Yahweh looks down from heaven and sees humans;
he looks to see if there are any wise people,
with the result that they are wise enough that
they desire to know him.

3 But they all do evil and corrupt things;
no one does what is right.
4 All the people who make a practice of doing wicked
things do not take seriously the fact that
Yahweh is going to punish them!
They act violently toward Yahweh's people and want to
consume them like they consume bread.
These evil people never pray to Yahweh.
5 *But in the future,* at the place God will judge wicked
people, they will become very terrified
because God will help those who act righteously.
6 You evil people try to humiliate poor people,
but Yahweh will protect them.
7 I wish that Yahweh would come from where he dwells
in Jerusalem and rescue us Israelite people!
When Yahweh blesses us, his people again,
then all of us Israelite people will rejoice.

Psalm 15

1 A psalm of David.

Yahweh, who is allowed to enter your sacred tent?
Who is allowed to live on your sacred mountain?
2 Those whose behavior is faultless
and who do righteous things,
and who speak the truth.
3 They do not slander others.
They do not do to others things that are wrong,
and they do not say bad things about their friends.
4 They despise the people God abhors,
but they respect those who revere Yahweh.
They do what they have promised to do,
even if it causes them trouble to do that.
5 They lend money to others without charging interest,
and they never accept bribes in order to lie about
people who have not done anything wrong.
Those who do those things will always live in safety.

Psalm 16

1 A song of David.

God, protect me, because I go to you to keep me safe!
2 I said to Yahweh, "You are my Lord;
all the good things that I have come from you."
3 People who try to live holy lives, they are wonderful;
I greatly delight in them.
4 Those who choose to worship other gods will have
many things that cause them to be sad.
I will not join them when they make sacrifices
to their gods,
and I will not join them in speaking the
names of their gods.
5 Yahweh, you have granted to me that I would belong to
you, and you supply all of my needs.
You control what happens to me.
6 Yahweh has greatly blessed me;
I am delighted with all the things that he has given me.
7 I will praise Yahweh, the one who teaches me;
even during the night he puts in my mind the
right things for me to do.
8 I have chosen to always think about Yahweh. Because he
is the one who strengthens and supports me,
he will save me from anything that might trouble me.
9 Therefore I am very glad,
and I can rest securely,
10 because you, Yahweh, will save me from going to
the place where dead people go,
yes, you will save me, a godly person, from dying.
11 You reveal to me how to live in a way that will
make me joyful now and will result in
receiving eternal life in the future.
You make me joyful when I am with you.
You give pleasures forever.

Psalm 17

1 A prayer of David

Yahweh, listen to me while I plead with you
to act justly toward me.
Hear me while I call out to you to help me.
Pay attention to what I say while I pray
because I am speaking honestly.
2 May you declare that I am innocent;
may you decide what is right.
3 You know what I think, *even* during the night.
You have examined me and not found anything
that grieves you.
I have determined that I will not sin by what I say.
4 Regarding the actions of people,
according to what you have commanded, I have
carefully avoided living a violent life.
5 I have carefully obeyed what you told me to do;
I have not failed to do those things.
6 O God, I am praying to you because I know
that you will answer me;
please listen to what I am saying.
7 Wonderfully show how you faithfully love me;
you who rescue with your great power the people who
trust you to protect them from their enemies.
8 Protect me as carefully as people protect their own eyes;
protect me like mother birds protect their
babies under their wings.
9 Do not allow wicked people to attack me,
those enemies of mine who surround me,
wanting to kill me.
10 They never pity anyone,
and they are always speaking boastfully.
11 They have searched for me and found me.
They surround me, watching for an opportunity
to attack and kill me.
12 These wicked people are like lions that are ready
to tear *apart their prey*.
They are like young lions that are hiding,
waiting *to pounce on their prey*.
13 Yahweh, come and oppose my enemies and make them
fall to the ground when you defeat them!
Take violent action and deliver me from wicked men!

14 Yahweh, by your power rescue me from those
people who are interested *only* in
things here in this world.
You provide them with many good things.
They have many children and *when they die,* they leave
their wealth to their descendants.
15 *Yahweh*, because I act in the right way, I will see you.
When I wake up I will see you, and then
I will be happy.

Psalm 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."

Psalm 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.

Psalm 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*.

Psalm 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.

Psalm 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*!"

Psalm 23

[1] *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.

Psalm 24

[1] *A psalm of David*

The earth and everything in it belongs to Yahweh.
All the people in the world belong to him too,
[2] because he caused the ground to be above the water,
above the water that was deep below the
surface of the earth.
[3] This is the type of person who Yahweh will allow to go
up onto his mountain, Mount Zion *in Jerusalem*,
in order to stand *and worship* him in his sacred tent.
[4] Only those whose actions and thoughts are pure,
who have not worshiped idols,
and who do not tell lies when they have solemnly
promised to speak truthfully.
[5] Yahweh will bless this type of person.
When Yahweh *judges them,* he who has saved them, he
will say that they are righteous.
[6] Such are the ones who seek Yahweh,
the descendants of Jacob,
who seek you, Yahweh. *Selah*
[7] Open up the gates *of the sacred tent*,
in order that our glorious king may enter!
[8] I will tell you who this glorious king is.
He is Yahweh, the one who is very strong;
He is Yahweh, who conquers *all his enemies* in battles!
[9] Open up the gates *of the sacred tent*,
in order that our glorious king may enter!
[10] I will tell you who he, this glorious king, is.
He is Yahweh, who commands armies;
he is our glorious king! *Selah*

Psalm 25

[1] *A psalm of David*

Yahweh, I come to you in prayer and tell
you all that I need.
[2] I trust in you, my God.
Do not allow my enemies *to defeat me*,
with the result that they would rejoice and
I would be ashamed.
[3] Truly, you will not allow any of those who trust
in you to be ashamed.
You will cause those who act treacherously
toward others to be ashamed.
[4] Yahweh, show me how I should conduct my
life as you want me to.
Teach me how to act in the manner that
is pleasing to you.
[5] Teach me to conduct my life by obeying your truth,
because you are my God, the one who saves me.
I trust in you at all times.
[6] Yahweh, please act mercifully to me and
faithfully love me,
because that is the way that you have
acted since long ago.
[7] Forgive me for the sinful things I did when I was young
and for my rebellious actions *as an adult*.
I ask that, because you faithfully love your people,
you treat me kindly and forgive me.
Yahweh, I ask that you do this because you are good!
[8] Yahweh is good and acts righteously,
so he shows sinful people the right way to
conduct their lives.
[9] He shows humble people what is right for them to do
and teaches them what he wants them to do.
[10] Yahweh always faithfully loves and does what
he has promised
to those who obey his covenant and who
do what he requires.
[11] Yahweh, forgive me for all my sins, which are many,
in order that I and others may honor you.
[12] To all those who revere Yahweh,
he shows them the right way to conduct their lives.
[13] They will always be prosperous,
and their descendants will continue to live in *this* land.
[14] Yahweh is a friend of those who revere him,
and he teaches them the covenant that he
made *with them*.
[15] I always ask Yahweh to help me,
because he will rescue me when my enemies
attempt to hurt me.
[16] *Yahweh,* pay attention to me and be merciful to me,

because I have no one to help me and I am suffering.
17 *Because of my present circumstances* there are many
things that cause me to worry.
Rescue me from the things that are causing
me to be distressed.
18 Take notice that I am in difficult circumstances
and troubled,
and forgive me for every sinful thing I have done.
19 Take notice that I have many enemies,
and that they hate me very much.
20 Protect me and rescue me *from them*;
do not allow *them to defeat me*
with the result that I would be ashamed,
because I go to you to keep me safe.
21 Protect me because I do what is good and honest,
and because I trust in you.
22 God, rescue *us* Israelite people from all of our troubles!

Psalm 26

1 A psalm of David

Yahweh, show that I am innocent.
I have done what is right,
and I have trusted in Yahweh without doubting him.
2 Yahweh, examine what I have done and test me;
thoroughly evaluate what I think in my inner being.
3 I never forget that you faithfully love me.
I conduct my life according to what you say is right.
4 I do not spend my time with liars,
and I stay away from hypocrites.
5 I do not like to be with evil people,
and I avoid wicked people.
6 Yahweh, I wash my hands to show that I have
not done what was wrong.
As I join with others marching around your altar,
7 we sing songs to thank you,
and we tell others the wonderful things
that you have done.
8 Yahweh, I love *to be in* the sanctuary where you dwell,
in the place where your glory appears.
9 Do not get rid of me like you get rid of sinners.
Do not cause me to die like you cause those
who murder people to die,
10 and people who are ready to do wicked things,
and people who are always taking bribes.
11 But as for me, I always try to do what is right.
So rescue me and act kindly toward me.
12 *Because I have conducted myself righteously* I am secure,
and when all Yahweh's people gather together,
I praise him among them.

Psalm 27

1 A psalm of David

Yahweh encourages me and nourishes my inner
being. He is the one who saves me,
so I will not fear anyone.
Yahweh is the one to whom I go for refuge,
so I will not dread anyone.
2 When those who do evil things come near me
to attack and destroy me,
Yahweh enables me to defeat them so
that they fall down.
3 Even if an army sets up their tents in order to attack me,
I will not be afraid.
Even if they attack me,
I will trust *in God*.
4 There is one thing that I have requested from Yahweh,
and that one thing I will repeatedly ask Yahweh for.
This is the one thing I ask of Yahweh: that I may worship in
Yahweh's sanctuary every day during my life,
in order to experience how wonderful Yahweh is.
When I am in his sanctuary then I will ask
him *for guidance*.
5 When I have troubles he will protect me in his tabernacle;
yes, he will keep me safe in his sacred tent.
He will keep me safe as if he were setting me high upon
a rock *where my enemies cannot reach me*.
6 Then I will triumph over my enemies who surround me.
I will shout joyfully as I offer sacrifices in his sacred tent,
and I will praise Yahweh as I sing.
7 Yahweh, listen to me while I call *to you in prayer*.
Act kindly toward me and answer my prayer.
8 *I sensed that I heard you say,* "Seek me and my help,"
so, Yahweh, I will respond by seeking you
and your help.
9 I am your servant;
do not be angry with me, or turn away from me.
You have always helped me.
You are the one who has saved me,
so do not abandon me now.
10 My father and mother have left me,
but Yahweh will take care of me.
11 Yahweh, teach me to do what you want me to do,
and guide me so that I remain safe
because I have enemies *who want to hurt me*.
12 Do not allow my enemies to do to me what they want,
because they say false things about me and want
violent things to happen to me.
13 I would have died if I had not trusted you
to be good to me as long as I live.
14 Trust in Yahweh.
Have a strong and courageous attitude,
and wait expectantly for Yahweh *to help you*.

Psalm 28

1 A psalm of David

Yahweh, I call out to you.
You are like a huge rock *on top of which I am safe*.
Do not refuse to answer me
because if you refuse to answer me, I will soon be
with those who are in their graves.
2 Pay attention to me and respond when I call
out for you to help me
when I pray, lifting up my hands as I face your very
holy place in your sacred tent.

3 Do not get rid of me when you get rid of wicked people,
those who do wicked deeds.
Those people speak peacefully toward others,
while in their inner beings, they hate them
and devise evil plans.
4 Punish those people in the way that they deserve
for what they have done;
punish them for their evil deeds.
5 Yahweh will get rid of them permanently and
not let them appear again.
Yahweh *will do this* because these evil people do
not pay attention to the righteous things
he has taught his people and do not take
notice that he always judges evil deeds.
6 Praise Yahweh
because he responded to me when I called
out for him to help me.
7 Yahweh strengthens me and he protects me like a shield;
I trust in him, and he helps me.
As a result I am glad in my inner being,
and I will praise him with my songs *of praise*.
8 Yahweh strengthens and protects his people.
Yahweh saves the one he appointed to be king.
9 Yahweh, rescue your people
and bless those who belong to you.
Take care of them like a shepherd takes care of his sheep;
take care of them forever.

Psalm 29

1 A psalm of David

You heavenly beings, praise Yahweh!
Declare that he is very glorious and powerful.
2 Proclaim that Yahweh is glorious.
Bow down and worship Yahweh in holy attire.
3 *People hear* Yahweh's voice above the sea;
the glorious God thunders.
Yahweh's *voice thunders* over the large sea.
4 Yahweh's voice is powerful and majestic.
5 The sound of Yahweh's voice breaks cedar trees,
the cedars that grow in Lebanon.
6 He causes *the mountains in* Lebanon to jump
like calves jump,
and he causes Mount Hermon to jump as a
young wild bull jumps.
7 Yahweh tells the lightning to flash *upon the
mountains* and it hews out rocks.
8 The sound of Yahweh's voice causes the
wilderness to shake;
he shakes the wilderness of Kadesh.
9 The sound of Yahweh's voice makes the deer give birth
and strips the leaves from the trees,
while the people in Yahweh's sacred tent
say, "Praise Yahweh!"
10 Yahweh rules as king over the waters that
are above the sky;
Yahweh rules as king forever.
11 Yahweh will strengthen his people,
and he will bless them by giving them good things
and causing them to be happy and peaceful.

Psalm 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.

Psalm 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!

Psalm 32

1 A song of David

Those whom God has forgiven for rebelling against him,
and those whose sin God has atoned for,
these are the ones who will have a truly good life!
2 Those whose record of sins Yahweh no longer takes into account,
and those who are not deceitful,
these are the ones who will have a truly good life!
3 When I did not confess my sins,
my body felt weak and sick,
and I groaned all day long.
4 Day and night, Yahweh, you afflicted me.
My strength was sapped like it would be on a hot summer day. *Selah*
5 *Then* I confessed my sinful actions to you;
I stopped trying to hide them.
I said to myself,
"I will tell Yahweh the wrong things that I have done."
When I confessed them, you forgave me,
so now I am no longer guilty for the sinful things I did. *Selah*

6 Therefore all the people who are godly should pray to you
when they realize they have sinned.
If they do that, then it is certain that difficulties will not
overwhelm them like a great flood.
7 You are like a place where I can hide from my enemies;
you protect me from troubles and surround me
with people who are joyfully praising you
for saving me from my enemies. *Selah*
8 I will teach you about how you should conduct your life.
I will teach you personally.
9 Do not be like horses and mules that do not
have understanding;
they need pieces of metal put in their mouth and
ropes fastened to their head
so they will go in the direction you want them to go.
10 Wicked people will have many difficult things in
their lives that will make them sad,
but those who trust in Yahweh will experience him
faithfully loving them all the time.
11 *So, all* you righteous people, rejoice about *what*
Yahweh *has done for you*!
All you whose inner beings are pure, be glad
and shout joyfully!

Psalm 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*.

Psalm 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.

Psalm 35

1 A psalm of David.

Yahweh, be the enemy of my enemies!
Defend me against those who attack me!
2 Protect me like a soldier who has both of his shields,
and come to help me!
3 Take your spear and javelin and confront those
who are pursuing me!
Tell me, "I am the one who saves you."
4 Please defeat and dishonor those who want to kill me,
and make those who plan to harm me become
confused and turn back.
5 May an angel from Yahweh chase them away
so that they disappear like chaff in the wind.
6 May their lives be like running on a path that
is dark and slippery,
while an angel from Yahweh pursues them!
7 Please do these things to them, because I have not done
anything wrong to them, yet they try to kill me.
It is as though they hide nets and dig pits
for me to walk into!
8 So let disaster suddenly surprise each of them!
Let it be as though the nets that they hid
catch them instead,
and as though they fall into their own *pits* and die!
9 Then I will rejoice because of *what* Yahweh
has done for me,
and I will be glad because he has saved me.
10 With my whole being I will say,
"Yahweh, no one is like you!
No one else rescues weak people from those
who are stronger,
no one else rescues poor and needy people
from those who rob them."
11 Hostile people tell lies *about me* in court
and accuse me of things that I know nothing about.
12 I was good to them. But instead of being good
to me, they are evil to me.
That makes me feel completely alone.
13 Yet for my part, when they were sick, I put on
rough cloth to mourn for them;
I went without food as I prayed for them,
bowing my head over my chest.
14 I walked around grieving for them
as I would grieve for a friend or for a brother,
and I bowed down mourning for them as
though for my own mother.
15 But when I suffered, they all gathered together
and celebrated.
People whom I did not even know gathered
to attack me.
They kept slandering me and would not stop.
16 Profane people mocked me for being lame
and ground their teeth at me *to show how
angry they were*.
17 Lord, please do more than just watch what they do!
Rescue me from these people who want to destroy me!
Save me from these people who are as
fierce as young lions!
18 Then I will thank you when the great crowd of
your people gather together,
and I will praise you in front of all of them.
19 Do not let my enemies who lie about me celebrate
because they defeated me,
and do not let those who hate me for no reason wink at
each other *to show how pleased they are about it*.
20 *Do not let them succeed,* because they do not
speak peacefully *to anyone*;
instead, they make up lies about quiet, peaceable
people in the land.
21 They shout loudly to accuse me,
saying, "Yes! Yes! We saw *what you did*!"
22 Yahweh, you have seen all of this, so please
do something about it!
Lord, please help me!
23 Become active and do the right thing for me;
my God and my Lord, defend me!
24 Yahweh my God, because you are righteous,
declare that I am innocent,
and do not let my enemies celebrate *that
they have defeated* me.
25 Do not let them think to themselves, "Yes! We
got what we wanted!"
Do not let them say *to each other*, "We have
completely destroyed him!"
26 Instead, make all those who celebrate when
bad things happen to me
feel totally ashamed and disgraced.
Yes, completely humiliate those who boast that
they are greater than me.

27 But let those who want God to show that I am innocent
shout for joy and celebrate!
Let them always say, “Yahweh is great!
He loves to make things go well for the
one who serves him.”
28 Then I will tell everyone how righteous you are,
and I will praise you all day long.

Psalm 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.

Psalm 37

1 This is a psalm of David.

Do not let what wicked people do upset you;
do not wish that you had what people who
do evil things have.
2 *Do not worry about them* because they will soon
disappear, just as grass dries up *in the sun*
and green plants quickly wither and die.

3 Trust in Yahweh and do what is right;
live in the land *that he has given you*,
and be faithful *to him*.
4 Also, enjoy Yahweh more than anything else;
then he will give you what you desire most.

5 Entrust everything that you plan to do to Yahweh;
trust in him,
and then, for his part, he will do *whatever*
you need him to do.
6 He will show everyone as clearly as the light of the
noonday sun that you do what is right
and that you are innocent of doing anything wrong.

7 Be calm before Yahweh and wait patiently for him *to act*.
Do not become upset when you see *evil* people succeed
as they do the *wicked* things that they have planned.
8 Stop being angry *about what wicked people do*;
do not want to punish them yourself; that
only leads to doing evil.
9 Do not do that because Yahweh will destroy
people who do evil,
but as for the people who trust Yahweh to act,
they will possess the land.

10 Soon wicked people will disappear.
You will look for them where they used to
be, but they will be gone.
11 Humble people, however, will possess the land
and will enjoy living *there* very peacefully and well.

12 Wicked people plan to harm people who do what is right.
They grind their teeth at people who do what is
right *to show how much they hate them*.
13 But the Lord scoffs at wicked people,
because he knows that the time when he will
judge them is coming.

14 Wicked people draw their swords and string their bows
to kill people who are poor and helpless
and to slaughter people who live honestly.
15 But their swords will pierce their own hearts,
and the Lord will break their bows.

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

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

18 Each day Yahweh watches over people who
do not do wrong things,
and what he gives them will last forever.
19 During times when bad things happen they
will not despair;
even when there is a famine, they will still
have enough *to eat*.

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

21 Wicked people borrow *money* and never repay *it*,
but people who do what is right are generous
and give *freely to others*.
22 Moreover, those whom Yahweh blesses will
possess the land,
but he will destroy those whom he has cursed.

23 Yahweh directs a person to live securely,
and he is pleased with how that person lives.
24 Even if something bad happens to that person,
he will not completely fail,
because Yahweh takes care of him.

25 I have been young, and now I am old,
but *in all those years* I have never seen Yahweh stop
caring for any person who does what is right,
nor have I seen such a person's children
needing to beg for food.
26 People who do what is right are generous and
lend freely *to others* every day,
and their children bless others.

27 Avoid doing evil and do what is right.
If you do that, you *and your descendants* will
live in the land forever.
28 Indeed, Yahweh loves it when people do what is just,
and he will never stop caring for those who
are faithful to him.
He will protect them forever,
but he will destroy the descendants of wicked people.
29 People who do what is right will possess the
land *that Yahweh gives them*
and will live there forever.

30 People who do what is right speak wisely,
and they say what is just.
31 They continually think about the instructions
that their God gave to them;
they succeed in living *the way that God
wants them to live*.

32 Wicked people observe people who do what is right
and look for ways to kill them.
33 But Yahweh will keep protecting them from what the
wicked people want to do to them,
and he will not let a judge *wrongly* condemn the
people who do what is right.

34 Patiently rely on Yahweh *to help you* and obey
what he commands.
If you do that, he will honor you by giving you the land.
When God destroys the wicked people, you
will see it happen.
35 I once saw a wicked and tyrannical person who was
becoming powerful, like a large tree that was
spreading out its branches over its native soil.
36 But then he passed away! Suddenly, he was gone!
I looked for him, but he was not there.

37 Observe *and imitate* people who are honest
and who live rightly,
because people who live peacefully will
have a long life.
38 But Yahweh will destroy all people who
rebel against him;
he will make the lives of wicked people short.

39 Yahweh saves people who do what is right;
he protects them when bad things are happening.
40 Yahweh helps them and rescues them
from *what* wicked people *want to do to them*.
He saves them because they have trusted
in him *to help them*.

Psalm 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!

Psalm 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."

Psalm 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!

Psalm 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 our 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!

Psalm 42

Book Two

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.

Psalm 43

1 Please protect me, God, from the people who
are being so cruel to me.
Please consider that I do not deserve that.
Rescue me from people who would deceive me and treat
me unfairly. 2 *I ask you to do this* because
you are the God who protects me,
and yet I feel as if you have abandoned me!
I am living sorrowfully because my enemies are
afflicting me. 3 Treat me favorably, as
if you were smiling at me.
Help me, as you have promised to do for those
who are loyal to you.
Guide me so that I can return
to your temple on Mount Zion.
4 *When I do come to Zion,* I will go to your
altar *to worship you*.
O God, you make me very joyful! *At your altar,*
I will sing praise to you,
the God whom I worship, as I play the harp.
5 So I certainly should not be so sad and upset!
I can confidently expect God to rescue me!
When he does, I will have the opportunity
to praise him as my savior and my God.

Psalm 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!

Psalm 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.

Psalm 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*

Psalm 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.

Psalm 48

One of the Korahites wrote this psalm.

1 Yahweh is great, and he deserves to have people
praise him greatly
in *Jerusalem*, the city that belongs to him.
That city is high up on the mountain that he chose
as the place where people would worship him.
2 The height of Mount Zion is magnificent.
People from all over the world are happy
when they see it.
The city *of Jerusalem,* where Yahweh rules
as the great king,
is on the northern ridge of that mountain.
3 God is present *as a defender* in the city's fortifications.
He has shown that he protects the people of the city.
4 Listen to why Yahweh deserves our praise.
Kings joined together and led their armies
to attack our city.
5 However, when they saw it,
its secure position and defenses amazed them.
They became so frightened
that they ran away.
6 Their bodies shook because they were so afraid.
They screamed as if they were women who
were giving birth.
7 Just as you, Yahweh, can sent a strong east wind
that wrecks even the sturdiest ships at sea,
so you destroyed the armies
that were attacking us.
8 Jerusalem belongs to Yahweh,
the commander of the heavenly armies,
who is our God.
We had heard *from our ancestors* that God would
always keep the city secure.
Now we who live in the city have seen for
ourselves that this is true. *Selah*
9 We went into your temple, God,
and recognized that you faithfully kept your
covenant when you protected us.
We acknowledged that you had been just as faithful to us
as you were to our ancestors.
10 People throughout the world praise you as you deserve.
You use your power to make sure that people
treat each other right.
11 The people who live in Jerusalem and in other
parts of the kingdom of Judah
should celebrate the way you judge people fairly.
12 You Judeans should walk around the walls of
the city of Jerusalem.
See how many defensive towers it has!
13 You should observe the strength of the walls
and the fortifications
so that you can tell your descendants about them.
14 The people of Judah and Jerusalem should praise Yahweh
because he is our God and he will always be our God.
He will lead us for as long as we live.

Psalm 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.

Psalm 50

1 A Levite from the clan of Asaph wrote this song.

Yahweh is the only true God.
He has decreed that people from all over the world should come to him.
2 Mount Zion is as wonderful as a place can be *because God's temple is there*.
God's presence there is like a light that shines brightly.
3 Our God is approaching us *to judge us*.
He will now tell us *what we have done right and what we have done wrong*.
He is coming very powerfully, as he did at Mount Sinai,
when there was a great thunderstorm and a burning fire on the mountain as he approached it.
4 He calls upon the sky and the land *to serve as witnesses of his covenant with the Israelites*.
This demonstrates that he will judge them fairly *according to that covenant*.
5 He says, "Summon those who worship me faithfully,
those who made a covenant with me that involved offering sacrifices to me."
6 The sky displays the character of God so clearly,
it is as though it is saying,
"God is righteous, and he is the supreme judge." *Selah*
7 God says, "You Israelite people who belong to me, listen as I speak to you.
I am the God whom you worship. I am going to tell you what you have done right and what you have done wrong.
8 You continually burn animals completely on the temple altar as sacrifices to me,
so I have no complaint that you have failed to offer sacrifices to me.
9 However, I do not really need the bulls from your herds or the goats from your pens *that you sacrifice to me*.
10 I do not need them, because all of the animals that live in the forests belong to me.
All of the cattle everywhere on earth also belong to me.
11 I own all the birds that live in the mountains.
All the little creatures that move around in the fields also belong to me.
12 Because everything in the world belongs to me,
if I were hungry, I would not tell you *so that you would bring me some food to eat*.
13 When you sacrifice bulls to me, I do not eat their flesh,
and when you offer goats to me, I do not drink their blood.
14 I want you to offer sacrifices to me, your God,
because you have promised to do that to thank me for helping you.
I am the God who is greater than all other spirit beings.
15 So pray to me when you are in trouble.
If you do that, I will rescue you,
and then you will honor me *publicly by offering a sacrifice*."
16 But God says to wicked people,
"You should not be reciting my commandments or talking about the covenant that I made with you!
17 You should not do that, because you hate it when I correct you,
and when I tell you to do something, you refuse to obey me.
18 When you see someone stealing,
you decide that it is acceptable for him to steal.
When you learn that people are having sexual relations with people other than their spouses,
you do the same thing.
19 You do not restrain yourselves from saying wicked things,
and you make up things to say to deceive people.
20 You consistently say bad things about members of your own family,
even about your closest relatives.
21 You do all those things,
and I have not said anything to you about them,
so you think that I do not care about them any more than you do.
But now I am going to show you *all the wicked things you have done*,
and I am going to judge and punish you for doing them.
22 Many of you have been ignoring me.
Pay attention to what I am saying now!
If you do not, I will destroy you.
No one will be able to rescue you.
23 When people publicly offer sacrifices to thank me for helping them,
that honors me greatly.
If people live as I want people to live,
I will rescue them when they are in trouble."

Psalm 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.

Psalm 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.

Psalm 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.

Psalm 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.

Psalm 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*.

Psalm 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.

Psalm 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!

Psalm 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!"

Psalm 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.

Psalm 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.

Psalm 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.

Psalm 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.

Psalm 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.

Psalm 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.

Psalm 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.

Psalm 66

1 This is a note for the worship leader: This is a song, a psalm.

Everyone on earth should shout joyfully to praise God!
2 They should sing songs that tell how glorious God is
and how much he deserves praise for being glorious.
3 Everyone should tell God, "You do such amazing things!
You are so powerful
that your enemies come and bow down
fearfully in front of you.
4 Everyone on earth should worship you
and sing to praise you
for your excellent character." *Selah*
5 Come and consider what God has done!
Think about the amazing things that he has
done among people.
6 He made a dry path through the Sea of Reeds
so that our ancestors could walk right through it.
They also walked across the Jordan River *when
he stopped it from flowing*.
After they crossed, they celebrated what God had done,
and we should still celebrate that today.
7 He is so powerful that he rules forever.
He observes what all the people groups do,
so anyone who considers rebelling 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.

Psalm 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.

Psalm 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!

Psalm 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.

Psalm 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!

Psalm 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.

Psalm 72

1 A psalm of Solomon.

O God, please enable the man who is now
succeeding his father as king
to judge cases rightly, as you would do.
2 Enable him to judge the cases of Israelite people fairly,
especially for people who are vulnerable.
3 May the people live rightly so that they will be prosperous
as crops grow abundantly on the hillsides of the land.
4 Help the king to defend poor people and
rescue needy people
and defeat those who are oppressing them.
5 May each successive generation of the people respect you.
May they do that for as long as the sun and
the moon are in the sky!
6 May this king make the nation prosperous,
just as heavy rains soak the soil
and enable more hay to grow after a first cutting.
7 May people who live rightly prosper during the
time when he reigns,
and may the nation be very prosperous for as
long as the moon is in the sky.
8 May he rule over all of the surrounding territory,
right up to the shores of the seas.
May his realm extend from the Euphrates River to the
limits of the lands that people know.
9 May the leaders of the desert tribes bow down in front
of him *to acknowledge him as their ruler*,
and may his enemies lie facedown on the
ground *in submission to him*.
10 May the kings who rule the land of Tarshish and other
coastal areas pay tribute to him.
May the king of Sheba and the king of
Seba give him gifts.
11 In fact, may all the kings in the world acknowledge
him as their ruler,
and may every nation obey him.
12 May all these things happen because he rescues needy
people when they cry out for help
and he helps poor people who have no
one else to help them.
13 May he feel compassion for people who are weak
and needy and save their lives.
14 May their lives be important to him
so that he rescues them from people who are
oppressing and harming them.
15 May this king live for a long time!
May he receive much fine gold.
May people always pray for him and ask
God to bless him.
16 May the fields produce such abundant crops
that grain grows all the way up to the tops of the hills
and sways in the wind like the branches of
the trees in Lebanon.
May the cities in Israel be as full of people as
the fields are full of grass.
17 May people always remember what a good king this was,
for as long as the sun is in the sky!
May he do good things for many people,
and may the people of other nations say that
he has a good life.
18 Praise Yahweh, the God whom we Israelites worship;
he does amazing things that no one else can do.
19 Praise him forever for how glorious he is!
May his glory fill the whole world! Amen! Yes, amen!
20 This is the end of the prayers that David, the
son of Jesse, wrote.

Psalm 73

Book Three

1 Asaph wrote this psalm.

God truly is good to us Israelite people,
to those who want to do what pleases God.
2 As for me, I almost stopped trusting in God;
I was almost guilty of committing a great
sin against him

3 because I envied those who proudly acted as
if they did not need God,
when I realized that they prospered even
though they were wicked.
4 Those people do not suffer;
they always have plenty of food to eat.
5 They do not experience the difficult things
that other people do;
they do not experience catastrophes and
sicknesses like other people.
6 So they are proud and violent.
Their being prideful is like a necklace that they
show off to others, and they openly display
their violent actions like people openly
display the clothes they wear.
7 Their eyes protrude because their faces are fat,
and they are always thinking about more
evil things to do.
8 They scoff at other people, and wickedly talk about
doing unjust things to them;
they speak pridefully.
9 They exalt themselves and talk as if they
are God in heaven,
and they go about the earth talking boastfully.
10 The result is that people pay attention to them
and listen to everything they say.
11 Wicked people say to themselves, "God certainly
does not care what we do;
the Most High certainly will not judge us
for what we do!"
12 Look at how these wicked people live;
their lives are so easy that they never have to
worry about anything, and they are
always becoming richer.
13 *When I saw this I thought that* certainly it is
useless that I have thought about things
that are pleasing to you
and have not sinned.
14 Every day I suffer,
and every morning you punish me.
15 If I had said these things out loud in front of others,
surely I would have been sinning against your people.
16 When I tried to think about all this,
it was very difficult for me to understand it.
17 But when I went to the temple where people worship God,
then I understood what will happen to wicked
people in the future.
18 I know that you make their future insecure;
you will cause them to be ruined.
19 God will suddenly destroy these wicked people;
they will die in terrible ways.
20 Lord, when you act, you will cause the wicked
to quickly vanish;
they will vanish like a dream which disappears as
soon as a person awakes from their sleep.
21 When I was grieved in my inner being
and felt emotionally hurt,
22 I was stupid and ignorant;
I behaved like an animal toward you.
23 Nevertheless I am always with you;
you constantly stay close to me.
24 You lead me by instructing me,
and when I die, you will take me into your
glorious presence.
25 You are the only one I have in heaven!
There is nothing on this earth that I desire
more than you.
26 My body and my spirit may become very weak,
but God enables me to feel encouraged;
he has granted to me that I would belong
to him forever.
27 People who abandon you will perish;
you will ruin every person who is not loyal to you.
28 But for me, the only thing I need is to be close to God.
I trust in the Lord Yahweh to keep me safe
so that I may tell others everything you
have done for me.

Psalm 74

1 *A Levite from the clan of Asaph wrote this song.*

God, it feels as if you have permanently abandoned us!
You care for us Israelites the way a shepherd
cares for his flock.
So please do not continue to be angry with us.
2 Think about your people whom you chose long ago.
You rescued us from slavery so that we
would belong to you.
Think about Mount Zion, where you have
been present *in your temple*.
3 Come and walk through the ruins of your temple.
It seems that no one will ever rebuild it.
Look at all the damage that the enemy soldiers
did to your temple.
4 Your enemies shouted in triumph right there in the
place where you met with us Israelites.
They set up their battle flags to show that
they had conquered it.
5 They acted like woodsmen who were swinging axes
to cut down trees in a forest.
6 They smashed all the carved wooden panels with
their axes and hammers.
7 Then they burned down your temple completely.
They treated the temple where you were present
as if it were not a sacred place.
8 They said to themselves, "We will completely
subdue the Israelites."
They burned down every place in the land where
people gathered to worship God.
9 You no longer give us any signs,
and there are no prophets anymore.
None of us knows how long this will last.
10 God, do not allow your opponents to continue
to insult you!
Do not allow your enemies to keep treating
you with disrespect anymore!
11 You should not fail to use your great power.
Use your power to destroy your enemies!

12 God, I acknowledge that you have ruled
from ancient times.
You have been saving people throughout the earth.
13 By your great power, you pushed back the sea so
that the dry land would appear.
You created order out of the watery chaos.
14 It was as if you smashed the heads of a chaos
monster that lived in the sea
and left his body in the desert for scavengers to eat.
15 You are able to make springs and streams
flow in dry areas,
but you are also able to dry up rivers that
usually flow all the time.
16 You determine when it becomes day and when
it becomes night.
You make it light during the day when the sun shines.
17 You are the one who set all the boundaries of the earth.
You are the one who created the seasons of
summer and winter.
18 Yahweh, remember that your enemies have insulted you
and that foolish people have mocked your reputation.
19 Do not allow cruel enemies to destroy the people
whom you cherish.
Save the lives of your vulnerable people
before it is too late.
20 People are committing violent acts in places where
they think others will not see them.
So we need you to help us. Please do that because of
the covenant that you made with us.
21 We are asking you to help us; please do not disappoint us.
Then we poor and needy people will praise you
for what you have done.
22 Take action to defend yourself, God!
Do not allow foolish people to keep insulting you!
23 Do not ignore what your enemies are saying.
Your opponents keep shouting things against you.

Psalm 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."

Psalm 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.

Psalm 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.

Psalm 78

1 *A song of Asaph.*

My friends, listen to what I am going to teach you;
pay careful attention to what I will say.
2 I am going to give you some sayings that
wise people have said.
They will be sayings about things that
happened long ago,
things that were difficult to understand.
3 These are things that we have heard and
known previously,
things that our parents and grandparents told us.
4 We will tell these things to our children,
but we will also tell our grandchildren
to praise Yahweh
for his power and the glorious things that he has done.
5 He gave requirements and instructions to the Israelites,
those who are descended from Jacob,
and he told our ancestors to teach them
to their children.
6 He commanded this so that their children
would also know them
and so that they would teach them to
their own children.
7 In that way, they also would trust in God
and would not forget the things that he has done;
instead, they would obey his commandments.
8 They would not be like their ancestors,
who were very stubborn and kept rebelling
against God;
they did not continue firmly trusting in God,
and they did not worship him alone.

9 The soldiers of the tribe of Ephraim had bows and arrows,
but they ran away from their enemies on the day that
they fought with their enemies.
10 They did not do what they had agreed with
God that they would do;
they refused to obey his laws.
11 They forgot what he had done;
they forgot about the miracles that they
had seen him perform.
12 While our ancestors were watching,
God performed miracles in the area around
the city of Zoan in Egypt.
13 Then he caused the Sea of Reeds to divide,
causing the water on each side to pile up like a wall,
with the result that our ancestors walked
through it on dry ground.
14 He led them by a bright cloud during the day
and by a fiery light during the night.

15 He split rocks open in the wilderness
and gave to our ancestors plenty of water from deep inside the earth.
16 He caused a stream of water to flow from the rock;
the water flowed like a river.
17 But our ancestors continued to sin against God;
in the desert they rebelled against the one who is greater than any other spirit being.
18 By demanding that God give them the food that they desired,
they tried to find out if he would always do what they requested him to do.
19 They insulted God by saying,
"God surely cannot supply food for us here in this desert.
20 It is surely true that Moses struck the rock,
and God made a huge amount of water gush out,
but we, his people, *doubt* that he can also provide bread and meat for us."
21 So when Yahweh heard that, he became very angry,
and he sent a fire to burn up some of his Israelite people.
22 He did that because they did not trust in him,
and they did not believe that he would rescue them.
23 But God spoke to the sky above them
and commanded it to open like a door,
24 and then food fell down like rain,
food that they named "manna."
God gave them grain from heaven.
25 So the people ate the food that angels eat.
God gave to them all the manna that they wanted.
26 Later, he caused the wind to blow from the east,
and by his power he also sent wind from the south.
27 The wind brought birds to eat which fell like rain.
They were as uncountable as the grains of sand on the seashore.
28 God caused those birds to fall in the middle of their camp.
There were birds all around their tents.
29 So the people *cooked the birds and* ate the meat;
their stomachs were full
because God had given them what they wanted.
30 But they had not yet eaten all that they wanted,
31 when God angrily killed some of their strongest men.
He even sent young Israelite men to their graves.
32 In spite of all this, the people continued to sin;
in spite of all the miracles that God had performed,
they still did not trust that he would take care of them.

33 So he shortened their lives so they seemed to only be a few days or like they were gone as quickly as a breath of air,
and he terrified them during even those few years.
34 Whenever God caused some of the Israelites to die,
the others would repent;
they would be sorry and seriously ask God to save them.
35 They would remember that God was like a huge rock on which they would be safe,
and that he, who was greater than any other spirit being, was the one who would buy them back.
36 But they tried to trick God by lying to him.
37 They were not loyal to him;
they did not keep the promises between God and them.
38 But God acted mercifully toward his people.
He forgave them for having sinned
and did not get rid of them.
Many times he decided not to become angry with them
and did not furiously punish them.
39 He remembered that they were only humans who die,
humans who disappear as quickly as a wind that blows by and then is gone.

40 Many times our ancestors rebelled against God in the wilderness
and made him very sad.
41 Many times they did evil things to find out if they could do those things without God punishing them.
They frequently caused the holy God whom the Israelites worship to become sad.
42 They did not remember how powerfully he had acted,
and they *forgot* about the time when he rescued them from their enemies.
43 They forgot about all the wonderfully powerful things he did near Zoan in Egypt.
44 He turned the rivers of *Egypt* to blood,
so that the people could not drink their streams.
45 He sent swarms of flies among the people of Egypt that bit them,
and he sent frogs that destroyed everything.
46 He gave their crops to the locusts.
He let swarming locusts eat everything they had worked for.
47 He killed their grape vines with hail,
and killed their sycamore trees with frost.
48 He sent a terrible thunderstorm with hail to kill all their domestic animals.
49 Because God was fiercely angry with the people of Egypt,
he caused them to be very distressed.
The disasters that struck them were like a group of angels that destroyed everything.
50 He let himself be angry with them,
and he did not prevent them from dying;
he sent a serious illness that killed many of them.
51 In that plague he caused all the firstborn sons of the people of Egypt to die.
52 Then he led his people out of Egypt like a shepherd leads his sheep,
and he guided them like a flock in the desert.
53 He led them safely, and they were not afraid,
but their enemies drowned in the sea.
54 Later God used his power to bring the Israelite people to the land he had set apart,
to this hill country that he had taken for himself.
55 He drove out the people groups as the Israelites advanced;
he distributed the land for each tribe to possess as their own,
and he settled the tribes of Israel in the homes of those peoples.
56 But the Israelites defied the God who is greater than all other spirit beings and disobeyed him to see what he would do.

They did not obey what he had required them to do.
57 They turned away and were unfaithful, just as
their ancestors had been;
they were as unreliable as a bow that does
not shoot straight.
58 They made God angry by worshiping at shrines
on the hilltops,
and they made him jealous by worshiping carved idols.
59 When God saw what they were doing, he
became very angry
and completely rejected the Israelite people.
60 He stopped living at Shiloh,
the place where he had set up his tent and
lived among people.
61 He let enemies capture the sacred chest which showed
how strong and glorious he was.
62 He let enemies kill his people in battle,
because he was very angry with the people
who belonged to him.
63 Fire destroyed the young men,
and no one sang wedding songs for the young women.
64 Enemies killed the priests in battle,
and the wives they left behind were not
able to mourn for them.
65 Then the Lord acted as though he had been
sleeping and had woken up,
like a warrior who becomes alert after drinking wine.
66 He drove his enemies back
and disgraced them forever.
67 He did not choose the descendants of Joseph
to be the leading tribe,
and he did not choose the tribe of Ephraim.
68 Instead he chose the tribe of Judah
whose capital is on Mount Zion, which he loves.
69 He had them build his temple there, high up
like the heavens,
and he established it to last as long as the earth.
70 He chose David, who served him,
and took him away from tending the sheep.
71 He took David from caring for the mother
sheep and their lambs
and appointed him to lead the people of Israel,
the people who belonged to God.
72 David led them with a sincere and devoted heart,
and he guided them with great skill.

Psalm 79

1 A Levite from the clan of Asaph wrote this song.

God, foreign nations have invaded the land
that belongs to you.
They have made your holy temple unfit for worship,
and they have made Jerusalem a pile of ruins.
2 They left the dead bodies of the people who
were faithful to you
for birds and wild animals to eat.
3 They killed so many of your people that blood flowed
like water all around Jerusalem.
There were not enough people still alive to bury them.
4 The people of the nations around us insult
us and laugh at us.
5 Yahweh, please do not stay so very angry with us,
even though we sinned against you by
worshiping other gods.
6 The people of other nations do not honor you as God.
You should be angry with them and punish them,
7 because they are the ones who have killed
so many Israelites
and destroyed the land in which they lived.
8 Please forgive the wicked things we did in the past.
Quickly be merciful to us,
because we are desperate.
9 God, you are the one who saves us, so please help us!
Do that for the sake of your glorious reputation.
Forgive us for our sins so that people will honor you.
10 Do not let the other nations say, "Their God
was not able to help them!"
We want to see you punish those nations
for killing the people who serve you.
11 Listen to the moans of your people who are now captives,
and use your great power to save those who
are about to die.
12 Lord, pay back our neighbors directly, seven times over,
for the insults they have spoken against you!
13 Then we will always thank you.
You care for us, your people, the way a
shepherd cares for his sheep.
Each generation of Israelites will tell their children
how wonderful you are.

Psalm 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 cherubs;
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.

Psalm 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."

Psalm 82

1 A Levite from the clan of Asaph wrote this song.

God has taken his place in the assembly that he governs;
he pronounces judgment on the rulers there.
2 He says, "You must stop making unjust decisions
and favoring wicked people! *Selah*
3 Defend poor people and orphans,
and decide cases fairly for people who have
no one else to help them.
4 Save defenseless people
from what wicked people want to do to them!
5 You are foolish and ignorant!
You do not recognize the right things to do.
People are no longer living by the basic principles
that make a society fair.
6 I said, 'You are spiritual beings;
you are all rulers over creation like the Most High.
7 But you will die as humans do;
you will lose your power just as rulers do.'"
8 God, you rule all the nations,
so take action and judge the people who
live on the earth!

Psalm 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.

Psalm 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!

Psalm 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.

Psalm 86

1 A prayer of David.

Yahweh, I am poor and helpless,
so please do what I ask.
2 I am loyal to you, so please protect me.
I worship you as my God and I trust you,
so please save me.
3 I have been crying out to you continually, Lord,
so please be kind to me.
4 I am asking you to help me, Lord, as someone
who worships you,
so please make me happy by doing that.
5 Do this, Lord, because you are good and you
forgive people's sins.
You very faithfully love everyone who prays to you.
6 Yahweh, I am pleading with you in prayer to help me;
please do what I ask.
7 Whenever I am in trouble, I call out to you,
because I know that you will help me.
8 Lord, among all the gods that the nations worship,
there is none like you;
none of them has done the great things that
you have done.
9 Lord, the nations that you have made
will all come and bow down before you,
and they will praise you.
10 They will do this because you are great and
you do amazing things;
you are the only true God.
11 Yahweh, please teach me how you want me to live
so that I will act properly, as you wish.
Give me a sincere desire to honor you.
12 Lord my God, I will thank you wholeheartedly,
and I will praise you forever.
13 I will do that because you have been so
faithfully kind to me;
you have kept me from going way down into
the place where dead people are.
14 God, proud people are attacking me.
Yes, a group of cruel people is trying to kill me;
those people do not respect you.
15 But you, Lord, are a God who is merciful and kind.
You do not quickly become angry,
and you are so faithfully kind and true to us.
16 Consider my situation and be kind to me;
make me, your servant, strong.
Help me as if I had been born in your household.
17 Do something to show that you are helping me
so that my enemies will see it, and it will
embarrass them.
I believe that you, Yahweh, will help me
and comfort me.

Psalm 87

[1] One of the Korahites wrote this song.

Yahweh established his city on mountains
that he made holy.
[2] He loves the city of Zion
more than any other place where Israelites live.
[3] People say wonderful things about this city that
belongs to God. *Selah*
[4] *Yahweh says,* "When I talk about people who know me,
this will include Egyptians and Babylonians.
Indeed, I will also say about Philistines and
Tyrians and Cushites,
'This person is a native of Zion.'"
[5] People will say about Zion, "Every one of those
people is a native of that city,"
and God Most High will personally keep Zion strong.
[6] When Yahweh registers each of those people,
he will record, "This person is a native of Zion." *Selah*
[7] Singers and musicians *will celebrate and say*,
"Zion, everything that makes me flourish
comes from you!"

Psalm 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.

Psalm 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!

Psalm 90

Book Four

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!

Psalm 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.”

Psalm 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.

Psalm 93

1 Yahweh, you are the King!
It is as though you are wearing royal robes that
are majestic and powerful.
You are the one who put the world firmly in place,
and no one can move it *out of its place*.
2 You have been king since long ago;
you have always existed.
3 Yahweh, the oceans rise up;
their waves *loudly* pound *against the shore*;
it is as though they roar with a powerful voice.
4 But you are more powerful than the roar of those oceans;
you are more powerful than the huge ocean waves!
You are Yahweh, the one who is great and powerful!
5 Yahweh, your laws are completely reliable;
your temple is a beautifully holy place.
That will be true forever.

Psalm 94

1 Yahweh, you are a God who punishes *your enemies*.
So reveal *to them* who you are!
2 You are the one who judges all people on the earth;
so take action and give the arrogant people
what they deserve.
3 Yahweh, wicked people just continue to be glad,
and that is not right!
4 They abundantly speak arrogant things;
all people who do evil things say that they
are great people.
5 Yahweh, it is as though those wicked people
were crushing us, your people;
they distress the people who belong to you alone.
6 They murder widows, people from other countries,
and also young people who have no fathers.
7 Those wicked people think to themselves, “Yahweh
does not see *any of this*;
the God whom the Israelites worship does not
notice *the evil things that we do*.”
8 You wicked people in Israel need to understand
what is right;
you have been stupid and foolish far too long!
9 Since Yahweh is the one who made ears,
of course he can hear *what you say*!
Not only that, he created eyes;
so of course he can see *the evil things that you do*!
10 He corrects *the leaders of* other nations,
so he will punish *you*, as well.
He has taught people everything that they know,
so of course he knows everything *that you do*.
11 Yahweh knows everything that people are thinking;
he knows that what they think is evil and useless.
12 Yahweh, how fortunate are those who allow
you to discipline them,
how fortunate are those whom you teach
from your laws!

13 You relieve those people from bad things
when they happen,
and someday you will punish the wicked people
and stop them from doing wicked things.
14 This will happen because Yahweh will not
reject his people;
he will not desert those who belong to him.
15 Yes, someday judges will again decide matters
fairly for people,
and all honest people will be pleased about that.
16 *But when evil people oppressed me,*
I could find no one to defend me
against the wicked things that evil people did to me.
17 If Yahweh had not helped me *at that time*,
I would have gone quickly to the place where
dead people say nothing.
18 Just when I thought, "I am about to die,"
then, Yahweh, you saved me by being faithful
and loving to me.
19 Whenever I am very worried,
you comfort me and cause me to be happy.
20 Corrupt rulers,
those who establish laws that allow people
to do what is not right,
cannot be your friends.
21 They plot together how to destroy righteous people,
and they declare that innocent people must die.
22 But Yahweh has become like a fortress for me;
my God is like a huge rock that protects me.
23 He will do to those wicked leaders the terrible things
that they have done to others;
he will get rid of them because they do wicked things.
Yes, Yahweh our God will get rid of them.

Psalm 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!'"

Psalm 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.

Psalm 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!

Psalm 98

1 A psalm.

Sing to Yahweh a new song
because he has done wonderful things!
By being powerfully holy he has saved *his people*.
2 Yahweh has shown openly that he saves *his people*;
he has revealed to people all over the world that he always does what is right.
3 He is always loyal to his covenant to be faithful to the Israelite people.
Even the people who live in the most remote places of the earth
will see that our God saves *his people*.
4 All you people everywhere should shout joyfully to Yahweh;
praise him while you sing joyfully and make music!
5 Play to Yahweh on a harp,
and sing along as you play.
6 *Some of you should* blow trumpets and ram's horns *while others* shout joyfully to Yahweh, our king!
7 The oceans and all *the creatures* that are in the oceans should roar *to praise Yahweh*.
The earth itself and everyone on it should do the same!
8 It should seem as though the rivers were clapping their hands *to praise Yahweh*
and that the hills were singing together joyfully
9 before Yahweh because he will come to judge everyone on the earth!
He will judge all the people in the world justly and fairly.

Psalm 99

1 Yahweh is the supreme king,
so all people should tremble *in front of him*!
He sits on his throne *in the temple* above the *statues of* the cherubs,
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!

Psalm 100

1 A psalm of thanksgiving.

Everyone in the world should shout joyfully to Yahweh!
2 We should worship Yahweh gladly!
We should come before him singing joyfully.
3 We should acknowledge that Yahweh is God.

It is he who made us; we did not make ourselves.
We are the people who belong to him;
we are like sheep that he cares for as a shepherd does.
4 Enter the gates *of his temple* thanking him;
enter the courtyard *of his temple* singing
songs to praise him!
Thank him and praise him
5 because Yahweh always does good things for us.
He will faithfully love us forever,
and he will always fulfill everything that
he has promised.

Psalm 101

1 David wrote this psalm.

Yahweh, I will praise you with singing!
I will sing that you are just and that you
faithfully love us.
2 I will examine how to live in the right way.
Yahweh, I need you to come and help me!
In everything that I do in my household, I will
sincerely try to do what is right.
3 I will not tempt myself to do any bad thing.
I hate any kind of sinful action;
I will not allow myself to think about
doing those things.
4 I will not be dishonest,
and I will not do anything evil.
5 I will get rid of anyone who secretly slanders
someone else.
I will not tolerate anyone who is proud or arrogant.
6 I look for people in this land who are loyal to God
to help me rule *this nation*.
Only people who behave honestly may work for me.
7 I will not allow anyone who deceives others
to work in my palace,
and I will not allow anyone who tells lies to
continue working for me.
8 I will start every day by working to get rid of all of
the wicked people in this land.
I will expel everyone who does what is evil from
this city that belongs to Yahweh.

Psalm 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."

Psalm 103

1 A psalm of David

I tell myself, "Praise Yahweh!"
To everything that is within me, I say, "Praise
him because he is holy!"
2 I tell myself, "Praise Yahweh,
and think about all of the kind things that
he has done for me."
3 He forgives all of my sins,
and he heals me from all of my sicknesses.
4 He rescues me from things that would kill me;
he blesses me by faithfully loving me and
acting mercifully to me.
5 He gives me plenty of good things *during my entire life*.
He makes me feel young *and strong as though
I could fly high* like an eagle.
6 It is Yahweh who does all this! He does what is
right and judges justly for all those whom
people have been treating unfairly.
7 *Long ago* he revealed to Moses the way that he works;
he showed to *our ancestors,* the people of Israel,
the *mighty* things that he can do.
8 Yahweh acts mercifully and kindly;
he does not quickly get angry *when we sin*;
he always faithfully loves us.
9 He will not always rebuke us,
and he will not remain angry forever.
10 He does not punish us for our sins nearly as
much as we deserve.
11 Indeed, as high as the sky is above the earth,
that is how much Yahweh faithfully loves
everyone who reveres him.
12 He has taken away the guilt for our sins
and put it as far from us as the east is from the west.
13 Just as parents always love their children,
Yahweh always loves those who revere him.
14 Indeed, he certainly knows how weak we are;
he remembers that he created us from dust.
15 The lifetime of humans passes quickly, like that of grass.
We are like wild flowers that bloom for a short while,
16 but then the wind blows over them and they disappear,
and no one knows they were ever there.
17 But Yahweh will continue to faithfully love
all those who revere him, forever.
He will do what is right for generations
of their children,
18 that is, he will act that way to all those who obey
the covenant that he made with them.
Yes, he will act that way to all those who obey
what he has commanded us to do.
19 Yahweh rules as king in heaven.
From there, he rules over everything.
20 Praise Yahweh, you angels who belong to Yahweh,
You powerful warriors who do what he tells you to do,
you who obey what he commands!
21 Praise Yahweh, all you armies of his angels,
you who serve him and do what he desires!
22 All of the creatures that Yahweh has created
should praise him!
They should praise him in every place where
he rules, *which is everywhere*!
I say to myself, "Praise Yahweh!"

Psalm 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!

Psalm 105

1 Give thanks to Yahweh; worship him and pray to him.
Tell everyone in the world what he has done!
2 Sing to him; praise him with instruments;
tell others about all of his wonderful miracles!
3 Be proud of Yahweh, who is the holy one.
You people who worship Yahweh, rejoice!
4 Ask Yahweh to help you and to make you strong;
always try to be with him!
5–6 You people who are descendants of Yahweh's
servant Abraham,
you descendants of Jacob, the people whom
Yahweh has chosen,
think about all of the wonderful things
that he has done;
he performed miracles, and he proclaimed
righteous judgments.
7 He is Yahweh, the God whom we worship.
He rules over people throughout the earth.
8 He never forgets the covenant that he made;
that is, he will maintain what he promised
for countless generations.
9 That is the covenant that he made with Abraham,
and that he repeated with an oath to Isaac.
10 Then he repeated it as a reliable covenant with Jacob,
that is, with Israel, and it was a covenant
that would last forever.
11 What Yahweh said to them was, "I will give to
you the region of Canaan;
that will be what you *and your descendants*
inherit from me."
12 Yahweh said that to the people of Israel when
there were only a few of them.
They were just a tiny group of people who were
living in that land like strangers.
13 They continually wandered from one place to another,
living in various kingdoms and people groups.
14 But Yahweh did not allow others to oppress
the people of Israel.
On their behalf, he warned kings *by saying to them*,
15 "Do not harm the people whom I have chosen!

Do nothing bad to my prophets!"
16 Yahweh created a famine in the land of Canaan,
that is, all of the people there had no food to eat.
17 *So the people of Israel went to Egypt, but* before they went,
Yahweh had already sent someone *there*.
He sent Joseph, whom his brothers had
sold to be a slave.
18 *Later, while Joseph was in prison in Egypt,*
the guards trapped his feet in shackles,
and they put an iron collar around his neck.
19 *Joseph was in prison* until the time
when the events that he had predicted happened.
Yahweh spoke to him *during this time* and taught
Joseph to trust him more.
20 The king of Egypt, the ruler of the people,
commanded his servants
who went to the prison and set Joseph free.
21 Then the king chose Joseph as the one to decide about
everything in the king's household,
that is, to be in charge of everything that
the king possessed.
22 The king permitted Joseph to command the
king's officials
to do anything that Joseph wanted them to do,
and Joseph taught the king's advisors how to be wise.
23 *Later, Joseph's father* Jacob, also called Israel,
arrived in Egypt.
He lived like a foreigner in that land that belonged
to the descendants of Ham.
24 Over the years, Yahweh caused the descendants of
Jacob to become very numerous.
As a result, the enemies of the people of Israel
considered that the people of Israel
were becoming too strong.
25 So Yahweh caused the rulers of Egypt to hate
Yahweh's people,
and they devised ways to oppress his people.
26 But then Yahweh sent his servant Moses
along with *Moses' older brother* Aaron, whom Yahweh
had also chosen *to serve him*.
27 Those two performed Yahweh's amazing miracles
among the people of Egypt
in that land where the descendants of Ham lived.
28 Yahweh sent darkness so that the land of Egypt was dark,
and Moses and Aaron obeyed what Yahweh
told them to do.
29 Yahweh caused all of the water in Egypt to become blood,
which caused all of their fish to die.
30 Then he caused the land to become full of frogs;
the royal family even had frogs in their bedrooms!
31 Then Yahweh commanded *that flies come*, and *swarms of*
flies descended *on the people of Egypt*.
Gnats also swarmed across the whole country.
32 Yahweh sent them hail instead of rain,
and he started fires that burned throughout their land.
33 The hail ruined their grapevines, fig trees,
and destroyed all the other trees in their country.
34 Yahweh commanded locusts to come, and hordes
of them came of different kinds;
so many came that no one could count them.
35 The locusts ate every green plant in their land,
including all of the crops.
36 Then Yahweh killed every firstborn son, the one who
first demonstrated that the man was virile,
in every house of the people of Egypt.
37 Then Yahweh brought the Israelite people out *from Egypt*.
They were carrying *many heavy things made
of* silver and gold *that the people of
Egypt had given to them*,
and yet none of his people stumbled as they went.
38 The people of Egypt were glad when the
Israelite people left
because the people of Egypt had become very
afraid of the Israelites.
39 *Then* Yahweh spread a cloud to cover the Israelites;
and at night *it became* a *big* fire *in the sky*
to give them light.
40 *Then* the Israelites asked *for meat to eat*,
and Yahweh sent *flocks of* quail to them,
and he gave them plenty of *manna* bread from
the sky *each morning*.
41 *One day* Yahweh split open a rock, and water poured
out *from the opening for the people to drink*.
The water became a river flowing in the desert.
42 Yahweh did those things because he continually
thought about the sacred promise that he had
given to his servant, Abraham.
43 So his people were joyful as Yahweh brought
them out *from Egypt*.
These people whom he had chosen were shouting
joyfully as they went.
44 Then Yahweh gave to the people of Israel the land
that had belonged to the people groups
that lived there in Canaan.
So the Israelites took over the fields that
those peoples had planted.
45 Yahweh did all these things
so that his people would do all the things that
he had commanded them to do.
Praise Yahweh!

Psalm 106

1 Praise Yahweh!
Thank Yahweh because he is good
and because he faithfully loves us forever!
2 Because Yahweh has done so many great things,
no one can tell all the great things that
Yahweh has done,
and no one can praise him enough.
3 How happy are those who act fairly,
always doing what is right!
4 Yahweh, be kind to me when you help your people!
Include me when you rescue them!
5 Allow me to see the people whom you have chosen
become prosperous again.
Allow me to be happy with the people of your nation
when they become happy again.

Allow me to praise you along with all those
others who belong to you.
6 We have sinned just as our ancestors did;
we have done all kinds of evil.
7 Our ancestors did not appreciate the wonderful things
that you did when they were in Egypt.
They forgot about the many times that you showed
that you faithfully loved them.
Instead, when they were at the Sea of Reeds,
they rebelled against you.
8 Even so, he rescued them because of who he is,
so that he could show that he is very powerful.
9 He rebuked the Sea of Reeds and it became dry.
Then he led our ancestors through it and even the
deepest parts were as dry as a desert.
10 In that way he rescued them from their hateful enemies.
11 Then their enemies drowned under the water
of the Sea of Reeds;
not one of them remained *alive*.
12 When that happened, our ancestors believed that
Yahweh had truly done for them what
he had promised to do,
and they sang to praise him.
13 But they soon forgot what he had done for them;
they did things without waiting to find out what
Yahweh wanted them to do.
14 They intensely wanted certain foods in the wilderness.
They did evil things there that challenged
God to punish them.
15 So he gave them what they requested,
but then he made many of them sick so that they died.
16 Later when some of the men in the camp
became resentful of Moses
and of *his older brother* Aaron, who was dedicated to
serve Yahweh *by being a priest*,
17 the ground opened up and Dathan fell into it
and it also buried Abiram and his people.
18 God made a fire start among their people
that burned up all the wicked people *who
agreed with them*.
19 Then the Israelite leaders made a metal statue
of a calf at Mount Horeb
and they worshiped it.
20 So instead of worshiping their glorious God,
they worshiped a statue of a bull that eats grass!
21 They ignored God, who had rescued them by the great
miracles that he performed in Egypt.
22 They stopped thinking about the wonderful things
that he did for them in Egypt
and the amazing things that he did for them
at the Sea of Reeds.
23 Because of that, God said that he would get
rid of the Israelites;
but Moses, whom God had chosen *to serve him*,
confronted God to persuade him not to destroy *them*.
24 Then our ancestors refused to enter the
beautiful land *of Canaan*
because they did not believe that God would fulfill
his promise *that he would enable them to take
the land from the people who were living there*.
25 Instead, they stayed in their tents and complained.
They did not obey what Yahweh said that
they should do.
26 So Yahweh solemnly swore to them
that he would cause them to die there in
the wilderness,
27 and that he would spread their descendants
among the people of other nations,
yes, that he would disperse them in those *foreign* lands.
28 Later the Israelite people began worshiping the
statue of Baal at Mount Peor,
and they ate meat that had been sacrificed
to dead *ancestors*.
29 When the people did these things, that made
Yahweh angry,
so *again* he caused many of them to get
a terrible disease.
30 But Phinehas stood up and punished *the ones
who had sinned*,
and as a result the plague ended.
31 Because of what Phinehas did, people have considered
him to be a righteous man,
and people in all future years will continue to
remember him as righteous.
32 Then at Meribah, where the water came out *of
the rock*, our ancestors caused Yahweh
to become angry *again*,
and Moses suffered because of what they did.
33 Moses suffered because they caused him to
become very angry,
and he said things that were foolish.
34 Our ancestors did not destroy the other people groups
as Yahweh had told them to do.
35 Instead, the men married women from those
people groups,
and they started doing the *evil* things that
those people did.
36 Our ancestors worshiped the idols of those people,
and that is how they began to reject Yahweh
and his ways.
37 *Many of* the Israelites sacrificed their sons and daughters
to the demons *that those idols represented*.
38 They killed their own sons and daughters, who
had done nothing wrong,
by offering them as sacrifices to the idols
of the Canaanites.
Because of those murders, the land of Canaan
became defiled.
39 Because of what they did they made it impossible
for Yahweh to accept them.
By worshiping idols instead of faithfully
worshiping only Yahweh,
they became like prostitutes.
40 So Yahweh became very angry with his people;
he was completely disgusted with them.
41 As a result, he allowed other people groups to
conquer our ancestors,
so that those who hated our ancestors were their rulers.
42 Their enemies oppressed our ancestors
and completely controlled them.

43 Many times Yahweh saved his people,
but they insisted on rebelling against him,
and they destroyed themselves by being
more and more sinful.
44 However, Yahweh saw everything that was
distressing to them,
and he listened to them when they cried
out to him for help.
45 He thought about the covenant that he had
made with them,
and because he was completely committed
to faithfully loving them,
he decided that he would stop *punishing them*.
46 He caused all those who had captured the Israelites
to feel sorry for them.
47 Yahweh our God, rescue us
and bring us back to Israel from among those
other people groups
so that we may thank you who are holy
and joyfully praise you!
48 Praise Yahweh, the God whom we Israelites worship!
Praise him now and forever!
Let all the people say, "We agree!
Praise Yahweh!"

Psalm 107

Book Five

1 Thank Yahweh because he is good
and because he faithfully loves us forever!
2 Those whom Yahweh has saved should tell others
that he has rescued them from their enemies.
3 He has gathered them together from *many foreign* lands;
he has gathered them from the east and the west,
from the north and from the *southern* sea.
4 Some of those who returned from those countries
wandered in the trackless desert;
they could find no town to live in.
5 They were hungry and thirsty,
and they became weak and discouraged.
6 Then because they were distressed, they called
out to Yahweh,
and he rescued them from what was distressing them.
7 He led them along a straight road where
they walked *safely*
to cities where they could live.
8 They should praise Yahweh for how he has
loved them faithfully
and for the wonderful things that he does
for all people!
9 They should thank him because he satisfies
people who are thirsty,
and he gives hungry people plenty of good food to eat.
10 Some of them sat in deep darkness;
they were prisoners, suffering in iron *chains
fastened to their hands and feet*.
11 They were suffering in prison because they had
rebelled against God;
they actually rejected the instructions that the
Most High God gave to them.
12 God made them experience difficult things so that
they would no longer be proud.
When bad things happened to them, there was
no one who would help them.
13 Then because they were so distressed, they
called out to Yahweh,
and he rescued them from what was distressing them.
14 He broke the chains that were on their hands and feet
and brought them out of those very dark prisons.
15–16 Yahweh broke down the bronze gates
and he cut through the iron bars of their prison.
Therefore they should praise Yahweh for how
he has loved them faithfully
and for the wonderful things that he does
for all people!
17 Some of them foolishly rebelled *against God*,
and they suffered because of their sins.
18 They did not want to eat any food,
and they almost died.
19 Then because they were so distressed, they
called out to Yahweh,
and he rescued them from what was distressing them.
20 Then Yahweh healed them by speaking a
message of healing;
in this way he saved them from dying.
21 They should praise Yahweh for how he has
loved them faithfully
and for the wonderful things that he does
for all people!
22 They should give offerings to him to show
that they are thankful,
and they should tell about the miracles that he
has performed by singing joyfully!
23 Some of them sailed in ships;
they bought and sold things far away across the sea.
24 These people saw the creatures that Yahweh created;
they saw the amazing things that he had made *as
they traveled* across the very deep seas.
25 Then he commanded the winds to become strong.
They became a storm and stirred up very high waves.
26 The ships in which they were sailing went
up on the high waves,
then they went down into the troughs
between the waves.
This dangerous action terrified the sailors.
27 They stumbled about and staggered as drunken men do,
and everything that they tried to do was useless.
28 Then because they were distressed, they called
out to Yahweh,
and he rescued them from what was distressing them.
29 He calmed the storm
and he stilled the waves.
30 Then they were very glad that the storm had become calm
and Yahweh brought them *safely* into the harbor
where they had wanted to go.

31 They should praise Yahweh for how he has
loved them faithfully
and for the wonderful things that he does
for all people!
32 They should praise him among the Israelite people
when they have gathered together,
and they should praise him in front of the
leaders of the community.
33 Yahweh causes rivers to become dry
so that the land becomes barren,
and he makes springs of water to become dusty ground.
34 Yahweh causes land that normally produces a lot of
crops to become salty wastelands.
He does that because the people who live
there are very wicked.
35 But Yahweh also creates pools of water in deserts,
that is, he causes springs to flow where the
ground had been dry.
36 Then he brings people who are hungry into that land,
to live there and to build cities there.
37 Then they sow *some of* the fields with seeds
and *in other fields* they plant grapevines
and it all produces *a large amount of* crops.
38 He blesses those people so that they have
very many children,
and so that their herds of cattle become very large.
39 Then the people become fewer because the
leaders oppress them
and cause them to become distressed and to suffer.
40 Then Yahweh shows that he despises the
leaders *who oppress them*,
and makes those leaders wander in a wilderness
where there are no roads.
41 But he rescues poor people from those who oppress them
and causes *their* families to increase in number
as flocks of sheep do.
42 People who live rightly see *Yahweh do these
things*, and they rejoice;
wicked people *know about these things, too,
but they* have nothing to say in reply.
43 Those who are wise should think carefully
about these things;
they should thoughtfully consider all the things
that Yahweh has done to show that
he faithfully loves them.

Psalm 108

David wrote this psalm. It is a song.

1 God, I am completely committed to *worshiping* 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.

Psalm 109

1 A note to the worship leader: David wrote this psalm.

God, you are the one whom I praise,
so please answer my prayer
2 because evil and dishonest people slander me
and tell lies about me.
3 On all sides of me they say things that show
that they hate me,
and they harm me for no reason.
4 I show them that I love them
but instead of being kind to me, they say
that I have done evil things.
So I pray to God *about it*.
5 I do good things for them and they respond by
doing evil things to me.
I love them and they respond by hating me.
6 So appoint a wicked judge who will judge my enemy,

and bring one *of his enemies* who will stand next to
him and accuse him *of doing evil things*.
7 Let that judge declare that my enemy is guilty,
and may you judge that even his prayer *to you* is a sin.
8 Then cause him to die soon;
let people honor someone else rather than him.
9 Cause his children not to have a father anymore,
and cause his wife to become a widow.
10 Cause his children to wander far from their ruined homes,
begging and looking for food.
11 Let the people to whom he owed money seize
all of his property;
let strangers take away everything that he
worked to acquire.
12 Make sure that no one is faithfully loving to him;
make sure that no one pities his fatherless children.
13 Cause all his children to die,
so that there will not be another generation
to continue his name.
14 Yahweh, consider all of the evil things that
his ancestors did
and do not forgive the sins that his mother committed.
15 Please think about their sins always,
but cause everyone on earth to completely
forget who they were.
16 I pray these things because that man*, my enemy,*
was never faithful toward anyone as
your covenant says we must be;
instead, he persecuted poor, needy, and
grieving people
until they were dead.
17 He enjoyed cursing *other people*,
so now people are cursing him.
He did not want to bless *other people*,
so there will be no one who blesses him.
18 Cursing *other people* is as natural for him as
wearing clothes.
Cursing *other people* is so much a part of who he is
that it is like the water that he drinks;
it is so much a part of who he is that it is like olive oil
that has soaked into his bones.
19 Cause those terrible curses to continually afflict
him like clothes that cling to him
and like the belt that he wears every day.
20 Yahweh, let this *curse* be the way that you punish all of
those who accuse me *of doing bad things*
and all of those who say evil things about me.
21 But you, Yahweh, my God, please be kind to me
because of who you are!
Rescue me *from my enemies*
because you faithfully love me as you promised.
22 I ask you to do this because I am destitute
and I am intensely sorrowful.
23 I think that my time to remain alive will end
as quickly as an evening shadow disappears.
I will be gone as quickly as a man shakes off a locust.
24 My knees are weak because I have fasted very often,
and my body has become very thin; any fat is gone.
25 The people who accuse me despise me;
when they see me, they insult me by shaking
their heads at me.
26 Yahweh, the God whom I worship, please help me!
Rescue me because you faithfully love me!
27 Then my enemies will know
that you, Yahweh, are the one who has done it!
28 As for them, they will curse *me*, but you, in
contrast, will bless *me*.
When they persecute *me*, *the result will be that*
you make them ashamed,
but you cause *me,* your servant, to be glad!
29 Please let everyone see that those who accuse
me are completely disgraceful!
Yes, cause other people to see that they are
shameful as easily as someone sees the
clothes that they wear!
30 I will thank Yahweh very much out loud;
I will praise him when I am among the crowd of
people who are worshiping him.
31 I will do that because he defends poor people *like me*
in order to save *us* from those who would
condemn us to die.

Psalm 110

1 David wrote this psalm.

Yahweh said to my lord,
"Sit *here,* close to me, in the place of highest honor
until I completely defeat your enemies
and make them *like* a stool for your feet!"
2 Yahweh will extend your powerful kingdom
from Zion *to other lands*;
you are to rule over all your enemies.
3 When you lead your army into battle,
your people will offer themselves freely
to join your army.
The way that they are completely devoted
to you will be beautiful.
You will be as strong as you were as a
young man every day,
as surely as the dew comes that waters the
earth every morning.
4 Yahweh has made a solemn promise
and he will never change his mind *about it*;
he said to the king, "You are an eternal priest
in the way that Melchizedek was a priest."
5 The Lord fights for you;
when he becomes angry, he defeats many kings.
6 He will punish the people of many nations;
he will cause many *enemy soldiers* to fall dead,
with crushed heads,
all over a broad land.
7 But the king will drink from the stream
alongside the road;
because of *all* this, he will be victorious.

Psalm 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!

Psalm 112

[1] Praise Yahweh!
How fortunate are those who have a profound
respect for Yahweh;
How fortunate are those who happily obey
his commands!
[2] Their descendants will prosper in their land;
Yahweh will bless all who do what is right.
[3] Their families will be wealthy,
and their righteous deeds will endure forever.
[4] For those who honor God, it is as if a light were
shining on them in the darkness,
on those who are kind, merciful, and righteous.
[5] It is good to be kind to others and to generously
lend money to them.
A person like that does everything honestly.
[6] Righteous people do this because they know that bad
things will never overwhelm them;
other people will always *joyfully* remember them.
[7] Righteous people are not afraid when they
receive bad news;
they confidently trust in Yahweh.
[8] They are confident and not afraid
because they know that they will see God
defeat their enemies.
[9] They give things generously to poor people;
their kind deeds will endure forever;
people will greatly honor them.
[10] Wicked people will see *those things* and become angry;
they will gnash their teeth *angrily*,
then people will stop hearing from them
and they will die.
The wicked things that they want to do
will never happen.

Psalm 113

[1] Praise Yahweh!
You people who serve Yahweh, praise him!
Praise Yahweh for who he is!
[2] Everyone should praise Yahweh for who he is,
both now and forevermore!
[3] From the people who live in the far east to the
people who live in the far west,
everyone should praise Yahweh for who he is!
[4] Yahweh rules over all the nations,
he is more glorious than anything under the heavens.
[5] There is no one who is like Yahweh, the God
whom we worship,
who sits on his throne in the highest heaven
[6] and who stoops down to look at the sky
and at the earth.
[7] He rescues very poor people from the very
poor way that they live
[8] and causes people to honor them by making them
leaders among those who rule his people.
[9] He also enables women who have had no children
to live in their houses
as happy mothers with children.
Praise Yahweh!

Psalm 114

[1] When the Israelite people left Egypt,
yes, when the descendants of Jacob left those people
who spoke a foreign language,
[2] the land of Judah became the place where
people worshiped God;
and the land of Israel became the area
that he ruled over.
[3] *When they came to* the Sea *of Reeds*,
it was as though the water saw *them* and ran away!
When they came to the Jordan River,
the water in the river stopped flowing *so that
the Israelites could cross it*.
[4] *When Mount Sinai shook,*
it was as though the mountains skipped like rams
and the hills jumped like lambs.

5 *If someone asks,* "What happened at the Sea *of Reeds*
that made it seem to run away?
What happened that caused *the water in* the
Jordan *River* to stop flowing?
6 *What happened at Mount Sinai that made the*
mountains *seem to* skip like rams
and made the hills *seem to* jump like lambs?"
7 *I would reply,* "The earth trembles because
the Lord is there!
Everyone should tremble because of the presence
of the God whom Jacob worshiped!"
8 He is the one who caused pools of water to flow from
a rock *for the Israelite people to drink*;
indeed, he caused a spring to flow from a solid rock!

Psalm 115

A psalm written by David

1 Yahweh, *we ask* not so people will honor us,
no, not that at all;
rather, we want people to honor you alone
because of seeing how you faithfully love us and by
seeing you do what you have promised to do.
2 It is not right that other people groups
should say *about us*,
"We do not see their God doing anything *to help them*."
3 Well, the God whom we worship lives in heaven;
he does whatever he wants!
4 But the idols of those people groups are only
silver and gold *statues*;
humans made them.
5 Their idols have mouths, but they cannot say anything;
they have eyes, but they cannot see anything.
6 They have ears, but they cannot hear anything;
they have noses, but they cannot smell anything.
7 They have hands, but they cannot feel anything;
they have feet, but they cannot walk;
they cannot even make any sounds in their throats!
8 The people who make those idols are *as*
powerless as those idols,
Everyone who trusts in those idols *to do*
anything is also *powerless*!
9 You, my fellow Israelite people, trust in Yahweh!
He is the one who helps you and protects
you like a shield.
10 You *priests, the* descendants of Aaron, trust in Yahweh!
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!

Psalm 116

1 I love Yahweh
because he hears me when I cry out for him to help me.
2 I love him because he listens to me,
so I will call out to him all during my life.
3 Everything around me caused me to think that
I was about to die;
it seemed to me that I was already dying.
I was distressed and very sad.
4 But then I called out to Yahweh.
I said, "Yahweh, I plead with you to save me!"
5 Yahweh is kind and does what is right.
He is the God whom we worship, and he loves us.
6 Yahweh protects those who are helpless;
when I was experiencing bad things, he saved me.
7 I encourage myself to relax once again
because Yahweh has restored me.
8 Indeed, Yahweh has saved me from dying,
he has delivered me from being sorrowful,
and he has kept me from making bad mistakes.
9 So while I am still alive,
I will live as Yahweh directs me.
10 I continued to trust *in Yahweh*,
even when I said, "As for me, I am greatly suffering."
11 For my part, I was so distressed that I thought,
"I cannot trust anyone."
12 I can never repay Yahweh
for all the good things that he has done for me.
13 *But I can do this:* I will present a cup *of wine*
as a thank offering
as I call out to thank him for saving me.
14 Also, as the people who belong to Yahweh watch,
I will give to him the offerings that I solemnly
promised to give to him.
15 Yahweh is very grieved when one of his people dies.
16 Certainly I am one of Yahweh's people;
I am his servant; I have belonged to him
since my mother bore me.
So he saved me from what was going to kill me.
17 So I will offer to him a sacrifice to thank him,
and I will pray to Yahweh.

18–19 As the people who belong to Yahweh watch,
in the courtyard outside his temple,
in the middle of Jerusalem,
I will give to him the offerings that I solemnly promised to give to him.
Praise Yahweh!

Psalm 117

1 You people of all nations, praise Yahweh!
All you people groups, greatly praise him!
2 Do this, because he is fully committed to love us faithfully, just as he promised to do,
and we can trust that Yahweh will be faithful forever.
Praise Yahweh!

Psalm 118

1 Thank Yahweh because he is good
and because he faithfully loves us forever!
2 All Israelite people should repeatedly shout,
"because he faithfully loves us forever!"
3 You *priests* who are descendants of Aaron should repeatedly shout,
"because he faithfully loves us forever!"
4 All you who deeply revere Yahweh should repeatedly shout,
"because he faithfully loves us forever!"
5 When I was distressed, I called out to Yahweh,
and Yahweh answered me and set me free.
6 Yahweh is on my side,
so I will not be afraid of anything.
I know that humans cannot really harm me!
7 Yes, Yahweh is on my side. He helps me defeat my enemies,
so I know that I will look *triumphantly* on them.
8 It is better to rely on Yahweh
than to depend on people.
9 It is better to rely on Yahweh
than to trust that influential people will protect us.
10 Armies of many nations surrounded me,
but Yahweh powerfully enabled me to make them retreat.
11 They completely surrounded me,
but Yahweh powerfully enabled me to make them retreat.
12 They swarmed around me like *angry* bees,
but they diminished as quickly as a fire that is burning only thorns;
Yahweh powerfully enabled me to make them retreat.
13 My enemies attacked me fiercely and thought that they would defeat me,
but Yahweh helped me.
14 Yahweh is the one who makes me strong,
and who gives me a reason to sing;
and he saves me from my enemies.
15 Listen to the joyful songs of how Yahweh saves people!
They come from the tents of the people who honor God!
They sing, "Yahweh has powerfully defeated our enemies;
16 Yahweh has shown himself to be victorious!
Yahweh has powerfully defeated our enemies!"
17 My enemies will not kill me;
no, I will live to proclaim the great things that Yahweh has done.
18 Yahweh has punished me severely,
but he has not allowed me to die.
19 *You gatekeepers,* open for me the gates through which those who obey Yahweh may enter,
so that I may enter through them and thank Yahweh.
20 *The gatekeeper says,* "This is Yahweh's gate;
all who obey him may enter through it."
21 *Yahweh,* I thank you that you answered my prayer
and saved me *from my enemies*.
22 *People considered me worthless, like* a stone that builders rejected,
but then Yahweh showed that he highly values me, as if that stone then became the most important stone in the building.
23 The people said, "Yahweh made that happen,
and for us, it is a wonderful thing.
24 Yahweh made possible everything that we are celebrating today;
we should be extremely happy about all of it!
25 Yahweh, we plead with you to keep rescuing us *from our enemies*.
Yahweh, please continue to help us to succeed *against our enemies*.
26 Yahweh, bless the one who will come with your power.
From the temple we bless all of you.
27 Yahweh is God,
and he has made us victorious.
Bring an animal sacrifice *for him* and tie it to the horns of the altar."
28 Yahweh, you are the God whom I worship, and I will praise you!
You are the only God whom I worship, and I will tell everyone that you are great!
29 Thank Yahweh because he is good
and because he faithfully loves us forever!

Psalm 119

ALEPH

1 How fortunate are those about whom no one can say truthfully that they have done things that are wrong!
Those are the people who always obey Yahweh's instructions.
2 How fortunate are those who do what he tells them to do!
Those are the people who sincerely want to know him.
3 They certainly do not want to cheat other people;
they live in a way that pleases Yahweh.
4 Yahweh, you have given us your instructions
so that we would carefully obey them.

[5] I want very much to continually obey everything
that you command!
[6] If I did that, then I would not be ashamed
when I think about everything that you command.
[7] As I learn all of your just regulations,
I thank you sincerely.
[8] I will obey your regulations;
do not desert me!

BETH

[9] I know how a young person can live in the right way;
it is by obeying your commands.
[10] I eagerly want to please you.
Do not allow me to disobey what you
have commanded.
[11] I have memorized your commands
in order to not sin against you.
[12] Yahweh, I praise you;
teach me your rules.
[13] I have proclaimed to the people all of the things that
you have commanded us to do.
[14] I delight in obeying your instructions;
I enjoy that more than being very rich.
[15] I will carefully think about everything that you
have commanded me,
yes, I will pay attention to the way of living
that you have taught me.
[16] I am happy to obey your decrees;
I will not forget what you have said.

GIMEL

[17] Do good things for me, the one who serves you,
in order that I may continue to live and obey you.
[18] Help me to understand
how wonderful your instructions are.
[19] I am living here on the earth for only a short time;
please let me know your instructions.
[20] I am weak from constantly desiring to know
your instructions.
[21] You rebuke people who are proud;
you curse people who disobey your commands.
[22] Do not allow them to continue to insult and scorn me;
I request this because I have obeyed what
you have required.
[23] Rulers gather together and plan ways to harm me,
but I, your servant, will meditate on what
you have commanded me.
[24] Yes, I am delighted with your requirements;
they are like *good* advisors for me.

DALETH

[25] *Sometimes* I feel like I will soon die;
allow me to live as you have told me
that you would do.
[26] When I told you about what was happening with
me, you responded to me;
teach me the things that you want me to do.
[27] Help me to understand how you want me to behave,
and then I can think about how amazing
your instructions are.
[28] I am very sad, with the result that I am becoming weak;
enable me to be strong again through a
message from you.
[29] Prevent me from telling lies,
and be kind to me by teaching me your instructions.
[30] I have decided that I will faithfully obey you;
I know that what you say is right.
[31] Yahweh, I try to carefully obey what you say;
please do not allow me to do anything shameful.
[32] I eagerly obey your instructions
because you help me increasingly to understand
how they benefit me.

HE

[33] Yahweh, teach me what your regulations mean,
and then I will always obey them.
[34] Help me to understand your instructions
so that I may eagerly obey them.
[35] I am happy to do the things that you command,
so teach me the best way to obey them.
[36] Cause me to want to do what you say
rather than to want to get things *that
belong to other people*.
[37] Do not allow me to desire things that are not good for me;
make me able to live as you want me to live.
[38] Please do what you promised to do for me, your servant.
Your promises are what cause people to
deeply revere you.
[39] I become afraid when my enemies insult me
for obeying you;
so please stop them,
because it is good to do what you tell us to do.
[40] Indeed, I very much desire to obey what you have
declared that we should do!
Because you are righteous, please make me
joyful again in living *for you*.

WAW

[41] Then I will know that you faithfully love me, Yahweh;
and that you will save me as you promised
that you would do.
[42] After you do that, I will be able to reply to
those who insult me
because I trust what you have said.
[43] Please do allow me to truthfully tell *them
how you saved me*;
you see, I am patiently waiting for you to act justly.
[44] I will consistently obey your instructions,
for as long as I live.
[45] I will live freely and safely
because I *always* try to obey your regulations.
[46] I will tell kings the things that you have said;
I will not be ashamed *to do so*.
[47] I am very happy to obey the things that you
command me to do;
I love to do them.
[48] I eagerly ask to receive more of your commandments.
I love them,
and I will think deeply about everything that
you require us to do.

ZAYIN

[49] Please do what you said you would do for me,
the one who serves you,
because what you have said has caused me to
confidently expect good things from you.

50 When I am suffering, your promise to me comforts me;
knowing that you will do what you have said makes
me joyful again in living *for you*.
51 Proud people are always making fun of me,
but I do not stop obeying your instructions.
52 Yahweh, I think about your regulations that
you gave to us long ago.
Doing that comforts me.
53 When I see wicked people disregard your instructions,
I become very angry.
54 During this short time that I am living here on the earth,
the regulations that you have given to us
are like music to me.
55 Yahweh, *even* during the night I think about you,
so that I *always* obey your instructions.
56 This is what I do;
I obey your regulations.

HETH

57 Yahweh, you have granted to me that I would
belong to you,
and I promise to obey what you tell me to do.
58 I earnestly plead with you *to be good to me*;
act kindly to me as you promised that you would do.
59 I think about my behavior,
and *when it is wrong,* I once again obey
what you tell me to do.
60 *When I understand* your instructions,
I do them immediately.
61 Wicked people try to make me do bad things,
but I continue to obey your instructions.
62 In the middle of the night I get up,
in order to praise you
because everything that you say is completely right.
63 I am a friend of all those who deeply revere you,
yes, to all those who obey what you tell us to do.
64 Yahweh, you faithfully love people all over the earth;
please *continue to* teach me how you want
people to live.

TETH

65 Yahweh, you have done good things for me, your servant,
just as you promised that you would do.
66 Teach me to understand *what is happening around me* and
to think carefully *before I decide what to do*,
because I believe that the best way to live is to
obey what you tell us to do.
67 Before you afflicted me, I did things that were wrong,
but now I obey what you say to do.
68 You are good, and what you do is good;
teach me the *good* things that you have told us to do.
69 Proud people tell many lies about me,
but as for me, I enthusiastically obey what
you have told us to do.
70 Those people are stupid,
but as for me, I happily obey your instructions.
71 It was good for me that you afflicted me
because the result was that I learned *how
good* your regulations *are*.
72 The instructions that you give *to us* are beneficial to me.
They are more beneficial than thousands of
pieces of gold and silver.

YODH

73 You created me and made me who I am;
please help me to be wise so that I may learn
to obey what you tell me to do.
74 I want everyone who deeply reveres you to see
what you have done for me.
Then they will be glad, because they will see *how good
it is* that I have trusted you to do what you said.
75 Yahweh, I know that when you judge people,
you are always right.
I know that you have made me suffer only
because you faithfully love me.
76 Please comfort me by showing that you faithfully love me
as you said to me, your servant, that you would do.
77 I want you to act mercifully to me in order that
I may continue to live,
because I am delighted with your instruction.
78 Cause the proud people who falsely accuse
me to be ashamed;
but as for me, I will continue meditating on what
you have commanded that I should do.
79 Cause those who deeply revere you to come to me
in order that they may learn what you say to us.
80 Enable me to want to perfectly obey your regulations
in order that I may not be ashamed *because
of not doing that*.

KAPH

81 I desperately long for you to save me *from my enemies*,
but I will wait, knowing that you will
answer *my prayer*.
82 My eyes are tired from watching for you to do what
you promised that you would do,
and I ask, “When will you help me?”
83 Indeed, I feel as *weak and useless as* a wineskin
that is *shriveled up from* hanging *a
long time* in the smoke,
but I have not forgotten your regulations.
84 I, your servant, cannot wait any longer!
I want you to punish those who persecute me soon!
85 It is as though my proud enemies have dug deep
pits for me *to fall into*.
These people disobey your instructions *to us*.
86 Everything that you tell us to do is truly good *for us*;
but people are persecuting me by telling lies
about me, so please help me!
87 Those people have come very close to killing me,
but as for me, I have not stopped obeying
what you have told us to do.
88 Because you faithfully love *me*, allow me
to *continue to* live
so that I may *continue to* obey what you have
instructed *us to do*.

LAMEDH

89 Yahweh, what you have proclaimed is eternal;
it exists forever in heaven.
90 You will continue to act faithfully for people
of every generation;
you have put the earth in its place, and
it remains firmly *there*.

91 To this day, all things on the earth remain because
you decided that they should remain;
that is because everything on the earth serves you.
92 If I had not been delighted to obey your instructions,
then I would have died because of what I was suffering.
93 I will always remember what you have declared
that we should do.
I obeyed those things, and as a result, you have
enabled me to continue to live.
94 I belong to you; please save me from my enemies
because I intentionally obey what you have
declared that we should do.
95 Wicked men are waiting to ambush and kill me,
but I think about what you have instructed *us to do*.
96 I have learned that there is a limit to *even* the
best *that people can achieve*,
but what you decree is limitless.

MEM

97 I love your instructions very much!
I meditate on them throughout the day.
98 Because I know what you have told us to do
and because I think about those things all the time,
I have become wiser than my enemies.
99 I understand more than any of my teachers do
because I continually think about everything
that you tell *us*.
100 I behave more intelligently than many old people do
because I obey what you have declared
that we should do.
101 I have avoided all evil behavior
in order that I may obey what you have told us to do.
102 I have not stopped obeying your regulations
because you are the one who taught *them* to me.
103 When I read your words,
it is like eating something sweet;
yes, it is even better than eating honey!
104 Because I have learned what you have declared
that we should do,
I am able to understand *many things*;
therefore, I hate all evil activities.

NUN

105 Your instruction is like a lamp that guides me;
yes, it is like a light that shows me where to walk.
106 I have solemnly promised, and I am solemnly
promising it again,
that I will always obey your regulations;
they are always right.
107 Yahweh, I am suffering very much;
cause me to be strong again as you have
promised to do.
108 Yahweh, sometimes the sacrifices that I offer to you are
just my prayers to thank and praise you.
Please accept them,
and teach me the things that you tell us to do.
109 My enemies are constantly trying to kill me,
but I do not forget your instructions.
110 Wicked people have tried to seize me *as a hunter tries
to catch little animals* with a trap,
but I have not disobeyed what you declared
that we should do.
111 You have given me your instructions and they
are mine forever;
Indeed, they are what make me joyful.
112 I have determined that I will always obey your
commands as long as I live, to the very end.

SAMEKH

113 I hate people who cannot decide what to commit to,
but I love your instructions.
114 You are like a place where I can hide *from my enemies*,
and you are like a shield *behind which I am
protected from them*;
I will wait, knowing that you will answer *my prayer*.
115 You people who do evil things, go away from me
so that I may obey what my God has commanded!
116 Please enable me to be strong as you promised
that you would do,
in order that I may *continue to* live.
I am confidently expecting *that you will restore me*;
please do not disappoint me.
117 Please take care of me so that I can be safe
and so that I can always pay attention to what you
have decreed that we should do.
118 You despise everyone who disregards what you
have decreed that we should do;
indeed, they deceive others by lying.
119 You get rid of all the wicked people on the earth
as *people get rid of* trash;
therefore, I love what you say to us.
120 I tremble because I am afraid of you;
I am afraid *because you punish those who do not obey*
the rules that you have given to us.

AYIN

121 But I have done what is right and fair;
so please do not allow people to oppress me.
122 Please ensure that good things will happen
for me, your servant,
and do not allow proud people to oppress me.
123 My eyes are tired from watching for you to save me,
yes, from watching for you to do what is right,
as you promised to do.
124 Please do *things* for me, your servant, to show
that you faithfully love me,
and teach me how to do what you have decreed
that we should do.
125 I am one who serves you;
please enable me to understand *what you want me to know*
in order that I may learn what you have
instructed us to do.
126 Yahweh, you should punish *people* now
because they have disobeyed your laws.
127 Because *I do not want to be like those people,* I love your
instructions more than I love gold;
I love them more than I love very pure gold.
128 So I am careful to obey everything that you have
declared that we should do,
and I hate all of the evil things that people do.

PE

129 All the things that you have instructed us to
do are wonderful,
so I obey them enthusiastically.

130 When someone explains what you have said *to us*,
it is as though he is opening a door to a bright light *that allows people to see what they did not see before*;
what he says causes *even* people who have not studied your instructions to be wise.
131 I eagerly desire to know what you have commanded *us*,
as eagerly as though I were panting *for food and water*.
132 Pay attention to me and act kindly to me
as is right *for you to do* for *all* those who love you.
133 Please guide me by your instructions;
do not allow me to desire to do sinful things more than to obey you.
134 Rescue me from the people who oppress me
so that I may obey what you have declared that we should do.
135 Please act kindly toward me, your servant,
and teach me what you have decreed that we should do.
136 I cry very much
because many people do not obey your instructions.

TSADHE

137 Yahweh, you are righteous
and the rules that you have given to us are just.
138 All of the things that you have instructed us to do are absolutely right
and exactly what we need.
139 I am furious
because my enemies disregard what you have told us to do.
140 All of the things that you have said are perfectly dependable,
and I, your servant, love them.
141 I am not important, and people despise me,
but I do not forget what you have declared that we should do.
142 You are righteous and you will be righteous forever,
and your instructions are completely reliable.
143 I am constantly stressed and anxious,
but what you have commanded *us* causes me to rejoice.
144 All of the things that you have instructed us to do are always right;
help me to understand them in order that I may *continue to* live.

QOPH

145 Yahweh, fervently I call out to you; please answer me!
I fully intend to obey what you have decreed that we should do.
146 I call out to you, “Save me,
in order that I may obey the things that you have instructed us to do.”
147 *Each morning* I arise before dawn and call to you to help me;
I confidently wait for you to do what you have promised to do.
148 All during the night I am awake,
so that I can think about what you have said *to us*.
149 Yahweh, because you faithfully love me,
please listen to me *while I pray*;
because you do what is right, make me joyful again in living *for you*.
150 People who intend to harm me are approaching me;
they completely disregard your instructions.
151 But Yahweh, you are near to me,
and *I know that* what you command is completely right.
152 Long ago, I learned from what you have said
that you established your commandments to last forever.

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*.

Psalm 120

1 A psalm for people going up to the temple to worship.

When I was distressed, I called out to Yahweh,
and he answered me.
2 *I prayed,* "Yahweh, rescue me from people who tell lies,
who say things to deceive me!"
3 You people who lie, God will certainly punish you.
He will do even more to you than that.
4 He will punish you severely as with a warrior's
sharp arrows,
and as with burning coals from broom tree wood.
5 It is terrible for me that I *have to* live among
people like those in Meshech,
that I *have to* dwell with *people like those who*
live in the tents of Kedar.
6 I have lived too long among people
who hate to live peacefully with others.
7 I want to live peacefully, but whenever I speak *about it*,
they want to fight.

Psalm 121

1 A psalm for people going up to the temple to worship.

I look toward the hills
and I ask myself, "Where will anyone to
help me come from?"
2 *I answer myself,* "Yahweh is the one who helps me."
He is the one who made everything that exists.
3 *You say,* "May Yahweh not let you stumble.
May Yahweh, who protects you, not become drowsy!"
4 *I reply,* "Listen to me, the one who protects
the people of Israel
will never become drowsy; he never sleeps!"
5 Yahweh watches over you.
He stays between you and what might harm
you, like a shade *from the sun*.
6 The sun will not harm you during the day,
and the moon will not harm you at night.
7 Yahweh will protect you from everything
that could harm you.
He will keep you safe.
8 Yahweh will protect you in everything that you do.
He will do that now, and *he will do that* forever.

Psalm 122

1 A psalm for people going up to the temple to worship. This is a psalm of David.

I was very happy when people said to me, "We should
go to Yahweh's temple *in Jerusalem*!"
2 Now we are standing inside the gates of Jerusalem.
3 This is Jerusalem, the city that people have built in a
way that everything fits closely together.
4 The tribes of Israel who belong to Yahweh go there,
as Yahweh told them to do,
in order to thank him.
5 Indeed, the kings who belong to King David's family
sit on their thrones there and judge *the people*.
6 Pray that people will live peacefully in Jerusalem!
May those who love Jerusalem be successful.
7 May everyone inside the city walls live well and prosper.
8 Because I love my fellow Israelites and my friends,
I want to say,
"May the people in Jerusalem live well."
9 Because Yahweh our God has his temple there,
I intend to always do what is best for Jerusalem.

Psalm 123

1 A psalm for people going up to the temple to worship.

Yahweh, I look up toward you
who live in heaven.
2 You see, just as servants watch their master closely,
waiting for him to provide for them,
and just as a female servant watches her mistress,
in the same way, we look to Yahweh our God,
waiting for him to be merciful to us.
3 Yahweh, please be very merciful to us,
because people have despised us so much that
we cannot endure any more.
4 We have endured far too much mocking
from people who are arrogant,
yes, from proud people who despise us.

Psalm 124

1 A psalm for people going up to the temple to worship; of David.

If Yahweh had not been helping us—
All Israelites should repeat this—
2 If Yahweh had not been helping us
when our enemies attacked us,
3 then they would have destroyed us completely,
because they were so angry with us.
4 They would have overwhelmed us like a flood;
they would have swept over us like a raging river.

5 *They would have destroyed us as completely as* raging
waters would have drowned us.
6 We praise Yahweh
because he did not let our enemies destroy us
as wild animals devour their prey.
7 We escaped from them like a bird that gets free
from a hunter's trap.
It was as though the trap broke, and, as
for us, we went free!
8 Yahweh is the one who helps us;
he is the one who made everything that exists.

Psalm 125

1 *A psalm for people going up to the temple to worship.*

People who trust in Yahweh are as secure as Mount Zion,
which will stand firm forever.
2 Just as the hills surrounding Jerusalem protect the city,
so Yahweh protects his people,
and he will protect them forever.

3 Indeed, wicked people will not rule over the land
that God gave to righteous people,
so that righteous people will not start
doing what is wrong.

4 Yahweh, please do good things for people who
do good things for others,
yes, for those who obey you sincerely.
5 But as for those people who choose to do evil things,
Yahweh will send them away along with everyone
else who does evil things.
May Yahweh bless the people of Israel!

Psalm 126

1 *A psalm for people going up to the temple to worship.*

When Yahweh brought us back to Zion after our
enemies had captured us *and taken us away*,
we felt as if we were dreaming.
2 We laughed and shouted joyfully.
Then people from other people groups said about us,
"Yahweh has done great things for them!"
3 *Yes!* Yahweh *truly* has done great things for us,
and we are very happy.
4 Yahweh, restore us as before our enemies captured us,
as you restore the streams in the Negeb *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.

Psalm 127

1 *This is a psalm for people going up to the
temple to worship. It is of Solomon.*

If people are building a house, but Yahweh
does not approve of it,
those who build it are doing nothing useful.
If Yahweh does not protect a city,
it is useless for the guards to stay awake watching it.
2 It is useless for you to get up very early and
stay up very late,
working hard to get food,
because Yahweh wants to give sleep to those
whom he loves.
3 Children are a gift that Yahweh gives;
Offspring are a benefit *from him*.
4 When a man has sons while he is still young,
those sons become as useful as arrows are
in the hand of a warrior.
5 A man who has many sons has such a good life!
When he argues with an opponent at the place
where people settle disputes,
the opponent will not defeat him.

Psalm 128

1 *This is a psalm for those going up to the temple to worship.*

How good life is for all who deeply revere Yahweh
and who do what he tells them to do!
2 You will enjoy eating the food that you have
worked hard for,
and it will make you healthy.
3 Your wife will bear many children in the innermost
rooms of your house,
like a grapevine that produces many grapes.
Your children will grow strong like young olive trees
as they fill the room around your table.
4 Yes, that is how Yahweh will bless every person
who deeply reveres him.
5 May Yahweh bless you from *where he lives* in Zion,
so that you may be able to experience how the
people of Jerusalem prosper
during the whole time that you live,
6 and so that you may live long enough to see
your grandchildren!
May the people of Israel live well!

Psalm 129

1 *A psalm for people going up to the temple to worship.*

Ever since I was young, my enemies have
oppressed me frequently.
All of the people of Israel should say this *with me*:
2 Ever since I was young, my enemies have
oppressed me frequently,
but they have never defeated me!

3 *They oppressed me severely as though* they were
plowing across my back,
making long wounds like furrows in a field.
4 Yahweh does what is right;
he no longer allows wicked people to control me.
5 May everyone who hates the people of Zion
be ashamed and go away.
6 May they be *as insignificant* as the grass that
grows on the rooftops
that dries up before anyone can pull it out,
7 that no harvester would *bother to* pick up
and that no one gathering bundles would *want to*
wrap his arms around *to tie it up*.
8 They will never hear someone walking by *the reapers* say,
"May Yahweh bless you!"
They will not hear the reapers reply, "We bless you
as representatives of Yahweh."

Psalm 130

1 *This is a psalm for people going up to the temple to worship.*

Yahweh, I am very distressed, so I call out to you.
2 Lord, please listen to me;
please listen attentively as I call out to you
to have mercy on me!
3 Yahweh, if you kept a record of *the* sins *that*
we have committed,
Lord, you would have to condemn and
punish every one of us!
4 But you forgive us,
with the result that we deeply revere you.
5 Yahweh has said *that he would help me*;
I trust what he said, and so I wait eagerly
for him *to do that*.
6 I wait for the Lord *to help me*
more *eagerly* than watchmen wait for the
morning *to come*;
yes, I wait more eagerly than watchmen
wait for the morning!
7 *My fellow* Israelites, confidently expect that
Yahweh will help us.
He will help us because he faithfully loves us,
and he is very willing to save us.
8 It is he who will make it so he will not need to
punish *us* Israelite people for all the sins
that *we* have committed.

Psalm 131

1 *This is a psalm for people going up to the temple*
to worship. It is a psalm of David.

Yahweh, I am not a proud, haughty person.
I do not concern myself with things that are too
great or too amazing for me.
2 Instead, I have calmed myself,
like a weaned child who rests *calmly* on *the*
breast of his mother.
Yes, my inner being is peaceful like that
contented child.
3 Israelites, confidently expect Yahweh *to do*
good things for you,
now and forever!

Psalm 132

1 *This is a psalm for people going up to the temple to worship.*

Yahweh, think about *King* David
and the many ways that he suffered.
2 He made a solemn promise to Yahweh,
the Mighty God whom Jacob worshiped.
3 *He said,* "I will not go home
or lie down on my bed to rest.
4 I will not allow myself to sleep at all
5 until I build a home for Yahweh,
the Mighty God whom Jacob worshiped."
6 Listen, we heard about the sacred chest in Ephrathah;
we found it in the fields near Jaar (Kiriath-Jearim).
7 *We said*, "Let us go to the place where Yahweh lives;
let us worship *before the sacred chest* where
he rests his feet."
8 Yahweh, come to the place where you will stay,
together with the sacred chest that represents
your powerful presence.
9 May your priests always do what is right,
and may the people who are faithful to
you shout joyfully.
10 Because of what you promised to David, who served you,
do not reject the king whom you chose.
11 Yahweh swore a promise to David,
and he will certainly not take it back: "I will place
one of your own descendants
to rule as king on your throne.
12 If your sons obey my covenant
and the commands that I will teach them,
then their sons will also rule as kings on
your throne forever."
13 Indeed, Yahweh has chosen Zion
because he wanted it to be the place where he lives.
14 *He said,* "This is the place where I will stay forever;
I will live here because I have chosen this place.
15 I will certainly give the people of Zion everything
that they need;
I will give enough food to satisfy *even* the poor
people who live there.
16 I will enable the priests of Zion to show others what a
person looks like whom I have saved,
and the people there who are faithful to me
will shout very joyfully.
17 In Zion I will cause a powerful king to come
from David's family;
I have arranged for the king whom I have chosen
that a son of his will always rule.
18 I will cause his enemies to be very ashamed,
but his kingdom will prosper."

Psalm 133

[1] This is a psalm for people going up to the temple to worship. It is of David.

Think about how wonderful and delightful it is when
God's people live together *in a unified way*!
[2] It is as delightful as *watching someone pour* fine olive oil
on the head of Aaron, *the priest,*
oil that runs down onto his beard
and flows down to the collar of his robes.
[3] It is as delightful as *feeling* the dew from Mount Hermon
coming down on the mountains of Zion.
That is where Yahweh blessed *his people*,
giving them a way to live forever.

Psalm 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.

Psalm 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!

Psalm 136

[1] Thank Yahweh because he is good *to us*,
because he faithfully loves *us* forever!
[2] Thank God, the one who is greater than all
other spirit beings,
because he faithfully loves *us* forever!
[3] Thank the Lord, the one who is greater than
all other rulers;
because he faithfully loves *us* forever!
[4] *Thank* him, the only one who does wonderful miracles,
because he faithfully loves *us* forever!
[5] *Thank* him, the one who wisely created the heavens;
because he faithfully loves *us* forever!
[6] *Thank* him, the one who formed the earth over the waters;
because he faithfully loves *us* forever!
[7] *Thank* him, the one who created the great lights *in the sky*;
because he faithfully loves *us* forever!
[8] *He made* the sun to light up the daytime,
because he faithfully loves *us* forever!
[9] *He made* the moon and stars to light up the nighttime,
because he faithfully loves *us* forever!
[10] *Thank* him, who killed the firstborn *sons* of the Egyptians;
because he faithfully loves *us* forever!
[11] He brought the Israelite people out from among them,
because he faithfully loves *us* forever!
[12] He did that by being very powerful,
because he faithfully loves *us* forever!
[13] *Thank* him, the one who divided the Sea of
Reeds into *two* parts;

because he faithfully loves *us* forever!
14 He enabled the Israelite people to walk through
the middle of it *on dry land*,
because he faithfully loves *us* forever!
15 But he caused Pharaoh and his army to drown
in the Sea of Reeds,
because he faithfully loves *us* forever!
16 *Thank* him, the one who led his people *safely*
through the desert,
because he faithfully loves *us* forever!
17 *Thank* him, the one who defeated powerful kings,
because he faithfully loves *us* forever!
18 He killed powerful kings,
because he faithfully loves *us* forever!
19 *He killed* Sihon, the king of the Amorites,
because he faithfully loves *us* forever!
20 *He killed* Og, the king of Bashan;
because he faithfully loves *us* forever!
21 He gave their land to the people of Israel to possess;
because he faithfully loves *us* forever!
22 *He gave it* to the people of Israel, who serve
him, to be our own land,
because he faithfully loves *us* forever!
23 He did not forget about us when our enemies
were oppressing us,
because he faithfully loves *us* forever!
24 He rescued us from our enemies,
because he faithfully loves *us* forever!
25 He gives food to every living creature;
because he faithfully loves *us* forever!
26 Thank God, who rules from heaven;
because he faithfully loves *us* forever!

Psalm 137

1 *After soldiers had taken us to* Babylon, we sat
down by the rivers there,
and we cried when we thought about *the temple
on Mount* Zion *in Jerusalem*.
2 We hung our harps on the willow trees there
and did not play them.
3 We did that because those who had captured us *and
taken us* there demanded that we sing for them.
They tormented us and told us to sing a joyful
song. *They said,* "Sing for us one of
the songs about Zion!"
4 *We thought*, "We are not able to sing *joyful*
songs about Yahweh
in this foreign land!"
5 If I ever forget about Jerusalem,
may my right hand be unable *to play the harp*!
6 May my tongue and my mouth make me unable to sing
if I forget about Jerusalem,
or *even* if I do not consider that Jerusalem
causes me to be more joyful
than anything else does.
7 Yahweh, please punish the Edomites for what they did
when the enemy destroyed Jerusalem. They shouted,
"Completely tear it down to its foundations!"
8 Concerning the people of Babylon, who
devastate *other nations*,
How good it will be for the person who
completely pays them back
with what they did to us!
9 How good it will be for the one who seizes your babies
and smashes them against the rocks!

Psalm 138

1 This is a psalm of David.

Yahweh, I sincerely thank you.
In the presence of *idols of* other gods, I sing to praise you.
2 I bow down toward your sacred temple *to worship you*
and I thank you because you faithfully love
us and because we can trust you to do
all that you have promised.
You have given cause for people everywhere
to honor you and what you have said
more than anything else.
3 When I called out to you, you helped me;
you enabled me to be brave and strong.
4 Yahweh, *someday* all the kings of this earth
should praise you
because they will have heard what you have said.
5 They should sing about what you have done
because you are very glorious.
6 Yahweh, although you live in heaven,
you take care of humble people.
Proud people, however, you identify from far away.
7 Even when dangerous things happen all around me,
you keep me safe.
You rescue me from my enemies who are angry with me.
8 Yahweh, I know that you will continue to do
what is good for me;
Yahweh, you faithfully love *us* forever.
Please do not abandon *us,* the people that
you have made!

Psalm 139

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

Yahweh, you have thoroughly examined me,
and you know *me completely*.
2 You are the one who knows everything that I do,
including when I sit and when I stand.
Even from far away, you know what I am thinking.
3 You have examined in detail all of my movements,
from the time I go out until I lie down,
and you know intimately all of my habits.
4 Indeed, even before I say anything,
Yahweh, you already know everything that
I am going to say!
5 You guard me on every side,
and you put your hand on me *to protect me*.
6 I am in awe that you know everything about me.
I am not able to comprehend that.
7 There is nowhere I could go to get away from your Spirit!

There is nowhere I could run to escape
from your presence!
8 If I went up to heaven, you would be there.
Even if I lay down in the place where dead
people go, you would be there!
9 If I rose up and flew to where the sun rises in the east,
or if I settled in the farthest place across the *western* sea,
10 even there you would guide me
and you would keep me secure.
11 Even if I said, "Let the darkness completely
overwhelm me,
and the light around me turn to night,"
12 even darkness is not dark to you,
and the night shines as bright as the daytime.
For you, darkness and light are the same.
13 Indeed, you are the one who created my
deepest inner parts;
you formed me inside my mother's womb.
14 I praise you because you made me in such an
awesome and wonderful way.
Everything that you do is wonderful!
I know that very well.
15 You saw my bones when you made me in
that hidden place.
As you wove me together deep in the womb,
16 you saw me before I had any form.
You wrote in your book each day that you had
planned for me to live,
before any of those days had even started.
17 God, the things that you think are very valuable to me!
There are so many of them!
18 If I tried to count them, *I would not be able to do
that, because* they are more than the
grains of sand *on the earth*.
Every morning I wake up, I am still with you, *and
there are still more of them to count*.
19 God, I wish that you would kill all wicked people!
I wish that all violent men would go away from me!
20 They say wicked things about you and plan evil things;
your enemies misuse your name.
21 Yahweh, I certainly hate those who hate you,
and I am disgusted with those who rise up against you.
22 I hate them completely;
I consider them to be my enemies.
23 God, I invite you to search me and to know
what I am thinking;
please examine me and know what I worry about.
24 See if there is any harmful way in me,
and teach me to live in the way that lasts forever.

Psalm 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.

Psalm 141

1 *This is a psalm of David.*

Yahweh, I call out to you; please help me quickly!
Please listen to me when I am calling out to you.
2 Please accept my prayer *as though it were* an
offering of incense to you.
Please accept me while I lift up my hands *to pray to you*,
just as you accept the sacrifices that people
offer to you each evening.
3 Yahweh, do not allow me to say things that
are bad or wrong.
Do not allow me to say those things as a sentry
does not allow the wrong people to
go through a doorway.
4 Prevent me from wanting to do anything that is wrong

and from joining with wicked men when they
want to do evil deeds.
Do not even allow me to share in eating their
delightful food!
5 It is all right if righteous people strike me
because they are acting faithfully and kindly
toward me to correct me.
*If they do that, it will be as if they have honored me
by* anointing my head with *olive* oil, and
may I never refuse to accept it.
but I am always praying that you will punish
the wicked because of the wicked
deeds that they do.
6 When their rulers are thrown down from the
top of rocky cliffs,
the wicked will hear what I am saying, and will know
that what I am saying is right and good.
7 *They will say,* "Just as one scatters *clods of earth*
when he breaks up the ground, *soon* our
bodies will lie scattered on the way to
the place where dead people are."
8 But Lord Yahweh, I continue to rely on you.
I ask you to protect me;
please do not stop protecting my life!
9 People who do evil things are trying to trick
me and destroy me.
It is as though they have laid out snares
and set traps for me.
Please keep me safe from what they are
trying to do to me.
10 I desire that wicked people fall together into the
traps that they have set *to catch me*,
while, for my part, I escape *from them*.

Psalm 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.

Psalm 143

1 This is a psalm of David.

Yahweh, please listen to me as I pray to you,
pleading for you to help me!
Because you are righteous
and because you faithfully do what you have promised,
please do what I am asking you to do for me!
2 Please do not judge me, your servant,
because you know that there is no one alive
who is completely innocent.
3 Please help me because my enemies have pursued me;
they have completely defeated me.
It is as though they have already put me in a grave
like people who are dead for eternity.
4 So I am very discouraged;
I feel very dismayed.
5 I remember what has happened previously;
I think about all the things that you have done;
I consider the *great* deeds that you have performed.
6 I lift up my hands to you *as I pray*;
I need you, just as much as a very dry land
needs water. *Selah*
7 Yahweh, I am absolutely despairing,
so please answer me right now!
Do not keep away from me
because if you do that, I will *soon* be among those
who descend to where the dead people are.
8 Every morning cause me to remember that you
faithfully love me
because I trust in you.
show me the things that I should do
because I depend on you for my life.
9 Yahweh, please save me from my enemies;
I rely on you to protect me.
10 You are the God to whom I belong,
so teach me to do what pleases you.
I want your good Spirit to show me the best way to live.
11 Yahweh, please keep me alive because of who you are;
because you are righteous, please rescue me from
the people who are oppressing me!
12 I am one who serves you;
so because you faithfully love me as you promised to do,
please kill all of my enemies who want to kill me.

Psalm 144

1 This is a psalm of David.

I praise Yahweh, who protects me!
He equips me to fight well in wars.
2 He is always faithful and kind to me.

He keeps me safe and helps me escape from danger,
as if he were my shield
or a place where I could go to be safe.
He enables me to rule other peoples.
3 Yahweh, people are so insignificant;
it is amazing that you pay any attention to them!
4 People live for only a very short time,
just as a mist or a shadow quickly disappears.
5 Yahweh, please come down from the sky
and split open the mountains so that smoke
pours from them.
6 Please send lightning bolts like arrows
against my enemies to make them run away.
7 Reach down from heaven and rescue me
from my enemies
who are surrounding me like a dangerous flood.
Save me from the power of these foreign people.
8 They say things that are not true
and raise their right hands to swear oaths that are false.
9 God, I will sing a new song to you
and play my ten-stringed harp to praise you,
10 because you are the one who saves kings
and who rescues me, your servant David,
from danger in battle.
11 Save me from the power of these foreign people.
They say things that are not true
and raise their right hands to swear oaths that are false.
12 Then our sons will be like strong plants
that grow tall when they are young,
and our daughters will be as beautiful and stately
as pillars that craftsmen carve to decorate a palace.
13 May our barns overflow with many kinds of crops.
May our sheep give birth to great numbers of lambs,
yes, very great numbers as they graze in our pastures.
14 May our oxen be strong to pull plows.
May no one break through our walls, may
no one go into exile,
and may no one cry out *in distress* in our city squares.
15 What a good life people have when these
things happen for them!
What a good life people have who worship
Yahweh as their God!

Psalm 145

1 This is a psalm of David.

My God and king, I will proclaim that you are very great;
I will praise you now and always.
2 I will bless you every day;
I will praise you forever.
3 Yahweh, you are great, and people should
praise you very much;
no one can fully understand how great you are.
4 People of every generation will tell the next generation
about what you have done;
they will tell about your mighty deeds.
5 I will think about how very glorious and majestic you are,
and I will think about your wonderful deeds.
6 People will talk about how powerful your
awesome deeds are,
and I will proclaim how great you are.
7 People will celebrate how very good you are,
and they will sing joyfully about how
righteous you are.
8 Yahweh acts kindly and mercifully;
he does not quickly become angry, and he
faithfully loves us very much.
9 Yahweh is good to everyone,
and he acts mercifully toward everything
that he has made.
10 Yahweh, all the creatures that you have made
will praise you,
and the people who are faithful to you will bless you.
11 They will tell others about how gloriously you rule as king
and about how powerful you are,
12 so that all people will know about your mighty deeds
and about how gloriously and majestically you rule.
13 You will never stop ruling as king;
you will rule throughout every generation.
14 Yahweh sustains people who are in difficult
circumstances,
and he helps those who are struggling.
15 All creatures look to you expectantly,
and you give them food when they need it.
16 You give generously
and satisfy the desire of every living thing.
17 Yahweh does everything rightly;
indeed, he acts faithfully in all that he does.
18 Yahweh is ready to help everyone who asks him for help
when they do that sincerely.
19 He gives those who deeply respect him what they need.
He responds to them when they call for help,
and he rescues them.
20 Yahweh protects all those who love him,
but he destroys wicked people.
21 I will always say things to praise Yahweh;
I want all people always to praise him
because he is so holy.

Psalm 146

1 Praise Yahweh!
I will praise Yahweh with my whole being.
2 I will praise Yahweh for as long as I am alive;
Yes, I will sing to praise my God for the rest of my life.
3 Since no human being can save you,
do not rely on your leaders.
4 When they die, their bodies decay and become soil again.
When that happens, they can no longer
carry out their plans.
5 Some people confidently expect Yahweh their
God to help them.
He is the God whom Jacob worshiped.
He does help them, and they have a very good life.
6 He is the one who created the sky and the land.
He also created the oceans and all the creatures
that are in them.

He always does what he has promised to do.
7 He defends people whom others oppress,
and he provides food for people who are hungry.
Yahweh frees people who are in prison.
8 Yahweh enables people who are blind to see again;
Yahweh helps people who are struggling;
Yahweh loves people who do what is right.
9 Yahweh protects foreigners;
he preserves the property of orphans and widows,
but he makes the plans of wicked people fail.
10 Yahweh will be the king forever;
yes, the God of the people of Jerusalem
will always reign.
Praise Yahweh!

Psalm 147

1 Praise Yahweh!
Singing praises to our God is a good thing to do.
He deserves it, and it makes us happy.
2 Yahweh is rebuilding Jerusalem
and bringing back the Israelites whom our
enemies had scattered.
3 He comforts people who are very sad
and heals their pain.
4 He knows how many stars there are,
and he has given each one its name.
5 Our Lord is great and very powerful;
no one can measure how much he understands.
6 Yahweh helps humble people,
but he makes wicked people fail in what
they want to do.
7 Thank Yahweh, our God, for all he has done for us
as you play the harp and sing to him.
8 He makes the sky form rain clouds
so that they will rain on the earth
and make grass grow on the mountains.
9 He provides food for wild animals.
He even feeds young ravens when they cry out for food.
10 He does not value the strength of a horse
or the speed of a human runner.
11 Instead, Yahweh values people who deeply respect him.
He values people who confidently expect him
to be faithful to his covenant promises.
12 Praise Yahweh our God, you people of Jerusalem
who live on Mount Zion!
13 He has made the defenses of your city strong,
and he has blessed the people who live among you.
14 He keeps your borders safe,
and gives you plenty of wheat to eat.
15 He gives commands about what will happen on the earth,
and these things happen right away.
16 He makes snow that covers the ground like a
white wool blanket,
and he scatters frost on the ground like ashes.
17 He hurls down hail like small stones.
When he makes it cold, no one can stand outside.
18 But then he gives a command, and the snow and ice melt.
He sends a warm wind, and the water flows again.
19 He told the descendants of Jacob how he
wanted them to live.
Yes, he gave decrees and laws to the Israelites.
20 He has not done this for any other nation;
they do not know his laws.
Praise Yahweh!

Psalm 148

1 Praise Yahweh!
You who are in heaven, praise Yahweh;
yes, you who are in the highest places, praise him.
2 All you angels, praise him;
all you heavenly armies, praise him.
3 Sun and moon, praise him;
all you shining stars, praise him.
4 You highest heavens, praise him,
and you waters above the sky, praise him.
5 Let all of these praise Yahweh,
because he created them by his own command.
6 He set them in their places permanently;
to do that, he made a decree that will
always be in effect.
7 You who are on the earth, praise Yahweh!
You great sea creatures and everything
deep in the ocean,
8 lightning and hail, snow and clouds,
and strong winds that obey what he commands,
9 all you mountains and hills,
all you fruit trees and cedar trees,
10 all you wild animals and livestock,
all you creatures that crawl on the ground
and all you birds that fly in the sky,
11 you kings of the earth and all your peoples,
you rulers and all you judges,
12 you young men and young women,
you old people and children,
13 you should all praise Yahweh,
because he alone is truly great.
He is more glorious than everything on
earth and in heaven.
14 He has made his people strong,
and other nations respect them.
His people are the Israelite people,
who are close to him.
Praise Yahweh!

Psalm 149

1 Praise Yahweh!
Sing a new song to Yahweh!
Let his faithful people praise him when
they gather together.
2 You Israelite people, God made you.
Be happy because of what he has done for you.
You people of Jerusalem, rejoice because
God is your king.
3 Praise Yahweh by dancing.

Play tambourines and harps to honor him.
4 Do that because Yahweh loves his people;
he honors poor people by rescuing them.
5 God's faithful people should celebrate because
he has honored them.
Even on their beds at night, they should praise
him with joyful songs.
6 They should also shout loudly to praise God
when they go into battle holding swords that
have two sharp edges.
7 *They should be ready* to punish the people of other nations
for the sins they have committed against God.
8 They should bind their kings with chains
and put iron shackles on their leaders.
9 In that way, they will carry out the judgment that
God has decreed against them.
God will give his faithful people the honor
of doing that for him.
Praise Yahweh!

Psalm 150

1 Praise Yahweh!
Praise God in his temple here on earth,
and praise him in the heavens that he
created by his power!
2 Praise him for the mighty things he has done!
Praise him because he is so very great!
3 Praise him by blowing horns loudly!
Praise him by playing lyres and harps!
4 Praise him by beating tambourines and by dancing!
Praise him by playing stringed instruments and flutes!
5 Praise him by playing loud cymbals
and cymbals that make high notes!
6 Let everything that breathes praise Yahweh!
Praise Yahweh!