

Parts 1 - 10

If you're dealing with temptation (pornography), depression, oppression (your feelings and emotions are being robbed of you), etc., it can be difficult to know what to say when you're praying. Reading through Psalms works if you're fighting the demons that are causing that temptation, depression, and so on. Or frankly, you just don't know what to say when you pray.

Starting on Psalm 3 and going to the last Psalm, here are specific scriptures that directly relate to fighting ALL demonic spirits.

When you say these scriptures, don't just say them, *pray* them.

If you start reading (praying) and it feels like you don't want to continue, **PUSH** through it.

Start out by saying “Jesus, I repent of all of my sins. Please help me with my prayers. Thank you.”

Psalm 3

¹O Lord, how many are my foes! How many rise up against me!

²Many are saying of me, “God will not deliver him.”

³But you are a shield around me, O Lord; you bestow glory on me and lift up my head.

⁴To the Lord I cry aloud, and he answers me from his holy hill.

⁵I lie down and sleep; I wake again, because the Lord sustains me.

⁶I will not fear the tens of thousands drawn up against me on every side.

⁷Arise, O Lord! Deliver me, O my God! Strike all my enemies on the jaw; break the teeth of the wicked.

⁸From the Lord comes deliverance. May your blessing be on your people.

Psalm 4

¹Answer me when I call to you, O my righteous God. Give me relief from my distress; be merciful to me and hear my prayer.

³Know that the Lord has set apart the godly for himself; the Lord will hear when I call to him.

⁶Let the light of your face shine upon us, O Lord.

⁸I will lie down and sleep in peace, for you alone, O Lord, make me dwell in safety.

Psalm 5

¹Give ear to my words, O Lord, consider my sighing.

²Listen to my cry for help, my King and my God, for to you I pray.

³In the morning, O Lord, you hear my voice; in the morning I lay my requests before you and wait in expectation.

⁴You are not a God who takes pleasure in evil; with you the wicked cannot dwell.

⁶You destroy those who tell lies; bloodthirsty and deceitful men the Lord abhors.

⁸Lead me, O Lord, in your righteousness because of my enemies – make straight your way before me.

⁹Not a word from their mouth can be trusted; their heart is filled with destruction. Their throat is an open grave; with their tongue they speak deceit.

¹⁰Declare them guilty, O God! Let their intrigues be their downfall. Banish them for their many sins, for they have rebelled against you.

¹¹But let all who take refuge in you be glad; let them ever sing for joy.

Spread your protection over them, that those who love your name may rejoice in you.

Psalm 6

¹O Lord, do not rebuke me in your anger or discipline me in your wrath.

³My soul is in anguish. How long, O Lord, how long?

⁴Turn, O Lord, and deliver me; save me because of your unfailing love.

⁵No one remembers you when he is dead. Who praises you from the grave?

⁷My eyes grow weak with sorrow; they fail because of all my foes.

⁸Away from me, all you who do evil, for the Lord has heard my weeping.

⁹The Lord has heard my cry for mercy; the Lord accepts my prayer.

¹⁰All my enemies will be ashamed and dismayed; they will turn back in sudden disgrace.

Psalm 7

¹O Lord my God, I take refuge in you; save and deliver me from all who pursue me, or they will tear me like a lion, and rip me to pieces with no one to rescue me.

⁶Arise, O Lord, in your anger; rise up against the rage of my enemies. Awake, my God; decree justice.

¹⁰My shield is God Most High, who saves the upright in heart.

¹¹God is a righteous judge, a God who expresses his wrath every day.

¹⁷I will give thanks to the Lord because of his righteousness and will sing praise to the name of the Lord Most High.

Psalm 8

¹O Lord, our Lord, how majestic is your name in all the earth! You have set your glory above the heavens.

³When I consider your heavens, the work of your fingers, the moon and the stars, which you have set in place,

⁴what is man that you are mindful of him, the son of man that you care for him?

⁵You made him a little lower than the heavenly beings and crowned him with glory and honor.

⁶You made him ruler over the works of your hands; you put everything under his feet:

⁷all flocks and herds, and the beasts of the field,

⁸the birds of the air, and the fish of the sea, all that swim the paths of the seas.

⁹O Lord, our Lord, how majestic is your name in all the earth!

Psalm 9

¹I will praise you, O Lord, with all my heart; I will tell of all your wonders.

²I will be glad and rejoice in you; I will sing praise to your name, O Most High.

³My enemies turn back; they stumble and perish before you.

⁷The Lord reigns forever; he has established his throne for judgement.

⁸He will judge the world in righteousness; he will govern the peoples with justice.

⁹The Lord is a refuge for the oppressed, a stronghold in times of trouble.

¹⁰Those who know your name will trust in you, for you, Lord, have never forsaken those who seek you.

¹⁶The Lord is known by his justice; the wicked are ensnared by the work of their hands.

Psalm 10

¹Why, O Lord, do you stand far off? Why do you hide yourself in times of trouble?

¹²Arise, Lord! Lift up your hand, O God. Do not forget the helpless.

¹⁴But you, O God, do see trouble and grief; you consider it to take it in hand. The victim commits himself to you; you are the helper of the fatherless.

¹⁷You hear, O Lord, the desire of the afflicted; you encourage them, and you listen to their cry,

¹⁸defending the fatherless and the oppressed, in order that man, who is of the earth, may terrify no more.

Psalm 11

⁴The Lord is in his holy temple; the Lord is on his heavenly throne. He observes the sons of men; his eyes examine them.

⁵The Lord examines the righteous, but the wicked and those who love violence his soul hates.

⁶On the wicked he will rain fiery coals and burning sulfur; a scorching wind will be their lot.

⁷For the Lord is righteous, he loves justice; upright men will see his face.

Psalm 12

⁵"Because of the oppression of the weak and the groaning of the needy, I will now arise," says the Lord. "I will protect them from those who malign them."

⁶And the words of the Lord are flawless, like silver refined in a furnace of clay, purified seven times.

⁷O Lord, you will keep us safe and protect us from such people forever.

Psalm 13

¹How long, O Lord? Will you forget me forever? How long will you hide your face from me?

²How long must I wrestle with my thoughts and every day have sorrow in my heart? How long will my enemy triumph over me?

Psalm 14

⁶You evildoers frustrate the plans of the poor, but the Lord is their refuge.

Psalm 16

¹Keep me safe, O God, for in you I take refuge.

²I said to the Lord, "You are my Lord; apart from you I have no good thing."

⁷I will praise the Lord, who counsels me; even at night my heart instructs me.

⁸I have set the Lord always before me. Because he is at my right hand, I will not be shaken.

⁹Therefore my heart is glad and my tongue rejoices; my body also will rest secure,

¹⁰because you will not abandon me to the grave, nor will you let your Holy One see decay.

¹¹You have made known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand.

Psalm 17

¹Hear, O Lord, my righteous plea; listen to my cry. Give ear to my prayer – it does not rise from deceitful lips.

²May my vindication come from you; may your eyes see what is right.

⁶I call on you, O God, for you will answer me; give ear to me and hear my prayer.

⁷Show the wonder of your great love, you who save by your right hand those who take refuge in you from their foes.

⁸Keep me as the apple of your eye; hide me in the shadow of your wings.

¹⁰They close up their callous hearts, and their mouths speak with arrogance.

¹¹They have tracked me down, they now surround me, with eyes alert, to throw me to the ground.

¹²They are like a lion hungry for prey, like a great lion crouching in cover.

¹³Rise up, O Lord, confront them, bring them down; rescue me from the wicked by your sword.

Psalm 18

¹I love you, O Lord, my strength.

²The Lord is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge.

He is my shield and the horn of my salvation, my stronghold.

³I call to the Lord, who is worthy of praise, and I am saved from my enemies.

⁶In my distress I called to the Lord; I cried to my God for help. From his temple he heard my voice; my cry came before him, into his ears.

¹⁶He reached down from on high and took hold of me; he drew me out of deep waters.

¹⁷He rescued me from my powerful enemy, from my foes, who were too strong for me.

¹⁸They confronted me in the day of my disaster, but the Lord was my support.

¹⁹He brought me out into a spacious place; he rescued me because he delighted in me.

³⁰As for God, his way is perfect; the word of the Lord is flawless. He is a shield for all who take refuge in him.

³¹For who is God besides the Lord? And who is the Rock except our God?

³²It is God who arms me with strength and makes my way perfect.

³³He makes my feet like the feet of a deer; he enables me to stand on the heights.

³⁴He trains my hands for battle; my arms can bend a bow of bronze.

³⁵You give me your shield of victory, and your right hand sustains me; you stoop down to make me great.

³⁶You broaden the path beneath me, so that my ankles do not turn.

³⁷I pursued my enemies and overtook them; I did not turn back till they were destroyed.

³⁸I crushed them so that they could not rise; they fell beneath my feet.

³⁹You armed me with strength for battle; you made my adversaries bow at my feet.

⁴⁰You made my enemies turn their backs in flight, and I destroyed my foes.

⁴¹They cried for help, but there was no one to save them – to the Lord, but he did not answer.

⁴²I beat them as fine as dust borne on the wind; I poured them out like mud in the streets.

⁴³You have delivered me from the attacks of the people.

⁴⁶The Lord lives! Praise be to my Rock! Exalted be God my Savior!

⁴⁷He is the God who avenges me, who subdues nations under me,
⁴⁸who saves me from my enemies. You exalted me above my foes; from violent men you rescued me.

⁴⁹Therefore I will praise you among the nations, O Lord; I will sing praises to your name.

Psalm 19

¹The heavens declare the glory of God; the skies proclaim the work of his hands.

²Day after day they pour forth speech; night after night they display knowledge.

³There is no speech or language where their voice is not heard.

⁴Their voice goes out into all the earth, their words to the ends of the world. In the heavens he has pitched a tent for the sun.

⁷The law of the Lord is perfect, reviving the soul. The statutes of the Lord are trustworthy, making wise the simple.

⁸The precepts of the Lord are right, giving joy to the heart. The commands of the Lord are radiant, giving light to the eyes.

⁹The fear of the Lord is pure, enduring forever. The ordinances of the Lord are sure and altogether righteous.

¹⁰They are more precious than gold, than much pure gold; they are sweeter than honey, than honey from the comb.

¹¹By them is your servant warned; in keeping them there is great reward.

¹²Who can discern [my] errors? Forgive my hidden faults?

¹³Keep your servant also from willful sins; may they not rule over me. Then will I be blameless, innocent of great transgression.

¹⁴May the words of my mouth and the mediation of my heart be pleasing in your sight, O Lord, my Rock and my Redeemer.

Psalm 22

[in case you need to read these scriptures, they're also here for you]

¹My God, my God, why have you forsaken me? Why are you so far from saving me? So far from the words of my groaning?

²O my God, I cry out by day, but you do not answer, by night, and am not silent.

¹¹Do not be far from me, for trouble is near and there is no one to help.

¹²Many bulls surround me; strong bulls of Bashan encircle me.

¹³Roaring lions tearing their prey open their mouths wide against me.

¹⁶Dogs have surrounded me; a band of evil men has encircled me, they have pierced my hands and my feet.

¹⁹But you, O Lord, be not far off; O my Strength, come quickly to help me.

²⁰Deliver my life from the sword, my precious life from the power of the dogs.

²¹Rescue me from the mouth of the lions; save me from the horns of the wild oxen.

Psalm 23

¹The Lord is my shepherd, I shall not be in want.

²He makes me lie down in green pastures, he leads me beside quiet waters,

³he restores my soul. He guides me in paths of righteousness for his name's sake.

⁴Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

⁵You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows.

⁶Surely goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.

Psalm 24

¹The earth is the Lord's, and everything in it, the world, and all who live in it;

²for he founded it upon the seas and established it upon the waters.

³Who may ascend the hill of the Lord? Who may stand in his holy place?

⁴He who has clean hands and a pure heart, who does not lift up his soul to an idol or swear by what is false.

⁵He will receive blessing from the Lord and vindication from God his Savior.

Psalm 25

¹To you, O Lord, I lift up my soul;

²in you I trust, O my God. Do not let me be put to shame, nor let my enemies triumph over me.

³No one whose hope is in you will ever be put to shame, but they will be put to shame who are treacherous without excuse.

⁴Show me your ways, O Lord, teach me your paths;

⁵guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long.

⁶Remember, O Lord, your great mercy and love, for they are from of old.

⁷Remember not the sins of my youth and my rebellious ways; according to your love remember me, for you are good, O Lord.

⁸Good and upright is the Lord; therefore he instructs sinners in his ways.

⁹He guides the humble in what is right and teaches them his way.

¹⁰All the ways of the Lord are loving and faithful for those who keep the demands of his covenant.

¹¹For the sake of your name, O Lord, forgive my iniquity, though it is great.

¹²Who, then, is the man that fears the Lord? He will instruct him in the way chosen for him.

¹³He will spend his days in prosperity, and his descendants will inherit the land.

¹⁴The Lord confides in those who fear him; he makes his covenant known to them.

¹⁵My eyes are ever on the Lord, for only he will release my feet from the snare.

¹⁶Turn to me and be gracious to me, for I am lonely and afflicted.

¹⁷The troubles of my heart have multiplied; free me from my anguish.

¹⁸Look upon my affliction and my distress and take away all of my sins.

¹⁹See how my enemies have increased and how fiercely they hate me!

²⁰Guard my life and rescue me; let me not be put to shame, for I take refuge in you.

²¹May integrity and uprightness protect me, because my hope is in you.

Psalm 27

¹The Lord is my light and my salvation, whom shall I fear? The Lord is the stronghold of my life, of whom shall I be afraid?

²When evil men advance against me to devour my flesh, when my enemies and my foes attack me, they will stumble and fall.

³Though an army besiege me, my heart will not fear; though war break out against me, even then will I be confident.

⁴One thing I ask of the Lord, this is what I seek: that I may dwell in the house of the Lord all the days of my life, to gaze upon the beauty of the Lord and to seek him in his temple.

⁵For in the day of trouble he will keep me safe in his dwelling; he will hide me in the shelter of his tabernacle and set me high upon a rock.

⁶Then my head will be exalted above the enemies who surround me; at his tabernacle will I sacrifice with shouts of joy; I will sing and make music to the Lord.

⁷Hear my voice when I call, O Lord; be merciful to me and answer me.

⁸My heart says of you, "Seek his face!" Your face, Lord, I will seek.

⁹Do not hide your face from me, do not turn your servant away in anger; you have been my helper. Do not reject me or forsake me, O God my Savior.

¹⁰Though my father and mother forsake me, the Lord will receive me.

¹¹Teach me your way, O Lord; lead me in a straight path because of my oppressors.

¹²Do not turn me over to the desire of my foes, for false witnesses rise up against me, breathing out violence.

¹³I am still confident of this: I will see the goodness of the Lord in the land of the living.

¹⁴Wait for the Lord; be strong and take heart and wait for the Lord.

Psalm 28

¹To you, Lord, I call; you are my Rock, do not turn a deaf ear to me. For if you remain silent, I will be like those who go down to the pit.

⁶Praise be to the Lord, for he has heard my cry for mercy.

⁷The Lord is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise him.

⁸The Lord is the strength of his people.

Psalm 29

¹Ascribe to the Lord, you heavenly beings, ascribe to the Lord glory and strength.

²Ascribe to the Lord the glory due his name; worship the Lord in the splendor of his holiness.

³The voice of the Lord is over the waters; the God of glory thunders, the Lord thunders over the mighty waters.

⁴The voice of the Lord is powerful; the voice of the Lord is majestic.

⁹The voice of the Lord twists the oaks and strips the forests bare.

¹⁰The Lord sits enthroned over the flood; the Lord is enthroned as King forever.

¹¹The Lord gives strength to his people; the Lord blesses his people with peace.

Psalm 30

¹I will exalt you, Lord, for you lifted me out of the depths and did not let my enemies gloat over me.

²Lord my God, I called to you for help, and you healed me.

³You, Lord, brought me up from the realm of the dead; you spared me from going down to the pit.

⁴Sing the praises of the Lord, you his faithful people; praise his holy name.

⁵For his anger lasts only a moment, but his favor lasts a lifetime; weeping may stay for the night, but rejoicing comes in the morning.

⁶When I felt secure, I said, "I will never be shaken."

⁷Lord, when you favored me, you made my royal mountain stand firm; but when you hid your face, I was dismayed.

⁸To you, Lord, I called; to the Lord I cried for mercy:

⁹"What is gained if I am silenced, if I go down to the pit? Will the dust praise you? Will it proclaim your faithfulness?"

¹⁰Hear, Lord, and be merciful to me; Lord, be my help."

¹¹You turned my wailing into dancing; you removed my sackcloth and clothed me with joy,

¹²that my heart may sing your praises and not be silent. Lord my God, I will praise you forever.

Psalm 31

¹In you, O Lord, I have taken refuge; let me never be put to shame; deliver me in your righteousness.

²Turn your ear to me, come quickly to my rescue; be my rock of refuge, a strong fortress to save me.

³Since you are my rock and my fortress, for the sake of your name lead and guide me.

⁴Free me from the trap that is set for me, for you are my refuge.

⁵Into your hands I commit my spirit; redeem me, O Lord, the God of truth.

⁷I will be glad and rejoice in your love, for you saw my affliction and knew the anguish of my soul.

⁸You have not handed me over to the enemy but have set my feet in a spacious place.

⁹Be merciful to me, O Lord, for I am in distress; my eyes grow weak with sorrow, my soul and my body with grief.

¹⁰My life is consumed by anguish and my years by groaning; my strength fails because of my affliction, and my bones grow weak.

¹³For I hear the slander of many; there is terror on every side; they conspire against me and plot to take my life.

¹⁴But I trust in you, O Lord; I say, "You are my God."

¹⁵My times are in your hands; deliver me from my enemies and from those who pursue me.

¹⁶Let your face shine on your servant; save me in your unfailing love.

¹⁷Let me not be put to shame, O Lord, for I have cried out to you; but let the wicked be put to shame and lie silent in the grave.

¹⁸Let their lying lips be silenced, for with pride and contempt they speak arrogantly against the righteous.

¹⁹How great is your goodness, which you have stored up for those who fear you, which you bestow in the sight of men on those who take refuge in you.

²⁰In the shelter of your presence you hide them from the intrigues of men; in your dwelling you keep them safe from accusing tongues.

²¹Praise be to the Lord, for he showed his wonderful love to me.

²²In my alarm I said, "I am cut off from your sight!" Yet you heard my cry for mercy when I called to you for help.

Psalm 32

¹Blessed is he whose transgressions are forgiven, whose sins are covered.

²Blessed is the man whose sin the Lord does not count against him and in whose spirit is no deceit.

³When I kept silent, my bones wasted away through my groaning all day long.

⁴For day and night your hand was heavy upon me; my strength was sapped as in the heat of summer.

⁵Then I acknowledged my sin to you and did not cover up my iniquity. I said, "I will confess my transgressions to the Lord" and you forgave the guilt of my sin.

⁶Therefore let everyone who is godly pray to you while you may be found; surely when the mighty waters rise, they will not reach him.

⁷You are my hiding place; you will protect me from trouble and surround me with songs of deliverance.

¹⁰Many are the woes of the wicked, but the Lord's unfailing love surrounds the man who trusts in him.

¹¹Rejoice in the Lord and be glad, you righteous; sing, all you who are upright in heart!

Psalm 33

¹Sing joyfully to the Lord, you righteous; it is fitting for the upright to praise him.

³Sing to him a new song; play skillfully, and shout for joy.

⁴For the word of the Lord is right and true; he is faithful in all he does.

⁵The Lord loves righteousness and justice; the earth is full of his unfailing love.

⁶By the word of the Lord were the heavens made, their starry host by the breath of his mouth.

⁸Let all the earth fear the Lord; let all the people of the world revere him.

⁹For he spoke, and it came to be; he commanded, and it stood firm.

¹⁰The Lord foils the plans of the nations; he thwarts the purposes of the peoples.

¹¹But the plans of the Lord stand firm forever, the purposes of his heart through all generations.

¹³From heaven the Lord looks down and sees all mankind;

¹⁴from his dwelling place he watches all who live on earth -

¹⁵he who forms the hearts of all, who considers everything they do.

¹⁶No king is saved by the size of his army; no warrior escapes by his great strength.

¹⁷A horse is a vain hope for deliverance; despite all its great strength it cannot save.

¹⁸But the eyes of the Lord are on those who fear him, on those whose hope is in his unfailing love,

¹⁹to deliver them from death and keep them alive in famine.

²⁰We wait in hope for the Lord; he is our help and our shield.

²¹In him our hearts rejoice, for we trust in his holy name.

²²May your unfailing love rest upon us, O Lord, even as we put our hope in you.

Psalm 34

⁴I sought the Lord, and he answered me; he delivered me from all my fears.

⁵Those who look to him are radiant; their faces are never covered with shame.

⁶This poor man called, and the Lord heard him; he saved him out of all his troubles.

¹⁷The righteous cry out, and the Lord hears them; he delivers them from all their troubles.

¹⁸The Lord is close to the brokenhearted and saves those who are crushed in spirit.

¹⁹A righteous man may have many troubles, but the Lord delivers him from them all;

²⁰he protects all his bones, not one of them will be broken.

²²The Lord redeems his servants; no one will be condemned who takes refuge in him.

Psalm 35

⁴May those who seek my life be disgraced and put to shame; may those who plot my ruin be turned back in dismay.

⁵May they be like chaff before the wind, with the angel of the Lord driving them away;

⁶may their path be dark and slippery, with the angel of the Lord pursuing them.

⁷Since they hid their net for me without cause and without cause dug a pit for me,

⁸may ruin overtake them by surprise – may the net they hid entangle them, may they fall into the pit, to their ruin.

⁹Then my soul will rejoice in the Lord and delight in his salvation.

²³Awake, and rise to my defense! Contend for me, my God and Lord.

²⁴Vindicate me in your righteousness, O Lord my God; do not let them gloat over me.

²⁵Do not let them think, “Aha, just what we wanted!” or say, “We have swallowed him up.”

Psalm 91

¹He who dwells in the shelter of the Most High will rest in the shadow of the Almighty.

²I will say of the Lord, "He is my refuge and my fortress, my God, in whom I trust."

³Surely he will save you from the fowler's snare and from the deadly pestilence.

⁴He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart.

⁵You will not fear the terror of night, nor the arrow that flies by day,

⁶nor the pestilence that stalks in the darkness, nor the plague that destroys at midday.

⁷A thousand may fall at your side, ten thousand at your right hand, but it will not come near you.

⁸You will only observe with your eyes and see the punishment of the wicked.

⁹If you make the Most High your dwelling – even the Lord, who is my refuge –

¹⁰then no harm will befall you, no disaster will come near your tent.

¹¹For he will command his angels concerning you to guard you in all your ways;

¹²they will lift you up in their hands, so that you will not strike your foot against a stone.

¹³You will tread upon the lion and the cobra; you will trample the great lion and the serpent.

¹⁴"Because he loves me," says the Lord, "I will rescue him; I will protect him, for he acknowledges my name.

¹⁵He will call upon me, and I will answer him; I will be with him in trouble, I will deliver him and honor him.

¹⁶With long life will I satisfy him and show him my salvation."

Psalm 36

⁵Your love, O Lord, reaches to the heavens, your faithfulness to the skies.

⁶Your righteousness is like the mighty mountains, your justice like the great deep.

⁷How priceless is your unfailing love! Both high and low among men find refuge in the shadow of your wings.

⁸They feast on the abundance of your house; you give them drink from your river of delights.

⁹For with you is the fountain of life; in your light we see light.

Psalm 37

⁴Delight yourself in the Lord and he will give you the desires of your heart.

⁵Commit your way to the Lord; trust in him and he will do this:

⁶He will make your righteousness shine like the dawn, the justice of your cause like the noonday sun.

¹⁰A little while, and the wicked will be no more; though you look for them, they will not be found.

¹²The wicked plot against the righteous and gnash their teeth at them;

¹³but the Lord laughs at the wicked, for he knows their day is coming.

¹⁴The wicked draw the sword and bend the bow to bring down the poor and needy, to slay those whose ways are upright.

¹⁵But their swords will pierce their own hearts, and their bows will be broken.

¹⁷for the power of the wicked will be broken, but the Lord upholds the righteous.

²³If the Lord delights in a man's way, he makes his steps firm;

²⁴though he stumble, he will not fall, for the Lord upholds him with his hand.

²⁷Turn from evil and do good; then you will dwell in the land forever.

²⁸For the Lord loves the just and will not forsake his faithful ones.

³⁴Wait for the Lord and keep his way. He will exalt you to inherit the land; when the wicked are cut off, you will see it.

³⁹The salvation of the righteous comes from the Lord; he is their stronghold in time of trouble.

⁴⁰The Lord helps them and delivers them; he delivers them from the wicked and saves them, because they take refuge in him.

Psalm 38

¹O Lord, do not rebuke me in your anger or discipline me in your wrath.

²For your arrows have pierced me, and your hand has come down upon me.

³Because of your wrath there is no health in my body; my bones have no soundness because of my sin.

⁴My guilt has overwhelmed me like a burden too heavy to bear.

⁵My wounds fester and are loathsome because of my sinful folly.

⁶I am bowed down and brought very low; all day long I go about mourning.

⁷My back is filled with searing pain; there is no health in my body.

⁸I am feeble and utterly crushed; I groan in anguish of heart.

⁹All my longings lie open before you, O Lord; my sighing is not hidden from you.

¹⁰My heart pounds, my strength fails me; even the light has gone from my eyes.

[In case this specific verse pertains to you] ¹¹My friends and companions avoid me because of my wounds; my neighbors stay far away.

¹²Those who seek my life set their traps, those who would harm me talk of my ruin; all day long they plot deception.

¹⁵I wait for you, O Lord; you will answer, O Lord my God.

¹⁷For I am about to fall, and my pain is ever with me.

¹⁸I confess my iniquity; I am troubled by my sin.

¹⁹Many are those who are my vigorous enemies; those who hate me without reason are numerous.

²⁰Those who repay my good with evil slander me when I pursue what is good.

²¹O Lord, do not forsake me; be not far from me, O my God.

²²Come quickly to help me, O Lord my Savior.

Psalm 39

¹I said, "I will watch my ways and keep my tongue from sin; I will put a muzzle on my mouth as long as the wicked are in my presence."

²But when I was silent and still, not even saying anything good, my anguish increased.

⁷But now, Lord, what do I look for? My hope is in you.

⁸Save me from all my transgressions; do not make me the scorn of fools.

¹⁰Remove your scourge from me; I am overcome by the blow of your hand.

¹¹You rebuke and discipline men for their sin; you consume their wealth like a moth - each man is but a breath.

¹²"Hear my prayer, O Lord, listen to my cry for help; be not deaf to my weeping. For I dwell with you as an alien, a stranger, as all my fathers were.

¹³Look away from me, that I may rejoice again before I depart and am no more."

Psalm 40

¹I waited patiently for the Lord; he turned to me and heard my cry.

²He lifted me out of the slimy pit, out of the mud and mire; he set my feet on a rock and gave me a firm place to stand.

³He put a new song in my mouth, a hymn of praise to our God. Many will see in fear and put their trust in the Lord.

⁴Blessed is the man who makes the Lord his trust, who does not look to the proud, to those who turn aside to false gods.

⁵Many, O Lord my God, are the wonders you have done. The things you planned for us no one can we count to you; were I to speak and tell of them, they would be too many to declare.

¹¹Do not withhold your mercy from me, O Lord; may your love in your truth always protect me.

¹²For troubles without number surround me; my sins have overtaken me, and I cannot see. They are more than the hairs of my head, and my heart fails within me.

¹³Be pleased, O Lord, to save me; O Lord, come quickly to help me.

¹⁴May all who seek to take my life be put to shame and confusion; may all who desire my ruin be turned back in disgrace.

¹⁵May those who say to me, "Aha! Aha!" be appalled at their own shame.

¹⁶But may all who seek you rejoice and be glad in you; may those who love your salvation always say, "The Lord be exalted!"

¹⁷Yet I am poor and needy; may the Lord think of me. You are my help and my deliverer; O my God, do not delay.

Psalm 41

⁴I said, "O Lord, have mercy on me; heal me, for I have sinned against you."

⁵My enemies say of me in malice, "When will he die and his name perish?"

⁷All my enemies whisper together against me; they imagine the worst for me, saying,

⁸"A vile disease has beset him; he will never get up from the place where he lies."

¹⁰But you, O Lord, have mercy on me; raise me up that I may repay them.

¹¹I know that you are pleased with me, for my enemy does not triumph over me.

¹²In my integrity you uphold me and set me in your presence forever.

¹³Praise be to the Lord, the God of Israel, from everlasting to everlasting.

Psalm 42

¹As the deer pants for streams of water, so my soul pants for you, O God.

²My soul thirsts for God, for the living God. When can I go and meet with God?

³My tears have been my food day and night, while men say to me all day long, "Where is your God?"

⁵Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

⁸By day the Lord directs his love, at night his song is with me – a prayer to the God of my life.

⁹I say to God my Rock, "Why have you forgotten me? Why must I go about mourning, oppressed by the enemy?"

¹⁰My bones suffer mortal agony as my foes taunt me, saying to me all day long, "Where is your God?"

¹¹Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

Psalm 43

²You are God my stronghold. Why have you rejected me? Why must I go about mourning, oppressed by the enemy?

³Send forth your light and your truth, let them guide me; let them bring me to your holy mountain, to the place where you dwell.

⁴Then will I go to the altar of God, to God, my joy and my delight. I will praise you with the harp, O God, my God.

⁵Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

Psalm 44

⁵Through you we push back our enemies; through your name we trample our foes.

⁶I do not trust in my bow, my sword does not bring me victory;

⁷but you give us victory over our enemies, you put our adversaries to shame.

⁸In God we make our boast all day long, and we will praise your name forever.

Psalm 46

¹God is our refuge and strength, in ever-present help in trouble.

²Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea,

³though its waters roar and foam and the mountains quake with their surging.

⁷The Lord Almighty is with us; the God of Jacob is our fortress.

⁸Come and see the works of the Lord, the desolations he has brought on the earth.

⁹He makes wars cease to the ends of the earth; he breaks the bow and shatters the spear, he burns the shields with fire.

¹⁰"Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."

¹¹The Lord almighty is with us; the god of Jacob is our fortress.

Psalm 51

¹Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions.

²Wash away all my iniquity and cleanse me from my sin.

³For I know my transgressions, and my sin is always before me.

⁴Against you, you only, have I sinned and done what is evil in your sight, so that you are proved right when you speak and justified when you judge.

⁵Surely I was sinful at birth, sinful from the time my mother conceived me.

⁶Surely you desire truth in the inner parts; you teach me wisdom in the inmost place.

⁷Cleanse me with hyssop, and I will be clean; wash me, and I will be whiter than snow.

⁸Let me hear joy and gladness; let the bones you have crushed rejoice.

⁹Hide your face from my sins and blot out all my iniquity.

¹⁰Create in me a pure heart, O God, and renew a steadfast spirit within me.

¹¹Do not cast me from your presence or take your Holy Spirit from me.

¹²Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.

¹⁴Save me from bloodguilt, O God, the God who saves me, and my tongue will sing of your righteousness.

¹⁷The sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise.

Psalm 52

[Speaking to people who don't repent and turn away from sins]

¹Why do you boast of evil, you mighty man? Why do you boast all day long, you who are a disgrace in the eyes of God?

²Your tongue plots destruction; it is like a sharpened razor, you who practice deceit.

³You love evil rather than good, falsehood rather than speaking the truth.

⁴You love every harmful word, O you deceitful tongue!

⁵Surely God will bring you down to everlasting ruin: He will snatch you up and tear you from your tent.

⁸But I am like an olive tree flourishing in the house of God; I trust in God's unfailing love for ever and ever.

⁹I will praise you forever for what you have done; in your name I will hope, for your name is good. I will praise you in the presence of your saints.

Psalm 53

¹The fool says in his heart, "There is no God." They are corrupt, and their ways are vile; there is no one who does good.

²God looks down from heaven on the sons of men to see if there are any who understand, any who seek God.

³Everyone has turned away, they have together become corrupt; there is no one who does good, not even one.

Psalm 54

¹Save me, O God, by your name; vindicate me by your might.

²Hear my prayer, O God; listen to the words of my mouth.

³Strangers are attacking me; ruthless men seek my life — men without regard for God.

⁴Surely God is my help; the Lord is the one who sustains me.

⁵Let evil recoil on those who slander me; in your faithfulness destroy them.

⁶I will sacrifice a freewill offering to you; I will praise your name, O Lord, for it is good.

⁷For he has delivered me from all my troubles, and my eyes have looked in triumph on my foes.

Psalm 55

¹Listen to my prayer, O God, do not ignore my plea;

²hear me and answer me. My thoughts trouble me and I am distraught

³at the voice of the enemy, at the stares of the wicked; for they bring down suffering upon me and revile me in their anger.

⁴My heart is in anguish within me; the terrors of death assail me.

⁵Fear and trembling have beset me; horror has overwhelmed me.

⁶I said, "Oh, that I had the wings of a dove! I would fly away and be at rest —

⁷I would flee far away and stay in the desert;

⁸I would hurry to my place of shelter, far from the tempest and storm."

⁹Confuse the wicked, O Lord, confound their speech.

¹⁶But I call to God, and the Lord saves me.

¹⁷Evening, morning and noon I cry out in distress, and he hears my voice.

¹⁸He ransoms me unharmed from the battle waged against me, even though many opposed me.

¹⁹God, who is enthroned forever, will hear them and afflict them.

²¹His speech is smooth as butter, yet war is in his heart; his words are more soothing than oil, yet they are drawn swords.

²²Cast your cares on the Lord and he will sustain you; he will never let the righteous fall.

²³But you, O God, will bring down the wicked into the pit of corruption; bloodthirsty and deceitful men will not live out half their days. But as for me, I trust in you.

Psalm 56

¹Be merciful to me, O God, for men hotly pursue me; all day long they press their attack.

²My slanderers pursue me all day long; many are attacking me in their pride.

³When I am afraid, I will trust in you.

⁴In God, whose word I praise, in God I trust; I will not be afraid.

⁵All day long they twist my words; they are always plotting to harm me.

⁶They conspire, they lurk, they watch my steps, eager to take my life.

⁷On no account let them escape; in your anger, O God, bring down the nations.

⁸Record my lament; list my tears on your scroll — are they not in your record?

⁹Then my enemies will turn back when I call for help. By this I will know that God is for me.

¹⁰In God, whose word I praise, in the Lord, whose word I praise —

¹¹in God I trust; I will not be afraid.

¹²I am under vows to you, O God; I will present my thank offerings to you.

¹³For you have delivered me from death and my feet from stumbling, that I may walk before God in the light of life.

Psalm 57

¹Have mercy on me, O God, have mercy on me, for in you my soul takes refuge. I will take refuge in the shadow of your wings until the disaster has passed.

²I cry out to God Most High, to God who fulfills his purpose for me.

³He sends from heaven and saves me, rebuking those who hotly pursue me; God sends his love and his faithfulness.

⁴I am in the midst of lions; I lie among ravenous beasts — men whose teeth are spears and arrows, whose tongues are sharp swords.

⁵Be exalted, O God, above the heavens; let your glory be all over the earth.

⁶They spread a net for my feet — I was bowed down in distress. they dug a pit in my path — but they have fallen into it themselves.

⁷My heart is steadfast, O God, my heart is steadfast; I will sing and make music.

⁸Awake, my soul! Awake, harp and lyre. I will awaken the dawn.

⁹I will praise you, O Lord; I will sing of you among the peoples.

¹⁰For great is your love, reaching to the heavens; your faithfulness reaches to the skies.

¹¹Be exalted, O God, above the heavens; let your glory be all over the earth.

Psalm 58

⁶Break the teeth in their mouths, O God; tear out, O Lord, the fangs of the lions.

⁷Let them vanish like water that flows away; when they draw the bow, let their arrows be blunted.

¹⁰The righteous will be glad when they are avenged, when they bathe their feet in the blood of the wicked.

Psalm 59

¹Deliver me from my enemies, O God; protect me from those who rise up against me.

²Deliver me from evil doers and save me from bloodthirsty men.

³See how they lie and wait for me! Fierce men conspire against me for no offense or sin of mine, O Lord.

⁴I have done no wrong, yet they are ready to attack me. Arise to help me; look on my plight!

⁶They return at evening, snarling like dogs, and prowl about the city.

⁷See what they spew from their mouths — they spew out swords from their lips, and they say, “Who can hear us?”

⁸But you, O Lord, laugh at them; you scoff at all those nations.

⁹O my Strength, I watch for you; you, O God, are my fortress, my loving God. God will go before me and will let me gloat over those who slander me.

¹¹In your might make them wander about, and bring them down.

¹²For the sins of their mouths, for the words of their lips, let them be caught in their pride. For the curses and lies they utter,

¹³consume them in wrath, consume them till they are no more.

¹⁴They return at evening, snarling like dogs, and prowl about the city.

¹⁵They wander about for *food* and howl if not satisfied.

¹⁶But I will sing of your strength, in the morning I will sing of your love; for you are my fortress, my refuge in times of trouble.

¹⁷O my strength, I sing praise to you; you, O God, are my fortress, my loving God.

Psalm 61

¹Hear my cry, O God; listen to my prayer.

²From the ends of the earth I call to you, I call is my heart grows faint; lead me to the rock that is higher than I.

³For you have been my refuge, a strong tower against the foe.

⁴I long to dwell in your tent forever and take refuge in the shelter of your wings.

⁵For you have heard my vows, O God.

Psalm 62

¹My soul finds rest in God alone; my salvation comes from him.

²He alone is my rock and my salvation; he is my fortress, I will never be shaken.

⁵Find rest, O my soul, in God alone; my hope comes from him.

⁶He alone is my rock and my salvation; he is my fortress, I will not be shaken.

⁷My salvation and my honor depend on God; he is my mighty rock, my refuge.

⁸Trust in him at all times, O people; pour out your hearts to him, for God is our refuge.

¹¹One thing God has spoken, two things have I heard: that you, O God, are strong,

¹²and that you, O Lord, are loving. Surely you will reward each person according to what he has done.

Psalm 63

¹O God, you are my God, earnestly I seek you; my soul thirsts for you, my body longs for you, in a dry and weary land where there is no water.

²I have seen you in the sanctuary and beheld your power and your glory.

³Because your love is better than life, my lips will glorify you.

⁴I will praise you as long as I live, and in your name I will lift up my hands.

⁵My soul will be satisfied as with the riches of foods; with singing lips my mouth will praise you.

⁶On my bed I remember you; I think of you through the watches of the night.

⁷Because you are my help, I sing in the shadow of your wings.

⁸My soul clings to you; your right hand upholds me.

⁹They who seek my life will be destroyed; they will go down to the depths of the earth.

¹⁰They will be given over to the sword and become food for jackals.

¹¹All who swear by God's name will praise him, while the mouths of liars will be silenced.

Psalm 64

¹Hear me, O God, as I voice my complaint; protect my life from the threat of the enemy.

²Hide me from the conspiracy of the wicked, from that noisy crowd of evil doers.

³They sharpen their tongues like swords and aim their words like deadly arrows.

⁴They shoot from ambush at the innocent man; they shoot at him suddenly, without fear.

⁵They encourage each other in evil plans, they talk about hiding their snares; they say, "Who will see them?"

⁶They plot injustice and say, "We have devised a perfect plan!"

⁷But God will shoot them with arrows; suddenly they will be struck down.

⁸He will turn their own tongues against them and bring them to ruin.

¹⁰Let the righteous rejoice in the Lord and take refuge in him; let all the upright in heart praise him!

Psalm 65

³When we were overwhelmed by sins, you forgave our transgressions.

⁴Blessed are those you choose and bring near to live in your courts! We are filled with the good things of your house, of your holy temple.

⁵You answer us with awesome deeds of righteousness, O God our Savior, the hope of all the ends of the earth and of the farthest seas,

⁶who formed the mountains by your power, having armed yourself with strength.

⁸Those living far away fear your wonders; where morning dawns and evening fades you call forth songs of joy.

Psalm 66

¹Shout with joy to God, all the earth!

²Sing the glory of his name; make his praise glorious!

³Say to God, "How awesome are your deeds! So great is your power that your enemies cringe before you.

⁴All the earth bows down to you; they sing praise to you, they sing praise to your name."

⁵Come and see what God has done, how awesome his works in man's behalf!

⁶He turned to see you to dry land, they pass through the waters on foot — come, let us rejoice in him.

⁷He rules forever by his power, his eyes watch the nations — let not the rebellious rise up against him.

⁸Praise our God, O peoples, the sound of his praise be heard;

⁹he has preserved our lives and kept our feet from slipping.

¹⁰For you, O God, tested us; you refine us like silver.

¹¹You brought us into prison and laid burns on our backs.

¹³I will come to your temple with burnt offerings and fulfill my vows to you —

¹⁴vows my lips promised in my mouth spoke when I was in trouble.

¹⁶Come and listen, all you who fear God; let me tell you what he has done for me.

¹⁷I cried out to him with my mouth; his praise was on my tongue.

¹⁸If I had cherished sin in my heart, the Lord would not have listened;

¹⁹but God has surely listened and heard my voice in prayer.

²⁰Praise be to God, who has not rejected my prayer or withheld his love from me!

Psalm 67

¹May God be gracious to us and bless us and make his face shine upon us,

²that your ways may be known on earth, your salvation among all nations.

³May the peoples praise you, O God; may all the peoples praise you.

⁴May the nations be glad and sing for joy, for you rule the peoples justly and guide the nations of the earth.

⁵May the peoples praise you, O God; may all the peoples praise you.

⁶Then the land will yield his harvest, and God, our God, will bless us.

⁷God will bless us, and all the ends of the earth will fear him.

Psalm 68

¹May God arise, may his enemies be scattered; may his foes flee before him.

²As smoke is blown away by the wind, may you blow them away; as wax melts before the fire, may the wicked perish before God.

³But may the righteous be glad and rejoice before God; may they be happy and joyful.

⁴Sing to God, sing praise to his name, extol him who rides on the clouds — his name is the Lord — and rejoice before him.

⁵A father to the fatherless, a defender of widows, is God in his holy dwelling.

⁶God sets the lonely in families, he leads forth the prisoners with singing; but the rebellious live in a sun-scorched land.

¹⁹Praise be to the Lord, to God our Savior, who daily bears our burdens.

²⁰Our God is a God who saves; from the Sovereign Lord comes escape from death.

³²Sing to God, O kingdoms of the earth, sing praise to the Lord,

³³to him who rides the ancient skies above, who thunders with mighty voice.

³⁴Proclaim the power of God, whose majesty is over Israel, whose power is in the skies.

³⁵You are awesome, O God, in your sanctuary; the God of Israel gives power and strength to his people.

Praise be to God.

Psalm 69

¹Save me, O God, for the waters have come up to my neck.

²I sink in the miry depths, where there is no foothold. I have come into the deep waters; the floods engulf me.

³I am worn out calling for help; my throat is parched. My eyes fail, looking for my God.

⁴Those who hate me without reason outnumber the hairs of my head; many are my enemies without cause, those who seek to destroy me. I am forced to restore what I did not steal.

⁵You know my folly, O God; my guilt is not hidden from you.

⁷For I endure scorn for your sake, and shame covers my face.

⁸I am a stranger to my brothers, an alien to my own mother's sons.

¹³But I pray to you, O Lord, in the time of your favor; in your great love, O God, answer me with your sure salvation.

¹⁴Rescue me from the mire, do not let me sink; deliver me from those who hate me, from the deep waters.

¹⁵Do not let the floodwaters engulf me or the depths swallow me up or the pit close its mouth over me.

¹⁶Answer me, O Lord, out of the goodness of your love; in your great mercy turn to me.

¹⁷Do not hide your face from your servant; answer me quickly, for I am in trouble.

¹⁸Come near and rescue me; redeem me because of my foes.

¹⁹You know how I am scorned, disgraced and shamed; all my enemies are before you.

²³May their eyes be darkened so they cannot see, and their backs be bent forever.

²⁴Pour out your wrath on them; let your fierce anger overtake them.

²⁵May their place be deserted; let there be no one to dwell in their tents.

²⁷Charge them with crime upon crime.

²⁹I am in pain and distress; may your salvation, O God, protect me.

³⁰I will praise God's name in song and glorify him with thanksgiving.

³¹This will please the Lord more than an ox, more than a bull with its horns and hoofs.

³²The poor will see and be glad — you who seek God, may your hearts live!

³³The Lord hears the needy and does not despise his captive people.

³⁴Let heaven and earth praise him, the seas and all that move in them.

Psalm 70

¹Hasten, O God, to save me; O Lord, come quickly to help me.

²May those who seek my life be put to shame and confusion; may all who desire my ruin be turned back in disgrace.

³May those who say to me, "Aha! Aha!" turn back because of their shame.

⁴But may all who seek you rejoice and be glad in you; may those who love your salvation always say, "Let God be exalted!"

⁵Yet I am poor and needy; come quickly to me, O God. You are my help and my deliverer; O Lord, do not delay.

Psalm 71

¹In you, O Lord, I have taken refuge; let me never be put to shame.

²Rescue me and deliver me in your righteousness; turn your ear to me and save me.

³Be my rock of refuge, to which I can always go; give the command to save me, for you are my rock and my fortress.

⁴Deliver me, O my God, from the hand of the wicked, from the grasp of evil and cruel men.

⁷[If this pertains to you personally] I have become like a portent to many, but you are my strong refuge.

⁸My mouth is filled with your praise, declaring your splendor all day long.

⁹Do not cast me away when I am old; do not forsake me when my strength is gone.

¹⁰For my enemies speak against me; those who wait to kill me conspire together.

¹¹They say, "God has forsaken him; pursue him and seize him, for no one will rescue him."

¹²Be not far from me, O God; come quickly, O my God, to help me.

¹³May my accusers perish in shame; may those who want to harm me be covered with scorn and disgrace.

¹⁴But as for me, I will always have hope; I will praise you more and more.

¹⁵My mouth will tell of your righteousness, of your salvation all day long, though I know not its measure.

¹⁶I will come and proclaim your mighty acts, O Sovereign Lord; I will proclaim your righteousness, yours alone.

¹⁷Since my youth, O God, you have taught me, and to this day I declare your marvelous deeds.

¹⁸Even when I am old and gray, do not forsake me, O God, till I declare your power to the next generation, your might to all who are to come.

¹⁹Your righteousness reaches to the skies, O God, you who have done great things. Who, O God, is like you?

²⁰Though you have made me see troubles, many and bitter, you will restore my life again; from the depths of the earth you will again bring me up.

²¹You will increase my honor and comfort me once again.

²²I will praise you with the harp for your faithfulness, O my God; I will sing praise to you with the lyre, O Holy One of Israel.

²³My lips will shout for joy when I sing praise to you — I, whom you have redeemed.

²⁴My tongue will tell of your righteous acts all day long, for those who wanted to harm me have been put to shame and confusion.

Psalm 73

²³Yet I am always with you; you hold me by my right hand.

²⁴You guide me with your counsel, and afterward you will take me into glory.

²⁵Whom have I in heaven but you? And earth has nothing I desire besides you.

²⁶My flesh and my heart may fail, but God is the strength of my heart and my portion forever.

²⁷Those who are far from you will perish; you destroy all who are unfaithful to you.

²⁸But as for me, it is good to be near God. I have made the Sovereign Lord my refuge; I will tell of all your deeds.

Psalm 74

¹⁰How long will the enemy mock you, O God? Will the foe revile your name forever?

¹¹Why do you hold back your hand, your right hand? Take it from the folds of your garment and destroy them!

¹²But you, O God, are my king from of old; you bring salvation upon the earth.

¹³It was you who split open the sea by your power; you broke the heads of the monster in the waters.

¹⁴It was you who crushed the heads of Leviathan and gave him as food to the creatures of the desert.

¹⁵It was you who opened up springs and streams; you dried up the ever flowing rivers.

¹⁶The day is yours, and yours also the night; you established the sun and moon.

¹⁷It was you who set all the boundaries of the earth; you made both summer and winter.

¹⁸Remember how the enemy has mocked you, O Lord, how foolish people have reviled your name.

¹⁹Do not hand over the life of your dove to wild beasts; do not forget the lives of your afflicted people forever.

²⁰Have regard for your covenant, because haunts of violence fill the dark places of the land.

²¹Do not let the oppressed retreat in disgrace; may the poor and needy praise your name.

²²Rise up, O God, and defend your cause; remember how fools mock you all day long.

²³Do not ignore the clamor of your adversaries, the uproar of your enemies, which rises continually.

Psalm 75

¹We give thanks to you, O God, we give thanks, for your Name is near; men tell of your wonderful deeds.

²You say, "I choose the appointed time; it is I who judge uprightly.

³When the earth and all its people quake, it is I who hold its pillars firm.

⁴To the arrogant I say, 'Boast no more,' and to the wicked, 'Do not lift up your horns.

⁵Do not lift your horns against heaven; do not speak with outstretched neck."

⁶No one from the east or the west or from the desert can exalt a man.

⁷But it is God who judges: He brings one down, he exalts another.

⁸In the hand of the Lord is a cup full of foaming wine mixed with spices; he pours it out, and all the wicked of the earth drink it down to its very dregs.

⁹As for me, I will declare this forever; I will sing praise to the God of Jacob.

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

Psalm 77

¹I cried out to God for help; I cried out to God to hear me.

²When I was in distress, I sought the Lord; at night I stretched out untiring hands and my soul refuse to be comforted.

³I remembered you, O God, and I groaned; I mused, and my spirit grew faint.

⁴You kept my eyes from closing; I was too troubled to speak.

⁵I thought about the former days, the years of long ago;

⁶I remembered my songs in the night. My heart mused and my spirit inquired:

⁷“Will the Lord reject forever? Will he never show his favor again?”

⁸Has his unfailing love vanished forever? Has his promise failed for all time?

⁹Has God forgotten to be merciful? Has he in anger withheld his compassion?”

¹⁰Then I thought, “To this I will appeal: the years of the right hand of the Most High.”

¹¹I will remember the deeds of the Lord; yes, I will remember your miracles of long ago.

¹²I will meditate on all your works and consider all your mighty deeds.

¹³Your ways, O God, are holy. What god is so great as our God?

¹⁴You are the God who performs miracles; you display your power among the peoples.

¹⁵With your mighty arm you redeemed your people.

Psalm 83

¹O God, do not keep silent; be not quiet, O God, be not still.

²See how your enemies are astir, how your foes rear their heads.

³With cunning they conspire against your people; they plot against those you cherish.

⁵With one mind they plot together; they form an alliance against you.

¹³Make them like tumbleweed, O my God, like chaff before the wind.

¹⁴As fire consumes the forest or a flame sets the mountains ablaze,

¹⁵so pursue them with your tempest and terrify them with your storm.

¹⁶Cover their faces with shame so that men will seek your name, O Lord.

¹⁷May they ever be ashamed and dismayed; may they perish in disgrace.

¹⁸Let them know that you, whose name is the Lord — that you alone are the Most High over all the earth.

Psalm 84

¹How lovely is your dwelling place, O Lord Almighty!

²My soul yearns, even faints, for the courts of the Lord; my heart and my flesh cry out for the living God.

³Even the sparrow has found a home, and the swallow a nest for herself, where she may have her young — a place near your altar, O Lord Almighty, my King and my God.

⁴Blessed are those who dwell in your house; they are ever praising you.

⁸Hear my prayer, O Lord God Almighty; listen to me, O God of Jacob.

⁹Look upon our shield, O God; look with favor on your anointed one.

¹⁰Better is one day in your courts than a thousand elsewhere; I would rather be a doorkeeper in the house of my God than dwell in the tents of the wicked.

¹¹For the Lord God is a sun and shield; the Lord bestows favor and honor; no good thing does he withhold from those whose walk is blameless.

¹²O Lord Almighty, blessed is the man who trusts in you.

Psalm 85

²You forgave the iniquity of your people and covered all their sins.

³You set aside all your wrath and turned from your fierce anger.

⁴Restore us again, O God our Savior, and put away your displeasure toward us.

⁵Will you be angry with us forever? Will you prolong your anger through all generations?

⁶Will you not revive us again, that your people may rejoice in you?

⁷Show us your unfailing love, O Lord, and grant us your salvation.

⁸I will listen to what God the Lord will say; he promises peace to his people, his saints — but let them not return to folly.

⁹Surely his salvation is near those who fear him, that his glory may dwell in our land.

Psalm 86

¹Hear, O Lord, and answer me, for I am poor and needy.

²Guard my life, for I am devoted to you. You are my God; save your servant who trusts in you.

³Have mercy on me, O Lord, for I call to you all day long.

⁴Bring joy to your servant, for to you, O Lord, I lift up my soul.

⁵You are forgiving and good, O Lord, abounding in love to all who call to you.

⁶Hear my prayer, O Lord; listen to my cry for mercy.

⁷In the day of my trouble I will call to you, for you will answer me.

⁸Among the gods there is none like you, O Lord; no deeds can compare with yours.

⁹All the nations you have made will come and worship before you, O Lord; they will bring glory to your name.

¹⁰For you are great and do marvelous deeds; you alone are God.

¹¹Teach me your way, O Lord, and I will walk in your truth; give me an undivided heart, that I may fear your name.

¹²I will praise you, O Lord my God, with all my heart; I will glorify your name forever.

¹³For great is your love toward me; you have delivered me from the depths of the grave.

¹⁴The arrogant are attacking me, O God; a band of ruthless men seeks my life — men without regard for you.

¹⁵But you, O Lord, are a compassionate and gracious God, slow to anger, abounding in love and faithfulness.

¹⁶Turn to me and have mercy on me; grant your strength to your servant and save the son of your maidservant.

¹⁷Give me a sign of your goodness, that my enemies may see it and be put to shame, for you, O Lord, have helped me and comforted me.

Psalm 88

¹O Lord, the God who saves me, day and night I cry out before you.

²May my prayer come before you; turn your ear to my cry.

³For my soul is full of trouble and my life draws near the grave.

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

⁵I am set apart with the dead, like the slain who lie in the grave, whom you remember no more, who are cut off from your care.

⁶You have put me in the lowest pit, in the darkest depths.

⁷Your wrath lies heavily upon me; you have overwhelmed me with all of your waves.

⁸You have taken from me my closest friends and have made me repulsive to them. I am confined and cannot escape;

⁹my eyes are dim with grief. I call to you, O Lord, every day; I spread out my hands to you.

¹⁰Do you show your wonders to the dead? Do those who are dead rise up and praise you?

¹¹Is your love declared in the grave, your faithfulness in Destruction?

¹²Are your wonders known in the place of darkness, or your righteous deeds in the land of oblivion?

¹³But I cried to you for help, O Lord; in the morning my prayer comes before you.

¹⁴Why, O Lord, do you reject me and hide your face from me?

¹⁵From my youth I have been afflicted and close to death; I have suffered your terrors and am in despair.

¹⁶Your wrath has swept over me; your terrors have destroyed me.

¹⁷All day long they surround me like a flood; they have completely engulfed me.

¹⁸You have taken my companions and loved ones from me; the darkness is my closest friend.

Psalm 89

¹I will sing of the Lord's great love forever; with my mouth I will make your faithfulness known through all generations.

²I will declare that your love stands firm forever, that you establish your faithfulness in heaven itself.

⁵The heavens praise your wonders, O Lord, your faithfulness too, in the assembly of the holy ones.

⁶For who in the skies above can compare with the Lord? Who is like the Lord among the heavenly beings?

⁷In the council of the holy ones God is greatly feared; he is more awesome than all who surround him.

⁸O Lord God Almighty, who is like you? You are mighty, O Lord, and your faithfulness surrounds you.

⁹You rule over the surging sea; when its waves mount up, you still them.

¹¹The heavens are yours, and yours also the earth; you founded the world and all that is in it.

¹²You created the north and the south.

¹³Your arm is endued with power; your hand is strong, your right hand exalted.

¹⁴Righteousness and justice are the foundation of your throne; love and faithfulness go before you.

¹⁵Blessed are those who have learned to acclaim you, who walk in the light of your presence, O Lord.

¹⁶They rejoice in your name all day long; they exult in your righteousness.

¹⁷For you are their glory and strength, and by your favor you exalt our horn.

¹⁸Indeed, our shield belongs to the Lord, our King to the Holy One of Israel.

Psalm 90

¹Lord, you have been our dwelling place throughout all generations.

²Before the mountains were born or you brought forth the earth and the world, from everlasting to everlasting you are God.

³You turn men back to dust, saying, "Return to dust, O sons of men."

⁴For a thousand years in your sight are like a day that has just gone by, or like a watch in the night.

⁵You sweep men away in the sleep of death; they are like the new grass of the morning —

⁶though in the morning it springs up new, by evening it is dry and withered.

⁷We are consumed by your anger and terrified by your indignation.

⁸You have set our iniquities before you, our secret sins in the light of your presence.

⁹All our days pass away under your wrath; we finish our years with a moan.

¹⁰The length of our days is seventy years — or eighty, if we have the strength; yet their span is but trouble and sorrow, for they quickly passed, and we fly away.

¹¹Who knows the power of your anger? For your wrath is as great as the fear that is due you.

¹²Teach us to number our days aright, that we may gain a heart of wisdom.

¹³Relent, O Lord! How long will it be? Have compassion on your servants.

¹⁴Satisfy us in the morning with your unfailing love, that we may sing for joy and be glad all our days.

¹⁵Make us glad for as many days as you have afflicted us, for as many years as we have seen trouble.

¹⁶May your deeds be shown to your servants, your splendor to their children.

¹⁷May the favor of the Lord our God rest upon us; establish the work of our hands for us — yes, established the work of our hands.

Psalm 91

¹He who dwells in the shelter of the Most High will rest in the shadow of the Almighty.

²I will say of the Lord, "He is my refuge and my fortress, my God, in whom I trust."

³Surely he will save you from the fowler's snare and from the deadly pestilence.

⁴He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart.

⁵You will not fear the terror of night, nor the arrow that flies by day,

⁶nor the pestilence that stalks in the darkness, nor the plague that destroys at midday.

⁷A thousand may fall at your side, ten thousand at your right hand, but it will not come near you.

⁸You will only observe with your eyes and see the punishment of the wicked.

⁹If you make the Most High your dwelling — even the Lord, who is my refuge —

¹⁰then no harm will befall you, no disaster will come near your tent.

¹¹For he will command his angels concerning you to guard you in all your ways;

¹²they will lift you up in their hands, so that you will not strike your foot against a stone.

¹³You will tread upon the lion and the cobra; you will trample the great lion and the serpent.

¹⁴“Because he loves me,” says the Lord, “I will rescue him; I will protect him, for he acknowledges my name.

¹⁵He will call upon me, and I will answer him; I will be with him in trouble, I will deliver him and honor him.

¹⁶With long life will I satisfy him and show him my salvation.”

Psalm 92

¹It is good to praise the Lord and make music to your name, O Most High,

²to proclaim your love in the morning and your faithfulness at night,

³to the music of the ten-stringed lyre and melody of the harp.

⁴For you make me glad by your deeds, O Lord; I sing for joy at the works of your hands.

⁵How great are your works, O Lord, how profound your thoughts!

⁶The senseless man does not know, fools do not understand,

⁷that though the wicked spring up like grass and all evildoers flourish, they will be forever destroyed.

⁸But you, O Lord, are exalted forever.

⁹For surely your enemies, O Lord, surely your enemies will perish; all evildoers will be scattered.

¹⁰You have exalted my horn like that of a wild ox; fine oils have been poured upon me.

¹¹My eyes have seen the defeat of my adversaries; my ears have heard the rout of my wicked foes.

¹²The righteous will flourish like a palm tree, they will grow like a cedar of Lebanon;

¹³planted in the house of the Lord, they will flourish in the courts of our God.

¹⁴They will still bear fruit in old age, they will stay fresh and green,

¹⁵proclaiming, “The Lord is upright; he is my Rock, there is no wickedness in him.”

Psalm 93

¹The Lord reigns, he is robed in majesty; the Lord is robed in majesty and is armed with strength. The world is firmly established; it cannot be moved.

²Your throne was established long ago; you are from all eternity.

³The seas have lifted up, O Lord, the seas have lifted up their voice; the seas have lifted up their pounding waves.

⁴Mightier than the thunder of the great waters, mightier than the breakers of the sea — the Lord on high is mighty.

⁵Your statutes stand firm; holiness adorns your house for endless days, O Lord.

Psalm 94

¹O Lord, the God who avenges, O God who avenges, shine forth.

²Rise up, O Judge of the earth; pay back to the proud what they deserve.

³How long will the wicked, O Lord, how long will the wicked be jubilant?

⁴They pour out arrogant words; all the evildoers are full of boasting.

⁵They crush your people, O Lord; they oppress your inheritance.

⁷They say, “The Lord does not see; the God of Jacob pays no heed.”

⁹Does he who implanted the ear not hear? Does he who formed the eye not see?

¹⁰Does he who disciplines nations not punish? Does he who teaches man lack knowledge?

¹¹The Lord knows the thoughts of man; he knows that they are futile.

¹²Blessed is the man you discipline, O Lord, the man you teach from your law;

¹³you grant him relief from days of trouble, till a pit is dug for the wicked.

¹⁴For the Lord will not reject his people; he will never forsake his inheritance.

¹⁵Judgment will again be founded on righteousness, and all the upright in heart will follow it.

¹⁶Who will rise up for me against the wicked? Who will take a stand for me against evildoers?

¹⁷Unless the Lord had given me help, I would soon have dwelt in the silence of death.

¹⁸When I said, “My foot is slipping,” your love, O Lord, supported me.

¹⁹When anxiety was great within me, your consolation brought joy to my soul.

²⁰Can a corrupt throne be allied with you — one that brings on misery by its decrees?

²¹They band together against the righteous and condemn the innocent to death.

²²But the Lord has become my fortress, and my God the rock in whom I take refuge.

²³He will repay them for their sins and destroy them for their wickedness; the Lord our God will destroy them.

Psalm 95

¹Come, let us sing for joy to the Lord; let us shout aloud to the Rock of our salvation.

²Let us come before him with thanksgiving and extol him with music and song.

³For the Lord is the great God, the great King above all gods.

⁴In his hand are the depths of the earth, and the mountain peaks belong to him.

⁵The sea is his, for he made it, and his hands formed the dry land.

⁶Come, let us bow down and worship, let us kneel before the Lord our maker;

⁷for he is our God and we are the people of his pasture, the flock under his care.

Psalm 96

¹Sing to the Lord a new song; sing to the Lord, all the earth.

²Sing to the Lord, praise his name; proclaim his salvation day after day.

³Declare his glory among the nations, his marvelous deeds among all peoples.

⁴For great is the Lord and most worthy of praise; he is to be feared above all gods.

⁵For all the gods of the nations are idols, but the Lord made the heavens.

⁶Splendor and majesty are before him; strength and glory are in his sanctuary.

⁷Ascribe to the Lord, O families of nations, ascribe to the Lord glory and strength.

⁸Ascribe to the Lord the glory due his name; bring an offering and come into his courts.

⁹Worship the Lord in the splendor of his holiness; tremble before him, all the earth.

¹⁰Say among the nations, "The Lord reigns." The world is firmly established, it cannot be moved; he will judge the peoples with equity.

¹¹Let the heavens rejoice, let the earth be glad; let the sea resound, and all that is in it;

¹²let the fields be jubilant, and everything in them. Then all the trees of the forest will sing for joy;

¹³they will sing before the Lord, for he comes, he comes to judge the earth. He will judge the world and righteousness and the peoples in his truth.

Psalm 97

¹The Lord reigns, let the earth be glad; let the distant shores rejoice.

²Clouds and thick darkness surround him; righteousness and justice are the foundation of his throne.

- ³Fire goes before him and consumes his foes on every side.
⁴His lightning lights up the world; the earth sees and trembles.
⁵The mountains melt like wax before the Lord, before the Lord of all the earth.
⁶The heavens proclaim his righteousness, and all the people see his glory.
⁷All who worship images are put to shame, those who boast in idols — worship him, all you gods!
⁹For you, O Lord, are the Most High overall the earth; you are exalted far above all gods.
¹⁰Let those who love the Lord hate evil, for he guards the lives of his faithful ones and delivers them from the hand of the wicked.
¹¹Light is shed upon the righteous and joy on the upright in the heart.
¹²Rejoice in the Lord, you who are righteous, and praise his holy name.

Psalm 98

- ¹Sing to the Lord a new song, for he has done marvelous things; his right hand and his holy arm have worked salvation for him.
²The Lord has made his salvation known and revealed his righteousness to the nations.
³He has remembered his love and his faithfulness to the house of Israel; all the ends of the earth have seen the salvation of our God.
⁴Shout for joy to the Lord, all the earth, burst into jubilant song with music;
⁵make music to the Lord with the harp, with the harp and the sound of singing,
⁶with trumpets and the blast of the ram's horn — shout for joy before the Lord, the King.
⁷Let the sea resound, and everything in it, the world, and all who live in it.
⁸Let the rivers clap their hands, let the mountains sing together for joy;
⁹let them sing before the Lord, for he comes to judge the earth. He will judge the world in righteousness and the peoples with equity.

Psalm 99

- ¹The Lord reigns, let the nations tremble; he sits enthroned between the cherubim, let the earth shake.
²Great is the Lord; he is exalted over all the nations.
³Let them praise your great and awesome name — he is holy.
⁴The King is mighty, he loves justice — you have established equity; in Jacob you have done what is just and right.
⁵Exalt the Lord our God and worship at his footstool; he is holy.
⁶Moses and Aaron were among his priests, Samuel was among those who called on his name; they called on the Lord and he answered them.
⁷He spoke to them from the pillar of the cloud; they kept his statutes and the decrees he gave them.

⁸O Lord our God, you answered them; you were to Israel a forgiving God, though you punished their misdeeds.

⁹Exalt the Lord our God and worship at his holy mountain, for the Lord our God is holy.

Psalm 100

¹Shout for joy to the Lord, all the earth.

²Worship the Lord with gladness; come before him with joyful songs.

³Know that the Lord is God. It is he who made us, and we are his; we are his people, the sheep of his pasture.

⁴Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name.

⁵For the Lord is good and his love endures forever; his faithfulness continues through all generations.

Psalm 101

¹I will sing of your love and justice; to you, O Lord, I will sing praise.

²I will be careful to lead a blameless life — when will you come to me? I will walk in my house with blameless heart.

³I will set before my eyes no vile thing.

⁴Men of perverse heart shall be far from me; I will have nothing to do with evil.

⁵Whoever slanders his neighbor in secret, him will I put to silence; whoever has haughty eyes and a proud heart, him will I not endure.

⁶My eyes will be on the faithful in the land, that they may dwell with me; he whose walk is blameless will minister to me.

⁷No one who practices deceit will dwell in my house; no one who speaks falsely will stand in my presence.

⁸Every morning I will put to silence all the wicked in the land.

Psalm 102

¹Hear my prayer, O Lord; let my cry for help come to you.

²Do not hide your face from me when I am in distress. Turn your ear to me; when I call, answer me quickly.

³For my days vanish like smoke; my bones burn like glowing embers.

⁴My heart is blighted and withered like grass; I forget to eat my food.

⁵Because of my loud groaning I am reduced to skin and bones.

⁶I am like a desert owl, like an owl among the ruins.

⁷I lie awake; I have become like a bird alone on a roof.

⁸All day long my enemies taunt me.

¹¹My days are like the evening shadow; I wither away like grass.

¹²But you, O Lord, sit enthroned forever; your renown endures through all generations.

¹⁵The nations will fear the name of the Lord, all the kings of the earth will revere your glory.

¹⁷He will respond to the prayer of the destitute; he will not despise their plea.

¹⁸Let this be written for a future generation, that a people not yet created may praise the Lord.

²⁵In the beginning you laid the foundations of the earth, and the heavens are the work of your hands.

²⁶They will perish, but you remain; they will all wear out like a garment. Like clothing you will change them and they will be discarded.

²⁷But you remain the same, and your years will never end.

Psalm 103

¹Praise the Lord, O my soul; all my inmost being, praise his holy name.

²Praise the Lord, O my soul, and forget not all his benefits —

³who forgives all your sins and heals all your diseases,

⁴who redeems your life from the pit and crowns you with love and compassion,

⁵who satisfies your desires with good things so that your youth is renewed like the eagle's.

⁶The Lord works righteousness and justice for all the oppressed.

⁸The Lord is compassionate and gracious, slow to anger, abounding in love.

⁹He will not always accuse, nor will he harbor his anger forever;

¹⁰he does not treat us as our sins deserve or repay us according to our iniquities.

¹¹For as high as the heavens are above the earth, so great is his love for those who fear him;

¹²as far as the east is from the west, so far has he removed our transgressions from us.

¹³As a father has compassion on his children, so the Lord has compassion on those who fear him;

¹⁴for he knows how we are formed, he remembers that we are dust.

¹⁵As for man, his days are like grass, he flourishes is like a flower of the field;

¹⁶ the wind blows over it and it is gone, and its place remembers it no more.

¹⁷But from everlasting to everlasting the Lord's love is with those who fear him, and his righteousness with their children's children —

¹⁸with those who keep his covenant and remember to obey his precepts.

¹⁹The Lord has established his throne in heaven, and his kingdom rules over all.

²⁰Praise the Lord, you his angels, you mighty ones who do his bidding, who obey his word.

²¹Praise the Lord, all his heavenly hosts, you his servants who do his will.

²²Praise the Lord, all his works everywhere in his dominion. Praise the Lord, O my soul.

Psalm 104

¹Praise the Lord, O my soul. O Lord my God, you are very great; you are clothed with splendor and majesty.

²He wraps himself in light as with a garment; he stretches out the heavens like a tent

³and lays the beams of his upper chambers on their waters. He makes the clouds his chariot and rides on the wings of the wind.

⁴He makes winds his messengers, flames of fire his servants.

⁵He set the earth on its foundations; it can never be moved.

⁶You covered it with the deep as with a garment; the waters stood above the mountains.

⁷But at your rebuke the waters fled, at the sound of your thunder they took the flight;

⁸they flowed over the mountains, they went down into the valleys, to the place you assigned for them.

⁹You set a boundary they cannot cross; never again will they cover the earth.

¹⁰He makes springs pour water into the ravines; it flows between the mountains.

¹¹They give water to all the beasts of the field; the wild donkeys quench their thirst.

¹²The birds of the air nest by the waters; they sing among the branches.

¹³He waters the mountains from his upper chambers; the earth is satisfied by the fruit of his work.

¹⁴He makes grass grow for the cattle, and plants for man to cultivate — bringing forth food from the earth:

¹⁵wine that gladdens the heart of man, oil to make his face shine, and bread that sustains his heart.

¹⁶The trees of the Lord are well watered, the cedars of Lebanon that he planted.

¹⁷There the birds make their nests; the stork has its home in the pine trees.

¹⁸The high mountains belong to the wild goats; the crags are a refuge for the conies.

¹⁹The moon marks off the seasons, and the sun knows when to go down.

²⁰You bring darkness, it becomes night, and all the beasts of the forest prowl.

²¹The lions roar for their prey and seek their food from God.

²²The sun rises, and they steal away; they return and lie down in their dens.

²³Then man goes out to his work, to his labor until evening.

²⁴How many are your works, O Lord! In wisdom you made them all; the earth is full of your creatures.

²⁵There is the sea, vast and spacious, teeming with creatures beyond number — living things both large and small.

²⁶There the ships go to and fro, and the leviathan, which you formed to frolic there.

²⁷These all look to you to give them their food at the proper time.

²⁸When you give it to them, they gather it up; when you open your hand, they are satisfied with good things.

²⁹When you hide your face, they are terrified; when you take away their breath, they die and return to the dust.

³⁰When you send your Spirit, they are created, and you renew the face of the earth.

³¹May the glory of the Lord endure forever; may the Lord rejoice in his works —

³²he who looks at the earth, and it trembles, who touches the mountains, and they smoke.

³³I will sing to the Lord all my life; I will sing praise to my God as long as I live.

³⁴May my meditation be pleasing to him, as I rejoice in the Lord.

³⁵But may sinners vanish from the earth and the wicked be no more. Praise the Lord, O my soul. Praise the Lord.

Psalm 105

¹Give thanks to the Lord, call on his name; make known among the nations what he has done.

²Sing to him, sing praise to him; tell of all his wonderful acts.

³Glory in his holy name; let the hearts of those who seek the Lord rejoice.

⁴Look to the Lord and his strength; seek his face always.

⁵Remember the wonders he has done, his miracles, and the judgments he pronounced.

⁷He is the Lord our God; his judgements are in all the earth.

⁸He remembers his covenant forever, the word he commanded, for a thousand generations.

Psalm 106

¹Praise the Lord. Give thanks to the Lord, for he is good; his love endures forever.

²Who can proclaim the mighty acts of the Lord or fully declare his praise?

³Blessed are they who maintain justice, who constantly do what is right.
⁴Remember me, O Lord, when you show favor to your people, come to my aid when you save them,
⁵that I may enjoy the prosperity of your chosen ones.
⁶We have sinned, even as our fathers did; we have done wrong and acted wickedly.
⁷When our fathers were in Egypt, they gave no thought to your miracles; they did not remember your many kindnesses, and they rebelled by the sea, the Red Sea.
⁸Yet he saved them for his name's sake, to make his mighty power known.
⁹He rebuked the Red Sea, and it dried up; he led them through the depths as through a desert.
¹⁰He saved them from the hand of the foe; from the hand of the enemy he redeemed them.
¹¹The waters covered their adversaries; not one of them survived.
¹²Then they believed his promises and sang his praise.
¹³But they soon forgot what he had done and did not wait for his counsel.
¹⁴In the desert they gave in to their craving; in the wasteland they put God to the test.
¹⁵So he gave them what they asked for, but sent a wasting disease upon them.
¹⁶In the camp they grew envious of Moses and of Aaron, who was consecrated to the Lord.
¹⁷The earth opened up and swallowed Dathan; it buried the company of Abiram.
¹⁸Fire blazed among their followers; a flame consumed the wicked.
¹⁹At Horeb they made a calf and worshiped an idol cast from metal.
²⁰They exchanged their Glory for an image of a bull, which eats grass.
²¹They forgot the God who saved them, who had done great things in Egypt,
²²miracles in the land of Ham and awesome deeds by the Red Sea.
²³So he said he would destroy them — had not Moses, his chosen one, stood in the breach before him to keep his wrath from destroying them.
²⁴Then they despised the pleasant land; they did not believe his promise.
²⁵They grumbled in their tents and did not obey the Lord.
²⁶So he swore to them with uplifted hand that he would make them fall in the desert,
²⁷make their descendants fall among the nations and scatter them throughout the lands.
²⁸They yoked themselves to the Baal of Peor and ate sacrifices offered to lifeless gods;

²⁹they provoked the Lord to anger by their wicked deeds, and a plague broke out among them.

³⁰But Phinehas stood up and intervened, and the plague was checked.

³¹This was credited to him as righteousness for endless generations to come.

³²By the waters of Meribah they angered the Lord, and trouble came to Moses because of them;

³³for they rebelled against the Spirit of God, and rash words came from Moses' lips.

³⁴They did not destroy the peoples as the Lord had commanded them,

³⁵but they mingled with the nations and adopted their customs.

³⁶They worshiped their idols, which became a snare to them.

³⁷They sacrificed their sons and their daughters to demons.

³⁸They shed innocent blood, the blood of their sons and daughters, whom they sacrificed to the idols of Canaan, and the land was desecrated by their blood.

³⁹They defiled themselves by what they did, by their deeds they prostituted themselves.

⁴⁰Therefore the Lord was angry with his people and abhorred his inheritance.

⁴¹He handed them over to the nations, and their foes ruled over them.

⁴²Their enemies oppressed them and subjected them to their power.

⁴³Many times he delivered them, but they were bent on rebellion and they wasted away in their sin.

⁴⁴But he took note of their distress when he heard their cry;

⁴⁵for their sake he remembered his covenant and out of his great love he relented.

⁴⁶He caused them to be pitied by all who held them captive.

⁴⁷Save us, O Lord our God, and gather us from the nations, that we may give thanks to your holy name and glory in your praise.

⁴⁸Praise be to the Lord, the God of Israel from everlasting to everlasting. Let all the people say, "Amen!" Praise the Lord.

Psalm 107

¹Give thanks to the Lord, for he is good; his love endures forever.

²Let the redeemed of the Lord say this — those he redeemed from the hand of the foe,

³those he gathered from the lands, from east and west, from north and south.

⁴Some wandered in desert wastelands, finding no way to a city where they could settle.

⁵They were hungry and thirsty, and their lives ebbed away.

⁶Then they cried out to the Lord in their trouble, and he delivered them from their distress.

⁷He led them by a straight way to a city where they could settle.
⁸Let them give thanks to the Lord for his unfailing love and his wonderful deeds for men,
⁹for he satisfies the thirsty and fills the hungry with good things.
¹⁰Some sat in darkness and the deepest gloom, prisoners suffering in iron chains,
¹¹for they had rebelled against the words of God and despised the council of the Most High.
¹²So he subjected them to bitter labor; they stumbled, and there was no one to help.
¹³Then they cried to the Lord in their trouble, and he saved them from their distress.
¹⁴He brought them out of darkness and the deepest gloom and broke away their chains.
¹⁵Let them give thanks to the Lord for his unfailing love and his wonderful deeds for men,
¹⁶for he breaks down gates of bronze and cuts through bars of iron.
¹⁷Some became fools through their rebellious ways and suffered affliction because of their iniquities.
¹⁸They loathed all food and drew near the gates of death.
¹⁹Then they cried to the Lord in their trouble, and he saved them from their distress.
²⁰He sent forth his word and healed them; he rescued them from the grave.
²¹Let them give thanks to the Lord for his unfailing love and his wonderful deeds for men.
²²Let them sacrifice thank offerings and tell of his works with songs of joy.
²³Others went out on the sea in ships; they were merchants on the mighty waters.
²⁴They saw the works of the Lord, his wonderful deeds in the deep.
²⁵For he spoke and stirred up a tempest that lifted high the waves.
²⁶They mounted up to the heavens and went down to the depths; in their peril their courage melted away.
²⁷They reeled and staggered like drunken men; they were at their wits' end.
²⁸Then they cried out to the Lord in their trouble, and he brought them out of their distress.
²⁹He stilled the storm to a whisper; the waves of the sea were hushed.
³⁰They were glad when it grew calm, and he guided them to their desired haven.

³¹Let them give thanks to the Lord for his unfailing love and his wonderful deeds for men.

³²Let them exalt him in the assembly of the people and praise him in the council of the elders.

³³He turned rivers into a desert, flowing springs into thirsty ground,

³⁴and fruitful land into a salt waste, because of the wickedness of those who lived there.

³⁵He turned the desert into pools of water and the parched ground into flowing springs;

³⁶there he brought the hungry to live, and they founded a city where they could settle.

³⁷They sowed fields and planted vineyards that yielded a fruitful harvest;

³⁸he blessed them, and their numbers greatly increased, and he did not let their herds diminish.

³⁹Then their numbers decreased, and they were humbled by oppression, calamity and sorrow;

⁴⁰he who pours contempt on nobles made them wander in a trackless waste.

⁴¹But he lifted the needy out of their affliction and increased their families like flocks.

⁴²The upright see and rejoice, but all the wicked shut their mouths.

⁴³Whoever is wise, let him heed these things and consider the great love of the Lord.

Psalm 108

¹My heart is steadfast, O God; I will sing and make music with all my soul.

²Awake, harp and lyre! I will awaken the dawn.

³I will praise you, O Lord, among the nations; I will sing of you among the peoples.

⁴For great is your love, higher than the heavens; your faithfulness reaches to the skies.

⁵Be exalted, O God, above the heavens; and let your glory be over all the earth.

⁶Save us and help us with your right hand, that those you love may be delivered.

¹²Give us aid against the enemy, for the help of man is worthless.

¹³With God we will gain the victory, and he will trample down our enemies.

Psalm 109

¹O God, whom I praise, do not remain silent,

²for wicked and deceitful men have opened their mouths against me; they have spoken against me with lying tongues.

³With words of hatred they surround me; they attack me without cause.

¹⁵May their sins always remain before the Lord, that he may cut off the memory of them from the earth.

¹⁷He loved to pronounce a curse — may it come on him.

¹⁸He wore cursing as his garment; it entered into his body like water, into his bones like oil.

¹⁹May it be like a cloak wrapped about him, like a belt tied forever around him.

²⁰May this be the Lord's payment to my accusers, to those who speak evil of me.

²¹But you, O Sovereign Lord, deal well with me for your name's sake; out of the goodness of your love, deliver me.

²²For I am poor and needy, and my heart is wounded within me.

²³I fade away like an evening shadow; I am shaken off like a locust.

²⁴My knees give way from fasting; my body is thin and gaunt.

²⁶Help me, O Lord my God; save me in accordance with your love.

²⁷Let them know that it is your hand, that you, O Lord, have done it.

²⁸They may curse, but you will bless [me]; when they attack they will be put to shame, but your servant will rejoice.

²⁹My accusers will be clothed with disgrace and wrapped in shame as in a cloak.

³⁰With my mouth I will greatly extol the Lord; in the great throng I will praise him.

³¹For he stands at the right hand of the needy one, to save his life from those who condemn him.

Psalm 111

¹Praise the Lord. I will extol the Lord with all my heart in the council of the upright and in the assembly.

²Great are the works of the Lord; they are pondered by all who delight in them.

³Glorious and majestic are his deeds, and his righteousness endures forever.

⁴He has caused his wonders to be remembered; the Lord is gracious and compassionate.

⁵He provides food for those who fear him; he remembers his covenant forever.

⁶He has shown his people the power of his works, giving them the lands of other nations.

⁷The works of his hands are faithful and just; all his precepts are trustworthy.

⁸They are steadfast for ever and ever, done in faithfulness and uprightness.

⁹He provided redemption for his people; he ordained his covenant forever — holy and awesome is his name.

¹⁰The fear of the Lord is the beginning of wisdom; all who follow his precepts have good understanding. To him belongs eternal praise.

Psalm 112

¹Praise the Lord. Blessed is the man who fears the Lord, who finds great delight in his commands.

²His children will be mighty in the land; the generation of the upright will be blessed.

³Wealth and riches are in his house, and his righteousness endures forever.

⁴Even in darkness light dawns for the upright, for the gracious and compassionate and righteous man.

⁵Good will come to him who is generous and lends freely, who conducts his affairs with justice.

⁶Surely he will never be shaken; a righteous man will be remembered forever.

⁷He will have no fear of bad news; his heart is steadfast, trusting in the Lord.

⁸His heart is secure, he will have no fear; in the end he will look in triumph on his foes.

⁹He has scattered abroad his gifts to the poor, his righteousness endures forever; his horn will be lifted high in honor.

¹⁰The wicked man will see and be vexed, he will gnash his teeth and waste away; the longings of the wicked will come to nothing.

Psalm 113

¹Praise the Lord. Praise, O servants of the Lord, praise the name of the Lord.

²Let the name of the Lord be praised, both now and forevermore.

³From the rising of the sun to the place where it sets, the name of the Lord is to be praised.

⁴The Lord is exalted over all the nations, his glory above the heavens.

⁵Who is like the Lord our God, the One who sits enthroned on high,

⁶who stoops down to look on the heavens and the earth.

⁷He raises the poor from the dust and lifts the needy from the ash heap;

⁸he seats them with princes, with the princes of their people.

⁹He settles the barren woman in her home as a happy mother of children.

Praise the Lord.

Psalm 115

¹Not to us, O Lord, not to us but to your name be the glory, because of your love and faithfulness.

²Why do the nations say, "Where is their God?"

³Our God is in heaven; he does whatever pleases him.

⁴But their idols are silver and gold, made by the hands of men.

⁵They have mouths, but cannot speak, eyes, but they cannot see;

⁶they have ears, but cannot hear, noses, but they cannot smell;
⁷they have hands, but cannot feel, feet, but they cannot walk; nor can they
 utter a sound with their throats.
⁸Those who make them will be like them, and so will all who trust in them.
⁹O house of Israel, trust in the Lord — he is their help and shield.
¹⁰O house of Aaron, trust in the Lord — he is their help and shield.
¹¹You who fear him, trust in the Lord — he is their help and shield.
¹²The Lord remembers us and will bless us: He will bless the house of Israel,
 he will bless the house of Aaron,
¹³he will bless those who fear the Lord — small and great alike.
¹⁴May the Lord make you increase, both you and your children.
¹⁵May you be blessed by the Lord, the Maker of heaven and earth.
¹⁶The highest heavens belong to the Lord, but the earth he has given to man.
¹⁷It is not the dead who praise the Lord, those who go down to silence;
¹⁸it is we who extol the Lord, both now and forevermore. Praise the Lord.

Psalm 116

¹I love the Lord, for he heard my voice; he heard my cry for mercy.
²Because he turned his ear to me, I will call on him as long as I live.
³The cords of death entangled me, the anguish of the grave came upon me; I
 was overcome by trouble and sorrow.
⁴Then I called on the name of the Lord; “O Lord, save me!”
⁵The Lord is gracious and righteous; our God is full of compassion.
⁶The Lord protects the simplehearted; when I was in great need, he saved me.
⁷Be at rest once more, O my soul, for the Lord has been good to you.
⁸For you, O Lord, have delivered my soul from death, my eyes from tears, my
 feet from stumbling,
⁹that I may walk before the Lord in the land of the living.
¹⁰I believed; therefore I said, “I am greatly afflicted.”
¹²How can I repay the Lord for all his goodness to me?
¹³I will lift up the cup of salvation and call on the name of the Lord.
¹⁴I will fulfill my vows to the Lord in the presence of all his people.
¹⁵Precious in the sight of the Lord is the death of his saints.
¹⁶O Lord, truly I am your servant; I am your servant, the son of your
 maidservant; you have freed me from my chains.
¹⁷I will sacrifice a thank offering to you and call on the name of the Lord.
¹⁸I will fulfill my vows to the Lord in the presence of all his people,
¹⁹in the courts of the house of the Lord — in your midst, O Jerusalem. Praise
 the Lord.

Psalm 117

¹Praise the Lord, all you nations; extol him, all you peoples.

²For great is his love toward us, and the faithfulness of the Lord endures forever. Praise the Lord.

Psalm 118

¹Give thanks to the Lord, for he is good; his love endures forever.

²Let Israel say: "His love endures forever."

³Let the house of Aaron say: "His love endures forever."

⁴Let those who fear the Lord say: "His love endures forever."

⁵In my anguish I cried to the Lord, and he answered by setting me free.

⁶The Lord is with me; I will not be afraid. What can man do to me?

⁷The Lord is with me; he is my helper. I will look in triumph on my enemies.

⁸It is better to take refuge in the Lord than to trust in man.

⁹It is better to take refuge in the Lord than to trust in princes.

¹⁰All the nations surrounded me, but in the name of the Lord I cut them off.

¹¹They surrounded me on every side, but in the name of the Lord I cut them off.

¹²They swarmed around me like bees, but they died out as quickly as burning thorns; in the name of the Lord I cut them off.

¹³I was pushed back and about to fall, but the Lord helped me.

¹⁴The Lord is my strength and my song; he has become my salvation.

¹⁵Shouts of joy and victory resound in the tents of the righteous: "The Lord's right hand has done mighty things!

¹⁶The Lord's right hand is lifted high; the Lord's right hand has done mighty things!"

¹⁷I will not die but live, and will proclaim what the Lord has done.

¹⁸The Lord has chastened me severely, but he has not given me over to death.

¹⁹Open for me the gates of righteousness; I will enter and give thanks to the Lord.

²⁰This is the gate of the Lord through which the righteous may enter.

²¹I will give you thanks, for you answered me; you have become my salvation.

²⁴This is the day the Lord has made; let us rejoice and be glad in it.

²⁵O Lord, save us; O Lord, grant us success.

²⁶Blessed is he who comes in the name of the Lord.

²⁷The Lord is God, and he has made his light shine upon us.

²⁸You are my God, and I will give you thanks; you are my God, and I will exalt you.

²⁹Give thanks to the Lord, for he is good; his love endures forever.

Psalm 119

¹Blessed are they whose ways are blameless, who walk according to the law of the Lord.

²Blessed are they who keep his statutes and seek him with all their heart.

³They do nothing wrong; they walk in his ways.

⁴You have laid down precepts that are to be fully obeyed.

⁵Oh, that my ways were steadfast in obeying your decrees!

⁶Then I would not be put to shame when I consider all your commands.

⁷I will praise you with an upright heart as I learn your righteous laws.

⁸I will obey your decrees; do not utterly forsake me.

⁹How can a young man keep his way pure? By living according to your word.

¹⁰I seek you with all my heart; do not let me stray from your commands.

¹¹I have hidden your word in my heart that I might not sin against you.

¹²Praise be to you, O Lord; teach me your decrees.

¹³With my lips I recount all the laws that come from your mouth.

¹⁴I rejoice in following your statutes as one rejoices in great riches.

¹⁵I meditate on your precepts and consider your ways.

¹⁶I delight in your decrees; I will not neglect your word.

¹⁷Do good to your servant, and I will live; I will obey your word.

¹⁸Open my eyes that I may see wonderful things in your law.

¹⁹I am a stranger on earth; do not hide your commands from me.

²⁰My soul is consumed with longing for your laws at all times.

²¹You rebuke the arrogant, who are cursed and who stray from your commands.

²²Remove from me scorn and contempt, for I keep your statutes.

²³Though rulers sit together and slander me, your servant will meditate on your decrees.

²⁴Your statutes are my delight; they are my counselors.

²⁵I am laid low in the dust; preserve my life according to your word.

²⁶I recounted my ways and you answered me; teach me your decrees.

²⁷Let me understand the teaching of your precepts; then I will meditate on your wonders.

²⁸My soul is weary with sorrow; strengthen me according to your word.

²⁹Keep me from deceitful ways; be gracious to me through your law.

³⁰I have chosen the way of truth; I have set my heart on your laws.

³¹I hold fast to your statutes, O Lord; do not let me be put to shame.

³²I run in the path of your commands, for you have set my heart free.

³³Teach me, O Lord, to follow your decrees; then I will keep them to the end.

- ³⁴Give me understanding, and I will keep your law and obey it with all my heart.
- ³⁵Direct me in the path of your commands, for there I find delight.
- ³⁶Turn my heart toward your statutes and not toward selfish gain.
- ³⁷Turn my eyes away from worthless things; preserve my life according to your word.
- ³⁸Fulfill your promise to your servant, so that you may be feared.
- ³⁹Take away the disgrace I dread, for your laws are good.
- ⁴⁰How I long for your precepts! Preserve my life in your righteousness.
- ⁴¹May your unfailing love come to me, O Lord, your salvation according to your promise;
- ⁴²then I will answer the one who taunts me, for I trust in your word.
- ⁴³Do not snatch the word of truth from my mouth, for I have put my hope in your laws.
- ⁴⁴I will always obey your law, for ever and ever.
- ⁴⁵I will walk about in freedom, for I have sought out your precepts.
- ⁴⁶I will speak of your statutes before kings and will not be put to shame,
- ⁴⁷for I delight in your commands because I love them.
- ⁴⁸I lift up my hands to your commands, which I love, and I meditate on your decrees.
- ⁴⁹Remember your word to your servant, for you have given me hope.
- ⁵⁰My comfort in my suffering is this: Your promise preserves my life.
- ⁵¹The arrogant mock me without restraint, but I do not turn from your law.
- ⁵²I remember your ancient laws, O Lord, and I find comfort in them.
- ⁵³Indignation grips me because of the wicked, who have forsaken your law.
- ⁵⁴Your decrees are the theme of my song wherever I lodge.
- ⁵⁵In the night I remember your name, O Lord, and I will keep your law.
- ⁵⁶This has been my practice: I obey your precepts.
- ⁵⁷You are my portion, O Lord; I have promised to obey your words.
- ⁵⁸I have sought your face with all my heart; be gracious to me according to your promise.
- ⁵⁹I have considered my ways and have turned my steps to your statutes.
- ⁶⁰I will hasten and not delay to obey your commands.
- ⁶¹Though the wicked bind me with ropes, I will not forget your law.
- ⁶²At midnight I rise to give you thanks for your righteous laws.
- ⁶⁴The earth is filled with your love, O Lord; teach me your decrees.
- ⁶⁵Do good to your servant according to your word, O Lord.
- ⁶⁶Teach me knowledge and good judgment, for I believe in your commands.
- ⁶⁷Before I was afflicted, I went astray, but now I obey your word.

- 68 You are good, and what you do is good; teach me your decrees.
- 69 Though the arrogant have smeared me with lies, I keep your precepts with all my heart.
- 70 Their hearts are callous and unfeeling, but I delight in your law.
- 71 It was good for me to be afflicted so that I might learn your decrees.
- 72 The law from your mouth is more precious to me than thousands of pieces of silver and gold.
- 73 Your hands made me and formed me; give me understanding to learn your commands.
- 74 May those who fear you rejoice when they see me, for I have put my hope in your word.
- 75 I know, O Lord, that your laws are righteous, and in faithfulness you have afflicted me.
- 76 May your unfailing love be my comfort, according to your promise to your servant.
- 77 Let your compassion come to me that I may live, for your law is my delight.
- 78 May the arrogant be put to shame for wronging me without cause; but I will meditate on your precepts.
- 80 May my heart be blameless toward your decrees, that I may not be put to shame.
- 81 My soul faints with longing for your salvation, but I have put my hope in your word.
- 82 My eyes fail, looking for your promise; I say, "When will you comfort me?"
- 83 Though I am like a wineskin in the smoke, I do not forget your decrees.
- 84 How long must your servant wait? When will you punish my persecutors?
- 85 The arrogant dig pitfalls for me, contrary to your law.
- 86 All your commands are trustworthy; help me, for men persecute me without cause.
- 87 They almost wiped me from the earth, but I have not forsaken your precepts.
- 88 Preserve my life according to your love, and I will obey the statutes of your mouth.
- 89 Your word, O Lord, is eternal; it stands firm in the heavens.
- 90 Your faithfulness continues through all generations; you established the earth, and it endures.
- 91 Your laws endure to this day, for all things serve you.
- 92 If your law had not been my delight, I would have perished in my affliction.
- 93 I will never forget your precepts, for by them you have preserved my life.
- 94 Save me, for I am yours; I have sought out your precepts.
- 95 The wicked are waiting to destroy me, but I will ponder your statutes.

- 96To all perfection I see a limit; but your commands are boundless.
97Oh, how I love your law! I meditate on it all day long.
98Your commands make me wiser than my enemies, for they are ever with me.
101I have kept my feet from every evil path so that I might obey your word.
102I have not departed from your laws, for you yourself have taught me.
103How sweet are your words to my taste, sweeter than honey to my mouth!
104I gain understanding from your precepts; therefore I hate every wrong path.
105Your word is a lamp to my feet and a light for my path.
106I have taken an oath and confirmed it, that I will follow your righteous laws.
107I have suffered much; preserve my life, O Lord, according to your word.
108Accept, O Lord, the willing praise of my mouth, and teach me your laws.
109Though I constantly take my life in my hands, I will not forget your law.
110The wicked have set a snare for me, but I have not strayed from your precepts.
111Your statutes are my heritage forever; they are the joy of my heart.
112My heart is set on keeping your decrees to the very end.
114You are my refuge and my shield; I have put my hope in your word.
115Away from me, you evildoers, that I may keep the commands of my God!
116Sustain me according to your promise, and I will live; do not let my hopes be dashed.
117Uphold me, and I will be delivered; I will always have regard for your decrees.
118You reject all who stray from your decrees, for their deceitfulness is in vain.
119All the wicked of the earth you discard like dross; therefore I love your statutes.
120My flesh trembles in fear of you; I stand in awe of your laws.

Psalm 119

- 121I have done what is righteous and just; do not leave me to my oppressors.
122Ensure your servant's well-being; let not the arrogant oppress me.
123My eyes fail, looking for your salvation, looking for your righteous promise.
124Deal with your servant according to your love and teach me your decrees.
125I am your servant; give me discernment that I may understand your statutes.
126It is time for you to act, O Lord; your law is being broken.
127Because I love your commands more than gold, more than pure gold,
128and because I consider all your precepts right, I hate every wrong path.
129Your statutes are wonderful; therefore I obey them.

130The unfolding of your words gives light; it gives understanding to the simple.

131I open my mouth and pant, longing for your commands.

132Turn to me and have mercy on me, as you always do to those who love your name.

133Direct my footsteps according to your word; let no sin rule over me.

134Redeem me from the oppression of men, that I may obey your precepts.

135Make your face shine upon your servant and teach me your decrees.

136Streams of tears flow from my eyes, for your law is not obeyed.

137Righteous are you, O Lord, and your laws are right.

138The statutes you have laid down are righteous; they are fully trustworthy.

139My zeal wears me out, for my enemies ignore your words.

140Your promises have been thoroughly tested, and your servant loves them.

142Your righteousness is everlasting and your law is true.

143Trouble and distress have come upon me, but your commands are my delight.

144Your statutes are forever right; give me understanding that I may live.

145I call with all my heart; answer me, O Lord, and I will obey your decrees.

146I call out to you; save me and I will keep your statutes.

147I rise before dawn and cry for help; I have put my hope in your word.

148My eyes stay open through the watches of the night, that I may meditate on your promises.

149Hear my voice in accordance with your love; preserve my life, O Lord, according to your laws.

150Those who devise wicked schemes are near.

151Yet you are near, O Lord, and all your commands are true.

152Long ago I learned from your statutes that you established them to last forever.

153Look upon my suffering and deliver me, for I have not forgotten your law.

154Defend my cause and redeem me; preserve my life according to your promise.

155Salvation is far from the wicked [people], for they do not seek out your decrees.

156Your compassion is great, O Lord; preserve my life according to your laws.

157Many are the foes [demons] who persecute me, but I have not turned from your statutes.

159See how I love your precepts; preserve my life, O Lord, according to your love.

160All your words are true; all your righteous laws are eternal.

¹⁶²I rejoice in your promise like one who finds great spoil.

¹⁶³I hate and abhor falsehood but I love your law.

¹⁶⁴Seven times a day I praise you for your righteous laws.

¹⁶⁵Great peace have they who love your law, and nothing can make them stumble.

¹⁶⁶I wait for your salvation, O Lord, and I follow your commands.

¹⁶⁷I obey your statutes, for I love them greatly.

¹⁶⁸I obey your precepts and your statutes, for all of my ways are known to you.

¹⁶⁹May my cry come before you, O Lord; give me understanding according to your word.

¹⁷⁰May my supplication come before you; deliver me according to your promise.

¹⁷¹May my lips overflow with praise, for you teach me your decrees.

¹⁷²May my tongue sing of your word, for all of your commands are righteous.

¹⁷³May your hand be ready to help me, for I have chosen your precepts.

¹⁷⁴I long for your salvation, O Lord, and your law is my delight.

¹⁷⁵Let me live that I may praise you, and may your laws sustain me.

¹⁷⁶I have strayed like a lost sheep. Seek your servant, for I have not forgotten your commands.

Psalm 120

¹I call on the Lord in my distress, and he answers me.

²Save me, O Lord, from lying lips and from deceitful tongues.

³What will he do to you, and what more besides, O deceitful tongue?

⁴He will punish you with a warrior's sharp arrows, with burning coals of the broom tree.

⁶Too long have I lived among those who hate peace.

⁷I am a man of peace; but when I speak, they are at war.

Psalm 121

¹I lift up my eyes to the hills — where does my help come from?

My help comes from the Lord, the Maker of heaven and earth.

³He will not let your foot slip — he who watches over you will not slumber;

⁴indeed, he who watches over Israel will neither slumber nor sleep.

⁵The Lord watches over you — the Lord is your shade at your right hand;

⁶the sun will not harm you by day, nor the moon by night.

⁷The Lord will keep you from all harm — he will watch over your life;

⁸the Lord will watch over your coming and going both now and forevermore.

Psalm 123

¹I lift up my eyes to you, to you whose throne is in heaven.

²As the eyes of slaves look to the hand of their master, as the eyes of a maid look to the hand of her mistress, so our eyes look to the Lord our God, till he shows us his mercy.

³Have mercy on us, O Lord, have mercy on us, for we have endured much contempt.

⁴We have endured much ridicule from the proud, much contempt from the arrogant.

Psalm 128

¹Blessed are all who fear the Lord, who walk in his ways.

²You will eat the fruit of your labor; blessings and prosperity will be yours.

³Your wife will be like a fruitful vine within your house; your sons will be like olive shoots around your table.

⁴Thus is the man blessed who fears the Lord.

Psalm 130

¹Out of the depths I cry to you, O Lord;

²O Lord, hear my voice. Let your ears be attentive to my cry for mercy.

³If you, O Lord, kept a record of sins, O Lord, who could stand?

⁴But with you there is forgiveness; therefore you are feared.

⁵I wait for the Lord, my soul waits, and in his word I put my hope.

⁶My soul waits for the Lord more than watchmen wait for the morning.

Psalm 131

¹My heart is not proud, O Lord, my eyes are not haughty; I do not concern myself with great matters or things too wonderful for me.

Psalm 133

¹How good and pleasant it is when brothers live together in unity!

²It is like precious oil poured on the head, running down on the beard, running down on Aaron's beard, down upon the collar of his robes.

Psalm 135

¹Praise the Lord. Praise the name of the Lord; praise him, you servants of the Lord,

²you who minister in the house of the Lord, in the courts of the house of our God.

³Praise the Lord, for the Lord is good; sing praise to his name, for that is pleasant.

⁵I know that the Lord is great, that our Lord is greater than all gods.

⁶The Lord does whatever pleases him, in the heavens and on the earth, in the seas and all their depths.

⁷He makes clouds rise from the ends of the earth; he sends lightning with the rain and brings out the wind from his storehouses.

¹³Your name, O Lord, endures forever, your renown, O Lord, through all generations.

¹⁴For the Lord will vindicate his people and have compassion on his servants.

¹⁵The idols of the nations are silver and gold, made by the hands of men.

¹⁶They have mouths, but cannot speak, eyes, but they cannot see;

¹⁷they have ears, but cannot hear, nor is there breath in their mouths.

¹⁸Those who make them will be like them, and so will all who trust in them.

Psalm 136

¹Give thanks to the Lord, for he is good.

²Give thanks to the God of gods.

³Give thanks to the Lord of lords:

⁴to him who alone does great wonders,

⁵who by his understanding made the heavens,

⁶who spread out the earth upon the waters,

⁷who made the great lights —

⁸the sun to govern the day,

⁹the moon and stars to govern the night;

¹⁰to him who struck down the firstborn of Egypt

¹¹and brought Israel out from among them

¹²with a mighty hand and outstretched arm;

¹³to him who divided the Red Sea asunder

¹⁴and brought Israel through the midst of it,

¹⁵but swept Pharaoh and his army into the Red Sea;

¹⁶to him who led his people through the desert,

¹⁷who struck down great kings.

Psalm 138

¹I will praise you, O Lord, with all my heart; before the “gods” I will sing your praise.

²I will bow down toward your holy temple and will praise your name for your love and your faithfulness, for you have exalted above all things your name and your word.

³When I called, you answered me; you made me bold and stouthearted.

⁴May all the kings of the earth praise you, O Lord, when they hear the words of your mouth.

⁵May they sing of the ways of the Lord, for the glory of the Lord is great.

⁶Though the Lord is on high, he looks upon the lowly, but the proud he knows from afar [people].

⁷Though I walk in the midst of trouble, you preserve my life; you stretch out your hand against the anger of my foes, with your right hand you save me.

⁸The Lord will fulfill his purpose for me; your love, O Lord, endures forever — do not abandon the works of your hands.

Psalm 139

¹O Lord, you have searched me and you know me.

²You know when I sit and when I rise; you perceive my thoughts from afar.

³You discern my going out and my lying down; you are familiar with all my ways.

⁴Before a word is on my tongue you know it completely, O Lord.

⁵You hem me in — behind and before; you have laid your hand upon me.

⁶Such knowledge is too wonderful for me, too lofty for me to attain.

⁷Where can I go from your Spirit? Where can I flee from your presence?

⁸If I go up to the heavens, you are there; if I make my bed in the depths, you are there.

⁹If I rise on the wings of the dawn, if I settle on the far side of the sea,

¹⁰even there your hand will guide me, your right hand will hold me fast.

¹¹If I say, "Surely the darkness will hide me and the light become night around me,"

¹²even the darkness will not be dark to you; the night will shine like the day, for darkness is as light to you.

¹³For you created my inmost being; you knit me together in my mother's womb.

¹⁴I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.

¹⁵My frame was not hidden from you when I was made in the secret place.

When I was woven together in the depths of the earth,

¹⁶your eyes saw my unformed body. All the days ordained for me were written in your book before one of them came to be.

¹⁷How precious to me are your thoughts, O God! How vast is the sum of them!

¹⁸Were I to count them, they would outnumber the grains of sand. When I awake, I am still with you.

¹⁹If only you would slay the wicked, O God! Away from me, you bloodthirsty men!

²⁰They speak of you with evil intent; your adversaries misuse your name.

²¹Do I not hate those who hate you, O Lord, and abhor those who rise up against you?

²²I have nothing but hatred for them; I count them my enemies.

²³Search me, O God, and know my heart; test me and know my anxious thoughts.

²⁴See if there is any offensive way in me, and lead me in the way everlasting.

Psalm 140

¹Rescue me, O Lord, from evil men; protect me from men of violence,

²who devise evil plans in their hearts and stir up war every day.

³They make their tongues as sharp as a serpent's; the poison of vipers is on their lips.

⁴Keep me, O Lord, from the hands of the wicked; protect me from men of violence who plan to trip my feet.

⁵Proud men have hidden a snare for me; they have spread out the cords of their net and have set traps for me along my path.

⁶O Lord, I say to you, "You are my God." Hear, O Lord, my cry for mercy.

⁷O Sovereign Lord, my strong deliverer, who shields my head in the day of battle —

⁸do not grant the wicked their desires, O Lord; do not let their plans succeed, or they will become proud.

⁹Let the heads of those who surround me be covered with the trouble their lips have caused.

¹⁰Let burning coals fall upon them; may they be thrown into the fire, into miry pits, never to rise.

¹¹Let slanderers not be established in the land; may disaster hunt down men of violence.

¹²I know that the Lord secures justice for the poor and upholds the cause of the needy.

¹³Surely the righteous will praise your name and the upright will live before you.

Psalm 141

¹O Lord, I call to you; come quickly to me. Hear my voice when I call to you.

²May my prayer be set before you like incense; may the lifting up of my hands be like the evening sacrifice.

³Set a guard over my mouth, O Lord; keep watch over the door of my lips.

⁴Let not my heart be drawn to what is evil, to take part in wicked deeds with men who are evildoers; let me not eat of their delicacies.

⁵Let a righteous man strike me — it is a kindness; let him rebuke me — it is oil on my head. My head will not refuse it. Yet my prayer is ever against the deeds of evildoers;

⁶their rulers will be thrown down from the cliffs, and the wicked will learn that my words were well spoken.

⁷They will say, "As one plows and breaks up the earth, so our bones have been scattered at the mouth of the grave."

⁸But my eyes are fixed on you, O Sovereign Lord; in you I take refuge — do not give me over to death.

⁹Keep me from the snares they have laid for me, from the traps set by evildoers.

¹⁰Let the wicked fall into their own nets, while I pass by in safety.

Psalm 142

¹I cry aloud to the Lord; I lift up my voice to the Lord for mercy.

²I pour out my complaint before him; before him I tell my trouble.

³When my spirit grows faint within me, it is you who know my way. In the path where I walk men have hidden a snare for me.

⁴Look to my right and see; no one is concerned for me. I have no refuge; no one cares for my life.

⁵I cry to you, O Lord; I say, "You are my refuge, my portion in the land of the living."

⁶Listen to my cry, for I am in desperate need; rescue me from those who pursue me, for they are too strong for me.

⁷Set me free from my prison, that I may praise your name. Then the righteous will gather about me because of your goodness to me.

Psalm 143

¹O Lord, hear my prayer, listen to my cry for mercy; in your faithfulness and righteousness come to my relief.

²Do not bring your servant into judgement, for no one living is righteous before you.

³The enemy pursues me, he crushes me to the ground; he makes me dwell in darkness like those long dead.

⁴So my spirit grows faint within me; my heart within me is dismayed.

⁵I remember the days of long ago; I meditate on all your works and consider what your hands have done.

⁶I spread out my hands to you; my soul thirsts for you like a parched land.

⁷Answer me quickly, O Lord; my spirit fails. Do not hide your face from me or I will be like those who go down to the pit.

⁸Let the morning bring me word of your unfailing love, for I have put my trust in you. Show me the way I should go, for to you I lift up my soul.

⁹Rescue me from my enemies, O Lord, for I hide myself in you.

¹⁰Teach me to do your will, for you are my God; may your good Spirit lead me on level ground.

¹¹For your name's sake, O Lord, preserve my life; in your righteousness, bring me out of trouble.

¹²In your unfailing love, silence my enemies; destroy all my foes, for I am your servant.

Psalm 144

¹Praise be to the Lord my Rock, who trains my hands for war, my fingers for battle.

²He is my loving God and my fortress, my stronghold and my deliverer, my shield, in whom I take refuge, who subdues peoples under me.

³O Lord, what is man that you care for him, the son of man that you think of him?

⁴Man is like a breath; his days are like a fleeting shadow.

⁵Part your heavens, O Lord, and come down; touch the mountains, so that they smoke.

⁶Send forth lightning and scatter the enemies; shoot your arrows and rout them.

⁷Reach down your hand from on high; deliver me and rescue me from the mighty waters, from the hands of foreigners

⁸whose mouths are full of lies, whose right hands are deceitful.

⁹I will sing a new song to you, O God; on the ten-stringed lyre I will make music to you,

¹⁰to the One who gives victory to kings, who delivers his servant David from the deadly sword.

¹¹Deliver me and rescue me from the hands of foreigners whose mouths are full of lies, whose right hands are deceitful.

¹²Then our sons in their youth will be like well-nurtured plants, and our daughters will be like pillars carved to adorn a palace.

¹³Our barns will be filled with every kind of provision. Our sheep will increase by thousands, by tens of thousands in our fields;

¹⁴our oxen will draw heavy loads. There will be no breaching of walls, no going into captivity, no cry of distress in our streets.

¹⁵Blessed are the people of whom this is true; blessed are the people whose God is the Lord.

Psalm 145

¹I will exalt you, my God the King; I will praise your name for ever and ever.

²Every day I will praise you and extol your name for ever and ever.

³Great is the Lord and most worthy of praise; his greatness no one can fathom.

⁴One generation will commend your works to another; they will tell of your mighty acts.

⁵They will speak of the glorious splendor of your majesty, and I will meditate on your wonderful works.

⁶They will tell of the power of your awesome works, and I will proclaim your great deeds.

⁷They will celebrate your abundant goodness and joyfully sing of your righteousness.

⁸The Lord is gracious and compassionate, slow to anger and rich in love.

⁹The Lord is good to all; he has compassion on all he has made.

¹⁰All you have made will praise you, O Lord; your saints will extol you.

¹¹They will tell of the glory of your kingdom and speak of your might,

¹²so that all men may know of your mighty acts and the glorious splendor of your kingdom.

¹³Your kingdom is an everlasting kingdom, and your dominion endures through all generations. The Lord is faithful to all his promises and loving toward all he has made.

¹⁴The Lord upholds all those who fall and lifts up all who are bowed down.

¹⁵The eyes of all look to you, and you give them their food at the proper time.

¹⁶You open your hand and satisfy the desires of every living thing.

¹⁷The Lord is righteous in all his ways and loving toward all he has made.

¹⁸The Lord is near to all who call on him, to all who call on him in truth.

¹⁹He fulfills the desires of those who fear him; he hears their cry and saves them.

²⁰The Lord watches over all who love him, but all the wicked he will destroy.

²¹My mouth will speak in praise of the Lord. Let every creature praise his holy name for ever and ever.

Psalm 146

¹Praise the Lord. Praise the Lord, O my soul.

²I will praise the Lord all my life; I will sing praise to my God as long as I live.

³Do not put your trust in princes, in mortal men, who cannot save.

⁴When their spirit departs, they return to the ground; on that very day their plans come to nothing.

⁵Blessed is he whose help is the God of Jacob, whose hope is in the Lord his God,

⁶the Maker of heaven and earth, the sea, and everything in them — the Lord, who remains faithful forever.

⁷He upholds the cause of the oppressed and gives food to the hungry. The Lord sets prisoners free,

⁸the Lord gives sight to the blind, the Lord lifts up those who are bowed down, the Lord loves the righteous.

⁹The Lord watches over the alien and sustains the fatherless and the widow, but he frustrates the ways of the wicked.

¹⁰The Lord reigns.

Psalm 147

¹Praise the Lord. How good it is to sing praises to our God, how pleasant and fitting to praise him!

³He heals the brokenhearted and binds up their wounds.

⁴He determines the number of the stars and calls them each by name.

⁵Great is our Lord and mighty in power; his understanding has no limit.

⁶The Lord sustains the humble but casts the wicked to the ground.

⁷Sing to the Lord with thanksgiving; make music to our God on the harp.

⁸He covers the sky with clouds; he supplies the earth with rain and makes grass grow on the hills.

⁹He provides food for the cattle and for the young ravens when they call.

¹⁰His pleasure is not in the strength of the horse, nor his delight in the legs of a man;

¹¹the Lord delights in those who fear him, who put their hope in his unfailing love.

¹⁵He sends his command to the earth; his word runs swiftly.

¹⁶He spreads the snow like wool and scatters the frost like ashes.

¹⁷He hurls down his hail like pebbles. Who can withstand his icy blast?

¹⁸He sends his word and melts them; he stirs up his breezes, and the waters flow.

¹⁹He has revealed his word to Jacob, his laws and decrees to Israel.

²⁰He has done this for no other nation; they do not know his laws. Praise the Lord.

Psalm 148

¹Praise the Lord. Praise the Lord from the heavens, praise him in the heights above.

²Praise him, all his angels, praise him, all his heavenly hosts.

³Praise him, sun and moon, praise him, all you shining stars.

⁴Praise him, you highest heavens and you waters above the skies.

⁵Let them praise the name of the Lord, for he commanded and they were created.

⁶He set them in place for ever and ever; he gave a decree that will never pass away.

⁷Praise the Lord from the earth, you great sea creatures and all ocean depths,

⁸lightning and hail, snow and clouds, stormy winds that do his bidding,

⁹you mountains and all hills, fruit trees and all cedars,

¹⁰wild animals and all cattle, small creatures and flying birds,

¹¹kings of the earth and all nations, you princes and all rulers on earth,

¹²young men and maidens, old men and children.

¹³Let them praise the name of the Lord, for his name alone is exalted; his splendor is above the earth and heavens.

¹⁴He has raised up for his people a horn, the praise of all his saints, of Israel, the people close to his heart. Praise the Lord.

Psalm 149

¹Praise the Lord. Sing to the Lord a new song, his praise in the assembly of the saints.

³Let them praise his name with dancing and make music to him with tambourine and harp.

⁴For the Lord takes delight in his people; he crowns the humble with salvation.

⁵Let the saints rejoice in this honor and sing for joy on their beds.

⁶May the praise of God be in their mouths and a double-edged sword in their hands,

⁷to inflict vengeance on the nations and punishment on the peoples,

⁸to bind their kings with fetters, their nobles with shackles of iron,

⁹to carry out the sentence written against them. This is the glory of all his saints. Praise the Lord.

Psalm 150

¹Praise the Lord. Praise God in his sanctuary; praise him in his mighty heavens.

²Praise him for his acts of power; praise him for his surpassing greatness.

³Praise him with the sounding of the trumpet, praise him with the harp and lyre,

⁴praise him with tambourine and dancing, praise him with the strings and flute,

⁵praise him with the clash of cymbals, praise him with resounding cymbals.

⁶Let everything that has breath praise the Lord. Praise the Lord.

The end