

He stirs up the water and makes it white with foam.

³³ No animal on earth is like him.

He is an animal made without fear.

³⁴ He looks down on the proudest of creatures.

He is king over all the wild animals.”

Job Answers the Lord

42 ¹Then Job answered the LORD:

²“I know you can do everything.

You make plans, and nothing can change or stop them.

³ You asked, ‘Who is this ignorant person saying these foolish things?’^a

I talked about things I did not understand.

I talked about things too amazing for me to know.

⁴“You said to me, ‘Listen, and I will speak.

I will ask you questions, and you will answer me.’

⁵ In the past I heard about you, but now I have seen you with my own eyes.

⁶ And I am ashamed of myself.^b

I am so sorry.

As I sit in the dust and ashes,^c

I promise to change my heart and my life.”

The Lord Gives Job's Wealth Back

⁷After the LORD finished talking to Job, he spoke to Eliphaz from Teman. He said, “I am angry with you and your two friends, because

^a**42:3 Who ... things** Or “Who is this person darkening advice with ignorant words.”

^b**42:6 I am ashamed of myself** Or “I take back what I said!”

^c**42:6 dust and ashes** People sat in dust and ashes to show that they were very sad about something.

you did not tell the truth about me, as my servant Job did. ⁸So now, Eliphaz, get seven bulls and seven rams. Take them to my servant Job. Kill them and offer them as a burnt offering* for yourselves. My servant Job will pray for you, and I will answer his prayer. Then I will not give you the punishment you deserve. You should be punished, because you were very foolish. You did not say what is right about me, as my servant Job did.”

⁹So Eliphaz from Teman, Bildad from Shuah, and Zophar from Naamah obeyed the LORD. Then the LORD answered Job's prayer.

¹⁰Job prayed for his friends, and the LORD made Job successful again. God gave him twice as much as he had before. ¹¹Then all his brothers and sisters and all the people who knew him before came to his house. They all ate a big meal with him. They comforted him and were sorry that the LORD had brought him so much trouble. Each person gave Job a piece of silver and a gold ring.

¹²The LORD blessed Job with even more than he had in the beginning. Job got 14,000 sheep, 6000 camels, 2000 oxen, and 1000 female donkeys. ¹³He also got seven sons and three daughters. ¹⁴He named the first daughter Jemimah and the second daughter Keziah. He named the third daughter Keren Hapuch. ¹⁵Job's daughters were among the most beautiful women in all the country. And, like their brothers, they each got a share of their father's property.^d

¹⁶So Job lived for 140 years more. He lived to see his children, his grandchildren, his great-grandchildren, and his great-great-grandchildren. ¹⁷Job lived to be a very old man who had lived a good, long life.

^d**42:15 And ... property** Usually a person's property was divided only among the sons, but here, even Job's daughters got part of his property.

Psalms

BOOK 1 (*Psalms 1-41*)

1 ¹Great blessings belong to those who don't listen to evil advice, who don't live like sinners, and who don't join those who make fun of God.^e

² Instead, they love the LORD's teachings and think about them day and night.

³ So they grow strong, like a tree planted by a stream—
a tree that produces fruit when it should and has leaves that never fall.
Everything they do is successful.

⁴ But the wicked are not like that.
They are like chaff* that the wind blows away.

^e**1:1** Or “The one who does not follow the advice of the wicked or turn onto Sinners Road or stay at Scoffers' House is blessed.”

- 5 When the time for judgment comes, the wicked will be found guilty.
Sinners have no place among those who do what is right.^a
- 6 The LORD shows his people how to live, but the wicked have lost their way.

2 Why are the nations so angry?
Why are the people making such foolish plans?
2 Their kings and leaders join together to fight against the LORD and his chosen king.^b
3 They say, "Let's rebel against them.
Let's break free from them!"

- 4 But the one who rules in heaven laughs at them.
The LORD makes fun of them.
5 He speaks to them in anger, and it fills them with fear.
6 He says, "I have chosen this man to be king,
and he will rule on Zion,* my holy mountain."

- 7 Let me tell you about the LORD's agreement*:
He said to me, "Today I have become your father,^c
and you are my son.
8 If you ask, I will give you the nations.
Everyone on earth will be yours.
9 You will rule over them with great power.
You will scatter your enemies like broken pieces of pottery!"

- 10 So, kings and rulers, be smart and learn this lesson.
11 Serve the LORD with fear and trembling.
12 Show that you are loyal to his son,^d or the Lord will be angry and destroy you.
He is almost angry enough to do that now, but those who go to him for protection will be blessed.

3 *A song of David* written during the time he was running from his son Absalom.*

- 1 LORD, I have so many enemies.
So many people have turned against me.
2 They say to themselves, "God will not rescue him!" *Selah**
- 3 But you, LORD, protect me.
You bring me honor;
you give me hope.

^a1:5 Or "The wicked will not be allowed to sit as judges nor sinners in the meeting of good people."

^b2:2 *his chosen king* Or "his anointed one."

^c2:7 *I have become your father* Literally, "I fathered you." Originally, this probably meant God was "adopting" the king as his son.

^d2:12 *Show ... his son* Literally, "Kiss the son."

- 4 I will pray to the LORD,
and he will answer me from his holy mountain. *Selah*

5 I can lie down to rest and know that I will wake up,
because the LORD covers and protects me.

6 So I will not be afraid of my enemies,
even if thousands of them surround me.

7 LORD, get up!^e
My God, come rescue me!
If you hit my enemies on the cheek,
you will break all their teeth.

8 LORD, the victory^f is yours!
You are so good to your people. *Selah*

4 *To the director* With stringed instruments.
A song of David.**

1 God, you showed that I was innocent.
You gave me relief from all my troubles.
So listen to me now when I call to you for help.
Be kind to me and hear my prayer.

2 Men,^g how long will you try to dishonor me?
Do you enjoy wasting your time
searching for new lies against me? *Selah**

3 You can be sure that anyone who serves the LORD faithfully is special to him.
The LORD listens when I pray to him.

4 Tremble with fear, and stop sinning.^h
Think about this when you go to bed,
and calm down. *Selah*

5 Give the right sacrifices* to the LORD,
and put your trust in him!

6 Many people say, "I wish I could enjoy the good life.
LORD, give us some of those blessings."ⁱ

7 But you have made me happier than they will ever be with all their wine and grain.

8 When I go to bed, I sleep in peace,
because, LORD, you keep me safe.

^e3:7 *LORD, get up* The people said this when they lifted the Box of the Agreement and took it into battle, showing that God was with them. See Num. 10:35-36.

^f3:8 *victory* Or "salvation."

^g4:2 *Men* Literally, "Sons of man." This may be a term of respect spoken to the leaders who were judging the writer of this psalm.

^h4:4 Or "Be angry, but don't sin." See Eph. 4:26, which is based on the ancient Greek version.

ⁱ4:6 *I wish ... blessings* Or "Who will show us good. Lift up on us the light of your face, LORD."

5 *To the director*:* With flutes.^a
A song of David.*

- 1 LORD, listen to me
and understand what I am trying to say.
2 My God and King,
listen to my prayer.
3 Every morning, LORD, I lay my gifts before
you
and look to you for help.
And every morning you hear my prayers.
4 God, you don't want evil people near you.
They cannot stay in your presence.^b
5 Fools^c cannot come near you.
You hate those who do evil.
6 You destroy those who tell lies.
LORD, you hate those who make secret
plans to hurt others.
7 But by your great mercy, I can enter your
house.
I can worship in your holy Temple* with
fear and respect for you.
8 LORD, show me your right way of living,
and make it easy for me to follow.
People are looking for my weaknesses,
so show me how you want me to live.
9 My enemies never tell the truth.
They only want to destroy people.
Their words come from mouths that are
like open graves.
They use their lying tongues to deceive
others.^d
10 Punish them, God!
Let them be caught in their own traps.
They have turned against you,
so punish them for their many crimes.
11 But let those who trust in you be happy
forever.
Protect and strengthen those who love
your name.
12 LORD, when you bless good people,
you surround them with your love, like
a large shield that protects them.

6 *To the director*:* With stringed instruments,
on the sheminith.* A song of David.*

- 1 LORD, don't punish me.
Don't correct me when you are so
angry.
2 LORD, be kind to me.
I am sick and weak.
Heal me, LORD!
My bones are shaking.
3 I am trembling all over.

- LORD, how long until you heal me?^e
4 LORD, come back and make me strong
again.
Save me because you are so loyal and
kind.
5 If I am dead, I cannot sing about you.
Those in the grave don't praise you.
6 LORD, I am so weak.
I cried to you all night.
My pillow is soaked;
my bed is dripping wet from my tears.
7 My enemies have caused me such sorrow
that my eyes are worn out from crying.
8 Go away, you wicked people,
because the LORD has heard my cries.
9 The LORD has heard my request for mercy.
The LORD has accepted my prayer.

- 10 All my enemies will be filled with fear
and shame.
They will be sorry when disgrace
suddenly comes upon them.

7 *A song^f of David* that he sang to the LORD
about Cush from the tribe of Benjamin.*

- 1 LORD my God, I come to you for
protection.
Save me from those who are chasing
me.
2 If you don't help me, I will be torn apart
like an animal caught by a lion.
I will be carried away with no one to
save me.
3 LORD my God, I have done nothing wrong.
4 I have done nothing to hurt a friend^g
or to help his enemies.
5 If that is not the truth, then punish me.
Let an enemy chase me, catch me, and
kill me.
Let him grind me into the dirt and put
me in my grave. *Selah*^{*}
6 LORD, get up^h and show your anger!
My enemy is angry, so stand and fight
against him.
Get me the justice that you demand.
7 Gather the nations around you,
and take your place as judge.
8 LORD, judge the people.
LORD, judge me.
Prove that I am right and that I am
innocent.

^e6:3 LORD ... heal me Literally, "As for you, LORD, how long?"

^fPsalm 7 song Literally, "shiggayon," which may mean a special kind of song, perhaps one that is sad or full of emotion.

^g7:4 friend Or "ally."

^h7:6 LORD, get up The people said this when they lifted the Box of the Agreement and took it into battle, showing that God was with them. See Num. 10:35-36.

^aPsalm 5 For the flutes This might be the name of a tune instead of a type of instrument.

^b5:4 Or "You are not a God who likes evil people, and they don't respect you."

^c5:5 Fools Here, this means people who do not follow God and his wise teachings.

^d5:9 They use ... others Or "They say nice things to others, but only to trap them."

- 9 Stop those who do evil.
Support those who do good.
God, you are fair.
You know what people are thinking.
- 10 God helps people who want to do right,
so he will protect me.
- 11 God is a good judge.
He always condemns evil.
- 12–13 If the wicked will not change,
then God is ready to punish them.
He has prepared his deadly weapons.
His sword is sharp.
His bow is strung, drawn back, and
ready to shoot its flaming arrow.
- 14 The minds of the wicked are full of evil;
they are pregnant with wicked plans,
which give birth to lies.
- 15 They dig a pit to trap others,
but they are the ones who will fall into
it.
- 16 The trouble they cause will come back on
them.
They plan harm for others,
but they are the ones who will be hurt.
- 17 I praise the LORD because he is good.
I praise the name of the LORD Most High.

8 *To the director*:* With the gittith.*
*A song of David.**

- 1 LORD our Lord, your name is the most
wonderful in all the earth!
It brings you praise everywhere in
heaven.
- 2 From the mouths of children and babies
come songs of praise to you.
They sing of your power to silence your
enemies who were seeking revenge.
- 3 I look at the heavens you made with your
hands.
I see the moon and the stars you
created.
- 4 And I wonder, “Why are people so
important to you?
Why do you even think about them?
Why do you care so much about
humans?
Why do you even notice them?”
- 5 But you made people^b almost like gods
and crowned them with glory and honor.
- 6 You put them in charge of everything you
made.

^a**8:4 people ... humans** Literally, “man ... son of man” or “Enosh ... son of Adam.” These are Hebrew ways of saying humans—descendants of Adam and Enosh.

^b**8:5, 6 people, them, their** Literally, “him, him, his.” The writer is still talking about “man” and “son of man,” which can be understood as one person or as all people.

- You put everything under their control.
- 7 People rule over the sheep and cattle and
all the wild animals.
- 8 They rule over the birds in the sky
and the fish that swim in the sea.
- 9 LORD our Lord, your name is the most
wonderful name in all the earth!

9 ^c *To the director*:* Use the Alamoth of Ben.^d
*A song of David.**

- 1 I will praise you, LORD, with all my heart.
I will tell about the wonderful things
you have done.
- 2 You make me happy, so I will rejoice in
you.
God Most High, I praise your name.
- 3 My enemies turned to run from you,
but they fell and were destroyed.
- 4 You listened to me from your throne like
a good judge,
and you decided that I was right.
- 5 You told the nations how wrong they
were.
You destroyed those evil people.
You erased their names from our
memory forever and ever.
- 6 The enemy is finished!
You destroyed their cities.
There is nothing left to remind us of
them.
- 7 The LORD set up his throne to bring
justice,
and he will rule forever.
- 8 He judges everyone on earth fairly.
He judges all nations honestly.
- 9 Many people are suffering—
crushed by the weight of their troubles.
But the LORD is a refuge for them,
a safe place they can run to.
- 10 LORD, those who know your name
come to you for protection.
And when they come,
you do not leave them without help.
- 11 Sing praises to the LORD, who sits as King
in Zion.^e
Tell the nations about the great things
he has done.
- 12 He punishes murderers
and remembers those who are in need.
When suffering people cry for help,
he does not ignore them.

^c**Psalm 9** In many Hebrew copies and in the ancient Greek version, Psalms 9 and 10 are combined as one psalm.

^d**Psalm 9 Alamoth of Ben** This might be the name of a tune, “On the Death of the Son,” a music style, or one of the orchestral groups in the Temple. See 1 Chron. 15:20.

^e**9:11 Sing ... Zion** Or “Inhabitants of Zion, sing praises to the LORD.” See “Zion” in the Word List.

- 13 I said this prayer: "LORD, be kind to me.
See how my enemies are hurting me.
Save me from the 'gates of death.'"
- 14 Then, at the gates of Jerusalem,^a I can
sing praises to you.
I will be so happy because you saved
me."
- 15 Those other nations have fallen into the
pit they dug to catch others.
They have been caught in their own
trap.
- 16 The LORD showed that he judges fairly.
The wicked were caught by what they
did to hurt others. *Higgayon^b Selah**
- 17 The wicked will go to the place of death,
as will all the nations that forget God.
- 18 It may seem that those who are poor and
needy have been forgotten,
but God will not forget them.
He will not leave them without hope.
- 19 LORD, get up^c and judge the nations.
Don't let anyone think they can win
against you.
- 20 Teach them a lesson.
Let them know they are only human.

Selah

- 10** ¹LORD, why do you stay so far away?
Why do you hide from people in
times of trouble?
- 2 The wicked are proud and make evil plans
to hurt the poor,
who are caught in their traps and made
to suffer.
- 3 Those greedy people brag about the
things they want to get.
They curse* the LORD and show that
they hate him.
- 4 The wicked are too proud to ask God for
help.
He does not fit into their plans.
- 5 They succeed in everything they do.
They don't understand how you can
judge them.
They make fun of all their enemies.
- 6 They say to themselves, "Nothing bad will
ever happen to us.
We will have our fun and never be
punished."
- 7 They are always cursing, lying,
and planning evil things to do.
- 8 They hide just outside the villages,
waiting to kill innocent people,

^a9:14 *Jerusalem* Literally, "daughter Zion." See "Zion" in the Word List.

^b9:16 *Higgayon* Or "Meditation." Together with *Selah* this may mean a time to pause and think quietly.

^c9:19 *LORD, get up* The people said this when they lifted the Box of the Agreement and took it into battle, showing that God was with them. See Num. 10:35-36. Also in Ps. 10:12.

- always looking for any helpless person
they can hurt.
- 9 They are like lions hiding in the bushes
to catch weak and helpless animals.
They lay their traps for the poor,
who are caught in their nets.
- 10 Again and again they hurt people
who are already weak and suffering.
- 11 They say to themselves, "God has
forgotten about us.
He is not watching.
He will never see what we are doing."
- 12 LORD, get up and do something.
Punish those who are wicked, God.
Don't forget those who are poor and
helpless.
- 13 The wicked turn against God
because they think he will not punish
them.
- 14 But, Lord, you do see the pain and
suffering they cause.
You see it, so punish them.
Those who were left helpless put their
trust in you.
After all, you are the one who cares for
orphans.
- 15 Break the arms of those who are wicked
and evil.
Punish them for the evil they have
done,
and stop them from doing any more.
- 16 LORD, you are King forever and ever,
so I know you will remove the wicked
nations from your land.
- 17 LORD, you have heard what the poor want.
Listen to their prayers, and do what
they ask.
- 18 Protect the orphans and those who have
been hurt.
Don't let powerful people drive us from
our land!

11 *To the director*:
A song of David.**

- ¹I trust in the LORD, so why did you tell me
to run and hide?
Why did you say, "Fly like a bird to your
mountain?"
- 2 Like hunters, the wicked hide in the dark.
They get their bows ready and aim their
arrows.
They shoot at good, honest people.
- 3 What would good people do
if the wicked destroyed all that is good?^d
- 4 The LORD is in his holy temple.
The LORD sits on his throne in heaven.
He sees everything that happens.

^d11:3 Or "What if the foundations of society were really destroyed?"

He watches people closely.

- 5 The LORD examines those who are good and those who are wicked; he hates those who enjoy hurting others.
- 6 He will make hot coals and burning sulfur fall like rain on the wicked. They will get nothing but a hot, burning wind.
- 7 The LORD always does what is right, and he loves seeing people do right. Those who live good lives will be with him.^a

12 *To the director*:* With the sheminith.*
A song of David.*

- 1 Save me, LORD!
We can no longer trust anyone!
All the good, loyal people are gone.
- 2 People lie to their neighbors.
They say whatever they think people want to hear.
- 3 The LORD should cut off their lying lips and cut out their bragging tongues.
- 4 Those people think they can win any argument.
They say, "We are so good with words, no one will be our master."
- 5 They took advantage of the poor and stole what little they had. But the LORD knows what they did, and he says,
"I will rescue those who are poor and helpless, and I will punish those who hurt them."^b
- 6 The LORD's words are true and pure, like silver purified by fire, like silver melted seven times to make it perfectly pure.
- 7 LORD, take care of the helpless. Protect them forever from the wicked people in this world.
- 8 The wicked are all around us, and everyone thinks evil is something to be praised!

13 *To the director*:*
A song of David.*

- 1 How long will you forget me, LORD?
Will you forget me forever?
How long will you refuse to accept me?^c
- 2 How long must I wonder if you have forgotten me?
How long must I feel this sadness in my heart?
How long will my enemy win against me?

^a11:7 *Those ... him* Literally, "They will see his face."

^b12:5 *I will rescue ... hurt them* Or "I will rescue poor, helpless people who were hurt and asked me for help."

^c13:1 *refuse to accept me* Literally, "hide your face from me."

- 3 LORD my God, look at me and give me an answer.
Make me feel strong again, or I will die.
- 4 If that happens, my enemy will say, "I beat him!"
He will be so happy that he won.
- 5 But, LORD, I trust in your faithful love, so let me rejoice because you saved me.
- 6 Then I will sing to the LORD because he was so good to me.

14 *To the director*:*
A song of David.*

- 1 Only fools think there is no God.
People like that are evil and do terrible things.
They never do what is right.
- 2 The LORD looks down from heaven to see if there is anyone who is wise, anyone who looks to him for help.
- 3 But everyone has gone the wrong way. Everyone has turned bad. No one does anything good. No, not one person!
- 4 Those who are evil treat my people like bread to be eaten.
And they never ask for the Lord's help. Don't they know what they are doing?
- 5 They will have plenty to fear, because God is with those who do what is right.
- 6 You wicked people want to spoil the hopes of the poor, but the LORD will protect them.
- 7 I wish the one who lives on Mount Zion* would bring victory to Israel*!
When the LORD makes his people successful again, the people of Jacob* will be happy; the people of Israel will be glad.

15 *A song of David.**

- 1 LORD, who can live in your Holy Tent?^d
Who can live on your holy mountain?
- 2 Only those who live pure lives, do what is right, and speak the truth from their hearts.
- 3 Such people don't say bad things about others.
They don't do things to hurt their neighbors.
They don't tell shameful things about those close to them.
- 4 They hate those who fail to please God and honor those who respect the LORD.

^d15:1 *Holy Tent* The special tent where the people of Israel worshiped God. Here, it is probably the Temple on the "holy mountain" (see "Zion" in the Word List) in Jerusalem.

If they make a promise to their neighbor,
they do what they promised.^a

- 5 If they loan money to someone,
they do not charge them interest.
And they refuse to testify against an
innocent person,
even if someone offers them money to
do it.

Whoever lives like this will always stand
strong.

16 *A miktam* of David.*

- 1 Protect me, God, because I depend on you.
2 Some of you^b have said to the LORD,
“You are my Lord.
Every good thing I have comes from you.”
3 But you have also said about the gods^c of
this land,
“They are my powerful gods.
They are the ones who make me happy.”
4 But those who worship other gods will
have many troubles.
I will not share in the gifts of blood they
offer to their idols.
I will not even say their names.
5 LORD, you give me all that I need.
You support me.
You give me my share.
6 My share^d is wonderful.
My inheritance^e is very beautiful.
7 I praise the LORD because he taught me
well.
Even at night he put his instructions
deep inside my mind.^f
8 I always remember that the LORD is with
me.^g
He is here, close by my side,
so nothing can defeat me.
9 So my heart and soul will be very happy.
Even my body will live in safety,
10 because you will not leave me in the
place of death.
You will not let your faithful one rot in
the grave.
11 You will teach me the right way to live.
Just being with you will bring complete
happiness.
Being at your right side will make me
happy forever.

17 *A prayer of David.^h*

- 1 LORD, hear my prayer for justice.
I am calling loudly to you.
I am being honest in what I say,
so please listen to my prayer.
2 You will make the right decision,
because you can see the truth.
3 You were with me all night
and looked deep into my heart.
You questioned me and found that
I did not say or do anything wrong.
4 Unlike most people, I have obeyed your
commands,
so I have never been like those who are
cruel and evil.
5 I have followed your way.
My feet never left your path.
6 Every time I call to you, God, you answer
me.
So listen to me now, and hear what I
say.
7 Show your amazing kindness
and rescue those who depend on you.
Use your great power
and protect them from their enemies.
8 Protect me like the pupilⁱ of your eye.
Hide me in the shadow of your wings.
9 Save me from the wicked people who are
trying to destroy me.
Protect me from those who come to hurt
me.
10 They think only of themselves
and brag about what they will do.
11 They have been following me,
and now they are all around me.
They watch me, waiting to throw me to
the ground.
12 Like hungry lions, they want to kill and
eat.
Like young lions, they hide, ready to
attack.
13 LORD, get up^j and face the enemy.
Make them surrender.
Use your sword and save me from these
wicked people.
14 Use your power, LORD, and remove
them from this life.
But as for the people you treasure, fill
them with food.
Give them plenty for their children and
their grandchildren.

^a15:4 *If they ... promised* Or “They promised not to do bad things, and they do not do bad things.”

^b16:2 *Some of you* Literally, “you” (singular). Most translations assume it should be “I,” giving a different meaning to verses 2 and 3, which are very difficult in the Hebrew text.

^c16:3 *gods* Literally, “holy ones.”

^d16:6 *share* Or “section of land.”

^e16:6 *inheritance* Here, this probably means the land each Israelite received.

^f16:7 *mind* Literally, “my kidneys.”

^g16:8 Literally, “I set the LORD before me always.”

^hPsalm 17 *A prayer of David* Or “A prayer dedicated to David.”

ⁱ17:8 *pupil* The center of the eye, which everyone wants to protect.

^j17:13 *LORD, get up* The people said this when they lifted the Box of the Agreement and took it into battle, showing that God was with them. See Num. 10:35–36.

15 I have done only what is right, so I will see your face.
And seeing you,^a I will be fully satisfied.

18^b *To the director*:* A song of David,* the LORD's servant. He sang this song to the LORD when the LORD saved him from Saul and all his other enemies.

¹ I love you, LORD!
You are my strength.

² The LORD is my Rock,* my fortress,* my place of safety.
He is my God, the Rock I run to for protection.
He is my shield; by his power I am saved.^c
He is my hiding place high in the hills.

³ I called to the LORD for help,
and he saved me from my enemies!
He is worthy of my praise!

⁴ Death had its ropes wrapped around me.
A deadly flood was carrying me away.

⁵ The ropes of the grave wrapped around me.
Death set its trap right there in front of me.

⁶ In my trouble I called to the LORD.
Yes, I cried out to my God for help.
There in his temple he heard my voice.
He heard my cry for help.

⁷ The earth shook and shivered.
The foundations of the mountains trembled.
They shook because he was angry.

⁸ Smoke came from his nose.
Burning flames came from his mouth.
Red-hot coals fell from him.

⁹ He tore open the sky and came down!
He stood on a thick, dark cloud.

¹⁰ He flew across the sky, riding on a Cherub angel*
racing on the wings of the wind.

¹¹ He wrapped himself in darkness that covered him like a tent.
He was hidden by dark clouds heavy with water.

¹² Out of the brightness before him,
hail broke through the clouds with flashes of lightning.

¹³ The LORD thundered from the sky;
God Most High let his voice be heard.^d

¹⁴ He scattered his enemies with his arrows—
the lightning bolts that threw them into confusion.

15 LORD, you shouted your command,
and a powerful wind began to blow.^e
Then the bottom of the sea could be seen,
and the earth's foundations were uncovered.

16 He reached down from above and grabbed me.
He pulled me from the deep water.

17 He saved me from my powerful enemies,
who hated me.
They were too strong for me, so he saved me.

18 They attacked me in my time of trouble,
but the LORD was there to support me.

19 He was pleased with me, so he rescued me.
He took me to a safe place.

20 The LORD rewarded me for doing what is right.
He was good to me because I am innocent.

21 The LORD did this because I have obeyed him.
I have not turned against my God.
I always remembered his laws.
I never rejected his rules.

23 He knows I did nothing that was wrong.
I have kept myself from sinning.

24 So the LORD rewarded me for doing what is right.
He could see that I am innocent.

25 Lord, you are faithful to those who are faithful.
You are good to those who are good.

26 You never do wrong to those who have done no wrong.
But you outsmart the wicked, no matter how clever they are.

27 You help those who are humble,
but you humiliate the proud.

28 LORD, you provide the flame for my lamp.
You, God, turn the darkness around me into light.

29 With your help I can defeat an army.
If my God is with me, I can climb over enemy walls.

30 God's way is perfect.
The LORD's promise always proves to be true.
He protects those who trust in him.

31 There is no God except the LORD.
There is no Rock except our God.

32 God is the one who gives me strength.
He clears the path I need to take.

33 He makes my feet as steady as those of a deer.
Even on steep mountains he keeps me from falling.

^a17:15 *you* Literally, "your likeness."

^bPsalm 18 This song is also found in 2 Sam. 22.

^c18:2 *by his power I am saved* Literally, "He is the horn of my salvation."

^d18:13 The ancient Greek version and some Hebrew copies add "with hailstones and bolts of lightning."

^e18:15 *and ... blow* Or "and a blast of breath came from your nose."

- 34 He trains me for war
so that my arms can bend the most
powerful bow.
- 35 Lord, you have given me your shield to
protect me.
You support me with your right hand.
It is your help that has made me great.
- 36 You cleared a path for my feet
so that I could walk without stumbling.
- 37 I chased my enemies and caught them.
I did not stop until they were destroyed.
- 38 I struck them down, and they could not
get up again.
They fell under my feet.
- 39 God, you made me strong in battle.
You made my enemies fall before me.
- 40 You made my enemies turn and run away.
I destroyed those who hated me.
- 41 They cried out for help,
but there was no one to save them.
They cried out to the LORD,
but he did not answer them.
- 42 I beat them to pieces like dust blown by
the wind.
I smashed them like mud in the streets.
- 43 You saved me from those who fought
against me.
You made me the ruler over nations.
People I never knew now serve me.
- 44 As soon as they heard about me, they
were ready to obey.
Those foreigners fall helpless before me!
- 45 They lose all their courage
and come out of their hiding places
shaking with fear.
- 46 The LORD lives!
I praise my Rock, the God who saves
me.
How great he is!
- 47 He is the God who punishes my enemies
for me,
the one who puts people under my
control.
- 48 He saves me from my enemies!
- You, Lord, help me defeat those who
attack me.
You save me from cruel people.
- 49 LORD, that is why I praise you among the
nations.
That is why I sing songs of praise to
your name.
- 50 The Lord helps his king win battle after
battle.
He shows his faithful love to his chosen
one,^a
to David* and his descendants forever.

19 *To the director*: A song of David.**

- 1 The heavens tell about the glory* of God.
The skies announce what his hands
have made.
- 2 Each new day tells more of the story,
and each night reveals more and more
about God's power.^b
- 3 You cannot hear them say anything.
They don't make any sound we can
hear.
- 4 But their message goes throughout the
world.
Their teaching reaches the ends of the
earth.
- The sun's tent is set up in the heavens.
- 5 It comes out like a happy bridegroom
from his bedroom.
It begins its path across the sky
like an athlete eager to run a race.
- 6 It starts at one end of the sky
and runs all the way to the other end.
Nothing can hide from its heat.
- 7 The LORD's teachings are perfect.
They give strength to his people.
The LORD's rules can be trusted.
They help even the foolish become
wise.
- 8 The LORD's laws are right.
They make people happy.
The LORD's commands are good.
They show people the right way to live.
- 9 Learning respect for the LORD is good.
It will last forever.
The LORD's judgments are right.
They are completely fair.
- 10 His teachings are worth more than pure
gold.
They are sweeter than the best honey
dripping from the honeycomb.
- 11 His teachings warn his servants,
and good things come to those who
obey them.
- 12 People cannot see their own mistakes,
so don't let me commit secret sins.
- 13 Don't let me do what I know is wrong.
Don't let sin control me.
If you help me, I can be pure and free
from sin.
- 14 May my words and thoughts please you.
LORD, you are my Rock*—the one who
rescues me.

20 *To the director*: A song of David.**

- 1 May the LORD answer you in times of
trouble.

^b19:2 Or "Like the changing of the guards, each day passes the news to the next day and each night passes information to the next night."

- May the God of Jacob* protect you.
 2 May he send you help from his Holy Place.*
 May he support you from Zion.*
 3 May he remember all the gifts you have offered.
 May he accept all your sacrifices.* *Selah**
 4 May he give you what you really want.
 May he make all your plans successful.
 5 We will celebrate when he helps you.
 We will praise the name of God.
 May the LORD give you everything you ask for.
- 6 Now I know the LORD helps his chosen king.
 From his holy heaven he answered.
 With his great power he saved him.
 7 Some give the credit for victory to their chariots* and soldiers,
 but we honor the LORD our God.
 8 They fall in battle, totally defeated,
 but we survive and stand strong!
- 9 LORD, save the king!
 Answer us when we call to you for help.

21 *To the director*:
 A song of David.**

- 1 LORD, your strength makes the king happy.
 He is so happy when you give him victory.
 2 And you gave him what he wanted.
 You gave him what he asked for. *Selah**
 3 You gave the king such wonderful blessings.
 You put a golden crown on his head.
 4 He asked for life, and you gave it.
 You gave him life that goes on forever.
 5 You led him to victory that brought him great glory.
 You gave him honor and fame.
 6 You have given him blessings that will last forever.
 You have given him the joy of being near you.
 7 The king trusts in the LORD,
 and the faithful love of God Most High will keep him from falling.
 8 Lord, you will show all your enemies that you are strong.
 Your power will defeat those who hate you.
 9 When you appear,
 you will burn them up like a blazing furnace.
 In your anger, LORD, you will completely destroy them;
 they will be swallowed by flames of fire.^a

- 10 Their families will be destroyed.
 They will be removed from the earth.
 11 That is because they made evil plans against you.
 They wanted to do things they could not do.
 12 You will make them turn and run away when you aim your arrows at their faces.
 13 LORD, we lift you up with our songs of praise.
 We sing and play songs about your power!

22 *To the director*:
 To the tune "The Deer of Dawn."^b A song of David.**

- 1 My God, my God, why have you left me?
 You seem too far away to save me,
 too far to hear my cries for help!
 2 My God, I kept calling by day,
 and I was not silent at night.
 But you did not answer me.
 3 God, you are the Holy One.
 You sit as King upon the praises of Israel.*
 4 Our ancestors* trusted you.
 Yes, they trusted you, and you saved them.
 5 They called to you for help and escaped their enemies.
 They trusted you and were not disappointed!
 6 But I feel like a worm, less than human!
 People insult me and look down on me.
 7 Everyone who sees me makes fun of me.
 They shake their heads and stick out their tongues at me.
 8 They say, "Call to the LORD for help.
 Maybe he will save you.
 If he likes you so much, surely he will rescue you!"
 9 God, the truth is, you are the one who brought me into this world.
 You made me feel safe while I was still at my mother's breasts.
 10 You have been my God since the day I was born.
 I was thrown into your arms as I came from my mother's womb.
 11 So don't leave me!
 Trouble is near, and there is no one to help me.
 12 My enemies have surrounded me like angry bulls.
 They are like the powerful bulls of Bashan, and they are all around me.
 13 Their mouths are opened wide,
 like a lion roaring and tearing at its prey.

^a21:9 Or "You will make your king like a burning oven when you come to help him, LORD. And in his anger, he will completely destroy them."

^bPsalm 22 *The Deer of Dawn* This is probably the name of the tune for this song, but it might refer to a music style or type of instrument.

- 14 My strength is gone,
like water poured out on the ground.
My bones have separated.
My courage is gone.^a
- 15 My mouth^b is as dry as a piece of baked
pottery.
My tongue is sticking to the roof of my
mouth.
You have left me dying in the dust.
- 16 The “dogs” are all around me—
a pack^c of evil people has trapped me.
They have pierced my hands and feet.^d
- 17 I can see each one of my bones.
My enemies are looking at me;
they just keep staring.
- 18 They divide my clothes among
themselves,
and they throw lots* for what I am
wearing.
- 19 LORD, don’t leave me!
You are my strength—hurry and help
me!
- 20 Save me from the sword.
Save my precious life from these dogs.
- 21 Rescue me from the lion’s mouth.
Protect me from the horns of the bulls.^e
- 22 I will tell my people about you.
I will praise you in the great assembly.
- 23 Praise the LORD, all you who worship him!
Honor him, you descendants of Jacob*!
Fear and respect him, all you people of
Israel*!
- 24 He does not ignore those who need help.
He does not hate them.
He does not turn away from them.
He listens when they cry for help.
- 25 Lord, because of you I offer praise in the
great assembly.
In front of all these worshipers I will do
all that I promised.
- 26 Poor people, come eat and be satisfied.^f
You who have come looking for the
LORD, praise him!
May your hearts be happy^g forever.

^a22:14 *My courage is gone* Literally, “My heart is melted in me like wax.”

^b22:15 *mouth* Or “strength.”

^c22:16 *pack* A group of dogs. Dogs travel together in packs to hunt and kill other animals for food.

^d22:16 *They ... feet* Literally, “Like a lion, my hands and feet.”

^e22:21 *Protect me ... bulls* Or “You have answered me and protected me from the horns of the bulls.” This could be both a prayer for help (like the first half of the psalm) and also a statement that God had answered this prayer (like the second half of the psalm).

^f22:26 *come eat ... satisfied* This person was giving a thank offering that would be shared with other people at the Temple. This was how someone shared their happiness when God blessed them. See Lev. 3:1–5 and Deut. 14:22–29.

^g22:26 *be happy* Literally, “live.”

- 27 May those in faraway countries remember
the LORD
and come back to him.
May those in distant lands worship him,
28 because the LORD is the King.
He rules all nations.
- 29 The people have eaten all they wanted
and bowed down to worship him.
Yes, everyone will bow down to him—
all who are on the way to the grave,
unable to hold on to life.
- 30 Our descendants will serve him.
Those who are not yet born will be told
about him.
- 31 Each generation will tell their children
about the good things the Lord has
done.

23 *A song of David.**

- 1 The LORD is my shepherd.
I will always have everything I need.^h
- 2 He gives me green pastures to lie in.
He leads me by calm pools of water.
- 3 He restores my strength.
He leads me on right pathsⁱ to show
that he is good.
- 4 Even if I walk through a valley as dark as
the grave,^j
I will not be afraid of any danger,
because you are with me.
Your rod and staff^k comfort me.
- 5 You prepared a meal for me in front of my
enemies.
You welcomed me as an honored guest.^l
My cup is full and spilling over.
- 6 Your goodness and mercy will be with me
all my life,
and I will live in the LORD’s house^m a
long, long time.ⁿ

24 *A song of David.**

- 1 The earth and everything on it belong to
the LORD.
The world and all its people belong to
him.
- 2 He built the earth on the water.
He built it over the rivers.
- 3 Who can go up on the LORD’s mountain^o?
Who can stand in his holy Temple*?

^h23:1 *I will ... need* Literally, “I will lack nothing.”

ⁱ23:3 *right paths* Or “paths of goodness.”

^j23:4 *valley ... grave* Or “death’s dark valley” or “a very dark valley.”

^k23:4 *rod and staff* The club and walking stick a shepherd uses to protect and guide his sheep.

^l23:5 *You welcomed ... guest* Literally, “You anointed my head with oil.”

^m23:6 *house* Or “Temple.” See “Temple” in the Word List.

ⁿ23:6 *I ... long time* Or “I will return again and again to the LORD’s Temple for as long as I live.”

^o24:3 *LORD’s mountain* Mount Zion, the hill in Jerusalem where the Temple was built.

- 4 Only those who have not done evil,
who have pure hearts,
who have not used my name^a to hide
their lies,
and who have not made false promises.
- 5 Good people ask the LORD to bless others.
They ask God, their Savior, to do good
things.
- 6 They try to follow God.
They go to the God of Jacob* for help.
*Selah**
- 7 Gates, proudly lift your heads!
Open, ancient doors,
and the glorious King will come in.
- 8 Who is the glorious King?
He is the LORD, the powerful soldier.
He is the LORD, the war hero.
- 9 Gates, proudly lift your heads!
Open, ancient doors,
and the glorious King will come in.
- 10 Who is the glorious King?
The LORD All-Powerful is the glorious
King.

25 ^b *A song of David.**

- 1 LORD, I put my life in your hands.^c
- 2 I trust in you, my God,
and I will not be disappointed.
My enemies will not laugh at me.
- 3 No one who trusts in you will be
disappointed.
But disappointment will come to those
who try to deceive others.
They will get nothing.
- 4 LORD, help me learn your ways.
Show me how you want me to live.
- 5 Guide me and teach me your truths.
You are my God, my Savior.
You are the one I have been waiting for.
- 6 Remember to be kind to me, LORD.
Show me the tender love that you have
always had.
- 7 Don't remember the sinful things I did
when I was young.
Because you are good, LORD, remember
me with your faithful love.
- 8 The LORD is good and does what is right.
He shows sinners the right way to live.
- 9 He teaches his ways to humble people.
He leads them with fairness.
- 10 The LORD is kind and true to those
who obey what he said in his
agreement.*

- 11 LORD, I have done many wrong things.
But I ask you to forgive them all to show
your goodness.
- 12 When people choose to follow the LORD,
he shows them the best way to live.
- 13 They will enjoy good things,
and their children will get the land God
promised.
- 14 The LORD tells his secrets to his followers.
He teaches them about his agreement.
- 15 I always look to the LORD for help.
Only he can free me from my troubles.^d
- 16 I am hurt and lonely.
Turn to me, and show me mercy.
- 17 Free me from my troubles.
Help me solve my problems.
- 18 Look at my trials and troubles.
Forgive me for all the sins I have done.
- 19 Look at all the enemies I have.
They hate me and want to hurt me.
- 20 Protect me! Save me from them!
I come to you for protection, so don't let
me be disappointed.
- 21 You are good and do what is right.
I trust you to protect me.
- 22 God, save the people of Israel* from all
their enemies.

26 *A song of David.**

- 1 LORD, judge me and prove that I have
lived a pure life
and have depended on you to keep me
from falling.
- 2 Look closely at me, LORD, and test me.
Judge my deepest thoughts and
emotions.
- 3 I always remember your faithful love.
I depend on your faithfulness.
- 4 I don't run around with troublemakers.
I have nothing to do with hypocrites.*
- 5 I hate being around evil people.
I refuse to join those gangs of crooks.
- 6 LORD, I wash my hands to make myself
pure,
so that I can come to your altar.
- 7 I sing a song to give you thanks,
and I tell about all the wonderful things
you have done.
- 8 LORD, I love the house^e where you live,
the place where your glory* is.
- 9 Lord, don't treat me like one of those
sinners.
Don't kill me with those murderers.
- 10 They are guilty of cheating people.
They take bribes to do wrong.

^a24:4 *my name* Literally, "my soul."

^bPsalm 25 In Hebrew, each verse in this psalm begins with the next letter of the alphabet.

^c25:1 *I put ... hands* Literally, "I lift my soul to you."

^d25:15 *Only ... troubles* Literally, "For he will remove my feet from the net."

^e26:8 *house* Or "Temple." See "Temple" in the Word List.

- 11 But I am innocent,
so be kind to me and save me.
12 I am safe from all danger
as I stand here praising you, LORD, in
the assembly of your people.

27 *A song of David.**

- 1 LORD, you are my Light and my Savior,
so why should I be afraid of anyone?
The LORD is where my life is safe,
so I will be afraid of no one!
2 Evil people might attack me.
They might try to destroy my body.
Yes, my enemies might attack me and try
to destroy me,
but they will stumble and fall.
3 Even if an army surrounds me, I will not
be afraid.
Even if people attack me in war, I will
trust in the LORD.
4 I ask only one thing from the LORD.
This is what I want most:
Let me live in the LORD's house all my life,
enjoying the LORD's beauty
and spending time in his palace.^a
5 He will protect me when I am in danger.
He will hide me in his tent.^b
He will take me up to his place of safety.
6 If he will help me defeat the enemies
around me,
I will offer sacrifices* in his tent with
shouts of joy.
I will sing and play songs to honor the
LORD.
7 LORD, hear my voice.
Be kind and answer me.
8 My heart told me to come to you, LORD,
so I am coming to ask for your help.
9 Don't turn away from me.
Don't be angry with your servant.
You are the only one who can help me.
My God, don't leave me all alone.
You are my Savior.
10 Even if my mother and father leave me,
the LORD will take me in.
11 I have enemies, LORD, so teach me your
ways.
Show me the right way to live.
12 My enemies have attacked me.
They have told lies about me and have
tried to hurt me.
13 But I really believe that I will see the
LORD's goodness before I die.^c

- 14 Wait for the LORD's help.
Be strong and brave,
and wait for the LORD's help.

28 *A song of David.**

- 1 LORD, you are my Rock.*
I am calling to you for help.
Don't close your ears to my prayers.
If you don't answer me,
I will be counted among the dead.
2 I lift my hands and pray toward your Most
Holy Place.*
Hear me when I call to you.
Show mercy to me.
3 Don't treat me like the evil people who
do wicked things.
They greet their neighbors like friends,
but secretly plan to hurt them.
4 They do bad things to others,
so make bad things happen to them.
Give them the punishment they
deserve.
5 They don't notice what the LORD does.
They ignore all the good things he has
made.
So instead of building them up, he will
destroy them.
6 Praise the LORD!
He has heard my prayer for mercy.
7 The LORD is my strength and shield.
I trusted him with all my heart.
He helped me, so I am happy.
I sing songs of praise to him.
8 The LORD protects his chosen one.^d
He saves him and gives him strength.
9 Save your people.
Bless those who belong to you.
Lead them and honor them^e forever.

29 *A song of David.**

- 1 Praise the LORD, you heavenly angels!^f
Praise the LORD's glory* and power.
2 Praise the LORD and honor his name!
Worship the LORD in all his holy beauty.
3 The LORD's voice can be heard over the
sea.
The voice of our glorious LORD God is
like thunder over the great ocean.
4 The LORD's voice is powerful.
It shows the LORD's glory.
5 The LORD's voice shatters great cedar
trees.
He breaks the great cedars of Lebanon.

^d28:8 *his chosen one* Or "his anointed one." This might be anyone God chose to serve in a special way, but it is usually the king he has chosen.

^e28:9 *honor them* Or "forgive them." Literally, "lift them up."

^f29:1 *heavenly angels* Literally, "sons of gods." This probably means God's angels who are pictured here as priests worshiping him in heaven.

^a27:4 *palace* A large house built for a king. Here, it is the Temple. See "Temple" in the Word List.

^b27:5 *tent* The place where God lives among his people. Here, it is the Temple in Jerusalem. See "Holy Tent" and "Temple" in the Word List.

^c27:13 *before I die* Literally, "in the land of the living."

- 6 He makes Lebanon shake like a young calf dancing.
Sirion^a trembles like a young bull jumping up and down.
- 7 The LORD's voice cuts the air with flashes of lightning.
- 8 The LORD's voice shakes the desert.
Kadesh Desert^b trembles at the LORD's voice.
- 9 The LORD's voice frightens the deer.^c
He destroys the forests.
In his temple everyone shouts, "Glory to God!"
- 10 The LORD ruled as king at the time of the flood,
and he will rule as king forever.
- 11 May the LORD make his people strong.
May the LORD bless his people with peace.

30 *A song of David for the dedication* of the Temple.^d*

- 1 LORD, you lifted me out of my troubles.
You did not give my enemies a reason to laugh,
so I will praise you.
- 2 LORD my God, I prayed to you,
and you healed me.
- 3 LORD, you lifted me out of the grave.
I was falling into the place of death, but you saved my life.
- 4 Praise the LORD, you who are loyal to him!
Praise his holy name!^e
- 5 His anger lasts for a little while,
but then his kindness brings life.
The night may be filled with tears,
but in the morning we can sing for joy!
- 6 When I was safe and secure,
I thought nothing could hurt me.
- 7 Yes, LORD, while you were kind to me,
I felt that nothing could defeat me.^f
But when you turned away from me,
I was filled with fear.
- 8 So, LORD, I turned and prayed to you.
I asked you to show me mercy.
- 9 I said, "What good is it if I die
and go down to the grave?
The dead just lie in the dirt.
They cannot praise you.
They cannot tell anyone how faithful you are.
- 10 LORD, hear my prayer, and be kind to me.
LORD, help me!"

^a29:6 *Sirion* Or "Mount Hermon."

^b29:8 *Kadesh Desert* A desert in Syria. This might also mean "the holy desert."

^c29:9 *deer* Or "oak trees."

^dPsalm 30 *A song ... Temple* Or "A psalm. The song for the dedication of the house. Dedicated to David."

^e30:4 *name* Literally, "memory" or "memorial."

^f30:7 *I felt ... defeat me* Literally, "You placed me on the strong mountains."

31 *To the director*: A song of David.**

- 1 LORD, I come to you for protection.
Don't let me be disappointed.
You always do what is right, so save me.
- 2 Listen to me.
Come quickly and save me.
Be my Rock,* my place of safety.
Be my fortress* and protect me!
- 3 Yes, you are my Rock and my protection.
For the good of your name, lead me and guide me.
- 4 Save me from the traps my enemy has set.
You are my place of safety.
- 5 LORD, you are the God we can trust.
I put my life^g in your hands.
Save me!
- 6 I hate those who worship false gods.
I trust only in the LORD.
- 7 Your kindness makes me so happy.
You have seen my suffering.
You know about the troubles I have.
- 8 You will not let my enemies take me.
You will free me from their traps.
- 9 LORD, I have many troubles, so be kind to me.
I have cried until my eyes hurt.
My throat and stomach are aching.
- 10 Because of my sin, my life is ending in grief;
my years are passing away in sighs of pain.
My life is ending in weakness.
My strength is draining away.
- 11 My enemies despise me,
and even my neighbors have turned away.
When my friends see me in the street,
they turn the other way.
They are afraid to be around me.
- 12 People want to forget me like someone already dead,
thrown away like a broken dish.
- 13 I hear them whispering about me.
They have turned against me and plan to kill me.
- 14 LORD, I trust in you.
You are my God.
- 15 My life is in your hands.
Save me from those who are persecuting me.
- 16 Please welcome and accept your servant.^h
Be kind to me and save me.

^g31:5 *life* Literally, "spirit."

^h31:16 *Please ... servant* Literally, "Let your face shine on your servant."

- 17 LORD, I am praying to you.
Don't let me be disappointed.
The wicked are the ones who should be disappointed.
Let them go to the grave in silence.
- 18 Those evil people brag
and tell lies about those who do right.
They are so proud now,
but their lying lips will be silent.
- 19 Lord, you have hidden away many
wonderful things for your followers.
You have done so many good things for
those who trust in you.
You have blessed them so that all the
world can see.
- 20 Others make plans to hurt them.
They say such bad things about them.
But you hide your people in your shelter
and protect them.
- 21 Praise the LORD, because he showed me
how wonderful his faithful love is
when the city was surrounded by
enemies.
- 22 I was afraid and said, "I am in a place
where he cannot see me."
But I prayed to you, and you heard my
loud cries for help.
- 23 Love the LORD, all of you who are his
loyal followers.
The LORD protects those who are loyal
to him.
But he punishes those who brag about
their own power.
He gives them all the punishment they
deserve.
- 24 Be strong and brave, all of you who are
waiting for the LORD's help.

32 *A maskil* of David.*

- 1 It is a great blessing
when people are forgiven for the
wrongs they have done,
when their sins are erased.^a
- 2 It is a great blessing
when the LORD says they are not guilty,
when they don't try to hide their sins.
- 3 Lord, I prayed to you again and again,
but I did not talk about my sins.
So I only became weaker and more
miserable.
- 4 Every day you made life harder for me.
I became like a dry land in the hot
summertime. *Selah**
- 5 But then I decided to confess my sins to
the LORD.
I stopped hiding my guilt and told you
about my sins.
And you forgave them all! *Selah*

- 6 That is why your loyal followers pray to
you while there is still time.
Then when trouble rises like a flood, it
will not reach them.
- 7 You are a hiding place for me.
You protect me from my troubles.
You surround me and protect me,
so I sing about the way you saved me. *Selah*
- 8 The Lord says, "I will teach you
and guide you in the way you should
live.
I will watch over you and be your guide.
- 9 Don't be like a stupid horse or mule that
will not come to you
unless you put a bit in its mouth and
pull it with reins."
- 10 Many pains will come to the wicked,
but the LORD's faithful love will
surround those who trust in him.
- 11 Good people, rejoice and be very happy in
the LORD.
All you who want to do right, rejoice!

- ## 33
- ¹Rejoice in the LORD, good people!
It is only right for good people to
praise him.
- 2 Play the lyre* and praise the LORD.
Play the ten-stringed harp for him.
- 3 Sing a new song^b to him.
Play it well and sing it loud!
- 4 The LORD's word is true,
and he is faithful in everything he does.
- 5 He loves goodness and justice.
The LORD's faithful love fills the earth.
- 6 The LORD spoke the command, and the
world was made.
The breath from his mouth created
everything in the heavens.
- 7 He gathered together the water of the sea.
He put the ocean in its place.
- 8 Everyone on earth should fear and respect
the LORD.
All the people in the world should fear
him,
- 9 because when he speaks, things happen.
And if he says, "Stop!"—then it stops.^c
- 10 The LORD can ruin every decision the
nations make.
He can spoil all their plans.
- 11 But the LORD's decisions are good forever.
His plans are good for generation after
generation.
- 12 Great blessings belong to those who have
the LORD as their God!
He chose them to be his own special
people.

^b33:3 *new song* Whenever God did a new and wonderful thing for his people, they would write a new song about it.

^c33:9 *And if... stops* Or "He gives the command, and it stands!" The word "stand" can mean "stand forever" or "stop."

^a32:1 *erased* Or "covered over" or "atoned."

- 13 The LORD looked down from heaven
and saw all the people.
- 14 From his high throne he looked down
at all the people living on earth.
- 15 He created every person's mind,
and he knows what each one is doing.
- 16 A king is not saved by the power of his
army.
A soldier does not survive by his own
great strength.
- 17 Horses don't really bring victory in war.
Their strength cannot help you escape.
- 18 The LORD watches over his followers,
those who wait for him to show his
faithful love.
- 19 He saves them from death.
He gives them strength when they are
hungry.
- 20 So we will wait for the LORD.
He helps us and protects us.
- 21 He makes us happy.
We trust his holy name.
- 22 LORD, we worship you,
so show your great love for us.

34 ^a *A song of David* when he pretended to
be crazy so that Abimelech would send
him away, which he did.*

- 1 I will praise the LORD at all times.
I will never stop singing his praises.
- 2 Humble people, listen and be happy,
while I brag about the LORD.
- 3 Praise the LORD with me.
Let us honor his name.
- 4 I went to the LORD for help, and he
listened.
He saved me from all that I fear.
- 5 Look to the LORD for help.
You will be accepted.
You have no need to be ashamed.^b
- 6 This poor man called to the LORD for help,
and he heard me.
He saved me from all my troubles.
- 7 The LORD's angel builds a camp around
his followers,
and he protects them.
- 8 Give the LORD a chance to show you^c
how good he is.
Great blessings belong to those who
depend on him!
- 9 The LORD's holy people should fear and
respect him.
Those who respect him will always have
what they need.
- 10 Even strong lions get weak and hungry,
but those who go to the LORD for help
will have every good thing.
- 11 Children, come and listen to me;
I will teach you to respect the LORD.

^a**Psalm 34** In Hebrew, each verse in this psalm
begins with the next letter of the alphabet.

^b**34:5** *You will be accepted ... be ashamed* Literally,
"Look at him and shine. Don't let your face be pale."

^c**34:8** *Give ... show you* Literally, "Taste and see."

- 12 Do you want to enjoy life?
Do you want to have many happy days?
- 13 Then avoid saying anything hurtful,
and never let a lie come out of your
mouth.
- 14 Stop doing anything evil, and do good.
Look for peace, and do all you can to
help people live peacefully.
- 15 The LORD watches over those who do
what is right,
and he hears their prayers.
- 16 But the LORD is against those who do evil,
so they are forgotten soon after they die.
- 17 Pray to the LORD, and he will hear you.
He will save you from all your troubles.
- 18 The LORD is close to those who have
suffered disappointment.
He saves those who are discouraged.
- 19 Good people might have many problems,
but the LORD will take them all away.
- 20 He will protect them completely.
Not one of their bones will be broken.
- 21 But troubles will kill the wicked.
The enemies of those who live right will
all be punished.
- 22 The LORD saves his servants.
All who go to him for protection will
escape punishment.

35 *A song of David.**

- 1 LORD, oppose those who oppose me.
Fight those who fight me.
- 2 Pick up your shields, large and small.
Get up and help me!
- 3 Take a spear and javelin
and fight those who are chasing me.
Tell me, "I will rescue you."
- 4 Some people are trying to kill me.
Disappoint them and make them
ashamed.
Make them turn and run away.
They are planning to hurt me.
Defeat and embarrass them.
- 5 Make them like chaff^d blown by the
wind.
Let them be chased by the LORD's angel.
- 6 Make their road dark and slippery.
Let the LORD's angel chase them.
- 7 I did nothing wrong, but they tried to trap
me.
For no reason at all, they dug a pit to
catch me.
- 8 So let them fall into their own traps.
Let them stumble into their own nets.
Let some unknown danger catch them.
- 9 Then I will rejoice in the LORD.
I will be happy when he saves me.
- 10 With my whole self I will say,
"LORD, there is no one like you.

^d**35:5** *wind* This may be a wordplay, because the
Hebrew word also means "spirit."

- You protect the poor from those who are stronger.
You save the poor and helpless from those who try to rob them.”
- 11 There are witnesses^a trying to harm me.
They ask me questions that I know nothing about.
- 12 They pay me back evil for the good I have done.
They make me so very sad.
- 13 When they were sick, I was sad and wore sackcloth.*
I went without eating to show my sorrow.
(May my prayers for them not be answered!)
- 14 I mourned* for them as I would for a friend or a brother.
I bowed low with sadness, crying as I would for my own mother.
- 15 But when I had troubles, they laughed at me.
They were not really friends.
I was surrounded and attacked by people I didn't even know.
- 16 They made fun of me, using the worst language.
They ground their teeth to show their anger.
- 17 My Lord, how long will you watch this happen?
Save my life from these people who are attacking me like lions and trying to destroy me.
- 18 I will praise you in the great assembly.
I will praise you there among the crowds.
- 19 Don't let my lying enemies keep on laughing at me.
They have no reason to hate me.
Surely they will be punished for their secret plans.^b
- 20 They have no friendly words for others, but plan ways to hurt those who want to live in peace.
- 21 They are telling lies about me.
They say, “Aha! We know what you did!”
- 22 LORD, surely you can see what is happening.
So don't keep quiet.
Lord, don't leave me.
- 23 Wake up! Get up!
My God and my Lord, fight for me, and bring me justice.
- 24 LORD my God, judge me with your fairness.
Don't let those people laugh at me.

^a35:11 *witnesses* People who tell what they have seen or heard. Here, these people were probably telling lies.

^b35:19 *Surely ... plans* Literally, “Will the people who hate me freely wink their eyes?”

- 25 Don't let them think, “Aha! We got what we wanted!”
Don't let them say, “We destroyed him!”
- 26 Let my enemies be ashamed and embarrassed—
all those who were happy about my troubles.
Proud of themselves, they treated me as worthless.
So let them be covered with shame and disgrace.
- 27 To those who want the best for me,
I wish them joy and happiness.
May they always say, “Praise the LORD,
who wants what is best for his servant.”
- 28 So, Lord, I will tell people how good you are.
I will praise you all day long.

36 *To the director*: A song of David,* the LORD's servant.*

- 1 Deep in the hearts of the wicked a voice tells them to do wrong.
They have no respect for God.
- 2 They lie to themselves.
They don't see their own faults,
so they are not sorry for what they do.
- 3 Their words are wicked lies.
They have stopped doing anything wise or good.
- 4 They make wicked plans in bed at night.
They choose a way of life that does no good.
And they never say no to anything evil.
- 5 LORD, your faithful love reaches to the sky.
Your faithfulness is as high as the clouds.
- 6 Your goodness is higher than the highest mountains.
Your fairness is deeper than the deepest ocean.
LORD, you protect people and animals.
- 7 Nothing is more precious than your loving kindness.
All people can find protection close to you.
- 8 They get strength from all the good things in your house.
You let them drink from your wonderful river.
- 9 The fountain of life flows from you.
Your light lets us see light.
- 10 Continue to love those who really know you,
and do good to those who are true to you.^c
- 11 Don't let proud people trap me.
Don't let the wicked force me to run away.

^c36:10 *true to you* Or “honest hearted.”

- 12 Put this on their grave markers:
 “Here fell the wicked.
 They were crushed.
 They will never stand up again.”

37 ^a *A song of David.**

- 1 Don't get upset about evil people.
 Don't be jealous of those who do wrong.
- 2 They are like grass and other green plants
 that dry up quickly and then die.
- 3 So trust in the LORD and do good.
 Live on your land and be dependable.^b
- 4 Enjoy serving the LORD,
 and he will give you whatever you ask
 for.
- 5 Depend on the LORD.
 Trust in him, and he will help you.
- 6 He will make it as clear as day that you
 are right.
 Everyone will see that you are being
 fair.
- 7 Trust in the LORD and wait quietly for his
 help.
 Don't be angry when people make evil
 plans and succeed.
- 8 Don't become so angry and upset that
 you, too, want to do evil.
- 9 The wicked will be destroyed,
 but those who call to the LORD for help
 will get the land he promised.
- 10 In a short time there will be no more evil
 people.
 You can look for them all you want, but
 they will be gone.
- 11 Humble people will get the land God
 promised,
 and they will enjoy peace.
- 12 The wicked plan bad things for those who
 are good.
 They show their teeth in anger at them.
- 13 But our Lord will laugh at them.
 He will make sure they get what they
 deserve.
- 14 The wicked draw their swords to kill the
 poor and the helpless.
 They aim their arrows to murder all
 who live right.
- 15 But their bows will break,
 and their swords will pierce their own
 hearts.
- 16 A few good people are better
 than a large crowd of those who are
 evil.
- 17 The wicked will be destroyed,
 but the LORD cares for those who are
 good.

- 18 The LORD protects pure people all their
 life.
 Their reward will continue forever.
- 19 When trouble comes,
 good people will not be destroyed.
 When times of hunger come,
 good people will have plenty to eat.
- 20 But evil people are the LORD's enemies,
 and they will be destroyed.
 Their valleys will dry up and burn.
 They will be destroyed completely.
- 21 The wicked borrow money and never pay
 it back.
 But good people are kind and generous.
- 22 Everyone the Lord blesses will get the
 land he promised.
 Everyone he curses* will be destroyed.
- 23 The LORD shows us how we should live,
 and he is pleased when he sees people
 living that way.
- 24 If they stumble, they will not fall,
 because the LORD reaches out to steady
 them.
- 25 I was young, and now I am old,
 but I have never seen good people left
 with no one to help them;
 I have never seen their children begging
 for food.
- 26 They are kind and generous,
 and their children are a blessing.
- 27 Stop doing anything evil and do good,
 and you will always have a place to live.
- 28 The LORD loves what is right,
 and he will never leave his followers
 without help.
 He will always protect them,
 but he will destroy the families of the
 wicked.
- 29 Good people will get the land God
 promised
 and will live on it forever.
- 30 Those who do what is right give good
 advice.
 Their decisions are always fair.
- 31 They have learned God's teachings,
 and they will never stop living right.^c
- 32 The wicked are always looking for ways to
 kill good people.
- 33 But the LORD will not let the wicked
 defeat them.
 He will not let good people be judged
 guilty.
- 34 Do what the LORD says, and wait for his
 help.
 He will reward you and give you the
 land he promised.
 You will see the wicked being forced to
 leave.

- 35 I once saw a wicked man who was
 powerful.
 He was like a strong, healthy tree.

^aPsalm 37 In Hebrew, about every other verse in this psalm begins with the next letter of the alphabet.

^b37:3 be dependable Literally, “shepherd faithfulness.”

^c37:31 they ... right Literally, “his steps will not slip.”

- 36 But then he was gone.
I looked for him, but I could not find him.
- 37 Be pure and honest.
Peace loving people will have many descendants.
- 38 But those who break the law will be destroyed completely.
And their descendants will be forced to leave the land.^a
- 39 The LORD saves those who are good.
When they have troubles, he is their strength.
- 40 The LORD helps good people and rescues them.
They depend on him, so he rescues them from the wicked.

38 *A song of David* for the day of remembrance.^b*

- 1 LORD, don't criticize me when you are angry.
Don't discipline me in anger.
- 2 You have hurt me.
You punished me and hurt me deeply.
- 3 You punished me severely, so my whole body is sore.
I sinned, and now all my bones hurt.
- 4 My guilt is like a heavy burden.
I am sinking beneath its weight.
- 5 I did a foolish thing,
and now I have infected sores that stink.
- 6 I am bent and bowed down.
I am depressed all day long.
- 7 I am burning with fever,
and my whole body hurts.
- 8 I hurt so much I cannot feel anything.
My pounding heart makes me scream!
- 9 My Lord, you heard my groaning.
You can hear my sighs.
- 10 My heart is pounding.
My strength is gone, and I am going blind.^c
- 11 Because of my sickness,
my friends and neighbors will not visit me;
my family will not come near me.
- 12 My enemies say bad things about me.
They are spreading lies and rumors.
They talk about me all the time.
- 13 But I am like a deaf man and cannot hear.
I am like someone who cannot speak.
- 14 I am like those who cannot hear what people are saying about them.
I cannot answer to prove my enemies wrong.
- 15 LORD, you must defend me.
Lord my God, you must speak for me.

- 16 That's why I prayed, "Don't let my enemies smile at my pain.
Full of pride, they will laugh if I stumble and fall."
- 17 I know I am guilty of doing wrong.
I cannot forget my pain.
- 18 LORD, I told you about the bad things I did.
I am worried about my sins.
- 19 But my enemies are alive and healthy,
and they have told many lies.
- 20 I did nothing but good,
and they paid me back with evil.
I try to do what is right,
but that only makes them turn against me.
- 21 LORD, don't leave me.
My God, stay close to me.
- 22 Come quickly and help me.
My Lord, you are the one who saves me.

39 *To the director,* Jeduthun.^d A song of David.**

- 1 I said, "I will be careful about what I say.
I will not let my tongue cause me to sin.
I will keep my mouth closed^e when I am around wicked people."
- 2 So I didn't say anything.
I didn't even say anything good,
but I became even more upset.
- 3 I was very angry,
and the more I thought about it, the angrier I became.
So I said something.
- 4 LORD, tell me, what will happen to me now?
Tell me, how long will I live?
Let me know how short my life really is.
- 5 You gave me only a short life.
Compared to you, my whole life is nothing.
The life of every human is like a cloud that quickly disappears. *Selah**
- 6 Our life is like an image in a mirror.^f
We rush through life collecting things,
but we don't know who will get them after we die.
- 7 So, Lord, what hope do I have?
You are my hope!
- 8 Save me from the bad things I did.
Don't let me be treated like a fool.
- 9 I will not open my mouth.

^dPsalm 39 Jeduthun Or "and to Jeduthun," one of the three main temple musicians. See 1 Chron. 9:16; 16:38-42.

^e39:1 will keep ... closed Literally, "guard my mouth with a muzzle."

^f39:6 Our life ... mirror Or "This life is not real—it is only a shadow" or "People wander around in the dark—not knowing what will happen."

^a37:38 forced to leave the land Or "destroyed." Literally, "cut off."

^bPsalm 38 for ... remembrance The ancient Greek version has "for the Sabbath."

^c38:10 I am going blind Or "My eyes have lost their sparkle." Literally, "Even the light of my eyes is no longer with me."

- I will not say anything.
You did what should have been done.
- 10 But please stop punishing me.
You will destroy me if you do not stop.
- 11 You punish people for doing wrong to
teach them the right way to live.
As a moth destroys cloth, you destroy
what people love.
Yes, our lives are like a small cloud that
quickly disappears. *Selah*
- 12 LORD, hear my prayer!
Listen to the words I cry to you.
Look at my tears.
I am only a traveler passing through this
life with you.
Like all my ancestors, I will live here
only a short time.^a
- 13 Leave me alone^b and let me be happy
before I am dead and gone.

40 *To the director*:* *A song of David.**

- 1 I called^c to the LORD, and he heard me.
He heard my cries.
- 2 He lifted me out of the grave.^d
He lifted me from that muddy place.^e
He picked me up, put me on solid ground,
and kept my feet from slipping.
- 3 He put a new song^f in my mouth,
a song of praise to our God.
Many will see what he did and worship
him.
They will put their trust in the LORD.
- 4 Great blessings belong to those who trust
in the LORD,
for those who do not turn to demons
and false gods^g for help.
- 5 LORD my God, you have done many
amazing things!
You have made great plans for us—too
many to list.
I could talk on and on about them,
because there are too many to count.
- 6 Lord, you made me understand this:^h
You don't really want sacrifices* and
grain offerings.
You don't want burnt offerings* and sin
offerings.*

^a39:12 *I live ... time* Literally, "I am a settler."

^b39:13 *Leave me alone* Or "Stop looking at me."

^c40:1 *called* Or "waited patiently."

^d40:2 *grave* Literally, "pit of destruction." That is, "Sheol," the place of death.

^e40:2 *muddy place* In many ancient stories, Sheol, the place of death, is a dark place with mud all around, like a grave.

^f40:3 *new song* Whenever God did a new and wonderful thing for his people, they would write a new song about it.

^g40:4 *demons and false gods* Or "proud and deceptive people."

^h40:6 *you made ... this* Literally, "you have dug my ears." The ancient Greek version has "you prepared a body for me."

- 7 So I said, "Here I am,
ready to do what was written about me
in the book.
- 8 My God, I am happy to do whatever you
want.
I never stop thinking about your
teachings."
- 9 I told the good news of victoryⁱ to the
people in the great assembly.
And, LORD, you know that I will never
stop telling that good news.
- 10 I told about the good things you did.
I did not hide these things in my heart.
I spoke of how you can be trusted to save
us.
I did not hide your love and loyalty from
those in the great assembly.
- 11 LORD, do not hide your mercy from me.
Let your love and loyalty always protect
me.
- 12 Troubles have surrounded me.
They are too many to count!
My sins have caught me,
and I cannot escape them.
They are more than the hairs on my head.
I have lost my courage.
- 13 Please, LORD, rescue me!
LORD, hurry and help me!
- 14 People are trying to kill me.
Please disappoint them.
Humiliate them completely!
They wanted to hurt me.
Make them run away in shame!
- 15 May those who make fun of me
be too embarrassed to speak!
- 16 But may those who come to you be happy
and rejoice.
May those who love being saved by
you always be able to say, "Praise the
LORD!"^j
- 17 My Lord, I am only a poor, helpless man,
but please pay attention to me.
You are my helper, the one who can save
me.
My God, don't be too late.

41 *To the director*:* *A song of David.**

- 1 Those who help the poor succeed will get
many blessings.^k
When trouble comes, the LORD will save
them.
- 2 The LORD will protect them and save their
lives.
He will bless them in this land.
He will not let their enemies harm
them.

ⁱ40:9 *victory* Or "goodness" or "righteousness."

^j40:16 *Praise the LORD* Literally, "The LORD is great" or "May the LORD be magnified."

^k41:1 Or "Those who teach the poor will be very fortunate."

- 3 When they are sick in bed,
the LORD will give them strength and
make them well!
- 4 I say, "LORD, be kind to me.
I sinned against you, but forgive me and
make me well."
- 5 My enemies say bad things about me.
They ask, "When will he die and be
forgotten?"
- 6 If they come to see me,
they don't say what they are really
thinking.
They come to gather a little gossip
and then go to spread their rumors.
- 7 Those who hate me whisper about me.
They think the worst about me.
- 8 They say, "He did something wrong.
That is why he is sick.
He will never get well."
- 9 My best friend, the one I trusted,
the one who ate with me—even he has
turned against me.
- 10 LORD, please be kind to me.
Let me get up, and I will pay them back.
- 11 Don't let my enemy defeat me.
Then I will know that you care for me.
- 12 I was innocent and you supported me.
You let me stand and serve you forever.
- 13 Praise the LORD, the God of Israel.*
He always was, and he always will be.

Amen* and Amen!

BOOK 2 (*Psalms 42-72*)

42 *To the director*:
A maskil* from the Korah family.*

- 1 Like a deer drinking from a stream,
I reach out to you, my God.^a
- 2 My soul thirsts for the living God.
When can I go to meet with him?
- 3 Instead of food, I have only tears day and
night,
as my enemies laugh at me and say,
"Where is your God?"
- 4 My heart breaks as I remember the
pleasant times in the past,
when I walked with the crowds as I led
them up to God's Temple.*
I remember the happy songs of praise
as they celebrated the festival.

- 5-6 Why am I so sad?
Why am I so upset?
I tell myself, "Wait for God's help!
You will again be able to praise him,
your God, the one who will save you."

In my sadness I say, "I will remember you
from here on this small hill,^b
where Mount Hermon and the Jordan
River meet."

- 7 I hear the roar of the water coming from
deep within the earth.
It shouts to the water below as it
tumbles down the waterfall.
God, your waves come one after another,
crashing all around and over me.^c
- 8 By day the LORD shows his faithful love,
and at night I have a song for him—a
prayer for the God of my life.^d
- 9 I say to God, my Rock,*
"Why have you forgotten me?
Why must I suffer this sadness that my
enemies have brought me?"
- 10 Their constant insults are killing me.
They never stop asking, "Where is your
God?"

- 11 Why am I so sad?
Why am I so upset?
I tell myself, "Wait for God's help!
You will again be able to praise him,
your God, the one who will save you."

43 *Defend me, God.
Argue my case against those people
who don't know you.*

- Protect me from those evil liars.
- 2 God, you are my place of safety.
Why have you turned me away?
Why must I suffer this sadness
that my enemies have brought me?
- 3 Send your light and your truth to guide me,
to lead me to your holy mountain, to
your home.
- 4 I want to go to God's altar,
to the God who makes me so very happy.
God, my God, I want to play my harp
and sing praises to you!

- 5 Why am I so sad?
Why am I so upset?
I tell myself, "Wait for God's help!
You will again have a chance to praise
him,
your God, the one who will save you."

44 *To the director*:
A maskil* from the Korah family.*

- 1 God, we have heard about you.
Our fathers* told us what you did in
their lifetime.
They told us what you did long ago.
- 2 With your great power you took this land
from other people,
and you gave it to us.

^b42:5-6 *small hill* Or "Mount Mizar."

^c42:7 *God, your waves ... over me* These word pictures describe the psalmist's feelings about the many troubles the Lord has allowed him to experience."

^d42:8 *the God of my life* Or "my living God."

^a42:1 Or "As a deer stretches out to drink water from a stream, so my soul thirsts for you, God."

- You crushed those foreigners
and forced them to leave this land.
- 3 It was not our fathers' swords that took
the land.
It was not their strong arms that
brought them victory.
It was your power.
It was because you accepted them and
smiled down on them.
- 4 God, you are my king.
Give the command and lead Jacob's*
people to victory.
- 5 We need your help to push our enemies
back.
Only in your name can we trample
those who attacked us.
- 6 I don't put my trust in my bow.
My sword cannot save me.
- 7 You are the one who saved us from our
enemies.
You are the one who put our enemies to
shame.
- 8 We have praised you all day long,
and we will praise your name forever.
*Selah**
- 9 But you left us and put us to shame.
You did not go with us into battle.
- 10 You let our enemies push us back.
You let them take our wealth.
- 11 You gave us away like sheep to be killed
and eaten.
You scattered us among the nations.
- 12 You sold your people for nothing.
You did not even argue over the price.
- 13 You made us a joke to our neighbors.
They laugh and make fun of us.
- 14 You made us one of the stories that people
love to tell.
People all over the world laugh at us
and shake their heads.
- 15 All I can think about is my shame.
Just look at my face, and you will see it.
- 16 All I can hear are the jokes and insults of
my enemies,
as I watch them take their revenge.
- 17 We have not forgotten you.
But you do all those things to us.
We did not break the agreement* you
gave us.
- 18 We did not turn away from you.
We did not stop following you.
- 19 But you crushed us in this home of
jackals.*
You left us in this place as dark as death.
- 20 Did we forget the name of our God?
Did we pray to foreign gods?
- 21 If we did, then God knows it,
because he knows our deepest secrets.
- 22 All day long we died for you.
We are like sheep being led away to be
killed.
- 23 Lord, wake up!
Why are you sleeping?
Get up! Don't ignore us forever!

- 24 Why are you hiding from us?
Have you forgotten our pain and
troubles?
- 25 We have been pushed down into the dirt.
We are lying face down in the dust.^a
- 26 Get up and help us!
Rescue us because of your faithful love.

45 *To the director*:* To the tune
"Shoshanim."^b A maskil* from the Korah
family. A love song.

- 1 Beautiful thoughts fill my mind
as I speak these lines for the king.
These words come from my tongue
as from the pen of a skilled writer.
- 2 You are more handsome than anyone,
and you say such pleasant things.
So God will always bless you.
- 3 Put on your sword, mighty warrior,
so impressive in your splendid uniform.
- 4 Go out in your greatness to win the
victory for what is true and right.
Let us see the amazing things you can
do with your powerful right arm.^c
- 5 Your sharp arrows will go deep into the
hearts of your enemies,
who will fall to the ground in front of
you.
- 6 God,^d your throne will last forever.
Your justice is a sign of your power to
rule.
- 7 You love what is right and hate what is
evil.
So God, your God, chose you to be king
and made you happier than any of your
friends.^e
- 8 From your clothes comes the wonderful
smell of myrrh,* aloes,* and cassia.*
In palaces decorated with ivory,
you enjoy the music of stringed
instruments.
- 9 Here are ladies of honor, daughters of
kings.
Your bride^f stands at your right side,
wearing a gown decorated with the
finest gold.

^a44:25 This shows that the people were being treated like slaves who must bow down to their masters.

^bPsalm 45 To the tune Shoshanim Or "On the Shoshanim."

^c45:4 right arm This pictures God as a warrior-king. The right arm is a symbol of his power and authority.

^d45:6 God This might be a song to God as king. Or here, the writer might be using the word "God" as a title for the king.

^e45:7 chose ... friends Literally, "poured the oil of rejoicing on you over your friends." This refers to the special oil kept in the Temple and used in dedications.

^f45:9 bride Or "queen."

- 10 My lady,^a listen to me.
Listen carefully and understand me.
Forget your people and your father's
family,
11 so that the king will be pleased with
your beauty.
He will be your new husband,^b
so you must honor him.
12 People from Tyre will bring you gifts.
Their richest people will try to win your
friendship.
- 13 The princess is so beautiful in her gown,
like a pearl set in gold.
14 Clothed in beauty, she is led to the king,
followed by her bridesmaids.
15 Filled with joy and excitement,
they enter into the king's palace.
- 16 Your sons will be kings like their
ancestors.*
You will make them rulers throughout
the land.
17 You will be famous for generations.
People will praise you forever and ever.

46 *To the director*:* A song from the Korah family. Use the *alamoth*.^c A song.

- 1 God is our protection and source of
strength.
He is always ready to help us in times of
trouble.
2 So we are not afraid when the earth
quakes
and the mountains fall into the sea.
3 We are not afraid when the seas become
rough and dark
and the mountains tremble. *Selah**
- 4 There is a river whose streams bring
happiness to God's city,
to the holy city of God Most High.
5 God is in that city, so it will never be
destroyed.
He is there to help even before sunrise.
6 Nations will shake with fear and
kingdoms will fall
when God shouts and makes the earth
move.
7 The LORD All-Powerful is with us.
The God of Jacob* is our place of safety.
Selah
- 8 Look at the powerful things the LORD has
done.
See the awesome things he has done on
earth.
9 He stops wars all over the world.

^a45:10 *My lady* Literally, "Daughter"

^b45:11 *husband* Or "master."

^cPsalm 46 *alamoth* This might be a musical instrument, a special way of tuning an instrument, a music style, or one of the groups that played harps in the Temple orchestra. See 1 Chron. 15:21.

He breaks the soldiers' bows, shatters
their spears, and burns their shields.^d

- 10 God says, "Stop fighting and know that I
am God!
I am the one who defeats the nations;
I am the one who controls the world."
- 11 The LORD All-Powerful is with us.
The God of Jacob is our place of safety.
Selah

47 *To the director*:*
A song from the Korah family.

- 1 Everyone, clap your hands.
Shout with joy to God!
2 The LORD Most High is awesome.
He is the great King over all the earth.
3 He helped us defeat other nations.
He put those people under our control.
4 He chose our land for us.
He chose that wonderful land for Jacob,*
the one he loved. *Selah**
- 5 The LORD God goes up to his throne
at the sound of the trumpet and horn.
6 Sing praises to God, sing praises!
Sing praises to our King, sing praises!
7 God is the King of the whole world.
Sing songs of praise!^e
8 God sits on his holy throne;
he rules all the nations.
9 The leaders of the nations have come
together
with the people of the God of
Abraham.*
All the rulers of the world belong to God.
He is over them all!

48 *A song of praise from the Korah family.*

- 1 The LORD is great!
He is praised throughout the city of our
God, his holy mountain.
2 His city is such a pleasant place.
It brings joy to people from around the
world.
Mount Zion* is the true mountain of
God.^f
It is the city of the great King.
3 In the palaces of that city,
God is known as the fortress.*
4 Once some kings met together
and planned an attack against this city.
They marched toward the city,
5 but when they saw it, they were
amazed.
They all panicked and ran away.

^d46:9 *shields* Or "chariots."

^e47:7 *songs of praise* Literally, "maskil." See "maskil" in the Word List.

^f48:2 *true mountain of God* Literally, "the summit of Zaphon." In Canaanite stories, Mt. Zaphon was where the gods lived.

- 6 Fear grabbed them;
they trembled like a woman giving
birth.
- 7 God, with a strong east wind,
you wrecked their big ships.
- 8 Yes, we heard the stories about your
power.
But we also saw it in the city of our God,
the city of the LORD All-Powerful.
God makes that city strong forever. *Selah**
- 9 God, in your Temple* we remember your
loving kindness.
- 10 Your name is known everywhere, God,
and people throughout the earth praise
you.
You have shown that you do what is
right.
- 11 Mount Zion is happy,
and the towns of Judah rejoice, because
your decisions are fair.
- 12 Walk around Jerusalem,
and count its towers.
- 13 Look at the tall walls,
and see the palaces.
Then you can tell the next generation
about them.
- 14 This God is our God forever and ever.
He will lead us from now to the end of
time!

49 *To the director*:*

A song from the Korah family.

- 1 Listen to this, all you nations.
Pay attention, all you people on earth.
- 2 Everyone, rich and poor, listen to me.
- 3 I have some very wise words for you.
My thoughts will give you
understanding.
- 4 I listened to these sayings.
And now, with my harp, I will sing and
make the hidden meaning clear.
- 5 Why should I be afraid when trouble
comes?
There is no need to fear when evil
enemies surround me.
- 6 They think their wealth will protect them.
They brag about how rich they are.
- 7 But no one has enough to buy back a life,
and you cannot bribe^a God.
- 8 You will never get enough money
to pay for your own life.
- 9 You will never have enough
to buy the right to live forever
and keep your body out of the grave.
- 10 Look, the wise die the same as fools and
stupid people.^b
They die and leave their wealth to
others.

^a49:7 *bribe* Here, this means offering a gift or sacrifice so that God will not punish a guilty person.

^b49:10 *stupid people* Or "animals."

- 11 The grave will be their new home forever.
And how much land they owned will
not make any difference.
- 12 People might be wealthy, but they cannot
stay here forever.
They will die like the animals.
- 13 That is what happens to all who trust in
themselves
and to anyone who accepts their way of
life. *Selah**
- 14 They are just like sheep, but the grave
will be their pen.
Death will be their shepherd.
When morning comes, the good people
will enjoy victory,
as the bodies of the proud slowly rot in
the grave, far away from their fancy
houses.
- 15 But God will pay the price to save me
from the grave.
He will take me to be with him. *Selah*
- 16 Don't be afraid of people just because
they are rich.
Don't be afraid of people just because
they have big, fancy houses.
- 17 They will not take anything with them
when they die.
They will not take their wealth with
them.
- 18 A wealthy man might tell himself how
well he has done in life.
And other people might praise him.
- 19 But the time will come for him to die
and go to his ancestors.
And he will never again see the light of
day.
- 20 Wealthy people don't seem to understand
that they will die like the animals.

50 *One of Asaph's songs.*

- 1 The LORD God Most Powerful has spoken.
He calls to everyone on earth, from
where the sun rises to where it sets.
- 2 God appeared from Zion,* the city of
perfect beauty.^c
- 3 Our God is coming and will not keep
quiet.
Fire burns in front of him.
There is a great storm around him.
- 4 He tells the sky and the earth to be
witnesses
as he judges his people.
- 5 He says, "My followers, gather around
me.
Come, my worshipers, who made an
agreement with me."
- 6 God is the judge,
and the skies tell how fair he is. *Selah**

^c50:2 *God ... beauty* Or "God shining from Zion is absolutely beautiful."

- 7 God says, "My people, listen to me!
People of Israel,* I will show my
evidence against you.
I am God, your God.
- 8 The problem I have with you is not your
sacrifices*
or the burnt offerings* you bring to me
everyday.
- 9 Why would I want more bulls from your
barns
or goats from your pens?
- 10 I already own all the animals in the forest.
I own all the animals on a thousand
hills.
- 11 I know every bird in the mountains.
Everything that moves in the fields is
mine.
- 12 If I were hungry, I would not ask you for
food.
I already own the world and everything
in it.
- 13 I don't eat the meat of bulls or drink the
blood of goats."
- 14 You made promises to God Most High, so
give him what you promised.
Bring your sacrifices and thank
offerings.*
- 15 God says, "Call me when trouble comes.
I will help you, and you will honor me."
- 16 But God says to the wicked,
"Stop quoting my laws!
Stop talking about my agreement*!
- 17 You hate for me to tell you what to do.
You ignore what I say.
- 18 You see a thief and run to join him.
You jump into bed with those who
commit adultery.*
- 19 You say evil things and tell lies.
- 20 You sit around talking about people,
finding fault with your own brothers.
- 21 When you did these things, I said
nothing.
So you thought that I^d was just like you.
But I will not be quiet any longer.
I will correct you and make clear what I
have against you.
- 22 You people who have forgotten God,
understand what I am telling you,
or I will tear you apart,
and no one will be able to save you!
- 23 Whoever gives a thank offering shows me
honor.
And whoever decides to live right will
see my power to save."

- Because of your great compassion,
erase all the wrongs I have done.
- 2 Scrub away my guilt.
Wash me clean from my sin.
- 3 I know I have done wrong.
I remember that sin all the time.
- 4 I did what you said is wrong.
You are the one I have sinned against.
I say this so that people will know
that I am wrong and you are right.
What you decided is fair.
- 5 I was born to do wrong,
a sinner before I left my mother's
womb.
- 6 You want me to be completely loyal,
so put true wisdom deep inside of me.
- 7 Remove my sin and make me pure.^b
Wash me until I am whiter than snow!
- 8 Let me hear sounds of joy and happiness
again.
Let the bones you crushed be happy
again.
- 9 Don't look at my sins.
Erase them all.
- 10 God, create a pure heart in me,
and make my spirit strong again.
- 11 Don't push me away
or take your Holy Spirit* from me.
- 12 Your help made me so happy.
Give me that joy again.
Make my spirit strong and ready to obey
you.
- 13 I will teach the guilty how you want them
to live,
and the sinners will come back to you.
- 14 God, spare me from the punishment of
death.^c
My God, you are the one who saves me!
Let me sing about all the good things you
do for me!
- 15 My Lord, I will open my mouth and sing
your praises!
- 16 You don't really want sacrifices,*
or I would give them to you.
- 17 The sacrifice that God wants is a humble
spirit.
God, you will not turn away someone
who comes with a humble heart and
is willing to obey you.^d
- 18 God, please be good to Zion.*
Rebuild the walls of Jerusalem.
- 19 Then you can enjoy the kind of sacrifices
you want.^e
You will receive whole burnt offerings,*
and people will again offer bulls on your
altar.

51 *To the director*:* A song of David* written
when Nathan the prophet came to him
after David's sin with Bathsheba.

- 1 God, be merciful to me
because of your faithful love.

^b51:7 *Remove ... pure* Literally, "Cleanse me with
hyssop." See "hyssop" in the Word List.
^c51:14 *spare ... death* Or "don't consider me guilty
of murder."
^d51:17 *someone ... obey you* Literally, "a broken
and crushed heart."
^e51:19 *the kind ... you want* Or "the offering of
righteousness."

52 *To the director*:* A *maskil** of David written when Doeg the Edomite went to Saul and told him, “David is in Ahimelech’s house.”

- 1 Great warrior, why are you bragging about the evil you did?
You are a disgrace to God.
- 2 You are nothing but a hired killer,^a making plans to hurt people and making up lies!
- 3 You love evil more than goodness.
You love lies more than truth. *Selah**
- 4 You and your lying tongue love to hurt people.
- 5 So God will ruin you forever!
He will grab you and pull you from your home,^b like someone pulling up a plant by the roots!^c
- 6 Good people will see this
and learn to fear and respect God.
They will laugh at you and say,
- 7 “Look what happened to the warrior who did not depend on God.
That fool thought his wealth and lies would protect him.”
- 8 But I am like a green olive tree growing in God’s Temple.*
I will trust God’s faithful love forever and ever.
- 9 God, I praise you forever for what you have done.
I will speak your name^d before your followers because it is so good!

53 *To the director*:* Use the *mahalath*.^e
A *maskil** of David.

- 1 Only fools think there is no God.
People like that are evil and do terrible things.
They never do what is right.
- 2 God looks down from heaven to see
if there is anyone who is wise,
anyone who looks to him for help.
- 3 But everyone has turned away from him.
Everyone has become evil.
No one does anything good.
No, not one person!
- 4 Those who are evil treat my people like bread to be eaten.
And they never ask for God’s help.
Don’t they understand what they are doing?

^a52:2 *hired killer* Literally, “sharpened razor.”

^b52:5 *home* This means the body. This is a poetic way of saying, “God will end your life here on earth.”

^c52:5 *like someone ... roots* Literally, “He will root you up from the land of the living.” This also means “He will kill you and your descendants.”

^d52:9 *speak your name* Or “I will trust your name.”

^ePsalm 53 *mahalath* Probably a musical term. It might be the name of an instrument or a tune, or it might mean a certain musical style.

- 5 They will be filled with fear—
a fear like they have never felt before!
People of Israel,* you will defeat those
who attacked you,
because God has rejected them.
And he will scatter their bones.
- 6 I wish the one who lives on Mount Zion*
would bring victory to Israel!
When God makes Israel successful again,
the people of Jacob* will be very happy;
the people of Israel will be glad.

54 *To the director*:* With instruments. A *maskil** of David written when the Ziphites went to Saul and told him, “We think David is hiding among our people.”

- 1 God, use your power and save me.
Use your great power to set me free.^f
- 2 God, listen to my prayer.
Listen to what I say.
- 3 Strangers who don’t even think about
God have turned against me.
Those powerful men are trying to kill me. *Selah**
- 4 Look, my God will help me.
My Lord will support me.
- 5 He will punish the people who turned
against me.
God, be faithful to me and destroy them.
- 6 LORD, I will give freewill offerings to you.
I will praise your good name.
- 7 You saved me from all my troubles.
I saw my enemies defeated.

55 *To the director*:* With instruments.
A *maskil** of David.

- 1 God, hear my prayer.
Don’t ignore my cry for help.
- 2 Please listen and answer me.
Let me speak to you and tell you what
upsets me.
- 3 My enemies shout at me and threaten
me.
In their anger they attack me.
They bring troubles crashing down on me.
- 4 My heart is pounding inside me.
I am afraid to die.
- 5 I am trembling with fear.
I am terrified!
- 6 Oh, I wish I had wings like a dove.
I would fly away and find a place to rest.
- 7 I would go far into the desert and stay
there. *Selah**
- 8 I would run away.
I would escape from this storm of
trouble.

^f54:1 Literally, “God, save me with your name, judge me with your might.”

- 9 My Lord, confuse their words and stop their plans.
I see so much cruelty and fighting in this city.
- 10 Day and night, in every neighborhood, the city is filled with evil and trouble.
- 11 There is so much crime in the streets. People who hurt and cheat others are everywhere.
- 12 If it were an enemy insulting me, I could bear it.
If it were my enemies attacking me, I could hide.
- 13 But it is you, the one so close to me, my companion, my good friend, who does this.
- 14 We used to share our secrets with one another,
as we walked through the crowds together in God's Temple.*
- 15 I wish death would take my enemies by surprise!
I wish the earth would open up and swallow them alive,^a
because they plan such terrible things together.
- 16 I will call to God for help,
and the LORD will save me.
- 17 I speak to God morning, noon, and night.
I tell him what upsets me, and he listens to me!
- 18 I have fought in many battles,
but he has always rescued me and brought me back safely.
- 19 God, who has always ruled as king,
will hear me and punish my enemies.
- Selah*
- But they will never change.
They don't fear and respect God.
- 20 This one who was once my friend now attacks his friends.
He is breaking every promise he made.
- 21 His words about peace are as smooth as butter,
but he has only war on his mind.
His words are as slick as oil,
but they cut like a knife.
- 22 Give your worries to the LORD,
and he will care for you.
He will never let those who are good be defeated.
- 23 But, God, you will send those liars and murderers to the grave.
They will die before their life is half finished!
As for me, I will put my trust in you.

56 *To the director*:* To the tune "The Dove in the Distant Oak." A miktam* of David written when the Philistines* captured him in Gath.

- 1 God, people have attacked me, so be merciful to me.
They have been chasing me all day,
closing in to attack me.
- 2 My enemies come at me constantly.
There are too many fighters to count.^b
- 3 When I am afraid, I put my trust in you.
- 4 I trust God, so I am not afraid of what people can do to me!
I praise God for his promise to me.
- 5 My enemies are always twisting my words.
They are always making plans against me.
- 6 They hide together and watch every move I make,
hoping for some way to kill me.
- 7 God, send them away because of the bad things they did.
Show your anger and defeat those people.
- 8 You know I am very upset.
You know how much I have cried.
Surely you have kept an account of all my tears.
- 9 I know that when I call for help, my enemies will turn and run.
I know that because God is with me!
- 10 I praise God for his promise.
I praise the LORD for his promise to me.
- 11 I trust God, so I am not afraid of what people can do to me!
- 12 God, I will keep the special promises I made to you.
I will give you my thank offering.
- 13 You saved me from death.
You kept me from being defeated.
So I will serve you in the light
that only the living can see.

57 *To the director*:* To the tune "Don't Destroy." A miktam* of David written when he escaped from Saul and went into the cave.

- 1 God, be merciful to me.
Be kind because my soul trusts in you.
I have come to you for protection,
while the trouble passes.
- 2 I pray to God Most High for help,
and he takes care of me completely!
- 3 From heaven he helps me and saves me.
He will punish the one who attacks me.
- Selah**
- God will remain loyal to me
and send his love to protect me.

^a55:15 *I wish ... alive* Literally, "I wish they would go down into Sheol alive." See Num. 16:31-33.

^b56:2 *There are ... count* Or "There are many attacking me from above."

4 My life is in danger.
My enemies are all around me.
They are like man-eating lions,
with teeth like spears or arrows
and tongues like sharp swords.

5 God, rise above the heavens!
Let all the world see your glory.*
6 My enemies set a trap for my feet
to bring me down.
They dug a deep pit to catch me,
but they fell into it.

7 God, I am ready, heart and soul,
to sing songs of praise.
8 Wake up, my soul!
Harps and lyres,* wake up, and let's
wake the dawn!
9 My Lord, I will praise you before all
people.
I will sing praises about you to every
nation.
10 Your faithful love is higher than the
highest clouds in the sky!
11 Rise above the heavens, God.
Let all the world see your glory.*

58 *To the director*^c: To the tune "Don't
Destroy." A miktam* of David.*

1 You judges are not being fair in your
decisions.
You are not judging people fairly.
2 No, you only think of evil things to do.
You do violent crimes in this country.
3 Those wicked people started doing wrong
as soon as they were born.
They have been liars from birth.
4 Their anger is as deadly as the poison of a
snake.^a
They shut their ears like a deaf cobra
that does not listen to the music of the
snake charmers,
no matter how well they play.
6 God, they are like lions.
So LORD, break their teeth.
7 May they disappear like water down a
drain.
May they be crushed like weeds on a
path.^b
8 May they be like snails melting away as
they move.
May they be like a baby born dead, who
never saw the light of day.
9 May they be destroyed suddenly,
like the thorns that are burned to
quickly heat a pot.
10 Good people will be happy
when they see the wicked getting the

^a58:4 *anger ... snake* A wordplay in Hebrew. The word meaning "anger" can also mean "venom" (poison).

^b58:7 Or "May he shoot his arrows, cutting them down, as if they were withering grass."

punishment they deserve.
They will feel like soldiers walking
through the blood of their enemies!^c

11 Then people will say, "Good people really
are rewarded.
Yes, there is a God judging the world!"^d

59 *To the director*^c: To the tune "Don't
Destroy." A miktam* of David written
when Saul sent people to watch David's house to
try to kill him.*

Selah
1 God, save me from my enemies.
Protect me from those who stand
against me.
2 Save me from those who do wrong.
Save me from those murderers.
3 Look, powerful men are waiting for me.
LORD, they are waiting to kill me,
even though I did not sin or commit
a crime.
4 I have done nothing wrong, but they are
rushing to attack me.
Come and see for yourself!
5 You are the LORD God All-Powerful, the
God of Israel!
Get up and punish them.
Don't show any mercy to those traitors.

Selah^{*}

6 Those evil men are like dogs
that come into town in the evening,
growling and roaming the streets.
7 Listen to their threats and insults.
They say such cruel things,
and they don't care who hears them.
8 LORD, laugh at them.
Make fun of them all.
9 I will sing my songs of praise to you.^e
God, you are my place of safety, high in
the mountains.
10 God loves me, and he will help me win.
He will help me defeat my enemies.
11 Don't just kill them, or my people might
forget.
My Lord and Protector, scatter and
defeat them with your strength.
12 Those evil people curse* and tell lies.
Punish them for what they said.
Let their pride trap them.
13 Destroy them in your anger.
Destroy them completely!
Then people all over the world will know
that God rules over the people of
Jacob.* *Selah*

14 Those evil men are like dogs
that come into town in the evening,
growling and roaming the streets.

^c58:10 *They ... enemies* Literally, "They will wash their feet in the blood of the wicked."

^d58:11 *Yes ... world* Or "There really are judges in this land doing their job."

^e59:9 *I will sing ... to you* Or "My Strength, I am waiting for you." See Ps. 59:17.

- 15 They roam around looking for food,
but even if they eat their fill, they still
growl and complain.
- 16 But I will sing about your strength.
I will rejoice in your love every
morning.
You have been my place of safety,
the place I can run to when troubles
come.
- 17 I will sing praises to you, my source of
strength.
You, God, are my place of safety.
You are the God who loves me!

60 *To the director*:* To the tune “Lily of
the Agreement.” A miktam* of David for
teaching. Written when David fought Aram Naha-
rain and Aram Zobah, and Joab came back and
defeated 12,000 Edomite soldiers at Salt Valley.

- 1 God, you were angry with us.
You rejected us and destroyed our
defenses.
Please make us strong again.
- 2 You shook the earth and split it open.
It is falling apart like a broken wall.
Please put it back together.
- 3 You have given your people many
troubles.
We are dizzy and fall down like drunks.
- 4 But you have provided a flag to show your
faithful followers
where to gather to escape the enemy’s
attack. *Selah**
- 5 Use your great power and give us victory!
Answer our prayer and save the people
you love.
- 6 God has spoken in his Temple^a:
“I will win the war and rejoice in victory!
I will divide this land among my people.
I will give them Shechem.
I will give them Succoth Valley.
Gilead and Manasseh will be mine.
Ephraim* will be my helmet.
Judah* will be my royal scepter.*
Moab will be the bowl for washing my
feet.
Edom will be the slave who carries my
sandals.
I will defeat the Philistines* and shout
in victory!”
- 9-10 But, God, it seems that you have left us!
You do not go out with our army.
So who will lead me into the strong,
protected city?
Who will lead me into battle against
Edom?

- 11 Help us defeat the enemy!
No one on earth can rescue us.
- 12 Only God can make us strong.
Only God can defeat our enemies!

^a60:6 in his Temple Or “in his holiness.”

61 *To the director*:* With stringed instru-
ments. A song of David.*

- 1 God, hear my cry for help.
Listen to my prayer.
- 2 From a faraway land I call to you for help.
I feel so weak and helpless!
Carry me to a high rock
where no one can reach me.
- 3 You are my place of safety,
a strong tower that protects me from my
enemies.
- 4 I want to live in your tent^b forever.
I want to hide where you can protect
me. *Selah**
- 5 God, you heard what I promised to give
you,
but everything your worshipers have
comes from you.
- 6 Give the king a long life.
Let him live forever!
- 7 Let him rule in your presence forever.
Protect him with your faithful love.
- 8 Then I will praise your name forever.
Every day I will do what I promised.

62 *To the director,* Jeduthun.^c*
A song of David.*

- 1 I must calm down and turn to God;
only he can rescue me.
- 2 He is my Rock,* the only one who can
save me.
He is my high place of safety, where no
army can defeat me.
- 3 How long will you people attack me?
Do you all want to kill me?
I am like a leaning wall,
like a fence ready to fall.
- 4 You want only to destroy me,
to bring me down from my important
position.
It makes you happy to tell lies about me.
In public, you say nice things,
but in private, you curse* me. *Selah**
- 5 I must calm down and turn to God;
he is my only hope.
- 6 He is my Rock, the only one who can save
me.
He is my high place of safety, where no
army can defeat me.
- 7 My victory and honor come from God.
He is the mighty Rock, where I am safe.
- 8 People, always put your trust in God!
Tell him all your problems.
God is our place of safety. *Selah*

^b61:4 tent The place where God lives among his people. Here, it is the Temple in Jerusalem. See “Holy Tent” and “Temple” in the Word List.
^cPsalm 62 Jeduthun Or “and to Jeduthun,” one of the three main temple musicians. See 1 Chron. 9:16; 16:38-42.

- 9 People cannot really help.
You cannot depend on them.
Compared to God, they are nothing—
no more than a gentle puff of air!
- 10 Don't trust in your power to take things
by force.
Don't think you will gain anything by
stealing.
And if you become wealthy,
don't put your trust in riches.
- 11 God says there is one thing you can really
depend on, and I believe it:
"Strength comes from God!"
- 12 My Lord, your love is real.
You reward all people for what they do.

63 *A song of David* written when he was in
the desert of Judah.*

- 1 God, you are my God.
I am searching so hard to find you.
Body and soul, I thirst for you
in this dry and weary land without
water.
- 2 Yes, I have seen you in your Temple.^a
I have seen your strength and glory.*
- 3 Your faithful love is better than life,
so my lips praise you.
- 4 By my life, I will praise you.
In your name, I lift my hands in prayer.
- 5 When I sit down to satisfy my hunger,
my joyful lips hunger to praise you!
- 6 I remember you while lying on my bed.
I think about you in the middle of the
night.
- 7 That is because you are the one who
helps me.
It makes me happy to be under your
protection!
- 8 I stay close to you,
and you hold me with your powerful
arm.
- 9 Those who are trying to kill me will be
destroyed.
They will go down to their graves.
- 10 They will be killed with swords.
Wild dogs will eat their dead bodies.
- 11 But the king will be happy with his God,
and those who promised to obey him
will praise him when he defeats those
liars.

64 *To the director*:
A song of David.**

- 1 God, listen to my complaint.
Save me from the terrible threats of my
enemies!
- 2 Protect me from the secret plans of the
wicked.
Hide me from that gang of evil people.
- 3 They sharpen their tongues to use like
swords.

^a63:2 *your Temple* Or "your holiness."

- They aim their poisonous words like
arrows.
- 4 Suddenly, from their hiding places, they
let their arrows fly.
They shoot to kill innocent people.
- 5 They encourage each other to do wrong.
They talk about setting traps and say,
"No one will see them here!"
- 6 No one will discover our crime.
We have the perfect plan!"
Yes, people can be very tricky and hard to
understand.
- 7 But suddenly, God will shoot his arrows,
and those wicked people will be hit.
- 8 He will use their own words against
them,
and they will be destroyed.
Then everyone who sees them
will shake their heads in amazement.
- 9 People will see what God has done.
They will tell other people about him.
Then everyone will learn more about God.
They will learn to fear and respect him.
- 10 Good people are happy to serve the LORD.
They depend on him to protect them.
All those who want to do right will praise
him!

65 *To the director*:
A praise song of David.**

- 1 God in Zion,* we praise you
and give you what we promised.
- 2 Anyone can come to you,
and you will listen to their prayers.
- 3 When our sins become too heavy for us,
you wipe them away.
- 4 Oh, how wonderful it is to be the people
you chose
to come and stay in your Temple.*
And we are so happy to have the
wonderful things
that are in your Temple, your holy
palace.
- 5 God, you answer our prayers and do what
is right.
You do amazing things to save us.
People all over the world know they can
trust in you,
even those who live across the sea.
- 6 You made the mountains.
We see your power all around us.
- 7 You can calm the roughest seas
or the nations raging around us.
- 8 People all around the world are amazed at
the wonderful things you do.
You make all people, east and west, sing
with joy.
- 9 You take care of the land.
You water it and make it fertile.
Your streams are always filled with water.
That's how you make the crops grow.
- 10 You pour rain on the plowed fields;
you soak the fields with water.
You make the ground soft with rain,
and you make the young plants grow.

- 11 You start the new year with a good harvest.
You end the year with many crops.^a
- 12 The desert and hills are covered with grass.
- 13 The pastures are covered with sheep.
The valleys are filled with grain.
Everything is singing and shouting for joy.

66 *To the director*:* *A song of praise.*

- 1 Everything on earth, shout with joy to God!
2 Praise his glorious name!
Honor him with songs of praise!
- 3 Tell God, "Your works are wonderful!
Your great power makes your enemies bow down in fear before you.
- 4 Let the whole world worship you.
Let everyone sing praises to your name." *Selah**
- 5 Look at what God has done!
These things amaze us.
- 6 He changed the sea to dry land,^b
and his people went across the water^c
on foot.
So let's celebrate because of what he has done!
- 7 He rules the world with his great power.
He watches people everywhere.
No one can rebel against him. *Selah*
- 8 People, praise our God.
Sing loud songs of praise to him.
- 9 He continues to give us life,
and he keeps us from falling.
- 10 God, you have tested us, as people test silver with fire.
- 11 You let us be trapped.
You put heavy burdens on us.
- 12 You let our enemies run over us.
We went through fire and water,
but you brought us to a safe place.
- 13-14 So I bring sacrifices* to your Temple.*
When I was in trouble, I asked for help
and made promises to you.
Now I am giving you what I promised.
- 15 I bring my best sheep as burnt offerings.*
I offer the smoke from them up to you.
I give you sacrifices of bulls and goats. *Selah*

- 16 All you people who worship God,
come and I will tell you what he has done for me.
- 17-18 I cried out to him for help,
and I praised him.
If I had been hiding sin in my heart,
the Lord would not have listened to me.
- 19 But God did listen to me;
he heard my prayer.
- 20 Praise God!
He did not turn away from me—he
listened to my prayer.
He continues to show his love to me!

67 *To the director*:* *With instruments.* *A song of praise.*

- 1 God, show mercy to us and bless us.
Please accept us! *Selah**
- 2 Let everyone on earth learn about you.
Let every nation see how you save people.
- 3 May people praise you, God!
May all people praise you.
- 4 May all nations rejoice and be happy
because you judge people fairly.
You rule over every nation.
- 5 May the people praise you, God!
May all people praise you.
- 6 God, our God, bless us.
Let our land give us a great harvest.
- 7 May God bless us,
and may all people on earth fear and respect him.

68 *To the director*:* *A praise song of David.**

- 1 God, get up and scatter your enemies!
May all your enemies run from you.
- 2 May your enemies be scattered
like smoke blown away by the wind.
May your enemies be destroyed
like wax melting in a fire.
- 3 But let good people be happy.
Let them gather before God and enjoy
themselves together.
- 4 Sing to God! Sing praises to his name!
Prepare the way for the one who rides
on the clouds.
His name is YAH.^d
Worship before him with joy.
- 5 God, who lives in his holy palace, is a
father to orphans,
and he takes care of widows.
- 6 God provides homes for those who are
lonely.
He frees people from prison and makes
them happy.
But those who turn against him will live
in the desert.

^d68:4 YAH This is a Hebrew name for God. It is like the Hebrew name usually translated "LORD." Also in verse 18.

^a65:11 In ancient Israel there were two calendars. The calendar for religious festivals began in the spring, at the barley harvest. The other calendar started in the fall, when they gathered other crops.

^b66:6 *changed the sea to dry land* This was with Moses at the Red Sea. See Ex. 14.

^c66:6 *water* Literally, "river." Although this word is not used for the Jordan River elsewhere, some think this line may refer to the later crossing there. See Josh. 3:14-17.

- 7 God, you led your people out of Egypt.
You marched across the desert. *Selah**
- 8 The ground shook and rain poured from
the sky
when God, the God of Israel,* came to
Sinai.
- 9 God, you sent the rain
to make a tired, old land strong again.
- 10 Your people^a came back to live there,
and you provided good things for the
poor.
- 11 My Lord gave the command,
and many people went to tell the good
news:
- 12^a“The armies of powerful kings ran away!
At home, the women divide the things
brought from the battle.
- 13 Those who stayed home will share in the
wealth—
metal doves with wings covered in
silver and feathers sparkling with
gold.”
- 14 God All-Powerful scattered the kings
like snow falling on Mount Zalmon.
- 15 Mount Bashan is a great mountain with
many high peaks.
- 16 But, Bashan, why are you jealous of
Mount Zion*?
That is where God has chosen to live.
The LORD will live there forever.
- 17 With his millions of chariots*
the Lord came from Sinai into the holy
place.
- 18 You went up to your high place,
leading a parade of captives.
You received gifts from people,^b
even those who turned against you.
The LORD God went up there to live.
- 19 Praise the Lord!
Every day he helps us with the loads we
must carry.
He is the God who saves us. *Selah*
- 20 He is our God, the God who saves us.
My Lord GOD saves us from death.
- 21 God will smash the heads of his enemies.
He will punish those who fight against
him.^c
- 22 My Lord said, “If they run up to Bashan
or down to the depths of the sea,
I will bring them back.
- 23 So you will march through pools of their
blood,
and there will be plenty left for your
dogs.”
- 24 God, everyone can see your victory
parade—
the victory march of my God and King
into his holy place!^d
- 25 Singers come marching in front, followed
by the musicians;
they are surrounded by young girls
playing tambourines.
- 26 Praise God in the meeting place.^e
Praise the LORD, people of Israel*!
- 27 There is the smallest tribe, Benjamin,
leading them.
And there comes a large group of
leaders from Judah.
Following them are the leaders of
Zebulun and Naphtali.
- 28 God, show us your power!
Show us the power you used for us in
the past.
- 29 Kings will bring their wealth to you,
to your Temple* in Jerusalem.
- 30 Punish the people in Egypt.
They are like cattle in the marshes, like
bulls among the calves.
You humiliated them.
You scattered them in war.
Now let them come crawling to you,
bringing their pieces of silver.
- 31 Messengers from Egypt will come bearing
gifts.
Ethiopia will offer God their tribute.*
- 32 Kings on earth, sing to God!
Sing songs of praise to our Lord! *Selah*
- 33 Sing to him who rides his chariot through
the ancient skies.
Listen to his powerful voice!
- 34 Tell everyone how powerful he is!
He rules over Israel.
His power fills the skies.
- 35 God, you are awesome in your Temple!
The God of Israel is the one who gives
strength and power to his people.
Praise God!

69 *To the director*^a: To the tune “The Lilies.” A song of David.**

- 1 God, save me from all my troubles!
The rising water has reached my neck.
- 2 I have nothing to stand on.
I am sinking down, down into the mud.
I am in deep water,
and the waves are about to cover me.
- 3 I am getting weak from calling for help.
My throat is sore.
I have waited and looked for your help
until my eyes are hurting.
- 4 I have more enemies than the hairs on
my head.
They hate me for no reason.

^a68:10 *people* Or “animals” or “living things.”

^b68:18 *received gifts from people* Or “took people as gifts.” Or “gave gifts to people,” as in the ancient Syriac and Aramaic versions and in Eph. 4:8.

^c68:21 Literally, “God will smash the heads of his enemies. He will smash the hairy skull walking in guilt.”

^d68:24 *of my God ... holy place* Or “led by my holy God and King!”

^e68:26 *in the meeting place* Or “with the trumpets that announce the assembly!”

- They try hard to destroy me.
My enemies tell lies about me.
They say I stole from them
and they demand that I pay for things I
did not steal.
- 5 God, you know my faults.
I cannot hide my sins from you.
- 6 My Lord God All-Powerful, don't let me
embarrass your followers.
God of Israel,* don't let me bring
disgrace to those who worship you.
- 7 My face is covered with shame.
I carry this shame for you.
- 8 My own brothers treat me like a stranger.
They act as if I came from a foreign
land.
- 9 My strong devotion to your Temple* is
destroying me.
Those who insult you are also insulting
me.
- 10 When I spend time crying and fasting,*
they make fun of me.
- 11 When I wear sackcloth* to show my
sorrow,
they tell jokes about me.
- 12 They talk about me in public places.
The beer drinkers make up songs about
me.
- 13 As for me, LORD, this is my prayer to you:
Please accept me!
God, I want you to answer me with love.
I know I can trust you to save me.
- 14 Pull me from the mud,
and don't let me sink down deeper.
Save me from those who hate me.
Save me from this deep water.
- 15 Don't let the waves drown me.
Don't let the deep sea swallow me
or the grave close its mouth on me.
- 16 Answer me, LORD, from the goodness of
your faithful love.
Out of your great kindness turn to me
and help me!
- 17 Don't turn away from your servant.
I am in trouble, so hurry and help me!
- 18 Come save my soul.
Rescue me from my enemies.
- 19 You know the shame I have suffered.
You know all my enemies.
You saw how they humiliated me.
- 20 I feel the pain of their insults.
The shame makes me feel like dying!
I wanted some sympathy,
but there was none.
I waited for someone to comfort me,
but no one came.
- 21 They gave me poison, not food.
They gave me vinegar, not wine.
- 22 Their tables are covered with food.
Let their fellowship meals destroy them.
- 23 Let them go blind and their backs become
weak.
- 24 Show them how angry you are.
Let them feel what your anger can do.
- 25 Make their homes empty.

- Don't let anyone live there.
- 26 They try to hurt people you have already
punished.
They tell everyone about the suffering
you gave them.
- 27 Punish them for the bad things they have
done.
Don't show them how good you can be.
- 28 Erase their names from the book of life.
Don't let their names appear on the list
of those who do what is right.
- 29 I am sad and hurting.
God, lift me up and save me!
- 30 I will praise God's name in song.
I will honor him by giving him thanks.
- 31 The LORD will be happier with this
than with the offering of an ox or a full-
grown bull as a sacrifice.*
- 32 Poor people, you came to worship God.
You will be happy to know these things.
- 33 The LORD listens to poor, helpless people.
He does not turn away from those who
are in prison.
- 34 Praise him, heaven and earth!
Sea and everything in it, praise him!
- 35 God will save Zion.*
He will rebuild the cities of Judah.
The people will settle there again and
own the land.
- 36 The descendants of his servants will get
that land.
Those who love his name will live
there.

70 *To the director*:
A song of David* to help people remember.*

- 1 Please, God, rescue me!
LORD, hurry and help me!
- 2 People are trying to kill me.
Please disappoint them.
Humiliate them!
They want to hurt me.
Make them run away in shame.
- 3 May those who make fun of me
be too embarrassed to speak.
- 4 But may those who come to you be happy
and rejoice.
May those who love being saved by you
always be able to say, "Praise God!"^a
- 5 I am only a poor, helpless man.
God, please hurry to me.
You are my helper, the one who can save
me.
LORD, don't be too late!

- 71** ¹LORD, I depend on you for
protection.
Don't let me be disappointed.
- 2 You always do what is right, so come and
save me.
Listen to me and save me.

^a70:4 *Praise God* Literally, "God is great" or "May God be magnified."

- 3 Be my Rock,* my place of safety.
Be my fortress,* and protect me!
You are my Rock and my protection.
- 4 My God, save me from wicked people.
Save me from cruel, evil people.
- 5 Lord God, you are my hope.
I have trusted you since I was a young boy.
- 6 I depended on you even before I was born.
I relied on you even in my mother's womb.
I have always prayed to you.^a
- 7 You are my source of strength,
so I have been an example to others.
- 8 I am always singing about the wonderful things you do.
- 9 Don't throw me away just because I am old.
Don't leave me as I lose my strength.
- 10 My enemies make plans against me.
They have met together and are making plans to kill me.
- 11 They say, "Go get him!
God has left him, so there is no one to help him."
- 12 God, don't leave me!
My God, hurry and help me!
- 13 Defeat my enemies.
Destroy them completely!
They are trying to hurt me.
Let them suffer shame and disgrace.
- 14 Then I will always trust in you
and praise you more and more.
- 15 I will tell people how good you are.
I will tell about all the times you saved me—
too many times to count.
- 16 I will tell about your greatness, my Lord God.
I will talk only about you and your goodness.
- 17 God, you have taught me since I was a young boy.
And to this day I have told people about the wonderful things you do.
- 18 Now that I am old and my hair is gray,
don't leave me, God.
I must tell the next generation about your power and greatness.
- 19 God, your goodness reaches far above the skies.
You have done wonderful things.
God, there is no one like you.
- 20 You have let me see troubles and hard times,
but you will give me new life;
you will lift me up from this pit of death!
- 21 You will help me do even greater things.
You will comfort me again!
- 22 I will play the harp and praise you.
My God, I will sing about your faithfulness.

^a71:6 *prayed to you* Or "praised you."

I will play songs on my lyre* for the Holy One of Israel.*

- 23 I will shout for joy,
singing songs of praise to you for saving me.
- 24 My tongue will sing about your goodness all the time,
because those who wanted to kill me have been defeated and disgraced.

72 *To Solomon.*^b

- 1 God, help the king be like you and make fair decisions.
Help the king's son know what justice is.
- 2 Help the king judge your people fairly.
Help him make wise decisions for your poor people.
- 3 Let there be peace and justice throughout the land,
known on every mountain and hill.
- 4 May the king be fair to the poor.
May he help the helpless and punish those who hurt them.
- 5 May people always fear and respect you, God,
as long as the sun shines and the moon is in the sky.
- 6 Help the king be like rain falling on the fields,
like showers falling on the land.
- 7 Let goodness grow everywhere while he is king.
Let peace continue as long as there is a moon.
- 8 Let his kingdom grow from sea to sea,
from the Euphrates River to the faraway places on earth.^c
- 9 May all the people living in the desert bow down to him.
May all his enemies bow before him with their faces in the dirt.
- 10 May the kings of Tarshish* and all the faraway lands by the sea bring gifts to him.
May the kings of Sheba and Seba bring their tribute* to him.
- 11 May all kings bow down to our king.
May all nations serve him.
- 12 Our king helps the poor who cry out to him—
those in need who have no one to help them.
- 13 He feels sorry for all who are weak and poor.
He protects their lives.
- 14 He saves them from the cruel people who try to hurt them.
Their lives are important to him.

^bPsalm 72 *To Solomon* This might mean that this song was written by Solomon or dedicated to him, or that it is from some special collection of songs.

^c72:8 *faraway places on earth* This usually means the countries around the Mediterranean Sea.

- 15 Long live the king!
Let him receive gold from Sheba.
Always pray for the king.
Ask God to bless him every day.
- 16 May the fields grow plenty of grain
and the hills be covered with crops.
May the fields be as fertile as Lebanon,
and may people fill the cities as grass
covers a field.
- 17 May the king be famous forever.
May people remember his name as long
as the sun shines.
May all nations be blessed through him,
and may they all bless him.
- 18 Praise the LORD God, the God of Israel*!
Only he can do such amazing things.
- 19 Praise his glorious name forever!
Let his glory* fill the whole world.
Amen* and Amen!

²⁰(This ends the prayers of David* son of
Jesse.)

BOOK 3 (*Psalms 73-89*)

73 *Asaph's song of praise.*

- 1 God is so good to Israel,*
to those whose hearts are pure.
- 2 But I almost slipped and lost my balance.
I almost fell into sin.
- 3 I saw that wicked people were successful,
and I became jealous of those proud
people.
- 4 They are healthy.
They don't have to struggle to survive.^a
- 5 They don't suffer like the rest of us.
They don't have troubles like other
people.
- 6 So they are proud and hateful.
This is as easy to see as the jewels and
fancy clothes they wear.
- 7 If they see something they like, they go
and take it.
They do whatever they want.
- 8 They make fun of others and say cruel
things about them.
In their pride they make plans to hurt
people.
- 9 They think they are gods!
They think they are the rulers of the
earth.
- 10^b Even God's people turn to them
and do what they say.
- 11 Those evil people say, "God does not
know what we are doing!
God Most High does not know!"
- 12 Those proud people are wicked,
but they are rich and getting richer.
- 13 Clearly, then, I gain nothing by keeping

^a73:4 Literally, "They have no bonds to their death."
^b73:10 The Hebrew text here is hard to understand.

- my thoughts pure!
What good is it to keep myself from sin?
- 14 God, I suffer all day long,
and you punish me every morning.
- 15 I wanted to tell others these things,
but that would have made me a traitor*
to your people.
- 16 I tried hard to understand all this,
but it was too hard for me.
- 17 But then, God, I went to your Temple,*
and I understood what will happen to
the wicked.
- 18 Clearly, you have put them in danger.
You make it easy for them to fall and be
destroyed.
- 19 Trouble can come suddenly,
and they will be ruined.
Terrible things can happen to them,
and they will be finished.
- 20 Then they will be like a dream
that we forget when we wake up.
You will make them disappear
like the monsters in our dreams.

- 21-22^c I was so stupid.
I thought about such people and became
upset.
God, I was upset and angry with you!
I acted like a senseless animal.
- 23 But I am always with you.
You hold my hand.
- 24 You lead me and give me good advice,
and later you will lead me to glory.^c
- 25 In heaven, God, I have only you.
And if I am with you, what on earth
could I want?
- 26 Maybe my mind^d and body will become
weak,
but God is my source of strength.^e
He is mine forever!
- 27 God, people who leave you will be lost.
You will destroy all who are not faithful
to you.
- 28 As for me, all I need is to be close to God.
I have made the Lord God my place of
safety.
And, God, I will tell about all that you
have done.

74 *A maskil* of Asaph.*

- 1 God, why have you turned away from us
for so long?
Why are you still angry with us, your
own flock?
- 2 Remember the people you bought so long
ago.
You saved us, and we belong to you.
And remember Mount Zion,* the place
where you lived.

^c73:24 *lead me to glory* Or "receive me in honor."
^d73:26 *mind* Literally, "heart."
^e73:26 *my ... strength* Literally, "the Rock of my
heart."

- 3 God, come walk through these ancient ruins.
Come back to the Holy Place* that the enemy destroyed.
- 4 The enemy shouted their war cries in the Temple.*
They put up their flags there to show they had won the war.
- 5 Their soldiers attacked the doors, like workmen chopping down trees.
- 6 Using axes and hatchets, they smashed the carved panels inside.
- 7 They burned down your Holy Place.
It was built to honor your name, but they pulled it down to the ground.
- 8 The enemy decided to crush us completely.
They burned every holy place^a in the country.
- 9 We do not see any of our signs.^b
There are no more prophets.
And no one knows how long this will last.
- 10 God, how much longer will the enemy make fun of us?
Will you let them insult your name forever?
- 11 Why won't you help us?
Use your power to defeat our enemies!
- 12 God, you have been our King for a long time.
You have saved us many times on this earth.
- 13 With your great power you split open the sea
and broke the heads of the sea monster.
- 14 Yes, you smashed the heads of Leviathan^c
and left his body for animals to eat.
- 15 You make the springs and rivers flow,
and you make the rivers dry up.
- 16 You control the day and the night.
You made the sun and the moon.
- 17 You set the limits for everything on earth.
And you created summer and winter.
- 18 LORD, remember, the enemy insulted you!
Those foolish people hate your name!
- 19 Don't give us like a helpless dove to those wild animals.
Never forget your poor, suffering people.
- 20 Remember the agreement you gave us,
because violence fills every dark place in this land.

^a74:8 *holy place* Or "El meeting place." This means every place where people went to meet with God.

^b74:9 *signs* These were probably signal fires that people burned as a way of passing messages from one town to the next. In war, this was a way people showed other towns that the enemy had not yet destroyed their own town.

^c74:13–14 *sea monster ... Leviathan* These were creatures from ancient stories. People believed that they kept the world from being a safe, orderly place. So this verse means that God controls every part of the world and everything in it.

- 21 Your people were treated badly.
Don't let them be hurt anymore.
Let your poor, helpless people praise you.
- 22 God, get up and defend yourself!
Remember, those fools challenged you.
- 23 Don't forget the shouts of your enemies.
They insulted you again and again.

75 *To the director*:* To the tune "Don't Destroy." One of Asaph's songs of praise.

- 1 We praise you, God!
We praise you because you^d are near to us.
We tell about the amazing things you have done.
- 2 God says, "I have chosen a time for judgment,
and I will judge fairly.
- 3 The earth and all its people may shake,
but I am the one who keeps it steady."
*Selah**
- 4 "To those who are proud I say, 'Stop your boasting.'
I warn the wicked, 'Don't brag about how strong you are.
- 5 Don't be so sure that you will win.
Don't boast that victory is yours!'"
- 6 There is no power on earth
that can make a person important.^e
- 7 God is the judge.
He decides who will be important.
He lifts one person up and brings another down.
- 8 The LORD has a cup in his hand.
It is filled with the poisoned wine of his anger.
He will pour out this wine,
and the wicked will drink it to the last drop.
- 9 I will always tell people how great God is.
I will sing praise to the God of Jacob.*
- 10 He^f will take away any power the wicked have
and give it to those who are good.

76 *To the director*:* With instruments. One of Asaph's songs of praise.

- 1 People in Judah* know God.
People in Israel* respect his name.
- 2 His Temple* is in Salem.^g
His house is on Mount Zion.*
- 3 There he shattered the arrows,
shields, swords, and other weapons of war.
*Selah**

^d75:1 *you* Literally, "your name."

^e75:6 Literally, "Not from the east or the west and not from the desert mountains."

^f75:10 *He* Or "I!"

^g76:2 *Salem* Another name for Jerusalem. This name means "Peace."

- 4 God, you are glorious coming back
from the hills where you defeated your
enemies.
- 5 They thought they were strong, but now
they lie dead in the fields.
Their bodies are stripped of all they
owned.
They could not defend themselves.^a
- 6 The God of Jacob* shouted at them,
and their army of chariots* and horses
fell dead.
- 7 God, you are awesome!
No one can stand against you when you
are angry.
- 8-9 You stood as judge and announced your
decision.
You saved the humble people of the land.
From heaven you gave the decision,
and the whole earth was silent and
afraid.
- 10 Even human anger can bring you honor
when you use it to punish your
enemies.^b

- 11 People, you made promises to the LORD
your God.
Now give him what you promised.
People everywhere fear and respect God,
and they will bring gifts to him.
- 12 God defeats great leaders;
all the kings on earth fear him.

77 *To the director,* Jeduthun.^c* *One of Asaph's songs.*

- 1 I cry out to God for help.
I cry out to you, God; listen to me!
- 2 My Lord, in my time of trouble I came to
you.
I reached out for you all night long.
My soul refused to be comforted.
- 3 I thought about you, God,
and tried to tell you how I felt, but I
could not.
- 4 You would not let me sleep.
I tried to say something, but I was too
upset.
- 5 I kept thinking about the past,
about things that happened long ago.
- 6 During the night, I thought about my
songs.
I talked to myself, trying to understand
what is happening.
- 7 I wondered, "Has our Lord rejected us
forever?
Will he ever accept us again?"
- 8 Is his love gone forever?
Will he never again speak to us?

- 9 Has God forgotten what mercy is?
Has his compassion changed to anger?"
*Selah**
- 10 Then I said to myself, "What bothers me
most is the thought
that God Most High has lost his power."
- 11 LORD, I remember what you have done.
I remember the amazing things you did
long ago.
- 12 I think about those things.
I think about them all the time.
- 13 God, all that you do is holy.*
No god is as great as you are.
- 14 You are the God who does amazing
things.
You showed the nations your great
power.
- 15 By your power you saved your people,
the descendants of Jacob* and Joseph.
Selah
- 16 God, the water saw you and became
afraid.
The deep water shook with fear.
- 17 The thick clouds dropped their water.
Thunder roared in the sky above.
Your arrows of lightning flashed through
the clouds.
- 18 There were loud claps of thunder.
Lightning lit up the world.
The earth shook and trembled.
- 19 You walked through the water and
crossed the deep sea,
but you left no footprints.
- 20 You led your people like sheep,
using Moses* and Aaron* to guide them.

78 *One of Asaph's masksil.**

- 1 My people, listen to my teachings.
Listen to what I say.
- 2 I will tell you a story.
I will tell you about things from the past
that are hard to understand.
- 3 We have heard the story, and we know it
well.
Our fathers told it to us.
- 4 And we will not forget it.
Our people will be telling this story to
the last generation.
We will all praise the LORD
and tell about the amazing things he did.
- 5 He made an agreement* with Jacob.*
He gave the law to Israel.*
He gave the commands to our
ancestors.*
He told them to teach the law to their
children.
- 6 Then the next generation, even the
children not yet born, would learn the
law.
And they would be able to teach it to
their own children.

^a76:5 *They ... themselves* Literally, "The warriors could not find their hands."

^b76:7-10 The Hebrew text here is hard to understand.

^cPsalm 77 *Jeduthun* Or "and to Jeduthun," one of the three main temple musicians. See 1 Chron. 9:16; 16:38-42.

- 7 So they would all trust in God,
never forgetting what he had done
and always obeying his commands.
- 8 They would not be like their ancestors,
who were stubborn and refused to obey.
Their hearts were not devoted to God,
and they were not faithful to him.
- 9 The men from Ephraim* had their
weapons,
but they ran from the battle.
- 10 They did not keep their agreement with
God.
They refused to obey his teachings.
- 11 They forgot the great things he had done
and the amazing things he had shown
them.
- 12 While their ancestors watched,
he showed his great power at Zoan in
Egypt.
- 13 He split the Red Sea and led the people
across.
The water stood like a solid wall on
both sides of them.
- 14 Each day God led them with the tall
cloud,
and each night he led them with the
light from the column of fire.
- 15 He split the rocks in the desert
and gave them an ocean of fresh water.
- 16 He brought a stream of water out of the
rock
and made it flow like a river!
- 17 But they continued sinning against him.
They rebelled against God Most High in
the desert.
- 18 Then they decided to test God
by telling him to give them the food
they wanted.
- 19 They complained about him and said,
“Can God give us food in the desert?”
- 20 Yes, he struck the rock and a flood of
water came out.
But can he give us bread and meat?”
- 21 The LORD heard what they said
and became angry with Jacob’s people.
He was angry with Israel,
- 22 because they did not trust in him.
They did not believe that God could save
them.
- 23-24 But then God opened the clouds above,
and manna* rained down on them for
food.
It was as if doors in the sky opened,
and grain poured down from a
storehouse in the sky.
- 25 These people ate the food of angels.
God sent plenty of food to satisfy them.
- 26 He sent a strong wind from the east,
and by his power he made the south
wind blow.
- 27 He made quail fall like rain until they
covered the ground.
There were so many birds that they
were like sand on the seashore.
- 28 The birds fell in the middle of the camp,
all around their tents.
- 29 The people ate until they were full.
God had given them what they wanted.
- 30 But before they were fully satisfied,
while the food was still in their mouths,
- 31 God became angry and killed even the
strongest of them.
He brought down Israel’s best young
men.
- 32 But the people continued to sin!
They did not trust in the amazing things
God could do.
- 33 So he ended their worthless lives;
he brought their years to a close with
disaster.
- 34 When he killed some of them, the others
would turn back to him.
They would come running back to God.
- 35 They would remember that God was their
Rock.*
They would remember that God Most
High had saved them.
- 36 But they tried to fool him with their
words;
they told him lies.
- 37 Their hearts were not really with him.
They were not faithful to the agreement
he gave them.
- 38 But God was merciful.
He forgave their sins and did not
destroy them.
Many times he held back his anger.
He never let it get out of control.
- 39 He remembered that they were only
people,
like a wind that blows and then is gone.
- 40 Oh, they caused him so much trouble in
the desert!
They made him so sad.
- 41 Again and again they tested his patience.
They really hurt the Holy One of Israel.
- 42 They forgot about his power.
They forgot the many times he saved
them from the enemy.
- 43 They forgot the miracles in Egypt,
the miracles in the fields of Zoan.
- 44 God turned the rivers into blood,
and the Egyptians could not drink the
water.
- 45 He sent swarms of flies that bit them.
He sent the frogs that ruined their
lives.
- 46 He gave their crops to grasshoppers
and their other plants to locusts.
- 47 He destroyed their vines with hail
and their trees with sleet.
- 48 He killed their animals with hail
and their cattle with lightning.
- 49 He showed the Egyptians his anger.
He sent his destroying angels against
them.
- 50 He found a way to show his anger.
He did not spare their lives.
He let them die with a deadly disease.

51 He killed all the firstborn* sons in Egypt.
He killed every firstborn in Ham's^a
family.

52 Then he led Israel like a shepherd.
He led his people like sheep into the
desert.

53 He guided them safely.
They had nothing to fear.
He drowned their enemies in the sea.

54 He led his people to his holy land,
to the mountain he took with his own
power.

55 He forced the other nations out before
them
and gave each family its share of the
land.
He gave each tribe of Israel a place to
live.

56 But they tested God Most High and made
him very sad.
They didn't obey his commands.

57 They turned against him and were
unfaithful just like their ancestors.
They changed directions like a
boomerang.*

58 They built high places* and made God
angry.
They built statues of false gods and
made him jealous.

59 God heard what they were doing and
became very angry.
So he rejected Israel completely!

60 He abandoned his place at Shiloh,^b
the Holy Tent* where he lived among
the people.

61 He let foreigners capture the Box of the
Agreement,*
the symbol of his power and glory.*

62 He showed his anger against his people
and let them be killed in war.

63 Their young men were burned to death,
and there were no wedding songs for
their young women.

64 Their priests were killed,
but the widows had no time to mourn*
for them.

65 Finally, our Lord got up
like a man waking from his sleep,
like a soldier after drinking too much
wine.

66 He forced his enemies to turn back
defeated.
He brought them shame that will last
forever.

67 Then he rejected Joseph's family.
He did not accept Ephraim's family.

68 No, he chose the tribe of Judah,*
and he chose Mount Zion,* the place he
loves.

69 He built his holy Temple* high on that
mountain.

^a78:51 *Ham* The Egyptians were Ham's descendants. See Gen. 10:6–10.

^b78:60 *Holy Tent at Shiloh* See 1 Sam. 4:4–11; Jer. 7:17.

Like the earth, God built his Temple to
last forever.

70 He chose David* to be his special servant.
He took him from the sheep pens.

71 He took him away from the job of caring
for sheep
and gave him the job of caring for the
descendants of Jacob—Israel, his
chosen people.

72 And David led them with a pure heart
and guided them very wisely.

79 *One of Asaph's songs of praise.*

1 God, some people from other nations
came to fight your people.
They ruined your holy Temple.*
They left Jerusalem in ruins.

2 They left the bodies of your servants for
the wild birds to eat.
They let wild animals eat the bodies of
your followers.

3 Blood flowed like water all over
Jerusalem.
No one is left to bury the bodies.

4 The countries around us insult us.
The people around us laugh at us and
make fun of us.

5 LORD, will you be angry with us forever?
Will your strong feelings^c continue to
burn like a fire?

6 Turn your anger against the nations that
do not know you,
against the people who do not honor
you as God.

7 Those nations killed Jacob's* family
and destroyed their land.

8 Please don't punish us for the sins of our
ancestors.*
Hurry, show us your mercy!
We need you so much!

9 Our God and Savior, help us!
That will bring glory to your name.
Save us and forgive our sins
for the good of your name.

10 Don't give the other nations a reason to
say,
"Where is their God? Can't he help
them?"
Let us see you punish those people.
Punish them for killing your servants.

11 Listen to the sad cries of the prisoners!
Use your great power to free those who
are sentenced to die.

12 Punish the nations around us!
Pay them back seven times for what
they did to us.
Punish them for insulting you.

13 We are your people, the sheep of your
flock.
We will praise you forever.
We will praise you forever and ever!

^c79:5 *strong feelings* The Hebrew word can mean any strong feelings such as zeal, jealousy, or love.

80 *To the director*^a: To the tune "Lilies of the Agreement." One of Asaph's songs of praise.*

- 1 Shepherd of Israel,* listen to us.
You lead your people^a like sheep.
You sit on your throne above the Cherub angels.*
Let us see you.
- 2 Shepherd of Israel, show your greatness
to the tribes of Ephraim, Benjamin,
and Manasseh.
Come and save your people.
- 3 God, accept us again.
Smile down on us and save us!
- 4 LORD God All-Powerful, when will you
listen to our prayers?
How long will you be angry with us?
- 5 Instead of bread and water,
you gave your people tears.
- 6 You made us the target of everyone's
hatred.
Our enemies make fun of us.
- 7 God All-Powerful, accept us again.
Smile down on us and save us!
- 8 When you brought us out of Egypt,
we were like your special vine.
You forced other nations to leave this
land,
and you planted that vine here.
- 9 You prepared the ground for it,
and it sent its roots down deep and
spread throughout the land.
- 10 It covered the mountains,
and its leaves shaded even the giant
cedar trees.
- 11 Its branches spread to the
Mediterranean Sea,
its shoots to the Euphrates River.
- 12 God, why did you pull down the walls
that protect your vine?
Now everyone who passes by picks its
grapes.
- 13 Wild pigs come and ruin it.
Wild animals eat the leaves.
- 14 God All-Powerful, come back.
Look down from heaven at your vine
and protect it.
- 15 Look at the vine you planted with your
own hands.
Look at the young plant^b you raised.
- 16 Our enemies have cut it down and
burned it up.
Show them how angry you are and
destroy them.
- 17 Reach out and help your chosen one.^c
Reach out to the people^d you raised up.

^a**80:1 your people** Literally, "Joseph," the father of Ephraim and Manasseh, whose names are often used to mean all the tribes in northern Israel.

^b**80:15 young plant** Literally, "son."

^c**80:17 chosen one** Literally, "the man of your right hand."

^d**80:17 people** Literally, "son of man."

- 18 Then we will never leave you.
Let us live, and we will worship you.
- 19 LORD God All-Powerful, accept us again.
Smile down on us and save us!

81 *To the director*^a: On the gittith.*
One of Asaph's songs.*

- 1 Be happy and sing to God, our strength.
Shout with joy to the God of Jacob.*
 - 2 Begin the music.
Play the tambourines.
Play the pleasant harps and lyres.*
 - 3 Blow the ram's horn at the time of the
new moon^e
and at the time of the full moon,^f when
our festival begins.
 - 4 This is the law for the people of Israel.*
The God of Jacob gave the command.
 - 5 God made this agreement with Joseph's
people,
when he led them out of Egypt.
In a language we didn't understand, God
said,
"I took the load from your shoulder.
I let you drop the worker's basket.
When you were in trouble, you called for
help, and I set you free.
I was hidden in the storm clouds, and I
answered you.
I tested you by the water at Meribah."^g
- Selah**
- 8 "My people, I am warning you.
Israel, listen to me!
 - 9 Don't worship any of the false gods
that the foreigners worship.
 - 10 I, the LORD, am your God.
I brought you out of Egypt.
Israel, open your mouth,
and I will feed you.
 - 11 "But my people did not listen to me.
Israel did not obey me.
 - 12 So I let them go their own stubborn way
and do whatever they wanted.
 - 13 If my people would listen to me and
would live the way I want,
14 then I would defeat their enemies.
I would punish those who cause them
trouble.
 - 15 Those who hate the LORD would shake
with fear.
They would be punished forever.
 - 16 I would give the best wheat to my people.
I would give them the purest honey,
until they were satisfied."

^e**81:3 new moon** The first day of the Hebrew month. There were special meetings on these days when the people shared fellowship offerings as part of their worship to God.

^f**81:3 full moon** The middle of the Hebrew month. Many of the special meetings and festivals started at the time of a full moon.

^g**81:7 Meribah** See Ex. 17:1–7.

82 *One of Asaph's songs of praise.*

- 1 God stands in the assembly of the gods.^a
He stands as judge among the judges.
- 2 He says, "How long will you judge unfairly
and show special favors to the wicked?"
*Selah**
- 3 "Defend the poor and orphans.
Protect the rights of the poor.
- 4 Help those who are poor and helpless.
Save them from those who are evil.
- 5 "They^b don't know what is happening.
They don't understand!
They don't know what they are doing.
Their world is falling down around
them!"
- 6 I, God Most High, say,
"You are gods,^c my own sons.
- 7 But you will die as all people must die.
Your life will end like that of any ruler."
- 8 Get up, God! You be the judge!
You be the leader over all the nations!

83 *One of Asaph's songs of praise.*

- 1 God, don't keep quiet!
Don't close your ears!
Please say something, God.
- 2 Your enemies are getting ready to do
something.
Those who hate you will soon attack.
- 3 They are making secret plans against your
people.
Your enemies are discussing plans
against the people you love.
- 4 They say, "Come, let us destroy them
completely.
Then no one will ever again remember
the name Israel."^{*}
- 5 God, they have all joined together.
They have united against you.
- 6-7 Their army includes the Edomites,
Ishmaelites, Moabites, and Hagar's
descendants,
the people of Byblos, Ammon, and
Amalek,
the Philistines,^{*} and the people of Tyre.
- 8 Even the Assyrians have joined them.
They have made Lot's descendants very
powerful. *Selah**

^a82:1 *assembly of the gods* Other nations taught that El (God) and the other gods met together to decide what to do with the people on earth. But many times kings and leaders were also called "gods." So this psalm may be God's warning to the leaders of Israel.

^b82:5 *They* This might mean that the poor don't understand what is happening. Or it might mean that the "gods" or leaders don't understand that they are ruining the world by not being fair and by not doing what is right.

^c82:6 *gods* Or "judges."

- 9 God, defeat them just as you defeated
Midian.
Do what you did to Sisera and Jabin at
the Kishon River.
- 10 You destroyed the enemy at Endor,
and their bodies rotted on the ground.
- 11 Punish their leaders as you did Oreb and
Zeeb.
Do what you did to Zebah and
Zalmunna.
- 12 They said, "Let's make this land our
own—
these fields of grass that belong to God!"
- 13 Make them like weeds blown by the
wind.
Scatter them, like the wind scatters
straw.
- 14 Be like a fire that destroys a forest
or like a flame that sets the hills on fire.
- 15 Chase them away with your blasts of
wind;
frighten them with your storms.
- 16 LORD, cover them with shame
until they come to you for help.
- 17 May they be forever ashamed and afraid.
Disgrace and defeat them.
- 18 Then they will know that your name is
YAHWEH*—
that you alone are the LORD.
They will know that you are God Most
High,
ruler over all the earth!

84 *To the director*: On the gittith.* A song of praise from the Korah family.*

- 1 LORD All-Powerful, the place where you
live is so beautiful!
- 2 LORD, I cannot wait to enter your Temple.*
I am so excited!
Every part of me cries out to be with the
Living God.
- 3 LORD All-Powerful, my King, my God,
even the birds have found a home in
your Temple.
They make their nests near your altar,
and there they have their babies.
- 4 Great blessings belong to those who live
at your Temple!
They continue to praise you. *Selah**
- 5 Great blessings belong to those who
depend on you for strength!
Their heart's desire is to make the trip
to your Temple.
- 6 They travel through Baca Valley,
which God has made into a place of
springs.
Autumn rains form pools of water there.
- 7 The people travel from town to town^d
on their way to Zion,^{*} where they will
meet with God.

^d84:7 *town to town* Or "wall to wall."

- 8 LORD God All-Powerful, listen to my prayer.
God of Jacob,* listen to me. *Selah*
- 9 God, watch over the king, our protector.^a
Be kind to him, the one you have chosen.
- 10 One day in your Temple is better
than a thousand days anywhere else.
Serving as a guard at the gate of my God's
house is better
than living in the homes of the wicked.
- 11 The LORD God is our protector and
glorious king.^b
He blesses us with kindness and honor.
The LORD freely gives every good thing
to those who do what is right.
- 12 LORD All-Powerful, great blessings belong
to those who trust in you!

85 *To the director*:*

A song of praise from the Korah family.

- 1 LORD, you have been so kind to your land.
You have brought success again to the
people of Jacob.*
- 2 You have forgiven the bad things your
people did.
You have taken away the guilt of their
sins! *Selah**
- 3 You stopped being angry with them.
Your terrible anger has gone away.
- 4 Our God and Savior, accept us again.
Don't be angry with us anymore.
- 5 Will you be angry with us forever?
Will your anger reach to our children
and to their children?
- 6 Please, give us new life!
Make your people happy to be yours.
- 7 LORD, save us
and show us your love.
- 8 I heard what the LORD God said.
He said there would be peace for his
people and his loyal followers.
So they must not go back to their foolish
way of living.
- 9 He will soon save his faithful followers.
His glory will again live in our land.^c
- 10 God's love will come together with his
faithful people.
Goodness and peace will greet them
with a kiss.
- 11 People on earth will be loyal to God,
and God in heaven will be good to
them.^d

^a84:9 *the king, our protector* Literally, "our shield."
This line could also mean "God, our Shield, look!"

^b84:11 *protector and glorious king* Literally, "sun
and shield."

^c85:9 *We ... land* Or "We will soon live with honor
in our land."

^d85:11 Literally, "Loyalty will sprout from the
ground, and goodness will look down from the sky."

- 12 The LORD will give us many good things.
The ground will grow many good
crops.
- 13 Goodness will go before the Lord
and prepare the way for him.

86 *A prayer of David.**

- 1 I am a poor, helpless man.
LORD, please listen to me and answer
my prayer!
- 2 I am your follower, so please protect me.
I am your servant, and you are my God.
I trust in you, so save me.
- 3 My Lord, be kind to me.
I have been praying to you all day.
- 4 My Lord, I put my life in your hands.
I am your servant, so make me happy.
- 5 My Lord, you are good and merciful.
You love all those who call to you for
help.
- 6 LORD, hear my prayer.
Listen to my cry for mercy.
- 7 I am praying to you in my time of trouble.
I know you will answer me.
- 8 My Lord, there is no God like you.
No one can do what you have done.
- 9 My Lord, you made everyone.
I wish they all would come worship you
and honor your name.
- 10 You are great and do amazing things.
You and you alone are God.
- 11 LORD, teach me your ways,
and I will live and obey your truths.
Help me make worshiping your name
the most important thing in my life.
- 12 My Lord God, I praise you with all my
heart.
I will honor your name forever!
- 13 You have such great love for me.
You save me from the place of death.
- 14 Proud people are attacking me, God.
A gang of cruel men is trying to kill me.
They don't respect you.
- 15 My Lord, you are a kind and merciful
God.
You are patient, loyal, and full of love.
- 16 Show that you hear me and be kind to
me.
I am your servant, so give me strength.
I am your slave, as my mother was, so
save me!
- 17 LORD, show me a sign that you care for
me.
My enemies will see it and be
disappointed,
because you helped and comforted me.

87 *A song of praise from the Korah family.*

- 1 The LORD built his city on the holy hills.
- 2 He loves the gates of Zion* more than
any other place in Israel.*
- 3 Wonderful things are said about you, City
of God. *Selah**

- 4 God says, "Some of my people live in Egypt^a and Babylon. Some of them were born in Philistia, Tyre, and even Ethiopia."
 5 But about Zion he says, "I know each and every person born there."
 It is the city built by God Most High.
 6 The LORD keeps a list of all his people, and he knows where each of them was born. *Selah*
 7 At the festivals, people will dance and sing,
 "All good things come from Zion."

88 *A song from the Korah family. To the director^c: About a painful sickness. A maskil^d of Heman the Ezrahite.*

- 1 LORD God, you are my Savior.
 I have been praying to you day and night.
 2 Please pay attention to my prayers.
 Listen to my prayers for mercy.
 3 My soul has had enough of this pain!
 I am ready to die.
 4 People already treat me like a dead man,
 like someone too weak to live.
 5 Look for me among the dead,
 like a body in the grave.
 I am one of those you have forgotten,
 cut off from you and your care.
 6 You put me in that hole in the ground.
 Yes, you put me in that dark place.
 7 Your anger presses down on me like a heavy weight.
 It's like one wave after another
 pounding against me. *Selah*^{*}
 8 You made my friends leave me.
 They all avoid me like someone no one wants to touch.
 Like a prisoner in my house, I cannot go out.
 9 My eyes hurt from crying.
 LORD, I pray to you constantly!
 I lift my arms in prayer to you.
 10 Do you do miracles for the dead?
 Do ghosts rise up and praise you? No! *Selah*
 11 The dead in their graves cannot talk about your faithful love.
 People in the world of the dead^b cannot talk about your faithfulness.
 12 The dead who lie in darkness cannot see the amazing things you do.
 Those in the world of the forgotten cannot talk about your goodness.
 13 LORD, I am asking you to help me!

^a87:4 *Egypt* Literally, "Rahab." This name means the "Dragon." It became a popular name for Egypt.

^b88:11 *the world of the dead* Or "Abaddon," a Hebrew name meaning "death" or "destruction." See Rev. 9:11.

- Early each morning I pray to you.
 14 LORD, why have you abandoned me?
 Why do you refuse to listen to me?
 15 I have been sick and weak since I was young.
 I have suffered your anger, and I am helpless.
 16 Your anger covers me like a flood.
 Your attacks are killing me.
 17 They surround me on every side.
 I feel like a drowning man.
 18 You caused my friends and loved ones to leave me.
 Now darkness is my closest friend.

89 *A maskil^d from Ethan the Ezrahite.*

- 1 I will sing forever about the LORD's love.
 I will sing about his faithfulness forever and ever!
 2 I will say, "Your faithful love will last forever.
 Your loyalty is like the sky—there is no end to it!"
 3 You said, "I made an agreement with my chosen king.
 I made this promise to my servant David*:
 4 'There will always be someone from your family to rule.
 I will make your kingdom continue forever and ever.'" *Selah*^{*}
 5 LORD, the heavens praise you for the amazing things you do.
 The assembly of holy ones sings about your loyalty.
 6 No one in heaven is equal to the LORD.
 None of the "gods" can compare to the LORD.
 7 When God's holy ones—the angels around his throne—meet together, they fear and respect him;
 he is more awesome than all those around him.
 8 LORD God All-Powerful, there is no one like you.
 You are strong, LORD, and always faithful.
 9 You rule the stormy sea.
 You can calm its angry waves.
 10 You defeated Rahab.*
 You scattered your enemies with your own powerful arm.
 11 Everything in heaven and earth belongs to you.
 You made the world and everything in it.
 12 You created everything north and south.
 Mount Tabor and Mount Hermon sing praises to your name.
 13 You have the power!
 Your power is great!
 Victory is yours!

- 14 Your kingdom is built on truth and justice.
Love and faithfulness are servants
before your throne.
- 15 LORD, your loyal followers are happy.
They live in the light of your kindness.
- 16 Your name always makes them happy.
They praise your goodness.
- 17 You are their amazing strength.
Their power comes from you.
- 18 The king, our protector, belongs to the
LORD,
who is the Holy One of Israel.*
- 19 Lord, you once spoke in a vision to your
followers:
“I have made a young soldier strong.
From among my people I chose him for
an important position.
- 20 I have found my servant David
and anointed* him as king with my
special oil.
- 21 I will support him with my right hand,
and my arm will make him strong.
- 22 So no enemy will ever control him.
The wicked will never defeat him.
- 23 I will destroy his enemies before his eyes.
I will defeat those who hate him.
- 24 I will always love and support him.
I will always make him strong.
- 25 I will put him in charge of the sea.
He will control the rivers.
- 26 He will say to me, ‘You are my father.
You are my God, my Rock,* my Savior.’
- 27 And I will make him my firstborn* son.
He will be the great king on earth.
- 28 My love will protect him forever.
My agreement with him will never end.
- 29 I will make his family continue forever.
His kingdom will last as long as the
skies.
- 30 If his descendants stop following my law
and stop obeying my commands,
31 if they break my laws
and ignore my commands,
32 I will punish them severely for their sins
and wrongs.
- 33 But I will never take my love from him.
I will never stop being loyal to him.
- 34 I will not break my agreement with
David.
I will never change what I said.
- 35 By my holiness, I made a promise to him,
and I would not lie to David.
- 36 His family will continue forever.
His kingdom will last as long as the sun.
- 37 Like the moon, it will continue forever.
The sky is a witness to the agreement that
can be trusted.” *Selah*
- 38 But now, Lord, you have become angry
with your chosen king,^a
and you have left him all alone.
- 39 You ended the agreement you made with
your servant.
- You threw the king’s crown into the dirt.
40 You pulled down the walls of his city.
You destroyed all his fortresses.*
- 41 Everyone passing by steals from him.
His neighbors laugh at him.
- 42 You made all the king’s enemies happy
and let his enemies win the war.
- 43 You helped them defend themselves.
You did not help your king win the
battle.
- 44 You did not let him win.
You threw his throne to the ground.
- 45 You cut his life short.
You shamed him. *Selah*
- 46 LORD, how long will this continue?
Will you ignore us forever?
Will your anger burn like a fire forever?
- 47 Remember how short my life is.
You created us to live a short life and
then die.
- 48 Is there anyone alive who will never die?
Will anyone escape the grave? *Selah*
- 49 Lord, where is the love you showed in the
past?
You promised David that you would be
loyal to his family.
- 50-51 My LORD, please remember how people
insulted your servant.
LORD, I had to listen to all the insults from
your enemies.
They insulted your chosen king
wherever he went.
- 52 Praise the LORD forever!
Amen* and Amen!

BOOK 4 (*Psalms 90-106*)

90 *The prayer of Moses,* the man of God.**

- 1 My Lord, you have been our home forever
and ever.
- 2 You were God before the mountains were
born,
before the earth and the world were
made.
You have always been and will always
be God!
- 3 You bring people into this world,
and you change them into dust again.
- 4 To you, a thousand years is like yesterday,
like a few hours in the night.
- 5 Our life is like a dream that ends when
morning comes.
We are like grass
- 6 that grows and looks so fresh in the
morning,
but in the evening it is dry and dying.
- 7 Your anger could destroy us.
Your anger frightens us!
- 8 You know about all our sins.
You see every one of our secret sins.

^a90:38 *chosen king* Literally, “anointed one.”

- 9 Your anger can end our life.
Our lives fade away like a whisper.
- 10 We live about 70 years
or, if we are strong, 80 years.
But most of them are filled with hard
work and pain.
Then, suddenly, the years are gone, and
we fly away.
- 11 No one really knows the full power of
your anger,
but our fear and respect for you is as
great as your anger.
- 12 Teach us how short our lives are
so that we can become wise.
- 13 LORD, come back to us.
Be kind to your servants.
- 14 Fill us with your love every morning.
Let us be happy and enjoy our lives.
- 15 For years you have made life hard for us
and have given us many troubles.
Now make us happy for just as long.
- 16 Let your servants see the wonderful
things you can do for them.
And let their children see your glory.*
- 17 Lord, our God, be kind to us.
Make everything we do successful.
Yes, make it all successful.

- 91** You can go to God Most High to
hide.
You can go to God All-Powerful for
protection.
- 2 I say to the LORD, "You are my place of
safety, my fortress.*
My God, I trust in you."
- 3 God will save you from hidden dangers
and from deadly diseases.
- 4 You can go to him for protection.
He will cover you like a bird spreading
its wings over its babies.
You can trust him to surround and
protect you like a shield.
- 5 You will have nothing to fear at night
and no need to be afraid of enemy
arrows during the day.
- 6 You will have no fear of diseases that
come in the dark
or terrible suffering that comes at noon.
- 7 A thousand people may fall dead at your
side
or ten thousand right beside you,
but nothing bad will happen to you!
- 8 All you will have to do is watch,
and you will see that the wicked are
punished.
- 9 You trust in the LORD for protection.
You have made God Most High your
place of safety.
- 10 So nothing bad will happen to you.
No diseases will come near your home.
- 11 He will command his angels to protect
you wherever you go.
- 12 Their hands will catch you
so that you will not hit your foot on a
rock.

- 13 You will have power to trample on lions
and poisonous snakes.
- 14 The LORD says, "If someone trusts me, I
will save them.
I will protect my followers who call to
me for help.
- 15 When my followers call to me, I will
answer them.
I will be with them when they are in
trouble.
I will rescue them and honor them.
- 16 I will give my followers a long life
and show them my power to save."

92 *A song of praise for the Sabbath.**

- 1 It is good to praise the LORD.
God Most High, it is good to praise your
name.
- 2 It is good to sing about your love in the
morning
and about your faithfulness at night.
- 3 It is good to play for you on the ten-
stringed instrument and lyre*
and to add the soft sounds of the harp to
my praise.
- 4 LORD, you make us very happy because of
what you did.
I gladly sing about it.
- 5 LORD, you did such great things.
Your thoughts are too hard for us to
understand.
- 6 Stupid people don't know this.
Fools don't understand.
- 7 The wicked may sprout like grass,
and those who do evil may blossom like
flowers,
but they will be destroyed, never to be
seen again.
- 8 But, LORD, you will be honored forever.
- 9 LORD, all your enemies will be destroyed,
and all who do evil will be scattered.
- 10 But you have made me as strong as a wild
ox.
You have given me your blessing.^a
- 11 My eyes will see the defeat of those
waiting to attack me.
My ears will hear the cries of my evil
enemies.
- 12 Good people are like budding palm trees.
They grow strong like the cedar trees of
Lebanon.
- 13 They are planted in the LORD's house.^b
They grow strong there in the
courtyards of our God.
- 14 Even when they are old,
they will continue producing fruit like
young, healthy trees.

^a92:10 You ... blessing Or "You poured your refresh-
ing oil over me."

^b92:13 house Or "Temple." See "Temple" in the Word
List.

15 They are there to show everyone
that the LORD is good.^a
He is my Rock,*
and he does nothing wrong.^b

93 ¹The LORD is King.
The LORD wears majesty and strength
like clothes.
He is ready, so the whole world is safe.
It will not be shaken.
²Your kingdom has continued forever.
You have lived forever!
³LORD, the ocean roars.
The mighty ocean sounds like thunder
as the waves crash on the shore.
⁴The crashing waves of the sea are loud
and powerful,
but the LORD above is even more
powerful.
⁵LORD, your laws will continue forever.^c
Your holy Temple* will stand for a long
time.

94 ¹The LORD is a God who punishes
people.
God, come punish them.
²You are the judge of the whole earth.
Give proud people the punishment they
deserve.
³LORD, how long will the wicked have
their fun?
How much longer?
⁴How much longer will those criminals
brag about the evil they did?
⁵LORD, they hurt your people
and make them suffer.
⁶They kill widows and foreigners living in
our country.
They murder orphans.
⁷And they say the LORD does not see them
doing these evil things!
They say the God of Jacob* does not
know what is happening.
⁸You evil people are foolish.
When will you learn your lesson?
You are so stupid!
You must try to understand.
⁹God made our ears,
so surely he can hear what is
happening!
He made our eyes,
so surely he can see you!
¹⁰The one who disciplines nations will
surely correct you.
He is the one who teaches us
everything.

^a92:15 *good* This is a wordplay. The Hebrew word means "straight" (like the trees) and "good" or "honest."

^b92:15 *he ... wrong* Or "there is no crookedness in him."

^c93:5 *your laws ... forever* Or "your agreement can really be trusted."

¹¹He knows what people are thinking.
He knows that their thoughts are like a
puff of wind.
¹²LORD, great blessings belong to those you
discipline,
to those you teach from your law.
¹³You help them stay calm when trouble
comes.
You will help them until the wicked are
put in their graves.
¹⁴The LORD will not leave his people.
He will not leave them without help.
¹⁵Justice will return and bring fairness.
And those who want to do right will be
there to see it.
¹⁶No one helped me fight against the
wicked.
No one stood with me against those
who do evil.
¹⁷And if the LORD had not helped me,
I would have been silenced by death.
¹⁸I know I was ready to fall,
but, LORD, your faithful love supported
me.
¹⁹I was very worried and upset,
but you comforted me and made me
happy!
²⁰You don't help crooked judges.
They use the law to make life hard for
the people.
²¹They attack those who do right.
They say innocent people are guilty and
put them to death.
²²But the LORD is my place of safety, high
on the mountain.
God, my Rock,* is my safe place!
²³He will punish those evil judges for the
bad things they did.
He will destroy them because they
sinned.
The LORD our God will destroy them.

95 ¹Come, let us praise the LORD!
Let us shout praises to the Rock* who
saves us.
²Let us go to worship the LORD.
Let us approach him with songs of
thanks.^d
Let us sing happy songs of praise to him.
³For the LORD is a great God,
the great King ruling over all the other
"gods."
⁴The deepest caves and the highest
mountains belong to him.
⁵The ocean is his—he created it.
He made the dry land with his own
hands.
⁶Come, let us bow down and worship him!
Let us kneel before the LORD who made
us.

^d95:2 *songs of thanks* Or "thank offerings."

7 He is our God,
and we are the people he cares for,
his sheep that walk by his side.

Listen to his voice today:

- 8^a Don't be stubborn, as you were at
Meribah,
as you were at Massah^a in the desert.
9 Your ancestors* doubted and tested me,
even after they saw what I could do!
10 I was angry with them for 40 years.
I said, "They are not faithful to me.
They refuse to do what I say."
11 So in my anger I made this vow*:
"They will never enter my land of rest."

96 ¹Sing a new song^b to the LORD!
Let the whole world sing to the LORD!

- 2 Sing to the LORD and praise his name!
Tell the good news every day about how
he saves us!
3 Tell all the nations how wonderful he is!
Tell people everywhere about the
amazing things he does.
4 The LORD is great and worthy of praise.
He is more awesome than any of the
"gods."
5 All the "gods" in other nations are
nothing but statues,
but the LORD made the heavens.
6 He lives in the presence of glory* and
honor.
His Temple* is a place of power and
beauty.
7 Praise the LORD, all people of every
nation;
praise the LORD's glory and power.
8 Give the LORD praise worthy of his glory!
Come, bring your offerings into his
courtyard.
9 Worship the LORD in all his holy beauty.
Everyone on earth should tremble before
him.
10 Tell the nations that the LORD is King!
The world stands firm and cannot be
moved.
He will judge all people fairly.
11 Let the heavens rejoice and the earth be
happy!
Let the sea and everything in it shout
for joy!
12 Let the fields and everything in them be
happy!
Let the trees in the forest sing for joy
13 when they see the LORD coming!
He is coming to rule^c the world.
He will rule all the nations of the world
with justice and fairness.

^a95:8 *Meribah ... Massah* See Ex. 17:1-7.

^b96:1 *new song* Whenever God did a new and wonderful thing for his people, they would write a new song about it.

^c96:13 *rule* Or "judge." Also in 98:9.

97 ¹The LORD rules, and the earth is
happy.

- All the faraway lands are happy.
2 Thick, dark clouds surround the LORD.
Goodness and justice make his kingdom
strong.
3 A fire goes in front of the LORD
and destroys his enemies.
4 His lightning flashes in the sky.
The people see it and are afraid.
5 The mountains melt like wax before the
LORD,
before the Lord of all the earth.
6 The skies tell about his goodness,
and the nations see his glory.*

- 7 People worship their idols.
They brag about their "gods."
But they will be embarrassed.
And all their "gods" will bow down
before the LORD.
8 Zion,* listen and be happy!
Cities of Judah,* be glad!
Rejoice because the LORD's decisions are
fair.
9 LORD Most High, you really are the ruler
of the earth.
You are much better than the "gods."
10 Hate evil, you who love the LORD.
He protects his followers and saves
them from evil people.
11 Light and happiness shine on those who
want to do right.
12 Good people, be happy in the LORD!
Praise his holy name!

98 *A song of praise.*

- ¹ Sing a new song^d to the LORD,
because he has done amazing things!
His powerful and holy right arm^e
has brought him another victory.
2 The LORD showed the nations his power
to save.
He showed them his goodness.
3 He has kept his promise of love and
loyalty to the people of Israel.*
People everywhere have seen our God's
power to save.
4 Everyone on earth, shout with joy to the
LORD.
Start singing happy songs of praise!
5 Praise the LORD with harps.
Yes, praise him with music from the
harps.
6 Blow the pipes and horns,
and shout for joy to the LORD our King!

^d98:1 *new song* Whenever God did a new and wonderful thing for his people, they would write a new song about it.

^e98:1 *holy right arm* This pictures God as a warrior-king. The right arm symbolizes his power and authority. "Holy" may refer to the special cleansing and dedication that Israelites performed before going into battle.

- 7 Let the sea and everything in it,
the earth and all who live in it shout his
praise!
8 Rivers, clap your hands!
All together now, mountains sing out!
9 Sing before the LORD
because he is coming to judge the
world.
He will rule the world fairly.
He will rule the people with goodness.

- 99** ¹The LORD is King,
so let the nations shake with fear.
He sits as King above the Cherub angels,*
so let the whole earth shake.
2 The LORD in Zion* is great!
He is the great leader over all people.
3 Let all the nations praise your name.
Your name is great and awesome.
Your name is holy.
4 You are the powerful King who loves
justice.
You have made things right.
You have brought goodness and fairness
to Jacob.*
5 Praise the LORD our God,
and bow down before his footstool,^a for
he is holy.
6 Moses* and Aaron* were some of his
priests,
and Samuel was one of the men who
called on his name.
They prayed to the LORD,
and he answered them.
7 God spoke from the tall cloud,
and they obeyed his commands
and the law he gave them.
8 LORD our God, you answered their
prayers.
You showed them that you are a
forgiving God
and that you punish people for the evil
they do.
9 Praise the LORD our God.
Bow down toward his holy mountain
and worship him.
The LORD our God is holy!

100 *A song of thanks.*

- 1 Earth, sing to the LORD!
2 Be happy as you serve the LORD!
Come before him with happy songs!
3 Know that the LORD is God.
He made us, and we belong to him.
We are his people, the sheep he takes
care of.
4 Come through the gates to his Temple*
giving thanks to him.
Enter his courtyards with songs of
praise.
Honor him and bless his name.

^a99:5 *footstool* This probably means the Temple.
See "Temple" in the Word List.

- 5 The LORD is good!
There is no end to his faithful love.
We can trust him forever and ever!

101 *A song of David.**

- 1 I will sing about love and justice.
LORD, I will sing to you.
2 I will be careful to live a pure life.
I will live in my house with complete
honesty.
When will you come to me?
3 I will not even look at anything
shameful.^b
I hate all wrongdoing.
I want no part of it!
4 I will not be involved in anything
dishonest.
I will have nothing to do with evil.
5 I will stop anyone who secretly
says bad things about a neighbor.
I will not allow people to be proud
and think they are better than others.
6 I will look throughout the land for those
who can be trusted.
Only such people can live with me.
Only those who live pure lives can be
my servants.
7 I will never let a dishonest person live in
my house.
I will not let liars stay near me.
8 My goal each day will be to destroy the
wicked living in our land.
I will force all who do evil to leave the
city of the LORD.

102 *A prayer for a time of suffering, when
anyone feels weak and wants to tell
their complaints to the LORD.*

- 1 LORD, hear my prayer.
Listen to my cry for help.
2 Don't turn away from me when I have
troubles.
Listen to me, and answer me quickly
when I cry for help.
3 My life is passing away like smoke.
My life is like a fire slowly burning out.
4 My strength is gone—
I am like dry, dying grass.
I even forget to eat.
5 Because of my sadness, I am losing so
much weight
that my skin hangs from my bones.
6 I am lonely, like an owl living in the
desert,
like an owl living among old ruined
buildings.
7 I cannot sleep.
I am like a lonely bird on the roof.
8 My enemies insult me all the time.
They make fun of me and use me as an
example in their curses.*

^b101:3 *anything shameful* Or "an idol."

- 9 My great sadness is my only food.
My tears fall into my drink.
- 10 You were angry with me,
so you picked me up and threw me
away.
- 11 My life is almost finished, like the long
shadows at the end of the day.
I am like dry and dying grass.
- 12 But you, LORD, will rule as king forever!
Your name will continue forever and
ever!
- 13 You will rise up and comfort Zion.*
The time has come for you to be kind to
Zion.
- 14 Your servants love her stones.
They love even the dust of that city!
- 15 The nations will worship the LORD's name.
All the kings on earth will honor you.
- 16 The LORD will rebuild Zion,
and people will again see her glory.*
- 17 He will listen to the prayers of those in
poverty.
He will not ignore them.
- 18 Write these things for future generations,
so that they will praise the LORD.
- 19 The LORD will look down from his Holy
Place* above.
He will look down at the earth from
heaven.
- 20 And he will hear the prisoner's prayers.
He will free those who were
condemned to die.
- 21 Then people in Zion will tell about the
LORD.
They will praise his name in Jerusalem
- 22 when nations gather together
and kingdoms come to serve the LORD.
- 23 My strength failed me.
My life is cut short.
- 24 So I said, "Don't let me die while I am
still young.
God, you will live forever and ever!
- 25 Long ago, you made the world.
You made the sky with your own hands!
- 26 The earth and sky will end,
but you will live forever!
They will wear out like clothes,
and like clothes, you will change them.
- 27 But you never change.
You will live forever!
- 28 We are your servants today.
Our children will live here,
and their descendants will come here to
worship you."
- 4 He saves us from the grave,
and he gives us love and compassion.
- 5 He gives us plenty of good things.
He makes us young again,
like an eagle that grows new feathers.
- 6 The LORD does what is fair.
He brings justice to all who have been
hurt by others.
- 7 He taught his laws to Moses.*
He let Israel* see the powerful things he
can do.
- 8 The LORD is kind and merciful.
He is patient and full of love.
- 9 He does not always criticize.
He does not stay angry with us forever.
- 10 We sinned against him,
but he didn't give us the punishment
we deserved.
- 11 His love for his followers is
as high above us as heaven is above the
earth.
- 12 And he has taken our sins
as far away from us as the east is from
the west.
- 13 The LORD is as kind to his followers
as a father is to his children.
- 14 He knows all about us.
He knows we are made from dust.
- 15 He knows our lives are short,
that they are like grass.
He knows we are like a little wildflower
that grows so quickly,
- 16 but when the hot wind blows, it dies.
Soon, you cannot even see where the
flower was.
- 17 But the LORD has always loved his
followers,
and he will continue to love them
forever and ever!
- 18 He will be good to all their descendants,
to those who are faithful to his
agreement*
and who remember to obey his
commands.
- 19 The LORD set his throne up in heaven,
and he rules over everything.
- 20 Angels, praise the LORD!
You angels are the powerful soldiers
who obey his commands.
You listen to him and obey his
commands.
- 21 Praise the LORD, all his armies.^a
You are his servants,
and you do what he wants.
- 22 Everything the LORD has made should
praise him
throughout the world that he rules!
My soul, praise the LORD!

103 *A song of David.**

- 1 My soul, praise the LORD!
Every part of me, praise his holy* name!
- 2 My soul, praise the LORD
and never forget how kind he is!
- 3 He forgives all our sins
and heals all our sicknesses.

^a103:21 *armies* This word can mean "armies," "angels," or the "stars and planets." This word is part of the name translated "LORD All-Powerful." It shows that God is in control of all the powers in the universe.

- 104** ¹My soul, praise the LORD!
LORD my God, you are very great!
You are clothed with glory* and honor.
- ² You wear light like a robe.
You spread out the skies like a curtain.
- ³ You built your home above them.^a
You use the thick clouds like a chariot*
and ride across the sky on the wings of
the wind.
- ⁴ You make the winds your messengers
and flames of fire your servants.^b
- ⁵ You built the earth on its foundations,
so it can never be moved.
- ⁶ You covered it with water like a blanket.
The water covered even the mountains.
- ⁷ But you gave the command, and the water
turned back.
You shouted at the water, and it rushed
away.
- ⁸ The water flowed down from the
mountains into the valleys,
to the places you made for it.
- ⁹ You set the limits for the seas,
and the water will never again rise to
cover the earth.
- ¹⁰ Lord, you cause water to flow from
springs into the streams
that flow down between the mountains.
- ¹¹ The streams provide water for all the wild
animals.
Even the wild donkeys come there to
drink.
- ¹² Wild birds come to live by the pools;
they sing in the branches of nearby
trees.
- ¹³ You send rain down on the mountains.
The earth gets everything it needs from
what you have made.
- ¹⁴ You make the grass grow to feed the
animals.
You provide plants for the crops we
grow—the plants that give us food
from the earth.
- ¹⁵ You give us the wine that makes us happy,
the oil that makes our skin soft,^c
and the food that makes us strong.
- ¹⁶ The great cedar trees of Lebanon belong
to the LORD.
He planted them and gives them the
water they need.
- ¹⁷ That's where the birds make their nests,
and the storks live in the fir trees.

^a**104:3 above them** Literally, "on the water above." This is like the picture of the world in Gen. 1. There the sky was like a bowl turned upside down on the earth. There was water below the bowl and water above it.

^b**104:4** Or "You make your angels spirits and your servants flames of fire." This may be a wordplay referring to the Cherub and Seraph angels.

^c**104:15 makes our skin soft** Literally, "makes our face shine." This can also mean "makes us happy."

- ¹⁸ The high mountains are a home for wild
goats.
The large rocks are hiding places for
rock badgers.
- ¹⁹ Lord, you made the moon to show us
when the festivals begin.
And the sun always knows when to set.
- ²⁰ You made darkness to be the night—
the time when wild animals come out
and roam around.
- ²¹ Lions roar as they attack,
as if they are asking God for the food he
gives them.
- ²² When the sun rises, they leave
and go back to their dens to rest.
- ²³ Then people go out to do their work,
and they work until evening.
- ²⁴ LORD, you created so many things!
With your wisdom you made them all.
The earth is full of the living things you
made.
- ²⁵ Look at the ocean, so big and wide!
It is filled with all kinds of sea life.
There are creatures large and small—
too many to count!
- ²⁶ Ships sail over the ocean,
and playing there is Leviathan,^d
the great sea creature you made.
- ²⁷ Lord, all living things depend on you.
You give them food at the right time.
- ²⁸ You give it, and they eat it.
They are filled with good food from your
open hands.
- ²⁹ When you turn away from them,
they become frightened.
When you take away their breath,^e
they die, and their bodies return to the
dust.
- ³⁰ But when you send out your life-giving
breath,^f
things come alive, and the world is like
new again!
- ³¹ May the LORD's glory continue forever!
May the LORD enjoy what he made.
- ³² He just looks at the earth,
and it trembles.
He just touches the mountains,
and smoke rises from them.
- ³³ I will sing to the LORD for the rest of my
life.
I will sing praises to my God as long as I
live.
- ³⁴ May my words be pleasing to him.

^d**104:26 Leviathan** This might mean any large sea animal, like a whale. But it probably means "the sea monster," the "Dragon," or "Rahab." This creature represents the great power of the ocean, the power that God controls.

^e**104:29 breath** Or "spirit"

^f**104:30 life-giving breath** Or "Spirit."

The LORD is the one who makes me happy.
 35 I wish sinners would disappear from the earth.
 I wish the wicked would be gone forever.
 My soul, praise the LORD!

Praise the LORD!

105 ¹Give thanks to the LORD and call out to him!
 Tell the nations what he has done!
 2 Sing to him; sing praises to him.
 Tell about the amazing things he has done.
 3 Be proud of his holy name.
 You followers of the LORD, be happy!
 4 Depend on the LORD for strength.
 Always go to him for help.
 5 Remember the amazing things he has done.
 Remember his miracles* and his fair decisions.
 6 You belong to the family of his servant Abraham.*
 You are descendants of Jacob,* the people God chose.
 7 The LORD is our God.
 He rules the whole world.
 8 He will remember his agreement* forever.
 He will always keep the promises he made to his people.
 9 He will keep the agreement he made with Abraham
 and the promise he made to Isaac.*
 10 He gave it as a law to Jacob.
 He gave it to Israel* as an agreement that will last forever!
 11 He said, "I will give you the land of Canaan.*
 It will be your very own."
 12 At the time God said this, there were only a few of his people,
 and they were strangers there.
 13 They traveled around from nation to nation,
 from one kingdom to another.
 14 But the Lord did not let anyone mistreat them.
 He warned kings not to harm them.
 15 He said, "Don't hurt my chosen people.
 Don't harm my prophets.*"
 16 He caused a famine* in that country,
 and people did not have enough food.
 17 But he sent a man named Joseph to go ahead of them.
 Joseph was sold like a slave.
 18 They tied a rope around his feet
 and put an iron ring around his neck.
 19 Joseph was a slave until what he said had really happened.
 The LORD's message proved that Joseph was right.
 20 So the king of Egypt set him free.

That nation's leader let him out of jail.
 21 He put Joseph in charge of his house.
 Joseph took care of everything the king owned.
 22 Joseph gave instructions to the other leaders.
 He taught the older men.
 23 Then Israel came to Egypt.
 Jacob lived there in Ham's country.^a
 24 Jacob's family became very large
 and more powerful than their enemies.
 25 So the Egyptians began to hate his people.
 They made plans against his servants.
 26 So the Lord sent Moses,* his servant,
 and Aaron,* his chosen priest.
 27 He used Moses and Aaron
 to do many miracles in Ham's country.
 28 He sent darkness to cover their land,
 but the Egyptians did not listen to him.
 29 So he changed the water into blood,
 and all their fish died.
 30 Their country was filled with frogs,
 even in the king's bedroom.
 31 The Lord gave the command,
 and the flies and gnats came.
 They were everywhere!
 32 He made the rain become hail.
 Lightning struck throughout their land.
 33 He destroyed their vines and fig trees.
 He destroyed every tree in their country.
 34 He gave the command, and the locusts
 and grasshoppers came.
 There were too many to count!
 35 They ate all the plants in the country,
 including all the crops in their fields.
 36 Then the Lord killed every firstborn* in
 their country.
 He killed their oldest sons.
 37 He led his people out of Egypt.
 They were carrying gold and silver,
 and none of them stumbled or fell behind.
 38 Egypt was happy to see his people go,
 because they were afraid of them.
 39 The Lord spread out his cloud like a blanket.
 He used his column of fire to give his people light at night.
 40 They asked for food, and he sent them quail.
 He also gave them plenty of bread from heaven.
 41 He split the rock, and water came bubbling out.
 A river began flowing in the desert!

42 The Lord remembered his holy promise that he had made to his servant Abraham.
 43 He brought his people out of Egypt.
 They came out rejoicing and singing their happy songs!

^a105:23 *Ham's country* Or "Egypt." The Egyptians were Ham's descendants. See Gen. 10:6-20.

- 44 Then he gave his people the lands of other nations.
His people got what others had worked for.
- 45 He did this so that his people would obey his laws and follow his teachings.

Praise the LORD!

106 Praise the LORD!
Give thanks to the LORD because he is good!

- His faithful love will last forever!
- 2 No one can describe how great the LORD really is.
No one can praise him enough.
- 3 Those who obey his commands are happy.
They do good things all the time.
- 4 LORD, remember me when you show kindness to your people.
Remember to save me too!
- 5 Let me share in the good things that you do for your chosen people.
Let me rejoice with your nation.
Let me join with your people in praise.
- 6 We sinned just as our ancestors* did.
We were wrong; we did bad things!
- 7 Lord, our ancestors learned nothing from the miracles* you did in Egypt.
They forgot your kindness at the Red Sea and rebelled against you.
- 8 But the Lord saved our ancestors for the honor of his name.
He saved them to show his great power.
- 9 He gave the command, and the Red Sea became dry.
He led them through the deep sea on land as dry as the desert.
- 10 He saved our ancestors and rescued them from their enemies.
- 11 He covered their enemies with the sea.
Not one of them escaped!
- 12 Then our ancestors believed what he said.
They sang praises to him.
- 13 But they quickly forgot about what he did.
They did not listen to his advice.
- 14 They became hungry in the desert, and they tested him in the wilderness.
- 15 He gave them what they asked for, but he also gave them a terrible disease.
- 16 The people became jealous of Moses.*
They became jealous of Aaron,* the LORD's holy priest.
- 17 The ground opened up and swallowed Dathan.
Then the ground closed up and covered Abiram's group.
- 18 Then a fire burned that mob of people.
It burned those wicked people.

- 19 The people made a golden calf at Mount Horeb.*
They worshiped a statue!
- 20 They traded their glorious God for a statue of a grass-eating bull!
- 21 They forgot all about God, the one who saved them,
the one who did the miracles in Egypt.
- 22 He did amazing things there in Ham's country^a!
He did awesome things at the Red Sea!
- 23 God wanted to destroy those people, but Moses, the leader he chose, stood in the way.
God was very angry, but Moses begged him to stop,
so God did not destroy the people.^b
- 24 But then they refused to go into the wonderful land of Canaan.*
They did not believe that God would help them defeat the people there.
- 25 Our ancestors complained in their tents and refused to obey the LORD.
- 26 So he swore that they would die in the desert.
- 27 He promised to scatter them among the nations and to let other people defeat their descendants.
- 28 At Baal Peor they joined in worshiping Baal*
and ate sacrifices to honor the dead.^c
- 29 The LORD became angry with his people, so he made them sick.
- 30 But Phinehas prayed^d to God, and God stopped the sickness.
- 31 He considered what Phinehas did a good work,
and it will be remembered forever and ever.
- 32 At Meribah the people made the LORD angry and created trouble for Moses.
- 33 They upset Moses,
and he spoke without stopping to think.
- 34 The LORD told the people to destroy the other nations living in Canaan.

^a106:22 *Ham's country* Or "Egypt." The Egyptians were Ham's descendants. See Gen. 10:6–20.

^b106:23 Or "God said he would destroy them. But Moses, his chosen one, stood in the breach and repelled his anger from destroying." This compares Moses to a soldier standing at a break in a wall defending the city against enemy soldiers.

^c106:28 *the dead* This might refer to "lifeless gods" or to dead friends or relatives honored with meals eaten at their graves.

^d106:30 *prayed* Or "intervened," or "judged." Phinehas not only prayed to God, but he also did something to stop the people from doing these sins. See Num. 25:1–16.

But the Israelites did not obey him.
 35 They mixed with the other people
 and did what those people were doing.
 36 They began worshipping the false gods
 those people worshiped.
 And their idols* became a trap.
 37 They even offered their own children
 as sacrifices to demons.
 38 They killed their innocent sons and
 daughters
 and offered them to the false gods of
 Canaan.
 So the land was polluted with the sin of
 murder.
 39 They were unfaithful to him,
 and they became dirty with the sins of
 other nations.
 40 So the LORD became angry with his
 people.
 He rejected those who belonged to him.
 41 He gave his people to other nations
 and let their enemies rule over them.
 42 Their enemies controlled them
 and made life hard for them.
 43 He saved his people many times,
 but they turned against him and did
 what they wanted to do.
 His people did many bad things.
 44 But whenever they were in trouble,
 he listened to their prayers.
 45 He always remembered his agreement,*
 and because of his faithful love, he
 comforted them.
 46 Other nations took them as prisoners,
 but he caused them to be kind to his
 people.
 47 LORD our God, save us!
 Bring us back together from those
 nations.
 Then we will give thanks to your holy
 name
 and joyfully praise you.
 48 Praise the LORD, the God of Israel!
 He always was and will always be
 worthy of praise.
 Let all the people say, "Amen*!"

Praise the LORD!

BOOK 5 (*Psalms 107-150*)

107 ¹Praise the LORD, because he is
 good!
 His faithful love will last forever!

2 Everyone the LORD has saved should
 repeat that word of thanks.
 Praise him, all who have been rescued
 from the enemy.
 3 He gathered his people together from
 many different countries.
 He brought them from east and west,
 north and south.^a

4 Some of them wandered in the dry desert.
 They were looking for a place to live,
 but they could not find a city.
 5 They were hungry and thirsty
 and growing weak.
 6 Then they called to the LORD for help,
 and he saved them from their troubles.
 7 He led them straight to the city where
 they would live.
 8 Thank the LORD for his faithful love
 and for the amazing things he does for
 people.
 9 He satisfies those who are thirsty.
 He fills those who are hungry with good
 things.
 10 Some of God's people were prisoners,
 locked behind bars in dark prisons.
 11 That was because they had fought against
 what God said.
 They refused to listen to the advice of
 God Most High.
 12 God made life hard for those people
 because of what they did.
 They stumbled and fell,
 and there was no one to help them.
 13 They were in trouble, so they called to
 the LORD for help,
 and he saved them from their troubles.
 14 He took them out of their dark prisons.
 He broke the ropes that held them.
 15 Thank the LORD for his faithful love
 and for the amazing things he does for
 people.
 16 He breaks down their bronze gates.
 He shatters their iron bars.
 17 Some people became fools and turned
 against God,
 and they suffered for the evil they did.
 18 They became so sick that they refused to
 eat,
 so they almost died.
 19 They were in trouble, so they called to
 the LORD for help,
 and he saved them from their troubles.
 20 He gave the command and healed them,
 so they were saved from the grave.
 21 Thank the LORD for his faithful love
 and for the amazing things he does for
 people.
 22 Offer sacrifices* of thanks to him.
 Sing with joy about all that he has done.
 23 Some sailed the sea in ships.
 Their work carried them across the
 water.
 24 They saw what the LORD can do.
 They saw the amazing things he did at
 sea.
 25 He gave the command, and a strong wind
 began to blow.
 The waves became higher and higher.
 26 The waves lifted them high into the sky
 and dropped them into the deep sea.

^a107:3 *south* Or "the Sea." This might refer to all the coastal areas around the Mediterranean Sea.

- The storm was so dangerous that the men lost their courage.
- 27 They were stumbling and falling like someone who is drunk.
Their skill as sailors was useless.
- 28 They were in trouble, so they called to the LORD for help,
and he saved them from their troubles.
- 29 He stopped the storm
and calmed the waves.
- 30 The sailors were happy that the sea was calm again,
and the LORD led them safely to where they wanted to go.
- 31 Thank the LORD for his faithful love
and for the amazing things he does for people.
- 32 Praise God in the great assembly.
Praise him when the older leaders meet together.
- 33 He changed rivers into a desert.
He stopped springs from flowing.
- 34 He made the fertile land become salty,
because the people living there did such evil things.
- 35 He changed the desert into a land with pools of water.
He caused springs to flow from dry ground.
- 36 He led the hungry to that good land,
and they built a city to live in.
- 37 They planted seeds in their fields and grapes in their vineyards,*
and they had a good harvest.
- 38 The LORD blessed them.
Their families grew,
and they had many animals.
- 39 But because of disaster and troubles,
their families became small and weak.
- 40 The LORD shamed their leaders.
He let them wander through the desert,
where there are no roads.
- 41 But then he rescued the poor from their misery,
and now their families are large like flocks of sheep.
- 42 Good people see this and are happy.
But the wicked see it and don't know what to say.
- 43 Whoever is wise will remember these things
and begin to understand the LORD's faithful love.
- 4 Your faithful love is higher than the highest clouds in the sky!
- 5 Rise above the heavens, God.
Let all the world see your glory.*
- 6 Use your great power and help us!
Answer my prayer and save the people you love.
- 7 God has made this promise in his Temple^a:
"I will win the war and rejoice in victory!
I will divide this land among my people.
I will give them Shechem.
I will give them Succoth Valley.
- 8 Gilead and Manasseh will be mine.
Ephraim* will be my helmet.
Judah* will be my royal scepter.*
- 9 Moab will be the bowl for washing my feet.
Edom will be the slave who carries my sandals.
I will defeat the Philistines* and shout in victory!"
- 10-11 But, God, it seems that you have left us!
You do not go out with our army.
So who will lead me into the strong, protected city?
Who will lead me into battle against Edom?
- 12 Help us defeat the enemy!
No one on earth can rescue us.
- 13 Only God can make us strong.
Only God can defeat our enemies!

109 *To the director*: A praise song of David.**

- 1 God, I praise you!
Hear my prayer and do something!
- 2 Wicked people are telling lies about me.
They are saying things that are not true.
- 3 They are saying hateful things about me.
They are attacking me for no reason.
- 4 I loved them, but they were against me.
So I said a prayer.
- 5 I did good things to them,
but they are doing bad things to me.
I loved them,
but they hated me.
- 6 They said, "Choose someone evil to represent him.
Let the one at his side really be his accuser.
- 7 Let even his prayer be used as evidence against him,
and let the court find him guilty.
- 8 Let his life be cut short,
and let someone else take over his work.
- 9 Let his children become orphans and his wife a widow.
- 10 Make his children wander around as beggars,
- 1108 *A praise song of David.**
- 1 God, I am ready, heart and soul,
to sing songs of praise.
Wake up, my soul!
- 2 Harps and lyres,* wake up,
and let's wake the dawn!
- 3 LORD, I will praise you before all people.
I will sing praises about you to every nation.

^a108:7 *in his Temple* Or "in his holiness."

- forced from homes that lie in ruins.
- 11 Let the people he owes take everything he owns.
Let strangers get everything he worked for.
- 12 Let no one be kind to him.
Let no one show mercy to his children.
- 13 May his family come to an end.
May his name be unknown to future generations.
- 14 May the LORD remember the sins of his father,
and may his mother's sins never be erased.
- 15 May the LORD remember their sins forever,
and may he cause people to forget his family completely.
- 16 He never did anything good.
He never loved anyone.
He made life hard for the poor and the helpless.
- 17 He loved to curse* others,
so let those bad things happen to him.
He never blessed others,
so don't let good things happen to him.
- 18 Cursing was a daily part of his life,
like the clothes he wears.
Cursing others became a part of him,
like the water he drinks and the oil he puts on his body.
- 19 So let curses cover him like the robe he wears
and always surround him like a belt."
- 20 My enemies said these evil things against me.
But may those curses be the way the LORD punishes them.
- 21 My Lord God, treat me in a way that brings honor to your name.
Save me because of your faithful love.
- 22 I am only a poor, helpless man.
I am so sad; my heart is broken.
- 23 I feel my life is over, fading like a shadow at day's end.
I feel like a bug that someone brushed away.
- 24 My knees are weak from fasting.*
I have lost weight and become thin.
- 25 My enemies insult me.
They look at me and shake their heads.
- 26 LORD my God, help me!
Show your faithful love and save me!
- 27 Then they will know that you did it.
They will know that it was your power, LORD, that helped me.
- 28 They curse me, but you can bless me.
They attacked me, so defeat them.
Then I, your servant, will be happy.
- 29 Humiliate my enemies!
Let them wear their shame like a coat.
- 30 I give thanks to the LORD.
I praise him in front of everyone.
- 31 He stands by the helpless

and saves them from those who try to put them to death.

110 *A praise song of David.**

- 1 The LORD said to my lord,^a
"Sit at my right side, while I put your enemies under your control."
- 2 The LORD will cause your kingdom to grow, beginning at Zion,^{*}
until you rule the lands of your enemies!
- 3 Your people will gladly join you when you gather your army together.
You will wear your special clothes and meet together early in the morning.
Your young men will be all around you like dew on the ground.^b
- 4 The LORD has made a promise with an oath*
and will not change his mind:
"You are a priest forever—
the kind of priest Melchizedek was."
- 5 My Lord is at your right side.
He will defeat the other kings when he becomes angry.
- 6 He will judge the nations.
The ground will be covered with dead bodies.
He will punish the leaders of powerful nations all around the world.
- 7 The king will drink from a stream on the way.
Then he will lift his head and become strong!^c

- ## 111 ^d Praise the LORD!
- I thank the LORD with all my heart in the assembly of his good people.
- 2 The LORD does wonderful things,
more than anyone could ask for.^e
- 3 He does glorious and wonderful things!
There is no end to his goodness.
- 4 He does amazing things so that we will remember
that the LORD is kind and merciful.
- 5 He gives food to his followers.
He remembers his agreement* forever.

^a110:1 *my lord* That is, the king.

^b110:3 The Hebrew text here is hard to understand. Literally, "Your people will be freewill offerings on your day of power. In holy splendor from the womb of dawn your dew of youth will be yours."

^c110:7 *lift his head and become strong* Literally, "lift his head." Here, the poet probably means two things: "he will raise his head after drinking the water," and "he will become strong or important."

^dPsalm 111 In Hebrew, each line of this psalm begins with the next letter in the alphabet.

^e111:2 *more ... for* Literally, "requested for all their desires."

- 6 He has shown his people how powerful he is
by giving them the land of other nations.
- 7 Everything he does is good and fair.
All his commands can be trusted.
- 8 His commands will continue forever.
They must be done with truth and honesty.
- 9 He rescued his people and made his agreement with them forever.
His name is awesome and holy.
- 10 Wisdom begins with fear and respect for the LORD.
Those who obey him are very wise.
Praises will be sung to him forever.
- 4 The LORD is higher than all nations.
His glory* rises to the skies.
- 5 There is no one like the LORD our God.
He sits on his throne high in heaven.
- 6 He is so high above us
that he must look down to see the sky and the earth.
- 7 He lifts the poor out of the dirt
and rescues beggars from the garbage dump.
- 8 He puts them in important positions,
giving them a place among the leaders of his people.
- 9 He gives children to the woman whose home is empty.
He makes her a happy mother.

Praise the LORD!

- 112** ^a Praise the LORD!
Great blessings belong to those who fear and respect the LORD,
who are happy to do what he commands.
- 2 Their descendants will be given power on earth.
Those who do right will be greatly blessed.
- 3 Their family will be very rich,
and their goodness will continue forever.
- 4 A light shines in the dark for those who are good,
for those who are merciful, kind, and fair.
- 5 It is good for people to be kind and generous
and to be fair in business.
- 6 Such good people will never fall.
They will always be remembered.
- 7 They will not be afraid of bad news.
They are confident because they trust in the LORD.
- 8 They remain confident and without fear,
so they defeat their enemies.
- 9 They freely give to the poor.
Their goodness will continue forever.
They will be honored with victory.
- 10 The wicked become angry when they see this.
They grind their teeth in anger, but then they disappear.
They will never get what they want most.

- 113** Praise the LORD!
Servants of the LORD, praise him!
Praise the LORD's name.
- 2 May the LORD's name be praised now and forever.
- 3 May the LORD's name be praised
from where the sun rises to where it goes down.

- 114** ¹The people of Israel* escaped from Egypt.
Yes, Jacob's* descendants left that foreign country.
- 2 Then Judah* became God's special people,
and Israel became his kingdom.
- 3 The Red Sea saw this and ran away.
The Jordan River turned and ran.
- 4 The mountains danced like rams.
The hills danced like lambs.
- 5 Red Sea, why did you run away?
Jordan River, why did you turn and run away?
- 6 Mountains, why did you dance like rams?
Hills, why did you dance like lambs?
- 7 The earth shook in front of the Lord, the God of Jacob.
- 8 He is the one who caused water to flow from a rock.
He made a spring of water flow from that hard rock.

- 115** ¹LORD, you should receive the honor, not us.
The honor belongs to you
because of your faithful love and loyalty.
- 2 Why should the nations wonder where our God is?
- 3 Our God is in heaven, and he does whatever he wants.
- 4 The "gods" of those nations are only statues
that some human made from gold and silver.
- 5 Those statues have mouths, but cannot talk.
They have eyes, but cannot see.
- 6 They have ears, but cannot hear.
They have noses, but cannot smell.
- 7 They have hands, but cannot feel.
They have feet, but cannot walk.
No sounds come from their throats.
- 8 The people who make and trust in those statues will become like them!

^aPsalm 112 In Hebrew, each line of this psalm begins with the next letter in the alphabet.

- 9 People of Israel,* trust in the LORD!
He is your strength and shield.
- 10 Aaron's* family, trust in the LORD!
He is your strength and shield.
- 11 Followers of the LORD, trust in the LORD!
He is your strength and shield.
- 12 The LORD remembers us.
He will bless us.
He will bless Israel.
He will bless Aaron's family.
- 13 The LORD will bless his followers, great
and small.
- 14 May the LORD give more and more to you
and to your children.
- 15 May you receive blessings from the
LORD,^a
who made heaven and earth.
- 16 Heaven belongs to the LORD,
but he gave the earth to people.
- 17 The dead don't praise him.
Those in the grave don't praise the
LORD.
- 18 But we will praise the LORD now and
forever!

Praise the LORD!

- 116** ¹I love the LORD for hearing me,
for listening to my prayers.
- ² Yes, he paid attention to me,
so I will always call to him whenever I
need help.
- ³ Death's ropes were around me.
The grave was closing in on me.
I was worried and afraid.
- ⁴ Then I called on the LORD's name.
I said, "LORD, save me!"
- ⁵ The LORD is good and merciful;
our God is so kind.
- ⁶ The LORD takes care of helpless people.
I was without help, and he saved me.
- ⁷ My soul, relax!
The LORD is caring for you.
- ⁸ Lord, you saved my soul from death.
You stopped my tears.
You kept me from falling.
- ⁹ I will continue to serve the LORD in the
land of the living.
- ¹⁰ I continued believing even when I said,
"I am completely ruined!"
- ¹¹ Yes, even when I was upset and said,
"There is no one I can trust!"
- ¹² What can I give the LORD
for all that he has done for me?
- ¹³ He saved me,
so I will give him a drink offering,
and I will call on the LORD's name.

- ¹⁴ I will give the LORD what I promised.
I will go in front of all his people now.
- ¹⁵ Very dear to the LORD are the lives of his
followers.
He cares when they face death.
- ¹⁶ LORD, I am your servant!
Yes, I am your slave, as my mother was.
You set me free from the chains of
death.
- ¹⁷ I will give you a thank offering.
I will call on the LORD's name.
- ¹⁸ I will stand before the gathering of his
people
and give the LORD what I promised.
- ¹⁹ I will do this in Jerusalem,
in the courtyards of the LORD's Temple.*

Praise the LORD!

- 117** ¹Praise the LORD, all you nations.
Praise him, all you people.
- ² He loves us very much!
The LORD will be faithful to us forever!

Praise the LORD!

- 118** ¹Praise the LORD because he is
good!
- ² Israel,* say it:
"His faithful love will last forever!"
- ³ Aaron's family,^b say it:
"His faithful love will last forever!"
- ⁴ You people worshiping the LORD, say it:
"His faithful love will last forever!"
- ⁵ I was in trouble, so I called to the LORD
for help.
The LORD answered and made me free.
- ⁶ The LORD is with me, so I will not be
afraid.
No one on earth can do anything to
harm me.
- ⁷ The LORD is my helper.
I will see my enemies defeated.
- ⁸ It is better to trust in the LORD
than to trust in people.
- ⁹ It is better to trust in the LORD
than to trust in great leaders.
- ¹⁰ Many enemies surrounded me,
but with the LORD's power I defeated
them.
- ¹¹ They surrounded me again and again,
but I defeated them with the LORD's
power.
- ¹² They surrounded me like a swarm of
bees,
but they were quickly destroyed like a
fast-burning bush.
I defeated them with the LORD's power.

^b118:3 *Aaron's family* That is, the priests.

^a115:15 *May ... the LORD* Or "The LORD welcomes you with a blessing."

- 13 My enemy attacked me and almost destroyed me,
but the LORD helped me.
- 14 The LORD is my strength and my reason for singing.^a
He saved me!
- 15 You can hear the victory celebration in the homes of those who live right.
The LORD has shown his great power again!
- 16 The LORD's arm is raised in victory.
The LORD has shown his great power again.
- 17 I will live and not die,
and I will tell what the LORD has done.
- 18 The LORD punished me,
but he did not let me die.
- 19 Gates of goodness, open for me,
and I will come in and worship the LORD.
- 20 Those are the LORD's gates,
and only good people can go through them.
- 21 Lord, I thank you for answering my prayer.
I thank you for saving me.
- 22 The stone that the builders rejected became the cornerstone.*
- 23 The LORD made this happen,
and we think it is wonderful!
- 24 This is the day the LORD has made.
Let us rejoice and be happy today!
- 25 [The people say,] "Praise the LORD!
The LORD saved us!^b
- 26 Welcome to the one who comes in the name of the LORD."
- [The priests answer,] "We welcome you to the LORD's house!
- 27 The LORD is God, and he accepts us.
Tie up the lamb for the sacrifice* and carry it to the horns of the altar.*"
- 28 LORD, you are my God, and I thank you.
My God, I praise you!
- 29 Praise the LORD because he is good.
His faithful love will last forever.

Aleph^c

- 119** ¹Great blessings belong to those who live pure lives!
They follow the LORD's teachings.
- ² Great blessings belong to those who follow his rules!

^a118:14 *my reason for singing* Or "my protection."

^b118:25 Literally, "LORD, please save us. LORD, please make us successful." This was a shout of victory to honor a king returning after winning a war.

^cPsalm 119 *Aleph* The first letter of the Hebrew alphabet. This psalm has a section for each letter of the Hebrew alphabet, and each of the eight verses in each section begins with the Hebrew letter for its section.

- They seek him with all their heart.
- 3 They don't do wrong.
They follow his ways.
- 4 Lord, you gave us your instructions and told us to always obey them.
- 5 How I wish I could be more faithful in obeying your laws!
- 6 Then I would never feel ashamed when I look closely at your commands.
- 7 The more I understand how fair your laws are,
the more sincerely I will praise you.
- 8 I will obey your laws,
so please don't leave me!

Beth

- 9 How can a young person live a pure life?
By obeying your word.
- 10 I try with all my heart to serve you.
Help me obey your commands.
- 11 I study your teachings very carefully so that I will not sin against you.
- 12 LORD, you are worthy of praise!
Teach me your laws.
- 13 I will repeat the laws we have heard from you.
- 14 I enjoy following your rules as much as others enjoy great riches.
- 15 I will study your instructions.
I will give thought to your way of life.
- 16 I enjoy your laws.
I will not forget your word.

Gimel

- 17 Be good to me, your servant,
so that I may live to obey your word.
- 18 Open my eyes so that I can see all the wonderful things in your teachings.
- 19 I feel like a stranger visiting here on earth.
I need to know your commands.
Don't keep them hidden from me.
- 20 I constantly feel a hunger to understand your laws.
- 21 You tell the proud how angry you are with them.
All those who refuse to obey your word are cursed.*
- 22 Don't let me be ashamed and embarrassed.
I have obeyed your rules.
- 23 Even if rulers say bad things about me,
I am your servant,
and I continue to study your laws.
- 24 Your rules make me happy.
They give me good advice.

Daleth

- 25 I lie here like a dying man.
Say the word, and I will live again.^d
- 26 I told you about my life, and you answered me.
Now, teach me your laws.

^d119:25 *Say ... again* Or "Give me life as you promised."

- 27 Help me understand your instructions,
and I will think about your wonderful
teachings.^a
- 28 I am sad and tired.
Say the word, and make me strong
again.
- 29 Don't let me live a lie.
Guide me with your teachings.
- 30 I have chosen to be loyal to you.
I respect your laws.
- 31 I follow your rules closely, LORD.
Don't let me be put to shame.
- 32 I do my best to follow your commands,
because you are the one who gives me
the desire.

He

- 33 LORD, teach me your laws,
and I will always follow them.
- 34 Help me understand your teachings,
and I will follow them.
Obeying them will be my greatest
desire.
- 35 Help me follow your commands,
because that makes me happy.
- 36 Give me the desire to follow your rules,
not the desire to get rich.
- 37 Don't let me look at worthless things.
Help me live your way.
- 38 Do what you promised me, your servant,
so that people will respect you.
- 39 Take away the shame I fear.
Your laws are good.
- 40 See how much I want to obey your
instructions!
Be good to me, and let me live.

Waw

- 41 LORD, show me your faithful love.
Save me, as you promised.
- 42 Then I will have an answer for those who
make fun of me
for trusting what you say.
- 43 Let me always say what is true.
I depend on your judgment to be fair.
- 44 I will follow your teachings forever and
ever.
- 45 So I will live in freedom,
because I do my best to know your
instructions.
- 46 I will discuss your rules with kings,
and no one will embarrass me.
- 47 What joy your commands give me!
How I love them!
- 48 Not only do I love your commands, but I
also honor them.
I will study your laws.

Zain

- 49 Remember your promise to me, your
servant.
It gives me hope.
- 50 You comfort me in my suffering,

- because your promise gives me new life.
- 51 People full of pride are always making fun
of me,
but I have not stopped following your
teachings.
- 52 I remember the laws you gave us long
ago, LORD,
and they bring me comfort.
- 53 I am overcome with anger when I see
wicked people,
who have stopped following your
teachings.
- 54 Your laws are the songs I sing
wherever I am living.
- 55 LORD, in the night I remembered your
name,
and I obeyed your teachings.
- 56 This happened because I carefully obey
your instructions.

Heth

- 57 LORD, I decided that my duty is to obey
your commandments.
- 58 I beg you with all my heart,
be kind to me, as you promised.
- 59 I thought very carefully about my life,
and I decided to follow your rules.
- 60 Without wasting any time, I hurried back
to obey your commands.
- 61 The wicked tried to trap me,
but I have not forgotten your teachings.
- 62 In the middle of the night, I get up to
thank you
because your laws are so fair.
- 63 I am a friend to everyone who worships
you.
I am a friend to everyone who obeys
your instructions.
- 64 LORD, your faithful love fills the earth.
Teach me your laws.

Teth

- 65 LORD, you did good things for me, your
servant.
You did what you promised to do.
- 66 Give me the knowledge to make wise
decisions.
I trust your commands.
- 67 Before I suffered, I did many wrong
things.
But now I carefully obey everything you
say.
- 68 You are good, and you do good things.
Teach me your laws.
- 69 People full of pride made up lies about me.
But I keep obeying your instructions
with all my heart.
- 70 Those people are so stupid that they care
for nothing,
but I enjoy studying your teachings.
- 71 Suffering was good for me;
I learned your laws.
- 72 Your teachings are worth more to me
than a thousand pieces of silver and
gold.

^a119:27 *teachings* Or "deeds."

Yod

- 73 With your hands you made me and helped me become what I am.
Now help me learn and understand your commands.
- 74 Your followers will see me and be happy, because I trust in your word.
- 75 LORD, I know that your decisions are fair, and you were right to punish me.
- 76 Now comfort me with your faithful love, as you promised.
- 77 Comfort me and let me live.
I enjoy your teachings.
- 78 Bring shame on those proud people who lied about me.
All I want to do is study your instructions.
- 79 Let your followers come back to me so that they may learn your rules.
- 80 Let me obey your laws perfectly so that I will not be ashamed.

Kaph

- 81 I feel weaker and weaker as I wait for you to save me.
But I put my trust in your word.
- 82 I keep looking for what you promised, but my eyes are feeling tired.
When will you comfort me?
- 83 Even when I am like a dried wineskin on the trash pile,
I will not forget your laws.
- 84 How long must I wait for you to punish those who persecute me?
- 85 Proud people have tried to trap me and make me disobey your teachings.
- 86 All your commands can be trusted.
Those people are wrong to persecute me.
Help me!
- 87 They have almost destroyed me, but I have not stopped obeying your instructions.
- 88 Show me your faithful love and let me live.
I will do whatever you say.

Lamedh

- 89 LORD, your word continues forever in heaven.
- 90 You are loyal forever and ever.
You made the earth, and it still stands.
- 91 All things continue today because of your laws.
Like slaves, they all obey you.
- 92 If I had not found joy in your teachings, my suffering would have destroyed me.
- 93 I will never forget your commands, because through them you gave me new life.
- 94 I am yours, so save me!
I have done my best to know your instructions.
- 95 The wicked tried to destroy me, but your rules made me wise.

- 96 Everything has its limits, except your commands.

Mem

- 97 Oh, how I love your teachings!
I talk about them all the time.
- 98 Your commands are always with me, and they make me wiser than my enemies.
- 99 I am wiser than all my teachers, because I study your rules.
- 100 I understand more than those who are older,
because I obey your instructions.
- 101 I have avoided every path that leads to evil
so that I could obey your word.
- 102 You are my teacher,
so I will always do whatever you decide.
- 103 Your words are so sweet to me,
like the taste of honey!
- 104 I gain understanding from your instructions,
so I hate anything that leads people the wrong way.

Nun

- 105 Your word is like a lamp that guides my steps,
a light that shows the path I should take.
- 106 Your laws are good and fair.
I have promised to obey them, and I will keep my promise.
- 107 LORD, I have suffered for a long time.
Say the word, and I will live again!^a
- 108 LORD, accept the praise I want to give you, and teach me your laws.
- 109 My life is always in danger,
but I have not forgotten your teachings.
- 110 The wicked try to trap me,
but I have not disobeyed your instructions.
- 111 The rules you have given me to follow will be mine forever.
They give me great joy.
- 112 More than anything I want to obey your laws always,
until the end of my life.

Samekh

- 113 LORD, I hate those who are not completely loyal to you,
but I love your teachings.
- 114 Hide me and protect me.
I trust what you say.
- 115 You who are evil, don't come near me so that I can obey my God's commands.
- 116 Support me, Lord, as you promised, and I will live.
I trust in you, so don't disappoint me.
- 117 Help me and I will be saved.

^a119:107 Say ... again Or "Give me life as you promised."

And I will always give attention to your laws.

- 118 You reject all who don't obey your laws, because they are liars and did not do what they said.
 119 You throw away the wicked of this world like trash.
 So I love your rules.
 120 I am shaking with fear before you.
 I fear and respect your judgments.

Ain

- 121 I have done what is right and good.
 Don't let me fall into the hands of those who want to hurt me.
 122 Promise to be good to me, your servant.
 Don't let those proud people do harm to me.
 123 I have worn out my eyes looking for your help,
 waiting for you to save me, as you promised.
 124 Show your faithful love to me, your servant.
 Teach me your laws.
 125 I am your servant.
 Give me wisdom to understand your rules.
 126 LORD, it is time for you to do something.
 The people do what is against your teachings.
 127 I love your commands more than gold,
 more than the purest gold.
 128 I carefully obey all your commands.
 So I hate anything that leads people the wrong way.

Pe

- 129 Lord, your rules are wonderful.
 That is why I follow them.
 130 As people understand your word, it brings light to their lives.
 Your word makes even simple people wise.
 131 My desire to hear your commands is so strong
 that I wait with open mouth, gasping for breath.
 132 Look at me, and be kind to me,
 just as you always are to those who love your name.
 133 Guide me, as you promised.
 Don't let evil rule over me.
 134 Save me from those who want to hurt me,
 and I will obey your instructions.
 135 Accept your servant,
 and teach me your laws.
 136 I have cried a river of tears
 because people don't obey your teachings.

Tsadhe

- 137 LORD, you do what is right,
 and your decisions are fair.
 138 The rules you have given us are right.

We can trust them completely.

- 139 Something that really upsets me is the thought
 that my enemies ignore your commands.
 140 I love your word.
 Time and again it has been proven true.
 141 I am young, and people don't respect me.
 But I have not forgotten your instructions.
 142 Your goodness is forever,
 and your teachings can be trusted.
 143 Even though I have troubles and hard times,
 your commands give me joy.
 144 Your rules are always right.
 Help me understand them so that I can live.

Qoph

- 145 LORD, I call to you with all my heart.
 Answer me, and I will obey your laws.
 146 I call to you.
 Save me, and I will obey your rules.
 147 I get up early in the morning to pray to you.
 I trust what you say.
 148 Late into the night I stay awake
 to think about your word.
 149 I know your love is true, so listen to me.
 LORD, you always do what is right, so let me live.
 150 Here come those who have evil plans to hurt me.
 They live far away from your teachings.
 151 But you are near me, LORD,
 and all your commands can be trusted.
 152 Long ago, I learned from your rules
 that you made them to last forever.

Resh

- 153 Look at my suffering and rescue me.
 I have not forgotten your teachings.
 154 Argue my case, and set me free.
 Let me live, as you promised.
 155 The wicked have no hope of being saved,
 because they don't follow your laws.
 156 LORD, you are very kind.
 You always do what is right, so let me live.
 157 I have many enemies trying to hurt me,
 but I have not stopped following your rules.
 158 I look at those traitors* and hate what I see,
 because they refuse to do what you say.
 159 See how much I love your instructions!
 LORD, I know your love is true, so let me live.
 160 Every word you say can be trusted.
 Your laws are fair and will last forever.

Shin

- 161 Powerful leaders attack me for no reason,
 but the only thing I fear is your command.

162 Your word makes me happy,
like someone who has found a great
treasure.

163 I hate lies; they make me sick!
But I love your teachings.

164 Seven times a day I praise you
because your laws are fair.

165 Those who love your teachings will find
true peace.

Nothing can make them fall.

166 LORD, I am waiting for you to save me.
I obey your commands.

167 I follow your rules.
I love them very much.

168 I obey all your instructions and rules,
because you know everything I do.

Taw

169 LORD, listen to my cry for help.
Make me wise, as you promised.

170 Listen to my prayer.
Save me, as you promised.

171 I will burst into songs of praise,
because you have taught me your laws.

172 Let my voice sing about your word,
because all your commands are good.

173 I have chosen to follow your instructions,
so reach out and help me!

174 LORD, I want you to save me.
Your teachings make me happy.

175 Let me live to praise you.
Let me find the help I need in your
laws.

176 I have wandered away like a lost sheep.
Come and find me.

I am your servant,
and I have not forgotten your
commands.

120 *A song for going up to the Temple.**

1 I was in trouble.

I called to the LORD for help,
and he answered me!

2 I said, "LORD, save me from liars,
from those who say things that are not
true."

3 Liars, do you know what the Lord has for
you?

Do you know what you will get?

4 You will get a soldier's sharp arrow and
hot coals to punish you.

5 How I hate living here among these
people!

It's like living in Meshech or in the tents
of Kedar.^a

6 I have lived too long with those who hate
peace.

7 I ask for peace, but they want war.

^a120:5 *Meshech ... Kedar* Places where the people
were known as wild and savage fighters.

121 *A song for going up to the Temple.**

1 I look up to the hills,
but where will my help really come from?

2 My help will come from the LORD,
the Creator of heaven and earth.

3 He will not let you fall.

Your Protector will not fall asleep.

4 Israel's* Protector does not get tired.
He never sleeps.

5 The LORD is your Protector.

The LORD stands by your side, shading
and protecting you.

6 The sun cannot harm you during the day,
and the moon cannot harm you at night.

7 The LORD will protect you from every
danger.

He will protect your soul.

8 The LORD will protect you as you come
and go,^b
both now and forever!

122 *A song of David* for going up to the Temple.**

1 I was happy when the people said,
"Let us go to the LORD's Temple."

2 Here we are, standing at the gates of
Jerusalem.

3 This is New Jerusalem!

The city has been rebuilt as one united
city.

4 This is where the tribes come, the tribes
who belong to the LORD.

The people of Israel* come here to
praise the LORD's name.

5 The kings from David's* family put their
thrones here.

They set up their thrones to judge the
people.

6 Pray for peace in Jerusalem:

"May those who love you find peace.

7 May there be peace within your walls.
May there be safety in your great
buildings."

8 For the good of my family and neighbors,
I pray that there will be peace here.

9 For the good of the Temple* of the LORD
our God,

I pray that good things will happen to
this city.

123 *A song for going up to the Temple.**

1 Lord, I look up and pray to you.
You sit as King in heaven.

2 A slave looks to his master to provide
what he needs,
and a servant girl depends on the
woman she serves.

So we depend on the LORD our God,
waiting for him to have mercy on us.

^b121:8 *come and go* This may refer to going to war.

- 3 LORD, be merciful to us,
because we have been insulted much
too long.
4 We have had enough of the hateful words
of those proud people
who make fun of us and show us no
respect.

124 *A song of David* for going up to the Temple.**

- 1 What would have happened to us if the
LORD had not been on our side?
Tell us about it, Israel.*
2 What would have happened to us if the
LORD had not been on our side
when people attacked us?
3 They would have swallowed us alive
when they became angry with us.
4 Their armies would have been
like a flood washing over us,
like a river drowning us.
5 Those proud people would have been
like water rising up to our mouth and
drowning us.
6 Praise the LORD!
He did not let our enemies tear us apart.
7 We escaped like a bird from the net of a
hunter.
The net broke, and we escaped!
8 Our help came from the LORD,
the one who made heaven and earth!

125 *A song for going up to the Temple.**

- 1 Those who trust in the LORD are like
Mount Zion.*
They will never be shaken.
They will continue forever.
2 Like the mountains that surround
Jerusalem,
the LORD surrounds and protects his
people now and forever.
3 The wicked will not always control the
land of those who do right.
If they did, even those who do right
might start doing wrong.
4 LORD, be good to those who are good,
to those who have pure hearts.
5 But, LORD, when you punish those who
do evil,
also punish those who have stopped
following your way.

Let Israel* always enjoy peace!

126 *A song for going up to the Temple.**

- 1 It will be like a dream
when the LORD comes back with the
captives of Zion.^a

^a126:1 *when ... Zion* Or “when the LORD restores

- 2 We will laugh and sing happy songs!
Then the other nations will say,
“The LORD did a great thing for Zion!”
3 Yes, we will be happy because the LORD
did a great thing for us.

- 4 So, LORD, bring back the good times,
like a desert stream filled again with
flowing water.
5 Then those who were sad when they
planted
will be happy when they gather the
harvest!
6 Those who cried as they carried the
seeds^b
will be happy when they bring in the
crops!

127 *A song from Solomon for going up to the Temple.**

- 1 If it is not the LORD who builds a house,
the builders are wasting their time.
If it is not the LORD who watches over the
city,
the guards are wasting their time.
2 It is a waste of time to get up early and
stay up late,
trying to make a living.
The Lord provides for those he loves,
even while they are sleeping.
3 Children are a gift^c from the LORD, a
reward from a mother's womb.
4 A young man's sons are like the arrows in
a soldier's hand.
5 The man who fills his quiver* with sons
will be very blessed.
He will never be defeated when he
opposes his enemy at the city gates.^d

128 *A song for going up to the Temple.**

- 1 Great blessings belong to those who fear
and respect the LORD
and live the way he wants.
2 You will get what you work for.
You will enjoy the LORD's blessings, and
all will go well for you.
3 At home, your wife will have many
children, like a vine full of grapes.
The children around your table will be
like an orchard full of olive trees.
4 Yes, the LORD will really bless those who
respect him.

Zion.” See “Zion” in the Word List.

^b126:6 *carried the seeds* Or “carried all their possessions.”

^c127:3 *gift* Literally, “inheritance.” This usually means the land God gave to each family in Israel.

^d127:5 *city gates* This can refer to either a battle to protect the city or to a court case held in this public place.

5 May the LORD bless you from Mount Zion.*

May you enjoy the blessings of Jerusalem all your life.

6 And may you live to see your grandchildren.

Let Israel* always enjoy peace!

129 *A song for going up to the Temple.**

1 All my life enemies have attacked me.

Say it again, Israel.*

2 All my life enemies have attacked me, but they have never defeated me.

3 They beat me until I had deep cuts. My back looked like a freshly plowed field.

4 But the LORD does what is right; he cut the ropes and set me free from those wicked people.

5 May those who hate Zion* be put to shame.

May they be stopped and chased away.

6 They will be like grass on a flat roof that dies before it has time to grow.

7 The one who goes to harvest it will not find enough to cut and stack.

8 May no one walking by those wicked people ever say,
“May the LORD bless you! We bless you in the name of the LORD.”

130 *A song for going up to the Temple.**

1 LORD, I am in deep trouble, so I am calling to you for help.

2 My Lord, listen to me. Listen to my cry for help.

3 LORD, if you punished people for all their sins, no one would be left alive.

4 But you forgive people, so they fear and respect you.

5 I am waiting for the LORD to help me. My soul waits for him.

I trust what he says.

6 I am waiting for my Lord, like a guard waiting and waiting for the morning to come.

7 Israel,* trust in the LORD.

The LORD is the one who is faithful and true.

He saves us again and again,

8 and he is the one who will save the people of Israel from all their sins.

131 *A song of David* for going up to the Temple.**

1 LORD, I am not proud.

I don't pretend to be more important than others.

I am not interested in doing great things or trying to reach impossible goals.

2 But I am calm and quiet, like a child content in its mother's arms.

3 Israel,* trust in the LORD. Trust in him now and forever!

132 *A song for going up to the Temple.**

1 LORD, remember how David* suffered.

2 He made a promise to you, LORD, an oath to the Mighty God of Jacob.*

3 He said, “I will not go into my house or lie down on my bed.

4 I will not sleep or let my eyes rest,

5 until I find a home for the LORD, a tent for the Mighty God of Jacob!”

6 We heard about this in Ephrathah.^a We found the Box of the Agreement* at Kiriath Jearim.^b

7 Now, let's go to the Lord's house. Let's worship at his throne.^c

8 LORD, get up^d and go to your resting place; go with the Box that shows your power.

9 May your priests be clothed in victory and your loyal followers be filled with joy.

10 For the sake of your servant David, don't reject your chosen king.^e

11 The LORD made a promise to David, an oath* of loyalty to him:

“I will always put one of your descendants on your throne.

12 If your descendants obey my agreement and the laws I teach them, then the king will always be someone from your family.”

13 The LORD has chosen Zion* to be the place for his Temple,* the place he wanted for his home.

14 He said, “This will always be my place of rest.

This is where I want to sit on my throne.

15 I will bless this city with plenty of food. Even the poor will have enough to eat.

16 I will clothe the priests with salvation, and my followers will be filled with joy.

^a132:6 *Ephrathah* Bethlehem, the town where David was born.

^b132:6 *Kiriath Jearim* Literally, “fields of the forest.” The Hebrew word meaning “forest” is like the name of this city.

^c132:7 *at his throne* Literally, “at his footstool.” This can mean the Box of the Agreement, the Holy Tent, or the Temple. God is like a king sitting on his throne and resting his feet on the place where people worship him.

^d132:8 *LORD, get up* The people said this when they lifted the Box of the Agreement and took it into battle with them. This showed that God was with them. See Num. 10:35-36.

^e132:10 *chosen king* Literally, “anointed one.”

- 17 This is where I will make David's family strong.
I will never let the lamp of my chosen king stop burning.
- 18 I will cover his enemies with shame, and on his head will be a shining crown."

133 *A song of David* for going up to the Temple.**

- 1 Oh, how wonderful, how pleasing it is when God's people all come together as one!^a
- 2 It is like the sweet-smelling oil that is poured over the high priest's^b head, that runs down his beard flowing over his robes.
- 3 It is like a gentle rain^c from Mount Hermon falling on Mount Zion.*
It is there that the LORD has promised his blessing of eternal life.

134 *A song for going up to the Temple.**

- 1 Praise the LORD, all his servants who serve in the Temple* at night.
- 2 Lift your hands toward the Temple, and praise the LORD.
- 3 May the LORD, who made heaven and earth, bless you from Zion.*

- ### 135
- 1 Praise the LORD!
Praise the name of the LORD!
Praise him, you servants of the LORD,
you who serve in the LORD's Temple,*
in the courtyard of the Temple of our God.
- 2 Praise the LORD, because he is good.
Praise his name, because it brings such joy!
- 3 The LORD chose Jacob* to be his own.
Yes, he chose Israel* to be his own people.
- 4 I know the LORD is great!
Our Lord is greater than all the gods!
- 5 The LORD does whatever he wants,
in heaven and on earth, in the seas and the deep oceans.
- 6 He brings the clouds from the other side of the earth.
He sends the lightning and the rain,
and he opens the doors to release the winds.
- 7 He destroyed the firstborn* males of the people in Egypt and their animals.
- 8 He did great wonders and miracles* in Egypt.

^a133:1 *when ... as one* Or "when brothers live together in peace."

^b133:2 *high priest's* Literally, "Aaron's."

^c133:3 *gentle rain* Or "mist" or "snow." The Hebrew can mean either "the oil is like the mist ..." or "Aaron's beard is like the snow"

He used them against Pharaoh* and his officials.

- 9 He defeated many nations and killed powerful kings.
- 10 He defeated Sihon, king of the Amorites, Og, king of Bashan, and all the kingdoms in Canaan.*
- 11 Then he gave their land to Israel, his people.
- 12 LORD, your name will be famous forever!
LORD, people will remember you forever and ever.
- 13 The LORD defends his people;
he is kind to his servants.
- 14 The gods of other nations are only gold and silver idols that people have made.
- 15 They have mouths, but cannot speak.
They have eyes, but cannot see.
- 16 They have ears, but cannot hear.
They have mouths, but no breath.
- 17 Those who make idols and trust in them will become just like the idols they have made.
- 18 Family of Israel, praise the LORD!
Aaron's* family, praise the LORD!
- 19 Levi's family, praise the LORD!
All you who worship the LORD, praise the LORD!
- 20 The LORD should be praised from Zion,*
from Jerusalem, his home.

Praise the LORD!

136

1 Praise the LORD because he is good.

- 2 His faithful love will last forever.
- 3 Praise the God of gods!
His faithful love will last forever.
- 4 Praise the Lord of lords!
His faithful love will last forever.
- 5 Praise him who alone does wonderful miracles*!
His faithful love will last forever.
- 6 Praise the one who used wisdom to make the skies!
His faithful love will last forever.
- 7 He spread the land over the sea.
His faithful love will last forever.
- 8 He made the great lights.
His faithful love will last forever.
- 9 He made the sun to rule the day.
His faithful love will last forever.
- 10 He made the moon and stars to rule the night.
His faithful love will last forever.
- 11 He killed the firstborn* males in Egypt,
both men and animals.
His faithful love will last forever.
- 12 He took Israel* out of Egypt.
His faithful love will last forever.
- 13 He used his powerful arms and strong hands.

- His faithful love will last forever.
- 13 He split the Red Sea into two parts.
His faithful love will last forever.
- 14 He led Israel through the sea.
His faithful love will last forever.
- 15 He drowned Pharaoh* and his army in the Red Sea.
His faithful love will last forever.
- 16 He led his people through the desert.
His faithful love will last forever.
- 17 He defeated powerful kings.
His faithful love will last forever.
- 18 He defeated strong kings.
His faithful love will last forever.
- 19 He defeated Sihon king of the Amorites.
His faithful love will last forever.
- 20 He defeated Og king of Bashan.
His faithful love will last forever.
- 21 He gave their land to Israel.
His faithful love will last forever.
- 22 He gave it as a gift to Israel, his servant.
His faithful love will last forever.
- 23 He remembered us when we were defeated.
His faithful love will last forever.
- 24 He saved us from our enemies.
His faithful love will last forever.
- 25 He provides food for all living things.
His faithful love will last forever.
- 26 Praise the God of heaven!
His faithful love will last forever.

137 ¹We sat by the rivers in Babylon and cried as we remembered Zion.*

- 2 We hung our harps nearby, there on the willow trees.^a
- 3 There in Babylon, those who captured us told us to sing.
Our enemies told us to entertain them.
They said, "Sing us one of your songs about Zion."
- 4 But we cannot sing the LORD's songs in a foreign country!
- 5 Jerusalem, if I ever forget you, may I never play a song again.
- 6 If I fail to remember you, may I never sing again.
I will always remember Jerusalem as my greatest joy!
- 7 LORD, be sure to punish the Edomites for what they did when Jerusalem was captured.
They shouted, "Destroy its buildings! Pull them down to the ground!"
- 8 Babylon, you will be destroyed!
Bless the one who pays you back for what you did to us.
- 9 Bless the one who grabs your babies and smashes them against a rock.

^a137:2 These instruments were used to praise God in the Temple in Jerusalem. Since it was destroyed, the people had no reason to play the songs.

138 *A song of David.**

- 1 LORD, I praise you with all my heart.
I sing songs of praise to you before the gods.
- 2 I bow down toward your holy Temple,* and I praise your name for your love and loyalty.
You are famous, and doing what you promised will make you even more famous!
- 3 When I called to you for help, you answered me and gave me strength.
- 4 LORD, all the kings on earth will praise you when they hear what you say.
- 5 They will sing about what the LORD has done,
because the glory* of the LORD is very great.
- 6 The LORD has the highest place above all others,
but he still cares for the humble.
Even from there, so high above, he knows what the proud do.
- 7 If I am in trouble, you keep me alive.
If my enemies are angry, you save me from them.
- 8 LORD, I know you will do what you have promised.
LORD, your faithful love will last forever.
You are the one who made us, so don't leave us!

139 *To the director*:
A praise song of David.**

- 1 LORD, you have tested me,
so you know all about me.
- 2 You know when I sit down and when I get up.
You know my thoughts from far away.
- 3 You know where I go and where I lie down.
You know everything I do.
- 4 LORD, you know what I want to say,
even before the words leave my mouth.
- 5 You are all around me—in front of me and behind me.
I feel your hand on my shoulder.
- 6 I am amazed at what you know;
it is too much for me to understand.
- 7 Your Spirit is everywhere I go.
I cannot escape your presence.
- 8 If I go up to heaven, you will be there.
If I go down to the place of death, you will be there.
- 9 If I go east where the sun rises
or go to live in the west beyond the sea,
10 even there you will take my hand and lead me.
Your strong right hand will protect me.
- 11 Suppose I wanted to hide from you and said,
"Surely the darkness will hide me.

- The day will change to night and cover me.”
- 12 Even the darkness is not dark to you. The night is as bright as the day. Darkness and light are the same.
- 13 You formed the way I think and feel.^a You put me together in my mother's womb.
- 14 I praise you because you made me in such a wonderful way. I know how amazing that was!
- 15 You could see my bones grow as my body took shape, hidden in my mother's womb.^b
- 16 You could see my body grow each passing day.^c You listed all my parts, and not one of them was missing.
- 17 Your thoughts are beyond my understanding.^d They cannot be measured!
- 18 If I could count them, they would be more than all the grains of sand. But when I finished, I would have just begun.^e
- 19 You murderers, get away from me! God, kill those wicked people— those who say bad things about you. Your enemies use your name falsely.^f
- 21 LORD, I hate those who hate you. I hate those who are against you.
- 22 I hate them completely! Your enemies are also my enemies.
- 23 God, examine me and know my mind. Test me and know all my worries.
- 24 Make sure that I am not going the wrong way.^g Lead me on the path that has always been right.^h
- 4 LORD, save me from the wicked! Protect me from these cruel people who plan to hurt me.
- 5 These proud people are trying to trap me. They spread nets to catch me; they set traps in my path. *Selah*
- 6 LORD, you are my God. LORD, listen to my prayer.
- 7 My Lord God, you are the powerful one who saves me. You protect my head in battle.
- 8 LORD, don't let the wicked have what they want. Don't let their plans succeed. *Selah*
- 9 My enemies are planning trouble for me. Lord, make that trouble fall on them.
- 10 Pour burning coals on their heads. Throw them into the fire. Throw them into pits they can never escape.
- 11 Don't let those cruel liars enjoy success here. Let disaster hunt them down.
- 12 I know the LORD will provide justice for the poor and will defend the helpless.
- 13 Those who do what is right will praise your name; those who are honest will live in your presence.

141 *A praise song of David.**

- 1 LORD, I call to you for help. Listen to me as I pray. Please hurry and help me!
- 2 Accept my prayer like a gift of burning incense, the words I lift up like an evening sacrifice.*

- 3 LORD, help me control what I say. Don't let me say anything bad.
- 4 Take away any desire to do evil. Keep me from joining the wicked in doing wrong. Help me stay away from their feasts.
- 5 If good people correct me, I will consider it a good thing. If they criticize me, I will accept it like a warm welcome.ⁱ But my prayer will always be against the wicked and the evil they do.
- 6 Let their judges be put to death.^j Then everyone will know that I told the truth.

140 *To the director*: A praise song of David.**

- 1 LORD, save me from people who are evil. Protect me from those who are cruel, from those who plan to do evil and always cause trouble.
- 3 Their words are as harmful as the fangs of a snake, as deadly as its venom. *Selah**

^a139:13 *the way I think and feel* Literally, “my kidneys,” which were thought to be the center of emotions.

^b139:15 *mother's womb* Literally, “deepest parts of the earth,” meaning a place we know nothing about.

^c139:16 *You ... day* Or “You watched me every day.”

^d139:17 *beyond my understanding* Or “precious to me.”

^e139:18 *I ... begun* Or “I would still be with you.”

^f139:20 *Your enemies ... falsely* The Hebrew text here is hard to understand.

^g139:24 *Make sure ... way* Or “See that I don't worship idols.”

^h139:24 *Lead me ... right* Or “Guide me on the ancient path.”

ⁱ141:5 *a warm welcome* Or “like oil poured over my head.”

^j141:6 *Let their judges ... to death* Or “Let their judges be thrown from the cliffs.”

- 7 Like rocks in a field that a farmer has plowed,
so our bones will be scattered in the grave.
- 8 My Lord God, I look to you for help.
I look to you for protection; don't let me die.
- 9 Those evil people are trying to trap me.
Don't let me fall into their traps.
- 10 Let the wicked fall into their own traps,
while I walk away unharmed.

142 *A maskil* of David written when he was in the cave. A prayer.*

- 1 I cry out to the LORD.
I beg the LORD to help me.
- 2 I tell him my problems;
I tell him about my troubles.
- 3 I am ready to give up.
But you, LORD, know the path I am on,
and you know that my enemies have set a trap for me.
- 4 I look around,
and I don't see anyone I know.
I have no place to run.
There is no one to save me.
- 5 LORD, I cry out to you for help:
"You are my place of safety.
You are all I need in life."
- 6 Listen to my prayer.
I am so weak.
Save me from those who are chasing me.
They are stronger than I am.
- 7 Help me escape this trap,^a
so that I can praise your name.
Then good people will celebrate with me,
because you took care of me.

143 *A praise song of David.**

- 1 LORD, hear my prayer.
Listen to my call for help and answer my prayer.
Show me how good and loyal you are.
- 2 Don't judge me, your servant.
No one alive could be judged innocent by your standards.
- 3 My enemies are chasing me.
They have crushed me into the dirt.
They are pushing me into the dark grave,
like people who died long ago.
- 4 I am ready to give up.
I am losing my courage.
- 5 But I remember what happened long ago.
I am thinking about all you have done.
I am talking about what you made with your hands!
- 6 I lift my hands in prayer to you.
I am waiting for your help, like a dry land waiting for rain. *Selah**

- 7 Hurry and answer me, LORD!
I have lost my courage.
Don't turn away from me.
Don't let me die and become like the people lying in the grave.
- 8 Show me your faithful love this morning.
I trust in you.
Show me what I should do.
I put my life in your hands!
- 9 LORD, I come to you for protection.
Save me from my enemies.
- 10 Show me what you want me to do.
You are my God.
Let your good Spirit lead me over level ground.
- 11 LORD, let me live
so that people will praise your name.
Show me how good you are
and save me from my trouble.
- 12 Show me your love
and defeat my enemies.
Destroy those who are trying to kill me
because I am your servant.

144 *A song of David.**

- 1 The LORD is my Rock.*
Praise the LORD!
He prepares me for war.
He trains me for battle.
- 2 He loves me and protects me.
He is my safe place high on the mountain.
He rescues me.
He is my shield.
I trust in him.
He helps me rule my people.
- 3 LORD, why are people important to you?
Why do you even notice us?
- 4 Our life is like a puff of air.
It is like a passing shadow.
- 5 LORD, tear open the skies and come down.
Touch the mountains, and smoke will rise from them.
- 6 Send the lightning and make my enemies run away.
Shoot your "arrows" and make them run away.
- 7 Reach down from heaven and save me!
Don't let me drown in this sea of enemies.
Save me from these foreigners.
- 8 They are all liars,
even when they swear to tell the truth.
- 9 God, I will sing a new song^b for you.
I will play a ten-stringed harp and sing praise to you.

^a142:7 *trap* Literally, "frame around my soul."

^b144:9 *new song* Whenever God did a new and wonderful thing for his people, they would write a new song about it.

- 10 You are the one who gives victory to kings.
You saved your servant David* from the sword of his enemy.
- 11 Save me from these foreigners.
They are all liars,
even when they swear to tell the truth.
- 12 Save us so that our sons will be as strong as trees,
and our daughters as beautiful as the carved columns of a palace.
- 13 Save us so that our barns will be filled with crops,
and there will be thousands of sheep in our fields.
- 14 Then our soldiers will be safe,
and no enemy will try to break in.
Then we will not go to war,
and people will not be screaming in our streets.
- 15 How wonderful to have such blessings!
Yes, great blessings belong to those who have the LORD as their God.

145 *A song of David.**

- 1 I will tell of your greatness, my God and King.
I will praise your name forever and ever.
- 2 I will praise you every day.
I will praise your name forever and ever.
- 3 The LORD is great and deserves all our praise!
No one can fully understand his greatness!
- 4 Each generation will praise you
and tell the next generation about the great things you do.
- 5 Your majesty and glory* are wonderful.
I will tell about your miracles.*
- 6 People will tell about the amazing things you do.
I will tell about the great things you do.
- 7 They will tell about the good things you do.
They will sing about your goodness.
- 8 The LORD is kind and merciful,
patient and full of love.
- 9 The LORD is good to everyone.
He shows his mercy to everything he made.
- 10 LORD, all you have made will give thanks to you.
Your loyal followers will praise you.
- 11 They will tell how great your kingdom is.
They will tell how great you are.
- 12 So others will learn about the mighty things you do,
about the glory of your kingdom—how marvelous it is!
- 13 Your kingdom will never end,
and you will rule forever.

- The LORD can be trusted in all that he says.
He is loyal in all that he does.^a
- 14 The LORD lifts up people who have fallen.
He helps those who are in trouble.
- 15 All living things look to you for their food,
and you give them their food at the right time.
- 16 You open your hands
and give every living thing all that it needs.
- 17 Everything the LORD does is good.
Everything he does shows how loyal he is.
- 18 The LORD is near to everyone
who sincerely calls to him for help.
- 19 He listens to his followers and does what they want.
He answers their prayers and saves them.
- 20 The LORD protects everyone who loves him,
but he destroys all who do evil.
- 21 I will praise the LORD!
Let everyone praise his holy name forever and ever!

- ## 146 ¹Praise the LORD!
- My soul, praise the LORD!
2 I will praise the LORD all my life.
I will sing praises to him as long as I live.
- 3 Don't depend on your leaders for help.
Don't depend on people, because they cannot save you.
- 4 People die and are buried.
Then all their plans to help are gone.
- 5 It is a great blessing for people to have the God of Jacob* to help them.
They depend on the LORD their God.
- 6 He made heaven and earth.
He made the sea and everything in it.
He can be trusted to do what he says.
- 7 He does what is right for those who have been hurt.
He gives food to the hungry.
The LORD frees people locked up in prison.
- 8 The LORD makes the blind see again.
The LORD helps those who are in trouble.
The LORD loves those who do right.
- 9 The LORD protects strangers in our country.
He cares for widows and orphans,
but he destroys the wicked.
- 10 The LORD will rule forever!
Zion,* your God will rule forever and ever!

Praise the LORD!

^a145:13 *The LORD ... he does* This is found in the ancient Greek and Syriac versions and a Hebrew scroll from Qumran, but not in the standard Hebrew text.

- 147** ¹Praise the LORD because he is good.
Sing praises to our God.
It is good and pleasant to praise him.
- ² The LORD rebuilds Jerusalem.
He brings back the Israelites who were taken as prisoners.
- ³ He heals their broken hearts
and bandages their wounds.
- ⁴ He counts the stars
and knows each of them by name.
- ⁵ Our Lord is great and powerful.
There is no limit to what he knows.
- ⁶ The LORD supports the humble,
but he shames the wicked.
- ⁷ Give thanks to the LORD.
Praise our God with harps.
- ⁸ He fills the sky with clouds.
He sends rain to the earth.
He makes the grass grow on the mountains.
- ⁹ He gives food to the animals.
He feeds the young birds.
- ¹⁰ War horses and powerful soldiers are not
what he cares about.
- ¹¹ The LORD enjoys people who worship him
and trust in his faithful love.
- ¹² Jerusalem, praise the LORD!
Zion,* praise your God!
- ¹³ He makes your gates strong,
and he blesses the people in your city.
- ¹⁴ He brought peace to your country,
so you have plenty of grain for food.
- ¹⁵ He gives a command to the earth,
and it quickly obeys.
- ¹⁶ He makes the snow fall until the ground
is as white as wool.
He makes sleet blow through the air
like dust.
- ¹⁷ He makes hail fall like rocks from the sky.
No one can stand the cold he sends.
- ¹⁸ Then he gives another command, and
warm air begins to blow.
The ice melts, and water begins to flow.
- ¹⁹ He gave his commands to Jacob.*
He gave his laws and rules to Israel.*
- ²⁰ He did not do this for any other nation.
He did not teach his laws to other
people.

Praise the LORD!

- 148** ¹Praise the LORD!
Angels above, praise the LORD
from heaven!
- ² Praise him, all you angels!
Praise him, all his army^a!
- ³ Sun and moon, praise him!
Stars and lights in the sky, praise him!
- ⁴ Praise the LORD, highest heaven!
Waters above the sky, praise him!

^a148:2 *his army* This can mean "angels," "stars and planets," or "soldiers in an army."

- ⁵ Let them praise the LORD's name,
because he gave the command and
created them all!
- ⁶ He made all these continue forever.
He made the laws that will never end.
- ⁷ Everything on earth, praise him!
Great sea animals and all the oceans,
praise the LORD!
- ⁸ Praise him, fire and hail, snow and
clouds,
and the stormy winds that obey him.
- ⁹ Praise him, mountains and hills,
fruit trees and cedar trees.
- ¹⁰ Praise him, wild animals and cattle,
reptiles and birds.
- ¹¹ Praise him, kings of the earth and all
nations,
princes and all rulers on earth.
- ¹² Praise him, young men and women,
old people and children.
- ¹³ Praise the LORD's name!
Honor his name forever!
His name is greater than any other.
He is more glorious than heaven and
earth.
- ¹⁴ He made his people strong.
His loyal followers praise him.
Israel,* his precious people, praise the
LORD!

- 149** ¹Praise the LORD.
Sing a new song^b to the LORD!
Sing his praise in the assembly of his
followers.
- ² Let Israel* be happy with their Maker.
Let the people of Zion* rejoice with
their King.
- ³ Let them praise him by dancing
and playing their tambourines and
harps.
- ⁴ The LORD is happy with his people.
He did a wonderful thing for his humble
people.
He saved them!
- ⁵ Let his followers rejoice in this victory!
Let them sing for joy, even in their
beds!
- ⁶ Let the people shout praise to God.
And with a sharp sword in their hand,
⁷ let them take revenge on the other
nations.
Let them go punish those people.
- ⁸ They will put their kings in chains
and their leaders in chains of iron.
- ⁹ They will punish those nations as God
commanded.
This is an honor for all his followers.

Praise the LORD!

^b149:1 *new song* Whenever God did a new and wonderful thing for his people, they would write a new song about it.

- 150** ¹Praise the LORD!
 Praise God in his Temple*!
 Praise him in heaven, his strong
 fortress*!
² Praise him for the great things he does!
 Praise him for all his greatness!
³ Praise him with trumpets and horns!
 Praise him with harps and lyres*!
⁴ Praise him with tambourines and dancing!

- Praise him with stringed instruments
 and flutes!
⁵ Praise him with loud cymbals!
 Praise him with crashing cymbals!
⁶ Everything that breathes, praise the
 LORD!
 Praise the LORD!

Proverbs

Introduction

1 ¹These are the proverbs* of Solomon, the son of David* and king of Israel.* ²They will help you learn to be wise, to accept correction, and to understand wise sayings. ³They will teach you to develop your mind in the right way. You will learn to do what is right and to be honest and fair. ⁴These proverbs will make even those without education smart. They will teach young people what they need to know and how to use what they have learned. ⁵Even the wise could become wiser by listening to these proverbs. They will gain understanding and learn to solve difficult problems. ⁶These sayings will help you understand proverbs, stories with hidden meanings, words of the wise, and other difficult sayings.

⁷Knowledge begins with fear and respect for the LORD, but stubborn fools hate wisdom and refuse to learn.

Advice to a Son

⁸My son,^a listen to your father when he corrects you, and don't ignore what your mother teaches you. ⁹What you learn from your parents will bring you honor and respect, like a crown or a gold medal.^b

¹⁰My son, those who love to do wrong will try to trick you. Don't listen to them. ¹¹They will say, "Come with us. Let's hide and beat to death anyone who happens to walk by. ¹²We will swallow them whole, as the grave swallows the dying. ¹³We will take everything they have and fill our houses with stolen goods. ¹⁴So join us, and you can share everything we get."

¹⁵My son, don't follow them. Don't even take the first step along that path. ¹⁶They run

a1:8 My son The proverbs in this section may have been directed originally to a teenage boy, perhaps a prince, who was becoming a young man. They are intended to teach him how to be a responsible person and leader who loves and respects God.

b1:9 Literally, "They are like a wreath of favor to your head and a necklace around your neck."

to do something evil, and they cannot wait to kill someone.

¹⁷You cannot trap birds with a net if they see you spreading it out. ¹⁸But evil people cannot see the trap they set for themselves. ¹⁹This is what happens to those who are greedy. Whatever they get destroys them.

The Good Woman—Wisdom

²⁰Listen! Wisdom^c is shouting in the streets. She is crying out in the marketplace. ²¹She is calling out where the noisy crowd gathers:

²²"Fools, how long will you love being ignorant? How long will you make fun of wisdom? How long will you hate knowledge? ²³I wanted to tell you everything I knew and give you all my knowledge, but you didn't listen to my advice and teaching.

²⁴"I tried to help, but you refused to listen. I offered my hand, but you turned away from me. ²⁵You ignored my advice and refused to be corrected. ²⁶So I will laugh at your troubles and make fun of you when what you fear happens. ²⁷Disasters will strike you like a storm. Problems will pound you like a strong wind. Trouble and misery will weigh you down.

²⁸"Fools will call for me, but I will not answer. They will look for me, but they will not find me. ²⁹That is because they hated knowledge. They refused to fear and respect the LORD. ³⁰They ignored my advice and refused to be corrected. ³¹They filled their lives with what they wanted. They went their own way, so they will get what they deserve.

³²"Fools die because they refuse to follow wisdom. They are content to follow their foolish ways, and that will destroy them. ³³But those who listen to me will live in safety and comfort. They will have nothing to fear."

c1:20 Wisdom Wisdom is pictured here as a good woman trying to get the attention of this young man, calling him to be wise and obey God. In a later passage (9:13–18), Foolishness is represented as another woman who is urging him toward a life of sin.

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