The Psalms

Book I

Psalm 1 1Blessed is the man who doesn’t walk in the counsel of the wicked, nor stand in the way of sinners, nor sit in the seat of scoffers; 2but his delight is in Yahweh’s law. On His law he meditates day and night. 3He will be like a tree planted by the streams of water, that brings forth its fruit in its season, whose leaf also does not wither; whatever he does shall prosper. 4The wicked are not so, but are like the chaff which the wind drives away. 5Therefore the wicked shall not stand in the judgment, nor sinners in the congregation of the righteous. 6For Yahweh knows the way of the righteous, but the way of the wicked shall perish.

Psalm 2 1Why do the nations rage, and the peoples plot a vain thing? 2The kings of the earth take a stand, and the rulers take counsel together, against Yahweh, and against His Anointed saying, 3“Let’s break their bonds apart, and cast their cords from us”. 4He who sits in the heavens will laugh. The Lord will have them in derision. 5Then He will speak to them in His anger, and terrify them in His wrath: 6“Yet I have set My King on My holy hill of Zion”. 7I will tell of the decree. Yahweh said to me, “You are My son. Today I have become your father. 8Ask of Me, and I will give the nations for your inheritance, the uttermost ends of the earth for your possession. 9You shall break them with a rod of iron, you shall dash them in pieces like a potter’s vessel”. 10Now therefore be wise, you kings; be instructed, you judges of the earth. 11Serve Yahweh with respect and rejoice with trembling. 12Give sincere homage to the Son, lest he be angry and you perish in the way, for His wrath will soon be kindled. Blessed are all those who take refuge in Him.

Psalm 3 A Psalm by David, when he fled from Absalom his son. 1Yahweh, how my adversaries have increased! Many are those who rise up against me. 2Many there are who say of my soul, “There is no help for him in God!”. Selah. 3But You, Yahweh, are a shield around me, my glory, and the one who lifts up my head. 4I cry to Yahweh with my voice, and He answers me out of His holy hill. Selah. 5I laid myself down and slept; I awoke, because Yahweh sustains me. 6I will not be afraid of tens of thousands of people who have set themselves against me on every side. 7Arise, Yahweh! Save me, my God! For You have struck all of my enemies on the cheek bone. You have broken the teeth of the wicked. 8Salvation belongs to Yahweh. Your blessing be on Your people. Selah.

Psalm 4 For the Chief Musician; on stringed instruments. A Psalm by David. 1Answer me when I call, God of my righteousness. Give me relief from my distress. Have mercy on me, and hear my prayer. 2You sons of men, how long shall my glory be turned into dishonour? Will you love vanity, and go seeking after falsehood? Selah. 3But know that Yahweh has set apart for Himself him who is Godly: Yahweh will hear when I call to Him. 4Be angry, and don’t sin. Search your own heart on your bed, and be still. Selah. 5Offer the sacrifices of righteousness, put your trust in Yahweh. 6Many say, “Who will show us any good?”. Yahweh, let the light of Your face shine on us. 7You have put gladness in my heart, more than when their grain and their new wine are increased. 8In peace I will both lay myself down and sleep, for You, Yahweh alone, make me live in safety.

Psalm 5 For the Chief Musician, with the flutes. A Psalm by David. 1Give ear to my words, Yahweh. Consider my meditation. 2Listen to the voice of my cry, my King and my God; for to You do I pray. 3Yahweh, in the morning You shall hear my voice; in the morning I will lay my requests before You, and will watch expectantly. 4For You are not a God who has pleasure in wickedness, evil can’t live with You. 5The arrogant shall not stand in Your sight; you hate all workers of iniquity. 6You will destroy those who speak lies; Yahweh abhors the bloodthirsty and deceitful man. 7But as for me, in the abundance of Your grace I will come into Your house. I will bow toward Your holy temple in reverence of You. 8Lead me, Yahweh, in Your righteousness because of my enemies. Make Your way straight before my face. 9For there is no faithfulness in their mouth. Their heart is destruction. Their throat is an open tomb. They flatter with their tongue. 10Hold them guilty, God. Let them fall by their own advice; thrust them out in the multitude of their transgressions, for they have rebelled against You. 11But let all those who take refuge in You rejoice, let them always shout for joy, because You defend them. Let them also who love Your name be joyful in You. 12For You will bless the righteous. Yahweh, You will surround him with favour as with a shield.

Psalm 6 For the Chief Musician; on stringed instruments, upon the eight-stringed lyre. A Psalm by David. 1Yahweh, don’t rebuke me in Your anger, neither discipline me in Your wrath. 2Have mercy on me, Yahweh, for I am faint. Yahweh, heal me, for my bones are troubled. 3My soul is also in great anguish. But You, Yahweh—how long? 4Return, Yahweh. Deliver my soul, and save me for Your grace’ sake. 5For in death there is no memory of You. In Sheol, who shall give You thanks? 6I am weary with my groaning; each night I flood my bed, I drench my couch with my tears. 7My eye wastes away because of grief, it grows old because of all my adversaries. 8Depart from me, all you workers of iniquity, for Yahweh has heard the voice of my weeping. 9Yahweh has heard my supplication, Yahweh accepts my prayer. 10May all my enemies be ashamed and dismayed. They shall turn back, they shall be disgraced suddenly.

Psalm 7 A meditation by David, which he sang to Yahweh, concerning the words of Cush the Benjamite. 1Yahweh my God, I take refuge in You. Save me from all those who pursue me and deliver me, 2lest they tear apart my soul like a lion, ripping it in pieces while there is none to deliver. 3Yahweh, my God, if I have done this, if there is iniquity in my hands, 4if I have rewarded evil to him who was at peace with me (yes, if I have delivered him who without cause was my adversary), 5let the enemy pursue my soul, and overtake it; yes, let him tread my life down to the earth, and lay my glory in the dust. Selah. 6Arise, Yahweh, in Your anger; lift up Yourself against the rage of my adversaries. Awake for me; You have commanded judgment. 7Let the congregation of the peoples surround You. Rule over them on high. 8Yahweh administers judgment to the peoples. Judge me, Yahweh, according to my righteousness, and to my integrity that is in me. 9Oh let the wickedness of the wicked come to an end, but establish the righteous; their minds and hearts are searched by the righteous God. 10My shield is with God, who saves the upright in heart. 11God is a righteous judge, yes, a God who has indignation every day. 12If a man doesn’t relent, He will sharpen His sword; He has bent and strung His bow. 13He has also Himself prepared the instruments of death, He makes ready His burning arrows. 14Behold, he travails with iniquity. Yes, he has conceived mischief, and brought forth falsehood. 15He has dug a hole, and has fallen into the pit which he made. 16The trouble he causes shall return upon his own head, his violence shall come down on the crown of his own head. 17I will give thanks to Yahweh according to His righteousness, and will sing praise to the name of Yahweh Most High.

Psalm 8 For the Chief Musician; on an instrument of Gath. A Psalm by David. 1Yahweh, our Lord, how majestic is Your name in all the earth, You who has set Your glory above the heavens! 2From the lips of babes and infants You have established strength, because of Your adversaries, that You might silence the enemy and the avenger. 3When I consider Your heavens, the work of Your fingers, the moon and the stars, which You have ordained; 4what is man, that You are mindful of him, and the son of man, that You care for him? 5For You have made him a little lower than the Angels, and crowned him with glory and honour. 6You make him ruler over the works of Your hands. You have put all things under his feet: 7all sheep and cattle, yes, and the animals of the field, 8the birds of the sky, the fish of the sea, and whatever passes through the paths of the seas. 9Yahweh our Lord, how majestic is Your name in all the earth!

Psalm 9 For the Chief Musician. Set to “The Death of the Son”. A Psalm by David. 1I will give thanks to Yahweh with my whole heart. I will tell others of all Your marvellous works. 2I will be glad and rejoice in You, I will sing praise to Your name, O Most High. 3When my enemies turn back, they stumble and perish in Your presence. 4For You have maintained my just cause. You sit on the throne judging righteously. 5You have rebuked the nations, You have destroyed the wicked, You have blotted out their name forever and ever. 6The enemy is overtaken by endless ruin. The very memory of the cities which You have overthrown has perished. 7But Yahweh reigns forever, He has prepared His throne for judgment. 8He will judge the world in righteousness, He will administer judgment to the peoples in uprightness. 9Yahweh will also be a high tower for the oppressed; a high tower in times of trouble. 10Those who know Your name will put their trust in You, for You, Yahweh, have not forsaken those who seek You. 11Sing praises to Yahweh who dwells in Zion, and declare among the people what He has done. 12For He who avenges blood remembers them. He doesn’t forget the cry of the afflicted. 13Have mercy on me, Yahweh. See my affliction by those who hate me, and lift me up from the gates of death; 14that I may show forth all Your praise. In the gates of the daughter of Zion I will rejoice in Your salvation. 15The nations have sunk down in the pit that they made. In the net which they hid, their own foot is taken. 16Yahweh has made Himself known; He has executed judgment. The wicked is snared by the work of his own hands. Meditation. Selah. 17The wicked shall be turned back to Sheol, even all the nations that forget God. 18For the needy shall not always be forgotten, nor the hope of the poor perish forever. 19Arise, Yahweh! Don’t let man prevail. Let the nations be judged in Your sight. 20Put them in fear, Yahweh, and let the nations know that they are only men. Selah.

Psalm 10 1Why do You stand far off, Yahweh? Why do You hide Yourself in times of trouble? 2In arrogance the wicked hunt down the weak. They are caught up in the schemes that they devise. 3For the wicked boasts of his heart’s cravings; he blesses the greedy, and condemns Yahweh. 4The wicked, in the pride of his face, has no room in his thoughts for God. 5His ways are prosperous at all times. He is proud, and Your laws are far from his sight. As for all his adversaries, he sneers at them. 6He says in his heart, “I shall not be shaken. For generations I shall have no trouble”. 7His mouth is full of cursing, deceit, and oppression; beneath his tongue is mischief and iniquity. 8He lies in wait near the villages. From ambushes, he murders the innocent, his eyes are secretly set against the helpless. 9He lurks in secret as a lion in his ambush. He lies in wait to catch the helpless. He catches the helpless, when he draws him in his net. 10The helpless are crushed. They collapse. They fall under his strength. 11He says in his heart, “God has forgotten. He hides His face. He will never see it”. 12Arise, Yahweh! God, lift up Your hand! Don’t forget the helpless. 13Why does the wicked person condemn God and say in his heart, “God won’t call me into account?”. 14But You do see trouble and grief. You consider it to take it into Your hand to deal with. You help the victim and the fatherless. 15Break the arm of the wicked, as for the evil man, seek out his wickedness until You find none. 16Yahweh is King forever and ever! The nations will perish out of His land. 17Yahweh, You have heard the desire of the humble. You will prepare their heart. You will cause Your ear to hear, 18to judge the fatherless and the oppressed, that man who is of the dust may terrify no more.

Psalm 11 For the Chief Musician. By David. 1In Yahweh I take refuge. How can you say to my soul, “Flee as a bird to Your mountain!”. 2For, behold, the wicked bend their bows and set their arrows on the strings, that they may shoot in darkness at the upright in heart. 3If the foundations are destroyed, what can the righteous do? 4Yahweh is in His holy temple. Yahweh is on His throne in heaven. His eyes observe, His eyes examine the children of men. 5Yahweh examines the righteous, but the wicked and him who loves violence His soul hates. 6On the wicked He will rain blazing coals; fire, sulphur, and scorching wind shall be the portion of their cup. 7For Yahweh is righteous, He loves righteousness. The upright shall see His face.

Psalm 12 For the Chief Musician; upon an eight-stringed lyre. A Psalm of David. 1Help, Yahweh; for the Godly man is fading away, the faithful fail from among the children of men. 2Everyone lies to his neighbour, they speak with flattering lips, and with a double heart. 3May Yahweh cut off all flattering lips and the tongue that speaks great things, 4who have said, “With our tongue we will prevail. Our lips are our own, who is lord over us?”. 5“Because of the oppression of the weak and because of the groaning of the needy, I will now arise,” says Yahweh; “I will set him in safety from those who malign him”. 6The words of Yahweh are flawless words, as silver refined in a clay furnace, purified seven times. 7You will keep them, Yahweh. You will preserve them from this generation forever. 8The wicked walk on every side, when what is vile is exalted among the sons of men.

Psalm 13 For the Chief Musician. A Psalm by David. 1How long, Yahweh? Will You forget me forever? How long will You hide Your face from me? 2How long shall I take counsel in my soul, having sorrow in my heart every day? How long shall my enemy triumph over me? 3Look, and answer me, Yahweh my God. Give light to my eyes, lest I sleep in death; 4lest my enemy say, “I have prevailed against him”; lest my adversaries rejoice when I fall. 5But I trust in Your grace. My heart rejoices in Your salvation. 6I will sing to Yahweh, because He has been good to me.

Psalm 14 For the Chief Musician. By David. 1The fool has said in his heart, “There is no God”. They are corrupt. They have done abominable works. There is none who does good. 2Yahweh looked down from heaven on the children of men, to see if there were any who understood, who sought after God. 3They have all gone aside. They have together become corrupt. There is none who does good, no, not one. 4Have all the workers of iniquity no knowledge, who eat up my people as they eat bread, and don’t call on Yahweh? 5There they were in great fear because God is in the generation of the righteous. 6You frustrate the plan of the poor, because Yahweh is his refuge. 7Oh that the salvation of Israel would come out of Zion! When Yahweh restores the fortunes of His people, then Jacob shall rejoice, and Israel shall be glad.

Psalm 15 A Psalm by David. 1Yahweh, who shall dwell in Your sanctuary? Who shall live on Your holy hill? 2He who walks blamelessly, does what is right, and speaks truth in his heart; 3he who doesn’t slander with his tongue, nor does evil to his friend, nor casts slurs against his fellow man; 4in whose eyes a vile man is despised, but who respects those who fear Yahweh; he who keeps an oath even when it hurts, and doesn’t change; 5he who doesn’t lend out his money for usury, nor take a bribe against the innocent. He who does these things shall never be shaken.

Psalm 16 A Poem by David. 1Preserve me, God, for in You do I take refuge. 2My soul, you have said to Yahweh, “You are my Lord. Apart from You I have no good thing”. 3As for the saints who are in the earth, they are the excellent ones in whom is all my delight. 4Their sorrows shall be multiplied who give gifts to another god. Their drink offerings of blood I will not offer, nor take their names on my lips. 5Yahweh assigned my portion and my cup, you made my inheritance secure. 6The lines have fallen to me in pleasant places; truly I have a good inheritance. 7I will bless Yahweh, who has given me counsel. Yes, my heart instructs me in the night seasons. 8I have set Yahweh always before me; because He is at my right hand, I shall not be moved. 9Therefore my heart is glad, and my tongue rejoices. My body shall also lay to rest in hope. 10For You will not leave my soul in Sheol, neither will You allow Your holy one to see corruption. 11You will show me the path of life. In Your presence is fullness of joy, in Your right hand there are pleasures forevermore.

Psalm 17 A Prayer by David. 1Hear, Yahweh, my righteous plea; give ear to my prayer, that doesn’t go out of deceitful lips. 2Let my sentence come forth from Your presence, let Your eyes look on integrity. 3You have proved my heart. You have visited me in the night. You have tried me, and found nothing. I have resolved that my mouth shall not disobey. 4As for the works of men, by the word of Your lips I have kept myself from the ways of the violent. 5My steps have held fast to Your paths, my feet have not slipped. 6I have called on You, for You will answer me, God. Turn Your ear to me, hear my words. 7Show Your marvellous grace, You who save those who take refuge under Your right hand from their enemies. 8Keep me as the apple of Your eye, hide me under the shadow of Your wings, 9from the wicked who oppress me, my deadly enemies, who surround me. 10They close up their callous hearts. With their mouth they speak proudly. 11They have now surrounded us in our steps, they set their eyes to cast us down to the earth. 12He is like a lion that is greedy of his prey, as it were a young lion lurking in secret places. 13Arise, Yahweh, confront him. Cast him down. Deliver my soul from the wicked by Your sword; 14from men by Your hand, Yahweh, from men of the world, whose portion is in this life. You fill the belly of Your cherished ones. Your sons have plenty, and they store up wealth for their children. 15As for me, I shall see Your face in righteousness. I shall be satisfied, when I awake, with seeing Your form.

Psalm 18 For the Chief Musician. By David the servant of Yahweh, who spoke to Yahweh the words of this song in the day that Yahweh delivered him from the hand of all his enemies, and from the hand of Saul. He said, 1I love You, Yahweh, my strength. 2Yahweh is my rock, my fortress, and my deliverer; my God, my rock, in whom I take refuge; my shield, and the horn of my salvation, my high tower. 3I call on Yahweh, who is worthy to be praised; and I am saved from my enemies. 4The cords of death surrounded me, the floods of ungodliness made me afraid. 5The cords of Sheol were around me, the snares of death came on me. 6In my distress I called on Yahweh, and cried to my God. He heard my voice out of His temple; my cry before Him came into His ears. 7Then the earth shook and trembled, the foundations also of the mountains quaked and were shaken, because He was angry. 8Smoke went out of His nostrils, consuming fire came out of His mouth; coals were kindled by it. 9He bowed the heavens also, and came down, thick darkness was under His feet. 10He rode on a cherub, and flew. Yes, He soared on the wings of the wind. 11He made darkness His hiding place, His pavilion around Him, darkness of waters, thick clouds of the skies. 12At the brightness before Him His thick clouds passed, hailstones and coals of fire. 13Yahweh also thundered in the sky, the Most High uttered His voice: hailstones and coals of fire. 14He sent out His arrows, and scattered them; yes, great lightning bolts, and defeated them. 15Then the channels of waters appeared, the foundations of the world were laid bare at Your rebuke, Yahweh, at the blast of the breath of Your nostrils. 16He sent from on high. He took me, He drew me out of many waters. 17He delivered me from my strong enemy, from those who hated me; for they were too mighty for me. 18They came on me in the day of my calamity, but Yahweh was my support. 19He brought me forth also into a large place. He delivered me, because He delighted in me. 20Yahweh has judged me according to my righteousness, according to the cleanness of my hands has He recompensed me. 21For I have kept the ways of Yahweh, and have not wickedly departed from my God. 22For all His ordinances were before me, I didn’t put away His statutes from me. 23I was also blameless with Him, I kept myself from my iniquity. 24Therefore Yahweh has rewarded me according to my righteousness, according to the cleanness of my hands in His eyesight. 25With the merciful You will show Yourself merciful. With the perfect man, You will show Yourself perfect. 26With the pure, You will show Yourself pure; with the crooked You will show Yourself shrewd. 27For You will save the afflicted people, but the proud eyes You will bring down. 28For You will light my lamp, Yahweh. My God will light up my darkness. 29For by You I advance through a troop. By my God, I leap over a wall. 30As for God, His way is perfect. The word of Yahweh is tried in the furnace. He is a shield to all those who take refuge in Him. 31For who is God, except Yahweh? Who is a rock besides our God, 32the God who arms me with strength, and makes my way perfect? 33He makes my feet like deer’s feet, and sets me on my high places. 34He teaches my hands to war, so that my arms bend a bow of bronze. 35You have also given me the shield of Your salvation. Your right hand sustains me. Your gentleness has made me great. 36You have enlarged my steps under me, My feet have not slipped. 37I will pursue my enemies, and overtake them. Neither will I turn again until they are consumed. 38I will strike them through, so that they will not be able to rise. They shall fall under my feet. 39For You have armed me with strength to the battle, You have subdued under me those who rose up against me. 40You have also made my enemies turn their backs to me, that I might cut off those who hate me. 41They cried, but there was none to save; even to Yahweh, but He didn’t answer them. 42Then I beat them small as the dust before the wind. I cast them out as the mire of the streets. 43You have delivered me from the strivings of the people, You have made me the head of the nations. A people whom I have not known shall serve me. 44As soon as they hear of me they shall obey me; the foreigners shall submit themselves to me. 45The foreigners shall fade away, and shall come trembling out of their close places. 46Yahweh lives; and blessed be my rock. Exalted be the God of my salvation, 47even the God who executes vengeance for me, and subdues peoples under me. 48He rescues me from my enemies. Yes, You lift me up above those who rise up against me. You deliver me from the violent man. 49Therefore I will give thanks to You, Yahweh, among the nations, and will sing praises to Your name. 50He gives great deliverance to His king, and shows grace to His anointed, to David and to his seed, forevermore.

Psalm 19 For the Chief Musician. A Psalm by David. 1The heavens declare the glory of God, the expanse above shows His handiwork. 2Day after day they pour forth speech, and night after night they display knowledge. 3There is no speech nor language where their voice is not heard. 4Their voice has gone out through all the earth, their words to the end of the world. In them He has set a tent for the sun, 5which is as a bridegroom coming out of his room, like a strong man rejoicing to run his course. 6His going forth is from the end of the heavens, his circuit to its ends; there is nothing hidden from its heat. 7Yahweh’s law is perfect, restoring the soul. Yahweh’s testimony is sure, making wise the simple. 8Yahweh’s precepts are right, rejoicing the heart. Yahweh’s commandment is pure, enlightening the eyes. 9The fear of Yahweh is clean, enduring forever. Yahweh’s ordinances are true, and righteous altogether. 10More to be desired are they than gold, yes, than much fine gold; sweeter also than honey and the extract of the honeycomb. 11Moreover by them is Your servant warned; in keeping them there is a great reward. 12Who can discern his own errors? Forgive me from sins of ignorance. 13Keep back Your servant also from presumptuous sins, let them not have dominion over me. Then I will be upright, I will be blameless and innocent of the great transgression. 14Let the words of my mouth and the meditation of my heart be acceptable in Your sight, Yahweh, my rock and my redeemer.

Psalm 20 For the Chief Musician. A Psalm by David. 1May Yahweh answer you in the day of trouble. May the name of the God of Jacob set you up on high, 2send you help from the sanctuary, grant you support from Zion, 3remember all your offerings and accept your burnt sacrifice. Selah. 4May He grant you your heart’s desire, and fulfil all your word. 5We will triumph in Your salvation, in the name of our God, we will set up our banners. May Yahweh grant all your requests. 6Now I know that Yahweh saves His anointed; He will answer him from His holy heaven, with the saving strength of His right hand. 7Some trust in chariots and some in horses, but we trust the name of Yahweh our God. 8They are bowed down and fallen, but we rise up, and stand upright. 9Save, Yahweh! Let the King answer us when we call!

Psalm 21 For the Chief Musician. A Psalm by David. 1The king rejoices in Your strength, Yahweh! How greatly he rejoices in Your salvation! 2You have given him his heart’s desire, and have not withheld the request of his lips. Selah. 3For You meet him with the blessings of goodness, You set a crown of fine gold on his head. 4He asked life of You, You gave it to him, even length of days forever and ever. 5His glory is great in Your salvation; You lay honour and majesty on him, 6for You make him most blessed forever. You make him glad with joy in Your presence; 7for the king trusts in Yahweh. Through the grace of the Most High, he shall not be moved. 8Your hand will find out all of Your enemies; Your right hand will find out those who hate You. 9You will make them as a fiery furnace in the time of Your anger. Yahweh will swallow them up in His wrath, the fire shall devour them. 10You will destroy their descendants from the land, their posterity from among the children of men. 11For they intended evil against You, they plotted evil against You which cannot succeed. 12For You will make them turn their back when You aim drawn bows at their face. 13Be exalted, Yahweh, in Your strength; so we will sing and praise Your power.

Psalm 22 For the Chief Musician; set to “The Doe of the Morning”. A Psalm by David. 1My God, my God, why have You forsaken me? Why are You so far from helping me, and from the words of my groaning? 2My God, I cry in the daytime, but You don’t answer; in the night season, and am not silent. 3But You are holy, You who inhabit the praises of Israel. 4Our fathers trusted in You- they trusted, and You delivered them, 5they cried to You, and were delivered. They trusted in You, and were not disappointed. 6But I am a worm, and no man; a reproach of men, and despised by the people. 7All those who see me mock me, they insult me with their lips, they shake their heads and say, 8“He trusts in Yahweh; let Him deliver him. Let Him rescue him, since He delights in him”. 9But You brought me out of the womb, You made me trust at my mother’s breasts. 10I was thrown on You from my mother’s womb; You are my God since my mother bore me. 11Don’t be far from me, for trouble is near; for there is none else to help. 12Many bulls have surrounded me, strong bulls of Bashan have encircled me. 13They open their mouths wide against me, lions tearing prey and roaring. 14I am poured out like water, all my bones are out of joint. My heart is like wax; it is melted within me. 15My strength is dried up like a shard of pottery; my tongue sticks to the roof of my mouth. You have brought me into the dust of death. 16For dogs have surrounded me, a company of evildoers have enclosed me; they have pierced my hands and feet. 17I can count all of my bones, they look and stare at me. 18They divide my garments among them, they cast lots for my clothing. 19But don’t be far off, Yahweh. You are my help: hurry to help me. 20Deliver my soul from the sword, my precious life from the power of the dog! 21Save me from the lion’s mouth! Yes, from the horns of the wild oxen, You have answered me. 22I will declare Your name to my brothers, in the midst of the congregation I will praise You. 23You who fear Yahweh, praise Him! All you descendants of Jacob, glorify Him! Stand in awe of Him, all you descendants of Israel! 24For He has not despised nor abhorred the affliction of the afflicted, neither has He hidden His face from him; but when he cried to Him, He heard. 25Of You comes my praise in the great assembly; I shall pay my vows before those who fear Him. 26The humble shall eat and be satisfied, they who seek after Him shall praise Yahweh. May your hearts live forever. 27All the ends of the earth shall remember and turn to Yahweh, all the families of nations shall worship before You. 28For the kingdom is Yahweh’s, He is the ruler over the nations. 29All the rich ones of the earth shall eat and worship, all those who go down to the dust shall bow before Him, even he who can’t keep his own soul alive. 30Posterity shall serve Him, future generations shall be told about the Lord. 31They shall come and shall declare His righteousness to a people that shall be born, for He has finished it.

Psalm 23 A Psalm by David. 1Yahweh is my shepherd: I shall be in need of nothing. 2He makes me lie down in green meadows, He leads me beside still waters. 3He restores my soul, He guides me in the paths of righteousness for His name’s sake. 4Even though I walk through the valley of the shadow of death, I will fear no evil, for You are with me; Your rod and staff, they comfort me. 5You prepare a table before me in the presence of my enemies; You anoint my head with oil, My cup runs over. 6Surely goodness and grace shall follow me all the days of my life, and I will dwell in Yahweh’s house forever.

Psalm 24 A Psalm by David. 1The earth is Yahweh’s, with all its fullness; the world, and they who dwell in it. 2For He has founded it on the seas, and established it on the floods. 3Who may ascend to Yahweh’s hill? Who may stand in His holy place? 4He who has clean hands and a pure heart; who has not lifted up his soul to falsehood, and has not sworn deceitfully. 5He shall receive a blessing from Yahweh, namely righteousness from the God of his salvation. 6This is the generation of those who seek Him, who seek Your face—even that of the God of Jacob. Selah. 7Lift up your heads, you gatekeepers! Be lifted up, you everlasting doors, and the King of glory will come in. 8Who is the King of glory? Yahweh strong and mighty, Yahweh mighty in battle. 9Lift up your heads, you gatekeepers; yes, lift them up, you everlasting doors, and the King of glory will come in. 10Who is this King of glory? Yahweh of Armies is the King of glory! Selah.

Psalm 25 By David. 1To You, Yahweh, do I lift up my soul. 2My God, I have trusted in You; don’t let me be shamed. Don’t let my enemies triumph over me. 3Truly, no one who waits for You shall be shamed. They shall be shamed who deal treacherously without cause. 4Show me Your ways, Yahweh, teach me Your paths. 5Guide me in Your truth, and teach me, for You are the God of my salvation; I wait for You all day long. 6Yahweh, remember Your tender mercies and Your grace, for they are from old times. 7Don’t remember the sins of my youth, nor my transgressions. Remember me according to Your grace, for Your goodness’ sake, Yahweh. 8Good and upright is Yahweh, therefore He will instruct sinners in the way. 9He will guide the humble in justice; He will teach the humble His way. 10All the ways of Yahweh are grace and truth to such as keep His covenant and His testimonies. 11For Your name’s sake, Yahweh, pardon my iniquity, for it is great. 12What man is he who fears Yahweh? He shall instruct him in the way that he shall choose. 13His soul shall dwell at ease, His descendants shall inherit the land. 14The friendship of Yahweh is with those who fear Him; He will show them His covenant. 15My eyes are ever on Yahweh, for He will pluck my feet out of the net. 16Turn to me, and have mercy on me, for I am desolate and afflicted. 17The troubles of my heart are enlarged. Oh bring me out of my distresses! 18Consider my affliction and my travail, forgive all my sins. 19Consider my enemies, for they are many; they hate me with total hatred. 20Oh keep my soul, and deliver me; let me not be disappointed, for I take refuge in You. 21Let integrity and uprightness preserve me, for I wait for You. 22Redeem Israel, God, out all of His troubles.

Psalm 26 By David. 1Judge me, Yahweh, for I have walked in my integrity. I have trusted also in Yahweh without wavering. 2Examine me, Yahweh, and prove me; test my heart and my mind. 3For Your grace is before my eyes, I have walked in Your truth. 4I have not sat with deceitful men, neither will I go in with hypocrites. 5I hate the assembly of evildoers, and will not sit with the wicked. 6I will wash my hands in innocence, so I will go around Your altar, Yahweh; 7that I may make the voice of thanksgiving to be heard, and tell of all Your wondrous works. 8Yahweh, I love the habitation of Your dwelling place, the place where Your glory dwells. 9Don’t gather my soul with sinners, nor my life with bloodthirsty men; 10in whose hands is wickedness, their right hand is full of bribes. 11But as for me, I will walk in my integrity. Redeem me, and be merciful to me. 12My foot stands in an even place; in the congregations I will bless Yahweh.

Psalm 27 By David. 1Yahweh is my light and my salvation- whom shall I fear? Yahweh is the strength of my life- of whom shall I be afraid? 2When evildoers came at me to eat up my flesh, even my adversaries and my foes, they stumbled and fell. 3Though an army should encamp against me, my heart shall not fear. Though war should rise against me, even then I will be confident. 4One thing I have asked of Yahweh, that I will seek after: That I may dwell in the house of Yahweh all the days of my life, to see Yahweh’s beauty, and to inquire in His temple. 5For in the day of trouble He will keep me secretly in His pavilion, under the shadow of His tabernacle He will hide me. He will lift me up on a rock. 6Now my head will be lifted up above my enemies around me, I will offer sacrifices of joy in His tent. I will sing, yes, I will sing praises to Yahweh. 7Hear, Yahweh, when I cry with my voice. Have mercy also on me, and answer me. 8When You said, “Seek my face,” my heart said to You, “I will seek Your face, Yahweh”. 9Don’t hide Your face from me; don’t put Your servant away in anger. You have been my help, don’t abandon me, neither forsake me, God of my salvation. 10When my father and my mother forsake me, then Yahweh will take me up. 11Teach me Your way, Yahweh. Lead me in a straight path, because of my enemies. 12Don’t deliver me over to the desire of my adversaries, for false witnesses have risen up against me, such as breathe out cruelty. 13I am still confident of this: I will see the goodness of Yahweh in the land of the living. 14Wait for Yahweh, be strong, and let your heart take courage. Yes, wait for Yahweh.

Psalm 28 By David. 1To You, Yahweh, I call. My rock, don’t be deaf to me; lest, if You are silent to me, I would become like those who go down into the pit. 2Hear the voice of my petitions when I cry to You, when I lift up my hands toward Your Most Holy Place. 3Don’t draw me away with the wicked, with the workers of iniquity who speak peace with their neighbours, but mischief is in their hearts. 4Give them according to their work, and according to the wickedness of their doings. Give them according to the working of their own hands; bring back on them what they deserve. 5Because they don’t respect the works of Yahweh, nor the working of His hands, He will break them down and not build them up. 6Blessed be Yahweh, because He has heard the voice of my petitions. 7Yahweh is my strength and my shield. My heart has trusted in Him, and I have been helped; therefore my heart greatly rejoices. With my song I will thank Him. 8Yahweh is their strength, He is a stronghold of salvation to His anointed. 9Save Your people, and bless Your inheritance. Be their shepherd also, and bear them up forever.

Psalm 29 A Psalm by David. 1Ascribe to Yahweh, you sons of the mighty, ascribe to Yahweh glory and strength. 2Ascribe to Yahweh the glory due to His name. Worship Yahweh in holy array. 3Yahweh’s voice is on the waters. The God of glory thunders, even Yahweh on many waters. 4Yahweh’s voice is powerful. Yahweh’s voice is full of majesty. 5The voice of Yahweh breaks the cedars. Yes, Yahweh breaks in pieces the cedars of Lebanon. 6He also makes them to skip like a calf; Lebanon and Sirion like a young wild ox. 7Yahweh’s voice strikes with flashes of lightning. 8Yahweh’s voice shakes the wilderness, Yahweh shakes the wilderness of Kadesh. 9Yahweh’s voice makes the deer calve, and strips the forests bare. In His temple everything says, “Glory!” 10Yahweh sat enthroned at the flood; truly, Yahweh sits as King forever. 11Yahweh will give strength to His people, Yahweh will bless His people with peace.

Psalm 30 A Psalm. A Song for the Dedication of the Temple. By David. 1I will extol You, Yahweh, for You have raised me up, and have not made my enemies to rejoice over me. 2Yahweh my God, I cried to You, and You have healed me. 3Yahweh, You have brought up my soul from Sheol. You have kept me alive, that I should not go down to the pit. 4Sing praise to Yahweh, You saints of His, give thanks to His holy name. 5For His anger is but for a moment; His grace is for all our lifetime. Weeping may stay for the night, but joy comes in the morning. 6As for me, I said in my prosperity, “I shall never be moved”. 7You, Yahweh, when You favoured me, made my mountain stand strong; but when You hid Your face, I was troubled. 8I cried to You, Yahweh; to Yahweh I made supplication: 9“What profit is there in my destruction, if I go down to the pit? Shall the dust praise You? Shall it declare Your truth? 10Hear, Yahweh, and have mercy on me. Yahweh, be my helper”. 11You have turned my mourning into dancing for me. You have removed my sackcloth, and clothed me with gladness, 12To the end that my heart may sing praise to You, and not be silent. Yahweh my God, I will give thanks to You forever!

Psalm 31 For the Chief Musician. A Psalm by David. 1In You, Yahweh, I take refuge. Let me never be disappointed. Deliver me in Your righteousness. 2Bow down Your ear to me, deliver me quickly. Be to me a strong rock, a house of defence to save me. 3For You are my rock and my fortress, therefore for Your name’s sake lead me and guide me. 4Pluck me out of the net that they have laid secretly for me, for You are my stronghold. 5Into Your hand I commend my spirit. You have redeemed me, Yahweh, God of truth. 6I hate those who regard lying vanities, but I trust in Yahweh. 7I will be glad and rejoice in Your grace, for You have seen my affliction. You have known my soul in adversities. 8You have not shut me up into the hand of the enemy, You have set my feet in a large place. 9Have mercy on me, Yahweh, for I am in distress. My eye, my soul, and my body waste away with grief. 10For my life is spent with sorrow, my years with sighing. My strength fails because of my sin, my bones are wasted away. 11Because of all my adversaries I have become utterly contemptible to my neighbours, a fear to my acquaintances. Those who saw me on the street fled from me. 12I am forgotten from their hearts like a dead man; I am like broken pottery. 13For I have heard the slander of many, terror on every side, while they conspire together against me, they plot to take away my life. 14But I trust in You, Yahweh. I said, “You are my God”. 15My times are in Your hand. Redeem me from the hand of my enemies, and from those who persecute me. 16Make Your face to shine on Your servant; save me in Your grace. 17Let me not be disappointed, Yahweh, for I have called on You. Let the wicked be disappointed, may they be silent in Sheol. 18Let the lying lips be mute, which speak against the righteous insolently, with pride and contempt. 19Oh how great is Your goodness, which You have laid up for those who fear You, which You have worked for those who take refuge in You, before the sons of men! 20In the shelter of Your presence You will hide them from the plotting of man. You will keep them secretly in a dwelling away from the strife of tongues. 21Praise be to Yahweh, for He has shown me His marvellous grace in a fortified city. 22As for me, I said in my haste, “I am cut off from before Your eyes”. Nevertheless You heard the voice of my petitions when I cried to You. 23Oh love Yahweh, all you His saints! Yahweh preserves the faithful, and fully recompenses him who behaves arrogantly. 24Be strong, and let your heart take courage, all you who hope in Yahweh.

Psalm 32 By David. A contemplative psalm. 1Blessed is he whose iniquity is forgiven, whose sin is covered. 2Blessed is the man to whom Yahweh doesn’t impute iniquity, in whose spirit there is no deceit. 3When I kept silence, my bones wasted away through my groaning all day long. 4For day and night Your hand was heavy on me, my strength was dried as in the heat of summer. Selah. 5I acknowledged my sin to You, I didn’t hide my iniquity. I said, I will confess my transgressions to Yahweh, and You forgave the iniquity of my sin. Selah. 6For this, let each one who is Godly pray to You in a time when You may be found. Surely when the great waters overflow, they shall not reach to him. 7You are my hiding place, You will preserve me from trouble, You will surround me with songs of deliverance. Selah. 8I will instruct you and teach you in the way which you shall go, I will counsel you with my eye on you. 9Don’t be like the horse or like the mule which have no understanding, who are controlled by bit and bridle, or else they will not come near to you. 10Many sorrows come to the wicked, but grace shall surround him who trusts in Yahweh. 11Be glad in Yahweh, and rejoice, you righteous! Shout for joy, all you who are upright in heart!

Psalm 33 1Rejoice in Yahweh, you righteous! Praise is fitting for the upright. 2Give thanks to Yahweh with the lyre, sing praises to Him with the harp of ten strings. 3Sing to Him a new song, play skilfully with a shout of joy! 4For the word of Yahweh is right, all His work is done in faithfulness. 5He loves righteousness and justice; the earth is full of the grace of Yahweh. 6By Yahweh’s word the heavens were made; all their army by the breath of His mouth. 7He gathers the waters of the sea together as a heap; He lays up the deeps in storehouses. 8Let all the earth fear Yahweh, let all the inhabitants of the world stand in awe of Him. 9For He spoke, and it was done; He commanded, and it stood firm. 10Yahweh brings the counsel of the nations to nothing; He makes the thoughts of the peoples to be of no power. 11The counsel of Yahweh stands fast forever, the thoughts of His heart to all generations. 12Blessed is the nation whose God is Yahweh, the people whom He has chosen for His own inheritance. 13Yahweh views from heaven; He sees all the sons of men. 14From the place of His habitation He looks out on all the inhabitants of the earth, 15 He who fashions all of their hearts; and He considers all of their works. 16There is no king saved by the multitude of an army; a mighty man is not delivered by great strength. 17A horse is a vain thing for safety, neither does he deliver any by his great power. 18Behold, Yahweh’s eye is on those who fear Him, on those who hope in His grace; 19to deliver their soul from death, to keep them alive in famine. 20Our soul has waited for Yahweh; He is our help and our shield. 21For our heart rejoices in Him, because we have trusted in His holy name. 22Let Your grace be on us, Yahweh, according as we have hope in You.

Psalm 34 By David; when he pretended to be insane before Abimelech, who drove him away, and he departed. 1I will bless Yahweh at all times; His praise will always be in my mouth. 2My soul shall boast in Yahweh. The humble shall hear of it, and be glad. 3Oh magnify Yahweh with me, let us exalt His name together! 4I sought Yahweh and He answered me, and delivered me from all my fears. 5They looked to Him, and were radiant.; their faces shall never be covered with shame. 6This poor man cried, and Yahweh heard him, and saved him out of all his troubles. 7The angel of Yahweh encamps around those who fear Him, and delivers them. 8Oh taste and see that Yahweh is good. Blessed is the man who takes refuge in Him. 9Oh fear Yahweh, you His saints, for there is no lack to those who fear Him. 10The young lions do lack, and suffer hunger, but those who seek Yahweh shall not lack any good thing. 11Come, you children, listen to me. I will teach you the fear of Yahweh. 12Who desires life, and loves many days, that he may see good? 13Keep your tongue from evil, and your lips from speaking lies. 14Depart from evil, and do good; seek peace, and pursue it. 15Yahweh’s eyes are toward the righteous, His ears listen to their cry. 16Yahweh’s face is against those who do evil, to cut off their memory from the earth. 17The righteous cry, and Yahweh hears, and delivers them out of all their troubles. 18Yahweh is near to those who have a broken heart, and saves those who have a crushed spirit. 19Many are the afflictions of the righteous, but Yahweh delivers him out of them all. 20He protects all of his bones; not one of them is broken. 21Evil shall kill the wicked; those who hate the righteous shall be condemned. 22Yahweh redeems the soul of His servants; none of those who take refuge in Him shall be condemned.

Psalm 35 By David. 1Contend, Yahweh, with those who contend with me; fight against those who fight against me. 2Take hold of shield and buckler, and stand up for my help. 3Brandish the spear and block those who pursue me. Tell my soul, “I am Your salvation”. 4Let those who seek after my soul be disappointed and brought to dishonour. Let those who plot my ruin be turned back and confounded. 5Let them be as chaff before the wind, Yahweh’s angel driving them on. 6Let their way be dark and slippery, Yahweh’s angel pursuing them. 7For without cause they have hidden their net in a pit for me, without cause they have dug a pit for my soul. 8Let destruction come on him unawares. Let his net that he has hidden catch himself; let him fall into that destruction. 9My soul shall be joyful in Yahweh, I shall rejoice in His salvation. 10All my bones shall say, “Yahweh, who is like You, who delivers the poor from him who is too strong for him; yes, the poor and the needy from him who robs him?”. 11Unrighteous witnesses rise up; they accuse me of things that I know nothing about. 12They reward me evil for good, to the bereaving of my soul. 13But as for me, when they were sick, my clothing was sackcloth, I afflicted my soul with fasting. My prayer returned into my own bosom. 14I behaved myself as though it had been my friend or my brother. I bowed down mourning, as one who mourns his mother. 15But in my adversity, they rejoiced, and gathered themselves together. The attackers gathered themselves together against me, and I didn’t know it. They tore at me, and didn’t cease. 16Like the profane mockers in feasts, they gnashed their teeth at me. 17Lord, how long will You look on? Rescue my soul from their destruction, my precious life from the lions. 18I will give You thanks in the great assembly, I will praise You among many people. 19Don’t let those who are my enemies wrongfully rejoice over me; neither let those who hate me without a cause wink their eyes. 20For they don’t speak peace, but they devise deceitful words against those who are quiet in the land. 21Yes, they opened their mouth wide against me. They said, “Aha! Aha! Our eye has seen it!”. 22You have seen it, Yahweh. Don’t keep silent. Lord, don’t be far from me. 23Wake up! Rise up to defend me, my God! My Lord, contend for me! 24Vindicate me, Yahweh my God, according to Your righteousness. Don’t let them gloat over me. 25Don’t let them say in their heart, “Aha! That’s just the way we want it!”. Don’t let them say, “We have swallowed him up!”. 26Let them be disappointed and confounded together who rejoice at my calamity. Let them be clothed with shame and dishonour who magnify themselves against me. 27Let them shout for joy and be glad, who favour my righteous cause. Yes, let them say continually, “Yahweh be magnified, who has pleasure in the prosperity of His servant!” 28My tongue shall talk about Your righteousness and about Your praise all day long.

Psalm 36 For the Chief Musician. By David, the servant of Yahweh. 1An oracle is within my heart about the disobedience of the wicked: “There is no fear of God before his eyes”. 2For he flatters himself in his own eyes, too much to detect and hate his sin. 3The words of his mouth are iniquity and deceit; he has ceased to be wise and to do good. 4He plots iniquity on his bed, he sets himself up in a way that is not good. He doesn’t hate evil. 5Your grace, Yahweh, is in the heavens; Your faithfulness reaches to the skies. 6Your righteousness is like the great mountains; Your judgments are like a great deep. Yahweh, You preserve man and animal. 7How precious is Your grace, O God! The children of men take refuge under the shadow of Your wings. 8They shall be abundantly satisfied with the abundance of Your house; You will make them drink of the river of Your pleasures. 9For with You is the spring of life; in Your light shall we see light. 10Oh continue Your grace to those who know You, Your righteousness to the upright in heart. 11Don’t let the foot of pride come against me; don’t let the hand of the wicked drive me away. 12There the workers of iniquity are fallen, they are thrust down, and shall not be able to rise.

Psalm 37 By David. 1Don’t fret because of evildoers, neither be envious against those who work unrighteousness. 2For they shall soon be cut down like the grass, and wither like the green plant. 3Trust in Yahweh, and do good. Dwell in the land, and enjoy safe pasture. 4Also delight yourself in Yahweh, and He will give you the desires of your heart. 5Commit your way to Yahweh. Trust also in Him, and He will do this: 6 He will make your righteousness go forth as the light, and your justice as the noon day sun. 7Rest in Yahweh, and wait patiently for Him. Don’t fret because of him who prospers in his way, because of the man who makes wicked plots happen. 8Cease from anger, and forsake wrath. Don’t fret, it leads only to evildoing. 9For evildoers shall be cut off, but those who wait for Yahweh shall inherit the land. 10For yet a little while, and the wicked will be no more. Yes, though you look for his place, he isn’t there. 11But the humble shall inherit the land, and shall delight themselves in the abundance of peace. 12The wicked plots against the just, and gnashes at him with his teeth. 13The Lord will laugh at him, for He sees that his day is coming. 14The wicked have drawn out the sword and have bent their bow to cast down the poor and needy, to kill those who are upright in the way. 15Their sword shall enter into their own heart. Their bows shall be broken. 16Better is a little that the righteous has, than the abundance of many wicked. 17For the arms of the wicked shall be broken, but Yahweh upholds the righteous. 18Yahweh knows the days of the perfect. Their inheritance shall be forever. 19They shall not be disappointed in the time of evil; in the days of famine they shall be satisfied. 20But the wicked shall perish, the enemies of Yahweh shall be like the passing beauty of the fields. They will vanish— vanish like smoke. 21The wicked borrow, and don’t pay back, but the righteous give generously. 22For such as are blessed by Him shall inherit the land. Those who are cursed by Him shall be cut off. 23A man’s goings are established by Yahweh; He delights in his way. 24Though he stumble, he shall not fall, for Yahweh holds him up with His hand. 25I have been young, and now am old, yet I have not seen the righteous forsaken, nor his children begging for bread. 26All day long he deals graciously, and lends. His seed is blessed. 27Depart from evil, and do good. Live securely forever. 28For Yahweh loves justice, and doesn’t forsake His saints. They are preserved forever, but the children of the wicked shall be cut off. 29The righteous shall inherit the land, and live in it forever. 30The mouth of the righteous talks of wisdom, his tongue speaks justice. 31The law of his God is in his heart, none of his steps shall slide. 32The wicked watches the righteous, and seeks to kill him. 33Yahweh will not leave him in his hand, nor condemn him when he is judged. 34Wait for Yahweh, and keep His way, and He will exalt you to inherit the land. When the wicked are cut off, you shall see it. 35I have seen the wicked in great power, spreading himself like a green tree in its native soil. 36But he passed away, and behold, he was not. Yes, I sought him, but he could not be found. 37Note the perfect man, and see the upright, for there is a future for the man of peace. 38As for transgressors, they shall be destroyed together. The future of the wicked shall be cut off. 39But the salvation of the righteous is from Yahweh; He is their stronghold in the time of trouble. 40Yahweh helps them, and rescues them. He rescues them from the wicked, and saves them, because they have taken refuge in Him.

Psalm 38 A Psalm by David, for a memorial. 1Yahweh, don’t rebuke me in Your wrath, neither chasten me in Your hot displeasure. 2For Your arrows have pierced me, Your hand presses hard on me. 3There is no soundness in my flesh because of Your indignation, neither is there any health in my bones because of my sin. 4For my sins have gone over my head; as a heavy burden, they are too heavy for me. 5My wounds are loathsome and corrupt because of my foolishness. 6I am pained and bowed down greatly. I go mourning all day long. 7For my waist is filled with burning, there is no soundness in my body. 8I am faint and severely bruised; I have groaned by reason of the anguish of my heart. 9Lord, all my desire is before You; my groaning is not hidden from You. 10My heart throbs, my strength fails me. As for the light of my eyes, it has also left me. 11My lovers and my friends stand aloof from my plague, my kinsmen stand far away. 12They also who seek after my life lay snares, those who seek my hurt speak mischievous things, and meditate deceits all day long. 13But I, as a deaf man, don’t hear. I am as a mute man who doesn’t open his mouth. 14Yes, I am as a man who doesn’t hear, in whose mouth are no reproofs. 15For in You, Yahweh, do I hope. You will answer, Lord my God. 16For I said, “Don’t let them gloat over me, or exalt themselves over me when my foot slips”. 17For I am ready to fall; my pain is continually before me. 18For I will declare my iniquity, I will be sorry for my sin. 19But my enemies are vigorous and many. Those who hate me without reason are numerous. 20They who also render evil for good are adversaries to me, because I follow what is good. 21Don’t forsake me, Yahweh. My God, don’t be far from me. 22Hurry to help me, Lord, my salvation.

Psalm 39 For the Chief Musician. For Jeduthun. A Psalm by David. 1I said, “I will watch my ways, so that I don’t sin with my tongue. I will keep my mouth with a bridle while the wicked is before me”. 2I was mute with silence; I held my peace, even from good. My sorrow was stirred. 3My heart was hot within me. While I meditated, the fire burned: I spoke with my tongue: 4“Yahweh, show me my end, what is the measure of my days. Let me know how frail I am. 5Behold, you have made my days mere handbreadths. My lifetime is as nothing before you. Surely every man stands as a breath”. Selah. 6“Surely every man walks like a shadow. Surely they busy themselves in vain. He heaps up, and doesn’t know who shall gather. 7Now, Lord, what do I wait for? My hope is in You. 8Deliver me from all my transgressions. Don’t make me the reproach of the foolish. 9I was mute. I didn’t open my mouth, because You did it. 10Remove Your scourge away from me; I am overcome by the blow of Your hand. 11When You rebuke and correct man for iniquity, You consume his days like a moth. Surely every man is but a breath”. Selah. 12“Hear my prayer, Yahweh, and give ear to my cry. Don’t be silent at my tears. For I am a stranger with You, a foreigner, as all my fathers were. 13Oh spare me, that I may recover strength, before I go away, and exist no more”.

Psalm 40 For the Chief Musician. A Psalm by David. 1I waited patiently for Yahweh. He turned to me, and heard my cry. 2He brought me up also out of a horrible pit, out of the miry clay. He set my feet on a rock, and gave me a firm place to stand. 3He has put a new song in my mouth, even praise to our God. Many shall see it, and fear, and shall trust in Yahweh. 4Blessed is the man who makes Yahweh his trust and doesn’t respect the proud, nor such as turn aside to lies. 5Many, Yahweh my God, are the wonderful works which You have done, and Your thoughts which are toward us. They can’t be declared back to You. If I would declare and speak of them, they are more than can be numbered. 6Sacrifice and offering You didn’t desire. You have digged my ears. You have not required burnt offering and sin offering. 7Then I said, “Behold, I have come. It is written about me throughout the book in the scroll. 8I delight to do Your will, my God. Yes, Your law is within my heart”. 9I have proclaimed glad news of righteousness in the great assembly. Behold, I will not seal my lips, Yahweh, You know. 10I have not hidden Your righteousness within my heart. I have declared Your faithfulness and Your salvation. I have not concealed Your grace and Your truth from the great assembly. 11Don’t withhold Your tender mercies from me, Yahweh; let Your grace and Your truth continually preserve me. 12For innumerable evils have surrounded me. My iniquities have overtaken me, so that I am not able to look up. They are more than the hairs of my head. My heart has failed me. 13Be pleased, Yahweh, to deliver me. Hurry to help me, Yahweh. 14Let them be disappointed and confounded together who seek after my soul to destroy it. Let them be turned backward and brought to dishonour who delight in my hurt. 15Let them be desolate by reason of their shame that tell me, “Aha! Aha!”. 16Let all those who seek You rejoice and be glad in You. Let such as love Your salvation say continually, “Let Yahweh be exalted!”. 17But I am poor and needy. May the Lord think about me. You are my help and my deliverer. Don’t delay, my God.

Psalm 41 For the Chief Musician. A Psalm by David. 1Blessed is he who considers the poor. Yahweh will deliver him in the day of evil. 2Yahweh will preserve him, and keep him alive. He shall be blessed on the earth, and he will not surrender him to the will of his enemies. 3Yahweh will sustain him on his sickbed, and restore him from his bed of illness. 4I said, “Yahweh, have mercy on me! Heal me, for I have sinned against You”. 5My enemies speak evil against me: “When will he die, and his name perish?”. 6If he comes to see me, he speaks falsehood. His heart gathers iniquity to itself. When he goes outside, he tells it. 7All who hate me whisper together against me. They imagine the worst for me. 8“An evil disease,” they say, “has afflicted him. Now that he lies he shall rise up no more”. 9Yes, my own familiar friend, in whom I trusted, who ate bread with me, has lifted up his heel against me. 10But You, Yahweh, have mercy on me, and raise me up, that I may repay them. 11By this I know that You delight in me, because my enemy doesn’t triumph over me. 12As for me, You uphold me in my integrity, and set me in Your presence forever. 13Blessed be Yahweh, the God of Israel, from everlasting and to everlasting! Amen and amen.

BOOK II

Psalm 42 For the Chief Musician. A contemplation by the sons of Korah. 1As the deer pants for the water brooks, so my soul pants after You, God. 2My soul thirsts for God, for the living God. When shall I come and appear before God? 3My tears have been my food day and night, while they continually ask me, “Where is your God?”. 4These things I remember and pour out my soul within me, how I used to go with the crowd, and led them to God’s house, with the voice of joy and praise, a multitude keeping a holy day. 5Why are you in despair, my soul? Why are you disturbed within me? Hope in God! For I shall still praise Him for the saving help of His presence. 6My God, my soul is in despair within me. Therefore I remember You from the land of the Jordan, the heights of Hermon, from the hill Mizar. 7Deep calls to deep at the noise of Your waterfalls. All Your waves and Your billows have swept over me. 8Yahweh will command His grace in the daytime. In the night His song shall be with me: a prayer to the God of my life. 9I will ask God, my rock, “Why have You forgotten me? Why do I go mourning because of the oppression of the enemy?”. 10As with a sword in my bones, my adversaries reproach me, while they continually ask me, “Where is your God?”. 11Why are you in despair, my soul? Why are you disturbed within me? Hope in God! For I shall still praise Him, the saving help of my countenance, and my God.

Psalm 43 1Vindicate me, God, and plead my cause against an ungodly nation. Oh, deliver me from deceitful and wicked men. 2For You are the God of my strength. Why have You rejected me? Why do I go mourning because of the oppression of the enemy? 3Oh, send out Your light and Your truth. Let them lead me. Let them bring me to Your holy hill, to Your great tent. 4Then I will go to the altar of God, to God, my exceeding joy. I will praise You on the harp, God, my God. 5Why are you in despair, my soul? Why are you disturbed within me? Hope in God! For I shall still praise Him: my saviour, my helper, and my God.

Psalm 44 For the Chief Musician. By the sons of Korah. A contemplative psalm. 1We have heard with our ears, God; our fathers have told us, what work You did in their days, in the days of old. 2You drove out the nations with Your hand, but You planted them. You afflicted the peoples, but You spread them abroad. 3For they didn’t get the land in possession by their own sword, neither did their own arm save them; but Your right hand, and Your arm, and the light of Your face, because You were favourable to them. 4You are my King, God. Command victories for Jacob! 5Through You will we push down our adversaries. Through Your name will we tread them under who rise up against us. 6For I will not trust in my bow, neither shall my sword save me. 7But You have saved us from our adversaries, and have shamed those who hate us. 8In God we have made our boast all day long, we will give thanks to Your name forever. Selah. 9But now You rejected us, and brought us to dishonour, and don’t go out with our armies. 10You make us turn back from the adversary. Those who hate us take spoil for themselves. 11You have made us like sheep for food, and have scattered us among the nations. 12You sell Your people for nothing, and have gained nothing from their sale. 13You make us a reproach to our neighbours, a scoffing and a derision to those who are around us. 14You make us a byword among the nations, a shaking of the head among the peoples. 15All day long my dishonour is before me, and shame covers my face 16at the taunt of one who reproaches and verbally abuses, because of the enemy and the avenger. 17All this has come on us, yet have we not forgotten You, neither have we been false to Your covenant. 18Our heart has not turned back, neither have our steps strayed from Your path, 19though You have crushed us in the haunt of jackals, and covered us with the shadow of death. 20If we have forgotten the name of our God, or spread forth our hands to a strange god; 21won’t God search this out? For He knows the secrets of the heart. 22Yes, for Your sake we are killed all day long. We are regarded as sheep for the slaughter. 23Wake up! Why do You sleep, Lord? Arise! Don’t reject us forever. 24Why do You hide Your face, and forget our affliction and our oppression? 25For our soul is bowed down to the dust. Our body clings to the earth. 26Rise up to help us. Redeem us for Your grace’ sake.

Psalm 45 For the Chief Musician. Set to “The Lilies”. A contemplation by the sons of Korah. A wedding song. 1My heart overflows with a noble theme. I recite my verses for the king. My tongue is like the pen of a skilful writer. 2You are the most excellent of the sons of men. Grace has anointed your lips, therefore God has blessed you forever. 3Strap your sword on your thigh, mighty one, in your splendour and your majesty. 4In your majesty ride victoriously on behalf of truth, humility, and righteousness. Let your right hand display awesome deeds. 5Your arrows are sharp. The nations fall under you, with arrows in the heart of the king’s enemies. 6Your throne, God, is forever and ever. A sceptre of equity is the sceptre of your kingdom. 7You have loved righteousness, and hated wickedness; therefore God, even your God, has anointed you with the oil of gladness above your fellows. 8All your garments smell like myrrh, aloes, and cassia. Out of the ivory palaces the stringed instruments have made you glad. 9Kings’ daughters are among your honourable women. At your right hand the queen stands in gold of Ophir. 10Listen, daughter, consider, and turn your ear. Forget your own people, and also your father’s house. 11So the king will desire your beauty; honour him, for he is your lord. 12The daughter of Tyre comes with a gift, the rich among the people entreat your favour. 13The princess inside is all glorious. Her clothing is interwoven with gold. 14She shall be led to the king in embroidered work. The virgins, her companions who follow her, shall be brought to you. 15With gladness and rejoicing they shall be led; they shall enter into the king’s palace. 16Your sons will take the place of your fathers; you shall make them princes in all the land. 17I will make your name to be remembered in all generations. Therefore the peoples shall give you praise forever and ever.

Psalm 46 For the Chief Musician. By the sons of Korah. According to Alamoth. 1God is our refuge and strength, a very present help in trouble. 2Therefore we won’t be afraid though the earth shakes, though the mountains are shaken into the heart of the seas; 3though its waters roar and are troubled, though the mountains tremble with their swelling. Selah. 4There is a river, the streams of which make the city of God glad, the holy place of the tents of the Most High. 5God is in her midst, she shall not be moved. God will help her at dawn. 6The nations raged, the kingdoms were moved. He lifted His voice, and the earth melted. 7Yahweh of Armies is with us. The God of Jacob is our refuge. Selah. 8Come, see Yahweh’s works, what desolations He has made in the earth. 9He makes wars cease to the end of the earth. He breaks the bow, and shatters the spear. He burns the chariots in the fire. 10“Be still, and know that I am God. I will be exalted among the nations. I will be exalted in the earth”. 11Yahweh of Armies is with us. The God of Jacob is our refuge. Selah.

Psalm 47 For the Chief Musician. A Psalm by the sons of Korah. 1Oh clap your hands, all you nations. Shout to God with the voice of triumph! 2For Yahweh Most High is awesome. He is a great King over all the earth. 3He subdues nations under us, and peoples under our feet. 4He chooses our inheritance for us, the glory of Jacob whom He loved. Selah. 5God has gone up with a shout, Yahweh with the sound of a trumpet. 6Sing praise to God, sing praises. Sing praises to our King, sing praises. 7For God is the King of all the earth. Sing praises with understanding. 8God reigns over the nations, God sits on His holy throne. 9The princes of the peoples are gathered together, the people of the God of Abraham. For the shields of the earth belong to God. He is greatly exalted!

Psalm 48 A Song. A Psalm by the sons of Korah. 1Great is Yahweh, and greatly to be praised in the city of our God, in His holy mountain. 2Beautiful in elevation, the joy of the whole earth, is Mount Zion, on the north sides, the city of the great King. 3God has shown Himself in her citadels as a refuge. 4For, behold, the kings assembled themselves, they passed by together. 5They saw it, then they were amazed. They were dismayed. They hurried away. 6Trembling took hold of them there, pain, as of a woman in travail. 7With the east wind, You break the ships of Tarshish. 8As we have heard, so we have seen, in the city of Yahweh of Armies, in the city of our God. God will establish it forever. Selah. 9We have thought about Your grace, God, in the midst of Your temple. 10As is Your name, God, so is Your praise to the ends of the earth. Your right hand is full of righteousness. 11Let Mount Zion be glad! Let the daughters of Judah rejoice because of Your judgments. 12Walk about Zion, and go around her. Number its towers. 13Mark well her bulwarks. Consider her palaces, that you may tell it to the next generation. 14For this God is our God forever and ever. He will be our guide even to death.

Psalm 49 For the Chief Musician. A Psalm by the sons of Korah. 1Hear this, all you peoples. Listen, all you inhabitants of the world, 2both low and high, rich and poor together. 3My mouth will speak words of wisdom, my heart shall utter understanding. 4I will bend my ear to a proverb, I will open my riddle on the harp. 5Why should I fear in the days of evil, when iniquity barks at my heels, surrounding me? 6Those who trust in their wealth and boast in the multitude of their riches— 7none of them can by any means redeem his brother, nor give God a ransom for him. 8For the redemption of their life is costly, no payment is ever enough, 9 that he should live on forever, that he should not see corruption. 10For He sees that wise men die; likewise the fool and the senseless perish, and leave their wealth to others. 11Their inward thought is that their houses will endure forever, and their dwelling places to all generations. They name their lands after themselves. 12But man, despite his riches, doesn’t endure. He is like the animals that perish. 13This is the destiny of those who are foolish, and of those who approve their sayings. Selah. 14They are appointed as a flock for Sheol. Death shall be their shepherd. The upright shall have dominion over them in the morning. Their beauty shall decay in Sheol, far from their mansions. 15But God will redeem my soul from the power of Sheol, for He will receive me. Selah. 16Don’t be afraid when a man is made rich, when the glory of his house is increased. 17For when he dies he shall carry nothing away; his glory shall not descend after him. 18Though while he lived he blessed his soul— and men praise you when you do well for yourself— 19he shall go to the generation of his fathers. They shall never see the light. 20A man who has riches without understanding is like the animals that perish.

Psalm 50 A Psalm by Asaph. 1The Mighty One, God, Yahweh, speaks, and calls the earth from sunrise to sunset. 2Out of Zion, the perfection of beauty, God shines forth. 3Our God comes, and does not keep silent. A fire devours before Him, it is very stormy around Him. 4He calls to the heavens above, to the earth, that He may judge His people: 5“Gather My saints together to Me, those who have made a covenant with Me by sacrifice”. 6The heavens shall declare His righteousness, for God Himself is judge. Selah. 7“Hear, My people, and I will speak; Israel, and I will testify against you. I am God, your God. 8I don’t rebuke you for your sacrifices. Your burnt offerings are continually before Me. 9I have no need for a bull from your stall, nor male goats from your pens. 10For every animal of the forest is Mine, and the cattle on a thousand hills. 11I know all the birds of the mountains. The wild animals of the field are Mine. 12If I were hungry, I would not tell you, for the world is Mine, and all that is in it. 13Will I eat the flesh of bulls, or drink the blood of goats? 14Offer to God the sacrifice of thanksgiving, pay your vows to the Most High. 15Call on Me in the day of trouble; I will deliver you, and you will honour Me”. 16But to the wicked God says, “What right do you have to declare My statutes and to have taken My covenant on your lips, 17since you hate instruction, and throw My words behind you? 18When you saw a thief, you consented with him, and have participated with adulterers. 19You give your mouth to evil, your tongue frames deceit. 20You sit and speak against your brother, you slander your own mother’s son. 21You have done these things, and I kept silent. You thought that I was just like you. I will rebuke you, and accuse you in front of your eyes. 22Now consider this, you who forget God, lest I tear you into pieces, and there be none to deliver. 23Whoever offers the sacrifice of thanksgiving glorifies Me, and prepares his way so that I will show God’s salvation to him”.

Psalm 51 For the Chief Musician. A Psalm by David, when Nathan the prophet came to him, after he had gone in to Bathsheba. 1Have mercy on me, God, according to Your grace. According to the multitude of Your tender mercies, blot out my transgressions. 2Wash me thoroughly from my iniquity, cleanse me from my sin. 3For I acknowledge my transgressions; my sin is constantly before me. 4Against You, and You only, have I sinned, and done that which is evil in Your sight; that You may be proved right when You speak, and justified when You judge. 5Behold, I was brought forth in iniquity. In sin my mother conceived me. 6Behold, You desire truth in the inward parts; You teach me wisdom in the innermost place. 7Purify me with hyssop, and I will be clean; wash me, and I will be whiter than snow. 8Let me hear joy and gladness, so that the bones which You have broken may rejoice. 9Hide Your face from my sins, and blot out all of my iniquities. 10Create in me a clean heart, O God, renew a right spirit within me. 11Don’t throw me out from Your presence, and don’t take Your spirit of holiness from me. 12Restore to me the joy of Your salvation, uphold me with a willing spirit. 13Then I will teach transgressors Your ways, sinners shall be converted to You. 14Deliver me from blood guiltiness, O God, the God of my salvation. My tongue shall sing aloud of Your righteousness. 15Lord, open my lips; my mouth shall declare Your praise. 16For You don’t delight in sacrifice, or else I would give it; You have no pleasure in burnt offering. 17The sacrifices of God are a broken spirit, a broken and contrite heart, O God, You will not despise. 18Do well in Your good pleasure to Zion, build the walls of Jerusalem. 19Then You will delight in the sacrifices of righteousness, in burnt offerings and in whole burnt offerings. Then they will offer bullocks on Your altar.

Psalm 52 For the Chief Musician. A contemplation by David, when Doeg the Edomite came and told Saul, “David has come to Abimelech’s house”. 1Why do you boast of mischief, mighty man? God’s grace endures continually. 2Your tongue plots destruction, like a sharp razor, working deceitfully. 3You love evil more than good, lying rather than speaking the truth. Selah. 4You love all devouring words, you deceitful tongue. 5God will likewise destroy you forever. He will take you up, and pluck you out of your tent, and root you out of the land of the living. Selah. 6The righteous also will see it, and fear, and laugh at him, saying, 7“Behold, this is the man who didn’t make God his strength, but trusted in the abundance of his riches, and strengthened himself in his wickedness”. 8But as for me, I am like a green olive tree in God’s house. I trust in God’s grace forever and ever. 9I will give You thanks forever, because You have done it. I will hope in Your name, for it is good, in the presence of Your saints.

Psalm 53 For the Chief Musician. To the tune of “Mahalath”. A contemplation by David. 1The fool has said in his heart, “There is no God”. They are corrupt, and have done abominable iniquity. There is no one who does good. 2God looks down from heaven on the children of men, to see if there are any who understood, who seek after God. 3Every one of them has gone back. They have become filthy together. There is no one who does good, no, not one. 4Have the workers of iniquity no knowledge, who eat up my people as they eat bread, and don’t call on God? 5There they were in great fear, where no fear was, for God has scattered the bones of him who encamps against you. You have put them to shame, because God has rejected them. 6Oh that the salvation of Israel would come out of Zion! When God brings back His people from captivity, then Jacob shall rejoice, and Israel shall be glad.

Psalm 54 For the Chief Musician. On stringed instruments. A contemplation by David, when the Ziphites came and said to Saul, “Isn’t David hiding himself among us?”. 1Save me, God, by Your name. Vindicate me in Your might. 2Hear my prayer, God. Listen to the words of my mouth. 3For strangers have risen up against me, violent men have sought after my soul. They haven’t set God before them. Selah. 4Behold, God is my helper, the Lord is the one who sustains my soul. 5He will repay the evil to my enemies; destroy them in Your truth. 6With a free will offering, I will sacrifice to You. I will give thanks to Your name, Yahweh, for it is good. 7For He has delivered me out of all trouble. My eye has seen triumph over my enemies.

Psalm 55 For the Chief Musician. On stringed instruments. A contemplation by David. 1Listen to my prayer, God. Don’t hide Yourself from my supplication. 2Attend to me, and answer me. I am restless in my complaint and moan, 3because of the words of the enemy, because of the oppression of the wicked. For they bring suffering on me, in anger they hold a grudge against me. 4My heart is severely pained within me, the terrors of death have come upon me. 5Fearfulness and trembling have come upon me, horror has overwhelmed me. 6I said, “Oh that I had wings like a dove! Then I would fly away, and be at rest. 7Behold, then I would wander far off, I would lodge in the wilderness”. Selah. 8“I would hurry to a shelter from the stormy wind and storm”. 9Confuse them, Lord, and confound their language, for I have seen violence and strife in the city. 10Day and night they prowl around on its walls, malice and abuse are also within her. 11Destructive forces are within her, threats and lies don’t depart from her streets. 12For it was not an enemy who insulted me, then I could have endured it; neither was it he who hated me who raised himself up against me, then I would have hidden myself from him. 13But it was you, a man like me, my companion, and my familiar friend. 14We took sweet fellowship together, we walked to God’s house in company. 15Let death come suddenly on them, let them go down alive into Sheol. For wickedness is in their dwelling, in their midst. 16As for me, I will call on God. Yahweh will save me. 17Evening, morning, and at noon, I will cry out in distress; He will hear my voice. 18He has redeemed my soul in peace from the battle that was against me, although there are many who oppose me. 19God, who is enthroned forever, will hear, and answer them. Selah. They never change, those who don’t fear God. 20He raises his hands against his friends, he has violated his covenant. 21His mouth was smooth as butter, but his heart was war. His words were softer than oil, yet they were drawn swords. 22Cast your burden on Yahweh, and He will sustain you. He will never allow the righteous to be moved. 23But You, God, will bring them down into the pit of destruction. Bloodthirsty and deceitful men shall not live out half their days, but I will trust in You.

Psalm 56 For the Chief Musician. To the tune of “Silent Dove in Distant Lands”. A poem by David, when the Philistines seized him in Gath. 1Be merciful to me, God, for man wants to swallow me up. All day long he attacks and oppresses me. 2My enemies want to swallow me up all day long, for they are many who fight proudly against me. 3When I am afraid, I will put my trust in You. 4In God, I praise His word. In God do I put my trust. I will not be afraid- what can flesh do to me? 5All day long they twist my words, all their thoughts are against me for evil. 6They conspire and lurk, watching my steps, they are eager to take my life. 7Shall they escape by iniquity? In anger cast down the peoples, God. 8You number my wanderings, You put my tears into Your bottle. Aren’t they in Your book? 9Then my enemies shall turn back in the day that I call. I know this, that God is for me. 10In God, I will praise His word. In Yahweh, I will praise His word. 11I have put my trust in God; I will not be afraid. What can man do to me? 12Your vows are on me, God. I will give thank offerings to You. 13For You have delivered my soul from death, and prevented my feet from falling, that I may walk before God in the light of the living.

Psalm 57 For the Chief Musician. To the tune of “Do Not Destroy”. A poem by David, when he fled from Saul, in the cave. 1Be merciful to me, God, be merciful to me, for my soul takes refuge in You. Yes, in the shadow of Your wings I will take refuge, until disaster has passed. 2I cry out to God Most High, to God who accomplishes my requests for me. 3He will send from heaven and save me, He rebukes the one who is pursuing me. Selah. God will send out His grace and His truth. 4My soul is among lions. I lie among those who are set on fire, even the sons of men, whose teeth are spears and arrows, and their tongue a sharp sword. 5Be exalted, God, above the heavens! Let Your glory be above all the earth! 6They have prepared a net for my steps. My soul is bowed down, they dig a snare before me. They fall into its midst themselves. Selah. 7My heart is steadfast, God, my heart is steadfast. I will sing, yes, I will sing praises. 8Wake up, my glory! Wake up, psaltery and harp! I will wake up the dawn. 9I will give thanks to You, Lord, among the peoples, I will sing praises to You among the nations. 10For Your great grace reaches to the heavens, and Your truth to the skies. 11Be exalted, God, above the heavens. Let Your glory be over all the earth.

Psalm 58 For the Chief Musician. To the tune of “Do Not Destroy”. A poem by David. 1Do you indeed speak righteousness, silent ones? Do you judge blamelessly, you sons of men? 2No, in your heart you plot injustice. You measure out the violence of your hands in the earth. 3The wicked go astray from the womb. They are wayward as soon as they are born, speaking lies. 4Their poison is like the poison of a snake; like a deaf cobra that stops its ear, 5which doesn’t listen to the voice of charmers, no matter how skilful the charmer may be. 6Break their teeth, God, in their mouth. Break out the great teeth of the young lions, Yahweh. 7Let them vanish as water that flows away. When they draw the bow, let their arrows be made blunt. 8Let them be like the path of a snail which melts and passes away, like the stillborn child, who has not seen the sun. 9Before your pots can feel the heat of the thorns, he will sweep away the green and the burning alike. 10The righteous shall rejoice when he sees the vengeance. He shall wash his feet in the blood of the wicked; 11so that men shall say, “Most certainly there is a reward for the righteous. Most certainly there is a God who judges the earth”.

Psalm 59 For the Chief Musician. To the tune of “Do Not Destroy”. A poem by David, when Saul sent, and they watched the house to kill him. 1Deliver me from my enemies, my God; lift me on high from those who rise up against me. 2Deliver me from the workers of iniquity, save me from the bloodthirsty men. 3For, behold, they lie in wait for my soul. The mighty gather themselves together against me, not for my disobedience, nor for my sin, Yahweh. 4I have done no wrong, yet they are ready to attack me. Rise up, behold, and help me! 5You, Yahweh God of Armies, the God of Israel, rouse Yourself to punish the nations. Show no mercy to the wicked traitors. Selah. 6They return at evening, howling like dogs, and prowl around the city. 7Behold, they spew with their mouth; swords are in their lips, “For,” they say, “who hears us?”. 8But You, Yahweh, laugh at them. You scoff at all the nations. 9Oh my Strength, I watch for You, for God is my high tower. 10My God will go before me with His grace. God will let me look at my enemies in triumph. 11Don’t kill them immediately, or my people may forget. Scatter them by Your power, and bring them down, Lord our shield. 12For the sin of their mouth, and the words of their lips, let them be caught in their pride, for the curses and lies which they utter. 13Consume them in wrath, consume them, and they will be no more. Let them know that God rules in Jacob, to the ends of the earth. Selah. 14At evening let them return. Let them howl like a dog, and go around the city. 15They shall wander up and down for food, and howl all night because they aren’t satisfied. 16But I will sing of Your strength. Yes, I will sing aloud of Your grace in the morning. For You have been my high tower, a refuge in the day of my distress. 17To You, my strength, I will sing praises. For God is my high tower, the God of my mercy.

Psalm 60 For the Chief Musician. To the tune of “The Lily of the Covenant”. A teaching poem by David, when he fought with Aram Naharaim and with Aram Zobah, and Joab returned, and killed twelve thousand of Edom in the Valley of Salt. 1God, You have rejected us. You have broken us down, You have been angry. Restore us again. 2You have made the land tremble, You have torn it. Mend its fractures, for it quakes. 3You have shown Your people hard things, You have made us drink the wine that makes us stagger. 4You have given a banner to those who fear You, that it may be displayed because of the truth. Selah. 5So that Your beloved may be delivered, save with Your right hand, and answer us. 6God has spoken from His sanctuary: “I will triumph. I will divide Shechem, and measure out the valley of Succoth. 7Gilead is Mine and Manasseh is Mine. Ephraim also is the helmet of My head. Judah is My sceptre. 8Moab is My wash basin. I will throw My shoe on Edom, I shout in triumph over Philistia”. 9Who will bring me into the strong city? Who has led me to Edom? 10Haven’t You, God, rejected us? You don’t go out with our armies, God. 11Give us help against the adversary, for the help of man is vain. 12Through God we shall do valiantly, for it is He who will tread down our adversaries.

Psalm 61 For the Chief Musician. For a stringed instrument. By David. 1Hear my cry, God. Listen to my prayer. 2From the end of the land I will call to You when my heart is overwhelmed. Lead me to the rock that is higher than I. 3For You have been a refuge for me, a strong tower from the enemy. 4I will dwell in Your tent forever, I will take refuge in the shelter of Your wings. Selah. 5For You, God, have heard my vows. You have given me the heritage of those who fear Your name. 6You will prolong the king’s life; his years shall be for generations. 7He shall be enthroned in God’s presence forever. Appoint Your grace and truth that they may preserve him. 8So I will sing praise to Your name forever, that I may fulfil my vows daily.

Psalm 62 For the Chief Musician. To Jeduthun. A Psalm by David. 1My soul rests in God alone. My salvation is from Him. 2He alone is my rock and my salvation, my fortress— I will never be greatly shaken. 3How long will you assault a man, would all of you throw him down, like a leaning wall, like a tottering fence? 4They fully intend to throw him down from his high place. They delight in lies; they bless with their mouth, but they curse inwardly. Selah. 5My soul, wait in silence for God alone, for my expectation is from Him. 6He alone is my rock and my salvation, my fortress. I will not be shaken. 7With God is my salvation and my honour. The rock of my strength, and my refuge, is in God. 8Trust in Him at all times, you people. Pour out your heart before Him. God is a refuge for us. Selah. 9Surely men of low degree are just a breath, and men of high degree are a lie. In the balances they will go up; they are together lighter than a breath. 10Don’t trust in oppression, don’t become vain in robbery. If riches increase, don’t set your heart on them. 11God has spoken once; twice I have heard this, that power belongs to God. 12Also to You, Lord, belongs grace, for You reward every man according to his work.

Psalm 63 A Psalm by David, when he was in the desert of Judah. 1God, You are my God; I will earnestly seek You. My soul thirsts for You, my flesh longs for You, in a dry and weary land, where there is no water. 2So I have seen You in the sanctuary, watching Your power and Your glory. 3Because Your grace is better than life, my lips shall praise You. 4So I will bless You while I live, I will lift up my hands in Your name. 5My soul shall be satisfied as with the richest food. My mouth shall praise You with joyful lips 6when I remember You on my bed, and think about You in the night watches. 7For You have been my help; I will rejoice in the shadow of Your wings. 8My soul stays close to You, Your right hand upholds me. 9But those who seek my soul to destroy it shall go into the lower parts of the earth. 10They shall be given over to the power of the sword. They shall be jackal food. 11But the king shall rejoice in God. Everyone who swears by Him will praise Him, for the mouth of those who speak lies shall be stopped.

Psalm 64 For the Chief Musician. A Psalm by David. 1Hear my voice, God, in my complaint. Preserve my life from fear of the enemy. 2Hide me from the conspiracy of the wicked, from the noisy crowd of the ones doing evil; 3who sharpen their tongue like a sword, and aim their arrows, deadly words, 4to shoot innocent men from ambushes. They shoot at him suddenly and fearlessly. 5They encourage themselves in evil plans. They talk about laying snares secretly. They say, “Who will see them?”. 6They plot injustice, saying, “We have made a perfect plan!”. Surely man’s mind and heart are cunning. 7But God will shoot at them, they will be suddenly struck down with an arrow. 8Their own tongues shall ruin them; all who see them will shake their heads. 9All mankind shall be in awe. They shall declare the work of God, and shall wisely ponder what He has done. 10The righteous shall be glad in Yahweh, and shall take refuge in Him. All the upright in heart shall praise Him!

Psalm 65 For the Chief Musician. A Psalm by David. A song. 1Praise waits for You, God, in Zion. To You shall vows be performed. 2You who hear prayer, to You all men will come. 3Sins overwhelmed me, but You atoned for our transgressions. 4Blessed is the person whom You choose and cause to come near, that he may live in Your courts. We will be filled with the goodness of Your house, Your holy temple. 5By awesome deeds of righteousness You answer us, God of our salvation. You who are the hope of all the ends of the earth, of those who are far away on the sea; 6who by His power forms the mountains, having armed Yourself with strength; 7who stills the roaring of the seas, the crashing of their waves, and the turmoil of the nations. 8They also who dwell in distant places are afraid at Your wonders. You call the morning’s dawn and the evening with songs of joy. 9You visit the earth, and water it; You greatly enrich it. The river of God is full of water. You provide them grain, for so You have ordained it. 10You drench its furrows, You level its ridges, You soften it with showers, You bless it with a crop. 11You crown the year with Your bounty, Your carts overflow with abundance. 12The wilderness grasslands overflow, the hills are clothed with gladness. 13The pastures are covered with flocks, the valleys also are clothed with grain. They shout for joy! They also sing.

Psalm 66 For the Chief Musician. A song. A Psalm. 1Make a joyful shout to God, all the earth! 2Sing to the glory of His name! Offer glory and praise! 3Tell God, “How awesome are Your deeds! Through the greatness of Your power, Your enemies submit themselves to You. 4All the earth will worship You, and will sing to You; they will sing to Your name”. Selah. 5Come and see God’s deeds— awesome work on behalf of the children of men. 6He turned the sea into dry land, they went through the river on foot. There we rejoiced in Him. 7He rules by His might forever, His eyes watch the nations. Don’t let the rebellious rise up against Him. Selah. 8Praise our God, you peoples! Make the sound of His praise heard, 9who preserves our life among the living, and doesn’t allow our feet to be moved. 10For You, God, have tested us. You have refined us, as silver is refined. 11You brought us into prison, You laid a burden on our backs. 12You allowed men to ride over our heads. We went through fire and through water, but You brought us to the place of abundance. 13I will come into Your temple with burnt offerings. I will pay my vows to You, 14which my lips promised and my mouth spoke, when I was in distress. 15I will offer to You burnt offerings of fat animals, with the offering of rams, I will offer bulls with goats. Selah. 16Come and hear, all you who fear God; I will declare what He has done for my soul. 17I cried to Him with my mouth. He was extolled with my tongue. 18If I cherished sin in my heart, the Lord wouldn’t have listened. 19But most certainly, God has listened. He has heard the voice of my prayer. 20Blessed be God, who has not turned away my prayer, nor His grace from me.

Psalm 67 For the Chief Musician. With stringed instruments. A Psalm. A song. 1May God be merciful to us, bless us, and cause His face to shine on us. Selah. 2That Your way may be known on earth, and Your salvation among all nations, 3let the peoples praise You, God. Let all the peoples praise You. 4Oh let the nations be glad and sing for joy, for You will judge the peoples with equity, and govern the nations on earth. Selah. 5Let the peoples praise You, God. Let all the peoples praise You. 6The earth has yielded its increase. God, even our own God, will bless us. 7God will bless us. All the ends of the earth shall fear Him.

Psalm 68 For the Chief Musician. A Psalm by David. A song. 1Let God arise! Let His enemies be scattered! Let them who hate Him also flee before Him. 2As smoke is driven away, so drive them away. As wax melts before the fire, so let the wicked perish at the presence of God. 3But let the righteous be glad, may they rejoice before God; yes, let them rejoice with gladness. 4Sing to God! Sing praises to His name! Extol Him who rides on the clouds: to Yah, His name! Rejoice before Him! 5A father of the fatherless, and a defender of the widows, is God in His holy habitation. 6God sets the lonely in families. He brings out the prisoners with singing, but the rebellious dwell in a sun-scorched land. 7God, when You went forth before Your people, when You marched through the wilderness... Selah. 8The earth trembled. The sky also poured down rain at the presence of the God of Sinai— at the presence of God, the God of Israel. 9You, God, sent a plentiful rain. You confirmed Your inheritance when it was weary. 10Your congregation lived therein. You, God, prepared Your goodness for the poor. 11The Lord announced the word; the women who proclaimed it are a great company. 12“Kings of armies flee! They flee!”. The women who wait at home divide the spoil- 13while you men sleep among the campfires- the wings of a dove sheathed with silver, her feathers with shining gold. 14When the Almighty scattered kings in her, it snowed on Zalmon. 15The mountains of Bashan are majestic mountains, the mountains of Bashan are rugged. 16Why do you look in envy, you rugged mountains, at the mountain where God chooses to reign? Yes, Yahweh will dwell there forever. 17The chariots of God are tens of thousands and thousands of thousands. The Lord is among them, as in Sinai, in the sanctuary. 18You have ascended on high, You have led away captives in your victory train, You have received gifts to distribute among men, yes, among the rebellious also, that Yah God might dwell there. 19Blessed be the Lord, who daily bears our burdens, even the God who is our salvation. Selah. 20God is to us a God of deliverance; to Yahweh the Lord belongs escape from death. 21But God will strike through the head of His enemies, the hairy scalp of such a one as still continues in his guiltiness. 22The Lord said, “I will bring you again from Bashan, I will bring you again from the depths of the sea; 23that you may crush them, dipping your foot in blood, that the tongues of your dogs may have their portion from your enemies”. 24They have seen Your processions, God, even the processions of my God, my King, into the sanctuary. 25The singers went before, the minstrels followed after in the midst of the ladies playing with tambourines, singing 26“Bless God in the congregations, even the Lord in the assembly of Israel!”. 27There is little Benjamin, their ruler, the princes of Judah, their council, the princes of Zebulun, and the princes of Naphtali. 28Your God has commanded your strength. Strengthen, God, that which You have done for us. 29Because of Your temple at Jerusalem kings shall bring presents to You. 30Rebuke the wild animal of the reeds, the multitude of the bulls, with the calves of the peoples. Being humbled, may they bring tribute of bars of silver. Scatter the nations that delight in war. 31Princes shall come out of Egypt, Ethiopia shall hurry to stretch out her hands to God. 32Sing to God, you kingdoms of the earth! Sing praises to the Lord! Selah. 33To Him who rides on the heaven of heavens, which are of old; behold, He utters His voice, a mighty voice. 34Ascribe strength to God! His excellency is over Israel, His strength is in the skies. 35You are awesome, God, in Your sanctuaries. The God of Israel gives strength and power to His people. Praise be to God!

Psalm 69 For the Chief Musician. To the tune of “Lilies”. By David. 1Save me, God, for the waters have come up to my neck! 2I sink in deep mire, where there is no foothold. I have come into deep waters, where the floods overflow me. 3I am weary with my crying. My throat is dry. My eyes fail, looking for my God. 4Those who hate me without a cause are more than the hairs of my head. Those who want to cut me off, being my enemies wrongfully, are mighty. I have to restore what I didn’t take away. 5God, You know my foolishness. My sins aren’t hidden from You. 6Don’t let those who wait for You be shamed on my account, Lord Yahweh of Armies. Don’t let those who seek You be brought to dishonour through me, God of Israel. 7Because for Your sake I have borne reproach. Shame has covered my face. 8I have become a stranger to my brothers, an alien to my mother’s children. 9For the zeal of Your house consumes me. The reproaches of those who reproach You have fallen on me. 10When I wept and I fasted, that was to my reproach. 11When I made sackcloth my clothing, I became a byword to them. 12Those who sit in the gate talk against me; I am the song of the drunkards. 13But as for me, my prayer is to You, Yahweh, in an acceptable time. God, in the abundance of Your grace, answer me in the truth of Your salvation. 14Deliver me out of the mire, and don’t let me sink. Let me be delivered from those who hate me, and out of the deep waters. 15Don’t let the flood waters overwhelm me, neither let the deep swallow me up. Don’t let the pit shut its mouth on me. 16Answer me, Yahweh, for Your grace is good. According to the multitude of Your tender mercies, turn to me. 17Don’t hide Your face from Your servant, for I am in distress. Answer me speedily! 18Draw near to my soul, and redeem it. Ransom me because of my enemies. 19You know my reproach, my shame, and my dishonour; my adversaries are all before You. 20Reproach has broken my heart, and I am full of heaviness. I looked for some to take pity, but there was none; for comforters, but I found none. 21They also gave me gall for my food; in my thirst, they gave me vinegar to drink. 22Let their table before them become a snare, may it become a retribution and a trap. 23Let their eyes be darkened, so that they can’t see; may their backs be continually bent. 24Pour out Your indignation on them; let the fierceness of Your anger overtake them. 25Let their habitation be desolate, may no one dwell in their tents. 26For they persecute him whom You have wounded. They tell of the sorrow of those whom You have hurt. 27Add iniquity to their iniquity; don’t let them come into Your righteousness. 28Let them be blotted out of the book of life, and not be written with the righteous. 29But I am in pain and distress. Let Your salvation, God, protect me. 30I will praise the name of God with a song, and will magnify Him with thanksgiving. 31It will please Yahweh better than an ox, or a bull that has horns and hoofs. 32The humble have seen it, and are glad. You who seek after God, let your heart live. 33For Yahweh hears the needy, and doesn’t despise His captive people. 34Let heaven and earth praise Him; the seas, and everything that moves therein! 35For God will save Zion, and build the cities of Judah. They shall settle there, and own it. 36The children also of His servants shall inherit it. Those who love His name shall dwell therein.

Psalm 70 For the Chief Musician. By David. A reminder. 1Hurry, God, to deliver me. Come quickly to help me, Yahweh. 2Let them be disappointed and confounded who seek my soul. Let those who desire my ruin be turned back in disgrace. 3Let them be turned back because of their shame who say, “Aha! Aha!”. 4Let all those who seek You rejoice and be glad in You. Let those who love Your salvation continually say, “Let God be exalted!”. 5But I am poor and needy. Come to me quickly, God. You are my help and my deliverer. Yahweh, don’t delay.

Psalm 71 1In You, Yahweh, I take refuge. Never let me be disappointed. 2Deliver me in Your righteousness and rescue me. Turn Your ear to me and save me. 3Be to me a rock of refuge to which I may always go. Give the command to save me, for You are my rock and my fortress. 4Rescue me, my God, from the hand of the wicked, from the hand of the unrighteous and cruel man. 5For You are my hope, Lord Yahweh; my confidence from my youth. 6I have relied on You from the womb. You are He who took me out of my mother’s womb. I will always praise You. 7I am a marvel to many, but You are my strong refuge. 8My mouth shall be filled with Your praise, with Your honour all the day. 9Don’t reject me in my old age. Don’t forsake me when my strength fails. 10For my enemies talk about me, they who watch for my soul conspire together 11saying, “God has forsaken him. Pursue and take him, for no one will rescue him”. 12God, don’t be far from me. My God, hurry to help me. 13Let my accusers be disappointed and consumed. Let them be covered with disgrace and scorn who want to harm me. 14But I will always hope, and will add to all of Your praise. 15My mouth will tell others about Your righteousness and Your salvation all day, though I don’t know its full measure. 16I will declare the mighty acts of the Lord Yahweh. I will make mention of Your righteousness, even of Yours alone. 17God, You have taught me from my youth. Up until now I have declared Your wondrous works. 18Yes, even when I am old and gray-haired, God, don’t forsake me, until I have declared Your strength to the next generation, Your might to everyone who is to come. 19Your righteousness also, God, reaches to the heavens; You have done great things. God, who is like You? 20You, who have shown us many and bitter troubles, You will let me live. You will bring us up again from the depths of the earth, 21increase my honour, and comfort me again. 22I will praise You with the harp for Your faithfulness, my God. I sing praise to You with the lyre, Holy One of Israel. 23My lips shall shout for joy! My soul, which You have redeemed, sings praises to You! 24My tongue will also talk about Your righteousness all day long, for they are disappointed and they are confounded who want to harm me.

Psalm 72 A Psalm for Solomon. 1God, give the king Your justice; Your righteousness to the royal son. 2He will judge Your people with righteousness, and Your poor with justice. 3The mountains shall bring prosperity to the people, the hills will bring the fruit of righteousness. 4He will judge the poor of the people, he will save the children of the needy and will break the oppressor in pieces. 5They shall fear You while the sun endures; and as long as the moon, throughout all generations. 6He will come down like rain on the mown grass, as showers that water the earth. 7In his days, the righteous shall flourish, and abundance of peace, until the moon is no more. 8He shall have dominion also from sea to sea, from the River to the ends of the land. 9Those who dwell in the wilderness shall bow before him; his enemies shall lick the dust. 10The kings of Tarshish and of the islands will bring tribute, the kings of Sheba and Seba shall offer gifts. 11Yes, all kings shall fall down before him, all nations shall serve him. 12For he will deliver the needy when he cries; the poor, who has no helper. 13He will have pity on the poor and needy, he will save the needy persons. 14He will redeem their soul from oppression and violence, their blood will be precious in his sight. 15They shall live, and to him shall be given of the gold of Sheba. Men shall pray for him continually, they shall bless him all day long. 16Abundance of grain shall be throughout the land, its fruit sways like Lebanon. Let it flourish, thriving like the grass of the field! 17His name endures forever, his name continues as long as the sun. Men shall be blessed in him, all nations will call him blessed. 18Praise be to Yahweh God, the God of Israel, who alone does marvellous deeds. 19Blessed be His glorious name forever! Let the whole earth be filled with His glory! Amen and amen. 20This ends the prayers by David, the son of Jesse.

BOOK III

Psalm 73 A Psalm by Asaph. 1Surely God is good to Israel, to those who are pure in heart. 2But as for me, my feet were almost gone, my steps had nearly slipped. 3For I was envious of the arrogant, when I saw the prosperity of the wicked. 4For there are no struggles in their death, but their strength is firm. 5They are free from the burdens of men, neither are they plagued like other men. 6Therefore pride is like a chain around their neck, violence covers them like a garment. 7Their eyes bulge with fat, their minds pass the limits of conceit. 8They scoff and speak with malice; in arrogance, they threaten oppression. 9They have set their mouth in the heavens, their tongue walks through the earth. 10Therefore their people return to them, and they drink up waters of abundance. 11They say, “How does God know? Is there knowledge in the Most High?”. 12Behold, these are the wicked. Being always at ease, they increase in riches. 13Surely in vain I have cleansed my heart, and washed my hands in innocence, 14for all day long have I been plagued, and punished every morning. 15If I had said, “I will speak thus”; behold, I would have betrayed the generation of Your children. 16When I tried to understand this, it was too painful for me; 17until I entered God’s sanctuary, and considered their latter end. 18Surely You set them in slippery places, You threw them down to destruction. 19How they were suddenly destroyed! They were completely swept away with terrors. 20As a dream when one wakes up, so, Lord, when You awake, You will despise their fantasies. 21For my soul was grieved, I was embittered in my heart. 22I was so senseless and ignorant; I was a brute beast before You. 23Nevertheless, I am continually with You. You have held my right hand, 24You will guide me with Your word, and afterwards receive me in glory. 25Whom do I have in heaven? There is no one on earth whom I desire besides You. 26My flesh and my heart fails, but God is the strength of my heart and my portion forever. 27For, behold, those who are far from You shall perish. You have destroyed all those who are unfaithful to You. 28But it is good for me to come close to God. I have made the Lord Yahweh my refuge, that I may tell of all Your works.

Psalm 74 A contemplation by Asaph. 1God, why have You rejected us forever? Why does Your anger smoulder against the sheep of Your pasture? 2Remember Your congregation which You purchased of old, which You have redeemed to be the tribe of Your inheritance; Mount Zion, in which You have lived. 3Lift up Your feet on the perpetual ruins, see all the evil that the enemy has done in the sanctuary. 4Your adversaries have roared in the midst of Your assembly. They have set up their standards as signs. 5They behaved like men wielding axes, cutting through a thicket of trees. 6Now they break all its carved work down with hatchet and hammers. 7They have burned Your sanctuary to the ground, they have profaned the dwelling place of Your Name. 8They said in their heart, “We will crush them completely”. They have burned up all the places in the land where God was worshiped. 9We see no miraculous signs. There is no longer any prophet, neither is there among us anyone who knows how long. 10How long, God, shall the adversary reproach? Shall the enemy blaspheme Your name forever? 11Why do You draw back Your hand, even Your right hand? Take it out of Your pocket and consume them! 12Yet God is my King of old, working salvation in the midst of the earth. 13You divided the sea by Your strength. You broke the heads of the sea monsters in the waters. 14You broke the heads of Leviathan in pieces. You gave him as food to people and desert creatures. 15You opened up spring and stream. You dried up mighty rivers. 16The day is Yours, the night is also Yours; You have prepared the light and the sun. 17You have set all the boundaries of the earth. You have made summer and winter. 18Remember this, that the enemy has mocked You, Yahweh. Foolish people have blasphemed Your name. 19Don’t deliver the soul of Your dove to wild beasts, don’t forget the life of Your poor forever. 20Honour Your covenant, for haunts of violence fill the dark places of the land. 21Don’t let the oppressed return ashamed; let the poor and needy praise Your name. 22Arise, God! Plead Your own cause. Remember how the foolish man mocks You all day. 23Don’t forget the voice of Your adversaries; the tumult of those who rise up against You ascends continually.

Psalm 75 For the Chief Musician. To the tune of “Do Not Destroy”. A Psalm by Asaph. A song. 1We give thanks to You, God. We give thanks, for Your Name is near. Men tell about Your wondrous works. 2When I choose the appointed time, I will judge blamelessly. 3The earth and all its inhabitants quake. I firmly uphold its pillars. Selah. 4I said to the arrogant, “Don’t boast!”; I said to the wicked, “Don’t lift up the horn. 5Don’t lift up your horn on high, don’t speak with a stiff neck”. 6For neither from the east, nor from the west, nor yet from the south, comes exaltation. 7But God is the judge. He puts down one, and lifts up another. 8For in the hand of Yahweh there is a cup, full of foaming wine mixed with spices. He pours it out; indeed the wicked of the earth drink and drink it to its very dregs. 9But I will declare this forever: I will sing praises to the God of Jacob. 10I will cut off all the horns of the wicked, but the horns of the righteous shall be lifted up.

Psalm 76 For the Chief Musician. On stringed instruments. A Psalm by Asaph. A song. 1In Judah God is known, His name is great in Israel. 2His tabernacle is also in Salem; His dwelling place in Zion. 3There He broke the flaming arrows of the bow, the shield and the sword and the weapons of war. Selah. 4Glorious are You and excellent, more than mountains of game. 5Valiant men lie plundered, they have slept their last sleep. None of the men of war can lift their hands. 6At Your rebuke, God of Jacob, both chariot and horse are cast into a deep sleep. 7You, even You, are to be feared. Who can stand in Your sight when You are angry? 8You pronounced judgment from heaven: the earth feared and was silent 9when God arose to judgment, to save all the afflicted ones of the earth. Selah. 10Surely the wrath of man praises You. The survivors of Your wrath are restrained. 11Make vows to Yahweh your God, and fulfil them! Let all of His neighbours bring presents to Him who is to be feared. 12He will cut off the spirit of princes, He is feared by the kings of the land.

Psalm 77 For the Chief Musician. To Jeduthun. A Psalm by Asaph. 1My cry goes to God! Indeed, I cry to God for help, and for Him to listen to me. 2In the day of my trouble I sought the Lord. My hand was stretched out in the night, and didn’t retract. My soul refused to be comforted. 3I remember God, and I groan. I complain, and my spirit is overwhelmed. Selah. 4You hold my eyelids open. I am so troubled that I can’t speak. 5I have considered the days of old, the years of ancient times. 6I remember my song in the night. I consider in my own heart; my spirit diligently inquires: 7“Will the Lord reject us forever? Will He no more be gracious? 8Has His grace vanished forever? Does His promise fail for generations? 9Has God forgotten to be gracious? Has He, in anger, withheld His compassion?” Selah. 10Then I thought, “I will appeal to this: the years of the right hand of the Most High”. 11I will remember Yah’s deeds; for I will remember Your wonders of old. 12I will also meditate on all Your work, and consider Your doings. 13Your way, God, is in the sanctuary. What god is great like God? 14You are the God who does wonders, You have made Your strength known among the peoples. 15You have redeemed Your people with Your arm, the sons of Jacob and Joseph. Selah. 16The waters saw You, God, the waters saw You, and they writhed, the depths also convulsed. 17The clouds poured out water. The skies resounded with thunder, Your arrows also flashed around. 18The voice of Your thunder was in the whirlwind, the lightnings lit up the world, the earth trembled and shook. 19Your way was through the sea, Your paths through the great waters; Your footsteps were not known. 20You led Your people like a flock, by the hand of Moses and Aaron.

Psalm 78 A contemplation by Asaph. 1Hear my teaching, my people; turn your ears to the words of my mouth. 2I will open my mouth in a parable, I will utter dark sayings of old, 3which we have heard and known, and our fathers have told us. 4We will not hide them from their children, telling to the generation to come the praises of Yahweh, His strength, and His wondrous works that He has done. 5For He established a testimony in Jacob and appointed a teaching in Israel, which He commanded our fathers, that they should make them known to their children; 6that the generation to come might know, even the children who should be born; who should arise and tell their children, 7that they might set their hope in God, and not forget the works of God, but keep His commandments, 8and might not be as their fathers, a stubborn and rebellious generation, a generation that didn’t make their hearts loyal, whose spirit was not steadfast with God. 9The children of Ephraim, being armed and carrying bows, turned back in the day of battle. 10They didn’t keep God’s covenant, and refused to walk in His law. 11They forgot His doings, His wondrous works that He had shown them. 12He did marvellous things in the sight of their fathers, in the land of Egypt, in the field of Zoan. 13He split the sea, and caused them to pass through. He made the waters stand as a heap. 14In the daytime He also led them with a cloud, and all night with a light of fire. 15He split rocks in the wilderness, and gave them drink abundantly as out of the depths. 16He brought streams also out of the rock, and caused waters to run down like rivers. 17Yet they still went on sinning against Him, rebelling against the Most High in the desert. 18They put God to the test in their heart by asking food according to their lust. 19Yes, they spoke against God. They said, “Can God prepare a table in the wilderness? 20Behold, He struck the rock, so that waters gushed out, and streams overflowed. Can He give bread also? Will He provide flesh for His people?”. 21Therefore Yahweh heard, and was angry. A fire was kindled against Jacob, anger also went up against Israel, 22because they didn’t believe in God, and didn’t trust in His salvation. 23Yet He commanded the skies above, and opened the doors of heaven. 24He rained down manna on them to eat, and gave them food from the sky. 25Man ate the bread of angels; He sent them food to the full. 26He caused the east wind to blow in the sky, by His power He guided the south wind. 27He rained also flesh on them as the dust; winged birds as the sand of the seas. 28He let them fall in the midst of their camp, around their dwelling places. 29So they ate, and were well filled; He gave them their own desire. 30They didn’t turn from their cravings. Their food was yet in their mouths 31when the anger of God went up against them, killed some of their fattest, and struck down the young men of Israel. 32For all this they still sinned, and didn’t believe in His wondrous works. 33Therefore He consumed their days in vanity, and their years in terror. 34When He slew them, then they inquired after Him; they relented and sought God earnestly. 35They remembered that God was their rock, the Most High God their redeemer. 36But they flattered Him with their mouth, and lied to Him with their tongue. 37For their heart was not right with Him, neither were they faithful in His covenant. 38But He, being merciful, forgave iniquity, and didn’t destroy them. Yes, many times He turned His anger away, and didn’t stir up all His wrath. 39He remembered that they were but flesh, a wind that passes away, and doesn’t come again. 40How often they rebelled against Him in the wilderness, and grieved Him in the desert! 41They turned around and put God to the test, and provoked the Holy One of Israel. 42They didn’t remember His hand, nor the day when He redeemed them from the adversary; 43how He set His signs in Egypt, His wonders in the field of Zoan; 44 He turned their rivers and streams into blood so that they could not drink. 45He sent among them swarms of beetles, which devoured them; and frogs, which destroyed them. 46He gave also their increase to the caterpillar, and their labour to the locust. 47He destroyed their vines with hail, their sycamore fig trees with frost. 48He gave over their livestock also to the hail, and their flocks to hot thunderbolts. 49He threw on them the fierceness of His anger, wrath, indignation, trouble, and a band of angels of evil. 50He made a path for His anger, He didn’t spare their soul from death, but gave their life over to the pestilence, 51and struck all the firstborn in Egypt, the chief of their strength in the tents of Ham. 52But He led forth His own people like sheep, and guided them in the wilderness like a flock. 53He led them safely so that they weren’t afraid, but the sea overwhelmed their enemies. 54He brought them to the border of His sanctuary, to this mountain, which His right hand had purchased. 55He also drove out the nations before them, allotted them for an inheritance by line, and made the tribes of Israel to dwell in their tents. 56Yet they put to the test and rebelled against the Most High God, and didn’t keep His testimonies, 57but turned back, and dealt treacherously like their fathers. They were turned aside like a deceitful bow. 58For they provoked Him to anger with their high places, and moved Him to jealousy with their engraved images. 59When God heard this, He was angry, and greatly abhorred Israel; 60so that He forsook the tent of Shiloh, the tent which He placed among men; 61and delivered His strength into captivity, His glory into the adversary’s hand. 62He also gave His people over to the sword, and was angry with His inheritance. 63Fire devoured their young men, their young women had no wedding song. 64Their priests fell by the sword, and their widows couldn’t weep. 65Then the Lord awakened as one out of sleep, like a mighty man who shouts by reason of wine. 66He struck His adversaries backward, He put them to a perpetual reproach. 67Moreover He rejected the tent of Joseph and didn’t choose the tribe of Ephraim, 68but chose the tribe of Judah, Mount Zion which He loved. 69He built His sanctuary like the heights, like the earth which He has established forever. 70He also chose David His servant and took him from the sheepfolds; 71from following the ewes that have their young, He brought him to be the shepherd of Jacob His people, and Israel His inheritance. 72So he was their shepherd according to the integrity of his heart, and guided them by the skilfulness of his hands.

Psalm 79 A Psalm by Asaph. 1God, the nations have come into Your inheritance, they have defiled Your holy temple, they have laid Jerusalem in heaps. 2They have given the dead bodies of Your servants to be food for the birds of the sky, the flesh of Your saints to the beasts of the land. 3Their blood they have shed like water around Jerusalem, there was no one to bury them. 4We have become a reproach to our neighbours, a scoffing and derision to those who are around us. 5How long, Yahweh? Will You be angry forever? Will Your jealousy burn like fire? 6Pour out Your wrath on the nations that don’t know You, on the kingdoms that don’t call on Your name; 7for they have devoured Jacob, and destroyed his homeland. 8Don’t hold the iniquities of our forefathers against us; let Your tender mercies speedily meet us, for we are in desperate need. 9Help us, God of our salvation, for the glory of Your name. Deliver us and forgive our sins, for Your name’s sake. 10Why should the nations say, “Where is their God?”. Let it be known among the nations, before our eyes, that vengeance for Your servants’ blood is being poured out. 11Let the sighing of the prisoner come before You. According to the greatness of Your power, preserve those who are sentenced to death. 12Pay back to our neighbours seven times into their lap their reproach with which they have reproached You, Lord. 13So we, Your people and sheep of Your pasture, will give You thanks forever. We will praise You forever, to all generations.

Psalm 80 For the Chief Musician. To the tune of “The Lilies of the Covenant”. A Psalm by Asaph. 1Hear us, Shepherd of Israel, You who lead Joseph like a flock, You who sit above the cherubim, shine forth. 2Before Ephraim and Benjamin and Manasseh, stir up Your might! Come to save us! 3Turn us again, God. Cause Your face to shine, and we will be saved. 4Yahweh God of Armies, How long will You be angry against the prayer of Your people? 5You have fed them with the bread of tears, and given them tears to drink in large measure. 6You make us a source of derision to our neighbours, our enemies laugh among themselves. 7Turn us again, God of Armies. Cause Your face to shine, and we will be saved. 8You brought a vine out of Egypt, You drove out the nations and planted it. 9You cleared the land for it. It took deep root, and filled the land; 10the mountains were covered with its shadow. Its boughs were like God’s cedars. 11It sent out its branches to the sea, its shoots to the River. 12Why have You broken down its walls, so that all those who pass by the way pluck it? 13The boar out of the wood ravages it, the wild beasts of the field feed on it. 14Turn again, we beg You, God of Armies. Look down from heaven and see, and visit this vine, 15the stock which Your right hand planted, the branch that You made strong for Yourself. 16It’s burned with fire. It’s cut down. They perish at Your rebuke. 17Let Your hand be on the man of Your right hand, on the son of man whom You made strong for Yourself. 18So we will not turn away from You; accept us, and we will call on Your name. 19Turn us again, Yahweh God of Armies. Cause Your face to shine, and we will be saved.

Psalm 81 For the Chief Musician. On an instrument of Gath. By Asaph. 1Sing aloud to God, our strength! Make a joyful shout to the God of Jacob! 2Raise a song, and bring here the tambourine, the pleasant lyre with the harp. 3Blow the trumpet at the New Moon, at the full moon, on our feast day. 4For it is a statute for Israel, an ordinance of the God of Jacob. 5He appointed it in Joseph for a testimony, when he went out over the land of Egypt, I heard a language that I didn’t know. 6“I removed his shoulder from the burden, his hands were freed from the basket. 7You called in trouble, and I delivered you. I answered you in the secret place of thunder, I tested you at the waters of Meribah”. Selah. 8“Hear My people and I will testify to you, Israel, if you would have listened to Me! 9There shall be no strange god with you, neither shall you worship any foreign god. 10I am Yahweh your God who brought you up out of the land of Egypt. Open your mouth wide, and I will fill it. 11But My people didn’t listen to My voice, Israel desired none of Me. 12So I let them go after the stubbornness of their hearts, that they might walk in their own counsels. 13Oh that My people would have listened to me, that Israel would have walked in my ways! 14I would quickly have subdued their enemies, and turned My hand against their adversaries. 15The haters of Yahweh would have cringed before Him, and their punishment would have lasted forever. 16But He would have also fed them with the finest of the wheat, I would have satisfied you with honey out of the rock”.

Psalm 82 A Psalm by Asaph. 1God presides in the great assembly. He judges among the gods. 2“How long will you judge unjustly, and show partiality to the wicked?”. Selah. 3“Defend the weak, the poor, and the fatherless, maintain the rights of the poor and oppressed. 4Rescue the weak and needy, deliver them out of the hand of the wicked”. 5They don’t know, neither do they understand; they wander back and forth in darkness. All the foundations of the earth are shaken. 6I said, “You are gods, all of you are sons of the Most High. 7Nevertheless you shall die like men, and fall like one of the rulers”. 8Arise, God, judge the earth, for You shall inherit all of the nations.

Psalm 83 A song. A Psalm by Asaph. 1God, don’t keep silent. Don’t keep silent and don’t be still, God. 2For, behold, Your enemies are stirred up, those who hate You have lifted up their heads. 3They conspire with cunning against Your people, they plot against Your cherished ones. 4“Come,” they say, “and let’s destroy them as a nation, that the name of Israel may be remembered no more”. 5For they have conspired together with one mind, they form an alliance against You. 6The tents of Edom and the Ishmaelites; Moab, and the Hagrites; 7Gebal, Ammon, and Amalek; Philistia with the inhabitants of Tyre; 8Assyria also is joined with them. They have helped the children of Lot. Selah. 9Do to them as You did to Midian, as to Sisera, as to Jabin, at the river Kishon; 10who perished at Endor, who became as dung for the earth. 11Make their nobles like Oreb and Zeeb; yes, all their princes like Zebah and Zalmunna; 12who said, “Let us take possession of God’s pasturelands”. 13My God, make them like tumbleweed; like chaff before the wind. 14As the fire that burns the forest, as the flame that sets the mountains on fire, 15so pursue them with Your tempest, and terrify them with Your storm. 16Fill their faces with confusion, that they may seek Your name, Yahweh. 17Let them be disappointed and dismayed forever. Yes, let them be confounded and perish; 18that they may know that You alone, whose name is Yahweh, are the Most High over all the earth.

Psalm 84 For the Chief Musician. On an instrument of Gath. A Psalm by the sons of Korah. 1How lovely are Your dwellings, Yahweh of Armies! 2My soul longs and even faints for the courts of Yahweh. My heart and my flesh cry out for the living God. 3Yes, the sparrow has found a home and the swallow a nest for herself where she may have her young, near Your altars, Yahweh of Armies, my King, and my God. 4Blessed are those who dwell in Your house; they are always praising You. Selah. 5Blessed are those whose strength is in You; who have set their hearts on a pilgrimage. 6Passing through the valley of Weeping, they make it a place of springs. Yes, the autumn rain covers it with blessings. 7They go from strength to strength, each one of them appears before God in Zion. 8Yahweh, God of Armies, hear my prayer; listen, God of Jacob. Selah. 9Behold, God our shield, look at the face of Your anointed. 10For a day in Your courts is better than a thousand. I would rather be a doorkeeper in the tent of my God than to dwell in the tents of wickedness. 11For Yahweh God is a sun and a shield, Yahweh will give grace and glory. He withholds no good thing from those who walk blamelessly. 12Yahweh of Armies, blessed is the man who trusts in You.

Psalm 85 For the Chief Musician. A Psalm by the sons of Korah. 1Yahweh, You have been favourable to Your land. You have restored the fortunes of Jacob, 2You have forgiven the iniquity of Your people; You have covered all their sin. Selah. 3You have taken away all Your wrath, You have turned from the fierceness of Your anger. 4Turn us, God of our salvation, and cause Your indignation toward us to cease. 5Will You be angry with us forever? Will You draw out Your anger to all generations? 6Won’t You revive us again, that Your people may rejoice in You? 7Show us Your grace, Yahweh. Grant us Your salvation. 8I will hear what God, Yahweh, will speak, for He will speak peace to His people, His saints; but let them not turn again to folly. 9Surely His salvation is near those who fear Him, so that glory may dwell in our land. 10Mercy and truth meet together, righteousness and peace have kissed each other. 11Truth springs out of the earth, righteousness has looked down from heaven. 12Yes, Yahweh will give that which is good. Our land will yield its increase. 13Righteousness goes before Him, and prepares the way for His steps.

Psalm 86 A Prayer by David. 1Hear, Yahweh, and answer me, for I am poor and needy. 2Preserve my soul, for I am Godly. You, my God, save Your servant who trusts in You. 3Be merciful to me Lord, for I call to You all day long. 4Bring joy to the soul of Your servant, for to You, Lord, do I lift up my soul. 5For You, Lord, are good and ready to forgive; abundant in grace to all those who call on You. 6Hear, Yahweh, my prayer; listen to the voice of my petitions. 7In the day of my trouble I will call on You, for You will answer me. 8There is no one like You among the gods, Lord, nor any deeds like Your deeds. 9All nations You have made will come and worship before You, Lord. They shall glorify Your name. 10For You are great, and do wondrous things, You alone are God. 11Teach me Your way, Yahweh; I will walk in Your truth. Make my heart undivided to fear Your name. 12I will praise You, Lord my God, with my whole heart; I will glorify Your name forever. 13For Your grace is great toward me, You have delivered my soul from the lowest Sheol. 14God, the proud have risen up against me; a company of violent men have sought after my soul, and they don’t hold regard for You before them. 15But You, Lord, are a merciful and gracious God, slow to anger, and abundant in grace and truth. 16Turn to me, and have mercy on me! Give Your strength to Your servant, save the son of Your handmaid. 17Show me a sign of Your goodness, that those who hate me may see it and be shamed, because You, Yahweh, have helped me and comforted me.

Psalm 87 A Psalm by the sons of Korah; a Song. 1His foundation is in the holy mountains. 2Yahweh loves the gates of Zion more than all the dwellings of Jacob. 3Glorious things are spoken about you, city of God. Selah. 4I will record Rahab and Babylon among those who acknowledge me. Behold, Philistia, Tyre and also Ethiopia: “This one was born there”. 5Yes, of Zion it will be said, “This one and that one was born in her”; the Most High Himself will establish her. 6Yahweh will count, when He writes up the peoples, “This one was born there”. Selah. 7Those who sing as well as those who dance say, “All my springs are in You”.

Psalm 88 A Song. A Psalm by the sons of Korah. For the Chief Musician. To the tune of “The Suffering of Affliction”. A contemplation by Heman, the Ezrahite. 1Yahweh, the God of my salvation, I have cried day and night before You. 2Let my prayer enter into Your presence, turn Your ear to my cry; 3for my soul is full of troubles, my life draws near to Sheol. 4I am counted among those who go down into the pit. I am like a man who has no help, 5set apart among the dead, like the slain who lie in the grave, whom You remember no more- they are cut off from Your hand. 6You have laid me in the lowest pit, in the darkest depths. 7Your wrath lies heavily upon me; You have afflicted me with all Your waves. Selah. 8You have taken my friends from me, You have made me an abomination to them; I am shut in and I can’t escape. 9My eyes are dim from grief; I have called on You daily, Yahweh. I have spread out my hands to You. 10Do You show wonders to the dead? Do the dead rise up and praise You? Selah. 11Is Your grace declared in the grave? Or Your faithfulness in Destruction? 12Are Your wonders made known in the dark? Or Your righteousness in the land of forgetfulness? 13But to You, Yahweh, I have cried. In the morning, my prayer comes before You. 14Yahweh, why do You reject my soul? Why do You hide Your face from me? 15I am afflicted and ready to die from my youth up; while I suffer Your terrors, I am distracted. 16Your fierce wrath has gone over me. Your terrors have cut me off. 17They came around me like water all day long, they completely engulfed me. 18You have put lover and friend far from me, and my friends into darkness.

Psalm 89 A contemplation by Ethan, the Ezrahite. 1I will sing of the grace of Yahweh forever. With my mouth I will make known Your faithfulness to all generations. 2I indeed declare, “Love stands firm forever because You established the skies; Your faithfulness is in them”. 3“I have made a covenant with My chosen one, I have sworn to David My servant, 4‘I will establish Your seed forever, and build up Your throne to all generations’“. Selah. 5The skies will praise Your wonders, Yahweh; Your faithfulness also in the assembly of the holy ones. 6For who in the skies can be compared to Yahweh? Who among the sons of the heavenly beings is like Yahweh, 7a very awesome God in the council of the holy ones, to be feared above all those who are around Him? 8Yahweh, God of Armies, who is a mighty one like You? Yah, Your faithfulness is around You. 9You rule the pride of the sea; when its waves rise up, You calm them. 10You have broken Rahab in pieces, like one of the slain. You have scattered Your enemies with Your mighty arm. 11The heavens are Yours, the earth also is Yours; the world and its fullness; You have founded them. 12The north and the south, You have created them; Tabor and Hermon rejoice in Your name. 13You have a mighty arm, Your hand is strong and Your right hand is exalted. 14Righteousness and justice are the foundation of Your throne; grace and truth go before Your face. 15Blessed are the people who learn to acclaim You; they shall walk in the light of Your face, Yahweh. 16In Your name they rejoice all day. In Your righteousness, they are exalted. 17For You are the glory of their strength. In Your favour, our horn will be exalted. 18For our shield belongs to Yahweh; our king to the Holy One of Israel. 19Then You spoke in vision to Your saints and said, “I have bestowed strength on the warrior. I have exalted a young man from the people. 20I have found David My servant, I have anointed him with My holy oil, 21with whom My hand shall be established; My arm will also strengthen him. 22No enemy will tax him, no wicked man will oppress him. 23I will beat down his adversaries before him, and strike those who hate him. 24But My faithfulness and My grace will be with him; in My name, his horn will be exalted. 25I will set his hand also on the sea and his right hand on the rivers. 26He will call to me, ‘You are my Father, my God, and the rock of my salvation!’. 27I will also appoint him My firstborn, the highest of the kings of the earth. 28I will keep My grace for him forever. My covenant will stand firm through him. 29I will also make his seed endure forever and his throne as the days of heaven. 30If his children forsake My law and don’t walk in My ordinances, 31if they break My statutes and don’t keep My commandments; 32then I will punish their sin with the rod, and their iniquity with stripes. 33But I will not completely take My grace away from him, nor allow My faithfulness to fail. 34I will not break My covenant, nor alter what My lips have uttered. 35Once have I sworn by My holiness that I will not lie to David. 36His seed will endure forever, his throne like the sun before Me. 37It will be established forever like the moon, the faithful witness in the sky”. Selah. 38But you have rejected and spurned, You have been angry with Your anointed. 39You have renounced the covenant of Your servant; You have defiled his crown in the dust. 40You have broken down all his hedges, You have brought his strongholds to ruin. 41All who pass by the way rob him; he has become a reproach to his neighbours. 42You have exalted the right hand of his adversaries, You have made all of his enemies rejoice. 43Yes, you turn back the edge of his sword and haven’t supported him in battle. 44You have ended his splendour, and cast his throne down to the ground. 45You have shortened the days of his youth, You have covered him with shame. Selah. 46How long, Yahweh? Will You hide Yourself forever? Will Your wrath burn like fire? 47Remember how short my time is! For what vanity have You created all the children of men! 48What man is he who shall live and not see death, who shall deliver his soul from the power of Sheol? Selah. 49Lord, where are Your former graces which You swore to David in Your faithfulness? 50Remember, Lord, the reproach of Your servants, how I bear in my heart the taunts of all the mighty peoples, 51with which Your enemies have mocked, Yahweh, with which they have mocked the footsteps of Your anointed one. 52Blessed be Yahweh forever. Amen, and Amen.

BOOK IV

Psalm 90 A Prayer by Moses, the man of God. 1Lord, You have been our dwelling place in all generations. 2Before the mountains were brought forth, before You had formed the land and the world, even from everlasting to everlasting, You are God. 3You turn man to destruction saying, “Return, you children of men”. 4For a thousand years in Your sight are just like yesterday when it is past, like a watch in the night. 5You sweep them away as they sleep; in the morning they sprout like new grass. 6In the morning it sprouts and springs up; by evening, it is withered and dry. 7For we are consumed in Your anger, we are troubled in Your wrath. 8You have set our iniquities before You, our secret sins in the light of Your face. 9For all our days have passed away in Your wrath, we bring our years to an end as a sigh. 10The days of our years are seventy, or even by reason of strength eighty years; yet their pride is but labour and sorrow, for it passes quickly, and we pass away. 11Who knows the power of Your anger, Your wrath according to the fear that is due to You? 12So teach us to number our days so that we may gain a heart of wisdom. 13Relent, Yahweh! How long? Have compassion on Your servants! 14Satisfy us in the morning with Your grace, that we may rejoice and be glad all our days. 15Make us glad for as many days as You have afflicted us, for as many years as we have seen evil. 16Let Your work appear to Your servants; Your glory to their children. 17Let the grace of the Lord our God be upon us; establish the work of our hands for us; yes, establish the work of our hands.

Psalm 91 1He who dwells in the secret place of the Most High will rest in the shadow of the Almighty. 2I will say of Yahweh, “He is my refuge and my fortress; my God, in whom I trust”. 3For He will deliver you from the snare of the fowler, and from the deadly plague. 4He will cover you with His feathers, beneath His wings you will take refuge; His faithfulness is your shield and rampart. 5You shall not be afraid of the terror by night, nor of the arrow that flies by day; 6nor of the plagues that stalks in darkness, nor of the destruction that wastes at noonday. 7A thousand may fall at your side, and ten thousand at your right hand; but it will not come near you. 8You will only look with your eyes and see the recompense of the wicked. 9Because you have made Yahweh your refuge and the Most High your dwelling place, 10no evil shall happen to you, neither shall any plague come near your dwelling. 11For He will put His angels in charge of you, to guard you in all your ways; 12they will bear you up in their hands, so that you won’t dash your foot against a stone. 13You will tread on the lion and cobra, you will trample the young lion and the serpent underfoot. 14“Because he has set His love on Me, therefore I will deliver him. I will set him on high, because he has known My name. 15He will call on Me and I will answer him; I will be with him in trouble, I will deliver him and honour him. 16I will satisfy him with long life, and show him My salvation”.

Psalm 92 A Psalm. A song for the Sabbath day. 1It is a good thing to give thanks to Yahweh, to sing praises to Your name, Most High; 2to proclaim Your grace in the morning and Your faithfulness every night, 3with the ten-stringed lute, with the harp, and with the melody of the lyre. 4For You, Yahweh, have made me glad through Your work; I will triumph in the works of Your hands! 5How great are Your works, Yahweh! Your thoughts are very deep. 6A senseless man doesn’t know, neither does a fool understand this: 7though the wicked spring up as the grass and all the evildoers flourish, they will be destroyed forever. 8But You, Yahweh, are on high forever. 9For, behold, Your enemies, Yahweh, for, behold, Your enemies shall perish; all the evildoers will be scattered. 10But You have exalted my horn like that of the wild ox; I am anointed with fresh oil. 11My eye has also seen my enemies, my ears have heard of the wicked enemies who rise up against me. 12The righteous shall flourish like the palm tree, he will grow like a cedar in Lebanon. 13They are planted in Yahweh’s house, they will flourish in our God’s courts. 14They will still bring forth fruit in old age. They will be full of sap and green, 15to show that Yahweh is upright. He is my rock, and there is no unrighteousness in Him.

Psalm 93 1Yahweh reigns! He is clothed with majesty! Yahweh is armed with strength. The world also is established to stand firm, so that it can’t be moved. 2Your throne is established from long ago; You are from everlasting. 3The floods have lifted up, Yahweh, the floods have lifted up their voice; the floods lift up their waves. 4Above the voices of many waters, the mighty breakers of the sea, Yahweh on high is mighty. 5Your words stand firm. Holiness adorns Your house, Yahweh, forever.

Psalm 94 1Yahweh, You God to whom alone vengeance belongs, You God to whom vengeance belongs, shine forth. 2Rise up, You judge of the earth, repay the proud what they deserve. 3Yahweh, how long will the wicked, how long will the wicked triumph? 4They pour out arrogant words; all the evildoers boast. 5They break Your people in pieces, Yahweh, and afflict Your heritage. 6They kill the widow and the alien, and murder the fatherless. 7They say, “Yah will not see, neither will Jacob’s God consider”. 8Consider, you senseless among the people; you fools, when will you be wise? 9He who implanted the ear, won’t He hear? He who formed the eye, won’t He see? 10He who disciplines the nations, won’t He punish? He who teaches man knows; 11Yahweh knows the thoughts of man, that they are futile. 12Blessed is the man whom You discipline, Yah, and teach out of Your law; 13that You may give him rest from the days of adversity, until the pit is dug for the wicked. 14For Yahweh won’t reject His people, neither will He forsake His inheritance. 15For justice will return to the righteous, and all the upright in heart shall follow it. 16Who will rise up for me against the wicked? Who will stand up for me against the evildoers? 17Unless Yahweh had been my help, my soul would have soon been silenced. 18When I said, “My foot is slipping!” Your grace, Yahweh, held me up. 19In the multitude of my thoughts within me, Your comforts delight my soul. 20Shall the throne of wickedness have fellowship with You, which brings about mischief by statute? 21They gather themselves together against the soul of the righteous, and condemn the innocent blood. 22But Yahweh has been my high tower, my God, the rock of my refuge. 23He has brought on them their own iniquity, and will cut them off in their own wickedness. Yahweh, our God, will cut them off.

Psalm 95 1Oh come, let’s sing to Yahweh, let’s shout aloud to the rock of our salvation! 2Let’s come before His presence with thanksgiving, let’s extol Him with songs! 3For Yahweh is a great God, a great King above all gods. 4In His hand are the deep places of the earth; the heights of the mountains are also His. 5The sea is His, and He made it; His hands formed the dry land. 6Oh come, let’s worship and bow down; let’s kneel before Yahweh, our Maker, 7for He is our God. We are the people of His pasture, and the sheep in His care. Today, oh that you would hear His voice! 8Don’t harden your heart, as at Meribah, as in the day of Massah in the wilderness, 9when your fathers tempted Me, tested Me and saw My work. 10Forty long years I was grieved with that generation and said, “It is a people that errs in their heart. They have not known My ways”. 11Therefore I swore in My wrath, “They will not enter into My rest”.

Psalm 96 1Sing to Yahweh a new song! Sing to Yahweh, all the earth. 2Sing to Yahweh! Bless His name! Proclaim His salvation from day to day! 3Declare His glory among the nations, His marvellous works among all the peoples. 4For great is Yahweh, and greatly to be praised! He is to be feared above all gods. 5For all the gods of the peoples are idols, but Yahweh made the heavens. 6Honour and majesty are before Him, strength and beauty are in His sanctuary. 7Ascribe to Yahweh, you families of nations, ascribe to Yahweh glory and strength. 8Ascribe to Yahweh the glory due to His name, bring an offering and come into His courts. 9Worship Yahweh in holy array, tremble before Him, all the earth. 10Say among the nations, “Yahweh reigns!”. The world is also established, so that it can’t be moved. He will judge the peoples with equity. 11Let the heavens be glad, and let the earth rejoice, let the sea roar, and its fullness! 12Let the field and all that is in it exult! Then all the trees of the woods shall sing for joy 13before Yahweh; for He comes, for He comes to judge the earth. He will judge the world with righteousness, the peoples with His truth.

Psalm 97 1Yahweh reigns! Let the earth rejoice! Let the multitude of islands be glad! 2Clouds and darkness are around Him, righteousness and justice are the foundation of His throne. 3A fire goes before Him and burns up His adversaries on every side. 4His lightnings light up the world; the earth sees, and trembles. 5The mountains melt like wax at the presence of Yahweh, at the presence of the Lord of the whole earth. 6The heavens declare His righteousness; all the peoples have seen His glory. 7Let all them be shamed who serve engraved images, who boast in their idols. Worship Him, all you gods! 8Zion heard and was glad. The daughters of Judah rejoiced, because of Your judgments, Yahweh. 9For You, Yahweh, are most high above all the earth. You are exalted far above all gods. 10You who love Yahweh, hate evil. He preserves the souls of His saints. He delivers them out of the hand of the wicked. 11Light is sown for the righteous, and gladness for the upright in heart. 12Be glad in Yahweh, you righteous people! Give thanks to His holy Name.

Psalm 98 A Psalm. 1Sing to Yahweh a new song, for He has done marvellous things! His right hand and His holy arm have worked salvation for Him. 2Yahweh has made known His salvation, He has openly shown His righteousness in the sight of the nations. 3He has remembered His grace and His faithfulness toward the house of Israel; all the ends of the earth have seen the salvation of our God. 4Make a joyful noise to Yahweh, all the earth! Burst out and sing for joy, yes, sing praises! 5Sing praises to Yahweh with the harp, with the harp and the voice of melody. 6With trumpets and sound of the ram’s horn make a joyful noise before the King, Yahweh. 7Let the sea roar with its fullness; the world, and those who live therein. 8Let the rivers clap their hands, let the mountains sing for joy together. 9Let them sing before Yahweh, for He comes to judge the earth. He will judge the world with righteousness, and the peoples with equity.

Psalm 99 1Yahweh reigns! Let the nations tremble. He sits enthroned between the cherubim: let the earth be moved. 2Yahweh is great in Zion, He is high above all the peoples. 3Let them praise Your great and awesome name: He is Holy! 4The King’s strength also loves justice; You establish equity, You execute justice and righteousness in Jacob. 5Exalt Yahweh our God, worship at His footstool. He is Holy! 6Moses and Aaron were among His priests, Samuel among those who call on His name; they called on Yahweh, and He answered them. 7He spoke to them in the pillar of cloud. They kept His testimonies, the statute that He gave them. 8You answered them, Yahweh our God; You are a God who forgave them, although You took vengeance for their doings. 9Exalt Yahweh our God. Worship at His holy hill, for Yahweh, our God, is holy!

Psalm 100 A Psalm of thanksgiving. 1Shout for joy to Yahweh, all you lands! 2Serve Yahweh with gladness, come before His presence with singing. 3Know that Yahweh, He is God. It is He who has made us and not we ourselves, and we are His. We are His people, and the sheep of His pasture. 4Enter into His gates with thanksgiving, into His courts with praise. Give thanks to Him, and bless His name. 5For Yahweh is good, His grace endures forever, His faithfulness to all generations.

Psalm 101 A Psalm by David. 1I will sing of grace and justice. To You, Yahweh, I will sing praises. 2I will be careful to live a blameless life. When will You come to me? I will walk within my house with a blameless heart. 3I will set no vile thing before my eyes; I hate the deeds of faithless men. They will not cling to me. 4A perverse heart will be far from me. I will have nothing to do with evil. 5I will silence whoever secretly slanders his neighbour. I won’t tolerate one who is haughty and conceited. 6My eyes will be on the faithful of the land, that they may dwell with me. He who walks in a perfect way, he will serve me. 7He who practices deceit won’t dwell within my house. He who speaks falsehood won’t be established before my eyes. 8Morning by morning, I will destroy all the wicked of the land; to cut off all the workers of iniquity from Yahweh’s city.

Psalm 102 A Prayer of the afflicted, when he is overwhelmed and pours out his complaint before Yahweh. 1Hear my prayer, Yahweh! Let my cry come in to You. 2Don’t hide Your face from me in the day of my distress, turn Your ear to me. Answer me quickly in the day when I call. 3For my days consume away like smoke, my bones are burned as a torch. 4My heart is blighted like grass and withered, for I forget to eat my bread. 5By reason of the voice of my groaning, my bones stick to my skin. 6I am like a pelican of the wilderness, I have become as an owl of the waste places. 7I watch, and have become like a sparrow that is alone on the housetop. 8My enemies reproach me all day, those who are mad at me use my name as a curse. 9For I have eaten ashes like bread and mixed my drink with tears 10because of Your indignation and Your wrath; for You have taken me up, and thrown me away. 11My days are like a long shadow, I have withered like grass. 12But You, Yahweh, will remain forever; Your renown endures to all generations. 13You will arise and have mercy on Zion; for it is time to have pity on her, yes, the set time has come. 14For Your servants take pleasure in her stones, and have pity on her dust. 15So the nations will fear the name of Yahweh; all the kings of the earth Your glory. 16For Yahweh has built up Zion; He has appeared in His glory. 17He has responded to the prayer of the destitute, and has not despised their prayer. 18This will be written for the generation to come. A people which will be created will praise Yah. 19For He has looked down from the height of His sanctuary; from heaven, Yahweh saw the earth; 20to hear the groans of the prisoner; to free those who are condemned to death; 21that men may declare the name of Yahweh in Zion, and His praise in Jerusalem, 22when the peoples are gathered together, the kingdoms, to serve Yahweh. 23He weakened my strength along the course, He shortened my days. 24I said, “My God, don’t take me away in the midst of my days. Your years are throughout all generations. 25Of old, You laid the foundation of the earth, the heavens are the work of Your hands. 26They perish, but You will endure. Yes, all of them will wear out like a garment. You will change them like a cloak, and they will be changed. 27But You are the same, Your years will have no end. 28The children of Your servants will continue, their seed will be established before You”.

Psalm 103 By David. 1Praise Yahweh, my soul! All that is within me, praise His holy name! 2Praise Yahweh, my soul, and don’t forget all His benefits; 3who forgives all your sins; who heals all your diseases; 4who redeems your life from destruction; who crowns you with grace and tender mercies; 5who satisfies your desire with good things, so that your youth is renewed like the eagle’s. 6Yahweh executes righteous acts, and justice for all who are oppressed. 7He made known His ways to Moses, His deeds to the children of Israel. 8Yahweh is merciful and gracious, slow to anger, and abundant in grace. 9He will not always accuse; neither will He stay angry forever. 10He has not dealt with us according to our sins, nor repaid us for our iniquities. 11For as the heavens are high above the earth, so great is His grace toward those who fear Him. 12As far as the east is from the west, so far has He removed our transgressions from us. 13Like a father has compassion on His children, so Yahweh has compassion on those who fear Him. 14For He knows how we are made, He remembers that we are dust. 15As for man, His days are like grass, as a flower of the field, so he flourishes. 16For the wind passes over it, and it is gone. Its place remembers it no more. 17But Yahweh’s grace is from everlasting to everlasting with those who fear Him, His righteousness to children’s children; 18to those who keep His covenant, to those who remember to obey His precepts. 19Yahweh has established His throne in the heavens, His kingdom rules over all. 20Praise Yahweh, you angels of His, who are mighty in strength, who fulfil His word, obeying the voice of His word. 21Praise Yahweh, all you armies of His, you servants of His, who do His will. 22Praise Yahweh, all you works of His, in all places of His dominion. Praise Yahweh, my soul!

Psalm 104 1Bless Yahweh, my soul. Yahweh, my God, You are very great. You are clothed with honour and majesty. 2He covers Himself with light as with a garment, He stretches out the heavens like a curtain. 3He lays the beams of His rooms in the waters, He makes the clouds His chariot, He walks on the wings of the wind. 4He makes His Angels winds; His servants flames of fire. 5He laid the foundations of the earth, that it should not be moved forever. 6You covered it with the deep sea as with a cloak. The waters stood above the mountains. 7At Your rebuke they fled, at the voice of Your thunder they hurried away. 8The mountains rose, the valleys sank down, to the place which You had assigned to them. 9You have set a boundary that they may not pass over; that they don’t turn again to cover the earth. 10He sends forth springs into the valleys, they run among the mountains. 11They give drink to every animal of the field, the wild donkeys quench their thirst. 12The birds of the sky nest by them, they sing among the branches. 13He waters the mountains from His rooms, the earth is filled with the fruit of Your works. 14He causes the grass to grow for the livestock, and plants for man to cultivate, that He may bring forth food out of the earth: 15wine that makes glad the heart of man, oil to make his face to shine, and bread that strengthens man’s heart. 16Yahweh’s trees are well watered, the cedars of Lebanon, which He has planted, 17where the birds make their nests. The stork makes its home in the fir trees. 18The high mountains are for the wild goats, the rocks are a refuge for the rock badgers. 19He appointed the moon for seasons, the sun knows when to set. 20You make darkness, and it is night, in which all the animals of the forest prowl. 21The young lions roar after their prey, and seek their food from God. 22The sun rises, and they steal away and lay down in their dens. 23Man goes forth to his work, to his labour until the evening. 24Yahweh, how many are Your works! In wisdom have You made them all. The earth is full of Your riches. 25There is the sea, great and wide, in which are innumerable living things, both small and large animals. 26There the ships go, and leviathan, whom You formed to play there. 27These all wait for You, that You may give them their food in due season. 28You give to them; they gather. You open Your hand; they are satisfied with good. 29You hide Your face: they are troubled; You take away their breath: they die, and return to the dust. 30You send forth Your Spirit: they are created, You renew the face of the ground. 31Let the glory of Yahweh endure forever, let Yahweh rejoice in His works. 32He looks at the earth, and it trembles. He touches the mountains, and they smoke. 33I will sing to Yahweh as long as I live, I will sing praise to my God while I have any being. 34Let your meditation be sweet to Him. I will rejoice in Yahweh. 35Let sinners be consumed out of the earth. Let the wicked be no more. Bless Yahweh, my soul. Praise Yah!

Psalm 105 1Give thanks to Yahweh! Call on His name! Make His doings known among the peoples. 2Sing to Him, sing praises to Him! Tell of all His marvellous works. 3Glory in His holy name, let the heart of those who seek Yahweh rejoice. 4Seek Yahweh and His strength, seek His face forever more. 5Remember His marvellous works that He has done; His wonders, and the judgments of His mouth, 6you seed of Abraham His servant, you children of Jacob, His chosen ones. 7He is Yahweh, our God; His judgments are in all the earth. 8He has remembered His covenant forever, the word which He commanded to a thousand generations, 9the covenant which He made with Abraham, His oath to Isaac, 10and confirmed the same to Jacob for a statute; to Israel for an everlasting covenant 11saying, “To you I will give the land of Canaan, the lot of your inheritance”; 12when they were but a few men in number, yes, very few, and foreigners in it. 13They went about from nation to nation, from one kingdom to another people. 14He allowed no one to do them wrong. Yes, He reproved kings for their sakes, 15“Don’t touch my anointed ones! Do my prophets no harm!”. 16He called for a famine on the land, He destroyed the piles of food. 17He sent a man before them- Joseph, who was sold for a slave. 18They bruised his feet with shackles; his soul was locked in iron, 19until the time that His word came true, and Yahweh’s word proved Him true. 20The king sent and freed him; even the ruler of peoples, and let him go free. 21He made him lord of his house, and ruler of all of his possessions; 22to discipline his princes at his pleasure, and to teach his elders wisdom. 23Israel also came into Egypt, Jacob lived in the land of Ham. 24He increased his people greatly, and made them stronger than their adversaries. 25He turned their heart to hate His people, to conspire against His servants. 26He sent Moses His servant, and Aaron whom He had chosen. 27They performed miracles among them, and wonders in the land of Ham. 28He sent darkness, and made it dark. They didn’t rebel against His words. 29He turned their waters into blood, and killed their fish. 30Their land swarmed with frogs, even in the rooms of their kings. 31He spoke, and swarms of beetles came, and lice in all their borders. 32He gave them hail for rain, with lightning in their land. 33He struck their vines and also their fig trees, and shattered the trees of their country. 34He spoke, and the locusts came, and the grasshoppers without number 35ate up every plant in their land and devoured the fruit of their ground. 36He struck also all the firstborn in their land, the first fruits of all their manhood. 37He brought them forth with silver and gold, there was not one feeble person among His tribes. 38Egypt was glad when they departed, for the fear of them had fallen on them. 39He spread a cloud for a covering, fire to give light in the night. 40They asked, and He brought quails, and satisfied them with the bread of the sky. 41He opened the rock, and waters gushed out; they ran as a river in the dry places. 42For He remembered His holy word, and Abraham His servant. 43He brought forth His people with joy, His chosen with singing. 44He gave them the lands of the nations. They took the labour of the peoples in possession, 45that they might keep His statutes, and observe His laws. Praise Yah!

Psalm 106 1Praise Yahweh! Give thanks to Yahweh, for He is good, for His grace endures forever. 2Who can utter the mighty acts of Yahweh, or fully declare all His praise? 3Blessed are those who keep justice. Blessed is the one who does what is right at all times. 4Remember me, Yahweh, with the grace that You show to Your people; visit me with Your salvation, 5that I may see the prosperity of Your chosen, that I may rejoice in the gladness of Your nation, that I may glory with Your inheritance. 6We have sinned with our fathers. We have committed iniquity. We have done wickedly. 7Our fathers didn’t understand Your wonders in Egypt. They didn’t remember the multitude of Your graces, but were rebellious at the sea, even at the Red Sea. 8Nevertheless He saved them for His name’s sake, that He might make His mighty power known. 9He rebuked the Red Sea also, and it was dried up; so He led them through the depths, as through a desert. 10He saved them from the hand of him who hated them, and redeemed them from the hand of the enemy. 11The waters covered their adversaries, there was not one of them left. 12Then they believed His words, they sang His praise. 13They soon forgot His works, they didn’t wait for His word, 14but gave in to their craving in the desert, and tested God in the wasteland. 15He gave them their request, but sent leanness into their soul. 16They envied Moses also in the camp, and Aaron, Yahweh’s saint. 17The earth opened and swallowed up Dathan, and covered the company of Abiram. 18A fire was kindled in their company, the flame burned up the wicked. 19They made a calf in Horeb, and worshiped a molten image. 20Thus they exchanged their glory for an image of a bull that eats grass. 21They forgot God their Saviour who had done great things in Egypt, 22wondrous works in the land of Ham and awesome things by the Red Sea. 23Therefore He said that He would destroy them, had not Moses His chosen stood before Him in the breach, to turn away His wrath, so that He wouldn’t destroy them. 24Yes, they despised the pleasant land. They didn’t believe His word, 25but murmured in their tents, and didn’t listen to Yahweh’s voice. 26Therefore He swore to them that He would overthrow them in the wilderness, 27that He would overthrow their seed among the nations, and scatter them in the gentile lands. 28They joined themselves also to Baal Peor, and ate the sacrifices of the dead. 29Thus they provoked Him to anger with their deeds. The plague broke in on them. 30Then Phinehas stood up, and executed judgment, so the plague was stopped. 31That was credited to him for righteousness, for all generations to come. 32They angered Him also at the waters of Meribah, so that Moses was troubled for their sakes; 33because they were rebellious against His spirit, he spoke rashly with his lips. 34They didn’t destroy the peoples as Yahweh commanded them, 35but mixed themselves with the nations, and learned their works. 36They served their idols, which became a snare to them. 37Yes, they sacrificed their sons and their daughters to demons. 38They shed innocent blood, even the blood of their sons and of their daughters, whom they sacrificed to the idols of Canaan. The land was polluted with blood. 39Thus were they defiled with their works, and prostituted themselves in their deeds. 40Therefore Yahweh burned with anger against His people, He abhorred His inheritance. 41He gave them into the hand of the nations. Those who hated them ruled over them. 42Their enemies also oppressed them, they were brought into subjection under their hand. 43Many times He delivered them, but they were rebellious in their ways, and were brought low in their iniquity. 44Nevertheless He regarded their distress, when He heard their cry. 45He remembered for them His covenant, and relented according to the multitude of His graces. 46He made them also to be pitied by all those who carried them captive. 47Save us, Yahweh, our God, gather us from among the nations, to give thanks to Your holy name, to triumph in Your praise! 48Blessed be Yahweh, the God of Israel, from everlasting even to everlasting! Let all the people say, “Amen”. Praise Yah!

BOOK V

Psalm 107 1Give thanks to Yahweh, for He is good, for His grace endures forever. 2Let the redeemed by Yahweh say so, whom He has redeemed from the hand of the adversary 3and gathered out of the lands, from the east and from the west, from the north and from the south. 4They wandered in the wilderness in a desert way, they found no city to live in. 5Hungry and thirsty, their soul fainted in them. 6Then they cried to Yahweh in their trouble and He delivered them out of their distresses, 7 He led them also by a straight way, that they might go to a city to live in. 8Let them praise Yahweh for His grace, for His wonderful works to the children of men! 9For He satisfies the longing soul, He fills the hungry soul with good. 10Some sat in darkness and in the shadow of death, being bound in affliction and iron, 11because they rebelled against the words of God, and condemned the counsel of the Most High. 12Therefore He brought down their heart with labour, they fell down, and there was none to help. 13Then they cried to Yahweh in their trouble, and He saved them out of their distresses. 14He brought them out of darkness and the shadow of death and broke their bonds in sunder. 15Let them praise Yahweh for His grace, for His wonderful works to the children of men! 16For He has broken the gates of brass and cut through bars of iron. 17Fools are afflicted because of their disobedience and because of their iniquities. 18Their soul abhors every kind of food, they draw near to the gates of death. 19Then they cry to Yahweh in their trouble, He saves them out of their distresses. 20He sends His word and heals them, and delivers them from their graves. 21Let them praise Yahweh for His grace, for His wonderful works to the children of men! 22Let them offer the sacrifices of thanksgiving, and declare His works with singing. 23Those who go down to the sea in ships, who do business in great waters; 24these see Yahweh’s works, and His wonders in the deep. 25For He commands, and raises the stormy wind which lifts up its waves. 26They mount up to the sky; they go down again to the depths. Their soul melts away because of trouble. 27They reel back and forth and stagger like a drunken man, all their wisdom disappears. 28Then they cry to Yahweh in their trouble and He brings them out of their distress. 29He makes the storm a calm, so that its waves are still. 30Then they are glad because it is calm, and so He brings them to their desired haven. 31Let them praise Yahweh for His grace, for His wonderful works for the children of men! 32Let them exalt Him also in the gathering of the people, and praise Him in the seat of the elders. 33He turns rivers into a desert, water springs into a thirsty ground, 34and a fruitful land into a salt waste because of the wickedness of those who dwell in it. 35He turns a desert into a pool of water, and a dry land into water springs. 36There He makes the hungry live, that they may prepare a city to live in, 37sow fields, plant vineyards, and reap the fruits of increase. 38He blesses them also, so that they are multiplied greatly; He doesn’t allow their livestock to decrease. 39Again, they are diminished and bowed down through oppression, trouble, and sorrow. 40He pours contempt on princes, and causes them to wander in a trackless waste. 41Yet He lifts the needy out of their affliction, and increases their families like a flock. 42The upright will see it, and be glad. All the wicked will shut their mouths. 43Whoever is wise will pay attention to these things; they will reflect upon the graces of Yahweh.

Psalm 108 A Song. A Psalm by David. 1My heart is steadfast, God. I will sing and I will make music with my soul. 2Wake up, harp and lyre! I will wake up the dawn. 3I will give thanks to You, Yahweh, among the nations, I will sing praises to You among the peoples. 4For Your grace is great above the heavens, Your faithfulness reaches to the skies. 5Be exalted, God, above the heavens! Let Your glory be over all the earth. 6That Your beloved may be delivered, save with Your right hand, and answer us. 7God has spoken from His sanctuary: “In triumph I will divide Shechem, and measure out the valley of Succoth. 8Gilead is mine. Manasseh is mine. Ephraim also is my helmet. Judah is my sceptre. 9Moab is my wash pot, I will toss my sandal on Edom, I will shout over Philistia”. 10Who will bring me into the fortified city? Who has led me to Edom? 11Haven’t You rejected us, God? You don’t go forth, God, with our armies. 12Give us help against the enemy, for the help of man is vain. 13Through God we will do valiantly, for it is He who will tread down our enemies.

Psalm 109 For the Chief Musician. A Psalm by David. 1God of my praise, don’t remain silent, 2for they have opened the mouth of the wicked and the mouth of deceit against me. They have spoken to me with a lying tongue. 3They have also surrounded me with words of hatred, and fought against me without a cause. 4In return for my love, they are my adversaries; but I am in prayer. 5They have rewarded me evil for good, and hatred for my love. 6Set a wicked man over him, let an adversary stand at his right hand. 7When he is judged, let him come forth guilty, let his prayer be turned into sin. 8Let his days be few, let another take his office. 9Let his children be fatherless and his wife a widow; 10may his children be wandering beggars, let them be sought from their ruins. 11Let the creditor seize all that he has, let strangers plunder the fruit of his labour. 12Let there be nobody to extend kindness to him, neither let there be anyone to have pity on his fatherless children. 13Let his posterity be cut off, in the next generation may their name be blotted out. 14Let the iniquity of his fathers be remembered by Yahweh, don’t let the sin of his mother be blotted out. 15Let them be before Yahweh continually, that He may cut off their memory from the earth; 16because he didn’t remember to show kindness, but persecuted the poor and needy man, the broken in heart, to kill them. 17Yes, he loved cursing, and it came to him. He didn’t delight in blessing, and so it was far from him. 18He clothed himself also with cursing as with his garment; it came into his inward parts like water, like oil into his bones. 19Let it be to him as the clothing with which he covers himself, like the belt that is always around him. 20This is the reward of my adversaries from Yahweh, of those who speak evil against my soul. 21But deal with me, Yahweh the Lord, for Your name’s sake; because Your grace is good, deliver me; 22for I am poor and needy. My heart is wounded within me. 23I fade away like an evening shadow, I am shaken off like a locust. 24My knees are weak through fasting, my body is thin and lacks fat. 25I have also become a reproach to them; when they see me, they shake their head. 26Help me, Yahweh, my God. Save me according to Your grace; 27that they may know that this is Your hand; that You, Yahweh, have done it. 28They may curse, but You bless. When they arise, they will be shamed, but Your servant shall rejoice. 29Let my adversaries be clothed with dishonour, may they cover themselves with their own shame as with a robe. 30I will give great thanks to Yahweh with my mouth, truly I will praise Him among the multitude. 31For He will stand at the right hand of the needy, to save him from those who judge his soul.

Psalm 110 A Psalm by David. 1Yahweh says to my Lord, “Sit at My right hand, until I make your enemies a footstool for your feet”. 2Yahweh will send forth the rod of your strength out of Zion. Rule in the midst of your enemies! 3Your people offer themselves willingly in the day of your power, in holy attire. Out of the womb of the morning, you have the dew of your youth. 4Yahweh has sworn, and will not change His mind: “You are a priest forever in the order of Melchizedek”. 5The Lord is at your right hand; He will crush kings in the day of His wrath. 6He will judge among the nations, He will heap up dead bodies, He will crush the ruler of the whole earth. 7He will drink of the brook in the way; therefore He will lift up His head.

Psalm 111 1Praise Yah! I will give thanks to Yahweh with my whole heart, in the council of the upright, and in the congregation. 2Yahweh’s works are great, pondered by all those who delight in them. 3His work is honour and majesty, His righteousness endures forever. 4He has caused His wonderful works to be remembered; Yahweh is gracious and merciful. 5He has given food to those who fear Him; He is ever mindful of His covenant. 6He has shown His people the power of His works, in giving them the heritage of the nations. 7The works of His hands are truth and justice; all His precepts are sure, 8they are established forever and ever. They are done in truth and uprightness. 9He has sent redemption to His people, He has ordained His covenant forever. His name is holy and awesome! 10The fear of Yahweh is the beginning of wisdom. All those who do His work have a good understanding. His praise endures forever!

Psalm 112 1Praise Yah! Blessed is the man who fears Yahweh, who delights greatly in His commandments. 2His seed will be mighty in the land, the generation of the upright will be blessed. 3Wealth and riches are in His house; His righteousness endures forever. 4Light dawns in the darkness for the upright, gracious, merciful, and righteous. 5It is well with the man who deals graciously and lends; he will maintain his cause in judgment. 6For he will never be shaken; the righteous will be remembered forever. 7He will not be afraid of evil news; his heart is steadfast, trusting in Yahweh. 8His heart is established; he will not be afraid in the end when he sees his adversaries. 9He has dispersed, He has given to the poor; His righteousness endures forever, His horn will be exalted with honour. 10The wicked will see it, and be grieved. He shall gnash with his teeth, and melt away. The desire of the wicked will perish.

Psalm 113 1Praise Yah! Praise, you servants of Yahweh, praise the name of Yahweh. 2Blessed be the name of Yahweh, from this time forth and forever. 3From the rising of the sun to the going down of it, Yahweh’s name is to be praised. 4Yahweh is high above all nations, His glory above the heavens. 5Who is like Yahweh our God, who has His seat on high, 6who stoops down to view both heaven and earth? 7He raises up the poor out of the dust and lifts up the needy from the ash heap; 8that He may set him with princes, even with the princes of His people. 9He settles the barren woman in her home, as a joyful mother of children. Praise Yah!

Psalm 114 1When Israel went forth out of Egypt, the house of Jacob from a people of foreign language; 2Judah became His sanctuary, Israel His kingdom. 3The sea saw it, and fled. The Jordan was driven back. 4The mountains skipped like rams, the little hills like lambs. 5What was it, you sea, that you fled? You Jordan, that you turned back? 6You mountains, that you skipped like rams; you little hills, like lambs? 7Tremble, you earth, at the presence of the Lord, at the presence of the God of Jacob, 8who turned the rock into a pool of water, the flint into a spring of waters.

Psalm 115 1Not to us, Yahweh, not to us, but to Your name give glory, for Your the sake of Your grace and truth. 2Why should the nations say, “Where is their God now?”. 3But our God is in the heavens. He does whatever He pleases. 4Their idols are silver and gold, the work of men’s hands; 5they have mouths, but they don’t speak, they have eyes, but they don’t see. 6They have ears, but they don’t hear, they have noses, but they don’t smell. 7They have hands, but they don’t feel; they have feet, but they don’t walk, neither do they speak through their throat. 8Those who make them will be like them; yes, everyone who trusts in them. 9Israel, trust in Yahweh! He is their help and their shield. 10House of Aaron, trust in Yahweh! He is their help and their shield. 11You who fear Yahweh, trust in Yahweh! He is their help and their shield. 12Yahweh remembers us; He will bless us, He will bless the house of Israel, He will bless the house of Aaron. 13He will bless those who fear Yahweh, both small and great. 14May Yahweh increase you more and more, you and your children. 15Blessed are you by Yahweh, who made heaven and earth. 16The heavens are the heavens of Yahweh; but the earth has He given to the children of men. 17The dead don’t praise Yah, neither any who go down into silence; 18but we will bless Yah, from this time forth and forevermore. Praise Yah!

Psalm 116 1I love Yahweh, because He listens to my voice and my cries for mercy. 2Because He has turned His ear to me, therefore I will call on Him as long as I live. 3The cords of death surrounded me, the pains of Sheol got a hold on me, I found trouble and sorrow. 4Then I called on the name of Yahweh: “Yahweh, I beg You, deliver my soul”. 5Yahweh is gracious and righteous; yes, our God is merciful. 6Yahweh preserves the simple; I was brought low, and He saved me. 7Return to your rest, my soul, for Yahweh has dealt bountifully with you. 8For You have delivered my soul from death, my eyes from tears, and my feet from falling. 9I will walk before Yahweh in the land of the living. 10I believed, therefore I said, “I was greatly afflicted”. 11I said in my haste, “All men are liars”. 12What will I give to Yahweh for all His benefits toward me? 13I will take the cup of salvation, and call on the name of Yahweh. 14I will pay my vows to Yahweh, yes, in the presence of all His people. 15Precious in the sight of Yahweh is the death of His saints. 16Yahweh, truly I am Your servant, I am Your servant, the son of Your handmaid. You have freed me from my chains. 17I will offer to You the sacrifice of thanksgiving, and will call on the name of Yahweh. 18I will pay my vows to Yahweh, yes, in the presence of all His people, 19in the courts of Yahweh’s house, in the midst of you, Jerusalem. Praise Yah!

Psalm 117 1Praise Yahweh, all you nations! Extol Him, all you peoples! 2For His grace is great toward us, Yahweh’s faithfulness endures forever. Praise Yah!

Psalm 118 1Give thanks to Yahweh for He is good, for His grace endures forever. 2Let Israel now say that His grace endures forever. 3Let the house of Aaron now say that His grace endures forever. 4Now let those who fear Yahweh say that His grace endures forever. 5Out of my distress, I called on Yah; Yah answered me with freedom. 6Yahweh is on my side, I will not be afraid; what can man do to me? 7Yahweh is on my side among those who help me. Therefore I will look in triumph at those who hate me. 8It is better to take refuge in Yahweh than to put confidence in man. 9It is better to take refuge in Yahweh than to put confidence in princes. 10All the nations surrounded me, but in the name of Yahweh, I cut them off. 11They surrounded me, yes, they surrounded me. In the name of Yahweh I indeed cut them off. 12They surrounded me like bees but they are quenched like the burning thorns. In the name of Yahweh I cut them off. 13You pushed me back hard to make me fall, but Yahweh helped me. 14Yah is my strength and song, He has become my salvation. 15The voice of rejoicing and salvation is in the tents of the righteous: “The right hand of Yahweh does valiantly. 16The right hand of Yahweh is exalted! The right hand of Yahweh does valiantly!”. 17I will not die, but live, and declare Yah’s works. 18Yah has punished me severely, but He has not given me over to death. 19Open to me the gates of righteousness: I will enter into them. I will give thanks to Yah. 20This is the gate of Yahweh; the righteous will enter into it. 21I will give thanks to You, for You have answered me, and have become my salvation. 22The stone which the builders rejected has become the head of the corner. 23This is Yahweh’s doing, it is marvellous in our eyes. 24This is the day that Yahweh has made; we will rejoice and be glad in it! 25Save us now, we beg You, Yahweh! Yahweh, we beg You, send prosperity now. 26Blessed is he who comes in the name of Yahweh! We have blessed you out of the house of Yahweh. 27Yahweh is God, and He has given us light. Bind the sacrifice with cords, even to the horns of the altar. 28You are my God, and I will give thanks to You; You are my God, I will exalt You. 29Oh give thanks to Yahweh, for He is good, for His grace endures forever.

Psalm 119

ALEPH 1Blessed are those whose ways are blameless, who walk according to Yahweh’s law. 2Blessed are those who keep His statutes, who seek Him with their whole heart. 3Yes, they do nothing wrong; they walk in His ways. 4You have commanded Your precepts, that we should fully obey them. 5Oh that my ways were steadfast to obey Your statutes! 6Then I wouldn’t be ashamed when I obey all of Your commandments. 7I will give thanks to You with uprightness of heart, when I learn Your righteous judgments. 8I will observe Your statutes; don’t utterly forsake me.

BET 9How can a young man keep his way pure? By living according to Your word. 10With my whole heart I have sought You; don’t let me wander from Your commandments. 11I have hidden Your word in my heart, that I might not sin against You. 12Blessed are You, Yahweh; teach me Your statutes. 13With my lips I have declared all the ordinances of Your mouth. 14I have rejoiced in the way of Your testimonies, as much as in all riches. 15I will meditate on Your precepts, and consider Your ways. 16I will delight myself in Your statutes, I will not forget Your word.

GIMEL 17Do good to Your servant; I will live to obey Your word. 18Open my eyes, that I may see wondrous things out of Your law. 19I am a stranger on the earth, don’t hide Your commandments from me. 20My soul is consumed with longing for Your ordinances at all times. 21You have rebuked the proud who are cursed, who wander from Your commandments. 22Take reproach and contempt away from me, for I have kept Your statutes. 23Though princes sit and slander me, Your servant will meditate on Your statutes. 24Indeed Your statutes are my delight and my counsellors.

DALED 25My soul is laid low in the dust; revive me according to Your word! 26I declared my ways, and You answered me. Teach me Your statutes. 27Let me understand the teaching of Your precepts! Then I will talk of Your wondrous works. 28My soul is weary with sorrow: strengthen me according to Your word. 29Keep me from the way of deceit. Grant me Your law graciously! 30I have chosen the way of truth, I have set Your ordinances before me. 31I cling to Your statutes, Yahweh; don’t let me be disappointed. 32I run in the path of Your commandments, for You have set my heart free.

HEY 33Teach me, Yahweh, the way of Your statutes; I will keep them to the end. 34Give me understanding, and I will keep Your law; yes, I will obey it with my whole heart. 35Direct me in the path of Your commandments, for I delight in them. 36Turn my heart toward Your statutes, not toward selfish gain. 37Turn my eyes away from looking at worthless things. Revive me in Your ways. 38Fulfill Your promise to Your servant, that You may be feared. 39Take away my disgrace that I dread, for Your ordinances are good. 40Behold, I long for Your precepts! Revive me in Your righteousness.

WAW 41Let Your grace also come to me, Yahweh, Your salvation, according to Your word 42so I will have an answer for him who reproaches me, for I trust in Your word. 43Don’t take the word of truth out of my mouth, for I put my hope in Your ordinances; 44so I will obey Your law continually, forever and ever. 45I will walk in liberty, for I have sought Your precepts. 46I will also speak of Your statutes before kings, and will not be disappointed. 47I will delight myself in Your commandments, because I love them. 48I reach out my hands for Your commandments which I love; I will meditate on Your statutes.

ZAYIN 49Remember Your word to Your servant, because You give me hope. 50This is my comfort in my affliction, for Your word has revived me. 51The arrogant mock me excessively, but I don’t swerve from Your law. 52I remember Your ordinances of old, Yahweh, and have comforted myself. 53Indignation has taken hold on me because of the wicked who forsake Your law. 54Your statutes have been my songs in the house of my pilgrimage. 55I have remembered Your name, Yahweh, in the night, and I obey Your law. 56This is my life’s way, keeping Your precepts.

CHET 57Yahweh is my portion; I promised to obey Your words. 58I sought Your favour with my whole heart; be merciful to me according to Your word. 59I considered my ways and turned my steps to Your statutes. 60I will hurry, and not delay, to obey Your commandments. 61The ropes of the wicked bind me, but I won’t forget Your law. 62At midnight I will rise to give thanks to You because of Your righteous ordinances. 63I am a friend of all those who fear You, of those who observe Your precepts. 64The earth is full of Your grace, Yahweh; teach me Your commands.

TET 65Do good to Your servant according to Your word, Yahweh. 66Teach me good judgment and knowledge, for I believe in Your commandments. 67Before I was afflicted, I went astray; but now I observe Your word. 68You are good, and do good; teach me Your statutes. 69The proud have smeared a lie upon me, but with my whole heart I will keep Your precepts. 70Their heart is callous and fat, but I delight in Your law. 71It is good for me that I have been afflicted, that I may learn Your statutes. 72The law of Your mouth is better to me than thousands of pieces of gold and silver.

YUD 73Your hands have made me and formed me; give me understanding, that I may learn Your commandments. 74Those who fear You will see me and be glad, because I have put my hope in Your word. 75Yahweh, I know that Your judgments are righteous, that in faithfulness You have afflicted me. 76Please let Your grace be for my comfort, according to Your word to Your servant. 77Let Your tender mercies come to me, that I may live; for Your law is my delight. 78Let the proud be disappointed, for they have overthrown me wrongfully; but I will meditate on Your precepts. 79Let those who fear You turn to me; they will know Your statutes. 80Let my heart be blameless toward Your decrees, that I may not be ashamed.

KAF 81My soul faints for Your salvation; I hope in Your word. 82My eyes fail for Your word; I say, “When will You comfort me?”. 83For I have become like a wineskin in the smoke, but I don’t forget Your statutes. 84How many are the days of Your servant? When will You execute Your word on those who persecute me? 85The proud have dug pits for me, contrary to Your law. 86All of Your commandments are faithful. They persecute me wrongfully. Help me! 87They had almost wiped me from the earth, but I didn’t forsake Your precepts. 88Preserve my life according to Your grace, so I will obey the statutes of Your mouth.

LAMED 89Yahweh, Your word is settled in heaven forever. 90Your faithfulness is to all generations. You have by a word established the earth, and it remains. 91Your laws remain to this day, for all things serve You. 92Unless Your law had been my delight, I would have perished in my affliction. 93I will never forget Your precepts, for with them You have revived me. 94I am Yours. Save me, for I have sought Your precepts. 95The wicked have waited for me to destroy me; I will consider Your statutes. 96I have seen a limit to all perfection, but Your commands are boundless.

MEM 97How I love Your law! It is my meditation all day. 98Your commandments make me wiser than my enemies, for Your commandments are always with me. 99I have more understanding than all my teachers, for Your testimonies are my meditation. 100I understand more than the aged, because I have kept Your precepts. 101I have kept my feet from every evil way, that I might observe Your word. 102I have not turned aside from Your ordinances, for You have taught me. 103How sweet are Your promises to my taste, more than honey to my mouth! 104Through Your precepts I get understanding; therefore I hate every false way.

NUN 105Your word is a lamp to my feet, and a light for my path. 106I have sworn, and have confirmed it, that I will obey Your righteous ordinances. 107I am afflicted very much. Revive me, Yahweh, according to Your word. 108Accept, I beg You, the willing offerings of my mouth. Yahweh, teach me Your ordinances. 109My soul is continually in my hand, yet I won’t forget Your law. 110The wicked have laid a snare for me, yet I haven’t gone astray from Your precepts. 111I have taken Your testimonies as a heritage forever, for they are the joy of my heart. 112I have set my heart to perform Your statutes forever, even to the end.

SAMEKH 113I hate double-minded men, but I love Your law. 114You are my hiding place and my shield. I hope in Your word. 115Depart from me, You evildoers, that I may keep the commandments of my God. 116Uphold me according to Your word, that I may live. Let me not be ashamed of my hope. 117Hold me up and I will be safe, and will have respect for Your statutes continually. 118You reject all those who stray from Your statutes, for their deceit is in vain. 119You put away all the wicked of the earth like dross. Therefore I love Your testimonies. 120My flesh trembles for fear of You; I am afraid of Your judgments.

AYIN 121I have done what is just and righteous. Don’t leave me to my oppressors. 122Ensure Your servant’s well-being. Don’t let the proud oppress me. 123My eyes fail looking for Your salvation, for Your righteous word. 124Deal with Your servant according to Your grace, teach me Your statutes. 125I am Your servant. Give me understanding, that I may know Your testimonies. 126It is time to act, Yahweh, for they break Your law. 127Therefore I love Your commandments more than gold, yes, more than pure gold. 128Therefore I consider all of Your precepts to be right; I hate every false way.

PEY 129Your testimonies are wonderful, therefore my soul keeps them. 130The entrance of Your words gives light, it gives understanding to the simple. 131I opened my mouth wide and panted, for I longed for Your commandments. 132Turn to me and have mercy on me, as You always do to those who love Your name. 133Establish my footsteps in Your word; don’t let any iniquity have dominion over me. 134Redeem me from the oppression of man, so that I will observe Your precepts. 135Make Your face shine on Your servant. Teach me Your statutes. 136Streams of tears run down my eyes, because they don’t observe Your law.

TZADI 137You are righteous, Yahweh; Your judgments are upright. 138You have commanded Your statutes in righteousness; they are fully trustworthy. 139My zeal wears me out, because my enemies ignore Your words. 140Your promises have been thoroughly tested, and Your servant loves them. 141I am small and despised but I don’t forget Your precepts. 142Your righteousness is an everlasting righteousness; Your law is truth. 143Trouble and anguish have taken hold of me, but Your commandments are my delight. 144Your testimonies are righteous forever. Give me understanding, that I may live.

KUF 145I have called with my whole heart. Answer me, Yahweh! I will keep Your statutes. 146I have called to You. Save me! I will obey Your statutes. 147I rise before dawn and cry for help, I put my hope in Your words. 148My eyes stay open through the night watches, that I might meditate on Your word. 149Hear my voice according to Your grace. Revive me, Yahweh, according to Your ordinances. 150They draw near who follow after wickedness, they are far from Your law. 151You are near, Yahweh. All Your commandments are truth. 152Of old I have known from Your testimonies, that You have founded them forever.

RESH 153Consider my affliction and deliver me, for I don’t forget Your law. 154Plead my cause, and redeem me! Revive me according to Your promise. 155Salvation is far from the wicked, for they don’t seek Your statutes. 156Great are Your tender mercies, Yahweh. Revive me according to Your ordinances. 157Many are my persecutors and my adversaries, but I haven’t swerved from Your testimonies. 158I look at the faithless with loathing, because they don’t observe Your word. 159Consider how I love Your precepts. Revive me, Yahweh, according to Your grace. 160All of Your words are truth, every one of Your righteous ordinances endures forever.

SIN AND SHIN 161Princes have persecuted me without a cause, but my heart stands in awe of Your words. 162I rejoice at Your word, as one who finds great spoil. 163I hate and abhor falsehood but I love Your law. 164Seven times a day I praise You because of Your righteous ordinances. 165Those who love Your law have great peace; nothing causes them to stumble. 166I have hoped for Your salvation, Yahweh. I have done Your commandments. 167My soul has observed Your testimonies because I love them exceedingly. 168I have obeyed Your precepts and Your testimonies, for all my ways are before You.

TAV 169Let my cry come near before You, Yahweh. Give me understanding according to Your word. 170Let my supplication come before You and deliver me according to Your word. 171Let my lips utter praise, for You teach me Your statutes. 172Let my tongue sing of Your word, for all Your commandments are righteousness. 173Let Your hand be ready to help me, for I have chosen Your precepts. 174I have longed for Your salvation, Yahweh. Your law is my delight. 175Let my soul live, that I may praise You. Let Your ordinances help me. 176I have gone astray like a lost sheep. Seek Your servant, for I don’t forget Your commandments.

Psalm 120 A Song of Ascents. 1In my distress, I cried to Yahweh. He answered me. 2Deliver my soul, Yahweh, from lying lips, from a deceitful tongue. 3What will be given to you, and what will be done more to you, you deceitful tongue? 4Sharp arrows of the mighty, with coals of juniper. 5Woe is me, that I live in Meshech, that I dwell among the tents of Kedar! 6My soul has had her dwelling too long with him who hates peace. 7I am for peace, but when I speak, they are for war.

Psalm 121 A Song of Ascents. 1I will lift up my eyes to the hills. Where does my help come from? 2My help comes from Yahweh, who made heaven and earth. 3He will not allow your foot to be moved; He who keeps you will not slumber. 4Behold, He who keeps Israel will neither slumber nor sleep. 5Yahweh is your keeper, Yahweh is your shade on your right hand. 6The sun will not harm you by day, nor the moon by night. 7Yahweh will keep you from all evil; He will keep your soul. 8Yahweh will keep your going out and your coming in from this time forth and forever.

Psalm 122 A Song of Ascents. By David. 1I was glad when they said to me, “Let’s go up to Yahweh’s house!”. 2Our feet shall stand within your gates, Jerusalem; 3Jerusalem, that is built as a city that is compact together; 4where the tribes go up, even Yah’s tribes, according to an ordinance for Israel, to give thanks to the name of Yahweh. 5For there are set thrones for judgment, the thrones of David’s house. 6Pray for the peace of Jerusalem; those who love you will prosper. 7Peace be within your walls, and prosperity within your palaces. 8For my brothers’ and companions’ sakes I will now say, “Peace be within you”. 9For the sake of the house of Yahweh our God, I will seek your good.

Psalm 123 A Song of Ascents. 1To You I do lift up my eyes, You who sit in the heavens. 2Behold, as the eyes of servants look to the hand of their master, as the eyes of a maid to the hand of her mistress; so our eyes look to Yahweh our God until He has mercy on us. 3Have mercy on us, Yahweh, have mercy on us, for we have endured much contempt. 4Our soul is exceedingly filled with the scoffing of those who are at ease, with the contempt of the proud.

Psalm 124 A Song of Ascents. By David. 1If it had not been Yahweh who was on our side, let Israel now say, 2if it had not been Yahweh who was on our side when men rose up against us; 3then they would have swallowed us up alive, when their wrath was kindled against us; 4then the waters would have overwhelmed us, the stream would have gone over our soul; 5then the proud waters would have gone over our soul. 6Blessed be Yahweh, who has not given us as a prey to their teeth. 7Our soul has escaped like a bird out of the fowler’s snare. The snare is broken, and we have escaped. 8Our help is in the name of Yahweh, who made heaven and earth.

Psalm 125 A Song of Ascents. 1Those who trust in Yahweh are as Mount Zion which can’t be moved but remains forever. 2As the mountains surround Jerusalem, so Yahweh surrounds His people from this time forth and forever. 3For the sceptre of wickedness won’t remain over the allotment of the righteous; so that the righteous won’t put forth their hands to do evil. 4Do good, Yahweh, to those who are good, to those who are upright in their hearts. 5But as for those who turn aside to their crooked ways, Yahweh will lead them away with the workers of iniquity. Peace be on Israel.

Psalm 126 A Song of Ascents. 1When Yahweh brought back those who returned to Zion, we were like those who dream. 2Then our mouth was filled with laughter, and our tongue with singing. Then they said among the nations, “Yahweh has done great things for them”. 3Yahweh has done great things for us, and we are glad. 4Restore our fortunes again, Yahweh, like the streams in the Negev. 5Those who sow in tears will reap in joy. 6He who goes out weeping, carrying seed for sowing, will certainly come again with joy carrying his sheaves.

Psalm 127 A Song of Ascents. By Solomon. 1Unless Yahweh builds the house, they labour in vain who build it. Unless Yahweh watches over the city, the watchman guards it in vain. 2It is vain for you to rise up early, to stay up late, eating the bread of toil; for He gives sleep to His beloved ones. 3Behold, children are a heritage of Yahweh. The fruit of the womb is His reward. 4As arrows in the hand of a mighty man, so are the children of youth. 5Happy is the man who has his quiver full of them; they won’t be ashamed when they speak with their enemies in the gate.

Psalm 128 A Song of Ascents. 1Blessed is each one who fears Yahweh, who walks in His ways. 2For you will eat the labour of your hands; you will be happy, and it will be well with you. 3Your wife will be as a fruitful vine in the innermost parts of your house; your children like olive plants around your table. 4Behold, thus is the man blessed who fears Yahweh. 5May Yahweh bless you out of Zion, and may you see the good of Jerusalem all the days of your life. 6Yes, may you see your children’s children. Peace be upon Israel.

Psalm 129 A Song of Ascents. 1Many times they have afflicted me from my youth up. Let Israel now say, 2many times they have afflicted me from my youth up, yet they have not prevailed against me. 3The ploughers ploughed on my back; they made their furrows long. 4Yahweh is righteous; He has cut apart the cords of the wicked. 5Let them be disappointed and turned backward, all those who hate Zion. 6Let them be as the grass on the housetops, which withers before it grows up; 7with which the reaper doesn’t fill his hand, nor the binder of sheaves his belt. 8Neither do those who go by say, “The blessing of Yahweh be on you. We bless you in the name of Yahweh”.

Psalm 130 A Song of Ascents. 1Out of the depths I have cried to You, Yahweh. 2Lord, hear my voice. Let Your ears be attentive to the voice of my petitions. 3If You, Yah, kept a record of sins, Lord, who could stand? 4But there is forgiveness with You, therefore You are feared. 5I wait for Yahweh. My soul waits. I hope in His word. 6My soul longs for the Lord more than watchmen long for the morning; more than watchmen for the morning. 7Israel, hope in Yahweh, for with Yahweh there is grace, with Him is abundant redemption. 8He will redeem Israel from all their sins.

Psalm 131 A Song of Ascents. By David. 1Yahweh, my heart isn’t haughty, nor my eyes lofty; nor do I concern myself with great matters, or things too wonderful for me. 2Surely I have stilled and quieted my soul, like a weaned child with his mother, like a weaned child is my soul within me. 3Israel, hope in Yahweh, from this time forth and forever.

Psalm 132 A Song of Ascents. 1Yahweh, remember David and all his affliction, 2how he swore to Yahweh, and vowed to the Mighty One of Jacob: 3“Surely I will not come under the roof of my house, nor go up into my bed; 4I will not give sleep to my eyes, or slumber to my eyelids; 5until I find out a place for Yahweh, a dwelling for the Mighty One of Jacob”. 6Behold, we heard of it in Ephrathah. We found it in the field of Jaar: 7“We will go into His dwelling place. We will worship at His footstool. 8Arise, Yahweh, into Your resting place; You, and the ark of Your strength. 9Let Your priests be clothed with righteousness, let Your saints shout for joy!”. 10For Your servant David’s sake, don’t turn away the face of Your anointed one. 11Yahweh has sworn to David in truth, He will not turn from it: “I will set the fruit of your body on your throne. 12If your children will keep My covenant, My testimony that I will teach them, their children also will sit on your throne forever”. 13For Yahweh has chosen Zion, He has desired it for His habitation. 14“This is my resting place forever. Here I will live, for I have desired it. 15I will abundantly bless her provision. I will satisfy her poor with bread. 16Her priests I will also clothe with salvation, her holy people will shout aloud for joy. 17There I will make the horn of David to bud. I have ordained a lamp for my anointed. 18I will clothe his enemies with shame, but on himself, his crown will be splendid”.

Psalm 133 A Song of Ascents. By David. 1See how good and how pleasant it is for brothers to live together in unity! 2It is like the precious oil on the head, that ran down on the beard, even Aaron’s beard; that came down on the edge of his robes; 3like the dew of Hermon, that comes down on the hills of Zion: for there Yahweh gives the blessing, even life forever.

Psalm 134 A Song of Ascents. 1Look! Praise Yahweh, all you servants of Yahweh, who stand by night in Yahweh’s house! 2Lift up your hands in the sanctuary. Praise Yahweh! 3May Yahweh bless you from Zion; even He who made heaven and earth.

Psalm 135 1Praise Yah! Praise the name of Yahweh! Praise Him, you servants of Yahweh, 2you who stand in the house of Yahweh, in the courts of our God’s house. 3Praise Yah, for Yahweh is good. Sing praises to His name, for that is pleasant. 4For Yah has chosen Jacob for Himself; Israel for His own possession. 5For I know that Yahweh is great, that our Lord is above all gods. 6Whatever Yahweh pleased, that He has done, in heaven and in earth, in the seas and in all deeps; 7who causes the clouds to rise from the ends of the land; who makes lightnings with the rain; who brings forth the wind out of His treasuries; 8who struck the firstborn of Egypt, both of man and animal; 9who sent signs and wonders into the midst of you, Egypt, on Pharaoh, and on all his servants; 10who struck many nations, and killed mighty kings, 11Sihon king of the Amorites, Og king of Bashan and all the kingdoms of Canaan, 12and gave their land for a heritage, a heritage to Israel, His people. 13Your name, Yahweh, endures forever; Your renown, Yahweh, throughout all generations. 14For Yahweh will judge His people, and be sorry for His servants. 15The idols of the nations are silver and gold, the work of men’s hands. 16They have mouths, but they can’t speak; they have eyes, but they can’t see. 17They have ears, but they can’t hear; neither is there any breath in their mouths. 18Those who make them will be like them; yes, everyone who trusts in them. 19House of Israel, praise Yahweh! House of Aaron, praise Yahweh! 20House of Levi, praise Yahweh! You who fear Yahweh, praise Yahweh! 21Blessed be Yahweh from Zion, He who dwells at Jerusalem. Praise Yah!

Psalm 136 1Give thanks to Yahweh, for He is good; for His grace endures forever. 2Give thanks to the God of gods; for His grace endures forever. 3Give thanks to the Lord of lords; for His grace endures forever: 4to Him who alone does great wonders; for His grace endures forever: 5to Him who by understanding made the heavens; for His grace endures forever: 6to Him who spread out the earth above the waters; for His grace endures forever: 7to Him who made the great lights; for His grace endures forever: 8the sun to rule by day; for His grace endures forever; 9the moon and stars to rule by night; for His grace endures forever: 10to Him who struck down the Egyptian firstborn; for His grace endures forever; 11and brought out Israel from among them; for His grace endures forever; 12with a strong hand, and with an outstretched arm; for His grace endures forever: 13to Him who divided the Red Sea apart; for His grace endures forever; 14and made Israel to pass through its midst; for His grace endures forever; 15but overthrew Pharaoh and His army in the Red Sea; for His grace endures forever: 16to Him who led His people through the wilderness; for His grace endures forever: 17to Him who struck great kings; for His grace endures forever; 18and killed mighty kings; for His grace endures forever: 19Sihon king of the Amorites; for His grace endures forever; 20Og king of Bashan; for His grace endures forever; 21and gave their land as an inheritance; for His grace endures forever; 22even a heritage to Israel His servant; for His grace endures forever: 23who remembered us in our low estate; for His grace endures forever; 24and has delivered us from our adversaries; for His grace endures forever: 25who gives food to every creature; for His grace endures forever. 26Oh give thanks to the God of heaven; for His grace endures forever.

Psalm 137 1By the rivers of Babylon there we sat down, and yes, we wept when we remembered Zion. 2On the willows in its midst we hung up our harps. 3For there, those who led us captive asked us for songs. Those who tormented us demanded us songs of joy: “Sing us one of the songs of Zion!”. 4How could we sing Yahweh’s song in a foreign land? 5If I forget you, Jerusalem, let my right hand forget its skill. 6Let my tongue stick to the roof of my mouth if I don’t remember you; if I don’t prefer Jerusalem above my chief joy. 7Remember, Yahweh, against the children of Edom, the day of Jerusalem; who said, “Raze it! Raze it even to its foundation!”. 8Daughter of Babylon, doomed to destruction, he will be happy who rewards you as you have served us. 9Happy shall he be, who takes and dashes your little ones against the rock.

Psalm 138 By David. 1I will give You thanks with my whole heart. Before the mighty ones I will sing praises to You. 2I will bow down toward Your holy temple, and give thanks to Your Name for Your grace and for Your truth; for You have exalted above all things your name and your word. 3In the day that I called, You answered me; You encouraged me with strength in my soul. 4All the kings of the land will give You thanks, Yahweh, for they have heard the words of Your mouth. 5Yes, they will sing of the ways of Yahweh; for great is Yahweh’s glory. 6For though Yahweh is high, yet He looks after the lowly; but the proud, He knows from afar. 7Though I walk in the midst of trouble, You will revive me; You will stretch forth Your hand against the wrath of my enemies. Your right hand will save me. 8Yahweh will fulfil that which concerns me; Your grace, Yahweh, endures forever. Don’t forsake the works of Your own hands.

Psalm 139 For the Chief Musician. A Psalm by David. 1Yahweh, You have searched me and You know me. 2You know my sitting down and my rising up, You perceive my thoughts from afar. 3You search out my path and my lying down, and are acquainted with all my ways. 4For there is not a word on my tongue, but, behold, Yahweh, You know it altogether. 5You hem me in behind and before, You have laid Your hand on me. 6This knowledge is beyond me. It is lofty and beyond me. 7Where could I go from Your Spirit? Or where could I flee from Your presence? 8If I ascend up into heaven, You are there. If I make my bed in Sheol, behold, You are there! 9If I take the wings of the dawn, and settle in the uttermost parts of the sea, 10even there Your hand will lead me, and Your right hand will hold me. 11If I say, “Surely the darkness will overwhelm me” then the light around me will be night; 12even the darkness doesn’t hide from You, but the night shines as the day; the darkness is like light to You. 13For You formed my inmost being, You knit me together in my mother’s womb. 14I will give thanks to You, for I am fearfully and wonderfully made. Your works are wonderful and my soul knows that very well. 15My frame wasn’t hidden from You when I was made in secret, woven together in the depths of the earth. 16Your eyes saw my body. In Your book my body parts were all written and the days that were ordained for me, when as yet there were none of them. 17How precious to me are Your thoughts, God! How vast is their sum! 18If I would count them, they are more in number than the sand. When I wake up, I am still with You. 19If only You, God, would kill the wicked. Get away from me, you bloodthirsty men! 20For they speak against You wickedly, Your enemies take Your name in vain. 21Yahweh, don’t I hate those who hate You? Am I not grieved with those who rise up against You? 22I hate them with complete hatred; they have become my enemies. 23Search me, God, and know my heart; test me, and know my thoughts. 24See if there is any wicked way in me, and lead me in the everlasting way.

Psalm 140 For the Chief Musician. A Psalm by David. 1Deliver me, Yahweh, from the evil man. Preserve me from the violent man 2and those who devise mischief in their hearts. They continually gather themselves together for war, 3they have sharpened their tongues like a serpent. Viper’s poison is under their lips. Selah. 4Yahweh, keep me from the hands of the wicked. Preserve me from the violent men who have determined to trip my feet. 5The proud have hidden a snare for me, they have spread the cords of a net by the path, they have set traps for me. Selah. 6I said to Yahweh, “You are my God”. Listen to the cry of my petitions, Yahweh. 7Yahweh, the Lord, the strength of my salvation, You have covered my head in the day of battle. 8Yahweh, don’t grant the desires of the wicked. Don’t let their evil plans succeed, or they will become proud. Selah. 9As for the heads of those who surround me, let the mischief of their own lips cover them. 10Let burning coals fall upon them! Let them be cast into fire, into miry pits, no more to rise. 11An evil tongue won’t be established in the land; evil will hunt the violent man to overthrow him. 12I know that Yahweh will maintain the cause of the afflicted, and justice for the needy. 13Surely the righteous will give thanks to Your name. The upright will dwell in Your presence.

Psalm 141 A Psalm by David. 1Yahweh, I have called on You. Come to me quickly! Listen to my voice when I call to You. 2Let my prayer be set before You like incense; the lifting up of my hands like the evening sacrifice. 3Set a watch, Yahweh, before my mouth, keep the door of my lips. 4Don’t incline my heart to any evil thing, to practice deeds of wickedness with men who work iniquity; don’t let me eat of their delicacies. 5Let the righteous strike me, it is a kindness; let him reprove me, it is like oil on the head; don’t let my head refuse it.; and my prayer will be for them in their calamities. 6When their judges are thrown over the cliff, then they shall hear my words, for they are pleasant. 7As when one ploughs and breaks up the earth, our bones are scattered at the mouth of Sheol; 8but my eyes are on You, Yahweh, the Lord. In You I take refuge; don’t leave my soul destitute. 9Keep me from the snare which they have laid for me, from the traps of the workers of iniquity. 10Let the wicked fall together into their own nets, while I pass on by.

Psalm 142 A contemplation by David, when he was in the cave. A Prayer. 1I cry with my voice to Yahweh, with my voice I ask Yahweh for mercy. 2I pour out my complaint before Him, I tell Him my troubles. 3When my spirit was overwhelmed within me, You knew my path. In the way in which I walk, they have hidden a snare for me. 4Look on my right hand and see; for there is no one who is concerned for me. Refuge has fled from me, no one cares for my soul. 5I cried to You, Yahweh. I said, “You are my refuge, my portion in the land of the living”. 6Listen to my cry, for I am in desperate need; deliver me from my persecutors, for they are stronger than me. 7Bring my soul out of prison, that I may give thanks to Your name. The righteous will surround me, for You will be good to me.

Psalm 143 A Psalm by David. 1Hear my prayer, Yahweh. Listen to my petitions. In Your faithfulness and righteousness, relieve me. 2Don’t enter into judgment with Your servant, for in Your sight no man living is righteous. 3For the enemy pursues my soul; he has struck my life down to the ground. He has made me live in dark places, as those who have been long dead. 4Therefore my spirit is overwhelmed within me. My heart within me is desolate. 5I remember the days of old, I meditate on all Your doings, I contemplate the work of Your hands. 6I spread forth my hands to You. My soul thirsts for You, like a parched land. Selah. 7Hurry to answer me, Yahweh. My spirit fails. Don’t hide Your face from me, so that I don’t become like those who go down into the pit. 8Cause me to hear Your grace in the morning, for I trust in You. Cause me to know the way in which I should walk, for I lift up my soul to You. 9Deliver me, Yahweh, from my enemies. I flee to You to hide me. 10Teach me to do Your will, for You are my God. Your Spirit is good; lead me in the land of uprightness. 11Revive me, Yahweh, for Your name’s sake. In Your righteousness, bring my soul out of trouble. 12In Your loving kindness, cut off my enemies, and destroy all those who afflict my soul, for I am Your servant.

Psalm 144 By David. 1Blessed be Yahweh, my rock, who teaches my hands to war, and my fingers to battle: 2my source of grace, my fortress, my high tower, my deliverer, my shield and He in whom I take refuge; who subdues my people under me. 3Yahweh, what is man, that You care for him? Or the son of man, that You think of him? 4Man is like a breath, his days are like a shadow that passes away. 5Part Your heavens, Yahweh, and come down; touch the mountains, and they will smoke. 6Throw out lightning and scatter them. Send out Your arrows and defeat them. 7Stretch out Your hand from above, rescue me and deliver me out of great waters, out of the hands of foreigners; 8whose mouths speak deceit, whose right hand is a right hand of falsehood. 9I will sing a new song to You, God, on a ten-stringed lyre I will sing praises to You. 10You are He who gives salvation to kings, who rescues David His servant from the deadly sword. 11Rescue me, and deliver me out of the hands of foreigners, whose mouths speak deceit, whose right hand is a right hand of falsehood. 12Then our sons will be like well-nurtured plants, our daughters like corner stones carved to adorn a palace. 13Our barns will be full, filled with all kinds of provision; our sheep will bring forth thousands and ten thousands in our fields. 14Our oxen will pull heavy loads, there will be no breaking in and no going away, and no crying in our streets. 15Happy are the people who are in such a situation. Happy are the people whose God is Yahweh.

Psalm 145 A praise psalm by David. 1I will exalt You my God as the King. I will praise Your name forever and ever. 2Every day I will praise You, I will extol Your name forever and ever. 3Great is Yahweh, and greatly to be praised! His greatness is unsearchable. 4One generation will commend Your works to another, and will declare Your mighty acts. 5Of the glorious majesty of Your honour, of Your wondrous works, I will meditate. 6Men will speak of the might of Your awesome acts; I will declare Your greatness. 7They will utter the memory of Your great goodness and will sing of Your righteousness. 8Yahweh is gracious, merciful, slow to anger, and of great grace. 9Yahweh is good to all, His tender mercies are over all His works. 10All Your works will give thanks to You, Yahweh; Your saints will extol You. 11They will speak of the glory of Your kingdom, and talk about Your power; 12to make known to the sons of men His mighty acts, the glory of the majesty of His kingdom. 13Your kingdom is an everlasting kingdom, Your dominion endures throughout all generations. Yahweh is faithful in all His words, and loving in all His deeds. 14Yahweh upholds all who fall, and raises up all those who are bowed down. 15The eyes of all wait for You; You give them their food in due season. 16You open Your hand to satisfy the desire of every living thing. 17Yahweh is righteous in all His ways, and gracious in all His works. 18Yahweh is near to all those who call on Him, to all who call on Him in truth. 19He will fulfil the desire of those who fear Him, He will also hear their cry and save them. 20Yahweh preserves all those who love Him, but all the wicked He will destroy. 21My mouth will speak the praise of Yahweh; let all flesh bless His holy name forever and ever.

Psalm 146 1Praise Yah! Praise Yahweh, my soul. 2While I live, I will praise Yahweh. I will sing praises to my God as long as I exist. 3Don’t put your trust in princes, each merely a son of man in whom there is no help. 4His spirit departs, and he returns to the dust. In that very day, his thoughts perish. 5Happy is he who has the God of Jacob for his help, whose hope is in Yahweh his God: 6who made heaven and earth, the sea, and all that is in them; who keeps truth forever; 7who executes justice for the oppressed; who gives food to the hungry. Yahweh frees the prisoners, 8Yahweh opens the eyes of the blind, Yahweh raises up those who are bowed down, Yahweh loves the righteous. 9Yahweh preserves the strangers, He upholds the fatherless and widow, but the way of the wicked He turns upside down. 10Yahweh will reign forever; your God, O Zion, to all generations. Praise Yah!

Psalm 147 1Praise Yah, for it is good to sing praises to our God; for it is pleasant and fitting to praise Him. 2Yahweh builds up Jerusalem, He gathers together the outcasts of Israel. 3He heals the broken in heart, and binds up their wounds. 4He counts the number of the stars, He calls them all by their names. 5Great is our Lord, and mighty in power; His understanding is infinite. 6Yahweh upholds the humble; He brings the wicked down to the ground. 7Sing to Yahweh with thanksgiving, sing praises on the harp to our God, 8who covers the sky with clouds, who prepares rain for the earth, who makes grass grow on the mountains. 9He provides food for the livestock, and for the young ravens when they call. 10He doesn’t delight in the strength of the horse, He takes no pleasure in the legs of a man. 11Yahweh takes pleasure in those who fear Him, in those who hope in His grace. 12Praise Yahweh, Jerusalem! Praise your God, Zion! 13For He has strengthened the bars of your gates, He has blessed your children within you. 14He makes peace in your borders, He fills you with the finest of the wheat. 15He sends out His commandment to the earth; His word runs very swiftly. 16He gives snow like wool, and scatters frost like ashes. 17He hurls down His hail like pebbles- who can stand before His cold? 18He sends out His word and melts them; He causes His wind to blow and the waters flow. 19He shows His word to Jacob, His statutes and His ordinances to Israel. 20He has not done this for any other nation; they don’t know His ordinances. Praise Yah!

Psalm 148 1Praise Yah! Praise Yahweh from the heavens! Praise Him in the heights! 2Praise Him, all His angels! Praise Him, all His army! 3Praise Him, sun and moon! Praise Him, all you shining stars! 4Praise Him, you heavens of heavens, You waters that are above the skies. 5Let them praise the name of Yahweh, for He commanded, and they were created. 6He has also established them forever and ever. He has made a decree which will not pass away. 7Praise Yahweh from the earth, you great sea creatures, and all depths! 8Lightning and hail, snow and clouds; stormy wind, fulfilling His word; 9mountains and all hills; fruit trees and all cedars; 10wild animals and all livestock; small creatures and flying birds; 11kings of the earth and all peoples; princes and all judges of the earth; 12both young men and young women; old men and children: 13let them praise the name of Yahweh, for His name alone is exalted; His glory is above the earth and the skies. 14He has lifted up the horn of His people, inspiring the praise of all His saints, even of the children of Israel, a people near to Him. Praise Yah!

Psalm 149 1Praise Yahweh! Sing to Yahweh a new song, His praise in the assembly of the saints. 2Let Israel rejoice in Him who made him, let the children of Zion be joyful in their King. 3Let them praise His name in the dance! Let them sing praises to Him with tambourine and harp! 4For Yahweh takes pleasure in His people, He crowns the humble with salvation. 5Let the saints rejoice in glory, let them sing for joy on their beds. 6May the high praises of God be in their mouths, and a two-edged sword in their hand; 7to execute vengeance on the nations, and punishments on the peoples; 8to bind their kings with chains, and their nobles with fetters of iron; 9to execute on them the judgment written. All His saints have this honour. Praise Yah!

Psalm 150 1Praise Yah! Praise God in His sanctuary! Praise Him in His heavens for His acts of power! 2Praise Him for His mighty acts! Praise Him according to His excellent greatness! 3Praise Him with the sounding of the trumpet! Praise Him with harp and lyre! 4Praise Him with tambourine and dancing! Praise Him with stringed instruments and flute! 5Praise Him with loud cymbals! Praise Him with resounding cymbals! 6Let everything that has breath praise Yah! Praise Yah!