

# PSALMS

## BOOK 1 (Psalms 1-41)

### PSALM 1

**1**<sup>1</sup>Happy is the man  
who does not take the wicked for his guide  
not walk the road that sinners tread  
nor take his seat among the scornful;  
<sup>2</sup>the law of the LORD is his delight,  
the law his meditation night and day.  
<sup>3</sup>He is like a tree  
planted beside a watercourse,  
which yields its fruit in season  
and its leaf never withers:  
in all that he does he prospers.  
<sup>4</sup>Wicked men are not like this;  
they are like chaff driven by the wind.  
<sup>5</sup>So when judgement comes the wicked shall not stand firm,  
nor shall sinners stand in the assembly of the righteous.  
<sup>6</sup>The LORD watches over the way of the righteous,  
but the way of the wicked is doomed.

### PSALM 2

**2**<sup>1</sup>Why are the nations in turmoil?  
Why do the peoples hatch their futile plots?  
<sup>2</sup>The kings of the earth stand ready,  
and the rulers conspire together  
against the LORD and his anointed king.  
<sup>3</sup>'Let us break their fetters,' they cry,  
'let us throw off their chains!'  
<sup>4</sup>The Lord who sits enthroned in heaven  
laughs them to scorn;  
<sup>5</sup>then he rebukes them in anger,  
he threatens them in his wrath.  
Of me he says, <sup>6</sup>'I have enthroned my king  
on Zion my holy mountain.'  
<sup>7</sup>I will repeat the LORD's decree:  
'You are my son,' he said;  
'this day I become your father.'  
<sup>8</sup>Ask of me what you will:  
I will give you nations as your inheritance,  
the ends of the earth as your possession.  
<sup>9</sup>You shall break them with a rod of iron,

you shall shatter them like a clay pot.'

<sup>10</sup>Be mindful then, you kings;

learn your lesson, rulers of the earth:

<sup>11-12</sup>worship the LORD with reverence;

tremble, and kiss the king [tremble ... king: *prob. rdg, literally tremble and kiss the mighty one; Heb obscure*],

lest the LORD be angry and you are struck down in mid course;

for his anger flares up in a moment.

Happy are all who find refuge in him.

## PSALM 3

**3**<sup>1</sup>LORD, how my enemies have multiplied!

Many rise up against me,

<sup>2</sup>many there are who say of me,

'God will not bring him victory.'

<sup>3</sup>But thou, LORD, art a shield to cover me:

thou art my glory, and thou dost raise my head high.

<sup>4</sup>I cry aloud to the LORD,

and he answers me from his holy mountain.

<sup>5</sup>I lie down and sleep,

and I wake again, for the LORD upholds me.

<sup>6</sup>I will not fear the nations in their myriads

who set on me from all sides.

<sup>7</sup>Rise up, LORD; save me, O my God.

Thou dost strike all my foes across the face

and breakest the teeth of the wicked.

<sup>8</sup>Thine is the victory, O LORD,

and may [Thine ... and may: *or O LORD of salvation, may*] thy blessing rest upon thy people.

## PSALM 4

**4**<sup>1</sup>Answer me when I call, O God, maintainer of my right,

I was hard pressed, and thou didst set me at large;

be gracious to me now and hear my prayer.

<sup>2</sup>Mortal men, how long will you pay me not honour but dishonour,  
or set your heart on trifles and run after lies?

<sup>3</sup>Know that the LORD has shown me [*prob. rdg, Heb him*] his marvellous  
love;

the LORD hears when I call to him.

<sup>4</sup>However angry your hearts, do not do wrong;

though you lie abed resentful [*lie abed resentful: prob. rdg, Heb say on your beds*], do not break silence:

<sup>5</sup>pay your due of sacrifice, and trust in the LORD.

<sup>6</sup>There are many who say, 'If only we might be prosperous again!

But the light of thy presence has fled from us, O LORD.'

<sup>7</sup>Yet in my heart thou hast put more happiness than they enjoyed when there was corn and wine in plenty.

<sup>8</sup>Now I will lie down in peace, and sleep; for thou alone, O LORD, makest me live unafraid.

## PSALM 5

**5**<sup>1</sup>Listen to my words, O LORD, consider my inmost thoughts;

<sup>2</sup>heed my cry for help, my king and my God.

<sup>3</sup>In the morning, when I say my prayers, thou wilt hear me.

I set out my morning sacrifice [*Or* plea] and watch for thee, O LORD.

<sup>4</sup>For thou art not a God who welcomes wickedness; evil can be no guest of thine [*who welcomes ... thine: or who protects a wicked man; an evil man cannot be thy guest*]!

<sup>5</sup>There is no place for arrogance before thee; thou hatest evildoers,

<sup>6</sup>thou makest an end of all liars.

The LORD detests traitors and men of blood.

<sup>7</sup>But I, through thy great love, may come into thy house, and bow low toward thy holy temple in awe of thee.

<sup>8</sup>Lead me, LORD, in thy righteousness, because my enemies are on the watch; give me a straight path to follow.

<sup>9</sup>There is no trusting what they say, they are nothing but wind.

Their throats are an open [*Or* inscribed] sepulchre; smooth talk runs off their tongues.

<sup>10</sup>Bring ruin on them, O God; let them fall by their own devices.

Cast them out, after all their rebellions, for they have defied thee.

<sup>11</sup>But let all who take refuge in thee rejoice, let them for ever break into shouts of joy; shelter those who love thy name, that they may exult in thee.

<sup>12</sup>For thou, O LORD, wilt bless the righteous; thou wilt hedge him round with favour as with a shield.

## PSALM 6

**6**<sup>1</sup>O LORD, do not condemn me in thy anger, do not punish me in thy fury.

<sup>2</sup>Be merciful to me, O LORD, for I am weak;

heal me, my very bones are shaken;

<sup>3</sup>my soul quivers in dismay.

And thou, O LORD – how long?

<sup>4</sup>Come back, O LORD; set my soul free,  
deliver me for thy love's sake.

<sup>5</sup>None talk of thee among the dead;  
who praises thee in Sheol?

<sup>6</sup>I am wearied with groaning;  
all night long my pillow is wet with tears,  
I soak my bed with weeping.

<sup>7</sup>Grief dims my eyes;  
they are worn out with all my woes.

<sup>8</sup>Away from me, all you evildoers,  
for the LORD has heard the sound of my weeping.

<sup>9</sup>The LORD has heard my entreaty;  
the LORD will accept my prayer.

<sup>10</sup>All my enemies shall be confounded and dismayed;  
they shall turn away in sudden confusion.

## PSALM 7

**7**<sup>1</sup>O LORD my God, in thee I find refuge;  
save me, rescue me from my pursuers,

<sup>2</sup>before they tear at my throat like a lion  
and carry me off beyond hope of rescue.

<sup>3</sup>O LORD my God, if I have done any of these things –  
if I have stained my hands with guilt,

<sup>4</sup>if I have repaid a friend evil for good  
or set free an enemy who attacked me without cause,

<sup>5</sup>may my adversary come after me and overtake me,  
trample my life to the ground  
and lay my honour in the dust!

<sup>6</sup>Arise, O LORD, in thy anger,  
rouse thyself in wrath against my foes.  
Awake, my God who hast ordered that justice be done;

<sup>7</sup>let the peoples assemble around thee,  
and take thou thy seat on high above them.

<sup>8</sup>O LORD, thou who dost pass sentence on the nations,  
O LORD, judge me as my righteousness deserves,  
for I am clearly innocent.

<sup>9</sup>Let wicked men do no more harm,  
establish the reign of righteousness [the reign of righteousness: *or* the cause  
of the righteous],  
thou who examinest both heart and mind,  
thou righteous God.

<sup>10</sup>God, the High God, is my shield  
who saves men of honest heart.

<sup>11</sup>God is a just judge,  
every day he requites the raging enemy.

<sup>12</sup>He sharpens his sword,  
strings his bow and makes it ready.

<sup>13</sup>He has prepared his deadly shafts  
and tipped his arrows with fire.

<sup>14</sup>But the enemy is in labour with iniquity;  
he conceives mischief, and his brood is lies.

<sup>15</sup>He has made a pit and dug it deep,  
and he himself shall fall into the hole that he has made.

<sup>16</sup>His mischief shall recoil upon himself,  
and his violence fall on his own head.

<sup>17</sup>I will praise the LORD for his righteousness  
and sing a psalm to the name of the LORD Most High.

## PSALM 8

**8**<sup>1</sup>O LORD our sovereign,  
how glorious is thy name in all the earth!  
Thy majesty is praised high as the heavens.

<sup>2</sup>Out of the mouths of babes, of infants at the breast,  
thou hast rebuked [*prob. rdg, Heb founded*] the mighty,  
silencing enmity and vengeance to teach thy foes a lesson.

<sup>3</sup>When I look up at thy heavens, the work of thy fingers,  
the moon and the stars set in their place by thee,

<sup>4</sup>what is man that thou shouldst remember him,  
mortal man that thou shouldst care for him?

<sup>5</sup>Yet thou hast made him little less than a god,  
crowning him with glory and honour.

<sup>6</sup>Thou makest him master over all thy creatures;  
thou hast put everything under his feet:

<sup>7</sup>all sheep and oxen, all the wild beasts,

<sup>8</sup>the birds in the air and the fish in the sea,  
and all that moves along the paths of ocean.

<sup>9</sup>O LORD our sovereign,  
how glorious is thy name in all the earth!

## PSALMS 9-10

**9**<sup>1</sup>I will praise thee, O LORD, with all my heart,  
I will tell the story of thy marvellous acts.

<sup>2</sup>I will rejoice and exult in thee,  
I will praise thy name in psalms, O thou Most High,

<sup>3</sup>when my enemies turn back,  
 when they fall headlong and perish at thy appearing;  
<sup>4</sup>for thou hast upheld my right and my cause,  
 seated on thy throne, thou righteous judge.  
<sup>5</sup>Thou hast rebuked the nations and overwhelmed the ungodly,  
 thou hast blotted out their name for all time.  
<sup>6</sup>The strongholds of the enemy are thrown down for evermore;  
 thou hast laid their cities in ruins, all memory of them is lost;  
<sup>7</sup>The LORD thunders [*thunders: prob. rdg, Heb unintelligible*], he sits  
 enthroned for ever:  
 he has set up his throne, his judgement-seat.  
<sup>8</sup>He it is who will judge the world with justice  
 and try the cause of the peoples fairly.  
<sup>9</sup>So may the LORD be a tower of strength for the oppressed,  
 a tower of strength in time of need,  
<sup>10</sup>that those who acknowledge thy name may trust in thee;  
 for thou, LORD, dost not forsake those who seek thee.  
<sup>11</sup>Sing psalms to the LORD who dwells in Zion,  
 proclaim his deeds among the nations.  
<sup>12</sup>For the Avenger of blood has remembered men's desire,  
 and has not forgotten the cry of the poor.  
  
<sup>13</sup>Have pity on me, O LORD; look upon my affliction,  
 thou who hast lifted me up [*thou ... me up: prob. rdg, Heb from those who  
 hate me*] and caught me back from the gates of death,  
<sup>14</sup>that I may repeat all thy praise  
 and exult at this deliverance in the gates of Zion's city.  
  
<sup>15</sup>The nations have plunged into a pit of their own making;  
 their own feet are entangled in the net which they hid.  
<sup>16</sup>Now the LORD makes himself known. Justice is done:  
 the wicked man is trapped in his own devices.  
<sup>17</sup>They rush blindly down to Sheol, the wicked,  
 all the nations who are heedless of God.  
<sup>18</sup>But the poor shall not always be unheeded  
 nor the hope of the destitute be always vain.  
<sup>19</sup>Arise, LORD, give man no chance to boast his strength;  
 summon the nations before thee for judgement.  
<sup>20</sup>Strike them with fear, O LORD,  
 let the nations know that they are but men.  
**10**<sup>1</sup>Why stand so far off, LORD,  
 hiding thyself in time of need?  
<sup>2</sup>The wicked man in his pride hunts down the poor:  
 may his crafty schemes be his own undoing!  
<sup>3</sup>The wicked man is obsessed with his own desires,  
 and in his greed gives wickedness his blessing;  
<sup>4</sup>arrogant as he is, he scorns the LORD

and leaves no place for God in all his schemes.

<sup>5</sup>His ways are always devious;  
thy judgements are beyond his grasp [beyond his grasp: *prob. rdg, Heb on high before him*],  
and he scoffs at all restraint.

<sup>6</sup>He says to himself, 'I shall never be shaken;  
no misfortune can check my course [my course: *prob. rdg, Heb which*].'

<sup>7</sup>His mouth is full of lies and violence;  
mischief and trouble lurk under his tongue.

<sup>8</sup>He lies in ambush in the villages  
and murders innocent men by stealth.  
He is watching [*prob. rdg, Heb storing up*] intently for some poor wretch;

<sup>9</sup>he seizes him and drags him away in his net;  
he crouches stealthily, like a lion in its lair  
crouching to seize its victim;

<sup>10</sup>the good man [the good man: *prob. rdg, Heb omitted*] is struck down and  
sinks to the ground,  
and poor wretches fall into his toils.

<sup>11</sup>He says to himself, 'God has forgotten,  
he has hidden his face and has seen nothing.'

<sup>12</sup>Arise, LORD, set [*Or who settest*] thy hand to the task;  
do not forget the poor, O God.

<sup>13</sup>Why, O God, has the wicked man rejected thee  
and said to himself that thou dost not care?

<sup>14</sup>Thou seest that mischief and trouble are his companions,  
thou takest the matter into thy own hands.  
The poor victim commits himself to thee;  
fatherless, he finds in thee his helper.

<sup>15</sup>Break the power of wickedness and wrong;  
hunt out all wickedness until thou canst find no more.

<sup>16</sup>The LORD is king for ever and ever;  
the nations have vanished from his land.

<sup>17</sup>Thou hast heard the lament of the humble, O LORD,  
and art attentive to their heart's desire,

<sup>18</sup>bringing justice to the orphan and the downtrodden  
that fear may never drive men from their homes again.

## **PSALM 11**

**11**<sup>1</sup>In the LORD I have found my refuge; why do you say to me,  
'flee to the mountains like a bird;

<sup>2</sup>see how the wicked string their bows  
and fit the arrow to the string,  
to shoot down honest men out of the darkness?'

<sup>3</sup>When foundations are undermined, what can the good man do?

<sup>4</sup>The LORD is in his holy temple,

the LORD's throne is in heaven.  
His eye is upon mankind, he takes their measure at a glance.  
<sup>5</sup>The LORD weighs just and unjust  
and hates with all his soul the lover of violence.  
<sup>6</sup>He shall rain down red-hot coals upon the wicked;  
brimstone and scorching winds shall be the cup they drink.  
<sup>7</sup>For the LORD is just and loves just dealing;  
his face is turned towards the upright man.

## PSALM 12

**12**<sup>1</sup>Help, LORD, for loyalty is no more;  
good faith between man and man is over.  
<sup>2</sup>One man lies to another:  
they talk with smooth lip and double heart.  
<sup>3</sup>May the LORD make an end of such smooth lips  
and the tongue that talks so boastfully!  
<sup>4</sup>They said, 'Our tongue can win the day.  
Words are our ally; who can master us?'  
<sup>5</sup>For the ruin of the poor, for the groans of the needy,  
now I will arise,' says the LORD,  
'I will place him in the safety for which he longs.'  
  
<sup>6</sup>The words of the LORD are pure words:  
silver refined in a crucible,  
gold [*gold: prob. rdg, Heb to the earth*] seven times purified.  
<sup>7</sup>Do thou, LORD, protect us  
and guard us from a profligate and evil generation [*a profligate and evil  
generation: prob. rdg, Heb the generation which is for ever*].  
<sup>8</sup>The wicked flaunt themselves on every side,  
while profligacy stands high among mankind.

## PSALM 13

**13**<sup>1</sup>How long, O LORD, wilt thou quite forget me?  
How long wilt thou hide thy face from me?  
<sup>2</sup>How long must I suffer anguish in my soul,  
grief in my heart, day and night?  
How long shall my enemy lord it over me?  
<sup>3</sup>Look now and answer me, O LORD my God.  
Give light to my eyes lest I sleep the sleep of death,  
<sup>4</sup>lest my adversary say, 'I have overthrown him',  
and my enemies rejoice at my downfall.  
<sup>5</sup>But for my part I trust in thy true love.  
My heart shall rejoice, for thou hast set me free.  
<sup>6</sup>I will sing to the LORD, who has granted all my desire.



## PSALM 14

**14**<sup>1</sup>[vv1-7: cp Ps. 53.1-6]The impious fool says in his heart,  
'There is no God.  
How vile men are, how depraved and loathsome;  
not one does anything good!  
<sup>2</sup>The LORD looks down from heaven  
on all mankind  
to see if any act wisely,  
if any seek out God.  
<sup>3</sup>But all are disloyal, all are rotten to the core;  
not one does anything good,  
no, not even one.

<sup>4</sup>Shall they not rue it,  
all evildoers who devour my people  
as men devour bread,  
and never call upon the LORD?  
<sup>5</sup>There they were in dire alarm;  
for God was in the brotherhood of the godly.  
<sup>6</sup>The resistance of their victim was too much for them,  
because the LORD was his refuge.  
<sup>7</sup>If only Israel's deliverance might come out of Zion!  
When the LORD restores his people's fortunes,  
let Jacob rejoice, let Israel be glad.

## PSALM 15

**15**<sup>1</sup>O LORD, who may lodge in thy tabernacle?  
Who may dwell on thy holy mountain?  
<sup>2</sup>The man of blameless life, who does what is right  
and speaks the truth from his heart;  
<sup>3</sup>who has no malice on his tongue,  
who never wrongs a friend  
and tells no tales against his neighbour;  
<sup>4</sup>the man who shows his scorn for the worthless  
and honours all who fear the LORD;  
who swears to his own hurt and does not retract;  
<sup>5</sup>who does not put his money out to usury  
and takes no bribe against an innocent man.  
He who does these things shall never be brought low.

## PSALM 16

**16**<sup>1</sup>Keep me, O God, for in thee have I found refuge.  
<sup>2</sup>I have said to the LORD,  
'Thou, Lord, art my felicity.'  
<sup>3</sup>The gods whom earth holds sacred are all worthless,  
and cursed are all who make them their delight [are all worthless ... delight:

*prob. rdg, Heb obscure*],

<sup>4</sup>those who run after them [*after them: prob. rdg, Heb obscure*] find trouble without end.

I will not offer them libations of blood  
nor take their names upon my lips.

<sup>5</sup>Thou, LORD, my allotted portion, thou my cup,  
thou dost enlarge my boundaries:

<sup>6</sup>the lines fall for me in pleasant places,  
indeed I am well content with my inheritance.

<sup>7</sup>I will bless the LORD who has given me counsel:  
in the night-time wisdom comes to me in my inward parts.

<sup>8</sup>I have set the LORD continually before me:  
with him [*with him: prob. rdg, Heb omitted*] at my right hand I cannot be shaken.

<sup>9</sup>Therefore my heart exults  
and my spirit rejoices,  
my body too rests unafraid;

<sup>10</sup>for thou wilt not abandon me to Sheol  
not suffer thy faithful servant to see the pit.

<sup>11</sup>Thou wilt show me the path of life;  
in thy presence is the fullness of joy,  
in thy right hand pleasures for evermore.

## PSALM 17

**17**<sup>1</sup>Hear, LORD, my plea for justice,  
give my cry a hearing,  
listen to my prayer,  
for it is innocent of all deceit.

<sup>2</sup>Let judgement in my cause issue from thy lips,  
let thine eyes be fixed on justice.

<sup>3</sup>Thou hast tested my heart and watched me all night long;  
thou hast assayed me and found in me no mind to evil.

<sup>4</sup>I will not speak of the deeds of men;  
I have taken good note of all thy sayings.

<sup>5</sup>I have not strayed from the course of duty;  
I have followed thy path and never stumbled.

<sup>6</sup>I call upon thee, O God, for thou wilt answer me.  
Bend down thy ear to me, listen to my words.

<sup>7</sup>Show me how marvellous thy true love can be,  
who with thy hand dost save  
all who seek sanctuary from their enemies.

<sup>8</sup>Keep me like the apple of thine eye;  
hide me in the shadow of thy wings

<sup>9</sup>from the wicked who obstruct me,  
from deadly foes who throng round me.

<sup>10</sup>They have stifled all compassion;  
their mouths are full of pride;

<sup>11</sup>they press me hard [they press me hard: *prob. rdg, Heb our footsteps*],  
now they hem me in,  
on the watch to bring me to the ground.  
<sup>12</sup>The enemy is like a lion eager for prey,  
like a young lion crouching in ambush.  
<sup>13</sup>Arise, LORD, meet him face to face and bring him down.  
Save my life from the wicked;  
<sup>14</sup>make an end of them [make an end of them: *prob. rdg, Heb unintelligible*]  
with thy sword.  
With thy hand, O LORD, make an end of them [make an end of them: *prob. rdg, Heb unintelligible*];  
thrust them out of this world in the prime of their life,  
gorged as they are with thy good things,  
blest with many sons  
and leaving their children wealth in plenty.  
<sup>15</sup>But my plea is just: I shall see thy face,  
and be blest with a vision of thee when I awake.

## PSALM 18

**18**<sup>1</sup>I love thee, O LORD my strength.  
<sup>2</sup>[vv2-50: cp 2Sam. 22.2-51]The LORD is my stronghold, my fortress and my  
champion,  
my God, my rock where I find safety,  
my shield, my mountain refuge, my strong tower.  
<sup>3</sup>I will call on the LORD to whom all praise is due,  
and I shall be delivered from my enemies.  
<sup>4</sup>When the bonds of death held me fast,  
destructive torrents overtook me,  
<sup>5</sup>the bonds of Sheol tightened round me,  
the snares of death were set to catch me;  
<sup>6</sup>then in anguish of heart I cried to the LORD,  
I called for help to my God;  
he heard me from his temple,  
and my cry reached his ears.  
<sup>7</sup>The earth heaved and quaked,  
the foundations of the mountains shook;  
they heaved, because he was angry.  
<sup>8</sup>Smoke rose from his nostrils,  
devouring fire came out of his mouth,  
glowing coals and searing heat.  
<sup>9</sup>He swept the skies aside as he descended,  
thick darkness lay under his feet.  
<sup>10</sup>He rode on a cherub, he flew through the air;  
he swooped on the wings of the wind.  
<sup>11</sup>He made darkness around him his hiding-place  
and dense [*prob. rdg, cp 2Sam. 22.12; Heb dark*] vapour his canopy [*prob. rdg, Heb adds thick clouds*].

<sup>12</sup>Thick clouds came out of the radiance before him,  
 hailstones and glowing coals.  
<sup>13</sup>The LORD thundered from the heavens  
 and the voice of the Most High spoke out [*prob. rdg, Heb adds hailstones  
 and glowing coals*].  
<sup>14</sup>He loosed his arrows, he sped them far and wide,  
 he shot forth lightning shafts and sent them echoing.  
<sup>15</sup>The channels of the sea-bed were revealed,  
 the foundations of earth laid bare  
 at the LORD's rebuke,  
 at the blast of the breath of his [*prob. rdg, Heb thy*] nostrils.  
<sup>16</sup>He reached down from the height and took me,  
 he drew me out of mighty waters,  
<sup>17</sup>he rescued me from my enemies, strong as they were,  
 from my foes when they grew too powerful for me.  
<sup>18</sup>They confronted me in the hour of my peril,  
 but the LORD was my buttress.  
<sup>19</sup>He brought me out into an open place,  
 he rescued me because he delighted in me.  
<sup>20</sup>The LORD rewarded me as my righteousness deserved;  
 my hands were clean, and he requited me.  
<sup>21</sup>For I have followed the ways of the LORD  
 and have not turned wickedly from my God;  
<sup>22</sup>all his laws are before my eyes,  
 I have not failed to follow his decrees.  
<sup>23</sup>In his sight I was blameless  
 and kept myself from wilful sin  
<sup>24</sup>the LORD requited me as my righteousness deserved  
 and the purity of my life in his eyes.

<sup>25</sup>With the loyal thou showest thyself loyal  
 and with the blameless man blameless.  
<sup>26</sup>With the savage man thou showest thyself savage,  
 and [*With the savage ... savage, and: or With the pure thou showest thyself  
 pure, but*] tortuous with the perverse.  
<sup>27</sup>Thou deliverest humble folk,  
 and bringest proud looks down to earth.  
<sup>28</sup>Thou, LORD, dost make my lamp burn bright,  
 and my God will lighten my darkness.  
<sup>29</sup>With thy help I leap over a bank,  
 by God's aid I spring over a wall.

<sup>30</sup>The way of God is perfect,  
 the LORD's word has stood the test;  
 he is the shield of all who take refuge in him.  
<sup>31</sup>What god is there but the LORD?  
 What rock but our God? –

<sup>32</sup>the God who girds me with strength  
and makes my way blameless,  
<sup>33</sup>who makes me swift as a hind  
and sets me secure on the mountains;  
<sup>34</sup>who trains my hands for battle,  
and my arms aim an arrow tipped with bronze.

<sup>35</sup>Thou hast given me the shield of thy salvation,  
thy hand sustains me, thy providence makes me great.

<sup>36</sup>Thou givest me room for my steps,  
my feet have not faltered.

<sup>37</sup>I pursue my enemies and overtake them,  
I do not return until I have made an end of them.

<sup>38</sup>I strike them down and they will never rise again;  
they fall beneath my feet.

<sup>39</sup>Thou dost arm me with strength for the battle  
and dost subdue my foes before me.

<sup>40</sup>Thou settest my foot on my enemies' necks,  
and I bring to nothing those that hate me.

<sup>41</sup>They cry out and there is no one to help them,  
they cry to the LORD and he does not answer.

<sup>42</sup>I will pound them fine as dust before the wind,  
like mud in the streets will I trample them [*prob. rdg, cp 2Sam. 22.43; Heb*  
will I empty them out].

<sup>43</sup>Thou dost deliver me from the clamour of the people,  
and makest me master of the nations.

A people I never knew shall be my subjects;

<sup>44</sup>as soon as they hear tell of me, they shall obey me,  
and foreigners shall come cringing to me.

<sup>45</sup>Foreigners shall be brought captive to me,  
and emerge from their strongholds.

<sup>46</sup>The LORD lives, blessed is my rock,  
high above all is God who saves me.

<sup>47</sup>O God, who grantest me vengeance,  
who layest nations prostrate at my feet,

<sup>48</sup>who dost rescue me from my foes and set me over my enemies,  
thou dost deliver me from violent men.

<sup>49</sup>Therefore, LORD, I will praise thee among the nations  
and sing psalms to thy name,

<sup>50</sup>to one who gives his king great victories  
and in all his acts keeps faith with his anointed king,  
with David and his descendants for ever.

## PSALM 19

**19**<sup>1</sup>The heavens tell out the glory of God,

the vault of heaven reveals his handiwork.

<sup>2</sup>One day speaks to another,  
night with night shares its knowledge,  
<sup>3</sup>and this without speech or language  
or sound of any voice.

<sup>4</sup>Their music goes out through all the earth,  
their words reach to the end of the world.  
In them a tent is fixed for the sun,

<sup>5</sup>who comes out like a bridegroom from his wedding canopy,  
rejoicing like a strong man to run his race.

<sup>6</sup>His rising is at one end of the heavens,  
his circuit touches their farthest ends;  
and nothing is hidden from his heat.

<sup>7</sup>The law of the LORD is perfect and revives the soul.  
The LORD's instruction never fails,  
and makes the simple wise.

<sup>8</sup>The precepts of the LORD are right and rejoice the heart.  
The commandment of the LORD shines clear  
and gives light to the eyes.

<sup>9</sup>The fear of the LORD is pure and abides for ever.  
The LORD's decrees are true and righteous every one,  
<sup>10</sup>more to be desired than gold, pure gold in plenty,  
sweeter than syrup or honey from the comb.

<sup>11</sup>It is these that give thy servant warning,  
and he who keeps them wins a great reward.

<sup>12</sup>Who is aware of his unwitting sins?  
Cleanse me of any secret fault.

<sup>13</sup>Hold back thy servant also from sins of self-will,  
lest they get the better of me.  
Then I shall be blameless  
and innocent of any great transgression.

<sup>14</sup>May all that I say and think be acceptable to thee,  
O LORD, my rock and my redeemer!

## **PSALM 20**

**20**<sup>1</sup>May the LORD answer you in the hour of trouble!  
The name of Jacob's God be your tower of strength,  
<sup>2</sup>give you help from the sanctuary  
and send you support from Zion!  
<sup>3</sup>May he remember all your offerings  
and look with favour on your rich sacrifices,  
<sup>4</sup>give you your heart's desire  
and grant success to all your plans!  
<sup>5</sup>Let us sing aloud in praise of your victory,

let us do homage to the name of our God!  
The LORD grant all you ask!

<sup>6</sup>Now I know  
that the LORD has given victory to his anointed king:  
he will answer him from his holy heaven  
with the victorious might of his right hand.  
<sup>7</sup>Some boast of chariots and some of horses,  
but our boast is the name of the LORD our God.  
<sup>8</sup>They totter and fall,  
but we rise up and are full of courage.  
<sup>9</sup>O LORD, save the king,  
and answer us in the hour of our calling.

## **PSALM 21**

**21**<sup>1</sup>The king rejoices in thy might, O LORD:  
well may he exult in thy victory,  
<sup>2</sup>for thou hast given him his heart's desire  
and hast not refused him what he asked.  
<sup>3</sup>Thou dost welcome him with blessings and prosperity  
and set a crown of fine gold upon his head.  
<sup>4</sup>He asked of thee life, and thou didst give it him,  
length of days for ever and ever.  
<sup>5</sup>Thy salvation has brought him great glory;  
thou dost invest him with majesty and honour,  
<sup>6</sup>for thou bestowest blessings on him for evermore  
and dost make him glad with joy in thy presence.  
<sup>7</sup>The king puts his trust in the LORD;  
the loving care of the Most High holds him unshaken.

<sup>8</sup>Your hand shall reach all your enemies:  
your right hand shall reach those who hate you;  
<sup>9</sup>at your coming you shall plunge them into a fiery furnace;  
the LORD in his anger will strike them down,  
and fire shall consume them.  
<sup>10</sup>It will exterminate their offspring from the earth  
and rid mankind of their posterity.  
<sup>11</sup>For they have aimed wicked blows at you,  
they have plotted mischief but could not prevail;  
<sup>12</sup>but you will catch them round the shoulders  
and will aim with your bow-strings at their faces.  
<sup>13</sup>Be exalted, O LORD, in thy might;  
we will sing a psalm of praise to thy power.

## PSALM 22

**22**<sup>1</sup>My God, my God, why hast thou forsaken me  
and art so far from saving me, from heeding my groans?  
<sup>2</sup>O my God, I cry in the day-time but thou dost not answer,  
in the night I cry but get no respite.  
<sup>3</sup>And yet thou art enthroned in holiness,  
thou art he whose praises Israel sings.  
<sup>4</sup>In thee our fathers put their trust;  
they trusted, and thou didst rescue them.  
<sup>5</sup>Unto thee they cried and were delivered;  
in thee they trusted and were not put to shame.  
<sup>6</sup>But I am a worm, not a man,  
abused by all men, scorned by the people.  
<sup>7</sup>All who see me jeer at me,  
make mouths at me and wag their heads:  
<sup>8</sup>He threw himself on the LORD for rescue;  
let the LORD deliver him, for he holds him dear!  
<sup>9</sup>But thou art he who drew me from the womb,  
who laid me at my mother's breast.  
<sup>10</sup>Upon thee was I cast at birth;  
from my mother's womb thou hast been my God.  
<sup>11</sup>Be not far from me,  
for trouble is near, and I have no helper.  
<sup>12</sup>A herd of bulls surrounds me,  
great bulls of Bashan beset me.  
<sup>13</sup>Ravening and roaring lions  
open their mouths wide against me.  
<sup>14</sup>My strength drains away like water  
and all my bones are loose.  
My heart has turned to wax and melts within me.  
<sup>15</sup>My mouth [*prob. rdg, Heb My strength*] is dry as a potsherd,  
and my tongue sticks to my jaw;  
I am laid [*I am laid: prob. rdg, Heb thou wilt lay me*] low in the dust of  
death.  
<sup>16</sup>The huntsmen are all about me;  
a band of ruffians rings me round,  
and they have hacked off [*and they have hacked off: prob. rdg, Heb like a  
lion*] my hands and my feet.  
<sup>17</sup>I tell my tale of misery,  
while they look on and gloat.  
<sup>18</sup>They share out my garments among them  
and cast lots for my clothes.  
<sup>19</sup>But do not remain so far away, O LORD;  
O my help, hasten to my aid.  
<sup>20</sup>Deliver my very self from the sword,  
my precious life from the axe.  
<sup>21</sup>Save me from the lion's mouth,



my poor body [my poor body: *prob. rdg, Heb* thou hast answered me] from the horns of the wild ox.

<sup>22</sup>I will declare thy fame to my brethren;  
I will praise thee in the midst of the assembly.

<sup>23</sup>Praise him, you who fear the LORD;  
all you sons of Jacob, do him honour;  
stand in awe of him, all sons of Israel.

<sup>24</sup>For he has not scorned the downtrodden,  
nor shrunk in loathing from his plight,  
nor hidden his face from him,  
but gave heed to him when he cried out.

<sup>25</sup>Thou dost inspire my praise in the full assembly;  
and I will pay my vows before all who fear thee.

<sup>26</sup>Let the humble eat and be satisfied.  
Let those who seek the LORD praise him  
and be in good heart for ever.

<sup>27</sup>Let all the ends of the earth remember and turn again to the LORD;  
let all the families of the nations bow down before him.

<sup>28</sup>For kingly power belongs to the LORD,  
and dominion over the nations is his.

<sup>29</sup>How can those buried in the earth do him homage,  
how can those who go down to the grave bow before him?  
But I shall live for his sake,

<sup>30</sup>my posterity [But I ... posterity: *prob. rdg, Heb obscure*] shall serve him.  
This shall be told of the Lord to future generations,

<sup>31</sup>and they shall justify him,  
declaring to a people yet unborn  
that this was his doing.

## PSALM 23

**23**<sup>1</sup>The LORD is my shepherd; I shall want nothing.

<sup>2</sup>He makes me lie down in green pastures,  
and leads me beside the waters of peace;

<sup>3</sup>he renews life within me,  
and for his name's sake guides me in the right path.

<sup>4</sup>Even though I walk through a valley dark as death  
I fear no evil, for thou art with me,  
thy staff and thy crook are my comfort.

<sup>5</sup>Thou spreadest a table for me in the sight of my enemies;  
thou hast richly bathed my head with oil,  
and my cup runs over.

<sup>6</sup>Goodness and love unfailing, these will follow me  
all the days of my life,  
and I shall dwell in the house of the LORD  
my whole life long.

## PSALM 24

**24**<sup>1</sup>The earth is the LORD's and all that is in it,  
the world and those who dwell therein.

<sup>2</sup>For it was he who founded it upon the seas  
and planted it firm upon the waters beneath.

<sup>3</sup>Who may go up the mountain of the LORD?  
And who may stand in his holy place?

<sup>4</sup>He who has clean hands and a pure heart,  
who has not set his mind on falsehood,  
and has not committed perjury.

<sup>5</sup>He shall receive a blessing from the LORD,  
and justice from God his saviour.

<sup>6</sup>Such is the fortune of those who seek him,  
who seek the face of the God of Jacob.

<sup>7</sup>Lift up your heads, you gates,  
lift yourselves up, you everlasting doors,  
that the king of glory may come in.

<sup>8</sup>Who is the king of glory?  
The LORD strong and mighty,  
the LORD mighty in battle.

<sup>9</sup>Lift up your heads, you gates,  
lift them up, you everlasting doors,  
that the king of glory may come in.

<sup>10</sup>Who then is the king of glory?  
The king of glory is the LORD of Hosts.

## PSALM 25

**25**<sup>1</sup>Unto thee, O LORD my God, I lift up my heart.

<sup>2</sup>In thee I trust: do not put me to shame,  
let not my enemies exult over me.

<sup>3</sup>No man who hopes in thee is put to shame;  
but shame comes to all who break faith without cause.

<sup>4</sup>Make thy paths known to me, O LORD;  
teach me thy ways.

<sup>5</sup>Lead me in thy truth and teach me;  
thou art God my saviour.

For thee I have waited all the day long,  
for the coming of thy goodness, LORD [for the coming ... LORD: *transposed  
from end of v7*].

<sup>6</sup>Remember, LORD, thy tender care and thy love unailing,  
shown from ages past.

<sup>7</sup>Do not remember the sins and offences of my youth,  
but remember me in thy unailing love.

<sup>8</sup>The LORD is good and upright;  
therefore he teaches sinners the way they should go.  
<sup>9</sup>He guides the humble man in doing right,  
he teaches the humble his ways.  
<sup>10</sup>All the ways of the LORD are loving and sure  
to men who keep his covenant and his charge.  
<sup>11</sup>For the honour of thy name, O LORD,  
forgive my wickedness, great as it is.  
<sup>12</sup>If there is any man who fears the LORD,  
he shall be shown the path that he should choose;  
<sup>13</sup>he shall enjoy lasting prosperity,  
and his children after him shall inherit the land.  
<sup>14</sup>The LORD confides his purposes to those who fear him,  
and his covenant is theirs to know.  
<sup>15</sup>My eyes are ever on the LORD,  
who alone can free my feet from the net.

<sup>16</sup>Turn to me and show me thy favour,  
for I am lonely and oppressed.  
<sup>17</sup>Relieve the sorrows of my heart  
and bring me out of my distress.  
<sup>18</sup>Look at my misery and my trouble  
and forgive me every sin.  
<sup>19</sup>Look at my enemies, see how many they are  
and how violent their hatred for me.  
<sup>20</sup>Defend me and deliver me,  
do not put me to shame when I take refuge in thee.  
<sup>21</sup>Let integrity and uprightness protect me,  
for I have waited for thee, O LORD.  
<sup>22</sup>O God, redeem Israel from all his sorrows.

## **PSALM 26**

**26**<sup>1</sup>Give me justice, O LORD,  
for I have lived my life without reproach,  
and put unfaltering trust in the LORD.  
<sup>2</sup>Test me, O LORD, and try me;  
put my heart and mind to the proof.  
<sup>3</sup>For thy constant love is before my eyes,  
and I live in thy truth.  
<sup>4</sup>I have not sat among worthless men,  
nor do I mix with hypocrites;  
<sup>5</sup>I hate the company of evildoers  
and will not sit among the ungodly.  
<sup>6</sup>I wash my hands in innocence  
to join in procession round thy altar, O LORD,  
<sup>7</sup>singing of thy marvellous acts,

recounting them all with thankful voice.  
<sup>8</sup>O LORD, I love the beauty of thy house,  
the place where thy glory dwells.  
<sup>9</sup>Do not sweep me away with sinners,  
nor cast me out with men who thirst for blood,  
<sup>10</sup>whose fingers are active in mischief,  
and their hands are full of bribes.  
<sup>11</sup>But I live my life without reproach;  
redeem me, O LORD, and show me thy favour.  
<sup>12</sup>When once my feet are planted on firm ground,  
I will bless the LORD in the full assembly.

## PSALM 27

**27**<sup>1</sup>The LORD is my light and my salvation;  
whom should I fear?  
The LORD is the refuge of my life;  
of whom then should I go in dread?  
<sup>2</sup>When evildoers close in on me to devour me,  
it is my enemies, my assailants,  
who stumble and fall.  
<sup>3</sup>If an army should encamp against me,  
my heart would feel no fear;  
if armed men should fall upon me,  
even then I should be undismayed.  
<sup>4</sup>One thing I ask of the LORD,  
one thing I seek:  
that I may be constant in the house of the LORD  
all the days of my life,  
to gaze upon the beauty of the LORD  
and to seek him [*Or and to pay my morning worship*] in his temple.  
<sup>5</sup>For he will keep me safe beneath his roof  
in the day of misfortune;  
he will hide me under the cover of his tent;  
he will raise me beyond reach of distress.  
<sup>6</sup>Now I can raise my head high  
above the enemy all about me;  
so will I acclaim him with sacrifice before his tent  
and sing a psalm of praise to the LORD.  
  
<sup>7</sup>Hear, O LORD, when I call aloud;  
show me favour and answer me.  
<sup>8</sup>'Come,' my heart has said,  
'seek his face [*seek his face: prob. rdg, Heb seek ye*]'  
I will seek thy face, O LORD;  
<sup>9</sup>do not hide it from me,  
nor in thy anger turn away thy servant,  
whose help thou hast been;  
do not cast me off or forsake me, O God my saviour.

<sup>10</sup>Though my father and my mother forsake me,  
the LORD will take me into his care.

<sup>11-12</sup>Teach me thy way, O LORD;  
do not give me up to the greed of my enemies;  
lead me by a level path  
to escape my watchful foes;  
liars stand up to give evidence against me,  
breathing malice.

<sup>13</sup>Well I know that I shall see the goodness of the LORD  
in the land of the living.

<sup>14</sup>Wait for the LORD; be strong, take courage,  
and wait for the LORD.

## PSALM 28

**28**<sup>1</sup>To thee, O LORD, I call;  
O my Rock, be not deaf to my cry,  
lest, if thou answer me with silence,  
I become like those who go down to the abyss.

<sup>2</sup>Hear my cry for mercy  
when I call to thee for help,  
when I lift my hands to thy holy shrine.

<sup>3</sup>Do not drag me away with the ungodly, with evildoers,  
who speak civilly to neighbours, with malice in their hearts.

<sup>4</sup>Reward them for their works, their evil deeds,  
reward them for what their hands have done;  
give them their deserts.

<sup>5</sup>Because they pay no heed to the works of the LORD  
or to what his hands have done,  
may he tear them down and never build them up!

<sup>6</sup>Blessed be the LORD,  
for he has heard my cry for mercy.

<sup>7</sup>The LORD is my strength, my shield,  
in him my heart trusts;  
so I am sustained, and my heart leaps for joy,  
and I praise him with my whole body [*with my whole body: prob. rdg, Heb  
from my song*].

<sup>8</sup>The LORD is strength to his people,  
a safe refuge for his anointed king.

<sup>9</sup>O save thy people and bless thy own,  
shepherd them, carry them for ever.

## PSALM 29

**29**<sup>1</sup>Ascribe to the LORD, you gods,

ascribe to the LORD glory and might.

<sup>2</sup>Ascribe to the LORD the glory due to his name;  
bow down to the LORD in the splendour of holiness [the splendour of holiness: *or* holy vestments].

<sup>3</sup>The God of glory thunders:  
the Voice of the LORD echoes over the waters,  
the LORD is over the mighty waters.

<sup>4</sup>The voice of the LORD is power.

The voice of the LORD is majesty.

<sup>5</sup>The voice of the LORD breaks the cedars,  
the LORD splinters the cedars of Lebanon.

<sup>6</sup>He makes Lebanon skip like a calf,  
Sirion like a young wild ox.

<sup>7</sup>The voice of the LORD makes flames of fire burst forth,

<sup>8</sup>the voice of the LORD makes the wilderness writhe in travail;  
the LORD makes the wilderness of Kadesh writhe.

<sup>9</sup>The voice of the LORD makes the hinds calve  
and brings kids early to birth;  
and in his temple all cry, 'Glory!'

<sup>10</sup>The LORD is king above [*Or since*] the flood,  
the LORD has taken his royal seat as king for ever.

<sup>11</sup>The LORD will give strength to his people;  
the LORD will bless his people with peace.

## PSALM 30

**30**<sup>1</sup>I will exalt thee, O LORD;  
thou hast lifted me up

and hast not let my enemies make merry over me.

<sup>2</sup>O LORD my God, I cried to thee and thou didst heal me.

<sup>3</sup>O LORD, thou hast brought me up from Sheol  
and saved my life as I was sinking into the abyss [and saved ... abyss: *or*  
and rescued me alive from among those who go down to the abyss].

<sup>4</sup>Sing a psalm to the LORD, all you his loyal servants,  
and give thanks to his holy name.

<sup>5</sup>In his anger is disquiet, in his favour there is life.

Tears may linger at nightfall,  
but joy comes in the morning.

<sup>6</sup>Carefree as I was, I had said,  
'I can never be shaken.'

<sup>7</sup>But, LORD, it was thy will to shake my mountain refuge;  
thou didst hide thy face, and I was struck with dismay.

<sup>8</sup>I called unto thee, O LORD,  
and I pleaded with thee, Lord, for mercy:

<sup>9</sup>What profit in my death if I go down into the pit?  
Can the dust confess thee or proclaim thy truth?

<sup>10</sup>Hear, O LORD, and be gracious to me;  
LORD, be my helper.'

<sup>11</sup>Thou hast turned my laments into dancing;  
thou hast stripped off my sackcloth and clothed me with joy,  
<sup>12</sup>that my spirit may sing psalms to thee and never cease.  
I will confess thee for ever, O LORD my God.

## PSALM 31

**31**<sup>1</sup>With thee, O LORD, I have sought shelter,  
let me never be put to shame.  
Deliver me in thy righteousness;  
<sup>2</sup>bow down and hear me,  
come quickly to my rescue;  
be thou my rock of refuge,  
a stronghold to keep me safe.  
<sup>3</sup>Thou art to me both rock and stronghold;  
lead me and guide me for the honour of thy name.  
<sup>4</sup>Set me free from the net men have hidden for me;  
thou art my refuge,  
<sup>5</sup>into thy keeping I commit my spirit.  
Thou hast redeemed me, O LORD thou God of truth.  
<sup>6</sup>Thou hatest all who worship useless idols,  
but I put my trust in the LORD.  
<sup>7</sup>I will rejoice and be glad in thy unfailing love;  
for thou hast seen my affliction  
and hast cared for me in my distress.  
<sup>8</sup>Thou hast not abandoned me to the power of the enemy  
but hast set me free to range at will.  
<sup>9</sup>Be gracious to me, O LORD, for I am in distress,  
and my eyes are dimmed with grief [*prob. rdg, Heb adds my soul and my  
body*].  
<sup>10</sup>My life is worn away with sorrow  
and my years with sighing;  
strong as I am, I stumble under my load of misery;  
there is disease in all my bones.  
<sup>11</sup>I have such enemies that all men scorn me [I have ... scorn me: *or I am  
scorned by all my enemies*].;  
my neighbours find me a burden,  
my friends shudder at me;  
when they see me in the street they turn quickly away.  
<sup>12</sup>I am forgotten, like a dead man out of mind;  
I have come to be like something lost.  
<sup>13</sup>For I hear many men whispering  
threats from every side,  
in league against me as they are  
and plotting to take my life.  
<sup>14</sup>But, LORD, I put my trust in thee,  
I say, 'Thou art my God.'  
<sup>15</sup>My fortunes are in thy hand;

rescue me from my enemies and those who persecute me.

<sup>16</sup>Make thy face shine upon thy servant;  
save me in thy unfailing love.

<sup>17</sup>O LORD, do not put me to shame when I call upon thee;  
let the wicked be ashamed, let them sink into Sheol.

<sup>18</sup>Strike dumb the lying lips  
which speak with contempt against the righteous  
in pride and arrogance.

<sup>19</sup>How great is thy goodness,  
stored up for those who fear thee,  
made manifest before the eyes of men  
for all who turn to thee for shelter.

<sup>20</sup>Thou wilt hide them under the cover of thy presence  
from men in league together;  
thou keepest them beneath thy roof,  
safe from contentious men.

<sup>21</sup>Blessed be the LORD,  
who worked a miracle of unfailing love for me  
when I was in sore straits [*when ... straits: prob. rdg, Heb like a city  
besieged*].

<sup>22</sup>In sudden alarm I said,  
'I am shut out from thy sight.'  
But thou didst hear my cry for mercy  
when I called to thee for help.

<sup>23</sup>Love the LORD, all you his loyal servants.  
The LORD protects the faithful  
but pays the arrogant in full.

<sup>24</sup>Be strong and take courage,  
all you whose hope is in the LORD.

## PSALM 32

**32**<sup>1</sup>Happy the man whose disobedience is forgiven,  
whose sin is put away!

<sup>2</sup>Happy is a man when the LORD lays no guilt to his account,  
and in his spirit there is no deceit.

<sup>3</sup>While I refused to speak, my body wasted away  
with moaning all day long.

<sup>4</sup>For day and night  
thy hand was heavy upon me,  
the sap in me dried up as in summer drought.

<sup>5</sup>Then I declared my sin, I did not conceal my guilt.  
I said, 'With sorrow I will confess  
my disobedience to the LORD';  
then thou didst remit the penalty of my sin.

<sup>6</sup>So every faithful heart shall pray to thee



in the hour of anxiety [of anxiety: *prob. rdg, Heb unintelligible*], when great floods threaten.

Thou art a refuge for me from distress

so that it cannot touch me [*prob. rdg, Heb him*];

<sup>7</sup>thou dost guard me [*prob. rdg, Heb adds an unintelligible word*] and enfold me in salvation

beyond all reach of harm [*beyond ... harm: transposed from end of v9*].

<sup>8</sup>I will teach you, and guide you in the way you should go.

I will keep you under my eye.

<sup>9</sup>Do not behave like horse or mule, unreasoning creatures, whose course must be checked with bit and bridle.

<sup>10</sup>Many are the torments of the ungodly;

but unfailing love enfolds him who trusts in the LORD.

<sup>11</sup>Rejoice in the LORD and be glad, you righteous men, and sing aloud, all men of upright heart.

## PSALM 33

**33**<sup>1</sup>Shout for joy before the LORD, you who are righteous; praise comes well from the upright.

<sup>2</sup>Give thanks to the LORD on the harp; sing him psalms to the ten-stringed lute.

<sup>3</sup>Sing to him a new song; strike up with all your art and shout in triumph.

<sup>4</sup>The word of the LORD holds true, and all his work endures.

<sup>5</sup>The LORD loves righteousness and justice, his love unfailing fills the earth.

<sup>6</sup>The LORD's word made the heavens, all the host of heaven was made at his command.

<sup>7</sup>He gathered the sea like water in a goatskin; he laid up the deep in his store-chambers.

<sup>8</sup>Let the whole world fear the LORD and all men on earth stand in awe of him.

<sup>9</sup>For he spoke, and it was; he commanded, and it stood firm.

<sup>10</sup>The LORD brings the plans of nations to nothing; he frustrates the counsel of the peoples.

<sup>11</sup>But the LORD's own plans shall stand for ever, and his counsel endure for all generations.

<sup>12</sup>Happy is the nation whose God is the LORD, the people he has chosen for his own possession.

<sup>13</sup>The LORD looks out from heaven, he sees the whole race of men;

<sup>14</sup>he surveys from his dwelling-place all the inhabitants of earth.

<sup>15</sup>It is he who fashions the hearts of all men alike,

who discerns all that they do.

<sup>16</sup>A king is not saved by a great army,  
nor a warrior delivered by great strength.

<sup>17</sup>A man cannot trust his horse to save him,  
nor can it deliver him for all its strength.

<sup>18</sup>The LORD's eyes are turned towards those who fear him,  
towards those who hope for his unfailing love

<sup>19</sup>to deliver them from death,  
to keep them alive in famine.

<sup>20</sup>We have waited eagerly for the LORD;  
he is our help and our shield.

<sup>21</sup>For in him our hearts are glad,  
because we have trusted in his holy name.

<sup>22</sup>Let thy unfailing love, O LORD, rest upon us,  
as we have put our hope in thee.

## PSALM 34

**34**<sup>1</sup>I will bless the LORD continually;  
his praise shall be always on my lips.

<sup>2</sup>In the LORD I will glory;  
the humble shall hear and be glad.

<sup>3</sup>O glorify the LORD with me,  
and let us exalt his name together.

<sup>4</sup>I sought the LORD's help and he answered me;  
he set me free from all my terrors.

<sup>5</sup>Look towards him and shine with joy;  
no longer hang your heads in shame.

<sup>6</sup>Here was a poor wretch who cried to the LORD;  
he heard him and saved him from all his troubles.

<sup>7</sup>The angel of the LORD is on guard  
round those who fear him, and rescues them.

<sup>8</sup>Taste, then, and see that the LORD is good.  
Happy the man who finds refuge in him!

<sup>9</sup>Fear the LORD, all you his holy people;  
for those who fear him lack nothing.

<sup>10</sup>Unbelievers suffer want and go hungry,  
but those who seek the LORD lack no good thing.

<sup>11</sup>Come, my children, listen to me:  
I will teach you the fear of the LORD.

<sup>12</sup>Which of you delights in life  
and desires a long life to enjoy all good things?

<sup>13</sup>Then keep your tongue from evil  
and your lips from uttering lies;

<sup>14</sup>turn from evil and do good,  
seek peace and pursue it.

<sup>15</sup>The eyes of the LORD are upon the righteous,

and his ears are open to their cries.

<sup>16</sup>The LORD sets his face against evildoers  
to blot out their memory from the earth.

<sup>17</sup>When men cry for help, the LORD hears them  
and sets them free from all their troubles.

<sup>18</sup>The LORD is close to those whose courage is broken  
and he saves those whose spirit is crushed.

<sup>19</sup>The good man's misfortunes may be many,  
the LORD delivers him out of them all.

<sup>20</sup>He guards every bone of his body,  
and not one of them is broken.

<sup>21</sup>Their own misdeeds are death to the wicked,  
and those who hate the righteous are brought to ruin.

<sup>22</sup>The LORD ransoms the lives of his servants,  
and none who seek refuge in him are brought to ruin.

## PSALM 35

**35**<sup>1</sup>Strive, O LORD, with those who strive against me;  
fight against those who fight me.

<sup>2</sup>Grasp shield and buckler,  
and rise up to help me.

<sup>3</sup>Uncover the spear and bar the way  
against my pursuers.

Let me hear thee declare,  
'I am your salvation.'

<sup>4</sup>Shame and disgrace be on those who seek my life;  
and may those who plan to hurt me retreat in dismay!

<sup>5</sup>May they be like chaff before the wind,  
driven by the angel of the LORD!

<sup>6</sup>Let their way be dark and slippery  
as the angel of the LORD pursues them!

<sup>7</sup>For unprovoked they have hidden a net [*prob. rdg, transposing a pit from  
this line to follow have dug*] for me,  
unprovoked they have dug a pit to trap me.

<sup>8</sup>May destruction unforeseen come on him;  
may the net which he hid catch him;  
may he crash headlong into it!

<sup>9</sup>Then I shall rejoice in the LORD  
and delight in his salvation.

<sup>10</sup>My very bones cry out,  
'LORD, who is like thee? –  
thou saviour of the poor from those too strong for them,  
the poor and wretched from those who prey on them.'

<sup>11</sup>Malicious witnesses step forward;  
they question me on matters of which I know nothing.

<sup>12</sup>They return me evil for good,

lying in wait [*lying in wait: prob. rdg, Heb bereavement*] to take my life.

<sup>13</sup>And yet when they were sick, I put on sackcloth,

I mortified myself with fasting.

When my prayer came back unanswered,

I walked with head bowed in grief <sup>14</sup>as if for a brother;

as one in sorrow for his mother I lay prostrate in mourning.

<sup>15</sup>But when I stumbled, they crowded round rejoicing,

they crowded about me;

nameless ruffians [*nameless ruffians: or ruffians who give me no rest*]

jeered at me

and nothing would stop them.

<sup>16</sup>When I slipped, brutes who would mock even a hunchback

ground their teeth at me.

<sup>17</sup>O Lord, how long wilt thou look on

[*Line transposed from v19*] at those who hate me for no reason?

Rescue me out of their cruel grasp,

save my precious life from the unbelievers.

<sup>18</sup>Then I will praise thee before a great assembly,

I will extol thee where many people meet.

<sup>19</sup>Let no treacherous enemy gloat over me

nor leer at me in triumph. [*See note on v17*]

<sup>20</sup>No friendly greeting do they give

to peaceable folk.

They invent lie upon lie,

<sup>21</sup>they open their mouths at me:

'Hurrah!' they shout in their joy,

feasting their eyes on me.

<sup>22</sup>Thou hast seen all this, O LORD, do not keep silence;

O Lord, be not far from me.

<sup>23</sup>Awake, bestir thyself, to do me justice,

to plead my cause, my Lord and my God.

<sup>24</sup>Judge me, O LORD my God, as thou art true;

do not let them gloat over me.

<sup>25</sup>Do not let them say to themselves, 'Hurrah!

We have swallowed him up at one gulp.'

<sup>26</sup>Let them all be disgraced and dismayed

who rejoice at my fall;

let them be covered with shame and dishonour

who glory over me.

<sup>27</sup>But let all who would see me righted shout for joy,

let them cry continually,

'All glory to the LORD

who would see his servant thrive!'

<sup>28</sup>So shall I talk of thy justice

and of thy praise all the day long.

## PSALM 36

**36**<sup>1</sup>Deep in his heart, sin whispers to the wicked man who cherishes no fear of God.

<sup>2</sup>For he flatters himself in his own opinion and, when he is found out, he does not mend his ways [he does ... ways: *prob. rdg, Heb unintelligible*].

<sup>3</sup>All that he says is mischievous and false; he has turned his back on wisdom;

<sup>4</sup>in his bed he plots how best to do mischief. So set is he on his wrong courses that he rejects nothing evil.

<sup>5</sup>But thy unfailing love, O LORD, reaches to heaven, thy faithfulness to the skies.

<sup>6</sup>Thy righteousness is like the lofty mountains, thy judgements are like the great abyss; O LORD, who savest man and beast,

<sup>7</sup>how precious is thy unfailing love! Gods and men seek refuge in the shadow of thy wings.

<sup>8</sup>They are filled with the rich plenty of thy house, and thou givest them water from the flowing stream of thy delights;

<sup>9</sup>for with thee is the fountain of life, and in thy light we are bathed with light.

<sup>10</sup>Maintain thy love unfailing over those who know thee, and thy justice toward men of honest heart.

<sup>11</sup>Let not the foot of pride come near me, no wicked hand disturb me.

<sup>12</sup>There they lie, the evildoers, they are hurled down and cannot rise.

## PSALM 37

**37**<sup>1</sup>Do not strive to outdo the evildoers or emulate those who do wrong.

<sup>2</sup>For like grass they soon wither, and fade like the green of spring.

<sup>3</sup>Trust in the LORD and do good; settle in the land and find safe pasture.

<sup>4</sup>Depend upon the LORD, and he will grant you your heart's desire.

<sup>5</sup>Commit your life to the LORD; trust in him and he will act.

<sup>6</sup>He will make your righteousness shine clear as the day and the justice of your cause like the sun at noon.

<sup>7</sup>Wait quietly for the LORD, be patient till he comes; do not strive to outdo the successful nor envy him who gains his ends.

<sup>8</sup>Be angry no more, have done with wrath;

strive not to outdo in evildoing.

<sup>9</sup>For evildoers will be destroyed,  
but they who hope in the LORD shall possess the land.

<sup>10</sup>A little while, and the wicked will be no more;  
look well, and you will find their place is empty.

<sup>11</sup>But the humble shall possess the land  
and enjoy untold prosperity.

<sup>12</sup>The wicked mutter against the righteous man  
and grind their teeth at the sight of him;

<sup>13</sup>the LORD shall laugh at them,  
for he sees that their time is coming.

<sup>14</sup>The wicked have drawn their swords  
and strung their bows  
to bring low the poor and needy  
and to slaughter honest men.

<sup>15</sup>Their swords shall pierce their own hearts  
and their bows be broken.

<sup>16</sup>Better is the little which the righteous has  
than the great wealth of the wicked.

<sup>17</sup>For the strong arm of the wicked shall be broken,  
but the LORD upholds the righteous.

<sup>18</sup>The LORD knows each day of the good man's life,  
and his inheritance shall last for ever.

<sup>19</sup>When times are bad, he shall not be distressed,  
and in days of famine he shall have enough.

<sup>20</sup>But the wicked shall perish,

[*Line transposed from v25*] and their children shall beg their bread.  
The enemies of the LORD, like fuel in a furnace [*like ... furnace: prob. rdg, Heb like the worth of rams*],  
are consumed in smoke.

<sup>21</sup>The wicked man borrows and does not pay back,  
but the righteous is a generous giver.

<sup>22</sup>All whom the LORD has blessed shall possess the land,  
and all who are cursed by him shall be destroyed.

<sup>23</sup>It is the LORD who directs a man's steps,  
he holds him firm and watches over his path.

<sup>24</sup>Though he may fall, he will not go headlong,  
for the LORD grasps him by the hand.

<sup>25</sup>I have been young and am now grown old,  
and never have I seen a righteous man forsaken. [*See note on v20*]

<sup>26</sup>Day in, day out, he lends generously,  
and his children become a blessing.

<sup>27</sup>Turn from evil and do good,  
and live at peace for ever;

<sup>28</sup>for the LORD is a lover of justice  
and will not forsake his loyal servants.  
The lawless are banished for ever

and the children of the wicked destroyed.

<sup>29</sup>The righteous shall possess the land  
and shall live there at peace for ever.

<sup>30</sup>The righteous man utters words of wisdom  
and justice is always on his lips.

<sup>31</sup>The law of his God is in his heart,  
his steps do not falter.

<sup>32</sup>The wicked watch for the righteous man  
and seek to take his life;

<sup>33</sup>but the LORD will not leave him in their power  
not let him be condemned before his judges.

<sup>34</sup>Wait for the LORD and hold to his way;  
he will keep you [*Prob rdg, Heb them*] safe from wicked men [he will ...  
wicked men: *transposed from v40*]  
and will raise you to be master of the land.  
When the wicked are destroyed, you shall be there to see.

<sup>35</sup>I have watched a wicked man at his work,  
rank as a spreading tree in its native soil.

<sup>36</sup>I passed by one day, and he was gone;  
I searched for him, but he could not be found.

<sup>37</sup>Now look at the good man, watch him who is honest,  
for the man of peace leaves descendants;

<sup>38</sup>but transgressors are wiped out one and all,  
and the descendants of the wicked are destroyed.

<sup>39</sup>Deliverance for the righteous comes from the LORD,  
their refuge in time of trouble.

<sup>40</sup>The LORD will help them and deliver them; [*See note on v34*]  
he will save them because they seek shelter with him.

## PSALM 38

**38**<sup>1</sup>O LORD, do not rebuke me in thy anger,  
nor punish me in thy wrath.

<sup>2</sup>For thou hast aimed thy arrows [thou ... arrows: *prob. rdg, Heb thy arrows*  
have come down] at me,  
and thy hand weighs heavy upon me.

<sup>3</sup>Thy indignation has left no part of my body unscarred;  
there is no health in my whole frame because of my sin.

<sup>4</sup>For my iniquities have poured over my head;  
they are a load heavier than I can bear.

<sup>5</sup>My wounds fester and stink because of my folly.

<sup>6</sup>I am bowed down and utterly prostrate.  
All day long I go about as if in mourning,

<sup>7</sup>for my loins burn with fever,  
and there is no wholesome flesh in me.

<sup>8</sup>All battered and benumbed,  
I groan aloud in my heart's longing.

<sup>9</sup>O Lord, all my lament lies open before thee  
and my sighing is no secret to thee.  
<sup>10</sup>My heart beats fast, my strength has ebbed away,  
and the light has gone out of my eyes.  
<sup>11</sup>My friends and my companions shun me in my sickness,  
and my kinsfolk keep far away.  
<sup>12</sup>Those who wish me dead defame me,  
those who mean to injure me spread cruel gossip  
and mutter slanders all day long.  
<sup>13</sup>But I am deaf, I do not listen;  
I am like a dumb man who cannot open his mouth.  
<sup>14</sup>I behave like a man who cannot hear  
and whose tongue offers no defence.  
<sup>15</sup>On thee, O LORD, I fix my hope;  
thou wilt answer, O Lord my God.  
<sup>16</sup>I said, 'Let them never rejoice over me  
who exult when my foot slips.'  
<sup>17</sup>I am indeed prone to stumble,  
and suffering is never far away.  
<sup>18</sup>I make no secret of my iniquity  
and am anxious at the thought of my sin.  
<sup>19</sup>But many are my enemies, all without cause [all ... cause: *prob. rdg, Heb living*],  
and many those who hate me wrongfully.  
<sup>20</sup>Those who repay good with evil  
oppose me because my purpose is good.  
<sup>21</sup>But, LORD, do not thou forsake me;  
keep not far from me, my God.  
<sup>22</sup>Hasten to my help, O Lord my salvation.

## PSALM 39

**39**<sup>1</sup>I said: I will keep close watch over myself  
that all I say may be free from sin.  
I will keep a muzzle on my mouth,  
so long as wicked men confront me.  
<sup>2</sup>In dumb silence I held my peace.  
So my agony was quickened,  
<sup>3</sup>and my heart burned within me.  
My mind wandered as the fever grew,  
and I began to speak:  
<sup>4</sup>LORD, let me know my end  
and the number of my days;  
tell me how short my life must be.  
<sup>5</sup>I know thou hast made my days a mere span long,  
and my whole life is nothing in thy sight.  
Man, though he stands upright, is but a puff of wind,  
<sup>6</sup>he moves like a phantom;



the riches [the riches: *prob. rdg, Heb* they murmur] he piles up are no more than vapour,  
he does not know who will enjoy them.  
<sup>7</sup>And now, Lord, what do I wait for?  
My hope is in thee.  
<sup>8</sup>Deliver me from all who do me wrong,  
make me no longer the butt of fools.  
<sup>9</sup>I am dumb, I will not open my mouth,  
because it is thy doing.  
<sup>10</sup>Plague me no more;  
I am exhausted by thy blows.  
<sup>11</sup>When thou dost rebuke a man to punish his sin,  
all his charm festers and drains away;  
indeed man is only a puff of wind.  
<sup>12</sup>Hear my prayer, O LORD;  
listen to my cry,  
hold not thy peace at my tears;  
for I find shelter with thee,  
I am thy guest, as all my fathers were.  
<sup>13</sup>Frown on me no more and let me smile again,  
before I go away and cease to be.

## PSALM 40

**40**<sup>1</sup>I waited, waited for the LORD,  
he bent down to me and heard my cry.  
<sup>2</sup>He brought me up out of the muddy pit,  
out of the mire and the clay;  
he set my feet on a rock  
and gave me a firm footing;  
<sup>3</sup>and on my lips he put a new song,  
a song of praise to our God.  
Many when they see will be filled with awe  
and will learn to trust in the LORD:  
<sup>4</sup>happy is the man  
who makes the LORD his trust,  
and does not look to brutal and treacherous men.  
<sup>5</sup>Great things thou hast done,  
O LORD my God;  
thy wonderful purposes are all for our good;  
none can compare with thee;  
I would proclaim them and speak of them,  
but they are more than I can tell.  
<sup>6</sup>If thou hadst desired sacrifice and offering  
thou wouldst have given me ears to hear.  
If thou hadst asked for whole-offering and sin-offering  
<sup>7</sup>I would have said, 'Here I am [*prob. rdg, Heb adds* in a scroll of a book it is prescribed for me].'

<sup>8</sup>My desire is to do thy will, O God,  
and thy law is in my heart.

<sup>9</sup>In the great assembly I have proclaimed what is right,  
I do not hold back my words,  
as thou knowest, O LORD.

<sup>10</sup>I have not kept thy goodness hidden in my heart;  
I have proclaimed thy faithfulness and saving power,  
and not concealed thy unfailing love and truth  
from the great assembly.

<sup>11</sup>Thou, O LORD, dost not withhold  
thy tender care from me;  
thy unfailing love and truth for ever guard me.

<sup>12</sup>For misfortunes beyond counting  
press on me from all sides;  
my iniquities have overtaken me,  
and my sight fails;  
they are more than the hairs of my head,  
and my courage forsakes me.

<sup>13</sup>[vv13-17: cp Ps. 70.1-5] Show me favour, O LORD, and save me;  
hasten to help me, O LORD.

<sup>14</sup>Let those who seek to take my life  
be put to shame and dismayed one and all;  
let all who love to hurt me shrink back disgraced;

<sup>15</sup>let those who cry 'Hurrah!' at my downfall  
be horrified at their reward of shame.

<sup>16</sup>But let all those who seek thee  
be jubilant and rejoice in thee;  
and let those who long for thy saving help ever cry,  
'All glory to the LORD!'

<sup>17</sup>But I am poor and needy;  
O Lord, think of me [O Lord ... me: prob. rdg, Heb may the Lord think of me].

Thou art my help and my salvation;  
O my God, make no delay.

## PSALM 41

**41**<sup>1</sup>Happy the man who has a concern for the helpless!  
The LORD will save him in time of trouble.

<sup>2</sup>The LORD protects him and gives him life,  
making him secure in the land;  
the LORD never leaves him [never leaves him: prob. rdg, Heb do thou not give him up] to the greed of his enemies.

<sup>3</sup>He nurses him on his sick-bed;  
he turns his bed when he is ill.

<sup>4</sup>But I said, 'LORD, be gracious to me;

heal me, for I have sinned against thee.'

<sup>5</sup>His case is desperate,' my enemies say;  
'when will he die, and his line become extinct?'

<sup>6</sup>All who visit me speak from an empty heart,  
alert to gather bad news;  
then they go out to spread it abroad.

<sup>7</sup>All who hate me whisper together about me  
and love to make the worst of everything:

<sup>8</sup>An evil spell is cast upon him;  
he is laid on his bed, and will rise no more.'

<sup>9</sup>Even the friend whom I trusted, who ate at my table [who... table: or  
slanders me],  
exults over my misfortune.

<sup>10</sup>O LORD, be gracious and restore me,  
that I may pay them out to the full [to the full: *transposed from end of v9*].

<sup>11</sup>Then I shall know that thou delightest in me  
and that my enemy will not triumph over me.

<sup>12</sup>But I am upheld by thee because of my innocence;  
thou keepest me for ever in thy sight.

<sup>13</sup>Blessed be the LORD, the God of Israel,  
from everlasting to everlasting.

Amen, Amen.

## **BOOK 2 (Psalms 42-72)**

### **PSALMS 42-43**

**42**<sup>1</sup>As a hind longs for the running streams,  
so do I long for thee, O God.

<sup>2</sup>With my whole being I thirst for God, the living God.  
When shall I come to God and appear in his presence?

<sup>3</sup>Day and night, tears are my food;  
'Where is your God?' they ask me all day long.

<sup>4</sup>As I pour out my soul in distress, I call to mind  
how I marched in the ranks of the great to the house of God,  
among exultant shouts of praise, the clamour of the pilgrims.

<sup>5</sup>How deep I am sunk in misery,  
groaning in my distress:

yet I will wait for God;  
I will praise him continually,  
my deliverer, <sup>6</sup>my God.

I am sunk in misery, therefore will I remember thee,  
though from the Hermons and the springs of Jordan,  
and from the hill of Mizar,

<sup>7</sup>deep calls to deep in the roar of thy cataracts,

and all thy waves, all thy breakers, pass over me.

<sup>8</sup>The LORD makes his unfailing love shine forth [makes ... forth: *or* entrusts me to his unfailing love]

alike by day and night;  
his praise on my lips is a prayer  
to the God of my life.

<sup>9</sup>I will say to God my rock, 'Why hast thou forgotten me?'  
Why must I go like a mourner because my foes oppress me?

<sup>10</sup>My enemies taunt me, jeering [*jeering: prob. rdg, Heb obscure*] at my misfortunes;

'Where is your God?' they ask me all day long.

<sup>11</sup>How deep I am sunk in misery,  
groaning in my distress:  
yet I will wait for God;  
I will praise him continually,  
my deliverer, my God.

**43**<sup>1</sup>Plead my cause and give me judgement against an impious race;  
save me from malignant men and liars, O God.

<sup>2</sup>Thou, O God, art my refuge; why hast thou rejected me?  
Why must I go like a mourner because my foes oppress me?

<sup>3</sup>Send forth thy light and thy truth to be my guide  
and lead me to thy holy hill, to thy tabernacle,

<sup>4</sup>then shall I come to the altar of God, the God of my joy,  
and praise thee on the harp, O God, thou God of my delight.

<sup>5</sup>How deep I am sunk in misery,  
groaning in my distress:  
yet I will wait for God;  
I will praise him continually,  
my deliverer, my God.

## PSALM 44

**44**<sup>1</sup>O God, we have heard for ourselves,  
our fathers have told us  
all the deeds which thou didst in their days,  
all the work of thy hand in days of old.

<sup>2</sup>Thou didst plant them in the land and drive the nations out,  
thou didst make them strike root, breaking up the peoples;

<sup>3</sup>it was not our fathers' swords won them the land,  
nor their arm that gave them the victory,  
but thy right hand and thy arm  
and the light of thy presence; such was thy favour to them.

<sup>4</sup>Thou art my king and my God;  
at thy bidding Jacob is victorious.

<sup>5</sup>By thy help we will throw back our enemies,  
in thy name we will trample down our adversaries.

<sup>6</sup>I will not trust in my bow,  
nor will my sword win me the victory;

<sup>7</sup>for thou dost deliver us from our foes  
and put all our enemies to shame.  
<sup>8</sup>In God have we gloried all day long,  
and we will praise thy name for ever.  
<sup>9</sup>But now thou hast rejected and humbled us  
and dost no longer lead our armies into battle.  
<sup>10</sup>Thou hast hurled us back before the enemy,  
and our foes plunder us as they will.  
<sup>11</sup>Thou hast given us up to be butchered like sheep  
and hast scattered us among the nations.  
<sup>12</sup>Thou hast sold thy people for next to nothing  
and had no profit from the sale.  
<sup>13</sup>Thou hast exposed us to the taunts of our neighbours,  
to the mockery and contempt of all around.  
<sup>14</sup>Thou hast made us a byword among the nations,  
and the peoples shake their heads at us;  
<sup>15</sup>so my disgrace confronts me all day long,  
and I am covered with shame  
<sup>16</sup>at the shouts of those who taunt and abuse me  
as the enemy takes his revenge.  
<sup>17</sup>All this has befallen us, but we do not forget thee  
and have not betrayed thy covenant;  
<sup>18</sup>we have not gone back on our purpose,  
nor have our feet strayed from thy path.  
<sup>19</sup>Yet thou hast crushed us as the sea-serpent was crushed  
and covered us with the darkness of death.  
<sup>20</sup>If we had forgotten the name of our God  
and spread our hands in prayer to any other,  
<sup>21</sup>would not God find this out,  
for he knows the secrets of the heart?  
<sup>22</sup>Because of thee we are done to death all day long,  
and are treated as sheep for slaughter.  
<sup>23</sup>Bestir thyself, Lord; why dost thou sleep?  
Awake, do not reject us for ever.  
<sup>24</sup>Why dost thou hide thy face,  
heedless of our misery and our sufferings?  
<sup>25</sup>For we sink down to the dust  
and lie prone on the earth.  
<sup>26</sup>Arise and come to our help;  
for thy love's sake set us free.

## **PSALM 45**

**45**<sup>1</sup>My heart is stirred by a noble theme,  
in a king's honour I utter the song I have made,  
and my tongue runs like the pen of an expert scribe.

<sup>2</sup>You surpass all mankind in beauty,  
your lips are moulded in grace,  
so you are blessed by God for ever.

<sup>3</sup>With your sword ready at your side, warrior king,

<sup>4</sup>your limbs resplendent [*your limbs resplendent: prob. rdg, Heb and in your pomp prosper*] in their royal armour,  
ride on to execute true sentence and just judgement.  
Your right hand shall show you a scene of terror:

<sup>5</sup>your sharp arrows flying, nations beneath your feet,  
the courage of the king's foes melting away [*the courage ... away: prob. rdg, Heb obscure*]!

<sup>6</sup>Your throne is like God's throne, eternal,  
your royal sceptre a sceptre of righteousness.

<sup>7</sup>You have loved right and hated wrong;  
so God, your God, has anointed you  
above your fellows with oil, the token of joy.

<sup>8</sup>Your robes are all fragrant with myrrh and powder of aloes,  
and the music of strings greets you  
from a palace panelled with ivory.

<sup>9</sup>A princess takes her place among the noblest of your women,  
a royal lady at your side in gold of Ophir.

<sup>10</sup>Listen, my daughter, hear my words and consider them:  
forget your own people and your father's house;

<sup>11</sup>and, when the king desires your beauty,  
remember that he is your lord.

<sup>12</sup>Do him obeisance, daughter of Tyre,  
and the richest in the land will court you with gifts.

<sup>13</sup>In the palace honour awaits her [*honour awaits her: prob. rdg, Heb all honoured*];

she is a king's daughter,

<sup>14</sup>arrayed in cloth-of-gold richly embroidered.

Virgins shall follow her into the presence of the king;  
her companions shall be brought to her,

<sup>15</sup>escorted with the noise of revels and rejoicing  
as they enter the king's palace.

<sup>16</sup>You shall have sons, O king, in place of your forefathers  
and will make them rulers over all the land [*over all the land: or in all the earth*].

<sup>17</sup>I will declare your fame to all generations;  
therefore the nations will praise you for ever and ever.

## PSALM 46

**46**<sup>1</sup>God is our shelter and our refuge,

a timely help in trouble;

<sup>2</sup>so we are not afraid when the earth heaves  
and the mountains are hurled into the sea,

<sup>3</sup>when its waters seethe in tumult  
and the mountains quake before his majesty.

<sup>4</sup>There is a river whose streams gladden the city of God [the city of God: *or*  
a wondrous city],

which the Most High has made his holy dwelling;

<sup>5</sup>God is in that city; she will not be overthrown,  
and he will help her at the break of day.

<sup>6</sup>Nations are in tumult, kingdoms hurled down;  
when he thunders, the earth surges like the sea.

<sup>7</sup>The LORD of Hosts is with us,  
the God of Jacob our high stronghold.

<sup>8</sup>Come and see what the LORD has done,  
the devastation he has brought upon earth,  
<sup>9</sup>from end to end of the earth he stamps out war:  
he breaks the bow, he snaps the spear  
and burns the shield in the fire.

<sup>10</sup>Let be then: learn that I am God,  
high over the nations, high above earth.

<sup>11</sup>The LORD of Hosts is with us,  
the God of Jacob our high stronghold.

## PSALM 47

**47**<sup>1</sup>Clap your hands, all you nations;  
acclaim our God with shouts of joy.

<sup>2</sup>How fearful is the LORD Most High,  
great sovereign over all the earth!

<sup>3</sup>He lays the nations prostrate beneath us,  
he lays peoples under our feet;

<sup>4</sup>he chose our patrimony for us,  
the pride of Jacob whom he loved.

<sup>5</sup>God has gone up with shouts of acclamation,  
the LORD has gone up with a fanfare of trumpets.

<sup>6</sup>Praise God [Praise God: *or* Praise, you gods], praise him with psalms;  
praise our king, praise him with psalms.

<sup>7</sup>God is king of all the earth;  
sing psalms with all your art.

<sup>8</sup>God reigns over the nations,  
God is seated on his holy throne.

<sup>9</sup>The princes of the nations assemble  
with the families of Abraham's line [the families of Abraham's line: *prob.*  
*rdg, Heb* the God of Abraham];

for the mighty ones of earth belong to God,  
and he is raised above them all.

## PSALM 48

**48**<sup>1</sup>The LORD is great and worthy of our praise  
in the city of our God, upon his holy hill.

<sup>2</sup>Fair and lofty, the joy of the whole earth  
is Zion's hill, like the farthest reaches of the north [*Or of Zaphon*],  
the hill of the great King's city.

<sup>3</sup>In her palaces God is known for a tower of strength.

<sup>4</sup>See how the kings all gather round her,  
marching on in company.

<sup>5</sup>They are struck with amazement when they see her,  
they are filled with alarm and panic;

<sup>6</sup>they are seized with trembling,  
they toss in pain like a woman in labour,

<sup>7</sup>like the ships of Tarshish  
when an east wind wrecks them.

<sup>8</sup>All we had heard we saw with our own eyes  
in the city of the LORD of Hosts,  
in the city of our God,  
the city which God plants firm for evermore.

<sup>9</sup>O God, we re-enact the story of thy true love  
within thy temple;

<sup>10</sup>the praise thy name deserves, O God,  
is heard at earth's farthest bounds.

Thy hand is charged with justice,

<sup>11</sup>and the hill of Zion rejoices,  
Judah's daughter-cities exult  
in thy judgements.

<sup>12</sup>Make the round of Zion in procession,  
count the number of her towers,

<sup>13</sup>take good note of her ramparts,  
pass her palaces in review,  
that you may tell generations yet to come:

<sup>14</sup>Such is God,  
our God for ever and ever;  
he shall be our guide eternally.

## PSALM 49

**49**<sup>1</sup>Hear this, all you nations;  
listen, all who inhabit this world,

<sup>2</sup>all mankind, every living man,  
rich and poor alike;

<sup>3</sup>for the words that I speak are wise,



my thoughtful heart is full of understanding.

<sup>4</sup>I will set my ear to catch the moral of the story  
and tell on the harp how I read the riddle;

<sup>5</sup>why should I be afraid in evil times,  
beset by the wickedness of treacherous foes,

<sup>6</sup>who trust in their riches  
and boast of their great wealth?

<sup>7</sup>Alas! no man can ever ransom himself  
nor pay God the price of that release;

<sup>8</sup>his ransom would cost too much,  
for ever beyond his power to pay,

<sup>9</sup>the ransom that would let him live on always  
and never see the pit of death.

<sup>10</sup>But remember this [But remember this: *prob. rdg, Heb* But he will  
remember this]: wise men must die;

stupid men, brutish men, all perish. [*Line transposed from here to follow v11*]

<sup>11</sup>The grave is their eternal home,  
their dwelling for all time to come;  
they may give their own names to estates,

[*Line transposed from v10*]but they must leave their riches to others.

<sup>12</sup>For men are like oxen whose life cannot last,  
they are like cattle Whose time is short.

<sup>13</sup>Such is the fate of foolish men  
and of all who seek to please them:

<sup>14</sup>like sheep they run headlong into Sheol, the land of Death;  
he is their shepherd and urges them on;

their flesh must rot away [and urges ... rot away: *prob. rdg, Heb obscure*]  
and their bodies be wasted by Sheol,  
stripped of all honour.

<sup>15</sup>But God will ransom my life,  
he will take me from the power of Sheol.

<sup>16</sup>Do not envy a man when he grows rich,  
when the wealth of his family increases;

<sup>17</sup>for he will take nothing when he dies,  
and his wealth will not go with him.

<sup>18</sup>Though in his lifetime he counts himself happy  
and men praise him in his [him ... his: *prob. rdg, Heb* you ... your]  
prosperity,

<sup>19</sup>he [he: *prob. rdg, Heb* you] will go to join the company of his forefathers  
who will never again see the light.

<sup>20</sup>For men are like oxen whose life cannot last,  
they are like cattle whose time is short.

## PSALM 50

**50**<sup>1</sup>God, the LORD God, has spoken

and summoned the world from the rising to the setting sun.

<sup>2</sup>God shines out from Zion, perfect in beauty.

<sup>3</sup>Our God is coming and will not keep silence:

consuming fire runs before him

and wreathes him closely round [and wreathes him closely round: *or* and rages round him].

<sup>4</sup>He summons heaven on high and earth

to the judgement of his people:

<sup>5</sup>Gather to me my loyal servants,

all who by sacrifice have made a covenant with me.'

<sup>6</sup>The heavens proclaim his justice,

for God himself is the judge.

<sup>7</sup>Listen, my people, and I will speak;

I will bear witness against you, O Israel:

I am God, your God,

<sup>8</sup>shall I not [*Or* I will not] find fault with your sacrifices,

though [*Or for*] your offerings are before me always?

<sup>9</sup>I need take no young bull from your house,

no he-goat from your folds;

<sup>10</sup>for all the beasts of the forest are mine

and the cattle in thousands on my hills.

<sup>11</sup>I know every bird on those hills,

the teeming life of the fields is my care.

<sup>12</sup>If I were hungry, I would not tell you,

for the world and all that is in it are mine.

<sup>13</sup>Shall I eat the flesh of your bulls

or drink the blood of he-goats?

<sup>14</sup>Offer to God the sacrifice of thanksgiving

and pay your vows to the Most High.

<sup>15</sup>If you call upon me in time of trouble,

I will come to your rescue, and you shall honour me.

<sup>16</sup>God's word to the wicked man is this:

What right have you to recite my laws

and make so free with the words of my covenant,

<sup>17</sup>you who hate correction

and turn your back when I am speaking?

<sup>18</sup>If you meet a thief, you choose him as your friend;

you make common cause with adulterers;

<sup>19</sup>you charge your mouth with wickedness

and harness your tongue to slander.

<sup>20</sup>You are for ever talking against your brother,

stabbing your own mother's son in the back.

<sup>21</sup>All this you have done, and shall I keep silence?

You thought that I was another like yourself,

but point by point I will rebuke you to your face.

<sup>22</sup>Think well on this, you who forget God,  
or I will tear you in pieces and no one shall save you.

<sup>23</sup>He who offers a sacrifice of thanksgiving  
does me due honour,  
and to him who follows my way [him who follows my way: *prob. rdg, Heb*  
him who puts a way]  
I will show the salvation of God.

## PSALM 51

**51**<sup>1</sup>Be gracious to me, O God, in thy true love;  
in the fullness of thy mercy blot out my misdeeds.

<sup>2</sup>Wash away all my guilt  
and cleanse me from my sin.

<sup>3</sup>For well I know my misdeeds,  
and my sins confront me all the day long.

<sup>4</sup>Against thee, thee only, I have sinned  
and done what displeases thee,  
so that thou mayest be proved right in thy charge  
and just in passing sentence.

<sup>5</sup>In iniquity I was brought to birth  
and my mother conceived me in sin;

<sup>6</sup>yet, though thou hast hidden the truth in darkness,  
through this mystery thou dost teach me wisdom.

<sup>7</sup>Take hyssop [*Or marjoram*] and sprinkle me, that I may be clean;  
wash me, that I may become whiter than snow;

<sup>8</sup>let me hear the sounds of joy and gladness,  
let the bones dance which thou hast broken.

<sup>9</sup>Turn away thy face from my sins  
and blot out all my guilt.

<sup>10</sup>Create a pure heart in me, O God,  
and give me a new and steadfast spirit;

<sup>11</sup>do not drive me from thy presence  
or take thy holy spirit from me;

<sup>12</sup>revive in me the joy of thy deliverance  
and grant me a willing spirit to uphold me.

<sup>13</sup>I will teach transgressors the ways that lead to thee,  
and sinners shall return to thee again.

<sup>14</sup>O LORD God, my deliverer, save me from bloodshed [*Or from punishment*  
by death],

and I will sing the praises of thy justice.

<sup>15</sup>Open my lips, O Lord,  
that my mouth may proclaim thy praise.

<sup>16</sup>Thou hast no delight in sacrifice;

if I brought thee an offering, thou wouldst not accept it.

<sup>17</sup>My sacrifice, O God, is a broken spirit;  
a wounded heart, O God, thou wilt not despise.

<sup>18</sup>Let it be thy pleasure to do good to Zion,  
to build anew the walls of Jerusalem.

<sup>19</sup>Then only shalt thou delight in the appointed sacrifices [*prob. rdg, Heb adds a whole-offering and one wholly consumed*];  
then shall young bulls be offered on thy altar.

## PSALM 52

**52**<sup>1-2</sup>Why make your wickedness your boast, you man of might,  
forging wild lies all day against God's loyal servant?  
Your slanderous tongue is sharp as a razor.

<sup>3</sup>You love evil and not good,  
falsehood, not speaking the truth;

<sup>4</sup>cruel gossip you love and slanderous talk.

<sup>5</sup>So may God [*Or So God will*] pull you down to the ground,  
sweep you away, leave you ruined and homeless,  
uprooted from the land of the living.

<sup>6</sup>The righteous will look on, awestruck,  
and laugh at his plight:

<sup>7</sup>'This is the man', they say,  
'who does not make God his refuge,  
but trusts in his great wealth  
and takes refuge in wild lies.'

<sup>8</sup>But I am like a spreading olive-tree in God's house;  
for I trust in God's true love for ever and ever.

<sup>9</sup>I will praise thee for ever for what thou hast done,  
and glorify thy name among thy loyal servants;  
for that is good.

## PSALM 53

**53**<sup>1</sup> [*vv1-6: cp Ps. 14.1-7*]The impious fool says in his heart,  
'There is no God.'

How vile men are, how depraved and loathsome;  
not one does anything good!

<sup>2</sup>God looks down from heaven  
on all mankind  
to see if any act wisely,  
if any seek out God.

<sup>3</sup>But all are unfaithful, all are rotten to the core;  
not one does anything good,  
no, not even one.

<sup>4</sup>Shall they not rue it,  
these evildoers who devour my people

as men devour bread,  
and never call upon God?

<sup>5</sup>There they were in dire alarm  
when God scattered them.

The crimes of the godless were frustrated [The crimes ... frustrated: *prob. rdg, Heb obscure*],

for God had rejected them.

<sup>6</sup>If only Israel's deliverance might come out of Zion!

When God restores his people's fortunes,  
let Jacob rejoice, let Israel be glad.

## PSALM 54

**54**<sup>1</sup>Save me, O God, by the power of thy name,  
and vindicate me through thy might.

<sup>2</sup>O God, hear my prayer,  
listen to my supplication.

<sup>3</sup>Insolent men rise to attack me,  
ruthless men seek my life;  
they give no thought to God.

<sup>4</sup>But God is my helper,  
the Lord the mainstay of my life.

<sup>5</sup>May their own malice recoil on my watchful foes;  
silence them by thy truth, O LORD.

<sup>6</sup>I will offer thee a willing sacrifice  
and praise thy name, for that is good;

<sup>7</sup>God has rescued me from every trouble,  
and I look on my enemies' downfall with delight.

## PSALM 55

**55**<sup>1</sup>Listen, O God, to my pleading,  
do not hide thyself when I pray.

<sup>2</sup>Hear me and answer,  
for my cares give me no peace.

I am panic-stricken <sup>3</sup>at the shouts of my enemies,  
at the shrill clamour of the wicked;  
for they heap trouble on me  
and they revile me in their anger.

<sup>4</sup>My heart is torn with anguish  
and the terrors of death come upon me.

<sup>5</sup>Fear and trembling overwhelm me  
and I shudder from head to foot.

<sup>6</sup>[*prob. rdg, Heb prefixes* And I said] Oh that I had the wings of a dove  
to fly away and be at rest!

<sup>7</sup>I should escape far away  
and find a refuge in the wilderness;

<sup>8</sup>soon I should find myself a sanctuary  
from wind and storm,  
<sup>9</sup>from the blasts of calumny, O Lord,  
from my enemies' contentious tongues.  
I have seen violence and strife in the city;  
<sup>10</sup>day and night they encircle it,  
all along its walls;  
it is filled with trouble and mischief,  
<sup>11</sup>alive with rumour and scandal,  
and its public square is never free  
from violence and spite.  
<sup>12</sup>It was no enemy that taunted me,  
or I should have avoided him;  
no adversary that treated me: with scorn,  
or I should have kept out of his way.  
<sup>13</sup>It was you, a man of my own sort,  
my comrade, my own dear' friend,  
<sup>14-15</sup>with whom I kept pleasant company  
in the house of God.

May death strike them,  
and may they [*prob. rdg, Heb we*] perish in confusion,  
may they go down alive into Sheol;  
for their homes are haunts of evil!

<sup>16</sup>But I will call upon God;  
the LORD will save me.  
<sup>17</sup>Evening and morning and at noon  
I nurse my woes, and groan.  
<sup>18</sup>He has heard my cry, he resettled me  
and gave me back my peace,  
when they beset me like archers [*when ... archers: prob. rdg, Heb obscure*],  
massing against me,  
<sup>19</sup>like Ishmael and the desert tribes  
and those who dwell in the East,  
who have no respect for an oath  
nor any fear of God.  
<sup>20</sup>Such men do violence to those at peace with them  
and break their promised word;  
<sup>21</sup>their speech is smoother than butter  
but their thoughts are of war;  
their words are slippery as oil  
but sharp as drawn swords.

<sup>22</sup>Commit your fortunes to the LORD,  
and he will sustain you;  
he will never let the righteous be shaken.  
<sup>23</sup>Cast them, O God, into the pit of destruction;

bloodthirsty and treacherous,  
they shall not live out half their days;  
but I will put my trust in thee.

## PSALM 56

**56**<sup>1</sup>Be gracious to me, O God, for the enemy persecute me,  
my assailants harass me all day long.

<sup>2</sup>All the day long my watchful foes persecute me;  
countless are those who assail me.

Appear on high [*Appear on high: prob. rdg, Heb Height*] <sup>3</sup>in my day of fear;  
I put my trust in thee.

<sup>4</sup>With God to help me I will shout defiance,  
in God I trust and shall not be afraid;  
what can mortal men do to me?

<sup>5</sup>All day long abuse of me is their only theme,  
all their thoughts are hostile.

<sup>6</sup>In malice they are on the look-out, and watch for me,  
they dog my footsteps;  
but, while they lie in wait for me,

<sup>7</sup>it is they who will not [*it is ... not: prob. rdg, Heb for iniquity*] escape.  
O God, in thy anger bring ruin on the nations.

<sup>8</sup>Enter my lament in thy book [*Enter ... book: prob. rdg, Heb obscure*],  
store every tear in thy flask [*prob. rdg, Heb adds is it not in thy book?*].

<sup>9</sup>Then my enemies will turn back  
on the day when I call upon thee [*Enter ... thee: or Thou hast entered my  
lament in thy book, my tears are put in thy flask. Then my enemies turned  
back, when I called upon thee*];  
for this I know, that God is on my side,

<sup>10</sup>with God to help me I will shout defiance [*prob. rdg, Heb adds With the  
LORD to help me I will shout defiance*].

<sup>11</sup>In God I trust and shall not be afraid;  
what can man do to me?

<sup>12</sup>I have bound myself with vows to thee, O God,  
and will redeem them with due thank-offerings;

<sup>13</sup>for thou hast rescued me from death [*prob. rdg, Heb adds is it not my feet  
from stumbling (cp Ps. 116.8)*]  
to walk in thy presence, in the light of life.

## PSALM 57

**57**<sup>1</sup>Be gracious to me, O God, be gracious;  
for I have made thee my refuge.  
I will take refuge in the shadow of thy wings  
until the storms are past.

<sup>2</sup>I will call upon God Most High,  
on God who fulfils his purpose for me.

<sup>3</sup>He will send his truth and his love that never fails,  
he will send from heaven and save me.  
God himself will frustrate my persecutors;  
<sup>4</sup>for I lie down among lions, man-eaters,  
whose teeth are spears and arrows  
and whose tongues are sharp swords.  
<sup>5</sup>Show thyself, O God, high above the heavens;  
let thy glory shine over all the earth.  
<sup>6</sup>Men have prepared a net to catch me as I walk,  
but I bow my head to escape from it;  
they have dug a pit in my path  
but have fallen into it themselves.

<sup>7</sup>[vv7-11: cp Ps. 108.1-5]My heart is steadfast, O God,  
my heart is steadfast.  
I will sing and raise a psalm;  
<sup>8</sup>awake, my spirit,  
awake, lute and harp,  
I will awake at dawn of day [at dawn of day: or the dawn].  
<sup>9</sup>I will confess thee, O Lord, among the peoples,  
among the nations I will raise a psalm to thee,  
<sup>10</sup>for thy unfailing love is wide as the heavens  
and thy truth reaches to the skies.  
<sup>11</sup>Show thyself, O God, high above the heavens;  
let thy glory shine over all the earth.

## PSALM 58

**58**<sup>1</sup>Answer, you rulers [Or you gods]: are your judgements just?  
Do you decide impartially between man and man?  
<sup>2</sup>Never! Your hearts devise all kinds of wickedness  
and survey the violence that you have done on earth.

<sup>3</sup>Wicked men, from birth they have taken to devious ways;  
liars, no sooner born than they go astray,  
<sup>4</sup>venomous with the venom of serpents,  
of the deaf asp which stops its ears  
<sup>5</sup>and will not listen to the sound of the charmer,  
however skilful his spells may be.

<sup>6</sup>O God, break the teeth in their mouths.  
Break, O LORD, the jaws of the unbelievers [the jaws of the unbelievers: or the lions' fangs].  
<sup>7</sup>May they melt, may they vanish like water,  
may they wither like trodden grass [like trodden grass: prob. rdg, Heb obscure],  
<sup>8</sup>like an abortive birth which melts away  
or a still-born child which never sees [sees: prob. rdg, Heb they see] the



sun!

<sup>9</sup>All unawares, may they be rooted up like [may they be rooted up like: *prob. rdg, Heb your pots*] a thorn-bush,  
like weeds which a man angrily [*angrily: prob. rdg, Heb like anger*] clears away!

<sup>10</sup>The righteous shall rejoice that he has seen vengeance done  
and shall wash his feet in the blood of the wicked,

<sup>11</sup>and men shall say,

'There is after all a reward for the righteous;  
after all, there is a God that judges on earth.'

## PSALM 59

**59**<sup>1</sup>Rescue me from my enemies, O my God,  
be my tower of strength against all who assail me,

<sup>2</sup>rescue me from these evildoers,  
deliver me from men of blood.

<sup>3</sup>Savage men lie in wait for me,  
they lie in ambush ready to attack me;

<sup>4-5</sup>for no fault or guilt of mine, O LORD,  
innocent as I am, they run to take post against me.

But thou, LORD God of Hosts, Israel's God,  
do thou bestir thyself at my call, and look:  
awake, and punish all the nations.

Have no mercy on villains and traitors,

<sup>6</sup>who run wild at nightfall like dogs,  
snarling and prowling round the city,

<sup>15</sup>[*Verse transposed*] wandering to and fro in search of food,  
and howling if they are not satisfied.

<sup>7</sup>From their mouths comes a stream of nonsense;  
'But who will hear?' they murmur.

<sup>8</sup>But thou, O LORD, dost laugh at them,  
and deride all the nations.

<sup>9</sup>O my strength [*Or refuge*], to thee I turn in the night-watches;  
for thou, O God, art my strong tower.

<sup>10</sup>My God, in his true love, shall be my champion;  
with God's help, I shall gloat over my watchful foes.

<sup>11</sup>Wilt thou not kill them, lest my people forget?  
Scatter them by thy might and bring them to ruin.

<sup>12</sup>Deliver them [*Deliver them: prob. rdg, Heb Our shield*], O Lord, to be  
destroyed

by their own sinful words;

let what they have spoken entrap them in their pride.

Let them be cut off for their cursing and falsehood;

<sup>13</sup>bring them to an end in thy wrath,  
and they will be no more;

then they will know that God is ruler in Jacob,

even to earth's farthest limits [*prob. rdg, Heb adds* <sup>14</sup>who run wild at nightfall like dogs, snarling and prowling round the city (*cp v6*)].

<sup>16</sup>[*v15 transposed to follow v6*] But I will sing of thy strength, and celebrate thy love when morning comes; for thou hast been my strong tower and a sure retreat in days of trouble.

<sup>17</sup>O thou my strength, I will raise a psalm to thee; for thou, O God, art my strong tower.

## PSALM 60

**60**<sup>1</sup>O God, thou hast cast us off and broken us; thou hast been angry and rebuked us cruelly.

<sup>2</sup>Thou hast made the land quake and torn it open; it gives way and crumbles into pieces.

<sup>3</sup>Thou hast made thy people drunk with a bitter draught, thou hast given us wine that makes us stagger.

<sup>4</sup>But thou hast given a warning to those who fear thee, to make their escape before the sentence falls.

<sup>5</sup>[*vv5-12: cp Ps. 108.6-13*] Deliver those that are dear to thee; save them with thy right hand, and answer.

<sup>6</sup>God has spoken from his sanctuary [*from his sanctuary: or in his holiness*]:

'I will go up now and measure out Shechem;

I will divide the valley of Succoth into plots;

<sup>7</sup>Gilead and Manasseh are mine;

Ephraim is my helmet, Judah my sceptre;

<sup>8</sup>Moab is my wash-bowl, I fling my shoes at Edom;

Philistia is the target of my anger.'

<sup>9</sup>Who can bring me to the fortified city, who can guide me to Edom,

<sup>10</sup>since thou, O God, hast abandoned us and goest not forth with our armies?

<sup>11</sup>Grant us help against the enemy, for deliverance by man is a vain hope.

<sup>12</sup>With God's help we shall do valiantly, and God himself will tread our enemies under foot.

## PSALM 61

**61**<sup>1</sup>Hear my cry, O God, listen to my prayer.

<sup>2</sup>From the end of the earth I call to thee with fainting heart; lift me up and set me upon a rock.

<sup>3</sup>For thou hast been my shelter, a tower for refuge from the enemy.

<sup>4</sup>In thy tent will I make my home for ever and find my shelter under the cover of thy wings.

<sup>5</sup>For thou, O God, hast heard my vows  
and granted the wish [*prob. rdg, Heb the inheritance*] of all who revere thy  
name.

<sup>6</sup>To the king's life add length of days,  
year upon year for many generations;  
<sup>7</sup>may he dwell in God's presence for ever,  
may true and constant love preserve him.

<sup>8</sup>So will I ever sing psalms in honour of thy name  
as I fulfil my vows day after day.

## PSALM 62

**62**<sup>1</sup>Truly my heart waits silently for God;  
my deliverance comes from him.

<sup>2</sup>In truth he is my rock of deliverance,  
my tower of strength, so that I stand unshaken.

<sup>3</sup>How long will you assail a man with your threats,  
all battering on a leaning wall?

<sup>4</sup>In truth men plan to topple him from his height,  
and stamp on the fallen stones [*the fallen stones: transposed from end of  
v3*].

With their lips they bless him, the hypocrites,  
but revile him in their hearts.

<sup>5</sup>Truly my heart waits silently for God;  
my hope of deliverance comes from him.

<sup>6</sup>In truth he is my rock of deliverance,  
my tower of strength, so that I am unshaken.

<sup>7</sup>My deliverance and my honour depend upon God,  
God who is my rock of refuge and my shelter.

<sup>8</sup>Trust always in God, my people,  
pour out your hearts before him;  
God is our shelter.

<sup>9</sup>In very truth men are a puff of wind,  
all men are faithless;  
put them in the balance and they can only rise,  
all of them lighter than wind.

<sup>10</sup>Put no trust in extortion,  
do not be proud of stolen goods;  
though wealth breeds wealth, set not your heart on it.

<sup>11</sup>One thing God has spoken,  
two things I have learnt:

'Power belongs to God'

<sup>12</sup>and 'True love, O Lord, is thine';

thou dost requite a man for his deeds.

## PSALM 63

**63**<sup>1</sup>O God, thou art my God, I seek thee early  
with a heart that thirsts for thee  
and a body wasted with longing for thee,  
like a dry and thirsty land that has no water.

<sup>2</sup>So longing, I come before thee in the sanctuary  
to look upon thy power and glory.

<sup>3</sup>Thy true love is better than life;  
therefore I will sing thy praises.

<sup>4</sup>And so I bless thee all my life  
and in thy name lift my hands in prayer.

<sup>5</sup>I am satisfied as with a rich and sumptuous feast  
and wake the echoes with thy praise.

<sup>6</sup>When I call thee to mind upon my bed  
and think on thee in the watches of the night,

<sup>7</sup>remembering how thou hast been my help  
and that I am safe in the shadow of thy wings,

<sup>8</sup>then I humbly follow thee with all my heart,  
and thy right hand is my support.

<sup>9</sup>Those who seek my life, bent on evil,  
shall sink into the depths of the earth;

<sup>10</sup>they shall be given over to the sword;  
they shall be carrion for jackals.

<sup>11</sup>The king shall rejoice in God,  
and whoever swears by God's name shall exult;  
the voice of falsehood shall be silenced.

## PSALM 64

**64**<sup>1</sup>Hear me, O God, hear my lament;  
keep me safe from the threats of the enemy.

<sup>2</sup>Hide me from the factions of the wicked,  
from the turbulent mob of evildoers,

<sup>3</sup>who sharpen their tongues like swords  
and wing their cruel words like arrows [and wing ... arrows: *prob. rdg, Heb*  
they tread their arrow a cruel word],

<sup>4</sup>to shoot down the innocent from cover,  
shooting suddenly, themselves unseen.

<sup>5</sup>They boldly [*See first note on verse 8*] hide their snares,  
sure that none will see them;

<sup>6</sup>they hatch their secret plans [*their secret plans: prob. rdg, Heb*  
*unintelligible*] with skill and cunning,  
with evil [*evil: prob. rdg, Heb man*] purpose and deep design.

<sup>7</sup>But God with his arrow shoots them down

and sudden is their overthrow.

They may repeat their wicked tales [They ... tales: *transposed from after boldly in v5*],

<sup>8</sup>but their mischievous tongues [their mischievous tongues: *prob. rdg, Heb against them their tongues*] are their undoing.

All who see their fate take fright at it,

<sup>9</sup>every man is afraid;

'This is God's work', they declare;

they learn their lesson from what he has done.

<sup>10</sup>The righteous rejoice and seek refuge in the LORD  
and all the upright exult.

## PSALM 65

**65**<sup>1-2</sup>We owe thee praise, O God, in Zion;  
thou hearest prayer, vows shall be paid to thee.

All men shall lay <sup>3</sup>their guilt before thee:  
our sins are too heavy for us;  
only thou canst blot them out.

<sup>4</sup>Happy is the man of thy choice, whom thou dost bring  
to dwell in thy courts;  
let us enjoy the blessing of thy house,  
thy holy temple.

<sup>5</sup>By deeds of terror answer us with victory,  
O God of our deliverance,  
in whom men trust from the ends of the earth  
and far-off seas;

<sup>6</sup>thou art girded with strength,  
and by thy might dost fix the mountains in their place,

<sup>7</sup>dost calm the rage of the seas and their raging waves [*prob. rdg, Heb adds and tumult of people*].

<sup>8</sup>The dwellers at the ends of the earth  
hold thy signs in awe;  
thou makest morning and evening sing aloud in triumph.

<sup>9</sup>Thou dost visit the earth and give it abundance,  
as often as thou dost enrich it  
with the waters of heaven, brimming in their channels,  
providing rain [*Or corn*] for men.

For this is thy provision for it,

<sup>10</sup>watering its furrows, levelling its ridges,  
softening it with showers and blessing its growth.

<sup>11</sup>Thou dost crown the year with thy good gifts  
and the palm-trees drip with sweet juice;

<sup>12</sup>the pastures in the wild are rich with blessing  
and the hills wreathed in happiness,

<sup>13</sup>the meadows are clothed with sheep  
and the valleys mantled in corn,  
so that they shout, they break into song.

## PSALM 66

**66**<sup>1</sup>Acclaim our God, all men on earth,  
<sup>2</sup>let psalms declare the glory of his name,  
make glorious his praise.  
<sup>3</sup>Say unto God, 'How fearful are thy works!  
Thy foes cower before the greatness of thy strength.  
<sup>4</sup>All men on earth fall prostrate in thy presence,  
and sing to thee, sing psalms in honour of thy name.'  
<sup>5</sup>Come and see all that God has done,  
tremendous in his dealings with mankind.  
<sup>6</sup>He turned the waters into dry land  
so that his people passed through the sea on foot;  
there did we rejoice in him [there ... him: *or* where we see this, we will  
rejoice in him].  
  
<sup>7</sup>He rules for ever by his power,  
his eye rests on the nations;  
let no rebel rise in defiance.  
  
<sup>8</sup>Bless our God, all nations;  
let his praise be heard far and near.  
<sup>9</sup>He set us in the land of the living;  
he keeps our feet from stumbling.  
<sup>10</sup>For thou, O God, hast put us to the proof  
and refined us like silver.  
<sup>11</sup>Thou hast caught us in a net,  
thou hast bound our bodies fast;  
<sup>12</sup>thou hast let men ride over our heads.  
We went through fire and water,  
but thou hast brought us out into liberty.  
  
<sup>13</sup>I will bring sacrifices into thy temple  
and fulfil my vows to thee,  
<sup>14</sup>vows which I made with my own lips  
and swore with my own mouth when in distress.  
<sup>15</sup>I will offer thee fat beasts as sacrifices  
and burn rams as a savoury offering;  
I will make ready oxen and he-goats.  
  
<sup>16</sup>Come, listen, all who fear God,  
and I will tell you all that he has done for me;  
<sup>17</sup>I lifted up my voice in prayer,  
his high praise was on my lips.

<sup>18</sup>If I had cherished evil thoughts,  
the Lord would not have heard me;  
<sup>19</sup>but in truth God has heard  
and given heed to my prayer.  
<sup>20</sup>Blessed is God  
who has not withdrawn his love and care from me.

## PSALM 67

**67**<sup>1</sup>God be gracious to us and bless us,  
God make his face shine upon us,  
<sup>2</sup>that his ways may be known on earth  
and his saving power among all the nations.  
<sup>3</sup>Let the peoples praise thee, O God;  
let all peoples praise thee.  
<sup>4</sup>Let all nations rejoice and shout in triumph;  
for thou dost judge the peoples with justice  
and guidest the nations of the earth.  
<sup>5</sup>Let the peoples praise thee, O God;  
let all peoples praise thee.  
<sup>6</sup>The earth has given its increase  
and God, our God, will bless us.  
  
<sup>7</sup>God grant us his blessing,  
that all the ends of the earth may fear him.

## PSALM 68

**68**<sup>1</sup>God arises and his enemies are scattered;  
those who hate him flee before him,  
<sup>2</sup>driven away like smoke in the wind;  
like wax melting at the fire,  
the wicked perish at the presence of God.  
<sup>3</sup>But the righteous are joyful, they exult before God,  
they are jubilant and shout for joy.  
  
<sup>4</sup>Sing the praises of God, raise a psalm to his name,  
extol him who rides over the desert plains [over the desert plains: *or* on the  
plains].  
Be joyful [Be joyful: *prob. rdg, Heb* In the LORD is his name] and exult  
before him,  
<sup>5</sup>father of the fatherless, the widow's champion –  
God in his holy dwelling-place.  
<sup>6</sup>God gives the friendless a home  
and brings out the prisoner safe and sound;  
but rebels must live in the scorching desert.  
  
<sup>7</sup>O God, when thou didst go forth before thy people,

marching across the wilderness,  
<sup>8</sup>earth trembled, the very heavens quaked  
before God the lord of Sinai, before God the God of Israel.

<sup>9</sup>Of thy bounty, O God, thou dost refresh with rain  
thy own land in its weariness,  
the land which thou thyself didst provide,  
<sup>10</sup>where thy own people made their home,  
which thou, O God, in thy goodness providest for the poor.

<sup>11-13</sup>The Lord proclaims good news [proclaims good news: *or* gives the  
word, women bearing good news]:  
'Kings with their armies have fled headlong.'  
O mighty host, will you linger among the sheepfolds  
while the women in your tents divide the spoil –  
an image of a dove, its wings sheathed in silver  
and its pinions in yellow gold –  
<sup>14</sup>while the Almighty scatters kings far and wide  
like snowflakes falling on Zalrnon?

<sup>15</sup>The hill of Bashan is a hill of God indeed,  
a hill of many peaks is Bashan's hill.

<sup>16</sup>But, O hill of many peaks, why gaze in envy  
at the hill where the LORD delights to dwell,  
where the LORD himself will live for ever?

<sup>17</sup>Twice ten thousand were God's chariots, thousands upon thousands,  
when the Lord came in holiness from Sinai [came ... from Sinai: *prob. rdg,*  
*Heb obscure*].

<sup>18</sup>Thou didst go up to thy lofty home with captives in thy train,  
having received tribute from men;  
in the presence of the LORD God no rebel could live.

<sup>19</sup>Blessed is the Lord:  
he carries us day by day,  
God our salvation.

<sup>20</sup>Our God is a God who saves us,  
in the LORD God's hand lies escape from death [in the LORD God's hand ...  
death: *or* death is expelled by the LORD God].

<sup>21</sup>God himself will smite [will smite: *or* smites] the head of his enemies,  
those proud sinners with their flowing locks.

<sup>22</sup>The Lord says, 'I will return from the Dragon [the Dragon: *or* Bashan],  
I will return from the depths of the sea,

<sup>23</sup>that you may dabble your feet in blood,  
while the tongues of your dogs are eager [are eager: *prob. rdg, Heb* from  
enemies] for it.'

<sup>24</sup>Thy procession, O God, comes into view,  
the procession of my God and King into the sanctuary:



<sup>25</sup>at its head the singers, next come minstrels,  
girls among them playing on tambourines.

<sup>26</sup>In the great concourse they bless God,  
all Israel assembled [*assembled: prob. rdg, Heb obscure*] bless the LORD.

<sup>27</sup>There is the little tribe of Benjamin leading them,  
there the company of Judah's princes,  
the princes of Zebulun and of Naphtali.

<sup>28</sup>O God, in virtue of thy power [*O God ... power: prob. rdg, Heb Your God  
your power*] –

that godlike power which has acted for us –

<sup>29</sup>command kings to bring gifts to thee  
for the honour of thy temple in Jerusalem.

<sup>30</sup>Rebuke those wild beasts of the reeds, that herd of bulls,  
the bull-calf warriors of the nations [*See first note on v31*];  
scatter these nations which revel in war;

<sup>31</sup>make them bring tribute from Egypt,  
precious stones and silver from Pathros [*precious ... Pathros: prob. rdg,  
transposed from v30 and slightly altered*];  
let Nubia stretch out [*stretch out: prob. rdg, Heb obscure*] her hands to God.

<sup>32</sup>All you kingdoms of the world, sing praises to God,  
sing psalms to the Lord,

<sup>33</sup>to him who rides on the heavens, the ancient heavens.  
Hark! he speaks in the mighty thunder.

<sup>34</sup>Ascribe all might to God, Israel's High God,  
Israel's pride and might throned in the skies.

<sup>35</sup>Terrible is God as he comes from his sanctuary;  
he is Israel's own God,  
who gives to his people might and abundant power.

Blessed be God.

## PSALM 69

**69**<sup>1</sup>Save me, O God;  
for the waters have risen up to my neck.

<sup>2</sup>I sink in muddy depths and have no foothold;  
I am swept into deep water, and the flood carries me away.

<sup>3</sup>I am wearied with crying out, my throat is sore,  
my eyes grow dim as I wait for God to help me.

<sup>4</sup>Those who hate me without reason  
are more than the hairs of my head;  
they outnumber my hairs, those who accuse me falsely.  
How can I give back what I have not stolen?

<sup>5</sup>O God, thou knowest how foolish I am,  
and my guilty deeds are not hidden from thee.

<sup>6</sup>Let none of those who look to thee be shamed on my account,  
 O Lord GOD of Hosts;  
 let none who seek thee be humbled through my fault,  
 O God of Israel.

<sup>7</sup>For in thy service I have suffered reproach;  
 I dare not show my face for shame.

<sup>8</sup>I have become a stranger to my brothers,  
 an alien to my own mother's sons;

<sup>9</sup>bitter enemies of thy temple tear me in pieces [bitter ... pieces: *or* zeal for thy temple has eaten me up (*cp* John 2.17)];  
 those who reproach thee reproach me.

<sup>10</sup>I have broken my spirit with fasting,  
 only to lay myself open to many reproaches.

<sup>11</sup>I have made sackcloth my clothing  
 and have become a byword among them.

<sup>12</sup>Those who sit by the town gate talk about me;  
 drunkards sing songs about me in their cups.

<sup>13</sup>But I lift up this prayer to thee, O LORD:  
 accept me [*prob. rdg, Heb* acceptance] now in thy great love,  
 answer me with thy sure deliverance, O God.

<sup>14</sup>Rescue me from the mire, do not let me sink;  
 let me be rescued from the muddy depths [from ... depths: *prob. rdg, Heb*  
 from my haters and from the depths],

<sup>15</sup>so that no flood may carry me away,  
 no abyss swallow me up,  
 no deep close over me.

<sup>16</sup>Answer me, O LORD, in the goodness of thy unfailing love,  
 turn towards me in thy great affection.

<sup>17</sup>I am thy servant, do not hide thy face from me.  
 Make haste to answer me, for I am in distress.

<sup>18</sup>Come near to me and redeem me;  
 ransom me, for I have many enemies.

<sup>19</sup>Thou knowest what reproaches I bear,  
 all my anguish is seen by thee.

<sup>20</sup>Reproach has broken my heart,  
 my shame and my dishonour [my shame and my dishonour: *transposed*  
*from after reproaches in v19*] are past hope;  
 I looked for consolation and received none,  
 for comfort and did not find any.

<sup>21</sup>They put poison in my food  
 and gave me vinegar when I was thirsty.

<sup>22</sup>May their own table be a snare to them  
 and their sacred feasts lure them to their ruin;

<sup>23</sup>may their eyes be darkened so that they do not see,  
 let a continual ague shake their loins.

<sup>24</sup>Pour out thine indignation upon them  
 and let thy burning anger overtake them.

<sup>25</sup>May their settlements be desolate,  
and no one living in their tents;  
<sup>26</sup>for they pursue him whom thou hast struck down  
and multiply the torments of those whom thou hast wounded.  
<sup>27</sup>Give them the punishment their sin deserves [Give them ... deserves: *or*  
Add punishment to punishment];  
exclude them from thy righteous mercy;  
<sup>28</sup>let them be blotted out from the book of life  
and not be enrolled among the righteous.

<sup>29</sup>But by thy saving power, O God, lift me high  
above my pain and my distress,  
<sup>30</sup>then I will praise God's name in song  
and glorify him with thanksgiving;  
<sup>31</sup>that will please the LORD more than the offering of a bull,  
a young bull with horn and cloven hoof.

<sup>32</sup>See and rejoice, you humble folk,  
take heart, you seekers after God;  
<sup>33</sup>for the LORD listens to the poor  
and does not despise those bound to his service.  
<sup>34</sup>Let sky and earth praise him,  
the seas and all that move in them,  
<sup>35-36</sup>for God will deliver Zion  
and rebuild the cities of Judah.  
His servants' children shall inherit them;  
they shall dwell there in their own possession  
and all who love his name shall live in them.

## PSALM 70

**70**<sup>1</sup>[*vv1-5: cp Ps. 40.13-17*] Show me favour [Show me favour: *prob. rdg, cp Ps. 40.13; Heb omitted*], O God, and save me;  
hasten to help me, O LORD.

<sup>2</sup>Let all who seek my life be brought to shame and dismay,  
let all who love to hurt me shrink back disgraced;

<sup>3</sup>let those who cry 'Hurrah!' at my downfall  
turn back at the shame they incur,

<sup>4</sup>but let all who seek thee  
be jubilant and rejoice in thee,  
and let those who long for thy saving help ever cry,  
'All glory to God!'

<sup>5</sup>But I am poor and needy;  
O God, hasten to my aid.  
Thou art my help, my salvation;  
O LORD, make no delay.

## PSALM 71

**71**<sup>1</sup>In thee, O LORD, I have taken refuge;  
never let me be put to shame.

<sup>2</sup>As thou art righteous rescue me and save my life;  
hear me and set me free,

<sup>3</sup>be a rock of refuge for me,  
where I may ever find safety at thy call;  
for thou art my towering crag and stronghold.

<sup>4</sup>O God, keep my life safe from the wicked,  
from the clutches of unjust and cruel men.

<sup>5</sup>Thou art my hope, O Lord,  
my trust, O LORD, since boyhood.

<sup>6</sup>From birth I have leaned upon thee,  
my protector since I left [my ... left: *or who didst bring me out from*] my  
mother's womb. [*See note on v15*]

<sup>7</sup>To many I seem a solemn warning;  
but I have thee for my strong refuge.

<sup>8</sup>My mouth shall be full of thy praises,  
I shall tell of thy splendour all day long.

<sup>9</sup>Do not cast me off when old age comes,  
nor forsake me when my strength fails,

<sup>10</sup>when my enemies' rancour bursts upon me [*enemies' ... me: prob. rdg, Heb enemies say of me*]

and those who watch me whisper together,

<sup>11</sup>saying, 'God has forsaken him;  
after him! seize him; no one will rescue him.'

<sup>12</sup>O God, do not stand aloof from me;  
O my God, hasten to my help.

<sup>13</sup>Let all my traducers be shamed and dishonoured,  
let all who seek my hurt be covered with scorn.

<sup>14</sup>But I will wait in continual hope,  
I will praise thee again and yet again;

<sup>15</sup>all day long thy righteousness,  
thy saving acts, shall be upon my lips.

[*Line transposed from v6*] Thou shalt ever be the theme of my praise,  
although I have not the skill of a poet.

<sup>16</sup>I will begin with a tale of great deeds, O Lord GOD,  
and sing of thy righteousness, thine alone.

<sup>17</sup>O God, thou hast taught me from boyhood,  
all my life I have proclaimed thy marvellous works;

<sup>18</sup>and now that I am old and my hairs are grey,  
forsake me not, O God,

when I extol thy mighty arm to future generations,  
thy power <sup>19</sup>and righteousness, O God, to highest heaven;  
for thou hast done great things.

Who is like thee, O God?

<sup>20</sup>Thou hast made me pass through bitter and deep distress,  
yet dost revive me once again  
and lift me again from earth's watery depths.  
<sup>21</sup>Restore me to honour, turn and comfort me,  
<sup>22</sup>then I will praise thee on the lute  
for thy faithfulness, O God;  
I will sing psalms to thee with the harp,  
thou Holy One of Israel;  
<sup>23</sup>songs of joy shall be on my lips;  
I will sing thee psalms, because thou hast redeemed me.  
<sup>24</sup>All day long my tongue shall tell of thy righteousness;  
shame and disgrace await those who seek my hurt.

## PSALM 72

**72**<sup>1</sup>O God, endow the king with thy own justice,  
and give thy righteousness to a king's son,  
<sup>2</sup>that he may judge thy people rightly  
and deal out justice to the poor and suffering.  
<sup>3</sup>May hills and mountains afford thy people  
peace and prosperity in righteousness.  
<sup>4</sup>He shall give judgement for the suffering  
and help those of the people that are needy;  
he shall crush the oppressor.  
<sup>5</sup>He shall live as long as the sun endures,  
long as the moon, age after age.  
<sup>6</sup>He shall be like rain falling on early crops,  
like showers watering [like showers watering: *prob. rdg, Heb* unintelligible]  
the earth.  
<sup>7</sup>In his days righteousness shall flourish,  
prosperity abound until the moon is no more.  
<sup>8</sup>May he hold sway from sea to sea,  
from the River to the ends of the earth.  
<sup>9</sup>Ethiopians shall crouch low before him;  
his enemies shall lick the dust.  
<sup>10</sup>The kings of Tarshish and the islands shall bring gifts,  
the kings of Sheba and Seba shall present their tribute,  
<sup>11</sup>and all kings shall pay him homage,  
all nations shall serve him.  
<sup>12</sup>For he shall rescue the needy from their rich oppressors,  
the distressed who have no protector.  
<sup>13</sup>May he have pity on the needy and the poor,  
deliver the poor from death;  
<sup>14</sup>may he redeem them from oppression and violence  
and may their blood be precious in his eyes.  
  
<sup>15</sup>May the king live long  
and receive gifts of gold [*Or frankincense*] from Sheba;

prayer be made for him continually,  
blessings be his all the day long.

<sup>16</sup>May there be abundance of corn in the land,  
growing in plenty to the tops of the hills;  
may the crops flourish like Lebanon,  
and the sheaves [*the sheaves: prob. rdg, Heb from a city*] be numberless as  
blades of grass.

<sup>17</sup>Long may the king's name endure,  
may it live for ever like the sun;  
so shall all peoples pray to be blessed as he was,  
all nations tell of his happiness.

<sup>18</sup>Blessed be the LORD God, the God of Israel,  
who alone does marvellous things;

<sup>19</sup>blessed be his glorious name for ever,  
and may his glory fill all the earth.  
Amen, Amen.

<sup>20</sup>Here end the prayers of David son of Jesse.

## **BOOK 3 (Psalms 73-89)**

### **PSALM 73**

**73**<sup>1</sup>How good God is to the upright [*How ... upright: prob. rdg, Heb How good it is to Israel*]!

How good to those who are pure in heart!

<sup>2</sup>My feet had almost slipped,  
my foothold had all but given way,

<sup>3</sup>because the boasts of sinners roused my envy  
when I saw how they prosper.

<sup>4</sup>No pain, no suffering is theirs;  
they are sleek and sound in limb;

<sup>5</sup>they are not plunged in trouble as other men are,  
nor do they suffer the torments of mortal men.

<sup>6</sup>Therefore pride is their collar of jewels  
and violence the robe that wraps them round.

<sup>7</sup>Their eyes gleam through folds of fat;  
while vain fancies pass through their minds.

<sup>8</sup>Their talk is all sneers and malice;  
scornfully they spread their calumnies.

<sup>9</sup>Their slanders reach up to heaven,  
while their tongues ply to and fro on earth.

<sup>10</sup>And so my people follow their lead [*their lead: prob. rdg, Heb hither*]  
and find nothing to blame in them [*and find ... in them: prob. rdg, Heb obscure*],

<sup>11</sup>even though they say, 'What does God know?

The Most High neither knows nor cares.'

<sup>12</sup>So wicked men talk, yet still they prosper,  
and rogues [*yet ... rogues: prob. rdg, Heb those at ease for ever*] amass  
great wealth.

<sup>13</sup>So it was all in vain that I kept my heart pure  
and washed my hands in innocence.

<sup>14</sup>For all day long I suffer torment  
and am punished every morning.

<sup>15</sup>Yet had I let myself talk on in this fashion,  
I should have betrayed the family of God.

<sup>16</sup>So I set myself to think this out  
but I found it too hard for me,

<sup>17</sup>until I went into God's sacred courts;  
there I saw clearly what their end would be.

<sup>18</sup>How often thou dost set them on slippery ground  
and drive them headlong into ruin!

<sup>19</sup>Then in a moment how dreadful their end,  
cut off root and branch by death with all its terrors,  
<sup>20</sup>like a dream when a man rouses himself, O Lord,  
like images in sleep which are dismissed on waking!

<sup>21</sup>When my heart was embittered  
I felt the pangs of envy,

<sup>22</sup>I would not understand, so brutish was I,  
I was a mere beast in thy sight, O God.

<sup>23</sup>Yet I am always with thee,  
thou holdest my right hand;

<sup>24</sup>thou dost guide me by thy counsel  
and afterwards wilt receive me with glory.

<sup>25</sup>Whom have I in heaven but thee?

And having thee [*Or And compared with thee*], I desire nothing else on  
earth.

<sup>26</sup>Though heart and body fail,  
yet God is my possession for ever.

<sup>27</sup>They who are far from thee are lost;  
thou dost destroy all who wantonly forsake thee.

<sup>28</sup>But my chief good is to be near thee, O God;  
I have chosen thee, Lord GOD, to be my refuge [*prob. rdg, Heb adds to tell  
all thy works*].

## PSALM 74

**74**<sup>1</sup>Why hast thou cast us off, O God? Is it for ever?  
Why art thou so stern, so angry with the sheep of thy flock?

<sup>2</sup>Remember the assembly of thy people,  
taken long since for thy own [*prob. rdg, Heb adds thou didst redeem the*]

tribe of thy possession],  
and Mount Zion, which was thy home.

<sup>3</sup>Now at last [Now at last: *prob. rdg, Heb Thy steps*] restore what was  
ruined beyond repair,  
the wreck that the foe has made of thy sanctuary.

<sup>4</sup>The shouts of thy enemies filled the holy place [the holy place: *or thy  
meeting place*],  
they planted their standards there as tokens of victory.

<sup>5</sup>They brought it crashing down [They ... down: *prob. rdg, Heb  
unintelligible*],

like woodmen plying their axes in the forest;

<sup>6</sup>they ripped the carvings clean out,  
they smashed them with hatchet and pick.

<sup>7</sup>They set fire to thy sanctuary,  
tore down and polluted the shrine sacred to thy name.

<sup>8</sup>They said to themselves, 'We will sweep them away',  
and all over the land they burnt God's holy places [holy places: *or meeting  
places*].

<sup>9</sup>We cannot see what lies before us [what ... us: *prob. rdg, Heb our signs*],  
we have no prophet now;

we have no one who knows how long this is to last.

<sup>10</sup>How long, O God, will the enemy taunt thee?

Will the adversary pour scorn on thy name for ever?

<sup>11</sup>Why dost thou hold back thy hand,  
why keep thy right hand within thy bosom?

<sup>12</sup>But thou, O God, thou king from of old,  
thou mighty conqueror all the world over,

<sup>13</sup>by thy power thou didst cleave the sea-monster in two  
and break the sea-serpent's heads above the waters;

<sup>14</sup>thou didst crush Leviathan's many heads  
and throw him to the sharks [to the sharks: *prob. rdg, Heb to a people,  
desert-dwellers*] for food.

<sup>15</sup>Thou didst open channels for spring and torrent;  
thou didst dry up rivers never known to fail.

<sup>16</sup>The day is thine, and the night is thine also,  
thou didst ordain the light of moon and sun;

<sup>17</sup>thou hast fixed all the regions of the earth;  
summer and winter, thou didst create them both.

<sup>18</sup>Remember, O LORD, the taunts of the enemy,  
the scorn a savage nation pours on thy name.

<sup>19</sup>Cast not to the beasts the soul that confesses thee;  
forget not for ever the sufferings of thy servants.

<sup>20</sup>Look upon thy creatures [thy creatures: *prob. rdg, Heb the covenant,  
because*]: they are filled with hatred,



and earth is the haunt of violence.

<sup>21</sup>Let not the oppressed be shamed and turned away;  
let the poor and the downtrodden praise thy name.

<sup>22</sup>Rise up, O God, maintain thy own cause;  
remember how brutal men taunt thee all day long.

<sup>23</sup>Ignore no longer the cries of thy assailants,  
the mounting clamour of those who defy thee.

## PSALM 75

**75**<sup>1</sup>We give thee thanks, O God, we give thee thanks;  
thy name is brought very near to us  
in the story of thy wonderful deeds.

<sup>2</sup>I seize the appointed time  
and then I judge mankind with justice.

<sup>3</sup>When the earth rocks, with all who live on it,  
I make its pillars firm.

<sup>4</sup>To the boastful I say, 'Boast no more',  
and to the wicked, 'Do not toss your proud horns:

<sup>5</sup>toss not your horns against high heaven  
nor speak arrogantly against your Creator.'

<sup>6</sup>No power from the east nor from the west,  
no power from the wilderness, can raise a man up.

<sup>7</sup>For God is judge;  
he puts one man down and raises up another.

<sup>8</sup>The LORD holds a cup in his hand,  
and the wine foams in it, hot with spice;  
he offers it to every man for drink,  
and all the wicked on earth must drain it to the dregs.

<sup>9</sup>But I will glorify him for ever;  
I will sing praises to the God of Jacob.

<sup>10</sup>I will break off the horns of the wicked,  
but the horns of the righteous shall be lifted high.

## PSALM 76

**76**<sup>1</sup>In Judah God is known,  
his name is great in Israel;

<sup>2</sup>his tent is pitched in Salem,  
in Zion his battle-quarters are set up [*are set up: prob. rdg, Heb thither (at beginning of v3)*].

<sup>3</sup>He has broken the flashing arrows,  
shield and sword and weapons of war.

<sup>4</sup>Thou art terrible, O Lord, and mighty:

<sup>5</sup>men that lust for plunder stand aghast,

the boldest swoon away,  
and the strongest cannot lift a hand.

<sup>6</sup>At thy rebuke, O God of Jacob,  
rider and horse fall senseless.

<sup>7</sup>Terrible art thou, O Lord;  
who can stand in thy presence when thou art angry?

<sup>8</sup>Thou didst give sentence out of heaven;  
the earth was afraid and kept silence.

<sup>9</sup>O God, at thy rising [O God ... rising: *prob. rdg, Heb* When God rises] in  
judgement  
to deliver all humble men on the earth,  
<sup>10</sup>for all her fury Edom shall confess thee,  
and the remnant left in Hamath shall dance in worship.

<sup>11</sup>Make vows to the LORD your God, and pay them duly;  
let the peoples all around him bring their tribute [*prob. rdg, Heb adds for the  
terror (cp v12)*];

<sup>12</sup>for he breaks the spirit of princes,  
he is the terror of the kings on earth.

## PSALM 77

**77**<sup>1</sup>I cried aloud to God,  
I cried to God, and he heard me.

<sup>2</sup>In the day of my distress I sought the Lord,  
and by night I lifted [*I lifted: prob. rdg, Heb omitted*] my outspread hands in  
prayer.

I lay sweating and nothing would cool me;  
I refused all comfort.

<sup>3</sup>When I called God to mind, I groaned;  
as I lay thinking, darkness came over my spirit.

<sup>4</sup>My eyelids were tightly closed;  
I was dazed and I could not speak.

<sup>5</sup>My thoughts went back to times long past,  
I remembered forgotten years;

<sup>6</sup>all night long I was in deep distress,  
as I lay thinking, my spirit was sunk in despair.

<sup>7</sup>Will the Lord reject us for evermore  
and never again show favour?

<sup>8</sup>Has his unfailing love now failed us utterly,  
must his promise time and again be unfulfilled?

<sup>9</sup>Has God forgotten to be gracious,  
has he in anger withheld his mercies?

<sup>10</sup>Has his right hand', I said, 'lost its grasp?  
Does it hang powerless [*lost ... powerless: prob. rdg, Heb unintelligible*], the  
arm of the Most High?'

<sup>11</sup>But then, O LORD, I call to mind thy deeds [*prob. rdg, Heb then I call to mind the deeds of the LORD, for*]

I recall thy wonderful acts in times gone by.

<sup>12</sup>I meditate upon thy works  
and muse on all that thou hast done.

<sup>13</sup>O God, thy way is holy;  
what god is so great as our God?

<sup>14</sup>Thou art the God who workest miracles;  
thou hast shown the nations thy power.

<sup>15</sup>With thy strong arm thou didst redeem thy people,  
the sons of Jacob and Joseph.

<sup>16</sup>The waters saw thee, O God,  
they saw thee and writhed in anguish;  
the ocean was troubled to its depths.

<sup>17</sup>The clouds poured water, the skies thundered,  
thy arrows flashed hither and thither.

<sup>18</sup>The sound of thy thunder was in the whirlwind [*Or in the chariot-wheels*],  
thy lightnings lit up the world,  
earth shook and quaked.

<sup>19</sup>Thy path was through the sea, thy way through mighty waters,  
and no man marked thy footsteps.

<sup>20</sup>Thou didst guide thy people like a flock of sheep,  
under the hand of Moses and Aaron.

## PSALM 78

**78**<sup>1</sup>Mark my teaching, O my people,  
listen to the words I am to speak.

<sup>2</sup>I will tell you a story with a meaning,  
I will expound the riddle of things past,

<sup>3</sup>things that we have heard and know,  
and our fathers have repeated to us.

<sup>4</sup>From their sons we will not hide  
the praises of the LORD and his might  
nor the wonderful acts he has performed;  
then they shall repeat them to the next generation.

<sup>5</sup>He laid on Jacob a solemn charge  
and established a law in Israel,  
which he commanded our fathers  
to teach their sons,

<sup>6</sup>that it might be known to a future generation,  
to children yet unborn,  
and these would repeat it to their sons in turn.

<sup>7</sup>He charged them to put their trust in God,  
to hold his great acts ever in mind  
and to keep all his commandments;

<sup>8</sup>not to do as their fathers did,

a disobedient and rebellious race,  
a generation with no firm purpose,  
with hearts not fixed steadfastly on God.

<sup>9</sup>The men of Ephraim, bowmen all and marksmen,  
turned and ran in the hour of battle.

<sup>10</sup>They had not kept God's covenant  
and had refused to live by his law;

<sup>11</sup>they forgot all that he had done  
and the wonderful acts which he had shown them.

<sup>12</sup>He did wonders in their fathers' sight  
in the land of Egypt, the country of Zoan:

<sup>13</sup>he divided the sea and took them through it,  
making the water stand up like banks on either side.

<sup>14</sup>He led them with a cloud by day  
and all night long with a glowing fire.

<sup>15</sup>He cleft the rock in the wilderness  
and gave them water to drink, abundant as the sea;

<sup>16</sup>he brought streams out of the cliff  
and made water run down like rivers.

<sup>17</sup>But they sinned against him yet again:  
in the desert they defied the Most High,

<sup>18</sup>they tried God's patience wilfully,  
demanding food to satisfy their hunger.

<sup>19</sup>They vented their grievance against God and said,  
'Can God spread a table in the wilderness?'

<sup>20</sup>When he struck a rock, water gushed out  
until the gullies overflowed;

they said, 'Can he give bread as well,  
can he provide meat for his people?'

<sup>21</sup>When he heard this, the LORD was filled with fury:  
fire raged against Jacob,

anger blazed up against Israel,

<sup>22</sup>because they put no trust in God  
and had no faith in his power to save.

<sup>23</sup>Then he gave orders to the skies above  
and threw open heaven's doors,

<sup>24</sup>he rained down manna for them to eat  
and gave them the grain of heaven.

<sup>25</sup>So men ate the bread of angels;  
he sent them food to their heart's desire.

<sup>26</sup>He let loose the east wind from heaven  
and drove the south wind by his power;

<sup>27</sup>he rained meat like a dust-storm upon them,  
flying birds like the sand of the sea-shore,

<sup>28</sup>which he made settle all over the camp  
round the tents where they lived.

<sup>29</sup>So the people ate and were well filled,  
for he had given them what they craved.

<sup>30</sup>Yet they did not abandon their complaints [*Or craving*]  
even while the food was in their mouths.

<sup>31</sup>Then the anger of God blazed up against them;  
he spread death among their stoutest men  
and brought the young men of Israel to the ground.

<sup>32</sup>In spite of all, they persisted in their sin  
and had no faith in his wonderful acts.

<sup>33</sup>So in one moment he snuffed out their lives  
and ended their years in calamity.

<sup>34</sup>When he struck them, they began to seek him,  
they would turn and look eagerly for God;

<sup>35</sup>they remembered that God was their Creator,  
that God Most High was their deliverer.

<sup>36</sup>But still they beguiled him with words  
and deceived him with fine speeches;

<sup>37</sup>they were not loyal to him in their hearts  
nor were they faithful to his covenant.

<sup>38</sup>Yet he wiped out their guilt  
and did not smother his own [*his own: prob. rdg, Heb omitted*] natural  
affection;

often he restrained his wrath  
and did not rouse his anger to its height.

<sup>39</sup>He remembered that they were only mortal men,  
who pass by like a wind and never return.

<sup>40</sup>How often they rebelled against him in the wilderness  
and grieved him in the desert!

<sup>41</sup>Again and again they tried God's patience  
and provoked the Holy One of Israel.

<sup>42</sup>They did not remember his prowess  
on the day when he saved them from the enemy,

<sup>43</sup>how he set his signs in Egypt,  
his portents in the land of Zoan.

<sup>44</sup>He turned their streams into blood,  
and they could not drink the running water.

<sup>45</sup>He sent swarms of flies which devoured them,  
and frogs which brought devastation;

<sup>46</sup>he gave their harvest over to locusts  
and their produce to the grubs;

<sup>47</sup>he killed their vines with hailstones  
and their figs with torrents of rain;

<sup>48</sup>he abandoned their cattle to the plague  
and their beasts to the arrows of pestilence.

<sup>49</sup>He loosed upon them the violence of his anger,

wrath and enmity and rage,  
launching those messengers of evil  
50-51to open a way for his fury.  
He struck down all the first-born in Egypt,  
the flower of their manhood in the tents of Ham,  
not shielding their lives from death  
but abandoning their bodies to the plague.  
52But he led out his own people like sheep  
and guided them like a flock in the wilderness.  
53He led them in safety and they were not afraid,  
and the sea closed over their enemies.  
54He brought them to his holy mountain,  
the hill which his right hand had won;  
55he drove out nations before them,  
he allotted their lands to Israel as a possession  
and settled his tribes in their dwellings.  
56Yet they tried God's patience and rebelled against him;  
they did not keep the commands of the Most High;  
57they were renegades, traitors like their fathers,  
they changed, they went slack like a bow.  
58They provoked him to anger with their hill-shrines  
and roused his jealousy with their carved images.  
59When God heard this, he put them out of mind  
and utterly rejected Israel.  
60He forsook his home at Shiloh,  
the tabernacle in which he dwelt among men;  
61he surrendered the symbol of his strength into captivity  
and his pride into enemy hands;  
62he gave his people over to the sword  
and put his own possession out of mind.  
63Fire devoured his young men,  
and his maidens could raise no lament for them;  
64his priests fell by the sword,  
and his widows could not weep.

65Then the Lord awoke as a sleeper awakes,  
like a warrior heated with wine;  
66he struck his foes in the back parts  
and brought perpetual shame upon them.  
67He despised the clan of Joseph  
and did not choose the tribe of Ephraim;  
68he chose the tribe of Judah  
and Mount Zion which he loved;  
69he built his sanctuary high as the heavens,  
founded like the earth to last for ever.  
70He chose David to be his servant  
and took him from the sheepfolds;

<sup>71</sup>he brought him from minding the ewes  
to be the shepherd of his people Jacob [*prob. rdg, Heb adds and Israel his possession*];  
<sup>72</sup>and he shepherded them in singleness of heart  
and guided them with skilful hand.

## PSALM 79

**79**<sup>1</sup>O God, the heathen have set foot in thy domain,  
defiled thy holy temple  
and laid Jerusalem in ruins.  
<sup>2</sup>They have thrown out the dead bodies of thy servants  
to feed the birds of the air;  
they have made thy loyal servants carrion for wild beasts.  
<sup>3</sup>Their blood is spilled all round Jerusalem like water,  
and there they lie unburied.  
<sup>4</sup>We suffer the contempt of our neighbours,  
the gibes and mockery of all around us.  
  
<sup>5</sup>How long, O LORD, wilt thou be roused to such fury?  
Must thy jealousy rage like a fire?  
<sup>6</sup>Pour out thy wrath over nations which do not know thee  
and over kingdoms which do not invoke thee by name;  
<sup>7</sup>see how they have devoured Jacob and laid waste his homesteads.  
<sup>8</sup>Do not remember against us the guilt of past generations  
but let thy compassion come swiftly to meet us,  
we have been brought so low.  
  
<sup>9</sup>Help us, O God our saviour, for the honour of thy name;  
for thy name's sake deliver us and wipe out our sins.  
<sup>10</sup>Why should the nations ask, 'Where is their God?'  
Let thy vengeance for the bloody slaughter of thy servants  
fall on those nations before our very eyes.  
  
<sup>11</sup>Let the groaning of the captives reach thy presence  
and in thy great might set free death's prisoners.  
<sup>12</sup>As for the contempt our neighbours pour on thee, O Lord,  
turn it back sevenfold on their own heads.  
<sup>13</sup>Then we thy people, the flock which thou dost shepherd,  
will give thee thanks for ever  
and repeat thy praise to every generation.

## PSALM 80

**80**<sup>1</sup>Hear us, O shepherd of Israel,  
who leadest Joseph like a flock of sheep.  
Show thyself, thou that art throned on the cherubim,  
<sup>2</sup>to Ephraim and to Benjamin.

Rouse thy victorious might from slumber [from slumber: *prob. rdg, Heb and Manasseh*],  
come to our rescue.  
<sup>3</sup>Restore us, O God,  
and make thy face shine upon us that we may be saved.  
<sup>4</sup>O LORD God of Hosts,  
how long wilt thou resist thy people's prayer?  
<sup>5</sup>Thou hast made sorrow their daily bread  
and tears of threefold grief their drink.  
<sup>6</sup>Thou hast humbled us before our neighbours,  
and our enemies mock us to their hearts' content.  
<sup>7</sup>O God of Hosts, restore us;  
make thy face shine upon us that we may be saved.

<sup>8</sup>Thou didst bring a vine out of Egypt;  
thou didst drive out nations and plant it;  
<sup>9</sup>thou didst clear the ground before it,  
so that it made good roots and filled the land.  
<sup>10</sup>The mountains were covered with its shade,  
and its branches were like those of mighty cedars.  
<sup>11</sup>It put out boughs all the way to the Sea  
and its shoots as far as the River.  
<sup>12</sup>Why hast thou broken down the wall round it  
so that every passer-by can pluck its fruit?  
<sup>13</sup>The wild boar from the thickets gnaws it,  
and swarming insects from the fields feed on it.  
<sup>14</sup>O God of Hosts, once more look down from heaven,  
take thought for this vine and tend it,  
<sup>15</sup>this stock that thy right hand has planted [*prob. rdg, Heb adds and on the son whom thou hast made strong for thy service (cp v17)*].  
<sup>16</sup>Let them that set fire to it or cut it down  
perish before thy angry face.  
<sup>17</sup>Let thy hand rest upon the man at thy right side,  
the man whom thou hast made strong for thy service.  
<sup>18</sup>We have not turned back from thee,  
so grant us new life, and we will invoke thee by name.  
<sup>19</sup>LORD God of Hosts, restore us;  
make thy face shine upon us that we may be saved.

## PSALM 81

**81**<sup>1</sup>Sing out in praise of God our refuge [*Or strength*],  
acclaim the God of Jacob.  
<sup>2</sup>Take pipe and tabor,  
take tuneful harp and lute.  
<sup>3</sup>Blow the horn for the new month,  
for the full moon on the day of our pilgrim-feast.



<sup>4</sup>This is a law for Israel,  
an ordinance of the God of Jacob,  
<sup>5</sup>laid as a solemn charge on Joseph  
when he came out of Egypt [*prob. rdg, Heb adds I hear an unfamiliar language*].

<sup>6</sup>When I lifted the load from his shoulders,  
his hands let go the builder's basket.

<sup>7</sup>When you cried to me in distress, I rescued you;  
unseen, I answered you in thunder.

I tested you at the waters of Meribah,

[*Line transposed from end of v10*] where I opened your mouths and filled them.

<sup>16</sup>[*Verse transposed*] I fed Israel [I fed Israel: *prob. rdg, Heb He fed him*] with  
the finest wheat-flour  
and satisfied him with honey from the rocks.

<sup>8</sup>Listen, my people, while I give you a solemn charge –  
do but listen to me, O Israel:

<sup>9</sup>you shall have no strange god  
nor bow down to any foreign god;

<sup>10</sup>I am the LORD your God

who brought you up from Egypt. [*See note on v7*]

<sup>11</sup>But my people did not listen to my words  
and Israel would have none of me;

<sup>12</sup>so I sent them off, stubborn as they were,  
to follow their own devices.

<sup>13</sup>If my people would but listen to me,  
if Israel would only conform to my ways,

<sup>14</sup>I would soon bring their enemies to their knees  
and lay a heavy hand upon their persecutors.

<sup>15</sup>Let those who hate them [*those ... them: prob. rdg, Heb those who hate the LORD*] come cringing to them,  
and meet with everlasting troubles. [*v16 transposed to follow v7*]

## PSALM 82

**82**<sup>1</sup>God takes his stand in the court of heaven  
to deliver judgement among the gods themselves.

<sup>2</sup>How long will you judge unjustly  
and show favour to the wicked?

<sup>3</sup>You ought to give judgement for the weak and the orphan,  
and see right done to the destitute and downtrodden,

<sup>4</sup>you ought to rescue the weak and the poor,  
and save them from the clutches of wicked men.

<sup>5</sup>But you know nothing, you understand nothing,  
you walk in the dark

while earth's foundations are giving way.

<sup>6</sup>This is my sentence: Gods you may be,  
sons all of you of a high god [*Or of the Most High*],  
<sup>7</sup>yet you shall die as men die [*Or as Adam died*];  
princes fall, every one of them, and so shall you.

<sup>8</sup>Arise, O God, and judge the earth;  
for thou dost pass all nations through thy sieve.

## PSALM 83

**83**<sup>1</sup>Rest not, O God;  
O God, be neither silent nor still,  
<sup>2</sup>for thy enemies are making a tumult,  
and those that hate thee carry their heads high.  
<sup>3</sup>They devise cunning schemes against thy people  
and conspire against those thou hast made thy treasure:  
<sup>4</sup>'Come, away with them,' they cry,  
'let them be a nation no longer,  
let Israel's name be remembered no more.'  
<sup>5</sup>With one mind they have agreed together  
to make a league against thee:  
<sup>6</sup>the families of Edom, the Ishmaelites,  
Moabites and Hagarenes,  
<sup>7</sup>Gebal, Ammon and Amalek,  
Philistia and the citizens of Tyre,  
<sup>8</sup>Asshur too their ally,  
all of them lending aid to the descendants of Lot.  
<sup>9</sup>Deal with them as with Sisera,  
as with Jabin by the torrent of Kishon,  
<sup>10</sup>who fell vanquished as Midian [*as Midian: transposed from previous verse*]  
fell at En-harod [*En-harod: prob. rdg, cp Judg. 7.1; Heb Endor*],  
and were spread on the battlefield like dung.  
<sup>11</sup>Make their princes like Oreb and Zeeb,  
make all their nobles like Zebah and Zalmunna;  
<sup>12</sup>for they said, 'We will seize for ourselves  
all the pastures of God's people.'  
<sup>13</sup>Scatter them, O God, like thistledown,  
like chaff before the wind.  
<sup>14</sup>Like fire raging through the forest  
or flames which blaze across the hills,  
<sup>15</sup>hunt them down with thy tempest,  
and dismay them with thy storm-wind.  
<sup>16</sup>Heap shame upon their heads, O LORD,  
until they confess the greatness of thy name.  
<sup>17</sup>Let them be abashed, and live in perpetual dismay;  
let them feel their shame and perish.

<sup>18</sup>So let them learn that thou alone art LORD,  
God Most High over all the earth.

## PSALM 84

**84**<sup>1</sup>How dear is thy dwelling-place,  
thou LORD of Hosts!

<sup>2</sup>I pine, I faint with longing  
for the courts of the LORD's temple;  
my whole being cries out with joy  
to the living God.

<sup>3</sup>Even the sparrow finds a home,  
and the swallow has her nest,  
where she rears her brood beside thy altars,  
O LORD of Hosts, my King and my God.

<sup>4</sup>Happy are those who dwell in thy house;  
they never cease from praising thee.

<sup>5</sup>Happy the men whose refuge is in thee,  
whose hearts are set on the pilgrim ways [are set ... ways: *or* high praises  
fill]!

<sup>6</sup>As they pass through the thirsty valley  
they find water from a spring;  
and the LORD provides even men who lose their way  
with pools to quench their thirst [they find ... thirst: *prob. rdg, Heb  
obscure*].

<sup>7</sup>So they pass on from outer wall to inner,  
and the God of gods shows himself in Zion.

<sup>8</sup>O LORD God of Hosts, hear my prayer;  
listen, O God of Jacob.

<sup>9</sup>O God, look upon our lord the king  
and accept thy anointed prince with favour.

<sup>10</sup>Better one day in thy courts  
than a thousand days at home;  
better to linger by the threshold of God's house  
than to live in the dwellings of the wicked.

<sup>11</sup>The LORD God is a battlement and a shield;  
grace and honour are his to give.  
The LORD will hold back no good thing  
from those whose life is blameless.

<sup>12</sup>O LORD of Hosts,  
happy the man who trusts in thee!

## PSALM 85

**85**<sup>1</sup>LORD, thou hast been gracious to thy land

and turned the tide of Jacob's fortunes.

<sup>2</sup>Thou hast forgiven the guilt of thy people  
and put away all their sins.

<sup>3</sup>Thou hast taken back all thy anger  
and turned from thy bitter wrath.

<sup>4</sup>Turn back to us, O God our saviour,  
and cancel thy displeasure.

<sup>5</sup>Wilt thou be angry with us for ever?  
Must thy wrath last for all generations?

<sup>6</sup>Wilt thou not give us new life  
that thy people may rejoice in thee?

<sup>7</sup>O LORD, show us thy true love  
and grant us thy deliverance.

<sup>8</sup>Let me hear the words of the LORD:  
are they not [of the LORD: are they not: *prob. rdg, Heb of God the LORD*]  
words of peace,

peace to his people and his loyal servants  
and to all who turn and trust in him?

<sup>9</sup>Deliverance is near to those who worship him,  
so that glory may dwell in our land.

<sup>10</sup>Love and fidelity have come together;  
justice and peace join hands.

<sup>11</sup>Fidelity springs up from earth  
and justice looks down from heaven.

<sup>12</sup>The LORD will add prosperity,  
and our land shall yield its harvest.

<sup>13</sup>Justice shall go in front of him  
and the path before his feet shall be peace [and the path ... peace: *prob. rdg, Heb* so that he may put his feet to the way].

## PSALM 86

**86**<sup>1</sup>Turn to me, LORD, and answer;  
I am downtrodden and poor.

<sup>2</sup>Guard me, for I am constant and true;  
save thy servant who puts his trust in thee.

O Lord my God [*my God: transposed from previous verse*], <sup>3</sup>show me thy  
favour;

I call to thee all day long.

<sup>4</sup>Fill thy servant's heart with joy, O Lord,  
for I lift up my heart to thee.

<sup>5</sup>Thou, O Lord, art kind and forgiving,  
full of true love for all who cry to thee.

<sup>6</sup>Listen, O LORD, to my prayer  
and hear my pleading.

<sup>7</sup>In the day of my distress I call on thee;  
for thou wilt answer me.

<sup>8</sup>Among the gods not one is like thee, O Lord,  
no deeds are like thine.

<sup>9</sup>All the nations thou hast made, O Lord, will come,  
will bow down before thee and honour thy name;

<sup>10</sup>for thou art great, thy works are wonderful,  
thou alone art God.

<sup>11</sup>Guide me, O LORD,  
that I may be true to thee and follow thy path;  
let me be one in heart  
with those who revere thy name.

<sup>12</sup>I will praise thee, O Lord my God, with all my heart  
and honour thy name for ever.

<sup>13</sup>For thy true love stands high above me;  
thou hast rescued my soul from the depths of Sheol.

<sup>14</sup>O God, proud men attack me;  
a mob of ruffians seek my life  
and give no thought to thee.

<sup>15</sup>Thou, Lord, art God, compassionate and gracious,  
forbearing, ever constant and true.

<sup>16</sup>Turn towards me and show me thy favour;  
grant thy slave protection  
and rescue thy slave-girl's son.

<sup>17</sup>Give me proof of thy kindness;  
let those who hate thee see to their shame  
that thou, O LORD, hast been my help and comfort.

## PSALM 87

*[The text of this psalm is disordered, and several verses have been re-arranged]*

**87**<sup>1-2</sup>The LORD loves the gates of Zion  
more than all the dwellings of Jacob;  
her [*prob. rdg, Heb his*] foundations are laid upon holy hills,  
<sup>4-5</sup>and he has made her his home [*his home: prob. rdg, Heb most high*].  
I will count Egypt and Babylon among my friends;  
Philistine, Tyrian and Nubian shall be [*prob. rdg, Heb adds this one was born*  
(*cp v6*)] there;

and Zion shall be called a mother  
in whom men of every race are born.

<sup>6</sup>The LORD shall write against each in the roll of nations:  
'This one was born in her.'

<sup>7</sup>Singers and dancers alike all chant [*all chant: prob. rdg, Heb all my*  
springs] your praises,

<sup>3</sup>proclaiming glorious things of you, O city of God.

## PSALM 88

**88**<sup>1</sup>O LORD, my God, by day I call for help [I call for help: *prob. rdg, Heb my deliverance*],

by night I cry aloud in thy presence.

<sup>2</sup>Let my prayer come before thee,  
hear my loud lament;

<sup>3</sup>for I have had my fill of woes,  
and they have brought me to the threshold of Sheol.

<sup>4</sup>I am numbered with those who go down to the abyss  
and have become like a man beyond help,

<sup>5</sup>like a man who lies dead [*who lies dead: prob. rdg, Heb obscure*]  
or the slain who sleep in the grave,  
whom thou rememberest no more  
because they are cut off from thy care.

<sup>6</sup>Thou hast plunged me into the lowest abyss,  
in dark places, in the depths.

<sup>7</sup>Thy wrath rises against me,  
thou hast turned on me the full force of thy anger [*anger: or waves*].

<sup>8</sup>Thou hast taken all my friends far from me,  
and made me loathsome to them.

I am in prison and cannot escape;

<sup>9</sup>my eyes are failing and dim with anguish.  
I have called upon thee, O LORD, every day  
and spread out my hands in prayer to thee.

<sup>10</sup>Dost thou work wonders for the dead?  
Shall their company rise up and praise thee?

<sup>11</sup>Will they speak of thy faithful love in the grave,  
of thy sure help in the place of Destruction?

<sup>12</sup>Will thy wonders be known in the dark,  
thy victories in the land of oblivion?

<sup>13</sup>But, LORD, I cry to thee,  
my prayer comes before thee in the morning.

<sup>14</sup>Why hast thou cast me off, O LORD,  
why dost thou hide thy face from me?

<sup>15</sup>I have suffered from boyhood and come near to death;  
I have borne thy terrors, I cower beneath thy blows.

<sup>16</sup>Thy burning fury has swept over me,  
thy onslaughts have put me to silence;

<sup>17</sup>all the day long they surge round me like a flood,  
they engulf me in a moment.

<sup>18</sup>Thou hast taken lover and friend far from me,  
and parted me from my companions.

## PSALM 89

**89**<sup>1</sup>I will sing the story of thy love, O LORD, for ever;  
I will proclaim thy faithfulness to all generations.

<sup>2</sup>Thy true love is firm as the ancient earth [Thy ... earth: *prob. rdg, Heb* Thou hast said for ever true love shall be made firm],  
thy faithfulness fixed as the heavens.

<sup>5</sup>[*v3 and v4 transposed to follow servants in v19*]The heavens praise thy wonders, O LORD,  
and the council of the holy ones exalts thy faithfulness.

<sup>6</sup>In the skies who is there like the LORD,  
who like the LORD in the court of heaven,

<sup>7</sup>like God who is dreaded among the assembled holy ones,  
great and terrible above all who stand about him?

<sup>8</sup>O LORD God of Hosts, who is like thee?

Thy strength [Thy strength: *prob. rdg, Heb obscure*] and faithfulness, O LORD, surround thee.

<sup>9</sup>Thou rulest the surging sea,  
calming the turmoil [*turmoil: prob. rdg, Heb obscure*] of its waves.

<sup>10</sup>Thou didst crush the monster Rahab with a mortal blow  
and scatter thy enemies with thy strong arm.

<sup>11</sup>Thine are the heavens, the earth is thine also;  
the world with all that is in it is of thy foundation.

<sup>12</sup>Thou didst create Zaphon and Amanus [*Amanus: prob. rdg, Heb right hand or south*];

Tabor and Hermon echo thy name

<sup>13</sup>Strength of arm and valour are thine;  
thy hand is mighty, thy right hand lifted high;

<sup>14</sup>thy throne is built upon righteousness and justice,  
true love and faithfulness herald thy coming.

<sup>15</sup>Happy the people who have learnt to acclaim thee,  
who walk, O LORD, in the light of thy presence!

<sup>16</sup>In thy name they shall rejoice all day long;  
thy righteousness shall lift them up.

<sup>17</sup>Thou art thyself the strength in which they glory;  
through thy favour we hold our heads high.

<sup>18</sup>The LORD, he is our shield;  
the Holy One of Israel, he is our king.

<sup>19</sup>Then didst thou announce in a vision  
and declare to thy faithful servants:

<sup>3</sup>I have made a covenant with him I have chosen,  
I have sworn to my servant David:

<sup>4</sup>I will establish your posterity for ever,  
I will make your throne endure for all generations.'  
I have endowed a warrior with princely gifts,  
so that the youth I have chosen towers over his people.

<sup>20</sup>I have discovered David my servant;  
I have anointed him with my holy oil.  
<sup>21</sup>My hand shall be ready to help him  
and my arm to give him strength.  
<sup>22</sup>No enemy shall strike at him  
and no rebel bring him low;  
<sup>23</sup>I will shatter his foes before him  
and vanquish those who hate him.  
<sup>24</sup>My faithfulness and true love shall be with him  
and through my name he shall hold his head high.  
<sup>25</sup>I will extend his rule over the Sea  
and his dominion as far as the River.  
<sup>26</sup>He will say to me, 'Thou art my father,  
my God, my rock and my safe refuge.'  
<sup>27</sup>And I will name him my first-born,  
highest among the kings of the earth.  
<sup>28</sup>I will maintain my love for him for ever  
and be faithful in my covenant with him.  
<sup>29</sup>I will establish his posterity for ever  
and his throne as long as the heavens endure.  
<sup>30</sup>If his sons forsake my law  
and do not conform to my judgements,  
<sup>31</sup>if they renounce my statutes  
and do not observe my commands,  
<sup>32</sup>I will punish their disobedience with the rod  
and their iniquity with lashes.  
<sup>33</sup>Yet I will not deprive him of my true love  
nor let my faithfulness prove false;  
<sup>34</sup>I will not renounce my covenant  
nor change my promised purpose.  
<sup>35</sup>I have sworn by my holiness once and for all,  
I will not break my word to David:  
<sup>36</sup>his posterity shall continue for ever,  
his throne before me like the sun;  
<sup>37</sup>it shall be sure for ever as the moon's return,  
faithful so long as the skies remain [so long ... remain: *prob. rdg, Heb a witness in the skies*].

<sup>38</sup>Yet thou hast rejected thy anointed king,  
thou hast spurned him and raged against him [raged against him: *or put him out of mind*],  
<sup>39</sup>thou hast denounced the covenant with thy servant,  
defiled his crown and flung it to the ground.  
<sup>40</sup>Thou hast breached his walls  
and laid his fortresses in ruin;  
<sup>41</sup>all who pass by plunder him,  
and he suffers the taunts of his neighbours.



<sup>42</sup>Thou hast increased the power of his enemies  
and brought joy to all his foes;

<sup>43</sup>thou hast let his sharp sword be driven back  
and left him without help in the battle.

<sup>44</sup>Thou hast put an end to his glorious rule [his glorious rule: *prob. rdg, Heb*  
from his purity]

and hurled his throne to the ground;

<sup>45</sup>thou hast cut short the days of his youth and vigour  
and covered him with shame.

<sup>46</sup>How long, O LORD, wilt thou hide thyself from sight?  
How long must thy wrath blaze like fire?

<sup>47</sup>Remember that I shall not live for ever [live for ever: *prob. rdg, Heb*  
obscure];

hast thou created man in vain?

<sup>48</sup>What man shall live and not see death  
or save himself from the power of Sheol?

<sup>49</sup>Where are those former acts of thy love, O Lord,  
those faithful promises given to David?

<sup>50</sup>Remember, O Lord, the taunts hurled at thy servant,  
how I have borne in my heart the calumnies of the nations [the calumnies ...  
nations: *prob. rdg, Heb* all of many peoples];

<sup>51</sup>so have thy enemies taunted us, O LORD,  
taunted the successors of thy anointed king.

<sup>52</sup>Blessed is the LORD for ever.  
Amen, Amen.

## **BOOK 4 (Psalms 90-106)**

### **PSALM 90**

**90**<sup>1</sup>Lord, thou hast been our refuge  
from generation to generation.

<sup>2</sup>Before the mountains were brought forth,  
or earth and world were born in travail,  
from age to age everlasting thou art God.

<sup>3</sup>Thou turnest man back into dust;  
'Turn back,' thou sayest, 'you sons of men';

<sup>4</sup>for in thy sight a thousand years are as yesterday;  
a night-watch passes, <sup>5</sup>and thou hast cut them off;  
they are like a dream at daybreak,

they fade like grass <sup>6</sup>which springs up [*prob. rdg, Heb adds* and passes  
away] with the morning

but when evening comes is parched and withered.

<sup>7</sup>So we are brought to an end by thy anger  
and silenced by thy wrath.

<sup>8</sup>Thou dost lay bare our iniquities before thee

and our lusts in the full light of thy presence.

<sup>9</sup>All our days go by under the shadow of thy wrath;  
our years die away like a murmur.

<sup>10</sup>Seventy years is the span of our life,  
eighty if our strength holds [*Or eighty at the most*];  
the hurrying years are labour and sorrow,  
so quickly they pass and are forgotten.

<sup>11</sup>Who feels the power of thy anger,  
who feels thy wrath like those that fear thee?

<sup>12</sup>Teach us to order our days rightly,  
that we may enter the gate of wisdom.

<sup>13</sup>How long, O LORD?  
Relent, and take pity on thy servants.

<sup>14</sup>Satisfy us with thy love when morning breaks,  
that we may sing for joy and be glad all our days.

<sup>15</sup>Repay us days of gladness for our days of suffering,  
for the years thou hast humbled us.

<sup>16</sup>Show thy servants thy deeds  
and their children thy majesty.

<sup>17</sup>May all delightful things be ours, O Lord our God;  
establish firmly all we do.

## PSALM 91

**91**<sup>1</sup>You that live in the shelter of the Most High  
and lodge under the shadow of the Almighty,

<sup>2</sup>who say, 'The LORD is my safe retreat,  
my God the fastness in which I trust';

<sup>3</sup>he himself will snatch you away  
from fowler's snare or raging tempest.

<sup>4</sup>He will cover you with his pinions,  
and you shall find safety beneath his wings;

<sup>5</sup>you shall not fear the hunters' trap by night  
or the arrow that flies by day,

<sup>6</sup>the pestilence that stalks in darkness  
or the plague raging at noonday.

<sup>7</sup>A thousand may fall at your side,  
ten thousand close at hand,

but you it shall not touch;

his truth [*Or his arm*] will be your shield and your rampart [*his truth ...  
rampart: transposed from end of v4*].

<sup>8</sup>With your own eyes you shall see all this;  
you shall watch the punishment of the wicked.

<sup>9</sup>For you, the LORD is a [*prob. rdg, Heb my*] safe retreat;  
you have made the Most High your refuge.

<sup>10</sup>No disaster shall befall you,  
no calamity shall come upon your home.

<sup>11</sup>For he has charged his angels  
to guard you wherever you go,  
<sup>12</sup>to lift you on their hands  
for fear you should strike your foot against a stone.  
<sup>13</sup>You shall step on asp and cobra,  
you shall tread safely on snake and serpent.

<sup>14</sup>Because his love is set on me, I will deliver him;  
I will lift him beyond danger, for he knows me by my name.  
<sup>15</sup>When he calls upon me, I will answer;  
I will be with him in time of trouble;  
I will rescue him and bring him to honour.  
<sup>16</sup>I will satisfy him with long life  
to enjoy the fullness of my salvation.

## PSALM 92

**92**<sup>1</sup>O LORD, it is good to give thee thanks,  
to sing psalms to thy name, O Most High,  
<sup>2</sup>to declare thy love in the morning  
and thy constancy every night,  
<sup>3</sup>to the music of a ten-stringed lute,  
to the sounding chords of the harp.  
<sup>4</sup>Thy acts, O LORD, fill me with exultation;  
<sup>5</sup>I shout in triumph at thy mighty deeds.  
How great are thy deeds, O LORD!  
How fathomless thy thoughts!

<sup>6</sup>He who does not know this is a brute,  
a fool is he who does not understand this:  
<sup>7</sup>that though the wicked grow like grass  
and every evildoer prospers,  
they will be destroyed for ever.  
<sup>8</sup>While thou, LORD, dost reign on high eternally,  
<sup>9</sup>thy foes will surely perish,  
all evildoers will be scattered.

<sup>10</sup>I lift my head high, like a wild ox tossing its horn;  
I am anointed richly with oil.  
<sup>11</sup>I gloat over all who speak ill of me,  
I listen for the downfall of my cruel foes.  
<sup>12</sup>The righteous flourish like a palm-tree,  
they grow tall as a cedar on Lebanon;  
<sup>13</sup>planted as they are in the house of the LORD,  
they flourish in the courts of our God,  
<sup>14</sup>vigorous in old age like trees full of sap,  
luxuriant, wide-spreading,

<sup>15</sup>eager to declare that the LORD is just,  
the LORD my rock [*Or* creator], in whom there is no unrighteousness.

## PSALM 93

**93**<sup>1</sup>The LORD is king; he is clothed in majesty;  
the LORD clothes himself with might and fastens on his belt of wrath.

Thou hast fixed the earth immovable and firm,  
<sup>2</sup>thy throne firm from of old;  
from all eternity thou art God.

<sup>3</sup>O LORD, the ocean lifts up, the ocean lifts up its clamour;  
the ocean lifts up [*the ocean lifts up: or let the ocean lift up*] its pounding  
waves.

<sup>4</sup>The LORD on high is mightier far  
than the noise of great waters,  
mightier than the breakers of the sea.

<sup>5</sup>Thy law stands firm, and holiness is the beauty of thy temple,  
while time shall last, O LORD.

## PSALM 94

**94**<sup>1</sup>O LORD, thou God of vengeance,  
thou God of vengeance, show thyself.

<sup>2</sup>Rise up, judge of the earth;  
punish the arrogant as they deserve.

<sup>3</sup>How long shall the wicked, O LORD,  
how long shall the wicked exult?

<sup>4</sup>Evildoers are full of bluster,  
boasting and swaggering;

<sup>5</sup>they beat down thy people, O LORD,  
and oppress thy chosen nation;

<sup>6</sup>they murder the widow and the stranger  
and do the fatherless to death;

<sup>7</sup>they say, 'The LORD does not see,  
the God of Jacob pays no heed.'

<sup>8</sup>Pay heed yourselves, most brutish of the people;  
you fools, when will you be wise?

<sup>9</sup>Does he that planted the ear not hear,  
he that moulded the eye not see?

<sup>10</sup>Shall not he that instructs the nations correct them?  
The teacher of mankind, has he no [*no: prob. rdg, Heb omitted*] knowledge?

<sup>11</sup>The LORD knows the thoughts of man,  
that they are but a puff of wind.

<sup>12</sup>Happy the man whom thou dost instruct, O LORD,  
and teach out of thy law,

<sup>13</sup>giving him respite from adversity  
until a pit is dug for the wicked.

<sup>14</sup>The LORD will not abandon his people  
nor forsake his chosen nation;

<sup>15</sup>for righteousness still informs his judgement [for ... judgement: *prob. rdg, Heb* for judgement will return as far as righteousness],  
and all upright men follow it.

<sup>16</sup>Who is on my side against these sinful men?  
Who will stand up for me against these evildoers?

<sup>17</sup>If the LORD had not been my helper,  
I should soon have slept in the silent grave.

<sup>18</sup>When I felt that my foot was slipping,  
thy love, O LORD, held me up.

<sup>19</sup>Anxious thoughts may fill my heart,  
but thy presence is my joy and my consolation.

<sup>20</sup>Shall sanctimonious calumny call thee partner,  
or he that contrives a mischief under cover of law?

<sup>21</sup>For they put the righteous on trial [they put ... trial: *prob. rdg, Heb* they  
cut the righteous] for his life  
and condemn to death innocent men.

<sup>22</sup>But the LORD has been my strong tower,  
and God my rock of refuge;

<sup>23</sup>our God requites the wicked for their injustice,  
the LORD puts them to silence for their misdeeds.

## PSALM 95

**95**<sup>1</sup>Come! Let us raise a joyful song to the LORD,  
a shout of triumph to the Rock of our salvation.

<sup>2</sup>Let us come into his presence with thanksgiving,  
and sing him psalms of triumph.

<sup>3</sup>For the LORD is a great God,  
a great king over all gods;

<sup>4</sup>the farthest places of the earth are in his hands,  
and the folds of the hills are his;

<sup>5</sup>the sea is his, he made it;  
the dry land fashioned by his hands is his.

<sup>6</sup>Come! Let us throw ourselves at his feet in homage,  
let us kneel before the LORD who made us;

<sup>7</sup>for he is our God,  
we are his people, we the flock he shepherds.

You shall know [You shall know: *prob. rdg, Heb omitted*] his power today  
if you will listen to his voice.

<sup>8</sup>Do not grow stubborn, as you were at Meribah [*That is Dispute*],  
as at the time of Massah [*That is Challenge*] in the wilderness,

<sup>9</sup>when your forefathers challenged me,

tested me and saw for themselves all that I did.

<sup>10</sup>For forty years I was indignant  
with that generation, and I said:  
They are a people whose hearts are astray,  
and they will not discern my ways.

<sup>11</sup>As I swore in my anger:  
They shall never enter my rest.

## PSALM 96

**96**<sup>1</sup>[vv1-13: cp 1Chr.16.23-33] Sing a new song to the LORD;  
sing to the LORD, all men on earth.

<sup>2</sup>Sing to the LORD and bless his name,  
proclaim his triumph day by day.

<sup>3</sup>Declare his glory among the nations,  
his marvellous deeds among all peoples.

<sup>4</sup>Great is the LORD and worthy of all praise;  
he is more to be feared than all gods.

<sup>5</sup>For the gods of the nations are idols every one;  
but the LORD made the heavens.

<sup>6</sup>Majesty and splendour attend him,  
might and beauty are in his sanctuary.

<sup>7</sup>Ascribe to the LORD, you families of nations,  
ascribe to the LORD glory and might;

<sup>8</sup>ascribe to the LORD the glory due to his name,  
bring a gift and come into his courts.

<sup>9</sup>Bow down to the LORD in the splendour of holiness [the splendour of  
holiness: *or* holy vestments],  
and dance in his honour, all men on earth.

<sup>10</sup>Declare among the nations, 'The LORD is king.  
He has fixed the earth firm, immovable;  
he will judge the peoples justly.'

<sup>11</sup>Let the heavens rejoice and the earth exult,  
let the sea roar and all the creatures in it,

<sup>12</sup>let the fields exult and all that is in them;  
then let all the trees of the forest shout for joy

<sup>13</sup>before the LORD when he comes to judge the earth.  
He will judge the earth with righteousness  
and the peoples in good faith.

## PSALM 97

**97**<sup>1</sup>The LORD is king, let the earth be glad,  
let coasts and islands all rejoice.

<sup>2</sup>Cloud and mist enfold him,  
righteousness and justice  
are the foundation of his throne.

<sup>3</sup>Fire goes before him  
and burns up his enemies all around.  
<sup>4</sup>The world is lit up beneath his lightning-flash;  
the earth sees it and writhes in pain.  
<sup>5</sup>The mountains melt like wax as the LORD approaches,  
the Lord of all the earth.  
<sup>6</sup>The heavens proclaim his righteousness,  
and all peoples see his glory.  
<sup>7</sup>Let all who worship images, who vaunt their idols,  
be put to shame;  
bow down, all gods [*bow ... gods: or all gods bow down*], before him.  
<sup>8</sup>Zion heard and rejoiced, the cities of Judah were glad  
at thy judgements, O LORD.  
<sup>9</sup>For thou, LORD, art most high over all the earth,  
far exalted above all gods.

<sup>10</sup>The LORD loves [*The LORD loves: prob. rdg, Heb Lovers of the LORD*]  
those who hate evil;  
he keeps his loyal servants safe  
and rescues them from the wicked.  
<sup>11</sup>A harvest of light is sown for the righteous,  
and joy for all good men.  
<sup>12</sup>You that are righteous, rejoice in the LORD  
and praise his holy name.

## PSALM 98

**98**<sup>1</sup>Sing a new song to the LORD,  
for he has done marvellous deeds;  
his right hand and holy arm have won him victory.  
<sup>2</sup>The LORD has made his victory known;  
he has displayed his righteousness to all the nations.  
<sup>3</sup>He has remembered his constancy,  
his love for the house of Israel.  
All the ends of the earth have seen  
the victory of our God.

<sup>4</sup>Acclaim the LORD, all men on earth,  
break into songs of joy, sing psalms.  
<sup>5</sup>Sing psalms in the LORD's honour with the harp,  
with the harp and with the music of the psaltery.  
<sup>6</sup>With trumpet and echoing horn  
acclaim the presence of the LORD our king.  
<sup>7</sup>Let the sea roar and all its creatures,  
the world and those who dwell in it.  
<sup>8</sup>Let the rivers clap their hands,  
let the hills sing aloud together  
<sup>9</sup>before the LORD; for he comes

to judge the earth.  
He will judge the world with righteousness  
and the peoples in justice.

## PSALM 99

**99**<sup>1</sup>The LORD is king, the peoples are perturbed;  
he is throned on the cherubim, earth quivers.

<sup>2</sup>The LORD is great in Zion;  
he is exalted above all the peoples.

<sup>3</sup>They extol his [*prob. rdg, Heb thy*] name as great and terrible;  
he is holy, <sup>4</sup>he is mighty,  
a king who loves justice.

Thou hast established justice and equity;  
thou hast dealt righteously in Jacob.

<sup>5</sup>Exalt the LORD our God,  
bow down before his footstool;  
he is holy.

<sup>6</sup>Moses and Aaron among his priests,  
and Samuel among those who call on his name,  
called to the LORD, and he answered.

<sup>7</sup>He spoke to them in a pillar of cloud;  
they followed his teaching and kept the law he gave them.

<sup>8</sup>Thou, O LORD our God, thou didst answer them;  
thou wast a God who forgave all their misdeeds  
and held them innocent.

<sup>9</sup>Exalt the LORD our God,  
bow down towards his holy hill;  
for the LORD our God is holy.

## PSALM 100

**100**<sup>1</sup>Acclaim the LORD, all men on earth,  
<sup>2</sup>worship the LORD in gladness;  
enter his presence with songs of exultation.

<sup>3</sup>Know that the LORD is God;  
he has made us and we are his own,  
his people, the flock which he shepherds.

<sup>4</sup>Enter his gates with thanksgiving  
and his courts with praise.

Give thanks to him and bless his name;

<sup>5</sup>for the LORD is good and his love is everlasting,  
his constancy endures to all generations.



## PSALM 101

**101**<sup>1</sup>I sing of loyalty and justice;  
I will raise a psalm to thee, O LORD [I sing ... O LORD: *or* I will follow a  
course of justice and loyalty; I will hold thee in awe, O LORD].

<sup>2</sup>I will follow a wise and blameless course,  
whatever may befall me [whatever may befall me.: *prob. rdg, Heb* when  
comest thou to me?]

I will go about my house in purity of heart.

<sup>3</sup>I will set before myself no sordid aim;  
I will hate disloyalty, I will have none of it.

<sup>4</sup>I will reject all crooked thoughts;  
I will have no dealings with evil.

<sup>5</sup>I will silence those who spread tales behind mens' backs,  
I will not sit at table with proud, pompous men,

<sup>6</sup>I will choose the most loyal for my companions;  
my servants shall be men whose lives are blameless.

<sup>7</sup>No scandal-monger shall live in my household;  
no liar shall set himself up where I can see him.

<sup>8</sup>Morning after morning I will put all wicked men to silence  
and will rid the LORD's city of all evildoers.

## PSALM 102

**102**<sup>1</sup>LORD, hear my prayer  
and let my cry for help reach thee.

<sup>2</sup>Hide not thy face from me  
when I am in distress.

Listen to my prayer  
and, when I call, answer me soon;

<sup>3</sup>for my days vanish like smoke,  
my body is burnt up as in an oven.

<sup>4</sup>I am stricken, withered like grass;  
I cannot find the strength to eat.

<sup>5</sup>Wasted away [Wasted away: *transposed from previous verse*], I groan  
aloud

and my skin hangs on my bones.

<sup>6</sup>I am like a desert-owl in the wilderness,  
an owl that lives among ruins.

<sup>7</sup>Thin and meagre, I wail in solitude,  
like a bird that flutters on the roof-top.

<sup>8</sup>My enemies insult me all the day long;  
mad with rage, they conspire against me.

<sup>9</sup>I have eaten ashes for bread  
and mingled tears with my drink.

<sup>10</sup>In thy wrath and fury  
thou hast taken me up and flung me aside.

<sup>11</sup>My days decline as the shadows lengthen,  
and like grass I wither away.

<sup>12</sup>But thou, LORD, art enthroned for ever  
and thy fame shall be known to all generations.

<sup>13</sup>Thou wilt arise and have mercy on Zion;  
for the time is come [*prob. rdg, Heb adds season*] to pity her.

<sup>14</sup>Her very stones are dear to thy servants,  
and even her dust moves them with pity.

<sup>15</sup>Then shall the nations revere thy name, O LORD,  
and all the kings of the earth thy glory,

<sup>16</sup>when the LORD builds up Zion again  
and shows himself in his glory.

<sup>17</sup>He turns to hear the prayer of the destitute  
and does not scorn them when they pray.

<sup>18</sup>This shall be written down for future generations,  
and a people yet unborn shall praise the LORD.

<sup>19</sup>The LORD looks down from his sanctuary on high,  
from heaven he surveys the earth

<sup>20</sup>to listen to the groaning of the prisoners  
and set free men under sentence of death;

<sup>21</sup>so shall the LORD's name be on men's lips in Zion  
and his praise shall be told in Jerusalem,

<sup>22</sup>when peoples are assembled together,  
peoples and kingdoms, to serve the LORD.

<sup>23</sup>My strength is broken in mid course;  
the time allotted me is short.

<sup>24</sup>Snatch me not away before half my days are done,  
for thy years last through all generations.

<sup>25</sup>Long ago thou didst lay the foundations of the earth,  
and the heavens were thy handiwork.

<sup>26</sup>They shall pass away, but thou endurest;  
like clothes they shall all grow old;  
thou shalt cast them off like a cloak,  
and they shall vanish;

<sup>27</sup>but thou art the same and thy years shall have no end;

<sup>28</sup>thy servants' children shall continue,  
and their posterity shall be established in thy presence.

## PSALM 103

**103**<sup>1</sup>Bless the LORD, my soul;  
my innermost heart, bless his holy name.

<sup>2</sup>Bless the LORD, my soul,  
and forget none of his benefits.

<sup>3</sup>He pardons all my guilt

and heals all my suffering.

<sup>4</sup>He rescues me from the pit of death  
and surrounds me with constant love,  
with tender affection;

<sup>5</sup>he contents me with all good in the prime of life,  
and my youth is ever new like an eagle's.

<sup>6</sup>The LORD is righteous in his acts;  
he brings justice to all who have been wronged.

<sup>7</sup>He taught Moses to know his way  
and showed the Israelites what he could do.

<sup>8</sup>The LORD is compassionate and gracious,  
long-suffering and for ever constant;

<sup>9</sup>he will not always be the accuser  
or nurse his anger for all time.

<sup>10</sup>He has not treated us as our sins deserve  
or requited us for our misdeeds.

<sup>11</sup>For as the heaven stands high above the earth,  
so his strong love stands high over all who fear him.

<sup>12</sup>Far as east is from west,  
so far has he put our offences away from us.

<sup>13</sup>As a father has compassion on his children,  
so has the LORD compassion on all who fear him.

<sup>14</sup>For he knows how we were made,  
he knows full well that we are dust.

<sup>15</sup>Man's days are like the grass;  
he blossoms like the flowers of the field:

<sup>16</sup>a wind passes over them, and they cease to be,  
and their place knows them no more.

<sup>17</sup>But the LORD's love never fails those who fear him;  
his righteousness never fails their sons and their grandsons

<sup>18</sup>who listen to his voice [*who listen to his voice: transposed from end of v20*] and keep his covenant,  
who remember his commandments and obey them.

<sup>19</sup>The LORD has established his throne in heaven,  
his kingly power over the whole world.

<sup>20</sup>Bless the LORD, all his angels,  
creatures of might who do his bidding.

<sup>21</sup>Bless the LORD, all his hosts,  
his ministers who serve his will.

<sup>22</sup>Bless the LORD, all created things,  
in every place where he has dominion.

Bless the LORD, my soul.

## PSALM 104

**104**<sup>1</sup>Bless the LORD, my soul:  
O LORD my God, thou art great indeed,  
clothed in majesty and splendour,  
<sup>2</sup>and wrapped in a robe of light.  
Thou hast spread out the heavens like a tent  
<sup>3</sup>and on their waters laid the beams of thy pavilion;  
who takest the clouds for thy chariot,  
riding on the wings of the wind;  
<sup>4</sup>who makest the winds thy messengers  
and flames of fire thy servants;  
<sup>5</sup>thou didst fix the earth on its foundation  
so that it never can be shaken;  
<sup>6</sup>the deep overspread it like a cloak,  
and the waters lay above the mountains.  
<sup>7</sup>At thy rebuke they ran,  
at the sound of thy thunder they rushed away,  
<sup>8</sup>flowing over the hills,  
pouring down into the valleys  
to the place appointed for them.  
<sup>9</sup>Thou didst fix a boundary which they might not pass;  
they shall not return to cover the earth.

<sup>10</sup>Thou dost make springs break out in the gullies,  
so that their water runs between the hills.

<sup>11</sup>The wild beasts all drink from them,  
the wild asses quench their thirst;

<sup>12</sup>the birds of the air nest on their banks  
and sing among the leaves.

<sup>13</sup>From thy high pavilion thou dost water the hills;  
the earth is enriched by thy provision.

<sup>14</sup>Thou makest grass grow for the cattle  
and green things for those who toil for man,  
bringing bread out of the earth

<sup>15</sup>and wine to gladden men's hearts,  
oil to make their faces shine  
and bread to sustain their strength.

<sup>16</sup>The trees of the LORD are green and leafy,  
the cedars of Lebanon which he planted;

<sup>17</sup>the birds build their nests in them,  
the stork makes her home in their tops [in their tops: *prob. rdg, Heb the pine-trees*].

<sup>18</sup>High hills are the haunt of the mountain-goat,  
and boulders a refuge for the rock-badger.

<sup>19</sup>Thou hast made the moon to measure the year

and taught the sun where to set.

<sup>20</sup>When thou makest darkness and it is night,  
all the beasts of the forest come forth;

<sup>21</sup>the young lions roar for prey,  
seeking their food from God.

<sup>22</sup>When thou makest the sun rise, they slink away  
and go to rest in their lairs;

<sup>23</sup>but man comes out to his work  
and to his labours until evening.

<sup>24</sup>Countless are the things thou hast made, O LORD.

Thou hast made all by thy wisdom;  
and the earth is full of thy creatures,

<sup>25</sup>beasts great and small.

Here is the great immeasurable sea,  
in which move creatures beyond number.

<sup>26</sup>Here ships sail to and fro,  
here is Leviathan whom thou hast made thy plaything [thy plaything: *or that it may sport in it*].

<sup>27</sup>All of them look expectantly to thee  
to give them their food at the proper time,

<sup>28</sup>what thou givest them they gather up;  
when thou openest thy hand, they eat their fill.

<sup>29</sup>Then thou hidest thy face, and they are restless and troubled,  
when thou takest away their breath, they fail

{and they return to the dust from which they came};

<sup>30</sup>but when thou breathest into them, they recover;  
thou givest new life to the earth.

<sup>31</sup>May the glory of the LORD stand for ever  
and may he rejoice in his works!

<sup>32</sup>When he looks at the earth, it quakes;  
when he touches the hills, they pour forth smoke.

<sup>33</sup>I will sing to the LORD as long as I live,  
all my life I will sing psalms to my God.

<sup>34</sup>May my meditation please the LORD,  
as I show my joy in him!

<sup>35</sup>Away with all sinners from the earth  
and may the wicked be no more!

Bless the LORD, my soul.

O praise the LORD.

## PSALM 105

**105**<sup>1</sup>[vv1-15: cp 1Chr. 16.8-22] Give the LORD thanks and invoke him by name,  
make his deeds known in the world around.

<sup>2</sup>Pay him honour with song and psalm  
and think upon all his wonders.

<sup>3</sup>Exult in his hallowed name;  
let those who seek the LORD be joyful in heart.

<sup>4</sup>Turn to the LORD, your strength,  
seek his presence always.

<sup>5</sup>Remember the wonders that he has wrought,  
his portents and the judgements he has given,

<sup>6</sup>O offspring of Abraham his servant, O chosen sons of Jacob.

<sup>7</sup>He is the LORD our God;  
his judgements fill the earth.

<sup>8</sup>He called to mind his covenant from long ago [from long ago: or for ever],  
the promise he extended to a thousand generations –

<sup>9</sup>the covenant made with Abraham,  
his oath given to Isaac,

<sup>10</sup>the decree by which he bound himself for Jacob,  
his everlasting covenant with Israel:

<sup>11</sup>'I will give you the land of Canaan', he said,  
'to be your possession, your patrimony.'

<sup>12</sup>A small company it was,  
few in number, strangers in that land,

<sup>13</sup>roaming from nation to nation,  
from one kingdom to another;

<sup>14</sup>but he let no one ill-treat them,  
for their sake he admonished kings:

<sup>15</sup>'Touch not my anointed servants,  
do my prophets no harm.'

<sup>16</sup>He called down famine on the land  
and cut short their daily bread.

<sup>17</sup>But he had sent on a man before them,  
Joseph, who was sold into slavery;

<sup>18</sup>he was kept a prisoner with fetters on his feet  
and an iron collar clamped on his neck.

<sup>19</sup>He was tested by the LORD's command  
until what he foretold came true.

<sup>20</sup>Then the king sent and set him free,  
the ruler of nations released him;

<sup>21</sup>he made him master of his household  
and ruler over all his possessions,

<sup>22</sup>to correct his officers at will  
and teach his counsellors wisdom.

<sup>23</sup>Then Israel too went down into Egypt

and Jacob came to live in the land of Ham.  
24There God made his people very fruitful,  
he made them stronger than their enemies,  
25whose hearts he turned to hatred of his people  
and double-dealing with his servants.  
26He sent his servant Moses  
and Aaron whom he had chosen.  
27They were his mouthpiece to announce his signs,  
his portents in the land of Ham.  
28He sent darkness, and all was dark,  
but still they resisted his commands.  
29He turned their waters into blood  
and killed all their fish.  
30Their country swarmed with frogs,  
even their princes' inner chambers.  
31At his command came swarms of flies  
and maggots the whole land through.  
32He changed their rain into hail  
and flashed fire over their country.  
33He blasted their vines and their fig-trees  
and splintered the trees throughout the land.  
34At his command came locusts,  
hoppers past all number,  
35they consumed every green thing in the land,  
consumed all the produce of the soil.  
36Then he struck down all the first-born in Egypt,  
the firstfruits of their manhood;  
37he led Israel out, laden with silver and gold,  
and among all their tribes no man fell.  
38The Egyptians were glad when they went,  
for fear of Israel had taken hold of them.  
39He spread a cloud as a screen,  
and fire to light up the night.  
40They asked, and he sent them quails,  
he gave them bread from heaven in plenty.  
41He opened a rock and water gushed out,  
a river flowing in a parched land;  
42for he had remembered his solemn promise  
given to his servant Abraham.  
43So he led out his people rejoicing,  
his chosen ones in triumph.  
44He gave them the lands of heathen nations  
and they took possession where others had toiled,  
45so that they might keep his statutes  
and obey his laws.

O praise the LORD.

## PSALM 106

**106**<sup>1</sup>O praise the LORD.

It is good to give thanks to the LORD;  
for his love endures for ever.

<sup>2</sup>Who will tell of the LORD's mighty acts  
and make his praises heard?

<sup>3</sup>Happy are they who act justly  
and do right at all times!

<sup>4</sup>Remember me, LORD, when thou showest favour to thy people,  
look upon me when thou savest them,

<sup>5</sup>that I may see the prosperity of thy chosen,  
rejoice in thy nation's joy and exult with thy own people.

<sup>6</sup>We have sinned like our forefathers,  
we have erred and done wrong.

<sup>7</sup>Our fathers in Egypt took no account of thy marvels,  
they did not remember thy many acts of faithful love,  
but in spite of all [*in spite of all: prob. rdg, Heb obscure*] they rebelled by  
the Red Sea [*Or the Sea of Reeds*]!

<sup>8</sup>Yet the LORD delivered them for his name's sake  
and so made known his mighty power.

<sup>9</sup>He rebuked the Red Sea and it dried up,  
he led his people through the deeps as through the wilderness.

<sup>10</sup>So he delivered them from those who hated them,  
and claimed them back from the enemy's hand.

<sup>11</sup>The waters closed over their adversaries,  
not one of them survived.

<sup>12</sup>Then they believed his promises and sang praises to him.

<sup>13</sup>But they quickly forgot all he had done  
and would not wait to hear his counsel;

<sup>14</sup>their greed was insatiable in the wilderness,  
they tried God's patience in the desert.

<sup>15</sup>He gave them what they asked  
but sent a wasting sickness among them [*among them: or in their throats*].

<sup>16</sup>They were envious of Moses in the camp,  
and of Aaron, who was consecrated to the LORD.

<sup>17</sup>The earth opened and swallowed Dathan,  
it closed over the company of Abiram;

<sup>18</sup>fire raged through their company,  
the wicked perished in flames.

<sup>19</sup>At Horeb they made a calf  
and bowed down to an image;



<sup>20</sup>they exchanged their Glory [their Glory: *or the glory of God (cp Jer. 2.11; Romans 1.23)*]

for the image of a bull that feeds on grass.

<sup>21</sup>They forgot God their deliverer,  
who had done great deeds in Egypt,

<sup>22</sup> marvels in the land of Ham,  
terrible things at the Red Sea.

<sup>23</sup>So his purpose was to destroy them,  
but Moses, the man he had chosen,  
threw himself into the breach  
to turn back his wrath lest it destroy them.

<sup>24</sup>They made light of the pleasant land,  
disbelieving his promise;

<sup>25</sup>they muttered treason in their tents  
and would not obey the LORD.

<sup>26</sup>So with uplifted hand he swore  
to strike them down in the wilderness,

<sup>27</sup>to scatter their descendants among the nations  
and disperse them throughout the world.

<sup>28</sup>They joined in worshipping the Baal of Peor  
and ate meat sacrificed to lifeless gods.

<sup>29</sup>Their deeds provoked the LORD to anger,  
and plague broke out amongst them;

<sup>30</sup>but Phinehas stood up and interceded,  
so the plague was stopped.

<sup>31</sup>This was counted to him as righteousness  
throughout all generations for ever.

<sup>32</sup>They roused the LORD to anger at the waters of Meribah,  
and Moses suffered because of them;

<sup>33</sup>for they had embittered his spirit  
and he had spoken rashly.

<sup>34</sup>They did not destroy the peoples round about,  
as the LORD had commanded them to do,

<sup>35</sup>but they mingled with the nations,  
learning their ways;

<sup>36</sup>they worshipped their idols  
and were ensnared by them.

<sup>37</sup>Their sons and their daughters  
they sacrificed to foreign demons;

<sup>38</sup>they shed innocent blood,  
the blood of sons and daughters

offered to the gods of Canaan,  
and the land was polluted with blood.

<sup>39</sup>Thus they defiled themselves by their conduct

and they followed their lusts and broke faith with God.

<sup>40</sup>Then the LORD grew angry with his people  
and loathed them, his own chosen nation;

<sup>41</sup>so he gave them into the hands of the nations,  
and they were ruled by their foes;

<sup>42</sup>their enemies oppressed them  
and made them subject to their power.

<sup>43</sup>Many times he came to their rescue,  
but they were disobedient and rebellious still [*prob. rdg, Heb adds and were brought low by their guilt*].

<sup>44</sup>And yet, when he heard them wail and cry aloud,  
he looked with pity on their distress;

<sup>45</sup>he called to mind his covenant with them  
and, in his boundless love, relented;

<sup>46</sup>he roused compassion for them  
in the hearts of all their captors.

<sup>47</sup>Deliver us, O LORD our God,  
and gather us in from among the nations  
that we may give thanks to thy holy name  
and make thy praise our pride.

<sup>48</sup>Blessed be the LORD the God of Israel  
from everlasting to everlasting;  
and let all the people say 'Amen.'

O praise the LORD.

## **BOOK 5 (Psalms 107-150)**

### **PSALM 107**

**107**<sup>1</sup>It is good to give thanks to the LORD,  
for his love endures for ever.

<sup>2</sup>So let them say who were redeemed by the LORD,  
redeemed by him from the power of the enemy

<sup>3</sup>and gathered out of every land,  
from east and west, from north and south.

<sup>4</sup>Some lost their way in desert wastes;  
they found no road to a city to live in;

<sup>5</sup>hungry and thirsty,  
their spirit sank within them.

<sup>6</sup>So they cried to the LORD in their trouble,  
and he rescued them from their distress;

<sup>7</sup>he led them by a straight and easy way  
until they came to a city to live in.

<sup>8</sup>Let them thank the LORD for his enduring love

and for the marvellous things he has done for men:

<sup>9</sup>he has satisfied the thirsty  
and filled the hungry with good things.

<sup>10</sup>Some sat in darkness, dark as death,  
prisoners bound fast in iron,

<sup>11</sup>because they had rebelled against God's commands  
and flouted the purpose of the Most High.

<sup>12</sup>Their spirit was subdued by hard labour;  
they stumbled and fell with none to help them.

<sup>13</sup>So they cried to the LORD in their trouble,  
and he saved them from their distress;

<sup>14</sup>he brought them out of darkness, dark as death,  
and broke their chains.

<sup>15</sup>Let them thank the LORD for his enduring love  
and for the marvellous things he has done for men:

<sup>16</sup>he has shattered doors of bronze,  
bars of iron he has snapped in two.

<sup>17</sup>Some were fools, they took to rebellious ways,  
and for their transgression they suffered punishment.

<sup>18</sup>They sickened at the sight of food  
and drew near to the very gates of death.

<sup>19</sup>So they cried to the LORD in their trouble,  
and he saved them from their distress;

<sup>20</sup>he sent his word to heal them  
and bring them alive out of the pit of death [*alive ... death: prob. rdg, Heb*  
*from their corruption*].

<sup>21</sup>Let them thank the LORD for his enduring love  
and for the marvellous things he has done for men.

<sup>22</sup>Let them offer sacrifices of thanksgiving  
and recite his deeds with shouts of joy.

<sup>23</sup>Others there are who go to sea in ships  
and make their living on the wide waters.

<sup>24</sup>These men have seen the acts of the LORD  
and his marvellous doings in the deep.

<sup>25</sup>At his command the storm-wind rose  
and lifted the waves high.

<sup>26</sup>Carried up to heaven, plunged down to the depths,  
tossed to and fro in peril,

<sup>27</sup>they reeled and staggered like drunken men,  
and their seamanship was all in vain.

<sup>28</sup>So they cried to the LORD in their trouble,  
and he brought them out of their distress.

<sup>29</sup>The storm sank to a murmur  
and the waves of the sea were stilled.

<sup>30</sup>They were glad then that all was calm,  
as he guided them to the harbour they desired.

<sup>31</sup>Let them thank the LORD for his enduring love  
and for the marvellous things he has done for men.

<sup>32</sup>Let them exalt him in the assembly of the people  
and praise him in the council of the elders.

<sup>33</sup>He turns rivers into desert  
and springs of water into thirsty ground;

<sup>34</sup>he turns fruitful land into salt waste,  
because the men who dwell there are so wicked.

<sup>35</sup>Desert he changes into standing pools,  
and parched land into springs of water.

<sup>36</sup>There he gives the hungry a home,  
and they build themselves a city to live in;

<sup>37</sup>they sow fields and plant vineyards  
and reap a fruitful harvest.

<sup>38</sup>He blesses them and their numbers increase,  
and he does not let their herds lose strength.

<sup>39</sup>Tyrants [*prob. rdg, Heb omitted*] lose their strength and are brought low  
in the grip of misfortune and sorrow;

<sup>40</sup>he brings princes into contempt  
and leaves them wandering in a trackless waste.

<sup>41</sup>But the poor man he lifts clear of his troubles  
and makes families increase like flocks of sheep.

<sup>42</sup>The upright see it and are glad,  
while evildoers are filled with disgust.

<sup>43</sup>Let the wise man lay these things to heart,  
and ponder the record of the LORD's enduring love.

## PSALM 108

**108**<sup>1</sup>[*vv1-5: cp Ps. 57.7-11*] My heart is steadfast, O God,  
my heart is steadfast.

I will sing and raise a psalm;  
awake [*awake: prob. rdg, Heb also*], my spirit,

<sup>2</sup>awake, lute and harp,

I will awake at dawn of day [*at dawn of day: or the dawn*].

<sup>3</sup>I will confess thee, O LORD, among the peoples,  
among the nations I will raise a psalm to thee;

<sup>4</sup>for thy unfailing love is wider than the heavens  
and thy truth reaches to the skies.

<sup>5</sup>Show thyself, O God, high above the heavens;  
let thy glory shine over all the earth.

<sup>6</sup>[*vv6-13: cp Ps. 60.5-12*] Deliver those that are dear to thee;  
save with thy right hand and answer.

<sup>7</sup>God has spoken from his sanctuary [from his sanctuary: *or* in his holiness]:  
'I will go up now and measure out Shechem;  
I will divide the valley of Succoth into plots;  
<sup>8</sup>Gilead and Manasseh are mine;  
Ephraim is my helmet, Judah my sceptre;  
<sup>9</sup>Moab is my wash-bowl, I fling my shoes at Edom;  
Philistia is the target of my anger.'

<sup>10</sup>Who can bring me to the impregnable city,  
who can guide me to Edom,  
<sup>11</sup>since thou, O God, hast abandoned us  
and goest not forth with our armies?  
<sup>12</sup>Grant us help against the enemy,  
for deliverance by man is a vain hope.  
<sup>13</sup>With God's help we shall do valiantly,  
and God himself will tread our enemies under foot.

## PSALM 109

**109**<sup>1</sup>O God of my praise, be silent no longer,  
<sup>2</sup>for wicked men heap calumnies upon me.  
They have lied to my face  
<sup>3</sup>and ringed me round with words of hate.  
They have attacked me without a cause [*prob. rdg, Heb adds* in return for  
my love]  
<sup>4</sup>and accused me though I have done nothing unseemly [though ...  
unseemly: *prob. rdg, Heb obscure*].  
<sup>5</sup>They have repaid me evil for good  
and hatred in return for my love.  
<sup>6</sup>They say, 'Put up some rascal to denounce him,  
an accuser to stand at his right side.'  
<sup>7</sup>But when judgement is given, that rascal will be exposed  
and his follies accounted a sin.  
<sup>8</sup>May his days be few;  
may his hoarded wealth [*hoarded wealth: or charge, cp Acts 1.20*] fall to  
another!  
<sup>9</sup>May his children be fatherless,  
his wife a widow!  
<sup>10</sup>May his children be vagabonds and beggars,  
driven from their homes!  
<sup>11</sup>May the money-lender distrain on all his goods  
and strangers seize his earnings!  
<sup>12</sup>May none remain loyal to him,  
and none have mercy on his fatherless children!  
<sup>13</sup>May his line be doomed to extinction,  
may their name be wiped out within a generation!  
<sup>14</sup>May the sins of his forefathers be remembered

and his mother's wickedness never be wiped out!  
15 May they remain on record before the LORD,  
but may he extinguish their name from the earth!  
16 For that man never set himself  
to be loyal to his friend  
but persecuted the downtrodden and the poor  
and hounded the broken-hearted to their death.  
17 Curses he loved: may the curse fall on him!  
He took no pleasure in blessing: may no blessing be his!  
18 He clothed himself in cursing like a garment:  
may it seep into his body like water  
and into his bones like oil!  
19 May it wrap him round like the clothes he puts on,  
like the belt which he wears every day!  
20 May the LORD so requite my accusers  
and those who speak evil against me!

21 But thou, O LORD God,  
deal with me as befits thy honour;  
in the goodness of thy unfailing love deliver me,  
22 for I am downtrodden and poor,  
and my heart within me is distracted.  
23 I fade like a passing shadow,  
I am shaken off like a locust.  
24 My knees are weak with fasting  
and my flesh wastes away, so meagre is my fare.  
25 I have become the victim of their taunts;  
when they see me they toss their heads.  
26 Help me, O LORD my God;  
save me, by thy unfailing love,  
27 that men may know this is thy doing  
and thou alone, O LORD, hast done it.  
28 They may curse, but thou dost bless;  
may my opponents be put to shame,  
but may thy servant rejoice!  
29 May my accusers be clothed with dishonour,  
wrapped in their shame as in a cloak!  
30 I will lift up my voice to extol the LORD,  
and before a great company I will praise him.  
31 For he stands at the poor man's right side  
to save him from his adversaries [*prob. rdg, Heb his judges*].

## PSALM 110

**110**<sup>1</sup>The LORD said to my lord,  
'You shall sit [*You shall sit: or Sit*] at my right hand  
when [*Or until or while*] I make your enemies the footstool under your feet.'  
<sup>2</sup>When the LORD from Zion hands you the sceptre, the symbol of your

power,  
march forth through the ranks of [*Or* reign in the midst of] your enemies.  
<sup>3</sup>At birth [*At birth: or* On the day of your power] you were endowed with princely gifts  
and [you were ... and: *or* your people offered themselves willingly; *meaning of Heb uncertain*] resplendent [*Or* apparelled] in holiness.  
You have shone with the dew of youth since your mother bore you.  
<sup>4</sup>The LORD has sworn and will not change his purpose:  
'You are a priest for ever,  
in the succession of Melchizedek.'  
<sup>5</sup>The Lord at your right hand  
has broken kings in the day of his anger.  
<sup>6</sup>So the king in his majesty [*So ... majesty: possible rdg, Heb full of corpses, he crushed*], sovereign of a mighty land,  
will punish nations [*So ... nations: or* He shall punish the nations – heaps of corpses, broken heads – over a wide expanse];  
<sup>7</sup>he will drink from the torrent beside the path  
and therefore will hold his head high.

## PSALM 111

**111**<sup>1</sup>O praise the LORD.

With all my heart will I praise the LORD  
in the company of good men, in the whole congregation.

<sup>2</sup>Great are the doings of the LORD;  
all men study them for their delight.

<sup>3</sup>His acts are full of majesty and splendour;  
righteousness is his for ever.

<sup>4</sup>He has won a name by his marvellous deeds;  
the LORD is gracious and compassionate.

<sup>5</sup>He gives food to those who fear him,  
he keeps his covenant always in mind.

<sup>6</sup>He showed his people what his strength could do,  
bestowing on them the lands of other nations.

<sup>7</sup>His works are truth and justice;  
his precepts all stand on firm foundations,

<sup>8</sup>strongly based to endure for ever,  
their fabric goodness and truth,

<sup>9</sup>He sent and redeemed his people;  
he decreed that his covenant should always endure.  
Holy is his name, inspiring awe.

<sup>10</sup>The fear of the LORD is the beginning [*Or* chief part] of wisdom,  
and they who live by it grow in understanding.  
Praise will be his for ever.

## PSALM 112

**112**<sup>1</sup>O praise the LORD.

Happy is the man who fears the LORD  
and finds great joy in his commandments.

<sup>2</sup>His descendants shall be the mightiest in the land,  
a blessed generation of good men.

<sup>3</sup>His house shall be full of wealth and riches;  
righteousness shall be his for ever.

<sup>4</sup>He is gracious, compassionate, good,  
a beacon in darkness for honest men.

<sup>5</sup>It is right for a man to be gracious in his lending,  
to order his affairs with judgement.

<sup>6</sup>Nothing shall ever shake him;  
his goodness shall be remembered for all time.

<sup>7</sup>Bad news shall have no terrors for him,  
because his heart is steadfast, trusting in the LORD.

<sup>8</sup>His confidence is strongly based, he will have no fear;  
and in the end he will gloat over his enemies.

<sup>9</sup>He gives freely to the poor;  
righteousness shall be his for ever;  
in honour he carries his head high.

<sup>10</sup>The wicked man shall see it with rising anger  
and grind his teeth in despair;  
the hopes of wicked men shall come to nothing.

## PSALM 113

**113**<sup>1</sup>O praise the LORD.

Praise the LORD, you that are his servants,  
praise the name of the LORD.

<sup>2</sup>Blessed be the name of the LORD  
now and evermore.

<sup>3</sup>From the rising of the sun to its setting  
may the LORD's name be praised.

<sup>4</sup>High is the LORD above all nations,  
his glory above the heavens.

<sup>5-6</sup>There is none like the LORD our God  
in heaven or on earth,  
who sets his throne so high  
but deigns to look down so low;

<sup>7</sup>who lifts the weak out of the dust  
and raises the poor from the dunghill,

<sup>8</sup>giving them a place among princes,  
among the princes of his people;

<sup>9</sup>who makes the woman in a childless house



a happy mother of children.

[O praise the LORD *transposed to the beginning of Ps. 114*]

## PSALM 114

[See note on Ps. 113.9] O praise the LORD.

**114**<sup>1</sup>When Israel came out of Egypt,  
Jacob from a people of outlandish speech,

<sup>2</sup>Judah became his sanctuary,  
Israel his dominion.

<sup>3</sup>The sea looked and ran away;  
Jordan turned back.

<sup>4</sup>The mountains skipped like rams,  
the hills like young sheep.

<sup>5</sup>What was it, sea? Why did you run?  
Jordan, why did you turn back?

<sup>6</sup>Why, mountains, did you skip like rams,  
and you, hills, like young sheep?

<sup>7</sup>Dance, O earth, at the presence of the Lord,  
at the presence of the God of Jacob,

<sup>8</sup>who turned the rock into a pool of water,  
the granite cliff into a fountain.

## PSALM 115

**115**<sup>1</sup>Not to us, O LORD, not to us,  
but to thy name ascribe the glory,  
for thy true love and for thy constancy.

<sup>2</sup>Why do the nations ask,  
'Where then is their God?'

<sup>3</sup>Our God is in high heaven;  
he does whatever pleases him.

<sup>4</sup>Their idols are silver and gold,  
made by the hands of men.

<sup>5</sup>They have mouths that cannot speak,  
and eyes that cannot see;

<sup>6</sup>they have ears that cannot hear,  
nostrils, and cannot smell;

<sup>7</sup>with their hands they cannot feel,  
with their feet they cannot walk,  
and no sound comes from their throats.

<sup>8</sup>Their makers grow to be like them,  
and so do all who trust in them.

<sup>9</sup>But Israel trusts in the LORD;  
he is their helper and their shield.

<sup>10</sup>The house of Aaron trusts in the LORD;  
he is their helper and their shield.  
<sup>11</sup>Those who fear the LORD trust in the LORD;  
he is their helper and their shield.  
<sup>12</sup>The LORD remembers us, and he will bless us;  
he will bless the house of Israel,  
he will bless the house of Aaron.  
<sup>13</sup>The LORD will bless all who fear him,  
high and low alike.

<sup>14</sup>May the LORD give you increase,  
both you and your sons.  
<sup>15</sup>You are blessed by the LORD,  
the LORD who made heaven and earth.  
<sup>16</sup>The heavens, they are the LORD's;  
the earth he has given to all mankind.  
<sup>17</sup>It is not the dead who praise the LORD,  
not those who go down into silence;  
<sup>18</sup>but we, the living, bless the LORD,  
now and for evermore.

O praise the LORD.

## PSALM 116

**116**<sup>1</sup>I love the LORD, for he has heard me  
and listens to my prayer;  
<sup>2</sup>for he has given me a hearing  
whenever I have cried to him.  
<sup>3</sup>The cords of death bound me,  
Sheol held me in its grip.  
Anguish and torment held me fast;  
<sup>4</sup>so I invoked the LORD by name,  
'Deliver me, O LORD, I beseech thee;  
for I am thy slave [*for ... slave: transposed from the beginning of v16; Heb  
adds O LORD*].'  
<sup>5</sup>Gracious is the LORD and righteous,  
our God is full of compassion,  
<sup>6</sup>The LORD preserves the simple-hearted;  
I was brought low and he saved me.  
<sup>7</sup>Be at rest once more, my heart,  
for the LORD has showered gifts upon you.  
<sup>8</sup>He has rescued me from death  
and my feet from stumbling.  
<sup>9</sup>I will walk in the presence of the LORD  
in the land of the living.  
<sup>10</sup>I was sure that I should be swept away,

and my distress was bitter.

<sup>11</sup>In panic I cried,  
'How faithless all men are!'

<sup>12</sup>How can I repay the LORD  
for all his gifts to me?

<sup>13</sup>I will take in my hands the cup of salvation  
and invoke the LORD by name.

<sup>14</sup>I will pay my vows to the LORD  
in the presence of all his people.

<sup>15</sup>A precious thing in the LORD's sight  
is the death of those who die faithful to him.

<sup>16</sup>*[prob. rdg, Heb prefixes For I am thy slave, O LORD; see note on v4]* I am  
thy slave, thy slave-girl's son;  
thou hast undone the bonds that bound me.

<sup>17</sup>To thee will I bring a thank-offering  
and invoke the LORD by name.

<sup>18</sup>I will pay my vows to the LORD.  
in the presence of all his people,

<sup>19</sup>in the courts of the LORD's house,  
in the midst of you, Jerusalem.

O praise the LORD.

## PSALM 117

**117**<sup>1</sup>Praise the LORD, all nations,  
extol him, all you peoples;

<sup>2</sup>for his love protecting us is strong,  
the LORD's constancy is everlasting.

O praise the LORD.

## PSALM 118

**118**<sup>1</sup>It is good to give thanks to the LORD,  
for his love endures for ever.

<sup>2</sup>Declare it, house of Israel:  
his love endures for ever.

<sup>3</sup>Declare it, house of Aaron:  
his love endures for ever.

<sup>4</sup>Declare it, you that fear the LORD:  
his love endures for ever.

<sup>5</sup>When in my distress I called to the LORD,  
his answer was to set me free.

<sup>6</sup>The LORD is on my side, I have no fear;  
what can man do to me?

<sup>7</sup>The LORD is on my side, he is my helper,  
and I shall gloat over my enemies.

<sup>8</sup>It is better to find refuge in the LORD  
than to trust in men.

<sup>9</sup>It is better to find refuge in the LORD  
than to trust in princes.

<sup>10</sup>All nations surround me,  
but in the LORD's name I will drive them away.

<sup>11</sup>They surround me on this side and on that,  
but in the LORD's name I will drive them away.

<sup>12</sup>They surround me like bees at the honey;  
they attack me, as fire attacks brushwood,  
but in the LORD's name I will drive them away.

<sup>13</sup>They thrust hard against me so that I nearly fall;  
but the LORD has helped me.

<sup>14</sup>The LORD is my refuge and defence,  
and he has become my deliverer.

<sup>15</sup>Hark! Shouts of deliverance  
in the camp of the victors [*Or righteous*]!

<sup>16</sup>With his right hand the LORD does mighty deeds,  
the right hand of the LORD raises up.

<sup>17</sup>I shall not die but live  
to proclaim the works of the LORD.

<sup>18</sup>The LORD did indeed chasten me,  
but he did not surrender me to Death.

<sup>19</sup>Open to me the gates of victory [*Or righteousness*];  
I will enter by them and praise the LORD.

<sup>20</sup>This is the gate of the LORD;  
the victors [*Or righteous*] shall make their entry through it.

<sup>21</sup>I will praise thee, for thou hast answered me  
and hast become my deliverer.

<sup>22</sup>The stone which the builders rejected  
has become the chief corner-stone.

<sup>23</sup>This is the LORD's doing;  
it is marvellous in our eyes.

<sup>24</sup>This is the day on which the LORD has acted [*Or which the LORD has  
made*]:

let us exult and rejoice in it.

<sup>25</sup>We pray thee, O LORD, deliver us;  
we pray thee, O LORD, send us prosperity.

<sup>26</sup>Blessed in the name of the LORD are all who come;  
we bless you from the house of the LORD.

<sup>27</sup>The LORD is God; he has given light to us,  
the ordered line of pilgrims by the horns of the altar.

<sup>28</sup>Thou art my God and I will praise thee;  
my God, I will exalt thee.

<sup>29</sup>It is good to give thanks to the LORD,  
for his love endures for ever.

## PSALM 119

**119**<sup>1</sup>Happy are they whose life is blameless,  
who conform to the law of the LORD.

<sup>2</sup>Happy are they who obey his instruction,  
who set their heart on finding him;

<sup>3</sup>who have done no wrong  
and have lived according to his will.

<sup>4</sup>Thou, Lord, hast laid down thy precepts  
for men to keep them faithfully.

<sup>5</sup>If only I might hold a steady course,  
keeping thy statutes!

<sup>6</sup>I shall never be put to shame  
if I fix my eyes on thy commandments.

<sup>7</sup>I will praise thee in sincerity of heart  
as I learn thy just decrees.

<sup>8</sup>Thy statutes will I keep faithfully;  
O do not leave me forsaken.

<sup>9</sup>How shall a young man steer an honest course?  
By holding to thy word.

<sup>10</sup>With all my heart I strive to find thee;  
let me not stray from thy commandments.

<sup>11</sup>I treasure thy promise in my heart,  
for fear that I might sin against thee.

<sup>12</sup>Blessed art thou, O LORD;  
teach me thy statutes.

<sup>13</sup>I say them over, one by one,  
the decrees that thou hast proclaimed.

<sup>14</sup>I have found more joy along the path of thy instruction  
than in any kind of wealth.

<sup>15</sup>I will meditate on thy precepts  
and keep thy paths ever before my eyes.

<sup>16</sup>In thy statutes I find continual delight;  
I will not forget thy word.

<sup>17</sup>Grant this to me, thy servant: let me live  
and, living, keep thy word.

<sup>18</sup>Take the veil from my eyes, that I may see  
the marvels that spring from thy law.

<sup>19</sup>I am but a stranger here on earth [*Or in the land*],  
do not hide thy commandments from me.

<sup>20</sup>My heart pines with longing  
day and night for thy decrees.

<sup>21</sup>The proud have felt thy rebuke;  
cursed are those who turn from thy commandments.

<sup>22</sup>Set me free from scorn and insult,  
for I have obeyed thy instruction.

<sup>23</sup>The powers that be sit scheming together against me;  
but I, thy servant, will study thy statutes.

<sup>24</sup>Thy instruction is my continual delight;  
I turn to it for counsel.

<sup>25</sup>I lie prone in the dust;  
grant me life according to thy word.

<sup>26</sup>I tell thee all I have done and thou dost answer me;  
teach me thy statutes.

<sup>27</sup>Show me the way set out in thy precepts,  
and I will meditate on thy wonders.

<sup>28</sup>I cannot rest for misery;  
renew my strength in accordance with thy word.

<sup>29</sup>Keep falsehood far from me  
and grant me the grace of living by thy law.

<sup>30</sup>I have chosen the path of truth  
and have set thy decrees before me.

<sup>31</sup>I hold fast to thy instruction;  
O LORD, let me not be put to shame.

<sup>32</sup>I will run the course set out in thy commandments,  
for they gladden my heart.

<sup>33</sup>Teach me, O LORD, the way set out in thy statutes,  
and in keeping them I shall find my reward.

<sup>34</sup>Give me the insight to obey thy law  
and to keep it with all my heart;

<sup>35</sup>make me walk in the path of thy commandments,  
for that is my desire.

<sup>36</sup>Dispose my heart toward thy instruction  
and not toward ill-gotten gains;

<sup>37</sup>turn away my eyes from all that is vile,  
grant me life by thy word.

<sup>38</sup>Fulfil thy promise for thy servant,  
the promise made to those who fear thee.

<sup>39</sup>Turn away the censure which I dread,  
for thy decrees are good.

<sup>40</sup>How I long for thy precepts!  
In thy righteousness grant me life.

<sup>41</sup>Thy love never fails; let it light on me, O LORD,  
and thy deliverance, for that was thy promise;

<sup>42</sup>then I shall have my answer to the man who taunts me,  
because I trust in thy word.

<sup>43</sup>Rob me not of my power to speak the truth,  
for I put my hope in thy decrees.

44I will heed thy law continually,  
for ever and ever;  
45I walk in freedom wherever I will,  
because I have studied thy precepts.  
46I will speak of thy instruction before kings  
and will not be ashamed;  
47in thy commandments I find continuing delight;  
I love them with all my heart.  
48I will welcome thy commandments [*prob. rdg, Heb adds which I love*]  
and will meditate on thy statutes.

49Remember the word spoken to me, thy servant,  
on which thou hast taught me to fix my hope.

50In time of trouble my consolation is this,  
that thy promise has given me life.

51Proud men treat me with insolent scorn,  
but I do not swerve from thy law.

52I have cherished thy decrees all my life long,  
and in them I find consolation, O LORD.

53Gusts of anger seize me as I think of evil men  
who forsake thy law.

54Thy statutes are the theme of my song [*the theme of my song: or  
wonderful to me*]  
wherever I make my home.

55In the night I remember thy name, O LORD,  
and dwell upon thy law.

56This is true of me,  
that I have kept thy precepts.

57Thou, LORD, art all I have;  
I have promised to keep thy word.

58With all my heart I have tried to please thee;  
fulfil thy promise and be gracious to me.

59I have thought much about the course of my life  
and always turned back to thy instruction;

60I have never delayed but always made haste  
to keep thy commandments.

61Bands of evil men close round me,  
but I do not forget thy law.

62At midnight I rise to give thee thanks  
for the justice of thy decrees.

63I keep company with all who fear thee,  
with all who follow thy precepts.

64The earth is full of thy never-failing love;  
O LORD, teach me thy statutes.

65Thou hast shown thy servant much kindness,

fulfilling thy word, O LORD.

<sup>66</sup>Give me insight, give me knowledge,  
for I put my trust in thy commandments.

<sup>67</sup>I went astray before I was punished;  
but now I pay heed to thy promise.

<sup>68</sup>Thou art good and thou doest good;  
teach me thy statutes.

<sup>69</sup>Proud men blacken my name with lies,  
yet I follow thy precepts with all my heart;

<sup>70</sup>their hearts are thick and gross;  
but I continually delight in thy law.

<sup>71</sup>How good it is for me to have been punished,  
to school me in thy statutes!

<sup>72</sup>The law thou hast ordained means more to me  
than a fortune in gold and silver.

<sup>73</sup>Thy hands moulded me and made me what I am;  
show me how I may learn thy commandments.

<sup>74</sup>Let all who fear thee be glad when they see me,  
because I hope for the fulfilment of thy word.

<sup>75</sup>I know, O LORD, that thy decrees are just  
and even in punishing thou keepest faith with me.

<sup>76</sup>Let thy never-failing love console me,  
as thou hast promised me, thy servant.

<sup>77</sup>Extend thy compassion to me, that I may live;  
for thy law is my continual delight.

<sup>78</sup>Put the proud to shame, for with their lies they wrong me;  
but I will meditate on thy precepts.

<sup>79</sup>Let all who fear thee turn to me,  
all who cherish thy instruction.

<sup>80</sup>Let me give my whole heart to thy statutes,  
so that I am not put to shame.

<sup>81</sup>I long with all my heart for thy deliverance,  
hoping for the fulfilment of thy word;

<sup>82</sup>my sight grows dim with looking for thy promise  
and still I cry, 'When wilt thou comfort me?'

<sup>83</sup>Though I shrivel like a wine-skin in the smoke,  
I do not forget thy statutes.

<sup>84</sup>How long has thy servant to wait.  
for thee to fulfil thy decree against my persecutors?

<sup>85</sup>Proud men who flout thy law  
spread tales about me.

<sup>86</sup>Help me, for they hound me with their lies,  
but thy commandments all stand for ever.

<sup>87</sup>They had almost swept me from the earth,  
but I did not forsake thy precepts;



<sup>88</sup>grant me life, as thy love is unchanging,  
that I may follow all thy instruction.

<sup>89</sup>Eternal is thy word, O LORD,  
planted firm in heaven.

<sup>90</sup>Thy promise [*prob. rdg, Heb Thy constancy*] endures for all time,  
stable as the earth which thou hast fixed.

<sup>91</sup>This day, as ever, thy decrees stand fast;  
for all things serve thee.

<sup>92</sup>If thy law had not been my continual delight,  
I should have perished in all my troubles;

<sup>93</sup>never will I forget thy precepts,  
for through them thou hast given me life.

<sup>94</sup>I am thine; O save me,  
for I have pondered thy precepts.

<sup>95</sup>Evil men lie in wait to destroy me;  
but I will give thought to thy instruction.

<sup>96</sup>I see that all things come to an end,  
but thy commandment has no limit.

<sup>97</sup>O how I love thy law!  
It is my study all day long.

<sup>98</sup>Thy commandments are mine for ever;  
through them I am wiser than my enemies.

<sup>99</sup>I have more insight than all my teachers,  
for thy instruction is my study;

<sup>100</sup>I have more wisdom than the old,  
because I have kept thy precepts.

<sup>101</sup>I set no foot on any evil path  
in my obedience to thy word;

<sup>102</sup>I do not swerve from thy decrees,  
for thou thyself hast been my teacher.

<sup>103</sup>How sweet is thy promise in my mouth,  
sweeter on my tongue than honey!

<sup>104</sup>From thy precepts I learn wisdom;  
therefore I hate the paths of falsehood.

<sup>105</sup>Thy word is a lamp to guide my feet  
and a light on my path;

<sup>106</sup>I have bound myself by oath and solemn vow  
to keep thy just decrees.

<sup>107</sup>I am cruelly afflicted;  
O LORD, revive me and make good thy word.

<sup>108</sup>Accept, O LORD, the willing tribute of my lips  
and teach me thy decrees.

<sup>109</sup>Every day I take my life in my hands,  
yet I never forget thy law.

<sup>110</sup>Evil men have set traps for me,  
but I do not stray from thy precepts.  
<sup>111</sup>Thy instruction is my everlasting inheritance;  
it is the joy of my heart.  
<sup>112</sup>I am resolved to fulfil thy statutes;  
they are a reward that never fails.

<sup>113</sup>I hate men who are not single-minded,  
but I love thy law.  
<sup>114</sup>Thou art my shield and hiding-place;  
I hope for the fulfilment of thy word.  
<sup>115</sup>Go, you evildoers, and leave me to myself,  
that I may keep the commandments of my God.  
<sup>116</sup>Support me as thou hast promised, that I may live;  
do not disappoint my hope.  
<sup>117</sup>Sustain me, that I may see deliverance;  
so shall I always be occupied with thy statutes.  
<sup>118</sup>Thou dost reject those who stray from thy statutes,  
for their talk is all malice and lies.  
<sup>119</sup>In thy sight all the wicked on earth are scum;  
therefore I love thy instruction.  
<sup>120</sup>The dread of thee makes my flesh creep,  
and I stand in awe of thy decrees.

<sup>121</sup>I have done what is just and right;  
thou wilt not abandon me to my oppressors.  
<sup>122</sup>Stand surety for the welfare of thy servant;  
let not the proud oppress me [*oppress me: or charge me falsely*].  
<sup>123</sup>My sight grows dim with looking for thy deliverance  
and waiting for thy righteous promise.  
<sup>124</sup>In all thy dealings with me, LORD, show thy true love  
and teach me thy statutes.  
<sup>125</sup>I am thy servant; give me insight  
to understand thy instruction.  
<sup>126</sup>It is time to act, O LORD;  
for men have broken thy law.  
<sup>127</sup>Truly I love thy commandments  
more than the finest gold.  
<sup>128</sup>It is by thy precepts that I find the right way;  
I hate the paths of falsehood.

<sup>129</sup>Thy instruction is wonderful;  
therefore I gladly keep it.  
<sup>130</sup>Thy word is revealed, and all is light;  
it gives understanding even to the untaught.  
<sup>131</sup>I pant, I thirst,  
longing for thy commandments.

<sup>132</sup>Turn to me and be gracious,  
as thou hast decreed for those who love thy name.

<sup>133</sup>Make my step firm according to thy promise,  
and let no wrong have the mastery over me.

<sup>134</sup>Set me free from man's oppression,  
that I may observe thy precepts.

<sup>135</sup>Let thy face shine upon thy servant  
and teach me thy statutes.

<sup>136</sup>My eyes stream with tears  
because men do not heed thy law.

<sup>137</sup>How just thou art, O LORD!  
How straight and true are thy decrees!

<sup>138</sup>How just is the instruction thou givest!  
It is fixed firm and sure.

<sup>139</sup>I am speechless with resentment,  
for my enemies have forgotten thy words.

<sup>140</sup>Thy promise has been tested through and through,  
and thy servant loves it.

<sup>141</sup>I may be despised and of little account,  
but I do not forget thy precepts.

<sup>142</sup>Thy justice is an everlasting justice,  
and thy law is truth.

<sup>143</sup>Though I am oppressed by trouble and anxiety,  
thy commandments are my continual delight.

<sup>144</sup>Thy instruction is ever just;  
give me understanding that I may live.

<sup>145</sup>I call with my whole heart; answer me, LORD.  
I will keep thy statutes.

<sup>146</sup>I call to thee; O save me  
that I may heed thy instruction.

<sup>147</sup>I rise before dawn and cry for help;  
I hope for the fulfilment of thy word.

<sup>148</sup>Before the midnight watch also my eyes are open  
for meditation on thy promise.

<sup>149</sup>Hear me, as thy love is unchanging,  
and give me life, O LORD, by thy decree.

<sup>150</sup>My pursuers in their malice are close behind me,  
but they are far from thy law.

<sup>151</sup>Yet thou art near, O LORD,  
and all thy commandments are true.

<sup>152</sup>I have long known from thy instruction  
that thou hast given it eternal foundations.

<sup>153</sup>See in what trouble I am and set me free,  
for I do not forget thy law.

<sup>154</sup>Be thou my advocate and win release for me;  
true to thy promise, give me life.

<sup>155</sup>Such deliverance is beyond the reach of wicked men,  
because they do not ponder thy statutes.

<sup>156</sup>Great is thy compassion, O LORD;  
grant me life by thy decree.

<sup>157</sup>Many are my persecutors and enemies,  
but I have not swerved from thy instruction.

<sup>158</sup>I was cut to the quick when I saw traitors  
who had no regard for thy promise.

<sup>159</sup>See how I love thy precepts, O LORD!  
Grant me life, as thy love is unchanging.

<sup>160</sup>Thy word is founded in truth,  
and thy just decrees are everlasting.

<sup>161</sup>The powers that be persecute me without cause,  
yet my heart thrills at thy word.

<sup>162</sup>I am jubilant over thy promise,  
like a man carrying off much booty.

<sup>163</sup>Falsehood I detest and loathe,  
but I love thy law.

<sup>164</sup>Seven times a day I praise thee  
for the justice of thy decrees.

<sup>165</sup>Peace is the reward of those who love thy law;  
no pitfalls beset their path.

<sup>166</sup>I hope for thy deliverance, O LORD,  
and I fulfil thy commandments;

<sup>167</sup>gladly I heed thy instruction  
and love it greatly.

<sup>168</sup>I heed thy precepts and thy instruction,  
for all my life lies open before thee.

<sup>169</sup>Let my cry of joy reach thee, O LORD;  
give me understanding of thy word.

<sup>170</sup>Let my supplication reach thee;  
be true to thy promise and save me.

<sup>171</sup>Let thy praise pour from my lips,  
because thou teachest me thy statutes;

<sup>172</sup>let the music of thy promises be on my tongue,  
for thy commandments are justice itself.

<sup>173</sup>Let thy hand be prompt to help me,  
for I have chosen thy precepts;

<sup>174</sup>I long for thy deliverance, O LORD,  
and thy law is my continual delight.

<sup>175</sup>Let me live and I will praise thee;  
let thy decrees be my support.

<sup>176</sup>I have strayed like a lost sheep;

come, search for thy servant,  
for I have not forgotten thy commandments.

## PSALM 120

**120**<sup>1</sup>I called to the LORD in my distress,  
and he answered me.  
<sup>2</sup>O LORD, I cried, 'save me from lying lips  
and from the tongue of slander.'  
<sup>3</sup>What has he in store for you, slanderous tongue?  
What more has he for you?  
<sup>4</sup>Nothing but a warrior's sharp arrows  
or red-hot charcoal.  
<sup>5</sup>Hard is my lot, exiled in Meshech,  
dwelling by the tents of Kedar.  
<sup>6</sup>All the time that I dwelt  
among men who hated peace,  
<sup>7</sup>I sought peace; but whenever I spoke of it,  
they were for war.

## PSALM 121

**121**<sup>1</sup>If I lift up my eyes to the hills,  
where shall I find help?  
<sup>2</sup>Help comes only from the LORD,  
maker of heaven and earth.  
<sup>3</sup>How could he let your foot stumble?  
How could he, your guardian, sleep?  
<sup>4</sup>The guardian of Israel  
never slumbers, never sleeps.  
<sup>5</sup>The LORD is your guardian,  
your defence at your right hand;  
<sup>6</sup>the sun will not strike you by day  
nor the moon by night.  
<sup>7</sup>The LORD will guard you against all evil;  
he will guard you, body and soul.  
<sup>8</sup>The LORD will guard your going and your coming,  
now and for evermore.

## PSALM 122

**122**<sup>1</sup>I rejoiced when they said to me,  
'Let us go to the house of the LORD.'  
<sup>2</sup>Now we stand within your gates,  
O Jerusalem:  
<sup>3</sup>Jerusalem that is built to be a city  
where people come together in unity,  
<sup>4</sup>to which the tribes resort, the tribes of the LORD,

to give thanks to the LORD himself,  
the bounden duty of Israel.

<sup>5</sup>For in her are set the thrones of justice,  
the thrones of the house of David.

<sup>6</sup>Pray for the peace of Jerusalem:  
'May those who love you prosper;

<sup>7</sup>peace be within your ramparts  
and prosperity in your palaces.'

<sup>8</sup>For the sake of these my brothers and my friends,  
I will say, 'Peace be within you.'

<sup>9</sup>For the sake of the house of the LORD our God  
I will pray for your good.

## **PSALM 123**

**123**<sup>1</sup>I lift my eyes to thee  
whose throne is in heaven.

<sup>2</sup>As the eyes of a slave follow his master's hand  
or the eyes of a slave-girl her mistress,  
so our eyes are turned to the LORD our God  
waiting for kindness from him.

<sup>3</sup>Deal kindly with us, O LORD, deal kindly,  
for we have suffered insult enough;

<sup>4</sup>too long have we had to suffer  
the insults of the wealthy,  
the scorn of proud men.

## **PSALM 124**

**124**<sup>1</sup>If the LORD had not been on our side,  
Israel may now say,

<sup>2</sup>if the LORD had not been on our side  
when they assailed us,

<sup>3</sup>they would have swallowed us alive  
when their anger was roused against us.

<sup>4</sup>The waters would have carried us away  
and the torrent swept over us;

<sup>5</sup>over us would have swept  
the seething waters.

<sup>6</sup>Blessed be the LORD, who did not leave us  
to be the prey between their teeth.

<sup>7</sup>We have escaped like a bird  
from the fowler's trap;  
the trap broke, and so we escaped.

<sup>8</sup>Our help is in the name of the LORD,  
maker of heaven and earth.

## PSALM 125

**125**<sup>1</sup>Those who trust in the LORD are like Mount Zion,  
which cannot be shaken but stands fast for ever.

<sup>2</sup>As the hills enfold Jerusalem,  
so the LORD enfolds his people, now and evermore.

<sup>3</sup>The sceptre of wickedness shall surely find no home  
in the land allotted to the righteous,  
so that the righteous shall not set  
their hands to injustice.

<sup>4</sup>Do good, O LORD, to those who are good  
and to those who are upright in heart.

<sup>5</sup>But those who turn aside into crooked ways,  
may the LORD destroy them, as he destroys all evildoers!

Peace be upon Israel!

## PSALM 126

**126**<sup>1</sup>When the LORD turned the tide of Zion's 'fortune,  
we were like men who had found new health [like ... health: *or like dreamers*].

<sup>2</sup>Our mouths were full of laughter  
and our tongues sang aloud for joy.  
Then word went round among the nations,

<sup>3</sup>The LORD has done great things for them.'  
Great things indeed the LORD then did for us,  
and we rejoiced.

<sup>4</sup>Turn once again our fortune, LORD,  
as streams return in the dry south.

<sup>5</sup>Those who sow in tears  
shall reap with songs of joy.

<sup>6</sup>A man may go out weeping,  
carrying his bag of seed;  
but he will come back with songs of joy,  
carrying home his sheaves.

## PSALM 127

**127**<sup>1</sup>Unless the LORD builds the house,  
its builders will have toiled in vain.  
Unless the LORD keeps watch over a city,  
in vain the watchman stands on guard.

<sup>2</sup>In vain you rise up early  
and go late to rest,  
toiling for the bread you eat;  
he supplies the need of those he loves [*prob. rdg, Heb adds an unintelligible word*].

<sup>3</sup>Sons are a gift from the LORD  
and children a reward from him.

<sup>4</sup>Like arrows in the hand of a fighting man  
are the sons of a man's youth.

<sup>5</sup>Happy is the man  
who has his quiver full of them;  
such men shall not be put to shame  
when they confront their enemies in court.

## **PSALM 128**

**128**<sup>1</sup>Happy are all who fear the LORD,  
who live according to his will.

<sup>2</sup>You shall eat the fruit of your own labours,  
you shall be happy and you shall prosper.

<sup>3</sup>Your wife shall be like a fruitful vine  
in the heart of your house;  
your sons shall be like olive-shoots  
round about your table.

<sup>4</sup>This is the blessing in store for the man  
who fears the LORD.

<sup>5</sup>May the LORD bless you from Zion;  
may you share the prosperity of Jerusalem  
all the days of your life,

<sup>6</sup>and live to see your children's children!

Peace be upon Israel!

## **PSALM 129**

**129**<sup>1</sup>Often since I was young have men attacked me –  
let Israel now say –

<sup>2</sup>often since I was young have men attacked me,  
but never have they prevailed.

<sup>3</sup>They scored my back with scourges,  
like ploughmen driving long furrows.

<sup>4</sup>Yet the LORD in his justice  
has cut me loose from the bonds of the wicked.

<sup>5</sup>Let all enemies of Zion  
be thrown back in shame;

<sup>6</sup>let them be like grass growing on the roof,  
which withers before it can shoot,

<sup>7</sup>which will never fill a mower's hand  
nor yield an armful for the harvester,

<sup>8</sup>so that passers-by will never say to them,  
'The blessing of the LORD be upon you!  
We bless you in the name of the LORD.'



## PSALM 130

**130**<sup>1</sup>Out of the depths have I called to thee, O LORD;

<sup>2</sup>Lord, hear my cry.

Let thy ears be attentive  
to my plea for mercy.

<sup>3</sup>If thou, LORD, shouldst keep account of sins,  
who, O Lord, could hold up his head?

<sup>4</sup>But in thee is forgiveness,  
and therefore thou art revered.

<sup>5</sup>I wait for the LORD with all my soul,  
I hope for the fulfilment of his word.

<sup>6</sup>My soul waits [*waits: transposed from after the LORD in v5*] for the Lord  
more eagerly than watchmen for the morning.

Like men who watch for the morning,

<sup>7</sup>O Israel, look for the LORD.

For in the LORD is love unfailing,  
and great is his power to set men free.

<sup>8</sup>He alone will set Israel free  
from all their sins.

## PSALM 131

**131**<sup>1</sup>O LORD, my heart is not proud,  
nor are my eyes haughty;  
I do not busy myself with great matters  
or things too marvellous for me.

<sup>2</sup>No; I submit myself, I account myself lowly,  
as a weaned child clinging to its mother [*prob. rdg, Heb adds as a weaned  
child clinging to me*].

<sup>3</sup>O Israel, look for the LORD  
now and evermore.

## PSALM 132

**132**<sup>1</sup>O LORD, remember David  
in the time of his adversity,  
<sup>2</sup>how he swore to the LORD  
and made a vow to the Mighty One of Jacob:

<sup>3</sup>I will not enter my house  
not will I mount my bed,

<sup>4</sup>I will not close my eyes in sleep  
or my eyelids in slumber,

<sup>5</sup>until I find a sanctuary for the LORD,  
a dwelling for the Mighty One of Jacob.'

<sup>6</sup>We heard of it in Ephrathah;  
we came upon it in the region of Jaar.

<sup>7</sup>Let us enter his dwelling,

let us fall in worship at his footstool.

<sup>8</sup>Arise, O LORD, and come to thy resting-place,  
thou and the ark of thy power.

<sup>9</sup>Let thy priests be clothed in righteousness  
and let thy loyal servants shout for joy.

<sup>10</sup>For thy servant David's sake  
reject not thy anointed king.

<sup>11</sup>The LORD swore to David  
an oath which he will not break:  
'A prince of your own line  
will I set upon your throne.

<sup>12</sup>If your sons keep my covenant  
and heed the teaching that I give them,  
their sons in turn for all time  
shall sit upon your throne.'

<sup>13</sup>For the LORD has chosen Zion  
and desired it for his home:

<sup>14</sup>This is my resting-place for ever;  
here will I make my home, for such is my desire.

<sup>15</sup>I will richly bless her destitute [*her destitute: prob. rdg, Heb her provisions*]  
and satisfy her needy with bread.

<sup>16</sup>With salvation will I clothe her priests;  
her loyal servants shall shout for joy.

<sup>17</sup>There will I renew the line of David's house  
and light a lamp for my anointed king;

<sup>18</sup>his enemies will I clothe with shame,  
but on his head shall be a shining crown.'

## PSALM 133

**133**<sup>1</sup>How good it is and how pleasant  
for brothers to live [*Or to worship*] together!

<sup>2</sup>It is fragrant as oil poured upon the head  
and falling over the beard,  
Aaron's beard, when the oil runs down  
over the collar of his vestments.

<sup>3</sup>It is like the dew of Hermon falling  
upon the hills of Zion.  
There the LORD bestows his blessing,  
life for evermore.

## PSALM 134

**134**<sup>1</sup>Come, bless the LORD,  
all you servants of the LORD,  
who stand night after night  
in the house of the LORD.

<sup>2</sup>Lift up your hands in the sanctuary  
and bless the LORD.

<sup>3</sup>The LORD, maker of heaven and earth,  
bless you from Zion!

## PSALM 135

**135**<sup>1</sup>O praise the LORD.

Praise the name of the LORD;  
praise him, you servants of the LORD,  
<sup>2</sup>who stand in the house of the LORD,  
in the temple courts of our God.

<sup>3</sup>Praise the LORD, for that is good;  
honour his name with psalms, for that is pleasant.

<sup>4</sup>The LORD has chosen Jacob to be his own  
and Israel as his special treasure.

<sup>5</sup>I know that the LORD is great,  
that our Lord is above all gods.

<sup>6</sup>Whatever the LORD pleases,  
that he does, in heaven and on earth,  
in the sea, in the depths of ocean.

<sup>7</sup>He brings up the mist from the ends of the earth,  
he opens rifts [*prob. rdg, Heb lightnings*] for the rain,  
and brings the wind out of his storehouses.

<sup>8</sup>He struck down all the first-born in Egypt,  
both man and beast.

<sup>9</sup>In Egypt he sent signs and portents  
against Pharaoh and all his subjects.

<sup>10</sup>He struck down mighty nations  
and slew great kings,

<sup>11</sup>Sihon king of the Amorites, Og the king of Bashan,  
and all the princes of Canaan,

<sup>12</sup>and gave their land to Israel,  
to Israel his people as their patrimony.

<sup>13</sup>O LORD, thy name endures for ever;  
thy renown, O LORD, shall last for all generations.

<sup>14</sup>The LORD will give his people justice  
and have compassion on his servants.

<sup>15</sup>The gods of the nations are idols of silver and gold,  
made by the hands of men.

<sup>16</sup>They have mouths that cannot speak  
and eyes that cannot see;

<sup>17</sup>they have ears that do not hear,  
and there is no breath in their nostrils [*prob. rdg, Heb mouths*].

<sup>18</sup>Their makers grow like them,  
and so do all who trust in them.

<sup>19</sup>O house of Israel, bless the LORD;  
O house of Aaron, bless the LORD.  
<sup>20</sup>O house of Levi, bless the LORD;  
you who fear the LORD, bless the LORD.  
<sup>21</sup>Blessed from Zion be the LORD  
who dwells in Jerusalem.

O praise the LORD.

## **PSALM 136**

**136**<sup>1</sup>It is good to give thanks to the LORD,  
for his love endures for ever.  
<sup>2</sup>Give thanks to the God of gods;  
his love endures for ever.  
<sup>3</sup>Give thanks to the Lord of lords;  
his love endures for ever.  
<sup>4</sup>Alone he works great marvels;  
his love endures for ever.  
<sup>5</sup>In wisdom he made the heavens;  
his love endures for ever.  
<sup>6</sup>He laid the earth upon the waters;  
his love endures for ever.  
<sup>7</sup>He made the great lights,  
his love endures for ever,  
<sup>8</sup>the sun to rule by day,  
his love endures for ever,  
<sup>9</sup>the moon and the stars to rule by night;  
his love endures for ever.  
<sup>10</sup>He struck down the first-born of the Egyptians,  
his love endures for ever,  
<sup>11</sup>and brought Israel from among them;  
his love endures for ever.  
<sup>12</sup>With strong hand and outstretched arm,  
his love endures for ever,  
<sup>13</sup>he divided the Red Sea in two,  
his love endures for ever,  
<sup>14</sup>and made Israel pass through it,  
his love endures for ever;  
<sup>15</sup>but Pharaoh and his host he swept into the sea;  
his love endures for ever.  
<sup>16</sup>He led his people through the wilderness;  
his love endures for ever.  
<sup>17</sup>He struck down great kings;  
his love endures for ever.  
<sup>18</sup>He slew mighty kings,  
his love endures for ever,

<sup>19</sup>Sihon king of the Amorites,  
his love endures for ever,  
<sup>20</sup>and Og the king of Bashan;  
his love endures for ever.  
<sup>21</sup>He gave their land to Israel,  
his love endures for ever,  
<sup>22</sup>to Israel his servant as their patrimony;  
his love endures for ever.  
<sup>23</sup>He remembered us when we were cast down,  
his love endures for ever,  
<sup>24</sup>and rescued us from our enemies;  
his love endures for ever.  
<sup>25</sup>He gives food to all his creatures;  
his love endures for ever.  
<sup>26</sup>Give thanks to the God of heaven,  
for his love endures for ever.

## PSALM 137

**137**<sup>1</sup>By the rivers of Babylon we sat down and wept  
when we remembered Zion.

<sup>2</sup>There on the willow-trees [*Or poplars*]  
we hung up our harps,

<sup>3</sup>for there those who carried us off  
demanded music and singing,  
and our captors called on us to be merry:  
'Sing us one of the songs of Zion.'

<sup>4</sup>How could we sing the LORD's song  
in a foreign land?

<sup>5</sup>If I forget you, O Jerusalem,  
let my right hand wither away;

<sup>6</sup>let my tongue cling to the roof of my mouth  
if I do not remember you,  
if I do not set Jerusalem  
above my highest joy.

<sup>7</sup>Remember, O LORD, against the people of Edom  
the day of Jerusalem's fall,  
when they said, 'Down with it, down with it,  
down to its very foundations!'

<sup>8</sup>O Babylon, Babylon the destroyer,  
happy the man who repays you  
for all that you did to us!

<sup>9</sup>Happy is he who shall seize your children  
and dash them against the rock.

## PSALM 138

**138**<sup>1</sup>I will praise thee, O LORD, with all my heart;  
boldly, O God, will I sing psalms to thee [boldly ... thee: *or* I will sing psalms  
to thee before the gods].

<sup>2</sup>I will bow down towards thy holy temple,  
for thy love and faithfulness I will praise thy name;  
for thou hast made thy promise wide as the heavens.

<sup>3</sup>When I called to thee thou didst answer me  
and make me bold and valiant-hearted.

<sup>4</sup>Let all the kings of the earth praise [*Or* confess] thee, O LORD,  
when they hear the words thou hast spoken;

<sup>5</sup>and let them sing of [*Or* walk in] the LORD's ways,  
for great is the glory of the LORD.

<sup>6</sup>For the LORD, high as he is, cares for the lowly,  
and from afar he humbles the proud.

<sup>7</sup>Though I walk among foes thou dost preserve my life,  
exerting thy power against the rage of my enemies,  
and with thy right hand thou savest me.

<sup>8</sup>The LORD will accomplish his purpose for me.  
Thy true love, O LORD, endures for ever;  
leave not thy work unfinished.

## PSALM 139

**139**<sup>1</sup>LORD, thou hast examined me and knowest me.

<sup>2</sup>Thou knowest all, whether I sit down or rise up;  
thou hast discerned my thoughts from afar.

<sup>3</sup>Thou hast traced my journey and my resting places,  
and art familiar with all my paths.

<sup>4</sup>For there is not a word on my tongue  
but thou, LORD, knowest them all [For ... them all: *or* If there is any offence  
on my tongue, thou, LORD, knowest it all].

<sup>5</sup>Thou hast kept close guard before me and behind  
and hast spread thy hand over me.

<sup>6</sup>Such knowledge is beyond my understanding,  
so high that I cannot reach it.

<sup>7</sup>Where can I escape from thy spirit?  
Where can I flee from thy presence?

<sup>8</sup>If I climb up to heaven, thou art there;  
if I make my bed in Sheol, again I find thee.

<sup>9</sup>If I take my flight to the frontiers of the morning  
or dwell at the limit of the western sea,

<sup>10</sup>even there thy hand will meet me  
and thy right hand will hold me fast.

<sup>11</sup>If I say, 'Surely darkness will steal over me,  
night will close around me',

<sup>12</sup>darkness is no darkness for thee

and night is luminous as day;  
to thee both dark and light are one.

<sup>13</sup>Thou it was who didst fashion my inward parts;  
thou didst knit me together in my mother's womb.

<sup>14</sup>I will praise thee, for thou dost fill me with awe;  
wonderful thou art, and wonderful thy works.

Thou knowest me through and through:

<sup>15</sup>my body is no mystery to thee,  
how I was secretly kneaded into shape  
and patterned in the depths of the earth.

<sup>16</sup>Thou didst see my limbs unformed in the womb,  
and in thy book they are all recorded;  
day by day they were fashioned,  
not one of them was late in growing [*was late in growing: prob. rdg, Heb omitted*].

<sup>17</sup>How deep I find thy thoughts, O God,  
how inexhaustible their themes!

<sup>18</sup>Can I count them? They outnumber the grains of sand;  
to finish the count, my years must equal thine.

<sup>19</sup>O God, if only thou wouldst slay the wicked!  
If those men of blood would but leave me in peace –

<sup>20</sup>those who provoke thee with deliberate evil  
and rise in vicious rebellion against thee!

<sup>21</sup>How I hate them, O LORD, that hate thee!  
I am cut to the quick when they oppose thee;

<sup>22</sup>I hate them with undying hatred;  
I hold them all my enemies.

<sup>23</sup>Examine me, O God, and know my thoughts;  
test me, and understand my misgivings.

<sup>24</sup>Watch lest I follow any path that grieves thee;  
guide me in the ancient [*Or everlasting*] ways.

## PSALM 140

**140**<sup>1</sup>Rescue me, O LORD, from evil men;  
keep me safe from violent men,

<sup>2</sup>whose heads are full of wicked schemes,  
who stir up contention day after day.

<sup>3</sup>Their tongues are sharp as serpents' fangs;  
on their lips is spiders' poison.

<sup>4</sup>Guard me, O LORD, from wicked men;  
keep me safe from violent men,  
who plan to thrust me out of the way.

<sup>5</sup>Arrogant men set hidden traps for me,  
rogues spread their nets

and lay snares for me along the path.

<sup>6</sup>I said, 'O LORD, thou art my God;  
O LORD, hear my plea for mercy.

<sup>7</sup>O LORD God, stronghold of my safety,  
thou hast shielded my head in the day of battle.

<sup>8-9</sup>Frustrate, O LORD, their designs against me;  
never let the wicked gain their purpose.

If any of those at my table rise against me,  
let their own conspiracies be their undoing.

<sup>10</sup>Let burning coals be tipped upon them;  
let them be plunged into the miry depths,  
never to rise again.

<sup>11</sup>Slander shall find no home in the land;  
evil and violence shall be hounded to destruction.'

<sup>12</sup>I know that the LORD will give their due to the needy  
and justice to the downtrodden.

<sup>13</sup>Righteous men will surely give thanks to thy name;  
the upright will worship in thy presence.

## PSALM 141

**141**<sup>1</sup>O LORD, I call to thee, come quickly to my aid;  
listen to my cry when I call to thee.

<sup>2</sup>Let my prayer be like incense duly set before thee  
and my raised hands like the evening sacrifice.

<sup>3</sup>Set a guard, O LORD, over my mouth;  
keep watch at the door of my lips.

<sup>4</sup>Turn not my heart to sinful thoughts  
nor to any pursuit of evil courses.

The evildoers appal me [*appal me: prob. rdg, Heb with men*];  
not for me the delights of their table.

<sup>5</sup>I would rather be buffeted by the righteous  
and reproved by good men.

My head shall not be anointed with the oil of wicked men,  
for that would make me a party to their crimes.

<sup>6</sup>They shall founder on the rock of justice  
and shall learn how acceptable my words are.

<sup>7</sup>Their bones shall be scattered at the mouth of Sheol,  
like splinters of wood or stone on the ground.

<sup>8</sup>But my eyes are fixed on thee, O LORD God;  
thou art my refuge; leave me not unprotected.

<sup>9</sup>Keep me from the trap which they have set for me,  
from the snares of evildoers.

<sup>10</sup>Let the wicked fall into their own nets,  
whilst I pass in safety, all alone.



## PSALM 142

**142**<sup>1</sup>I cry aloud to the LORD;  
to the LORD I plead aloud for mercy.

<sup>2</sup>I pour out my complaint before him  
and tell over my troubles in his presence.

<sup>3</sup>When my spirit is faint within me,  
thou art there to watch over my steps.  
In the path that I should take  
they have hidden a snare.

<sup>4</sup>I look to my right hand,  
I find no friend by my side;  
no way of escape is in sight,  
no one comes to rescue me.

<sup>5</sup>I cry to thee, O LORD,  
and say, 'Thou art my refuge;  
thou art all I have  
in the land of the living.

<sup>6</sup>Give me a hearing when I cry,  
for I am brought very low;  
save me from my pursuers,  
for they are too strong for me.

<sup>7</sup>Set me free from my prison,  
so that I may praise thy name.'

The righteous shall crown me with garlands [*crown me with garlands: or  
crowd round me*],  
when thou givest me my due reward.

## PSALM 143

**143**<sup>1</sup>LORD, hear my prayer;  
be true to thyself, and listen to my pleading;  
then in thy righteousness answer me.

<sup>2</sup>Bring not thy servant to trial before thee;  
against thee no man on earth can be right.

<sup>3</sup>An enemy has hunted me down,  
has ground my living body under foot  
and plunged me into darkness like a man long dead,

<sup>4</sup>so that my spirit fails me  
and my heart is dazed with despair.

<sup>5</sup>I dwell upon the years long past,  
upon the memory of all that thou hast done;  
the wonders of thy creation fill my mind.

<sup>6</sup>To thee I lift my outspread hands,  
athirst for thee in a thirsty land.

<sup>7</sup>LORD, make haste to answer,  
for my spirit faints.

Do not hide thy face from me  
or I shall be like those who go down to the abyss.

<sup>8</sup>In the morning let me know thy true love;  
I have put my trust in thee.  
Show me the way that I must take;  
to thee I offer all my heart.  
<sup>9</sup>Deliver me, LORD, from my enemies,  
for with thee have I sought refuge.  
<sup>10</sup>Teach me to do thy will, for thou art my God;  
in thy gracious kindness, show me the level road.  
<sup>11</sup>Keep me safe, O LORD, for the honour of thy name  
and, as thou art just, release me from my distress.  
<sup>12</sup>In thy love for me, reduce my enemies to silence  
and bring destruction on all who oppress me;  
for I am thy servant.

## PSALM 144

**144**<sup>1</sup>Blessed is the LORD, my rock,  
who trains my hands for war,  
my fingers for battle;  
<sup>2</sup>my help that never fails, my fortress,  
my strong tower and my refuge,  
my shield in which I trust,  
he who puts nations under my feet.

<sup>3</sup>O LORD, what is man that thou carest for him?  
What is mankind? Why give a thought to them?  
<sup>4</sup>Man is no more than a puff of wind,  
his days a passing shadow.  
<sup>5</sup>If thou, LORD, but tilt the heavens, down they come;  
touch the mountains, and they smoke.  
<sup>6</sup>Shoot forth thy lightning flashes, far and wide,  
and send thy arrows whistling.  
<sup>7</sup>Stretch out thy hands from on high to rescue me  
and snatch me from great waters [*prob. rdg, Heb adds from the power of  
foreign foes, <sup>8</sup>whose every word is false and  
all their oaths are perjury (cp v11)]].*

<sup>9</sup>I will sing a new song to thee, O God,  
psalms to the music of a ten-stringed lute.  
<sup>10</sup>O God who gavest victory to kings  
and deliverance, to thy servant David,  
<sup>11</sup>rescue me from the cruel sword;  
snatch me from the power of foreign foes,  
whose every word is false  
and all their oaths are perjury.  
<sup>12</sup>Happy [*prob. rdg, Heb Who*] are we whose sons in their early prime  
stand like tall towers,  
our daughters like sculptured pillars

at the corners of a palace.

<sup>13</sup>Our barns are full and furnish plentiful provision;  
our sheep bear lambs in thousands upon thousands;

<sup>14</sup>the oxen in our fields are fat and sleek;  
there is no miscarriage or untimely birth,  
no cries of distress in our public places.

<sup>15</sup>Happy are the people in such a case as ours;  
happy the people who have the LORD for their God.

## PSALM 145

**145**<sup>1</sup>I will extol thee, O God my king,  
and bless thy name for ever and ever.

<sup>2</sup>Every day will I bless thee  
and praise thy name for ever and ever.

<sup>3</sup>Great is the LORD and worthy of all praise;  
his greatness is unfathomable.

<sup>4</sup>One generation shall commend thy works to another  
and set forth thy mighty deeds.

<sup>5</sup>My theme shall be thy marvellous works,  
the glorious splendour of thy majesty.

<sup>6</sup>Men shall declare thy mighty acts with awe  
and tell of thy great deeds.

<sup>7</sup>They shall recite the story of thy abounding goodness  
and sing of thy righteousness with joy.

<sup>8</sup>The LORD is gracious and compassionate,  
forbearing, and constant in his love.

<sup>9</sup>The LORD is good to all men,  
and his tender care rests upon all his creatures.

<sup>10</sup>All thy creatures praise thee, LORD,  
and thy servants bless thee.

<sup>11</sup>They talk of the glory of thy kingdom  
and tell of thy might,

<sup>12</sup>they proclaim to their fellows how mighty are thy deeds,  
how glorious the majesty of thy kingdom.

<sup>13</sup>Thy kingdom is an everlasting kingdom,  
and thy dominion stands for all generations.

<sup>14</sup>In all his promises the LORD keeps faith,  
he is unchanging in all his works;  
the LORD holds up those who stumble  
and straightens backs which are bent.

<sup>15</sup>The eyes of all are lifted to thee in hope,  
and thou givest them their food when it is due;

<sup>16</sup>with open and bountiful hand  
thou givest what they desire [they desire: *or thou wilt*] to every living

creature.

<sup>17</sup>The LORD is righteous in all his ways,  
unchanging in all that he does;

<sup>18</sup>very near is the LORD to those who call to him,  
who call to him in singleness of heart.

<sup>19</sup>He fulfils their desire if only they fear him;  
he hears their cry and saves them.

<sup>20</sup>The LORD watches over all who love him  
but sends the wicked to their doom.,

<sup>21</sup>My tongue shall speak out the praises of the LORD,  
and all creatures shall bless his holy name  
for ever and ever.

## **PSALM 146**

**146**<sup>1</sup>O praise the LORD.

Praise the LORD, my soul.

<sup>2</sup>As long as I live I will praise the LORD;  
I will sing psalms to my God all my life long.

<sup>3</sup>Put no faith in princes,  
in any man, who has no power to save.

<sup>4</sup>He breathes his last breath,  
he returns to the dust;  
and in that same hour all his thinking ends.

<sup>5</sup>Happy the man whose helper is the God of Jacob,  
whose hopes are in the LORD his God,

<sup>6</sup>maker of heaven and earth,  
the sea, and all that is in them;  
who serves wrongdoers as he has sworn

<sup>7</sup>and deals out justice to the oppressed.  
The LORD feeds the hungry  
and sets the prisoner free.

<sup>8</sup>The LORD restores sight to the blind  
and straightens backs which are bent;  
the LORD loves the righteous

<sup>9</sup>and watches over the stranger;  
the LORD gives heart to the orphan and widow  
but turns the course of the wicked to their ruin.

<sup>10</sup>The LORD shall reign for ever,  
thy God, O Zion, for all generations.

O praise the LORD.

## **PSALM 147**

**147**<sup>1</sup>O praise the LORD.

How good it is to sing psalms to our God!  
How pleasant to praise him!

<sup>2</sup>The LORD is rebuilding Jerusalem;  
he gathers in the scattered sons of Israel.

<sup>3</sup>It is he who heals the broken in spirit  
and binds up their wounds,

<sup>4</sup>he who numbers the stars one by one  
and names them one and all.

<sup>5</sup>Mighty is our Lord and great his power,  
and his wisdom beyond all telling.

<sup>6</sup>The LORD gives new heart to the humble  
and brings evildoers down to the dust.

<sup>7</sup>Sing to the LORD a song of thanksgiving,  
sing psalms to the harp in honour of our God.

<sup>8</sup>He veils the sky in clouds  
and prepares rain for the earth;  
he clothes the hills with grass  
and green plants for the use of man.

<sup>9</sup>He gives the cattle their food  
and the young ravens all that they gather.

<sup>10</sup>The LORD sets no store by the strength of a horse  
and takes no pleasure in a runner's legs;

<sup>11</sup>his pleasure is in those who fear him,  
who wait for his true love.

<sup>12</sup>Sing to the LORD, Jerusalem;  
O Zion, praise your God,

<sup>13</sup>for he has put new bars in your gates,  
he has blessed your children within them.

<sup>14</sup>He has brought peace to your realm  
and given you fine wheat in plenty.

<sup>15</sup>He sends his command to the ends of the earth,  
and his word runs swiftly.

<sup>16</sup>He showers down snow, white as wool,  
and sprinkles hoar-frost thick as ashes;

<sup>17</sup>crystals of ice he scatters like bread-crumbs;  
he sends the cold, and the water stands frozen,

<sup>18</sup>he utters his word, and the ice is melted;  
he blows with his wind and the waters flow.

<sup>19</sup>To Jacob he makes his word known,  
his statutes and decrees to Israel;

<sup>20</sup>he has not done this for any other nation,  
nor taught them his decrees.

O praise the LORD.

## PSALM 148

**148**<sup>1</sup>O praise the LORD.

Praise the LORD out of heaven;  
praise him in the heights.

<sup>2</sup>Praise him, all his angels;  
praise him, all his host.

<sup>3</sup>Praise him, sun and moon;  
praise him, all you shining stars;

<sup>4</sup>praise him, heaven of heavens,  
and you waters above the heavens.

<sup>5</sup>Let them all praise the name of the LORD,  
for he spoke the word and they were created;

<sup>6</sup>he established them for ever and ever  
by an ordinance which shall never pass away.

<sup>7</sup>Praise the LORD from the earth,  
you water-spouts and ocean depths;

<sup>8</sup>fire and hail, snow and ice,  
gales of wind obeying his voice;

<sup>9</sup>all mountains and hills;  
all fruit-trees and all cedars;

<sup>10</sup>wild beasts and cattle,  
creeping things and winged birds;

<sup>11</sup>kings and all earthly rulers,  
princes and judges over the whole earth;

<sup>12</sup>young men and maidens,  
old men and young together.

<sup>13</sup>Let all praise the name of the LORD,  
for his name is high above all others,  
and his majesty above earth and heaven;

<sup>14</sup>he has exalted his people in the pride of power  
and crowned with praise his loyal servants,  
all Israel, the people nearest him.

O praise the LORD.

## PSALM 149

**149**<sup>1</sup>O praise the LORD.

Sing to the LORD a new song,  
sing his praise in the assembly of the faithful;

<sup>2</sup>let Israel rejoice in his maker  
and the sons of Zion exult in their king.

<sup>3</sup>Let them praise his name in the dance,  
and sing him psalms with tambourine and harp.

<sup>4</sup>For the LORD accepts the service of his people;

he crowns his humble folk with victory.

<sup>5</sup>Let his faithful servants exult in triumph;  
let them shout for joy as they kneel before him.

<sup>6</sup>Let the high praises of God be on their lips  
and a two-edged sword in their hand,

<sup>7</sup>to wreak vengeance on the nations  
and to chastise the heathen;

<sup>8</sup>to load their kings with chains  
and put their nobles in irons;

<sup>9</sup>to execute the judgement decreed against them –  
this is the glory of all his faithful servants.

O praise the LORD.

## **PSALM 150**

**150**<sup>1</sup>O praise the LORD.

O praise God in his holy place,  
praise him in the vault of heaven, the vault of his power;

<sup>2</sup>praise him for his mighty works,  
praise him for his immeasurable greatness.

<sup>3</sup>Praise him with fanfares on the trumpet,  
praise him upon lute and harp;

<sup>4</sup>praise him with tambourines and dancing,  
praise him with flute and strings;

<sup>5</sup>praise him with the clash of cymbals,  
praise him with triumphant cymbals;

<sup>6</sup>let everything that has breath praise the LORD!

O praise the LORD.