**SELECTIONS FROM PSALMS**

**DELIGHT IN THE LAW OF THE LORD**

**Psalm 1**

New International Version (NIV)

**1**Blessed is the one  
    who does not walk in step with the wicked  
or stand in the way that sinners take  
    or sit in the company of mockers,  
**2**but whose delight is in the law of the Lord,  
    and who meditates on his law day and night.  
**3**That person is like a tree planted by streams of water,  
    which yields its fruit in season  
and whose leaf does not wither—  
    whatever they do prospers.

**4**Not so the wicked!  
    They are like chaff  
    that the wind blows away.  
**5**Therefore the wicked will not stand in the judgment,  
    nor sinners in the assembly of the righteous.

**6**For the Lord watches over the way of the righteous,  
    but the way of the wicked leads to destruction.

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### THE LAW OF THE LORD IS PERFECT

### Psalm 19

New International Version (NIV)

#### For the director of music. A psalm of David.

**1**The heavens declare the glory of God;  
    the skies proclaim the work of his hands.  
**2**Day after day they pour forth speech;  
    night after night they reveal knowledge.  
**3**They have no speech, they use no words;  
    no sound is heard from them.  
**4**Yet their voice**[**[**b**](http://www.biblegateway.com/passage/?search=Psalm%2019&version=NIV#fen-NIV-14173b)**]** goes out into all the earth,  
    their words to the ends of the world.  
In the heavens God has pitched a tent for the sun.  
**5**    It is like a bridegroom coming out of his chamber,  
    like a champion rejoicing to run his course.  
**6**It rises at one end of the heavens  
    and makes its circuit to the other;  
    nothing is deprived of its warmth.

**7**The law of the Lord is perfect,  
    refreshing the soul.  
The statutes of the Lord are trustworthy,  
    making wise the simple.  
**8**The precepts of the Lord are right,  
    giving joy to the heart.  
The commands of the Lord are radiant,  
    giving light to the eyes.  
**9**The fear of the Lord is pure,  
    enduring forever.  
The decrees of the Lord are firm,  
    and all of them are righteous.

**10**They are more precious than gold,  
    than much pure gold;  
they are sweeter than honey,  
    than honey from the honeycomb.  
**11**By them your servant is warned;  
    in keeping them there is great reward.  
**12**But who can discern their own errors?  
    Forgive my hidden faults.  
**13**Keep your servant also from willful sins;  
    may they not rule over me.  
Then I will be blameless,  
    innocent of great transgression.

**14**May these words of my mouth and this meditation of my heart  
    be pleasing in your sight,  
    Lord, my Rock and my Redeemer.

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### PRAYER FOR VICTORY

### Psalm 20

New Revised Standard Version (NRSV)

#### To the leader. A Psalm of David.

**1**The Lord answer you in the day of trouble!  
    The name of the God of Jacob protect you!  
**2**May he send you help from the sanctuary,  
    and give you support from Zion.  
**3**May he remember all your offerings,  
    and regard with favor your burnt sacrifices. *Selah*

**4**May he grant you your heart’s desire,  
    and fulfill all your plans.  
**5**May we shout for joy over your victory,  
    and in the name of our God set up our banners.  
May the Lord fulfill all your petitions.

**6**Now I know that the Lord will help his anointed;  
    he will answer him from his holy heaven  
    with mighty victories by his right hand.  
**7**Some take pride in chariots, and some in horses,  
    but our pride is in the name of the Lord our God.  
**8**They will collapse and fall,  
    but we shall rise and stand upright.

**9**Give victory to the king, O Lord;  
    answer us when we call.

[***New Revised Standard Version***](http://www.biblegateway.com/versions/New-Revised-Standard-Version-NRSV-Bible/)***(NRSV)***

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THE LORD IS MY SHEPHERD

**Psalm 23**

King James Version (KJV)

**23**The Lord is my shepherd; I shall not want.

**2**He maketh me to lie down in green pastures: he leadeth me beside the still waters.

**3**He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake.

**4**Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.

**5**Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over.

**6**Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord forever.

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### THANKSGIVING FOR DELIVERANCE AND PRAYER FOR HELP

### Psalm 40

New Revised Standard Version (NRSV)

#### To the leader. Of David. A Psalm.

**1**I waited patiently for the Lord;  
    he inclined to me and heard my cry.  
**2**He drew me up from the desolate pit,**[[a](http://www.biblegateway.com/passage/?search=Psalm%2040&version=NRSV" \l "fen-NRSV-14528a" \o "See footnote a)]**  
    out of the miry bog,  
and set my feet upon a rock,  
    making my steps secure.  
**3**He put a new song in my mouth,  
    a song of praise to our God.  
Many will see and fear,  
    and put their trust in the Lord.

**4**Happy are those who make  
    the Lord their trust,  
who do not turn to the proud,  
    to those who go astray after false gods.  
**5**You have multiplied, O Lord my God,  
    your wondrous deeds and your thoughts toward us;  
    none can compare with you.  
Were I to proclaim and tell of them,  
    they would be more than can be counted.

**6**Sacrifice and offering you do not desire,  
    but you have given me an open ear.**[[b](http://www.biblegateway.com/passage/?search=Psalm%2040&version=NRSV" \l "fen-NRSV-14532b" \o "See footnote b)]**  
Burnt offering and sin offering  
    you have not required.  
**7**Then I said, “Here I am;  
    in the scroll of the book it is written of me.**[**[**c**](http://www.biblegateway.com/passage/?search=Psalm%2040&version=NRSV#fen-NRSV-14533c)**]**  
**8**I delight to do your will, O my God;  
    your law is within my heart.”

**9**I have told the glad news of deliverance  
    in the great congregation;  
see, I have not restrained my lips,  
    as you know, O Lord.  
**10**I have not hidden your saving help within my heart,  
    I have spoken of your faithfulness and your salvation;  
I have not concealed your steadfast love and your faithfulness  
    from the great congregation.

**11**Do not, O Lord, withhold  
    your mercy from me;  
let your steadfast love and your faithfulness  
    keep me safe forever.  
**12**For evils have encompassed me  
    without number;  
my iniquities have overtaken me,  
    until I cannot see;  
they are more than the hairs of my head,  
    and my heart fails me.

**13**Be pleased, O Lord, to deliver me;  
    O Lord, make haste to help me.  
**14**Let all those be put to shame and confusion  
    who seek to snatch away my life;  
let those be turned back and brought to dishonor  
    who desire my hurt.  
**15**Let those be appalled because of their shame  
    who say to me, “Aha, Aha!”

**16**But may all who seek you  
    rejoice and be glad in you;  
may those who love your salvation  
    say continually, “Great is the Lord!”  
**17**As for me, I am poor and needy,  
    but the Lord takes thought for me.  
You are my help and my deliverer;  
    do not delay, O my God.

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### LONGING FOR GOD AND HIS HELP IN DISTRESS

### Psalm 42

New Revised Standard Version, Anglicised Catholic Edition (NRSVACE)

#### To the leader. A Maskil of the Korahites.

**1**As a deer longs for flowing streams,  
    so my soul longs for you, O God.  
**2**My soul thirsts for God,  
    for the living God.  
When shall I come and behold  
    the face of God?  
**3**My tears have been my food  
    day and night,  
while people say to me continually,  
    ‘Where is your God?’

**4**These things I remember,  
    as I pour out my soul:  
how I went with the throng,**[**[**a**](http://www.biblegateway.com/passage/?search=Psalm%2042&version=NRSVACE#fen-NRSVACE-16629a)**]**  
    and led them in procession to the house of God,  
with glad shouts and songs of thanksgiving,  
    a multitude keeping festival.  
**5**Why are you cast down, O my soul,  
    and why are you disquieted within me?  
Hope in God; for I shall again praise him,  
    my help **6**and my God.

My soul is cast down within me;  
    therefore I remember you  
from the land of Jordan and of Hermon,  
    from Mount Mizar.  
**7**Deep calls to deep  
    at the thunder of your cataracts;  
all your waves and your billows  
    have gone over me.  
**8**By day the Lord commands his steadfast love,  
    and at night his song is with me,  
    a prayer to the God of my life.

**9**I say to God, my rock,  
    ‘Why have you forgotten me?  
Why must I walk about mournfully  
    because the enemy oppresses me?’  
**10**As with a deadly wound in my body,  
    my adversaries taunt me,  
while they say to me continually,  
    ‘Where is your God?’

**11**Why are you cast down, O my soul,  
    and why are you disquieted within me?  
Hope in God; for I shall again praise him,  
    my help and my God.

[***New Revised Standard Version, Anglicised Catholic Edition***](http://www.biblegateway.com/versions/New-Revised-Standard-Version-Anglicised-Catholic-Edition-NRSVACE-Bible/)***(NRSVACE)***

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### GOD THE REFUGE OF HIS PEOPLE

### Psalm 46

New American Standard Bible (NASB)

#### For the choir director. A Psalm of the sons of Korah, set to Alamoth. A Song.

**46**God is our refuge and strength,  
**[**[**b**](http://www.biblegateway.com/passage/?search=Psalm%2046&version=NASB#fen-NASB-14616b)**]**A very present help in **[**[**c**](http://www.biblegateway.com/passage/?search=Psalm%2046&version=NASB#fen-NASB-14616c)**]**trouble.  
**2**Therefore we will not fear, though the earth should change  
And though the mountains slip into the heart of the**[**[**d**](http://www.biblegateway.com/passage/?search=Psalm%2046&version=NASB#fen-NASB-14617d)**]**sea;  
**3**Though its waters roar *and* foam,  
Though the mountains quake at its swelling pride.***[***[***e***](http://www.biblegateway.com/passage/?search=Psalm%2046&version=NASB#fen-NASB-14618e)***]****Selah.*

**4**There is a river whose streams make glad the city of God,  
The holy dwelling places of the Most High.  
**5**God is in the midst of her, she will not be moved;  
God will help her **[**[**f**](http://www.biblegateway.com/passage/?search=Psalm%2046&version=NASB#fen-NASB-14620f)**]**when morning dawns.  
**6**The **[**[**g**](http://www.biblegateway.com/passage/?search=Psalm%2046&version=NASB#fen-NASB-14621g)**]**nations made an uproar, the kingdoms tottered;  
He **[**[**h**](http://www.biblegateway.com/passage/?search=Psalm%2046&version=NASB#fen-NASB-14621h)**]**raised His voice, the earth melted.  
**7**The Lord of hosts is with us;  
The God of Jacob is our stronghold. *Selah.*

**8**Come, behold the works of the Lord,  
**[[i](http://www.biblegateway.com/passage/?search=Psalm%2046&version=NASB" \l "fen-NASB-14623i" \o "See footnote i)]**Who has wrought desolations in the earth.  
**9**He makes wars to cease to the end of the earth;  
He breaks the bow and cuts the spear in two;  
He burns the chariots with fire.  
**10**“Cease *striving* and know that I am God;  
I will be exalted among the **[**[**k**](http://www.biblegateway.com/passage/?search=Psalm%2046&version=NASB#fen-NASB-14625k)**]**nations, I will be exalted in the earth.”  
**11**The Lord of hosts is with us;  
The God of Jacob is our stronghold. *Selah.*

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### SUPPLICATION FOR DELIVERANCE AND GRATEFUL TRUST IN GOD

### Psalm 56

New American Standard Bible (NASB)

#### For the choir director; according to [[a](http://www.biblegateway.com/passage/?search=Psalm%2056&version=NASB#fen-NASB-14757a)]Jonath elem rehokim. A [[b](http://www.biblegateway.com/passage/?search=Psalm%2056&version=NASB#fen-NASB-14757b)]Mikhtam of David, [[c](http://www.biblegateway.com/passage/?search=Psalm%2056&version=NASB#fen-NASB-14757c)]when the Philistines seized him in Gath.

**56**Be gracious to me, O God, for man has **[**[**d**](http://www.biblegateway.com/passage/?search=Psalm%2056&version=NASB#fen-NASB-14757d)**]**trampled upon me;  
**[**[**e**](http://www.biblegateway.com/passage/?search=Psalm%2056&version=NASB#fen-NASB-14757e)**]**Fighting all day long he oppresses me.  
**2**My foes have **[**[**f**](http://www.biblegateway.com/passage/?search=Psalm%2056&version=NASB#fen-NASB-14758f)**]**trampled upon me all day long,  
For **[**[**g**](http://www.biblegateway.com/passage/?search=Psalm%2056&version=NASB#fen-NASB-14758g)**]**they are many who fight proudly against me.  
**3 [**[**h**](http://www.biblegateway.com/passage/?search=Psalm%2056&version=NASB#fen-NASB-14759h)**]**When I am afraid,  
**[[i](http://www.biblegateway.com/passage/?search=Psalm%2056&version=NASB" \l "fen-NASB-14759i" \o "See footnote i)]**I will put my trust in You.  
**4**In God, whose word I praise,  
In God I have put my trust;  
I shall not be afraid.  
What can *mere* **[**[**j**](http://www.biblegateway.com/passage/?search=Psalm%2056&version=NASB#fen-NASB-14760j)**]**man do to me?  
**5**All day long they **[**[**k**](http://www.biblegateway.com/passage/?search=Psalm%2056&version=NASB#fen-NASB-14761k)**]**distort my words;  
All their **[**[**l**](http://www.biblegateway.com/passage/?search=Psalm%2056&version=NASB#fen-NASB-14761l)**]**thoughts are against me for evil.  
**6**They **[**[**m**](http://www.biblegateway.com/passage/?search=Psalm%2056&version=NASB#fen-NASB-14762m)**]**attack, they lurk,  
They watch my **[**[**n**](http://www.biblegateway.com/passage/?search=Psalm%2056&version=NASB#fen-NASB-14762n)**]**steps,  
As they have waited *to take* my **[**[**o**](http://www.biblegateway.com/passage/?search=Psalm%2056&version=NASB#fen-NASB-14762o)**]**life.  
**7**Because of wickedness, **[**[**p**](http://www.biblegateway.com/passage/?search=Psalm%2056&version=NASB#fen-NASB-14763p)**]**cast them forth,  
In anger put down the peoples, O God!

**8**You have taken account of my wanderings;  
Put my tears in Your bottle.  
Are *they* not in Your book?  
**9**Then my enemies will turn back in the day when I call;  
This I know, **[**[**q**](http://www.biblegateway.com/passage/?search=Psalm%2056&version=NASB#fen-NASB-14765q)**]**that God is for me.  
**10**In God, *whose* word I praise,  
In the Lord, *whose* word I praise,  
**11**In God I have put my **[**[**r**](http://www.biblegateway.com/passage/?search=Psalm%2056&version=NASB#fen-NASB-14767r)**]**trust, I shall not be afraid.  
What can man do to me?  
**12**Your vows are *binding* upon me, O God;  
I will render thank offerings to You.  
**13**For You have delivered my soul from death,

Indeed my feet from stumbling,  
So that I may walk before God  
In the light of the living.

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### PRAISE AND ASSURANCE UNDER PERSECUTION

### Psalm 57

New Revised Standard Version (NRSV)

#### To the leader: Do Not Destroy. Of David. A Miktam, when he fled from Saul, in the cave.

**1**Be merciful to me, O God, be merciful to me,  
    for in you my soul takes refuge;  
in the shadow of your wings I will take refuge,  
    until the destroying storms pass by.  
**2**I cry to God Most High,  
    to God who fulfills his purpose for me.  
**3**He will send from heaven and save me,  
    he will put to shame those who trample on me.*Selah*  
God will send forth his steadfast love and his faithfulness.

**4**I lie down among lions  
    that greedily devour**[**[**a**](http://www.biblegateway.com/passage/?search=Psalm%2057&version=NRSV#fen-NRSV-14773a)**]** human prey;  
their teeth are spears and arrows,  
    their tongues sharp swords.

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

**6**They set a net for my steps;  
    my soul was bowed down.  
They dug a pit in my path,  
    but they have fallen into it themselves. *Selah*  
**7**My heart is steadfast, O God,  
    my heart is steadfast.  
I will sing and make melody.  
**8**    Awake, my soul!  
Awake, O harp and lyre!  
    I will awake the dawn.  
**9**I will give thanks to you, O Lord, among the peoples;  
    I will sing praises to you among the nations.  
**10**For your steadfast love is as high as the heavens;  
    your faithfulness extends to the clouds.

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

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### TRULY HE IS MY ROCK AND MY SALVATION

### Psalm 62

New International Version (NIV)

#### For the director of music. For Jeduthun. A psalm of David.

**1**Truly my soul finds rest in God;  
    my salvation comes from him.  
**2**Truly he is my rock and my salvation;  
    he is my fortress, I will never be shaken.

**3**How long will you assault me?  
    Would all of you throw me down—  
    this leaning wall, this tottering fence?  
**4**Surely they intend to topple me  
    from my lofty place;  
    they take delight in lies.  
With their mouths they bless,  
    but in their hearts they curse.**[[b](http://www.biblegateway.com/passage/?search=Psalm%2062&version=NIV" \l "fen-NIV-14832b" \o "See footnote b)]**

**5**Yes, my soul, find rest in God;  
    my hope comes from him.  
**6**Truly he is my rock and my salvation;  
    he is my fortress, I will not be shaken.  
**7**My salvation and my honor depend on God**[**[**c**](http://www.biblegateway.com/passage/?search=Psalm%2062&version=NIV#fen-NIV-14835c)**]**;  
    he is my mighty rock, my refuge.  
**8**Trust in him at all times, you people;  
    pour out your hearts to him,  
    for God is our refuge.

**9**Surely the lowborn are but a breath,  
    the highborn are but a lie.  
If weighed on a balance, they are nothing;  
    together they are only a breath.  
**10**Do not trust in extortion  
    or put vain hope in stolen goods;  
though your riches increase,  
    do not set your heart on them.

**11**One thing God has spoken,  
    two things I have heard:  
“Power belongs to you, God,  
**12**    and with you, Lord, is unfailing love”;  
and, “You reward everyone  
    according to what they have done.”

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### PRAYER FOR PROTECTION FROM ENEMIES Psalm 64

New Revised Standard Version (NRSV)

#### To the leader. A Psalm of David.

**1**Hear my voice, O God, in my complaint;  
    preserve my life from the dread enemy.  
**2**Hide me from the secret plots of the wicked,  
    from the scheming of evildoers,  
**3**who whet their tongues like swords,  
    who aim bitter words like arrows,  
**4**shooting from ambush at the blameless;  
    they shoot suddenly and without fear.  
**5**They hold fast to their evil purpose;  
    they talk of laying snares secretly,  
thinking, “Who can see us?**[**[**a**](http://www.biblegateway.com/passage/?search=Psalm%2064&version=NRSV#fen-NRSV-14856a)**]**  
**6**    Who can search out our crimes?**[**[**b**](http://www.biblegateway.com/passage/?search=Psalm%2064&version=NRSV#fen-NRSV-14857b)**]**  
We have thought out a cunningly conceived plot.”  
    For the human heart and mind are deep.

**7**But God will shoot his arrow at them;  
    they will be wounded suddenly.  
**8**Because of their tongue he will bring them to ruin;**[[c](http://www.biblegateway.com/passage/?search=Psalm%2064&version=NRSV" \l "fen-NRSV-14859c" \o "See footnote c)]**  
    all who see them will shake with horror.  
**9**Then everyone will fear;  
    they will tell what God has brought about,  
    and ponder what he has done.

**10**Let the righteous rejoice in the Lord  
    and take refuge in him.  
Let all the upright in heart glory.

[***New Revised Standard Version***](http://www.biblegateway.com/versions/New-Revised-Standard-Version-NRSV-Bible/)***(NRSV)***

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#### SAVE ME, O GOD

### Psalm 69

New International Version (NIV)

#### For the director of music. To the tune of “Lilies.” Of David.

**1**Save me, O God,  
    for the waters have come up to my neck.  
**2**I sink in the miry depths,  
    where there is no foothold.  
I have come into the deep waters;  
    the floods engulf me.  
**3**I am worn out calling for help;  
    my throat is parched.  
My eyes fail,  
    looking for my God.  
**4**Those who hate me without reason  
    outnumber the hairs of my head;  
many are my enemies without cause,  
    those who seek to destroy me.  
I am forced to restore  
    what I did not steal.

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

**6**Lord, the Lord Almighty,  
    may those who hope in you  
    not be disgraced because of me;  
God of Israel,  
    may those who seek you  
    not be put to shame because of me.  
**7**For I endure scorn for your sake,  
    and shame covers my face.  
**8**I am a foreigner to my own family,  
    a stranger to my own mother’s children;  
**9**for zeal for your house consumes me,  
    and the insults of those who insult you fall on me.  
**10**When I weep and fast,  
    I must endure scorn;  
**11**when I put on sackcloth,  
    people make sport of me.  
**12**Those who sit at the gate mock me,  
    and I am the song of the drunkards.

**13**But I pray to you, Lord,  
    in the time of your favor;  
in your great love, O God,  
    answer me with your sure salvation.  
**14**Rescue me from the mire,  
    do not let me sink;  
deliver me from those who hate me,  
    from the deep waters.  
**15**Do not let the floodwaters engulf me  
    or the depths swallow me up  
    or the pit close its mouth over me.

**16**Answer me, Lord, out of the goodness of your love;  
    in your great mercy turn to me.  
**17**Do not hide your face from your servant;  
    answer me quickly, for I am in trouble.  
**18**Come near and rescue me;  
    deliver me because of my foes.

**19**You know how I am scorned, disgraced and shamed;  
    all my enemies are before you.  
**20**Scorn has broken my heart  
    and has left me helpless;  
I looked for sympathy, but there was none,  
    for comforters, but I found none.  
**21**They put gall in my food  
    and gave me vinegar for my thirst.

**22**May the table set before them become a snare;  
    may it become retribution and**[**[**b**](http://www.biblegateway.com/passage/?search=Psalm%2069&version=NIV#fen-NIV-14958b)**]** a trap.  
**23**May their eyes be darkened so they cannot see,  
    and their backs be bent forever.  
**24**Pour out your wrath on them;  
    let your fierce anger overtake them.  
**25**May their place be deserted;  
    let there be no one to dwell in their tents.  
**26**For they persecute those you wound  
    and talk about the pain of those you hurt.  
**27**Charge them with crime upon crime;  
    do not let them share in your salvation.  
**28**May they be blotted out of the book of life  
    and not be listed with the righteous.

**29**But as for me, afflicted and in pain—  
    may your salvation, God, protect me.

**30**I will praise God’s name in song  
    and glorify him with thanksgiving.  
**31**This will please the Lord more than an ox,  
    more than a bull with its horns and hooves.  
**32**The poor will see and be glad—  
    you who seek God, may your hearts live!  
**33**The Lord hears the needy  
    and does not despise his captive people.

**34**Let heaven and earth praise him,  
    the seas and all that move in them,  
**35**for God will save Zion  
    and rebuild the cities of Judah.  
Then people will settle there and possess it;  
**36**    the children of his servants will inherit it,  
    and those who love his name will dwell there.

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### IN YOU, LORD, I HAVE TAKEN REFUGE

### Psalm 71

New International Version (NIV)

**1**In you, Lord, I have taken refuge;  
    let me never be put to shame.  
**2**In your righteousness, rescue me and deliver me;  
    turn your ear to me and save me.  
**3**Be my rock of refuge,  
    to which I can always go;  
give the command to save me,  
    for you are my rock and my fortress.  
**4**Deliver me, my God, from the hand of the wicked,  
    from the grasp of those who are evil and cruel.

**5**For you have been my hope, Sovereign Lord,  
    my confidence since my youth.  
**6**From birth I have relied on you;  
    you brought me forth from my mother’s womb.  
    I will ever praise you.  
**7**I have become a sign to many;  
    you are my strong refuge.  
**8**My mouth is filled with your praise,  
    declaring your splendor all day long.

**9**Do not cast me away when I am old;  
    do not forsake me when my strength is gone.  
**10**For my enemies speak against me;  
    those who wait to kill me conspire together.  
**11**They say, “God has forsaken him;  
    pursue him and seize him,  
    for no one will rescue him.”  
**12**Do not be far from me, my God;  
    come quickly, God, to help me.  
**13**May my accusers perish in shame;  
    may those who want to harm me  
    be covered with scorn and disgrace.

**14**As for me, I will always have hope;  
    I will praise you more and more.

**15**My mouth will tell of your righteous deeds,  
    of your saving acts all day long—  
    though I know not how to relate them all.  
**16**I will come and proclaim your mighty acts, SovereignLord;  
    I will proclaim your righteous deeds, yours alone.  
**17**Since my youth, God, you have taught me,  
    and to this day I declare your marvelous deeds.  
**18**Even when I am old and gray,  
    do not forsake me, my God,  
till I declare your power to the next generation,  
    your mighty acts to all who are to come.

**19**Your righteousness, God, reaches to the heavens,  
    you who have done great things.  
    Who is like you, God?  
**20**Though you have made me see troubles,  
    many and bitter,  
    you will restore my life again;  
from the depths of the earth  
    you will again bring me up.  
**21**You will increase my honor  
    and comfort me once more.

**22**I will praise you with the harp  
    for your faithfulness, my God;  
I will sing praise to you with the lyre,  
    Holy One of Israel.  
**23**My lips will shout for joy  
    when I sing praise to you—  
    I whom you have delivered.  
**24**My tongue will tell of your righteous acts  
    all day long,  
for those who wanted to harm me  
    have been put to shame and confusion.

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**WE THANK YOU, GOD**

### Psalm 75

The Message (MSG)

#### An Asaph Psalm

**75**We thank you, God, we thank you—  
    your Name is our favorite word;  
    your mighty works are all we talk about.

**2-4**You say, “I’m calling this meeting to order,  
    I’m ready to set things right.  
When the earth goes topsy-turvy  
    And nobody knows which end is up,  
I nail it all down,  
    I put everything in place again.  
I say to the smart alecks, ‘That’s enough,’  
    to the bullies, ‘Not so fast.’”

**5-6**Don’t raise your fist against High God.  
    Don’t raise your voice against Rock of Ages.  
He’s the One from east to west;  
    from desert to mountains, he’s the One.

**7-8**God rules: he brings this one down to his knees,  
    pulls that one up on her feet.  
God has a cup in his hand,  
    a bowl of wine, full to the brim.  
He draws from it and pours;  
    it’s drained to the dregs.  
Earth’s wicked ones drink it all,  
    drink it down to the last bitter drop!

**9-10**And I’m telling the story of God Eternal,  
    singing the praises of Jacob’s God.  
The fists of the wicked  
    are bloody stumps,  
The arms of the righteous  
    are lofty green branches.

[***The Message***](http://www.biblegateway.com/versions/Message-MSG-Bible/)***(MSG)***

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**YOU LED YOUR PEOPLE LIKE A FLOCK OF SHEEP**

### Psalm 77

The Message (MSG)

#### An Asaph Psalm

**77**I yell out to my God, I yell with all my might,  
    I yell at the top of my lungs. He listens.

**2-6**I found myself in trouble and went looking for my Lord;  
    my life was an open wound that wouldn’t heal.  
When friends said, “Everything will turn out all right,”  
    I didn’t believe a word they said.  
I remember God—and shake my head.  
    I bow my head—then wring my hands.  
I’m awake all night—not a wink of sleep;  
    I can’t even say what’s bothering me.  
I go over the days one by one,  
    I ponder the years gone by.  
I strum my lute all through the night,  
    wondering how to get my life together.

**7-10**Will the Lord walk off and leave us for good?  
    Will he never smile again?  
Is his love worn threadbare?  
    Has his salvation promise burned out?  
Has God forgotten his manners?  
    Has he angrily stalked off and left us?  
“Just my luck,” I said. “The High God goes out of business  
    just the moment I need him.”

**11-12**Once again I’ll go over what God has done,  
    lay out on the table the ancient wonders;  
I’ll ponder all the things you’ve accomplished,  
    and give a long, loving look at your acts.

**13-15**O God! Your way is holy!  
    No god is great like God!  
You’re the God who makes things happen;  
    you showed everyone what you can do—  
You pulled your people out of the worst kind of trouble,  
    rescued the children of Jacob and Joseph.

**16-19**Ocean saw you in action, God,  
    saw you and trembled with fear;  
    Deep Ocean was scared to death.  
Clouds belched buckets of rain,  
    Sky exploded with thunder,  
    your arrows flashing this way and that.  
From Whirlwind came your thundering voice,  
    Lightning exposed the world,  
    Earth reeled and rocked.  
You strode right through Ocean,  
    walked straight through roaring Ocean,  
    but nobody saw you come or go.

**20**Hidden in the hands of Moses and Aaron,  
You led your people like a flock of sheep.

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**GOD’S CONTINUED GUIDANCE IN SPITE OF UNBELIEF**

### Psalm 78

The Living Bible (TLB)

**78**O my people, listen to my teaching. Open your ears to what I am saying. **2-3**For I will show you lessons from our history, stories handed down to us from former generations.**4**I will reveal these truths to you so that you can describe these glorious deeds of Jehovah to your children and tell them about the mighty miracles he did. **5**For he gave his laws to Israel and commanded our fathers to teach them to their children, **6**so that they in turn could teach their children too. Thus his laws pass down from generation to generation. **7**In this way each generation has been able to obey his laws and to set its hope anew on God and not forget his glorious miracles. **8**Thus they did not need to be as their fathers were—stubborn, rebellious, unfaithful, refusing to give their hearts to God.

**9**The people of Ephraim, though fully armed, turned their backs and fled when the day of battle came **10**because they didn’t obey his laws. They refused to follow his ways. **11-12**And they forgot about the wonderful miracles God had done for them and for their fathers in Egypt. **13**For he divided the sea before them and led them through! The water stood banked up along both sides of them! **14**In the daytime he led them by a cloud, and at night by a pillar of fire. **15**He split open the rocks in the wilderness to give them plenty of water, as though gushing from a spring. **16**Streams poured from the rock, flowing like a river!

**17**Yet they kept on with their rebellion, sinning against the God who is above all gods. **18**They murmured and complained, demanding other food than God was giving them.**19-20**They even spoke against God himself. “Why can’t he give us decent food as well as water?” they grumbled.**21**Jehovah heard them and was angry; the fire of his wrath burned against Israel **22**because they didn’t believe in God or trust in him to care for them, **23**even though he commanded the skies to open—he opened the windows of heaven— **24**and rained down manna for their food. He gave them bread from heaven! **25**They ate angels’ food! He gave them all they could hold.

**26**And he led forth the east wind and guided the south wind by his mighty power. **27**He rained down birds as thick as dust, clouds of them like sands along the shore! **28**He caused the birds to fall to the ground among the tents. **29**The people ate their fill. He gave them what they asked for. **30**But they had hardly finished eating, and the meat was yet in their mouths,**31**when the anger of the Lord rose against them and killed the finest of Israel’s young men. **32**Yet even so the people kept on sinning and refused to believe in miracles. **33**So he cut their lives short and gave them years of terror and disaster.

**34**Then at last, when he had ruined them, they walked awhile behind him; how earnestly they turned around and followed him! **35**Then they remembered that God was their Rock—that their Savior was the God above all gods. **36**But it was only with their words that they followed him, not with their hearts;**37**their hearts were far away. They did not keep their promises. **38**Yet he was merciful and forgave their sins and didn’t destroy them all. Many and many a time he held back his anger. **39**For he remembered that they were merely mortal men, gone in a moment like a breath of wind.

**40**Oh, how often they rebelled against him in those desert years and grieved his heart. **41**Again and again they turned away and tempted God to kill them, and limited the Holy One of Israel from giving them his blessings. **42**They forgot his power and love and how he had rescued them from their enemies; **43**they forgot the plagues he sent upon the Egyptians in Tanis**[**[**a**](http://www.biblegateway.com/passage/?search=Psalm%2078&version=TLB#fen-TLB-13003a)**]**— **44**how he turned their rivers into blood so that no one could drink, **45**how he sent vast swarms of flies to fill the land, and how the frogs had covered all of Egypt!

**46**He gave their crops to caterpillars. Their harvest was consumed by locusts. **47**He destroyed their grapevines and their sycamores with hail. **48**Their cattle died in the fields, mortally wounded by huge hailstones from heaven. Their sheep were killed by lightning. **49**He loosed on them the fierceness of his anger, sending sorrow and trouble. He dispatched against them a band of destroying angels. **50**He gave free course to his anger and did not spare the Egyptians’ lives, but handed them over to plagues and sickness. **51**Then he killed the eldest son**[**[**b**](http://www.biblegateway.com/passage/?search=Psalm%2078&version=TLB#fen-TLB-13011b)**]** in each Egyptian family—he who was the beginning of its strength and joy.

**52**But he led forth his own people like a flock, guiding them safely through the wilderness. **53**He kept them safe, so they were not afraid. But the sea closed in upon their enemies and overwhelmed them. **54**He brought them to the border of his land of blessing, to this land of hills he made for them. **55**He drove out the nations occupying the land and gave each tribe of Israel its apportioned place as its home.

**56**Yet though he did all this for them, they still rebelled against the God above all gods and refused to follow his commands. **57**They turned back from entering the Promised Land and disobeyed as their fathers had. Like a crooked arrow, they missed the target of God’s will. **58**They made him angry by erecting idols and altars to other gods.

**59**When God saw their deeds, his wrath was strong and he despised his people. **60**Then he abandoned his Tabernacle at Shiloh, where he had lived among mankind, **61**and allowed his Ark to be captured; he surrendered his glory into enemy hands. **62**He caused his people to be butchered because his anger was intense. **63**Their young men were killed by fire, and their girls died before they were old enough to sing their wedding songs. **64**The priests were slaughtered, and their widows died before they could even begin their lament.**65**Then the Lord rose up as though awakening from sleep, and like a mighty man aroused by wine, **66**he routed his enemies; he drove them back and sent them to eternal shame. **67**But he rejected Joseph’s family, the tribe of Ephraim, **68**and chose the tribe of Judah—and Mount Zion, which he loved. **69**There he built his towering temple, solid and enduring as the heavens and the earth. **70**He chose his servant David, taking him from feeding sheep **71-72**and from following the ewes with lambs; God presented David to his people as their shepherd, and he cared for them with a true heart and skillful hands.

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#### DELIVER THE POOR AND NEEDY

### Psalm 82

Amplified Bible (AMP)

#### A Psalm of Asaph.

**1**God stands in the assembly [of the representatives] of God; in the midst of the magistrates *or* judges He gives judgment [as] among the gods.

**2**How long will you [magistrates or judges] judge unjustly and show partiality to the wicked? *Selah* [pause, and calmly think of that]!

**3**Do justice to the weak (poor) and fatherless; maintain the rights of the afflicted and needy.

**4**Deliver the poor and needy; rescue them out of the hand of the wicked.

**5**[The magistrates and judges] know not, neither will they understand; they walk on in the darkness [of complacent satisfaction]; all the foundations of the earth [the fundamental principles upon which rests the administration of justice] are shaking.

**6**I said, You are gods [since you judge on My behalf, as My representatives]; indeed, all of you are children of the Most High.

**7**But you shall die as men and fall as one of the princes.

**8**Arise, O God, judge the earth! For to You belong all the nations.

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### BLESSED IS THE MAN WHO TRUSTS IN YOU

### Psalm 84

Amplified Bible (AMP)

#### To the Chief Musician; set to a Philistine lute, or [possibly] a particular Gittite tune. A Psalm of the sons of Korah.

**1**How lovely are Your tabernacles, O Lord of hosts!

**2**My soul yearns, yes, even pines *and* is homesick for the courts of the Lord; my heart and my flesh cry out *and* sing for joy to the living God.

**3**Yes, the sparrow has found a house, and the swallow a nest for herself, where she may lay her young—even Your altars, O Lord of hosts, my King and my God.

**4**Blessed (happy, fortunate, to be envied) are those who dwell in Your house *and* Your presence; they will be singing Your praises all the day long. *Selah* [pause, and calmly think of that]!

**5**Blessed (happy, fortunate, to be envied) is the man whose strength is in You, in whose heart are the highways to Zion.

**6**Passing through the Valley of Weeping (Baca), they make it a place of springs; the early rain also fills [the pools] with blessings.

**7**They go from strength to strength [increasing in victorious power]; each of them appears before God in Zion.

**8**O Lord God of hosts, hear my prayer; give ear, O God of Jacob! *Selah* [pause, and calmly think of that]!

**9**Behold our shield [the king as Your agent], O God, and look upon the face of Your anointed!

**10**For a day in Your courts is better than a thousand [anywhere else]; I would rather be a doorkeeper *and* stand at the threshold in the house of my God than to dwell [at ease] in the tents of wickedness.

**11**For the Lord God is a Sun and Shield; the Lord bestows [present] grace *and* favor and [future] glory (honor, splendor, and heavenly bliss)! No good thing will He withhold from those who walk uprightly.

**12**O Lord of hosts, blessed (happy, fortunate, to be envied) is the man who trusts in You [leaning and believing on You, committing all and confidently looking to You, and that without fear or misgiving]!

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### PRAYER FOR THE RESTORATION OF GOD’S FAVOR

### Psalm 85

New Revised Standard Version (NRSV)

#### To the leader. Of the Korahites. A Psalm.

**1**Lord, you were favorable to your land;  
    you restored the fortunes of Jacob.  
**2**You forgave the iniquity of your people;  
    you pardoned all their sin.*Selah*  
**3**You withdrew all your wrath;  
    you turned from your hot anger.

**4**Restore us again, O God of our salvation,  
    and put away your indignation toward us.  
**5**Will you be angry with us forever?  
    Will you prolong your anger to all generations?  
**6**Will you not revive us again,  
    so that your people may rejoice in you?  
**7**Show us your steadfast love, O Lord,  
    and grant us your salvation.

**8**Let me hear what God the Lord will speak,  
    for he will speak peace to his people,  
    to his faithful, to those who turn to him in their hearts.**[[a](http://www.biblegateway.com/passage/?search=Psalm%2085,86&version=NRSV" \l "fen-NRSV-15280a" \o "See footnote a)]**  
**9**Surely his salvation is at hand for those who fear him,  
    that his glory may dwell in our land.

**10**Steadfast love and faithfulness will meet;  
    righteousness and peace will kiss each other.  
**11**Faithfulness will spring up from the ground,  
    and righteousness will look down from the sky.  
**12**The Lord will give what is good,  
    and our land will yield its increase.  
**13**Righteousness will go before him,  
    and will make a path for his steps.

[***New Revised Standard Version***](http://www.biblegateway.com/versions/New-Revised-Standard-Version-NRSV-Bible/)***(NRSV)***

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### SUPPLICATION FOR HELP AGAINST ENEMIES

### Psalm 86

New Revised Standard Version (NRSV)

A Prayer of David.

**1**Incline your ear, O Lord, and answer me,  
    for I am poor and needy.  
**2**Preserve my life, for I am devoted to you;  
    save your servant who trusts in you.  
You are my God; **3**be gracious to me, O Lord,  
    for to you do I cry all day long.  
**4**Gladden the soul of your servant,  
    for to you, O Lord, I lift up my soul.  
**5**For you, O Lord, are good and forgiving,  
    abounding in steadfast love to all who call on you.  
**6**Give ear, O Lord, to my prayer;  
    listen to my cry of supplication.  
**7**In the day of my trouble I call on you,  
    for you will answer me.

**8**There is none like you among the gods, O Lord,  
    nor are there any works like yours.  
**9**All the nations you have made shall come  
    and bow down before you, O Lord,  
    and shall glorify your name.  
**10**For you are great and do wondrous things;  
    you alone are God.  
**11**Teach me your way, O Lord,  
    that I may walk in your truth;  
    give me an undivided heart to revere your name.  
**12**I give thanks to you, O Lord my God, with my whole heart,  
    and I will glorify your name forever.  
**13**For great is your steadfast love toward me;  
    you have delivered my soul from the depths of Sheol.

**14**O God, the insolent rise up against me;  
    a band of ruffians seeks my life,  
    and they do not set you before them.  
**15**But you, O Lord, are a God merciful and gracious,  
    slow to anger and abounding in steadfast love and faithfulness.  
**16**Turn to me and be gracious to me;  
    give your strength to your servant;  
    save the child of your serving girl.  
**17**Show me a sign of your favor,  
    so that those who hate me may see it and be put to shame,  
    because you, Lord, have helped me and comforted me.

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### I WILL PROTECT HIM, FOR HE ACKNOWLEDGES MY NAME

### Psalm 91

New International Version - UK (NIVUK)

**1**Whoever dwells in the shelter of the Most High  
    will rest in the shadow of the Almighty.**[[a](http://www.biblegateway.com/passage/?search=Psalm%2091,92&version=NIVUK" \l "fen-NIVUK-15397a" \o "See footnote a)]**  
**2**I will say of the Lord, ‘He is my refuge and my fortress,  
    my God, in whom I trust.’

**3**Surely he will save you  
    from the fowler’s snare  
    and from the deadly pestilence.  
**4**He will cover you with his feathers,  
    and under his wings you will find refuge;  
    his faithfulness will be your shield and rampart.  
**5**You will not fear the terror of night,  
    nor the arrow that flies by day,  
**6**nor the pestilence that stalks in the darkness,  
    nor the plague that destroys at midday.  
**7**A thousand may fall at your side,  
    ten thousand at your right hand,  
    but it will not come near you.  
**8**You will only observe with your eyes  
    and see the punishment of the wicked.

**9**If you say, ‘The Lord is my refuge,’  
    and you make the Most High your dwelling,  
**10**no harm will overtake you,  
    no disaster will come near your tent.  
**11**For he will command his angels concerning you  
    to guard you in all your ways;  
**12**they will lift you up in their hands,  
    so that you will not strike your foot against a stone.  
**13**You will tread on the lion and the cobra;  
    you will trample the great lion and the serpent.

**14**‘Because he**[**[**b**](http://www.biblegateway.com/passage/?search=Psalm%2091,92&version=NIVUK#fen-NIVUK-15410b)**]** loves me,’ says the Lord, ‘I will rescue him;  
    I will protect him, for he acknowledges my name.  
**15**He will call on me, and I will answer him;  
    I will be with him in trouble,  
    I will deliver him and honour him.  
**16**With long life I will satisfy him  
    and show him my salvation.’

[***New International Version - UK***](http://www.biblegateway.com/versions/New-International-Version-UK-NIVUK-Bible/)***(NIVUK)***

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**ALL EVILDOERS WILL BE SCATTERED**

### Psalm 92

New International Version - UK (NIVUK)

#### A psalm. A song. For the Sabbath day.

**1**It is good to praise the Lord  
    and make music to your name, O Most High,  
**2**proclaiming your love in the morning  
    and your faithfulness at night,  
**3**to the music of the ten-stringed lyre  
    and the melody of the harp.

**4**For you make me glad by your deeds, Lord;  
    I sing for joy at what your hands have done.  
**5**How great are your works, Lord,  
    how profound your thoughts!  
**6**Senseless people do not know,  
    fools do not understand,  
**7**that though the wicked spring up like grass  
    and all evildoers flourish,  
    they will be destroyed for ever.

**8**But you, Lord, are for ever exalted.

**9**For surely your enemies, Lord,  
    surely your enemies will perish;  
    all evildoers will be scattered.  
**10**You have exalted my horn**[**[**b**](http://www.biblegateway.com/passage/?search=Psalm%2091,92&version=NIVUK#fen-NIVUK-15422b)**]** like that of a wild ox;  
    fine oils have been poured on me.  
**11**My eyes have seen the defeat of my adversaries;  
    my ears have heard the rout of my wicked foes.

**12**The righteous will flourish like a palm tree,  
    they will grow like a cedar of Lebanon;  
**13**planted in the house of the Lord,  
    they will flourish in the courts of our God.  
**14**They will still bear fruit in old age,  
    they will stay fresh and green,  
**15**proclaiming, ‘The Lord is upright;  
    he is my Rock, and there is no wickedness in him.’

[***New International Version - UK***](http://www.biblegateway.com/versions/New-International-Version-UK-NIVUK-Bible/)***(NIVUK)***

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### HE WILL JUDGE THE WORLD IN RIGHTEOUSNESS

### Psalm 96

New International Version - UK (NIVUK)

**1**Sing to the Lord a new song;  
    sing to the Lord, all the earth.  
**2**Sing to the Lord, praise his name;  
    proclaim his salvation day after day.  
**3**Declare his glory among the nations,  
    his marvellous deeds among all peoples.

**4**For great is the Lord and most worthy of praise;  
    he is to be feared above all gods.  
**5**For all the gods of the nations are idols,  
    but the Lord made the heavens.  
**6**Splendour and majesty are before him;  
    strength and glory are in his sanctuary.

**7**Ascribe to the Lord, all you families of nations,  
    ascribe to the Lord glory and strength.  
**8**Ascribe to the Lord the glory due to his name;  
    bring an offering and come into his courts.  
**9**Worship the Lord in the splendour of his**[**[**a**](http://www.biblegateway.com/passage/?search=Psalm%2096&version=NIVUK#fen-NIVUK-15475a)**]** holiness;  
    tremble before him, all the earth.  
**10**Say among the nations, ‘The Lord reigns.’  
    The world is firmly established, it cannot be moved;  
    he will judge the peoples with equity.

**11**Let the heavens rejoice, let the earth be glad;  
    let the sea resound, and all that is in it.  
**12**Let the fields be jubilant, and everything in them;  
    let all the trees of the forest sing for joy.  
**13**Let all creation rejoice before the Lord, for he comes,  
    he comes to judge the earth.  
He will judge the world in righteousness  
    and the peoples in his faithfulness.

[***New International Version - UK***](http://www.biblegateway.com/versions/New-International-Version-UK-NIVUK-Bible/)***(NIVUK)***

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**GOD LOVES ALL WHO HATE EVIL**

**Psalm 97**

The Message (MSG)

**97**God rules: *there’s*something to shout over!  
On the double, main lands and islands—celebrate!

**2**Bright clouds and storm clouds circle ’round him;  
Right and justice anchor his rule.

**3**Fire blazes out before him,  
Flaming high up the craggy mountains.

**4**His lightnings light up the world;  
Earth, wide-eyed, trembles in fear.

**5**The mountains take one look at God  
And melt, melt like wax before earth’s Lord.

**6**The heavens announce that he’ll set everything right,  
And everyone will see it happen—glorious!

**7-8**All who serve handcrafted gods will be sorry—  
And they were so proud of their ragamuffin gods!

On your knees, all you gods—worship him!  
And Zion, you listen and take heart!

Daughters of Zion, sing your hearts out:  
God has done it all, has set everything right.

**9**You, God, are High God of the cosmos,  
Far, far higher than any of the gods.

**10**God loves all who hate evil,  
And those who love him he keeps safe,  
Snatches them from the grip of the wicked.

**11**Light-seeds are planted in the souls of God’s people,  
Joy-seeds are planted in good heart-soil.

**12**So, God’s people, shout praise to God,  
Give thanks to our Holy God!

[***The Message***](http://www.biblegateway.com/versions/Message-MSG-Bible/)***(MSG)***

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### THE LORD IS GOOD AND HIS MERCY IS EVERLASTING

### Psalm 100

Authorized (King James) Version (AKJV)

#### A Psalm of praise.

**1**Make a joyful noise unto the Lord, all ye lands.  
**2**Serve the Lord with gladness:  
come before his presence with singing.  
**3**Know ye that the Lord he *is* God:  
*it is* he *that* hath made us, and not we ourselves;  
*we are* his people, and the sheep of his pasture.  
**4**Enter into his gates with thanksgiving,  
*and* into his courts with praise:  
be thankful unto him, *and* bless his name.  
**5**For the Lord *is* good; his mercy *is* everlasting;  
and his truth *endureth* to all generations.

[***Authorized (King James) Version***](http://www.biblegateway.com/versions/Authorized-King-James-Version-AKJV-Bible/)***(AKJV)***

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### A SOVEREIGN’S PLEDGE OF INTEGRITY AND JUSTICE

### Psalm 101

New Revised Standard Version (NRSV)

#### Of David. A Psalm.

**1**I will sing of loyalty and of justice;  
    to you, O Lord, I will sing.  
**2**I will study the way that is blameless.  
    When shall I attain it?

I will walk with integrity of heart  
    within my house;  
**3**I will not set before my eyes  
    anything that is base.

I hate the work of those who fall away;  
    it shall not cling to me.  
**4**Perverseness of heart shall be far from me;  
    I will know nothing of evil.

**5**One who secretly slanders a neighbor  
    I will destroy.  
A haughty look and an arrogant heart  
    I will not tolerate.

**6**I will look with favor on the faithful in the land,  
    so that they may live with me;  
whoever walks in the way that is blameless  
    shall minister to me.

**7**No one who practices deceit  
    shall remain in my house;  
no one who utters lies  
    shall continue in my presence.

**8**Morning by morning I will destroy  
    all the wicked in the land,  
cutting off all evildoers  
    from the city of the Lord.

[***New Revised Standard Version***](http://www.biblegateway.com/versions/New-Revised-Standard-Version-NRSV-Bible/)***(NRSV)***

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### PRAISE FOR THE LORD’S MERCIES

### Psalm 103

New American Standard Bible (NASB)

#### A Psalm of David

**103**Bless the Lord, O my soul,  
And all that is within me, *bless* His holy name.  
**2**Bless the Lord, O my soul,  
And forget none of His benefits;  
**3**Who pardons all your iniquities,  
Who heals all your diseases;  
**4**Who redeems your life from the pit,  
Who crowns you with loving kindness and compassion;  
**5**Who satisfies your **[**[**a**](http://www.biblegateway.com/passage/?search=Psalm%20103&version=NASB#fen-NASB-15555a)**]**years with good things,  
*So that* your youth is renewed like the eagle.

**6**The Lord performs **[**[**b**](http://www.biblegateway.com/passage/?search=Psalm%20103&version=NASB#fen-NASB-15556b)**]**righteous deeds  
And judgments for all who are oppressed.  
**7**He made known His ways to Moses,  
His acts to the sons of Israel.  
**8**The Lord is compassionate and gracious,  
Slow to anger and abounding in loving kindness.  
**9**He will not always strive *with us*,  
Nor will He keep *His anger* forever.  
**10**He has not dealt with us according to our sins,  
Nor rewarded us according to our iniquities.  
**11**For as high as the heavens are above the earth,  
So great is His loving kindness toward those who **[**[**c**](http://www.biblegateway.com/passage/?search=Psalm%20103&version=NASB#fen-NASB-15561c)**]**fear Him.  
**12**As far as the east is from the west,  
So far has He removed our transgressions from us.  
**13**Just as a father has compassion on *his* children,  
So the Lord has compassion on those who **[**[**d**](http://www.biblegateway.com/passage/?search=Psalm%20103&version=NASB#fen-NASB-15563d)**]**fear Him.  
**14**For He Himself knows **[**[**e**](http://www.biblegateway.com/passage/?search=Psalm%20103&version=NASB#fen-NASB-15564e)**]**our frame;  
He is mindful that we are *but* dust.

**15**As for man, his days are like grass;  
As a flower of the field, so he flourishes.  
**16**When the wind has passed over it, it is no more,  
And its place acknowledges it no longer.  
**17**But the loving kindness of the Lord is from everlasting to everlasting on those who **[**[**f**](http://www.biblegateway.com/passage/?search=Psalm%20103&version=NASB#fen-NASB-15567f)**]**fear Him,  
And His **[**[**g**](http://www.biblegateway.com/passage/?search=Psalm%20103&version=NASB#fen-NASB-15567g)**]**righteousness to children’s children,  
**18**To those who keep His covenant  
And remember His precepts to do them.

**19**The Lord has established His throne in the heavens,  
And His **[**[**h**](http://www.biblegateway.com/passage/?search=Psalm%20103&version=NASB#fen-NASB-15569h)**]**sovereignty rules over **[[i](http://www.biblegateway.com/passage/?search=Psalm%20103&version=NASB" \l "fen-NASB-15569i" \o "See footnote i)]**all.  
**20**Bless the Lord, you His angels,  
Mighty in strength, who perform His word,  
Obeying the voice of His word!  
**21**Bless the Lord, all you His hosts,  
You who serve Him, doing His will.  
**22**Bless the Lord, all you works of His,  
In all places of His dominion;  
Bless the Lord, O my soul!

[***New American Standard Bible***](http://www.biblegateway.com/versions/New-American-Standard-Bible-NASB/)***(NASB)***

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### IN PRAISE OF THE CREATOR

### Psalm 104

Good News Translation (GNT)

**104**Praise the Lord, my soul!  
    O Lord, my God, how great you are!  
You are clothed with majesty and glory;  
**2**    you cover yourself with light.  
You have spread out the heavens like a tent  
**3**    and built your home on the waters above.**[[a](http://www.biblegateway.com/passage/?search=Psalm%20104&version=GNT" \l "fen-GNT-16814a" \o "See footnote a)]**  
You use the clouds as your chariot  
    and ride on the wings of the wind.  
**4**You use the winds as your messengers  
    and flashes of lightning as your servants.

**5**You have set the earth firmly on its foundations,  
    and it will never be moved.  
**6**You placed the ocean over it like a robe,  
    and the water covered the mountains.  
**7**When you rebuked the waters, they fled;  
    they rushed away when they heard your shout of command.  
**8**They flowed over the mountains and into the valleys,  
    to the place you had made for them.  
**9**You set a boundary they can never pass,  
    to keep them from covering the earth again.

**10**You make springs flow in the valleys,  
    and rivers run between the hills.  
**11**They provide water for the wild animals;  
    there the wild donkeys quench their thirst.  
**12**In the trees near by,  
    the birds make their nests and sing.

**13**From the sky you send rain on the hills,  
    and the earth is filled with your blessings.  
**14**You make grass grow for the cattle  
    and plants for us to use,  
so that we can grow our crops  
**15**    and produce wine to make us happy,  
    olive oil to make us cheerful,  
    and bread to give us strength.

**16**The cedars of Lebanon get plenty of rain—  
    the Lord's own trees, which he planted.  
**17**There the birds build their nests;  
    the storks nest in the fir trees.  
**18**The wild goats live in the high mountains,  
    and the rock badgers hide in the cliffs.

**19**You created the moon to mark the months;  
    the sun knows the time to set.  
**20**You made the night, and in the darkness  
    all the wild animals come out.  
**21**The young lions roar while they hunt,  
    looking for the food that God provides.  
**22**When the sun rises, they go back  
    and lie down in their dens.  
**23**Then people go out to do their work  
    and keep working until evening.

**24**Lord, you have made so many things!  
    How wisely you made them all!  
    The earth is filled with your creatures.  
**25**There is the ocean, large and wide,  
    where countless creatures live,  
    large and small alike.  
**26**The ships sail on it, and in it plays Leviathan,  
    that sea monster which you made.**[[b](http://www.biblegateway.com/passage/?search=Psalm%20104&version=GNT" \l "fen-GNT-16837b" \o "See footnote b)]**

**27**All of them depend on you  
    to give them food when they need it.  
**28**You give it to them, and they eat it;  
    you provide food, and they are satisfied.  
**29**When you turn away, they are afraid;  
    when you take away your breath, they die  
    and go back to the dust from which they came.  
**30**But when you give them breath,**[[c](http://www.biblegateway.com/passage/?search=Psalm%20104&version=GNT" \l "fen-GNT-16841c" \o "See footnote c)]** they are created;  
    you give new life to the earth.

**31**May the glory of the Lord last forever!  
    May the Lord be happy with what he has made!  
**32**He looks at the earth, and it trembles;  
    he touches the mountains, and they pour out smoke.

**33**I will sing to the Lord all my life;  
    as long as I live I will sing praises to my God.  
**34**May he be pleased with my song,  
    for my gladness comes from him.  
**35**May sinners be destroyed from the earth;  
    may the wicked be no more.

Praise the Lord, my soul!  
Praise the Lord!

[***Good News Translation***](http://www.biblegateway.com/versions/Good-News-Translation-GNT-Bible/)***(GNT)***

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### GLORY IN HIS HOLY NAME

### Psalm 105

New International Version (NIV)

**1**Give praise to the Lord, proclaim his name;  
    make known among the nations what he has done.  
**2**Sing to him, sing praise to him;  
    tell of all his wonderful acts.  
**3**Glory in his holy name;  
    let the hearts of those who seek the Lord rejoice.  
**4**Look to the Lord and his strength;  
    seek his face always.

**5**Remember the wonders he has done,  
    his miracles, and the judgments he pronounced,  
**6**you his servants, the descendants of Abraham,  
    his chosen ones, the children of Jacob.  
**7**He is the Lord our God;  
    his judgments are in all the earth.

**8**He remembers his covenant forever,  
    the promise he made, for a thousand generations,  
**9**the covenant he made with Abraham,  
    the oath he swore to Isaac.  
**10**He confirmed it to Jacob as a decree,  
    to Israel as an everlasting covenant:  
**11**“To you I will give the land of Canaan  
    as the portion you will inherit.”

**12**When they were but few in number,  
    few indeed, and strangers in it,  
**13**they wandered from nation to nation,  
    from one kingdom to another.  
**14**He allowed no one to oppress them;  
    for their sake he rebuked kings:  
**15**“Do not touch my anointed ones;  
    do my prophets no harm.”

**16**He called down famine on the land  
    and destroyed all their supplies of food;  
**17**and he sent a man before them—  
    Joseph, sold as a slave.  
**18**They bruised his feet with shackles,  
    his neck was put in irons,  
**19**till what he foretold came to pass,  
    till the word of the Lord proved him true.  
**20**The king sent and released him,  
    the ruler of peoples set him free.  
**21**He made him master of his household,  
    ruler over all he possessed,  
**22**to instruct his princes as he pleased  
    and teach his elders wisdom.

**23**Then Israel entered Egypt;  
    Jacob resided as a foreigner in the land of Ham.  
**24**The Lord made his people very fruitful;  
    he made them too numerous for their foes,  
**25**whose hearts he turned to hate his people,  
    to conspire against his servants.  
**26**He sent Moses his servant,  
    and Aaron, whom he had chosen.  
**27**They performed his signs among them,  
    his wonders in the land of Ham.  
**28**He sent darkness and made the land dark—  
    for had they not rebelled against his words?  
**29**He turned their waters into blood,  
    causing their fish to die.  
**30**Their land teemed with frogs,  
    which went up into the bedrooms of their rulers.  
**31**He spoke, and there came swarms of flies,  
    and gnats throughout their country.  
**32**He turned their rain into hail,  
    with lightning throughout their land;  
**33**he struck down their vines and fig trees  
    and shattered the trees of their country.  
**34**He spoke, and the locusts came,  
    grasshoppers without number;  
**35**they ate up every green thing in their land,  
    ate up the produce of their soil.  
**36**Then he struck down all the firstborn in their land,  
    the firstfruits of all their manhood.  
**37**He brought out Israel, laden with silver and gold,  
    and from among their tribes no one faltered.  
**38**Egypt was glad when they left,  
    because dread of Israel had fallen on them.

**39**He spread out a cloud as a covering,  
    and a fire to give light at night.  
**40**They asked, and he brought them quail;  
    he fed them well with the bread of heaven.  
**41**He opened the rock, and water gushed out;  
    it flowed like a river in the desert.

**42**For he remembered his holy promise  
    given to his servant Abraham.  
**43**He brought out his people with rejoicing,  
    his chosen ones with shouts of joy;  
**44**he gave them the lands of the nations,  
    and they fell heir to what others had toiled for—  
**45**that they might keep his precepts  
    and observe his laws.

Praise the Lord.**[[a](http://www.biblegateway.com/passage/?search=Psalm%20105&version=NIV" \l "fen-NIV-15652a" \o "See footnote a)]**

[***New International Version***](http://www.biblegateway.com/versions/New-International-Version-NIV-Bible/)***(NIV)***

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### A CONFESSION OF ISRAEL’S SINS

### Psalm 106

New Revised Standard Version (NRSV)

**1**Praise the Lord!  
    O give thanks to the Lord, for he is good;  
    for his steadfast love endures forever.  
**2**Who can utter the mighty doings of the Lord,  
    or declare all his praise?  
**3**Happy are those who observe justice,  
    who do righteousness at all times.

**4**Remember me, O Lord, when you show favor to your people;  
    help me when you deliver them;  
**5**that I may see the prosperity of your chosen ones,  
    that I may rejoice in the gladness of your nation,  
    that I may glory in your heritage.

**6**Both we and our ancestors have sinned;  
    we have committed iniquity, have done wickedly.  
**7**Our ancestors, when they were in Egypt,  
    did not consider your wonderful works;  
they did not remember the abundance of your steadfast love,  
    but rebelled against the Most High**[**[**a**](http://www.biblegateway.com/passage/?search=Psalm%20106&version=NRSV#fen-NRSV-15659a)**]** at the Red Sea.**[**[**b**](http://www.biblegateway.com/passage/?search=Psalm%20106&version=NRSV#fen-NRSV-15659b)**]**  
**8**Yet he saved them for his name’s sake,  
    so that he might make known his mighty power.  
**9**He rebuked the Red Sea,**[[c](http://www.biblegateway.com/passage/?search=Psalm%20106&version=NRSV" \l "fen-NRSV-15661c" \o "See footnote c)]** and it became dry;  
    he led them through the deep as through a desert.  
**10**So he saved them from the hand of the foe,  
    and delivered them from the hand of the enemy.  
**11**The waters covered their adversaries;  
    not one of them was left.  
**12**Then they believed his words;  
    they sang his praise.

**13**But they soon forgot his works;  
    they did not wait for his counsel.  
**14**But they had a wanton craving in the wilderness,  
    and put God to the test in the desert;  
**15**he gave them what they asked,  
    but sent a wasting disease among them.

**16**They were jealous of Moses in the camp,  
    and of Aaron, the holy one of the Lord.  
**17**The earth opened and swallowed up Dathan,  
    and covered the faction of Abiram.  
**18**Fire also broke out in their company;  
    the flame burned up the wicked.

**19**They made a calf at Horeb  
    and worshiped a cast image.  
**20**They exchanged the glory of God**[**[**d**](http://www.biblegateway.com/passage/?search=Psalm%20106&version=NRSV#fen-NRSV-15672d)**]**  
    for the image of an ox that eats grass.  
**21**They forgot God, their Savior,  
    who had done great things in Egypt,  
**22**wondrous works in the land of Ham,  
    and awesome deeds by the Red Sea.**[**[**e**](http://www.biblegateway.com/passage/?search=Psalm%20106&version=NRSV#fen-NRSV-15674e)**]**  
**23**Therefore he said he would destroy them—  
    had not Moses, his chosen one,  
stood in the breach before him,  
    to turn away his wrath from destroying them.

**24**Then they despised the pleasant land,  
    having no faith in his promise.  
**25**They grumbled in their tents,  
    and did not obey the voice of the Lord.  
**26**Therefore he raised his hand and swore to them  
    that he would make them fall in the wilderness,  
**27**and would disperse**[**[**f**](http://www.biblegateway.com/passage/?search=Psalm%20106&version=NRSV#fen-NRSV-15679f)**]** their descendants among the nations,  
    scattering them over the lands.

**28**Then they attached themselves to the Baal of Peor,  
    and ate sacrifices offered to the dead;  
**29**they provoked the Lord to anger with their deeds,  
    and a plague broke out among them.  
**30**Then Phinehas stood up and interceded,  
    and the plague was stopped.  
**31**And that has been reckoned to him as righteousness  
    from generation to generation forever.

**32**They angered the Lord**[**[**g**](http://www.biblegateway.com/passage/?search=Psalm%20106&version=NRSV#fen-NRSV-15684g)**]** at the waters of Meribah,  
    and it went ill with Moses on their account;  
**33**for they made his spirit bitter,  
    and he spoke words that were rash.

**34**They did not destroy the peoples,  
    as the Lord commanded them,  
**35**but they mingled with the nations  
    and learned to do as they did.  
**36**They served their idols,  
    which became a snare to them.  
**37**They sacrificed their sons  
    and their daughters to the demons;  
**38**they poured out innocent blood,  
    the blood of their sons and daughters,  
whom they sacrificed to the idols of Canaan;  
    and the land was polluted with blood.  
**39**Thus they became unclean by their acts,  
    and prostituted themselves in their doings.

**40**Then the anger of the Lord was kindled against his people,  
    and he abhorred his heritage;  
**41**he gave them into the hand of the nations,  
    so that those who hated them ruled over them.  
**42**Their enemies oppressed them,  
    and they were brought into subjection under their power.  
**43**Many times he delivered them,  
    but they were rebellious in their purposes,  
    and were brought low through their iniquity.  
**44**Nevertheless he regarded their distress  
    when he heard their cry.  
**45**For their sake he remembered his covenant,  
    and showed compassion according to the abundance of his steadfast love.  
**46**He caused them to be pitied  
    by all who held them captive.

**47**Save us, O Lord our God,  
    and gather us from among the nations,  
that we may give thanks to your holy name  
    and glory in your praise.

**48**Blessed be the Lord, the God of Israel,  
    from everlasting to everlasting.  
And let all the people say, “Amen.”  
    Praise the Lord!

[***New Revised Standard Version***](http://www.biblegateway.com/versions/New-Revised-Standard-Version-NRSV-Bible/)***(NRSV)***

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#### PROSPERITY OF THE ONE WHO FEARS THE LORD Psalm 112

New American Standard Bible (NASB)

**112 [**[**a**](http://www.biblegateway.com/passage/?search=Psalm%20112&version=NASB#fen-NASB-15805a)**]**Praise **[**[**b**](http://www.biblegateway.com/passage/?search=Psalm%20112&version=NASB#fen-NASB-15805b)**]**the Lord!  
How blessed is the man who **[**[**c**](http://www.biblegateway.com/passage/?search=Psalm%20112&version=NASB#fen-NASB-15805c)**]**fears the Lord,  
Who greatly delights in His commandments.  
**2**His **[**[**d**](http://www.biblegateway.com/passage/?search=Psalm%20112&version=NASB#fen-NASB-15806d)**]**descendants will be mighty **[**[**e**](http://www.biblegateway.com/passage/?search=Psalm%20112&version=NASB#fen-NASB-15806e)**]**on earth;  
The generation of the upright will be blessed.  
**3**Wealth and riches are in his house,  
And his righteousness endures forever.  
**4**Light arises in the darkness for the upright;  
*He is* gracious and compassionate and righteous.  
**5**It is well with the man who is gracious and lends;  
He will **[**[**f**](http://www.biblegateway.com/passage/?search=Psalm%20112&version=NASB#fen-NASB-15809f)**]**maintain his cause in judgment.  
**6**For he will never be shaken;  
The righteous will be **[**[**g**](http://www.biblegateway.com/passage/?search=Psalm%20112&version=NASB#fen-NASB-15810g)**]**remembered forever.

**7**He will not fear evil tidings;  
His heart is steadfast, trusting in the Lord.  
**8**His heart is upheld, he will not fear,  
Until he looks *with satisfaction* on his adversaries.  
**9 [**[**h**](http://www.biblegateway.com/passage/?search=Psalm%20112&version=NASB#fen-NASB-15813h)**]**He has given freely to the poor,  
His righteousness endures forever;  
His horn will be exalted in honor.

**10**The wicked will see it and be **[[i](http://www.biblegateway.com/passage/?search=Psalm%20112&version=NASB" \l "fen-NASB-15814i" \o "See footnote i)]**vexed,  
He will gnash his teeth and melt away;  
The desire of the wicked will perish.

[***New American Standard Bible***](http://www.biblegateway.com/versions/New-American-Standard-Bible-NASB/)***(NASB)***

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### I LOVE GOD

### Psalm 116

The Message (MSG)

**116 1-6**I love God because he listened to me,  
    listened as I begged for mercy.  
He listened so intently  
    as I laid out my case before him.  
Death stared me in the face,  
    hell was hard on my heels.  
Up against it, I didn’t know which way to turn;  
    then I called out to God for help:  
“Please, God!” I cried out.  
    “Save my life!”  
God is gracious—it is he who makes things right,  
    our most compassionate God.  
God takes the side of the helpless;  
    when I was at the end of my rope, he saved me.

**7-8**I said to myself, “Relax and rest.  
    God has showered you with blessings.  
    Soul, you’ve been rescued from death;  
    Eye, you’ve been rescued from tears;  
    And you, Foot, were kept from stumbling.”

**9-11**I’m striding in the presence of God,  
    alive in the land of the living!  
I stayed faithful, though bedeviled,  
    and despite a ton of bad luck,  
Despite giving up on the human race,  
    saying, “They’re all liars and cheats.”

**12-19**What can I give back to God  
    for the blessings he’s poured out on me?  
I’ll lift high the cup of salvation—a toast to God!  
    I’ll pray in the name of God;  
I’ll complete what I promised God I’d do,  
    and I’ll do it together with his people.  
When they arrive at the gates of death,  
    God welcomes those who love him.  
Oh, God, here I am, your servant,  
    your faithful servant: set me free for your service!  
I’m ready to offer the thanksgiving sacrifice  
    and pray in the name of God.  
I’ll complete what I promised God I’d do,  
    and I’ll do it in company with his people,  
In the place of worship, in God’s house,  
    in Jerusalem, God’s city.  
Hallelujah!

[***The Message***](http://www.biblegateway.com/versions/Message-MSG-Bible/)***(MSG)***

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### PRAISE GOD, EVERYBODY!Psalm 117

The Message (MSG)

**117 1-2**Praise God, everybody!  
    Applaud God, all people!  
His love has taken over our lives;  
God’s faithful ways are eternal.  
    Hallelujah!

[***The Message***](http://www.biblegateway.com/versions/Message-MSG-Bible/)***(MSG)***

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### THE SUM OF YOUR WORD IS TRUTH

### Psalm 119

New International Version (NIV)

#### א Aleph

**1**Blessed are those whose ways are blameless,  
    who walk according to the law of the Lord.  
**2**Blessed are those who keep his statutes  
    and seek him with all their heart—  
**3**they do no wrong  
    but follow his ways.  
**4**You have laid down precepts  
    that are to be fully obeyed.  
**5**Oh, that my ways were steadfast  
    in obeying your decrees!  
**6**Then I would not be put to shame  
    when I consider all your commands.  
**7**I will praise you with an upright heart  
    as I learn your righteous laws.  
**8**I will obey your decrees;  
    do not utterly forsake me.

#### ב Beth

**9**How can a young person stay on the path of purity?  
    By living according to your word.  
**10**I seek you with all my heart;  
    do not let me stray from your commands.  
**11**I have hidden your word in my heart  
    that I might not sin against you.  
**12**Praise be to you, Lord;  
    teach me your decrees.  
**13**With my lips I recount  
    all the laws that come from your mouth.  
**14**I rejoice in following your statutes  
    as one rejoices in great riches.  
**15**I meditate on your precepts  
    and consider your ways.  
**16**I delight in your decrees;  
    I will not neglect your word.

#### ג Gimel

**17**Be good to your servant while I live,  
    that I may obey your word.  
**18**Open my eyes that I may see  
    wonderful things in your law.  
**19**I am a stranger on earth;  
    do not hide your commands from me.  
**20**My soul is consumed with longing  
    for your laws at all times.  
**21**You rebuke the arrogant, who are accursed,  
    those who stray from your commands.  
**22**Remove from me their scorn and contempt,  
    for I keep your statutes.  
**23**Though rulers sit together and slander me,  
    your servant will meditate on your decrees.  
**24**Your statutes are my delight;  
    they are my counselors.

#### ד Daleth

**25**I am laid low in the dust;  
    preserve my life according to your word.  
**26**I gave an account of my ways and you answered me;  
    teach me your decrees.  
**27**Cause me to understand the way of your precepts,  
    that I may meditate on your wonderful deeds.  
**28**My soul is weary with sorrow;  
    strengthen me according to your word.  
**29**Keep me from deceitful ways;  
    be gracious to me and teach me your law.  
**30**I have chosen the way of faithfulness;  
    I have set my heart on your laws.  
**31**I hold fast to your statutes, Lord;  
    do not let me be put to shame.  
**32**I run in the path of your commands,  
    for you have broadened my understanding.

#### ה He

**33**Teach me, Lord, the way of your decrees,  
    that I may follow it to the end.**[[b](http://www.biblegateway.com/passage/?search=Psalm%20119&version=NIV" \l "fen-NIV-15932b" \o "See footnote b)]**  
**34**Give me understanding, so that I may keep your law  
    and obey it with all my heart.  
**35**Direct me in the path of your commands,  
    for there I find delight.  
**36**Turn my heart toward your statutes  
    and not toward selfish gain.  
**37**Turn my eyes away from worthless things;  
    preserve my life according to your word.**[[c](http://www.biblegateway.com/passage/?search=Psalm%20119&version=NIV" \l "fen-NIV-15936c" \o "See footnote c)]**  
**38**Fulfill your promise to your servant,  
    so that you may be feared.  
**39**Take away the disgrace I dread,  
    for your laws are good.  
**40**How I long for your precepts!  
    In your righteousness preserve my life.

#### ו Waw

**41**May your unfailing love come to me, Lord,  
    your salvation, according to your promise;  
**42**then I can answer anyone who taunts me,  
    for I trust in your word.  
**43**Never take your word of truth from my mouth,  
    for I have put my hope in your laws.  
**44**I will always obey your law,  
    for ever and ever.  
**45**I will walk about in freedom,  
    for I have sought out your precepts.  
**46**I will speak of your statutes before kings  
    and will not be put to shame,  
**47**for I delight in your commands  
    because I love them.  
**48**I reach out for your commands, which I love,  
    that I may meditate on your decrees.

#### ז Zayin

**49**Remember your word to your servant,  
    for you have given me hope.  
**50**My comfort in my suffering is this:  
    Your promise preserves my life.  
**51**The arrogant mock me unmercifully,  
    but I do not turn from your law.  
**52**I remember, Lord, your ancient laws,  
    and I find comfort in them.  
**53**Indignation grips me because of the wicked,  
    who have forsaken your law.  
**54**Your decrees are the theme of my song  
    wherever I lodge.  
**55**In the night, Lord, I remember your name,  
    that I may keep your law.  
**56**This has been my practice:  
    I obey your precepts.

#### ח Heth

**57**You are my portion, Lord;  
    I have promised to obey your words.  
**58**I have sought your face with all my heart;  
    be gracious to me according to your promise.  
**59**I have considered my ways  
    and have turned my steps to your statutes.  
**60**I will hasten and not delay  
    to obey your commands.  
**61**Though the wicked bind me with ropes,  
    I will not forget your law.  
**62**At midnight I rise to give you thanks  
    for your righteous laws.  
**63**I am a friend to all who fear you,  
    to all who follow your precepts.  
**64**The earth is filled with your love, Lord;  
    teach me your decrees.

#### ט Teth

**65**Do good to your servant  
    according to your word, Lord.  
**66**Teach me knowledge and good judgment,  
    for I trust your commands.  
**67**Before I was afflicted I went astray,  
    but now I obey your word.  
**68**You are good, and what you do is good;  
    teach me your decrees.  
**69**Though the arrogant have smeared me with lies,  
    I keep your precepts with all my heart.  
**70**Their hearts are callous and unfeeling,  
    but I delight in your law.  
**71**It was good for me to be afflicted  
    so that I might learn your decrees.  
**72**The law from your mouth is more precious to me  
    than thousands of pieces of silver and gold.

#### י Yodh

**73**Your hands made me and formed me;  
    give me understanding to learn your commands.  
**74**May those who fear you rejoice when they see me,  
    for I have put my hope in your word.  
**75**I know, Lord, that your laws are righteous,  
    and that in faithfulness you have afflicted me.  
**76**May your unfailing love be my comfort,  
    according to your promise to your servant.  
**77**Let your compassion come to me that I may live,  
    for your law is my delight.  
**78**May the arrogant be put to shame for wronging me without cause;  
    but I will meditate on your precepts.  
**79**May those who fear you turn to me,  
    those who understand your statutes.  
**80**May I wholeheartedly follow your decrees,  
    that I may not be put to shame.

#### כ Kaph

**81**My soul faints with longing for your salvation,  
    but I have put my hope in your word.  
**82**My eyes fail, looking for your promise;  
    I say, “When will you comfort me?”  
**83**Though I am like a wineskin in the smoke,  
    I do not forget your decrees.  
**84**How long must your servant wait?  
    When will you punish my persecutors?  
**85**The arrogant dig pits to trap me,  
    contrary to your law.  
**86**All your commands are trustworthy;  
    help me, for I am being persecuted without cause.  
**87**They almost wiped me from the earth,  
    but I have not forsaken your precepts.  
**88**In your unfailing love preserve my life,  
    that I may obey the statutes of your mouth.

#### ל Lamedh

**89**Your word, Lord, is eternal;  
    it stands firm in the heavens.  
**90**Your faithfulness continues through all generations;  
    you established the earth, and it endures.  
**91**Your laws endure to this day,  
    for all things serve you.  
**92**If your law had not been my delight,  
    I would have perished in my affliction.  
**93**I will never forget your precepts,  
    for by them you have preserved my life.  
**94**Save me, for I am yours;  
    I have sought out your precepts.  
**95**The wicked are waiting to destroy me,  
    but I will ponder your statutes.  
**96**To all perfection I see a limit,  
    but your commands are boundless.

#### מ Mem

**97**Oh, how I love your law!  
    I meditate on it all day long.  
**98**Your commands are always with me  
    and make me wiser than my enemies.  
**99**I have more insight than all my teachers,  
    for I meditate on your statutes.  
**100**I have more understanding than the elders,  
    for I obey your precepts.  
**101**I have kept my feet from every evil path  
    so that I might obey your word.  
**102**I have not departed from your laws,  
    for you yourself have taught me.  
**103**How sweet are your words to my taste,  
    sweeter than honey to my mouth!  
**104**I gain understanding from your precepts;  
    therefore I hate every wrong path.

#### נ Nun

**105**Your word is a lamp for my feet,  
    a light on my path.  
**106**I have taken an oath and confirmed it,  
    that I will follow your righteous laws.  
**107**I have suffered much;  
    preserve my life, Lord, according to your word.  
**108**Accept, Lord, the willing praise of my mouth,  
    and teach me your laws.  
**109**Though I constantly take my life in my hands,  
    I will not forget your law.  
**110**The wicked have set a snare for me,  
    but I have not strayed from your precepts.  
**111**Your statutes are my heritage forever;  
    they are the joy of my heart.  
**112**My heart is set on keeping your decrees  
    to the very end.**[[d](http://www.biblegateway.com/passage/?search=Psalm%20119&version=NIV" \l "fen-NIV-16011d" \o "See footnote d)]**

#### ס Samekh

**113**I hate double-minded people,  
    but I love your law.  
**114**You are my refuge and my shield;  
    I have put my hope in your word.  
**115**Away from me, you evildoers,  
    that I may keep the commands of my God!  
**116**Sustain me, my God, according to your promise, and I will live;  
    do not let my hopes be dashed.  
**117**Uphold me, and I will be delivered;  
    I will always have regard for your decrees.  
**118**You reject all who stray from your decrees,  
    for their delusions come to nothing.  
**119**All the wicked of the earth you discard like dross;  
    therefore I love your statutes.  
**120**My flesh trembles in fear of you;  
    I stand in awe of your laws.

#### ע Ayin

**121**I have done what is righteous and just;  
    do not leave me to my oppressors.  
**122**Ensure your servant’s well-being;  
    do not let the arrogant oppress me.  
**123**My eyes fail, looking for your salvation,  
    looking for your righteous promise.  
**124**Deal with your servant according to your love  
    and teach me your decrees.  
**125**I am your servant; give me discernment  
    that I may understand your statutes.  
**126**It is time for you to act, Lord;  
    your law is being broken.  
**127**Because I love your commands  
    more than gold, more than pure gold,  
**128**and because I consider all your precepts right,  
    I hate every wrong path.

#### פ Pe

**129**Your statutes are wonderful;  
    therefore I obey them.  
**130**The unfolding of your words gives light;  
    it gives understanding to the simple.  
**131**I open my mouth and pant,  
    longing for your commands.  
**132**Turn to me and have mercy on me,  
    as you always do to those who love your name.  
**133**Direct my footsteps according to your word;  
    let no sin rule over me.  
**134**Redeem me from human oppression,  
    that I may obey your precepts.  
**135**Make your face shine on your servant  
    and teach me your decrees.  
**136**Streams of tears flow from my eyes,  
    for your law is not obeyed.

#### צ Tsadhe

**137**You are righteous, Lord,  
    and your laws are right.  
**138**The statutes you have laid down are righteous;  
    they are fully trustworthy.  
**139**My zeal wears me out,  
    for my enemies ignore your words.  
**140**Your promises have been thoroughly tested,  
    and your servant loves them.  
**141**Though I am lowly and despised,  
    I do not forget your precepts.  
**142**Your righteousness is everlasting  
    and your law is true.  
**143**Trouble and distress have come upon me,  
    but your commands give me delight.  
**144**Your statutes are always righteous;  
    give me understanding that I may live.

#### ק Qoph

**145**I call with all my heart; answer me, Lord,  
    and I will obey your decrees.  
**146**I call out to you; save me  
    and I will keep your statutes.  
**147**I rise before dawn and cry for help;  
    I have put my hope in your word.  
**148**My eyes stay open through the watches of the night,  
    that I may meditate on your promises.  
**149**Hear my voice in accordance with your love;  
    preserve my life, Lord, according to your laws.  
**150**Those who devise wicked schemes are near,  
    but they are far from your law.  
**151**Yet you are near, Lord,  
    and all your commands are true.  
**152**Long ago I learned from your statutes  
    that you established them to last forever.

#### ר Resh

**153**Look on my suffering and deliver me,  
    for I have not forgotten your law.  
**154**Defend my cause and redeem me;  
    preserve my life according to your promise.  
**155**Salvation is far from the wicked,  
    for they do not seek out your decrees.  
**156**Your compassion, Lord, is great;  
    preserve my life according to your laws.  
**157**Many are the foes who persecute me,  
    but I have not turned from your statutes.  
**158**I look on the faithless with loathing,  
    for they do not obey your word.  
**159**See how I love your precepts;  
    preserve my life, Lord, in accordance with your love.  
**160**All your words are true;  
    all your righteous laws are eternal.

#### ש Sin and Shin

**161**Rulers persecute me without cause,  
    but my heart trembles at your word.  
**162**I rejoice in your promise  
    like one who finds great spoil.  
**163**I hate and detest falsehood  
    but I love your law.  
**164**Seven times a day I praise you  
    for your righteous laws.  
**165**Great peace have those who love your law,  
    and nothing can make them stumble.  
**166**I wait for your salvation, Lord,  
    and I follow your commands.  
**167**I obey your statutes,  
    for I love them greatly.  
**168**I obey your precepts and your statutes,  
    for all my ways are known to you.

#### ת Taw

**169**May my cry come before you, Lord;  
    give me understanding according to your word.  
**170**May my supplication come before you;  
    deliver me according to your promise.  
**171**May my lips overflow with praise,  
    for you teach me your decrees.  
**172**May my tongue sing of your word,  
    for all your commands are righteous.  
**173**May your hand be ready to help me,  
    for I have chosen your precepts.  
**174**I long for your salvation, Lord,  
    and your law gives me delight.  
**175**Let me live that I may praise you,  
    and may your laws sustain me.  
**176**I have strayed like a lost sheep.  
    Seek your servant,  
    for I have not forgotten your commands.

[***New International Version***](http://www.biblegateway.com/versions/New-International-Version-NIV-Bible/)***(NIV)***

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### 

### THE LORD BUILDS THE HOUSE

### Psalm 127

New International Version (NIV)

#### A song of ascents. Of Solomon.

**1**Unless the Lord builds the house,  
    the builders labor in vain.  
Unless the Lord watches over the city,  
    the guards stand watch in vain.  
**2**In vain you rise early  
    and stay up late,  
toiling for food to eat—  
    for he grants sleep to those he loves.

**3**Children are a heritage from the Lord,  
    offspring a reward from him.  
**4**Like arrows in the hands of a warrior  
    are children born in one’s youth.  
**5**Blessed is the man  
    whose quiver is full of them.  
They will not be put to shame  
    when they contend with their opponents in court.

[***New International Version***](http://www.biblegateway.com/versions/New-International-Version-NIV-Bible/)***(NIV)***

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**YOU WILL EAT THE FRUIT OF YOUR LABOR**

### Psalm 128

New International Version (NIV)

#### A song of ascents.

**1**Blessed are all who fear the Lord,  
    who walk in obedience to him.  
**2**You will eat the fruit of your labor;  
    blessings and prosperity will be yours.  
**3**Your wife will be like a fruitful vine  
    within your house;  
your children will be like olive shoots  
    around your table.  
**4**Yes, this will be the blessing  
    for the man who fears the Lord.

**5**May the Lord bless you from Zion;  
    may you see the prosperity of Jerusalem  
    all the days of your life.  
**6**May you live to see your children’s children—  
    peace be on Israel.

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#### GIVE THANKS TO THE GOD OF HEAVEN

**Psalm 136**

New International Version (NIV)

**1**Give thanks to the Lord, for he is good.  
*His love endures forever.*  
**2**Give thanks to the God of gods.  
*His love endures forever.*  
**3**Give thanks to the Lord of lords:  
*His love endures forever.*

**4**to him who alone does great wonders,  
*His love endures forever.*  
**5**who by his understanding made the heavens,  
*His love endures forever.*  
**6**who spread out the earth upon the waters,  
*His love endures forever.*  
**7**who made the great lights—  
*His love endures forever.*  
**8**the sun to govern the day,  
*His love endures forever.*  
**9**the moon and stars to govern the night;  
*His love endures forever.*

**10**to him who struck down the firstborn of Egypt  
*His love endures forever.*  
**11**and brought Israel out from among them  
*His love endures forever.*  
**12**with a mighty hand and outstretched arm;  
*His love endures forever.*

**13**to him who divided the Red Sea asunder  
*His love endures forever.*  
**14**and brought Israel through the midst of it,  
*His love endures forever.*  
**15**but swept Pharaoh and his army into the Red Sea;  
*His love endures forever.*

**16**to him who led his people through the wilderness;  
*His love endures forever.*

**17**to him who struck down great kings,  
*His love endures forever.*  
**18**and killed mighty kings—  
*His love endures forever.*  
**19**Sihon king of the Amorites  
*His love endures forever.*  
**20**and Og king of Bashan—  
*His love endures forever.*  
**21**and gave their land as an inheritance,  
*His love endures forever.*  
**22**an inheritance to his servant Israel.  
*His love endures forever.*

**23**He remembered us in our low estate  
*His love endures forever.*  
**24**and freed us from our enemies.  
*His love endures forever.*  
**25**He gives food to every creature.  
*His love endures forever.*

**26**Give thanks to the God of heaven.  
*His love endures forever.*

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**SEARCH ME, GOD**

### Psalm 139

New International Version - UK (NIVUK)

#### For the director of music. Of David. A psalm.

**1**You have searched me, Lord,  
    and you know me.  
**2**You know when I sit and when I rise;  
    you perceive my thoughts from afar.  
**3**You discern my going out and my lying down;  
    you are familiar with all my ways.  
**4**Before a word is on my tongue  
    you, Lord, know it completely.  
**5**You hem me in behind and before,  
    and you lay your hand upon me.  
**6**Such knowledge is too wonderful for me,  
    too lofty for me to attain.

**7**Where can I go from your Spirit?  
    Where can I flee from your presence?  
**8**If I go up to the heavens, you are there;  
    if I make my bed in the depths, you are there.  
**9**If I rise on the wings of the dawn,  
    if I settle on the far side of the sea,  
**10**even there your hand will guide me,  
    your right hand will hold me fast.  
**11**If I say, ‘Surely the darkness will hide me  
    and the light become night around me,’  
**12**even the darkness will not be dark to you;  
    the night will shine like the day,  
    for darkness is as light to you.

**13**For you created my inmost being;  
    you knit me together in my mother’s womb.  
**14**I praise you because I am fearfully and wonderfully made;  
    your works are wonderful,  
    I know that full well.  
**15**My frame was not hidden from you  
    when I was made in the secret place,  
    when I was woven together in the depths of the earth.  
**16**Your eyes saw my unformed body;  
    all the days ordained for me were written in your book  
    before one of them came to be.  
**17**How precious to me are your thoughts, God!  
    How vast is the sum of them!  
**18**Were I to count them,  
    they would outnumber the grains of sand –  
    when I awake, I am still with you.

**19**If only you, God, would slay the wicked!  
    Away from me, you who are bloodthirsty!  
**20**They speak of you with evil intent;  
    your adversaries misuse your name.  
**21**Do I not hate those who hate you, Lord,  
    and abhor those who are in rebellion against you?  
**22**I have nothing but hatred for them;  
    I count them my enemies.  
**23**Search me, God, and know my heart;  
    test me and know my anxious thoughts.  
**24**See if there is any offensive way in me,  
    and lead me in the way everlasting.

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### PRAYER FOR DELIVERANCE FROM ENEMIES

### Psalm 140

### New Revised Standard Version (NRSV)

#### To the leader. A Psalm of David.

**1**Deliver me, O Lord, from evildoers;  
    protect me from those who are violent,  
**2**who plan evil things in their minds  
    and stir up wars continually.  
**3**They make their tongue sharp as a snake’s,  
    and under their lips is the venom of vipers.*Selah*

**4**Guard me, O Lord, from the hands of the wicked;  
    protect me from the violent  
    who have planned my downfall.  
**5**The arrogant have hidden a trap for me,  
    and with cords they have spread a net,  
    along the road they have set snares for me.*Selah*

**6**I say to the Lord, “You are my God;  
    give ear, O Lord, to the voice of my supplications.”  
**7**O Lord, my Lord, my strong deliverer,  
    you have covered my head in the day of battle.  
**8**Do not grant, O Lord, the desires of the wicked;  
    do not further their evil plot.*Selah*

**9**Those who surround me lift up their heads;  
    let the mischief of their lips overwhelm them!  
**10**Let burning coals fall on them!  
    Let them be flung into pits, no more to rise!  
**11**Do not let the slanderer be established in the land;  
    let evil speedily hunt down the violent!

**12**I know that the Lord maintains the cause of the needy,  
    and executes justice for the poor.  
**13**Surely the righteous shall give thanks to your name;  
    the upright shall live in your presence.

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### THE GREATNESS AND THE GOODNESS OF GOD

### Psalm 145

New Revised Standard Version (NRSV)

#### Praise. Of David.

**1**I will extol you, my God and King,  
    and bless your name forever and ever.  
**2**Every day I will bless you,  
    and praise your name forever and ever.  
**3**Great is the Lord, and greatly to be praised;  
    his greatness is unsearchable.

**4**One generation shall laud your works to another,  
    and shall declare your mighty acts.  
**5**On the glorious splendor of your majesty,  
    and on your wondrous works, I will meditate.  
**6**The might of your awesome deeds shall be proclaimed,  
    and I will declare your greatness.  
**7**They shall celebrate the fame of your abundant goodness,  
    and shall sing aloud of your righteousness.

**8**The Lord is gracious and merciful,  
    slow to anger and abounding in steadfast love.  
**9**The Lord is good to all,  
    and his compassion is over all that he has made.

**10**All your works shall give thanks to you, O Lord,  
    and all your faithful shall bless you.  
**11**They shall speak of the glory of your kingdom,  
    and tell of your power,  
**12**to make known to all people your mighty deeds,  
    and the glorious splendor of your kingdom.  
**13**Your kingdom is an everlasting kingdom,  
    and your dominion endures throughout all generations.

The Lord is faithful in all his words,  
    and gracious in all his deeds.  
**14**The Lord upholds all who are falling,  
    and raises up all who are bowed down.  
**15**The eyes of all look to you,  
    and you give them their food in due season.  
**16**You open your hand,  
    satisfying the desire of every living thing.  
**17**The Lord is just in all his ways,  
    and kind in all his doings.  
**18**The Lord is near to all who call on him,  
    to all who call on him in truth.  
**19**He fulfills the desire of all who fear him;  
    he also hears their cry, and saves them.  
**20**The Lord watches over all who love him,  
    but all the wicked he will destroy.

**21**My mouth will speak the praise of the Lord,  
    and all flesh will bless his holy name forever and ever.

[***New Revised Standard Version***](http://www.biblegateway.com/versions/New-Revised-Standard-Version-NRSV-Bible/)***(NRSV)***

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### ALL CREATION PRAISES THE LORD

### Psalm 148

New King James Version (NKJV)

**148**Praise the Lord!

Praise the Lord from the heavens;  
Praise Him in the heights!  
**2**Praise Him, all His angels;  
Praise Him, all His hosts!  
**3**Praise Him, sun and moon;  
Praise Him, all you stars of light!  
**4**Praise Him, you heavens of heavens,  
And you waters above the heavens!

**5**Let them praise the name of the Lord,  
For He commanded and they were created.  
**6**He also established them forever and ever;  
He made a decree which shall not pass away.

**7**Praise the Lord from the earth,  
You great sea creatures and all the depths;  
**8**Fire and hail, snow and clouds;  
Stormy wind, fulfilling His word;  
**9**Mountains and all hills;  
Fruitful trees and all cedars;  
**10**Beasts and all cattle;  
Creeping things and flying fowl;  
**11**Kings of the earth and all peoples;  
Princes and all judges of the earth;  
**12**Both young men and maidens;  
Old men and children.

**13**Let them praise the name of the Lord,  
For His name alone is exalted;  
His glory *is* above the earth and heaven.  
**14**And He has exalted the horn of His people,  
The praise of all His saints—  
Of the children of Israel,  
A people near to Him.

Praise the Lord!

[***New King James Version***](http://www.biblegateway.com/versions/New-King-James-Version-NKJV-Bible/)***(NKJV)***

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