

The Hebrew Corner

Honoring God for creating us, and providing a way of salvation to for us in Jesus, our Yeshua, should be a part of our everyday lives as believers. What could be a better way to honor God than by consideration of the book of the Tanach (Old Testament) devoted to praise, worship, and giving thanks to God? The book of Psalms is more than just a book of information about God. It tells how to how to please God, how to get closer to God, what God expects of us, and numerous other important lessons for living our lives in relation to God. The following is a translation from the original Hebrew into English of the book of Psalms, which has been a continuing occupation of this author since 2014. The reader should take note of the following explanatory items concerning this translation. Whenever an asterisk (*) appears after “the Lord” or “God” in the text, this is referring to the Hebrew name of God יהוה, also known as the tetragrammaton. The shortened form of the tetragrammaton, יה, is translated as “Yah” in the text, so the phrase “Praise Yah” is the familiar “Hallelujah”. Two Hebrew words that have a meaning more broad in scope than an English word can represent are usually left untranslated; these are the Hebrew words shalom (שלום), and Torah (תורה). In the Psalm titles there are some words, probably musical terms, for which the meaning was not known, so are left untranslated. Words or letters in parentheses are added to clarify the meaning or make the

grammar more correct in English. There are some features of the Psalms that are apparent in the Hebrew text but cannot be translated into English, such as the acrostic Psalms in which each verse or stanza starts with the next letter of the Hebrew alphabet (aleph-bet), often covering every letter from aleph to tav, so these are not identified in this translation. The author would like to acknowledge that the Hebrew lexicon Brown-Driver-Briggs was used almost exclusively to determine the meaning of Biblical Hebrew words, and many phrases.

My prayer is that you find comfort, blessings, much shalom, and draw nearer to God by these writings.

Psalms

Book I

Psalm 1

Blessed is the man who walks not in the counsel of the wicked, nor stands along the path of sinners, nor sits in the assembly of scorners.

2 For if his delight is in the Torah of the Lord*, he will meditate in his Torah by day and night.

3 Then he will be like a tree transplanted beside channels of water that yields its fruit in its proper time, and its leaf does not fade. Even all that he does will prosper.

4 Not so are the wicked, but are rather like chaff that the wind spreads about.

5 Therefore the wicked will not stand in the judgment, nor sinners in the congregation of the righteous,

6 For the Lord* knows the way of the righteous, but the way of the wicked will perish.

Psalm 2

Why are the nations in corruption, and the peoples planning vain devices?

2 The kings of the earth are taking their stand, as the rulers align themselves together against the Lord*, and against his anointed.

3 Let us tear away their bands, and throw off their ropes from us.

4 He who dwells in heaven is laughing. The Lord mocks them,

5 Then he speaks to them in his anger, and in his wrath terrifies them,

6 I have installed my king over Zion, my holy mountain.

7 Allow me to recall the decree of the Lord*. He said to me, You are my son, today I have fathered you.

8 Ask of me and I will give (it). The nations will be your inheritance, and the ends of the earth your possession.

9 You will break them with a rod of iron. You will shatter them like pottery.

10 So now, you kings, act prudently, and you judges of the earth, take instruction.

11 Serve the Lord* with fear, and rejoice with trembling.

12 Kiss the son, lest he should become angry, and you should perish in the path he ignites with a little of his anger. Blessed are all who seek refuge in him.

Psalm 3

A psalm of David. When he fled from the presence of his son Absalom.

O Lord*, how numerous are my enemies! Many are rising up against me.

2 There are many who say of my soul, There is no deliverance for him in God. Selah.

3 But you, O Lord*, are a shield about me, my glory, and the one who lifts up my head.

4 I cry out to the Lord* with my voice, and he answers me from his holy mountain. Selah.

5 I lie down and I sleep. I wake up, for the Lord* sustains me.

6 I will not fear ten thousands of people that make a circle round about me.

7 Rise up, O Lord*. Save me, my God, for you strike down all my enemies on the cheek bone. You shatter the teeth of the wicked.

8 Salvation is of the Lord*, Your blessing is upon your people. Selah.

Psalm 4

To the musical director: on stringed instruments. A psalm of David.

Answer me when I cry out, my righteous God! In distress you have made me grow. Be gracious to me, and hear my prayer.

2 O children of mankind, how long will you love vanity to the reproach of my glory? How long will you desire falsehood?

3 But know that the Lord* has separated those who are godly to himself. The Lord* listens when I cry out to him.

4 Be in awe, and do not sin. Upon your bed, speak within your heart, but keep silent.

5 Offer up a righteous sacrifice, and trust in the Lord*.

6 Many will be those who say, Who will show us good? Lift up over us the light of your presence, O Lord*.

7 You have put more joy into my heart than the time their grain and new wine became abundant.

8 In shalom I will lie down and sleep at once, for you alone are the Lord*.
You make me to dwell securely.

Psalm 5

To the musical director: together with the flutes. A psalm of David.

O Lord*, listen to my words. Consider my murmuring.

2 Pay attention to the sound of my cry for help, O my king and my God, for
unto you I will pray.

3 O Lord*, in the morning you will hear my voice. In the morning I will
prepare for you, and I will keep watching,

4 For you are not a God who takes pleasure in wickedness. Evil cannot dwell
with you.

5 Boasters will not take their stand in front of your eyes. You hate all
evildoers.

6 You will destroy those who speak lies. The Lord* regards a man of
bloodshed and treachery as an abomination.

7 And so I will enter into the abundance of your steadfast love within your
house. I will bow down toward your holy temple in awe of you.

8 O Lord*, lead me into your righteousness, on account of those who lurk
about me. Make your path level in front of me,

9 For there is nothing in their mouth that is right. Inside of them is
destruction, their throat is an open grave. With their tongue they speak
flattery.

10 Declare them guilty, O God. Let them fall from their own plans. Thrust
them aside in the abundance of their transgressions, for they are rebellious
against you,

11 But let all who seek refuge in you be happy. Let them shout for joy
forever, for you will provide cover for them. Yes, let those who love your
name rejoice in you,

12 For you will bless the righteous, O Lord*. Like a great shield, you will
surround him with favor.

Psalm 6

To the musical director: with stringed instruments on the eighth key. A psalm of David.

O Lord*, do not punish me in your anger, or chasten me in your wrath.

2 Be gracious to me, O Lord*, for I have grown feeble, for my bones are in distress.

3 Yes, my soul is very disturbed, and you, O Lord*, how long?

4 Return, O Lord*. Rescue my soul. Deliver me for the sake of your steadfast love,

5 For there is no remembrance of you in death. Who will praise you in Sheol?

6 I have grown weary in my sighing. I make my bed swim all night. I melt my couch with tears.

7 My sight is wasted from grief. It grows weak from all those who harass me.

8 Turn away from me, all you evildoers, for the Lord* has heard the sound of my weeping.

9 The Lord* has heard my request for favor. The Lord* accepts my prayer.

10 All my enemies will feel shame, and be very disturbed. They will turn back. They will suddenly be embarrassed.

Psalm 7

A shiggaion of David, which he sang to the Lord*, according to the words of Cush, a Benjamite.

O Lord*, my God, in you I seek refuge. Deliver me from all those who pursue me, and rescue me,

2 Lest someone should tear my soul like a lion, one who would tear (me) apart, with no one to rescue (me).

3 O Lord*, my God, if I have done this, if there has been injustice by my hand,

4 If I have recompensed evil to someone at peace with me, and I have spoiled my adversary for nothing,

5 Let an enemy pursue me and overtake me, and trample down my soul to the earth, and leave my glory in the dust. Selah.

6 Rise up, O Lord*, in your anger. Lift yourself up against the furious outbursts of my adversaries, and stir up unto me the justice you have ordained,
7 Then the congregation of tribes will surround you, and you will ascend to the heights. Return!
8 The Lord* judges peoples. Vindicate me, O Lord*, according to my righteousness and integrity (that is) upon me.
9 Let the evil of the transgressors come to an end, for you will establish the righteous, and examine hearts and emotions, O God, righteous one.
10 My shield (rests) upon God, savior of the upright in heart.
11 God is the righteous judge, and God is indignant every day.
12 If he does not turn away, he will sharpen his sword. He bends his bow, and will make it steady,
13 And he will string the weapons of death for himself. He makes his arrows into flaming ones.
14 The wicked one will soon writhe, and conceive trouble, and give birth to deceit.
15 He digs a pit, and digs it out deep, yet he will fall into the pit that he makes.
16 His trouble will return upon his head, yes, upon his scalp his wrongdoing will descend.
17 I will praise the Lord* according to his righteousness, and I will make music to the name of the Lord* most high.

Psalm 8

To the musical director: upon the Gittite lyre. A psalm of David.

O Lord*, our Lord, how majestic is your name in all the earth, which has set your praise above the heavens.

2 From the mouth of children and babes you have established strength, on account of those who vex you, to destroy the enemy, and avenge yourself,

3 For I see your heavens, the works of your fingers. The moon and the stars that you have established.

4 Who is man that you should remember him, or a son of man that you should pay attention to him?

5 Yet you made him to be lacking little from God, and with glory and honor you crown him.

6 You will establish his dominion among the works of your hands,
everything you have set under his feet,
7 Flocks and cattle, all of them, and also beasts of the field,
8 Birds of the heavens, and fish of the sea, those that traverse the path of the
seas.
9 O Lord*, our Lord, how majestic is your name in all the earth!

Psalm 9

To the musical director: according to Death of the Son. A psalm of David.

I will praise the Lord* with all my heart. I will give account of all your
wonderful acts.
2 I will be glad and rejoice in you. I will make music to your name, O Most
High.
3 When my enemy turns back, they will stumble and perish from your
presence,
4 For you have made decisions and judgments for me. You sit on the throne,
judging in righteousness.
5 You have rebuked the nations. You have destroyed the wicked. You have
wiped out their name forever and ever.
6 The enemy has come to an end, (in) ruins forever, and you have uprooted
cities. Their memory has perished with them.
7 But the Lord* abides forever, the one who established his throne for
justice,
8 And he will judge the world in righteousness. He will minister judgment to
the peoples with integrity,
9 For the Lord* will be a secure refuge for the oppressed, a secure refuge for
times of trouble,
10 And those who know your name will trust in you, for you do not abandon
those who seek you, O Lord*.
11 Make music to the Lord*, who dwells in Zion. Declare his deeds among
the peoples,
12 For he who inquires into the bloodshed remembers. He does not forget
the crying of the afflicted.
13 Be gracious to me, O Lord*. Look on my affliction from those that hate
me, you who raises me up from the gates of death,

14 So that I may give account of all your praises in the gates of the daughter of Zion. I will rejoice in your salvation.

15 The nations have sunk down into the pit they made. Their feet have been caught in a net they concealed.

16 The Lord* is revealed in the judgment that he has made. The wicked is ensnared by the work of his hands. Resounding music. Selah.

17 The wicked will be turned back to Sheol, all nations that forget God,

18 For the poor will not be forgotten for eternity, (nor) the hope of the afflicted perish forever.

19 Rise up, O Lord*. Let no man become strong. Let the nations be judged by your presence.

20 O Lord*, appoint terror for them, that the nations might understand that they are (but) men. Selah.

Psalm 10

Why, O Lord*, do you stand at a distance, do you hide in times of distress?

2 In pride, the wicked will hotly pursue the afflicted. May they be caught in the devices they have planned.

3 For the boasting of the wicked is according to the appetite of his soul, and the robber who speaks a blessing blasphemes the Lord*.

4 The wicked, according to the pride of his countenance, will never pray. God is not in any of his thoughts.

5 His ways are always rigid. Your judgments are exalted, away from his view. All who vex him, he will snort at them.

6 He says in his heart, I will never be moved, nor be in adversity from generation to generation.

7 His mouth is full of a curse, treachery, and oppression. Under his tongue is mischief and iniquity.

8 He will dwell in the hiding places of villages. In the secret places, he will slay the innocent. His eyes remain hidden to the unfortunate one.

9 He lies in wait in a secret place. Like a lion in a covert, he lies in wait to catch the afflicted. He catches the afflicted as he draws him into his net,

10 And crouching, he sinks down, and so the army of the dispirited will fall into his talons.

11 He says in his heart, God has forgotten. He has hidden his face. He does not always see.

12 Rise up, O Lord*. O God, lift up your hand. Do not forget the afflicted.

13 On what ground does the wicked spurn God? He says in his heart, You should not inquire!

14 For you have seen trouble, and you have observed grief, placing it into your hand. He will abandon the unfortunate one to you. You help the fatherless.

15 Break the power of the wicked, so concerning the evil, you could search for his wickedness, (yet) never find it.

16 The Lord* is king forever and ever. Nations away from his land will perish.

17 You have heard the desire of the poor, O Lord*. You have made their heart ready. You have set your ears to listen,

18 To plead the cause of the fatherless and oppressed, never to add still more, to inspire awe of men upon the earth.

Psalm 11

To the musical director: of David.

In the Lord* I have sought refuge. How can you say to my soul, Flutter about on your mountain like a bird?

2 For soon the evildoers will bend the bow. They make their arrows sure on the bowstring, to shoot the upright of heart down into the ashes.

3 When the foundations are being torn down, what do the righteous do?

4 The Lord* is in his holy temple. The Lord* is on his heavenly throne. His eyes are gazing about. (From) the lids of his eyes, they will examine the children of mankind.

5 The Lord* tests the righteous, but the wicked, and the one who loves violence, he abhors his soul.

6 He will rain coals of fire and brimstone upon the wicked, and a breath of raging heat, a portion (for) their cup.

7 Because the Lord* is righteous, he loves righteousness. His presence will look upon the upright.

Psalm 12

To the musical director: on the eighth key. A psalm of David.

Help, O Lord*, for the godly man has come to an end, for the faithful have vanished from the children of mankind.

2 Each one speaks vanity with his friend in the language of (their) regions. They speak with a double mind.

3 The Lord* will cut off all the languages of the region, the tongue of those who speak proud (words).

4 Who say, We will make a covenant with our tongue, our languages are ours. Who is our master?

5 From the havoc of the afflicted, the crying of the needy, I must now rise up, says the Lord*, I will set into prosperity the one who yearns for it.

6 The words of the Lord* are pure speech, silver refined in an earthen furnace, purified seven times.

7 You, O Lord*, will keep them. May you guard us from this generation forever.

8 Round about are the wicked, who walk to and fro, according to the pride (and) vanity of the children of mankind.

Psalm 13

To the musical director: a psalm of David.

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

2 How long must I place the designs against my life (as) sorrow in my heart daily? How long will my enemy be exalted over me?

3 Look down! Answer me, O Lord* my God. Light up my eyes lest I go to the sleep of death.

4 Lest my enemy should say, I have finished him off. My adversary would rejoice that I am shaken.

5 But I trust in your steadfast love. My heart will rejoice in your salvation.

6 I will sing to the Lord*, for he has dealt with me in abundance.

Psalm 14

To the musical director: of David.

The fool has said in his mind, There is no God. They ravage. They do abominable deeds. There is not one who does good.

2 The Lord* looks down from the heavens upon the children of mankind to see whether there is anyone who is paying attention, who is seeking after God.

3 Everyone has turned astray together. They are corrupt. There is not one who does good, not even one.

4 Do all the evildoers not understand? Those who consume my people like bread? They do not call out to the Lord*.

5 There they are, in terror, for God is among the generation of the righteous.

6 You put to shame the counsel of the afflicted, because the Lord* is his refuge.

7 Who will be given from Zion? The salvation of Israel! When the Lord* restores the captivity of my people, Jacob will rejoice. Israel will be glad.

Psalm 15

A psalm of David.

Who can be a sojourner in your tent, O Lord*? Who can abide on your holy mountain?

2 One who walks in integrity, does righteous acts, and speaks the truth in his mind.

3 He does not slander with his tongue. He does no evil to his friend, nor bring disgrace upon his neighbor.

4 A reprobate is despised in his eyes, but those who fear the Lord* he will honor. One who is sworn to distress, and he will not change (that).

5 His money he will not give in interest, nor will he take a bribe upon an innocent person, (not) one who does these things. He will never be shaken.

Psalm 16

A michtam of David.

Keep me, O God, for I seek refuge in you.

2 You have said to the Lord*, You are my Lord. My goodness is never above yours.

3 To the holy ones who are in the land, and the majestic ones in whom is all my delight.

4 Those who hasten after another one, their pains will be many. I will not pour out their drink offerings of blood, nor will I lift up their names upon my lips.

5 The Lord* is my choice portion and my cup. You have held my lot firmly.

6 The allotment of delightful things has fallen to me. Indeed, the inheritance is beautiful for me.

7 I will bless the Lord*, who gives me counsel. Yes, at night my conscience corrects me.

8 I have set the Lord* continually before me. Because he is at my right hand, I cannot be shaken.

9 Therefore my heart is glad, and my innermost part rejoices. Surely my flesh will settle down in confidence,

10 For you will not abandon my soul to Sheol, nor allow your godly one to see destruction.

11 You make me to understand the way of life of those who have had their fill of gladness in your presence. There are delights at your right hand forevermore.

Psalm 17

A prayer of David.

Hear, O righteous Lord*. Pay attention to my cry. Listen to my prayer, not (to) treacherous lips.

2 My justice goes forth from your presence. May your eyes behold integrity.

3 You have examined my heart. You have visited at night. You have tested me. You will not find anything. I have determined that my mouth will not transgress.

4 As one having been made by a word of your lips, I have been wary of the ways of the violent one.

5 Holding securely my step within your tracks, my footsteps have never been shaken.

6 I have cried out to you, for you will answer me, O God. Extend your ear to me. Hear what I say.

7 Make your steadfast love special, O Savior, to those who seek refuge from those rising up against your right hand.

8 Keep me as the apple of your eye. May you hide me in the shadow of your wings,

9 Away from the presence of the wicked ones who have assailed me, my enemies in life who have closed in on me.

10 They have closed off their dull heart. Their mouths speak in pride.
11 Their footsteps surround me now. They will direct their eyes down to the ground.
12 Their likeness is as a lion that longs to tear in pieces, and as a young lion that dwells in hiding places.
13 Rise up, O Lord*, confront (him to) his face. Make him bow down in death. Deliver my soul from the wicked one (with) your sword.
14 Your hand is away from men, O Lord*, away from men of the world. Their portion is in (this) life. You will fill up their belly with your treasure. Their children will have their fill, then leave their abundance to their young ones.
15 I will look upon your face in righteousness. I will be satisfied after awakening to your likeness.

Psalm 18

To the musical director: of the servant of the Lord*, of David, which he spoke to the Lord* in the words of this song, on the day the Lord* rescued him from the hand of all his enemies, and from the hand of Saul.

He said, I love you, O Lord*, my strength.

2 The Lord* is my cliff, my stronghold, and my deliverer. My God is my rock. I will seek refuge in him. (He is) my shield and the horn of my salvation, my secure high place.

3 I will call for the Lord* to be praised, and from my enemy I will be delivered.

4 The cords of death have encompassed me, and torrents of destruction are assailing me.

5 The cords of Sheol have encompassed me. The snares of death confront me.

6 I will call for the Lord* in my distress, and unto my God I will cry out for help. He listens to my voice from his temple. When I cry out before him for help, it will enter into his ears.

7 And (so) the earth shakes and quakes, even the foundations of the mountains tremble. Yes, because of his wrath they are shaken.

8 Smoke rises up in his nostrils, and the fire from his mouth is consuming. Coals kindle from it.

9 Then he spreads out the heavens and descends, for a heavy cloud is under his feet,

10 And he mounts and rides, yes, upon a cherub he flies, then he darts through the air on the wings of the wind.

11 He makes his hiding place (in) darkness. Surrounding him is his thicket. The cloud masses are dark (upon) the waters.

12 Away from the brightness in front of him, his dark clouds pass over, (with) hail and coals of fire.

13 Then the Lord* causes thunder in the heavens, and the Most High delivers his voice (with) hail and coals of fire,

14 And he shoots his arrows and scatters them, and great are the lightning flashes as he confuses them.

15 Then channels of water are observed, and the foundations of the world uncovered from your rebuke, O Lord*, a breath of wind from your nostrils.

16 He extends down from a high place (where) he takes me. He draws me out of great waters.

17 He rescues me from my strong enemy, and from those who hate me, for they are stronger than me.

18 They confront me in the day of my distress, but the Lord* has been a support for me,

19 So he brings me out to a spacious place. He delivers me, for he delights in me.

20 The Lord* deals fully with me according to my righteousness. He repays me according to the cleanness of my hands,

21 For I have kept the ways of the Lord*, and I have not acted wickedly against my God,

22 For all his judgments are before me, and I have not put his statutes away from me,

23 And I am honest with him, and keep myself away from iniquity.

24 Yes, the Lord* repays me according to my righteousness, according to the cleanness of my hands in front of his eyes.

25 With the kind, you show yourself kind, with (those) who are strong in integrity, you deal in integrity,

26 With the pure, you show yourself pure, but with the perverted, you deal in a contorted manner.

27 For you bring salvation (to) the people of affliction, but you lower the raised eyes.

28 For you light my lamp. The Lord* my God will shine upon my darkness.

29 For in you, I can run (like) a marauding band, and in my God I can leap over a wall.

30 God is perfect (in) his way. The speech of the Lord* is refined. He is a shield for all who seek refuge in him,

31 For who is God except the Lord*, and who is the rock besides our God?
32 He is the God who equips me (with) strength, and (he) sets my path (in) integrity.

33 Who sets my feet like does', (and) secures me upon my battlefields,
34 Teaching my hands to do battle, that my arms can press down a bow of bronze.

35 You have given to me the shield of your salvation. Your right hand supports me, and your supervision makes me great.

36 You broaden my steps beneath me, so that my ankles do not shake.

37 I chase after my enemies, then overtake them, and do not turn back until their destruction.

38 I shatter them so they are not able to rise. They fall underneath my feet.

39 For you help me (with) strength for the battle. You cause those rising up against me to bow down underneath me,

40 And you give to me the back of the neck (of) my enemies, so that those that hate me, I may annihilate them.

41 They might cry out for help, but there will be no one to save (them), (even) to the Lord*, but he will not answer them.

42 For I will pulverize them like dust upon the face of the wind. Like mire in the streets, I will empty them out.

43 You will deliver me out of the strife of the people. You will appoint me for the head of nations. A people that do not know me will serve me.

44 At the hearing of a report, they will be obedient to me. Foreigners will come cringing to me.

45 Foreigners will give up, and come quaking out of their remote hideaways.

46 The Lord* lives, and blessed is my rock, for the God of my salvation is exalted.

47 He is the God who grants vengeance to me, and directs the peoples under me,

48 Who delivers me from my enemy. Yes, you lift me up from anyone who rises against me. You rescue me from the violent man.

49 Therefore I will praise you among the nations, O Lord*, and to your name I will make music,

50 (To) the one who magnifies the salvation of his king, and provides steadfast love for his anointed one, for David, and for his offspring forever and ever.

Psalm 19

To the musical director: a psalm of David.

The heavens declare the glory of God, and the firmament the work of his hands.

2 Day by day it pours out speech, and night by night it declares (its) knowledge.

3 There is no speech nor words without their voice being heard.

4 Into all the earth their sound goes out, and their words to the ends of the world. He pitches a tent for the sun among them,

5 And it is like a bridegroom coming out from his canopy. It is like a young man showing joy as he runs along a path.

6 From the end of the heavens is its rising, and its circuit is over their outskirts, and there is no one who is hidden from its heat.

7 The Torah of the Lord* is perfect, that turns around a life. The testimony of the Lord* is reliable, making wise the simple.

8 The precepts of the Lord* are upright, making the heart glad. The commandment of the Lord* is clear, lighting up the eyes.

9 The fear of the Lord* is pure, standing forever. The judgments of the Lord* are true. They are altogether righteous,

10 More desirable than gold, even better than fine gold, and sweeter than honey, yes, flowing honey of the combs.

11 Indeed, your servant is instructed by them. In observing them is much gain.

12 Who could understand sins of ignorance? Hold me innocent from the hidden ones.

13 More so from presumptuous ones, hold back your servant. Do not let them rule in me, then I will be complete, and free from the great transgression.

14 Let the words of my mouth, and the meditation of my heart, be acceptable before you, O Lord*, my rock and my redeemer.

Psalm 20

To the musical director: a psalm of David.

The Lord* will answer you in the day of distress. He will set you securely on high, (in) the name of the God of Jacob.

2 He will send you help out of the sanctuary, and from Zion he will sustain you.

3 He will remember all your offerings, and find your burnt sacrifices acceptable. Selah.

4 He will give to you according to your heart, and all your purposes he will fulfill.

5 Let us give a joyous cry in your salvation, and in the name of our God, let us raise up a banner. The Lord* will fulfill all your petitions.

6 Now I know that the Lord* will deliver his anointed one. He will answer him from where his holiness abides, by the strength of his right hand.

7 These are in the chariot, and those are on the horses, but we will bring remembrance of the name of the Lord* our God.

8 They bow down and fall, but we rise up and are restored.

9 O Lord*, help (us). May the king answer us on the day we call.

Psalm 21

To the musical director: a psalm of David.

O Lord*, in your might, the king is glad, and in your salvation, how much he does rejoice!

2 The desire of his heart you have given to him, and the request of his lips you do not withhold,

3 For you put before him the blessings of good things, and you set upon his head a crown of fine gold.

4 He has asked for life from you. You have given (it) to him, length of days forever and ever.

5 Great is his glory in your salvation. Splendor and majesty you have placed upon him,

6 For you bestow blessings upon him without end. You make him joyful in gladness by your presence.

7 For the king who trusts in the Lord* and in the steadfast love of the Most High will not waver.

8 Your hand will find all your enemies. Your right hand will find those who hate you.

9 You will make them like a fire-pot at the time of your presence. In his anger the Lord* will engulf them, and fire will consume them.

10 You will destroy their fruit off the earth, yes, their seed away from the children of mankind,
11 For they have spread evil against you. They have planned a scheme, but they will not prevail,
12 For you will make them turn shoulder. With your bow strings, you will make ready for their appearance.
13 Rise up, O Lord*, in your power. Let us sing and make music about your strength.

Psalm 22

To the musical director: according to The Doe of the Dawn. A psalm of David.

My God, my God, why have you abandoned me. Far from my deliverance, is the utterance of my roaring.

2 My God, I cry out daily, but you have not answered me, and (at) night, but I cannot be silent.

3 For you are holy, (you) who dwells in the praises of Israel.

4 In you our fathers trusted, they trusted, and you brought them into security.

5 To you they cried out, and they were brought to safety. In you they trusted, and they were not ashamed.

6 But I am a worm, and not a man, the reproach of mankind, and despised of people.

7 All who see me, they mock me. They jut out the lip. They shake the head.

8 Roll (him) to the Lord*! Let him bring him to safety. Let him deliver him, since he delights in him.

9 For you are the one who drew me out from the womb, who made me secure upon my mother's breasts.

10 I have been cast upon you from birth. From the womb of my mother, you have been my God.

11 Do not remain distant from me, for trouble is close by, as there is no one to help.

12 Many bulls have surrounded me. The strong ones of Bashan have encompassed me.

13 They have opened their mouth against me, like a lion who tears (flesh) and roars.

14 I have been poured out like water. All my bones have separated from each other. My heart is like wax that has melted in the middle of my bowels.

15 My strength has dried up like a shard, and my tongue has stuck to my jaw. Indeed, you have set me down into the dust of death.
16 For dogs have surrounded me. A congregation of evildoers has encompassed me, like a lion at my hand and foot.
17 I can count all of my bones. They gaze and look at me.
18 They divide my garments among themselves. Yes, they cast lots over my clothing.
19 But you, O Lord*, do not remain distant. O, my help, come quickly to my aid.
20 Deliver my soul from the sword, my life from the paw of the dog.
21 Save me from the mouth of the lion, and respond for me against the horn of the wild ox.
22 I will tell of your name to my brothers. In the midst of the congregation I will praise you.
23 You who fear the Lord*, praise him! All you descendants of Jacob, give him glory! Stand in awe of him, all you children of Israel,
24 For he does not despise nor detest the affliction of the poor, nor does he make his face hidden from him. So when someone cries out, he listens to him.
25 I will give praise for you in the great assembly. I will complete my vows before those who fear him.
26 The poor will eat and be satisfied. They will praise the Lord*, seeking him out. Let him live forever in your heart.
27 All ends of the earth will remember, and return to the Lord*, and all the families of nations will bow down to your name.
28 For the Lord* has dominion, and is the ruler among the nations.
29 All of the vigorous men of the earth eat and worship in his presence. All who descend to the dust will bow down, and his soul will not live.
30 His children will serve him. They will be counted of the Lord for generations.
31 They will enter in, and they will tell of his righteous (acts) that he has done for the native-born people.

Psalm 23

A psalm of David.

The Lord* is my shepherd, I will not lack.

2 He makes me to lie down in pastures of grass. He leads me to quiet waters.

3 He restores my soul. He guides me along the tracks of righteousness for the sake of his name.

4 Even when I am walking through the valley of the death-shadow, I will fear no evil, for you are with me. Your rod and staff, they comfort me.

5 You arrange a table before me in front of those who harass me. You have anointed my head with oil. My cup is full.

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

Psalm 24

A psalm of David.

The earth and all its entirety is of the Lord*, the world and those who dwell in it.

2 For it is he who set the foundations of it with respect to the seas, who established it with respect to the rivers.

3 Who may ascend to the mountain of the Lord*, and who may rise up to his holy place?

4 (One with) clean hands and pure heart, who does not lift up his soul to vanity, nor take an oath to deceit.

5 He carries a blessing from the Lord*, and righteousness from the God of his salvation.

6 This is the generation that seeks him. Those who desire your presence (are of) Jacob. Selah.

7 Lift up your main gates, yes, be lifted up, you eternal doors, and let the king of glory enter in!

8 Who is this king of glory? The Lord*, strong and mighty, the Lord*, mighty in battle.

9 Lift up your main gates, yes, lift up the eternal doors, and let the king of glory enter in.

10 Who is he, this king of glory? The Lord* of hosts, he is the king of glory. Selah.

Psalm 25

Of David.

I lift up my soul to you, O Lord*.

2 My God, I have trusted in you. Let me not be ashamed, nor let my enemies cheer over me.

3 Indeed, all those who wait on you will not be ashamed. Those who deal treacherously (for) nothing will be ashamed.

4 Make me to know your paths, O Lord*. Teach me your ways.

5 Lead me into your truth, and teach me, for you are the God of my salvation. I wait for you all day long.

6 Remember your mercies, O Lord*, and your kindnesses, for they are from ancient times.

7 Do not remember the sins of my youth, or my transgressions. Have memories of me (in) you, according to your steadfast love, for the sake of your goodness, O Lord*.

8 Good and upright is the Lord*, therefore he directs sinners along (his) way.

9 He leads the meek into justice, and teaches them his way.

10 All the ways of the Lord* are steadfast love and truth to those who keep his covenant and testimonies.

11 For your name's sake, O Lord*, may you pardon my iniquity, for it is great.

12 Who is this man who fears the Lord*? He will direct him along the way that he chooses.

13 His soul will remain in goodness, and his offspring will inherit the land.

14 Those who fear him have intimacy with the Lord*, even showing them his covenant.

15 My eyes are continually upon the Lord*, for he brings out my feet from the net.

16 Turn to me, and be gracious to me, for (I am) alone and afflicted.

17 The distresses of my heart have become larger. Bring me out of my perils!

18 Look on my affliction and my trouble, and take away all my sins.

19 Look at my enemies, for they have become numerous, and the hatred of violent men that hate me.

20 Guard my life, and deliver me. Let me not be ashamed, for I have sought refuge in you.

21 Integrity and uprightness will sustain me, as I wait for you.

22 O God, redeem Israel from all his troubles.

Psalm 26

Of David.

O Lord*, vindicate me, for I have walked in my integrity, and in the Lord* I have trusted. I cannot slip.

2 Examine me, O Lord*, and try me. Refine my emotions and my heart,

3 For your steadfast love is before my eyes, and I walk about in your truth.

4 I have not dwelled with worthless men, nor do I go in among sinister men.

5 I have hated the assembly of the evil, and with the wicked I will not dwell.

6 I will wash my hands in innocence, and I will march around your altar, O Lord*,

7 To make (you) known with the sound of thanksgiving, and to give account of all your wonderful works.

8 O Lord*, I love the habitation of your house, and the dwelling place of your glory.

9 Do not gather my soul together with sinners, nor my life with men of bloodshed,

10 Whose scheme is in their hands, and their right hand full of a bribe.

11 But I will walk in my integrity. Redeem me and favor me.

12 My foot stands in a level place. In the choirs I will bless the Lord*.

Psalm 27

Of David.

The Lord* is my light and my salvation. From whom will I be afraid? The Lord* is the refuge for my life. From whom will I be in dread?

2 As evildoers draw near to me, adversaries and enemies, to consume my flesh, they stagger and fall.

3 If a company encamps against me, my heart will not fear. If war rises up upon me, this is what I am trusting in.

4 I have asked one thing from the Lord*. I desire a sign, that my dwelling be in the house of the Lord* all the days of my life, to reflect on the delightfulness of the Lord*, and to contemplate within his holy temple.

5 For he will hide me in a booth in the day of evil. He will conceal me in the covering of his tabernacle. He will lift me up upon a rock.

6 At last, my head will be lifted up above my enemy surrounding me, and I will offer sacrifices with a shout of joy in his tabernacle. I will sing and make music to the Lord*.

7 Listen, O Lord*, (to) my voice (as) I am crying out, and be gracious to me, and answer me.

8 (This is) for you, he said (to) my heart. Seek my face. I will seek your face, O Lord*.

9 Do not hide your face from me. Do not extend your anger to your servant. You are my help. Do not forsake me, nor abandon me, O God of my salvation.

10 When my father and mother have left me, the Lord* will take me in.

11 Instruct me in your way, O Lord*, and guide me along the path of the upright, on account of those who spy on me.

12 Do not give me over to the soul of my enemy, for false witnesses have risen against me, and those who breathe out violence.

13 (Oh) If I had not believed (that I would) look among the good things of the Lord* in the land of the living!

14 Wait on the Lord*, be strong and let your heart be firm, yes, wait on the Lord*,

Psalm 28

Of David.

To you, O Lord*, I cry out, O my rock. Do not keep silent from me, lest you remain silent from me, and I become like those who descend to the pit.

2 Hear the voice of my supplication when I cry for help to you, when I lift up my hands to the holy of holies.

3 Do not drag me along with the wicked or with workers of iniquity, those who speak shalom with their friends, but are wicked in their heart.

4 Give to them according to their works, and according to the evil of their actions, give to them according to what they did by their hands. Return back their due to them.

5 Because they pay no attention to the works of the Lord*, or the deeds (performed) by his hands, he will break them down, and he will not build them back up.

6 Blessed is the Lord*, for he hears the voice of my supplication.

7 The Lord* is my strength and my shield. My heart is confident in him, and I receive help, then my heart rejoices, and with a song I will praise him.

8 The Lord* is strength to his people, and (he is) a fortress of deliverance (to) his anointed.

9 Save your people, (and) bless your inheritance, (and) nurture them, (and) lift them up forever.

Psalm 29

A psalm of David.

Attribute to the Lord*, you young rams, attribute to the Lord* glory and power.

2 Attribute to the Lord* the glory of his name. Bow down in worship to the Lord* in the splendor of his holiness.

3 The voice of the Lord* is over the waters, the God of glory is thundering, the Lord*, over the great waters.

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

5 The voice of the Lord* breaks down cedars. Yes, the Lord* has broken the cedars of Lebanon to rubble,

6 And he has made them skip like a calf, Lebanon and Sirion like the young of the wild oxen.

7 The voice of the Lord* divides flames of fire.

8 The voice of the Lord* brings travail (in) the wilderness. The Lord* brings travail (in) the wilderness of Kadesh.

9 The voice of the Lord* causes does to writhe as it strips forests, and within his temple all are saying, Glory!

10 The Lord* was seated (on the throne) during the flood, and he will be seated as king forever.

11 The Lord* gives strength to his people. The Lord* blesses his people with shalom.

Psalm 30

A psalm. A song of dedication for the house of David.

I will exalt you, O Lord*, for you have raised me up, and you have not allowed my enemy to cheer over me.

2 O Lord* my God, I cried to you for help, and you restored me.

3 O Lord*, you have brought up my soul from Sheol. You have kept me alive from my descent to the pit.

4 Make music to the Lord*, you his devoted ones, and give thanks in remembrance of his holiness.

5 For it is (but) a moment in his anger, but a lifetime in his favor. One may spend the night weeping, but he will shout for joy in the morning.

6 So I speak at ease. I will never be shaken.

7 O Lord*, by your favor, you have stood as my mountain of strength. When you hide your face, I become afraid.

8 To you, O Lord*, I cry out, for to my Lord I may ask for grace.

9 What is the profit in my blood when I descend into ruin? Can the dust praise you? Can it announce your truth?

10 Hear, O Lord*, and be gracious to me. O Lord*, be a help to me.

11 You turned my wailing into dancing for me. You removed my sackcloth, then you girded me with gladness.

12 On account of (this), my soul will make music to you, and will not remain silent. O Lord* my God, I will praise you forever.

Psalm 31

To the musical director: a psalm of David.

I seek refuge in you, O Lord*. I will not be ashamed any more. In your righteousness, deliver me.

2 Extend your ear to me. Rescue me quickly! Be as a rock of refuge for me, as a secure house for my salvation,

3 For you are my cliff and my fortress. For the sake of your name, would you lead me and guide me?

4 Will you bring me out from the net that they hid for me, for you are my refuge?

5 Into your hand I am committing my spirit. You have redeemed me, O Lord* God of truth.

6 I have hated those who keep empty vanities, but I have trusted in the Lord*.

7 I will rejoice and be glad in your steadfast love when you see my affliction. You know about the troubles of my soul,

8 And you have not shut me in the hand of the enemy. You have set my feet to stand in the broad place.

9 Be gracious to me, O Lord*. Because of my distress, my eye wastes away in grief, (and) my appetite and stomach,

10 For they have wasted my life in sorrow, and my years in groaning. My strength has failed in my iniquity, and my bones have wasted away.

11 On account of all those who vex me, I am a reproach, even more to my neighbors, and a terror to my acquaintances who see me on the street. They flee away from me.

12 I am forgotten, out of mind like the dead. I am like a vessel that is in ruins,
13 For I have heard the whispering of many, fear from all about, while they seat themselves in unison against me. They purpose to take my life,
14 But I have trusted upon you, O Lord*. I have said, you are my God.
15 My fortunes are in your hand. Rescue me from the hand of my enemy and from my pursuers.
16 Radiate your presence upon your servant. Save me in your steadfast love.
17 O Lord*, let me not be ashamed, for I have cried out for you. Let the wicked be ashamed. Let them be silent in Sheol.
18 Let the lips that lie grow silent, those who speak against the righteous, arrogant in haughtiness and contempt.
19 How great is your goodness that you have stored up for those who fear you, that you have performed for those who seek refuge in you, in front of the children of mankind.
20 You have hidden them in a secret place in your presence, away from the conspiracies of men. You have stored them in a shelter away from the quarreling of the tongue.
21 Blessed is the Lord*, for he has done wonderful things in his steadfast love for me in a city of refuge.
22 When I say in my trepidation, I am cut off from your sight, then you have listened to the voice of my supplication when I cry out for help to you.
23 Love the Lord*, all his devoted ones. The Lord* watches over the faithful, but gives retribution against the rest, who do prideful things.
24 Be firm, and he will strengthen your hearts, all of you who wait for the Lord*.

Psalm 32

A contemplative poem of David.

Blessed is the one who is forgiven from transgression, whose sins are covered.

2 Blessed is the man whom the Lord* will not charge iniquity to, and there is no deceit in his spirit.

3 Although I have remained silent, my bones have worn out in my groaning all day long.

4 For by day and night your hand has been heavy upon me. My inner juice has turned into a drought of summer.

5 I have declared my sin to you, and have not covered up my iniquity. I have said, I will confess it, lifting my transgression to the Lord*, and you carried away the guilt of my sin.

6 Upon this, every devoted one will pray to you, only at the time found, that the mighty waters of a flood, they do not reach him.

7 You are a hiding place for me. You protect me from distress. When crying out for deliverance, you encompass me. Selah.

8 I will instruct you, and teach you in the way you should go. I will counsel (you). My eye is on you.

9 Do not be like a horse or mule, who does not understand, (who) is decked out in a bridle and halter to hold him back, (so he) does not come close to you.

10 Great is the anguish of the wicked, but those who trust in the Lord*, steadfast love will surround them.

11 Be glad in the Lord*, and rejoice, all (you) righteous ones, and give a joyous shout, all you upright in heart.

Psalm 33

Give a joyous shout to the Lord*, you righteous (ones)! Beautiful is the praise of the upright.

2 Give thanks to the Lord* on the harp. Make music to him on a lute of ten strings.

3 Sing to him a new song. Make pleasant the strumming, with a shout of joy,

4 For upright is the word of the Lord*, and all his deeds are faithful.

5 A lover of righteousness and justice, the steadfast love of the Lord* fills the earth.

6 By the word of the Lord*, the heavens were made, and by the breath of his mouth, all their host,

7 Who collects the waters of the sea as a heap, who places them in deep storehouses.

8 Let all the earth fear the Lord*. Let all who dwell in the world stand in awe of him,

9 For he said (it), and it happened. He commanded (it), and it appeared.

10 The Lord* has made the counsel of the nations of no effect. He has frustrated the plans of peoples.

11 The counsel of the Lord* will stand forever, the plans of his heart are from generation to generation.

12 Blessed is the nation for which the Lord* is their God, the people he has chosen for his inheritance.
13 From the heavens, the Lord* looks down. He sees all the children of mankind.
14 From his established resting place, he gazes upon all those who dwell on the earth.
15 He who formed their minds at once, is the one who observes all their deeds.
16 There is no king that can be saved by a great army. The warrior cannot be rescued by great strength.
17 It is a deception that a horse is for deliverance, for by its great strength it cannot deliver.
18 Now the eye of the Lord* is on those who fear him, to those who wait (for) his steadfast love,
19 To rescue their soul from death, or to revive them from hunger.
20 Our souls long for the Lord*. He is our help and shield.
21 For in him our hearts will be glad, for we trust in his holy name.
22 Let your steadfast love be upon us, O Lord*, when we wait for you.

Psalm 34

Of David. When he altered his personality in the presence of Abimelech, and he drove him away, then he left.

I will bless the Lord* at all times. His praise will continually be in my mouth.
2 My soul will glory in the Lord*. The afflicted will listen, and they will be glad.
3 Magnify the Lord* with me, and let us exalt his name together.
4 I sought the Lord*, and he answered me, and from all my fears he rescued me.
5 They look to him and beam, and their faces are not ashamed.
6 This is the afflicted one, who cries out and the Lord* listens, and delivers him out of all his distresses.
7 An angel of the Lord* encamps around those who fear him, then he rescues them.
8 Experience and see that the Lord* is good. Blessed is the man who will seek refuge in him.

9 Fear the Lord*, you, his sacred ones, for there is no lack for those who fear him.

10 Young lions are in want and hunger, but those who seek the Lord* will have no lack of any good thing.

11 Come, children, listen to me. I will teach you the fear of the Lord*.

12 Who is the one whose desire of life, whose love, is to see good things day by day?

13 Keep your tongue from evil, and your lips from words of deceit.

14 Turn aside from evil, and do good. Desire shalom, and pursue it.

15 The eyes of the Lord* are upon the righteous, and his ears to their cry for help.

16 The face of the Lord* is against evildoers, to cut their memory off from the earth.

17 They cry out, and the Lord* listens, and rescues them from all their distresses.

18 The Lord* is near to the brokenhearted, and he saves the contrite of spirit.

19 Many are the calamities of the righteous, but the Lord* will rescue him out of all of them,

20 Who preserves all of his bones, not one of them is broken.

21 Transgression will kill the wicked, and those who hate the righteous will be found guilty.

22 The Lord* redeems the soul of his servants, and all who seek refuge in him will be found innocent.

Psalm 35

Of David.

Contend, O Lord*, with the one who contends with me. Fight with the one who fights against me.

2 Take hold of a shield, yes, a great shield, and rise up to my aid,

3 And draw out a spear, then close in to encounter my pursuers. Say to my soul, I am your salvation.

4 Say to the anxious of heart, Be strong, do not fear. Now your God of vengeance will come, the recompense of God. He himself will come and be your salvation.

5 Let them be like chaff in front of the wind, as an angel of the Lord* thrusts them away.

6 Let their path be dark and slippery, and with an angel of the Lord* pursuing them,

7 For without cause they have secretly hidden a pit with their net for me.
Without cause they have dug (one) for my life.

8 Let ruin come to him that he is not aware of, and his net that he hid capture
him. Let him fall into it, to (his) ruin.

9 But my soul will be joyful in the Lord*, it will rejoice in his salvation.

10 All my bones will say, Who, O Lord*, is like you, who rescues the
afflicted from one of greater strength than him, and the afflicted and needy
one from anyone who would rob him.

11 Throngs of violent men will rise up. They will ask of me that which I do
not know.

12 They will reward me evil instead of good, the sorrow of my soul.

13 Yet, when they were sick, my clothing was sackcloth. I afflicted my soul
in fasting, and my prayer turned down upon my bosom.

14 As if it were a friend, a brother to me. I paced back and forth. Like a
mourning mother, I bowed down in gloom.

15 Yet they were glad, and gathered together at my stumbling. Foreigners
that I did not know assembled themselves around me. They ripped away and
were not silent.

16 Among the godless ones were mockers forming a circle, who ground their
teeth over me.

17 O Lord, for how long will you look on? Recover my soul from their
ravages, my only one, from the young lions.

18 I will give thanks to you in the great assembly. Among a people without
number, I will praise you.

19 Do not let my enemies falsely cheer over me, that those who hate me
without cause could wink an eye,

20 For they do not speak shalom, and they plan ways of deception (for) the
quiet ones of the land,

21 And they open their mouths wide against me. They say, Aha, aha, our
eyes have seen (it).

22 You have seen, O Lord*, do not be silent. O Lord, do not become distant
from me.

23 Rouse yourself, and awaken for my justice, my God and my Lord, for my
cause.

24 Judge me according to your righteousness, O Lord* my God, but let them
not rejoice over me.

25 Let them not say in their hearts, Aha, what we have desired! Let them not
say, We have engulfed him.

26 Let those who are gladdened by my distress be ashamed and humiliated together. Let those who magnify (themselves) over me be clothed with shame and humiliation.

27 Let those who desire my justice give a joyful shout and be glad, and let them continually say, Let the Lord* be magnified. His desire is shalom for his servant,

28 And my tongue will utter your righteousness, your praise all day long.

Psalm 36

To the musical director: of the servant of the Lord*, of David.

A revelation from the depth of my heart (about) the transgression of the wicked. There is no fear of God in front of his eyes,

2 For he has dealt smoothly with him in his sight, to detect his iniquity to hate.

3 The words of his mouth are wickedness and deceit. He has ceased to act prudently, to do well.

4 He has wicked imaginations upon his couch. He is setting himself along a path that is not good. He does not reject evil.

5 O Lord*, in the heavens is your steadfast love. Your faithfulness is up to the clouds.

6 Your righteousness is like the majestic mountains. Your judgment is to the great depths. You bring deliverance to man and animal, O Lord*.

7 How precious is your steadfast love, O God, and to the children of mankind. In the shadow of your wings, (one) can seek refuge.

8 They will drink their fill from the abundance of your house. Yes, you will give them drink (from) the stream of your delights,

9 For with you is a fountain of life. In your light, we will see light.

10 Continue your steadfast love to those who know you, and your righteousness to the upright in heart.

11 Do not let the foot of the proud come up to me, nor let me wander into the hand of the wicked.

12 There the workers of iniquity have fallen. They were thrust down, and they were not able to rise.

Psalm 37

Of David.

Let not your anger be kindled by evildoers. Do not be envious of those who do iniquity,

2 For as the green grass is fleeting, they will hastily wither, and like the grassy herbs they will fade.

3 Trust in the Lord*, and do good. Abide in the land, and cherish faithfulness,

4 And take exquisite delight in the Lord*, and he will give to you the desires of your heart.

5 Roll along your path to the Lord*, and trust in him, and he will bring it about.

6 Yes, he will bring forth your righteousness as the light, and your justice as noontime.

7 Be silent before the Lord*, and wait longingly for him. Do not burn with anger against one who prospers in his way, (or) against one who makes evil plans.

8 Refrain from anger, yes, abandon wrath. Do not allow yourself to burn within, only to (do) evil,

9 For the wicked will be cut off, but those who wait for the Lord*, they will inherit the land,

10 And yet a little while, and there will be no wicked one. Yes, you may diligently ponder his location, but he will not be (there),

11 For the afflicted will inherit the land, and they will delight themselves with the abundance of shalom.

12 He who plans wickedness toward the righteous, and grinds his teeth over him,

13 The Lord laughs at him, for he sees that his day will come.

14 The wicked draw the sword and bend the bow to bring down the afflicted and poor,

15 Their sword will enter into their heart, and their bows will be broken.

16 Better are a few of the righteous, than a crowd of many wicked ones,

17 For the arms of the wicked will be broken, but the Lord* is the supporter of the righteous.

18 The Lord* knows the days of his people of integrity, for their inheritance will be everlasting.

19 They will not be ashamed in a time of peril, and in days of famine, they will have their fill,

20 For the wicked will perish, and the enemies of the Lord* will be like the glory of the pastures, all of them into smoke, all of them.

21 The wicked (one) borrows, yet he does not repay, but the righteous is one who is gracious and giving,

22 For those prospered by him will inherit the land, and those cursed by him will be cut off.

23 The steps of a strong man are established by the Lord*, and he takes delight in his way,

24 For he may fall, but he will not be cast down, for the Lord* is supporting his hand.

25 I have been a boy, also an old man, and I have not seen the righteous abandoned, nor his offspring searching for food.

26 All day long, he is gracious and a lender, and his offspring will be for a blessing.

27 Turn away from evil, and do good, and so abide forever,

28 For the Lord* loves justice, and he will not abandon his devoted ones. Forever they will be watched over, but the offspring of the wicked are cut off.

29 The righteous will inherit the land, and they will abide forever on it.

30 The mouth of the righteous utters wisdom, and his tongue speaks justice.

31 The Torah of his God is in his heart. His steps will not slip.

32 The wicked spies on the righteous, and has a desire for his death.

33 The Lord* will not abandon him to his hand, nor in his justice allow calamity upon him.

34 Wait upon the Lord*, and keep his way, and he will lift you up to possess the land. You will observe when the wicked are cut off.

35 I have seen a wicked man be terrifying, even spreading himself out like a flourishing native tree,

36 Yet he passed through, and now he is not (there). Yes, I sought after him, but he was not found.

37 Keep (in) integrity, and look straight (ahead), for the end of (such) a man is shalom,

38 But the transgressors will be destroyed together. The posterity of the wicked will be cut off,

39 And the salvation of the righteous will be from the Lord*, their refuge in a time of trouble,

40 For the Lord* helps them and delivers them. He delivers them from the wicked, and he will save them, for they seek refuge in him.

Psalm 38

A psalm of David, to commemorate.

O Lord*, do not bring punishment upon me in your wrath, or in the heat of your anger chasten me,

2 For your arrows have penetrated into me, and your hand has come down on me.

3 There is no soundness in my flesh due to the presence of your indignation. There is no shalom within my frame due to the presence of my sin,

4 For my iniquities pass over my head. Like a heavy burden, they grow too heavy for me.

5 My stripes bring shame. They are festered, due to the presence of my folly.

6 I am bowed down. I am exceedingly humbled. All day long I go about (as) a mourner.

7 For my loins are filled with burning, and there is no soundness in my flesh.

8 I am numbed and exceedingly crushed. I roar from the groaning of my heart.

9 O Lord, all my desire is in front of you, and my sighing is not concealed from you.

10 My heart palpitates. My strength has left me, also the light of my eyes, even they are no longer with me.

11 My lovers and friends are standing away from my plague. Yes, those close to me stand at a distance.

12 Then those who desire my life take aim, and those who seek my calamity speak of destruction, as they utter treachery all day long.

13 Yet, I, like the deaf, cannot hear, and (am) like the mute who cannot open his mouth.

14 Yes, I have been like a man who does not hear, and has no response in his mouth.

15 Because I have waited for you, O Lord*, you will answer, O Lord my God.

16 For I have said, Lest they should cheer about me. When my foot slips, they magnify themselves over me,

17 For I am set up to stumble, and my pain is continually in front of me,

18 For I will declare my iniquity. I will be anxious about my sin.

19 My enemies in life are numerous, and those who wrongfully hate me are many,

20 But those who reward evil instead of good, let them be an adversary to me, instead of those who follow me for good.

21 Do not abandon me, O Lord*. My God, do not remain far from me.
22 Make haste to help me, O Lord, my salvation.

Psalm 39

To the musical director: to Jeduthun. A psalm of David.

I have said, Let me guard my way from sinning with my tongue. Let me keep a muzzle for my mouth, while the wicked are still in front of me.
2 I was bound in silence. I remained quiet, far from happiness, as my pain was stirred up.
3 My heart became hot in my innermost parts. While I was musing, the fire kindled. I spoke (this) with my tongue,
4 O Lord*, inform me of my end, and the length of my days. Let me know what is lacking in me.
5 Now my days that you granted are but handbreadths, and my duration is as non-existence before you. Surely every man that stands upright is total futility. Selah.
6 Surely (each) one walks back and forth in caricature. Surely he stirs about in vain. He stores up in heaps, but he does not know who is gathering them.
7 But now, what do I wait for, O my Lord? For you, that is my hope.
8 Deliver me from all my transgression. Do not lay the disgrace of a fool (upon) me.
9 I am silent. I do not open my mouth, for you have done (this).
10 Remove your plague over me. From the contention of your hand I am consumed.
11 You chasten a man in rebuke over iniquity, and you waste away the thing he desires like a moth. Surely every man is (but) a vapor. Selah.
12 Listen to my prayer, O Lord*, and hear my cry for help. Do not be silent to my tears, for I am a sojourner like all of my fathers.
13 Turn a blind (eye) from me, and let me show a smile, before I go away, and I am no more.

Psalm 40

To the musical director: a psalm of David.

Eagerly I waited for the Lord*, and he stretched out to me, and he heard my cry for help,

2 And he lifted me up from the roaring pit, out of the mud and mire, then he raised my feet up to a cliff. (He) made my step secure.

3 Then he placed in my mouth a new song, the praise of our God. Many will see, and they will fear, and they will trust in the Lord*.

4 Blessed is the young man who places his trust in the Lord*, and does not turn to the proud, or those who fall away to deception.

5 O Lord* my God, you have done great things. You have performed wonders, and as to your plans for us, I will announce and speak out that there is no comparison to yours. They are too numerous to account for.

6 You have opened my ears, that you do not delight in sacrifice and offering. A burnt offering or a sin offering, you have not asked for.

7 Then I said, Now I enter in. It is written about me in a rolled-up scroll.

8 I desire to do your pleasure, my God, and your Torah is within my innermost parts.

9 I bear tidings of (your) righteousness in the great congregation. Indeed, I will not restrain my lips. You know (this), O Lord*.

10 Your righteousness I have not covered up inside my heart. I have spoken of your faithfulness and salvation. I have not hidden your steadfast love and truth to the great congregation.

11 O Lord*, do not withhold your mercies from me, and may your steadfast love and truth continually protect me.

12 For misfortunes have massed up on me in unlimited number. My transgressions have overtaken me, so that I am not able to see, more in number than the hairs on my head. Even my heart has abandoned me.

13 Take delight, O Lord*, in rescuing me. O Lord*, make haste to help me.

14 Let those who seek after my life to snatch it away be ashamed and disappointed. Let those who desire my distress be driven back and frustrated.

15 Let those who say to me, Aha, aha, be appalled over the consequence of their shame.

16 Let all those who seek you be glad and rejoice in you. Let those who love your salvation continually say, Let the Lord* be magnified.

17 For I am afflicted and needy. My Lord will make plans for me. You are my help and my deliverer. O God, do not delay.

Psalm 41

To the musical director: a psalm of David.

Blessed is he who is considerate to the poor. In the day of distress, the Lord* will rescue him.

2 The Lord* will guard him, and keep him alive. He will be blessed in the land, and he will not turn him over to the appetite of his enemy.

3 The Lord* will sustain him on the sick bed. You restore him from all his couches in his sicknesses.

4 I said to the Lord*, Be gracious to me. Restore my soul, for I have sinned against you.

5 My enemy will speak evil of me, When will he die and his name perish?

6 And if he goes about to look for vanity, he will say (in) his heart, This one gathers guilt to himself. He will go out into the street, (and) he will talk.

7 All those who hate me are whispering to each other about me. (Those) against me, they will plan calamity for me,

8 Let a vile substance be poured into him, so that he lies down but can never rise up.

9 Even a man (at) peace with me, in whom I trusted, who ate my bread, has lifted up the heel against me.

10 But you, O Lord*, favor me, and lift me up, and let me get retribution against them.

11 By this I will know that you have delighted in me, because my enemy will not shout in triumph over me,

12 And you have sustained me (as to) the integrity within me, for you have set me in front of you forever.

13 Blessed is the Lord* God of Israel, from long ago and to eternity. Amen and amen.

Book II

Psalm 42

To the musical director: a contemplative poem of the sons of Korah.

Like a deer longs for channels of water, so my soul longs for you, O God.

2 My soul is thirsty for God, the living God. When will I enter in and appear (in) the presence of God?

3 My tears are (as) food for me by day and night, while (they are) saying to me every day, Where is your God?

4 I remember these things, then I pour out my own soul, for I used to pass along in the throng. I walked with them to the house of God, with the sound of a joyous cry, and thanksgiving (among) the multitude making the pilgrimage.

5 Why is my soul cast down, and does it murmur within me? Wait for God, for still I will give thanks to him for his saving presence.

6 O, my God, my soul is cast down within me, and so I will keep you in remembrance from the land of the Jordan, and the peaks of Mount Hermon, from Mount Mizar.

7 Deep calls out to deep, to the sound of your waterspouts, and rollers pass over me.

8 Daily the Lord* commands his steadfast love, and by night his song is with me, a prayer to the God of my life.

9 Let me speak to God, my cliff. Why have you forgotten me? Why am I mourning to you under the oppression of the enemy?

10 With a shattering in my bones, my harassers have reproached me, when they say to me all day long, Where is your God?

11 Why is my soul cast down, and does it murmur within me? Wait for God, for still will I give thanks to him for his saving presence, for (he is) my God.

Psalm 43

Judge me, O God, and plead my cause against an ungodly nation. Deliver me from a man of deceit and injustice,

2 For you are the God of my strength. Why have you spurned me? Why do I walk along mourning under the oppression of the enemy?

3 Send your light and truth. They will guide me. They will bring me into your holy mountain, and to your dwelling place,

4 And I will go to the altar of God, to God, the gladness of my joy, and I will praise you on the harp, O God, my God!

5 Why is my soul cast down, and does it murmur within me. Wait for God, for still will I give thanks to him, salvation in my presence, my God.

Psalm 44

To the musical director: a contemplative poem of the sons of Korah.

O God, with our ears we have heard (it). Our fathers told to us the acts that you performed in their days, in days of long ago.

2 You (in) your power have dispossessed the nations that you planted. You brought calamities to peoples, as you cast them out.

3 For they did not inherit the land with their sword, nor did their strength save them, for it was your right hand and your strength, and the light of your presence, because you favored them.

4 You are he, O God my king. Ordain victories for Jacob.

5 In you, we will thrust away our adversaries. In your name, we will tread down those rising up against us,

6 For I do not trust in my bow, and my sword cannot save me,

7 For you bring deliverance to us from our adversaries, and reproach against those who hate us.

8 We boast every day about God. Yes, we will praise your name forever.
Selah.

9 Yet you have spurned us, and shamed us, and you do not go out with our armies.

10 You cause us to retreat from the adversary, and those who hate us take plunder for themselves.

11 You are setting us like sheep for consumption, as you scatter us into the nations.

12 You are selling your people for no value, as you have not gained an increase by their price.

13 You are putting us (in) disgrace to our neighbors, a mocking and derision to those around us.

14 You are setting us (as) a byword among the nations, a shaking of the head among the peoples.

15 All day long my reproach is in front of me, and the shame of my face covers me,

16 From the voice of the one who reproaches and reviles, from the presence of the enemy, and the one who avenges himself.

17 All of this has come to us, but we have not forgotten, nor have we dealt deceitfully with your covenant.

18 We have not turned our hearts away, yet you have thrust our steps out of your path,

19 For you have crushed us in a place of jackals, and you have covered us over with the death-shadow.
20 If we had forgotten the name of our God, or spread out our hands to a foreign god,
21 Would not God search this out, for he knows secrets of the heart?
22 Because for your sake, we are slain all day long. We are esteemed as sheep for slaughter.
23 Wake up! Why do you sleep, O Lord? Awaken, do not spurn us forever!
24 Why have you hidden your face? Are you forgetting our affliction and oppression?
25 For our soul drinks of the dust. Our belly clings to the earth.
26 Rise up! Provide help for us, and pay our ransom, for the sake of your steadfast love.

Psalm 45

To the musical director: according to The Lilies. A contemplative poem of the sons of Korah, a song of love.

My heart is stirring with a good word. I am speaking my verses to the king.
My tongue is a stylus, a ready scribe.
2 You are more beautiful than the children of mankind. Grace is poured out on your lips, and so God has blessed you forever.
3 Gird your sword upon your thigh, O strong one, in your praise and your splendor,
4 And in your splendor, be prosperous! Ride upon the word of truth, meekness, and righteousness, with your Torah in your right hand to inspire awe.
5 Your arrows are sharpened for nations, which will fall under you, the enemies of the king at heart.
6 Your throne, O God, is forever and ever. A scepter of integrity is the scepter of your kingdom.
7 You love righteousness and hate wickedness, therefore God, your God, has anointed you with the oil of joy more than your companions.
8 All your garments are myrrh and aloes of cassia. From places of ivory, harp strings will gladden you.
9 Daughters of kings are among your precious ones. A consort takes her place beside your right hand in gold of Ophir.

10 Listen, O daughter! Look, and extend your ears, and forget your people and the house of your father,
11 For the king desires your beauty, for he is your Lord, so you should bow in worship to him.
12 Then the daughter of Tyre (comes into) your presence with a gift. The rich (among) the people will ask for your favor.
13 All the glory of the daughter of the king is within the house. Her clothing is from plaited settings of gold.
14 In embroidered fabric, she is led along to the king. The virgins following her are the attendants. They are brought to you.
15 They are led along in gladness and rejoicing. They are brought into the palace of the king.
16 In the place of your fathers will be your sons. You will establish them as princes in all the earth.
17 I will bring your name to remembrance throughout all generations, so that all nations will praise you forever and ever.

Psalm 46

To the musical director: of the sons of Korah, according to Young Women, a song.

God is to us refuge and strength, a very available help through distresses.
2 Therefore we will not be afraid when the earth shifts, or when mountains shake in the midst of seas.
3 Let the waters roar (and) foam. Let the mountains quake as they swell up.
Selah.
4 (There) is a river whose channels bring gladness to the city of God, the holy dwelling places of the Most High.
5 When God draws near to it, it will not shake, for God will assist it to the appearance of the morning.
6 The nations roar, the kingdoms shake. He delivers a retort, (and) by his voice the earth melts.
7 The Lord* of hosts is with us. The God of Jacob is a secure retreat for us.
Selah.
8 Come see the works of the Lord*, who set ruin on the earth.
9 He is halting wars to the end of the earth. He shatters the bow, and cuts the spear in two. He burns chariots of war with fire.

10 Be quiet and know that I am God. I am exalted among the nations. I am exalted throughout the earth.

11 The Lord* of hosts is with us. The God of Jacob is a secure retreat for us. Selah.

Psalm 47

To the musical director: a psalm of the sons of Korah.

Clap hands, all (you) peoples! Raise a cry to God with the sound of a joyous shout,

2 For the Lord* most high is awe-inspiring, the great king over all the earth.

3 He will subdue nations beneath us, and (entire) peoples under our feet.

4 He chooses for us our inheritance, the pride of Jacob, whom he loves.

Selah.

5 God ascends as the trumpet blasts, the Lord* at the sound of the shofar.

6 Make music to God, make music! Make music to our king, make music!

7 For the king of all the earth is God. Set music (to) a poem.

8 God rules over the nations. God sits upon his holy throne.

9 The nobility of nations gather themselves, people of the God of Abraham, for the shields of the earth are from God. (He is) highly exalted.

Psalm 48

A song of praise song of the sons of Korah.

Great is the Lord*, and very praiseworthy. In the city of our God is his holy mountain.

2 Beautiful in elevation is the exultation of all the earth, Mount Zion of the remote parts of the north, the city of the great king.

3 God is in her citadels. (He is) known as a refuge.

4 For now, kings assemble as appointed. Together they pass by.

5 They see, thus they are astonished. They are terrified. They hurry away in alarm.

6 A trembling seizes them, a travail as in childbirth.

7 By an east wind, you are breaking ships of Tarshish into pieces.

8 As we heard it, so we saw it, in the city of the Lord* of hosts, in the city of our God. O God, you will establish it forever.

9 We think of you, O God, (and) your steadfast love, in the midst of your temple.

10 Just as your name, O God, so are your praises across the boundaries of the earth.

11 Let Mount Zion be glad. Let the daughters of Judah rejoice, on account of your justice.

12 Go around Zion, yes, complete the circuit around it. Count its towers.

13 Set your heart to a rampart. Pass between its citadels, so that you may give account to a future generation.

14 Our God is forever and ever. He will continue to lead us against death.

Psalm 49

To the musical director: a psalm of the sons of Korah.

Hear this, all you peoples! Listen, all you inhabitants of the world!

2 Also you children of mankind, even children of a common man, rich and poor together.

3 My mouth will speak wisdom, and the meditation of my heart, understanding.

4 I will extend my ear to a parable. I will declare my riddle on the harp.

5 Why should I be afraid in days of distress, (with) the iniquity of those who would take advantage of me surrounding me?

6 Those who place (their) trust on their wealth, and who make their boast about the abundance of their riches.

7 A brother cannot redeem a man. He cannot offer up to God (for) his atonement.

8 For costly is the ransom of their soul, since forever it ceases to be,

9 Or he would live on to perpetuity. He would not see ruin.

10 For he will see that wise men die together (with) the foolish, and brutish men, they will perish, and abandon their wealth to others.

11 Their graves will be their homes, forever, their dwelling places from generation to generation. They call the lands by their (own) names.

12 Even a man of honor will not endure. He will be like the beasts that are destroyed.

13 This is their way of folly to themselves, yet those after them will be pleased with their sayings.

14 Like a flock in Sheol, they will drink of death. It will shepherd them, then they will descend away from the upright by morning, and their form will (go) to the ruin of Sheol, dwelling in it.

15 Nevertheless, God will redeem my soul from the power of Sheol, for he will take me in hand. Selah.

16 Do not fear a man that gains riches, so that the abundance of his house becomes fat,

17 For he will not take any of it in death. His abundance will not go down after him.

18 For he may bless himself in this life. Yes, they may praise you as you achieve good things for yourself.

19 He will enter into the generation of his fathers. To perpetuity they will not see light.

20 A man of honor, but who has not understanding, he is like the beasts that are destroyed.

Psalm 50

A psalm of Asaph.

God, the Lord God*, has spoken, and has proclaimed (it) to the earth, from the sun's rising to its setting.

2 From Zion, the perfection of beauty, God beams out.

3 Our God will enter in and not be silent. The fire of his presence will consume, and his surroundings will become very stormy.

4 He will call out to the heavens above, and to the earth, to minister justice over this people.

5 Gather to me my devoted ones, who made a covenant with me over sacrifice.

6 Even the heavens have declared his righteousness, for God is the one who judges.

7 Hear, my people, for I have spoken, O Israel, so will I solemnly charge you. I am God, your God.

8 I do not rebuke you concerning your sacrifices, as your burnt offerings have continually been in front of me.

9 I do not take a bull from your house, (or) he goats from your folds,

10 For all the animals of the forest are mine, (and) the cattle on a thousand hills.

11 I know all the flying creatures of the hills, and the moving creatures in the fields are with me.

12 I would not say to you, I am hungry, for the world and its entirety are mine.

13 Do I consume the flesh of strong beasts, or drink the blood of goats?

14 Offer a thank-offering to God, and complete your vow to the Most High,

15 And cry out to me in a day of distress. I will rescue you, and you will honor me.

16 But to the wicked, God has said, What is it to you to declare my statute, for you have taken up my covenant according to your mouth only?

17 And you have hated instruction, and cast my word behind you.

18 If you see a thief, you gain acceptance with him, and your chosen life is with adulterers.

19 You have let loose your mouth in an evil (way), and your tongue weaves deception.

20 You are dwelling with your brother whom you speak against. You ascribe fault to the son of your mother.

21 These things you have done, and I have remained silent. You thought that I had surely become like you. I will admonish you, and I will indite you in your sight.

22 Understand this, you who have forgotten God, lest I tear (you) apart, and there will be no rescue.

23 He who offers a thank-offering glorifies me, and establishes the way. I will allow him to look upon the salvation of God.

Psalm 51

To the musical director: a psalm of David. When the prophet Nathan came in to him, at the time he went in to Bathsheba.

Be merciful to me, O God, according to your steadfast love. Wipe away my transgression according to the multitude of your mercies.

2 Thoroughly cleanse me from my iniquity, and purify me from my sin,

3 For I am aware of my transgression, and my sin is continually before me.

4 Against you, you alone, I have sinned, and I have done evil in your sight, for you are righteous in your word, and justified in your judgment.

5 Look (at me), I was born in iniquity, and into sin my mother conceived me.

6 Surely you take pleasure in truth within the heart, so you make wisdom known to me inwardly.

7 Should you purify me with hyssop, then I will be pure. Should you wash me, then I will be whiter than snow.

8 Will you cause me to hear joy and gladness? Will the bones you have crushed rejoice?
9 Hide your face from my sins, and wipe out all my iniquity.
10 Create a clean heart in me, O God, and renew a steadfast spirit in my innermost parts.
11 Do not cast me away from your presence, and do not take your Holy Spirit away from me.
12 Return to me the joy of your salvation, and would you sustain (in) me a willing spirit?
13 I will teach transgressors your ways, so that those who sin against you will repent.
14 Rescue me from the guilt of bloodshed, O God, God of my salvation. My tongue will shout for joy (about) your righteousness.
15 O Lord, would you open my lips, so that my mouth can declare your praise?
16 For you do not delight in sacrifice, or I would give (it). You do not desire a burnt offering.
17 The sacrifices of God are a broken spirit, a broken and contrite heart. O God, you will not regard (these) with contempt.
18 In your favor, do good for Zion. May you build the walls of Jerusalem,
19 And may you delight in the sacrifices of righteousness, the burnt offering and the whole offering, then they will offer bulls upon you altar.

Psalm 52

To the musical director: a contemplative poem of David. When Doeg the Edomite came, and told Saul, and said to him, David entered into the house of Abimelech.

Why do you boast of evil, O strong man? God's steadfast love is all day long.
2 Your tongue devises destruction, like a sharpened razor that works (in) deceit.
3 You have loved evil more than good, a lie more than righteous speech. Selah.
4 You have loved all the alluring words, the tongue of deceit.
5 Indeed, God will break you down forever. He will snatch you up, and pull you away from the tent. Yes, he will root you up from the land of the living. Selah.

6 And the righteous ones will see, and be in awe, then they will laugh over him.

7 Behold, the strong man would not set God as his refuge, but he trusted in the abundance of his riches. He became strong in his lust,

8 But I am like a luxuriant olive tree in the house of God. I trust in the steadfast love of God forever and ever.

9 I will praise you forever for what you have done, and I will wait on your name, for it is good, in front of your devoted ones.

Psalm 53

To the musical director: according to Mahalath. A contemplative poem of David.

The foolish man says in his heart, God does not exist. They bring ruin and do abominations of injustice. There is not one that does good.

2 God looked down from heaven upon the children of mankind, to see if there was someone who acted wisely, someone who sought after God.

3 All of them have backslidden together, They are corrupt. There is not anyone who does good, not even one.

4 Do the workers of iniquity not understand, those who consume my people (as) they consume bread? They do not cry out to God.

5 There is a fear that they fear, (but) the fear is not of God, (so) he scatters the bones of those who set up camp against you. You put them to shame, because God has rejected them.

6 Who will grant the salvation of Israel from Zion? When God brings back the captivity of his people, Jacob will rejoice. Yes, Israel will be glad.

Psalm 54

To the musical director: accompanied by music of strings. A contemplative poem of David. When the Ziphites came and said to Saul, Does not David hide himself among us?

O God, in your name, save me, and in your strength, vindicate me!

2 O God, listen to my prayer! Extend an ear to the utterance of my mouth,

3 For strangers rise up against me, and those who strike terror desire my life. They do not put God before them. Selah.

4 Soon God will help me. The Lord is among those who sustain my life.

5 He returns evil to those who lurk over me. In your truth, put an end to them!

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

7 For from all my distress he has rescued me, and my eye has gazed down upon my enemy.

Psalm 55

To the musical director: accompanied by music of strings. A contemplative poem of David.

Extend (your) ear to my prayer , O God, and do not hide yourself from my supplication.

2 Pay attention to me, and answer me. I roam restlessly in my anxiety, and I am disturbed,

3 From the sound of the enemy, due to pressure from the wicked, for they heap trouble upon me, and in anger they bear a grudge against me.

4 My heart writhes in anguish inside me, as the terrors of death fall upon me.

5 Fear and trembling enters into me, and shuddering envelops me,

6 And I have said, Who will give me wings like a dove that I may fly away and settle down?

7 Now I must wander far away. I must lodge in the wilderness.

8 I must hasten my escape from the rushing wind, from the tempest.

9 Confuse (them), O Lord, divide their speech, for I have seen violence and strife in the city.

10 By day and night they form a circle around the wall, and misery and trouble are in the midst of it.

11 Destruction is within, oppression and treachery do not depart from its plaza.

12 For the enemy did not put me to shame, as I could suffer (him), nor one who hates me, who multiplies against me, as I could hide from him,

13 But it was you, a man according to my stature, my friend and my acquaintance.

14 When we used to make pleasant counsel together. We used to walk among the throng in the house of God.

15 Let death come deceitfully upon them. Let them go down to Sheol alive, for there are evil deeds within their dwelling place, in their midst.

16 I cry out to God, and the Lord* brings deliverance to me.

17 Evening, morning, and noon, I complain and murmur, and he hears my voice.

18 He has redeemed my soul in shalom, so that none may approach me, for among many, they will be near me.

19 God hears, and he afflicts them, yes, the one who sits (on the throne) from long ago. Selah. For whom there is no change, for they are not in fear of God.

20 He stretches out his hand against those at peace with him. He has violated his covenant.

21 The smooth words of his mouth are slippery, but (not) inside his heart. His words are softer than oil, yet they are drawn swords.

22 Cast your lot upon the Lord*, and he will sustain you. He will allow no shaking of the righteous one,

23 But you, O God, will cause them to go down to the pit of destruction.

Men of bloodshed and treachery will not complete half their days, but I will trust in you.

Psalm 56

To the musical director: according to The Silent Dove Far Away. A michtam of David, when the Philistines seized him in Gath.

Have mercy on me, O God. All sorts of men have trampled upon me. All day long the man of war oppresses me.

2 My stalkers trample over me all day long, for many are those who arrogantly battle against me.

3 Any day that I am fearful, I will give my trust to you.

4 As for God, I will praise his word. In God I trust, I will not fear. What can flesh do to me?

5 All day long they grieve my affair(s). All their plans about me are for evil.

6 They stir up strife. They lurk about. They watch for my footprints as they wait for my soul.

7 Deliver to them according to their wickedness. In wrath, send (these) people down, O God.

8 You have taken into account my wandering, putting my tears into your wineskin. Are (they) not in your book?

9 Then my enemies will retreat, in the day I cry out. This I know, because God is for me.

10 As for God, I will praise (his) word. As for the Lord*, I will praise (his) word.

11 In God I trust, I will not fear. What can mankind do to me?

12 Your vows are upon me, O God. I will offer thanks to you,

13 For you have rescued my soul from death. Are not my feet far from stumbling, to walk about in the presence of God, in the light of the living?

Psalm 57

To the musical director: do not destroy. A michtam of David. When he fled from the presence of Saul in the cave.

Have mercy on me, O God, have mercy on me, for in you my soul seeks refuge. Yes, I will seek refuge in the shadow of your wings, until the engulfing ruin passes by.

2 I will cry out to God, most high, to God, who will accomplish (it) for me.

3 He will stretch out from the heavens, and he will save me. He reproaches anyone who would crush me. Selah. God will send his steadfast love and his truth.

4 My soul is in the midst of lions. I must lie down in the flames of the children of mankind. Their teeth are a spear and arrows, and their tongue is a sharp sword.

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

6 They made firm a net for my foot. My soul was bowed down. They dug a pit in front of me. They fell into the middle of it! Selah.

7 My heart is right, O God. My heart is right. I will sing and make music.

8 Awake, O my glory, awake, O lute and harp. I will rouse the dawn.

9 I will praise you among the peoples, O Lord. I will make music to you among the tribes,

10 For great is your steadfast love up to the heavens, and your truth up to the clouds.

11 Be exalted above the heavens, O God. Your glory is over all the earth.

Psalm 58

To the musical director: do not destroy. A michtam of David.

Truly, (in) silence do you speak righteousness? Do you children of mankind judge uprightly?

2 Indeed, in the heart you do injustice. You weigh out violence in the land with your hands.

3 The wicked have been estranged from the womb. Those who speak falsely have erred since they were born.

4 Their poison is similar to the poison of a snake, like a deaf serpent who has stopped up his ears,

5 So that he cannot hear the voice of the snake-charmers, charmers who charm with skill.

6 O God, break away their teeth in their mouth. Break off the incisors of the young lions, O Lord*.

7 Let them be turned away like waters that flow back and forth. When they bend the bow, let their arrows be as if they were cut off.

8 Let them be like a snail that crawls along in slime, the stillborn of a woman, who never gaze upon the sun.

9 Before your pots can feel the (burning) bramble, he will sweep them away, according to (his) living and burning anger.

10 Let the righteous one rejoice, for he will see vengeance. He will bathe his feet in the blood of the wicked,

11 Then mankind will say, Surely this is the fruit of the righteous, surely God exists, the judge of the earth.

Psalm 59

To the musical director: do not destroy. A michtam of David. When Saul sent (men) out, and they watched (his) house to kill him.

Rescue me from my enemy, O God. Set me in a high place, away from those who rise up against me.

2 Rescue me from those who work iniquity, and save me from men of bloodshed,

3 For now they lie in wait for my life. Fierce men stir up strife against me. (These) are not my transgressions, and not my sins, O Lord*.

4 They run and they stand firm without guilt. Rouse yourself to meet me and see!

5 For you, O Lord* God of hosts, are the God of Israel. Wake up to visit all the nations. Have no mercy on all the treacherous dealers in iniquity. Selah.

6 They return in the evening. They growl like a dog, and circle the city.

7 Now swords spring up in their mouths, on their lips, (saying) Who is listening?

8 But you, O Lord*, will laugh at them. You will mock all the nations.

9 I watch for you, O my strength, for God is my secure retreat.

10 God, in his steadfast love, will meet me. God will look after me as my guardian.

11 Do not slay them, lest my people forget. Cause them to wander by your strength, and put them down, O Lord, our shield.

12 (By) the sin of their mouth, the word of their lips, let them be caught in their pride, for they talk in cursing and lying.

13 Destroy (them) in wrath. Destroy (them until) there are none of them (left), and they will know that God rules over Jacob to the ends of the earth. Selah.

14 And so they return in the evening. They growl like a dog, and circle the city.

15 They wander about to eat, yet they will remain unsatisfied,

16 But I will sing of your strength, and I will shout for joy about your steadfast love until the morning, for you have become a secure retreat for me, and a refuge in the day of my distress.

17 O my strength, I will make music to you, for God is my secure retreat, the God of my steadfast love.

Psalm 60

To the musical director: according to The Lily of Testimony. A michtam of David for the teacher. When he warred against Syria Naharim, and against Syria Zobah, and Joab returned and struck down twelve thousand from Edom in the Valley of Salt.

O God, you have rejected us. You have broken out upon us. You have been angry. Will you take us back?

2 You have caused the earth to quake. You split it open. Restore its breaches, for it shakes.

3 You have shown your people hardship. You have given us wine to drink that causes (us) to reel.
4 For those who fear you, you have given a sign, to be displayed against the bow. Selah.
5 For the sake of your beloved, that they might be delivered, save (us) by your right hand, and answer us!
6 God speaks out in his holiness, I will triumph. I will apportion Shechem, and I will measure the valley of Succoth.
7 Gilead is mine, Manasseh is mine, and Ephraim is my helmet. Judah is my staff.
8 Moab is my washing pot. Upon Edom I toss my sandal. O Philistia, shout in triumph about me!
9 Who conducted me to an entrenched city? Who led me up to Edom?
10 Have you not spurned us, O God, and will you not go out among our armies, O God?
11 Give us help against the adversary, for the deliverance of mankind is empty.
12 In God we will do valiantly, for he will trample down our adversaries.

Psalm 61

To the musical director: according to the music of David.

Hear my cry, O God. Pay attention to my prayer.
2 From the ends of the earth, I cry out to you when my heart faints. Would you lead me to a rock that is higher than I am?
3 For you are a refuge to me, a strong tower against the presence of the enemy.
4 Let me abide in your tent forever. Let me find refuge in the hiding place of your wings. Selah.
5 For you, O God, have listened to my vows. You have given (me) the inheritance of those who fear your name.
6 You will add days upon days to the king. His years will be as one generation after another.
7 Let him dwell in the presence of God forever. Appoint steadfast love and truth, they will protect him.
8 Yes, I will make music to your name forever, day by day until my completion of my vow.

Psalm 62

To the musical director: to Jeduthun. A psalm of David.

Surely my soul is still waiting for God. My salvation is from him.

2 Surely he is my rock and salvation. (In) my secure retreat, I will not be shaken excessively.

3 How long will you attack someone (like this)? You will be slain, all of you, like a wall spread flat, a pushed-down fence.

4 Surely, about his dignity, they have consulted to put him down. They delight in falsehood. By their mouth, they bless, but inside of them, they curse. Selah.

5 Wait only for God, O my soul, for from him my hope (comes).

6 He alone is my rock and my salvation. I will not be shaken (in) my secure retreat.

7 My salvation and my glory is according to God. The rock of my strength, my refuge, is in God.

8 Trust in him at all times, you people. Pour out your hearts before him. God is a refuge for us. Selah.

9 The children of low degree are only a breath. The children of high degree are false. Weighing on the scales, together they are less than a breath.

10 Do not trust in the gain of extortion, or become vain by theft. Do not take (it) to heart, that (your) wealth is bearing fruit.

11 Once God has spoken (it), twice have I heard this, that strength is of God,

12 And steadfast love is of you, O Lord, for you will give a reward to each one according to his deeds.

Psalm 63

A psalm of David. When he was in the wilderness of Judah.

O God, you are my God. I will seek you diligently. My soul thirsts for you. My flesh faints for you, in the desert land where it is weary without water.

2 So I look for you in the holy place, to see your strength and your glory,

3 For your steadfast love is better than life. My lips will praise you.

4 Therefore I will bless you by my life. I will lift up my hands in your name.

5 Like the choicest and fattest portion, my soul will be satisfied, and (with) lips giving a joyous cry, my mouth will praise you.

6 As I remember you upon my couch, I will meditate about you in the watches,
7 For you have been a help to me, so in the shadow of your wings, I will give a joyous cry.
8 My soul clings after you. Your right hand supports me,
9 But those who seek my soul for destruction, they will enter into the lowest places of the earth.
10 They will be delivered over to the power of the sword. They will become a portion for jackals.
11 But the king will be glad. In God he will glory, (and) all who take an oath to him, for the mouth of those who speak lies will be stopped.

Psalm 64

To the musical director: a psalm of David.

Listen, O God, to my voice in my plea. Will you guard my life from the terror of the enemy?
2 Will you hide me away from the council of bad men, away from the throng of evildoers?
3 Who sharpen their tongue like a sword. They have bent the bow. Their arrow is the bitter word,
4 To shoot one of integrity in secret places. Suddenly they shoot him, and do not fear.
5 They will make an evil device strong against him. They will talk about hiding a lure, They say, Who will see it?
6 They are seeking injustice, We have completed a well thought out plot! Yet the innermost parts and heart of man are unsearchable.
7 Then, suddenly, God will shoot an arrow at them. Their wounds are coming,
8 And he will cause their tongue to stammer over itself. All who look at them will shudder,
9 And all mankind will be in awe, and will tell of the works of God, as they ponder his deeds.
10 In the Lord*, the righteous one will be glad, and he will seek refuge in him, and all the upright in heart will glory.

Psalm 65

To the musical director: a psalm of David, a hymn.

In Zion, O God, there is a song of praise still waiting for you, and to you, a vow will be completed.

2 O hearer of prayer, all flesh will come to you!

3 The matters of guilt are strong against me. You (alone) can cover our transgressions.

4 The blessed ones (that) you choose and draw near, (each) one will abide in your courts, fulfilled in the goodness of your house, your holy temple.

5 (With) awe-inspiring acts of righteousness you will answer us, O God of our salvation, the confidence of all ends of the earth and the distant seas,

6 Who established the mountains in his strength, girded with might,

7 Who stilled the roar of the seas, the roar of their waves, and the tumult of peoples.

8 Even those who dwell at the ends (of the earth) will be in awe about your signs. Where the morning comes forth, and the evening goes out, you will bring a cry of joy.

9 You have visited the land and provided an abundance. Greatly you enrich it. The channel of God is full of water. You provide their grain, for in this manner you establish it.

10 You saturate its furrows. You smooth out its trenches. You soften (it) with copious showers. You bless its sprouting.

11 You have crowned the year by your goodness, and your tracks are trickling with abundance.

12 They trickle to beautify the wilderness, and the hills gird themselves with rejoicing.

13 The pastures are clothed (by) the flock, and valleys cover themselves with grain. They (will) shout for joy. They (will) even sing.

Psalm 66

To the musical director: a song-of-praise psalm.

Shout for joy to the God (of) all the earth!

2 Make music to the glory of his name. Put glory (into) his praise.

3 Say to God, How awesome are your deeds! Your enemies will come cringing before you.

4 All the earth will bow down in worship, and they will make music to you.
They will make music to your name. Selah.

5 Come and see the works of God, awesome in deed on behalf of the
children of mankind.

6 He turned the sea into dry ground (so) in a stream, they could cross over
on foot. For this, let us rejoice in God,

7 Who rules in strength forever. His eyes keep watch on the nations. Let the
stubborn ones not rise up against him. Selah.

8 Bless our God, you nations, and proclaim the sound of his praise.

9 He has established our souls in life, and not allowed our feet to stumble,

10 For you have tried us, O God. You have refined us as refined silver.

11 Have you led us into a net? You set distress in our loins.

12 You cause men to ride above our heads. We entered into fire and water,
then you brought us out for relief.

13 I will enter into your house with burnt offerings. I will complete my vows
to you,

14 That my lips have uttered, and the words of my mouth in my distress.

15 I will offer up to you fatlings with the sweet smoke of rams. I will make
(an offering of) cattle with male goats. Selah.

16 All you who fear God, come and listen, and let me give account of what
he has done for my life.

17 I cry out (with) my mouth to him, and exalt him with my tongue.

18 If I observe wickedness in my heart, the Lord will not hear me.

19 Surely God listens. He pays attention to the sound of my prayer.

20 Blessed is God, who does not turn aside my prayer, nor refuse his
steadfast love (to) me.

Psalm 67

To the musical director: with music of stringed instruments. A song-of-praise
psalm.

May God favor us, and bless us. May he shine his face among us,
2 To know your way on the earth, your salvation in all nations.

3 May the nations praise you, O God. May the nations praise you, all of
them!

4 Let peoples be glad and give a joyous shout, for you will judge the nations
in integrity, and the peoples of the earth, you will guide them. Selah.

5 May the nations praise you, O God. May the nations praise you, all of them!

6 The land yields its produce. God, our God, is blessing us.

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

Psalm 68

To the musical director: a song-of-praise psalm of David.

May God rise up. May his enemies be scattered. May those that hate him flee from his presence.

2 Like the driven smoke, may you drive them away like melting of wax before fire. May the wicked perish from the presence of God,

3 But let the righteous be glad. Let them rejoice in the presence of God, and let them exult in joy.

4 Sing to God! Make music to his name. Lift up his name as Yah to the rider in the steppe, and exult in his presence.

5 A father to the fatherless, and a judge for the widows, is God in his holy habitation.

6 It is God who makes those who are solitary to dwell in a house, who brings prisoners out into prosperity. Nevertheless, the rebellious abide on a scorched land.

7 O God, when you went out in front of your people, when you stepped out into the wasteland, Selah.

8 The earth quaked, also the heavens dripped from the presence of God (on) this Sinai, from the presence of the God of Israel.

9 You were sprinkling copious rain about. O God, you were establishing your possession even while it was exhausted.

10 Your community dwelled in it. You established it in your goodness for the afflicted, O God.

11 The Lord gives the announcement. Great is the army of those who bear the good news.

12 Kings of armies retreat. They retreat, but the one who stays at home, she shares in the spoil.

13 Though she lies down between the fireplaces, (with) wings of a dove covered in silver, and her pinions in green-shimmering of gold,

14 When the Almighty scatters the kings within her, it will be snowing in Zalmon.

15 O mountain of God, Mount Bashan! O mountain of many peaks, Mount Bashan!

16 Why do you, O many-peaked mountains, watch stealthily, the mountains God takes pleasure in for his rest? Indeed, the Lord* will abide forever.

17 The chariots of God are myriad thousands of thousands. The Lord is with them in Sinai in the holy place.

18 You have ascended to the heights. You have taken captivity captive. You have received gifts among men, yes, even the rebellious, to abide (with) Yah God.

19 Blessed is the Lord. Day by day he carries a load for us. (He) is the God of our salvation. Selah.

20 He is our God, a God of acts of deliverance, and God* the Lord is (our) escape from death.

21 Surely God will shatter the head of his enemies, the crown of the hair of the one who continues in his offenses.

22 The Lord says, From Bashan I will bring restoration. I will bring restoration out of the depths of the sea,

23 In order that you may bathe your feet in blood (like) the tongue of your dogs, from each enemy his portion.

24 They have seen your walk, O God, the walk of my God, my king, in the holy place.

25 The singers have gone in front, the players after (them). In the middle, the young women are sounding the timbrels.

26 Bless God in the congregations, the Lord, the source of the fountain of Israel.

27 There is little Benjamin, who leads them, the princes of Judah, a crowd of them, the princes of Zebulun, the princes of Naphtali.

28 Your God has commanded your strength. Show yourself strong, O God, (in) what you have done for us.

29 Far from your temple upon Jerusalem, kings will bear along gifts to you.

30 Rebuke the beasts of the reeds, fierce animals among the calves of the peoples, trampling each other over bars of silver. Scatter the peoples who delight in battles.

31 Nobles will come from Egypt. Ethiopia will quickly stretch out its hands to God.

32 O kingdoms of the earth, sing to God! Make music to the Lord. Selah.

33 To the rider in the heavens, the heavens of long ago, behold, he delivers his voice, the voice of strength.

34 Ascribe strength to the God over Israel, his pride, for his strength is among the clouds.

35 (You) are awesome, O God, from your sanctuary, the God of Israel, who gives strength and abundant might to the people. Blessed is God.

Psalm 69

To the musical director: according to The Lilies, of David.

Save me, O God, for the waters have come near my soul.

2 I have sunk down in the mire of the depth (where) there is no foothold. I have entered into deep waters, and a flowing stream has engulfed me.

3 I have grown (so) weary, (that) when I cry out, my throat is parched. My lips are spent, waiting for my God.

4 Those who hate me without cause are more in number than the hairs on my head. Those who would annihilate me are vast, my enemies (for) false (reason), whom I have not plundered since I have returned,

5 O God, you know about my folly, and my wrongdoings are not hidden from you.

6 Do not let those who are waiting for you be ashamed of me, O Lord God* of hosts. Do not let those who seek after you be humiliated by me, O God of Israel,

7 For on your behalf, I have carried reproach. Shame has covered my face.

8 I have been estranged to my brothers, yes, foreign to the sons of my mother,

9 For the zeal of your house has consumed me, and the reproaches of those who reproach you have fallen on me,

10 And I wept as my soul was fasting, but that was as reproach to me.

11 I have even put on sackcloth for my clothing, and I am as a byword to them.

12 Those who sit in the gate sing about me, even the mocking songs of those who imbibe strong drink,

13 But I pray to you, O Lord*, (in) the time of favor, in the abundance of your steadfast love, O God. Answer me in the truth of your salvation.

14 Rescue me from the mire, and do not let me sink down. Let me be rescued from those who hate me, and from the deep waters.

15 Do not let a flowing stream of water overflow me, nor the deep swallow me up, nor the well close its mouth over me.

16 Answer me, O Lord*, because of the goodness of your steadfast love. Turn to me according to the multitude of your mercies,

17 And do not hide your face from your servant, for I am in distress.
Quickly, answer me!

18 Draw near to my soul. Redeem it. On account of my enemy, ransom me.

19 You know my reproach, my shame, and my humiliation. All those who harass me are in front of you.

20 Reproach has broken my heart. I was sick, and I waited for sympathy, but it was not there, and for consolation, but I did not find it,

21 But they placed bitter herbs in my food, and for my thirst, they gave me vinegar to drink.

22 Let their table in front of them be as a bird trap, and (be) to their security as a snare.

23 Let their eyes grow dim in vision, and cause their loins to shake continually.

24 Pour out your indignation upon them, and let the burning of your anger overtake them.

25 Let their encampment be desolate. Let their be no dwellers in their tents.

26 Because of you, they have harassed those whom you struck, and talk about the anguish of those whom you wounded.

27 Hand out extra punishment to their punishment, and let them not enter into your righteousness.

28 Let them be wiped out of the scroll of the living, and let them not be recorded with the righteous,

29 For I am afflicted and in anguish. May your salvation, O God, set me securely on high.

30 I will praise the name of God in song, and magnify him with thanksgiving,

31 And may it be more pleasing to the Lord* than a bull, a young bull who has horns and hooves.

32 The afflicted have seen and are gladdened. You who seek God, may your heart live!

33 For the Lord* is listening to the needy, and does not look with contempt to his bondsmen.

34 Let the heavens and earth praise him, the seas and all creatures that move about in them,

35 For God will bring salvation to Zion, and he will build the cities of Judah, and they will dwell there, and inherit it,

36 And the offspring of his servants will take possession of it, and those who love his name will settle down in it.

Psalm 70

To the musical director: of David, to commemorate.

O God, to rescue me, O Lord*, to help me, make haste!

2 Let those who seek my life be ashamed and confounded. Let them be overtaken from behind and humiliated, those who delight in evil for me.

3 Let those who say, Aha, aha, return to the consequence of their shame.

4 Let all those who seek you be happy and joyful in you, and let those who love your salvation say continually, May God be magnified.

5 But I am poor and needy, O God. Make haste for me. You are my help and my deliverer. O Lord*, do not delay!

Psalm 71

In you, O Lord*, I seek refuge. Let me never be ashamed.

2 In your righteousness, will you rescue me, and deliver me? Incline your ear to me, and save me.

3 Be to me for a rock of dwelling to enter into continually. You have appointed salvation for me, for you are my cliff and my stronghold.

4 My God, deliver me from the hand of the evil one, from the palm of the unjust and ruthless,

5 For you have been my hope, O Lord God*, my confidence from my youth.

6 I have been supported upon you from the womb. It is you who severed me from inside my mother. My praises are about you continually.

7 I have been as a sign to many, (but) you are my strong shelter.

8 Let my mouth be full of your praises, your glory all day long.

9 Do not cast me out in the time of old age. When my strength wastes away, do not abandon me,

10 For my enemies talk about me, and those who keep watch against my life consult together,

11 Saying, God has abandoned him. Pursue (him), then let us seize him, for there is no one who will rescue (him).

12 O God, do not keep distant from me. My God, make haste to help me!

13 The adversaries of my life, let them be ashamed and waste away. Let those who desire evil for me be wrapped in reproach and humiliation,

14 But I will hope continually, and add more to all your praises.

15 My mouth will give account of your righteous acts, your salvation, all day long, for I cannot recall the number.

16 I will enter in among the mighty deeds of the Lord God*. I will recall your righteousness, you alone.

17 O God, you have taught me from my youth. Even until now I declare your wonderful acts,

18 And even until old age and gray hair, O God, do not abandon me, until I declare your power to (this) generation, your strength to all who will come,

19 And your righteousness, O God, (is) up to the heights. What great deeds you have done! Who, O God, is like you?

20 While you have shown me distresses, many and harmful, you will return to restore life to me. You will return to lift me up from the depths of the earth.

21 You will increase my greatness, and you will surround me, (and) comfort me.

22 Also I will praise you on the instrument of the lute. In your truth, O God, I will make music for you on the harp, O Holy One of Israel.

23 My lips will give a joyous shout, for I will make music to you, and my life which you ransomed.

24 Also my tongue will utter your righteousness all day long, for those who desire evil for me are confounded. They are ashamed.

Psalm 72

To Solomon.

O God, give your judgments to the king, and your righteousness to the son of the king,

2 (That) he may judge your people with righteousness, and your afflicted with justice.

3 The mountains will carry shalom to the people, and the hills righteousness.

4 He will give justice to the afflicted of the people. He will bring salvation to the children of the needy, and he will crush the oppressor.

5 Out in the sunshine they will fear you, and in the face of the moon, from generation to generation.

6 He will descend like rain upon the mown ground, like the copious showers dripping on the land.

7 The righteous one will send out shoots in his days, and an abundance of shalom until the moon is no longer there,

8 And it will descend from sea to sea, and from the river to the ends of the earth.
9 Those who dwell in the desert will bow down before him, and his enemies will lick the dust.
10 Kings of Tarshish and the islands will bring back a grain offering. Kings of Sheba and Seba will bring a gift,
11 And all the kings will lay down prostrate to him. All the nations will serve him,
12 For he will rescue the needy crying out for help, and the afflicted, even one who has no helper.
13 He will look upon the poor and needy with compassion, and he will save the lives of the needy.
14 He will redeem their lives from injury and violence, for their blood is precious in his eyes.
15 And so he will live, and he will give to him more than the gold of Sheba, and make intercession for his sake continually. All day long he will bless him.
16 Let there be grain in the land. On the top of mountains let it wave. Let its fruit be as Lebanon, and let them blossom over the city like herbs of the land.
17 May his name be forever. May his name propagate before the sun. Let them bless themselves in him. Let all nations call him blessed.
18 Blessed is the Lord* God, the God of Israel, who has done wonderful acts, he alone,
19 And blessed (is) his glorious name forever, and all the earth is full of his glory. Amen and amen!
20 The prayers of David, son of Jesse, are finished.

Book III

Psalm 73

A psalm of Asaph.

Surely God is good to Israel, to those who are pure in heart.

2 Yet my feet were nearly sprawled out, although my step had not slipped,

3 For I was jealous of the boastful, (as) I saw the security of those who do evil,

4 For they have no pangs, and their belly is fat.

5 As to the trouble of man, they have none, nor are they stricken with the disease of mankind.

6 Therefore pride is a necklace for him. Each one puts on a garment of violence for himself.

7 It proceeds from the dullness of his sight. The imaginations of the heart overflow.

8 They mock and speak in the wickedness of oppression. They speak as from on high.

9 They set their mouth in the heavens, but their tongue drags along the earth.

10 Therefore his people return here, and they find water to fill themselves,

11 But they say, How does God know, and is there knowledge in the Most High.

12 Now these are the evildoers, yet those forever at ease, they have amassed riches.

13 Altogether in vain I have remained pure in heart, and washed my palms in innocence,

14 And I have been stricken all day long, and my rebuke (comes) every morning.

15 If I had said, Let me tell (you) when, a generation of your children would I have dealt deceitfully with,

16 And I might have thought to understand this, but it would have been trouble in my sight,

17 Until I had entered into the sanctuaries of God, (when) I gained understanding of their final outcome.

18 Surely you will set them in slippery places. You will cause them to fall to ruin.

19 How are they at that place so suddenly? They have been completely swept away due to calamities.

20 Like a dream one awakens from, O Lord, when you are aroused, you will regard their image with contempt,

21 For my heart has been saved, but I have been wounded in my emotions,

22 And I have been brutish, but I did not realize it. I have been like the beasts beside you,

23 Yet I have been beside you continually. You have grasped my right hand in (your) hand.

24 You guide me along in your counsel, and after that, you will carry me along (to) glory.

25 Who do I have in the heavens? For with you, I do not take delight in the earth.

26 My flesh and my heart waste away. The rock of my heart, and my portion is the eternal God,

27 For those at a distance from you will perish. You destroy all those who commit fornication out from among you,

28 But as for me, being near to God is good for me. I have set my refuge in the Lord God*, to give account of all your works.

Psalm 74

A contemplative poem of Asaph.

Why, O God, do you spurn us forever? Your anger smokes against the flock of your pastures.

2 Remember your congregation that you acquired from ancient times, that you redeemed, the tribe of your inheritance, this Mount Zion that you have abided in.

3 Raise your footsteps up to the eternal ruins, all that the enemy has done harm to in the holy place.

4 Those who are hostile to you roar in the midst of your assembly. They set up their standards for signs.

5 They were known as those who thrust their axes upward into a thicket of trees,

6 And at that time its carvings were (in) one (heap), that they were chopping down using an ax and a hatchet.

7 They shot fire into your sanctuary. They profaned the dwelling place of your name to the ground.

8 They have said in their heart, Let us oppress them together. They have burned all the appointed places of God in the land.

9 We do not see our signals. Still there is no prophet, and no one with us knows how long.

10 How long, O God, will the adversary taunt? Will the enemy spurn your name forever?

11 Why do you turn back your hand, even your right hand? (Bring it) out from within your bosom. Destroy them!

12 For God has been my king from long ago, the one who has worked salvation in the midst of the earth.

13 You have divided the sea in your strength. You have shattered the heads of whales upon the waters.

14 You have crushed the heads of leviathan. You gave him (as) food for people of the desert.
15 You have cleaved out a spring and a stream. You have dried up ever-flowing rivers.
16 The day is yours, even the night is yours. You established the moon and the sun.
17 You established all the boundaries of the earth. The summer and the autumn, you fashioned them.
18 Remember this: the enemy has taunted (you), O Lord*, and foolish people have spurned your name.
19 Do not commit the soul you love to one who breathes. Never forget the life of the afflicted.
20 Look to the covenant, for the habitations of violence have filled the dark places of the earth.
21 Let not the oppressed turn back (in) humiliation. The afflicted and needy will praise your name.
22 Arise, O God. Plead your case! Remember your reproach from the foolish all day long.
23 Do not forget the voice of those who vexed you. The crash of those rising up against you is ascending continually.

Psalm 75

To the musical director: do not destroy. A song-of-praise psalm of Asaph.

We give thanks to you, O God. We give thanks, for near is your name. Your wonderful deeds give account of (this),
2 For I select the appointed times. I judge with equity,
3 (For) those things that would melt away, the earth and all who dwell in it. It is I (alone) who keep its pillars firm. Selah.
4 I have said to the boasters, Do not boast, and to the wicked, Do not exalt the horn.
5 Do not lift up your horn to the heights, (nor) speak with a forward neck,
6 For none will rise up from the east or from the west, or from the desert,
7 Because God is the judge. This one he will lay low, and that one he will lift up,
8 For the cup is in the hand of the Lord*, (and) the wine foams in full mixture, and he has poured from this (cup). Surely, they will drain out its dregs. All the evildoers of the land, they will drink (of it),

9 But I will declare forever, I will make music to the God of Jacob,
10 But all the horns of the wicked I will hew down. The horns of the
righteous will be lifted up.

Psalm 76

To the musical director: on stringed instruments. A song-of praise psalm of
Asaph.

God is known in Judah. Great is his name in Israel.

2 His covert is in Salem, and his den is in Zion.

3 There he shattered the flames of the bow, shield, sword, and battle. Selah.

4 You are enveloped with light, more majestic than the mountains of prey.

5 The stout of heart are spoiled. They slumber away in sleep, and none of the
men of strength have found their hands.

6 From your rebuke, O God of Jacob, he fell asleep, even the rider and the
horse.

7 You, awesome are you, and who can stand in your presence at the time of
your anger.

8 From the heavens you declared judgment. The earth feared and became
silent,

9 When God rose up for justice, to save all the afflicted of the land. Selah.

10 For the wrath to mankind is your praise. (With) a residue of wrath you
gird yourself.

11 Make a vow and complete (it) to the Lord* your God, all (you) who
surround him. Let them bear along a gift in awe.

12 He will cut off the breath of princes, (to) the awe of the kings of the earth.

Psalm 77

To the musical director: on stringed instruments. To Jeduthun. A psalm of
Asaph.

I cry out to God (with) my voice, to God (with) my voice, and he has
listened to me.

2 In the day of my distress, I sought the Lord. My right hand was stretched
out at night without growing numb. My soul refused to be comforted.

3 I remember God, and I murmur. I complain, and my spirit faints away.
Selah.

4 You grasped the lids of my eyes. I was disturbed, and I could not speak.

5 I thought about the days of ancient times, the years from long ago.

6 I remembered my music in the night. I mused in my heart, but he searched out my spirit.

7 Will the Lord reject (me) for eternity, and will he do no more to favor (me)?

8 Has his steadfast love ceased forever? Has (his) promise from generation to generation come to an end?

9 Did God forget to show favor? Did he shut off his mercies in (his) anger?
Selah.

10 Or will one say, I have been wounded, (during) the years of the right hand of the Most High?

11 I will call to remembrance the deeds of Yah, for I remember your wonderful acts from ancient times,

12 And I will meditate upon all your works, and upon all your deeds I will muse.

13 O God, your way is in holiness. Who is a God great as our God?

14 You are the God who does wonders. You have made known your strength among (the) peoples.

15 You redeemed your people with your arm, the children of Jacob and Joseph. Selah.

16 The waters saw you, O God, the waters saw you, and they were anguished. Even the depths of the sea were quaking.

17 The rain clouds poured out water. The clouds gave out a peal, also your lightning bolts were going to and fro.

18 The sound of your thunder was in the whirlwind. Lightning bolts lit up the world. The earth quaked and shook.

19 Your way was in the sea, and your pathway was in great waters, but your footprints were not known.

20 You led your people like sheep by the hand of Moses and Aaron.

Psalm 78

A contemplative poem of Asaph.

Listen, my people, to my teaching. Extend your ear to the sayings from my mouth.

2 I will open my mouth in a parable. I will pour out riddles from long ago,

3 Which we have heard, and we know them, for our fathers told them to us.
4 We will not hide (it) from their children, giving account to the generation following, the praises of the Lord*, and his fierceness, and the wonderful things he has done.

5 For he raised up a testimony in Jacob, and he placed the Torah in Israel, which he commanded our fathers to make them known to their children,
6 In order that the following generation would know, the children that would be born, that they would arise and declare (it) to their children,

7 And that they would put their confidence in God, and not forget the works of God, and would guard his commandments,

8 And they would not be like their fathers, a stubborn and a rebellious generation that did not prepare their heart, and their spirit was not faithful to God.

9 The sons of Ephraim, who were equipped, who raised the bow, turned back in the day of battle.

10 They did not keep the covenant of God, and they refused to proceed according to his Torah,

11 And they forgot his deeds and his wonderful works that he showed to them.

12 In front of their fathers he did wonders, in the land of Egypt on the outskirts of Zoan.

13 He broke through the sea, and he stood the waters as a heap,

14 And he led them by day in a cloud, and all the night in the light of a fire.

15 He cleaved the rocks in the wilderness, and he provided drink for them abundantly, as from the sea.

16 Yes, he brought forth streams from the crag, then he sent them down as rivers of water,

17 Yet they sinned still more against him, to rebel against the Most High in the desert,

18 And they tried God in their heart, by demanding food for their appetite.

19 When they spoke about God, they said, Is God able to arrange a table in the wilderness?

20 Behold, he struck the rock, and it gushed out water, and streams overflowed. Was he also able to give bread? Could he prepare flesh for his people?

21 So the Lord* heard, and became furious, and a fire was kindled against Jacob. Indeed wrath also ascended against Israel,

22 For they did not believe in God, nor did they trust in his deliverance.

23 So he commanded the clouds from above, then he opened the doors of the heavens,

24 And he caused manna to rain upon them to eat. Yes, he gave grain from the heavens to them.

25 Everyone ate the food of angels. He sent a supply of food to them to satisfy them.

26 He led along the east wind in the heavens, then he drove the south wind with his strength.

27 Then he caused flesh to rain upon them like dust, yes, winged fowl like the sand of the seashores,

28 And he dropped (them) in the middle of their camp, surrounding their tents.

29 So they ate and were very satisfied, for he brought what they desired to them.

30 They did not grow tired of what they desired, (while) their food was still in their mouth,

31 But the anger of God ascended among them, and he slew their stout ones. Yes, he put down the young men of Israel.

32 In all of this, they still sinned, and did not believe in his wonderful works,

33 So he consumed their days in emptiness, and their years in sudden terror.

34 When he slew them, then they sought him out, and repented, and sought after God diligently,

35 And they remembered that God was their rock, and God was the Most High, their redeemer.

36 Then they would speak deceit to him with their mouths, and lie to him with their tongues,

37 For their hearts were not fixed with him, nor were they faithful to his covenant.

38 Yet he was compassionate. He made an atonement for iniquity, and did not destroy (them), but many (times) turned away his anger, and did not rouse all his wrath,

39 But he remembered that they were flesh, a breath that goes away and does not return.

40 How often did they rebel against him in the wilderness, causing him grief in the wasteland!

41 For they repeatedly tried God. Yes, they pained the Holy One of Israel.

42 They did not remember his hand (on) the day that he ransomed them away from the adversary,

43 When he put his signs on Egypt, and his wonders on the outskirts of Zoan,

44 And poured out blood in the channels of the Nile, so they could not drink from their streams.

45 He sent among them a swarm (of flies) that devoured them, and frogs that destroyed them,

46 And he gave their produce to the locust, yes, the result of their toil to the locust stream.

47 He ruined their vines by the hail, and their sycamore trees by the frost,

48 And he delivered their cattle up to the hail, and their livestock to bolts of lightning.

49 He sent out his burning anger, fury, indignation, and hostility among them, sending out messengers of evil,

50 And he made level the path of his anger. He did not prevent the death of their souls, even to the pestilence, he delivered up their lives.

51 He struck all the firstborn in Egypt, (at) the beginning of manly vigor, in the tents of Ham,

52 Then he led out his people like sheep, and he drove them like a flock into the wilderness,

53 And he led them to security, so that they were not afraid, as the sea covered their enemies.

54 Then he brought them to his holy territory, this mountain (that) his right hand acquired,

55 And he drove them away from the presence of the Gentiles, then he cast their lots in the region of inheritance, and made the tribes of Israel dwell in tents.

56 But they tested and rebelled against God most high, and they did not keep his testimonies,

57 And they turned aside, and dealt treacherously like their fathers. They turned (away) like a treacherous bow,

58 And they aroused him to anger in the high places, as they provoked him to jealousy with their idols.

59 God heard, and became furious, then he strongly rejected Israel.

60 Yes, he forsook the tabernacle of Shiloh, the tent he established among men,

61 And he handed over his ark to the captivity, yes, his beauty to the hand of the adversary.

62 Then he delivered up his people to the sword, as he became furious at his inheritance.

63 Fire consumed his young men, and his virgins were no longer celebrated in song.

64 His priests fell by the sword, and his young women were no longer weeping.

65 Then the Lord woke up as if from sleep, like a young man shouts out from wine,
66 And he struck down his adversaries from behind. Eternal disgrace he gave to them.
67 Yet he rejected the tent of Joseph. No, the tribe of Ephraim he did not choose,
68 But he chose the tribe of Judah, Mount Zion which he loved,
69 And he built his sanctuary as the heights. As the earth, he established it forever.
70 Then he chose David, his servant. He even took him from the sheepfold.
71 From following after ewes, he brought him in to be shepherd of Jacob, his people, yes, of Israel, his inheritance,
72 And he tended to them according to the integrity of his heart, and he guided them by the skill of his hands.

Psalm 79

A psalm of Asaph.

O God, the nations have entered into your inheritance. They have made your holy temple unclean. They have set Jerusalem to ruins.

2 They gave the corpses of your servants (as) food for birds of the heavens, the flesh of your devoted ones to beasts of the land.

3 They have poured out their blood like water all around Jerusalem, yet there was no one who buried them.

4 We are a disgrace to our neighbors, a mocking and derision to those around us.

5 How long, O Lord*, will you be angry forever, will you burn like fire in your ardor?

6 Pour out your wrath to the nations that have not known you, and upon the kingdoms that do not call on your name,

7 For they destroyed Jacob, and devastated his habitat.

8 Do not remember about us the former iniquities. Quickly let your mercies come to meet us, for we languish exceedingly.

9 Help us, O God of our salvation, for the glory of your name, and rescue us, and make an atonement over our sins, for the sake of your name.

10 Why do the nations say, Where is their God? Let it be known to the nations in our sight, the vengeance of the blood of your servants that was poured out.

11 Let the crying of the prisoner come into your presence. According to the greatness of your power, preserve alive the children of death,
12 And return to our neighbors seven times as much into their bosom, their reproach that they have reproached you, O Lord.
13 For we are your people, and the sheep of your pasture. We give thanks to you forever, from generation to generation. We will give account of your praise.

Psalm 80

To the musical director: Into the Lilies. A testimony of Asaph in psalm.

O shepherd of Israel, listen, you who drives us like the flock of Joseph. You who dwells among the cherubim, shine out!
2 Before Ephraim, Benjamin, and Manasseh, arouse your warriors, and come out to save us!
3 O God, restore us, and give (us) the light of your presence, and we will be saved.
4 O Lord* God of hosts, how long have you been wroth about the prayers of your people?
5 You brought them tears to eat for food, and you made them drink a third measure of tears.
6 You have made us an object of contention to our neighbors, and our enemies make fun of it.
7 O God of hosts, restore us, and give (us) the light of your presence, and we will be saved.
8 You led the vine away from Egypt, you cast out the nations, and you planted it.
9 You cleared away its surface, and it rooted itself, then it filled the land.
10 The mountains were covered with its shadow, and its branches were as the cedars of God.
11 It stretched out its branches up to the sea, and its young shoots to the river.
12 Why did you break through its walls, so that all who passed by the way plucked it?
13 A wild boar from the forest could tear it off, and the beasts of the field feed on (it).
14 O God of hosts, return, look down from the heavens and see, and visit this vine.

15 It is the stock that your right hand planted. Even as a son, you secured it for yourself.

16 It was burned in the fire. It was cut down. From the rebuke of your presence, they perished.

17 Let your hand be upon the one at your right hand, yes, upon the child of mankind that you secured for yourself,

18 And we will not turn away from you. Will you keep us alive, that we may call on your name?

19 O Lord* God of hosts, restore us! Give us the light of your presence and we will be saved!

Psalm 81

To the musical director: of Asaph, upon the Gittite lyre.

Give a shout for joy to God, our strength! Raise a shout for the God of Jacob!

2 Lift up a song, and give us the timbrel, a sweetly-sounding harp with the lute.

3 Blow the shofar, on the new moon, on the full moon, for the day of our feast,

4 For it is the statute of Israel, the judgment of the God of Jacob,

5 A testimony of Joseph that he gave him in his going out over the land of Egypt, A language that I did not understand, I heard.

6 I took away his shoulder from the burden. His hands were freed from the basket.

7 In distress you cried out, and I delivered you. I answered you in the hiding place of thunder. I examined you concerning the waters of Meribah. Selah.

8 Listen my people, and I will admonish you. O Israel, if you would listen to me!

9 There will be no strange god among you, and do not bow down to a foreign god.

10 I am the Lord* your God, the one who brought you up out of the land of Egypt. Make wide your mouth, and I will fill it.

11 But my people did not listen to my voice, nor would Israel yield to me,

12 So I gave (them) over to the stubbornness of their heart, that they would go along in their own counsel.

13 If my people Israel had listened to me, they would have walked along my way.

14 I had almost subdued their enemies. Yes, I would have turned my hand against their adversaries.

15 Those who hated the Lord* would have come cringing to him, but their (appointed) time would be forever,

16 And he would have fed them from the best part of the wheat, But I would have satisfied you with honey from a rock.

Psalm 82

A psalm of Asaph.

God has taken his stand in the congregation of the mighty. God judges in the midst (of them).

2 For how long will you judge injustice or will you bear the presence of evil? Selah.

3 Provide justice for the poor and the fatherless. Vindicate the afflicted, and those in need.

4 Deliver the poor and needy. Vindicate (them) from the hand of the wicked.

5 They do not know, nor do they understand. They walk to and fro in darkness. All the foundations of the earth are shaken.

6 I have said, You are gods, and the children of the Most High, all of you,

7 Yet indeed, you will die like a man, and you will fall like one of the princes.

8 Rise, O God, judge the earth, for you are taking a possession among all the nations.

Psalm 83

A song-of-praise psalm of Asaph.

O God, do not keep quiet! Do not be silent, and do not remain dormant, O God.

2 For now your enemies are roaring, and those who hate you lift up the head.

3 They make shrewd counsel against your people. Yes, they conspire against your treasured ones.

4 They say, Come, and let us destroy them from being a nation, and may the name of Israel be remembered no more,

5 For they counsel together (at) heart. They are making a covenant against you.
6 The tents of Edom and the Ishmaelites, Moab and the Hagarites,
7 Gebal and Ammon and Amalek, Philistia with the inhabitants of Tyre.
8 Also Assyria joins with them. They are the arm for the sons of Lot. Selah.
9 Do to them like Midian, like Sisera, like Jabin at the brook Kishon.
10 They were devastated in Endor. They were dung on the ground.
11 Make their nobles like Oreb, and like Zeeb, and like Zebah, and like Zalmunna, all their princes.
12 When they say, We will take possession of the pastures of God for ourselves,
13 O my God, set them in a whirl, like chaff in the face of the wind!
14 Like a fire kindles the forest, and a flame sets the mountains ablaze,
15 So may you pursue them by your tempest, and terrify them by your storm wind.
16 Fill their faces (with) dishonor, and they will seek your name, O Lord*.
17 Let them be put to shame, and disturbed forever. Yes, let them be ashamed, then let them perish,
18 And they will know that you, your name is the Lord*. You alone are the Most High over all the earth.

Psalm 84

To the musical director: upon the Gittite lyre. A psalm for the sons of Korah.

How beloved are your tabernacles, O Lord* of hosts!
2 My soul longs even to exhaustion for the courts of the Lord*. My heart and my flesh, they cry out for the living God.
3 Even a bird finds a home, and a swallow a nest for herself, in which she provides drink for her young, among your altars, O Lord* of hosts, my king and my God.
4 Blessed are those who dwell in your house. They will praise you continually. Selah.
5 Blessed is the man whose strength is in you. The ascents are in their hearts.
6 Those who pass into the balsam-vale will set a spring in it, also the former rain will wrap it (in) blessings.
7 They will go from strength to strength. Each one appears in Zion.
8 O Lord* God of hosts, hear my prayers. Listen, O God of Jacob! Selah.

9 (You) are our shield. Look, O God, yes, gaze upon the face of your anointed!

10 For better is a day in your courts than a thousand (elsewhere). I choose standing at the threshold in the house of my God rather than dwell in the tents of wickedness.

11 For the Lord* God is a battlement and shield. The Lord* gives grace and glory. He does not withhold good to those who walk in integrity.

12 O Lord* of hosts, blessed (is) the man who trusts in you.

Psalm 85

To the musical director: A psalm for the sons of Korah.

O Lord*, you have favored your land. You have returned the captivity of Jacob.

2 You took away the iniquity of your people. You covered all their sin. Selah.

3 You withdrew all your fury. You turned back your anger from burning.

4 Restore to us, O God, our salvation, and annul your anger against us.

5 Will you be angry with us forever? Will you prolong your anger from generation to generation?

6 Will you not restore and revive us, that you may take joy in your people?

7 Show us, O Lord*, your steadfast love, and would you grant us your salvation?

8 Let me hear what the Lord* God speaks, for he will speak shalom to his people, and his devoted ones, but do not let them return to stupidity.

9 His salvation is near only to those who stand in awe of him, to dwell (in) glory in our land,

10 (Where) steadfast love and truth meet together, righteousness and shalom kiss,

11 (Where) truth advances over the land, and righteousness looks down from the heavens.

12 Also the Lord* gives good things, so our land will yield its produce.

13 The righteousness of his presence goes forth, and it marks his footsteps along the way.

Psalm 86

A prayer of David.

O Lord*, stretch out your ear! Answer me, for I am poor and needy.

2 Guard my soul, for I am devoted. Save your servant! You are my God, (I am) trusting in you.

3 Be gracious to me, O Lord, for I cry out to you all day long.

4 Gladden the soul of your servant, for I lift up my soul to you, O Lord.

5 For you, O Lord, (are) kind and forgiving, and great in steadfast love to all who call on you.

6 Listen, O Lord*, to my prayer, and pay attention to the voice of my supplication.

7 In the day of my distress, I will cry out to you, for you will answer me.

8 There is no one like you among the gods, O Lord, and nothing like your deeds.

9 All the nations that you have made will enter in, O my Lord, and bow down to your presence, and give glory to your name,

10 For you are great, and the one who does extraordinary acts. You are God, you alone.

11 Teach me your way, O Lord*. I will walk in your truth. Unite my heart to fear your name.

12 I will praise you, O Lord my God, with all my heart, and I will give glory to your name forever,

13 For your steadfast love (is) great upon me, and you have rescued my soul from Sheol, the lowest place.

14 O God, insolent ones rise up against me, and a congregation of those who terrorize seek after my soul, for they do not set you in front of them.

15 But you, O Lord, are the God of compassion and grace, slow to anger, and great in steadfast love and truth.

16 Turn to me, and be gracious to me. Give strength to your servant, and give salvation to your true son.

17 Make me a sign for good, so that those who hate me can see (it) and be ashamed. For you, Lord*, have helped me, and consoled me.

Psalm 87

For the sons of Korah, a song-of-praise psalm.

His foundation is in the holy mountains.

2 The Lord* loves the gates of Zion more than all the dwelling places of Jacob.

3 Glorious things are being spoken of you, O city of God! Selah.

4 I will recall Rahab and Babylon, (even) now for those who know me, Philistia and Tyre, the people of Ethiopia. This one was born there.

5 But as to Zion, it will be said, from person to person, that he was born in (it), for the one who will establish it is the Most High.

6 The Lord* will give account when writing about the people, This one was born there. Selah.

7 And the singers and pipers, All of my springs are in you.

Psalm 88

A song-of-praise psalm for the sons of Korah.

To the musical director: according to Suffering of Affliction. A contemplative poem of Heman the Ezrahite.

O Lord* God of my salvation, in the day and night I cry out before you.

2 Let my prayer enter into your presence. Extend your ear to my cry,

3 For my soul is saturated with distresses, and they have brought my life near to Sheol.

4 I am thought of with those who have gone down to the pit. I am as a young man without help.

5 Among the dead I am unattached, as the slain who dwell in the grave, about whom you remember no more, and they are cut off from your hand.

6 He has set me in a pit of the lowest places, among the dark regions of the depths.

7 Your wrath rests upon me, and with all your breakers you have afflicted (me). Selah.

8 You have kept distant my acquaintances from me. You have made me an abomination to them, shut up and I cannot go out.

9 My eye has become faint from my affliction. I cry out to you, O Lord*, during each day I spread out my palms to you.

10 Do you perform a wonder for the dead? Do ghosts rise up (and) give you praise? Selah.

11 Will your steadfast love be accounted for in the grave, your faithfulness in Abaddon?

12 Will your wonder(s) be known in the darkness, or your righteousness in the land of oblivion?

13 So I cry out for help to you, O Lord*, and in the morning my prayer comes before you.
14 Why, O Lord*, do you spurn my soul, do you hide your face from me?
15 I have been afflicted and about to die from my youth. I have borne your terrors. I am growing numb.
16 Your burst of burning anger has passed over me. Your terrors have annihilated me.
17 Surrounding me like water all day long, they have closed in together upon me.
18 You have put those who love (me) and companion(s) at a distance. The dark place is my acquaintance.

Psalm 89

A contemplative poem of Ethan the Ezrahite.

The steadfast love of the Lord* is forever, I will sing. I will make your faithfulness known by my mouth from generation to generation.
2 For I say, (Your) steadfast love has been established forever. The heavens, your faithfulness stands firm in them.
3 I have made a covenant with my chosen one. I have sworn to David, my servant.
4 I will set up your offspring forever, and I will establish your throne from generation to generation. Selah.
5 And the heavens will praise your wonderful acts, O Lord*, also your faithfulness among the assembly of saints.
6 For who in the cloud(s) can compare to the Lord*? Who is similar to the Lord* among the sons of God?
7 God is very awe-inspiring in the company of saints, and fearsome above all who surround him.
8 O Lord* God of hosts, who is like you, Yah, in strength and your faithfulness surrounding you?
9 You govern when the sea rises up, and when its waves lift up, you still them.
10 You have crushed Rahab as the slain. By the arm of your strength, you have scattered your enemies.
11 The heavens are yours, also the earth is yours. The world and all its entirety, you have founded them.

12 North and south, you created them. Tabor and Hermon give a joyous shout to your name.

13 You have an arm with strength. Your hand is strong. Your right hand is raised high.

14 Righteousness and justice are the foundation of your throne. Steadfast love and truth go in front of your presence.

15 Blessed are the people who know the shout of joy. O Lord*, they are walking in the light of your presence.

16 They rejoice all day long in your name, and they are lifted up by your righteousness,

17 For the glory of their strength (is) you, and by your favor, you lift up our horn.

18 For our shield is the Lord*'s, and our king (belongs) to the Holy One of Israel.

19 Previously, you spoke in a vision to your devoted ones, and you said, I have provided help to a valiant man. I have raised up a young man from (among) the people.

20 I have found David, my servant. I anointed him in holy oil,

21 With whom my hand stands firm. Indeed, my arm makes him strong.

22 An enemy will not be a creditor against him, nor will unrighteous men afflict him,

23 And I will crush his adversaries away from his presence. Yes, I will strike down those who hate him,

24 And my faithfulness and steadfast love will be with him, and in my name his horn will be lifted up.

25 I will place his hand in (control of) the sea, and his right hand in (control of) the rivers.

26 He will cry out to me, You are my father, my God, and the rock of my salvation!

27 Also I will set him (as) the firstborn, the highest of the kings of the earth.

28 I will keep him forever (in) my steadfast love, and my covenant with him will be established,

29 And I will set up his offspring forever, and his throne as the days of the heavens.

30 If his sons abandon my Torah, or in my judgments they do not walk,

31 If they profane my statutes, or my commandments they do not keep,

32 Then I will visit their transgression with the rod, and their iniquity with strokes.

33 But my steadfast love I will not annul from him, nor will I deal falsely in my faithfulness.

34 I will not profane my covenant, and what comes forth out of my mouth, I will not change.

35 Once I have sworn in my holiness, how could I lie to David?

36 His offspring will be forever, and his throne will be before me like the sun.

37 It will be firmly established forever, like the moon, a witness among the clouds that is reliable.

38 But you have spurned (him) and rejected (him). You have become furious with your anointed one.

39 You have abrogated the covenant with your servant. You have defiled his crown to the earth.

40 You have broken through all his walls. You have set his fortresses (in) ruin.

41 All who pass along the way have plundered him. He is a disgrace to his neighbors.

42 You have lifted up the right hand of his adversaries. You have made all his enemies glad.

43 You have even turned back the edge of the sword, and you have not sustained him in the battle.

44 You have made him cease from his luster, and hurled his throne to the earth.

45 You have shortened the days of his youth. You have wrapped shame upon him. Selah.

46 How long, O Lord*, will you hide forever? Will your wrath burn like a fire?

47 Remember of what duration I am. For what emptiness have you created all the children of mankind?

48 What man will live and not see death? Will he deliver his soul from the hand of Sheol? Selah.

49 Where is your steadfast love (as in) former times, that you have sworn to David in your faithfulness?

50 Remember, O Lord, the reproach of your servants, that I carry in my bosom, (among) all the multitudes of peoples,

51 Whom your enemies have reproached, O Lord*, who have reproached the heels of your anointed.

52 Blessed is the Lord* forever. Amen and amen!

Book IV

Psalm 90

A prayer of Moses, man of God.

O Lord, our habitation is (in) you from generation to generation.

2 Before the mountains were formed, and you brought forth the earth and the world, forever and ever, you are God.

3 You turn a man back into dust, and you say, Return, children of mankind.

4 For a thousand years in your sight is like the previous day that passes by, just a watch in the night.

5 You have flooded (them) away. They are asleep, in the morning like the green grass that sprouts again.

6 In the morning it blossoms, then it sprouts. Toward the evening it withers and dries up.

7 For we are destroyed by your anger, and in your wrath we are terrified.

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

9 For all our days decline in your fury. We complete our years like a sigh.

10 The days of our lives are seventy years, and if through strength they are eighty years, their pride are but trouble and sorrow, for it passes away quickly, and we fly away.

11 Who comprehends the strength of your wrath, and (what) is like the fear of you (in) your fury?

12 Therefore teach us to number our days, so that we may gain a heart of wisdom.

13 Return, O Lord*, how long? And have compassion on your servants.

14 Satisfy us in the morning (with) your steadfast love, and we will give a joyous shout, and rejoice in all our days.

15 Bring us joy for the days that you have afflicted us, the years that we have seen distress.

16 Let your work appear to your servants, and your majesty be upon their children.

17 Let the delight of the Lord our God be upon us, and establish the enterprise of our hands upon us, yes, the enterprise of our hands, establish it.

Psalm 91

He who dwells in the secret places of the Most High, will abide in the shadow of the Almighty.

2 He will say of the Lord*, My shelter and my stronghold. I will trust in him, my God.

3 For he will rescue you from the snare of the fowler, from the destructive pestilence.

4 With his pinions he will provide cover for you. Yes, underneath his wings you will seek refuge. The great shield and wall of defense is his truth.

5 You will not fear from the terror in the night, from the arrow that flies by day,

6 From the pestilence that goes into the darkness, from the destruction that devastates at midday.

7 A thousand may fall at your side, and ten thousand by your right hand. It will not come close to you,

8 But you will gaze with your eyes, and the retribution (against) the wicked you will see,

9 (Saying), For you are my shelter, O Lord*. O Most High, from your habitation you have established (me).

10 Misery will not encounter you, and a plague will not come near to your tent,

11 For he will command his angels for you, to keep you along your paths.

12 Upon hands they will lift you up, lest you strike your foot against a stone.

13 You will tread upon a lion and cobra. You will trample the young lion and the serpent.

14 For he loves me, so I will deliver him.

15 He will call out to me, and I will answer him. I will be with him in distress. I will deliver him and glorify him.

16 I will satisfy him during his days, then I will show him my salvation.

Psalm 92

A song-of-praise psalm for the Sabbath day.

It is good to give thanks to the Lord*, and to make music to your name, O Most High.

2 To declare your steadfast love in the morning, and your faithfulness at night,
3 Upon a ten-stringed instrument, upon a lute, with resounding music upon a harp.
4 For you make me glad in your deeds, O Lord*. I will shout with joy about the works of your hands.
5 How great are your works, O Lord*! Your designs are very deep.
6 A brutish man does not know, and a fool does not understand this.
7 As they sprout up, the wicked will be as herbage, for all the workers of iniquity have flourished only to their annihilation forever and ever,
8 But you are exalted forever, O Lord*.
9 For now your enemies, O Lord*, for now your enemies will perish. All those who do iniquity will be divided against each other,
10 But you are lifting up my horn like the wild oxen. I have been anointed in fresh oil,
11 And my eyes gaze upon those who spy on me, among those rising up against me. (As for) the evildoers, my ears hear them.
12 The righteous will sprout up like a palm tree, like a cedar of Lebanon, he will grow great.
13 Planted in the house of the Lord*, they will flourish in the courts of our God,
14 They will still bear fruit into old age. They will be fat and flourishing,
15 To declare that the Lord* is upright. He is my rock, and there is no unrighteousness in him.

Psalm 93

The Lord* reigns, clothed in majesty. Clothed is the Lord*. He girds himself (in) strength. Indeed the world stands firm, it does not shake.
2 Your throne was established in time past. You are from eternity.
3 The rivers lift up, O Lord*. The rivers lift up their sound. The rivers are lifting up their crashing,
4 Greater than the sounds of many waters, majestic breakers of the sea. The Lord* is majestic in the high place.
5 Your testimonies are very reliable. Holiness is becoming for your house, O Lord*, for the extent of time.

Psalm 94

O Lord* God of vengeance, O God of vengeance, shine forth.
2 Rise up, O judge of the earth, return recompense upon the proud.
3 How long (for) the wicked, O Lord*? How long will the wicked triumph?
4 They burst out. They speak arrogantly. All the evildoers talk among themselves.
5 They are crushing your people, O Lord*, and afflicting your inheritance.
6 They are slaying the widow and the foreigner, and they are murdering the fatherless,
7 And they say, Yah does not see, and The God of Jacob does not discern.
8 Learn, you ignorant people! Fools, when will you gain insight!
9 Did he set up the ear, (yet) cannot hear? Can the one who created the eye not look down?
10 Does the one who admonishes nations not chastise? (Does) the one who teaches mankind have no knowledge?
11 The Lord* knows that the plans of mankind are worthless.
12 Blessed is the young man you admonish, Yah, and teach him from your Torah,
13 To pacify the days of evil for him until the pit is dug for the wicked.
14 For the Lord* will not forsake his people, and he will not abandon his inheritance.
15 For he will restore justice forever (to) the righteous, and then (to) all the upright in heart.
16 Who will rise up for me against those who do harm? Who will take a stand for me against the evildoers?
17 Unless the Lord* had been a help for me, my soul would have settled down in silence.
18 If I had said, My foot slipped, O Lord*, your steadfast love would have supported me.
19 Against a multitude of disquieting thoughts inside of me, your consolations delight my soul.
20 Can a throne of destruction be united with you, one that generates mischief contrary to law?
21 They strike against the soul of the righteous, and (they) condemn the blood of the innocent as guilty.
22 The Lord* has been a secure retreat for me, and my God has been the rock of my refuge,
23 But he has turned their wickedness against them, and in them, and in their mischief, the Lord* our God will annihilate them, he will annihilate them.

Psalm 95

Come, let us give a joyous cry to the Lord*! Let us raise a shout to the rock of our salvation.

2 Let us come into his presence with thanksgiving. Let us raise a shout to him in our songs.

3 For the great God is the Lord*, and a great king above all gods,

4 Who has the range of the earth in his hand, and the eminence of the mountains is his,

5 To whom the sea (belongs), for he made it, and his hands formed the dry land.

6 Come, let us worship and bow down. Let us kneel down in the presence of the Lord*, our maker,

7 For he is our God, and we are the people he is shepherding, and the flock of his hand.

8 Do not harden your hearts as Meribah, as the day of Massah in the wilderness,

9 When your fathers tested me. They tried me even as they saw my work(s).

10 Forty years I felt a loathing for (this) generation, and I said, This people err in their heart, and they do not know my ways,

11 For whom I swore in my anger, Surely they will not enter into my rest.

Psalm 96

Sing a new song to the Lord*. Sing to the Lord*, all the earth!

2 Sing to the Lord*. Bless his name. Bring the good news of his salvation from day to day.

3 Give an account of his glory among the nations, his wonders among all peoples.

4 For great is the Lord*, and very praiseworthy. He is awesome above all gods.

5 For all gods of the peoples are worthless idols, but the Lord* made the heavens.

6 Praise and honor are in his presence. Strength and beauty are within his sanctuary.

7 Ascribe to the Lord*, you families of peoples, ascribe to the Lord* glory and strength.

8 Ascribe to the Lord* the glory of his name. Bear an offering, and enter into his courts.

9 Bow down in worship to the Lord* in the splendor of holiness. Write from his presence, all the earth!

10 Say among the nations, The Lord* reigns. Indeed the world is firmly established. It cannot shake. He will judge peoples in integrity.

11 Let the heavens be glad, and let the earth rejoice. Let the sea and all its entirety thunder!

12 Let the field be jubilant, and all that is in it, then let all the trees of the forest give a joyous cry,

13 Before the Lord*, for he comes, for he comes to judge the earth. He will judge the world in righteousness, and peoples in his faithfulness.

Psalm 97

The Lord* reigns. Let the earth rejoice! Let the many islands be glad!

2 The cloud mass and the heavy clouds surround him. Righteousness and justice are the foundation of his throne.

3 A fire is going before him, and it is blazing around his adversaries.

4 His lightnings light up the world. The earth sees, then it writhes.

5 The mountains melt like wax from the presence of the Lord*, from the presence of the Lord of all the earth.

6 The heavens declare his righteousness, and all peoples see his glory.

7 All the servants of an image will be disgraced, those who glory in worthless idols, (for) all gods lay prostrate to him.

8 Zion hears and is glad, and the daughters of Judah rejoice, on account of your judgments, O Lord*.

9 For you, O Lord*, are the Most High over all the earth. You are highly exalted above all gods.

10 You who love the Lord*, hate evil! He watches over the lives of his devoted ones. He will rescue them from the hand of the wicked.

11 Light is spread to the righteous, and to the upright in heart, (there is) gladness.

12 Be glad in the Lord*, you righteous ones, and give thanks for a memorial of his holiness.

Psalm 98

A psalm.

Sing to the Lord* a new song, for he has done wonders. His right hand gives victory to him, and his holy arm.

2 The Lord* makes his salvation known, to the eyes of the nations he reveals his righteousness.

3 He remembers his steadfast love, and all the ends of the earth see his faithfulness to the house of Israel, (along) with the salvation of our God.

4 Shout to the Lord*, all the earth! Burst out, (and) give a joyous shout, and make music.

5 Make music to the Lord* on the harp, on the harp and the voice of song.

6 With clarions and the sound of the shofar, shout in front of the Lord*, the king.

7 Let the sea and all its entirety thunder, the world and those who dwell in it.

8 Let the rivers clap hands. Let the mountains give a joyous cry in unison,

9 Before the Lord*, for he comes to judge the earth. He will judge the world in righteousness, and peoples in integrity.

Psalm 99

The Lord* reigns (let nations quake!) who dwells (among) the cherubim (let the earth shake!).

2 The Lord* is great in Zion, and he is exalted over all peoples.

3 Let them praise your name, great and awesome. It is holy.

4 And the strength of the king is that he loves justice. You have established integrity. You have done justice and righteousness by Jacob.

5 Exalt the Lord* our God, and prostrate yourself to his footstool. He is holy.

6 Moses and Aaron of his priests, and Samuel were among those who called his name. Those who call upon the Lord*, yes, he will answer them.

7 He used to speak to them in a pillar of a cloud. They kept his testimonies and statute(s) that he gave to them.

8 O Lord* our God, you answered them. You were the God who forgives to them, but one who took vengeance against their wantonness.

9 Exalt the Lord* our God, and bow down in worship toward his holy mountain, for the Lord* our God is holy.

Psalm 100

A psalm of thanksgiving.

Give a shout to the Lord*, all the earth!

2 Serve the Lord* with gladness. Come into his presence with a joyous shout!

3 Know that the Lord*, he is God. He made us. We did not. (We) are his people and the sheep of his pasture.

4 Enter into his gates with thanksgiving, his courts with praise. Give thanks to him. Bless his name.

5 For the Lord* is good, his steadfast love is forever, and his faithfulness continues from generation to generation.

Psalm 101

A psalm of David.

I will sing of steadfast love and justice. I will make music to you, O Lord*.

2 I will pay attention to the blameless way. When will you come to me? I will walk about in the innocence of my heart.

3 I will not set my eyes before a worthless matter. I hate to do deeds that swerve (off track). Let that not cling to me.

4 Let a perverted heart turn away from me, so that I may not know evil.

5 One who secretly slanders me (to) his friend, I will destroy him. One with raised eyes and an arrogant heart, I will not endure him.

6 My eye is on the faithful in the land, to dwell with me. The one who walks in the way of integrity, he will minister to me.

7 Those who do deceit, those who speak falsehood will not dwell inside my house. They will not stand in front of my eyes.

8 I will destroy all the wicked of the land in the morning, all evildoers to be cut off from the city of the Lord*.

Psalm 102

A prayer of the afflicted, when he is faint, and pours out his complaint before the Lord*.

O Lord*, listen to my prayer, and let my cry for help come to you.

2 Do not hide your face from me. In my day of distress, extend your ear to me. In the day I cry out, answer me quickly,
3 For my days are spent in smoke, and my bones are scorched like a burning mass.
4 My heart is blighted and withered like herbage, so that I forget to eat my bread.
5 From the sound of my groaning, my bones cling to my flesh.
6 I resemble a pelican of the wilderness. I am like an owl of the ruins.
7 I lie awake, and (there) I am, like a bird alone on a roof.
8 My enemies reproach me all day long. Those that are mad at me, they curse at me.
9 For I eat dust as bread, and I mix my drink with tears,
10 From the presence of your indignation, and your wrath, for you have lifted me up, then you have cast me down.
11 My day is spread out like a shadow, and I am withering like herbage,
12 But you, O Lord*, abide forever, and the memory of you is from generation to generation.
13 You will rise up. You will have compassion on Zion, for it is time to show it favor, for the appointed time has come,
14 For your servants are pleased with her stones, and look favorably at her debris.
15 Yet the nations will fear the name of the Lord*, and all the kings of the earth, your glory,
16 For the Lord* built Zion. It appears in his glory.
17 He turns to the prayers of the destitute, and does not regard their prayer with contempt.
18 This will be written to the generation to come, for the people that are created to praise Yah,
19 For he looks down from his holy heights. From the heavens, the Lord* looks down to the earth,
20 To hear the crying of the prisoner, to free the children of death,
21 To declare the name of the Lord* in Zion, and his praise in Jerusalem,
22 When peoples assemble together, even kingdoms, to serve the Lord*.
23 He afflicted my strength along the way. He shortened my days.
24 I said, My God, do not take me away in the middle of my days. Among a generation of generations are your years.
25 You established the surface of the earth, and the heavens are the work of your hands.

26 They will perish, but you will stand, and all of them will become old and worn out like clothing. Like a garment, you will change them, and they will vanish.

27 For it is you, and your years do not come to an end.

28 The children of your servants will settle down, and their offspring will be established in your presence.

Psalm 103

Of David. Bless the Lord*, O my soul, and all my inner being, bless his holy name.

2 Bless the Lord*, O my soul, and do not forget all his benefits,

3 The one who pardons all your iniquity, who heals all your diseases,

4 Who redeems your life from ruin, who crowns you (with) steadfast love and mercy,

5 Who satisfies you continually with good things. Your youth will revive like an eagle.

6 The Lord* is the one who does righteous acts, and justice for all the oppressed.

7 He made his ways known to Moses, his deeds to the children of Israel.

8 Merciful and gracious is the Lord*, slow to anger, and great in steadfast love.

9 He will not perpetually strive, and he will not maintain his wrath forever.

10 He does not do to us according to our sins. No, he does not deal fully with us according to our iniquities,

11 For as the height of the heavens over the earth, his steadfast love is strong over those who fear him.

12 For as distant as the east is from the west, he puts our transgressions at (that) distance from us.

13 Like the mercy of a father upon his children, the Lord* has mercy upon those who fear him,

14 For he knows our form, remembering that we were dust.

15 A man, his days are like grass, like a flower of the field. In this way he blossoms.

16 For the wind passes over it, and it is no more, and so its place will not recognize it anymore,

17 But the steadfast love of the Lord* is from eternity (past) to eternity (future), upon those who fear him, also his righteousness to the children of their children,

18 To those who keep his covenant, and to those who remember his precepts, to do them.

19 The Lord* has set up his throne in the heavens, and his kingdom rules among all.

20 Bless the Lord*, (you) his messengers, (you) who are strong in power, (you) who do his word, to obey the voice of his word.

21 Bless the Lord*, all his hosts, (you) who minister to him, (you) who do what he desires.

22 Bless the Lord* (and) all his deeds in all places of his dominion. Bless the Lord*, O my soul!

Psalm 104

Bless the Lord*, O my soul! O Lord* my God, you are very great. You are clothed in splendor and majesty,

2 The one who wraps himself in light as an outer garment, who stretches out the heavens like a curtain,

3 Who lays the beams of his roof-chambers in the waters, who sets rain-clouds for his chariot, who travels on the wings of the wind,

4 Who makes his angels (as) spirits, his ministers a flaming fire.

5 He established the earth upon its foundation. It will not be shaken forever and ever.

6 (With) deep waters, you covered it like a garment. The waters were standing over the mountains.

7 They fled from your rebuke. From the sound of your thunder they hurried away in alarm.

8 They went over mountains. They receded into the valleys, to the place that you set for them.

9 You set boundaries they can never cross. They can never return to cover the land.

10 (He is) the one who sends out of the springs into the rivers. Between the mountains they flow.

11 They provide drink for all the animals of the field. The wild donkeys satisfy their thirst.

12 By them, the birds of the heavens dwell. They utter a sound from between the foliage.

13 (He is) the one who irrigates the mountains from his roof-chambers. The earth is satisfied from the fruit of your works,

14 That causes the grass to grow for the cattle, and herbage for the service of mankind, to bring forth food from the earth.

15 And wine makes the heart of man glad, making the face shine of oil, and food sustains the heart of man.

16 The trees of the Lord* are saturated, the cedars of Lebanon that he has planted.

17 That is where the birds make their nests. (As for) the stork, fir trees are her house.

18 High mountains are for the mountain goats. Cliffs are a refuge for the rock badgers.

19 The moon makes the appointed times. The sun knows its place of setting.

20 You make darkness, and it is night. Every living creature of the forest moves about in it.

21 The young lions are roaring for the prey, so to seek their food from God.

22 The sun rises. They gather together, and in among their lair, they lie down.

23 A man goes forth to his work, yes, to his occupation, until the evening.

24 How great are your works, O Lord*! You have done all of them with wisdom. The earth is full of what you have acquired.

25 This is the sea, great and broad on both sides. There are gliding creatures, that none could describe, great animals with the small.

26 There the ships go out. Leviathan, this one you created to play with him.

27 All of them wait for you to give them their food when it is time.

28 You give it to them, (and) they gather (it) up. You open your hand, (and) they are satisfied (with) good things.

29 If you conceal your presence, they are disturbed. If you stop their breath, they will perish, and return to their dust.

30 You send forth your wind, (so) that they may be formed, and you make new the surface of the earth.

31 May the glory of the Lord* be forever! May the Lord* take joy in what he has made.

32 He gazes down to the earth, and it trembles. He reaches into the mountains, and they smoke.

33 I will sing to the Lord* while I live. I will make music to my God as long as I endure.

34 May my meditation be pleasing to him. I will be glad in the Lord*.

35 Let the sinners be consumed off the land, and the wicked be no more.

Bless the Lord*, O my soul! Praise Yah!

Psalm 105

Give thanks to the Lord*. Call on his name. Make his deeds known among peoples.

2 Sing to him. Make music to him. Talk about all his wonderful acts.

3 Boast about his holy name. Let the heart be glad, (you) who seek the Lord*.

4 Inquire of the Lord* and his strength. Seek his presence continually.

5 Remember his wonderful works that he has done, his wonders and judgments out of his mouth,

6 O offspring of Abraham, his servant, (you) children of Jacob, his chosen ones.

7 He is the Lord* our God. His judgments are throughout all the earth.

8 He remembers his covenant forever, a word he commanded to a thousand generations,

9 Which he made with Abraham, and his oath to Isaac,

10 And he appointed it to Jacob for a statute, a covenant forever to Israel,

11 Saying, I give the land of Canaan to you, the territory of your inheritance,

12 When they were men of a (small) number, just a few, and sojourners in it.

13 Then they went back and forth from nation to nation, from one king down to another people.

14 He did not permit mankind to oppress them, and he reproved kings over them.

15 Do not strike upon my anointed one, and do not do injury to my prophet.

16 And he summoned a famine upon the land. He cut off all the food supply.

17 He sent a man before them, Joseph, who was sold for a slave.

18 They afflicted his feet with fetters, his soul went into irons.

19 Until the time his word came, the saying of the Lord* tested him.

20 A king sent out, and he unbound him, a ruler of peoples. Yes, he set him free.

21 He placed him (as) lord of his house, and a ruler of all he had acquired,

22 Binding his officials at his desire, and he taught his elders wisdom.

23 Then Israel entered into Egypt. Yes, Jacob sojourned in the land of Ham,

24 And he made his people very fruitful, and made (them) stronger than (their) adversaries.

25 Their heart turned to hate his people, to deal deceitfully with his servants.

26 He sent Moses, his servant, Aaron, whom he chose.

27 They brought to pass among them the acts of his miracles, and wonders in the land of Ham.

28 He sent darkness. Yes, he made it dark, but they rebelled at his words.

29 He turned their waters to blood, and it killed their fish.
30 Their land swarmed with frogs, in the chambers of their rulers.
31 He spoke, and the swarm (of flies) came in, lice in all their borders.
32 He gave them showers of hail, a fire flaming in their land,
33 And it struck their grapevines and their fig trees, and it broke down the trees within their borders.
34 He spoke, and a locust swarm came in, and there were locusts and without number,
35 And it consumed all the herbage on their land, and all the fruit of their ground.
36 Then he struck down all the firstborn in their land, the first of all the vigorous ones,
37 And he brought them out with gold and silver, and there was no one among his tribes who stumbled.
38 Egypt was glad when they went out, because a dread of them had fallen over them.
39 He spread out a cloud for a screen, and a fire to give light at night.
40 He summoned, and quail came down, and with food of the heavens he satisfied them.
41 He opened the rock and water gushed out. It went forth in the dry places (as) a stream.
42 For he remembered his holy word with Abraham his servant,
43 And he brought his people over in joy, his chosen ones with a joyous cry,
44 And he gave to them the lands of the Gentiles, and they inherited the labor of peoples,
45 In order that they would keep his statutes, and observe his laws. Praise Yah!

Psalm 106

Praise Yah! Give thanks to the Lord*, for (he is) good, for his steadfast love is forever.

2 Who can speak of the mighty deeds of the Lord*? Who can declare all his praise?

3 Blessed are those who keep justice, the one who does righteous acts at all time(s).

4 Remember me, O Lord*, in favor of your people. Visit me with your salvation,

5 To see the goodness of your chosen ones, to be glad in the joy of your nation, to glory with your inheritance.

6 We have sinned along with our fathers. We have committed iniquity. We have acted wickedly.

7 Our fathers in Egypt did not consider your wonderful works, nor did they remember the abundance of your steadfast love. They showed rebelliousness along the sea, by the Red Sea,

8 But he delivered them for the sake of his name, to make his strength known.

9 So he rebuked the Red Sea, and it dried up, and he led them through the depths like the wilderness.

10 He delivered them from the hand of the one who hated (them). Yes, he ransomed them from the hand of the enemy,

11 And the waters covered over their adversaries. Not one of them remained.

12 They trusted in his words. They sang his praise.

13 They quickly forgot his deeds. They did not wait for his counsel,

14 But they lusted in their appetite in the wilderness. Yes, they tested God in the wasteland.

15 So he gave to them what they asked for, then sent a wasting disease into their soul.

16 Then they were envious of Moses in the camp, of Aaron, the holy man of the Lord*.

17 The earth opened up, and it swallowed Dathan, and covered over the assembly of Abiram.

18 Then a fire kindled in their assembly. A flame set the wicked ablaze.

19 They made a calf in Horeb, and they bowed down to the molten image.

20 Yes, they exchanged their glory for the figure of a bull that eats grass.

21 They forgot God, their deliverer, who performed great (acts) in Egypt,

22 The wonderful works in the land of Ham, the awesome deeds along the Red Sea.

23 So he spoke about destroying them, except that Moses, his chosen one, stood in the breach in front of him, to turn back his wrath from the destruction.

24 Yet they refused (to go) into the precious land. They had no trust for his word,

25 And they murmured in their tents. They did not listen to the voice of the Lord*.

26 So he lifted up his hand against them, to cause them to fall in the wilderness,

27 And to bring their offspring to destruction among the nations, and to scatter them among the lands.
28 Yet they joined themselves to Baal-Peor, and consumed sacrifices to the dead,
29 And they provoked (him) in their deeds, so a plague broke out against them,
30 But Phinehas stood up, and (he) intervened, and the plague was restrained.
31 So (this) was accounted to him for righteousness from generation to generation.
32 They also provoked (him) to wrath along the waters of Meribah, and it went badly for Moses on account of them,
33 For they rebelled against his spirit, then he spoke rashly with his lips.
34 They did not destroy the peoples, (as) the Lord* had spoken to them,
35 But they had fellowship with the Gentiles, and they learned their works,
36 And they worshipped their idols, and they were a snare to them.
37 They even sacrificed their sons and daughters to demons.
38 Yes, they poured out innocent blood, the blood of their sons and daughters, which they sacrificed to the idols of Canaan, and so the land was polluted with bloodshed.
39 Thus they were unclean in their deeds, and they prostituted themselves in their practices,
40 So the Lord* burned with anger against his people. Yes, he abhorred his inheritance,
41 And he gave them into the hand of the nations, and those that hated them ruled over them.
42 Then their enemies oppressed them, and they were humbled under their hand.
43 Many times he rescued them, yet they rebelled against his counsel, and were humiliated in their iniquity,
44 But he looked on (their) distress, when he heard their cry,
45 And he remembered his covenant to them, and he had compassion according to the abundance of his steadfast love,
46 And gave them mercy in front of all their captors.
47 Save us, O Lord* our God, and the one who gathered us (up) from the nations, to give thanks to your holy name, and to glory in your praises.
48 Blessed is the Lord* God of Israel, from eternity (past) to eternity (future), and all the people say, Amen. Praise Yah!

Book V

Psalm 107

Give thanks to the Lord*, for (he is) good, for his steadfast love is forever.
2 Let the redeemed of the Lord* speak, those redeemed from the hand of the adversary.
3 For from the lands he gathered them, from the east, from the west, from the north, and from the (Red) Sea.
4 They wandered in the wilderness, (along) the way (through) the wasteland. A city to dwell in, they did not find.
5 (There was) hunger, also thirst. Their soul fainted from them.
6 When they cried out to the Lord* in their distress, he rescued them from their straits,
7 And he made them tread along the right path, to walk to a city to dwell in.
8 Let them give thanks to the Lord* (for) his steadfast love, and his wonderful works for the children of mankind,
9 For he satisfies the thirsty soul, and the hungry soul is well-filled.
10 Those who dwelled in darkness and the death-shadow, prisoners under affliction and iron(s),
11 Because they showed rebellion (at) the pronouncements of God, and spurned the counsel of the Most High,
12 He then humbled their heart with toil. They stumbled, but there was no one to help.
13 When they cried out to the Lord* in their distress, he saved them from their straits.
14 He brought them out from the darkness and the death-shadow, and tore away their bands.
15 Let them give thanks to the Lord* (for) his steadfast love, and his wonderful works for the children of mankind,
16 For he shatters doors of bronze, and hews down bars of iron.
17 (They) were foolish because of the manner of their transgression, and they afflicted themselves on account of their iniquities.
18 Their soul abhorred all food, and they arrived at the gates of death,
19 But they cried out to the Lord* in their distress. From their straits he saved them.
20 He sent his word, and (he) healed them, and rescued them from their ruin.

21 Let them give thanks to the Lord* (for) his steadfast love, and his wonderful works for the children of mankind,
22 And let them sacrifice the sacrifices of thanksgiving, and give account of his deeds with a joyous cry.
23 Those who go down to the sea in ships, those who do work in great waters,
24 They have seen the deeds of the Lord*, and his wonderful works in the deep sea,
25 For he spoke and caused the storm wind to rise up, and it lifted up its waves.
26 They ascend to the heavens. They descend to the depths. Their soul melts away in misery.
27 They reel and stagger like a drunken man, and all their wisdom is swallowed up.
28 When they cry out to the Lord* in their distress, then he brings them out of their straights.
29 He rouses up the storm in a whisper, then their waves become still,
30 And they are glad, for they are quieted, and he leads them into the city of their desire.
31 Let them give thanks to the Lord* (for) his steadfast love, and his wonderful works for the children of mankind,
32 And let them exalt him in the congregation of the people, and praise him in the assembly of elders.
33 He makes springs of rivers into wilderness, yes, springs of water into thirsty ground.
34 The fruitful land will become a barren plain, from the wickedness of those who dwell in it.
35 He will make the wilderness into a pool of water, yes, the land of drought into springs of water,
36 And he will place the hungry (people) to dwell there, and they will establish a city to dwell in.
37 Then they will sow fields, and plant vineyards, and they will produce a fruitful yield.
38 And he will bless them, and make them great, and their cattle will not diminish,
39 When they are few (in number) and humbled, from barrenness, distress, and sorrow.
40 He pours out contempt upon nobility, and causes them to wander about in oblivion that is not the way,

41 But he sets the needy on high, far from affliction, and he places families as a flock.

42 The upright see, and (they) are glad, as all unrighteousness closes its mouth.

43 Who is wise, and will keep these (things), and consider diligently the steadfast love of the Lord*?

Psalm 108

A song-of-praise psalm of David.

Fixed is my heart, O God. I will sing and make music. Indeed, (it is) my honor.

2 Awaken, O lute and harp. I will arouse the dawn.

3 I will praise you among nations, O Lord*, but I will make music to you, not peoples,

4 For great is your steadfast love above the heavens, and your truth is up to the clouds.

5 Be exalted above the heavens, O God, and your glory above all the earth.

6 So that your beloved may be delivered, save with your right hand, and answer me!

7 God speaks in his holiness, I will triumph. I will apportion Shechem, and I will measure out the valley of Succoth.

8 Gilead is mine. Manasseh is mine, and Ephraim is the helmet of my head. Judah is my staff.

9 Moab is my washing pot. Upon Edom I will cast my sandal. Over Philistia I will shout in triumph.

10 Who conducted me to a fortified city? Who led me to Edom?

11 Have you not spurned us, O God, and will you not go out with our armies, O God?

12 Give us help against the adversary, for the deliverance of mankind is empty.

13 In God we will do valiantly, for he will trample down our adversaries.

Psalm 109

To the musical director: A psalm of David.

O God of my praise, do not be silent!

2 For the mouth of the wicked and treacherous have opened up against me. They have spoken the tongue of deceit against me,

3 And words of hatred surround me, for they do battle against me for no reason.

4 In exchange for my love, they act as an adversary against me, while I am (in) prayer.

5 Yes, they have placed evil upon me, in exchange for good, and hatred in exchange for my love.

6 Appoint a wicked one over him, and let an adversary stand at his right hand.

7 When he is judged, let him go out a criminal, and his prayer become sin.

8 Let his days be few. Let another take his office.

9 Let his children be fatherless, and his wife be a widow.

10 Let his children severely limp and beg, and let them forage out of their desolation.

11 Let a creditor strike at all he has, and let strangers spoil his produce.

12 Let there be no one who extends kindness to him, or shows favor to his fatherless (children).

13 Let his posterity be cut off. In the generation after, let their name be blotted out.

14 Let the iniquity of his fathers be remembered by the Lord*, and let the sins of his mother not be blotted out.

15 Let them be opposite (from) the Lord* continually, and let him cut off their memory from the earth,

16 Because he did not remember to do kindness, but pursued the afflicted, and needy, and brokenhearted, to kill (him).

18 And let him clothe himself in a curse like a garment, and let it come in like water into his innermost parts, even like oil into his bones.

19 Let it be to him like a garment that he wraps around himself, and let him bind it on for a girdle continually.

20 This is the punishment of my adversary (coming) from the Lord*, for those who speak evil against my soul,

21 But you, O Lord* God, who deals with me for your name's sake, rescue me for the good of your steadfast love.

22 For I am afflicted and needy, and my heart is pierced in my innermost parts.

23 Like a shadow as it declines, I am gone. I am shaken like a locust.

24 My knees tremble from fasting. My flesh is lean without fat,

25 And I am a reproach to them. They see me, they shake their head.

26 Help me, O Lord* my God. Save me according to your steadfast love,
27 And they will know that this was your hand. You, O Lord*, did it.
28 They curse, but you bless. They rise up, but let them be ashamed, and let
your servant be glad.
29 Let those who act as an adversary to me be clothed in humiliation, and let
them wrap themselves in their shame like a robe.
30 I will give many thanks to the Lord* by my mouth, and I will praise him
in the midst of many (people),
31 For he stands at the right hand of the needy, to deliver (him) from those
who would judge his life.

Psalm 110

A psalm of David.

Declares the Lord* to my Lord, Sit at my right hand until I have made your
enemies a stool for your feet.

2 The Lord* will send out the rod of your strength from Zion. Rule in the
midst of your enemies.

3 Your people will be ready to volunteer in the day of your army, in the
splendor of your holiness, from the womb of dawn. Your young men will be
to you as the dew.

4 The Lord* has sworn, and he will not repent, You are a priest forever after
the order of Melchizedek.

5 The Lord is at your right hand. He has shattered kings in the day of his
wrath.

6 He will judge among the nations. He fills (them) with corpses. He strikes
at the chief over many land(s).

7 From the brook along the way he will drink, and then he will lift up the
head.

Psalm 111

Praise Yah! I will give thanks to the Lord* with all my heart, in the assembly
of the upright and the congregation.

2 Great are the deeds of the Lord*, followed by all who take pleasure in
them.

3 Majestic and honorable is his work, and his righteousness (that) stands forever.

4 It is a memorial to his wonderful works that he has done. Gracious and merciful is the Lord*.

5 He gives food to those who fear him. He will remember his covenant forever.

6 He declares the power of his deeds to his people, to give to them the inheritance of the nations.

7 The deeds of his hands are truth and justice. All his precepts are verified, 8 Sustained forever and ever, established in truth and integrity.

9 He has sent a ransom for his people. He has commanded his covenant forever. Holy and awesome is his name.

10 The fear of the Lord* is the beginning of wisdom. All those who do this have good understanding. His praise will stand forever.

Psalm 112

Praise Yah! Blessed is the man who fears the Lord*, who greatly delights in his commandments.

2 His offspring will be strong in the land. The generation of the upright will be blessed.

3 Wealth and riches will be in his house, and his righteousness will stand forever.

4 The light will shine into the darkness for the upright, (who) is gracious, compassionate, and righteous.

5 Good is the one who is gracious and lends. He will sustain his actions in justice,

6 So that forever he will not be shaken. The righteous one will be for a memorial forever.

7 He will not fear from an evil report. His heart is established, trusted of the Lord*.

8 His heart is firm. He will not fear, yet he will see through his troubles.

9 He distributes (what) he gives to the needy. His righteousness will stand forever. His horn will be lifted up in glory.

10 The wicked one will see and be angry. He will grind his teeth, but he will melt away. The desire of the wicked will perish.

Psalm 113

Praise Yah! Praise, you servants of the Lord*. Praise the name of the Lord*.
2 Let the name of the Lord* be blessed, from now and to eternity.
3 From the rising of the sun until its setting, the name of the Lord* is to be praised.
4 The Lord* is exalted above all nations. His glory is above the heavens.
5 Who is like the Lord* our God, who sets me on high to dwell?
6 Who lowers me to look upon the heavens and the earth,
7 Who has raised me up from the dust of poverty. The needy one he lifts up from the ash heap,
8 To make me sit down with the nobles, with the nobility of his people,
9 Who makes me to sit with the barren of the house. The mother of children is glad. Praise Yah!

Psalm 114

When Israel went out from Egypt, the house of Jacob from a people who talked unintelligibly,
2 Judah was for his sacred place, Israel, his dominion.
3 The sea looked on, and it fled, the Jordan circled back.
4 The mountains skipped about like rams, the hills like lambs.
5 What (happened) to you, O sea, that you fled, O Jordan, that you circled back,
6 O mountains, that you skipped about like rams, O hills, like lambs?
7 Writhe at the presence of the Lord, O earth, from the presence of the God of Jacob,
8 Who turned the rock (into) a pool of water, a rock of flint into springs of water.

Psalm 115

Not to us, O Lord*, but to your name appoint glory, according to your steadfast love, according to your truth.
2 Why do the nations say, Where is their God?

3 For our God is in the heavens. He does all that he desires.
4 Their idols are (of) silver and gold, the work of the hands of men.
5 They have a mouth, but they do not speak. They have eyes, but they do not see.
6 They have ears, but they do not hear. They have a nose, but they do not smell,
7 Their hands, but they do not feel, their feet, but they do not walk.
8 Their makers are like them, who trust in them.
9 O Israel, trust in the Lord*! He is their help and their shield.
10 O house of Aaron, trust in the Lord*! He is their help and their shield.
11 You who fear the Lord*, trust in the Lord*! He is their help and their shield.
12 The Lord* has remembered us. He will bless, he will bless the house of Israel. He will bless the house of Aaron.
13 He will bless those who fear the Lord*, the small along with the great.
14 May the Lord* increase over you, and over your children.
15 You are blessed of the Lord*, who made the heavens and the earth.
16 The heavens, the heavens (belong) to the Lord*, but the earth he gave to the children of mankind.
17 The dead do not praise Yah, nor do all who have gone down into silence,
18 But we will bless Yah, from now to eternity. Praise Yah!

Psalm 116

I love that the Lord* listens to the voice of my supplication,
2 For he has extended his ear to me, and during my day I (will) cry out.
3 The cords of death have surrounded me. The straights of Sheol have found me. I am discovering distress and sorrow,
4 But in the name of the Lord*, I cry out, Please, O Lord*, save my soul!
5 Gracious is the Lord*, and righteous, and our God is merciful.
6 The Lord* protects the naive. I languish, but he brings deliverance to me.
7 Return, O my soul, to your resting place, for the Lord* has dealt bountifully on behalf of you,
8 For you have delivered my soul from death, my eyes from tears, my feet from stumbling.
9 I will walk freely before the Lord*, in the land of the living.
10 I believe (this), so I speak, I am very afflicted.
11 I say in my alarm, All of mankind are liars.
12 What will I give back to the Lord*, for all his benefits on behalf of me?

13 I will lift the cup of salvation, for I will call on the name of the Lord*.
14 I will complete my vow to the Lord*, in front of all his people.
15 Precious in the sight of the Lord* is the death of his devoted ones.
16 Please, O Lord*, for I am your servant, I am your servant, a son of your
maidservant. You have loosened my bonds.
17 To you, I will offer up the sacrifice of thanksgiving, and I will call on the
name of the Lord*.
18 I will complete my vow to the Lord*, in front of all his people,
19 In the courts of the house of the Lord*, in the middle of you, O
Jerusalem! Praise Yah!

Psalm 117

Praise the Lord*, all you nations. Commend him, all you peoples.
2 For his steadfast love is strong on our behalf, and the truth of the Lord* is
forever. Praise Yah!

Psalm 118

Give thanks to the Lord*, for (he) is good, for his steadfast love is forever.
2 Let Israel say, For his steadfast love is forever.
3 Let the house of Aaron say, For his steadfast love is forever,
4 Let those who fear the Lord* say, For his steadfast love is forever.
5 From distress, I cried out to Yah. In the spacious place of Yah, he answered
me.
6 The Lord* is for me. I do not fear. What can mankind do to me?
7 The Lord* is for me as my helper, when I look upon those who hate me.
8 It is better to take refuge in the Lord* than to trust in mankind.
9 It is better to take refuge in the Lord* than to trust in nobility.
10 All the Gentiles (who) surround me, surely I will cause them to be
circumcised in the name of the Lord*.
11 Those (who) surround me, indeed, those (who) surround me, surely in the
name of the Lord* I will cause them to be circumcised.
12 Those who surround me like bees, are quenched like a fire among
thornbushes. Surely I will cause them to be circumcised in the name of the
Lord*.
13 You pushed me violently to fall, but the Lord* helped me.

14 My strength and song is of Yah. He will be for salvation to me.
15 It is the sound of a joyful cry, for salvation is in the tents of the righteous.
It is the right hand of the Lord*, who does valiantly.
16 The right hand of the Lord* is lifted up, the right hand of the Lord*, who
does valiantly.
17 I will not die, for I will live and tell of the deeds of Yah.
18 Yah has strongly disciplined me, but he has not given me over to death.
19 Open to me the gates of righteousness. I will enter through them. I will
give thanks to Yah.
20 This is the gate of the Lord*. The righteous will enter through it.
21 I will praise you, for you have answered me, and you are to me for
salvation.
22 The stone the builders rejected, it is for the head of the corner.
23 This (came) from the Lord*. It is wonderful in our sight.
24 This is the day (that) the Lord* made. Let us rejoice and be glad in it.
25 Now, O Lord*, save (us) please! Now, O Lord*, send (us) success please!
26 Blessed is the one who comes in the name of the Lord*. We bless you
from the house of the Lord*.
27 God is the Lord*, and he has made a (light) shine for us. Bind the feast in
cords at the horns of the altar.
28 You are my God, and I will give thanks to you. My God, I will exalt you.
29 Give thanks to the Lord*, for (he) is good, for his steadfast love is
forever.

Psalm 119

Blessed are those who are blameless in their way, who walk in the Torah of
the Lord*.

2 Blessed are those who guard his testimonies. They will seek him with all
their heart.

3 Indeed, they do not practice injustice. They walk along his ways.

4 You command your precepts, to keep (them) closely.

5 O that my ways would be directed to keep your statutes,

6 Then I would not be ashamed when I look into all your commandments.

7 I will give thanks with an upright heart, when I learn your righteous
judgments.

8 I will keep your statutes. Do not abandon me for very long.

9 Why does a youth stay pure in his way? To keep in accordance with your
word.

10 With all my heart, I seek you. Do not let me stray from your commandments.

11 In my heart, I have treasured up your sayings, so that I might not sin against you.

12 Blessed are you, O Lord*, Teach me your statutes.

13 With my lips I declare all the judgments from your mouth.

14 In the way of your testimonies I rejoice, as over all wealth.

15 I will meditate upon your precepts, and consider your ways.

16 In your statutes I will delight myself. Let me not forget your word.

17 Deal bountifully with your servant, that I may live and keep your word.

18 Uncover my eyes, and let me look upon the wonders from your Torah.

19 I am a stranger in the land. Do not hide your commandments from me.

20 My soul perishes from longing for your judgments at all times.

21 You rebuke the insolent, cursed ones, who have strayed from your commandments.

22 Remove the reproach and contempt from upon me, for I have guarded your testimonies.

23 Even though princely foes remain, who have spoken against me, your servant will meditate upon your statutes.

24 Also, your testimonies are my delight. (They are) my counselors.

25 My soul clings to the dust. Revive me according to your word.

26 I have declared my way, and you have answered me. Teach me your statutes.

27 Make me to understand the way of your precepts, and I will meditate on your wonders.

28 My soul weeps from grief. Establish me according to your word.

29 Remove the false way from me, but be gracious to me with your Torah.

30 I have chosen the faithful way. I have affirmed your judgments.

31 I cling to your testimonies, O Lord*. Do not put me to shame.

32 I will run (along) the way of your commandments, for you will enlarge my heart.

33 Instruct me (in) the way of your statutes, O Lord*, and I will observe (them) to the end.

34 Make me understand, and I will observe your Torah. Yes, I will keep it with all (my) heart.

35 Lead me along the path of your commandments, for in it I delight.

36 Incline my heart to your testimonies, and not to unjust gain.

37 Turn my eyes away from empty visions. Revive me according to your way.

38 Confirm your sayings to your servant, which are for reverence to you.

39 Make my reproach that I fear pass away, for your judgments are good.
40 Now I long for your precepts. Revive me according to your
righteousness,
41 And let your steadfast love enter into me, O Lord*, your salvation
according to your sayings.
42 Then I will answer one who reproaches me (with) a message, that I trust
in your word.
43 So do not take away the word of truth from my mouth for very long, for I
wait for your judgments,
44 And I will keep your Torah continually, forever and ever.
45 I will even roam in a wide space, for I have sought for your precepts.
46 Then I will speak about your testimonies in front of kings, and not be
ashamed.
47 Yet will I delight myself in your commandments, which I love,
48 And I will lift my hand to your commandments, which I love, and
meditate on your statutes.
49 Remember your word to your servant, upon which I have waited.
50 (By) this I take comfort in my affliction, for your saying(s) revive me.
51 Presumptuous men have derided me for a long time. I have not turned
away from your Torah.
52 I remember your judgments from long ago, O Lord*, and I comfort
myself.
53 The raging heat from the wicked seizes me, those who have abandoned
your Torah.
54 Your statutes are music to me, in the house where I sojourn.
55 I remember your name in the night, O Lord*, and I will keep your Torah.
56 This is for me, that I observe your precepts.
57 My portion, O Lord*, I have said, is to keep your word.
58 I ask for the favor of your presence with all (my) heart. Be gracious to me
according to your sayings.
59 I have contemplated my ways, and turned my feet to your testimonies.
60 I have made haste, and not lingered, to keep your commandments.
61 The cords of the wicked surround me. Your Torah I have not forgotten.
62 I rise at midnight to give thanks to you, concerning your righteous
judgments.
63 I am a companion to all who fear you, and to those who keep your
precepts.
64 The earth is full of your kindness, O Lord*. Teach me your statutes.
65 You have done well with your servant, O Lord*, according to your word.

66 Teach me good discernment and knowledge, for in your commandments I have trusted.

67 Previously, I might have been afflicted, I (might) have gone astray, but now, I keep your saying(s).

68 You are good, and do good deeds. Teach me your statutes.

69 Insolent men have smeared lies upon me. I will observe your precepts with all (my) heart.

70 Their mind is gross like fat. I delight in your Torah.

71 It is good for me, that I am afflicted, in order that I may learn your statutes.

72 The Torah from your mouth is better for me than thousands of gold and silver (pieces).

73 Your hands made me, and established me. Help me to understand, and I will learn your commandments.

74 Those who fear you will see me, and be glad, because I have waited for your word.

75 I know (you), O Lord*, for the righteousness of your judgments, and you afflict me faithfully.

76 Let your steadfast love be for my comfort, according to what you have said to your servant.

77 Let your mercies come to me, and I will live, for your Torah is my delight.

78 Insolent (ones) will be ashamed, for they have subverted lie(s) upon me. I will meditate upon your precepts.

79 Let those who fear you turn to me, so that they may know of your testimonies.

80 Let my mind be innocent regarding statutes, so that I will not be ashamed.

81 My soul pines away for your salvation. I have waited for your word.

82 My eyes pine away for your sayings. They say, When will you comfort me?

83 Though I have been like skin in thick smoke, I have not forgotten your statutes.

84 How many are the days of your servant? When will you do justice against those who persecute me?

85 Insolent men dig pits for me, who are not in accord with your Torah.

86 All your commandments are true. They pursue me falsely. Help me!

87 They have almost put an end to me on the earth, but I have not abandoned your precepts.

88 Revive me according to your steadfast love, and I will keep the testimony of your mouth.

89 Forever, O Lord*, your word stands firm in the heavens.

90 Your faithfulness is from generation to generation. You have established the earth, and it stands.

91 Today they stand for your judgments, for all your servants.

92 If your Torah had not been my delight, then I (would) have perished in my affliction.

93 I will never forget your precepts, for in them you revive me.

94 Save me, I am yours, for I have sought out your precepts.

95 The wicked wait for me, to kill me. I will diligently consider your testimonies.

96 I have seen an end to all perfection. Very broad is your commandment.

97 How I love your Torah! All day long I meditate on it.

98 Your commandment has made me wiser than my enemy, for it is mine forever.

99 I have more insight than all my teachers, for I have meditated on your testimonies.

100 I have gained understanding greater than elders, for I have observed your precepts.

101 From every path of evil I have restrained my feet, in order that I might keep your word.

102 I have not turned aside from your judgments, for you have taught me.

103 How smooth are your saying(s) to my palate, more than honey to my mouth!

104 From your precepts I gain understanding, therefore I hate every false way.

105 Your word is a lamp to my feet, and a light to my path.

106 I have taken an oath, and (I) will fulfill it, to keep your righteous judgments.

107 I have been afflicted for very long, O Lord*. Revive me according to your word.

108 Accept the offerings from my mouth favorably, O Lord*, and teach me your judgments.

109 My life is in my hand continually, but I have not forgotten your Torah.

110 The wicked have set a snare for me, but I have not strayed from your precepts.

111 I have possessed your testimonies forever, for they are the joy of my heart.

112 I have inclined my heart to do your statutes to the very end.

113 I hate the half-hearted, but I love the Torah.
114 You are my covering and my shield. I wait for your word.
115 Turn away from me, evildoers, and I will observe the commandments of my God.
116 Provide refuge for me, according to your saying(s), and I will live, but do not put me to shame, away from my hope.
117 Uphold me, then I will be saved, and I will pay regard continually to your statutes.
118 You make light of all who go astray from your statutes, for their deceit is in vain.
119 You turn away the wicked of the earth (as) dross, therefore I love your testimonies.
120 My flesh bristles up from the fear of you, and your judgments I stand in awe of.
121 I have acted (in) justice and righteousness. Do not abandon me as to my oppressors.
122 Give a pledge to your servant for good. Do not let insolent men oppress me.
123 My eyes pine away for your salvation, and for your righteous saying(s).
124 Do with your servant according to your steadfast love, and teach me your statutes.
125 I am your servant. Give me understanding, and let me know your testimonies.
126 It is time for the Lord* to act. They have broken your Torah.
127 Therefore I love your commandments more than gold, even pure gold.
128 Therefore I esteem all the precepts to be entirely right. Every false way I hate.
129 Your testimonies are wonderful, therefore my soul guards them.
130 The opening of your word brings light, that gives understanding to the naive.
131 I opened my mouth wide, and gasped with desire, because I long for your commandments.
132 Turn to me, and be gracious to me, as is the custom for those who love your name.
133 Direct my footstep in your sayings, but let no iniquity get mastery over me.
134 Ransom me from the oppression of mankind, and I will keep your precepts.
135 Make your face shine on your servant, and teach me your statutes.

136 Channels of water descend from my eyes, because they do not keep your Torah.

137 You are righteous, O Lord*, and your judgments are upright.

138 You have commanded righteousness (in) your testimonies, and (they are) very faithful.

139 My ardor has put an end to me, because my adversaries have forgotten your words.

140 Your saying(s) have been tested exceedingly, and your servant loves it.

141 I am insignificant and despised. Your precepts I have not forgotten.

142 Your righteousness is righteousness forever, and your Torah is truth.

143 Distress and straights have found me. Your commandments are my delight(s).

144 The righteousness of your testimonies is forever. Make me to understand (them), and I will live.

145 I have cried out with all (my) heart, Answer me, O Lord*. I will observe your statutes.

146 I have cried out to you, Save me, and I will keep your testimonies.

147 I waited in anticipation of the day, and cried for help. I waited for your word.

148 My eyes anticipate the watches, to meditate on your saying(s).

149 Hear my voice according to your steadfast love. Revive me, O Lord*, according to your justice.

150 Those who pursue an evil purpose are near. They are far from your Torah.

151 You are near, O Lord*, and all your commandments are true.

152 I have known long ago about your testimonies, for you have established them forever.

153 Look on my affliction, and deliver me, for I have not forgotten your Torah.

154 Plead my cause, and redeem me. Revive me with regard to your saying(s).

155 Salvation is distant to the wicked, for they do not seek your statutes.

156 Many are your mercies, O Lord*. Revive me according to your justice.

157 Many are my pursuers and adversaries. I have not turned aside from your testimonies.

158 I have seen treacherous ones, and felt a loathing. They do not keep your saying(s).

159 Observe that I love your precepts. O Lord*, revive me according to your steadfast love.

160 Truth is at the head of your word, and every judgment of your righteousness is forever.
161 Princes pursue me without cause, but my heart is in awe of your word.
162 I am joyful over your saying(s), like the one who finds much spoil.
163 I hate falsehood, and regard it as an abomination. I love your Torah.
164 Seven times daily I praise you concerning your righteous judgments.
165 There is much shalom to those who love your Torah. There is no occasion for them to stumble.
166 I hope for your salvation, O Lord*, for your commandments I have performed.
167 My soul keeps your testimonies, and I love them very much.
168 I have kept your precepts and testimonies, for my whole path is before you.
169 Let my joyous cry come near to your presence, O Lord*. Make me understand according to your word.
170 Let my supplication for favor come before you. Rescue me according to your saying(s).
171 My lip pours out praise, for you are teaching me your statutes.
172 My tongue sings (for) your saying(s), for all your commandments are righteous.
173 Let your hand be poised to help me, for your precepts I have chosen.
174 I long for your salvation, O Lord*, and your Torah is my delight.
175 Let my soul live, and it will praise you, and let your judgment(s) be a help to me.
176 I wander about like a sheep that is lost. Seek out your servant, for your commandments I have not forgotten.

Psalm 120

A song of ascents.

In my distress, I cried out to the Lord*, and he answered me.
2 O Lord*, rescue my soul from lying lips, from the tongue of deceit.
3 What could have given to you, or what could have added to you, a tongue of deceit?
4 Arrows of a warrior sharpened, with coals of broom plants?
5 Woe to me, for I sojourn in Meshech. I dwell among the tents of Kedar.
6 Long enough has my soul settled itself with one who hates shalom.
7 I am (for) shalom, so I must surely say, They are for war.

Psalm 121

A song of ascents. I will lift up my eyes to the hills. Where will my help come from?

2 My help is from the Lord*, who made the heavens and the earth.

3 He will not allow your foot to stumble. The one who protects you will not slumber.

4 He is neither slumbering nor sleeping now. He is the watchman of Israel.

5 The Lord* is your watchman. The Lord* is your protection, by your right side.

6 The sun will not beat down on you by day, nor the moon by night.

7 The Lord* will protect you from all evil. He will protect your soul.

8 The Lord* will protect your going out, and your coming in, from now and through eternity.

Psalm 122

A song of ascents of David.

I was glad when they said to me, Let us go (up) to the house of the Lord*.

2 Our feet are standing in your gates, O Jerusalem.

3 Jerusalem is built as a city that is joined together for its (purpose),

4 Where the tribes go up, the tribes of Yah, a testimony of Israel, to give thanks to the name of the Lord*.

5 For there the thrones of judgment abide, the thrones of the house of David.

6 Pray for the shalom of Jerusalem. May those who love you be at ease.

7 May there be peace within your fortresses, ease in your citadels.

8 For the sake of my brother and my friends, I will speak shalom for you.

9 For the sake of the house of the Lord* our God, I will seek good for you.

Psalm 123

A song of ascents.

I lift up my eyes to you, my ruler in the heavens.

2 Now as the eyes of the servants are toward the hand of their lords, and as the eyes of the maidservant are toward the hand of her mistress, so are our eyes toward the Lord* our God, until that time (when) he shows favor to us.

3 Be gracious to us, O Lord*. Be gracious to us, for we are exceedingly weary of contempt.
4 Our soul is abundantly full of it, the derision of the arrogant, the contempt of the proud.

Psalm 124

A song of ascents of David.

Unless that the Lord* had been for us, let Israel say,
2 Unless that the Lord* had been for us, when men rose up against us,
3 Then the vigorous ones would have engulfed us, when their anger was kindled against us.
4 Then the waters (would) have flowed over us, the torrent would have passed over our soul(s),
5 Then it (would) have passed over our soul(s), the raging waters.
6 Blessed is the Lord*, that he did not give us (as) prey for their teeth.
7 Our soul(s) are like the bird that escaped from the bird trap of those setting snares. The bird trap was broken, and we escaped.
8 My help is in the name of the Lord*, maker of heavens and earth.

Psalm 125

A song of ascents.

Those who trust in the Lord*, are like Mount Zion, that cannot be shaken, (but) abides forever.
2 Jerusalem, the mountains are surrounding it, and the Lord* is surrounding his people, from now and to eternity,
3 For the scepter of wickedness will not rest over the allotted land of the righteous, because the righteous will not stretch out their hands in violent deeds of injustice.
4 Do good, O Lord*, to those who are good, and to those who are upright in their heart.
5 Those inclining to crookedness, the Lord* will lead them away with those who do iniquity. May shalom be upon Israel!

Psalm 126

A song of ascents.

When the Lord* returns the captivity of Zion, it will happen to us as dreamers.

2 The laughter will fill our mouths, even with a joyous cry (on) our tongues. Then they will say among the nations, The Lord* has done great things with this (people).

3 The Lord* has done great things with us, and we are glad.

4 Return, O Lord*, our captivity, like channels in the Negev.

5 Those who sow in tears, they will harvest in a joyous shout.

6 He who walks along weeping, (as) he carries the trail of seed, certainly will come in with a joyous shout, (as) he carries his sheaves.

Psalm 127

A song of ascents for Solomon.

If the Lord* does not build a house, its builders labor in vain. If the Lord* does not watch over a city, the watchman watches in vain.

2 It is in vain for you, who rise up early, who eat the bread of toil after sitting down. For this reason he gives sleep to his beloved.

3 Now children are an inheritance of the Lord*. The fruit of the womb is a reward.

4 Like arrows in the hand of a warrior, so are the children of young men.

5 Blessed is the man who fills his quiver with them. They will not be ashamed, for they will speak with their enemies at the gate.

Psalm 128

A song of ascents.

Blessed are all who fear the Lord*, those who walk in his (path)ways.

2 For you will eat the product of your hands. You will be blessed, and it will be good for you.

3 Your wife will be like a fruitful vine, your children like slips of olive trees in the recesses of your house, forming a circle around your table.

4 Now in this manner, a man will be blessed who fears the Lord*.

5 May the Lord* bless you from Zion, and observe as he does good for
Jerusalem, all the days of your life,
6 Then look upon the children of your children. Shalom upon Israel!

Psalm 129

A song of ascents.

Greatly have they distressed me from my youth, let Israel say.

2 Greatly have they distressed me from my youth, yet they have not
prevailed against me.

3 Over my back the plowmen have plowed. They have lengthened their
furrows.

4 The Lord* is righteous. He cuts off the cord of the wicked.

5 Let all those who hate Zion be ashamed and be overtaken from behind.

6 Let them be like grass on roofs, which dries up before it shoots up,

7 With which a reaper does not fill his hand, even less a binder of sheaves
his arms,

8 And let those who pass by (them) not say, The Lord*'s blessing is upon
you. We bless you in the name of the Lord*.

Psalm 130

A song of ascents.

I cry out to you from the depths, O Lord*.

2 O Lord, listen to my voice. Let your ears be attentive to the sound of my
supplication.

3 If you, Yah, should keep track of iniquities, O Lord, who would stand?

4 For with you is forgiveness, so that you may be revered.

5 I have waited for the Lord*. My soul has waited, and I have longed for his
word.

6 My soul is for the Lord, more than those who wait for the morning, those
who wait for the morning.

7 O Israel, wait upon the Lord*, for with the Lord* is steadfast love, and
many are redeemed by him,

8 For he will redeem Israel from all its iniquities.

Psalm 131

A song of ascents of David.

O Lord*, my heart is not lifted up, and my eyes are not raised, nor do I travel among greatness, for it is too difficult for me.

2 (See) if I do not smooth and quiet my soul, like a weaned child near his mother. Like a weaned child is my soul within me.

3 Wait, O Israel, upon the Lord*, from now and to eternity.

Psalm 132

A song of ascents.

Remember, O Lord*, about David, with all his affliction.

2 Who took an oath to the Lord*, a vow to the strong one of Jacob.

3 Surely I will not enter into the tent of my house, nor climb upon the couch of my bed.

4 Surely I will not give sleep to my eyes, slumber to my eyelids,

5 Until I find a place for the Lord*, a dwelling place for the strong one of Jacob.

6 Now we heard it in Ephrata. We found it in the fields of the thicket.

7 Let us enter into his dwelling place. Let us prostrate ourselves before his footstool.

8 Rise up, O Lord*, to your resting place, you and the ark of your strength.

9 Your priests are clothed in righteousness, and your devoted ones shout for joy.

10 For the sake of your servant David, do not turn (your face) away (from) your anointed one.

11 The Lord* has vowed to David, a truth he will not repent of, One from the fruit of your body I will set upon the throne for you.

12 If your sons will keep my covenant and my testimony that I teach them, even their sons forever and ever, will sit on the throne for you.

13 For the Lord* has chosen Zion. He has desired it for his dwelling place.

14 This is my resting place forever and ever. Here I will dwell, for I desire it.

15 Its provision I will surely bless. I will bring satisfaction to its poor with food,

16 And I will clothe its priests with salvation, and its devoted ones will surely shout for joy.

17 There I will bring success to the horn of David. I have set the lamp of my anointed one in order.

18 I will clothe his enemies in shame, but over him his crown will shine.

Psalm 133

A song of ascents of David.

See how good and how delightful it is, (when) brothers are dwelling together even as one.

2 It is like fine oil upon the head descending upon the beard, the beard of Aaron, then descending upon the opening of his robe.

3 It is like the dew of Hermon that is descending upon the mountains of Zion, for it was there (that) the Lord* commanded the blessing, life forever and ever.

Psalm 134

A song of ascents.

Now bless the Lord*, all (you) servants of the Lord*, those (of you) who stand watch in the house of the Lord* in the nights.

2 Lift your holy hands, and bless the Lord*.

3 May the Lord*, who made the heavens and the earth, bless you from Zion.

Psalm 135

Praise Yah! Give praise (to) the name of the Lord*. Give praise, (you) servants of the Lord*,

2 (You) who stand watch in the house of the Lord*, in the courts of the house of our God.

3 Praise Yah, for the Lord* is good. Make music to his name, for (it is) delightful.

4 For Yah has chosen Jacob for himself, Israel for his valued possession.

5 For I know that the Lord* is great, and our Lord is above all gods.

6 All that the Lord* delights in, he has done, in the heavens and the earth, in the seas and all the deep seas,

7 Who causes the mist to ascend from the ends of the earth. He makes lightning for the rain. (It is) he who sends out the wind from his storehouses,
8 Who struck down the firstborn of Egypt, from man to beast.
9 He sent out signs and wonders into your midst, O Egypt, against Pharaoh and all his servants,
10 Who struck down many nations, and slew mighty kings,
11 (Against) Sihon, king of the Amorites, and Og, king of Bashan, and all the kingdoms of Canaan,
12 And he gave their land (as) an inheritance, an inheritance to Israel his people.
13 O Lord*, your name (is) eternal. O Lord*, your remembrance is from generation to generation.
14 For the Lord* will judge his people, but he will have compassion on his servants.
15 Idols of the nations, of silver and gold, are the work of the hands of man.
16 They have a mouth, but they cannot speak. They have eyes, but they cannot see.
17 They have ears, but they cannot hear, a nose, yet there is no breath in their mouth.
18 Those who make them will become like them, all who trust in them.
19 O house of Israel, bless the Lord*! O house of Aaron, bless the Lord*!
20 O house of Levi, bless the Lord*! (You) who fear the Lord*, bless the Lord*!
21 Blessed is the Lord* from Zion, who abides in Jerusalem. Praise Yah!

Psalm 136

Give thanks to the Lord*, for he is good, for his steadfast love is eternal.
2 Give thanks to the God of gods, for his steadfast love is eternal.
3 Give thanks to the Lord of Lords, for his steadfast love is eternal.
4 To the one who did great wonders by himself, for his steadfast love is eternal.
5 To the one who made the heavens with understanding, for his steadfast love is eternal.
6 To the one who spread out the earth above the waters, for his steadfast love is eternal.
7 To the one who made the great lights, for his steadfast love is eternal.
8 The sun to rule by day, for his steadfast love is eternal.
9 The moon and stars to rule by night, for his steadfast love is eternal.

10 To the one who struck down Egypt through their firstborn, for his steadfast love is eternal,
11 And who brought out Israel from the midst of them, for his steadfast love is eternal,
12 With a strong hand, and arm stretched out, for his steadfast love is eternal.
13 To the one who divided the Red Sea in half, for his steadfast love is eternal,
14 And he brought over Israel through the middle of it, for his steadfast love is eternal,
15 And shook off Pharaoh and his army into the Red Sea, for his steadfast love is eternal.
16 To the one who led his people through the wilderness, for his steadfast love is eternal.
17 To the one who struck down great kings, for his steadfast love is eternal,
18 And he slew magnificent kings, for his steadfast love is eternal,
19 (Against) Sihon, king of the Amorites, for his steadfast love is eternal,
20 And (against) Og, king of Bashan, for his steadfast love is eternal,
21 And gave their land for an inheritance, for his steadfast love is eternal,
22 An inheritance to Israel, his servant, for his steadfast love is eternal,
23 Who in our low estate remembered us, for his steadfast love is eternal,
24 And snatched us away from our adversaries, for his steadfast love is eternal.
25 The one who gives food to all flesh, for his steadfast love is eternal.
26 Give thanks, to the God of the heavens, for his steadfast love is eternal.

Psalm 137

By the rivers of Babylon, there we sat, (and) also wept, when we remembered Zion.

2 Upon the poplars in the middle of it, we hung up our harps,

3 For there our captors asked us about the words of a song, so that those who made us wail could be glad, Sing to us a song of Zion.

4 How can we sing a song of the Lord* upon foreign soil.

5 If I forget you, O Jerusalem, may my right hand lose memory.

6 May my tongue cling to my palate if I do not remember you, if I do not elevate Jerusalem above the utmost of my joy.

7 Bring remembrance to the children of Edom, O Lord*, the day of Jerusalem, those who said, Lay (it) bare, lay (it) bare down to the foundation of it!

8 O daughter of Babylon, who will be devastated, blessed be the one who gives repayment against you, with the dealing that you have dealt out to us.

9 Blessed be he who seizes and shatters your children against a crag.

Psalm 138

Of David.

1 I give thanks to you with all my heart. I will make music to you in front of (you), O God.

2 I will bow down toward your holy temple, and praise your name, because of your steadfast love and truth, for you have magnified above all your name (and) your saying(s).

3 In the day I cried out, you answered me. You make me bold in my life (with) strength.

4 All the kings of the earth will praise you, O Lord*, because they listen to the sayings of your mouth,

5 And they will sing about the ways of the Lord*, for great is the glory of the Lord*.

6 For the Lord* is exalted, and he sees the lowly one, but he knows the haughty one from a distance.

7 If I walk into the midst of distress, you will keep me alive, against the anger of my enemy.

8 The Lord* will complete (this) on my behalf. O Lord*, your steadfast love is eternal. Do not abandon the works of your hands.

Psalm 139

To the musical director: a psalm of David.

O Lord*, you have searched me, and you know.

2 You know my sitting down, and my rising up. You have insight into my purpose from a distance.

3 My path and my lying down, you have determined, and you are familiar with all my way(s).

4 For there is not a word on my tongue, yet, O Lord*, you know all of it.

5 You have closed me in, behind and in front, and you have placed your palm upon me.

6 (Your) knowledge is too incomprehensible for me. I am not capable of it.

7 Is it time that I should walk away from your spirit, or is it time that I should flee from your presence?

8 If I should ascend to the heavens, there you will be, and if I should lie down in Sheol, look, here you are!

9 I might lift up the wings of dawn, that I might dwell at the end of the sea.

10 Even there, your hand will guide me, and your right hand will grasp me.

11 Or I might say, Surely the darkness is covering me, yet at night the light will be about me.

12 Even the darkness cannot hide from you, and the night will shine as the day. The darkness is as light.

13 For you have obtained my innermost parts, (as) you weaved me together in the womb of my mother,

14 I will praise you. Because of your awesome acts, I am unique (among) your wonderful works, and my soul knows (this) very well.

15 My substance has not been hidden from you, that I was made in a secret place. I was skillfully fashioned in the lowest places of the earth.

16 Your eyes saw my embryo, and the days that were preordained, all of them, are written in your book, and not (just) one of them,

17 And how precious are your purposes to me, O God! How numerous are the sum of them.

18 Let me give account of them. They are more numerous than (the) sand. I have awakened from sleep, and I am still with you.

19 Surely you will kill the wicked, O God, and (so), O men of bloodshed, turn away from me!

20 When they speak against you wickedly, your adversaries lift up (your name) in vain.

21 Do I not hate them, O Lord*, who hate you, and loath those who rise up against you.

22 With a complete hatred, I hate them, for they are enemies to me.

23 Search me, O God, and know my heart. Try me, and know my disquieting thoughts,

24 And see if there is any harmful way in me, and lead me in the way forever.

Psalm 140

To the musical director: a psalm of David.

Deliver me, O Lord*, away from the evil man. Will you protect me from violent men,

2 Who devise evil (plans) in their heart? All day long they stir up battles.

3 They sharpen their tongue like a snake. The venom of a viper is under their lips. Selah.

4 Keep me, O Lord*, from the hands of the wicked. Will you protect me from violent men, who plan to trip my feet.

5 The proud have concealed a trap for me, and have spread out a net (with) cords. They have set snares for me by the side of an entrenchment.

6 I said to the Lord*, You are my God. Listen, O Lord*, (to) the sound of my supplication for favor.

7 O Lord* my God, the strength of my salvation, you have provided cover for my head in the day of battle.

8 Do not grant the desires of the wicked, O Lord*. Do not promote their plans, (for) they have become proud. Selah.

9 The head(s) of those who surround me, let the trouble from their lips cover them.

10 Let coals drop upon them! Let them be cast into the fire, into a pit they can never rise out of.

11 May a man of slander never be established in the land. (Let) the violent man (come to) adversity. Let it hunt him down with thrust (upon thrust).

12 I know that the Lord* will maintain the cause of the afflicted, justice for the needy.

13 Surely the righteous will give thanks to your name. The upright will dwell in your presence.

Psalm 141

A psalm of David.

O Lord*, I have called you. Come quickly to me. Listen to my voice when I call for you.

2 Let my prayer be set in order in front of you (as) the sweet smoke of sacrifice, lifting up my hands (during) the evening grain offering.

3 Set, O Lord*, a guard to my mouth. Watch over the entrance of my lips.

4 Do not let my heart extend out to a word of evil, to busy (myself) with pursuits of wickedness with men who do works of iniquity, and let me never eat of their delicacies.

5 Let a righteous man smite me in love, and let him prove me (as) oil upon the head. Let my head not refuse (it), for still my prayer is against their wickedness.

6 Their judges have been thrown down against the sides of a cliff, but they listened to my words, for they were pleasant.

7 As the breaking and furrowing of the ground, our bones have been scattered at the mouth of Sheol.

8 Since my eyes are upon you, O Lord* my God, I seek refuge in you. Do not lay my soul bare.

9 Keep me away from the sides of a trap, (where) they lay bait for me, and the lures of evildoers.

10 Let the wicked fall in his own nets, at the same time as I pass by.

Psalm 142

A contemplative poem of David. A prayer when he was in the cave.

With my voice, to the Lord* I cry out. With my voice, I implore the favor of the Lord*.

2 I pour out my complaint before him. I report my distress before him.

3 When my spirit becomes faint about me, and you know my path, along the way that I walk they conceal a trap for me.

4 Look to the right, and see that I have no one who regards (me). There is no escape for me, no one who cares for my soul.

5 I have cried out to you, O Lord*. I have said, You are my refuge, my portion in the land of the living.

6 Pay attention to my cry, for I am very weak. Rescue me from my pursuers, for they are stronger than me.

7 Bring my soul out of the dungeon, to give praises to your name. The righteous will surround me, for you will deal fully with me.

Psalm 143

A psalm of David.

O Lord*, hear my prayer! Listen to my supplication. Answer me in your faithfulness, in your righteousness,
2 And do not come in judgment to your servant, for none living can be justified in front of you.
3 For the enemy pursues my soul. He crushes my life to the ground. He makes me to dwell in the dark places like the eternal dead,
4 And my spirit becomes faint around me. Inside me, my heart becomes desolate.
5 I remember the days of long ago. I muse about all your work. I meditate on that which (you) have done with your hands.
6 I spread out my hand(s) to you. My soul, like the land, is exhausted for you. Selah.
7 Answer me quickly, O Lord*! My spirit is spent. Do not hide your face from me, or I will be like those who go down to the pit.
8 Declare to me your steadfast love in the morning, for in you I trust. Teach me the way that I should go, for I lift up my soul to you.
9 Rescue me from my enemy, O Lord*, for I look to you for cover.
10 Teach me to do your pleasure, for you are my God. Your spirit is good. May you lead me along level ground.
11 Will you revive me for the sake of your name, O Lord*? Bring out my soul from distress in your righteousness,
12 And in your steadfast love, annihilate my enemies, and may you put to death all who would trouble my soul, for I am your servant.

Psalm 144

Of David.

Blessed is the Lord*, my rock, who instructs my hand for war, my fingers for battle.
2 My kindness, and my fortress, my secure retreat, and for me, my deliverer, and my shield in whom I take refuge, who has subdued my people under me.
3 O Lord*, who is man, that you would (take) notice (of) him, the son of a man, that you would consider him?
4 Man is similar to a vapor. His days are like a shadow passing through.
5 O Lord*, extend your heavens, and come down. Strike the mountains, and they will smoke.
6 Light up lightnings, and scatter them. Send forth your arrows, and confuse them.

7 Stretch out your hand from the heights. Set me free, and rescue me from great waters, from the hand of foreigners,
8 Whose mouths speak vain (words), and their right hand is the right hand of deceit.
9 O God, a new song I will sing to you. I will make music for you on a lute of ten strings.
10 The one who endows salvation to kings, who sets his servant David free from the evil sword.
11 Set me free, and rescue me from the hand of foreigners, whose mouths speak vain (words), and their right hand is the right hand of deceit,
12 So that our sons are like plants brought up in their youth, our daughters like corners hewn in the construction of a temple,
13 (That) our garner may be full from produce of various kinds, our flocks (become) thousands, ten thousands in our pastures.
14 Our domestic animals having young will not breach, nor be born (prematurely), and no one will cry out in our plazas.
15 Blessed are the people for whom it is so, Blessed are the people (to) whom the Lord* is their God.

Psalm 145

A prayer of David.

I will exalt you, my God, O king, and bless your name forever and ever.
2 During each day, I will bless you, and I will praise your name forever and ever.
3 Great is the Lord*, and very praiseworthy, and as for his greatness, it is unsearchable.
4 May generation (after) generation praise your works, and tell of your strength.
5 The glory of your praise is majestic, and I will meditate on your wonderful works,
6 And they will talk about the might of your awesome acts. I will also give account of your greatness.
7 They will pour out a remembrance of your great goodness, and give a cry of joy for your righteousness.
8 The Lord* is gracious and compassionate, slow to anger, and great in steadfast love.
9 The Lord* is good to all, and his compassion is upon all that he does.

10 Your works will extol you, O Lord*, and your devoted ones will bless you.
11 They will talk about the glory of your kingdom, and speak of your might,
12 To bring knowledge to the children of mankind about his mighty acts, and the glory of the majesty of his kingdom.
13 Your kingdom will be a kingdom for all eternity. Yes, your dominion will (continue) through all generations.
14 The Lord* is the one who supports, for all who have fallen, and the one who lifts up, for all who are bowed down.
15 The eyes of all wait upon you, for you are the one who gives (to) them their food in its season.
16 (You) open your hand and satisfy the desire of all who are alive.
17 The Lord* is righteous in all his ways, and kind in all his deeds.
18 The Lord* is near to all who call on him, to all who will call on him in truth.
19 He will fulfill the desire of those who fear him, and he will hear their cry for help, and save them.
20 The Lord* protects all who love him, but he will annihilate all the wicked.
21 My mouth will speak the praise of the Lord*, and may all flesh bless his holy name forever and ever.

Psalm 146

Praise Yah! Praise the Lord*, O my soul.
2 I will praise the Lord* during my life. I will make music to my God as long as I (live).
3 Do not trust in nobility, in a child of mankind who does not have salvation.
4 His breath goes out. He returns to his earth. On that day, his thoughts perish.
5 Blessed is the one (for) whom the God of Jacob is his help. His hope is upon the Lord* his God,
6 Who made the heavens and the earth, the sea, and all that is in them, who keeps the truth forever,
7 Who does justice for the oppressed, who gives food to the hungry. The Lord* sets prisoners free.
8 The Lord* opens up the eyes of the blind. The Lord* lifts up those who are bowed down. The Lord* loves the righteous.

9 The Lord* protects strangers. He restores the fatherless and widow, but the way of the wicked he diverts.

10 The Lord* reigns forever, your God, O Zion, for generation after generation. Praise Yah!

Psalm 147

Praise Yah! For it is good to make music to our God, for it is delightful, seemly praise.

2 The Lord*, who built Jerusalem, will gather the banished of Israel together.

3 (He is) the healer of the broken-hearted, and the binder of their wounds,

4 Who counts the number of stars. He calls out the names of all of them.

5 Great is our Lord, and vast is (his) power. (As) to his understanding, it is infinite.

6 The Lord* restores the afflicted. He lays low the wicked down to the earth.

7 Sing to the Lord* with thanks. Make music to our God on the harp,

8 Who cover the heavens in dark clouds, who provides rain for the land, who causes the grass to sprout (on) the mountains,

9 Who gives to the cattle (their) food, to the young ravens when they cry out.

10 He does not delight in the strength of the horse. He is not pleased with the legs of a man.

11 The Lord* favors those who fear him, those who wait for his steadfast love.

12 Commend the Lord*, O Jerusalem! Praise your God, O Zion!

13 For he makes the bars of your gates strong. He blesses your children within you.

14 He puts your borders (in) shalom. He satisfies you with the choicest of wheat.

15 He broadcasts his utterance to the earth, until his word moves quickly.

16 He spreads snow like wool. He scatters frost like ashes.

17 He casts his ice as fragments. Who could stand before its coldness?

18 He sends his word down, and it melts them. He makes his wind blow, and the water flows.

19 He declares his word to Jacob, his statutes and judgments to Israel.

20 He does not do so for every nation, and so the judgments, they never understand them. Praise Yah!

Psalm 148

Praise Yah! 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, O sun and moon. Praise him, all you shining stars.
4 Praise him, heavens of the heavens, and waters that are above the heavens.
5 They should praise the name of the Lord*, for he gave the command, and they were created,
6 And he established them forever and ever. He gave a statute that will not pass away.
7 Praise the Lord* away from the land, (you) whales and all the deep!
8 Fire and hail, snow and thick smoke, wind, the storm-wind, his word makes happen.
9 Mountains and all hills, fruit tree and cedars,
10 Wild beasts and all cattle, swarm and winged bird,
11 Kings of the earth and all peoples, princes and all judges of the earth.
12 Young men, and also virgins, old men with boys,
13 Let them praise the name of the Lord*, for his name, his alone, is unattainably high. His majesty is above the earth and the heavens,
14 And he has lifted up the horn of his people, the praise of all his devoted ones, of the children of Israel, the people near to him. Praise Yah!

Psalm 149

Praise Yah! Sing to the Lord* a new song. Let his praise be among the assembly of the devout.
2 Let Israel be glad about his maker. Let the children of Zion rejoice in their king.
3 Let them praise his name in the dance. Let them make music to him with a timbrel and a harp,
4 For the Lord* takes delight in his people. He will glorify the afflicted in salvation.
5 Let the devout be jubilant in glory. Let them give a joyous cry upon their couches,
6 Songs of praise to God in their throat, and a double-edged sword in their hand,
7 To perform vengeance on the nations, the rebuke of the peoples,
8 To bind up their kings in fetters, yes, their honored ones in fetters of iron,

9 To perform the written judgment among them. It is an honor for all his devoted ones. Praise Yah!

Psalm 150

Praise Yah! Praise God in his holiness, Praise him in the firmament of his strength.

2 Praise him in his mighty deeds. Praise him according to the abundance of his magnificence.

3 Praise him with the blast of the shofar. Praise him on the lute and harp.

4 Praise him with the timbrel and the dance.

5 Praise him with the sounding cymbals. Praise him with clashing cymbals.

6 Let every breathing thing praise Yah! Praise Yah!