

PSALM 1 (a)

C.M.

- 1 Blessed is the one who turns away
from where the wicked walk,
Who does not stand in sinners' paths
or sit with those who mock.
- 2 Instead he finds God's holy law
his joy and great delight;
He makes the precepts of the LORD
his study day and night.
- 3 He prospers ever like a tree
that's planted by a stream,
And in due season yields its fruit;
its leaves are always green.
- 4 Not so the wicked! They are like
the chaff that's blown away.
- 5 They will not stand when judgment comes
or with the righteous stay.
- 6 It is the LORD who sees and knows
the way the righteous go,
But those who live an evil life
the LORD will overthrow.

PSALM 1 (b)

8 8 8 8 8 8

- 1 How blessed the one who does not walk
Where wicked men would guide his feet,
Who does not stand in sinners' paths
Or sit upon the scorners' seat.
- 2 The law of God is his delight,
His meditation day and night.
- 3 He prospers like a tree, which has
Been planted by a flowing stream,
And in its season yields its fruit;
Its leaves are always fresh and green.
In every act and every word
He knows the blessing of the LORD.
- 4 Not so the wicked: they are like
The chaff the wind will blow away.
- 5 They will not in the judgment stand,
Nor sinners with the righteous stay.
- 6 God knows the way the righteous go;
The wicked's way he'll overthrow.

PSALM 2

L.M.

- 1 Why do the heathen nations rage?
Why do the peoples plot in vain?
 - 2 Earth's kings combine in enmity;
Her rulers join against God's reign.
- They take their stand against the LORD
And challenge his anointed one:
- 3 "Let us break off their chains from us;
With their restraints let us be done."

- 4 The One enthroned in heaven laughs;
The Lord on high derides them all.
- 5 Then he rebukes them in his wrath;
His rage and terror on them fall.
- 6 The LORD has made it known to them:
"My chosen king I have installed
On Zion, my own holy hill.
He is the one whom I have called."
- 7 The king then solemnly declares:
"I will proclaim the LORD's decree.
'Today your father I've become;
You are my son,' he said to me.
- 8 " 'Ask me, and for your heritage
I'll give you nations near and far.
9 You'll break them with an iron rod,
And smash them like a potter's jar.' "
- 10 Now therefore, kings, true wisdom find;
You judges of the earth, give ear.
- 11 With rev'rence come and serve the LORD;
Bow down with joy and trembling fear.
- 12 Pay homage to the royal son
Lest you in wrath aside are thrust,
For swiftly can his anger blaze.
Blessèd are all who in him trust.

PSALM 3

L.M.

- 1 O LORD, how many are my foes!
How many up against me rise!
- 2 They all are saying now of me,
"In vain he on his God relies."
- 3 But you are my protector, LORD;
You are a shield around me spread.
My glory comes from you alone,
The one who raises up my head.
- 4 When to the LORD I lift my voice,
In face of those who hate me still,
The LORD will hear my cry to him
And answer from his holy hill.
- 5 I settle down and sleep in peace;
I wake in God's upholding hand.
- 6 I will not fear ten thousand foes
Who circling round against me stand.
- 7 Arise, O LORD! Save me, my God!
Deliver for your mercy's sake!
Strike all my en'mies on the jaw;
The wicked's teeth in pieces break.
- 8 The LORD alone deliverance sends;
No other source of help have we.
Therefore upon your people all
May your eternal blessing be.

PSALM 4

C.M.

- 1 O hear my cry, my righteous God.
Relieve me; I'm distressed.
Display your mercy to me now,
and answer my request.
- 2 The glory of my name, O men,
how long will you despise?
How long will you delude yourselves,
still searching after lies?
- 3 Know that the LORD has set apart
the godly as his own;
The LORD will hear me when I call
and my request make known.
- 4 In anger do not break God's law;
consider and be still.
- 5 Present a righteous sacrifice,
and wait upon his will.
- 6 "O who can show us any good?"
I hear so many say.
O LORD, shine on us with your light;
show us your face, I pray.
- 7 You filled my heart with greater joy
than others may have found
As they rejoiced at harvest time,
when grain and wine abound.
- 8 I will lie down and sleep in peace;
my heart will rest secure,
For you alone, O gracious LORD,
will keep me safe and sure.

PSALM 5

8 6 8 8 6

- 1 O LORD, give ear to what I say;
think on me as I sigh,
- 2 And listen, O my King and God,
As I plead earnestly for help,
because to you I cry.
- 3 At dawning of the day, O LORD,
you listen to my plea;
As morning light returns again,
I lay before you my requests
and wait expectantly.
- 4 For you are not a God who will
in evil take delight;
With you the wicked cannot dwell,
- 5 Nor can the proud and boastful stay
one moment in your sight.
- 6 You hate all those who practise wrong,
and liars you destroy.
These are the ones the LORD abhors—
All who go thirsting after blood

and who deceit employ.

- 7 But by your mercy and your grace
to your house I'll draw near;
I will bow down in reverence
Towards your holy temple, LORD,
and worship you in fear.
- 8 LORD, lead me in your righteousness
or I will go astray
Because of all my enemies;
Make straight the path in front of me,
and guide me in your way.
- 9 No word that issues from their mouth
can anyone believe;
Destructive thoughts control their heart.
Their throat is like an open grave;
their tongue speaks to deceive.
- 10 O God, declare their guilt; let them
by their own schemes be caught.
Expel them from your presence, LORD,
For in committing many sins
rebellion they have wrought.
- 11 But let all those who flee to you
rejoice with confidence;
Let them at all times sing for joy.
Spread your protection over them
and be their strong defence.
- So those who truly love your name
will give a joyful shout.
- 12 Surely you bless the righteous, LORD;
Your favour keeps them safe from harm
and shields them round about.

PSALM 6

L.M.

- 1 LORD, in your wrath rebuke me not;
In anger do not chasten me.
- 2 Have mercy, LORD, for I am faint;
LORD, heal me in my agony.
- 3 My soul with anguish is distressed.
O LORD, how long will you delay?
- 4 Turn to me, LORD, and free my soul;
In steadfast love save me, I pray.
- 5 No one in death remembers you;
Who from the grave can give you praise?
- 6 My groaning weakens me; at night
My bed is drenched with tears always.
- 7 My eyes grow weak with tears of grief;
They fail because of all my foes.
- 8 Away from me, you evil crowd!
The LORD has listened to my woes.
- 9 The LORD has heard my prayer for help;
The LORD has listened to my plea.
- 10 My enemies, disgraced and shamed,

Will turn back from me suddenly.

PSALM 7

10 10 10 10

- 1 O LORD my God, my refuge is in you;
Deliver me from all those who pursue,
- 2 Lest, lion-like, they tear ferociously,
While there is no one to deliver me.
- 3 O LORD my God, if such a thing I planned,
And if the guilt of sin is on my hand —
- 4 If I have wronged the one at peace with me,
Or without cause have robbed my enemy —
- 5 Then let my foe pursue relentlessly
That he may vent his hateful spite on me,
And let him trample me into the ground;
So will my honour in the dust be found.
- 6 Arise, O LORD, in wrath against my foes,
Against the rage of all who me oppose.
Awake, my God, let justice now abound
- 7 For all assembled nations gathered round.

Rule over all the nations from on high;
- 8 Your justice to the peoples, LORD, apply.
According to my righteousness judge me;
Look, O Most High, on my integrity.
- 9 O God of righteousness, you are the one
Who searches deep the heart and mind of man;
Bring to an end the wicked's violence
And be the righteous one's secure defence.
- 10 My shield and confidence is God Most High
Who saves the upright when to him they cry.
- 11 God is a judge who does what's right and fair,
And every day his wrath God will declare.
- 12,13 If it should be that God will not relent,
He'll fashion sword and deadly armament,
And he will bend and string his mighty bow
From which his fiery arrows forth will go.
- 14 The one who evil in his heart conceives
Gives birth to lies and no reward receives.
- 15 He digs a hole, he scoops it with his spade,
Then falls into the very pit he made.
- 16 His scheming will recoil on him instead;
His evil will descend upon his head.
- 17 I'll thank the LORD who acts in righteousness;
I'll praise the LORD Most High; his name I'll bless.

PSALM 8

C.M.

- 1 *In all the earth, O LORD our Lord,*
how glorious is your name!
For you have set above the heavens
your glory and your fame.
- 2 From infants' and from children's lips

you ordered praise to sound,
To silence all your enemies,
the wicked to confound.

3 When I regard the heavens you made,
your fingers' work I trace;
I see the moon and shining stars
which you have set in place.

4 I ask myself, "What then is man
that you should give him thought—
The son of man, that you to him
such gracious care have brought?"

5 You made him little less than those
who dwell in heaven above,
And you have crowned and honoured him
with glory and with love.

6 You gave him charge of all the works
created by your hand,
And everything that you had made
you gave him to command—

7,8 All flocks and herds, and birds and fish,
all beasts both wild and tame.

9 *In all the earth, O LORD our Lord,
how glorious is your name!*

PSALM 9 (a)

C.M.

1 I'll praise you, LORD, with all my heart;
your wonders I'll proclaim.

2 I will rejoice in you, Most High,
and praise your holy name.

3 Before you all my enemies fall,
they turn their backs and flee.

4 For you upheld my right and cause
and judged me righteously.

5 You have rebuked the nations, LORD;
the wicked you destroyed.
You blotted out the heathen's name—
for ever made it void.

6 The enemy have met their doom,
destroyed eternally.
You have uprooted all their towns;
they're lost to memory.

7 The LORD for ever reigns on high;
his throne for judgment stands.

8 He'll judge the world in righteousness,
with justice rule the lands.

9 The LORD will be a hiding place
for those who are oppressed,
And he will be a strong defence
for those who are distressed.

10 All those who know your name, O LORD,
in you their trust will place,

For you do not abandon those
who seek your gracious face.

11 Sing praises to the LORD who sits
in Zion on his throne;
Among the nations of the world
proclaim what he has done.

12 For he, the avenger of man's blood,
remembers evermore;
The cry of the afflicted one
he never will ignore.

13 O LORD, see how my enemies
are persecuting me.
Have mercy! From the gates of death
lift me and set me free,

14 So that in Zion's city gates
your praise I may declare,
And that I may exult with joy
in your salvation there.

15 The nations all have fallen down
into the pit they made;
Their feet are tangled in the net
which they themselves have laid.

16 The LORD is known by righteous acts;
his justice always stands.
The wicked are ensnared in traps,
the work of their own hands.

17 The wicked will return to where
the dead have their abode,
Where all the heathen nations go
that have forgotten God.

18 The needy will not be ignored,
forgotten all their days;
The hopes and longings of the poor
will not be crushed always.

19 Arise, LORD! Let not man prevail;
judge nations from your throne.

20 That they may know how frail they are,
with fear, LORD, strike them down.

PSALM 9 (b)

11 11 11 11

1 Wholehearted thanksgiving to you I will bring;
In praise of your marvellous works I will sing.

2 For joy I will shout and exultantly cry
In praise of your glorious name, O Most High.

3 My enemies turn in disorderly flight;
They stumble and perish in face of your might.

4 For you have defended my right and my cause;
You sat in just judgment, upholding your laws.

5 You threatened the nations, the wicked destroyed;
Their names you erased and for ever made void.

6 My foes are disgraced and completely undone,
Their cities uprooted, their memory gone.

- 7 The LORD sits for ever as king on his throne;
His rule is established for justice alone.
- 8 He judges the world and he does what is right;
He governs the nations with justice and might.
- 9 The LORD is a stronghold in times of distress,
A refuge for those whom the wicked oppress.
- 10 Your people who know you will trust in your grace;
You've never forsaken those seeking your face.
- 11 Praise God, who in Zion has founded his throne;
Proclaim to the nations the deeds he has done.
- 12 The cry of afflicted ones rings in his ear;
Their blood he avenges, their plea he will hear.
- 13 LORD, see what I suffer from malice and hate!
Have pity, and lift me away from death's gate,
That I in Jerusalem's gates may proclaim
Your mercy, and sing to the praise of your name.
- 15 The nations are sunk in the pit they prepared;
Their feet in the net which they hid are ensnared.
- 16 The LORD by his justice has made himself known;
And by their own works are the wicked cast down.
- 17 The wicked return to the grave's dark abode,
All nations and those who are heedless of God.
- 18 But God will remember the cause of the weak;
He will not let perish the hope of the meek.
- 19 Arise, O my God! Let not man win the day;
Let nations be judged in your presence, I pray.
- 20 O LORD, strike the nations; put fear in their breast
To teach them that they are but human at best.

PSALM 10

C.M.

- 1 O LORD, why do you stand remote
and stay so far away?
Why do you hide yourself from us
when trouble comes our way?
- 2 The wicked in his arrogance
hunts down the weak and poor,
Who in the snares that he has set
are caught and held secure.
- 3 About the cravings of his heart
he speaks with boastful word;
He praises people filled with greed
while he reviles the LORD.
- 4 The wicked does not seek the LORD
because he is so proud,
And in his inmost thoughts there is
no room at all for God.
- 5 His ways are always prosperous;
he strikes a haughty pose.
He keeps his distance from your laws;
he sneers at all his foes.

- 6 He reassures himself and says,
 “No threat will topple me—
I will be happy evermore;
 from trouble I’ll be free.”
- 7 The wicked’s mouth is always full
 of curses, threats and lies;
Evil and trouble from his tongue
 continually arise.
- 8 He lies in wait near villages
 his victims’ blood to spill;
He lurks in secret ambushes
 the innocent to kill.
- 9 Like lions crouching secretly
 he waits for helpless prey.
He pounces on the weak and poor;
 his net drags them away.
- 10 His victims by his strength are crushed;
 his prey collapse and fall.
- 11 He thinks, “God does not notice it;
 he does not see at all.”
- 12 Arise, LORD God, lift up your hand;
 do not forget the poor.
- 13 Why does the wicked say of God,
 “My conduct he’ll ignore”?
- 14 But you, O God, do see such wrong
 and you will bring redress.
The victim puts his trust in you;
 you help the fatherless.
- 15 LORD, break the wicked person’s power
 and call him to account
For all the evil which he thought
 would never be found out.
- 16 The LORD will ever reign as king;
 his throne will always stand.
The heathen nations of the world
 will perish from his land.
- 17 O LORD, the needy ones’ desire
 you answer from on high;
You give encouragement to them
 and listen to their cry.
- 18 For you defend the fatherless
 and those who are oppressed,
So that from fear of mortal man
 the helpless may have rest.

PSALM 11

L.M.

- 1 I find my refuge in the LORD;
How is it then you say to me,
 “Make your escape and like a bird
For refuge to your mountain flee.
- 2 “For look, the wicked bend their bows,

And on the string they set their dart;
From shadows dark they aim and shoot
At those who are upright in heart.

3 "If the foundations are destroyed
And all around there is decay,
Whatever can the righteous do,
Surrounded by such disarray?"

4 The LORD is in his holy place;
The LORD is on his heavenly throne.
His eyes observe the human race,
And in his sight each one is known.

5 The LORD examines all the just,
The righteous ones he proves and tests;
But all those who love wickedness
And violence his soul detests.

6 Upon the wicked he will rain
His fiery coals and sulphur hot;
A scorching wind will beat on them—
Such punishment will be their lot.

7 For God the LORD is righteous still,
In righteousness he takes delight;
And they alone will see his face
Who are in heart and life upright.

PSALM 12

11 10 11 10

- 1 Help, LORD, because the godly have quite vanished,
and faithful folk we can no longer see.
- 2 Each one tells falsehood even to his neighbour;
with flattering lips they speak deceitfully.
- 3 Now may the LORD cut off all lips which flatter,
and every tongue which speaks with boastful word.
- 4 Such people say, "We with our tongues will triumph;
we own our lips—who then can be our lord?"
- 5 "Because the weak have suffered great oppression,
and I have heard the needy's groaning cries,
Now I will guard them from those who malign them.
To help them," says the LORD, "I will arise."
- 6 The words proceeding from the LORD are flawless,
as pure as silver which by fire is tried,
Like silver which, when molten in a furnace,
from it emerges sev'n times purified.
- 7 O LORD, you will preserve us safe for ever
and from this evil age keep us secure;
- 8 For here the wicked strut about quite freely,
and praise is giv'n to all that is impure.

PSALM 13

C.M.

- 1 How long will you forget me, LORD?
Will you forget always?
How long, LORD, will you hide your face
and turn from me your gaze?

- 2 How long must I be sad each day
in deep perplexity?
How long will my opponent stand
in triumph over me?
- 3 O LORD my God, consider me
and give me your reply.
Light up my eyes or I will sleep
the sleep of those who die.
- 4 Then would my enemy declare,
"At last I've laid him low!"
And so my foes would sing for joy
to see my overthrow.
- 5 But still I trust your constant love;
you save and set me free.
- 6 With joy I will extol the LORD
who has been good to me.

PSALM 14

S.M.

- 1 The fool speaks in his heart;
"There is no God," he says.
They are corrupt, their deeds are vile;
none walk in godly ways.
- 2 The LORD looks down from heaven
upon the human race,
To see if any understand,
if any seek God's face.
- 3 They all have turned aside;
corrupt they have become.
Not one of them does any good—
no, not a single one.
- 4 Will sinners never learn?
My people they've devoured
As if they were consuming bread;
they never seek the LORD.
- 5 Struck down they are with dread,
for God is with the just.
- 6 You evildoers shame the poor,
but in the LORD they trust.
- 7 May help from Zion come,
the LORD his captives bring!
And then let Jacob's tribes rejoice;
let Isr'el gladly sing.

PSALM 15

C.M.

- 1 LORD, who may stay within your tent,
your sacred dwelling-place?
And who upon your holy hill
may live before your face?
- 2 Whoever walks a blameless path,
who acts in righteousness,

And who will always from the heart
sincerely truth express.

- 3 He casts no slur on anyone
nor does his neighbour wrong;
He has no spite within his heart
or slander on his tongue.
- 4 He honours those who fear the LORD;
the worthless he'll despise.
He keeps the oath which he has sworn,
however high the price.
- 5 He lends his money at no charge;
no bribe can he endure.
Those who behave in life like this
will always stand secure.

PSALM 16

S.M.

- 1 Protect me, O my God;
you are my refuge true.
- 2 I said, "You are my Lord: I have
no good apart from you."
- 3 The godly in the land,
for holiness renowned—
They are the glorious ones, in whom
all my delight is found.
- 4 Their sorrows will increase
who on false gods rely.
I will not sacrifice to them;
their worship I defy.
- 5 O LORD, you are to me
my cup and portion sure;
The share that is assigned to me
you guard and keep secure.
- 6 The land allotted me
is in a pleasant site;
And surely my inheritance
to me is a delight.
- 7 I'll praise the LORD my God,
whose counsel guides my choice;
And even in the night, my heart
recalls instruction's voice.
- 8 Before me constantly
I set the LORD alone.
Because he is at my right hand
I'll not be overthrown.
- 9 Therefore my heart is glad;
my tongue with joy will sing.
My body too will rest secure
in hope unwavering.
- 10 For you will not allow
my soul in death to stay,
Nor will you leave your Holy One

to see the tomb's decay.

- 11 You have made known to me
the path of life divine.
Bliss shall I know at your right hand;
joy from your face will shine.

PSALM 17

S.M.

- 1 LORD, hear my righteous plea
and listen to my cry;
It does not rise deceitfully
or come from lips that lie.
- 2 Declare me innocent
and vindicate my name;
LORD, may your eye see what is right
and free me from all blame.
- 3 Though you examine me
and probe my heart and mind,
And though you test me in the night,
yet nothing you will find.

I said, "I will not sin
in anything I say."

- 4 From those who practise violence
I have kept far away.
- From every evil path
by your word I'm preserved.
- 5 My feet have held to all your ways;
from them I have not swerved.
- 6 I call on you, O God,
for you will answer me;
O turn your ear towards my prayer
and hear my earnest plea.
- 7 Display your steadfast love
and save with your right hand
All those who flee for help to you
when foes against them stand.
- 8 In shadow of your wings
hide me in times of strife;
And as the apple of your eye
preserve and guard my life.
- 9 Hide me from ruthless foes
who follow wicked ways,
From those who circle me about
and seek to end my days.
- 10 They close their callous hearts;
they speak with swelling pride.
- 11 They dog my steps; my enemies
are found on every side.

They fix their eyes on me
to cast me to the ground.

- 12 Like hungry lions stalking prey,
they crouch without a sound.

13 Arise, confront my foes
and bring them down, O LORD;
Deliver me from wicked hands
and free me by your sword.

14 Save me by your right hand
from all such people, LORD,
From mortal men who in this life
will have their sole reward.

You fill them with good things;
their sons are satisfied.
They leave their children all the wealth
which they have set aside.

15 But I in righteousness
your face will surely see;
And with your likeness, when I wake,
I satisfied will be.

PSALM 18

L.M.

1 I love you, LORD! You are my strength.
2 A fortress is the LORD to me—
My rock and my deliverer;
For refuge to my God I flee.

He is my stronghold and my shield,
The LORD who saves me by his might.

3 I'll call on him and give him praise.
I'm saved; he puts my foes to flight.

4 The cords of death entangled me;
Destruction hit me like a wave.
5 Encircled by the snares of death,
I faced the terrors of the grave.

6 In my distress I called on God;
I cried out to the LORD for aid.
He from his temple heard my voice;
He listened to the prayer I made.

7 The earth before God's anger quaked;
The mountains' deep foundations shook.
8 Consuming fire blazed from his mouth,
And from his nostrils came forth smoke.

9 The heavens parted, he came down;
Beneath his feet the dark clouds lay.
10 Upon the cherubim he flew;
On wings of wind he made his way.

11 He made the dark his canopy,
Dark rain clouds swirling in the sky.
12 From brightness of his presence came
Clouds, hail and lightning from on high.

13 The LORD Most High sent forth his voice;
His thunder from the heavens pealed.
14 His arrows scattered all his foes;
His lightning drove them from the field.

- 15 The valleys of the sea lay bare
And earth's foundations deep and vast,
When your rebuke went forth, O LORD—
The power of your nostrils' blast.
- 16 From heav'n he reached to grasp my hand
And lift me as the waters rose;
17 He saved me from my enemy,
From all my overpowering foes.
- 18 They threatened me in my distress,
But God stood by me in my plight.
19 He brought me out and set me free,
Because in me he took delight.
- 20 According to my righteousness
The LORD dealt with me faithfully;
Because my hands were clean from sin,
The LORD my God rewarded me.
- 21 For I have kept the ways of God;
From him I have not turned away.
22 I have not strayed from his decrees;
His statutes ever with me stay.
- 23 Before the LORD I've kept myself
From blame and all transgression free.
24 Since in his sight my hands were clean,
The LORD my God rewarded me.
- 25 With faithful people you keep faith,
And to the blameless you are good.
26 With pure men you yourself are pure,
But with the crooked you are shrewd.
- 27 You save the humble and the meek,
But bring the proud down from their height.
28 You, LORD, will keep my lamp aflame;
God turns my darkness into light.
- 29 With help from God I can advance
Against a troop and rout them all,
And with the aid my God will give
I can leap over any wall.
- 30 For perfect is the way of God;
No flaw is found within his word.
To all who put their trust in him
A shield and refuge is the LORD.
- 31 For who is God except the LORD?
Besides our God, who is the Rock?
32 He is the God who gives me strength,
And he perfects the path I walk.
- 33 He makes my feet like feet of deer;
Upon the heights he makes me stand.
34 My arms can bend a bow of bronze;
In skills of war he trains my hand.
- 35 Your right hand gives me victory;
You stoop down low to make me great.
36 So that my footsteps do not trip
You smooth the pathway for my feet.

- 37 I chased and overtook my foes;
I did not turn till they were slain.
- 38 I crushed them all beneath my feet;
They fell and could not rise again.
- 39 With strength you armed me for the fight;
My foes you humbled at my feet.
- 40 You made them turn their backs in flight;
And their destruction was complete.
- 41 They cried for help, but none could save;
They cried to God—no answer came.
- 42 I beat them fine as wind-borne dust;
Like wayside dirt I scattered them.
- 43 You set me over many lands;
You saved me from my enemy.
A people whom I did not know
Are in subjection now to me.
- 44 The moment that they hear my voice
They cringe before me and obey.
- 45 In fear they tremble and lose heart;
They leave their strongholds in dismay.
- 46 The LORD lives! Praise be to my Rock!
My Saviour God exalted be!
- 47 He has avenged me, and subdued
Rebellious peoples under me.
- 48 You saved me from my enemies,
Exalting me above my foes;
You rescued me from violent men
Who sought my kingdom to oppose.
- 49 Therefore among the nations, LORD,
Your praise in song I will proclaim;
Before the peoples of the world
I'll sing the glory of your name.
- 50 You give your king great victories;
Your loving-kindness you will pour
On David, your anointed one,
And his descendants evermore.

PSALM 19

6 6 6 6 8 8

- 1 The heav'ns above declare
The glory of our God;
And what his hands have made
The skies proclaim abroad.
- 2 Day after day they pour forth speech,
And night by night their knowledge teach.
- 3 There is no language used
Or any spoken word;
No sound is made by them
And yet their voice is heard.
- 4 Throughout the world their voice resounds,
Their words to earth's remotest bounds.

In heav'n God pitched a tent,
A dwelling for the sun,

5 Which like a bridegroom comes
Or strong man keen to run.
6 Its course from east to west complete—
There's nothing hidden from its heat.

7 The perfect law of God
Revives the soul of man;
His statutes which are sure
Make wise the simple one.
8 The precepts of the LORD are right
And fill the heart with great delight.

God's radiant commands
Shed light on what we see;
9 The fear of God is pure
And lasts eternally.
The standards of the LORD express
His perfect truth and righteousness.

10 Of far more worth than gold—
Than much pure gold—they are;
Than honey from the comb,
Than honey sweeter far.
11 They warn the servant of the LORD;
In keeping them is great reward.

12 Who can discern his faults?
Forgive my hidden sin.
13 Keep me from wilful deeds;
May they not rule within.
And then I shall be free from blame
And guiltless of transgression's shame.

14 LORD, let the words I speak
Be pleasing in your sight,
And may my inmost thoughts
Be in your judgment right.
O LORD, you are a Rock to me;
You have redeemed and set me free.

PSALM 20

11 11 11 11

1 May the LORD answer you when you cry in distress;
May Jacob's God keep you, whose name you confess.
2 May God send assistance from his holy place,
And grant you from Zion support by his grace.
3 May God keep in mind every sacrifice made;
Accept on the altar your offerings laid.
4 And may he fulfil the desire of your heart—
Success to each one of your plans to impart.
5 With joy we will shout when your victory's won;
We'll lift up our banners in God's name alone.
And so may the LORD hear your earnest request,
And answer your prayers as seems to him best.
6 Now truly I know that the LORD from above
Protects his anointed in covenant love;
From heav'n in his holiness God hears his cry,
And saves by the pow'r of his right hand on high.
7 In horses or chariots some trust for defence,
But the name of the LORD is our strong confidence.

- 8 They're brought to their knees, while in strength we arise.
9 O LORD, save the king! Hear and answer our cries!

PSALM 21

12 11 12 11 + 12 11

- 1 O LORD, in your strength how the king is exultant!
How great is his joy in the triumphs you bring!
- 2 To him you have granted his heart's deepest longing;
you answered the plea from the lips of the king.
- 3 You welcomed him richly with blessings of goodness;
a crown of fine gold you have placed on his head.
- 4 He asked you for life, and you gave him it freely—
abundance of days, that his years should not end.
- 5 Through triumphs you gave his renown is exalted,
and you have bestowed on him splendour and grace.
- 6 You surely have granted him blessings eternal;
you filled him with joy by the light of your face.
- 7 *For the king puts his trust in the LORD high above;
unshaken he stands through the LORD's steadfast love.*
- 8 Your hand will lay hold upon all your opponents;
your right hand will seize all the foes in your path.
- 9 You'll set them ablaze with your glorious appearance;
you'll swallow them up in the fire of your wrath.
- 10 From earth you will utterly wipe out their offspring.
11 They plot wicked schemes, but will never prevail.
12 Because when you aim with your bow at the ready
you'll make them turn back and their courage will fail.
- 13 *Be exalted, O LORD, in the strength of your arm;
we will praise your great might to the sound of a psalm.*

PSALM 22

L.M.

- 1 My God, my God, O why have you
Forsaken and abandoned me?
Why are you far from giving help,
From listening to my anguished plea?
- 2 My God, I cry to you by day;
You do not hear when I complain.
I call to you throughout the night;
In silence I cannot remain.
- 3 Yet you are holy: on the praise
Of Israël you are enthroned.
- 4 In you our fathers put their trust;
They trusted, and were not disowned.
- 5 They called, and you delivered them;
You listened to them when they cried.
Our fathers were not put to shame,
Because on you they had relied.
- 6 But I'm a worm and not a man,
By people scorned, reproached by all.
- 7 And those who see me shake their heads;
They sneer at me, and thus they call:

- 8 "This man has trusted in the LORD,
So let him save him from his plight.
Now let his God deliver him,
Because in him he takes delight."
- 9 Yet you, LORD, brought me from the womb;
When I was at my mother's breast
You gave me cause to trust in you.
- 10 From birth upon you I was cast.

Yes, from my mother's womb till now,
O LORD, you are my God alone.
- 11 Be not far off, for trouble's near,
And other helper I have none.
- 12 Strong bulls of Bashan circle me,
Wild bulls approach on every side.
- 13 As roaring lions tear their prey,
At me their mouths they open wide.
- 14 Like water I am emptied out,
And all my bones are torn apart;
My inmost being melts away,
And into wax is turned my heart.
- 15 My strength is dried like shattered clay,
And, as I fight to draw my breath,
My tongue is sticking to my jaws;
You lay me in the dust of death.
- 16 A pack of dogs encloses me;
Their circle round me is complete.
I am beset by evil men
And they have pierced my hands and feet.
- 17 I count the number of my bones;
With gloating eyes the people stare.
- 18 They throw the dice to get my coat;
Among themselves my clothes they share.
- 19 Come quickly, rescue me, my Strength;
Do not be far from me, O LORD.
- 20 Save me from power of evil dogs,
My precious life from cruel sword.
- 21 From menace of the lions' mouths
And from their fury set me free.
From peril of wild oxen's horns
You heard my cry and rescued me.
- 22 Now to my brothers I'll declare
The praises of your glorious name;
Within their gathering I will stand
And your renown I will proclaim.
- 23 Praise him, all you that fear the LORD;
Give honour to him, Jacob's race.
All Isr'el's children, worship him;
Bow down with awe before his face.
- 24 He has not scorned the suffering
Which on the afflicted one is laid;
He did not hide his face from him,

But listened to his cry for aid.

25 You are the theme of all my praise
Within the great assembly, LORD;
Before all those who fear your name
I will fulfil my solemn word.

26 The poor will eat and will be filled
And those who seek the LORD will give
A shout of joyful praise to him.
O may your hearts for ever live!

27 The whole earth will remember him
And turn towards the LORD their God.
All peoples will bow down to him—
The nations of the world abroad.

28 Dominion to the LORD belongs
And over nations he is king.

29 The rich of all the earth will feast
And worship with an offering.

All those whose destiny is dust
Will humbly kneel before his throne;
They cannot keep themselves alive,
For they depend on him alone.

30 Posterity will serve the LORD;
31 And generations still to come
Will tell a people yet unborn
The righteous acts that he has done.

PSALM 23

11 11 11

- 1 The LORD is my shepherd; no want shall I know.
- 2 He makes me lie down where the green pastures grow;
He leads me to rest where the calm waters flow.
- 3 My wandering steps he brings back to his way,
In straight paths of righteousness making me stay;
And this he has done his great name to display.
- 4 Though I walk in death's valley, where darkness is near,
Because you are with me, no evil I'll fear;
Your rod and your staff bring me comfort and cheer.
- 5 In the sight of my en'mies a table you spread.
The oil of rejoicing you pour on my head;
My cup overflows and I'm graciously fed.
- 6 So surely your covenant mercy and grace
Will follow me closely in all of my ways;
I will dwell in the house of the LORD all my days.

PSALM 24

C.M.

- 1 The world and all in it are God's,
all peoples of the earth,
- 2 For it was founded by the LORD
upon the seas beneath.
- 3 Who may ascend the hill of God,

- or in his temple stand?
4 The one who shuns false gods and lies,
who's pure in heart and hand.
- 5 He will find favour from the LORD,
and from his Saviour grace.
6 Thus are they blessed, O Jacob's God,
who truly seek your face.
- 7 You ancient gates, lift up your heads;
you doors, be opened wide—
So may the King of glory come
for ever to abide.
- 8 But who is this exalted King?
What glorious King is he?
It is the LORD of strength and might,
the LORD of victory.
- 9 You ancient gates, lift up your heads;
you doors, be opened wide—
So may the King of glory come
for ever to abide.
- 10 But who is this exalted King?
Who can this sovereign be?
The LORD Almighty, he is King
of glory, none but he.

PSALM 25

L.M.

- 1 To you, O LORD, I lift my soul;
2 I trust in you continually.
Do not let me be put to shame,
Nor let my foes gloat over me.
- 3 No one who sets his hope in you
Will ever suffer such disgrace,
But those who act with treachery
Humiliating shame will face.
- 4 O LORD, reveal to me your ways,
And all your paths help me to know.
5 Direct and guide me in your truth;
Instruct me in the way to go.
- You are my Saviour and my God;
All day I hope in you alone.
- 6 Remember, LORD, your love and grace
Which from past ages you have shown.
- 7 Do not recall my sins of youth
Or my rebellious, evil ways;
Remember me in your great love,
For you, O LORD, are good always.
- 8 Because the LORD is just and good,
He shows his paths to all who stray.
9 He guides the meek in what is right
And teaches them his holy way.
- 10 To those who keep his covenant laws
He shows his love consistently.

- 11 For your name's sake, O LORD my God,
Forgive my great iniquity.
- 12 Who, then, are those who fear the LORD?
He'll teach to them the chosen way
- 13 That they may prosper all their life;
Their children in the land will stay.
- 14 God's friends are those who fear his name;
With them his cov'nant he will share.
- 15 My eyes are always on the LORD;
He'll free my feet from every snare.
- 16 Turn to me, LORD, show me your grace;
I suffer pain and loneliness.
- 17 The troubles of my heart have grown;
Deliver me from my distress.
- 18 Look on my pain and suffering;
Forgive all my iniquity.
- 19 See how my foes have multiplied,
How fierce their hatred is for me!
- 20 O guard my life and rescue me,
And let me not be put to shame;
For I take refuge in you, LORD,
From those who would destroy my name.
- 21 Because I hope in you alone,
Let uprightness protect me still.
- 22 From all their troubles, O my God,
Redeem your people Israel.

PSALM 26

C.M.

- 1 Declare me innocent, O LORD;
I've walked in blameless ways,
And I have trusted in the LORD,
not wav'ring all my days.
- 2 Test me, O LORD, and try my heart;
my inmost thoughts survey.
- 3 Your love surrounds me; from your truth
my feet will never stray.
- 4 I do not sit with worthless folk;
I shun the hypocrite.
- 5 I hate the wicked's gatherings;
with them I will not sit.
- 6 I wash my hands in innocence,
and blameless is my heart;
I go about your altar, LORD—
the place you set apart.
- 7 I'll tell of all your awesome deeds,
proclaiming loud your praise.
- 8 Your glory fills your dwelling-place;
I love your house always.
- 9 Sweep not away my soul, O LORD,
with those who hate your way;
Nor take away my life with those

who love to wound and slay.

- 10 For their right hands are full of bribes;
they plot iniquity.
- 11 But I will lead a blameless life—
in mercy set me free.
- 12 My feet will stand with confidence
upon a level place,
And in the people's gathering
I'll praise the LORD of grace.

PSALM 27

C.M.

- 1 The LORD's my saviour and my light—
who will make me dismayed?
The LORD's the stronghold of my life—
why should I be afraid?
- 2 When evildoers threaten me
to take my life away,
My adversaries and my foes
will stumble in that day.
- 3 Although an army hems me in,
my heart will feel no dread;
Though war against me should arise,
I will lift up my head.
- 4 One thing I'll plead before the LORD,
and this I'll seek always:
That I may come within God's house
and dwell there all my days—

That on the beauty of the LORD
I constantly may gaze,
And in his house may seek to know
direction in his ways.
- 5 For in his dwelling he will keep
me safe in troubled days;
Within his tent he'll shelter me,
and on a rock me raise.
- 6 My head will then be lifted high
above my enemies;
And in his tent I'll sacrifice
with shouts of joy and praise.
- 7 LORD, hear me when I call to you;
be merciful and speak!
- 8 "Come, seek my face!" you told my heart;
your face, LORD, I will seek.
- 9 O do not hide your face from me,
and do not turn aside
Your servant in your righteous wrath,
for you have been my guide.
- O God my Saviour, leave me not;
do not reject my plea.
- 10 My parents may forsake me, LORD,
but you will welcome me.

- 11 Teach me, O LORD, how I should live,
and lead me in your way;
Make straight my path, because my foes
oppress me every day.
- 12 Give me not over to the will
of vehement enemies;
For liars rise to slander me
and breathe out cruelties.
- 13 Yet I am sure that in this life
God's goodness I will see.
- 14 Wait for the LORD; be strong, take heart.
For him wait patiently.

PSALM 28

L.M.

- 1 To you I call, O LORD my Rock;
Do not be deaf to my loud cry.
I'll be like those gone down to death,
If you are silent in reply.
- 2 Receive my plea for mercy, LORD,
As now I call to you for grace,
As I lift up my hands in prayer
And look to your Most Holy Place.
- 3 O drag me not away with those
Who practise wickedness and sin,
Who kindly to their neighbours speak
But harbour malice deep within.
- 4 Repay them for their evil deeds
And for their acts of wickedness;
Bring back on them what they deserve
And punish their unrighteousness.
- 5 Because the LORD's works they despise
And treat his actions with disdain,
In justice he will tear them down
And never build them up again.
- 6 Praise to the LORD, for he has heard
The plea for mercy which I made.
- 7 He is my strength, he is my shield;
I trust in him who sends me aid.
- My heart uplifted leaps for joy;
My thanks to him I gladly sing.
- 8 The LORD God is his people's strength,
A saving fortress for his king.
- 9 LORD, save your people, your own flock;
Be pleased your heritage to bless.
Be their good shepherd; carry them
For ever in your faithfulness.

PSALM 29

11 11 11 11

- 1 You mighty ones, give to the LORD as his right,
Ascribe to the LORD God both glory and might.

- 2 To the LORD's name due glory and honour accord;
In beauty of holiness worship the LORD.
- 3 The LORD's voice is over the waters abroad,
And thunder proceeds from the glorious God.
Above all the waters God's thunder is heard;
- 4 A powerful voice is the voice of the LORD.
- The voice of the LORD is majestic and loud;
- 5 By the voice of the LORD the great cedars are bowed.
Yes, even the cedars of Lebanon tall,
The LORD breaks in pieces and shatters them all.
- 6 Like the leap of a calf he shakes Lebanon's rocks,
And Sirion skips like a startled wild ox.
- 7 The voice of the LORD causes lightning to flash;
- 8 The voice of the LORD makes the wilderness crash.
- The LORD makes the desert of Kadesh to shake;
- 9 The LORD causes oaks of the forest to quake.
The trees of the forest he strips of their leaves,
And he in his temple great glory receives.
- 10 The LORD over floods sits as monarch alone;
The LORD sits for ever as King on his throne.
- 11 The LORD makes the strength of his people increase;
The LORD gives his people the blessing of peace.

PSALM 30

C.M.

- 1 O LORD, I will exalt your name
for you have rescued me;
You did not let my foes rejoice
and gloat triumphantly.
- 2 LORD God, in need I cried to you
and you restored my health.
- 3 O LORD, you brought me from the grave
and saved my soul from death.
- 4 You holy ones, sing to the LORD;
sing out with joyful voice.
When you recall his holy name,
then praise him and rejoice.
- 5 His anger but a moment lasts;
life-long his favour stays.
Though tears may last throughout the night,
joy comes with morning's rays.
- 6 "I never shall be moved," I said
in my prosperity.
- 7 You made my mountain firm and strong
when you, LORD, favoured me.
- But when you hid your face from me
my heart was terrified.
- 8 To you, O LORD, I called aloud;
for mercy, Lord, I cried.
- 9 What gain will my destruction bring
if I descend to death?
Will dust proclaim your faithfulness

or praise you with its breath?

- 10 Hear as I cry, O LORD my God,
and listen to my plea.
Come to my aid in my distress;
have mercy, LORD, on me.
- 11 You turned my wailing into dance;
no longer was I sad.
My sackcloth gone, you gave me clothes
of joy, and I was glad.
- 12 Therefore my heart will sing to you
and never cease to praise;
To your great name, O LORD my God,
I will give thanks always.

PSALM 31

L.M.

- 1 In you I've taken refuge, LORD;
You are my shelter in distress.
O let me never be ashamed,
But save me in your righteousness.
- 2 LORD, turn your ear to hear my cry;
Come quickly to deliver me,
And be my rock and firm defence,
My stronghold and security.
- 3 You are my fortress and my rock;
For your name's sake be my sure guide.
- 4 Preserve me from the trap that's set;
You are the refuge where I hide.
- 5 Redeem me, LORD, O God of truth;
My spirit I commit to you.
- 6 I hate all those who trust false gods;
I trust the LORD, for he is true.
- 7 I will rejoice and take delight
In all the love that you have shown,
For my affliction you have seen;
To you my soul's distress is known.
- 8 You have not left me to my foe
Or given me into his hand;
But you have set my feet within
A spacious place where I may stand.
- 9 Be merciful to me, O LORD,
For my distress knows no relief;
My eyes grow weak with sorrow's tears,
My soul and body with my grief.
- 10 My life in anguish is consumed;
My years pass by with many groans.
Through misery my strength has failed,
And greatly weakened are my bones.
- 11 Because of all my enemies
My neighbours treat me scornfully;
I'm viewed with dread by all my friends—
They see me coming and they flee.

- 12 I am forgotten as though dead,
Not even spared a passing thought;
I'm like a jar that's cast away,
A useless, broken, shattered pot.
- 13 I hear the slander many spread,
And terror stalks me all the way.
Against me enemies conspire;
They plot to take my life away.
- 14 But as for me, I trust you, LORD;
I say, "You are my God alone."
15 My times are ever in your hands;
Save me from foes who hunt me down.
- 16 Upon your servant shine your face;
Save me in your unfailing love.
17 LORD, let me not be put to shame,
For I have cried to God above.
- But let the wicked suffer shame
And silent in the grave abide.
18 Suppress the lying lips which speak
Against the just with haughty pride.
- 19 Your goodness, LORD, is very great—
Prepared for those who fear your name.
You show your goodness openly
To all who your protection claim.
- 20 Your presence hides and shelters them
From those who plot to take their life,
And in your tent you keep them safe
From evil tongues that stir up strife.
- 21 The LORD be praised because he showed
The wonder of his love to me,
When in a city I was trapped,
Surrounded by the enemy.
- 22 In my alarm I rashly said
That I was hidden from your eyes;
But when I called to you for help,
In grace you listened to my cries.
- 23 O love the LORD, all you his saints!
The faithful will be kept by God,
But he will give the proud their due.
24 Be strong, take heart; hope in the LORD.

PSALM 32

8 6 8 8 6

- 1 How blessed the one who has received
forgiveness for his sin!
2 Whose sins are covered from God's face,
Whose debt is cancelled in God's grace;
there's no deceit in him.
- 3 When I kept silent, all my bones
with groaning were worn out.
4 Beneath your hand I felt entrapped
Both day and night; my strength was sapped
as in a summer drought.

- 5 Then I laid bare my sin to you,
the guilt that lay within.
I said, "O LORD, I have transgressed" —
And you forgave when I confessed;
you pardoned all my sin.
- 6 So let the godly pray to you
while you are to be found.
Surely when waves are sweeping past
And mighty waters rising fast,
you'll keep them safe and sound.
- 7 You are my hiding-place, O LORD,
my true security.
You keep me safe in troubled days;
You circle me with joyful praise
when you have set me free.
- 8 I will instruct you by my word
and guide you in my way.
My counsel I will give to you;
My eye will keep your path in view
and watch you day by day.
- 9 Do not be like the horse or mule
which cannot understand;
They must be curbed and kept in check
As bit and bridle turn their neck,
to go where you command.
- 10 The wicked's woes will much increase;
but those who trust the LORD
His cov'nant mercy will surround.
- 11 You righteous, let your joy abound
and praise the LORD your God.

PSALM 33

11 10 11 10 dactylic

- 1 Joyfully sing to the LORD, all you righteous;
for it is good that the upright give praise.
- 2 With harp and lyre praise the LORD and make music;
3 with shouts of joy, a new song to him raise.
- 4 Righteous and true is the word God has spoken;
all the LORD's actions his faithfulness prove.
- 5 He loves true righteousness, judgment and justice;
all earth is full of his unfailing love.
- 6 By the LORD's word were the heavens created,
their starry host by the breath from his lips.
- 7 All the sea's waters he gathers together
and in his storehouses lays up the deeps.
- 8 Let all the world fear the LORD in his greatness;
rev'ence his name, all you peoples of earth!
- 9 For when he spoke, all things came into being;
when he commanded, then all things stood forth.
- 10 Foiled by the LORD are the plans of the nations;
thwarted by him are the peoples' designs.
- 11 But the LORD's purposes stand firm for ever;
his plans endure through all ages and times.

- 12 Favoured and blessed is the nation he's chosen,
whose God the LORD is throughout every age;
Blessed are the people he called to be near him,
those whom he chose as his own heritage.
- 13 From heaven's height the LORD looks down and watches;
14 he sees mankind from his own dwelling-place.
15 He who has moulded the hearts of all people
knows every deed of the whole human race.
- 16 No king is saved by the size of his army;
no warrior lives by the strength of his hand.
17 Vain is man's trust in a horse for deliverance,
nor by its strength can it victory command.
- 18 But the LORD's eyes are on those who revere him,
those who rely on his unfailing love;
19 So that from famine and death he may save them,
giving them life by his power from above.
- 20 We wait in hope for the LORD, our defender;
21 trusting his holy name, our hearts are blessed.
22 LORD, may your unfailing love rest upon us,
just as in you our sure hope has been placed.

PSALM 34

C.M.

- 1 At all times I will bless the LORD;
I'll praise him with my voice.
2 Because I glory in the LORD,
let troubled souls rejoice.
- 3 Together let us praise the LORD;
exalt his name with me.
4 I sought the LORD; his answer came:
from fears he set me free.
- 5 They look to him and shine with joy;
they are not put to shame.
6 This suffering man cried to the LORD;
from him deliverance came.
- 7 The angel of the LORD surrounds
and guards continually
All those who fear and honour him;
he sets his people free.
- 8 Come, taste and see—the LORD is good;
who trusts in him is blessed.
9 O fear the LORD, you saints; with need
you will not be oppressed.
- 10 Young lions may grow weak and faint
and hunger for their food,
But those who wait upon the LORD
will not lack any good.
- 11 Come here, my children! Gather round
and listen to my word;
And I will help you understand
how you may fear the LORD.

- 12 Does anyone delight in life
and long to see good days?
- 13 Then keep your tongue from evil speech,
your lips from lying ways.
- 14 Depart and turn from evil paths
and practise what is right.
Desire to know the way of peace;
pursue it with your might.
- 15 The LORD's eyes are upon the just;
he listens to their plea.
- 16 The wicked he rejects, and blots
from earth their memory.
- 17 The righteous cry; the LORD responds
and frees them when distressed.
- 18 The LORD draws near the broken heart
and rescues the depressed.
- 19 From all the troubles of the just
the LORD will set him free.
- 20 The LORD protects his every bone;
and broken none will be.
- 21 The wicked are condemned to death,
all those who hate the just.
- 22 God saves his own; they're not condemned,
for in the LORD they trust.

PSALM 35

C.M.

- 1 LORD, plead my case when I am charged
by foes maliciously;
And fight for me, when they attack
and vent their spite on me.
- 2 Take up your shield! Come to my aid!
- 3 Speak to my soul and say,
"I'm your salvation." With your spear
cut off my en'mies' way.
- 4 May those who seek to take my life
endure disgrace and shame;
May those who plot my overthrow
turn back the way they came.
- 5 May they like chaff before the wind
be blown in disarray,
And by the angel of the LORD
be driven far away.
- 6 LORD, make their pathway insecure,
in darkness hard to find;
And let the angel of the LORD
attack them from behind.
- 7 Since they have spread a net for me
without a cause at all,
And for no reason dug a pit
that in it I might fall,
- 8 Let ruin seize them, and let them

in their own net be caught;
May they instead fall in their pit
and so to death be brought.

- 9 Then will my soul rejoice in God
and in his saving name.
10 "Who is a God like you, O LORD?"
my heart and soul exclaim.

"The poor you rescue from the hands
of those who are too strong;
You save the poor and weak from those
who rob and do them wrong."

- 11 Malicious witnesses rise up
and falsely slander me;
I have no knowledge of the things
they ask accusingly.

- 12 They pay back evil for my good
and leave my soul forlorn.
13 Yet, at their illness, I would fast
and, clad in sackcloth, mourn.

- And when my prayers were not heard,
14 I mourned as one bereaved
Of mother, brother, closest friend;
I bowed my head and grieved.

- 15 But when I slipped, they gathered round
and gloated with delight;
They came upon me unawares
to vent on me their spite.

- Unceasingly they slandered me;
16 they mocked maliciously,
Like those who have no fear of God,
and gnashed their teeth at me.

- 17 O Lord, how long will you look on?
Defend me from their strife;
From these marauding lions' teeth
protect my precious life.

- 18 Then where the great assembly meets
to you I will give praise;
Among the crowds of worshippers
in thanks my voice I'll raise.

- 19 Let him not gloat who, without cause,
is my fierce enemy,
Nor those who hate me unprovoked
stare spitefully at me.

- 20 They do not speak in peaceful words,
but cunning schemes have planned,
Accusing those who live at peace
and quiet in the land.

- 21 Triumphantly they shout and say,
"His wickedness we see!"
22 LORD, you have seen; hold not your peace.
Lord, be not far from me.

- 23 Awake, and rise to my defence!
Contend for me, my God.
- 24 Do not let them gloat over me;
in justice judge, O LORD.
- 25 Let them not think within their hearts,
“At last! just what we want!”
Nor let them say, “We’ve swallowed him” —
let that not be their taunt.
- 26 May all who gloat at my distress
know shame and loss of face;
May all who triumph over me
be covered with disgrace.
- 27 May those who long to see me cleared
shout out with joy and sing:
“The LORD be praised, who loves to see
his servant prospering.”
- 28 I will extol your righteousness;
I’ll praise you with my tongue.
I will proclaim your greatness, LORD,
and praise you all day long.

PSALM 36

C.M.

- 1 My heart has heard an oracle
about the wicked’s sin:
There is no fear of God in him;
he feels no dread within.
- 2 He views himself with blind conceit,
his sinfulness denies.
- 3 He speaks with evil and deceit,
no longer good or wise.
- 4 In bed he plots his evil ways;
he schemes throughout the night,
As he commits himself to sin,
rejecting what is right.
- 5 Your steadfast love is great, O LORD;
it reaches heaven high.
Your faithfulness is wonderful,
extending to the sky.
- 6 Your righteousness is very great,
like mountains high and steep;
Your justice is like ocean depths.
Both man and beast you keep.
- 7 How precious is your steadfast love!
What confidence it brings!
Both high and low find shelter in
the shadow of your wings.
- 8 They feast within your house, and drink
from streams of your delight.
- 9 For with you is the source of life;
in your light we see light.
- 10 To those who know you as their God,

your steadfast love impart;
Maintain your righteousness to those
of pure and upright heart.

- 11 Let not the ruthless foot of pride
approach and threaten me,
Nor let the hand of wickedness
force me to turn and flee.
- 12 See where these evildoers lie,
who righteousness despise!
Thrown down are they, and there they stay,
unable to arise.

PSALM 37

10 9 10 9 anapaestic

- 1 Do not fret on account of the wicked,
do not envy the ones who do wrong;
- 2 For like grass they will very soon wither,
like green plants they will not flourish long.
- 3 Put your trust in the LORD and be upright;
then secure in the land you will live.
- 4 Take delight in the LORD above all things—
the desires of your heart he will give.
- 5 To the LORD let your way be committed;
trust in him—he will do what is right.
- 6 Then your justice will shine like the morning,
your just cause like the sun in its might.
- 7 So be silent and seek the LORD's presence,
and be patient until he replies;
Do not fret when you see the successful,
if their schemes are promoted through lies.
- 8 Do not fret—it leads only to evil;
keep your temper and stay far from wrath,
- 9 For the wicked will certainly perish,
while the godly inherit the earth.
- 10 Yet a while, and the wicked will vanish;
though you search, they will never be found.
- 11 But the land will belong to the humble,
and their welfare and peace will abound.
- 12 Though the wicked may strike at the righteous,
and may gnash their teeth wildly in hate;
- 13 Yet the Lord simply laughs at the wicked,
for he sees the approach of their fate.
- 14 Though the wicked take aim at the righteous
and attempt to bring down the oppressed,
- 15 Yet their bow will be broken in pieces,
and their sword will but pierce their own breast.
- 16 Though the righteous have little, it's better
than the riches of many unjust;
- 17 For the wicked's great strength will be broken,
but the LORD is the righteous one's trust.
- 18 Day by day the LORD cares for the blameless,
so their heritage stands ever sure.

- 19 When a famine comes, they will have plenty;
and in drought they will always endure.
- 20 But the wicked will certainly perish;
they will vanish, as smoke blows away.
And the foes of the LORD will be scattered,
like the flower of the field in a day.
- 21 The ungodly retain what they borrow,
but the just give with generous hand.
- 22 For those blessed by the LORD will inherit,
while the cursed are cut off from the land.
- 23 If the LORD takes delight in a person,
he will render his steps firm and sure.
- 24 Though he stumble, he will not fall headlong,
for the LORD's hand will keep him secure.
- 25 All my life I have not seen the righteous
left forsaken, or begging for food.
- 26 They are always prepared to lend freely,
and their children will share what is good.
- 27 If you turn back from sin and act rightly,
you'll continue for ever secure;
- 28 For the LORD shows his love to the righteous;
those who trust him he'll keep safe and sure.
- The obedient will not be forsaken,
but the line of the wicked will fail.
- 29 To the righteous the land will be given,
and for ever in it they will dwell.
- 30 From the mouth of the righteous comes wisdom;
words of justice proceed from their lips.
- 31 For the law of his God is within them
and ensures that their foot never slips.
- 32 The unjust lie in wait for the righteous;
to destroy them is always their thought.
- 33 But the LORD will not let them be mastered,
or condemned when to court they are brought.
- 34 Put your trust in the LORD, I exhort you;
in his ways you should always remain.
To inherit the land he'll exalt you;
you will see when the wicked are slain.
- 35 I have witnessed a ruthless man standing
like a flourishing tree in its ground;
- 36 But he soon passed away and was nothing;
though I searched, he was not to be found.
- 37 Watch the blameless, consider the upright;
there's a future for those who make peace.
- 38 But destruction awaits the rebellious,
and their future will suddenly cease.
- 39 From the LORD comes the hope of the righteous,
and in trouble defence for the meek;
- 40 So the LORD saves them all from the wicked,
for in him their protection they seek.

1 In wrath do not rebuke me, LORD,
Or in your anger chasten me.

2 Your arrows deeply pierce my soul;
Your hand lies on me heavily.

3 Because your anger rests on me,
My body has no health within;
There is no soundness in my bones,
Because you judge me for my sin.

4 My guilt has overwhelmed my soul;
Its burden is a crushing weight.

5 My wounds are foul and festering,
Because my foolishness is great.

6 I am bowed down, I am brought low,
And I go mourning all the day.

7 My back is filled with searing pain,
And my whole body wastes away.

8 I'm feeble and completely crushed;
In anguish of my heart I groan.

9 Lord, my desires before you lie;
To you my sighing is well known.

10 My heart beats wildly, strength has failed,
The light has faded from my eye.

11 My friends and neighbours keep away;
They see my wounds and then pass by.

12 My enemies who seek my life
With cunning set their snares for me;
My foes conspire to do me harm,
And all day long plot treachery.

13 I'm like the deaf, who cannot hear,
And like the mute, who cannot cry.

14 I'm like a man who hears no sound,
Whose mouth can offer no reply.

15 I wait for you, O Lord my God;
And you, O LORD, will answer me.

16 I prayed to you, "If my foot slips,
Let them not gloat exultantly."

17 Indeed I am about to fall;
My pain is ever deep within.

18 I must confess iniquity,
And I am troubled by my sin.

19 My foes are vigorous and strong;
And many hate me wrongfully.

20 My good with evil they repay;
When I seek good, they slander me.

21 O LORD, do not abandon me;
Do not be far from me, my God.

22 Come quickly to deliver me
Because you are my Saviour, Lord.

- 1 I said, "Now let me watch my ways
and keep my tongue from sin.
I'll put a muzzle on my mouth
while I'm with wicked men."
- 2 When I was silent and kept still
and firmly held my peace,
Not speaking even what was good,
this made my pain increase.
- 3 Because of this my heart grew hot;
the fire burned strong indeed
The more I mused upon it all.
Then I began to plead:
- 4 "LORD, show me that my life will end—
how many days I'll see—
And cause me, LORD, to understand
how brief my life will be.
- 5 "O LORD, how short you make my days
before I sink in death.
My years are nothing in your sight;
man's life is but a breath.
- 6 "Like shadows people go about;
they bustle to and fro.
They heap up wealth, but do not know
to whom their wealth will go.
- 7 "But now, what do I look for, LORD?
My hope is set on you.
- 8 From my transgressions rescue me
lest fools in scorn pursue.
- 9 "I held my peace and would not speak,
for you did this, I know.
- 10 Remove your scourge from me; your hand
has struck and laid me low.
- 11 "For you rebuke and punish men
for their iniquity.
You, like a moth, consume their wealth;
each man is vanity.
- 12 "O LORD, please listen to my prayer
and hear my cry for aid;
Do not be deaf to the appeal
which I with tears have made.
- "For as your guest I stay a while.
I'm like my fathers all—
A stranger and a pilgrim here.
Have mercy when I call.
- 13 "O turn away your eyes from me.
Let me rejoice again
Before I finally depart
and here no more remain."

- 1 I waited long upon the LORD;

He heard my cry and turned to me.
2 He raised me from the slimy pit
And from the mire he pulled me free.

He set my feet on solid rock,
A place to stand both firm and broad.
3 He put a new song in my mouth,
A joyful hymn of praise to God.

Many will look with godly fear
And on the LORD alone rely.
4 Blessèd are they who trust the LORD,
Who shun the proud and gods that lie.

5 The wonders you have done, O LORD,
How many and how great they are!
Your plans for us are far beyond
Our power to number or declare.

6 You did not ask that calves or goats
Be brought as sacrifice for sin,
But you have opened up my ears;
You did not seek burnt offering.

7 Then I declared, "LORD, I have come;
It's written of me in the scroll.
8 I want to do your will, my God;
Your law is in my heart and soul."

9 In the assembly when it met
Your justice I proclaimed abroad.
I did not seal my lips at all;
You know all this about me, LORD.

10 I did not hide within my heart
Your saving grace and righteousness;
In the assembly I proclaimed
Your steadfast love and faithfulness.

11 Do not withhold your mercy, LORD;
Surround your servant constantly
With your great love and faithfulness,
12 For many troubles threaten me.

My sins have overtaken me;
They're more than hairs upon my head.
My heart within me fails for grief;
I cannot see the way ahead.

13 Be pleased, O LORD, to rescue me;
O LORD, come quickly to my aid.
14 May all who seek to take my life
With shame and turmoil be repaid.

May all who plot my overthrow
Turn back, disgraced, the way they came.
15 May those who mock me to my face
Become appalled at their own shame.

16 But let all those who seek your face
Be joyful in you all their days;
Let those who love salvation say,
"Exalted be the LORD always!"

17 Yet I am poor and in great need;
Lord, think on me, I humbly pray.
You are my saviour and my help;
Come, O my God! Do not delay.

PSALM 41

10 10 10 10

1 Blessed is the one who cares for those in need;
The LORD delivers him in times of strife.
2 The LORD will surely bless him in the land;
He will protect him and preserve his life.

He will not hand him over to his foes
That they may satisfy their evil will.
3 The LORD will on his sickbed give him help,
And he will raise him up when he is ill.

4 I said, "Be merciful to me, O LORD;
Heal me, because against you I have sinned."
5 My enemies with malice say of me,
"When will he die—his name come to an end?"

6 They visit me with falsehood in their hearts
And then go out and spread their wicked lies.
7 Against me all my foes are whispering;
The worst of fates for me their minds devise.

8 They say, "A vile disease has struck him down;
He never will get up and leave his bed."
9 My closest friend has turned his back on me—
My trusted friend, with whom I shared my bread.

10 But you, O LORD, be merciful to me
And raise me up their malice to repay.
11 I know that you are pleased with me, O LORD;
For over me my foe does not hold sway.

12 In my integrity you hold me fast;
Before you I will constantly remain.
13 O praise the LORD, the God of Israel,
For ever and for evermore! Amen.

PSALM 42

L.M.

1 As pants the deer for flowing streams,
So longs my soul, O God, for you.
2 I thirst for God, the living God;
When can I meet with God anew?

3 My tears have been my constant food
Both in the night and in the day,
While all day long insistently,
"Where is this God of yours?" they say.

4 As I pour out my soul in grief,
These things I do remember still:
How with the multitude I went
Up to God's house on Zion hill.

In their procession I would lead
As we approached with cheerful song
And shouts of joy and thankfulness,

Rejoicing with the festive throng.

- 5 *Why are you downcast, O my soul?
Why are you so disturbed in me?
Trust God, for I will praise him yet;
My Saviour and my God is he.*
- 6 My soul within me is depressed;
I therefore will recall you still
From Jordan's land, from Hermon's heights
And from the top of Mizar hill.
- 7 Deep calls to deep, as with a roar
Your waterfalls cascading roll.
Your waves and breakers fall on me;
They overwhelm my very soul.
- 8 By day the LORD directs his love;
His song remains with me at night—
A prayer to him who is my God,
My only source of life and light.
- 9 This I will say to God my Rock,
"Why have you so forgotten me?
Why must I go about in grief,
Downtrodden by the enemy?"
- 10 My bones in mortal agony
Are groaning, while my enemies say,
"Wherever is this God of yours?"
They scoff at me throughout the day.
- 11 *Why are you downcast, O my soul?
Why are you so disturbed in me?
Trust God, for I will praise him yet;
My Saviour and my God is he.*

PSALM 43

L.M.

- 1 Come! Vindicate me, O my God!
Against this nation plead my cause!
Deliver me from wicked foes
And hypocrites who break your laws.
- 2 You are my stronghold and my God;
Why then have you rejected me?
Why must I go about in grief,
Downtrodden by the enemy?
- 3 O send your light forth and your truth!
Let them direct me in your grace
And bring me to your holy hill,
Into your sacred dwelling-place.
- 4 Then to God's altar I will go,
To God, my joy and my delight,
And I will praise you with the harp.
O God, you are my God of might.
- 5 *Why are you downcast, O my soul?
Why are you so disturbed in me?
Trust God, for I will praise him yet;
My Saviour and my God is he.*

PSALM 44

C.M.

- 1 O God, we with our ears have heard—
our fathers told us so—
What you accomplished in their days,
in days of long ago.
- 2 Your hand drove nations out, and placed
our fathers there instead;
You crushed the peoples, but you caused
our tribes to grow and spread.
- 3 It was not by their sword or arm
that they possessed the land,
But by your love and favour shown,
and by your mighty hand.
- 4 You are my King and God; ordain
for Jacob victories.
- 5 Through you we trample down our foes
and rout our enemies.
- 6 My sword does not bring victory,
nor do I trust my bow.
- 7 You put our enemies to shame
and overcome our foe.
- 8 In God alone we make our boast,
rejoicing all day long,
And to your name for evermore
we'll offer praise in song.
- 9 But now you have rejected us
and brought us very low,
And when our armies march to war,
with them you do not go.
- 10 Our hateful foe has plundered us;
you made us flee, O God.
- 11 You let us be devoured like sheep
and scattered us abroad.
- 12 You cheaply sold your people off;
the sale produced no gain.
- 13 Our neighbours look on us with scorn
and treat us with disdain.
- 14 You make us a reproach and shame
before the nations' face;
The peoples shake their heads at us
and mock at our disgrace.
- 15 Disgrace I suffer all day long
and I am filled with shame
- 16 Because of mocking taunts and scorn
from those who hate my name.
- 17 All this has happened to us, though
we'd not forgotten you.
We had not spurned your covenant;
to it we had been true.

- 18 Our hearts did not turn back; our feet
from your path did not stray.
- 19 You crushed and left us in the dark
where jackals hunt their prey.
- 20 If we forgot God's name, or to
false gods had stretched our hands,
- 21 Would God not know, for he our hearts
and secrets understands?
- 22 And yet it is for your own sake
we face death all the day;
We're reckoned like the sheep that are
for slaughter led away.
- 23 Awake, O Lord! Arise from sleep!
Do not reject your folk.
- 24 Why hide your face and quite forget
our pain and cruel yoke?
- 25 For we've been humbled to the dust,
laid prostrate on the ground.
- 26 Rise, help, redeem, because within
your cov'nant love we're found.

PSALM 45 (a)

C.M.

- 1 A noble theme inspires my heart
with verses for the king;
My tongue's a skilful writer's pen,
composing lines to sing.
- 2 You far excel the best of men;
your lips are full of grace,
For God has blessed you evermore;
his light shines on your face.
- 3 O mighty one, take up your sword
and bind it on your thigh;
With glorious splendour clothe yourself
and with your majesty.
- 4 Ride forth in state victoriously
for meekness, truth and right;
Let your right hand display your deeds
of awesome power and might.
- 5 Let your sharp arrows pierce the hearts
of those who hate the king;
And all the nations of the earth
into subjection bring.
- 6 Your royal throne, O God, will last
throughout eternity;
Your kingdom's sceptre will be one
of truth and equity.
- 7 Anointing you with oil of joy,
your God has made you great,
Because you care for righteousness,
and wickedness you hate.
- 8 With aloes, myrrh and cassia

in fragrant robes you're clad;
From palaces of ivory
stringed music makes you glad.

9 Among the women of your court
king's daughters take their stand;
The royal bride in finest gold
appears at your right hand.

10 O daughter, listen and give ear,
consider what I say;
You must forget your father's house,
your people far away.

11 Because your beauty is so great,
the king is held in thrall.
He is your lord; give him respect,
before him humbly fall.

12 Inhabitants of Tyre will come
to offer gifts to you;
And wealthy people will approach
your favour to pursue.

13 In glorious gold-embroidered robes
the princess waits within;
14 In richly ornamented clothes
she's brought before the king.

Attendant maidens follow her
and so to you are led;

15 They enter and with great delight
the palace courts they tread.

16 In places where your fathers stood
your sons will take their stand;
You'll make them princes of the realm
to rule throughout the land.

17 I will perpetuate your fame
through everlasting days;
Therefore the nations of the world
will ever sing your praise.

PSALM 45 (b)

10 10 10 10 10 10

- 1 A noble theme inspires my heart and mind
As I recite my verses for the king;
My tongue is like a skilful writer's pen.
- 2 Of you, most excellent of men, I sing.
With heavenly grace your lips have been refreshed,
Since God for evermore has made you blessed.
- 3 Your sword, O mighty one, bind on your side,
And clothe yourself with glorious majesty.
- 4 In royal splendour and in all your strength
Ride forth to battle and to victory
In aid of truth, humility and right;
Let your right hand display its awesome might.
- 5 Pierce through with arrows those who hate the king;
Your foes from all the nations trample down.
- 6 Your kingdom's sceptre will be one of right;

- For evermore, O God, endures your throne.
7 Justice you love, iniquity you hate;
So God above the rest has made you great.
- With oil of joy he has anointed you;
8 With pleasant fragrance all your robes abound.
From palaces adorned with ivory
Stringed instruments delight you with their sound.
9 Among your women royal daughters stand,
The king's own bride in gold at your right hand.
- 10 O daughter, listen and give ear to me;
Forget your people and your father's house.
11 See how your beauty has enthralled the king;
Give honour to your lord and royal spouse.
12 People from Tyre will come with gifts to you,
And wealthy folk your favour will pursue.
- 13 All glorious is the princess in the court;
Her bridal gown with finest gold is wrought.
14 She comes before the king in brodered robes;
To you the maidens in her train are brought.
15 With joy and gladness they are ushered in;
They come into the palace of the king.
- 16 Your sons will occupy your fathers' place,
And you will make them princes in the land.
17 Through all the generations still to come
I will ensure your memory will stand;
And therefore all the nations of the earth
For evermore will celebrate your worth.

PSALM 46 (a)

C.M.

- 1 God is our refuge and our strength,
our ever-present aid;
2 And therefore, though the earth gives way,
we will not be afraid.
- 3 Though mountains fall into the sea,
though waters foam and roar,
We will not fear, though mountains quake
as waves engulf the shore.
- 4 A river flows, whose streams delight
the city of our God—
The holy place, in which the LORD
Most High has his abode.
- 5 God is within his holy place;
the city will not yield,
For God will come at break of day
to be her help and shield.
- 6 The nations are in disarray;
the kingdoms disappear.
God speaks, and at his mighty voice
the whole earth melts with fear.
- 7 *The LORD Almighty is with us
to strengthen and sustain;
For Jacob's God our strong defence
and fortress will remain.*

8 Come, see the works the LORD has done—
the judgments he commands,
The desolations he has brought
to pass in many lands.

9 In every land throughout the earth
he makes all conflict cease;
He shatters bow and spear and shield,
and brings his reign of peace.

10 Be still, and know that I am God,
on earth exalted high;
And all the nations of the world
my name will glorify.

11 *The LORD Almighty is with us
to strengthen and sustain;
For Jacob's God our strong defence
and fortress will remain.*

PSALM 46 (b)

10 10 10 10 10 10

1 God is our refuge and our strength alone,
In troubled times a present help is he.
2 Therefore we will not fear though earth gives way
And mountains fall into the depths of sea,
3 Although its waters foam and roar with spite,
And mountains tremble at its surging might.

4 God's city is made glad by flowing streams,
The holy place where the Most High resides.
5 God is within her, she will never fall;
At break of day God help for her provides.
6 The kingdoms fall, their folk in disarray;
God lifts his voice, the whole earth melts away.

7 The LORD Almighty ever with us stays;
The God of Jacob is our sure defence.
8 Come, see the works the LORD does on the earth,
Destruction wrought in his omnipotence.
9 Throughout the earth he makes wars disappear;
He breaks the bow and shatters every spear.

He burns the chariots up with flaming fire.
10 He says, "Be still and know that I am God.
Among the nations I'll be glorified,
Exalted over all the earth abroad."
11 The LORD Almighty ever with us stays,
The God of Jacob our defence always.

PSALM 46 (c)

8 8 8 8 6 6 6 8

1 God is our strength and refuge sure;
An ever-present help is he
When troubled days we must endure.
2 Therefore from fear our hearts are free,
Though earthquakes move the world,
And hills 'midst seas be hurled,
3 Though waters of the deep
In turmoil roar and leap—
Though breakers shake the mountains steep.

- 4 A river flows whose waters clear
Make glad the city of our God—
The consecrated city where
The LORD Most High has his abode.
- 5 God dwells within her wall,
And so she will not fall;
No trouble can her move
For God her help will prove
When morning light dawns from above.
- 6 The kingdoms shake, the nations fret;
He lifts his voice, earth melts away.
- 7 The LORD of hosts is with us yet;
The God of Jacob is our stay.
- 8 Come then, let all draw near
And view with holy fear
The works, surpassing thought,
The LORD alone has wrought.
What ruin he on earth has brought!
- 9 To earth's remotest bounds he turns
Wars into peace: he snaps the spear;
He breaks the bow; the shield he burns.
- 10 Know I am God; be still and fear.
Among the nations I
Will be exalted high;
On earth I will hold sway.
- 11 "The LORD's with us," we say.
The God of Jacob is our stay.

PSALM 47

L.M.

- 1 All nations, clap your hands and shout!
Let joyful cries to God ring out!
- 2 How awesome is the LORD Most High,
Great King who rules the earth throughout!
- 3 He has subdued beneath our feet
The nations who had been our foes.
- 4 In blessing Jacob, whom he loved,
A heritage for us he chose.
- 5 God has gone up with shouts of joy,
The LORD amid the trumpets' sound.
- 6 Sing praise, sing praise to God Most High;
To God our King let praise abound.
- 7 For God is King of all the earth;
Sing psalms of praise to him alone.
- 8 God rules the nations from on high;
He sits upon his holy throne.
- 9 The leaders of the nations come
To yield themselves to Abr'ham's God.
To him belong the shields of earth;
Exalted greatly is the LORD!

PSALM 48 (a)

C.M.

- 1 Great is the LORD who rules on high;
with praise his temple fill

Within the city of our God
and on his holy hill.

- 2 Mount Zion, with its graceful height,
gives joy to all the earth;
The Great King's city far excels
the mountains of the north.
- 3 Within her citadels and towers
God's presence is revealed,
For he has shown himself to be
her fortress and her shield.
- 4 When kings joined forces to attack,
as one they marched ahead.
- 5 They saw her and they were amazed;
they all in terror fled.
- 6 Like women giving birth in pain
they trembled in dismay.
- 7 You wrecked them like a merchant fleet
by tempest blown away.
- 8 As we have heard, so have we seen:
God's city will endure;
The LORD Almighty evermore
his city keeps secure.
- 9 We contemplate your steadfast love
within your house, O God;
- 10 For, like your name, your praise extends
through all the earth abroad.
- All that you do is righteous, LORD.
- 11 Mount Zion's joy is great,
And Judah's towns rejoice, as they
your judgments celebrate.
- 12 Round Zion walk and count her towers;
13 view every citadel,
So that to children yet unborn
her story you may tell.
- 14 For God the LORD, who is our God,
for ever will abide;
He is our God for evermore
and to the end our guide.

PSALM 48 (b)

10 10 10 10 10

- 1 Great is the LORD—his praise all else excels—
In our God's city, on his holy hill.
- 2 Mount Zion is the joy of all the earth,
So high and fair like mountains of the north;
Here is the city where the Great King dwells.
- 3 God is the fortress of Jerusalem.
- 4 When kings joined forces, ready to advance,
5 They looked, and fled in terror and surprise,
6 Gripped like a woman who in childbirth cries.
7 Like ships destroyed by storm, you shattered them.
- 8 As we have heard, now we have seen it so

Within the city of Almighty God—
The city of the LORD, which by his grace
9 He makes secure. Within your holy place
Your never-failing love we seek to know.

10 O God, your name is known throughout the earth,
And to its farthest shores your praise goes forth;
Your strong right hand is filled with righteousness.
11 To Zion your great deeds bring joyfulness,
And Judah's villages are filled with mirth.

12 Walk round and count the towers of Zion's hill.
13 Note well her ramparts and her citadels,
And speak of them to your posterity.
14 For this God is our God eternally,
And to the end our God will guide us still.

PSALM 49

8 7 8 7

1 Listen to me, all you peoples,
all who in the whole world dwell.
2 Low and high, both rich and needy,
hear the message I will tell.

3 I will speak with understanding;
wisdom from the heart I'll preach.
4 I will listen to a proverb;
secrets with the harp I'll teach.

5 Why should I fear days of evil,
when the wicked hem me in—
6 Those who boast of their possessions?
By their trust in wealth they sin.

7 There is no one who is able
to redeem a soul from death;
None can pay to God the ransom
to prolong another's breath.

8 To redeem a life is costly—
none sufficient price can pay
9 So that one should live immortal,
free for ever from decay.

10 For we all can see life ending;
wise and foolish, all will die.
They must leave their wealth to others;
none can death's demand defy.

11 So for endless generations
in their tombs they will remain,
Though they owned, while they were living,
lands to which they gave their name.

12 Man despite his wealth is mortal;
like the beasts, he fades away.
13 Thus the self-assured will perish,
though renowned for what they say.

14 Death will feed upon their bodies;
just like sheep they meet their fate.
In the grave their forms will perish,
far from where they lived in state.

- But the upright ones will rule them,
once the morning light has shone.
- 15 From the grave God will redeem me;
he will take me for his own.
- 16 Do not quake before a rich man,
though his fortune grows immense,
And his outward state increases—
17 for he will take nothing hence.
- He will soon descend with nothing
of the splendour he possessed,
18 Though in life he prospered greatly
and they told him he was blessed.
- 19 He will go to join his fathers—
never see the light of day.
20 Those with wealth and no discernment
are like beasts that pass away.

PSALM 50

10 10 10 10

- 1 The LORD, the Mighty One, is God alone.
He speaks and summons all the earth abroad
From rising of the sun to where it sets.
- 2 From Zion's perfect beauty shines our God.
- 3 Our God will not be silent—he will come;
Before him fire will burn and tempest rage.
- 4 He summons all the earth and heaven above,
That he may judge his folk, his heritage.
- 5 "Now bring to me my consecrated ones,
Those who by sacrifice are pledged to me."
- 6 The heavens will proclaim his righteousness,
For God himself is judge and none but he.
- 7 "Hear, O my people, listen while I speak;
Against you, Isr'el, I will testify:
You are my people; I am God, your God.
Hear me as I address you from on high.
- 8 "I will not blame you for your offerings,
The sacrifices which you give to me.
- 9 I have no need of cattle from your stalls,
Or of the goats you bring me constantly.
- 10 "Mine are the cattle on a thousand hills,
The forest animals are all my own.
- 11 The creatures of the field belong to me;
To me the mountain birds are all well known.
- 12 "I would not tell you if I needed food,
Because the world and all its wealth are mine.
- 13 Do I require to drink the blood of goats?
On flesh of bulls do I delight to dine?
- 14 "But sacrifice thank-offerings to God;
Fulfil the vows you made to the Most High.
- 15 Call on me in the day when trouble comes;
I'll save you, and my name you'll glorify."

- 16 But of the wicked God will then demand:
 "What right have you to speak about my laws
 Or take my covenant upon your lips?
 17 You hate my word and spurn it without cause.
- 18 "You see a thief and then you join with him,
 And with adulterers you love to meet.
 19 You use your mouth for evil purposes;
 Your tongue you harness to promote deceit.
- 20 "You speak against your brother constantly,
 Perversely slandering your mother's son;
 21 You thought that I was just the same as you,
 Since I kept silent at the things you've done.
- "But now I will accuse you to your face,
 I will admonish you, as is your due.
 22 Consider this, you that forget the Lord,
 Lest I destroy and none can rescue you.
- 23 "The one who brings thank-offerings to me—
 He gives me honour and prepares the way
 So that I may reveal myself to him
 And the salvation of his God display."

PSALM 51

8 7 8 7 7 7

- 1 O my God, have mercy on me
 in your steadfast love, I pray;
 In your infinite compassion
 my transgressions wipe away.
- 2 Cleanse me from iniquity;
 wash my sin away from me.
- 3 For I know my own transgressions;
 I can see my sinful plight.
- 4 You, you only, I've offended,
 and done evil in your sight;
 So your words are verified,
 and your verdict justified.
- 5 From my birth I have been sinful—
 such the nature I received—
 Sinful from my first beginning
 in my mother's womb conceived.
- 6 Truth you look for in my heart;
 wisdom to me you impart.
- 7 Cleanse with hyssop, purify me;
 I'll be whiter than the snow.
- 8 Let the bones you crushed be joyful;
 may I joy and gladness know.
- 9 From my failure hide your face;
 blot out all my wickedness.
- 10 Lord, create a pure heart in me,
 and a steadfast mind renew.
- 11 Do not take your Spirit from me;
 cast me not away from you.
- 12 Give me back the joy I had;
 keep my willing spirit glad.
- 13 Then I'll teach your ways to sinners;

- rebels will turn back to you.
- 14 Free me from blood-guilt, my Saviour,
God most merciful and true.
Then I'll praise your righteousness;
- 15 teach my lips your name to bless.
- 16 Sacrifice does not delight you,
else my tribute I would bring;
Nor do you take any pleasure
in a whole burnt offering.
- 17 Contrite heart as sacrifice
you, O God, will not despise.
- 18 Let your blessing rest on Zion;
build Jerus'lem's walls again.
- 19 Sacrifices then will please you —
bulls upon your altar slain,
Off'rings made for your delight,
truly righteous in your sight.

PSALM 52

C.M.

- 1 Why do you boast of wickedness,
you man of power and might?
Why boast all day, O you who are
disgraceful in God's sight?
- 2 You plot destruction with your tongue,
so razor-sharp and keen.
You always work deceitfully;
- 3 you love things vile and mean.
- You do not take delight in truth,
but in what's false and wrong.
- 4 You love all harmful, evil words,
O you deceitful tongue!
- 5 But God will surely bring you down
to ruin and disgrace;
He will uproot you from your tent
and from your dwelling-place.
- He'll snatch you from the land of life
and carry you away.
- 6 The righteous, seeing this, will fear;
then they will laugh and say:
- 7 "This is the man who for his strength
on God did not rely;
He trusted in his wealth and power
to raise himself on high."
- 8 But I am like an olive plant
in God's house growing free;
I trust in God's unfailing love
to all eternity.
- 9 I'll praise you ever for your deeds;
my hope is in your name,
And in the presence of your saints
I will extol your fame.

PSALM 53

S.M.

- 1 The fool speaks in his heart;
"There is no God," he says.
They are corrupt, their deeds are vile;
none walk in godly ways.
- 2 The LORD looks down from heaven
upon the human race
To see if any understand,
if any seek God's face.
- 3 They all have turned aside;
corrupt they have become.
Not one of them does any good—
no, not a single one.
- 4 Will sinners never learn?
My people they've devoured
As if they were consuming bread;
they never seek the LORD.
- 5 But see that evil crowd!
They are struck down with dread,
Although they thought within their hearts
they would have ease instead.

The bones of all your foes
were scattered far abroad;
And you have put them all to shame—
they were despised by God.
- 6 May help from Zion come!
The LORD his captives bring!
And then let Jacob's tribes be glad;
for joy let Israel sing!

PSALM 54

C.M.

- 1 Save me, O God, by your great name;
with pow'r deliver me.
- 2 Hear, O my God, the words I speak
and listen to my plea.
- 3 For strangers are attacking me;
the ruthless seek my life,
For they have no regard for God
and always stir up strife.
- 4 Consider this: God is my help;
the Lord upholds my way.
- 5 In faithfulness destroy my foes;
their slander, Lord, repay.
- 6 I'll bring a sacrifice to you,
a free-will offering;
Because your name, O LORD, is good,
your praises I will sing.
- 7 For you, O LORD, have rescued me
from my distress and woe;
My eyes have looked in victory
upon my cruel foe.

PSALM 55

C.M.

- 1 O God, please listen to my prayer;
do not ignore my plea.
- 2 My anxious thoughts make me distraught;
O hear and answer me.
- 3 I'm troubled by the voice of foes,
by their malicious stare;
For they bring suffering to me—
their hatred I must bear.
- 4 Within me anguish grips my heart;
death's terrors have come near.
- 5 I tremble and am terrified;
I'm overwhelmed by fear.
- 6 "O that I, like a dove, had wings!
Then I would fly away
7 And be at rest; I'd flee from here
and in the desert stay.
- 8 "Then would I to my hiding-place
for refuge take my flight,
Far from the raging of the storm
and from the tempest's might."
- 9 Confuse my enemies, O Lord,
and all their speech confound;
For in the city I see strife
and violence abound.
- 10 They prowl her walls both day and night;
abuse and malice meet.
- 11 Destruction is at work, and threats
and lies are in the street.
- 12 If enemies insulted me,
their taunts I could abide;
Or if a foe against me rose,
then from him I would hide.
- 13 But it is you, my closest friend,
a man whom I well know;
14 We once enjoyed sweet fellowship,
as to God's house we'd go.
- 15 Let death come on my enemies
and take them by surprise;
May they go to the grave alive,
for evil in them lies.
- 16 But as for me, I call to God;
the LORD will save me now.
- 17 At evening, morning and at noon,
in prayer to him I bow.
- Distressed, I cry—he hears my voice.
- 18 He ransoms me unharmed
From battle waged by many foes,
who are against me armed.

- 19 My God, enthroned for evermore,
will hear and will repay
Those men who have no fear of God
and never change their way.
- 20 This man attacks his loyal friends
and breaks his solemn word.
- 21 As smooth as butter is his speech,
but in his heart's a sword.
- 22 O cast your burden on the LORD,
and he will care for you;
He'll never let the righteous fall,
but bring him safely through.
- 23 But you, O God, will bring them down—
those evil, wicked men—
Into the pit of death's decay
for ever to remain.

Bloodthirsty and deceitful men
will not live half their days,
But as for me, my confidence
will rest in you always.

PSALM 56

8 7 8 7

- 1 O my God, show mercy to me;
men would take my life away.
Hostile forces press upon me;
they pursue me all the day.
- 2 Slanderers are close behind me;
they pursue me all day long.
In their arrogance they hound me;
they are numerous and strong.
- 3 When I am afraid, I'll trust you.
4 I will praise your faithful word;
I will trust and not be fearful.
What can man do to me, Lord?
- 5 All day long they plot to harm me,
twisting everything I say.
6 They conspire, they lurk, they trail me,
keen to take my life away.
- 7 Let them not escape your anger;
bring the nations down, O Lord.
8 In your book write my entreaties;
in your scroll my tears record.
- 9 When I call on you to help me,
then my foes will turn aside;
This is how I will be certain
that my God is on my side.
- 10 In the LORD, whose word I honour,
in my God—I praise his word—
11 I will trust and not be fearful.
What can man do to me, Lord?
- 12 I have taken vows before you;

to my God I will be true.
Sacrifices of thanksgiving
I will gladly give to you.

- 13 For you kept my feet from stumbling,
and from death you set me free,
So that I may walk before you
and the light of life may see.

PSALM 57

S.M.

- 1 Have mercy on me, Lord;
to you my soul holds fast.
Your cov'ring wings will shelter me
until the danger's past.
- 2 I cry to God Most High,
to God who answers me,
For he fulfils his purposes
for me most perfectly.
- 3 He sends his help from heaven
and saves me from above,
Rebuking those who seek my life;
God sends his truth and love.
- 4 I live with savage beasts,
I dwell with lions strong—
With men who speak with piercing words;
a sharp sword is their tongue.
- 5 *Above the highest heavens,
O God, exalted be!
And over all the earth below
display your majesty.*
- 6 My soul was overwhelmed;
they spread a net for me.
But they themselves fell in the pit
which they dug secretly.
- 7 My heart is steadfast, Lord;
with music I will sing.
- 8 Awake, my soul! Wake, harp and lyre!
My song the dawn will bring.
- 9 Among the nations, Lord,
to you I will give praise.
Among the peoples of the earth
my songs of you I'll raise.
- 10 Great is your steadfast love,
which reaches to the sky.
Your constant faithfulness, O Lord,
extends to heaven high.
- 11 *Above the highest heavens,
O God, exalted be!
And over all the earth below
display your majesty.*

- 1 You rulers, do you know what justice is?
Among mankind do you judge uprightly?
- 2 No, you devise injustice in your hearts
And on the earth you mete out cruelty.
- 3 Even from birth the wicked go astray
And from the womb untruthfully they speak;
Their wayward thoughts well up within their hearts
And havoc with their lying words they wreak.
- 4 Their poison's like the venom of a snake;
They're like a cobra that has closed its ear —
- 5 However great the charmer's skill may be,
It pays no heed because it does not hear.
- 6 Destroy, O God, the teeth within their mouths;
LORD, smite the lion's jaw a mighty blow.
- 7 Make them disperse as water flows away,
And blunt their arrows when they draw the bow.
- 8 May they be like the snail that melts away,
Or like a stillborn child that sees no sun.
- 9 Before a pot can boil on burning thorns,
So swiftly shall the wicked be undone.
- 10 The just will tread the blood of wicked men;
When they're avenged, the righteous will be glad.
- 11 Then all will say, "The just have their reward;
Surely the judge of all the earth is God."

PSALM 59

C.M.

- 1 From foes and all who threaten me,
O God, be my defence.
- 2 Save me from evildoers' hands
and men of violence.
- 3 See how they lie in wait for me!
Ferocious men combine
Against me, LORD, for no offence
or sinful deed of mine.
- 4 I have not done them any wrong,
yet they prepare to fight.
Arise to help me in my need;
take notice of my plight.
- 5 LORD God Almighty, rouse yourself;
come, God of Israel,
To judge the nations, and spare none
who wickedly rebel.
- 6 At evening they return again;
they snarl like dogs at bay.
They prowl about the city gates,
still hungry for their prey.
- 7 See what they spew out from their mouths!
Look! from their lips come swords!
With evil mind they laugh and say,
"Who now can hear our words?"

- 8 But you, O LORD, will laugh at them;
those nations you deride.
- 9 I watch for you, my loving God,
my Strength, in whom I hide.
- 10 My God will come and give me help;
in triumph I will sing
Before all those who slander me,
O Lord, our shield and king.
- 11 But lest my people should forget,
slay not my foes outright.
Cause them to wander aimlessly;
defeat them by your might.
- 12 Reward the evil of their lips,
the words of their own mouths;
Let them be captured by their pride,
their curses and untruths.
- 13 Consume them till they are no more;
in anger lay them low.
That God rules over Israel
all distant lands will know.
- 14 At evening they return again;
like dogs they snarl and growl.
- 15 They roam about the town for food
and, finding none, they howl.
- 16 But in the morning I will praise
your strength and loving care,
Because you are my strong defence,
my refuge from despair.
- 17 O God, you are my only strength;
to you I will sing praise.
You are my fortress and my rock,
my loving God always.

PSALM 60

8 7 8 7

- 1 You, O God, have overthrown us
and have cast us clean away.
You have dealt with us in anger;
now restore us, Lord, we pray.
- 2 You have torn the land asunder;
you have made the land to shake.
O come down and mend its fractures,
for you caused the earth to quake.
- 3 You have made your people suffer
times of need and helplessness,
And the wine that you have given
makes us stagger in distress.
- 4 But for those who truly fear you,
look! your banner is unfurled,
Which in face of the aggressor
has been shown to all the world.
- 5 With your right hand save and help us;

- rescue all those whom you love.
- 6 God has spoken from his temple,
from his holy place above:
- “I will distribute in triumph
every part of Shechem’s land,
And the whole of Succoth valley
I will measure with my hand.
- 7 “Mine is Gilead, mine Manasseh,
Ephraim is my helmet true;
Judah I will make my sceptre
8 and on Edom toss my shoe.
- “Moab will become my servant,
and upon Philistia’s shore
I will shout aloud in triumph;
I am Lord and conqueror.”
- 9 Who will bring me to the city
that is strongly fortified,
And to reach the land of Edom
who will be my help and guide?
- 10 Have you not, O God, rejected,
turned us over to our foe?
When our armies go to battle,
with them you no longer go.
- 11 Since all human help is worthless,
12 God will give us victory;
He it is who will defend us
and tread down our enemy.

PSALM 61

C.M.

- 1 O hear my urgent cry, my God,
and listen to my plea.
- 2 From earth’s remotest bounds I call
when my heart faints in me.
- O God, conduct me to the rock
that’s higher far than I.
- 3 For you’re my refuge from the foe,
my tower of strength on high.
- 4 O let me dwell within your tent,
for ever there to live!
O for the shelter of your wings,
the refuge which they give!
- 5 For you have heard my vows, O God,
and you have given me
The heritage of those who fear
your name continually.
- 6 Prolong the days the king will live;
his sovereign rule extend
For many generations more,
established without end.
- 7 May he for ever sit as king
enthroned before God’s face;

Appoint your love and faithfulness
as his protecting grace.

- 8 Then will I ever bless your name
with songs of joy and praise,
And will fulfil my holy vows
with care throughout my days.

PSALM 62

L.M.

- 1 My soul finds rest in God alone;
From him comes my salvation sure.
- 2 *My safety, fortress, sheltering rock—
In him alone I am secure.*
- 3 How long will you assault a man?
Do you all seek to lay him low—
This leaning wall, this tottering fence—
And bring about his overthrow?
- 4 They plan his fall from his high place;
They take delight in spreading lies.
With false and flattering mouths they bless,
But in their hearts curse and despise.
- 5 Find rest, my soul, in God alone;
In him my hope is ever sure.
- 6 *My safety, fortress, sheltering rock—
In him alone I am secure.*
- 7 My honour and salvation rest
On God, my rock and mighty fort.
- 8 O people, trust in him always;
To him alone pour out your heart.
- 9 The low-born man is but a breath;
The high-born man is but a lie.
Weighed in a balance, side by side,
They come to nothing but a sigh.
- 10 Do not seek after wealth by force,
Or triumph in ill-gotten gain;
And even though your goods increase,
Set not your heart on what is vain.
- 11 My God has spoken; I have heard
12 That you are strong and loving, Lord.
Each one according to his deeds
You will assuredly reward.

PSALM 63

L.M.

- 1 O God, you are my God alone;
I seek your face with eagerness.
My soul and body thirst for you
In this dry, weary wilderness.
- 2 I've seen you in your holy place;
Your power and glory held my gaze.
- 3 Far better is your love than life,
And so my lips will sing your praise.

- 4 I'll bless you, Lord, throughout my life
And raise my hands to you in prayer.
- 5 My joyful lips will sing your praise;
My soul is fed with richest fare.
- 6 Upon my bed I lie awake
And in my thoughts remember you;
I meditate throughout the night
And keep your constant love in view.
- 7 Because you are my help alone,
In shadow of your wings I'll sing.
- 8 You hold me up with your right hand;
To you, O God, my soul will cling.
- 9 All those who seek my life will die;
Down to the depths they will descend.
- 10 They will become the jackal's food;
The deadly sword will bring their end.
- 11 The king will then rejoice in God,
With all who swear by God's great name.
The mouths of liars will be closed,
And they will all be put to shame.

PSALM 64

10 10 10 10

- 1 Hear me, O God, as my complaint I voice;
From threat of enemies protect my life.
- 2 Hide me from every plot of wickedness
And from the rage of evildoers' strife.
- 3 They whet their tongues until they are like swords,
Their bitter words like deadly arrows aim.
- 4 They shoot in secret at the innocent,
And suddenly attack him without shame.
- 5 They spur each other on to evil deeds;
Their snares they cover, saying, "Who will see?"
- 6 We surely have devised a perfect plan."
How cunning human minds and hearts can be!
- 7 But with sharp arrows God will shoot at them,
And suddenly they'll be struck down and slain.
- 8 So, using their own words, he ruins them
And all who see will treat them with disdain.
- 9 All people then will fear and will proclaim
The works of God and think upon his ways.
- 10 Let righteous people glory in the LORD!
He shelters them; so let them give him praise.

PSALM 65

C.M.

- 1 In Zion praise awaits you, Lord;
to you our vows we'll pay.
- 2 To you all people will come near;
you hear us when we pray.
- 3 When we were overwhelmed by sins,
and guilt upon us lay,
You pardoned all our trespasses

and washed our guilt away.

- 4 How blessed are those you choose, and bring
within your courts of grace!
We're filled with blessings in your house,
in your most holy place.
- 5 With awesome deeds of righteousness
you answer us, O God,
Our Saviour, hope of farthest seas
and all the earth abroad.
- 6 By strength and power you formed the hills.
7 You hushed the oceans' voice;
You calmed the tumult of their waves
and stilled the peoples' noise.
- 8 Those who inhabit distant lands
with awe regard your ways;
Where morning dawns and evening fades,
you call forth songs of praise.
- 9 You tend the land and water it;
you make it rich and good.
As you ordained, your streams are full
to give the people food.
- 10 You drench the furrows of the land;
you level off the ground.
You soften it with showers of rain
and make its crops abound.
- 11 You crown the year with fruitfulness;
your harvests overflow.
- 12 The grassland flourishes again;
the hills with gladness glow.
- 13 The pastures green with flocks are clothed,
the meadows covering.
The valleys deck themselves with corn;
they shout for joy and sing.

PSALM 66

S.M.

- 1 Shout loud with joy to God;
all earth, your chorus raise!
- 2 Sing loud the honour of his name
and glorious make his praise!
- 3 Speak thus to God the Lord:
"How great your works of power!
So overwhelming is your might
that foes before you cower.
- 4 "All earth bows down to you;
they sing aloud your fame.
They never cease to celebrate
the glory of your name."
- 5 Come, see what God has done,
his mighty works of old,
His deeds towards the human race—
how awesome to behold!

- 6 To let his people pass
on foot through waters broad
He turned the sea into dry land.
Let us rejoice in God!
- 7 With might and power he rules;
on nations sets his eyes.
So let not rebels in their pride
against him turn and rise.
- 8 O peoples, praise our God;
his praise in song repeat.
- 9 He has preserved our soul alive,
from slipping kept our feet.
- 10 You tested us, O God,
as silver is refined.
- 11 You laid sore burdens on our backs;
in chains we were confined.
- 12 You let us be oppressed;
we went through flood and fire.
But yet you brought us to a place
which met our hearts' desire.
- 13 With whole burnt offerings
your temple courts I'll tread;
I will fulfil my vows to you—
the promises I made.
- 14 I'll keep the vows I made
when trouble came my way;
- 15 Rams, bulls and goats I'll sacrifice
and on your altar lay.
- 16 Come, all who fear our God;
I'll tell what he has done.
- 17 I cried out to him with my mouth;
his praise was on my tongue.
- 18 If I had cherished sin,
the Lord would not have heard;
- 19 But surely when I prayed to him
God listened to my word.
- 20 For ever God be praised,
who hears me from above;
He has not turned away my prayer
or kept from me his love.

PSALM 67

8 7 8 7

- 1 God be merciful and bless us;
shine upon us with your face,
- 2 That the earth may know your actions
and all lands your saving grace.
- 3 O God, may the peoples praise you;
may all peoples sing your praise.
- 4 For you judge the nations justly,
ruling over every race.

- May they sing with joy and gladness;
may they all rejoice as one.
- 5 O God, may the peoples praise you
as they all unite in song.
- 6 Then the land will yield its harvest;
God will pour his gifts abroad.
- 7 God, our God, will surely bless us;
all the earth will fear our God.

PSALM 68

8 8 8 8 8 8

- 1 May God arise, and may his foes
Be scattered far and put to flight.
- 2 As smoke is blown before the wind,
So may your foes be blown from sight:
As wax is melted by the fire
May they before God's wrath expire.
- 3 But may the righteous all be glad;
May they rejoice and sing aloud.
- 4 Sing praise to God, sing to his name;
Extol the One who rides the cloud;
For he alone is named the LORD—
With joy all praise to him accord.
- 5 A father to the fatherless,
Of widows' rights the champion,
Is God within his holy place;
- 6 He gives a home to the forlorn.
He leads the captives forth with song;
To rebels barren wastes belong.
- 7 When you, O God, went out and led
Your people through the desert plain—
When through the wilderness you marched,
- 8 Earth shook and heaven poured down rain
Before the God of Sinai's hill,
Before the God of Israël.
- 9 O God, with showers you refreshed
Your heritage so dry and bare.
- 10 And so your people settled down
And made their habitation there.
And from your overflowing store
You made provision for the poor.
- 11 The Lord announced his sovereign word;
A mighty crowd took up the shout,
And many women spread the news:
- 12 "See kings and armies put to rout!
They leave the fruits of battle's toil;
At home the women share the spoil.
- 13 "Although in open camp you sleep,
Adorned with silver are your wings;
My dove, your feathers shine like gold."
- 14 When God Almighty scattered kings,
The land became like Zalmon steep,
When on its slopes the snow lies deep.
- 15 See Bashan's mountains rising high;
Steep and majestic are its hills.

- 16 Why view in envy, rugged heights,
The hill where God for ever dwells?
The mountain where he chose to reign—
There will the LORD himself remain.
- 17 The mighty chariots of God
In tens of thousands now appear;
Surrounded by unnumbered hosts,
The Lord himself is drawing near.
From Sinai he has come to fill
His sanctuary on Zion hill.
- 18 When you ascended up on high,
You led out captives after you.
From people you accepted gifts,
From those who once were rebels too.
And so, O LORD God, you have come
To dwell in Zion as your home.
- 19 Praise to the Lord, our Saviour God;
Our burdens daily he relieves.
20 Of our salvation he is God;
Truly he is the God who saves.
The Sovereign LORD defeats the grave;
He has the power from death to save.
- 21 The Lord will crush his enemies' heads,
The skulls of those who practise sin.
22 "From Bashan I will bring them down,
And from the sea's depths bring them in,
23 That you may plunge your feet in blood,
Which dogs will lick up as their food."
- 24 The great procession comes in view —
The entry of my God and King
Into the holy sanctuary.
25 Leading them all are those who sing;
Then girls with tambourines appear;
Musicians follow in the rear.
- 26 In the assembly praise the LORD
And let God's praise be heard among
The gathered tribes of Israèl.
27 See Judah's princes in a throng,
In front the tribe of Benjamin,
Then Naphtali and Zebulun.
- 28 Summon your glorious power, O God;
Show us the strength at your command,
As you have done for us of old.
29 The kings of earth, from every land,
Will bring their gifts to you in fear,
And worship at your temple here.
- 30 Rebuke the beast from Egypt's reeds,
The bulls with calves from every land;
May they with shame their tribute bring.
Disperse the tribes that war demand.
31 Let Egypt's envoys come to God,
And Cush bow down before the LORD.
- 32 O realms of earth, sing to the Lord,
To him who has his throne on high;
All kingdoms, join in praise to God,

- 33 Whose chariot rides the ancient sky.
Listen! As he sends out his word,
A mighty thundering is heard.
- 34 Proclaim the mighty power of God,
Whose glory shines on Israël;
His strength is awesome in the heavens
- 35 And in the place he comes to dwell.
His people, Isr'el, God will raise
To strength and might. To God be praise!

PSALM 69

11 10 11 10

- 1 Save me, O God, because the mighty waters
have come up to my neck on every side.
- 2 I sink in miry depths without a foothold;
I am engulfed beneath the deep floodtide.
- 3 My throat is parched; I'm weary from my shouting;
my eyes fail, looking to my God for aid.
- 4 For those who hate and loathe me without reason
are more than all the hairs upon my head.
- Without a cause my foes seek to destroy me;
I have to pay back what I did not steal.
- 5 But as for you, O God, you know my folly;
my guiltiness from you I can't conceal.
- 6 May those who hope in you, the LORD Almighty,
not be disgraced on my account, O God;
May those who seek your face, O God of Israel,
not suffer shame because of me, O Lord.
- 7 For your sake, LORD, I must endure derision;
my face is covered with contempt and shame.
- 8 Even my brothers do not recognise me;
to mother's sons a stranger I became.
- 9 Because devotion to your house consumes me,
those who insult you turn their taunts on me;
- 10 And when I mourn with tears of grief and fasting,
I must endure their scorn continually.
- 11 When I, in grief and mourning, put on sackcloth,
the people laugh at me the whole day long.
- 12 The elders at the city gate deride me;
I am the subject of the drunkard's song.
- 13 But, LORD, I pray in this your time of favour:
in your great love deliver me, O God.
- 14 Save me from sinking in the miry waters;
deliver me from those who hate me, LORD.
- 15 Let not the deep floodwaters overwhelm me,
or the abyss enclose me utterly.
- 16 Respond to me, LORD, for your love is gracious;
in your abundant mercy turn to me.
- 17 Do not conceal your face from me your servant;
answer me quickly, for I am distressed.
- 18 Come near and rescue me from my opponents;
save me from those by whom I am oppressed.

- 19 You know how I am taunted and dishonoured;
to you my enemies are all well known.
- 20 Because they scoff at me, my heart is broken,
and I am left defenceless and alone.
- I looked for sympathy, but no one heeded;
for comforters, but I found none at all.
- 21 They gave me vinegar when I was thirsty,
and with my food they mingled bitter gall.
- 22 LORD, may their feasting be a snare to catch them;
may it become a trap and punishment.
- 23 May darkness strike their eyes and make them sightless,
and may their backs eternally be bent.
- 24 Let your fierce wrath pursue and overtake them;
pour out your indignation on their head.
- 25 May their abode for ever be deserted,
and let their tents be uninhabited.
- 26 Because they persecute those you have wounded,
and revel in the pain of those you grieve,
- 27 Charge them with every crime they have committed,
and vindication may they not receive.
- 28 May they not be recorded with the righteous;
let them be blotted from the book of life.
- 29 But as for me, O God, may your salvation
deliver me from all my pain and strife.
- 30 Then I will praise the name of God with singing;
I'll honour him and thanks to him accord.
- 31 This, better than the sacrifice of oxen
or bulls with horns and hoofs, will please the LORD.
- 32 The poor will see this and be filled with gladness;
so let the hearts that seek the LORD revive.
- 33 Our God does not despise his caem alive.
- 34 Let praise ascend to God from earth and heaven,
the seas and everything that moves in them;
- 35 For he will re-establish Judah's cities,
and bring salvation to Jerusalem.
- His servants then will settle and possess it;
their children will enjoy their heritage;
And those who love his name will make their dwelling
within the promised land from age to age.

PSALM 70

7 6 7 6 D

- 1 Make haste, O God, to save me;
O LORD, come to my aid.
- 2 May those who seek to kill me
be utterly dismayed.
May all who seek my ruin
be turned back in disgrace,
- 3 And may all those who mock me
with shame their steps retrace.
- 4 But may all those who seek you
rejoice in you always;
May those who love salvation

say, "To our God be praise!"
5 Yet I am poor and needy;
 come quickly, God, I pray.
You are my help and saviour;
 O LORD, do not delay.

PSALM 71

9 8 9 8

- 1 In you, O LORD, I've taken refuge;
 protect me ever from disgrace.
- 2 Rescue and save me in your justice;
 turn to me as I seek your face.
- 3 Be my strong rock and my sure refuge
 to which I always may resort;
Give the command to help and save me,
 because you are my rock and fort.
- 4 From wicked hands, my God, O save me,
 from cruel hands of violence.
- 5 For, Sov'reign LORD, you've been my refuge
 and since my youth my confidence.
- 6 From birth I have relied upon you;
 you are the guide of all my ways.
Out of my mother's womb you brought me;
 to you I ever will give praise.
- 7 To many I'm a cause of wonder,
 but you are still my refuge strong.
- 8 My mouth is filled with adoration,
 praising your splendour all day long.
- 9 When I am old, do not desert me,
 or leave me when my strength is gone.
- 10 For my opponents speak against me,
 conspiring how to bring me down.
- 11 They say of me, "His God has left him;
 this man is helpless and alone.
Pursue and take him in his weakness;
 seize him, for helper he has none."
- 12 But, O my God, be not far from me;
 hasten to help me in your grace.
- 13 In shame may my accusers perish,
 my foes be covered with disgrace.
- 14 But as for me, my hope is steadfast,
 and more and more your name I'll bless.
- 15 I'll show your measureless salvation,
 and all day long your righteousness.
- 16 I will proclaim your acts, O Lord GOD—
 your righteousness, yes, yours alone.
- 17 For since my youth, O God, you've taught me,
 and still your wonders I make known.
- 18 And now, my God, do not forsake me
 when old and grey I have become,
Till I declare your might and power,
 to generations yet to come.

- 19 Your justice reaches to the heavens;
who is like you, O God, in strength?
20 Though you have shown me many troubles,
you will restore my soul at length.

From the deep places of earth's darkness
you will bring up my life once more.

- 21 You will increase your servant's honour,
my comfort once again restore.
- 22 O God, your faithfulness towards me
with sound of harp I'll gladly tell;
To you with lyre I will sing praises,
O Holy One of Israel.
- 23 My lips will shout with joy; I'll praise you
and I'll extol your faithfulness,
When you have rescued and redeemed me
from every trouble and distress.
- 24 All day my tongue will tell the story,
as I your righteous acts proclaim,
For everyone who wished to harm me
has been disgraced and put to shame.

PSALM 72

L.M.

- 1 Endow the king with justice, LORD,
The royal son with righteousness.
- 2 Your people, your afflicted ones,
He'll judge with truth and uprightness.
- 3 The mountains will bring peace to them,
The hills the fruit of righteousness.
- 4 He will defend and save the poor,
And crush all those who them oppress.
- 5 As long as sun and moon endure,
So will he live time without end.
- 6 He'll be like showers on the earth,
Like rains that on mown fields descend.
- 7 The righteous then will blossom forth
Throughout his everlasting reign;
Until the moon no longer shines,
Peace in abundance will remain.
- 8 From sea to sea he will hold sway
And from the River to earth's end.
- 9 His enemies will lick the dust,
And desert tribes the knee will bend.
- 10 Then Tarshish and the distant shores
Will send the tribute of their kings;
Sheba's and Seba's kings will come
And bring to him their offerings.
- 11 All kings will humbly bow to him;
And nations worship him with fear.
- 12 He'll save the needy when they call,
The poor for whom no help is near.
- 13 He will take pity on the weak

- And save them from oppressive might.
 14 He'll rescue them from violence;
 Their blood is precious in his sight.
- 15 Long may he live! May Sheba's gold
 Be giv'n to him abundantly!
 May people ever pray for him
 And bless his name continually.
- 16 Let grain abound throughout the land,
 The tops of hills their harvest yield;
 May they bear fruit like Lebanon
 And thrive as grass grows in the field.
- 17 For ever may his name endure;
 May it continue as the sun.
 All nations will be blessed in him,
 Whom they will call the Blessèd One.
- 18 Praise to the LORD—to Israel's God;
 His awesome deeds proclaim to men.
 19 His name be praised eternally;
 His glory fill the earth. Amen!

PSALM 73 (a)

10 10 10 10

- 1 Surely the LORD is good to Israël,
 To those who in their hearts are true and pure.
 2 But as for me, my feet had almost slipped;
 My foothold had become quite insecure.
- 3 For when I saw the wicked prospering,
 I envied them their arrogant success.
 4 They keep their bodies healthy, fit and strong;
 They do not have to struggle with distress.
- 5 They are not plagued by human weaknesses;
 From burdens common to mankind they're free.
 6 They therefore clothe themselves with violence;
 Pride is their necklace, flaunted shamelessly.
- 7 Their callous hearts pour out iniquity;
 The follies of their minds are limitless.
 8 They scoff, and in malicious tones they speak;
 In arrogance they threaten to oppress.
- 9 Their mouths lay claim to ownership of heaven;
 With words they take control of many lands.
 10 Therefore their people always turn to them
 And get abundant waters from their hands.
- 11 They say among themselves, "How can God know?
 Does God Most High have knowledge of the earth?"
 12 See! This is how the wicked always live:
 They're free from care; their riches grow in worth.
- 13 Surely in vain I purified my heart;
 In vain I washed my hands in innocence.
 14 For all day long I'm stricken by a plague,
 And every morning I know chastisements.
- 15 If I had thought to speak my mind like that,
 I would have thus betrayed your children's trust;

- 16 And when I tried to understand it all,
I found it weighed me down into the dust.
- 17 But then I came into God's holy place
And understood their final destiny.
- 18 Surely you place their feet on slippery ground;
You cast them down to ruin utterly.
- 19 How quickly their destruction comes about,
As terror grips them, sweeping them away!
- 20 O Lord, as one awaking from a dream,
You'll rise and scorn them as a fantasy.
- 21 When in my heart I was consumed with grief,
And when my soul was filled with bitterness,
22 Then I was like a brute beast in your sight,
So full of ignorance and foolishness.
- 23 Yet I remain with you continually;
By my right hand you hold me as my guide.
- 24 You'll lead me with your counsel to the end
And take me into glory to abide.
- 25 In heaven whom have I but you alone?
On earth there's no one else whom I adore.
- 26 Although my heart may fail and flesh grow weak,
God is my strength and portion evermore.
- 27 Those who are far from you will be cut down;
All those who are unfaithful you destroy.
- 28 But I'll draw near and shelter in my God;
Your deeds, O LORD, I will recount with joy.

PSALM 73 (b)

8 7 8 7 8 7

- 1 Surely God is good to Isr'el
and to those whose hearts are pure.
- 2 As for me, my steps were slipping,
and my foothold was unsure.
- 3 For the arrogant I envied
as I saw them live secure.
- 4 They are not beset by struggles;
they are healthy, fit and strong—
- 5 Undisturbed by such diseases
as to human life belong.
- 6 So they clothe themselves with violence;
greed and pride their necks adorn.
- 7 From their callous hearts comes evil,
from their minds, great wickedness.
- 8 They deride and speak with malice;
bold, they threaten to oppress.
- 9 For their mouths lay claim to heaven,
and their tongues the earth possess.
- 10 So their people, turning to them,
praise the wicked to the sky,
- 11 Saying, "How can God control us?
Are we known to God Most High?"
- 12 Thus the wicked grow in riches,
all anxiety laid by.

13 Have I kept my heart for nothing,
washed my hands in innocence?
14 All day long your plagues are on me;
daily are my pains intense.
15 If I spoke thus, then your children
would have suffered great offence.

16 When I tried to understand this,
it was all too hard for me
17 Till I came into God's temple—
then I saw their destiny;
18 For on slippery ground you place them,
and destroy them utterly.

19 How they're shattered in a moment,
swept away by sudden fear!
20 As a dream when one awakens,
so, O Lord, when you appear,
You will mock their aspirations,
and their hopes will disappear.

21 When my spirit was embittered
and my heart with grief brought low,
22 Like a beast I was before you—
dull, in understanding slow.
23 Yet, O Lord, you hold my right hand;
with you I will always go.

24 To your glory you will bring me
with your counsel as my guide.
25 I have none but you in heaven;
all on earth I lay aside.
26 Flesh and heart may fail, but ever
God my portion will abide.

27 Those far off from you will perish;
you give them their due reward.
28 As for me, it is a blessing
to be near the Sovereign LORD.
I have made my God my refuge;
all your deeds I will record.

PSALM 74

11 10 11 10

1 O God, why have you cast us off for ever?
Why rage against the sheep within your fold?
2 Do not forget the people whom you purchased,
the heritage which you redeemed of old.

Remember where you dwelt upon Mount Zion,
3 and turn your steps towards these ruined walls—
All this destruction which the foe in malice
has perpetrated on your sacred halls.

4 Your enemies have roared in your assembly;
their standards fly victorious in the breeze.
5 Their fury was like woodmen wielding axes
to cut through undergrowth between the trees.

6 They smashed to pieces all the fretted woodwork—
with axe and hatchet every panelled frame.
7 They burned your holy sanctuary to ashes,
and made unclean the place where dwells your Name.

- 8 Their thought was, "We will utterly destroy them!"
They burned each place of worship in the land.
- 9 We see no miracles; there are no prophets,
and no one knows when all these things will end.
- 10 How long, O God, will enemies revile you?
For ever will your foes blaspheme and scoff?
- 11 Why do you keep your right hand hidden from us?
Stretch it against your foes and cut them off!
- 12 But from of old, O God, you are my sovereign;
upon the earth you win the victory.
- 13 You split apart the ocean by your power;
you broke the monster's heads within the sea.
- 14 The heads of great Leviathan were shattered;
you gave him to the desert beasts to eat.
- 15 You were the one who opened streams and fountains;
you dried the rivers in the summer's heat.
- 16 The day is yours; yours also is the night-time;
the sun and moon were put in place by you.
- 17 You set the limits of the earth by wisdom;
you made the summer and the winter too.
- 18 Remember how the enemy reviles you,
how foolish people never cease to mock.
- 19 Leave not your loved one for the beasts to savage;
do not abandon your afflicted flock.
- 20 Regard, O LORD, your cov'nant with your people,
for haunts of violence fill the land with shame.
- 21 Let not defeat bring scorn on the downtrodden;
may yet the poor and needy praise your name.
- 22 Rise up, O God, defend your cause in judgment;
remember how fools mock you all the day.
- 23 Do not ignore the clamour of your enemies;
their hostile roaring never goes away.

PSALM 75

S.M.

- 1 We give you thanks, O God,
because your name is near.
All speak of your majestic deeds;
your voice we also hear:
- 2 "I choose the appointed time;
I judge with justice sure.
- 3 When earth and all its people quake,
its pillars I secure.
- 4 " 'Boast not!' I tell the proud;
the wicked I address:
5 'Do not lift up your heads with pride,
or speak with haughtiness.' "
- 6 No one in all the earth
can truly give renown.
- 7 God is the judge; he raises one
and puts another down.

- 8 The LORD's hand holds a cup
with wine of powerful blend;
He pours it out, and wicked ones
must drink it to the end.
- 9 God's works I will proclaim,
and Jacob's God I'll praise.
- 10 The wicked's strength I will destroy;
the righteous I will raise.

PSALM 76

C.M.

- 1 In Judah's land God's name is known;
in Isr'el he is great.
- 2 In Salem he has pitched his tent,
his home in Zion set.
- 3 He broke the fiery arrows there,
the military might
Of those who with their swords and shields
against us came to fight.
- 4 Your splendour is more glorious
than hillsides rich with prey.
- 5 Brave men were stripped of all their spoil;
asleep in death they lay.
- Not one of those great warriors
could lift his hands to kill.
- 6 At your rebuke, O Jacob's God,
rider and horse lay still.
- 7 For you alone are to be feared—
before you, who can stand?
Who can endure your anger, LORD,
the judgments you command?
- 8 From heav'n your verdict was pronounced;
the land was hushed in awe,
- 9 When you arose to save the poor
and vindicate your law.
- 10 Your wrath against the human race
will surely bring you praise;
Those who survive your wrath will learn
restraint in all their ways.
- 11 Make vows before the LORD your God;
be sure to keep your word.
Let people from surrounding lands
bring tribute to the LORD.
- The LORD alone is great, and he
must surely be revered.
- 12 The will of rulers he subdues;
by earth's kings he is feared.

PSALM 77

C.M.

- 1 I cried aloud to God for help;
I prayed that God would hear.
- 2 When I was plunged in deep distress,

I sought the Lord in prayer.

At night I stretched untiring hands,
relief my soul refused.

3 Rememb'ring you, O God, I groaned
with longing as I mused.

4 In my distress I could not speak;
from sleep you kept my eye.

5 I thought about the former days,
the years which have gone by.

6 Throughout the watches of the night
my songs I called to mind.

I pondered deeply, while my heart
an answer tried to find:

7 "For ever will the Lord reject
and never show his grace?

8 Has he withdrawn his steadfast love
and turned from me his face?

"For all time has his promise failed?
Is God no longer kind?

9 Has he in his great wrath dismissed
compassion from his mind?"

10 Then to my heart there came this thought:

"On this I will rely—

The years of the right hand of power
of him who is Most High."

11 I will recall the LORD's great deeds—
your works of long ago.

12 I'll meditate on all your acts;
your mighty deeds I'll show.

13 O God, most holy are your ways.
What god compares with you?

14 You are the God of miracles,
whose power the nations view.

15 You have redeemed your people, Lord,
with your almighty arm;
Jacob's and Joseph's children you
delivered from all harm.

16 The waters saw you, O my God;
they saw and writhed in pain.

17 The very depths became convulsed;
the clouds poured down their rain.

The thunder rolled across the skies
as lightning bolts were hurled.

18 Your thunder in the wind was heard;
your lightning lit the world.

The whole earth trembled then and quaked.

19 Your path was through the sea.
Your way through mighty waters led;
your footprints none could see.

20 Your people, like a flock of sheep,
you guided every day;

By Moses' and by Aaron's hand
you led them on the way.

PSALM 78

8 7 8 7 7 7

- 1-2 O my people, hear my teaching;
parables I will unfold.
Give attention as I utter
dark and hidden things of old—
- 3 things that we have heard and known;
by our fathers they were shown.
- 4 We will tell them to our children,
generations yet to come;
We will show the LORD's great power
and the wonders he has done.
- 5 Laws for Israèl he made,
statutes firm to be obeyed.
- These he ordered our forefathers
to their families to tell,
- 6 So the coming generation,
not yet born, would know them well,
and their children, in their turn,
God's commands and laws would learn.
- 7 Then to God they would be faithful,
mindful of what he had done—
- 8 Not like their disloyal fathers,
stubborn rebels every one;
for God's word they had denied
and his precepts they defied.
- 9 Such were those of Ephraim's army
who, though strong and armed with bows,
- 10 To the cov'nant were disloyal,
turned their back upon their foes.
- 11 They forgot what God had done,
and the wonders he had shown.
- 12 He showed wonders to their fathers
while they were in Egypt's land—
- 13 Split the sea and led them through it,
waters heaped on either hand.
- 14 With the cloud he led by day;
fire by night revealed their way.
- 15 In the desert God brought water
from the rock to quench their thirst—
Waters brimming like the ocean,
streams from rocky crags that burst.
- 16 But they always would defy
and reject him, God Most High.
- 17
- 18-19 In the desert God they challenged:
"Can he satisfy our taste?
- 20 When he struck the rock, it opened,
down the crag the waters raced.
Now our thirst is satisfied,
can he food for us provide?"
- 21 When the LORD heard, he was angry,
and his wrath broke out like fire;

Jacob knew his fierce displeasure,
Israël his righteous ire.
22 Faith in God they cast aside
and his saving power denied.

23 To the skies he gave the order;
heaven's doors he opened wide.
24 Manna rained down for his people;
grain of heaven he supplied.
25 Angels' bread lay at their feet;
they had all that they could eat.

26 From the heav'ns he loosed the east wind,
led the south wind forth with power.
27 Meat, like dust, he rained upon them,
birds like sand upon the shore.
28 In the camp came down the quail,
all around their tents like hail.

29 Thus in gluttony they feasted,
for he gave them their desire.
30 But before they finished eating
31 God's displeasure blazed like fire.
So their stoutest warriors fell,
and the youth of Israël.

32 Still they disbelieved his wonders,
kept on sinning nonetheless.
33 So he closed their days in terror
and their years in emptiness.
34 When he punished them, they turned,
and with zeal for him they burned.

35 God their Rock they then remembered,
their Redeemer, God Most High;
36 But their words were meant to flatter,
what they told him was a lie.
37 In their hearts they were untrue;
from his cov'nant they withdrew.

38 Yet in mercy he forgave them;
from destruction he refrained.
Many times he curbed his anger
and his utmost wrath restrained.
39 That they were but flesh, he knew —
like a passing breeze that blew.

40 How they grieved him in the desert,
ever ready to rebel —
41 Vexed the Holy One and tested
the great God of Israël!
42-43 They forgot his wonders shown
to them in the fields of Zoan.

They forgot his signs in Egypt,
when from hardship they were saved,
44 When to blood he turned its river,
making foul the drink they craved.
45 God sent swarms of flies to bite,
hordes of frogs their land to blight.

46 He gave Egypt's crops to locusts,
and the swarms ate all their store.
47 Freezing rain destroyed their fig trees,

and the hail their vineyards tore.
48 Hailstones battered all their stock;
lightning bolts their cattle struck.

49 Egypt felt his indignation,
dread hostility and wrath.
By his angels of destruction
50 for his rage he made a path.
Ev'n from death he did not spare;
mortal plague he made them bear.

51 All the firstborn sons of Egypt
in the tents of Ham he struck.
52 But from there he led his people
through the desert like a flock.
53 Fearless, they were safely led;
in the sea their foes lay dead.

54 To his holy land he brought them,
to the hills seized by his hand;
55 He drove nations out before them,
and assigned to them their land,
where, as their inheritance,
Isr'el's tribes found residence.

56 But once more their God they tested,
spurning the Most High anew.
57 They were faithless like their fathers;
like a faulty bow, untrue.
58 Their high places stirred his ire;
their false gods, his jealous fire.

59 When God heard them, he was angry;
he abandoned Israèl.
60 He forsook the tent of Shiloh,
where he vowed with them to dwell;
61 sent his glory far away,
gave his ark with foes to stay.

62 Angry, he forsook his people,
slew his own inheritance.
63 Fire consumed their choice young manhood;
maidens had no wedding dance.
64 Priests lay slaughtered by the sword;
widows could not speak a word.

65 Then the Lord awoke from slumber,
as a man with wine replete
Wakes recovered from his stupor.
66 Then he made his foes retreat;
like a rabble they became,
put to everlasting shame.

67 He passed by the tents of Joseph,
and the tribe of Ephraim;
68 But he chose the tribe of Judah,
and Mount Zion, loved by him.
69 There he built his dwelling sure,
like the earth, to stand secure.

70 So he chose his servant David,
71 bringing him from tending sheep,
To be shepherd of his people,
God's inheritance to keep.

72 Faithfully by David fed,
they with skilful hands were led.

PSALM 79

8 7 8 7

- 1 LORD, the nations have invaded
and attacked your heritage;
They defiled your holy temple—
crushed Jerusalem in rage.
- 2 They have given your saints' bodies
to the birds of prey as meat;
And the corpses of your servants
to wild animals to eat.
- 3 They have poured out blood like water
all around Jerusalem—
Bodies everywhere, and no one
to give burial to them.
- 4 We are objects of derision
to the neighbours of our land;
Scorn, reproach and degradation
circle us on every hand.
- 5 LORD, how long? Will your displeasure
still run on and never tire?
How long will your jealous anger
burn like all-consuming fire?
- 6 Pour your fury on the nations
that refuse to seek your face,
- 7 For they have uprooted Jacob
and destroyed his dwelling-place.
- 8 Charge us not with the transgressions
of our forebears long ago;
May your mercy come to meet us—
you have brought us very low.
- 9 Help us, LORD, our God and Saviour,
for the glory of your name.
For your name's sake come and save us;
take away our sin and shame.
- 10 Why should the surrounding nations
say to us, "Where is your God?"
Make the peoples know your vengeance
for your servants' outpoured blood.
- 11 May the groans of every prisoner
come before your throne on high;
By your arm outstretched in power
save all those condemned to die.
- 12 Lord, remember how our neighbours
treat you with contempt and scorn;
And into their laps deliver
sev'nfold judgment in return.
- 13 Then shall we, the sheep you pasture,
worship and adore your name;
And through every generation

your unending praise proclaim.

PSALM 80 (a)

8 7 8 7

- 1 Hear, O Israel's Shepherd, hear us;
Joseph like a flock you lead.
You who are enthroned in glory,
shine upon us in our need.
- 2 Shine on Benjamin, Manasseh,
and for Ephraim rouse your might!
- 3 *Turn us once again towards you;
come and save us, give us light!*
- 4 O LORD God, the Lord Almighty,
how long will your anger smoke,
Making void your people's prayers,
so that all your enemies mock?
- 5 You have fed us bread of sorrow;
tears in plenty we must shed.
- 6 We are now before our neighbours
humbled and discredited.
- 7 Look on us, O God Almighty;
let us see your glory bright.
*Turn us once again towards you;
come and save us, give us light!*
- 8 Once you brought a vine from Egypt,
drove out kings with mighty hand,
- 9 Set the vine in ground made ready;
it took root and filled the land.
- 10 So its branches clothed the mountains,
shading every cedar tree,
- 11 Spreading from the great Euphrates
to the mighty western Sea.
- 12 Why did you break down its fences,
so that all may pluck its fruit?
- 13 Creatures of the field devour it;
wild boars tear it from the root.
- 14 Turn to us, O God Almighty,
look and see from heaven above!
- 15 Tend this vine your hand has planted
and the son you raised in love.
- 16 See your vine cut down and withered,
and its branches burned with fire;
Your rebuke has crushed your people,
and they perish in your ire.
- 17 Let your hand be placed in blessing
on the man at your right hand —
On the son of man you've chosen,
whom alone you caused to stand.
- 18 Then we will not wander from you,
turning from you to our shame.
Strengthen us, revive and heal us;
then we'll call upon your name.

- 19 Look on us, LORD God Almighty;
let us see your glory bright.
*Turn us once again towards you;
come and save us, give us light!*

PSALM 80 (b)

10 10 10 10 10 10

- 1 Hear us, O Israel's Shepherd, Joseph's guide,
The one enthroned between the cherubim.
2 Show forth your splendour to the threatened tribes,
Manasseh, Benjamin and Ephraim.
Come to our aid, O God, stir up your might;
3 *Restore and save us! Shed on us your light!*
- 4 LORD God of hosts, when will your anger cease
To burn against the prayers of your folk?
5 For food and drink you give them endless tears;
6 You make our neighbours rage and enemies mock.
7 Come to our aid, O sovereign God of might;
Restore and save us! Shed on us your light!
- 8 You brought a vine from Egypt to this land;
You drove the nations out and cleared the ground.
9 You planted it, and it took root and grew;
10 It filled the land and spread its branches round.
11 Its boughs extended, shading hill and tree,
To the Euphrates and to the Great Sea.
- 12 Why have you broken down its shielding walls,
So that all passers-by can pluck its fruit?
13 All creatures of the field make it their food;
Boars from the forest tear it from the root.
14 Return to us, Almighty God, and shine:
Look down from heav'n upon your ravaged vine!
- 15 This vine, this root, which by your own right hand
You planted for yourself, you now have spurned.
This branch, this son, whom you raised for yourself,
16 Has been cut down and in the fire is burned.
Your people—those whom for yourself you took—
Are perishing because of your rebuke.
- 17 Your hand place on the man at your right hand—
The son of man you raised up strong and true.
18 Revive us; then we'll call upon your name,
And we will never turn away from you.
19 Come to our aid, O sovereign God of might;
Restore and save us! Shed on us your light!

PSALM 81

8 7 8 7

- 1 Sing for joy to God our Saviour;
shout aloud to Jacob's Lord!
2 Start the music; strike the timbrel;
play on strings a pleasing chord.
- 3 Sound the trumpet at the New Moon
and at the full moon as well,
4 At the feast by God appointed
and decreed for Israel.

- 5 God ordained this law for Joseph
when he ravaged Egypt's land;
There we listened to a language
which we did not understand.
- 6 He said: "I removed their burdens
and their aching hands set free.
- 7 I delivered you from trouble
when you called for help to me.
- "From the thundercloud of Sinai
all your people I addressed;
When at Meribah you murmured,
there I put you to the test.
- 8 "Hear, my people, let me warn you—
if you would but listen now!
- 9 No strange god shall be among you;
to a false god do not bow.
- 10 "I, who brought you up from Egypt,
your own God, the LORD, am I;
Open wide your mouth towards me,
and your food I will supply.
- 11 "But my people would not listen—
would not do what I required.
- 12 So I gave them up to follow
what their stubborn hearts desired.
- 13 "If my people would but heed me,
Isr'el follow my command,
- 14 I would soon subdue their en'mies,
and against them turn my hand.
- 15 "Those who hate the LORD would cower,
and their doom would never end.
- 16 But with finest wheat I'd feed you,
honey from the rock I'd send."

PSALM 82

8 7 8 7

- 1 God stands in the great assembly,
judging gods who gather there:
- 2 "How long will you clear the wicked
with the judgments you declare?
- 3 "Vindicate the weak and orphans,
and the rights of those oppressed.
- 4 Save the weak, support the needy;
from the wicked give them rest."
- 5 They are void of understanding;
no right judgment can they make.
On they walk in utter darkness;
all of earth's foundations shake.
- 6 "You are gods," —so I addressed them—
"you are sons of God Most High.
- 7 But like mortal men you'll perish,
and like other rulers die."
- 8 Rise, O God, and come in judgment;

justice for the earth command,
For you hold as your possession
every race and every land.

PSALM 83

8 7 8 7 D

- 1 O my God, do not keep silent;
be not quiet, be not still.
- 2 See how all your foes are stirring,
eager to move in and kill.
- 3 For they plot against your loved ones,
make their cunning plans, and say,
- 4 "Come, let us destroy their nation;
Israel's name we'll sweep away."
- 5 With one mind they plot against you;
they are allies for the fight—
- 6 Tents of Hagar and of Moab,
Edom and the Ishmaelite,
- 7 Gebal, Amalek and Ammon,
Philistines with men of Tyre.
- 8 Now Assyria has joined them;
Lot's descendants strength acquire.
- 9 Treat them as you treated Midian
at the river Kishon drowned—
- 10 Sisera and Jabin slaughtered,
left like refuse on the ground.
- 11 Make their chiefs like Zeeb and Oreb,
Zeba and Zalmunna too,
- 12 When they said, "We'll take possession
of God's pasture-lands from you."
- 13 Like the tumble-weed disperse them,
like the chaff before the breeze.
- 14 As the flames lay waste the mountains
or the fire consumes the trees,
- 15 So pursue them with your tempest;
may your storm bring fear and shame.
- 16 LORD, bring them humiliation,
so that they may seek your name.
- 17 May they be ashamed for ever;
let dismay be on their face.
May they be destroyed completely;
let them perish in disgrace.
- 18 LORD, make known your name among them;
show that you alone are God—
That you are the Most High, ruling
over all the earth abroad.

PSALM 84

8 7 8 7 7 7

- 1 How delightful are your dwellings,
O Almighty LORD, to me!
- 2 For your courts my soul is yearning;
in your house I long to be.
Heart and flesh cry out aloud
for the true and living God.
- 3 Even sparrows find their dwelling,
and the swallow builds a nest

- Near your altar, LORD Almighty,
 where her offspring may have rest.
- 4 Blessed whose home is your abode,
 they are ever praising God.
- 5 Blessed are those whose strength is in you,
 those who have a pilgrim's mind.
- 6 Pools from autumn rains refresh them;
 springs in Baca's vale they find.
- 7 Strength increasing, Zionward
 they go on their way to God.
- 8 Hear my pray'r, LORD God Almighty,
 and receive the plea I make.
 Listen to me, God of Jacob;
 hear me for your mercy's sake.
- 9 Look upon our shield and bring
 favour to your chosen king.
- 10 One day in your courts is better
 than a thousand days elsewhere.
 Let me stay in my God's temple—
 let me be a doorman there—
 Rather than find happiness
 in the tents of wickedness.
- 11 For the LORD gives grace and honour;
 God will be a shield and sun.
 He will not withhold his blessing
 from the just and blameless one.
- 12 LORD Almighty, great and true,
 blessed the one who trusts in you.

PSALM 85

8 7 8 7 D

- 1 In times past, LORD, you showed favour
 to your own beloved land;
 The prosperity of Jacob
 you restored by your strong hand.
- 2 You forgave your people's trespass;
 you were pleased their sins to hide.
- 3 You withdrew all your displeasure;
 from your wrath you turned aside.
- 4 God our Saviour, now restore us;
 from us turn away your rage.
- 5 Will your anger burn against us?
 Will it last from age to age?
- 6 Will you not again revive us,
 that we may rejoice in you?
- 7 Show us, LORD, your covenant mercy;
 your salvation grant anew.
- 8 I will hear what God the LORD says:
 to his saints he offers peace;
 But his people must not wander
 and return to foolishness.
- 9 Surely for all those who fear him
 his salvation is at hand,
 So that once again his glory
 may be seen within our land.
- 10 Love and truth have met together;

- righteousness and peace embrace.
11 Righteousness looks down from heaven;
from the earth springs faithfulness.
12 What is good the LORD will give us,
and our land its fruit will bear.
13 Righteousness will go before him
and his royal way prepare.

PSALM 86

7 7 7 7

- 1 Hear, O LORD, and answer me;
I am poor, and needy too.
2 Guard my life; save me, my God,
For your servant trusts in you.
- 3 Lord, be merciful to me;
All day long to you I call.
4 Give your servant joy, O Lord,
For to you I lift my soul.
- 5 You, O Lord, alone are good;
You are ready to forgive.
To all those who call on you,
You abound in steadfast love.
- 6 Hear my earnest prayer, O LORD;
Listen to my troubled cry.
7 In distress I'll call on you,
For in mercy you'll reply.
- 8 Lord, among the many gods
There is none to rival you;
Deeds that others may perform
Never match what you can do.
- 9 Lord, the nations you have made
Will come near and praise your name.
10 You alone are God; your deeds
Bring to you outstanding fame.
- 11 Teach me, LORD, your way, that I
From your truth may not depart;
So that I may fear your name,
Give me a devoted heart.
- 12 Lord, with all my heart I will
Praise your name unceasingly.
13 For your love to me is great;
From the grave you rescued me.
- 14 Proud men are attacking me;
And the ruthless men of strife,
Who have no regard for God,
Seek to take away my life.
- 15 But, Lord, you are merciful,
God of grace and tenderness,
Slow to anger, rich in love
And in cov'nant faithfulness.
- 16 Turn your face towards me, Lord,
And to me compassion show.
Give me strength and save my life;

On your servant grace bestow.

- 17 Grant a sign of favour, LORD,
Which my enemies may see;
Then they will be put to shame,
For you help and comfort me.

PSALM 87

8 7 8 7

- 1 On Jerus'lem's holy mountain
he has founded his abode.
2 More than all of Jacob's dwellings
Zion's gates are dear to God.
3 Glorious things of you are spoken,
Zion, city of the LORD:
4 "Many drawn from all the nations
as your people I record.

"I will name as those who know me
Egypt, Tyre and Babylon;
Philistine along with Cushite
I will count as Zion-born."
5 Yes, it will be said of Zion,
"This and that one here belong;
And on her the Highest's blessing
will descend, and make her strong."
6 "Born in Zion," God will enter
in the peoples' register.
7 They will sing, as they make music,
"All my fountains are in her."

PSALM 88

8 7 8 7

- 1 LORD, you are the God who saves me;
I entreat you night and day.
2 May my pleading come before you;
turn your ear to me, I pray.
3 For my soul is full of trouble
and my life draws near to death.
4 Counted with the ones who perish,
I have neither strength nor breath.
5 To the grave I am abandoned,
like the bodies lying there.
You remember them no longer;
they are cut off from your care.
6 In the lowest pit you cast me;
in the darkest depths am I.
7 For your wrath is heavy on me,
and beneath your waves I lie.
8 Closest friends you've taken from me;
loathsome to them is my plight.
I am trapped—escape I cannot;
9 misery has dimmed my sight.

Daily, LORD, I call upon you;

10 in your sight my hands I spread.
In the grave do you show wonders?
Are you worshipped by the dead?

11 Is your love shown in Destruction—
in the grave your faithfulness?
12 Are your wonders known in darkness,
or in death your righteousness?

13 But I cry to you for help, LORD;
at the dawn to you I pray.
14 Why, O LORD, do you reject me,
and why turn your face away?

15 From my youth I've been afflicted;
death to me is always near.
I have undergone your terrors,
and I am in deep despair.

16 Your fierce anger has engulfed me;
by your terrors I am crushed.
17 All day long they overwhelm me;
over me the flood has rushed.

18 You have taken my companions
and my loved ones far from me.
Now my closest friend is darkness;
not a ray of light I see.

PSALM 89

11 10 11 10

1 I will extol the LORD's great love for ever;
your faithfulness to all I will proclaim.
2 I will declare your love stands firm for ever;
your faithfulness in heaven you maintain.

3 You said, "I made a cov'nant with my chosen,
and to my servant David I have sworn:
4 'I will ensure your line shall last for ever,
your throne to generations yet unborn'."

5 O LORD, the heavens praise your mighty wonders
and to your saints your faithfulness declare.
6 For who is like the LORD among the angels,
or who in heaven can with him compare?

7 For God is feared within his holy council,
more awesome than the angels all around.
8 O God, the LORD Almighty, who is like you
whom such great might and faithfulness surround?

9 O LORD, your rule controls the surging ocean;
you still the raging waves upon the seas.
10 You crushed to death the great sea monster Rahab;
with your strong arm you rout your enemies.

11 The earth is yours, to you belong the heavens;
you made the world and everything therein.
12 By you the north and south were both created;
Tabor and Hermon praise your name and sing.

13 Your arm, O LORD, is filled with mighty power;
your hand is strong, exalted high above.

- 14 Your throne is built on righteousness and justice;
in front of you go faithfulness and love.
- 15 How blessed are those who learn to sing your praises,
who walk before you in your light, O LORD!
- 16 All day in your great name they are rejoicing;
they praise your righteousness with one accord.
- 17 For you, LORD, are your people's strength and glory,
and honour to our sovereign you bring.
- 18 Indeed, from God the LORD comes our protection;
to Israel's Holy One belongs our king.
- 19 There was a time you told us in a vision;
this to your faithful people you made known:
"I have bestowed my strength upon a warrior,
a young man whom I raised up to the throne.
- 20 "I have sought out my faithful servant, David;
I have anointed him with sacred oil.
- 21 My hand will surely strengthen and sustain him;
my arm will give him power for his toil.
- 22 "No enemy will force him to pay tribute;
no wicked one will ever bring him low.
- 23 For I will crush his enemies before him;
I will annihilate his every foe.
- 24 "My faithful love will be with him for ever;
his power will be exalted through my name.
- 25 His right hand I will set above the rivers;
his rule upon the sea I will proclaim.
- 26 "He will declare to me, 'You are my Father;
you are my Rock, my Saviour and my God.'
- 27 As my firstborn I also will appoint him,
supreme among all kings on earth abroad.
- 28 "I will maintain my love to him for ever;
my covenant with him will never fail.
- 29 His line for evermore I will establish;
while heaven lasts, his kingdom will prevail.
- 30 "But if his sons forsake my laws and statutes
31 and violate my covenant command,
32 I'll punish with the rod all their transgression,
their sin with blows inflicted by my hand.
- 33 "But I will never take my love from David;
my faithfulness I never will betray.
- 34 Nor will I ever violate my covenant
or alter what I said in any way.
- 35 "Once have I sworn in holiness to David —
I will not lie to him — I will declare
- 36 That David's line for ever will continue,
and on his throne he'll always have an heir.
- "His throne will ever flourish in my presence;
it will continue like the sun on high.
- 37 I'll make it certain, like the moon in heaven,
which is a faithful witness in the sky."
- 38 But you, O LORD, have spurned, you have rejected,

- you have been angry with your chosen one.
39 You have renounced the cov'nant with your servant
and in the dust you have defiled his crown.
- 40 For you have broken all his walls in pieces;
his strongholds down to ruins you have torn.
41 All passers-by have plundered his possessions;
he is the object of his neighbours' scorn.
- 42 The right hand of his foes you have exalted;
his enemies rejoice with one accord.
43 You gave him no support in time of battle;
instead you blunted and turned back his sword.
- 44 Now you have put an end to all his splendour,
and you have cast his throne upon the ground.
45 You have cut short his days of youthful vigour,
and with a cloak of shame he's wrapped around.
- 46 How long, LORD? Will you hide yourself for ever?
How long will your fierce anger on us fall?
47 Remember that my life is swift and fleeting.
For what futility you made us all!
- 48 For who can live and be secure from dying,
or who resist the power of the grave?
49 O Lord, where is your former love for David,
whom in your faithfulness you swore to save?
- 50 Remember, Lord, how they have mocked your servant,
how in my heart I bear the taunts of men;
51 Your foes have mocked and scorned the Lord's anointed.
52 But ever let the LORD be praised! Amen.

PSALM 90

10 10 10 10

- 1 Lord, you have ever been our dwelling place.
2 Before you made the world of time and space,
Before you made the mountains and the earth,
You are eternal God; you gave them birth.
- 3 You turn all people back to dust and say,
"O human race, to dust again decay."
4 Because a thousand years are in your sight
Like yesterday or like a watch by night.
- 5 Into death's sleep you sweep them all away,
For they are like the grass at break of day –
6 Although it springs up new with morning light,
It dries and perishes before the night.
- 7 Your wrath consumes us; we are terrified.
8 Before your gaze our sins we cannot hide.
9 Under your anger all our days pass by;
Our years come to their finish with a sigh.
- 10 Our years amount to seventy in length,
Or even eighty if we have the strength.
And yet our days in grief and pain are passed;
They quickly end; away we fly at last.
- 11 The power of your anger who can know?
Your wrath's as great as is the fear we owe.

- 12 Teach us to number all our days aright;
So will our hearts be filled with wisdom's light.
- 13 Return, O LORD! How long will you delay?
Have mercy on your servants, LORD, we pray.
- 14 O satisfy us with your love always,
That we may sing, rejoicing all our days.
- 15 In place of our affliction, make us glad;
Give joy for all the years you made us sad.
- 16 To all your servants may your deeds be shown,
And to their children make your glory known.
- 17 Now may the favour of Almighty God
Abide on us—rich blessings of our Lord.
Establish every work our hands have done;
Yes, Lord, for us establish them each one.

PSALM 91

10 10 10 10

- 1 The one whose dwelling is with God Most High
In the Almighty's shadow safe will rest.
- 2 "He is my refuge," I say of the LORD,
"My fortress and my God; in him I trust."
- 3 Surely he saves you from the fowler's snare
And rescues you from deadly pestilence.
- 4 Under his wings a refuge you will find;
His faithfulness will be your strong defence.
- 5 You will not fear the terror of the night,
Or dread the arrow flying in the day,
6 Or pestilence that in the darkness stalks,
Or plague at noon that carries all away.
- 7 No harm will touch you though a thousand fall,
Or yet ten thousand die at your right hand.
- 8 Your eyes will then look on, and you will see
The wicked punished as their ways demand.
- 9 If you make God Most High your dwelling-place—
Even the LORD, who is my refuge sure—
- 10 No evil then will ever fall on you,
Nor dire calamity come near your door.
- 11 For he will charge his angels with your care,
To guard you in your footsteps every one;
- 12 They will uphold and bear you in their hands,
Lest you should strike your foot against a stone.
- 13 Upon the mighty lion you will tread;
The cobra you will overcome and kill.
Your feet will trample down the king of beasts;
The serpent will be crushed beneath your heel.
- 14 "Because he loves me," says the Sovereign LORD,
"I'll rescue and deliver him from harm.
Since he acknowledges my holy name,
I will protect him with my mighty arm.
- 15 "He'll call on me, and I will answer him;
With him in time of trouble I will be.
I will deliver him and honour him.

16 Long will he live, and my salvation see."

PSALM 92 (a)

C.M.

- 1 How good it is to praise the LORD,
to sing a joyful song,
And to your name, O God Most High,
make music all day long;
- 2 To show your love when morning comes,
your faithfulness at night,
- 3 With music of stringed instruments
your praises to recite.
- 4 For by your mighty deeds, O LORD,
you make my spirit glad;
I sing for joy, when I survey
the works your hands have made.
- 5 How great are all your works, O LORD,
your thoughts, how deep and grand!
- 6 The senseless one does not perceive,
fools do not understand.
- 7 Although the wicked spring like grass,
the foolish do not see
That all who flourish in their sin
will die eternally.
- 8 But, LORD, you are for evermore
exalted very high.
- 9 All evildoers will be crushed;
your foes will surely die.
- 10 You made me strong as any ox,
with oil anointed me.
- 11 I've seen my enemies' defeat,
and I have heard them flee.
- 12 Like palms and cedars flourishing
the righteous all will be,
13 And planted in the house of God,
will grow abundantly.
- 14 So in old age they still bear fruit;
they will stay fresh and strong.
- 15 They will proclaim: "The LORD is just—
my Rock, who does no wrong."

PSALM 92 (b)

10 10 10 10 10 10

- 1 How good it is to praise you, LORD Most High,
And to make music to your holy name,
- 2 To sing about your love when morning comes
And every night your faithfulness proclaim.
- 3 With music of the lyre my praise will sound
And to the harp's sweet melody resound.
- 4 For by your deeds you make me glad, O LORD;
With joy I praise the works done by your hand.
- 5 How great your acts, how deep your thoughts, O LORD!
- 6 Fools do not know, they cannot understand,

- 7 That though the wicked flourish like the grass
Yet to eternal ruin they will pass.
- 8 But LORD, you are exalted evermore.
9 Surely your enemies will be struck dead.
10 You made me stronger than an untamed ox,
And you have poured fine oils upon my head.
11 My eyes have seen my wicked foes' defeat;
My ears have heard the sound of their retreat.
- 12 The righteous ones will flourish like the palm
And grow like cedar trees in Lebanon,
13 For, planted in God's house, they flourish still
14 And, fresh and fruitful, to old age go on.
15 They say, "The LORD excels in uprightness—
My Rock, in whom there is no wickedness."

PSALM 93

C.M.

- 1 The LORD is king; his throne endures
majestic in his height.
The LORD is robed in majesty
and armed with strength and might.
- The world is founded firm and sure—
removed it cannot be.
- 2 Your throne is strong, and you are God
from all eternity.
- 3 The seas, O LORD, have lifted up,
they lifted up their voice;
The seas have lifted up their waves
and made a mighty noise.
- 4 The LORD, enthroned on high, is strong;
more powerful is he
Than thunder of the ocean's waves
or breakers of the sea.
- 5 Your royal statutes, LORD, stand firm;
unchanging is your word.
And holiness adorns your house
for endless days, O LORD.

PSALM 94

7 6 7 6

- 1 O LORD, the God of vengeance,
O righteous God, shine forth!
- 2 Arise, condemn the haughty,
O Judge of all the earth.
- 3 How long will evildoers,
O LORD, be jubilant?
- 4 They pour out wicked boasting;
their words are arrogant.
- 5 O LORD, they crush your people,
oppress your heritage;
- 6 The widow, stranger, orphan
they murder in their rage.
- 7 They say, "God does not notice;

- the LORD has closed his eyes.”
- 8 Take heed, you senseless people;
fools, when will you be wise?
- 9 Do you think the Creator,
who gave mankind the ear
And made the eye for seeing,
can neither see nor hear?
- 10 Does he who guides the nations
not punish them for wrong?
To him who gives instruction
does knowledge not belong?
- 11 All human thoughts are futile;
to you, LORD, they are known.
- 12 You bless those with correction
to whom your law is shown.
- 13 In troubled times you grant them
relief from their distress,
Until a pit is opened
to punish wickedness.
- 14 The LORD will not abandon
the folk who are his own;
His heritage, his chosen,
he never will disown.
- 15 For justice will be founded
once more on righteousness,
And all right-hearted people
approval will express.
- 16 Who will arise to help me
against the wicked one?
Who will stand up to aid me
when other help has gone?
- 17 Unless the LORD had helped me,
I'd soon have passed away
To dwell in death's dark silence
far from the light of day.
- 18 When I said, "LORD, I'm slipping,"
your love came to my aid;
- 19 Your help gave joy and comfort
when I was so afraid.
- 20 Can God accept a tyrant
who issues harsh decrees,
And brings upon his subjects
oppressive miseries?
- 21 Against the righteous people
the evildoers plot;
To execute the guiltless,
such is their wicked thought.
- 22 But as for me, my refuge
is in the LORD Most High;
God has become my fortress
and on him I rely.

- 23 God will repay the wicked
the evil they have done;
The LORD our God will surely
destroy them every one.

PSALM 95

11 11 11 11

- 1 O come, let us joyfully sing to the LORD;
To the Rock of salvation let us raise our voice.
- 2 Let us come before him expressing our thanks;
Let us with loud singing praise him and rejoice.
- 3 The LORD is the great God, King over all gods.
4 The earth's deepest places he holds in his hand;
The heights of the mountains belong to the LORD.
5 The oceans are his, and he formed the dry land.
- 6 Come, let us bow humbly and worship the LORD;
Let us kneel before him, our Maker, in prayer.
7 For we are his people and he is our God;
He shepherds and feeds us in his loving care.
- Today if you hear and attend to his voice,
8 Don't harden your hearts as you did on the way;
In Meribah's desert you quarrelled with me,
You tested my patience at Massah that day.
- 9 Your fathers provoked me and tested me there,
Although they had witnessed the works I had done.
10 With that generation for forty long years
My deep indignation continued to burn.
- I said, "They're a people whose hearts go astray;
They do not acknowledge that my ways are best."
11 And so, in my anger, I stated on oath,
"I swear that they never shall enter my rest."

PSALM 96 (a)

C.M.

- 1-2 O sing a new song to the LORD,
sing praises to his name;
And his salvation day by day
let all the earth proclaim.
- 3-4 His glory and his mighty deeds
to every land declare:
How great and awesome is the LORD!
With him no gods compare.
- 5 For other gods are wood and stone;
the LORD made heaven's height.
6 All power and majesty are his;
he dwells in glorious light.
- 7-8 All nations, to the LORD ascribe
the glory that is due;
Glory and strength ascribe to God,
and praise his name anew.
- Enter his courts with joy, and bring
an offering with you.
9 Worship the LORD in holy fear;

all earth, before him bow.

- 10 Tell every land: "The LORD is King!"
Established is the earth
And cannot move; the LORD will judge
the peoples in his truth.
- 11 Let heavens rejoice, and earth be glad;
with joy let oceans ring.
- 12 The fields and all in them will shout,
and forest trees will sing.
- 13 They all will sing before the LORD,
who comes to judge the earth.
He'll judge the world in righteousness,
the peoples in his truth.

PSALM 96 (b)

10 10 10 10 10 10

- 1 Sing to the LORD, sing praise in a new song;
Sing to him all who to the earth belong!
- 2 Sing to the LORD and praise his holy name;
From day to day his saving work proclaim.
- 3 His glory to the nations now declare;
His mighty deeds to people everywhere.
- 4 Great is the LORD, most worthy of all praise;
Above all gods he's to be feared always.
- 5 For all the nations' gods are of no worth,
Whereas the LORD set heav'n above the earth.
- 6 Majestic splendour is before his face—
Both strength and glory in his holy place.
- 7 O praise the LORD, you nations, every tribe,
Both strength and glory to the LORD ascribe.
- 8 Give to the LORD the glory that is due;
Come to his courts and bring a gift with you.
- 9 Worship the LORD in his great holiness;
Tremble with fear, all earth, before his face.
- 10 Throughout the nations say, "The LORD God reigns!"
The world stands firm, for ever it remains;
The LORD will judge the peoples righteously.
- 11 Let heav'n and earth rejoice exceedingly;
Let seas and all their life with praise resound;
- 12 Let fields and all in them with joy abound.

Then all the trees will give a joyful cry,
The forest sing before the LORD Most High.
The whole creation will break out in mirth
Because he comes, the judge of all the earth.
He'll judge the world in perfect righteousness,
And all the peoples in his faithfulness.

PSALM 97

L.M.

- 1 The LORD reigns, let the earth be glad!
Let distant shores express delight!
- 2 Clouds and thick darkness cover him;
His throne is built on truth and right.
- 3 Fire goes before him and consumes

- His enemies on every side.
4 His lightning flashes through the world;
At this the earth is terrified.
- 5 Hills melt like wax before the LORD,
Before the Lord of all the earth.
6 The heav'ns proclaim his righteousness;
All peoples see his glorious worth.
- 7 All those who worship images
Are put to everlasting shame;
Their worthless idols are their boast—
You gods, bow down before his name!
- 8 To Zion hill and Judah's towns
Your judgments, LORD, great joy supply.
9 Above the earth and all the gods
Exalted is the LORD Most High.
- 10 Hate evil, you who love the LORD;
His faithful ones he will defend,
And from the hands of wicked men
To them deliv'rance he will send.
- 11 Upon the righteous light will shine,
And joy on those of upright ways.
12 You righteous, in the LORD rejoice,
And to his holy name give praise.

PSALM 98

C.M.

- 1 O sing a new song to the LORD,
for wonders he has done;
His right hand and his holy arm
the victory have won.
- 2 The LORD declared his saving work
and made it to be known;
To all the nations of the world
his righteousness is shown.
- 3 His steadfast love and faithfulness
he has remembered well—
The covenant he made with them,
the house of Israël.
- And all the nations of the earth
have seen what God has done—
Our God who brings deliverance
by his right hand alone.
- 4 Acclaim the LORD, O all the earth;
shout loudly and rejoice.
Make music and be jubilant;
to him lift up your voice.
- 5 With harp make music to the LORD;
with harp his praises sing.
6 With trumpet and with horn rejoice
before the LORD, the King.
- 7 Let earth, the sea and all in them
rejoice triumphantly.

- 8 Let streams clap hands and mountains sing
together joyfully.
- 9 Now let them sing before the LORD,
who comes to judge the earth;
He'll judge the world in righteousness,
the peoples in his truth.

PSALM 99 (a)

D.C.M.

- 1 The LORD reigns from his throne on high,
let all the nations quake;
He sits between the cherubim,
so let the whole earth shake.
- 2 Great is the LORD on Zion hill,
exalted over all.
- 3 Upon his great and holy name
let all the nations call.
- 4 The King loves truth and equity,
established by his might;
In Jacob you have done for us
all that is just and right.
- 5 Exalt the LORD our God with us;
let all the world abroad
Before his footstool worship him,
for holy is the Lord.
- 6 Moses and Aaron were his priests,
Samuel called on his name;
They called upon the LORD their God
and he replied to them.
- 7 He spoke to them and gave his law
out of the cloud from heaven;
They kept the statutes and decrees
which he to them had given.
- 8 O LORD our God, you answered them;
you were to Israël
A loving and forgiving God,
but judged their sins as well.
- 9 Exalt and praise the LORD our God;
come, worship him alone.
The LORD God on the holy mount,
he is the Holy One.

PSALM 99 (b)

9 8 9 8 8 8

- 1 The LORD reigns! Let the nations tremble;
he sits between the cherubim.
- 2 Let earth shake! Great is God in Zion!
All nations, bow down low to him
- 3 And praises to his great name sing;
for high and holy is the King.
- 4 The King loves truth; you have established
impartial justice by your might.
You have done what is just in Isr'el;
you have accomplished what is right.
- 5 Bow at the footstool of the LORD,
for high and holy is our God.

- 6 Among his priests Moses and Aaron,
and Samuel, called on his name.
They called and he responded to them;
for their deliverance he came.
- 7 From cloudy pillar came his word;
they kept the statutes of the LORD.
- 8 O LORD our God, you listened to them;
on Isr'el pardon you bestowed,
Although you punished their offences.
- 9 Exalt and praise the LORD our God
And worship at his holy hill—
the LORD our God is holy still.

PSALM 100

S.M.

- 1 Shout to the LORD with joy,
all who to earth belong.
- 2 Adore the LORD with joyful hearts
and come to him in song.
- 3 Know that the LORD is God;
he made us as his own.
We are the sheep for whom he cares—
his people, his alone.
- 4 Enter his gates with praise,
his courts with thankfulness.
Your praises gladly sing to him;
his name for ever bless.
- 5 For God the LORD is good;
his love is ever sure.
His constant truth and faithfulness
through every age endure.

PSALM 101

C.M.

- 1 I'll praise your love and justice, LORD;
I'll praise you cheerfully.
- 2 I'll strive to lead a blameless life—
when will you come to me?
- Within my home the life I lead
will show a blameless heart.
- 3 My eyes will view no worthless thing;
from sin I will depart.
- I hate what faithless people do;
it shall not cling to me.
- 4 All wicked people I'll avoid;
from evil I'll stay free.
- 5 I'll put to silence everyone
who slanders secretly;
I will not tolerate the proud
who act so haughtily.
- 6 My eyes are on the faithful ones,
that they may dwell with me;
Whoever lives a blameless life
will serve me constantly.

7 No one who practises deceit
will dwell within my home;
Nor will the one whose words are false
before me ever come.

8 Each morning I will silence all
who wicked deeds have done;
I'll cleanse the city of the LORD
of every evil one.

PSALM 102

6 6 6 6 8 8

1 LORD, listen to my prayer,
And hear my cry for aid.
2 Hide not your face from me,
For I am so afraid.
Incline your ear to me in need;
And, when I call, be swift to heed.

3 Like smoke my days are gone;
My bones are burned away.
4 My appetite is lost;
My heart is parched like hay.
5 Because of my incessant groans
I am no more than skin and bones.

6 I'm like a desert owl,
An owl midst tumbled stone,
7 Or bird upon a roof—
I lie awake, alone.
8 My foes revile me all day long;
My haters mock my name in song.

9 For ashes are my food;
I weep incessantly
10 Because in your great wrath
You have abandoned me.
11 My days like evening shadows pass;
I wither like the sun-dried grass.

12 But you, O LORD, are set
For ever on your throne;
Through each succeeding age
Endures your great renown.
13 You will arise in mighty power;
On Zion mercy you will shower.

The set time now has come
To bless Jerusalem.

14 Her stones your saints hold dear;
Her dust is mourned by them.
15 Nations will fear your name, O LORD;
All kings on earth your praise record.

16 For God will yet appear
In glorious might to reign;
The LORD in grace will build
Jerusalem again.
17 The prayers of the poor he'll heed;
He will not spurn their cry of need.

18 Let this be written down

To teach a future race,
So people yet unborn
May magnify his grace:
19 That from his holy place above
The LORD looked down in tender love.

From heav'n he viewed the earth
Observing all mankind,
20 To hear the groans of those
In prison cells confined,
And to deliver from on high
A multitude condemned to die.

21 In Zion will be praised
The LORD's exalted name;
His praises will be sung
Within Jerusalem,
22 When peoples and their kingdoms throng
To serve the LORD with cheerful song.

23 He took my strength away
By his almighty power;
He shortened grievously
My life's allotted hour.
24 I said, "O take me not away,
My God, at noontide of my day.

"Your days and years go on
Through every age of man.
25 The earth's foundation strong
You laid when time began.
The heavens came at your command,
Created by your mighty hand.

26 "The earth and heavens will fail,
But you alone remain.
Like garments they will age,
While you on high will reign.
Like clothing you will change them all;
Like clothes discarded they will fall.

27 "But you endure always;
Your years will never cease.
28 Your servants' children too
Will know your reign of peace.
Their offspring, their succeeding race,
Will ever stand before your face."

PSALM 103

D.L.M.

1 Praise God, my soul! With all my heart
Let me exalt his holy name.
2 Forget not all his benefits;
His praise, my soul, in song proclaim.
3 The LORD forgives you all your sins,
And heals your sickness and distress;
4 Your life he rescues from the grave,
And crowns you in his tenderness.
5 He satisfies your deep desires
From his unending stores of good,
So that, just like the eagle's strength,
Your youthful vigour is renewed.

6 The LORD is known for righteous acts
And justice to downtrodden ones.
7 To Moses he made known his ways,
His mighty deeds to Israel's sons.

8 The LORD is merciful and kind,
To anger slow, and full of grace.
9 He will not constantly reprove,
Or in his anger hide his face.
10 He does not punish our misdeeds,
Or give our sins their just reward.
11 How great his love—as high as heaven—
Towards all those who fear the LORD!

12 As far as east is from the west,
So far his love has borne away
Our many sins and trespasses
And all the guilt that on us lay.
13 Just as a father loves his child,
So God loves those who fear his name.
14 For he remembers we are dust,
And well he knows our feeble frame.

15 Each human life is like the grass,
And like a meadow flower it grows.
16 Its place will never be recalled
Once over it the tempest blows.
17 But everlasting is God's love
For those who fear him, and their seed—
18 For those who keep his covenant,
And carefully his precepts heed.

19 God's kingly rule is over all;
In heaven he has set his throne.
20 O you his angels, praise the LORD,
Strong ones by whom his will is done.
21 O praise the LORD, you heavenly hosts,
His servants who perform his word.
22 Praise God, his works throughout his realm,
And you, my soul, O praise the LORD!

PSALM 104

8 7 8 7 D

1 Praise the LORD, my soul, O praise him!
LORD my God, you are so great!
2 Wrapped in light as with a garment,
clothed in majesty and state.
Like a tent he spreads the heavens,
3 and above the waters there
Sets the framework of his dwelling,
making it an upper layer.

He makes clouds of heav'n his chariot;
on the wings of wind he rides.
4 He makes flames of fire his servants;
winds obey what he decides.
5 He set earth on its foundations,
so that it should never move;
6 Then the deep submerged the mountains
till the waters stood above.

7 But when you rebuked the waters,
at your thunder they took flight;

8 They receded to the valleys,
 flowing down the mountains' height
To the place that you appointed.

9 You set bounds to their domain,
So that never will the waters
 overwhelm the land again.

10 God makes springs pour down the valleys.
 Streams that flow from every hill

11 Quench the thirst of all his creatures,
 and wild donkeys drink their fill.

12 Birds sing sweetly in the branches,
 nesting by the riverside.

13 From above, the earth is watered,
 by God's bounty satisfied.

14 He makes grass grow for the cattle,
 plants for man to cultivate—
Bringing from the earth its produce,
 food for all mankind to eat:

15 Wine that to man's constitution
 joy and gladness will impart,
Oil that makes the face resplendent,
 bread that fortifies the heart.

16 Blessed with water are the forests—
 trees which to the LORD belong,
Mighty cedars that he planted
 on the heights of Lebanon.

17 Birds reside among the cedars;
 storks upon the pine trees nest.

18 Wild goats live among high mountains;
 conies in the crags find rest.

19 See the moon that marks the seasons;
 to its setting moves the sun.

20 You send darkness, night approaches;
 foraging has now begun.

21 Lions roar throughout the forest,
 while from God they seek their prey;

22 Comes the sun, they slink back homewards.

23 Man goes out to toil all day.

24 LORD, how many are your wonders!
 Wisely you have made them all.
Earth is full of all your creatures,
 living things, both great and small.

25 And the sea, so vast and spacious,
 brings forth life abundantly.

26 There leviathan is playing;
 to and fro the ships go by.

27 All your creatures look towards you
 for their food to be supplied.

28 What you give to them they gather,
 with your goodness satisfied.

29 When you hide your face, they're troubled;
 lifeless, they return to earth.

30 When new life comes from your Spirit,
 to earth's face you give rebirth.

31 May the LORD's majestic glory
 always last and never fade;
May the LORD rejoice and triumph

in the works that he has made.
32 When he gazes on creation,
earth begins to shake in fear.
At his touch the mountains tremble;
smoke and flames of fire appear.
33 To the LORD throughout my lifetime,
to my God I will sing praise.
34 May my meditation please him,
as to him my song I raise.
35 But may sinners flee before him,
and the wicked be no more.
36 Praise be to the LORD Almighty;
O my soul, the LORD adore!

PSALM 105

11 11 11 11

1 Give thanks to the LORD God and call on his name;
His wonderful deeds to the nations proclaim.
2 Sing praises to him, and his exploits record;
3 Let all those who seek him rejoice in the LORD.
4 You chosen ones, look to the LORD and his might;
5 Seek ever his face, and his wonders recite,
His miracles too, and his judgments divine—
6 You children of Abraham, Jacob's own line.
7 The LORD is our God, and he rules all the earth.
8 Rememb'ring his cov'nant—the word he set forth—
He vowed, for the ages to come, to make good
9 His promise to Abr'ham, to Isaac renewed.
10 To Jacob his sov'reign decree was made sure;
With Isr'el his cov'nant would always endure:
11 "To you I will give, as your portion to stand,
The country of Canaan, the beautiful land."
12 When they were no more than a wandering few,
In number restricted, and foreigners too,
13 From nation to nation they travelled around;
Wherever they wandered, no rest could be found.
14 He would not permit that his folk be oppressed;
For his chosen ones' sake mighty kings he addressed:
15 "Touch not my anointed—to me they belong;
Respect my own prophets and do them no wrong."
16 The LORD called down famine upon the whole land;
Their food was destroyed at his sovereign command.
17 But he sent beforehand, his people to save,
His chosen one, Joseph, sold off as a slave.
18 His feet within shackles of bronze were confined,
His neck put in irons; for freedom he pined.
19 The word of the LORD was a test to be passed
Till what he foretold was accomplished at last.
20 The king sent an order to let him go free;
The ruler of nations gave him liberty.
21 He put him in charge of his house and his lands;
22 His princes and elders obeyed his commands.
23 Then Israel came down into Egypt to stay,

In Ham's land to sojourn for many a day.
24 The LORD caused his people to prosper and grow,
And so they were seen as a threat to their foe.

25 He turned the Egyptians against Israël,
And caused them to plot his own servants to kill.
26 Then Moses and Aaron, his chosen, he sent;
27 Performing his wonders, to Egypt they went.

28 Because the Egyptians despised his command,
He sent utter darkness to cover the land.
29 Their waters and rivers he turned into blood;
The fish of the Nile were destroyed by the LORD.

30 Their land teemed with frogs, which invaded their rooms;
31 At his word swarms of flies and of gnats filled their homes.
32 The rain became hail, and the lightning bolts flashed;
33 He struck down their vines, and their fig trees were smashed.

34 He spoke, and the locusts and grasshoppers came;
35 And every green thing was consumed as by flame.
36 And then he took vengeance on all the first-born—
The firstfruits of manhood of Egypt were gone.

37 He brought Isr'el out, bearing silver and gold;
Their tribes all marched forwards both steadfast and bold.
38 Then Egypt was joyful to see them depart,
For terror of them had laid hold of their heart.

39 He spread out a cloud to protect them from sight,
And fire to illumine the hours of the night.
40 They asked, and with quails were abundantly fed;
He filled them with manna, the heavenly bread.

41 He opened the rock to give waters to them,
And there in the desert it flowed like a stream—
42 Because he remembered the promise he swore
To Abr'ham his servant, long ages before.

43 He brought out his chosen ones, shouting with joy;
44 He granted to them without toil to enjoy
45 The lands of the nations—that they might regard
His laws and his precepts. All praise to the LORD!

PSALM 106

8 7 8 7 7 7

1 Praise the LORD! Extol his goodness!
for his love endures always.
2 Who can tell his mighty actions,
or in full declare his praise?
3 Blessed are those whose way is right,
acting justly in his sight.

4 When you show your people favour,
then, O LORD, remember me.
Help me when you come to save them;
5 let me know prosperity—
Joyful with your chosen race,
joining them in giving praise.

6 We have sinned, just like our fathers;
we have done what was not right.
7 When our fathers were in Egypt

they despised your deeds of might.
All your mercies they ignored—
at the Red Sea spurned the LORD.

- 8 Yet for his name's sake he saved them
and revealed his mighty hand.
- 9 By his word the Sea he parted,
led them through as on dry land—
- 10 From the hand of foes set free,
rescued from the enemy.
- 11 Then their adversaries foundered;
not a single one survived.
- 12 So the people sang his praises,
and his promises believed;
- 13 But his works they soon forgot,
and his counsel set at nought.
- 14 In the desert they surrendered
to their unremitting greed;
In the wasteland they provoked him,
craving meat they did not need.
- 15 So he gave them what they sought,
but on them disease he brought.
- 16 In the camp they envied Moses,
Aaron too—God's priest was he.
- 17 Earth was split and swallowed Dathan
and Abiram's company;
- 18 There they fell, consumed by flame—
those who had abused God's name.
- 19 Then they made a calf at Horeb—
served an idol cast in clay;
- 20 They exchanged their highest Glory
for a bull that feeds on hay.
- 21 God their saviour they forgot,
who for them great things had wrought.
- 22 They forgot his deeds in Egypt,
marvels in the land of Ham.
- 23 So he said he would destroy them—
had not Moses, his own man,
Stood before God in the path,
shielding them from righteous wrath.
- 24 Then they scorned the land of plenty;
they did not believe his word.
- 25 In their tents they grumbled at him,
and did not obey the LORD.
- 26 So he vowed, with upraised hand,
they would fall in desert sand.
- 27 Their descendants he would punish—
scatter over lands abroad.
- 28 Yet they yoked themselves to Baal,
worshipping a lifeless god.
- 29 Their transgressions God abhorred;
so a plague came from the LORD.
- 30 But when Phinehas took action
and ungodliness defied,
Then the deadly plague was halted,
and his deed was ratified
- 31

By the LORD as rightly done,
for the ages yet to come.

32 Then at Meribah's still waters
they provoked the LORD again.

33 They rebelled against God's Spirit,
causing Moses bitter pain—
For he spoke, possessed by grief,
rashly and in unbelief.

34 They did not destroy the peoples
in accord with God's command,
35 But they mixed with them, and followed
all the customs of the land,
36 Worshipping the idols there,
which to them became a snare.

37 Sons they sacrificed and daughters
to a Canaanitish god;
38 Thus the land was desecrated
by the stain of guiltless blood.
39 By their acts they were defiled—
into filthiness beguiled.

40 So the LORD was angry with them
and his people he abhorred—
41 Gave them over to the nations,
and their foe became their lord.
42 Subject to their enemy,
they were treated cruelly.

43 Many times he showed his power
by delivering his own,
But they set their heart on sinning
and rebelled against his throne.
In their sin they chose to stay
and they wasted quite away.

44 But when they appealed for mercy,
he took note in heaven above;
45 He recalled his cov'nant with them
and relented in his love.
46 So he made their captors all
pity those they held in thrall.

47 Gather us, LORD, from the nations;
save us, and your name we'll praise.

48 Blessèd be the God of Israel;
may his glory last always.
Let the LORD be praised again!
Let the people say, "Amen!"

PSALM 107

D.C.M.

1 O thank the LORD, for he is good;
his love endures always.
2 Let those whom God redeemed say this,
those rescued by his grace.
He saved them from their enemies
3 and brought them from the lands,
From east and west, from north and south,
safe from oppressing hands.

- 4 Some wandered in the desert wastes,
not finding any way
To reach a city where they might
obtain a place to stay.
- 5 Their life and strength were ebbing fast
in thirst and emptiness.
- 6 Then in despair they sought the LORD,
who saved them from distress.
- 7 Straight was the path he led them on,
a city to attain.
- 8 So for the LORD's unfailing love
let them give thanks again,
And for the awesome deeds of power
which he for them achieves—
- 9 For hungry souls he fills with good;
the thirsty he relieves.
- 10 Some sat in darkness and in gloom,
in chains of iron held;
- 11 They scorned the ways of God Most High,
against his words rebelled.
- 12 And so he made them labour hard
in bitterness and shame.
They stumbled, and they could not rise;
to help them no one came.
- 13 Then to the LORD they cried for help;
he saved them from their doom.
- 14 He broke away their cruel chains
and brought them out of gloom.
- 15 So let them thank him for his love,
the deeds which he achieves—
- 16 Because he breaks down gates of bronze
and iron bars he cleaves.
- 17 Some erred through their rebellious ways
and for their sins paid dear.
- 18 All kinds of food revolted them;
the gates of death drew near.
- 19 Then in despair they sought the LORD;
he saved them from their doom.
- 20 His word went forth with healing power
and kept them from the tomb.
- 21 So for the LORD's unfailing love
let them give thanks again;
And for the awesome deeds of power
which he achieves for men.
- 22 Let them prepare a sacrifice
and bring an offering;
In praise of all his mighty acts
let them rejoice and sing.
- 23 Yet others traded on the sea;
they sailed the ocean's length.
- 24 They saw the wonders of the LORD,
and on the deep his strength.
- 25 For when he spoke, a tempest rose;
the sea grew wild and rough.
- 26 They mounted up to heaven, and then
went down into the trough.

At this their courage fled away,

for danger was in view.
27 They reeled and staggered as with drink;
they knew not what to do.
28 Then in despair they sought the LORD,
who saved them from distress.
29 He stilled the storm, so that the waves
were hushed in quietness.

30 Their joy was great when it grew calm;
they anchored safe again.
31 Then let them thank him for his love,
his awesome deeds for men.
32 So in the elders' council may
they ever praise the LORD;
And in the people's gathering
let them exalt their God.

33 He changed the streams to wilderness,
fresh springs to desert bare,
34 And fruitful land to barren waste,
for sins of dwellers there.
35 He changed parched ground to flowing streams;
the hungry there he led
36 To found a city safe and strong,
which they inhabited.

37 They reaped a fruitful harvest from
the vineyard and the field.
38 He blessed and made them multiply;
their herds maintained their yield.
39 They faced decline, their fortunes fell,
they suffered great distress.
40 Brought low by him who scorns the proud,
they roamed the wilderness.

41 But he did not abandon them;
he brought the needy folk
From their affliction, and increased
their fam'lies like a flock.
42 The upright see this and are glad;
the wicked hold their peace.
43 Let all the wise take note and learn
the LORD's love does not cease.

PSALM 108

8 7 8 7

1 O Lord God, my heart is steadfast,
and with all my soul I'll sing.
2 Harp and lyre I will awaken,
and my song the dawn will bring.

3 LORD my God, among the nations,
I will ever give you praise;
In the midst of all the peoples
I will sing of you always.

4 For your steadfast love is boundless,
greater than the heavens high;
And your faithfulness towards us
reaches even to the sky.

5 Far above the highest heavens
be exalted, O my God;

And through all the earth around us
let your glory spread abroad.

- 6 With your right hand save and help us;
rescue all those whom you love.
7 God has spoken from his temple,
from his holy place above:

“I will distribute in triumph
every part of Shechem’s land,
And the whole of Succoth valley
I will measure with my hand.

- 8 “Mine is Gilead, mine Manasseh,
Ephraim is my helmet true;
Judah I will make my sceptre
9 and on Edom toss my shoe.

“Moab will become my servant,
and upon Philistia’s shore
I will shout aloud in triumph;
I am Lord and conqueror.”

- 10 Who will bring me to the city
that is strongly fortified,
And to reach the land of Edom
who will be my help and guide?

- 11 Have you not, O God, rejected,
turned us over to our foe?
When our armies go to battle,
with them you no longer go.

- 12 Since all human help is worthless,
13 God will give us victory;
He it is who will defend us
and tread down our enemy.

PSALM 109

8 7 8 7

- 1 O my God, whose name I worship,
be not silent, LORD, I pray;
2 For the wicked and deceitful
speak against me every day.

They have uttered lies against me;
with malicious tongues they fight.

- 3 Without cause they rush upon me,
closing in with words of spite.

- 4 In return for love they blame me,
though for them I daily pray.

- 5 They reward my good with evil,
for my friendship hate repay.

- 6 Set an evil man against him
at his right hand to denounce.

- 7 May his very prayers condemn him;
let the court his guilt pronounce.

- 8 May his rule pass to another;
short and wretched be his life.

- 9 Fatherless shall be his children;

make a widow of his wife.

- 10 May his children beg and wander,
driven from their ruined gate.
- 11 May his goods be seized and taken—
strangers plunder his estate.
- 12 May no one take pity on him
or his orphans in their plight.
- 13 May his fam'ly line be ended,
and their names be lost to sight.
- 14 May the LORD remember ever
all his parents' sin and shame.
- 15 May their sin be held against them,
and forgotten be their name.
- 16 For he never thought of helping
those in trouble or distress;
But to death the poor he hounded,
and the weak and comfortless.
- 17 He was always cursing others—
may his curse on him rebound;
He took no delight in blessing—
far from him may it be found.
- 18 He wore cursing as his garment—
to his bones it soaked like oil;
It poured down his throat like water.
- 19 May his curses round him coil.

May they cling to him for ever,
wrapped around him like a cloak.
- 20 May this be the LORD's repayment
to those false, accusing folk.
- 21 But, O Sovereign LORD, in mercy
deal with me for your name's sake;
Save me in your love and goodness,
and my life from danger take.
- 22 For I am both poor and needy;
crushed within me is my heart.
- 23 I am feeble, like an insect;
like a shadow I depart.
- 24 See, my knees give way from fasting;
and my frame is thin and gaunt.
- 25 My accusers, when they see me,
shake their heads at me and taunt.
- 26 LORD my God, draw near and help me;
save me in your steadfast love.
- 27 Let them know your hand has done it,
that my help comes from above.
- 28 They may curse, but you will bless me,
and your servant will give praise.
- 29 Clothed with shame be my accusers,
my attackers with disgrace.
- 30 I will loudly sing God's praises,
and extol him in the throng;

- 31 For he helps and saves the needy
from all those who do them wrong.

PSALM 110

S.M.

- 1 The LORD said to my Lord:
“Sit here at my right hand,
Until I make your foes a stool
on which your feet may stand.”
- 2 The LORD will make your reign
extend from Zion’s hill;
With royal power you’ll rule among
those who oppose your will.
- 3 When you display your power,
your people flock to you;
At dawn, arrayed in holiness,
your youth will come like dew.
- 4 Unchangeably the LORD
with solemn purpose swore:
“Just like Melchizedek you are
a priest for evermore.”
- 5 The Lord’s at your right hand;
there he will ever stay.
He on his day of wrath will crush
the kings who bar his way.
- 6 The nations he will judge;
the dead in heaps will lie.
The mighty of the earth he’ll crush—
all who his rule defy.
- 7 A brook beside the way
his thirst will satisfy;
And, thus refreshed, he will with joy
lift up his head on high.

PSALM 111

9 8 9 8

- 1 Praise to the LORD! I will extol him
while gathering with the upright.
- 2 Great are the works of God, and pondered
by all who in them take delight.
- 3 His deeds are glorious and majestic;
his righteousness endures always.
- 4 He caused his works to be remembered;
kind is the LORD and full of grace.
- 5 Food he provides for those who fear him;
his covenant for ever stands.
- 6 His mighty works he showed his people
by giving them the nations’ lands.
- 7 Faithful and just are all his actions;
all his commands are faithful too,
- 8 Steadfast for ever and for ever.
The works of God are right and true.

- 9 He sent redemption for his people;
his covenant remains the same,
Ordained by him throughout all ages—
holy and awesome is his name.
- 10 Fear of the LORD gives rise to wisdom;
All those who walk in upright ways
Have insight and good understanding.
To him belongs eternal praise.

PSALM 112

10 10 10 10

- 1 Praise God! Blessed is the man who fears the LORD
And finds delight in following his word.
- 2 His children will be mighty in the land;
His line will know the blessing of God's hand.
- 3 Riches and wealth within his house are found;
His righteousness for ever will abound.
- 4 The man who stands for mercy, truth and right
Will find the darkness turn to morning light.
- 5 Good is the man who gives and freely lends;
To his affairs with justice he attends.
- 6 Surely a righteous man will stand secure;
His memory for ever will endure.
- 7 Though bad news comes, he will not be afraid;
His heart is firm; he trusts the LORD for aid.
- 8 He will not be alarmed, his heart holds fast;
He'll view his foes in triumph at the last.
- 9 He freely shares his riches with the poor;
His righteousness for ever will endure.
The LORD himself exalts his servant's name;
He gives him strength and dignity and fame.
- 10 The wicked, seeing this, will feel dismay;
He'll gnash his teeth and soon will waste away.
The wicked and their dreams will come to nought;
They never will enjoy what they have sought.

PSALM 113

8 8 8 8 8

- 1 O praise, you servants of the LORD;
Sing praises to his holy name.
- 2 O blessed be the name of God;
His praise for evermore proclaim.
- 3 From east to west the praise of God
Each day is to be spread abroad.
- 4 The LORD is high above the earth,
His glory far above the sky.
- 5 Who else is like the LORD our God,
The one who sits enthroned on high?
- 6 He is the one who stoops down low
To look on heav'n and earth below.
- 7 He raises outcasts from the dust
And from the ash-heap lifts the poor,
- 8 Exalting them to dignity,
With noblemen to sit secure.

9 The childless woman he'll reward
With home and children. Praise the LORD!

PSALM 114

L.M.

1 When Isr'el out of Egypt came,
From people of a foreign tongue,
2 Then Judah was God's holy place;
In Israèl was set his throne.

3 The sea beheld and swiftly fled;
The Jordan river turned away.
4 The lofty mountains skipped like rams,
The hills like little lambs at play.

5 O sea, why was it that you fled?
Why, Jordan, did you turn away?
6 Why, mountains did you skip like rams,
You hills, like little lambs at play?

7 Tremble, O earth, before the Lord,
Before the face of Jacob's God,
8 Who turned the rock into a pool;
From solid rock the waters flowed.

PSALM 115

C.M.

1 LORD, not to us, O not to us—
to your name be the praise,
Because your love and faithfulness
endure, O LORD, always.

2 Why do the nations question us?
"Where is their God?" they say.
3 Our God inhabits heaven high
and over all holds sway.

4 Their gold and silver images
are crafted carefully,
5 But they have mouths which cannot speak,
and eyes which cannot see.

6 Their noses have no sense of smell;
their ears can hear no sound.
7 They have no feeling in their hands,
nor can they walk around.

Although these idols do have throats,
no word can they proclaim.

8 Their makers and their worshippers
will all become like them.

9 O house of Isr'el, place your trust
upon the LORD alone;
He is the mighty help and shield
of all who are his own.

10 O house of Aaron, trust the LORD;
he is their help and shield.
11 All you who fear him, trust the LORD;
he is your help and shield.

- 12 The LORD remembers Israel
and he will bless us all—
The house of Aaron and all those
13 who fear him, great and small.
- 14 May God the LORD make you increase—
both you and all your line.
15 May you be blessed by God, who makes
all things by his design.
- 16 The highest heavens belong to God;
the earth to us he gave.
17 It's not the dead who praise the LORD;
they're silent in the grave.
- 18 But we extol the LORD on high,
his majesty proclaim.
Both now and evermore exalt
and praise his holy name!

PSALM 116

10 10 10 10

- 1 I love the LORD because he heard my voice;
He listened when I cried to him for aid.
2 I'll call on him as long as I shall live,
Because he turned to hear me when I prayed.
- 3 The cords of death gripped and entangled me,
Upon me came the anguish of the grave;
With grief and trouble I was overcome.
4 Then on the name of God I called: "LORD, save!"
- 5 The LORD our God is kind and full of grace;
Both righteous and compassionate is he.
6 The LORD protects all those of childlike faith;
When I was in great need, he rescued me.
- 7 Rest, O my soul; God has been good to you—
8 For you, O LORD, have saved my soul from death,
My feet from stumbling and my eyes from tears,
9 That I may live for you while I have breath.
- 10 I trusted in the LORD, and then I spoke;
I said in anguish: "I am sorely tried".
11 And in the very depths of my dismay,
"All men are liars—every one!" I cried.
- 12 How can I thank the LORD for all he's done?
13 With gratitude salvation's cup I'll raise;
14 I'll call upon his name, and will fulfil
My vows to him before his people's face.
- 15 The LORD holds dear the death of all his saints.
16 Hear me, O LORD! I am your servant true;
I am your servant and your handmaid's son,
And from my chains I have been freed by you.
- 17 Thank-off'rings I will sacrifice to you
And call upon the name of God the LORD.
18 When all his people in assembly meet,
With joy I will fulfil my solemn word.

Before his people I will keep my vows,

- 19 Within the courts of our God's holy place,
Within the city of Jerusalem.
Unto the LORD alone be all the praise!

PSALM 117

8 7 8 7 8 7

- 1 Praise the LORD, O all you nations;
all you peoples, sing his praise.
2 For his love is great towards us;
his commitment lasts always.
He is faithful now and ever.
Hallelujah! Praise the LORD!

PSALM 118

L.M.

- 1 *O thank the LORD, for he is good;*
His steadfast love endures always.
2 Now let the house of Israel say,
"His love will last through endless days."
3 And let the house of Aaron say,
"His love for ever will endure."
4 Let those who fear the LORD declare,
"His love will stand for ever sure."
5 I cried in anguish to the LORD;
He answered me and set me free.
6 The LORD is with me; I'll not fear.
What harm can people do to me?
7 The LORD is with me constantly;
He is the one who gives me aid.
I'll look in triumph on my foes;
I will not need to be afraid.
8 It's better far to trust the LORD
Than look for help to man's defence.
9 It's better far to trust the LORD
Than in a prince have confidence.
10 The nations all surrounded me;
In God's great name I made them fall.
11 They hemmed me in on every side;
In God's great name I slew them all.
12 They chased me like a swarm of bees;
But like a heap of thorns aflame
They very quickly met their end.
I slew them in the LORD's great name.
13 I was pushed back and nearly fell;
The LORD himself gave help to me.
14 He is my song and source of strength;
The LORD gave me the victory.
15 Triumphant shouts of joy resound
In places where the righteous dwell.
16 The LORD's right hand is lifted high;
His mighty hand does all things well.
17 I shall not die but I shall live;
The LORD's great works I will proclaim.

- 18 The LORD severely chastened me,
But rescued me from death's domain.
- 19 Throw wide the gates of righteousness;
I'll enter and give thanks to God.
- 20 This is the gate of God, through which
The righteous come before the LORD.
- 21 You answered me, I will give thanks;
Salvation comes from you alone.
- 22 The stone the builders had refused
Has now become the cornerstone.
- 23 The LORD himself has done all this;
It is a marvel in our sight.
- 24 This is the day the LORD has made;
In it let us take great delight!
- 25 Save us, O LORD, we humbly pray;
O LORD, we pray, grant us success.
- 26 He's blessed who comes in God's great name;
You from the LORD's house we will bless.
- 27 The LORD is God, and he has made
His glorious light upon us fall.
Let us approach the altar's horns,
And celebrate the festival.
- 28 You are my God, I'll give you thanks;
You are my God, I'll give you praise.
- 29 *O thank the LORD, for he is good;
His steadfast love endures always.*

PSALM 119 (1)

L.M.

- 1 Blessèd are those of blameless ways,
Who live according to God's word.
- 2 Blessèd are those who keep his laws,
Who with their whole heart seek the LORD.
- 3 They keep themselves from doing wrong
By walking in his perfect ways.
- 4 You have established laws for us
That are to be obeyed always.
- 5 O that my ways were steadfast, LORD,
In making your decrees my aim!
- 6 So, when I think on your commands,
I would not feel disgrace or shame.
- 7 I'll praise you with an upright heart,
As your just laws are learned by me.
- 8 All your decrees I will obey;
Do not forsake me utterly.

PSALM 119 (2)

L.M.

- 9 How can the young keep their life pure?
By doing what your word demands!
- 10 I seek you with my heart and soul;
Let me not stray from your commands.
- 11 Your word I've hidden in my heart

To keep me from offending you.
12 Praise be to you, O LORD my God;
Teach me your statutes firm and true.

13 Each law proceeding from your mouth
I gladly with my lips have told.
14 I love to follow your commands,
As others love to count their gold.

15 I meditate upon your ways
And on your precepts I reflect.
16 I take delight in your decrees;
Your word I never will neglect.

PSALM 119 (3) L.M.

17 Do good to me and I will live;
Your servant will obey your word.
18 Open my eyes that I may see
Great wonders in your law, O LORD.

19 I am a stranger on the earth;
Do not hide your commands from me.
20 Consumed with longing is my soul,
Because your laws I yearn to see.

21 You have rebuked the insolent;
They're cursed who from your precepts stray.
22 Remove from me contempt and scorn,
For all your statutes I obey.

23 Though rulers plot to harm my name,
I'll meditate on your decree.
24 Your statutes are my great delight,
For they are counsellors to me.

PSALM 119 (4) L.M.

25 My soul is laid low in the dust;
Give life according to your word.
26 I showed my ways, you answered me;
Teach me your just decrees, O LORD.

27 Instruct me in your precepts' way;
I'll think upon your works at length.
28 My soul with sorrow is worn out;
According to your word give strength.

29 Be gracious to me through your law;
From lying ways keep me apart.
30 I chose to take the way of truth;
I keep your laws with all my heart.

31 I cling to your decrees, O LORD;
Do not let shame take hold of me.
32 I run the way of your commands
Because my heart you have set free.

PSALM 119 (5) L.M.

33 Teach me to follow your decrees;

- Then I will keep them to the end.
34 Give insight, and I'll keep your law,
With all my heart to it attend.
- 35 Lead me in your commandments' path,
For there, O LORD, delight I find.
36 Incline my heart towards your laws;
From selfish gain preserve my mind.
- 37 O turn my eyes from worthless things;
Give life according to your word.
38 To me, your servant, keep your pledge,
So that you may be feared, O LORD.
- 39 Remove from me the shame I dread;
Your laws excel in uprightness.
40 O how I long for your decrees!
Preserve me in your righteousness.

PSALM 119 (6)

9 9 9 9 anapaestic

- 41 May your unfailing love come to me,
Your salvation as promised, O LORD.
42 Then I'll answer the taunts of my foe,
For I steadfastly trust in your word.
- 43 Do not snatch your true word from my mouth;
All my hope has been set on your ways.
44 I will always obey your commands
Without fail to the end of my days.
- 45 I will walk in the freedom you give,
For your precepts I've earnestly sought.
46 I will speak of your statutes to kings,
And to shame I will never be brought.
- 47 I take pleasure in all your commands,
And I love them—they're precious to me.
48 I will reach out my hands to your laws,
And will meditate on your decree.

PSALM 119 (7)

11 10 11 10

- 49 Remember what you said to me your servant,
for you have given hope to me, O LORD.
50 This is my comfort throughout my affliction:
my life is kept in safety by your word.
- 51 The arrogant have mocked me without pity;
yet from your law I have not turned aside.
52 O LORD, your ancient laws I have remembered;
through them alone in comfort I abide.
- 53 The wicked fill my heart with indignation;
they from your holy law have gone astray.
54 The theme of all my praise has been your statutes;
I sing of them in every place I stay.
- 55 Throughout the night your name, LORD, I remember;
I'll keep your law whatever comes my way.
56 Throughout my life this has remained my practice;
the precepts you have given I obey.

PSALM 119 (8)

10 9 10 9 trochaic

- 57 You, O LORD, are everything I've longed for;
I have promised to obey your word.
- 58 With my whole heart I have sought your favour;
as you promised, grant me grace, O LORD.
- 59 I have thought about my life and conduct,
and have turned my steps towards your way.
- 60 I will hasten and, without delaying,
your commands and statutes I'll obey.
- 61 Though the wicked with their cords ensnare me,
I will not forget instruction's voice.
- 62 I will rise to give you thanks at midnight,
for your righteous laws make me rejoice.
- 63 Those who fear you are my friends for ever,
all who follow in your precepts' way.
- 64 Earth is filled with your great loving-kindness;
teach me your decrees, O LORD, I pray.

PSALM 119 (9)

8 8 8 8 anapaestic

- 65 Do good to your servant, O LORD;
Be true to the word I received.
- 66 Teach knowledge and judgment to me,
Because your commands I've believed.
- 67 Before my affliction I strayed,
But now I will hold to your word.
- 68 You are good and you do what is good;
Teach me your commandments, O LORD.
- 69 Although the proud smear me with lies,
I keep your decrees from the heart.
- 70 Their hearts are unfeeling and hard;
I love what your precepts impart.
- 71 It was good that I suffered distress,
So that I might learn your commands.
- 72 Your law is more precious to me
Than silver and gold in my hands.

PSALM 119 (10)

9 9 9 9 anapaestic

- 73 Give me insight to learn your commands,
For you made me and formed me, O LORD.
- 74 May your saints, when they see me, rejoice,
Since my hope has been placed in your word.
- 75 LORD, I know that your judgments are just;
You have faithfully disciplined me.
- 76 May your unfailing love be my strength;
As you promised me, answer my plea.
- 77 Show me mercy that I may have life,
For your law is my constant delight.
- 78 Shame the proud who defame me with lies;
On your precepts I'll think day and night.

79 May all those who respect your commands
Turn to me—those who honour your name.
80 May I keep your decrees without fault,
So that no one can put me to shame.

PSALM 119 (11) 10 10 10 10

81 My soul for your salvation yearns and faints;
But I have set my hope upon your word.
82 I'm weary looking for your promises;
I say, "When will you comfort me, O LORD?"
83 I'm shrivelled like a wineskin in the smoke,
Yet I do not forget all your decrees.
84 O how much longer must your servant wait?
When will you punish all my enemies?
85 The proud have hidden pitfalls in my way;
Their mind is fixed against your holy laws.
86 All your commands remain for ever sure;
LORD, help me! for they hound me without cause.
87 They almost wiped your servant from the earth,
But your commandments I did not betray.
88 Preserve my life according to your love;
The statutes of your mouth I will obey.

PSALM 119 (12) 8 8 8 8 8 8

89 Eternal is your word, O LORD;
In heav'n it stands for ever sure.
90 Your faithfulness will never fail;
The earth you founded to endure.
91 Your laws continue to this day;
Your sovereign will all things obey.
92 Had not your law been my delight,
I would have died in misery.
93 I never will forget your laws,
For by them you have rescued me.
94 LORD, I am yours—save me, I pray,
For I have sought your precepts' way.
95 The wicked lie in wait for me;
Destruction threatens at their hands,
But yet in spite of all their threats
I will reflect on your commands.
96 Perfection's limits I have found,
But your commandments have no bound.

PSALM 119 (13) 10 10 10 10

97 O LORD, how much I love your holy law!
I meditate upon it all the day.
98 It makes me wiser than my enemies,
For your commandments ever with me stay.
99 I have more insight than my teachers have,
For on your laws I meditate each day.
100 I've more discernment than the elders have,

Because your righteous precepts I obey.

101 I've kept my feet from every evil path,
That I may be obedient to your word;
102 And I have not departed from your laws,
For you yourself have taught me this, O LORD.

103 How pleasing to my taste are all your words!
More sweet they are than honey on my tongue.
104 From your commands I gain enlightenment;
So I reject and hate each path that's wrong.

PSALM 119 (14) 10 10 10 10

105 Your word's a lamp that shines before my feet;
It is a light that guides me on my way.
106 The oath that I have taken I've confirmed
That all your righteous laws I will obey.

107 O LORD, you know that I have suffered much;
Preserve my life according to your word.
108 Accept the willing praises of my mouth;
Instruct me in your righteous laws, O LORD.

109 I will not disregard your holy law,
Though constantly my life is in my hands.
110 Although the wicked set a snare for me,
I have not left the path of your commands.

111 Your statutes are my heritage always,
And every day they make my heart rejoice.
112 My heart is set on keeping your decrees,
And to the very end they are my choice.

PSALM 119 (15) L.M.

113 The double-minded I abhor,
But your commands I love, O LORD.
114 You are my refuge and my shield;
I've set my hope upon your word.

115 You evildoers, leave me now,
That God's commands I may obey.
116 By your word keep me; I shall live.
Let not my hope be swept away.

117 Uphold me, and I shall be saved;
For your decrees I have respect.
118 All those who stray from your commands
And practise falsehood you reject.

119 The wicked you discard like dross;
Therefore I love your holy law.
120 My body quakes for fear of you;
Of your commands I stand in awe.

PSALM 119 (16) 10 10 10 10

121 I have performed all that is right and just,
So leave me not to my oppressors' will.
122 Ensure the welfare of your servant, LORD;

Let not the insolent oppress me still.

123 My eyes grow weak while looking for your aid,
While waiting for your righteous promise, LORD;
124 So deal with me according to your love,
And teach me the commandments of your word.

125 I am your servant; give enlightenment
So that your statutes I may understand.
126 O LORD, now is the time for you to act;
Your law is being broken in the land.

127 Because I set my heart on your commands,
And love them more than gold, than purest gold,
128 And since I reckon all your precepts right,
Each wicked path with hatred I behold.

PSALM 119 (17)

L.M.

129 Your statutes, LORD, are wonderful,
So I obey them from my heart.
130 Your words, as they unfold, give light,
And truth to simple minds impart.

131 With open mouth I pant and yearn
To know the laws that you proclaim.
132 Show me the mercy you extend
To those who love and praise your name.

133 Direct my footsteps in your word;
Let sin not hold me in its sway.
134 From man's oppression set me free
That your commands I may obey.

135 Upon your servant shine your face;
Teach me the statutes you have made.
136 My eyes shed streams of bitter tears
Because your law is not obeyed.

PSALM 119 (18)

L.M.

137 O LORD, you are the Righteous One;
The statutes that you give are just.
138 You lay down laws of righteousness,
Entirely worthy of our trust.

139 My zeal consumes and wears me out,
Because my foes forget your word.
140 Your promises are tried and proved;
And I your servant love them, LORD.

141 Though I am lowly and despised,
Your precepts I do not forget.
142 Eternal is your righteousness;
True is the law that you have set.

143 Distress and trouble press me down,
But your commands are my delight.
144 Grant wisdom so that I may live;
Your statutes are for ever right.

PSALM 119 (19)

10 10 10 10

- 145 I call with all my heart; LORD, answer me,
And then all your decrees I will obey.
- 146 I cry aloud to you, LORD; save my life
And I will keep your statutes every day.
- 147 I rise before the dawn and cry for help,
For I have set my hope upon your word.
- 148 I stay awake throughout the hours of night,
Reflecting on your promises, O LORD.
- 149 LORD, in your loving-kindness hear my voice,
And in your justice save and keep my life;
- 150 For those who disregard your holy law
Approach with schemes of wickedness and strife.
- 151 Yet you are near to those who seek you, LORD;
All your commands are true and ever sure.
- 152 Yes, from your statutes long ago I learned
That you have made them always to endure.

PSALM 119 (20)

10 10 10 10

- 153 Look on my sorrows and deliver me,
For I do not forget your law, O LORD.
- 154 Redeem my soul and vindicate my cause;
Preserve my life according to your word.
- 155 The wicked will not see deliverance,
Because they do not follow your decree.
- 156 According to your justice guard my life;
How great is your compassion, LORD, for me!
- 157 How many are my persecuting foes!
Yet from your laws I have not turned away.
- 158 I look upon the faithless with disgust,
Because your holy word they disobey.
- 159 Consider how I love your precepts, LORD,
And in your loving-kindness strengthen me.
- 160 The word that you have spoken is the truth;
Your righteous laws will stand eternally.

PSALM 119 (21)

L.M.

- 161 Though rulers hound me without cause,
My heart fears nothing but your word;
- 162 For in your promise I rejoice
Like one who finds great spoil, O LORD.
- 163 All falsehood I abhor and hate;
With all my heart I love your law.
- 164 I praise you seven times a day,
For your commands I hold in awe.
- 165 Great peace have those who love your law;
They will not stumble in the way.
- 166 I wait for your salvation, LORD,
And your commands I will obey.
- 167 I will observe your statutes, LORD;

My love for them is great and true.
168 Your laws and precepts I obey,
For all my ways are known to you.

PSALM 119 (22) 9 9 9 9 anapaestic

169 Let my cry come before you, O LORD;
Give me insight as pledged in your word.
170 May my pleading gain access to you;
Save my life, as you promised to do.

171 May my lips overflow with your praise,
For you teach me your statutes always.
172 May my tongue sing aloud of your word;
Your commandments are righteous, O LORD.

173 May your hand be stretched out for my aid,
Since by choice your commands I've obeyed.
174 I desire your salvation to see,
And your law is delightful to me.

175 Let me live and I'll praise you in song;
May your laws give me help to go on.
176 Seek your servant who strayed like a sheep,
For your precepts I steadfastly keep.

PSALM 120 10 10 10 10

1 I call upon the LORD in my distress;
He listens to my prayer and answers me.
2 Deliver me, O LORD, from lying lips
And from all tongues that speak deceitfully.

3 What will he do to you, deceitful tongue?
What more besides will be your fitting doom?
4 With warriors' arrows he will pierce you through,
And punish you with burning coals of broom.

5 What misery to live in Meshech's land,
In Kedar's tents, among my enemies!
6 With people loving strife I've lived too long;
7 They are for war, but I'm a man of peace.

PSALM 121 8 8 8 8 anapaestic

1 I lift up my eyes to the hills—
Where am I to look for my aid?
2 My help comes to me from the LORD
By whom earth and heaven were made.

3 Your foot he will not leave to slide—
His watch over you he will keep.
4 The LORD over Isr'el keeps watch,
And he will not slumber or sleep.

5 The LORD will keep watch over you—
Your shade from the heat and the light.
6 The sun will not harm you by day;
The moon will not harm you by night.

7 The LORD will protect you from harm—

Your life he will ever defend.
8 He'll guard every step that you take
Both now and for days without end.

PSALM 122 8 7 8 7

1 "To the LORD's house!" they were calling,
 and with joy I went with them.
2 Now at last our feet are standing
 in your gates, Jerusalem.
3 See, Jerus'lem, like a city
 built compactly, close and strong.
4 That is where the tribes assemble,
 tribes which to the LORD belong.

To the LORD's name praise they offer,
 as for Israèl decreed.
5 There are set the thrones for judgment,
 thrones of David's royal seed.
6 Pray for Zion's peace and safety:
 "May your friends securely dwell;
7 Peace within your walls continue,
 strength within your citadel."
8 For the sake of friends and brothers,
 "Peace be in you," I will say.
9 For the sake of our God's temple,
 I seek your prosperity.

PSALM 123 8 8 8 8 8 8

1 To you, O LORD, I lift my eyes,
The God enthroned above the skies.
2 As servants watch their master's hand
Or maids before their mistress stand,
So to the LORD our eyes we raise
Until his mercy he displays.
3 O LORD our God, your mercy show;
Take pity, LORD, on us below.
For scorn your people all have known;
4 Our foes' contempt has made us groan.
The proud have covered us with shame;
With insolence they mock our name.

PSALM 124 10 10 10 10 10

1 If God the LORD had not been on our side—
2 Let Isr'el say—had not the LORD been near
3 When foes attacked us, filling us with fear,
And when their wrath against us reached its height,
Alive we had been swallowed in their spite.
4 We would have been enveloped by the flood;
Over our heads the torrent would have gone;
5 The waters would have carried us along.
6 But praise the LORD, for he has set us free
And has not left us to their cruelty.

- 7 We have escaped—just as a captured bird
Out of the fowler’s net has been set free;
The snare is cut, we are at liberty.
- 8 Our help is in the name of God the LORD
Who made the earth and heavens by his word.

PSALM 125

6 6 6 6

- 1 All those who trust the LORD
Like Zion are secure,
Which never can be moved
But always will endure.
- 2 Just as the mountains stand
Around Jerusalem,
The LORD surrounds his own,
For ever guarding them.
- 3 The wicked’s evil rule
Will not oppress for long
The righteous and their land,
Lest righteous folk do wrong.
- 4 On all those who are good
Bestow your goodness, LORD—
To those of upright heart
Who reverence your word.
- 5 But God will banish those
Who choose a crooked way;
They’ll share the sinner’s fate.
Let peace on Israel stay!

PSALM 126

C.M.

- 1 When Zion’s fortunes God restored,
it was a dream come true.
- 2 Our mouths were then with laughter filled,
our tongues with songs anew.
- The nations said, “The LORD has done
great things for Israel.”
- 3 The LORD did mighty things for us,
and joy our hearts knew well.
- 4 Restore our fortunes, gracious LORD,
like streams in desert soil.
- 5 A joyful harvest will reward
the weeping sower’s toil.
- 6 The man who, bearing seed to sow,
goes out with tears of grief,
Will come again with songs of joy,
bearing his harvest sheaf.

PSALM 127

C.M.

- 1 Unless the LORD builds up the house,
its builders toil in vain;
Unless he keeps the city safe,
they vainly watch maintain.

- 2 In vain you rise before the dawn
and late hours vainly keep
That you may toil for food to eat—
he gives his loved ones sleep.
- 3 Sons are a precious heritage,
a blessing from the LORD;
The children that are born to us
are truly his reward.
- 4 Like arrows in a warrior's hand
are children of one's youth.
- 5 The man whose quiver's full of them
is blessed by God in truth.

Such men will not be put to shame—
that will not be their fate—
When they contend against their foes
who face them in the gate.

PSALM 128 L.M.

- 1 How blessed are all who fear the LORD,
Who walk the way that he has shown.
- 2 Success and blessing will be yours;
You'll eat the fruit that you have grown.
- 3 Your wife will be a fruitful vine;
And round your table will be placed
Your children like young olive shoots.
- 4 Thus he who fears the LORD is blessed.
- 5 May you behold Jerus'lem's good;
From Zion may God's blessing flow.
- 6 Your children's children may you see.
May God on Isr'el peace bestow!

PSALM 129 L.M.

- 1 They have oppressed me from my youth—
Let Israèl now make this known—
- 2 They have oppressed me from my youth;
Yet I have not been overthrown.
- 3 They drew their ploughs across my back;
The ploughmen made their furrows long.
- 4 The LORD is just; he cut me free
From cords of those who did me wrong.
- 5 May all who hate Jerusalem
Be put to shame and turned away.
- 6 May they, like grass upon the roof,
Not grow, but wither and decay.
- 7 Such grass can fill no reaper's hands;
The gatherer has no reward.
- 8 May passers-by not say to them:
"We wish you blessing from the LORD!"

PSALM 130 C.M.

- 1 LORD, from the depths I call to you;
 2 Lord, hear me from on high
 And give attention to my voice
 when I for mercy cry.
- 3 LORD, in your presence who can stand,
 if you our sins record?
 4 But yet forgiveness is with you,
 that we may fear you, LORD.
- 5 I wait—my soul waits—for the LORD;
 my hope is in his word.
 6 More than the watchman waits for dawn
 my soul waits for the Lord.
- 7 O Isr'el, put your hope in God,
 for mercy is with him
 8 And full redemption. From their sins
 his people he'll redeem.

PSALM 131

S.M.

- 1 My heart's not proud, O LORD,
 nor haughty is my eye;
 I do not occupy myself
 with things too great or high.
- 2 My spirit I have calmed;
 my heart is pacified.
 My soul is like a little child
 close to its mother's side.
- Just like a little child
 my soul is calmed in me.
- 3 O Isr'el, hope in God the LORD
 now and eternally.

PSALM 132

8 7 8 7 D

- 1 LORD our God, remember David
 and the hardships which he bore.
 2 To the Mighty One of Jacob,
 to the LORD, this oath he swore:
 3 "My house I will never enter;
 4 rest and slumber I will shun,
 5 Till I find the LORD a dwelling
 fit for Jacob's Mighty One."
- 6 This we heard of in Ephrathah,
 found it in the fields of Jaar:
 7 "Let us hasten to his dwelling,
 worship at his footstool there.
 8 Rise, O LORD, and dwell among us,
 resting with your ark of might!
 9 May your priests be clothed with honour;
 may your saints sing with delight."
- 10 For the sake of your own servant,
 David, your appointed one,
 Do not turn away your favour
 from his own anointed son.

- 11 God has sworn an oath to David
and he will not turn from it:
"I will choose from your descendants
one who on your throne will sit.
- 12 "If your sons will keep my covenant
and the statutes I make known,
Surely then shall their descendants
sit for ever on your throne."
- 13 For the LORD has chosen Zion—
there he wishes to remain:
- 14 "Here's my resting place for ever,
here it pleases me to reign.
- 15 "I will bless her with abundance;
for her poor much food I'll bring.
- 16 I will grant her priests salvation,
and with joy her saints will sing.
- 17 I will raise a horn for David,
for my chosen one a light.
- 18 With disgrace his foes I'll cover;
he'll be crowned with glory bright."

PSALM 133

C.M.

- 1 How excellent a thing it is,
how pleasant and how good,
When brothers dwell in unity
and live as brothers should!
- 2 For it is like the precious oil,
poured out on Aaron's head,
That, running over, down his beard,
upon his collar spread.
- 3 Like Hermon's dew, upon the hill
of Zion it descends.
The LORD bestows his blessing there—
the life that never ends.

PSALM 134 (a)

8 7 8 7

- 1 Praise the LORD, all you his servants,
as you serve with one accord;
Praise the LORD in your night watches
in the temple of the LORD.
- 2 Raise your hands within his temple;
to the LORD your God give praise.
- 3 He who made the earth and heavens
bless you from his holy place!

PSALM 134 (b)

10 7 7 10

- 1 All you servants of the LORD, praise the LORD!
You who minister by night
In the temple of the LORD,
All you servants of the LORD, praise the LORD!
- 2 In his temple lift your hands! Praise the LORD!
- 3 May the LORD, who made the world,

Both the heavens and the earth,
From mount Zion send you blessing. Praise the LORD!

PSALM 135

8 7 8 7

- 1 Praise the LORD, all you his servants!
Praise his name with glad accord,
- 2 You who serve God in his temple,
in the dwelling of the LORD.
- 3 Praise the LORD, for this is fitting.
He is good; his praise proclaim.
Praise the LORD, for it is pleasant
to sing praises to his name.
- 4 For the LORD has chosen Jacob
to belong to him alone,
Israël to be his treasure,
set apart to be his own.
- 5 For I know the LORD is mighty;
greater than all gods is he.
- 6 He is sovereign in the heavens,
on the earth and in the sea.
- 7 He makes thunder-clouds to gather
from the earth's remotest shores;
With the rain he sends forth lightning,
brings the wind out from his stores.
- 8 He struck down all Egypt's firstborn;
man and beast alike were slain.
- 9 Mighty signs he showed in Egypt,
routing Pharaoh and his men.
- 10 Many nations he defeated;
kings he slew with mighty hand—
- 11 Og of Bashan and king Sihon,
all the kings of Canaan's land.
- 12 All their lands he gave to Jacob,
to his people Israël;
As a heritage he gave them
lands where they might safely dwell.
- 13 LORD, your name endures for ever;
your renown is ever great.
- 14 For the LORD sustains his servants
and his folk will vindicate.
- 15 But the idols of the nations,
made of silver and of gold,
Are by human hands created
with a hammer or a mould.
- 16 Mouths they have, but speak they cannot;
eyes they have, but cannot see.
- 17 Ears they have, but hear they cannot;
in their mouths no breath can be.
- 18 Those who make them will be like them;
those who trust them are the same.
- 19 Praise the LORD, O house of Israel,

Aaron's house, exalt his name.

- 20 Praise the LORD, O house of Levi;
you who fear him, praise the LORD!
21 Praise the LORD who dwells in Zion,
in Jerus'lem praise the LORD!

PSALM 136

8 7 8 7 iambic

- 1 O thank the LORD, for he is good;
his love endures for ever.
2 O thank the God of gods always;
his love will fail us never.
3 Give glory to the Lord of lords;
his love endures for ever.
4 Great wonders he alone performs;
his love will fail us never.
5 In wisdom he has made the heavens;
his love endures for ever.
6 He set the earth above the seas;
his love will fail us never.
7-8 He made the sun to rule the day —
his love endures for ever —
9 The moon and stars to rule the night;
his love will fail us never.
10 He struck down Egypt's firstborn sons;
his love endures for ever.
11-12 By might he brought out Israel;
his love will fail us never.
13 He made a pathway through the Sea;
his love endures for ever.
14 And through it he brought Israel;
his love will fail us never.
15 King Pharaoh and his mighty host —
God's love endures for ever —
He swept into the raging sea;
his love will fail us never.
16 He led his people on their way;
his love endures for ever.
He brought them through the wilderness;
his love will fail us never.
17 Thank him who struck down mighty kings —
his love endures for ever —
18 And slaughtered kings of great renown —
his love will fail us never —
19 King Sihon of the Amorites —
God's love endures for ever —
20 And Og, the king of Bashan, too;
God's love will fail us never.
21 He made their lands a heritage —
his love endures for ever —
22 For his own servant Israel;
his love will fail us never.

- 23 He thought upon us in our need;
his love endures for ever.
- 24 And freed us from our enemies;
his love will fail us never.
- 25 To every creature he gives food;
his love endures for ever.
- 26 Give thanks to God, the God of heaven;
his love will fail us never.

PSALM 137

7 7 7 7

- 1-2 By the streams of Babylon
We remembered Zion's hill.
There we sat and wept in grief;
On the trees our harps lay still.
- 3 For our captors asked for songs;
Our tormentors called for mirth:
"Sing us one of Zion's songs
From the land that gave you birth."
- 4 How can we sing to the LORD,
Exiles in a foreign land?
5 If Jerus'lem I forget,
Skill depart from my right hand!
- 6 May my tongue cling to my mouth
If of Zion I lose sight,
If I prize Jerusalem
Less than my supreme delight.
- 7 LORD, remember Edom's sin,
When Jerus'lem met its fate.
"Tear it down!" their voices cried,
"Tear down every wall and gate!"
- 8 Babylon, for all our pain
At your door destruction knocks.
Happy he who pays you back,
9 Throws your children on the rocks.

PSALM 138

L.M.

- 1 I'll praise you, LORD, with all my heart;
Before the gods I'll sing your praise.
- 2 I'll bow towards your holy place
And bless your holy name always.
- I'll praise you for your faithfulness
And for your cov'nant love, O LORD,
For over all things you have raised
Your holy name and faithful word.
- 3 The very day I called to you,
You gave an answer to my plea.
You made me bold within myself;
With new resolve you strengthened me.
- 4 O LORD, let all earth's kings give praise,
When from your mouth they hear your word.

- 5 Let them extol the ways of God,
For great's the glory of the LORD.
- 6 Although the LORD God dwells on high,
The lowly person he protects,
Whereas the proud and haughty one
He knows afar off and rejects.
- 7 Although I walk a troubled path,
Your tender care preserves my life.
You raise your hand against my foes;
Your right hand saves me from their strife.
- 8 The LORD will certainly fulfil
For me the purpose he commands.
Your love endures for ever, LORD;
Preserve the works of your own hands.

PSALM 139 (a)

C.M.

- 1 O LORD, you have examined me,
you know me through and through.
- 2 My sitting, rising—all my thoughts
afar are known to you.
- 3 My going out and lying down
are plain before your view.
- 4 Before I speak a word, O LORD,
it is well known to you.
- 5 You hem me in—behind, before;
you lay on me your hand.
- 6 Such knowledge is too wonderful,
too high to understand.
- 7 Where can I from your Spirit flee
or from your presence go?
- 8 If to the heavens, you are there,
or in the depths below.
- 9 If I should take the wings of dawn
and dwell beyond the sea,
- 10 There also you would be my guide,
your right hand holding me.
- 11 If I should say, "Surely the dark
will hide me from your sight,
When all the light surrounding me
becomes as dark as night" —
- 12 Yet even darkness is not dark
to you in any way;
For darkness is as light to you,
the night will shine like day.
- 13 For you, O LORD, created me;
you wove me on your loom.
My inmost being you have formed
within my mother's womb.
- 14 Because I'm wonderfully made,
with awe your praise I tell;
Your workmanship is marvellous,

and this I know full well.

- 15 When in the secret place my frame
was made before my birth,
You saw my body yet unformed
within the depths of earth.
- 16 And all the days that I should live,
which you ordained for me,
Were written in your book, O LORD,
before they came to be.
- 17 O God, how precious are your thoughts!
I scan them from afar;
And as I seek to grasp them all,
how numberless they are!
- 18 Were I to count them, they would be
more than the grains of sand.
When I awake, I am with you,
still safe within your hand.
- 19 May God destroy all wicked men!
Away, you men of blood!
- 20 Your foes, with evil in their hearts,
misuse your name, O God.
- 21 Do I not hate all those, O LORD,
who your great name oppose?
22 I cannot but abhor them all;
I count them as my foes.
- 23 Search me, O God, and know my heart;
my anxious thoughts survey.
- 24 Show me what gives offence to you,
and lead me in your way.

PSALM 139 (b)

10 10 10 10

- 1 LORD, you have searched my life and know my heart;
You search me and you know me through and through.
- 2 You know me when I sit and when I rise,
And from afar my thoughts are known to you.
- 3 You see my going out and lying down,
And you have perfect knowledge of my ways.
- 4 Before I speak a word, you know it, LORD,
For nothing can be hidden from your gaze.
- 5 Behind, before, you hem me in, O LORD,
And you have laid on me your mighty hand.
- 6 Such knowledge is too wonderful for me,
Too high to grasp, too great to understand.
- 7 Where from your Spirit can I go and hide?
And from your presence, LORD, where can I fly?
- 8 If I ascend to heaven, you are there;
And in the lowest depths, if there I lie.
- 9 If I take flight upon the wings of dawn
And if I settle far beyond the sea,
10 There also you will guide me with your hand
And still your right hand will keep hold of me.

- 11 If I should say, "The dark will cover me
And light around me be as dark as night,"
12 Yet even darkness is not dark to you —
The night is as the day, the darkness light.
- 13 For you created me and gave me life;
Within my mother's womb you fashioned me.
14 I'm fearfully and wonderfully made;
I praise you as your mighty works I see.
- 15 My frame could not be hidden from your sight,
When I was made within the secret place.
When I was woven in the depths of earth,
My unformed body was before your face.
- 16 Your eyes beheld me in my unborn state,
And all the days that you ordained for me
Were written in the book that you had made
Before a single day had come to be.
- 17 How precious are your thoughts to me, O God!
Their sum is vast and far beyond my view —
18 To count them is like counting grains of sand.
When I awake from sleep, I'm still with you.
- 19 If only you would slay the wicked, LORD!
Away from me, you men of violence!
20 They speak of you with evil in their hearts;
Your foes misuse your name with insolence.
- 21 Do I not hate all those who hate you, LORD?
Those who rise up against you I abhor;
22 Such wicked men I count my enemies
And on their heads all my contempt I pour.
- 23 Examine me, O God, and know my heart;
Test me and know my anxious thoughts, I pray.
24 Search out in me what causes you offence,
And lead me in the everlasting way.

PSALM 139 (c)

10 9 10 9 9 9

- 1 You, O LORD, have searched me and you know me;
2 when I sit or rise, to you is known.
From afar my inner thoughts you ponder —
3 both my going out and lying down.
4 All my ways you know; I speak no word
but you know it perfectly, O LORD.
- 5 For you hem me in before and after,
and upon me you have laid your hand.
6 Such a knowledge is beyond my grasping,
higher far than I can understand.
7 From your Spirit where can I be free?
From your presence whither can I flee?
- 8 If I fly to heaven, you are present;
or if in the depths I make my home.
9 If I rise up on the wings of morning,
or beyond the farthest sea I roam,
10 Even there your hand will guide my way;
your right hand will never let me stray.

- 11 If I say, "The dark will surely hide me,
and the light around me will be night,"
12 Even night would not be dark before you,
and the dark would shine for you as light.
Darkness can hide nothing from your view,
and the blackness is as light to you.
- 13 For you made and formed my inmost being;
in my mother's womb you moulded me.
14 I will praise you, for I have been fashioned
by you fearfully and wondrously.
All your works are wonderful, I know—
I acknowledge this and stand in awe.
- 15 From your sight my frame was never hidden
in the secret place before my birth,
16 For your eyes beheld my unformed body
when I was conceived in depths of earth.
You wrote all the days ordained for me
in your book before one came to be.
- 17 Precious are your thoughts, O God, about me!
they exceed my power to understand.
18 If I were to try to count their number,
they are more than all the grains of sand.
When I waken in the morn anew,
I continue still, O LORD, with you.
- 19 O that you, my God, would slay the wicked!
Go from me, all you who thirst for blood!
20 With an evil mind they speak against you;
your foes take your name in vain, O God.
21 Do not I, O LORD, your foes despise?
22 I abhor them as my enemies.
- 23 Search me, LORD, and know my inmost feelings;
test me now and know my anxious mind.
24 See if there is anything offensive
in my way of life that you can find;
And direct me, O my God, I pray,
in your good and everlasting way.

PSALM 140

8 8 8 8 8 8

- 1 Save me, O LORD, from evil men;
From vi'lent men protect my way,
2 For evil schemes are in their hearts,
And war they stir up every day.
3 Like snakes, their tongues have sharpened tips
With vipers' poison on their lips.
- 4 Keep me, O LORD, from wicked hands;
From men of vi'lence set me free,
For they conspire to trip my feet.
5 The proud have hidden snares for me;
They spread the meshes of their net,
And on my pathway traps are set.
- 6 O LORD, I say, "You are my God."
LORD, listen to my cry for aid.
7 O Sovereign LORD, my Saviour strong,
In battle you protect my head.

- 8 Refuse the wicked their desire;
To shame them, make their plots misfire.
- 9 O LORD, let those who hem me in
Be overwhelmed by their own lies.
- 10 May they be thrown into the fire
Or miry pit, and never rise.
- 11 May liars find no place to stay,
The violent be swept away.
- 12 I know it is the LORD alone
Whose judgment vindicates the poor;
It is the LORD who will uphold
And make the needy's cause secure.
- 13 To you the righteous praise will give;
The upright in your sight will live.

PSALM 141

S.M.

- 1 O LORD, I call to you.
Come quickly! I'm in need!
And, when I cry to you for help,
to my appeal give heed.
- 2 Like incense may my prayer
before your face arise—
The raising of my hands be like
the evening sacrifice.
- 3 Keep watch, LORD, on my mouth
and guard my lips, I pray;
- 4 Let not my heart to evil thoughts
be drawn and led astray.
- Keep me from taking part
in what the evil do;
Let me not taste their choicest food,
lest I be false to you.
- 5 A righteous friend's rebuke
will be a soothing balm;
Such blows, in kindness aimed at me,
will never do me harm.
- Against the wicked's deeds
I make my constant prayer;
- 6 Their rulers will be thrown from cliffs,
and they will perish there.
- The wicked then will know
my words were spoken well.
- 7 Like ground that's ploughed, their bones are strewn
before the mouth of hell.
- 8 But now, O Sovereign LORD,
on you I fix my gaze;
Do not deliver me to death—
you are my help always.
- 9 Protect me from the traps
the wicked set for me,
- 10 And let them be ensnared themselves,
while I instead go free.

PSALM 142

L.M.

- 1 I cry for mercy to the LORD;
To him I lift my voice in prayer.
- 2 Before the LORD I bring my plea;
To him my trouble I declare.
- 3 Each time my spirit faints in me,
You are the one who knows my way;
For in the path on which I walk
A hidden snare for me they lay.
- 4 Look to my right hand and take note:
There is not one concerned for me.
I have no refuge; no one cares
For me in my adversity.
- 5 I cry aloud to you, O LORD:
"You are my hiding place in strife.
You are the one sustaining me;
You keep me in the land of life."
- 6 LORD, listen to my cry for help,
For I am in extremity.
Save me from those who seek my life,
Because they are too strong for me.
- 7 So that I may give thanks to you,
From prison's darkness set me free.
The righteous then will gather round,
Because you've shown your love to me.

PSALM 143

6 6 6 6 8 8

- 1 O hear my prayer, LORD;
My cry for mercy heed.
In truth and righteousness
Draw near to meet my need.
- 2 And do not judge me in your sight
For in your presence none is right.
- 3 The foe has hounded me
And crushed me to the ground,
In darkness made me dwell,
Like those in death long bound.
- 4 And so my spirit is afraid;
My heart within me is dismayed.
- 5 Therefore I call to mind
The days and years long gone;
I ponder all your works
And what your hands have done.
- 6 To you in prayer I spread my hands;
For you I thirst, like arid lands.
- 7 My spirit fails, O LORD;
Come quickly to my side.
Hide not your face from me,
Lest to the pit I slide.
- 8 Let morning bring your love anew,
For I have put my trust in you.

To you I lift my soul;
Show me the way to go.
9 I hide myself in you;
LORD, save me from my foe.
10 My God, teach me to do your will;
May your good Spirit lead me still.

11 For your great mercy's sake,
O LORD, preserve my life;
And in your righteousness
Deliver me from strife.
12 In love, put all my foes to shame;
Destroy them, for I bear your name.

PSALM 144

L.M.

1 All praise be given to the LORD,
Because he is a rock to me;
He trains my hands to fight in war,
To battle with the enemy.

2 My fortress and my loving God,
My saviour and defence is he;
He is my refuge and my shield,
Subduing peoples under me.

3 LORD, why should you take note of man?
Why should you hold mankind so dear?
4 For they are like a fleeting breath;
Their days like shadows disappear.

5 LORD, part your heavens and come down;
So touch the mountains that they smoke!
6 Send lightning, rout your enemies;
Shoot arrows, scatter all their folk.

7 Reach down your hand from heaven on high;
From mighty waters rescue me.
8 Deliver me from foreign foes
Who speak and act deceitfully.

9 To God a new song I will sing;
I'll play on lyre a pleasing chord.
10 For you give victory to kings;
David you save from deadly sword.

11 Deliver me from hostile hands;
From foreign forces rescue me.
Their mouths are full of lying words;
Their right hands work deceitfully.

12 Then will our sons, like nurtured plants,
From early youth grow strong and tall;
Our daughters fair as pillars carved
To beautify a palace wall.

13 Our barns and stores will then be filled
With harvests which our land will yield;
Our sheep will multiply and grow
By tens of thousands in the field.

14 Our oxen will draw heavy loads;

Our walls will not be broken down.
We'll not be led away as slaves—
No cry of anguish in our town.

- 15 How bless'd are all the folk of whom
This is a true and faithful word!
How bless'd the people who can say,
"We have no God besides the LORD!"

PSALM 145

10 10 10 10

- 1 I will exalt you, O my God and King;
For ever I will praise your holy name.
- 2 I will extol your name for evermore;
Day after day your praise I will proclaim.
- 3 Great is the LORD, most worthy of all praise;
His greatness none can search or comprehend.
- 4 Each generation will recount your deeds
And to the next your mighty acts commend.
- 5-6 They praise the splendour of your majesty,
The power of the works that you have done.
I too will meditate upon your deeds,
And your majestic acts I will make known.
- 7 They will rejoice in your benevolence,
And your abundant grace they'll celebrate;
The righteousness that you have shown to them
In praise and joyful song they will relate.
- 8 The LORD is gracious and compassionate;
He's slow to anger, rich in steadfast love.
- 9 The LORD is good to all that he has made,
And merciful to all on earth that move.
- 10 All you have made will give you praise, O LORD;
Your saints will all unite to bless your name.
- 11 The glory of your reign they will declare,
And your surpassing might they will proclaim.
- 12 Thus all will hear about your mighty acts
And know the glorious splendour of your reign.
- 13 Your kingdom will endure for evermore;
For all time your dominion will remain.
- The LORD is faithful to his promises;
To all that he has made his love is shown.
- 14 The LORD himself upholds all those who fall
And lifts up everyone who is bowed down.
- 15 All eyes are raised expectantly to you,
And in due season you supply their food.
- 16 You open wide your hand to all that live
And satisfy their needs with what is good.
- 17 The LORD is just and good in all his ways;
He shows his love to all that he has made.
- 18 The LORD is near to all who call on him,
To all who call in truth to him for aid.
- 19 The hopes of those who fear him he fulfils;
He hears their cry and saves them from distress.

- 20 The LORD protects all those who love his name,
But slays all those who practise wickedness.
- 21 My lips will frame a psalm of thanks to God;
My mouth will speak for ever in his praise.
Let every creature magnify the LORD,
And praise his holy name now and always.

PSALM 146

8 7 8 7

- 1 Praise the LORD, my soul! O praise him!
2 I'll extol him all my days.
While I live, to God my Saviour
from my heart I will sing praise.
- 3 Do not put your trust in princes,
mortal men who cannot save.
4 All their plans will come to nothing
when they perish in the grave.
- 5 Blessèd is the one who truly
looks for help to Jacob's God;
Blessèd is the one who places
all his hope upon the LORD—
- 6 He who made the earth and heaven
and the seas, with all their store;
He who keeps his every promise,
who is faithful evermore.
- 7 He delivers from oppression
and relieves the hungry's plight.
He releases those in prison;
8 to the blind the LORD gives sight.
- Those who are bowed down he raises.
God delights in righteousness.
- 9 He protects and cares for strangers,
widows and the fatherless.
- He frustrates the wicked's purpose.
10 So the LORD through endless days
Reigns to every generation.
Praise your God, O Zion, praise!

PSALM 147

C.M.

- 1 O praise the LORD! How good it is
to sing him songs of praise!
How pleasant to give thanks to him
for all his gracious ways!
- 2 The LORD builds up Jerusalem;
and he it is alone
Who reaches out to Israël
to bring the exiles home.
- 3 He heals his people's broken hearts,
restores the bruised and lame.
- 4 He sets the number of the stars
and calls them each by name.

- 5 Great is our Lord and great in power;
his wisdom is profound.
- 6 The LORD sustains the meek, but casts
the wicked to the ground.
- 7 Sing to the LORD with thankfulness;
with joy his praise proclaim;
And with the music of the harp
give glory to his name.
- 8 He clothes the vast expanse of heaven—
the sky with clouds he fills;
He makes the rain refresh the earth
and grass grow on the hills.
- 9 He sees the beasts that roam the fields
and feeds them when they call;
The ravens' young cry out to him,
and he supplies them all.
- 10 In horses strong, equipped for war,
the LORD takes no delight;
Nor does he care for proud displays
of human power and might.
- 11 The LORD takes pleasure in his saints
who worship him in fear,
And those who trust his steadfast love
will always find him near.
- 12 Extol the LORD, Jerusalem,
Zion, your God confess.
- 13 He makes secure your city gates,
and those within he'll bless.
- 14 The LORD will grant you peace within
the borders of your land,
And finest wheat will fill your fields
from his sustaining hand.
- 15 To all the corners of the earth
the LORD's commands proceed;
For when he speaks, his word goes forth
through all the world with speed.
- 16 He spreads the snow as wool, the frost
like ashes on the land.
- 17 He hurls forth icy hail like stones:
who can such cold withstand?
- 18 But when he sends his mighty word
and makes the warm winds blow,
The frozen waters start to melt
and once again to flow.
- 19 To Jacob God declares his word
and makes his doctrines known;
His ordinances he reveals
to Israèl alone.
- 20 He has not dealt in such a way
with any other race—
To us alone he shows his laws.
O praise the LORD of grace!

PSALM 148

6 6 6 6 8 8

- 1 O praise, O praise the LORD!
Praise him from heavens' height!
- 2 All angels, give him praise;
Praise him, you hosts of light.
- 3 Praise him, sun, moon and stars on high,
4 You highest heavens and cloudy sky.
- 5 O let them praise his name,
The name of God the LORD,
For he created them
By his almighty word.
- 6 He set their place eternally;
For ever fixed is his decree.
- 7 The LORD praise from the earth,
You creatures of the deep,
8 Fire, hail, snow, clouds and winds,
Which his commandments keep.
- 9 You hills and trees, beasts wild and tame,
10 Small creatures, birds, exalt his name.
- 11 All nations and earth's kings,
Princes and all who reign;
12 Young men and maidens too,
Both children and old men:
- 13 The LORD's great name by them be praised;
His name alone on high is raised.
- His glory shines abroad
Above the earth and heaven;
- 14 And he to his own folk
A mighty king has given.
Let Israèl give praise to God;
They are his people. Praise the LORD!

PSALM 149

12 12 12 12 anapaestic

- 1 Praise the LORD! Give him glory and sing a new song.
Praise the LORD with his saints in the worshipping throng.
- 2 To their Maker let Israèl joyfully sing;
Let the people of Zion be glad in their King.
- 3 Let his people with dancing give praise to his name,
As with harp and with timbrel their God they acclaim.
- 4 For the LORD in his people takes special delight,
And he crowns with salvation the meek in his sight.
- 5 Let the saints shout for joy at the grace he bestows;
Let them sing and rejoice while they take their repose.
- 6 May their mouths be employed in the praise of the LORD,
And their hands be equipped with a double-edged sword.
- 7 They will punish the nations and captive will bring
8 All the peoples of earth, every noble and king.
- 9 They will execute judgment commanded by God.
Thus his saints will be glorified. Worship the LORD!

PSALM 150 (a)

8 7 8 7

- 1 Praise God in his holy temple;
praise the LORD in heavens high.
- 2 Praise him for his acts of power;
praise him for his majesty.
- 3 Praise him with the sounding trumpet;
praise him with the harp and lute.
- 4 Praise with tambourine and dancing,
praise him with the strings and flute.
- 5 Praise him with the clash of cymbals;
with loud cymbals praise accord.
- 6 Praise him, everything that's breathing!
Hallelujah! Praise the LORD!

PSALM 150 (b) 8 7 8 7 8 7
(Alternative setting)

- 1 Praise God in his holy temple;
praise the LORD in heavens high.
- 2 Praise him for his acts of power;
praise him for his majesty.
Praise him! Praise him! Praise him! Praise him!
Praise him for his majesty.
- 3 Praise him with the sounding trumpet;
praise him with the harp and lute.
- 4 Praise with tambourine and dancing,
praise him with the strings and flute.
Praise him! Praise him! Praise him! Praise him!
Praise him with the strings and flute.
- 5 Praise him with the clash of cymbals;
with loud cymbals praise accord.
- 6 Praise him, everything that's breathing!
Hallelujah! Praise the LORD!
Praise him! Praise him! Praise him! Praise him!
Hallelujah! Praise the LORD!