



**BURDEN**  
TO  
**BLESSING**  
A JOURNEY  
THROUGH THE PSALMS

**DAVE PATTY**

*„But I will sing of your strength;  
I will sing aloud of your steadfast love in the morning.  
For you have been to me a fortress  
and a refuge in the day of my distress.“*

*Psalm 59:16*

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*Unless otherwise noted,  
all Scripture is referenced in the  
English Standard Version (ESV).*

**TALK #1:**  
**BURDEN TO BLESSING**  
**WHAT BURDENS ARE YOU CARRYING**  
**TODAY?**

**BURDEN INVENTORY**

Make a check beside the burdens you are experiencing or have experienced in the last month. Write a short description so you can quickly remember what they are. Later you will come back and try to identify what path will lead you from this burden to blessing. If there are more in a certain category, write the category again in the blanks at the bottom of the list.

<b>Type of Burden</b>	<b>Short Description</b>	<b>Path to Blessing</b>
Family.....		
Relationship.....		
Health.....		
Sorrow.....		
Loss.....		
Grief.....		
Worry.....		
Future.....		
Work.....		

**Type of Burden**

**Short Description**

**Path to Blessing**

Failure .....

“Not enough”.....

Time.....

Weariness.....

Friend .....

Depression.....

Energy.....

Ministry.....

Church.....

Financial.....

Inadequacy.....

Overwhelmed.....

Children .....

Parent .....

Pressure.....

.....

.....

.....

.....

# BURDEN IMPACT

How do these burdens impact you? Check the emotions you have experienced as you carry these burdens. Write a short description of how that emotion impacts you. Feel free to add other emotions at the end.

**Name**

**How does this emotion impact you?**

Unease .....

Fear .....

Dissatisfaction .....

Discontent .....

Stress .....

Sorrow .....

Anxiety .....

Uncertainty .....

Nervousness .....

Longing .....

Weariness .....

Pain .....

Overwhelmed .....

Threatened .....

Depression .....

Powerlessness .....

**Name**

**How does this emotion  
impact you?**

Hardness towards others .....

Hostility.....

Judgement .....

Bitterness.....

Discouragement.....

Self-condemnation .....

Guilt.....

Disorientation.....

Anger .....

.....

.....

.....

.....

.....

Stop and picture what life would be like if these emotions could be replaced with love, joy peace patience, kindness, goodness, gentleness, and self-control (Gal. 5:22-23). How would that change the quality of your life?

## **WHAT WOULD LIFT YOUR BURDENS?**

## FALSE FRIENDS

There are four false friends who are always ready to help you when you carry a burden. These helpful friends offer to lift your burden, and often they do make you feel as if they have quickly made it lighter. In reality, however, they are masters of illusion and attach the burden more firmly to you as they blind your eyes to the true path that will lead you to blessing.

### 1. Protest



The false friend of protest motivates you to loudly complain, and announce to anyone who will listen how unacceptable and unjust your burden is. Protest makes you feel powerful when you experience powerlessness and convinces you that you are indeed changing things by your insistent complaint.

More often, however, your protest steals energy from proactive problem-solving, and enlarges the problem rather than making it smaller. Protest is generally accompanied by judgment and causes you to be unwittingly trapped in inertia as you wait and hope for others to act.

### 2. Reform



The false friend of reform motivates you to lift the burden by changing others around you. It creates long conversations in your head as you build the arguments that will win their minds and correct their actions. In this way, you tie your happiness to the growth of others, which is a fragile and unstable hope.

Others resist your attempts to change them because they intuitively sense your motivation is for your relief rather than for their good. Even if they do change, if it is not as you pictured, you will be disappointed. The false friend of reform is often motivated by unforgiveness as you attempt to gain back what you feel you have lost.

### 3. Survival



The false friend of survival convinces you the best way to lift the burden is by conservation and self-protection. Since nothing can be done to change the situation, it is best to concentrate on how to limit exposure to burden-causing influences and create safety by withdrawal, distance, and other boundaries.

This does bring relief, but also restricts and limits, leaving you with little space for action and growth. To keep you in survival mode this false friend often recruits a supporting team of fear, worry, and stress.

### 4. Resignation



This false friend reminds you of all the times you have been disappointed and argues that it is better to have no expectation of change than invest in a hope that will certainly let you down. “Just learn to live with it”, this friend says, “and be skeptical of the naive solutions being offered to you by others.”

Resignation loves to mine the past for examples of disappointment and unfulfilled expectations.



It sees the future through this interpretive lens and uses the allies of doubt, hopelessness, and discouragement to trap you where you are.

Each of these false friends is attractive because it approximates a true friend you will meet on God's path to blessing. However, all are actually energized by the flesh and will cause you to try and lighten your burdens without the power and presence of God.

Now go back to your list, and on the left side indicate the false friends that are the most tempting in your areas of burden. Use one or two letters to indicate each of the four false friends – P, Rf, S, R

## **TRUE FRIENDS**

God's Word offers you a much better friend in the form of ancient songs.

Why do we sing?

- Songs engage both our emotions and our mind
- Songs release, connect, and direct
- Songs pattern our soul

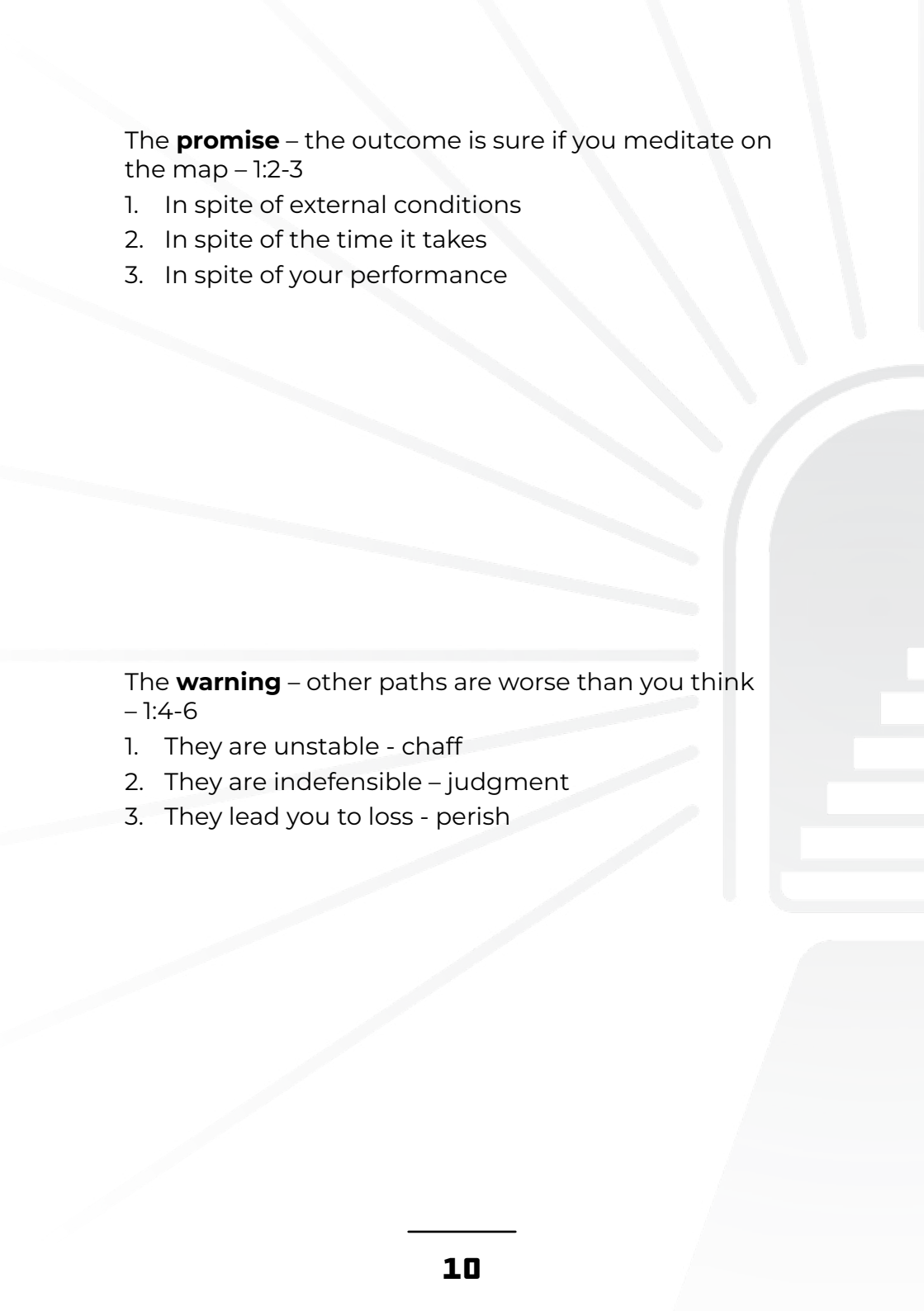
Where do the ancient songs want to lead us? **Psalm 1**

The **destination** – Blessing – 1:1

1. God's favor, his active intervention to bring you the greatest good
2. Happiness, well being
3. The **external** and **internal** experience of the **goodness of God** (Psalm 34:8)

The **danger** – False paths – 1:1

1. Godless counsel
2. Soothing sin
3. Sitting scorn



The **promise** – the outcome is sure if you meditate on the map – 1:2-3

1. In spite of external conditions
2. In spite of the time it takes
3. In spite of your performance

The **warning** – other paths are worse than you think – 1:4-6

1. They are unstable - chaff
2. They are indefensible – judgment
3. They lead you to loss - perish

The **command** - Meditate – *Hagah* – 25 occurrences

To moan, growl, utter, speak, muse, mutter

- Growl of a lion growling over prey – Is 31:4
- Groan, moan, in distress (like a dove) – Isaiah 38:14, Isaiah 59:11
- Utter – Psalm 38:13
- Muse – Joshua 1:8
- Imagine, devise – Psalm 2:1, Proverbs 24:2

## **DISCUSSION**

Look at the list of the burdens you are carrying or have carried in the last month. What general observations do you make as you step back and reflect on these burdens?

Look at the list of emotions these burdens are causing you to experience. What general observations do you make as you reflect on them?

Which of the four false friends is most tempting to you and why?

As you look at the message of Psalm 1, what insights are most challenging or encouraging to you personally?



**TALK #2:**  
**THE PATH OF  
LAMENT**

## **WHY DO YOU NEED THE PATH OF LAMENT?**

(Quotes below are from “*Between Pain and Grace*”, by Peterman and Schmutzer)

### **1. For most of us, lament is not natural.**

*Lament is risky, because its pain and passion are unscripted. For complex suffering, faith is more than “aha!” answers, it is an intentional relationship of unedited dialogue. Lament is a standing invitation to worship in pain, among the pained, not in spite of any pain. And He who never sleeps (Ps. 121) will never be embarrassed by our tears, frailty, or questions.*

### **2. Without it, you will miss the compassion and comfort of God.**

*The Creator is a speaking God. Appropriately, He is also a hearing God, attentive to the needs of people:*

*“I have surely seen the affliction . . . and have heard their cry. . . . I know their sufferings, and I have come down to deliver them. . . . The cry of the people of Israel has come to me” (Ex. 3:7–9).*

*“Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God.” 2 Cor. 1:3-4*

### **3. Lament gives a voice to pain and suffering.**

*Suffering is primarily emotional, and the emotion needs to be given a voice. The “grammar of suffering” in the Old Testament includes cries, groans, and pained prayers written to God.*

*“The Bible gives us permission to say how bad things really are and to move beyond silent acquiescence to articulate our pain. The disintegration of meaning that comes with suffering is slowly restored in the movement from silence to lament.” Phil C. Zylla*

### **4. Lament is needed for the community of God to remain healthy.**

*People with hearts crippled by profound pain are forced to stand and clap week after week with little if any mention of the dark trials that fill their hearts. Is this a moral way of treating the hurting in our own midst? Wounded people among us “smell” a form of pretense that is as programmed and insincere as the canned laughter of sitcoms. They are correct. Shunned grief is spiritual hypocrisy.*

*“Between Pain and Grace”, Page 107*

*Just as mourning was communal, not just individual, so the lamenter offered up his complaint within community. Lament has a social audience that functions as a listening community. The social community hears the lament and is committed to determining a faithful response to the lament (e.g. opportunity for empathy, critique, and embodied aid).*

*“Between Pain and Grace”, Page 122*

## **THE PATH OF LAMENT HAS FOUR LEGS:**

1. Complaint
2. Request
3. Confidence
4. Praise

I make my complaint, give my request, proclaim my confidence, and end with praise

The false friend of **Protest** tries to approximate the Path of **Lament**, but in reality, leads you to an entirely different place, since you are relying on protest to demand or force change, rather than taking your requests to God.

## **PSALMS OF LAMENT**

### **Community lament - 11**

12, 44, 60, 74, 79, 80, 85, 94, 123, 126, 129

### **Individual lament - 34**

3, 4, 5, 7, 10, 13, 14, 17, 22, 25, 28, 31, 39, 40, 41, 42, 43, 54, 55, 56, 57, 59, 61, 64, 69, 70, 71, 77, 86, 88, 120, 141, 142, 143

### **Imprecatory lament - 6**

35, 58, 83, 109, 137, 140

**Total – 51**



## **Classic Lament – Psalm 13**

To the choirmaster. A Psalm of David

### **1. Complaint**

*1 How long, O LORD? Will you forget me forever? How long will you hide your face from me? 2 How long must I take counsel in my soul and have sorrow in my heart all the day? How long shall my enemy be exalted over me?*

Observations:

### **2. Request**

*3 Consider and answer me, O LORD my God; light up my eyes, lest I sleep the sleep of death, 4 lest my enemy say, “I have prevailed over him,” lest my foes rejoice because I am shaken.*

Observations:

### **3. Confidence**

*5 But I have trusted in your steadfast love; my heart shall rejoice in your salvation.*

Observations:

### **4. Praise**

*6 I will sing to the LORD, because he has dealt bountifully with me.*

Observations:

## Expanded Lament – Psalm 69

To the choirmaster: according to Lilies. Of David.

### 1. Complaint

*1 Save me, O God! For the waters have come up to my neck. 2 I sink in deep mire, where there is no foothold; I have come into deep waters, and the flood sweeps over me. 3 I am weary with my crying out; my throat is parched. My eyes grow dim with waiting for my God. 4 More in number than the hairs of my head are those who hate me without cause; mighty are those who would destroy me, those who attack me with lies. What I did not steal must I now restore? 5 O God, you know my folly; the wrongs I have done are not hidden from you.*

Observations:

## **2. Request**

*13 But as for me, my prayer is to you, O LORD. At an acceptable time, O God, in the abundance of your steadfast love answer me in your saving faithfulness.*

*14 Deliver me from sinking in the mire; let me be delivered from my enemies and from the deep waters. 15 Let not the flood sweep over me, or the deep swallow me up, or the pit close its mouth over me.*

*16 Answer me, O LORD, for your steadfast love is good; according to your abundant mercy, turn to me. 17 Hide not your face from your servant, for I am in distress; make haste to answer me. 18 Draw near to my soul, redeem me; ransom me because of my enemies!*

Observations:

### **3. Confidence**

*19 You know my reproach, and my shame and my dishonor; my foes are all known to you.*

*33 For the LORD hears the needy and does not despise his own people who are prisoners.*

*35 For God will save Zion and build up the cities of Judah, and people shall dwell there and possess it; 36 the offspring of his servants shall inherit it, and those who love his name shall dwell in it.*

Observations:

#### **4. Praise**

*30 I will praise the name of God with a song; I will magnify him with thanksgiving. 31 This will please the LORD more than an ox or a bull with horns and hoofs.*

*32 When the humble see it they will be glad; you who seek God, let your hearts revive.*

*34 Let heaven and earth praise him, the seas and everything that moves in them.*

Observations:

## **COMMON TENDENCIES AS YOU LEARN LAMENT**

1. **Upside-down map** – You take the path in a different order.
2. **Tent on the trail** – You treat a certain leg as a destination rather than a passageway.
3. **Short cuts** – You skip a leg or take one too quickly.

## **PERSONAL REFLECTION**

Go to the back of this book and find the Psalms of Lament. Choose three to five of them and mine them for more insight about the four legs of lament.

### **1. Complaint**

### **2. Request**

### **3. Confidence**

### **4. Praise**

Now go back to your list of burdens. Under the guidance of the Holy Spirit, chose one of the burdens that you could respond to with lament. Then write your own psalm, using the categories below. Remember that this is not a writing assignment – it can be rough and unfinished. What is most important is that it expresses the true voice of your soul.



## **1. Complaint**

## **2. Request**

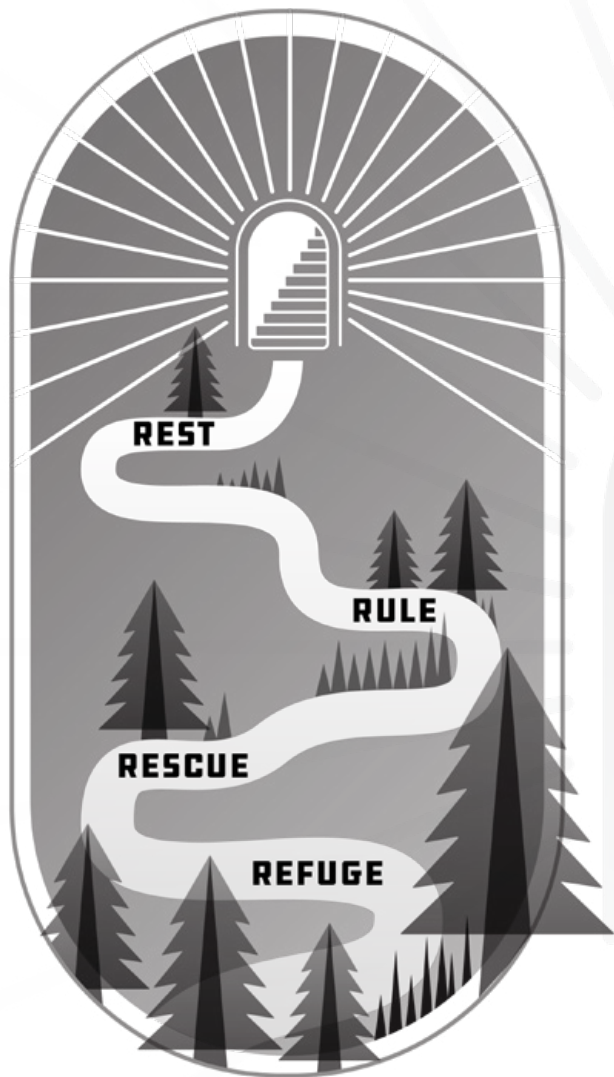
## **3. Confidence**

## **4. Praise**

Lament is most powerful when it is done in community. Find one or two other people and walk your burden down the path of lament together with them. You can either share what you have written and then have them pray for you, or express your “psalm” directly into prayer as you voice those words directly to the Lord in their hearing. You don’t have to read exactly what you wrote if you want your prayer to be more spontaneous. Again, this is not a performance, but an honest expression of your heart to God.

Finally, spend a few minutes discussing what you learned from the experience of practicing the path of lament.





**TALK #3:**  
**THE PATH OF**  
**SOVEREIGNTY**

## TYPICAL QUESTIONS ABOUT THE PATHS

1. How much time should I spend on each leg of the path?
2. Can I walk down the same path again with the same burden?
3. What if my spouse or friend wants to walk my burden down a different path than I feel I need?
4. Is there one path that is better than another one?
5. What if I don't do it just right or forget something?
6. Can I walk the same burden down several of the paths?

## WHY DO YOU NEED THE PATH OF SOVEREIGNTY?

1. **Without constant correction, you will naturally dethrone God and make someone or something else king.**

*“Most Christians salute the sovereignty of God but believe in the sovereignty of man.” —R. C. Sproul*

*“If there is one single reason why good people turn [to] evil, it is because they fail to recognize God's ownership over their kingdom, their vocation, their resources, their abilities, and above all their lives.” — Erwin Lutzer*

**2. Without confidence in sovereignty, it will be impossible to maintain your trust in God.**

*“If there is one single molecule in this universe running around loose, totally free of God’s sovereignty, then we have no guarantee that a single promise of God will ever be fulfilled.” —R.C. Sproul*

*“Confidence in the sovereignty of God in all that affects us is crucial to our trusting Him. If there is a single event in all of the universe that can occur outside of God’s sovereign control then we cannot trust Him. His love may be infinite, but if His power is limited and His purpose can be thwarted, we cannot trust Him.”  
—Jerry Bridges*

**3. Sovereignty forms the basis for your comfort and security.**

*“Those who understand God’s sovereignty have joy even in the midst of suffering, a joy reflected on their very faces, for they see that their suffering is not without purpose.” —R.C. Sproul*

*“There is no attribute more comforting to His children than that of God’s sovereignty. Under the most adverse circumstances, in the most severe trials, they believe that sovereignty has ordained their afflictions, that sovereignty overrules them, and that sovereignty will sanctify them all. There is nothing for which the children ought to more earnestly contend to than the doctrine of their Master over all creation – the Kingship*

*of God over all the works of His own hands – the Throne of God and His right to sit upon that throne...for it is God upon the Throne whom we trust.” —Charles Spurgeon*

*“Because God is sovereignly in control, accidents are just incidents in God’s good plan for you.” —Rick Warren*

*“The sovereignty of God is the one impregnable rock to which the suffering human heart must cling. The circumstances surrounding our lives are no accident: they may be the work of evil, but that evil is firmly held within the mighty hand of our sovereign God.”  
—Margaret Clarkson*

#### **4. Sovereignty creates the context for your obedience and submission.**

*“The greatness of the man’s power is the measure of his surrender.” —William Booth*

*“What we do every time we pray is to confess our impotence and God’s sovereignty.”  
—J.I. Packer*

*“People ask me, ‘Why pray if God is Sovereign?’ I respond, ‘Why pray if he isn’t?’” —Michael Horton*

*“Every sin is an act of cosmic treason, a futile attempt to dethrone God in His sovereign authority.” —R.C. Sproul*

## THE PATH OF SOVEREIGNTY HAS FOUR LEGS:

1. Refuge
2. Rescue
3. Rule
4. Rest

I run to you for refuge, call to you for rescue, bow to you as the ruler of all, and lead my soul to rest.

The false friend of **Reform** tries to approximate the path of **Sovereignty**, but in reality, it leads you to an entirely different place, since refuge and rescue come from your strength rather than the strength of God. With Reform, you will seek to lighten the burden (rest) through your rule, rather than the rule of the Lord.

### **Sovereignty Psalms**

27, 29, 33, 46, 75, 76, 89, 92, 93, 97, 113, 115, 121, 135, 145

**Total** – 15

## **Classic Sovereignty – Psalm 46**

To the choirmaster. Of the Sons of Korah. According to Alamo. A Song.

### **1. Refuge**

*1 God is our refuge and strength, a very present help in trouble.*

*7 The LORD of hosts is with us; the God of Jacob is our fortress. Selah*

*11 The LORD of hosts is with us; the God of Jacob is our fortress. Selah*

Observations:

### **2. Rescue**

*2 Therefore we will not fear though the earth gives way, though the mountains be moved into the heart of the sea, 3 though its waters roar and foam, though the mountains tremble at its swelling. Selah*

Observations:

### 3. **Rule**

*4 There is a river whose streams make glad the city of God, the holy habitation of the Most High. 5 God is in the midst of her; she shall not be moved; God will help her when morning dawns. 6 The nations rage, the kingdoms totter; he utters his voice, the earth melts.*

*8 Come, behold the works of the LORD, how he has brought desolations on the earth. 9 He makes wars cease to the end of the earth; he breaks the bow and shatters the spear; he burns the chariots with fire.*

Observations:

### 4. **Rest**

*10 "Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!"*

Observations:

## COMMON TENDENCIES AS YOU LEARN SOVEREIGNTY

1. **Tunnel vision** – You turn off emotion and forget God’s attributes of love and compassion.
2. **Map beating** – You use sovereignty as an excuse to quickly correct others rather than joining them on the path.
3. **Tent on the trail** – You treat a certain leg as a destination rather than a passageway.

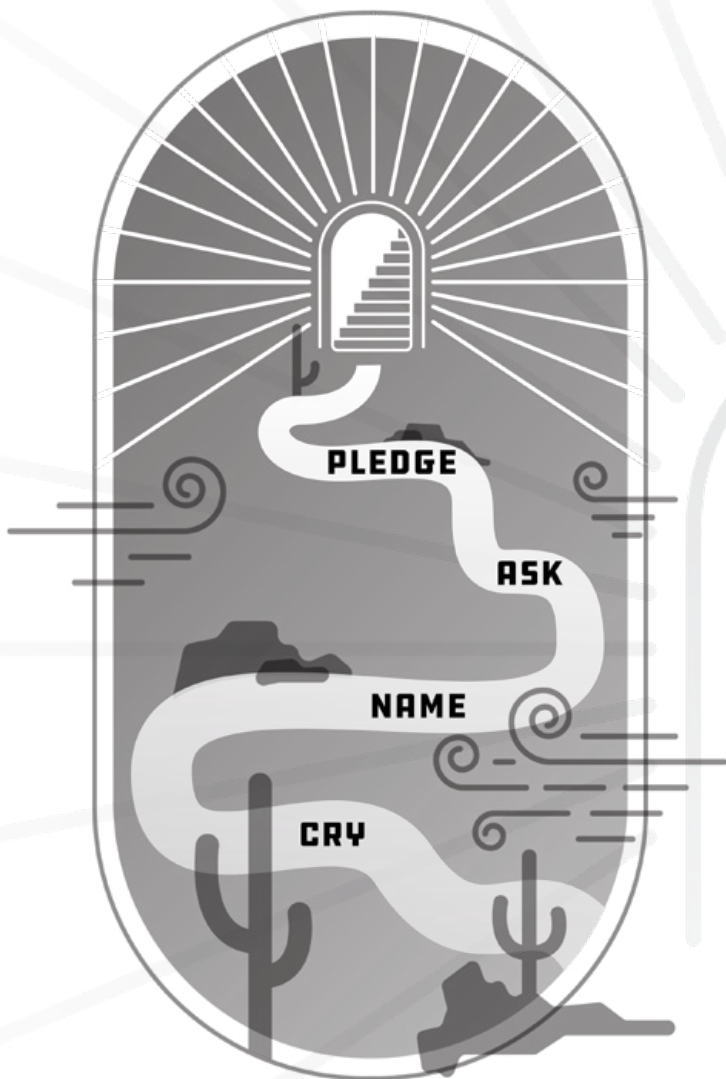
## DISCUSSION AND APPLICATION

Look back at the four reasons why you need the Path of Sovereignty. Which ones of these are most applicable to you personally? Are there any you would add?

Turn to Psalm 33 in the back of this book on page 87. Make some additional observations together about the nature of the path of Refuge, Rescue, Rule, and Rest from this Psalm.

Now you get to practice this path with some “musical improvisation”. Look back at your burdens and choose one that you would like to walk down the path of sovereignty. Without any preparation, go through the process of Refuge, Rescue, Rule, and Rest out loud and in prayer. Then have one other person pray down the path of sovereignty on your behalf.





**TALK #4:**  
**THE PATH OF  
REPENTANCE**

## WHY DO YOU NEED THE PATH OF REPENTANCE?

1. **Without the discipline of repentance, you will become blind to your sin.**

*If we say we have no sin, we deceive ourselves, and the truth is not in us. If we say we have not sinned, we make him a liar, and his word is not in us. 1 John 1:8, 10*

*But exhort one another every day, as long as it is called "today," that none of you may be hardened by the deceitfulness of sin. Heb. 3:13*

*"You will never make yourself feel that you are a sinner, because there is a mechanism in you as a result of sin that will always be defending you against every accusation. We are all on very good terms with ourselves, and we can always put up a good case for ourselves. Even if we try to make ourselves feel that we are sinners, we will never do it. There is only one way to know that we are sinners, and that is to have some dim, glimmering conception of God.*

*We don't feel the weight of our sin because of our sin."  
—Martin Lloyd-Jones*

## 2. **Without ongoing repentance, you will stop growing.**

*When our Lord and Master Jesus Christ said “Repent,” he willed the entire life of believers should be one of repentance. —Martin Luther, in the first of his 95 theses, nailed to the Wittenburg door.*

*“...repentance is the way we make progress in the Christian life. Indeed, pervasive, all-of-life-repentance is the best sign that we are growing deeply and rapidly into the character of Jesus.” —Timothy Keller*

*The Christian who has stopped repenting has stopped growing. —John Blanchard*

## 3. **Repentance releases the power of God to bring deep and lasting change in your life.**

*“The word repentance is sadly missing today from the average pulpit. It is a very unpopular word. The first sermon Jesus ever preached was “Repent: for the kingdom of heaven is at hand” [Mat. 4:17 KJV].”  
— Billy Graham*

*“There is no going to the fair haven of glory without sailing through the narrow strait of repentance.”  
—William Dyer*

*“Sin and hell are married unless repentance proclaims the divorce”. —Charles Spurgeon*

*“God cannot fix whoever is first not broken.”  
—Jack Wellman*

*“I gave in, and admitted that God was God, and knelt and prayed: perhaps, that night, the most dejected and reluctant convert in all England.” —C.S. Lewis*

**4. Only through repentance will revival be released in individuals, families, communities, and countries.**

*“You can pray till doomsday for revival, but you will never get it without repentance and confession of sin in the Christian life.” —A. W. Tozer*

*Remember therefore from where you have fallen; repent, and do the works you did at first. If not, I will come to you and remove your lampstand from its place, unless you repent. Rev. 2:5*

*“The church can do many things after she repents, but she can do nothing else until she repents.”  
—Vance Havner*

*“Christian religion is, in the long run, a thing of unspeakable comfort. But it does not begin in comfort; it begins in the dismay and it is no use at all trying to go on to that comfort without first going through that dismay.” —C.S. Lewis*

*“Revival is a renewed conviction of sin and repentance, followed by an intense desire to live in obedience to God. It is giving up one’s will to God in deep humility.”  
—Charles Finney.*

## THE PATH OF REPENTANCE HAS FOUR LEGS:

1. **Cry** for help
2. **Name** the sin
3. **Ask** for cleansing, healing, forgiveness, and restoration
4. **Pledge** to follow

Cry, Name, Ask, Pledge

The false friend of **Resignation** tries to approximate the Path of **Repentance** because you feel like you are admitting the problem and surrendering. In reality, resignation leads you to an entirely different place, since you not relying on the grace, mercy, and forgiveness of God to redeem and rescue.

### Repentance Psalms

6, 32, 38, 51, 102, 130, 143

**Total** – 7

## Classic Repentance – Psalm 51

To the choirmaster. A Psalm of David, when Nathan the prophet went to him, after he had gone in to Bathsheba

### 1. **Cry**

*1 Have mercy on me, O God, according to your steadfast love; according to your abundant mercy blot out my transgressions. 2 Wash me thoroughly from my iniquity, and cleanse me from my sin!*

Observations:

### 2. **Name**

*3 For I know my transgressions, and my sin is ever before me. 4 Against you, you only, have I sinned and done what is evil in your sight, so that you may be justified in your words and blameless in your judgment. 5 Behold, I was brought forth in iniquity, and in sin did my mother conceive me. 6 Behold, you delight in truth in the inward being, and you teach me wisdom in the secret heart.*

Observations:

### 3. **Ask**

*7 Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow. 8 Let me hear joy and gladness; let the bones that you have broken rejoice.*

*9 Hide your face from my sins, and blot out all my iniquities. 10 Create in me a clean heart, O God, and renew a right spirit within me. 11 Cast me not away from your presence, and take not your Holy Spirit from me. 12 Restore to me the joy of your salvation, and uphold me with a willing spirit.*

*14 Deliver me from bloodguiltiness, O God, O God of my salvation, and my tongue will sing aloud of your righteousness. 15 O Lord, open my lips, and my mouth will declare your praise.*

Observations:

### 4. **Pledge**

*13 Then I will teach transgressors your ways, and sinners will return to you.*

*16 For you will not delight in sacrifice, or I would give it; you will not be pleased with a burnt offering. 17 The sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise. 18 Do good to Zion in your good pleasure; build up the walls of Jerusalem; 19 then will you delight in right sacrifices, in burnt offerings and whole burnt offerings; then bulls will be offered on your altar.*

Observations:

## **COMMON TENDENCIES AS YOU LEARN REPENTANCE**

1. **Shame wall** – You get blocked by shame and don't lift your head to receive grace.
2. **Guilt whip** – You punish yourself out of guilt rather than run to the cross.
3. **Tent on the trail** – You treat a certain leg as a destination rather than a passageway.

*“It is better to meet God with tears in your eyes than with weapons in your hands.” —Thomas Watson*

*“Learn this lesson: not to trust Christ because you repent, but trust Christ to make you repent; not to come to Christ because you have a broken heart, but to come to Him that He may give you a broken heart; not to come to Him because you are fit to come, but to come to Him because you are unfit to come. Your fitness is your unfitness. Your qualification is your lack of qualification.” —Charles Spurgeon*



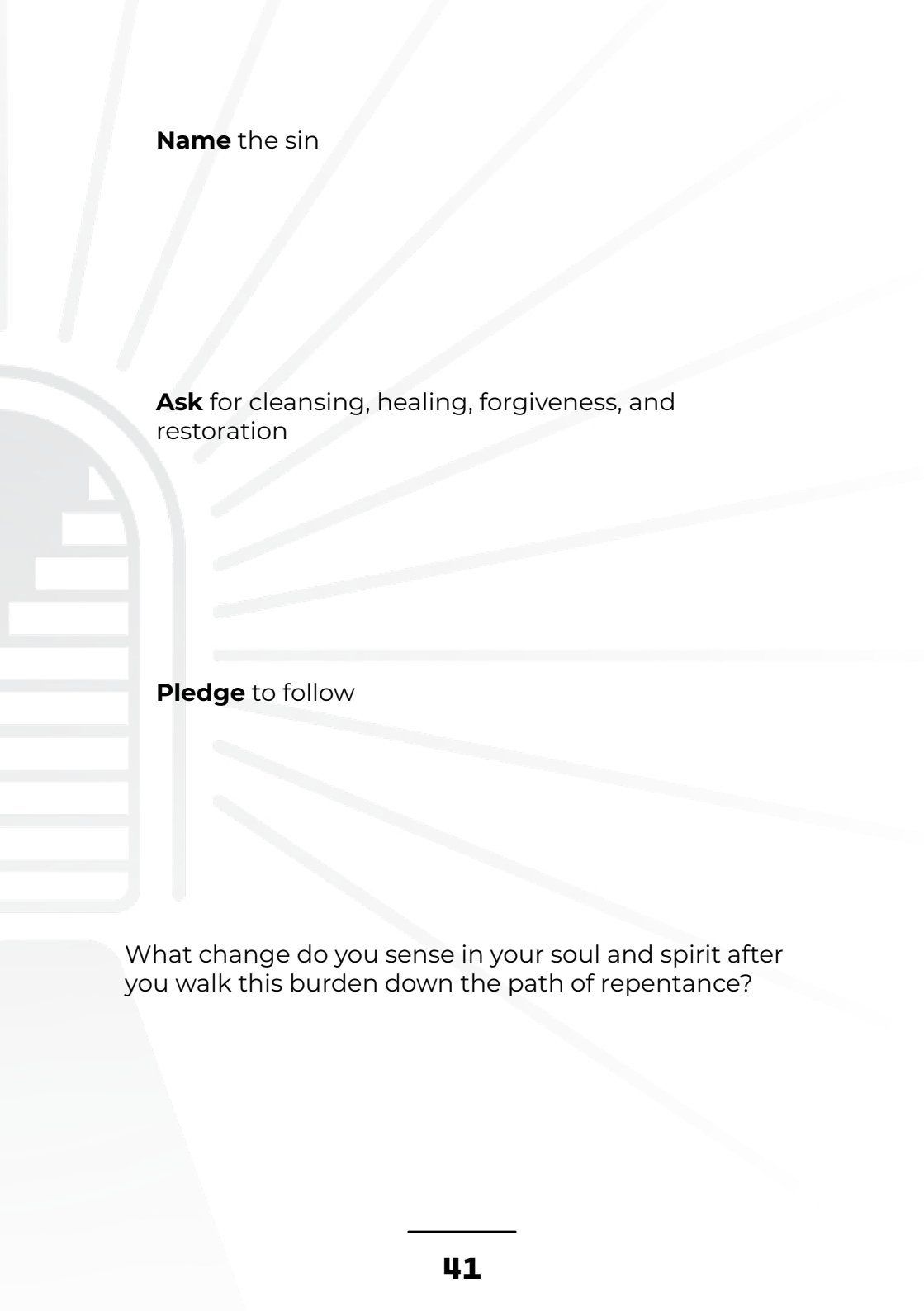
## **PERSONAL REFLECTION**

Look back over the notes from this lesson. What thoughts were the most significant to you, personally?

Go to the back of the book and look at another psalm of repentance, Psalm 32 on page 99. What additional observations do you make about the four legs of the Path of Repentance, Cry, Name, Ask, Pledge?

Now go back to the burdens you listed at the beginning. Ask the Holy Spirit to show you one of these that you should walk down the path of repentance. Write out your own psalm below, and then take this burden to the Father in prayer.

**Cry** for help



**Name** the sin

**Ask** for cleansing, healing, forgiveness, and restoration

**Pledge** to follow

What change do you sense in your soul and spirit after you walk this burden down the path of repentance?



**TALK #5:**  
**THE PATH OF**  
**WISDOM**

## WHY DO YOU NEED THE PATH OF WISDOM?

*"It's a dangerous business, Frodo, going out your door. You step onto the road, and if you don't keep your feet, there's no knowing where you might be swept off to."*

—J.R.R. Tolkien,

### 1. **Your first evaluation of a situation is generally incomplete and often wrong.**

*"There is a way that seems right to a man, but its end is the way to death." Prov. 14:12*

*"Whoever trusts in his own mind is a fool, but he who walks in wisdom will be delivered." Prov. 28:26*

*"I am not young enough to know everything."*

—James M. Barrie

### 2. **Wisdom is only obtained with focus and discipline.**

*Get wisdom; get insight; do not forget, and do not turn away from the words of my mouth. Prov. 4:5*

*Buy truth, and do not sell it; buy wisdom, instruction, and understanding. Prov. 23:23*

*Listen to advice and accept instruction, that you may gain wisdom in the future. Proverbs 19:20*

*The discerning sets his face toward wisdom, but the eyes of a fool are on the ends of the earth. Prov. 17:24*

**3. Seeing your situation from God's perspective will allow you to choose a different course of action from your natural response.**

*The way of a fool is right in his own eyes, but a wise man listens to advice. Prov. 12:15*

*One who is wise is cautious and turns away from evil, but a fool is reckless and careless. Prov. 14:16*

*A fool gives full vent to his spirit, but a wise man quietly holds it back. Prov.29:11*

*It is an honor for a man to keep aloof from strife, but every fool will be quarreling. Prov. 20:3*

4. **Becoming a wise man or woman will bring blessing to you, your family, and all who you touch.**

*Blessed is the one who finds wisdom, and the one who gets understanding. Prov. 3:13*

*Take my instruction instead of silver, and knowledge rather than choice gold, for wisdom is better than jewels, and all that you may desire cannot compare with her. Prov. 8:10-11*

*The teaching of the wise is a fountain of life, that one may turn away from the snares of death. Prov. 13:14*

*A wise man is full of strength, and a man of knowledge enhances his might. Prov. 24:5*

## **THE PATH OF WISDOM HAS FOUR LEGS:**

1. My perspective
2. God's perspective
3. My response
4. God's response

The false friend of **Survival** tries to approximate the Path of **Wisdom**, because it makes the most sense to you to do what will best protect you, preserve your life and the lives of those precious to you. In reality, the path of survival often backfires, leading to great loss for both you and those you love.

### **Wisdom Psalms**

36, 37, 49, 73, 112, 127, 128, 133

**Total** – 8

### **Classic wisdom – Psalm 73**

#### **1. My perspective**

*2 But as for me, my feet had almost stumbled, my steps had nearly slipped. 3 For I was envious of the arrogant when I saw the prosperity of the wicked. 4 For they have no pangs until death; their bodies are fat and sleek. 5 They are not in trouble as others are; they are not stricken like the rest of mankind. 6 Therefore pride is their necklace; violence covers them as a garment. 7 Their eyes swell out through fatness; their hearts overflow with follies. 8 They scoff and speak with malice; loftily they threaten oppression. 9 They set their mouths against the heavens, and their tongue struts through the earth. 10 Therefore his people turn back to them, and find no fault in them. 11 And they say, "How can God know? Is there knowledge in the Most High?"*

*12 Behold, these are the wicked; always at ease, they increase in riches. 13 All in vain have I kept my heart clean and washed my hands in innocence. 14 For all the day long I have been stricken and rebuked every morning. 15 If I had said, "I will speak thus," I would have betrayed the generation of your children. 16 But when I thought how to understand this, it seemed to me a wearisome task,*

*21 When my soul was embittered, when I was pricked in heart, 22 I was brutish and ignorant; I was like a beast toward you.*

Observations:

## **2. God's perspective**

*17 until I went into the sanctuary of God; then I discerned their end. 18 Truly you set them in slippery places; you make them fall to ruin. 19 How they are destroyed in a moment, swept away utterly by terrors! 20 Like a dream when one awakes, O Lord, when you rouse yourself, you despise them as phantoms.*

*27 For behold, those who are far from you shall perish; you put an end to everyone who is unfaithful to you.*

Observations:



### 3. **My response**

*25 Whom have I in heaven but you? And there is nothing on earth that I desire besides you. 26 My flesh and my heart may fail, but God is the strength of my heart and my portion forever.*

*28 But for me it is good to be near God; I have made the Lord GOD my refuge, that I may tell of all your works.*

Observations:

### 4. **God's response**

*1 Truly God is good to Israel, to those who are pure in heart.*

*23 Nevertheless, I am continually with you; you hold my right hand. 24 You guide me with your counsel, and afterward you will receive me to glory.*

Observations:

## COMMON TENDENCIES AS YOU LEARN WISDOM

1. **Pride blindness** – Convinced that you already know the answer, you become blind to other options found only on the path of wisdom.
2. **Sprinter's syndrome** – Pressed for time, you rush down the path without gaining the insight each leg of the journey offers you.
3. **Tent on the trail** – Not seeing the full picture, you treat a certain leg as a destination rather than a passageway.

## DISCUSSION AND APPLICATION

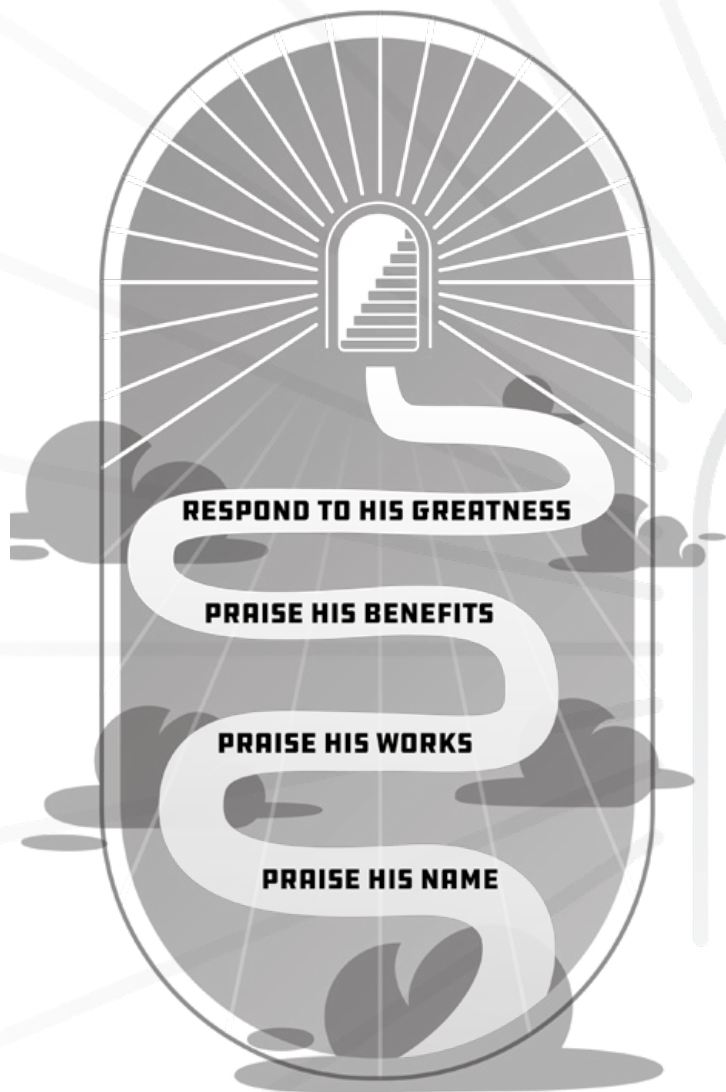
What is a key insight from this lesson that you want to make sure you remember?

Look at Psalm 37 on page 106 and make some additional observations together about the four legs of the Path of Wisdom.

Now go back and identify one burden that you want to walk down the Path of Wisdom.

You will “sing” your personal song in your group antiphonally. This means that you will tell them your perspective on the situation, and they will voice back to you God’s perspective. Then you will tell them your response to God’s perspective, and they will voice back to you God’s response to your response.

Reflect back on the process of practicing the Path of Wisdom. How was that for you? What did you learn?



**RESPOND TO HIS GREATNESS**

**PRAISE HIS BENEFITS**

**PRAISE HIS WORKS**

**PRAISE HIS NAME**

**TALK #6:  
THE PATH OF  
PRAISE**

## **WHY DO YOU NEED THE PATH OF PRAISE?**

- 1. God is exceedingly worthy of our worship and extraordinarily deserving of our praise.**

*I will exalt you, my God the King; I will praise your name for ever and ever. Every day I will praise you and extol your name for ever and ever. Great is the LORD and most worthy of praise; his greatness no one can fathom. Ps. 145:1-3 NIV*

*“Worthy are you, our Lord and God, to receive glory and honor and power, for you created all things, and by your will they existed and were created.” Rev. 4:11*

- 2. Praise locates us properly in our place in the universe as children of God, reflecting his glory.**

*Oh come, let us worship and bow down; let us kneel before the Lord, our Maker! For he is our God, and we are the people of his pasture, and the sheep of his hand. Ps. 95:6-7*

*And we all, with unveiled face, beholding the glory of the Lord, are being transformed into the same image from one degree of glory to another. 2 Cor. 3:18*

### **3. Praise realigns our heart, restores our spirit, and refocuses our gaze.**

*You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore. Ps. 16:11*

*Blessed are those who have learned to acclaim You, who walk in the light of Your presence, Lord. They rejoice in Your Name all day long; they celebrate Your righteousness. For You are their glory and strength, and by Your favor You exalt our horn. Ps. 89:15-17 NIV*

*“But just as your body needs sleep, your soul needs time to rest in God. To learn more about Him. To talk to Him. To worship and praise Him.” — Craig Groeschel*

### **4. Praise changes those around us.**

*One generation shall commend Your works to another, and shall declare Your mighty acts. Ps. 145:4*

*Bless the LORD, O you his angels, you mighty ones who do his word, obeying the voice of his word! Bless the LORD, all his hosts, his ministers, who do his will! Bless the LORD, all his works, in all places of his dominion. Bless the LORD, O my soul! Ps. 103:20-22*

*Let the godly exult in glory; let them sing for joy on their beds. 6 Let the high praises of God be in their*

*throats and two-edged swords in their hands, to execute vengeance on the nations and punishments on the peoples, to bind their kings with chains and their nobles with fetters of iron, to execute on them the judgment written! This is honor for all his godly ones. Praise the LORD! Ps. 149:5-9*

## **THE PATH OF PRAISE HAS FOUR LEGS:**

1. Praise his **name**
2. Praise his **works**
3. Praise his **benefits**
4. Respond to his **greatness**

### **Praise Psalms**

8, 18, 19, 24, 30, 34, 65, 66, 67, 95, 98, 100, 103, 104, 105, 107, 111, 116, 117, 118, 124, 136, 138, 146, 147, 148, 149, 150

**Total** – 28

***Psalm 150 – The entire book of Psalms ends with praise.***

### **How is the Path of Praise different from the other paths?**

- The order of the legs in the path is not as important
- There is more spontaneity and improvisation
- There is more physical expression and calls to respond

## Classic Praise – Psalm 66

To the choirmaster. A Song. A Psalm.

### 1. Praise his name

*1 Shout for joy to God, all the earth; 2 sing the glory of his name; give to him glorious praise! 3 Say to God, "How awesome are your deeds! So great is your power that your enemies come cringing to you. 4 All the earth worships you and sings praises to you; they sing praises to your name." Selah*

Observations:

### 2. Praise his works

*5 Come and see what God has done: he is awesome in his deeds toward the children of man. 6 He turned the sea into dry land; they passed through the river on foot. There did we rejoice in him, 7 who rules by his might forever, whose eyes keep watch on the nations-- let not the rebellious exalt themselves. Selah*

Observations:

### **3. Praise his benefits**

*8 Bless our God, O peoples; let the sound of his praise be heard, 9 who has kept our soul among the living and has not let our feet slip. 10 For you, O God, have tested us; you have tried us as silver is tried. 11 You brought us into the net; you laid a crushing burden on our backs; 12 you let men ride over our heads; we went through fire and through water; yet you have brought us out to a place of abundance.*

*16 Come and hear, all you who fear God, and I will tell what he has done for my soul. 17 I cried to him with my mouth, and high praise was on my tongue. 18 If I had cherished iniquity in my heart, the Lord would not have listened. 19 But truly God has listened; he has attended to the voice of my prayer.*

Observations:



#### 4. **Respond to his greatness**

*13 I will come into your house with burnt offerings; I will perform my vows to you, 14 that which my lips uttered and my mouth promised when I was in trouble. 15 I will offer to you burnt offerings of fattened animals, with the smoke of the sacrifice of rams; I will make an offering of bulls and goats. Selah*

*20 Blessed be God, because he has not rejected my prayer or removed his steadfast love from me!*

Observations:

## **COMMON TENDENCIES AS YOU LEARN PRAISE**

1. **Emotion commotion** – You wait for the emotion to lead instead of leading with the will and letting your emotions follow.
2. **Location fixation** – You connect praise and worship with a particular setting and location and miss the opportunity to praise at any time and in any place.
3. **Option limitation** – Your range of worship is restricted to a few words and a few ways, causing you to miss out on the full breadth and depth of biblical praise.

*“Do not say, ‘But it is hypocritical to thank God with my tongue when I don’t feel thankful in my heart.’ There is such a thing as hypocritical thanksgiving. You are not seeking the praise of men; you are seeing the mercy of God. You are not hiding the hardness of ingratitude, but hoping for the in-breaking of the Spirit. Thanksgiving with the Mouth Stirs Up Thankfulness in the Heart. — John Piper*

*“Worship has been misunderstood as something that arises from a feeling which ‘comes upon you,’ but it is vital that we understand that it is rooted in a conscious act of the will, to serve and obey the Lord Jesus Christ.”  
— Graham Kendrick*

*All places are places of worship to a Christian. Wherever he is, he ought to be in a worshiping frame of mind. — Charles Spurgeon*

*Through him then let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that acknowledge his name.— Hebrews 13:15*

## **DISCUSSION AND APPLICATION**

What is a key insight from this lesson that you want to make sure you remember?

Look at Psalm 103 (page 123) and the last psalm in the Psalter, Psalm 150 (page 137), and make some additional observations together about the four legs of the Path of Praise.

Now go back and identify one burden that you want to walk down the Path of Praise. You may do this without making any mention of the burden itself, but rather by putting your attention on the greatness and sufficiency of God.

Share the burden with your group and then think together about how to respond in praise and worship. Here are some possibilities: You pray, they pray, each of you prays one of the legs. You stand or shout, alone or all together. You sing a song you all know, you create music by clapping or using something as a rhythmical instrument. You all pray in silence as you worship in quiet before the Lord. You kneel, bow, or place your face in your hands in reverence.

Reflect back on the process of practicing the Path of Praise. How was that for you? What did you learn?

## PSALMS OF LAMENT

### Community lament - 11

12, 44, 60, 74, 79, 80, 85, 94, 123, 126, 129

### Individual lament - 34

3, 4, 5, 7, 10, 13, 14, 17, 22, 25, 28, 31, 39, 40, 41, 42, 43, 54, 55, 56, 57, 59, 61, 64, 69, 70, 71, 77, 86, 88, 120, 141, 142, 143

### Imprecatory lament - 6

35, 58, 83, 109, 137, 140

### Total – 51

## PSALM 10

### Complaint

1 Why, O LORD, do you stand far away? Why do you hide yourself in times of trouble? 2 In arrogance the wicked hotly pursue the poor; let them be caught in the schemes that they have devised. 3 For the wicked boasts of the desires of his soul, and the one greedy for gain curses and renounces the LORD. 4 In the pride of his face the wicked does not seek him; all his thoughts are, "There is no God." 5 His ways prosper at all times; your judgments are on high, out of his sight; as for all his foes, he puffs at them. 6 He says in his heart, "I shall not be moved; throughout all generations I shall not meet adversity." 7 His mouth is filled with cursing and deceit and oppression; under his tongue are mischief and iniquity. 8 He sits in ambush in the villages; in hiding places he murders the innocent. His eyes stealthily watch for the helpless; 9 he lurks in ambush like a lion in his thicket; he lurks that he may seize the poor; he seizes the poor when he draws him into his net. 10 The helpless are crushed, sink down, and fall by his might. 11 He says in his heart, "God has forgotten, he has hidden his face, he will never see it."

13 Why does the wicked renounce God and say in his heart, "You will not call to account"?"

### Request

12 Arise, O LORD; O God, lift up your hand; forget not the afflicted.

15 Break the arm of the wicked and evildoer; call his wickedness to account till you find none.

**Confidence**

14 But you do see, for you note mischief and vexation, that you may take it into your hands; to you the helpless commits himself; you have been the helper of the fatherless.

16 The LORD is king forever and ever; the nations perish from his land. 17 O LORD, you hear the desire of the afflicted; you will strengthen their heart; you will incline your ear 18 to do justice to the fatherless and the oppressed, so that man who is of the earth may strike terror no more.

**Praise****PSALM 13**

To the choirmaster. A Psalm of David

**Complaint**

1 How long, O LORD? Will you forget me forever? How long will you hide your face from me? 2 How long must I take counsel in my soul and have sorrow in my heart all the day? How long shall my enemy be exalted over me?

**Request**

3 Consider and answer me, O LORD my God; light up my eyes, lest I sleep the sleep of death, 4 lest my enemy say, "I have prevailed over him," lest my foes rejoice because I am shaken.

**Confidence**

5 But I have trusted in your steadfast love; my heart shall rejoice in your salvation.

**Praise**

6 I will sing to the LORD, because he has dealt bountifully with me.

## PSALM 22

To the choirmaster: according to The Doe of the Dawn. A Psalm of David.

### Complaint

1 My God, my God, why have you forsaken me? Why are you so far from saving me, from the words of my groaning? 2 O my God, I cry by day, but you do not answer, and by night, but I find no rest.

6 But I am a worm and not a man, scorned by mankind and despised by the people. 7 All who see me mock me; they make mouths at me; they wag their heads; 8 "He trusts in the LORD; let him deliver him; let him rescue him, for he delights in him!"

12 Many bulls encompass me; strong bulls of Bashan surround me; 13 they open wide their mouths at me, like a ravening and roaring lion. 14 I am poured out like water, and all my bones are out of joint; my heart is like wax; it is melted within my breast; 15 my strength is dried up like a potsherd, and my tongue sticks to my jaws; you lay me in the dust of death. 16 For dogs encompass me; a company of evildoers encircles me; they have pierced my hands and feet-- 17 I can count all my bones-- they stare and gloat over me; 18 they divide my garments among them, and for my clothing they cast lots.

### Request

11 Be not far from me, for trouble is near, and there is none to help.

19 But you, O LORD, do not be far off! O you my help, come quickly to my aid! 20 Deliver my soul from the sword, my precious life from the power of the dog! 21 Save me from the mouth of the lion!

### Confidence

3 Yet you are holy, enthroned on the praises of Israel. 4 In you our fathers trusted; they trusted, and you delivered them. 5 To you they cried and were rescued; in you they trusted and were not put to shame.

9 Yet you are he who took me from the womb; you made me trust you at my mother's breasts. 10 On you was I cast from my birth, and from my mother's womb you have been my God.

21 You have rescued me from the horns of the wild oxen!

24 For he has not despised or abhorred the affliction of the afflicted, and he has not hidden his face from him, but has heard, when he cried to him.

### **Praise**

22 I will tell of your name to my brothers; in the midst of the congregation I will praise you: 23 You who fear the LORD, praise him! All you offspring of Jacob, glorify him, and stand in awe of him, all you offspring of Israel!

25 From you comes my praise in the great congregation; my vows I will perform before those who fear him. 26 The afflicted shall eat and be satisfied; those who seek him shall praise the LORD! May your hearts live forever! 27 All the ends of the earth shall remember and turn to the LORD, and all the families of the nations shall worship before you. 28 For kingship belongs to the LORD, and he rules over the nations. 29 All the prosperous of the earth eat and worship; before him shall bow all who go down to the dust, even the one who could not keep himself alive. 30 Posterity shall serve him; it shall be told of the Lord to the coming generation; 31 they shall come and proclaim his righteousness to a people yet unborn, that he has done it.

## **PSALM 25**

Of David

### **Complaint**

16 Turn to me and be gracious to me, for I am lonely and afflicted. 17 The troubles of my heart are enlarged;

### **Request**

1 To you, O LORD, I lift up my soul. 2 O my God, in you I trust; let me not be put to shame; let not my enemies exult over me.

4 Make me to know your ways, O LORD; teach me your paths. 5 Lead me in your truth and teach me, for you are the God of my salvation; for you I wait all the day long. 6 Remember your mercy, O LORD, and your steadfast love, for they have been from of old. 7 Remember not the sins of my youth or my transgressions; according to your steadfast love remember me, for the sake of your goodness, O LORD!

11 For your name's sake, O LORD, pardon my guilt, for it is great.

17... bring me out of my distresses.

18 Consider my affliction and my trouble, and forgive all my sins. 19 Consider how many are my foes, and with what violent hatred they hate me. 20 Oh, guard my soul, and deliver me! Let me not be put to shame, for I take refuge in you. 21 May integrity and uprightness preserve me, for I wait for you. 22 Redeem Israel, O God, out of all his troubles.

### **Confidence**

3 Indeed, none who wait for you shall be put to shame; they shall be ashamed who are wantonly treacherous.

8 Good and upright is the LORD; therefore he instructs sinners in the way. 9 He leads the humble in what is right, and teaches the humble his way. 10 All the paths of the LORD are steadfast love and faithfulness, for those who keep his covenant and his testimonies.

12 Who is the man who fears the LORD? Him will he instruct in the way that he should choose. 13 His soul shall abide in well-being, and his offspring shall inherit the land. 14 The friendship of the LORD is for those who fear him, and he makes known to them his covenant. 15 My eyes are ever toward the LORD, for he will pluck my feet out of the net.

### **Praise**

## **PSALM 31**

To the choirmaster. A Psalm of David

### **Complaint**

10 For my life is spent with sorrow, and my years with sighing; my strength fails because of my iniquity, and my bones waste away. 11 Because of all my adversaries I have become a reproach, especially to my neighbors, and an object of dread to my acquaintances; those who see me in the street flee from me. 12 I have been forgotten like one who is dead; I have become like a broken vessel. 13 For I hear the whispering of many-- terror on every side!-- as they scheme together against me, as they plot to take my life.

### **Request**

1 In you, O LORD, do I take refuge; let me never be put to shame; in your righteousness deliver me! 2 Incline your ear to me; rescue me



speedily! Be a rock of refuge for me, a strong fortress to save me!

9 Be gracious to me, O LORD, for I am in distress; my eye is wasted from grief; my soul and my body also.

15 My times are in your hand; rescue me from the hand of my enemies and from my persecutors! 16 Make your face shine on your servant; save me in your steadfast love! 17 O LORD, let me not be put to shame, for I call upon you; let the wicked be put to shame; let them go silently to Sheol. 18 Let the lying lips be mute, which speak insolently against the righteous in pride and contempt.

### **Confidence**

3 For you are my rock and my fortress; and for your name's sake you lead me and guide me; 4 you take me out of the net they have hidden for me, for you are my refuge. 5 Into your hand I commit my spirit; you have redeemed me, O LORD, faithful God. 6 I hate those who pay regard to worthless idols, but I trust in the LORD. 7 I will rejoice and be glad in your steadfast love, because you have seen my affliction; you have known the distress of my soul, 8 and you have not delivered me into the hand of the enemy; you have set my feet in a broad place.

14 But I trust in you, O LORD; I say, "You are my God."

19 Oh, how abundant is your goodness, which you have stored up for those who fear you and worked for those who take refuge in you, in the sight of the children of mankind! 20 In the cover of your presence you hide them from the plots of men; you store them in your shelter from the strife of tongues.

23 ...The LORD preserves the faithful but abundantly repays the one who acts in pride. 24 Be strong, and let your heart take courage, all you who wait for the LORD!

### **Praise**

21 Blessed be the LORD, for he has wondrously shown his steadfast love to me when I was in a besieged city. 22 I had said in my alarm, "I am cut off from your sight." But you heard the voice of my pleas for mercy when I cried to you for help. 23 Love the LORD, all you his saints!

## PSALM 39

To the choirmaster: to Jeduthun. A Psalm of David

### Complaint

1 I said, "I will guard my ways, that I may not sin with my tongue; I will guard my mouth with a muzzle, so long as the wicked are in my presence." 2 I was mute and silent; I held my peace to no avail, and my distress grew worse. 3 My heart became hot within me. As I mused, the fire burned; then I spoke with my tongue:

5 Behold, you have made my days a few handbreadths, and my lifetime is as nothing before you. Surely all mankind stands as a mere breath! Selah 6 Surely a man goes about as a shadow! Surely for nothing they are in turmoil; man heaps up wealth and does not know who will gather! 7 "And now, O Lord, for what do I wait?

11 When you discipline a man with rebukes for sin, you consume like a moth what is dear to him; surely all mankind is a mere breath! Selah

### Request

4 "O LORD, make me know my end and what is the measure of my days; let me know how fleeting I am!

7 ...My hope is in you. 8 Deliver me from all my transgressions. Do not make me the scorn of the fool! 9 I am mute; I do not open my mouth, for it is you who have done it. 10 Remove your stroke from me; I am spent by the hostility of your hand.

12 "Hear my prayer, O LORD, and give ear to my cry; hold not your peace at my tears! For I am a sojourner with you, a guest, like all my fathers. 13 Look away from me, that I may smile again, before I depart and am no more!"

### Confidence

### Praise

**PSALM 40**

To the choirmaster. A Psalm of David.

**Complaint**

12 For evils have encompassed me beyond number; my iniquities have overtaken me, and I cannot see; they are more than the hairs of my head; my heart fails me.

17 As for me, I am poor and needy, but the Lord takes thought for me.

**Request**

13 Be pleased, O LORD, to deliver me! O LORD, make haste to help me! 14 Let those be put to shame and disappointed altogether who seek to snatch away my life; let those be turned back and brought to dishonor who delight in my hurt! 15 Let those be appalled because of their shame who say to me, "Aha, Aha!" 16 But may all who seek you rejoice and be glad in you; may those who love your salvation say continually,

17... You are my help and my deliverer; do not delay, O my God!

**Confidence**

1 I waited patiently for the LORD; he inclined to me and heard my cry. 2 He drew me up from the pit of destruction, out of the miry bog, and set my feet upon a rock, making my steps secure.

4 Blessed is the man who makes the LORD his trust, who does not turn to the proud, to those who go astray after a lie!

6 In sacrifice and offering you have not delighted, but you have given me an open ear. Burnt offering and sin offering you have not required. 7 Then I said, "Behold, I have come; in the scroll of the book it is written of me: 8 I delight to do your will, O my God; your law is within my heart."

11 As for you, O LORD, you will not restrain your mercy from me; your steadfast love and your faithfulness will ever preserve me!

**Praise**

3 He put a new song in my mouth, a song of praise to our God. Many will see and fear, and put their trust in the LORD.

5 You have multiplied, O LORD my God, your wondrous deeds

and your thoughts toward us; none can compare with you! I will proclaim and tell of them, yet they are more than can be told.

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

16 ..."Great is the LORD!"

## PSALM 41

To the choirmaster. A Psalm of David.

### Complaint

5 My enemies say of me in malice, "When will he die, and his name perish?" 6 And when one comes to see me, he utters empty words, while his heart gathers iniquity; when he goes out, he tells it abroad. 7 All who hate me whisper together about me; they imagine the worst for me. 8 They say, "A deadly thing is poured out on him; he will not rise again from where he lies." 9 Even my close friend in whom I trusted, who ate my bread, has lifted his heel against me.

### Request

4 As for me, I said, "O LORD, be gracious to me; heal me, for I have sinned against you!"

10 But you, O LORD, be gracious to me, and raise me up, that I may repay them!

### Confidence

1 Blessed is the one who considers the poor! In the day of trouble the LORD delivers him; 2 the LORD protects him and keeps him alive; he is called blessed in the land; you do not give him up to the will of his enemies. 3 The LORD sustains him on his sickbed; in his illness you restore him to full health.

11 By this I know that you delight in me: my enemy will not shout in triumph over me. 12 But you have upheld me because of my integrity, and set me in your presence forever.

### Praise

13 Blessed be the LORD, the God of Israel, from everlasting to everlasting! Amen and Amen.

## PSALM 42

To the choirmaster. A Maskil of the Sons of Korah.

### Complaint

1 As a deer pants for flowing streams, so pants my soul for you, O God. 2 My soul thirsts for God, for the living God. When shall I come and appear before God? 3 My tears have been my food day and night, while they say to me all the day long, "Where is your God?" 4 These things I remember, as I pour out my soul: how I would go with the throng and lead them in procession to the house of God with glad shouts and songs of praise, a multitude keeping festival.

9 I say to God, my rock: "Why have you forgotten me? Why do I go mourning because of the oppression of the enemy?" 10 As with a deadly wound in my bones, my adversaries taunt me, while they say to me all the day long, "Where is your God?"

### Request

### Confidence

5 Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation 6 and my God. My soul is cast down within me; therefore I remember you from the land of Jordan and of Hermon, from Mount Mizar. 7 Deep calls to deep at the roar of your waterfalls; all your breakers and your waves have gone over me. 8 By day the LORD commands his steadfast love, and at night his song is with me, a prayer to the God of my life.

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

### Praise

## PSALM 43

### Complaint

2 For you are the God in whom I take refuge; why have you rejected me? Why do I go about mourning because of the oppression of the enemy?

### Request

1 Vindicate me, O God, and defend my cause against an ungodly people, from the deceitful and unjust man deliver me!

3 Send out your light and your truth; let them lead me; let them bring me to your holy hill and to your dwelling!

### Confidence

4 Then I will go to the altar of God, to God my exceeding joy, and I will praise you with the lyre, O God, my God. 5 Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God.

### Praise

## PSALM 54

To the choirmaster: with stringed instruments. A Maskil of David, when the Ziphites went and told Saul, "Is not David hiding among us?"

### Complaint

3 For strangers have risen against me; ruthless men seek my life; they do not set God before themselves.

### Request

1 O God, save me by your name, and vindicate me by your might. 2 O God, hear my prayer; give ear to the words of my mouth.

### Confidence

4 Behold, God is my helper; the Lord is the upholder of my life. 5 He will return the evil to my enemies; in your faithfulness put an end to them. Selah

### Praise

6 With a freewill offering I will sacrifice to you; I will give thanks to

your name, O LORD, for it is good. 7 For he has delivered me from every trouble, and my eye has looked in triumph on my enemies.

## PSALM 55

To the choirmaster: with stringed instruments. A Maskil of David.

### Complaint

2... I am restless in my complaint and I moan, 3 because of the noise of the enemy, because of the oppression of the wicked. For they drop trouble upon me, and in anger they bear a grudge against me. 4 My heart is in anguish within me; the terrors of death have fallen upon me. 5 Fear and trembling come upon me, and horror overwhelms me. 6 And I say, "Oh, that I had wings like a dove! I would fly away and be at rest; 7 yes, I would wander far away; I would lodge in the wilderness; Selah 8 I would hurry to find a shelter from the raging wind and tempest."

10 Day and night they go around it on its walls, and iniquity and trouble are within it; 11 ruin is in its midst; oppression and fraud do not depart from its marketplace. 12 For it is not an enemy who taunts me-- then I could bear it; it is not an adversary who deals insolently with me-- then I could hide from him. 13 But it is you, a man, my equal, my companion, my familiar friend. 14 We used to take sweet counsel together; within God's house we walked in the throng.

### Request

1 Give ear to my prayer, O God, and hide not yourself from my plea for mercy! 2 Attend to me, and answer me;

9 Destroy, O Lord, divide their tongues; for I see violence and strife in the city.

15 Let death steal over them; let them go down to Sheol alive; for evil is in their dwelling place and in their heart.

20 My companion stretched out his hand against his friends; he violated his covenant. 21 His speech was smooth as butter, yet war was in his heart; his words were softer than oil, yet they were drawn swords.

### Confidence

16 But I call to God, and the LORD will save me. 17 Evening and

morning and at noon I utter my complaint and moan, and he hears my voice. 18 He redeems my soul in safety from the battle that I wage, for many are arrayed against me. 19 God will give ear and humble them, he who is enthroned from of old, Selah because they do not change and do not fear God.

22 Cast your burden on the LORD, and he will sustain you; he will never permit the righteous to be moved. 23 But you, O God, will cast them down into the pit of destruction; men of blood and treachery shall not live out half their days. But I will trust in you.

### **Praise**

## **PSALM 56**

To the choirmaster: according to The Dove on Far-off Terebinths. A Miktam of David, when the Philistines seized him in Gath.

### **Complaint**

1 Be gracious to me, O God, for man tramples on me; all day long an attacker oppresses me; 2 my enemies trample on me all day long, for many attack me proudly.

5 All day long they injure my cause; all their thoughts are against me for evil. 6 They stir up strife, they lurk; they watch my steps, as they have waited for my life. 7 For their crime will they escape?

### **Request**

7... In wrath cast down the peoples, O God!

### **Confidence**

3 When I am afraid, I put my trust in you. 4 In God, whose word I praise, in God I trust; I shall not be afraid. What can flesh do to me?

8 You have kept count of my tossings; put my tears in your bottle. Are they not in your book? 9 Then my enemies will turn back in the day when I call. This I know, that God is for me. 10 In God, whose word I praise, in the LORD, whose word I praise, 11 in God I trust; I shall not be afraid. What can man do to me?

### **Praise**

12 I must perform my vows to you, O God; I will render thank offerings to you. 13 For you have delivered my soul from death, yes, my feet from falling, that I may walk before God in the light of life.



## PSALM 57

To the choirmaster: according to Do Not Destroy. A Miktam of David, when he fled from Saul, in the cave.

### Complaint

4 My soul is in the midst of lions; I lie down amid fiery beasts-- the children of man, whose teeth are spears and arrows, whose tongues are sharp swords.

6 They set a net for my steps; my soul was bowed down. They dug a pit in my way, but they have fallen into it themselves. Selah

### Request

1 Be merciful to me, O God, be merciful to me, for in you my soul takes refuge; in the shadow of your wings I will take refuge, till the storms of destruction pass by. 2 I cry out to God Most High, to God who fulfills his purpose for me.

### Confidence

3 He will send from heaven and save me; he will put to shame him who tramples on me. Selah God will send out his steadfast love and his faithfulness!

7 My heart is steadfast, O God, my heart is steadfast!

### Praise

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

7... I will sing and make melody! 8 Awake, my glory! Awake, O harp and lyre! I will awake the dawn! 9 I will give thanks to you, O Lord, among the peoples; I will sing praises to you among the nations. 10 For your steadfast love is great to the heavens, your faithfulness to the clouds. 11 Be exalted, O God, above the heavens! Let your glory be over all the earth!

## PSALM 59

To the choirmaster: according to Do Not Destroy. A Miktam of David, when Saul sent men to watch his house in order to kill him.

### Complaint

3 For behold, they lie in wait for my life; fierce men stir up strife against me. For no transgression or sin of mine, O LORD, 4 for no fault of mine, they run and make ready.

6 Each evening they come back, howling like dogs and prowling about the city. 7 There they are, bellowing with their mouths with swords in their lips-- for "Who," they think, "will hear us?"

### Request

1 Deliver me from my enemies, O my God; protect me from those who rise up against me; 2 deliver me from those who work evil, and save me from bloodthirsty men.

4... Awake, come to meet me, and see! 5 You, LORD God of hosts, are God of Israel. Rouse yourself to punish all the nations; spare none of those who treacherously plot evil. Selah

8 But you, O LORD, laugh at them; you hold all the nations in derision.

11 Kill them not, lest my people forget; make them totter by your power and bring them down, O Lord, our shield! 12 For the sin of their mouths, the words of their lips, let them be trapped in their pride. For the cursing and lies that they utter, 13 consume them in wrath; consume them till they are no more, that they may know that God rules over Jacob to the ends of the earth. Selah

### Confidence

9 O my Strength, I will watch for you, for you, O God, are my fortress. 10 My God in his steadfast love will meet me; God will let me look in triumph on my enemies.

### Praise

14 Each evening they come back, howling like dogs and prowling about the city. 15 They wander about for food and growl if they do not get their fill. 16 But I will sing of your strength; I will sing aloud of your steadfast love in the morning. For you have been to me a fortress and a refuge in the day of my distress. 17 O my Strength, I will sing praises to you, for you, O God, are my fortress, the God who shows me steadfast love.

**PSALM 61**

To the choirmaster: with stringed instruments. Of David

**Complaint****Request**

1 Hear my cry, O God, listen to my prayer; 2 from the end of the earth I call to you when my heart is faint. Lead me to the rock that is higher than I,

4... Let me take refuge under the shelter of your wings! Selah

6 Prolong the life of the king; may his years endure to all generations! 7 May he be enthroned forever before God; appoint steadfast love and faithfulness to watch over him!

**Confidence**

3 for you have been my refuge, a strong tower against the enemy. 4 Let me dwell in your tent forever!

5 For you, O God, have heard my vows; you have given me the heritage of those who fear your name.

**Praise**

8 So will I ever sing praises to your name, as I perform my vows day after day.

**PSALM 64**

To the choirmaster. A Psalm of David

**Complaint**

1 Hear my voice, O God, in my complaint;

5 They hold fast to their evil purpose; they talk of laying snares secretly, thinking, "Who can see them?" 6 They search out injustice, saying, "We have accomplished a diligent search." For the inward mind and heart of a man are deep.

**Request**

1... preserve my life from dread of the enemy. 2 Hide me from the secret plots of the wicked, from the throng of evildoers, 3 who

whet their tongues like swords, who aim bitter words like arrows, 4 shooting from ambush at the blameless, shooting at him suddenly and without fear.

### **Confidence**

7 But God shoots his arrow at them; they are wounded suddenly. 8 They are brought to ruin, with their own tongues turned against them; all who see them will wag their heads.

9 Then all mankind fears; they tell what God has brought about and ponder what he has done.

### **Praise**

10 Let the righteous one rejoice in the LORD and take refuge in him! Let all the upright in heart exult!

## **PSALM 69**

To the choirmaster: according to Lilies. Of David.

### **Complaint**

1 Save me, O God! For the waters have come up to my neck. 2 I sink in deep mire, where there is no foothold; I have come into deep waters, and the flood sweeps over me. 3 I am weary with my crying out; my throat is parched. My eyes grow dim with waiting for my God. 4 More in number than the hairs of my head are those who hate me without cause; mighty are those who would destroy me, those who attack me with lies. What I did not steal must I now restore? 5 O God, you know my folly; the wrongs I have done are not hidden from you.

7 For it is for your sake that I have borne reproach, that dishonor has covered my face. 8 I have become a stranger to my brothers, an alien to my mother's sons. 9 For zeal for your house has consumed me, and the reproaches of those who reproach you have fallen on me. 10 When I wept and humbled my soul with fasting, it became my reproach. 11 When I made sackcloth my clothing, I became a byword to them. 12 I am the talk of those who sit in the gate, and the drunkards make songs about me.

20 Reproaches have broken my heart, so that I am in despair. I looked for pity, but there was none, and for comforters, but I found none. 21 They gave me poison for food, and for my thirst they gave me sour wine to drink.

26 For they persecute him whom you have struck down, and they recount the pain of those you have wounded.

29 But I am afflicted and in pain;

### **Request**

6 Let not those who hope in you be put to shame through me, O Lord GOD of hosts; let not those who seek you be brought to dishonor through me, O God of Israel.

13 But as for me, my prayer is to you, O LORD. At an acceptable time, O God, in the abundance of your steadfast love answer me in your saving faithfulness. 14 Deliver me from sinking in the mire; let me be delivered from my enemies and from the deep waters. 15 Let not the flood sweep over me, or the deep swallow me up, or the pit close its mouth over me. 16 Answer me, O LORD, for your steadfast love is good; according to your abundant mercy, turn to me. 17 Hide not your face from your servant, for I am in distress; make haste to answer me. 18 Draw near to my soul, redeem me; ransom me because of my enemies!

22 Let their own table before them become a snare; and when they are at peace, let it become a trap. 23 Let their eyes be darkened, so that they cannot see, and make their loins tremble continually. 24 Pour out your indignation upon them, and let your burning anger overtake them. 25 May their camp be a desolation; let no one dwell in their tents.

27 Add to them punishment upon punishment; may they have no acquittal from you. 28 Let them be blotted out of the book of the living; let them not be enrolled among the righteous.

29... let your salvation, O God, set me on high!

### **Confidence**

19 You know my reproach, and my shame and my dishonor; my foes are all known to you.

33 For the LORD hears the needy and does not despise his own people who are prisoners.

35 For God will save Zion and build up the cities of Judah, and people shall dwell there and possess it; 36 the offspring of his

servants shall inherit it, and those who love his name shall dwell in it.

### **Praise**

30 I will praise the name of God with a song; I will magnify him with thanksgiving. 31 This will please the LORD more than an ox or a bull with horns and hoofs. 32 When the humble see it they will be glad; you who seek God, let your hearts revive.

34 Let heaven and earth praise him, the seas and everything that moves in them.

## **PSALM 70**

To the choirmaster. Of David, for the memorial offering.

### **Complaint**

5 But I am poor and needy; hasten to me, O God!

### **Request**

1 Make haste, O God, to deliver me! O LORD, make haste to help me! 2 Let them be put to shame and confusion who seek my life! Let them be turned back and brought to dishonor who delight in my hurt! 3 Let them turn back because of their shame who say, "Aha, Aha!" 4 May all who seek you rejoice and be glad in you! May those who love your salvation say evermore, "God is great!"

### **Confidence**

5... You are my help and my deliverer; O LORD, do not delay!

### **Praise**

## **PSALM 71**

### **Complaint**

10 For my enemies speak concerning me; those who watch for my life consult together 11 and say, "God has forsaken him; pursue and seize him, for there is none to deliver him."

### **Request**

1 In you, O LORD, do I take refuge; let me never be put to shame! 2 In your righteousness deliver me and rescue me; incline your ear

to me, and save me! 3 Be to me a rock of refuge, to which I may continually come; you have given the command to save me, for you are my rock and my fortress. 4 Rescue me, O my God, from the hand of the wicked, from the grasp of the unjust and cruel man.

9 Do not cast me off in the time of old age; forsake me not when my strength is spent.

12 O God, be not far from me; O my God, make haste to help me! 13 May my accusers be put to shame and consumed; with scorn and disgrace may they be covered who seek my hurt.

### **Confidence**

5 For you, O Lord, are my hope, my trust, O LORD, from my youth. 6 Upon you I have leaned from before my birth; you are he who took me from my mother's womb.

7 I have been as a portent to many, but you are my strong refuge

20 You who have made me see many troubles and calamities will revive me again; from the depths of the earth you will bring me up again. 21 You will increase my greatness and comfort me again.

19 Your righteousness, O God, reaches the high heavens. You who have done great things, O God, who is like you?

### **Praise**

6... My praise is continually of you

8 My mouth is filled with your praise, and with your glory all the day.

14 But I will hope continually and will praise you yet more and more. 15 My mouth will tell of your righteous acts, of your deeds of salvation all the day, for their number is past my knowledge. 16 With the mighty deeds of the Lord GOD I will come; I will remind them of your righteousness, yours alone. 17 O God, from my youth you have taught me, and I still proclaim your wondrous deeds. 18 So even to old age and gray hairs, O God, do not forsake me, until I proclaim your might to another generation, your power to all those to come.

22 I will also praise you with the harp for your faithfulness, O my God; I will sing praises to you with the lyre, O Holy One of Israel. 23 My lips will shout for joy, when I sing praises to you; my soul also, which you have redeemed. 24 And my tongue will talk of your

righteous help all the day long, for they have been put to shame and disappointed who sought to do me hurt.

## PSALM 77

To the choirmaster: according to Jeduthun. A Psalm of Asaph

### Complaint

1 I cry aloud to God, aloud to God, and he will hear me. 2 In the day of my trouble I seek the Lord; in the night my hand is stretched out without wearying; my soul refuses to be comforted. 3 When I remember God, I moan; when I meditate, my spirit faints. Selah 4 You hold my eyelids open; I am so troubled that I cannot speak. 5 I consider the days of old, the years long ago.

### Request

### Confidence

6 I said, "Let me remember my song in the night; let me meditate in my heart." Then my spirit made a diligent search: 7 "Will the Lord spurn forever, and never again be favorable? 8 Has his steadfast love forever ceased? Are his promises at an end for all time? 9 Has God forgotten to be gracious? Has he in anger shut up his compassion?" Selah 10 Then I said, "I will appeal to this, to the years of the right hand of the Most High." 11 I will remember the deeds of the LORD; yes, I will remember your wonders of old. 12 I will ponder all your work, and meditate on your mighty deeds. 13 Your way, O God, is holy. What god is great like our God? 14 You are the God who works wonders; you have made known your might among the peoples. 15 You with your arm redeemed your people, the children of Jacob and Joseph. Selah 16 When the waters saw you, O God, when the waters saw you, they were afraid; indeed, the deep trembled. 17 The clouds poured out water; the skies gave forth thunder; your arrows flashed on every side. 18 The crash of your thunder was in the whirlwind; your lightnings lighted up the world; the earth trembled and shook. 19 Your way was through the sea, your path through the great waters; yet your footprints were unseen. 20 You led your people like a flock by the hand of Moses and Aaron.

### Praise



## PSALM 86

A Prayer of David.

### Complaint

1 Incline your ear, O LORD, and answer me, for I am poor and needy.

14 O God, insolent men have risen up against me; a band of ruthless men seeks my life, and they do not set you before them.

### Request

2 Preserve my life, for I am godly; save your servant, who trusts in you--you are my God. 3 Be gracious to me, O Lord, for to you do I cry all the day. 4 Gladden the soul of your servant, for to you, O Lord, do I lift up my soul.

6 Give ear, O LORD, to my prayer; listen to my plea for grace. 7 In the day of my trouble I call upon you, for you answer me.

11 Teach me your way, O LORD, that I may walk in your truth; unite my heart to fear your name.

16 Turn to me and be gracious to me; give your strength to your servant, and save the son of your maidservant. 17 Show me a sign of your favor, that those who hate me may see and be put to shame because you, LORD, have helped me and comforted me.

### Confidence

5 For you, O Lord, are good and forgiving, abounding in steadfast love to all who call upon you.

8 There is none like you among the gods, O Lord, nor are there any works like yours. 9 All the nations you have made shall come and worship before you, O Lord, and shall glorify your name. 10 For you are great and do wondrous things; you alone are God.

15 But you, O Lord, are a God merciful and gracious, slow to anger and abounding in steadfast love and faithfulness.

### Praise

12 I give thanks to you, O Lord my God, with my whole heart, and I will glorify your name forever. 13 For great is your steadfast love toward me; you have delivered my soul from the depths of Sheol.

## PSALM 88

A Song. A Psalm of the Sons of Korah. To the choirmaster: according to Mahalath Leannoth. A Maskil of Heman the Ezrahite

### Complaint

3 For my soul is full of troubles, and my life draws near to Sheol. 4 I am counted among those who go down to the pit; I am a man who has no strength, 5 like one set loose among the dead, like the slain that lie in the grave, like those whom you remember no more, for they are cut off from your hand. 6 You have put me in the depths of the pit, in the regions dark and deep. 7 Your wrath lies heavy upon me, and you overwhelm me with all your waves. Selah 8 You have caused my companions to shun me; you have made me a horror to them. I am shut in so that I cannot escape; 9 my eye grows dim through sorrow. Every day I call upon you, O LORD; I spread out my hands to you. 10 Do you work wonders for the dead? Do the departed rise up to praise you? Selah 11 Is your steadfast love declared in the grave, or your faithfulness in Abaddon? 12 Are your wonders known in the darkness, or your righteousness in the land of forgetfulness?

14 O LORD, why do you cast my soul away? Why do you hide your face from me? 15 Afflicted and close to death from my youth up, I suffer your terrors; I am helpless. 16 Your wrath has swept over me; your dreadful assaults destroy me. 17 They surround me like a flood all day long; they close in on me together. 18 You have caused my beloved and my friend to shun me; my companions have become darkness.

### Request

1 O LORD, God of my salvation, I cry out day and night before you. 2 Let my prayer come before you; incline your ear to my cry!

13 But I, O LORD, cry to you; in the morning my prayer comes before you.

### Confidence

### Praise

**PSALM 120**

A Song of Ascents

**Complaint**

3 What shall be given to you, and what more shall be done to you, you deceitful tongue? 4 A warrior's sharp arrows, with glowing coals of the broom tree! 5 Woe to me, that I sojourn in Meshech, that I dwell among the tents of Kedar! 6 Too long have I had my dwelling among those who hate peace. 7 I am for peace, but when I speak, they are for war!

**Request**

2 Deliver me, O LORD, from lying lips, from a deceitful tongue.

**Confidence**

1. In my distress I called to the LORD, and he answered me.

**Praise****PSALM 141**

A Psalm of David

**Complaint****Request**

1 O LORD, I call upon you; hasten to me! Give ear to my voice when I call to you! 2 Let my prayer be counted as incense before you, and the lifting up of my hands as the evening sacrifice! 3 Set a guard, O LORD, over my mouth; keep watch over the door of my lips! 4 Do not let my heart incline to any evil, to busy myself with wicked deeds in company with men who work iniquity, and let me not eat of their delicacies! 5 Let a righteous man strike me--it is a kindness; let him rebuke me--it is oil for my head; let my head not refuse it.

8... leave me not defenseless! 9 Keep me from the trap that they have laid for me and from the snares of evildoers! 10 Let the wicked fall into their own nets, while I pass by safely.

**Confidence**

5... Yet my prayer is continually against their evil deeds. 6 When their judges are thrown over the cliff, then they shall hear my words,

for they are pleasant. 7 As when one plows and breaks up the earth, so shall our bones be scattered at the mouth of Sheol. 8 But my eyes are toward you, O GOD, my Lord; in you I seek refuge;

### **Praise**

## **PSALM 142**

A Maskil of David, when he was in the cave. A Prayer.

### **Complaint**

1 With my voice I cry out to the LORD; with my voice I plead for mercy to the LORD. 2 I pour out my complaint before him; I tell my trouble before him.

3... In the path where I walk they have hidden a trap for me. 4 Look to the right and see: there is none who takes notice of me; no refuge remains to me; no one cares for my soul.

### **Request**

6 Attend to my cry, for I am brought very low! Deliver me from my persecutors, for they are too strong for me! 7 Bring me out of prison, that I may give thanks to your name!

### **Confidence**

3 When my spirit faints within me, you know my way!

5 I cry to you, O LORD; I say, "You are my refuge, my portion in the land of the living."

7... The righteous will surround me, for you will deal bountifully with me.

### **Praise**

# PSALM 143

A Psalm of David

## Complaint

3 For the enemy has pursued my soul; he has crushed my life to the ground; he has made me sit in darkness like those long dead. 4 Therefore my spirit faints within me; my heart within me is appalled. 5 I remember the days of old; I meditate on all that you have done; I ponder the work of your hands. 6 I stretch out my hands to you; my soul thirsts for you like a parched land. Selah

## Request

1 Hear my prayer, O LORD; give ear to my pleas for mercy! In your faithfulness answer me, in your righteousness! 2 Enter not into judgment with your servant, for no one living is righteous before you.

7 Answer me quickly, O LORD! My spirit fails! Hide not your face from me, lest I be like those who go down to the pit. 8 Let me hear in the morning of your steadfast love, for in you I trust. Make me know the way I should go, for to you I lift up my soul. 9 Deliver me from my enemies, O LORD! I have fled to you for refuge. 10 Teach me to do your will, for you are my God! Let your good Spirit lead me on level ground! 11 For your name's sake, O LORD, preserve my life! In your righteousness bring my soul out of trouble!

## Confidence

12 And in your steadfast love you will cut off my enemies, and you will destroy all the adversaries of my soul, for I am your servant.

## Praise

# PSALMS OF SOVEREIGNTY

27, 29, 33, 46, 75, 76, 89, 92, 93, 97, 113, 115, 121, 135, 145

**Total** – 15

## PSALM 27

Of David

### Refuge

1 The LORD is my light and my salvation; whom shall I fear? The LORD is the stronghold of my life; of whom shall I be afraid?

4 One thing have I asked of the LORD, that will I seek after: that I may dwell in the house of the LORD all the days of my life, to gaze upon the beauty of the LORD and to inquire in his temple. 5 For he will hide me in his shelter in the day of trouble; he will conceal me under the cover of his tent; he will lift me high upon a rock.

### Rescue

2 When evildoers assail me to eat up my flesh, my adversaries and foes, it is they who stumble and fall. 3 Though an army encamp against me, my heart shall not fear; though war arise against me, yet I will be confident.

6 And now my head shall be lifted up above my enemies all around me, and I will offer in his tent sacrifices with shouts of joy; I will sing and make melody to the LORD. 7 Hear, O LORD, when I cry aloud; be gracious to me and answer me! 8 You have said, "Seek my face." My heart says to you, "Your face, LORD, do I seek." 9 Hide not your face from me. Turn not your servant away in anger, O you who have been my help. Cast me not off; forsake me not, O God of my salvation! 10 For my father and my mother have forsaken me, but the LORD will take me in. 11 Teach me your way, O LORD, and lead me on a level path because of my enemies. 12 Give me not up to the will of my adversaries; for false witnesses have risen against me, and they breathe out violence.

### Rule

## **Rest**

13 I believe that I shall look upon the goodness of the LORD in the land of the living! 14 Wait for the LORD; be strong, and let your heart take courage; wait for the LORD!

# **PSALM 29**

A Psalm of David

## **Refuge**

## **Rescue**

## **Rule**

1. Ascribe to the LORD, O heavenly beings, ascribe to the LORD glory and strength. 2 Ascribe to the LORD the glory due his name; worship the LORD in the splendor of holiness. 3 The voice of the LORD is over the waters; the God of glory thunders, the LORD, over many waters. 4 The voice of the LORD is powerful; the voice of the LORD is full of majesty. 5 The voice of the LORD breaks the cedars; the LORD breaks the cedars of Lebanon. 6 He makes Lebanon to skip like a calf, and Sirion like a young wild ox. 7 The voice of the LORD flashes forth flames of fire. 8 The voice of the LORD shakes the wilderness; the LORD shakes the wilderness of Kadesh. 9 The voice of the LORD makes the deer give birth and strips the forests bare, and in his temple all cry, "Glory!" 10 The LORD sits enthroned over the flood; the LORD sits enthroned as king forever.

## **Rest**

11 May the LORD give strength to his people! May the LORD bless his people with peace!

# PSALM 33

## Refuge

1 Shout for joy in the LORD, O you righteous! Praise befits the upright. 2 Give thanks to the LORD with the lyre; make melody to him with the harp of ten strings! 3 Sing to him a new song; play skillfully on the strings, with loud shouts.

20 Our soul waits for the LORD; he is our help and our shield.

## Rescue

16 The king is not saved by his great army; a warrior is not delivered by his great strength. 17 The war horse is a false hope for salvation, and by its great might it cannot rescue. 18 Behold, the eye of the LORD is on those who fear him, on those who hope in his steadfast love, 19 that he may deliver their soul from death and keep them alive in famine.

## Rule

4 For the word of the LORD is upright, and all his work is done in faithfulness. 5 He loves righteousness and justice; the earth is full of the steadfast love of the LORD. 6 By the word of the LORD the heavens were made, and by the breath of his mouth all their host. 7 He gathers the waters of the sea as a heap; he puts the deeps in storehouses. 8 Let all the earth fear the LORD; let all the inhabitants of the world stand in awe of him! 9 For he spoke, and it came to be; he commanded, and it stood firm. 10 The LORD brings the counsel of the nations to nothing; he frustrates the plans of the peoples. 11 The counsel of the LORD stands forever, the plans of his heart to all generations.

13 The LORD looks down from heaven; he sees all the children of man; 14 from where he sits enthroned he looks out on all the inhabitants of the earth, 15 he who fashions the hearts of them all and observes all their deeds.

## Rest

12 Blessed is the nation whose God is the LORD, the people whom he has chosen as his heritage!

21 For our heart is glad in him, because we trust in his holy name. 22 Let your steadfast love, O LORD, be upon us, even as we hope in you.



## PSALM 46

To the choirmaster. Of the Sons of Korah. According to Alamothe. A Song.

### Refuge

1 God is our refuge and strength, a very present help in trouble.

7 The LORD of hosts is with us; the God of Jacob is our fortress.  
Selah

11 The LORD of hosts is with us; the God of Jacob is our fortress.  
Selah

### Rescue

2 Therefore we will not fear though the earth gives way, though the mountains be moved into the heart of the sea, 3 though its waters roar and foam, though the mountains tremble at its swelling. Selah

### Rule

4 There is a river whose streams make glad the city of God, the holy habitation of the Most High. 5 God is in the midst of her; she shall not be moved; God will help her when morning dawns. 6 The nations rage, the kingdoms totter; he utters his voice, the earth melts.

8 Come, behold the works of the LORD, how he has brought desolations on the earth. 9 He makes wars cease to the end of the earth; he breaks the bow and shatters the spear; he burns the chariots with fire.

### Rest

10 "Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!"

## PSALM 75

To the choirmaster: according to Do Not Destroy. A Psalm of Asaph. A Song.

### Refuge

1 We give thanks to you, O God; we give thanks, for your name is near. We recount your wondrous deeds.

### Rescue

2 "At the set time that I appoint I will judge with equity. 3 When the earth totters, and all its inhabitants, it is I who keep steady its pillars. Selah 4 I say to the boastful, 'Do not boast,' and to the wicked, 'Do not lift up your horn; 5 do not lift up your horn on high, or speak with haughty neck.'"

10 All the horns of the wicked I will cut off, but the horns of the righteous shall be lifted up.

### Rule

6 For not from the east or from the west and not from the wilderness comes lifting up, 7 but it is God who executes judgment, putting down one and lifting up another. 8 For in the hand of the LORD there is a cup with foaming wine, well mixed, and he pours out from it, and all the wicked of the earth shall drain it down to the dregs.

### Rest

9 But I will declare it forever; I will sing praises to the God of Jacob.

## PSALM 76

To the choirmaster: with stringed instruments. A Psalm of Asaph. A Song.

### Refuge

1 In Judah God is known; his name is great in Israel. 2 His abode has been established in Salem, his dwelling place in Zion.

### Rescue

3 There he broke the flashing arrows, the shield, the sword, and the weapons of war. Selah

5 The stouthearted were stripped of their spoil; they sank into sleep; all the men of war were unable to use their hands. 6 At your rebuke, O God of Jacob, both rider and horse lay stunned.

### **Rule**

4 Glorious are you, more majestic than the mountains full of prey.

7 But you, you are to be feared! Who can stand before you when once your anger is roused? 8 From the heavens you uttered judgment; the earth feared and was still, 9 when God arose to establish judgment, to save all the humble of the earth. Selah 10 Surely the wrath of man shall praise you; the remnant of wrath you will put on like a belt.

12 who cuts off the spirit of princes, who is to be feared by the kings of the earth.

### **Rest**

11 Make your vows to the LORD your God and perform them; let all around him bring gifts to him who is to be feared,

## **PSALM 89**

A Maskil of Ethan the Ezrahite. (The word “Maskil” prefaces 13 Psalms. It means “teaching Psalm”)

### **Refuge**

1 I will sing of the steadfast love of the LORD, forever; with my mouth I will make known your faithfulness to all generations. 2 For I said, “Steadfast love will be built up forever; in the heavens you will establish your faithfulness.”

17 For you are the glory of their strength; by your favor our horn is exalted. 18 For our shield belongs to the LORD, our king to the Holy One of Israel.

### **Rescue**

3 You have said, “I have made a covenant with my chosen one; I have sworn to David my servant: 4 ‘I will establish your offspring forever, and build your throne for all generations.’” Selah

19 Of old you spoke in a vision to your godly one, and said: “I have granted help to one who is mighty; I have exalted one chosen from the people. 20 I have found David, my servant; with my holy oil I

have anointed him, 21 so that my hand shall be established with him; my arm also shall strengthen him. 22 The enemy shall not outwit him; the wicked shall not humble him. 23 I will crush his foes before him and strike down those who hate him. 24 My faithfulness and my steadfast love shall be with him, and in my name shall his horn be exalted. 25 I will set his hand on the sea and his right hand on the rivers. 26 He shall cry to me, 'You are my Father, my God, and the Rock of my salvation.' 27 And I will make him the firstborn, the highest of the kings of the earth. 28 My steadfast love I will keep for him forever, and my covenant will stand firm for him. 29 I will establish his offspring forever and his throne as the days of the heavens. 30 If his children forsake my law and do not walk according to my rules, 31 if they violate my statutes and do not keep my commandments, 32 then I will punish their transgression with the rod and their iniquity with stripes, 33 but I will not remove from him my steadfast love or be false to my faithfulness. 34 I will not violate my covenant or alter the word that went forth from my lips. 35 Once for all I have sworn by my holiness; I will not lie to David. 36 His offspring shall endure forever, his throne as long as the sun before me. 37 Like the moon it shall be established forever, a faithful witness in the skies." Selah

49 Lord, where is your steadfast love of old, which by your faithfulness you swore to David? 50 Remember, O Lord, how your servants are mocked, and how I bear in my heart the insults of all the many nations, 51 with which your enemies mock, O LORD, with which they mock the footsteps of your anointed.

### **Rule**

5 Let the heavens praise your wonders, O LORD, your faithfulness in the assembly of the holy ones! 6 For who in the skies can be compared to the LORD? Who among the heavenly beings is like the LORD, 7 a God greatly to be feared in the council of the holy ones, and awesome above all who are around him? 8 O LORD God of hosts, who is mighty as you are, O LORD, with your faithfulness all around you? 9 You rule the raging of the sea; when its waves rise, you still them. 10 You crushed Rahab like a carcass; you scattered your enemies with your mighty arm. 11 The heavens are yours; the earth also is yours; the world and all that is in it, you have founded them. 12 The north and the south, you have created them; Tabor and Hermon joyously praise your name. 13 You have a mighty arm; strong is your hand, high your right hand. 14 Righteousness and justice are the foundation of your throne; steadfast love and faithfulness go before you.

38 But now you have cast off and rejected; you are full of wrath against your anointed. 39 You have renounced the covenant with your servant; you have defiled his crown in the dust. 40 You have breached all his walls; you have laid his strongholds in ruins. 41 All who pass by plunder him; he has become the scorn of his neighbors. 42 You have exalted the right hand of his foes; you have made all his enemies rejoice. 43 You have also turned back the edge of his sword, and you have not made him stand in battle. 44 You have made his splendor to cease and cast his throne to the ground. 45 You have cut short the days of his youth; you have covered him with shame. Selah 46 How long, O LORD? Will you hide yourself forever? How long will your wrath burn like fire? 47 Remember how short my time is! For what vanity you have created all the children of man! 48 What man can live and never see death? Who can deliver his soul from the power of Sheol? - Selah

### **Rest**

15 Blessed are the people who know the festal shout, who walk, O LORD, in the light of your face, 16 who exult in your name all the day and in your righteousness are exalted.

52 Blessed be the LORD forever! Amen and Amen.

## **PSALM 92**

A Psalm. A Song for the Sabbath.

### **Refuge**

1 It is good to give thanks to the LORD, to sing praises to your name, O Most High; 2 to declare your steadfast love in the morning, and your faithfulness by night, 3 to the music of the lute and the harp, to the melody of the lyre. 4 For you, O LORD, have made me glad by your work; at the works of your hands I sing for joy.

### **Rescue**

11 My eyes have seen the downfall of my enemies; my ears have heard the doom of my evil assailants.

### **Rule**

5 How great are your works, O LORD! Your thoughts are very deep! 6 The stupid man cannot know; the fool cannot understand this: 7 that though the wicked sprout like grass and all evildoers flourish, they are doomed to destruction forever; 8 but you, O LORD, are on high forever. 9 For behold, your enemies, O LORD, for behold, your

enemies shall perish; all evildoers shall be scattered. 10 But you have exalted my horn like that of the wild ox; you have poured over me fresh oil.

### **Rest**

12 The righteous flourish like the palm tree and grow like a cedar in Lebanon. 13 They are planted in the house of the LORD; they flourish in the courts of our God. 14 They still bear fruit in old age; they are ever full of sap and green, 15 to declare that the LORD is upright; he is my rock, and there is no unrighteousness in him.

## **PSALM 93**

### **Refuge**

### **Rescue**

3 The floods have lifted up, O LORD, the floods have lifted up their voice; the floods lift up their roaring. 4 Mightier than the thunders of many waters, mightier than the waves of the sea, the LORD on high is mighty!

### **Rule**

1 The LORD reigns; he is robed in majesty; the LORD is robed; he has put on strength as his belt. Yes, the world is established; it shall never be moved. 2 Your throne is established from of old; you are from everlasting.

### **Rest**

5 Your decrees are very trustworthy; holiness befits your house, O LORD, forevermore.

## **PSALM 97**

### **Refuge**

1 The LORD reigns, let the earth rejoice; let the many coastlands be glad!

### **Rescue**

7 All worshipers of images are put to shame, who make their boast in worthless idols; worship him, all you gods! 8 Zion hears

and is glad, and the daughters of Judah rejoice, because of your judgments, O LORD.

10 O you who love the LORD, hate evil! He preserves the lives of his saints; he delivers them from the hand of the wicked. 11 Light is sown for the righteous, and joy for the upright in heart.

### **Rule**

2 Clouds and thick darkness are all around him; righteousness and justice are the foundation of his throne. 3 Fire goes before him and burns up his adversaries all around. 4 His lightnings light up the world; the earth sees and trembles. 5 The mountains melt like wax before the LORD, before the Lord of all the earth. 6 The heavens proclaim his righteousness, and all the peoples see his glory.

9 For you, O LORD, are most high over all the earth; you are exalted far above all gods.

### **Rest**

12 Rejoice in the LORD, O you righteous, and give thanks to his holy name!

## **PSALM 113**

### **Refuge**

1 Praise the LORD! Praise, O servants of the LORD, praise the name of the LORD! 2 Blessed be the name of the LORD from this time forth and forevermore! 3 From the rising of the sun to its setting, the name of the LORD is to be praised!

### **Rescue**

7 He raises the poor from the dust and lifts the needy from the ash heap, 8 to make them sit with princes, with the princes of his people. 9 He gives the barren woman a home, making her the joyous mother of children.

### **Rule**

4 The LORD is high above all nations, and his glory above the heavens! 5 Who is like the LORD our God, who is seated on high, 6 who looks far down on the heavens and the earth?

### **Rest**

9... Praise the LORD!

## PSALM 115

### Refuge

1 Not to us, O LORD, not to us, but to your name give glory, for the sake of your steadfast love and your faithfulness!

9 O Israel, trust in the LORD! He is their help and their shield. 10 O house of Aaron, trust in the LORD! He is their help and their shield. 11 You who fear the LORD, trust in the LORD! He is their help and their shield.

### Rescue

12 The LORD has remembered us; he will bless us; he will bless the house of Israel; he will bless the house of Aaron; 13 he will bless those who fear the LORD, both the small and the great. 14 May the LORD give you increase, you and your children! 15 May you be blessed by the LORD, who made heaven and earth!

### Rule

2 Why should the nations say, "Where is their God?" 3 Our God is in the heavens; he does all that he pleases. 4 Their idols are silver and gold, the work of human hands. 5 They have mouths, but do not speak; eyes, but do not see. 6 They have ears, but do not hear; noses, but do not smell. 7 They have hands, but do not feel; feet, but do not walk; and they do not make a sound in their throat. 8 Those who make them become like them; so do all who trust in them.

16 The heavens are the LORD's heavens, but the earth he has given to the children of man.

### Rest

17 The dead do not praise the LORD, nor do any who go down into silence. 18 But we will bless the LORD from this time forth and forevermore. Praise the LORD!

## PSALM 121

A Song of Ascents.

### Refuge

1 I lift up my eyes to the hills. From where does my help come?



**Rescue**

2 My help comes from the LORD, who made heaven and earth. 3 He will not let your foot be moved; he who keeps you will not slumber. 4 Behold, he who keeps Israel will neither slumber nor sleep.

**Rule**

5 The LORD is your keeper; the LORD is your shade on your right hand. 6 The sun shall not strike you by day, nor the moon by night. 7 The LORD will keep you from all evil; he will keep your life.

**Rest**

8 The LORD will keep your going out and your coming in from this time forth and forevermore.

**PSALM 135****Refuge**

1 Praise the LORD! Praise the name of the LORD, give praise, O servants of the LORD, 2 who stand in the house of the LORD, in the courts of the house of our God! 3 Praise the LORD, for the LORD is good; sing to his name, for it is pleasant!

**Rescue**

4 For the LORD has chosen Jacob for himself, Israel as his own possession.

14 For the LORD will vindicate his people and have compassion on his servants.

**Rule**

5 For I know that the LORD is great, and that our Lord is above all gods. 6 Whatever the LORD pleases, he does, in heaven and on earth, in the seas and all deeps. 7 He it is who makes the clouds rise at the end of the earth, who makes lightnings for the rain and brings forth the wind from his storehouses. 8 He it was who struck down the firstborn of Egypt, both of man and of beast; 9 who in your midst, O Egypt, sent signs and wonders against Pharaoh and all his servants; 10 who struck down many nations and killed mighty kings, 11 Sihon, king of the Amorites, and Og, king of Bashan, and all the kingdoms of Canaan, 12 and gave their land as a heritage, a heritage to his people Israel. 13 Your name, O LORD, endures forever, your renown, O LORD, throughout all ages.

15 The idols of the nations are silver and gold, the work of human hands. 16 They have mouths, but do not speak; they have eyes, but do not see; 17 they have ears, but do not hear, nor is there any breath in their mouths. 18 Those who make them become like them, so do all who trust in them.

### **Rest**

19 O house of Israel, bless the LORD! O house of Aaron, bless the LORD! 20 O house of Levi, bless the LORD! You who fear the LORD, bless the LORD! 21 Blessed be the LORD from Zion, he who dwells in Jerusalem! Praise the LORD!

## **PSALM 145**

A Song of Praise. Of David.

### **Refuge**

1 I will extol you, my God and King, and bless your name forever and ever. 2 Every day I will bless you and praise your name forever and ever. 3 Great is the LORD, and greatly to be praised, and his greatness is unsearchable. 4 One generation shall commend your works to another, and shall declare your mighty acts. 5 On the glorious splendor of your majesty, and on your wondrous works, I will meditate. 6 They shall speak of the might of your awesome deeds, and I will declare your greatness. 7 They shall pour forth the fame of your abundant goodness and shall sing aloud of your righteousness.

### **Rescue**

13... [The LORD is faithful in all his words and kind in all his works.] 14 The LORD upholds all who are falling and raises up all who are bowed down. 15 The eyes of all look to you, and you give them their food in due season. 16 You open your hand; you satisfy the desire of every living thing. 17 The LORD is righteous in all his ways and kind in all his works. 18 The LORD is near to all who call on him, to all who call on him in truth. 19 He fulfills the desire of those who fear him; he also hears their cry and saves them. 20 The LORD preserves all who love him, but all the wicked he will destroy.

**Rule**

8 The LORD is gracious and merciful, slow to anger and abounding in steadfast love. 9 The LORD is good to all, and his mercy is over all that he has made. 10 All your works shall give thanks to you, O LORD, and all your saints shall bless you! 11 They shall speak of the glory of your kingdom and tell of your power, 12 to make known to the children of man your mighty deeds, and the glorious splendor of your kingdom. 13 Your kingdom is an everlasting kingdom, and your dominion endures throughout all generations.

**Rest**

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

# PSALMS OF REPENTANCE

6, 32, 38, 51, 102, 130, 143

**Total** – 7

## PSALM 6

A Psalm of David.

### Cry

1 O LORD, rebuke me not in your anger, nor discipline me in your wrath. 2 Be gracious to me, O LORD,

### Name

2... for I am languishing; heal me, O LORD, for my bones are troubled. 3 My soul also is greatly troubled.

6 I am weary with my moaning; every night I flood my bed with tears; I drench my couch with my weeping. 7 My eye wastes away because of grief; it grows weak because of all my foes.

### Ask

3... But you, O LORD--how long? 4 Turn, O LORD, deliver my life; save me for the sake of your steadfast love. 5 For in death there is no remembrance of you; in Sheol who will give you praise?

### Pledge

8 Depart from me, all you workers of evil, for the LORD has heard the sound of my weeping. 9 The LORD has heard my plea; the LORD accepts my prayer. 10 All my enemies shall be ashamed and greatly troubled; they shall turn back and be put to shame in a moment.

## PSALM 32

A Maskil of David

### Cry

1 Blessed is the one whose transgression is forgiven, whose sin is covered. 2 Blessed is the man against whom the LORD counts no iniquity, and in whose spirit there is no deceit. 3 For when I kept silent, my bones wasted away through my groaning all day long. 4

For day and night your hand was heavy upon me; my strength was dried up as by the heat of summer. Selah

### **Name**

5 I acknowledged my sin to you, and I did not cover my iniquity; I said, "I will confess my transgressions to the LORD," and you forgave the iniquity of my sin. Selah

### **Ask**

6 Therefore let everyone who is godly offer prayer to you at a time when you may be found; surely in the rush of great waters, they shall not reach him. 7 You are a hiding place for me; you preserve me from trouble; you surround me with shouts of deliverance. Selah

### **Pledge**

8 I will instruct you and teach you in the way you should go; I will counsel you with my eye upon you. 9 Be not like a horse or a mule, without understanding, which must be curbed with bit and bridle, or it will not stay near you. 10 Many are the sorrows of the wicked, but steadfast love surrounds the one who trusts in the LORD. 11 Be glad in the LORD, and rejoice, O righteous, and shout for joy, all you upright in heart!

## **PSALM 38**

A Psalm of David, for the memorial offering

### **Cry**

1 O LORD, rebuke me not in your anger, nor discipline me in your wrath! 2 For your arrows have sunk into me, and your hand has come down on me. 3 There is no soundness in my flesh because of your indignation; there is no health in my bones because of my sin.

### **Name**

4 For my iniquities have gone over my head; like a heavy burden, they are too heavy for me. 5 My wounds stink and fester because of my foolishness, 6 I am utterly bowed down and prostrate; all the day I go about mourning. 7 For my sides are filled with burning, and there is no soundness in my flesh. 8 I am feeble and crushed; I groan because of the tumult of my heart. 9 O Lord, all my longing is before you; my sighing is not hidden from you. 10 My heart throbs; my strength fails me, and the light of my eyes--it also has gone from me. 11 My friends and companions stand aloof from my plague, and my nearest kin stand far off. 12 Those who seek my life

lay their snares; those who seek my hurt speak of ruin and meditate treachery all day long. 13 But I am like a deaf man; I do not hear, like a mute man who does not open his mouth. 14 I have become like a man who does not hear, and in whose mouth are no rebukes.

### **Ask**

15 But for you, O LORD, do I wait; it is you, O Lord my God, who will answer. 16 For I said, "Only let them not rejoice over me, who boast against me when my foot slips!" 17 For I am ready to fall, and my pain is ever before me. 18 I confess my iniquity; I am sorry for my sin. 19 But my foes are vigorous, they are mighty, and many are those who hate me wrongfully. 20 Those who render me evil for good accuse me because I follow after good. 21 Do not forsake me, O LORD! O my God, be not far from me! 22 Make haste to help me, O Lord, my salvation!

### **Pledge**

## **PSALM 51**

To the choirmaster. A Psalm of David, when Nathan the prophet went to him, after he had gone in to Bathsheba

### **Cry**

1 Have mercy on me, O God, according to your steadfast love; according to your abundant mercy blot out my transgressions. 2 Wash me thoroughly from my iniquity, and cleanse me from my sin!

### **Name**

3 For I know my transgressions, and my sin is ever before me. 4 Against you, you only, have I sinned and done what is evil in your sight, so that you may be justified in your words and blameless in your judgment. 5 Behold, I was brought forth in iniquity, and in sin did my mother conceive me. 6 Behold, you delight in truth in the inward being, and you teach me wisdom in the secret heart.

### **Ask**

7 Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow. 8 Let me hear joy and gladness; let the bones that you have broken rejoice. 9 Hide your face from my sins, and blot out all my iniquities. 10 Create in me a clean heart, O God, and renew a right spirit within me. 11 Cast me not away from your presence, and take not your Holy Spirit from me. 12 Restore to me

the joy of your salvation, and uphold me with a willing spirit.

14 Deliver me from bloodguiltiness, O God, O God of my salvation, and my tongue will sing aloud of your righteousness. 15 O Lord, open my lips, and my mouth will declare your praise.

### **Pledge**

13 Then I will teach transgressors your ways, and sinners will return to you.

16 For you will not delight in sacrifice, or I would give it; you will not be pleased with a burnt offering. 17 The sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise. 18 Do good to Zion in your good pleasure; build up the walls of Jerusalem; 19 then will you delight in right sacrifices, in burnt offerings and whole burnt offerings; then bulls will be offered on your altar.

## **PSALM 102**

A Prayer of one afflicted, when he is faint and pours out his complaint before the LORD.

### **Cry**

1 Hear my prayer, O LORD; let my cry come to you! 2 Do not hide your face from me in the day of my distress! Incline your ear to me; answer me speedily in the day when I call!

### **Name**

3 For my days pass away like smoke, and my bones burn like a furnace. 4 My heart is struck down like grass and has withered; I forget to eat my bread. 5 Because of my loud groaning my bones cling to my flesh. 6 I am like a desert owl of the wilderness, like an owl of the waste places; 7 I lie awake; I am like a lonely sparrow on the housetop. 8 All the day my enemies taunt me; those who deride me use my name for a curse. 9 For I eat ashes like bread and mingle tears with my drink, 10 because of your indignation and anger; for you have taken me up and thrown me down. 11 My days are like an evening shadow; I wither away like grass.

23 He has broken my strength in midcourse; he has shortened my days.

**Ask**

12 But you, O LORD, are enthroned forever; you are remembered throughout all generations. 13 You will arise and have pity on Zion; it is the time to favor her; the appointed time has come. 14 For your servants hold her stones dear and have pity on her dust. 15 Nations will fear the name of the LORD, and all the kings of the earth will fear your glory. 16 For the LORD builds up Zion; he appears in his glory; 17 he regards the prayer of the destitute and does not despise their prayer. 18 Let this be recorded for a generation to come, so that a people yet to be created may praise the LORD: 19 that he looked down from his holy height; from heaven the LORD looked at the earth, 20 to hear the groans of the prisoners, to set free those who were doomed to die,

24 "O my God," I say, "take me not away in the midst of my days - you whose years endure throughout all generations!" 25 Of old you laid the foundation of the earth, and the heavens are the work of your hands. 26 They will perish, but you will remain; they will all wear out like a garment. You will change them like a robe, and they will pass away, 27 but you are the same, and your years have no end.

**Pledge**

21 that they may declare in Zion the name of the LORD, and in Jerusalem his praise, 22 when peoples gather together, and kingdoms, to worship the LORD.

28 The children of your servants shall dwell secure; their offspring shall be established before you.

**PSALM 130**

A Song of Ascents

**Cry**

1 Out of the depths I cry to you, O LORD! 2 O Lord, hear my voice! Let your ears be attentive to the voice of my pleas for mercy!

**Name**

3 If you, O LORD, should mark iniquities, O Lord, who could stand?

**Ask**

4 But with you there is forgiveness, that you may be feared.



## **Pledge**

5 I wait for the LORD, my soul waits, and in his word I hope; 6 my soul waits for the Lord more than watchmen for the morning, more than watchmen for the morning. 7 O Israel, hope in the LORD! For with the LORD there is steadfast love, and with him is plentiful redemption. 8 And he will redeem Israel from all his iniquities.

# **PSALM 143**

A Psalm of David

## **Cry**

1 Hear my prayer, O LORD; give ear to my pleas for mercy! In your faithfulness answer me, in your righteousness! 2 Enter not into judgment with your servant, for no one living is righteous before you.

## **Name**

3 For the enemy has pursued my soul; he has crushed my life to the ground; he has made me sit in darkness like those long dead. 4 Therefore my spirit faints within me; my heart within me is appalled.

## **Ask**

5 I remember the days of old; I meditate on all that you have done; I ponder the work of your hands. 6 I stretch out my hands to you; my soul thirsts for you like a parched land. Selah 7 Answer me quickly, O LORD! My spirit fails! Hide not your face from me, lest I be like those who go down to the pit. 8 Let me hear in the morning of your steadfast love, for in you I trust. Make me know the way I should go, for to you I lift up my soul. 9 Deliver me from my enemies, O LORD! I have fled to you for refuge. 10 Teach me to do your will, for you are my God! Let your good Spirit lead me on level ground! 11 For your name's sake, O LORD, preserve my life! In your righteousness bring my soul out of trouble!

## **Pledge**

12 And in your steadfast love you will cut off my enemies, and you will destroy all the adversaries of my soul, for I am your servant.

# PSALMS OF WISDOM

36, 37, 49, 73, 112, 127, 128, 133

**Total** – 8

## PSALM 36

### **My perspective**

1 Transgression speaks to the wicked deep in his heart; there is no fear of God before his eyes. 2 For he flatters himself in his own eyes that his iniquity cannot be found out and hated. 3 The words of his mouth are trouble and deceit; he has ceased to act wisely and do good. 4 He plots trouble while on his bed; he sets himself in a way that is not good; he does not reject evil.

### **God's perspective**

5 Your steadfast love, O LORD, extends to the heavens, your faithfulness to the clouds. 6 Your righteousness is like the mountains of God; your judgments are like the great deep; man and beast you save, O LORD.

### **My response**

7 How precious is your steadfast love, O God! The children of mankind take refuge in the shadow of your wings. 8 They feast on the abundance of your house, and you give them drink from the river of your delights. 9 For with you is the fountain of life; in your light do we see light.

### **God's response**

10 Oh, continue your steadfast love to those who know you, and your righteousness to the upright of heart! 11 Let not the foot of arrogance come upon me, nor the hand of the wicked drive me away. 12 There the evildoers lie fallen; they are thrust down, unable to rise.

## PSALM 37

### My perspective

12 The wicked plots against the righteous and gnashes his teeth at him,

14 The wicked draw the sword and bend their bows to bring down the poor and needy, to slay those whose way is upright;

21 The wicked borrows but does not pay back, but the righteous is generous and gives;

25 I have been young, and now am old, yet I have not seen the righteous forsaken or his children begging for bread. 26 He is ever lending generously, and his children become a blessing.

32 The wicked watches for the righteous and seeks to put him to death.

35 I have seen a wicked, ruthless man, spreading himself like a green laurel tree.

### God's perspective

2 For they will soon fade like the grass and wither like the green herb.

9 For the evildoers shall be cut off, but those who wait for the LORD shall inherit the land. 10 In just a little while, the wicked will be no more; though you look carefully at his place, he will not be there.

11 But the meek shall inherit the land and delight themselves in abundant peace.

13 but the Lord laughs at the wicked, for he sees that his day is coming.

15 their sword shall enter their own heart, and their bows shall be broken. 16 Better is the little that the righteous has than the abundance of many wicked.

20 But the wicked will perish; the enemies of the LORD are like the glory of the pastures; they vanish--like smoke they vanish away

22 for those blessed by the LORD shall inherit the land, but those cursed by him shall be cut off.

29 The righteous shall inherit the land and dwell upon it forever. 30 The mouth of the righteous utters wisdom, and his tongue speaks justice. 31 The law of his God is in his heart; his steps do not slip.

36 But he passed away, and behold, he was no more; though I sought him, he could not be found.

### **My response**

1 Fret not yourself because of evildoers; be not envious of wrongdoers!

7... fret not yourself over the one who prospers in his way, over the man who carries out evil devices! 8 Refrain from anger, and forsake wrath! Fret not yourself; it tends only to evil.

3 Trust in the LORD, and do good; dwell in the land and befriend faithfulness. 4 Delight yourself in the LORD, and he will give you the desires of your heart. 5 Commit your way to the LORD; trust in him, and he will act. 6 He will bring forth your righteousness as the light, and your justice as the noonday. 7 Be still before the LORD and wait patiently for him;

27 Turn away from evil and do good; so shall you dwell forever.

34 Wait for the LORD and keep his way, and he will exalt you to inherit the land; you will look on when the wicked are cut off.

37 Mark the blameless and behold the upright, for there is a future for the man of peace.

38 But transgressors shall be altogether destroyed; the future of the wicked shall be cut off.

### **God's response**

17 For the arms of the wicked shall be broken, but the LORD upholds the righteous. 18 The LORD knows the days of the blameless, and their heritage will remain forever; 19 they are not put to shame in evil times; in the days of famine they have abundance.

23 The steps of a man are established by the LORD, when he delights in his way; 24 though he fall, he shall not be cast headlong, for the LORD upholds his hand.

28 For the LORD loves justice; he will not forsake his saints. They are

preserved forever, but the children of the wicked shall be cut off.

33 The LORD will not abandon him to his power or let him be condemned when he is brought to trial.

39 The salvation of the righteous is from the LORD; he is their stronghold in the time of trouble. 40 The LORD helps them and delivers them; he delivers them from the wicked and saves them, because they take refuge in him.

## PSALM 49

To the choirmaster. A Psalm of the Sons of Korah.

### My perspective

1 Hear this, all peoples! Give ear, all inhabitants of the world, 2 both low and high, rich and poor together! 3 My mouth shall speak wisdom; the meditation of my heart shall be understanding. 4 I will incline my ear to a proverb; I will solve my riddle to the music of the lyre. 5 Why should I fear in times of trouble, when the iniquity of those who cheat me surrounds me, 6 those who trust in their wealth and boast of the abundance of their riches?

### God's perspective

7 Truly no man can ransom another, or give to God the price of his life, 8 for the ransom of their life is costly and can never suffice, 9 that he should live on forever and never see the pit. 10 For he sees that even the wise die; the fool and the stupid alike must perish and leave their wealth to others. 11 Their graves are their homes forever, their dwelling places to all generations, though they called lands by their own names. 12 Man in his pomp will not remain; he is like the beasts that perish. 13 This is the path of those who have foolish confidence; yet after them people approve of their boasts. Selah 14 Like sheep they are appointed for Sheol; death shall be their shepherd, and the upright shall rule over them in the morning. Their form shall be consumed in Sheol, with no place to dwell.

17 For when he dies he will carry nothing away; his glory will not go down after him. 18 For though, while he lives, he counts himself blessed --and though you get praise when you do well for yourself-- 19 his soul will go to the generation of his fathers, who will never again see light. 20 Man in his pomp yet without understanding is like the beasts that perish.

### **My response**

16 Be not afraid when a man becomes rich, when the glory of his house increases.

### **God's response**

15 But God will ransom my soul from the power of Sheol, for he will receive me. Selah

## **PSALM 73**

A Psalm of Asaph.

### **My perspective**

2 But as for me, my feet had almost stumbled, my steps had nearly slipped. 3 For I was envious of the arrogant when I saw the prosperity of the wicked. 4 For they have no pangs until death; their bodies are fat and sleek. 5 They are not in trouble as others are; they are not stricken like the rest of mankind. 6 Therefore pride is their necklace; violence covers them as a garment. 7 Their eyes swell out through fatness; their hearts overflow with follies. 8 They scoff and speak with malice; loftily they threaten oppression. 9 They set their mouths against the heavens, and their tongue struts through the earth. 10 Therefore his people turn back to them, and find no fault in them. 11 And they say, "How can God know? Is there knowledge in the Most High?" 12 Behold, these are the wicked; always at ease, they increase in riches. 13 All in vain have I kept my heart clean and washed my hands in innocence. 14 For all the day long I have been stricken and rebuked every morning. 15 If I had said, "I will speak thus," I would have betrayed the generation of your children. 16 But when I thought how to understand this, it seemed to me a wearisome task,

21 When my soul was embittered, when I was pricked in heart, 22 I was brutish and ignorant; I was like a beast toward you.

### **God's perspective**

17 until I went into the sanctuary of God; then I discerned their end. 18 Truly you set them in slippery places; you make them fall to ruin. 19 How they are destroyed in a moment, swept away utterly by terrors! 20 Like a dream when one awakes, O Lord, when you rouse yourself, you despise them as phantoms.

27 For behold, those who are far from you shall perish; you put an end to everyone who is unfaithful to you.

### **My response**

25 Whom have I in heaven but you? And there is nothing on earth that I desire besides you. 26 My flesh and my heart may fail, but God is the strength of my heart and my portion forever.

28 But for me it is good to be near God; I have made the Lord GOD my refuge, that I may tell of all your works.

### **God's response**

1 Truly God is good to Israel, to those who are pure in heart.

23 Nevertheless, I am continually with you; you hold my right hand.

24 You guide me with your counsel, and afterward you will receive me to glory.

## **PSALM 112**

### **My perspective**

#### **God's perspective**

5 It is well with the man who deals generously and lends; who conducts his affairs with justice. 6 For the righteous will never be moved; he will be remembered forever.

9 He has distributed freely; he has given to the poor; his righteousness endures forever; his horn is exalted in honor.

10 The wicked man sees it and is angry; he gnashes his teeth and melts away; the desire of the wicked will perish!

#### **My response**

1 Praise the LORD!

7 He is not afraid of bad news; his heart is firm, trusting in the LORD. 8 His heart is steady; he will not be afraid, until he looks in triumph on his adversaries.

#### **God's response**

1... Blessed is the man who fears the LORD, who greatly delights in his commandments! 2 His offspring will be mighty in the land; the generation of the upright will be blessed. 3 Wealth and riches are in his house, and his righteousness endures forever. 4 Light dawns in the darkness for the upright; he is gracious, merciful, and righteous.

## PSALM 127

A Song of Ascents. Of Solomon.

### My perspective

### God's perspective

1 Unless the LORD builds the house, those who build it labor in vain. Unless the LORD watches over the city, the watchman stays awake in vain. 2 It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for he gives to his beloved sleep.

### My response

### God's response

3 Behold, children are a heritage from the LORD, the fruit of the womb a reward. 4 Like arrows in the hand of a warrior are the children of one's youth. 5 Blessed is the man who fills his quiver with them! He shall not be put to shame when he speaks with his enemies in the gate.

## PSALM 128

A Song of Ascents.

### My perspective

### God's perspective

### My response

### God's response

1 Blessed is everyone who fears the LORD, who walks in his ways! 2 You shall eat the fruit of the labor of your hands; you shall be blessed, and it shall be well with you. 3 Your wife will be like a fruitful vine within your house; your children will be like olive shoots around your table. 4 Behold, thus shall the man be blessed who fears the LORD. 5 The LORD bless you from Zion! May you see the prosperity of Jerusalem all the days of your life! 6 May you see your children's children! Peace be upon Israel!



# PSALM 133

A Song of Ascents. Of David.

## My perspective

### God's perspective

1 Behold, how good and pleasant it is when brothers dwell in unity!  
2 It is like the precious oil on the head, running down on the beard,  
on the beard of Aaron, running down on the collar of his robes! 3 It  
is like the dew of Hermon, which falls on the mountains of Zion!

## My response

### God's response

3... For there the LORD has commanded the blessing, life forever-  
more.

# PSALMS OF PRAISE

8, 18, 19, 24, 30, 34, 65, 66, 67, 95, 98, 100, 103, 104, 105, 107, 111, 116, 117, 118, 124, 136, 138, 146, 147, 148, 149, 150

**Total** – 28

## PSALM 8

To the choirmaster: according to The Gittith. A Psalm of David.

### **Praise his name**

1 O LORD, our Lord, how majestic is your name in all the earth! You have set your glory above the heavens.

### **Praise his works**

2 Out of the mouth of babies and infants, you have established strength because of your foes, to still the enemy and the avenger.

### **Praise his benefits**

3 When I look at your heavens, the work of your fingers, the moon and the stars, which you have set in place, 4 what is man that you are mindful of him, and the son of man that you care for him? 5 Yet you have made him a little lower than the heavenly beings and crowned him with glory and honor. 6 You have given him dominion over the works of your hands; you have put all things under his feet, 7 all sheep and oxen, and also the beasts of the field, 8 the birds of the heavens, and the fish of the sea, whatever passes along the paths of the seas.

### **Respond to his greatness**

9 O LORD, our Lord, how majestic is your name in all the earth!

## PSALM 18

To the choirmaster. A Psalm of David, the servant of the LORD, who addressed the words of this song to the LORD on the day when the LORD delivered him from the hand of all his enemies, and from the hand of Saul. He said:

### **Praise his name**

1 I love you, O LORD, my strength. 2 The LORD is my rock and my fortress and my deliverer, my God, my rock, in whom I take refuge, my shield, and the horn of my salvation, my stronghold.

31 For who is God, but the LORD? And who is a rock, except our God?

46 The LORD lives, and blessed be my rock, and exalted be the God of my salvation--

### **Praise his works**

7 Then the earth reeled and rocked; the foundations also of the mountains trembled and quaked, because he was angry. 8 Smoke went up from his nostrils, and devouring fire from his mouth; glowing coals flamed forth from him. 9 He bowed the heavens and came down; thick darkness was under his feet. 10 He rode on a cherub and flew; he came swiftly on the wings of the wind. 11 He made darkness his covering, his canopy around him, thick clouds dark with water. 12 Out of the brightness before him hailstones and coals of fire broke through his clouds. 13 The LORD also thundered in the heavens, and the Most High uttered his voice, hailstones and coals of fire. 14 And he sent out his arrows and scattered them; he flashed forth lightnings and routed them. 15 Then the channels of the sea were seen, and the foundations of the world were laid bare at your rebuke, O LORD, at the blast of the breath of your nostrils.

### **Praise his benefits**

3 I call upon the LORD, who is worthy to be praised, and I am saved from my enemies. 4 The cords of death encompassed me; the torrents of destruction assailed me; 5 the cords of Sheol entangled me; the snares of death confronted me. 6 In my distress I called upon the LORD; to my God I cried for help. From his temple he heard my voice, and my cry to him reached his ears.

16 He sent from on high, he took me; he drew me out of many waters. 17 He rescued me from my strong enemy and from those who hated me, for they were too mighty for me. 18 They confronted

me in the day of my calamity, but the LORD was my support. 19 He brought me out into a broad place; he rescued me, because he delighted in me. 20 The LORD dealt with me according to my righteousness; according to the cleanness of my hands he rewarded me. 21 For I have kept the ways of the LORD, and have not wickedly departed from my God. 22 For all his rules were before me, and his statutes I did not put away from me. 23 I was blameless before him, and I kept myself from my guilt. 24 So the LORD has rewarded me according to my righteousness, according to the cleanness of my hands in his sight. 25 With the merciful you show yourself merciful; with the blameless man you show yourself blameless; 26 with the purified you show yourself pure; and with the crooked you make yourself seem tortuous. 27 For you save a humble people, but the haughty eyes you bring down. 28 For it is you who light my lamp; the LORD my God lightens my darkness. 29 For by you I can run against a troop, and by my God I can leap over a wall. 30 This God-his way is perfect; the word of the LORD proves true; he is a shield for all those who take refuge in him.

32 the God who equipped me with strength and made my way blameless. 33 He made my feet like the feet of a deer and set me secure on the heights. 34 He trains my hands for war, so that my arms can bend a bow of bronze. 35 You have given me the shield of your salvation, and your right hand supported me, and your gentleness made me great. 36 You gave a wide place for my steps under me, and my feet did not slip. 37 I pursued my enemies and overtook them, and did not turn back till they were consumed. 38 I thrust them through, so that they were not able to rise; they fell under my feet. 39 For you equipped me with strength for the battle; you made those who rise against me sink under me. 40 You made my enemies turn their backs to me, and those who hated me I destroyed. 41 They cried for help, but there was none to save; they cried to the LORD, but he did not answer them. 42 I beat them fine as dust before the wind; I cast them out like the mire of the streets. 43 You delivered me from strife with the people; you made me the head of the nations; people whom I had not known served me. 44 As soon as they heard of me they obeyed me; foreigners came cringing to me. 45 Foreigners lost heart and came trembling out of their fortresses.

47 the God who gave me vengeance and subdued peoples under me, 48 who rescued me from my enemies; yes, you exalted me above those who rose against me; you delivered me from the man of violence.

### **Respond to his greatness**

49 For this I will praise you, O LORD, among the nations, and sing to your name. 50 Great salvation he brings to his king, and shows steadfast love to his anointed, to David and his offspring forever.

## **PSALM 19**

To the choirmaster. A Psalm of David.

### **Praise his name**

1 The heavens declare the glory of God, and the sky above proclaims his handiwork. 2 Day to day pours out speech, and night to night reveals knowledge. 3 There is no speech, nor are there words, whose voice is not heard. 4 Their voice goes out through all the earth, and their words to the end of the world.

### **Praise his works**

4... In them he has set a tent for the sun, 5 which comes out like a bridegroom leaving his chamber, and, like a strong man, runs its course with joy. 6 Its rising is from the end of the heavens, and its circuit to the end of them, and there is nothing hidden from its heat.

### **Praise his benefits**

7 The law of the LORD is perfect, reviving the soul; the testimony of the LORD is sure, making wise the simple; 8 the precepts of the LORD are right, rejoicing the heart; the commandment of the LORD is pure, enlightening the eyes; 9 the fear of the LORD is clean, enduring forever; the rules of the LORD are true, and righteous altogether. 10 More to be desired are they than gold, even much fine gold; sweeter also than honey and drippings of the honeycomb. 11 Moreover, by them is your servant warned; in keeping them there is great reward.

### **Respond to his greatness**

12 Who can discern his errors? Declare me innocent from hidden faults. 13 Keep back your servant also from presumptuous sins; let them not have dominion over me! Then I shall be blameless, and innocent of great transgression. 14 Let the words of my mouth and the meditation of my heart be acceptable in your sight, O LORD, my rock and my redeemer.

## PSALM 24

A Psalm of David.

### **Praise his name**

1 The earth is the LORD's and the fullness thereof, the world and those who dwell therein,

### **Praise his works**

2 for he has founded it upon the seas and established it upon the rivers.

### **Praise his benefits**

3 Who shall ascend the hill of the LORD? And who shall stand in his holy place? 4 He who has clean hands and a pure heart, who does not lift up his soul to what is false and does not swear deceitfully. 5 He will receive blessing from the LORD and righteousness from the God of his salvation. 6 Such is the generation of those who seek him, who seek the face of the God of Jacob. Selah

### **Respond to his greatness**

7 Lift up your heads, O gates! And be lifted up, O ancient doors, that the King of glory may come in. 8 Who is this King of glory? The LORD, strong and mighty, the LORD, mighty in battle! 9 Lift up your heads, O gates! And lift them up, O ancient doors, that the King of glory may come in. 10 Who is this King of glory? The LORD of hosts, he is the King of glory! Selah

## PSALM 30

A Psalm of David. A song at the dedication of the temple.

### **Praise his name**

### **Praise his works**

### **Praise his benefits**

1 I will extol you, O LORD, for you have drawn me up and have not let my foes rejoice over me. 2 O LORD my God, I cried to you for help, and you have healed me. 3 O LORD, you have brought up my soul from Sheol; you restored me to life from among those who go down to the pit.

5 For his anger is but for a moment, and his favor is for a lifetime. Weeping may tarry for the night, but joy comes with the morning.

7 By your favor, O LORD, you made my mountain stand strong; you hid your face; I was dismayed.

11 You have turned for me my mourning into dancing; you have loosed my sackcloth and clothed me with gladness,

### **Respond to his greatness**

4 Sing praises to the LORD, O you his saints, and give thanks to his holy name.

6 As for me, I said in my prosperity, "I shall never be moved."

8 To you, O LORD, I cry, and to the Lord I plead for mercy: 9 "What profit is there in my death, if I go down to the pit? Will the dust praise you? Will it tell of your faithfulness? 10 Hear, O LORD, and be merciful to me! O LORD, be my helper!"

12 that my glory may sing your praise and not be silent. O LORD my God, I will give thanks to you forever!

## **PSALM 34**

Of David, when he changed his behavior before Abimelech, so that he drove him out, and he went away.

### **Praise his name**

1 I will bless the LORD at all times; his praise shall continually be in my mouth. 2 My soul makes its boast in the LORD; let the humble hear and be glad. 3 Oh, magnify the LORD with me, and let us exalt his name together!

### **Praise his works**

### **Praise his benefits**

4 I sought the LORD, and he answered me and delivered me from all my fears. 5 Those who look to him are radiant, and their faces shall never be ashamed. 6 This poor man cried, and the LORD heard him and saved him out of all his troubles. 7 The angel of the LORD encamps around those who fear him, and delivers them. 8 Oh, taste and see that the LORD is good! Blessed is the man who takes

refuge in him! 9 Oh, fear the LORD, you his saints, for those who fear him have no lack! 10 The young lions suffer want and hunger; but those who seek the LORD lack no good thing.

15 The eyes of the LORD are toward the righteous and his ears toward their cry. 16 The face of the LORD is against those who do evil, to cut off the memory of them from the earth. 17 When the righteous cry for help, the LORD hears and delivers them out of all their troubles. 18 The LORD is near to the brokenhearted and saves the crushed in spirit. 19 Many are the afflictions of the righteous, but the LORD delivers him out of them all. 20 He keeps all his bones; not one of them is broken. 21 Affliction will slay the wicked, and those who hate the righteous will be condemned. 22 The LORD redeems the life of his servants; none of those who take refuge in him will be condemned.

### **Respond to his greatness**

11 Come, O children, listen to me; I will teach you the fear of the LORD. 12 What man is there who desires life and loves many days, that he may see good? 13 Keep your tongue from evil and your lips from speaking deceit. 14 Turn away from evil and do good; seek peace and pursue it.

## **PSALM 65**

To the choirmaster. A Psalm of David. A Song.

### **Praise his name**

1 Praise is due to you, O God, in Zion, and to you shall vows be performed. 2 O you who hear prayer, to you shall all flesh come.

### **Praise his works**

5... O God of our salvation, the hope of all the ends of the earth and of the farthest seas; 6 the one who by his strength established the mountains, being girded with might; 7 who stills the roaring of the seas, the roaring of their waves, the tumult of the peoples, 8 so that those who dwell at the ends of the earth are in awe at your signs. You make the going out of the morning and the evening to shout for joy. 9 You visit the earth and water it; you greatly enrich it; the river of God is full of water; you provide their grain, for so you have prepared it. 10 You water its furrows abundantly, settling its ridges, softening it with showers, and blessing its growth. 11 You crown the year with your bounty; your wagon tracks overflow with abundance.



### **Praise his benefits**

3 When iniquities prevail against me, you atone for our transgressions. 4 Blessed is the one you choose and bring near, to dwell in your courts! We shall be satisfied with the goodness of your house, the holiness of your temple! 5 By awesome deeds you answer us with righteousness,

### **Respond to his greatness**

12 The pastures of the wilderness overflow, the hills gird themselves with joy, 13 the meadows clothe themselves with flocks, the valleys deck themselves with grain, they shout and sing together for joy.

## **PSALM 66**

To the choirmaster. A Song. A Psalm.

### **Praise his name**

1 Shout for joy to God, all the earth; 2 sing the glory of his name; give to him glorious praise! 3 Say to God, "How awesome are your deeds! So great is your power that your enemies come cringing to you. 4 All the earth worships you and sings praises to you; they sing praises to your name." Selah

### **Praise his works**

5 Come and see what God has done: he is awesome in his deeds toward the children of man. 6 He turned the sea into dry land; they passed through the river on foot. There did we rejoice in him, 7 who rules by his might forever, whose eyes keep watch on the nations-- let not the rebellious exalt themselves. Selah

### **Praise his benefits**

8 Bless our God, O peoples; let the sound of his praise be heard, 9 who has kept our soul among the living and has not let our feet slip. 10 For you, O God, have tested us; you have tried us as silver is tried. 11 You brought us into the net; you laid a crushing burden on our backs; 12 you let men ride over our heads; we went through fire and through water; yet you have brought us out to a place of abundance.

16 Come and hear, all you who fear God, and I will tell what he has done for my soul. 17 I cried to him with my mouth, and high praise was on my tongue. 18 If I had cherished iniquity in my heart, the Lord would not have listened. 19 But truly God has listened; he has attended to the voice of my prayer.

### **Respond to his greatness**

13 I will come into your house with burnt offerings; I will perform my vows to you, 14 that which my lips uttered and my mouth promised when I was in trouble. 15 I will offer to you burnt offerings of fattened animals, with the smoke of the sacrifice of rams; I will make an offering of bulls and goats. Selah

20 Blessed be God, because he has not rejected my prayer or removed his steadfast love from me!

## **PSALM 67**

To the choirmaster: with stringed instruments. A Psalm. A Song

### **Praise his name**

1. May God be gracious to us and bless us and make his face to shine upon us, Selah 2 that your way may be known on earth, your saving power among all nations.

### **Praise his works**

### **Praise his benefits**

6 The earth has yielded its increase; God, our God, shall bless us. 7 God shall bless us; let all the ends of the earth fear him!

### **Respond to his greatness**

3 Let the peoples praise you, O God; let all the peoples praise you! 4 Let the nations be glad and sing for joy, for you judge the peoples with equity and guide the nations upon earth. Selah

5 Let the peoples praise you, O God; let all the peoples praise you!

## **PSALM 95**

### **Praise his name**

1 Oh come, let us sing to the LORD; let us make a joyful noise to the rock of our salvation! 2 Let us come into his presence with thanksgiving; let us make a joyful noise to him with songs of praise! 3 For the LORD is a great God, and a great King above all gods.

### **Praise his works**

4 In his hand are the depths of the earth; the heights of the mountains are his also. 5 The sea is his, for he made it, and his hands formed the dry land.

### **Praise his benefits**

7 For he is our God, and we are the people of his pasture, and the sheep of his hand.

### **Respond to his greatness**

6 Oh come, let us worship and bow down; let us kneel before the LORD, our Maker!

7... Today, if you hear his voice, 8 do not harden your hearts, as at Meribah, as on the day at Massah in the wilderness, 9 when your fathers put me to the test and put me to the proof, though they had seen my work. 10 For forty years I loathed that generation and said, "They are a people who go astray in their heart, and they have not known my ways." 11 Therefore I swore in my wrath, "They shall not enter my rest."

## **PSALM 98**

A Psalm.

### **Praise his name**

1 Oh sing to the LORD a new song, for he has done marvelous things!

### **Praise his works**

1... His right hand and his holy arm have worked salvation for him. 2 The LORD has made known his salvation; he has revealed his righteousness in the sight of the nations.

9 before the LORD, for he comes to judge the earth. He will judge the world with righteousness, and the peoples with equity.

### **Praise his benefits**

3 He has remembered his steadfast love and faithfulness to the house of Israel. All the ends of the earth have seen the salvation of our God.

### **Respond to his greatness**

4 Make a joyful noise to the LORD, all the earth; break forth into joyous song and sing praises! 5 Sing praises to the LORD with the lyre, with the lyre and the sound of melody! 6 With trumpets and the sound of the horn make a joyful noise before the King, the LORD! 7 Let the sea roar, and all that fills it; the world and those who dwell in it! 8 Let the rivers clap their hands; let the hills sing for joy together

## **PSALM 100**

A Psalm for giving thanks.

### **Praise his name**

1 Make a joyful noise to the LORD, all the earth! 2 Serve the LORD with gladness! Come into his presence with singing! 3 Know that the LORD, he is God!

### **Praise his works**

### **Praise his benefits**

3... It is he who made us, and we are his; we are his people, and the sheep of his pasture.

5 For the LORD is good; his steadfast love endures forever, and his faithfulness to all generations.

### **Respond to his greatness**

4 Enter his gates with thanksgiving, and his courts with praise! Give thanks to him; bless his name!

## **PSALM 103**

Of David.

### **Praise his name**

1 Bless the LORD, O my soul, and all that is within me, bless his holy name!

### **Praise his works**

7 He made known his ways to Moses, his acts to the people of Israel.

19 The LORD has established his throne in the heavens, and his kingdom rules over all.

### **Praise his benefits**

2 Bless the LORD, O my soul, and forget not all his benefits, 3 who forgives all your iniquity, who heals all your diseases, 4 who redeems your life from the pit, who crowns you with steadfast love and mercy, 5 who satisfies you with good so that your youth is renewed like the eagle's. 6 The LORD works righteousness and justice for all who are oppressed.

8 The LORD is merciful and gracious, slow to anger and abounding in steadfast love. 9 He will not always chide, nor will he keep his anger forever. 10 He does not deal with us according to our sins, nor repay us according to our iniquities. 11 For as high as the heavens are above the earth, so great is his steadfast love toward those who fear him; 12 as far as the east is from the west, so far does he remove our transgressions from us. 13 As a father shows compassion to his children, so the LORD shows compassion to those who fear him. 14 For he knows our frame; he remembers that we are dust. 15 As for man, his days are like grass; he flourishes like a flower of the field; 16 for the wind passes over it, and it is gone, and its place knows it no more. 17 But the steadfast love of the LORD is from everlasting to everlasting on those who fear him, and his righteousness to children's children, 18 to those who keep his covenant and remember to do his commandments.

### **Respond to his greatness**

20 Bless the LORD, O you his angels, you mighty ones who do his word, obeying the voice of his word! 21 Bless the LORD, all his hosts, his ministers, who do his will! 22 Bless the LORD, all his works, in all places of his dominion. Bless the LORD, O my soul!

## **PSALM 104**

### **Praise his name**

1 Bless the LORD, O my soul! O LORD my God, you are very great! You are clothed with splendor and majesty, 2 covering yourself with light as with a garment, stretching out the heavens like a tent.

### **Praise his works**

3 He lays the beams of his chambers on the waters; he makes the clouds his chariot; he rides on the wings of the wind; 4 he makes his messengers winds, his ministers a flaming fire. 5 He set the earth on its foundations, so that it should never be moved. 6 You covered it with the deep as with a garment; the waters stood above the

mountains. 7 At your rebuke they fled; at the sound of your thunder they took to flight. 8 The mountains rose, the valleys sank down to the place that you appointed for them. 9 You set a boundary that they may not pass, so that they might not again cover the earth. 10 You make springs gush forth in the valleys; they flow between the hills; 11 they give drink to every beast of the field; the wild donkeys quench their thirst. 12 Beside them the birds of the heavens dwell; they sing among the branches. 13 From your lofty abode you water the mountains; the earth is satisfied with the fruit of your work.

16 The trees of the LORD are watered abundantly, the cedars of Lebanon that he planted. 17 In them the birds build their nests; the stork has her home in the fir trees. 18 The high mountains are for the wild goats; the rocks are a refuge for the rock badgers. 19 He made the moon to mark the seasons; the sun knows its time for setting. 20 You make darkness, and it is night, when all the beasts of the forest creep about. 21 The young lions roar for their prey, seeking their food from God. 22 When the sun rises, they steal away and lie down in their dens. 23 Man goes out to his work and to his labor until the evening. 24 O LORD, how manifold are your works! In wisdom have you made them all; the earth is full of your creatures. 25 Here is the sea, great and wide, which teems with creatures innumerable, living things both small and great. 26 There go the ships, and Leviathan, which you formed to play in it.

27 These all look to you, to give them their food in due season. 28 When you give it to them, they gather it up; when you open your hand, they are filled with good things. 29 When you hide your face, they are dismayed; when you take away their breath, they die and return to their dust. 30 When you send forth your Spirit, they are created, and you renew the face of the ground.

### **Praise his benefits**

14 You cause the grass to grow for the livestock and plants for man to cultivate, that he may bring forth food from the earth 15 and wine to gladden the heart of man, oil to make his face shine and bread to strengthen man's heart.

### **Respond to his greatness**

31 May the glory of the LORD endure forever; may the LORD rejoice in his works, 32 who looks on the earth and it trembles, who touches the mountains and they smoke! 33 I will sing to the LORD as long as I live; I will sing praise to my God while I have being. 34 May my meditation be pleasing to him, for I rejoice in the LORD. 35

Let sinners be consumed from the earth, and let the wicked be no more! Bless the LORD, O my soul! Praise the LORD!

## **PSALM 105**

### **Praise his name**

1 Oh give thanks to the LORD; call upon his name; make known his deeds among the peoples! 2 Sing to him, sing praises to him; tell of all his wondrous works! 3 Glory in his holy name; let the hearts of those who seek the LORD rejoice! 4 Seek the LORD and his strength; seek his presence continually! 5 Remember the wondrous works that he has done, his miracles, and the judgments he uttered, 6 O offspring of Abraham, his servant, children of Jacob, his chosen ones! 7 He is the LORD our God; his judgments are in all the earth.

### **Praise his works**

8 He remembers his covenant forever, the word that he commanded, for a thousand generations, 9 the covenant that he made with Abraham, his sworn promise to Isaac, 10 which he confirmed to Jacob as a statute, to Israel as an everlasting covenant, 11 saying, "To you I will give the land of Canaan as your portion for an inheritance." 12 When they were few in number, of little account, and sojourners in it, 13 wandering from nation to nation, from one kingdom to another people, 14 he allowed no one to oppress them; he rebuked kings on their account, 15 saying, "Touch not my anointed ones, do my prophets no harm!" 16 When he summoned a famine on the land and broke all supply of bread, 17 he had sent a man ahead of them, Joseph, who was sold as a slave. 18 His feet were hurt with fetters; his neck was put in a collar of iron; 19 until what he had said came to pass, the word of the LORD tested him. 20 The king sent and released him; the ruler of the peoples set him free; 21 he made him lord of his house and ruler of all his possessions, 22 to bind his princes at his pleasure and to teach his elders wisdom. 23 Then Israel came to Egypt; Jacob sojourned in the land of Ham. 24 And the LORD made his people very fruitful and made them stronger than their foes. 25 He turned their hearts to hate his people, to deal craftily with his servants. 26 He sent Moses, his servant, and Aaron, whom he had chosen. 27 They performed his signs among them and miracles in the land of Ham. 28 He sent darkness, and made the land dark; they did not rebel against his words. 29 He turned their waters into blood and caused their fish to die. 30 Their land swarmed with frogs, even in the chambers of their kings. 31 He spoke, and there came swarms

of flies, and gnats throughout their country. 32 He gave them hail for rain, and fiery lightning bolts through their land. 33 He struck down their vines and fig trees, and shattered the trees of their country. 34 He spoke, and the locusts came, young locusts without number, 35 which devoured all the vegetation in their land and ate up the fruit of their ground. 36 He struck down all the firstborn in their land, the firstfruits of all their strength. 37 Then he brought out Israel with silver and gold, and there was none among his tribes who stumbled. 38 Egypt was glad when they departed, for dread of them had fallen upon it. 39 He spread a cloud for a covering, and fire to give light by night. 40 They asked, and he brought quail, and gave them bread from heaven in abundance. 41 He opened the rock, and water gushed out; it flowed through the desert like a river. 42 For he remembered his holy promise, and Abraham, his servant. 43 So he brought his people out with joy, his chosen ones with singing. 44 And he gave them the lands of the nations, and they took possession of the fruit of the peoples' toil, 45 that they might keep his statutes and observe his laws.

### **Praise his benefits**

### **Respond to his greatness**

45... Praise the LORD!

## **PSALM 107**

### **Praise his name**

1 Oh give thanks to the LORD, for he is good, for his steadfast love endures forever! 2 Let the redeemed of the LORD say so, whom he has redeemed from trouble 3 and gathered in from the lands, from the east and from the west, from the north and from the south.

### **Praise his works**

33 He turns rivers into a desert, springs of water into thirsty ground, 34 a fruitful land into a salty waste, because of the evil of its inhabitants. 35 He turns a desert into pools of water, a parched land into springs of water.

### **Praise his benefits**

4 Some wandered in desert wastes, finding no way to a city to dwell in; 5 hungry and thirsty, their soul fainted within them. 6 Then they cried to the LORD in their trouble, and he delivered them from



their distress. 7 He led them by a straight way till they reached a city to dwell in. 8 Let them thank the LORD for his steadfast love, for his wondrous works to the children of man! 9 For he satisfies the longing soul, and the hungry soul he fills with good things.

10 Some sat in darkness and in the shadow of death, prisoners in affliction and in irons, 11 for they had rebelled against the words of God, and spurned the counsel of the Most High. 12 So he bowed their hearts down with hard labor; they fell down, with none to help. 13 Then they cried to the LORD in their trouble, and he delivered them from their distress. 14 He brought them out of darkness and the shadow of death, and burst their bonds apart. 15 Let them thank the LORD for his steadfast love, for his wondrous works to the children of man! 16 For he shatters the doors of bronze and cuts in two the bars of iron.

17 Some were fools through their sinful ways, and because of their iniquities suffered affliction; 18 they loathed any kind of food, and they drew near to the gates of death. 19 Then they cried to the LORD in their trouble, and he delivered them from their distress. 20 He sent out his word and healed them, and delivered them from their destruction. 21 Let them thank the LORD for his steadfast love, for his wondrous works to the children of man! 22 And let them offer sacrifices of thanksgiving, and tell of his deeds in songs of joy!

23 Some went down to the sea in ships, doing business on the great waters; 24 they saw the deeds of the LORD, his wondrous works in the deep. 25 For he commanded and raised the stormy wind, which lifted up the waves of the sea. 26 They mounted up to heaven; they went down to the depths; their courage melted away in their evil plight; 27 they reeled and staggered like drunken men and were at their wits' end. 28 Then they cried to the LORD in their trouble, and he delivered them from their distress. 29 He made the storm be still, and the waves of the sea were hushed. 30 Then they were glad that the waters were quiet, and he brought them to their desired haven. 31 Let them thank the LORD for his steadfast love, for his wondrous works to the children of man! 32 Let them extol him in the congregation of the people, and praise him in the assembly of the elders.

36 And there he lets the hungry dwell, and they establish a city to live in; 37 they sow fields and plant vineyards and get a fruitful yield. 38 By his blessing they multiply greatly, and he does not let their livestock diminish. 39 When they are diminished and brought

low through oppression, evil, and sorrow, 40 he pours contempt on princes and makes them wander in trackless wastes; 41 but he raises up the needy out of affliction and makes their families like flocks. 42 The upright see it and are glad, and all wickedness shuts its mouth.

### **Respond to his greatness**

43 Whoever is wise, let him attend to these things; let them consider the steadfast love of the LORD.

## **PSALM 111**

### **Praise his name**

1 Praise the LORD! I will give thanks to the LORD with my whole heart, in the company of the upright, in the congregation.

### **Praise his works**

2 Great are the works of the LORD, studied by all who delight in them. 3 Full of splendor and majesty is his work, and his righteousness endures forever. 4 He has caused his wondrous works to be remembered; the LORD is gracious and merciful.

7 The works of his hands are faithful and just; all his precepts are trustworthy; 8 they are established forever and ever, to be performed with faithfulness and uprightness.

### **Praise his benefits**

5 He provides food for those who fear him; he remembers his covenant forever. 6 He has shown his people the power of his works, in giving them the inheritance of the nations.

9 He sent redemption to his people; he has commanded his covenant forever.

### **Respond to his greatness**

9... Holy and awesome is his name! 10 The fear of the LORD is the beginning of wisdom; all those who practice it have a good understanding. His praise endures forever!

# PSALM 116

## **Praise his name**

1 I love the LORD, because he has heard my voice and my pleas for mercy. 2 Because he inclined his ear to me, therefore I will call on him as long as I live.

## **Praise his works**

## **Praise his benefits**

3 The snares of death encompassed me; the pangs of Sheol laid hold on me; I suffered distress and anguish. 4 Then I called on the name of the LORD: "O LORD, I pray, deliver my soul!" 5 Gracious is the LORD, and righteous; our God is merciful. 6 The LORD preserves the simple; when I was brought low, he saved me.

7 Return, O my soul, to your rest; for the LORD has dealt bountifully with you. 8 For you have delivered my soul from death, my eyes from tears, my feet from stumbling; 9 I will walk before the LORD in the land of the living. 10 I believed, even when I spoke: "I am greatly afflicted"; 11 I said in my alarm, "All mankind are liars."

15 Precious in the sight of the LORD is the death of his saints.

## **Respond to his greatness**

12 What shall I render to the LORD for all his benefits to me? 13 I will lift up the cup of salvation and call on the name of the LORD, 14 I will pay my vows to the LORD in the presence of all his people.

16 O LORD, I am your servant; I am your servant, the son of your maidservant. You have loosed my bonds. 17 I will offer to you the sacrifice of thanksgiving and call on the name of the LORD. 18 I will pay my vows to the LORD in the presence of all his people, 19 in the courts of the house of the LORD, in your midst, O Jerusalem. Praise the LORD!

## PSALM 117

### **Praise his name**

1 Praise the LORD, all nations! Extol him, all peoples!

### **Praise his works**

### **Praise his benefits**

2 For great is his steadfast love toward us, and the faithfulness of the LORD endures forever.

### **Respond to his greatness**

3 Praise the LORD!

## PSALM 118

### **Praise his name**

1 Oh give thanks to the LORD, for he is good; for his steadfast love endures forever! 2 Let Israel say, "His steadfast love endures forever." 3 Let the house of Aaron say, "His steadfast love endures forever." 4 Let those who fear the LORD say, "His steadfast love endures forever."

### **Praise his works**

### **Praise his benefits**

5 Out of my distress I called on the LORD; the LORD answered me and set me free. 6 The LORD is on my side; I will not fear. What can man do to me? 7 The LORD is on my side as my helper; I shall look in triumph on those who hate me. 8 It is better to take refuge in the LORD than to trust in man. 9 It is better to take refuge in the LORD than to trust in princes. 10 All nations surrounded me; in the name of the LORD I cut them off! 11 They surrounded me, surrounded me on every side; in the name of the LORD I cut them off! 12 They surrounded me like bees; they went out like a fire among thorns; in the name of the LORD I cut them off! 13 I was pushed hard, so that I was falling, but the LORD helped me. 14 The LORD is my strength and my song; he has become my salvation. 15 Glad songs of salvation are in the tents of the righteous: "The right hand of the LORD does valiantly, 16 the right hand of the LORD exalts, the right

hand of the LORD does valiantly!" 17 I shall not die, but I shall live, and recount the deeds of the LORD. 18 The LORD has disciplined me severely, but he has not given me over to death.

27 The LORD is God, and he has made his light to shine upon us.

### **Respond to his greatness**

19 Open to me the gates of righteousness, that I may enter through them and give thanks to the LORD. 20 This is the gate of the LORD; the righteous shall enter through it. 21 I thank you that you have answered me and have become my salvation. 22 The stone that the builders rejected has become the cornerstone. 23 This is the LORD's doing; it is marvelous in our eyes. 24 This is the day that the LORD has made; let us rejoice and be glad in it. 25 Save us, we pray, O LORD! O LORD, we pray, give us success! 26 Blessed is he who comes in the name of the LORD! We bless you from the house of the LORD.

27... Bind the festal sacrifice with cords, up to the horns of the altar!  
28 You are my God, and I will give thanks to you; you are my God; I will extol you. 29 Oh give thanks to the LORD, for he is good; for his steadfast love endures forever!

## **PSALM 124**

A Song of Ascents. Of David.

### **Praise his name**

### **Praise his works**

### **Praise his benefits**

1 If it had not been the LORD who was on our side-- let Israel now say-- 2 if it had not been the LORD who was on our side when people rose up against us, 3 then they would have swallowed us up alive, when their anger was kindled against us; 4 then the flood would have swept us away, the torrent would have gone over us; 5 then over us would have gone the raging waters.

### **Respond to his greatness**

6 Blessed be the LORD, who has not given us as prey to their teeth!  
7 We have escaped like a bird from the snare of the fowlers; the snare is broken, and we have escaped! 8 Our help is in the name of the LORD, who made heaven and earth.

# PSALM 136

## **Praise his name**

1 Give thanks to the LORD, for he is good, for his steadfast love endures forever. 2 Give thanks to the God of gods, for his steadfast love endures forever. 3 Give thanks to the Lord of lords, for his steadfast love endures forever;

## **Praise his works**

4 to him who alone does great wonders, for his steadfast love endures forever; 5 to him who by understanding made the heavens, for his steadfast love endures forever; 6 to him who spread out the earth above the waters, for his steadfast love endures forever; 7 to him who made the great lights, for his steadfast love endures forever; 8 the sun to rule over the day, for his steadfast love endures forever; 9 the moon and stars to rule over the night, for his steadfast love endures forever; 10 to him who struck down the firstborn of Egypt, for his steadfast love endures forever; 11 and brought Israel out from among them, for his steadfast love endures forever; 12 with a strong hand and an outstretched arm, for his steadfast love endures forever; 13 to him who divided the Red Sea in two, for his steadfast love endures forever; 14 and made Israel pass through the midst of it, for his steadfast love endures forever; 15 but overthrew Pharaoh and his host in the Red Sea, for his steadfast love endures forever; 16 to him who led his people through the wilderness, for his steadfast love endures forever; 17 to him who struck down great kings, for his steadfast love endures forever; 18 and killed mighty kings, for his steadfast love endures forever; 19 Sihon, king of the Amorites, for his steadfast love endures forever; 20 and Og, king of Bashan, for his steadfast love endures forever; 21 and gave their land as a heritage, for his steadfast love endures forever; 22 a heritage to Israel his servant, for his steadfast love endures forever.

## **Praise his benefits**

23 It is he who remembered us in our low estate, for his steadfast love endures forever; 24 and rescued us from our foes, for his steadfast love endures forever; 25 he who gives food to all flesh, for his steadfast love endures forever.

## **Respond to his greatness**

26 Give thanks to the God of heaven, for his steadfast love endures forever.

## PSALM 138

Of David.

### **Praise his name**

1 I give you thanks, O LORD, with my whole heart; before the gods I sing your praise; 2 I bow down toward your holy temple and give thanks to your name for your steadfast love and your faithfulness, for you have exalted above all things your name and your word.

### **Praise his works**

### **Praise his benefits**

3 On the day I called, you answered me; my strength of soul you increased. 4 All the kings of the earth shall give you thanks, O LORD, for they have heard the words of your mouth, 5 and they shall sing of the ways of the LORD, for great is the glory of the LORD. 6 For though the LORD is high, he regards the lowly, but the haughty he knows from afar. 7 Though I walk in the midst of trouble, you preserve my life; you stretch out your hand against the wrath of my enemies, and your right hand delivers me.

### **Respond to his greatness**

8 The LORD will fulfill his purpose for me; your steadfast love, O LORD, endures forever. Do not forsake the work of your hands.

## PSALM 146

### **Praise his name**

1 Praise the LORD! Praise the LORD, O my soul! 2 I will praise the LORD as long as I live; I will sing praises to my God while I have my being.

### **Praise his works**

### **Praise his benefits**

3 Put not your trust in princes, in a son of man, in whom there is no salvation. 4 When his breath departs, he returns to the earth; on that very day his plans perish. 5 Blessed is he whose help is the God of Jacob, whose hope is in the LORD his God, 6 who made heaven and earth, the sea, and all that is in them, who keeps faith forever;

7 who executes justice for the oppressed, who gives food to the hungry. The LORD sets the prisoners free; 8 the LORD opens the eyes of the blind. The LORD lifts up those who are bowed down; the LORD loves the righteous. 9 The LORD watches over the sojourners; he upholds the widow and the fatherless, but the way of the wicked he brings to ruin.

**Respond to his greatness**

10 The LORD will reign forever, your God, O Zion, to all generations. Praise the LORD!

## **PSALM 147**

**Praise his name**

1 Praise the LORD! For it is good to sing praises to our God; for it is pleasant, and a song of praise is fitting.

**Praise his works**

4 He determines the number of the stars; he gives to all of them their names.

8 He covers the heavens with clouds; he prepares rain for the earth; he makes grass grow on the hills. 9 He gives to the beasts their food, and to the young ravens that cry.

15 He sends out his command to the earth; his word runs swiftly.

16 He gives snow like wool; he scatters frost like ashes. 17 He hurls down his crystals of ice like crumbs; who can stand before his cold?

18 He sends out his word, and melts them; he makes his wind blow and the waters flow. 19 He declares his word to Jacob, his statutes and rules to Israel. 20 He has not dealt thus with any other nation; they do not know his rules.

**Praise his benefits**

2 The LORD builds up Jerusalem; he gathers the outcasts of Israel. 3 He heals the brokenhearted and binds up their wounds.

5 Great is our Lord, and abundant in power; his understanding is beyond measure. 6 The LORD lifts up the humble; he casts the wicked to the ground.

10 His delight is not in the strength of the horse, nor his pleasure in the legs of a man, 11 but the LORD takes pleasure in those who fear



him, in those who hope in his steadfast love.

13 For he strengthens the bars of your gates; he blesses your children within you. 14 He makes peace in your borders; he fills you with the finest of the wheat.

### **Respond to his greatness**

7 Sing to the LORD with thanksgiving; make melody to our God on the lyre!

12 Praise the LORD, O Jerusalem! Praise your God, O Zion!

20... Praise the LORD!

## **PSALM 148**

### **Praise his name**

1 Praise the LORD! Praise the LORD from the heavens; praise him in the heights! 2 Praise him, all his angels; praise him, all his hosts! 3 Praise him, sun and moon, praise him, all you shining stars! 4 Praise him, you highest heavens, and you waters above the heavens! 5 Let them praise the name of the LORD!

### **Praise his works**

5... For he commanded and they were created. 6 And he established them forever and ever; he gave a decree, and it shall not pass away.

### **Praise his benefits**

### **Respond to his greatness**

7 Praise the LORD from the earth, you great sea creatures and all deeps, 8 fire and hail, snow and mist, stormy wind fulfilling his word! 9 Mountains and all hills, fruit trees and all cedars! 10 Beasts and all livestock, creeping things and flying birds! 11 Kings of the earth and all peoples, princes and all rulers of the earth! 12 Young men and maidens together, old men and children! 13 Let them praise the name of the LORD, for his name alone is exalted; his majesty is above earth and heaven. 14 He has raised up a horn for his people, praise for all his saints, for the people of Israel who are near to him. Praise the LORD!

## PSALM 149

### **Praise his name**

1 Praise the LORD! Sing to the LORD a new song, his praise in the assembly of the godly! 2 Let Israel be glad in his Maker; let the children of Zion rejoice in their King! 3 Let them praise his name with dancing, making melody to him with tambourine and lyre!

### **Praise his works**

### **Praise his benefits**

4 For the LORD takes pleasure in his people; he adorns the humble with salvation.

### **Respond to his greatness**

5 Let the godly exult in glory; let them sing for joy on their beds. 6 Let the high praises of God be in their throats and two-edged swords in their hands, 7 to execute vengeance on the nations and punishments on the peoples, 8 to bind their kings with chains and their nobles with fetters of iron, 9 to execute on them the judgment written! This is honor for all his godly ones. Praise the LORD!

## PSALM 150

### **Praise his name**

1 Praise the LORD! Praise God in his sanctuary; praise him in his mighty heavens!

### **Praise his works**

2 Praise him for his mighty deeds; praise him according to his excellent greatness!

### **Praise his benefits**

### **Respond to his greatness**

3 Praise him with trumpet sound; praise him with lute and harp! 4 Praise him with tambourine and dance; praise him with strings and pipe! 5 Praise him with sounding cymbals; praise him with loud clashing cymbals! 6 Let everything that has breath praise the LORD! Praise the LORD!

## **PSALMS REPRESENTED IN THE FIVE PATHS - 108**

3, 4, 5, 6, 7, 8, 10, 12, 13, 14, 17, 18, 19, 22, 24, 25, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 46, 49, 51, 54, 55, 56, 57, 58, 59, 60, 61, 64, 65, 66, 67, 69, 70, 71, 73, 74, 75, 76, 77, 79, 80, 83, 85, 86, 88, 89, 92, 93, 94, 95, 97, 98, 100, 102, 103, 104, 105, 107, 109, 111, 112, 113, 115, 116, 117, 118, 120, 121, 123, 124, 126, 127, 128, 129, 130, 133, 135, 136, 137, 138, 140, 141, 142, 143, 145, 146, 147, 148, 149, 150

## **OTHER THEMES OR CATEGORIES - 42**


1, 2, 9, 11, 15, 16, 20, 21, 23, 26, 45, 47, 48, 50, 52, 53, 62, 63, 68, 72, 78, 81, 82, 84, 87, 90, 91, 96, 99, 101, 106, 108, 110, 114, 119, 122, 125, 131, 132, 134, 139, 144,

## YOUR PSALMS



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## YOUR PSALMS



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## YOUR PSALMS

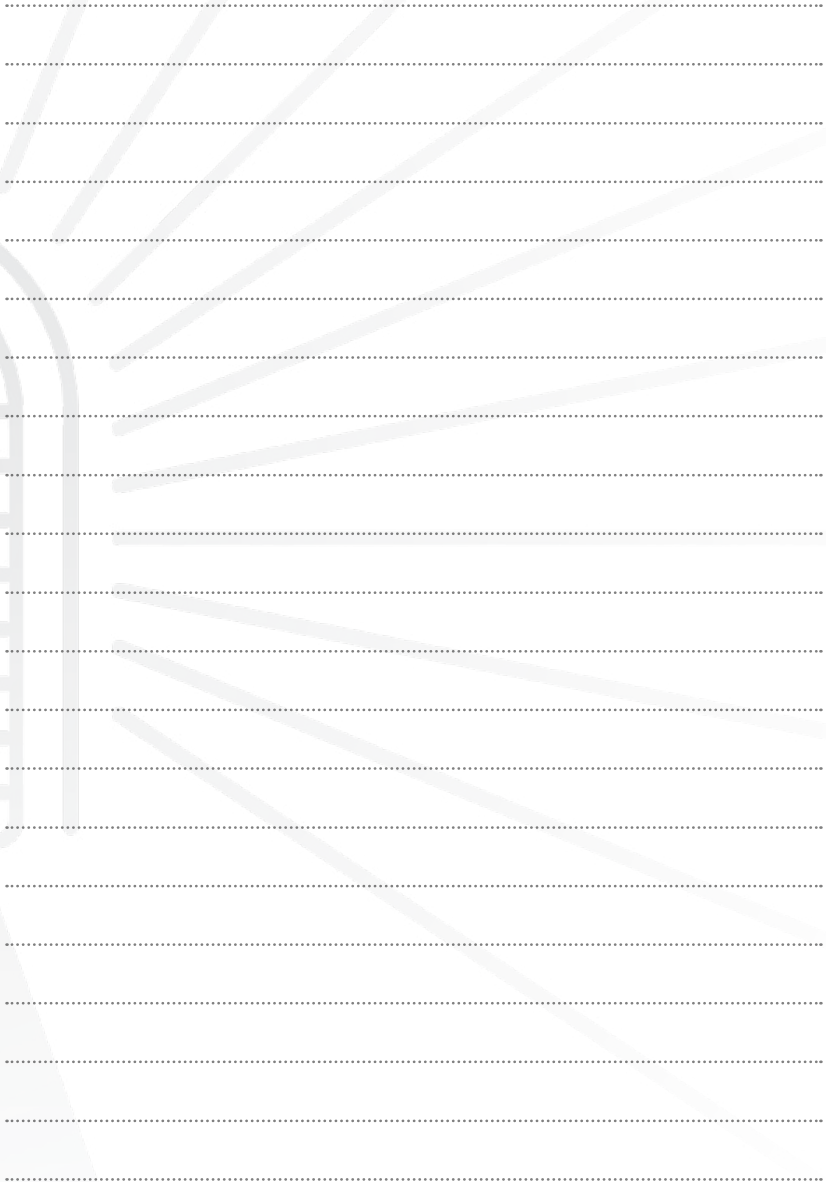


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## YOUR PSALMS

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## YOUR PSALMS



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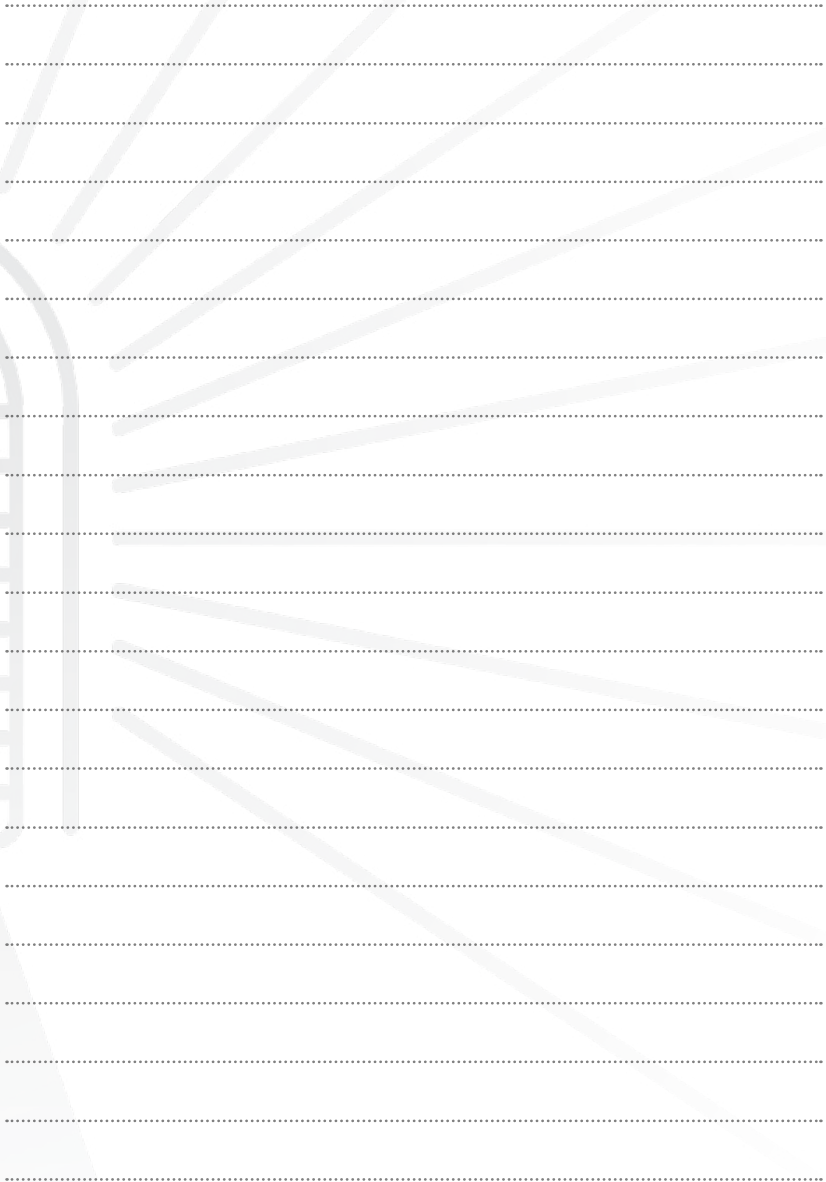


## YOUR PSALMS



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## YOUR PSALMS



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## YOUR PSALMS



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