Psalms

HEBREW BIBLE

Psalms

תְּהִלִּים

Translated from the Hebrew with AI (Claude) and edited

FORAGE
forage.com

Psalms · Hebrew Bible

Translated from the Hebrew with AI (Claude) and edited. Reading edition, Forage, October 2026. forage.com/bible/psalms

Hebrew text: the Westminster Leningrad Codex (WLC 4.20, J. Alan Groves Center for Advanced Biblical Research; public domain), a transcription of the Leningrad Codex (St. Petersburg, National Library of Russia, Firkovich B 19 A, copied AD 1008/9), the oldest complete manuscript of the Hebrew Bible, via the OpenScriptures Hebrew Bible (github.com/openscriptures/morphhb) (its morphology, CC BY 4.0, is not used). Spot-checked against Rudolf Kittel (1853–1929), ed., *Biblia Hebraica* (Leipzig: Hinrichs, 1906). Vowel points are kept; the cantillation accents are omitted; where the Masoretes read a word differently from the written consonants (ketiv/qere), the form read aloud (qere) is printed. In the poetry, " / " marks the division of each verse into its lines (cola), following the main accents of the Masoretic text. The doxologies that close each of the five books (41:14, 72:18–20, 89:53, 106:48) belong to the psalms they end. English: translated from the Hebrew with AI (Claude), then edited for accuracy and consistency. Not reviewed by a human specialist. Free to reuse under CC BY-SA 4.0. The small numbers set in the text are chapter and verse in the Hebrew numbering; in many psalms the heading counts as verse 1 (or 1–2), so the numbers are one or two ahead of most English Bibles.

The original text is in the public domain. This translation is free to share and adapt under the Creative Commons Attribution-ShareAlike 4.0 International license (CC BY-SA 4.0): creativecommons.org/licenses/by-sa/4.0

Set in Source Serif 4, Noto Serif Hebrew.

CONTENTS

Introduction xi

Book One 1

Psalm 1: Happy is the one 1
Psalm 2: Why are the nations in an uproar? 2
Psalm 3: LORD, how many are my foes! 3
Psalm 4: When I call, answer me 4
Psalm 5: Give ear to my words 5
Psalm 6: Do not rebuke me in your anger 6
Psalm 7: In you I take refuge 7
Psalm 8: How majestic is your name 9
Psalm 9: I will thank the LORD with all my heart 10
Psalm 10: Why, LORD, do you stand far off? 11
Psalm 11: In the LORD I take refuge 13
Psalm 12: Save, LORD, for the faithful are gone 14
Psalm 13: How long, LORD? 15
Psalm 14: The fool says in his heart, “There is no God” 15
Psalm 15: LORD, who may dwell on your holy mountain? 16
Psalm 16: You are my Lord 17
Psalm 17: Hear a just cause, LORD 18
Psalm 18: I love you, LORD, my strength 19
Psalm 19: The heavens are telling the glory of God 23
Psalm 20: May the LORD answer you on the day of trouble . . . 24
Psalm 21: In your strength the king rejoices 25
Psalm 22: My God, my God, why have you abandoned me? . . . 26
Psalm 23: The LORD is my shepherd 29
Psalm 24: Lift up your heads, you gates 30
Psalm 25: To you, LORD, I lift up my soul 31
Psalm 26: Judge me, LORD 33
Psalm 27: The LORD is my light and my salvation 34

Psalm 28: To you, LORD, I call 36
Psalm 29: The voice of the LORD 37
Psalm 30: You turned my mourning into dancing 38
Psalm 31: Into your hand I entrust my spirit 39
Psalm 32: Happy is the one whose offense is forgiven 41
Psalm 33: Sing to him a new song 42
Psalm 34: Taste and see that the LORD is good 44
Psalm 35: Contend, LORD, with those who contend with me . . 46
Psalm 36: In your light we see light 48
Psalm 37: Do not fret because of evildoers 50
Psalm 38: There is no soundness in my flesh 53
Psalm 39: Let me know my end 55
Psalm 40: I waited and waited for the LORD 56
Psalm 41: Happy is the one who considers the poor 58

Book Two 61
Psalm 42: As a deer longs for streams of water 61
Psalm 43: Send out your light and your truth 63
Psalm 44: For your sake we are killed all day long 64
Psalm 45: My heart overflows with a noble theme 66
Psalm 46: God is our refuge and strength 67
Psalm 47: All you peoples, clap your hands 68
Psalm 48: Great is the LORD in the city of our God 69
Psalm 49: Hear this, all you peoples 71
Psalm 50: The cattle on a thousand hills 73
Psalm 51: Be gracious to me, O God 75
Psalm 52: Why do you boast of evil? 77
Psalm 53: The fool says in his heart, “There is no God” 78
Psalm 54: Save me by your name 79
Psalm 55: If only I had wings like a dove 80
Psalm 56: In God I trust; I will not fear 82
Psalm 57: In the shadow of your wings 83
Psalm 58: Do you truly speak righteousness, you mighty ones? 84
Psalm 59: Rescue me from my enemies 85
Psalm 60: You have rejected us 87
Psalm 61: Lead me to the rock that is higher than I 89

Psalm 62: For God alone my soul waits in silence 90
Psalm 63: My throat thirsts for you 91
Psalm 64: Hear my voice, God, in my complaint 92
Psalm 65: You visit the earth and water it 93
Psalm 66: Shout to God, all the earth 94
Psalm 67: May God be gracious to us and bless us 96
Psalm 68: Let God arise 97
Psalm 69: The waters have come up to my neck 100
Psalm 70: God, come to rescue me 103
Psalm 71: Do not cast me off in old age 104
Psalm 72: Give the king your justice 106

Book Three 109
Psalm 73: Truly God is good to Israel 109
Psalm 74: Why, God, have you rejected us forever? 111
Psalm 75: We give thanks to you, God 113
Psalm 76: God is known in Judah 114
Psalm 77: I will remember your wonders of old 115
Psalm 78: I will open my mouth in a parable 117
Psalm 79: The nations have come into your inheritance 123
Psalm 80: Shepherd of Israel, listen 124
Psalm 81: Sing aloud to God our strength 126
Psalm 82: God takes his stand in the council of God 127
Psalm 83: God, do not keep silent 128
Psalm 84: How lovely are your dwellings 130
Psalm 85: Steadfast love and faithfulness have met 131
Psalm 86: Turn your ear, LORD, and answer me 132
Psalm 87: Glorious things are spoken of you 134
Psalm 88: Darkness is my only companion 135
Psalm 89: I will sing of the LORD's steadfast love forever 136

Book Four 141
Psalm 90: Lord, you have been our dwelling place 141
Psalm 91: Whoever dwells in the shelter of the Most High 143
Psalm 92: It is good to give thanks to the LORD 144
Psalm 93: The LORD reigns 145

Psalm 94: God of vengeance, shine forth 146
Psalm 95: Come, let us sing for joy to the LORD 147
Psalm 96: Sing to the LORD a new song 148
Psalm 97: The LORD reigns! Let the earth rejoice 149
Psalm 98: Let the rivers clap their hands 150
Psalm 99: Holy is he! 151
Psalm 100: Shout to the LORD, all the earth 152
Psalm 101: Of steadfast love and justice I will sing 153
Psalm 102: My days vanish like smoke 154
Psalm 103: Bless the LORD, my soul 156
Psalm 104: LORD my God, you are very great 158
Psalm 105: Give thanks to the LORD; call on his name 160
Psalm 106: We have sinned, as our ancestors did 163

Book Five 169
Psalm 107: Let the LORD's redeemed say so 169
Psalm 108: My heart is steady, God 172
Psalm 109: God of my praise, do not keep silent 173
Psalm 110: Sit at my right hand 176
Psalm 111: Great are the works of the LORD 177
Psalm 112: Happy is the one who fears the LORD 178
Psalm 113: Praise, you servants of the LORD 179
Psalm 114: When Israel went out of Egypt 179
Psalm 115: Not to us, LORD, not to us 180
Psalm 116: I love, because the LORD hears 181
Psalm 117: Praise the LORD, all you nations 182
Psalm 118: The stone the builders rejected 183
Psalm 119: Happy are those whose way is blameless 185
Psalm 120: I am for peace, but they are for war 196
Psalm 121: I lift up my eyes to the hills 197
Psalm 122: I was glad when they said to me 198
Psalm 123: To you I lift up my eyes 199
Psalm 124: If it had not been the LORD who was on our side .199
Psalm 125: Like Mount Zion, which cannot be shaken 200
Psalm 126: Those who sow in tears 201
Psalm 127: Unless the LORD builds the house 201

Psalm 128: Your wife like a fruitful vine 202
Psalm 129: Often they have attacked me since my youth 203
Psalm 130: Out of the depths I call to you 203
Psalm 131: Like a weaned child 204
Psalm 132: LORD, remember David 204
Psalm 133: How good and how pleasant 206
Psalm 134: Bless the LORD, all you servants of the LORD 207
Psalm 135: Praise the name of the LORD 207
Psalm 136: His steadfast love endures forever 209
Psalm 137: By the rivers of Babylon 210
Psalm 138: I give you thanks with all my heart 211
Psalm 139: LORD, you have searched me and you know me . . 212
Psalm 140: Rescue me, LORD, from evil people 214
Psalm 141: Let my prayer be set before you as incense 215
Psalm 142: With my voice I cry out to the LORD 216
Psalm 143: Do not enter into judgment with your servant . . . 217
Psalm 144: Blessed be the LORD, my rock 218
Psalm 145: I will exalt you, my God the King 220
Psalm 146: Do not put your trust in princes 221
Psalm 147: He heals the brokenhearted 222
Psalm 148: Praise the LORD from the heavens 224
Psalm 149: Let them praise his name with dancing 225
Psalm 150: Let everything that breathes praise the LORD . . . 225

INTRODUCTION

The Psalms are 150 poems of praise, lament, thanksgiving and instruction—the hymnbook and prayer book of ancient Israel, and the most widely read book of the Hebrew Bible. They range from the shepherd's trust of Psalm 23 to the exile's grief of Psalm 137 ("By the rivers of Babylon"), from royal songs for a king's coronation to the long meditation on God's teaching in Psalm 119.

Many psalms carry a heading naming a person (most often David, but also Asaph, the Korahites, Solomon and Moses), an occasion, or musical directions whose meaning is now often lost. In the Hebrew these headings count as the first verse, so the verse numbers here are often one ahead of those in English Bibles. The collection is divided into five books, each ending with a short blessing of God.

The psalms were composed over many centuries, from the time of the monarchy (tenth to sixth centuries BC) to after the return from exile, and collected in roughly their present form by the third or second century BC. Their poetry works by parallelism: each line is answered by a second (sometimes a third) that echoes, extends or contrasts it, and the translation keeps these lines.

Book One

Psalms 1–41: most are headed "of David"; laments, thanksgivings and hymns, closing with a blessing of God.

PSALM 1: HAPPY IS THE ONE

The two ways: the righteous flourish like a well-watered tree, the wicked blow away like chaff.

Ps 1:1 Happy is the one who does not walk in the counsel of the wicked,
or stand in the way of sinners,
or sit in the seat of scoffers.
Instead, his delight is in the teaching of the LORD,
and on his teaching he meditates
day and night.

Ps 1:3 He is like a tree planted by channels of water,
that gives its fruit in its season, and its leaves do not wither;
in all that he does, he prospers.
Not so the wicked!
They are like chaff that the wind blows away.
So the wicked will not stand in the judgment,
nor sinners in the assembly of the righteous.
For the LORD knows the way of the righteous,
but the way of the wicked will perish.

PSALM 2: WHY ARE THE NATIONS IN AN UPROAR?

Kings plot against the LORD and his anointed, whom God has installed as king on Zion.

Ps 2:1 Why are the nations in an uproar,
and the peoples muttering empty plots?
The kings of the earth take their stand, and rulers conspire together
against the LORD and against his anointed:
"Let us snap their bonds,
and throw off their ropes from us!"
The one enthroned in heaven laughs;
the Lord mocks them.
Then he speaks to them in his anger,
and terrifies them in his fury:

Ps 2:6 "I myself have installed my king
on Zion, my holy mountain."
I will tell of the decree:
the LORD said to me, "You are my son;
today I have fathered you.
Ask of me, and I will give you the nations as your inheritance,
the ends of the earth as your possession.[1]

1 The language reflects the crowning of a king, who was declared God's "son" on the day he took the throne.

Ps 2:9 You will break them with a rod of iron;
you will smash them like a potter's jar."
So now, you kings, be wise;
take warning, you rulers of the earth.
Serve the LORD with fear,
and rejoice with trembling.
Kiss the son, or he will be angry and you will perish on the
way, for his anger flares up quickly.
Happy are all who take refuge in him.[2]

PSALM 3: LORD, HOW MANY ARE MY FOES!

David, fleeing Absalom, trusts God to shield him and sleeps in safety.

Ps 3:1 A psalm. Of David,
when he fled from his son Absalom.
LORD, how many are my foes!
Many are rising up against me;
many are saying about me,
"There is no help for him in God." Selah[3]

Ps 3:4 But you, LORD, are a shield around me,
my glory, the one who lifts up my head.
I cry aloud to the LORD,
and he answers me from his holy mountain. Selah
I lay down and slept;
I woke again,
for the LORD sustains me.

2 The Hebrew of "kiss the son" is uncertain; *bar* is the Aramaic word for "son," and others read it differently.
3 "Of David" may mean by, for, or about David. *Selah* is a musical or liturgical term of uncertain meaning.

Ps 3:7 I will not fear the tens of thousands of people
who have set themselves against me all around.
Rise up, LORD! Save me, my God! For you strike all my
enemies on the cheek;
you break the teeth of the wicked.
Deliverance belongs to the LORD;
may your blessing be on your people. Selah

PSALM 4: WHEN I CALL, ANSWER ME

An evening prayer: the speaker trusts the LORD and lies down in peace.

Ps 4:1 For the leader. With stringed instruments.
A psalm. Of David.
When I call, answer me, God of my righteousness! In
distress you made room for me;
be gracious to me and hear my prayer.
You people, how long will my honor be turned to shame?
How long will you love what is empty
and chase after lies? Selah[4]

Ps 4:4 Know this: the LORD has set apart the faithful for himself;
the LORD hears when I call to him.
Tremble, and do not sin;
speak in your hearts on your beds,
and be still. Selah
Offer right sacrifices,
and trust in the LORD.

4 "For the leader" is probably a direction to the leader of the temple music. *Neginoth* most likely means stringed instruments.

Ps 4:7 Many are saying, "Who will show us good?"
Lift up the light of your face upon us, LORD.
You have put joy in my heart,
more than when their grain and new wine abound.
In peace I will lie down and sleep at once,
for you alone, LORD,
make me dwell in safety.

PSALM 5: GIVE EAR TO MY WORDS

A morning prayer for guidance and for protection from deceitful enemies.

Ps 5:1 For the leader. On *Nehiloth*.
A psalm. Of David.
Give ear to my words, LORD;
consider my sighing.
Listen to the sound of my cry, my King and my God,
for to you I pray.
LORD, in the morning you hear my voice;
in the morning I lay out my case before you, and I watch.[5]

Ps 5:5 For you are not a God who delights in wickedness;
evil cannot stay with you as a guest.
The boastful cannot stand before your eyes;
you hate all who do wrong.
You destroy those who speak lies;
the bloodthirsty and the deceitful
the LORD abhors.

5 *Nehiloth* may mean "flutes"; the meaning is uncertain.

Ps 5:8 But I, through the abundance of your steadfast love, will
enter your house;
I will bow down toward your holy temple in awe of you.
LORD, lead me in your righteousness because of those who
lie in wait for me;
make your way straight before me.
For there is nothing reliable in their mouths; within them is
ruin.
Their throat is an open grave;
they make their tongues smooth.

Ps 5:11 Hold them guilty, God; let them fall by their own schemes.
Because of their many crimes, drive them out,
for they have rebelled against you.
But let all who take refuge in you rejoice; let them sing for
joy forever, and shelter them,
and let those who love your name exult in you.
For you bless the righteous,
LORD;
you surround them with favor as with a shield.

PSALM 6: DO NOT REBUKE ME IN YOUR ANGER

A sick and weeping sufferer pleads for healing, then knows the LORD has heard.

Ps 6:1 For the leader. With stringed instruments, on the *Sheminith*.
A psalm. Of David.
LORD, do not rebuke me in your anger,
or discipline me in your wrath.
Be gracious to me, LORD, for I am wasting away;
heal me, LORD,
for my bones are shaking with terror.
My whole self is shaking with terror,
and you, LORD—how long?[6]

6 *Sheminith* means "the eighth"; it may refer to an eight-stringed instrument or a musical register, but the meaning is uncertain.

Ps 6:5 Turn back, LORD, rescue my life;
save me for the sake of your steadfast love.
For in death there is no remembering you;
in Sheol, who gives you thanks?
I am worn out with my groaning; every night I flood my bed;
with my tears I drench my couch.[7]

Ps 6:8 My eye is wasted with grief;
it has grown old because of all my foes.
Get away from me, all you who do wrong,
for the LORD has heard the sound of my weeping.
The LORD has heard my plea;
the LORD accepts my prayer.
All my enemies will be ashamed and shake with terror;
they will turn back, ashamed, in an instant.

PSALM 7: IN YOU I TAKE REFUGE

Falsely accused, the speaker protests his innocence and asks God, the righteous judge, to act.

Ps 7:1 A *shiggaion*. Of David,
which he sang to the LORD
concerning Cush, a Benjaminite.
LORD my God, in you I take refuge;
save me from all who pursue me, and rescue me,
or he will tear me apart like a lion,
dragging me off with no one to rescue.
LORD my God, if I have done this,
if there is wrong on my hands,[8]

7 Sheol is the shadowy realm of the dead.
8 *Shiggaion* is a term of uncertain meaning, perhaps a kind of lament. Cush the Benjaminite is otherwise unknown.

Ps 7:5 if I have repaid my friend with evil,
or plundered my foe without cause,
then let the enemy pursue me and overtake me, and
trample my life into the ground,
and lay my glory in the dust. Selah
Rise up, LORD, in your anger; lift yourself up against the
fury of my foes;
awake for me—you have commanded justice.

Ps 7:8 Let the assembly of the peoples gather around you,
and over it return on high.
The LORD judges the peoples;
judge me, LORD,
according to my righteousness and the integrity that is in
me.
Let the evil of the wicked come to an end, and establish the
righteous,
for the one who tests hearts and inmost selves
is a righteous God.

Ps 7:11 My shield is with God,
who saves the upright in heart.
God is a righteous judge,
a God who is indignant every day.
If someone does not turn back, he sharpens his sword;
he has bent his bow and made it ready.
He has prepared deadly weapons for him;
he makes his arrows into flaming shafts.

Ps 7:15 Look: he is in labor with wickedness;
he has conceived trouble and given birth to lies.
He dug a pit and hollowed it out,
and has fallen into the hole he made.
His trouble comes back on his own head;
his violence comes down on his own skull.
I will thank the LORD for his righteousness,
and sing praise to the name of the LORD, the Most High.

PSALM 8: HOW MAJESTIC IS YOUR NAME

Under the night sky, the psalmist marvels that God has given humans rule over creation.

Ps 8:1 For the leader. On the *Gittith*.
A psalm. Of David.
LORD, our Lord, how majestic is your name in all the earth!
You have set your splendor above the heavens.
From the mouths of babies and infants you have founded strength
because of your foes,
to silence the enemy and the avenger.[9]

Ps 8:4 When I look at your heavens, the work of your fingers,
the moon and the stars that you have set in place—
what is a human being, that you remember him,
a mortal, that you care for him?
You have made him little less than God,
and crowned him with glory and honor.[10]

Ps 8:7 You have given him rule over the works of your hands;
you have put all things under his feet:
sheep and oxen, all of them,
and the wild animals too,
the birds of the sky and the fish of the sea,
whatever passes along the paths of the seas.
LORD, our Lord,
how majestic is your name in all the earth!

9 *Gittith* may refer to an instrument or tune associated with the city of Gath; the meaning is uncertain.
10 Or "little less than the divine beings"; the Hebrew *elohim* can mean either.

PSALM 9: I WILL THANK THE LORD WITH ALL MY HEART

Thanksgiving for God's judgment on the nations and his care for the oppressed.

For the leader. On *Muth-labben*.
A psalm. Of David.
I will thank the LORD with all my heart;
I will tell of all your wonders.
I will rejoice and exult in you;
I will sing praise to your name, Most High.
When my enemies turn back,
they stumble and perish before you.
For you have upheld my right and my cause;
you have sat on the throne, judging righteously.[11]

You have rebuked the nations, you have destroyed the wicked;
you have wiped out their name forever and ever.
The enemy is finished, in ruins forever;
you have uprooted their cities;
the very memory of them has perished.
But the LORD sits enthroned forever;
he has set up his throne for judgment.

He judges the world in righteousness;
he judges the peoples with fairness.
The LORD will be a stronghold for the oppressed,
a stronghold in times of trouble.
Those who know your name will trust in you,
for you have not abandoned those who seek you, LORD.
Sing praise to the LORD, who dwells in Zion;
proclaim his deeds among the peoples.

11 *Muth-labben* may mean "death of the son," perhaps a tune name; the meaning is uncertain. Psalms 9 and 10 together form a partial acrostic, with sections beginning with successive letters of the Hebrew alphabet.

Ps 9:13 For the one who avenges blood remembers them;
he does not forget the cry of the humble.
Be gracious to me, LORD; see how I suffer from those who hate me,
you who lift me up from the gates of death,
so that I may tell of all your praises
in the gates of Daughter Zion,
and rejoice in your deliverance.

Ps 9:16 The nations have sunk into the pit they made;
in the net they hid, their own foot is caught.
The LORD has made himself known; he has done justice;
the wicked are snared in the work of their own hands.
Higgaion. Selah
The wicked will return to Sheol,
all the nations that forget God.[12]

Ps 9:19 For the needy will not always be forgotten,
nor the hope of the poor perish forever.
Rise up, LORD! Do not let mortals prevail;
let the nations be judged before you.
Put fear into them, LORD;
let the nations know
that they are only mortal. Selah

PSALM 10: WHY, LORD, DO YOU STAND FAR OFF?

The arrogant wicked prey on the poor; the psalmist asks God to rise and act.

Ps 10:1 Why, LORD, do you stand far off?
Why do you hide yourself in times of trouble?
In his arrogance the wicked hotly pursues the poor;
let them be caught in the schemes they have devised.
For the wicked boasts of his own appetite,
and the greedy one renounces and spurns the LORD.

12 *Higgaion* is probably a musical direction, related to a word for murmuring or meditating; the meaning is uncertain.

Ps 10:4 The wicked, in his haughtiness, does not seek him;
"There is no God" is all his thinking.
His ways prosper at all times; your judgments are high above, out of his sight;
he snorts at all his foes.
He says in his heart, "I will not be shaken;
through all generations I will never meet harm."

Ps 10:7 His mouth is full of cursing, deceit, and oppression;
under his tongue are trouble and wickedness.
He sits in ambush near the villages; in hiding places he murders the innocent;
his eyes watch in secret for the helpless.
He lies in wait in hiding like a lion in its thicket; he lies in wait to seize the poor;
he seizes the poor and drags him off in his net.

Ps 10:10 He crushes, he crouches low,
and the helpless fall by his might.
He says in his heart, "God has forgotten;
he has hidden his face; he will never see."
Rise up, LORD! God, lift up your hand;
do not forget the humble.

Ps 10:13 Why does the wicked spurn God,
saying in his heart, "You will not call me to account"?
But you do see! For you look on trouble and grief, to take it into your hand.
The helpless entrust themselves to you;
you have been the helper of the orphan.
Break the arm of the wicked;
as for the evildoer, seek out his wickedness until none is found.

Ps 10:16 The LORD is king forever and ever;
the nations have perished from his land.
You have heard the desire of the humble, LORD;
you strengthen their hearts, you incline your ear,
to do justice for the orphan and the oppressed,
so that never again
will mortals from the earth strike terror.

PSALM 11: IN THE LORD I TAKE REFUGE

Urged to flee, the speaker trusts the LORD, who watches from his heavenly throne.

Ps 11:1 For the leader. Of David.
In the LORD I take refuge. How can you say to me,
"Flee like a bird to your mountain!
For look, the wicked are bending the bow; they have set their arrow on the string
to shoot in the dark at the upright in heart.

Ps 11:3 When the foundations are torn down,
what can the righteous do?"
The LORD is in his holy temple; the LORD's throne is in heaven.
His eyes watch;
his searching gaze tests human beings.

Ps 11:5 The LORD tests the righteous,
but the wicked and the one who loves violence
he hates with his whole being.
He will rain snares down on the wicked;
fire and sulfur and a scorching wind
will be the portion of their cup.
For the LORD is righteous; he loves righteous deeds;
the upright will see his face.

PSALM 12: SAVE, LORD, FOR THE FAITHFUL ARE GONE

Against lying, flattering lips the psalmist sets the pure words of the LORD.

Ps 12:1 For the leader. On the *Sheminith*.
A psalm. Of David.
Save, LORD, for the faithful are gone;
the loyal have vanished from among humankind.
They speak empty words to one another;
with flattering lips,
with a double heart they speak.
May the LORD cut off all flattering lips,
the tongue that speaks great boasts,

Ps 12:5 those who say, "With our tongues we will prevail; our lips
are our own—
who is master over us?"
"Because the poor are plundered, because the needy groan,
now I will rise up," says the LORD;
"I will place them in the safety they long for."

Ps 12:7 The words of the LORD are pure words,
silver refined in a furnace in the earth,
purified seven times.
You, LORD, will keep them;
you will guard us from this generation forever.
All around the wicked prowl,
when vileness is exalted among humankind.

PSALM 13: HOW LONG, LORD?

Four times "how long?", then a turn to trust in God's steadfast love.

Ps 13:1 For the leader. A psalm. Of David.
How long, LORD? Will you forget me forever?
How long will you hide your face from me?
How long must I wrestle with my thoughts, with sorrow in my heart all day?
How long will my enemy be exalted over me?

Ps 13:4 Look at me, answer me, LORD my God!
Give light to my eyes, or I will sleep the sleep of death,
or my enemy will say, "I have overcome him,"
and my foes will rejoice when I am shaken.
But I trust in your steadfast love; my heart will rejoice in your deliverance.
I will sing to the LORD,
for he has dealt generously with me.

PSALM 14: THE FOOL SAYS IN HIS HEART, "THERE IS NO GOD"

Humankind has gone corrupt; the psalm longs for Israel's deliverance from Zion.

Ps 14:1 For the leader. Of David.
The fool says in his heart, "There is no God."
They are corrupt, they do abominable deeds; there is no one who does good.
The LORD looks down from heaven on humankind
to see if there is anyone who has insight,
anyone who seeks God.

Ps 14:3 They have all turned aside; together they have gone rotten;
there is no one who does good,
not even one.
Do they not know, all who do wrong,
who eat up my people as they eat bread,
and do not call on the LORD?

Ps 14:5 There they are, in great dread,
for God is with the generation of the righteous.
You would put to shame the plans of the poor,
but the LORD is their refuge.
Oh, that deliverance for Israel would come from Zion!
When the LORD restores the fortunes of his people,
Jacob will rejoice, Israel will be glad.

PSALM 15: LORD, WHO MAY DWELL ON YOUR HOLY MOUNTAIN?

The conduct required of those who would enter God's presence.

Ps 15:1 A psalm. Of David.
LORD, who may stay in your tent?
Who may dwell on your holy mountain?
The one who walks with integrity and does what is right,
and speaks the truth from his heart;
who does not slander
with his tongue, does no harm to his neighbor,
and does not heap reproach on those near him.

Ps 15:4 In his eyes the despicable are despised, but he honors those
who fear the LORD;
he keeps his oath even when it hurts him, and does not
change it.
He does not lend his money at interest, or take a bribe
against the innocent.
Whoever does these things
will never be shaken.

PSALM 16: YOU ARE MY LORD

A confession of trust: the LORD is the speaker's share, and will not abandon him to Sheol.

Ps 16:1 A *miktam*. Of David.
Keep me safe, God, for I take refuge in you.
I say to the LORD, "You are my Lord;
I have no good apart from you."
As for the holy ones who are in the land,
they are the noble ones, in whom is all my delight.
Those who hurry after another god multiply their sorrows;
I will not pour out their drink offerings of blood,
or take their names on my lips.[13]

Ps 16:5 The LORD is my allotted share and my cup;
you hold my lot.
The boundary lines have fallen for me in pleasant places;
yes, my inheritance is beautiful to me.
I bless the LORD who counsels me;
even at night my inmost self instructs me.
I keep the LORD always before me;
because he is at my right hand, I will not be shaken.[14]

Ps 16:9 So my heart is glad and my glory rejoices;
my body too rests secure.
For you will not abandon my life to Sheol;
you will not let your faithful one see the Pit.
You make known to me the path of life;
in your presence is fullness of joy,
at your right hand are pleasures forever.

13 *Miktam* is a heading term of uncertain meaning. The Hebrew of verses 3–4 is obscure.
14 Land was assigned by lot and marked out with measuring lines; the psalmist pictures the LORD as the share that fell to him.

PSALM 17: HEAR A JUST CAUSE, LORD

An innocent man asks to be hidden in the shadow of God's wings.

Ps 17:1 A prayer. Of David.
Hear a just cause, LORD; listen to my cry; give ear to my prayer
from lips free of deceit.
Let my vindication come from your presence;
let your eyes see what is right.
You have tested my heart, you have visited me by night; you have refined me and found nothing;
I have resolved that my mouth will not transgress.

Ps 17:4 As for human deeds—by the word of your lips
I have kept away from the paths of the violent.
My steps have held fast to your tracks;
my feet have not slipped.
I call on you, for you will answer me, God;
turn your ear to me, hear my words.

Ps 17:7 Show your wondrous acts of steadfast love, you who save those who take refuge
from their attackers by your right hand.
Keep me as the pupil of your eye;
hide me in the shadow of your wings
from the wicked who assault me,
my deadly enemies who surround me.
They have closed up their callous hearts;
their mouths speak arrogantly.

Ps 17:11 Now they have surrounded our steps;
they set their eyes on bringing us down to the ground.
He is like a lion eager to tear,
like a young lion lurking in hiding.
Rise up, LORD, confront him, bring him down!
Rescue my life from the wicked with your sword,

Ps 17:14 from mortals by your hand, LORD, from mortals whose
share in life is of this world. Fill their bellies with what
you have stored up for them;
may their children have their fill,
and leave what is left over to their little ones.
As for me, in righteousness I will see your face;
when I awake, I will be satisfied with your likeness.

PSALM 18: I LOVE YOU, LORD, MY STRENGTH

David's thanksgiving for rescue: God comes down in storm and gives the king victory.

Ps 18:1 For the leader. Of the servant of the LORD, of David,
who spoke the words of this song to the LORD
on the day the LORD rescued him from the grip of all his
enemies and from the hand of Saul.
He said:
I love you, LORD, my strength.[15]

Ps 18:3 The LORD is my crag, my fortress, and my rescuer,
my God, my rock in whom I take refuge,
my shield, the horn of my deliverance, my stronghold.
I call on the LORD, who is worthy of praise,
and I am saved from my enemies.
The cords of death encircled me;
the torrents of destruction terrified me.
The cords of Sheol surrounded me;
the snares of death confronted me.

Ps 18:7 In my distress I called on the LORD; I cried to my God for
help.
From his temple he heard my voice,
and my cry before him reached his ears.
Then the earth shook and quaked; the foundations of the
mountains trembled;
they shook because he was angry.

15 This psalm also appears, with small differences, in 2 Samuel 22.

Ps 18:9 Smoke went up from his nostrils, and devouring fire from
his mouth;
glowing coals blazed from him.
He bent the heavens and came down,
with thick darkness under his feet.
He rode on a cherub and flew;
he swooped on the wings of the wind.[16]

Ps 18:12 He made darkness his cover, his canopy all around him,
dark waters, thick clouds of the skies.
Out of the brightness before him
his clouds passed by,
hail and coals of fire.
The LORD thundered in the heavens, and the Most High
gave voice:
hail and coals of fire.

Ps 18:15 He sent out his arrows and scattered them,
lightning in abundance, and routed them.
The beds of the waters were seen, and the foundations of
the world were laid bare
at your rebuke, LORD,
at the blast of the breath of your nostrils.
He reached down from on high, he took me;
he drew me out of mighty waters.

Ps 18:18 He rescued me from my strong enemy,
from those who hated me, for they were too strong for me.
They confronted me on the day of my disaster,
but the LORD was my support.
He brought me out into a broad place;
he set me free because he delighted in me.
The LORD dealt with me according to my righteousness;
according to the cleanness of my hands he repaid me.

16 A cherub is a winged creature, pictured as guarding or bearing the divine presence.

Ps 18:22 For I have kept the ways of the LORD,
and have not wickedly turned away from my God.
For all his judgments are before me,
and his statutes I do not put away from me.
I was blameless with him,
and I kept myself from guilt.
So the LORD repaid me according to my righteousness,
according to the cleanness of my hands in his sight.

Ps 18:26 With the loyal you show yourself loyal;
with the blameless you show yourself blameless;
with the pure you show yourself pure,
but with the crooked you show yourself shrewd.
For you save a humble people,
but haughty eyes you bring low.
For you light my lamp;
the LORD my God lights up my darkness.

Ps 18:30 For with you I can charge a troop,
and with my God I can leap over a wall.
This God—his way is perfect;
the word of the LORD is refined;
he is a shield for all who take refuge in him.
For who is God except the LORD?
And who is a rock besides our God?

Ps 18:33 The God who girds me with strength
and makes my way perfect,
who makes my feet like the feet of deer
and sets me on my heights,
who trains my hands for war,
so that my arms can bend a bow of bronze.
You have given me the shield of your deliverance;
your right hand supports me,
and your gentleness makes me great.

Ps 18:37 You widen the path beneath my steps,
and my ankles have not given way.
I pursue my enemies and overtake them;
I do not turn back until they are finished.
I strike them down, and they cannot rise;
they fall beneath my feet.
You girded me with strength for battle;
you made my attackers bow beneath me.

Ps 18:41 You made my enemies turn their backs to me,
and those who hated me I destroyed.
They cried for help, but there was no one to save them;
they cried to the LORD, but he did not answer them.
I ground them fine as dust before the wind;
I emptied them out like mud in the streets.
You rescued me from the strife of the people;
you made me head of the nations;
a people I did not know served me.

Ps 18:45 As soon as they heard of me, they obeyed me;
foreigners came cringing to me.
Foreigners lost heart
and came trembling out of their strongholds.
The LORD lives! Blessed be my rock!
Exalted be the God of my deliverance,
the God who gave me vengeance
and subdued peoples under me,

Ps 18:49 who rescued me from my enemies.
Yes, you lifted me above my attackers;
you delivered me from the violent.
So I will praise you among the nations, LORD,
and sing praise to your name.
He gives great victories to his king,
and shows steadfast love to his anointed, to David and his descendants
forever.

PSALM 19: THE HEAVENS ARE TELLING THE GLORY OF GOD

The sky and sun praise their maker; the LORD's teaching is perfect and sweet.

Ps 19:1 For the leader. A psalm. Of David.
The heavens are telling the glory of God,
and the sky proclaims the work of his hands.
Day pours out speech to day,
and night declares knowledge to night.
There is no speech, there are no words;
their voice is not heard.

Ps 19:5 Yet through all the earth
their line goes out, and their words to the end of the world.
In them he has pitched a tent for the sun,
which comes out like a bridegroom from his canopy,
and rejoices like a champion to run his course.
Its rising is from one end of the heavens, and its circuit
reaches the other end,
and nothing is hidden from its heat.[17]

Ps 19:8 The teaching of the LORD is perfect, reviving the soul;
the decree of the LORD is trustworthy, making the simple
wise.
The precepts of the LORD are right, making the heart glad;
the commandment of the LORD is clear, giving light to the
eyes.

17 "Their line" is uncertain; it may mean a measuring line, or by a slight change "their voice."

Ps 19:10 The fear of the LORD is pure, enduring forever;
the judgments of the LORD are true
and righteous altogether.
They are more desirable than gold, than much fine gold,
and sweeter than honey, than drippings from the
honeycomb.
By them your servant is warned too;
in keeping them there is great reward.

Ps 19:13 Who can discern their own errors?
Clear me of hidden faults.
Keep your servant back also from willful sins; do not let
them rule over me. Then I will be blameless,
and innocent of great transgression.
May the words of my mouth and the meditation of my heart
be acceptable to you,
LORD, my rock and my redeemer.

PSALM 20: MAY THE LORD ANSWER YOU ON THE DAY OF TROUBLE

A prayer for the king before battle: some trust in chariots, we in God's name.

Ps 20:1 For the leader. A psalm. Of David.
May the LORD answer you on the day of trouble;
may the name of the God of Jacob set you on high.
May he send you help from the sanctuary,
and support you from Zion.
May he remember all your offerings,
and look with favor on your burnt offering. Selah

Ps 20:5 May he give you your heart's desire,
and fulfill all your plans.
We will shout for joy at your victory, and in the name of our God raise our banners.
May the LORD fulfill all your requests.
Now I know that the LORD gives victory to his anointed;
he will answer him from his holy heaven
with the mighty victories of his right hand.

Ps 20:8 Some rely on chariots, and some on horses,
but we call on the name of the LORD our God.
They collapse and fall,
but we rise and stand upright.
LORD, give victory!
May the King answer us on the day we call.

PSALM 21: IN YOUR STRENGTH THE KING REJOICES

Thanksgiving for the king's victory and blessing, and confidence that his enemies will fall.

Ps 21:1 For the leader. A psalm. Of David.
LORD, in your strength the king rejoices;
how greatly he exults in your victory!
You have given him his heart's desire,
and have not withheld the request of his lips. Selah
For you meet him with rich blessings;
you set a crown of fine gold on his head.

Ps 21:5 He asked you for life; you gave it to him,
length of days forever and ever.
Great is his glory through your victory;
splendor and majesty you lay upon him.
For you make him a blessing forever;
you gladden him with joy in your presence.

Ps 21:8 For the king trusts in the LORD,
and through the steadfast love of the Most High he will not be shaken.
Your hand will find all your enemies;
your right hand will find those who hate you.
You will make them like a blazing furnace when you appear;
the LORD will swallow them up in his anger,
and fire will consume them.

Ps 21:11 You will destroy their offspring from the earth,
and their descendants from among humankind.
Though they planned evil against you,
though they devised a scheme, they will not succeed.
For you will make them turn their backs;
you will aim your bowstrings at their faces.
Be exalted, LORD, in your strength!
We will sing and make music to your might.

PSALM 22: MY GOD, MY GOD, WHY HAVE YOU ABANDONED ME?

A sufferer surrounded by enemies cries out, is rescued, and calls the world to praise.

Ps 22:1 For the leader. On "The Doe of the Dawn."
A psalm. Of David.
My God, my God, why have you abandoned me?
Far from my deliverance are the words of my roaring.
My God, I call by day, but you do not answer;
and by night, but I find no rest.
Yet you are holy,
enthroned on the praises of Israel.[18]

18 "The Doe of the Dawn" is probably the name of a tune.

Ps 22:5 In you our ancestors trusted;
they trusted, and you rescued them.
To you they cried out and were saved;
in you they trusted and were not put to shame.
But I am a worm, not a man,
scorned by everyone, despised by the people.
All who see me mock me;
they curl their lips and shake their heads:

Ps 22:9 "Commit yourself to the LORD! Let him rescue him;
let him deliver him, since he delights in him!"
Yet you are the one who drew me from the womb,
who made me feel safe at my mother's breasts.
On you I was cast from birth;
from my mother's womb you have been my God.
Do not be far from me, for trouble is near,
and there is no one to help.

Ps 22:13 Many bulls surround me;
strong bulls of Bashan encircle me.
They open their mouths wide against me,
like a lion tearing and roaring.
I am poured out like water, and all my bones are out of joint;
my heart has become like wax,
melting deep within me.[19]

19 Bashan, east of the Jordan, was famous for its cattle.

Ps 22:16 My strength is dried up like a potsherd, and my tongue
sticks to my jaws;
you lay me in the dust of death.
For dogs surround me;
a gang of evildoers encircles me;
like a lion, my hands and my feet.
I can count all my bones;
they stare and gloat over me.
They divide my clothes among themselves,
and for my garment they cast lots.[20]

Ps 22:20 But you, LORD, do not be far away;
my strength, hurry to help me!
Rescue my life from the sword,
my one precious life from the power of the dog.
Save me from the lion's mouth!
From the horns of the wild oxen you have answered me.
I will tell of your name to my kin;
in the midst of the assembly I will praise you.

Ps 22:24 You who fear the LORD, praise him! All you offspring of
Jacob, honor him!
Stand in awe of him, all you offspring of Israel!
For he has not despised or loathed the affliction of the
afflicted; he has not hidden his face from him,
but when he cried to him, he heard.

20 The Hebrew reads "like a lion"; some ancient versions read a verb here, such as "they have pierced" or "bound." The line is uncertain.

Ps 22:26 From you comes my praise
in the great assembly;
I will fulfill my vows before those who fear him.
The humble will eat and be satisfied; those who seek the
LORD will praise him.
May your hearts live forever!
All the ends of the earth will remember and turn to the
LORD,
and all the families of the nations will bow down before
you.

Ps 22:29 For kingship belongs to the LORD,
and he rules over the nations.
All the prosperous of the earth will eat and bow down;
before him will kneel all who go down to the dust,
those who cannot keep themselves alive.
Descendants will serve him;
they will tell of the Lord to the next generation.
They will come and proclaim his righteousness
to a people yet to be born: that he has done it.[21]

PSALM 23: THE LORD IS MY SHEPHERD

The LORD as shepherd and host, leading through dark valleys to his house.

Ps 23:1 A psalm. Of David.
The LORD is my shepherd; I lack nothing.
In green pastures he lets me lie down;
beside restful waters he leads me.
He restores my life;
he guides me on paths of righteousness for his name's sake.
Even when I walk through the valley of deepest darkness, I
fear no harm, for you are with me;
your rod and your staff—they comfort me.[22]

21 The Hebrew of verses 30–31 is uncertain.
22 "Deepest darkness" translates a word traditionally read as "shadow of death."

Ps 23:5 You spread a table before me in the sight of my foes;
you anoint my head with oil; my cup overflows.
Surely goodness and steadfast love will pursue me all the days of my life,
and I will return to the house of the LORD for length of days.

PSALM 24: LIFT UP YOUR HEADS, YOU GATES

Who may climb God's mountain; the King of glory enters the temple gates.

Ps 24:1 Of David. A psalm.
The earth is the LORD's, and all that fills it,
the world and those who live in it.
For he founded it on the seas
and set it firm on the rivers.
Who may go up the mountain of the LORD?
And who may stand in his holy place?
One with clean hands and a pure heart,
who has not lifted up his soul to what is false
and has not sworn deceitfully.[23]

Ps 24:5 He will carry away blessing from the LORD
and righteousness from the God of his salvation.
This is the generation of those who seek him,
who seek your face, Jacob. Selah
Lift up your heads, you gates; be lifted up, you ancient doors,
that the King of glory may come in.

23 The written Hebrew has "my soul" (perhaps God speaking: "my life," that is, my name). The traditional reading is "his soul."

Ps 24:8 Who is this King of glory?
The LORD, strong and mighty,
the LORD, mighty in battle.
Lift up your heads, you gates; lift them up, you ancient doors,
that the King of glory may come in.
Who is he, this King of glory?
The LORD of hosts—
he is the King of glory. Selah

PSALM 25: TO YOU, LORD, I LIFT UP MY SOUL

An alphabetic prayer for guidance, forgiveness and rescue from enemies.

Ps 25:1 Of David.
To you, LORD, I lift up my soul.
My God, in you I trust; do not let me be put to shame;
do not let my enemies gloat over me.
No one who waits for you will be put to shame;
shamed will be those who betray for nothing.
Make your ways known to me, LORD;
teach me your paths.[24]

Ps 25:5 Lead me in your truth and teach me, for you are the God of my salvation;
for you I wait all day long.
Remember your compassion, LORD, and your acts of steadfast love,
for they are from of old.
The sins of my youth and my rebellions—do not remember them;
in your steadfast love remember me,
for the sake of your goodness, LORD.

24 Psalm 25 is an alphabetic acrostic: its verses begin with successive letters of the Hebrew alphabet, with a few irregularities.

Ps 25:8 Good and upright is the LORD;
so he instructs sinners in the way.
He leads the humble in justice
and teaches the humble his way.
All the paths of the LORD are steadfast love and faithfulness
for those who keep his covenant and his decrees.

Ps 25:11 For the sake of your name, LORD,
pardon my guilt, for it is great.
Who is the one who fears the LORD?
He will instruct him in the way he should choose.
His life will rest in good things,
and his descendants will inherit the land.
The LORD's close counsel is for those who fear him,
and his covenant, to make it known to them.

Ps 25:15 My eyes are always on the LORD,
for he will pull my feet out of the net.
Turn to me and be gracious to me,
for I am alone and afflicted.
The troubles of my heart have grown wide;
bring me out of my distress.
See my affliction and my toil,
and forgive all my sins.

Ps 25:19 See my enemies, how many they are,
and with what violent hatred they hate me.
Guard my life and rescue me;
let me not be put to shame, for I take refuge in you.
May integrity and uprightness preserve me,
for I wait for you.
Redeem Israel, O God,
from all its troubles.

PSALM 26: JUDGE ME, LORD

The speaker affirms his integrity and his love for the house of the LORD.

Ps 26:1 Of David.
Judge me, LORD, for I have walked in my integrity,
and in the LORD I have trusted without wavering.
Examine me, LORD, and test me;
refine my inmost self and my heart.
For your steadfast love is before my eyes,
and I have walked in your faithfulness.
I have not sat with the worthless,
and with hypocrites I do not go.

Ps 26:5 I hate the company of evildoers,
and with the wicked I will not sit.
I wash my hands in innocence
and go around your altar, LORD,
making thanksgiving heard aloud
and telling all your wonders.
LORD, I love the house where you dwell,
the place where your glory lives.

Ps 26:9 Do not gather me up with sinners,
nor my life with men of bloodshed,
in whose hands are schemes,
whose right hands are full of bribes.
But I walk in my integrity;
redeem me and be gracious to me.
My foot stands on level ground;
in the assemblies I will bless the LORD.

PSALM 27: THE LORD IS MY LIGHT AND MY SALVATION

Fearless trust, a longing to dwell in the LORD's house, and a plea not to be abandoned.

Ps 27:1 Of David.
The LORD is my light and my salvation—whom should I fear?
The LORD is the stronghold of my life—of whom should I be afraid?
When evildoers close in on me to devour my flesh,
my foes and my enemies,
it is they who stumble and fall.

Ps 27:3 Though an army encamp against me, my heart will not fear;
though war rise up against me,
even then I will trust.
One thing I have asked of the LORD, this I seek:
to dwell in the house of the LORD all the days of my life,
to gaze on the beauty of the LORD and to inquire in his temple.

Ps 27:5 For he will hide me in his shelter on the day of trouble;
he will conceal me in the hiding place of his tent;
he will set me high on a rock.
And now my head will be raised above my enemies all around me, and in his tent I will offer sacrifices with shouts of joy;
I will sing and make music to the LORD.
Hear, LORD, my voice when I call;
be gracious to me and answer me.

Ps 27:8 Of you my heart says, “Seek my face.”
Your face, LORD, I will seek.
Do not hide your face from me; do not turn your servant
away in anger.
You have been my help;
do not cast me off, do not abandon me, God of my salvation.
Though my father and my mother abandon me,
the LORD will take me in.

Ps 27:11 Teach me your way, LORD,
and lead me on a level path
because of those who lie in wait for me.
Do not hand me over to the will of my foes,
for false witnesses have risen against me, breathing out
violence.
If I had not believed that I would see the goodness of the
LORD
in the land of the living—
Wait for the LORD;
be strong, and let your heart take courage;
wait for the LORD.[25]

25 The word for “if not” is marked with scribal dots in the Hebrew, perhaps signaling doubt about it; the sentence breaks off unfinished.

PSALM 28: TO YOU, LORD, I CALL

A plea not to be swept away with the wicked, answered with thanks.

Ps 28:1 Of David. To you, LORD, I call; my rock, do not be deaf to me,
for if you are silent toward me,
I will be like those who go down to the Pit.
Hear the sound of my pleading when I cry to you for help,
when I lift my hands toward your holy inner shrine.
Do not drag me away with the wicked, with those who do evil,
who speak peace to their neighbors
while evil is in their hearts.

Ps 28:4 Give them what their deeds deserve, as their evil acts deserve;
give them according to the work of their hands;
pay them back what they have earned.
Because they do not understand the deeds of the LORD or the work of his hands,
he will tear them down and not build them up.
Blessed be the LORD,
for he has heard the sound of my pleading.

Ps 28:7 The LORD is my strength and my shield; in him my heart trusted, and I was helped;
so my heart exults,
and with my song I will thank him.
The LORD is strength for his people,
and he is a stronghold of salvation for his anointed.
Save your people and bless your inheritance;
shepherd them and carry them forever.

PSALM 29: THE VOICE OF THE LORD

The LORD's voice in the thunderstorm shakes cedars and wilderness;
he sits enthroned over the flood.

Ps 29:1 A psalm. Of David.
Give to the LORD, you heavenly beings,
give to the LORD glory and strength.
Give to the LORD the glory due his name;
bow down to the LORD in holy splendor.
The voice of the LORD is over the waters;
the God of glory thunders,
the LORD, over the mighty waters.
The voice of the LORD is powerful;
the voice of the LORD is majestic.[26]

Ps 29:5 The voice of the LORD breaks cedars;
the LORD shatters the cedars of Lebanon.
He makes them skip like a calf,
Lebanon and Sirion like a young wild ox.
The voice of the LORD hews out
flames of fire.
The voice of the LORD shakes the wilderness;
the LORD shakes the wilderness of Kadesh.[27]

Ps 29:9 The voice of the LORD makes the deer writhe in labor and
strips the forests bare,
and in his temple
all cry, "Glory!"
The LORD sat enthroned over the flood;
the LORD sits enthroned as king forever.
May the LORD give strength to his people;
may the LORD bless his people with peace.

---

26 "Heavenly beings" is literally "sons of gods," the members of the heavenly court. The Hebrew for "voice" also means "thunder," which this psalm evokes throughout.
27 Sirion is another name for Mount Hermon.

PSALM 30: YOU TURNED MY MOURNING INTO DANCING

Thanks for recovery from near-death: weeping lasts the night, joy comes in the morning.

Ps 30:1 A psalm.
A song for the dedication of the house. Of David.
I will exalt you, LORD, for you drew me up
and did not let my enemies rejoice over me.
LORD my God,
I cried to you for help, and you healed me.
LORD, you brought my life up from Sheol;
you kept me alive, so that I did not go down to the Pit.[28]

Ps 30:5 Sing praise to the LORD, you his faithful ones,
and give thanks to his holy name.
For his anger lasts a moment, his favor a lifetime;
in the evening weeping comes to stay the night,
but at morning, a shout of joy.
As for me, I said in my ease,
"I will never be shaken."

Ps 30:8 LORD, by your favor you set me firm as a mighty mountain;
you hid your face,
and I was terrified.
To you, LORD, I call,
and to the Lord I plead for mercy:
What gain is there in my blood if I go down to the grave?
Will the dust thank you?
Will it proclaim your faithfulness?[29]

28 The "house" is probably the temple; the occasion is not otherwise known.
29 The Hebrew of the first line is uncertain.

Ps 30:11 Hear, LORD, and be gracious to me;
LORD, be my helper.
You turned my mourning into dancing for me;
you loosened my sackcloth
and wrapped me in joy,
so that my whole being may sing to you and not be silent.
LORD my God, I will thank you forever.

PSALM 31: INTO YOUR HAND I ENTRUST MY SPIRIT

A prayer of trust amid danger, slander and isolation, ending in thanks.

Ps 31:1 For the leader. A psalm. Of David.
In you, LORD, I take refuge; let me never be put to shame;
in your righteousness rescue me.
Turn your ear to me; rescue me quickly.
Be a rock of strength for me, a fortress house
to save me.
For you are my crag and my fortress;
for the sake of your name lead me and guide me.

Ps 31:5 Bring me out of the net they have hidden for me,
for you are my stronghold.
Into your hand I entrust my spirit;
you have redeemed me, LORD,
God of faithfulness.
I hate those who cling to worthless idols,
but I trust in the LORD.

Ps 31:8 I will rejoice and be glad in your steadfast love,
because you saw my affliction
and knew the distress of my soul.
You did not hand me over to the enemy;
you set my feet in a broad place.
Be gracious to me, LORD, for I am in distress;
my eye is wasted with grief,
my soul and my body too.

Ps 31:11 For my life is spent in sorrow and my years in sighing;
my strength fails because of my guilt,
and my bones waste away.
Because of all my foes I have become a disgrace, especially
to my neighbors, and a dread to those who know me;
those who see me in the street
flee from me.

Ps 31:13 I am forgotten, out of mind like the dead;
I have become like a broken pot.
For I hear the whispering of many—terror on every side—
as they plot together against me,
scheming to take my life.
But I trust in you, LORD;
I say, "You are my God."

Ps 31:16 My times are in your hand;
rescue me from the hand of my enemies and from those
who pursue me.
Make your face shine on your servant;
save me in your steadfast love.
LORD, let me not be put to shame, for I call on you;
let the wicked be put to shame; let them be silent in Sheol.
Let lying lips be struck silent,
which speak arrogantly against the righteous
with pride and contempt.

Ps 31:20 How great is your goodness, which you have stored up for
those who fear you,
which you have worked for those who take refuge in you
in the sight of all people!
You hide them in the shelter of your presence from human
plots;
you keep them safe in a shelter
from quarreling tongues.
Blessed be the LORD,
for he has shown me the wonder of his steadfast love in a
city under siege.

Ps 31:23 As for me, I said in my alarm, "I am cut off from your sight."
Yet you heard the sound of my pleading
when I cried to you for help.
Love the LORD, all you his faithful ones!
The LORD guards the faithful
and repays in full the one who acts with pride.
Be strong, and let your heart take courage,
all you who wait for the LORD.

PSALM 32: HAPPY IS THE ONE WHOSE OFFENSE IS FORGIVEN

Silence about sin brought suffering; confession brought forgiveness.

Ps 32:1 Of David. A maskil.
Happy is the one whose offense is forgiven,
whose sin is covered.
Happy is the person to whom the LORD does not count guilt,
and in whose spirit there is no deceit.
While I kept silent, my bones wasted away
through my groaning all day long.[30]

Ps 32:4 For day and night your hand was heavy on me;
my vigor was turned
as by the droughts of summer. Selah
My sin I made known to you, and my guilt I did not cover; I said, "I will confess my offenses to the LORD,"
and you forgave the guilt of my sin. Selah

30 *Maskil* is a heading term of uncertain meaning, perhaps "a skillful (or instructive) poem."

Ps 32:6 So let everyone who is faithful pray to you at a time when
you may be found;
surely, when the great waters rush in,
they will not reach him.
You are a hiding place for me; you guard me from trouble;
with shouts of deliverance
you surround me. Selah
I will instruct you
and teach you the way you should go;
I will counsel you with my eye upon you.

Ps 32:9 Do not be like a horse or a mule, without understanding,
whose harness of bit and bridle is needed to hold it in,
or it will not come near you.
Many are the pains of the wicked,
but the one who trusts in the LORD
is surrounded by steadfast love.
Rejoice in the LORD and be glad, you righteous;
shout for joy, all you upright in heart.

PSALM 33: SING TO HIM A NEW SONG

A hymn to the creator whose word made the heavens and whose plan stands forever.

Ps 33:1 Shout for joy in the LORD, you righteous;
praise suits the upright.
Give thanks to the LORD with the lyre;
make music to him on the ten-stringed harp.
Sing to him a new song;
play skillfully, with shouts of joy.
For the word of the LORD is upright,
and all his work is done in faithfulness.

Ps 33:5 He loves righteousness and justice;
the earth is full of the steadfast love of the LORD.
By the word of the LORD the heavens were made,
and all their host by the breath of his mouth.
He gathers the waters of the sea as in a heap;
he puts the deeps in storehouses.

Ps 33:8 Let all the earth fear the LORD;
let all the inhabitants of the world stand in awe of him.
For he spoke, and it came to be;
he commanded, and it stood firm.
The LORD frustrates the plans of the nations;
he thwarts the designs of the peoples.
The plan of the LORD stands forever,
the designs of his heart from generation to generation.

Ps 33:12 Happy is the nation whose God is the LORD,
the people he has chosen as his own inheritance.
From heaven the LORD looks down;
he sees all humankind.
From the place where he sits enthroned he gazes
on all who live on the earth—
he who shapes the hearts of them all,
who understands all their deeds.

Ps 33:16 No king is saved by a great army;
no warrior is rescued by great strength.
The horse is a false hope for victory;
for all its great might, it cannot save.
Look—the eye of the LORD is on those who fear him,
on those who wait for his steadfast love,
to rescue their lives from death
and to keep them alive in famine.

Ps 33:20 Our soul waits for the LORD;
he is our help and our shield.
For in him our heart rejoices,
because we trust in his holy name.
Let your steadfast love, LORD, be upon us,
even as we wait for you.

PSALM 34: TASTE AND SEE THAT THE LORD IS GOOD

An alphabetic thanksgiving and teaching on fearing the LORD.

Ps 34:1 Of David, when he pretended to be mad before Abimelech,
who drove him out, and he went away.
I will bless the LORD at all times;
his praise will always be in my mouth.
My soul makes its boast in the LORD;
let the humble hear and be glad.
Magnify the LORD with me,
and let us exalt his name together.[31]

Ps 34:5 I sought the LORD, and he answered me
and rescued me from all my fears.
Those who look to him are radiant,
and their faces will never be ashamed.
This poor man called, and the LORD heard
and saved him from all his troubles.
The angel of the LORD camps around those who fear him
and delivers them.

31 The episode is told in 1 Samuel 21, where the king is called Achish. Psalm 34 is an alphabetic acrostic: each verse begins with the next letter of the Hebrew alphabet.

Ps 34:9 Taste and see that the LORD is good;
happy is the one who takes refuge in him.
Fear the LORD, you his holy ones,
for those who fear him lack nothing.
Young lions go hungry and starve,
but those who seek the LORD lack no good thing.
Come, children, listen to me;
I will teach you the fear of the LORD.[32]

Ps 34:13 Who is the one who desires life
and loves many days to see good?
Keep your tongue from evil
and your lips from speaking deceit.
Turn from evil and do good;
seek peace and pursue it.
The eyes of the LORD are on the righteous,
and his ears are open to their cry.

Ps 34:17 The face of the LORD is against those who do evil,
to cut off the memory of them from the earth.
They cry out, and the LORD hears
and rescues them from all their troubles.
The LORD is near to the brokenhearted
and saves those crushed in spirit.
Many are the troubles of the righteous,
but the LORD rescues him from them all.

Ps 34:21 He guards all his bones;
not one of them is broken.
Evil will kill the wicked,
and those who hate the righteous will be condemned.
The LORD redeems the lives of his servants;
none who take refuge in him will be condemned.

32 "Taste" plays on the heading, where "pretended to be mad" is literally "changed his taste," that is, his sense.

PSALM 35: CONTEND, LORD, WITH THOSE WHO CONTEND WITH ME

A plea against ungrateful enemies who repay good with evil.

Ps 35:1 Of David.
Contend, LORD, with those who contend with me;
fight against those who fight against me.
Take hold of shield and buckler,
and rise up to help me.
Draw the spear and bar the way against my pursuers;
say to my soul, "I am your salvation."

Ps 35:4 Let those who seek my life be shamed and disgraced;
let them be turned back and confounded,
those who plot evil against me.
Let them be like chaff before the wind,
with the angel of the LORD driving them on.
Let their way be dark and slippery,
with the angel of the LORD pursuing them.

Ps 35:7 For without cause they hid their net for me in a pit;
without cause they dug it for my life.
Let ruin come on him unawares,
and let the net he hid catch him;
let him fall into it, to his ruin.
Then my soul will rejoice in the LORD
and delight in his salvation.

Ps 35:10 All my bones will say, "LORD, who is like you?
You rescue the poor from one too strong for him,
the poor and needy from one who robs him."
Malicious witnesses rise up;
they question me about things I do not know.
They repay me evil for good;
my soul is bereft.

Ps 35:13 But I, when they were sick, wore sackcloth; I afflicted
myself with fasting,
and my prayer would return to my own breast.
I went about as though for a friend or a brother;
like one mourning a mother, I bowed down in grief.
But when I stumbled, they rejoiced and gathered;
attackers gathered against me, people I did not know;
they tore at me and did not stop.

Ps 35:16 Like godless mockers jeering for a cake,
they gnash their teeth at me.
Lord, how long will you look on?
Rescue my life from their ravages,
my one precious life from the lions.
I will thank you in the great assembly;
among a mighty throng I will praise you.[33]

Ps 35:19 Do not let my lying enemies rejoice over me,
or those who hate me without cause wink their eyes.
For they do not speak peace,
but against the quiet ones of the land
they devise words of deceit.
They open their mouths wide against me;
they say, "Aha, aha!
Our eyes have seen it!"

Ps 35:22 You have seen, LORD; do not be silent.
Lord, do not be far from me.
Wake up, rouse yourself for my cause,
my God and my Lord, for my case!
Judge me by your righteousness, LORD my God,
and do not let them rejoice over me.
Do not let them say in their hearts, "Aha, just what we
wanted!"
Do not let them say, "We have swallowed him up."

33 The Hebrew of the first line is uncertain.

Ps 35:26 Let those who rejoice at my misfortune be shamed and
confounded together;
let them be clothed with shame and disgrace,
those who exalt themselves over me.
Let those who delight in my vindication shout for joy and
be glad,
and let them say always, "Great is the LORD,
who delights in the well-being of his servant."
Then my tongue will tell of your righteousness,
of your praise all day long.

PSALM 36: IN YOUR LIGHT WE SEE LIGHT

The schemes of the wicked set against the LORD's steadfast love, the fountain of life.

Ps 36:1 For the leader. Of the servant of the LORD, of David.
Transgression speaks its oracle to the wicked deep in my
heart;
there is no dread of God before his eyes.
For it flatters him in his own eyes
that his guilt will not be found out and hated.
The words of his mouth are wickedness and deceit;
he has ceased to act wisely and do good.[34]

34 Some Hebrew manuscripts and ancient versions read "his heart."

Ps 36:5 He plots wickedness on his bed;
he sets himself on a path that is not good;
evil he does not reject.
LORD, your steadfast love reaches to the heavens,
your faithfulness to the clouds.
Your righteousness
is like the mighty mountains, your justice like the great deep;
humans and animals alike you save, LORD.
How precious is your steadfast love, O God!
The children of humankind
take refuge in the shadow of your wings.

Ps 36:9 They feast on the abundance of your house,
and you give them drink from the river of your delights.
For with you is the fountain of life;
in your light we see light.
Continue your steadfast love to those who know you,
and your righteousness to the upright in heart.
Do not let the foot of the arrogant come against me,
or the hand of the wicked drive me away.
There the evildoers lie fallen,
thrust down, unable to rise.

PSALM 37: DO NOT FRET BECAUSE OF EVILDOERS

An alphabetic wisdom poem: the wicked will vanish, the humble will inherit the land.

Ps 37:1 Of David.
Do not fret because of evildoers;
do not envy those who do wrong.
For like grass they will soon wither,
and like green plants they will fade.
Trust in the LORD and do good;
live in the land and cultivate faithfulness.
Take delight in the LORD,
and he will give you the desires of your heart.[35]

Ps 37:5 Commit your way to the LORD;
trust in him, and he will act.
He will make your righteousness shine like the light,
and your justice like the noonday.
Be still before the LORD and wait patiently for him;
do not fret over one who prospers in his way,
over one who carries out evil schemes.

Ps 37:8 Let go of anger and abandon rage;
do not fret—it leads only to evil.
For evildoers will be cut off,
but those who wait for the LORD will inherit the land.
A little while longer, and the wicked will be no more;
you will look closely at his place, and he will not be there.
But the humble will inherit the land
and delight in abundant peace.

35 Psalm 37 is an alphabetic acrostic: roughly every second verse begins with the next letter of the Hebrew alphabet.

Ps 37:12 The wicked plots against the righteous
and gnashes his teeth at him.
The Lord laughs at him,
for he sees that his day is coming.
The wicked draw the sword and bend their bows
to bring down the poor and needy,
to slaughter those whose way is upright.

Ps 37:15 Their sword will enter their own heart,
and their bows will be broken.
Better is the little that the righteous has
than the wealth of many wicked.
For the arms of the wicked will be broken,
but the LORD upholds the righteous.
The LORD knows the days of the blameless,
and their inheritance will last forever.

Ps 37:19 They will not be put to shame in evil times;
in days of famine they will have plenty.
But the wicked will perish, and the enemies of the LORD,
like the beauty of the meadows,
vanish—like smoke they vanish.
The wicked one borrows and does not repay,
but the righteous one is generous and gives.

Ps 37:22 For those he blesses will inherit the land,
but those he curses will be cut off.
By the LORD a man's steps are made firm,
and he delights in his way.
Though he falls, he will not be hurled down,
for the LORD holds his hand.
I have been young, and now I am old,
yet I have not seen a righteous person abandoned
or his children begging for bread.

Ps 37:26 All day long he is generous and lends,
and his children become a blessing.
Turn from evil and do good,
and you will dwell secure forever.
For the LORD loves justice and will not abandon his faithful
ones; they are kept safe forever,
but the children of the wicked will be cut off.
The righteous will inherit the land
and dwell in it forever.

Ps 37:30 The mouth of the righteous utters wisdom,
and his tongue speaks justice.
The teaching of his God is in his heart;
his steps do not slip.
The wicked watches for the righteous
and seeks to kill him.
The LORD will not abandon him to his power
or let him be condemned when he is brought to trial.

Ps 37:34 Wait for the LORD and keep his way, and he will raise you
up to inherit the land;
when the wicked are cut off, you will see it.
I have seen a wicked man, ruthless,
spreading himself out like a flourishing native tree.
Then he passed away, and look—he was gone;
I searched for him, but he could not be found.

Ps 37:37 Mark the blameless and look at the upright,
for there is a future for the person of peace.
But transgressors will be destroyed together;
the future of the wicked will be cut off.
The salvation of the righteous comes from the LORD;
he is their stronghold in time of trouble.
The LORD helps them and rescues them;
he rescues them from the wicked and saves them,
because they take refuge in him.

PSALM 38: THERE IS NO SOUNDNESS IN MY FLESH

A sick man confesses his sin and pleads with God not to abandon him.

Ps 38:1 A psalm. Of David. For remembrance.
LORD, do not rebuke me in your anger
or discipline me in your wrath.
For your arrows have sunk into me,
and your hand has come down on me.
There is no soundness in my flesh because of your fury;
there is no health in my bones because of my sin.[36]

Ps 38:5 For my guilt has gone over my head;
like a heavy burden, it is too heavy for me.
My wounds stink and fester
because of my folly.
I am bent and bowed down utterly;
all day long I go about in mourning.
For my loins are filled with burning,
and there is no soundness in my flesh.

Ps 38:9 I am numb and utterly crushed;
I roar because of the groaning of my heart.
Lord, all my longing is before you;
my sighing is not hidden from you.
My heart throbs, my strength has left me,
and the light of my eyes—even that is gone from me.
My loved ones
and my friends stand aloof from my affliction,
and those close to me stand far off.

---

36 "For remembrance" (Hebrew *lehazkir*, "to bring to remembrance") may be linked to a memorial offering; its meaning is uncertain.

Ps 38:13 Those who seek my life lay snares; those who seek my harm
speak of ruin
and mutter deceit all day long.
But I am like the deaf, who do not hear,
like the mute, who do not open their mouths.
I have become like one who does not hear,
in whose mouth there is no retort.

Ps 38:16 For in you, LORD, I hope;
you will answer, Lord my God.
For I said, "Do not let them rejoice over me,
who boast against me when my foot slips."
For I am ready to fall,
and my pain is always before me.
I confess my guilt;
I am anxious because of my sin.

Ps 38:20 My enemies are lively and strong,
and many are those who hate me wrongfully.
Those who repay evil for good
accuse me because I pursue good.
Do not abandon me, LORD;
my God, do not be far from me.
Hurry to help me,
Lord, my salvation.

PSALM 39: LET ME KNOW MY END

Reflection on the brevity of life: every human is only a breath.

Ps 39:1 For the leader. For Jeduthun.
A psalm. Of David.
I said, "I will guard my ways so as not to sin with my tongue;
I will keep a muzzle on my mouth
while the wicked are in front of me."
I was mute and silent; I held my peace, to no good,
and my pain grew worse.
My heart grew hot
within me; as I brooded, a fire burned;
then I spoke with my tongue:[37]

Ps 39:5 Let me know, LORD, my end, and what is the measure of my days;
let me know how fleeting I am.
Look, you have made my days a few handbreadths, and my lifetime is as nothing before you;
surely every human, however firmly he stands, is only a breath. Selah
Surely everyone walks about as a mere shadow; surely they bustle about for nothing;
he heaps up wealth and does not know who will gather it.

Ps 39:8 And now, Lord, what do I wait for?
My hope is in you.
Rescue me from all my offenses;
do not make me the scorn of fools.
I am mute; I do not open my mouth,
for it is you who have done this.
Take your blow away from me;
I am worn out by the hostility of your hand.

37 Jeduthun was a temple musician named in Chronicles; the heading may refer to him or to a musical setting.

Ps 39:12 With rebukes for guilt you discipline a person, and like a
moth you consume what he holds dear;
surely every human is only a breath. Selah
Hear my prayer, LORD, and listen to my cry; do not be silent
at my tears.
For I am a stranger with you,
a sojourner, like all my ancestors.
Look away from me, that I may smile again,
before I go and am no more.

PSALM 40: I WAITED AND WAITED FOR THE LORD

Thanks for rescue from the Pit, then a renewed cry for help.

Ps 40:1 For the leader. Of David. A psalm.
I waited and waited for the LORD,
and he bent down to me and heard my cry.
He drew me up out of the roaring Pit, out of the miry clay,
and set my feet on a crag,
making my steps secure.
He put a new song in my mouth, a song of praise to our
God;
many will see and fear
and trust in the LORD.

Ps 40:5 Happy is the one who makes the LORD his trust,
who does not turn to the arrogant or to those who stray
after lies.
Many are the wonders you have done, LORD my God, and
your plans for us;
none can compare with you. Were I to proclaim and speak
of them,
they would be too many to count.

Ps 40:7 Sacrifice and offering you did not desire—you have dug
open my ears—
burnt offering and sin offering you did not ask for.
Then I said, "Here I come;
in the scroll of the book it is written of me.
To do your will, my God, is my delight;
your teaching is deep within me."[38]

Ps 40:10 I have proclaimed righteousness in the great assembly;
look, I do not hold back my lips,
LORD, as you know.
I have not hidden your righteousness within my heart; I
have spoken of your faithfulness and your salvation;
I have not concealed your steadfast love and your truth
from the great assembly.

Ps 40:12 You, LORD, will not hold back your compassion from me;
your steadfast love and your truth will always guard me.
For evils beyond number have surrounded me; my sins
have overtaken me, and I cannot see;
they are more than the hairs of my head, and my heart has
failed me.

Ps 40:14 Be pleased, LORD, to rescue me;
LORD, hurry to help me.
Let those who seek to snatch away my life be shamed and
confounded together;
let them be turned back and disgraced,
those who delight in my harm.
Let them be appalled at their own shame,
those who say to me, "Aha, aha!"

38 "You have dug open my ears" is literally "ears you have dug for me," that is, you have made me able to hear and obey.

Ps 40:17 Let all who seek you rejoice and be glad in you;
let them say always, "Great is the LORD,"
those who love your salvation.
As for me, I am poor and needy; may the Lord think of me.
You are my help and my deliverer;
my God, do not delay.

PSALM 41: HAPPY IS THE ONE WHO CONSIDERS THE POOR

A sick man betrayed by a close friend asks God to raise him up; Book One closes.

Ps 41:1 For the leader. A psalm. Of David.
Happy is the one who considers the poor;
on the day of trouble the LORD will rescue him.
The LORD will guard him and keep him alive; he will be
called happy in the land;
do not hand him over to the will of his enemies.
The LORD will sustain him on his sickbed;
in his illness you remake his whole bed.

Ps 41:5 As for me, I said, "LORD, be gracious to me;
heal me, for I have sinned against you."
My enemies speak evil of me:
"When will he die, and his name perish?"
And if one comes to see me, he speaks empty words, while
his heart gathers mischief;
he goes out into the street and speaks of it.

Ps 41:8 All who hate me whisper together about me;
they plan harm against me:
"Something deadly has been poured into him;
now that he has lain down, he will not rise again."
Even my close friend, whom I trusted, who ate my bread,
has lifted his heel against me.
But you, LORD, be gracious to me and raise me up,
that I may repay them.

Ps 41:12 By this I know that you delight in me:
that my enemy does not shout in triumph over me.
As for me, you uphold me in my integrity
and set me in your presence forever.
Blessed be the LORD, the God of Israel, from everlasting to
everlasting.
Amen and amen.[39]

39 This blessing closes Book One of the Psalms (Psalms 1–41).

Book Two

Psalms 42–72: the songs of the Korahites, more psalms of David, and a royal psalm for Solomon; "the prayers of David son of Jesse are ended."

PSALM 42: AS A DEER LONGS FOR STREAMS OF WATER

An exile far from the temple longs for God: "Why are you bowed down, my soul?"

Ps 42:1 For the leader. A maskil. Of the Korahites.
As a deer longs for streams of water,
so my soul longs for you, O God.
My soul thirsts for God, for the living God.
When shall I come
and appear before the face of God?[1]

Ps 42:4 My tears have been my bread day and night,
while all day long they say to me, "Where is your God?"
These things I remember as I pour out my soul within me:
how I used to pass along with the throng and lead them
in procession to the house of God,
with shouts of joy and thanksgiving,
a festive crowd.

1 The Korahites were a guild of temple singers named after Korah, a Levite. Psalms 42–83 mostly call God "God" (*Elohim*) where other psalms say "the LORD."

Ps 42:6 Why are you bowed down, my soul, and why do you groan
within me?
Hope in God, for I will yet praise him,
the saving help of his presence.
My God, my soul is bowed down within me;
therefore I remember you from the land of the Jordan
and the Hermons, from Mount Mizar.[2]

Ps 42:8 Deep calls to deep at the thunder of your waterfalls;
all your breakers and your waves have swept over me.
By day the LORD commands his steadfast love, and at night
his song is with me,
a prayer to the God of my life.
I say to God, my crag, "Why have you forgotten me?
Why must I go about in mourning
under the enemy's oppression?"

Ps 42:11 Like a crushing in my bones, my foes taunt me,
while all day long they say to me, "Where is your God?"
Why are you bowed down, my soul, and why do you groan
within me?
Hope in God, for I will yet praise him,
my saving help and my God.

2 The sources of the Jordan and the Hermon range lie in the far north of Israel. Mount Mizar ("little mountain") is unknown.

PSALM 43: SEND OUT YOUR LIGHT AND YOUR TRUTH

The refrain of Psalm 42 continues in a prayer to be led back to God's altar.

Ps 43:1 Vindicate me, O God, and plead my case against a faithless nation;
from the deceitful and unjust man deliver me.
For you are the God of my stronghold—why have you rejected me?
Why must I go about in mourning
under the enemy's oppression?
Send out your light and your truth; let them lead me;
let them bring me to your holy mountain and to your dwelling place.[3]

Ps 43:4 Then I will come to the altar of God, to God, my joy and my delight,
and I will praise you with the lyre,
O God, my God.
Why are you bowed down, my soul, and why do you groan within me?
Hope in God, for I will yet praise him,
my saving help and my God.

3 Psalms 42 and 43 share a refrain and were probably once a single poem; Psalm 43 has no heading.

PSALM 44: FOR YOUR SAKE WE ARE KILLED ALL DAY LONG

A national lament: God gave victory in the past but now has rejected his faithful people.

Ps 44:1 For the leader. Of the Korahites. A maskil.
O God, we have heard with our own ears; our ancestors have told us
the deed you did in their days, in days of old.
You with your own hand drove out nations, but them you planted;
you crushed peoples, but them you let spread out.

Ps 44:4 For not by their own sword did they take the land, nor did their own arm save them,
but your right hand and your arm and the light of your face,
because you delighted in them.
You are my King, O God;
command victories for Jacob.
Through you we gore our foes;
through your name we trample those who rise against us.

Ps 44:7 For not in my bow do I trust,
nor can my sword save me;
but you saved us from our foes
and put those who hate us to shame.
In God we have boasted all day long,
and we will praise your name forever. Selah
Yet you have rejected us and humiliated us,
and you do not go out with our armies.

Ps 44:11 You make us turn back from the foe,
and those who hate us take plunder for themselves.
You hand us over like sheep to be eaten,
and you have scattered us among the nations.
You sell your people for nothing
and gain nothing from their price.
You make us a reproach to our neighbors,
the scorn and derision of those around us.
You make us a byword among the nations,
a shaking of heads among the peoples.

Ps 44:16 All day long my disgrace is before me,
and shame has covered my face
at the voice of the taunter and reviler,
at the sight of the enemy and the avenger.
All this has come upon us, yet we have not forgotten you,
nor been false to your covenant.
Our heart has not turned back,
nor have our steps strayed from your path.

Ps 44:20 Yet you crushed us in the haunt of jackals
and covered us with deep darkness.
If we had forgotten the name of our God
and spread out our hands to a foreign god,
would not God search this out?
For he knows the secrets of the heart.
But for your sake we are killed all day long;
we are counted as sheep for the slaughter.

Ps 44:24 Wake up! Why do you sleep, O Lord?
Rouse yourself! Do not reject us forever.
Why do you hide your face
and forget our misery and oppression?
For our life sinks down to the dust;
our belly clings to the ground.
Rise up and help us;
redeem us for the sake of your steadfast love.

PSALM 45: MY HEART OVERFLOWS WITH A NOBLE THEME

A song for a royal wedding, praising the king, his throne and his bride.

Ps 45:1 For the leader. On "Lilies." Of the Korahites.
A maskil. A love song.
My heart overflows with a noble theme; I recite my work to a king;
my tongue is the pen of a skilled scribe.
You are the most handsome of all humankind; grace is poured upon your lips;
therefore God has blessed you forever.[4]

Ps 45:4 Strap your sword on your thigh, O warrior,
your splendor and your majesty.
And in your majesty ride on to victory for the cause of truth and humility and righteousness,
and let your right hand teach you awesome deeds.
Your arrows are sharp—
peoples fall beneath you—
in the heart of the king's enemies.

Ps 45:7 Your throne, O God, is forever and ever;
a scepter of uprightness is the scepter of your kingdom.
You love righteousness and hate wickedness;
therefore God, your God, has anointed you with the oil of gladness
above your companions.
All your robes are myrrh and aloes and cassia;
from ivory palaces strings make you glad.[5]

4 "Lilies" is probably the name of a tune; its meaning is uncertain. The psalm celebrates a royal wedding.
5 "Your throne, O God" may address the king in exalted court language; the Hebrew can also be read "Your throne is God's" or "Your divine throne."

Ps 45:10 Daughters of kings are among your honored women;
at your right hand stands the queen in gold of Ophir.
Listen, daughter, look, and turn your ear:
forget your people and your father's house,
and the king will desire your beauty.
Since he is your lord, bow down to him.[6]

Ps 45:13 The daughter of Tyre
will seek your favor with gifts—
the richest of the people.
All glorious is the king's daughter within;
her clothing is woven with gold.
In embroidered robes she is led to the king;
young women, her companions, follow behind her,
brought to you.

Ps 45:16 They are led in with joy and gladness;
they enter the palace of the king.
In place of your fathers will be your sons;
you will make them princes in all the land.
I will make your name remembered in every generation;
therefore peoples will praise you forever and ever.

PSALM 46: GOD IS OUR REFUGE AND STRENGTH

God protects his city amid roaring seas and warring nations: "Stop, and know that I am God."

Ps 46:1 For the leader. Of the Korahites.
On *Alamoth*. A song.
God is our refuge and strength,
a help in troubles, readily found.
Therefore we will not fear though the earth gives way,
though the mountains totter into the heart of the seas,[7]

6 Ophir was a distant land famed for its gold.
7 *Alamoth* ("young women") may refer to a high pitch or voice; its meaning is uncertain.

Ps 46:4 though its waters roar and foam,
though the mountains quake at its surging. Selah
There is a river whose streams make glad the city of God,
the holy dwelling of the Most High.
God is in her midst; she will not totter;
God will help her at the break of dawn.

Ps 46:7 Nations roar, kingdoms totter;
he lifts his voice, the earth melts.
The LORD of hosts is with us;
the God of Jacob is our stronghold. Selah
Come, see the works of the LORD,
how he has brought desolations on the earth.

Ps 46:10 He makes wars cease to the end of the earth;
he breaks the bow and snaps the spear;
he burns the wagons with fire.
"Stop, and know that I am God;
I am exalted among the nations, I am exalted on the earth."
The LORD of hosts is with us;
the God of Jacob is our stronghold. Selah

PSALM 47: ALL YOU PEOPLES, CLAP YOUR HANDS

God goes up amid shouting as king over all the earth.

Ps 47:1 For the leader. Of the Korahites. A psalm.
All you peoples, clap your hands;
shout to God with a cry of joy.
For the LORD, the Most High, is awesome,
a great King over all the earth.
He subdues peoples under us
and nations under our feet.

Ps 47:5 He chooses our inheritance for us,
the pride of Jacob, whom he loves. Selah
God has gone up amid shouting,
the LORD with the sound of the ram's horn.
Sing praises to God, sing praises;
sing praises to our King, sing praises.

Ps 47:8 For God is King of all the earth;
sing praises with a maskil.
God reigns over the nations;
God sits on his holy throne.
The nobles of the peoples gather as the people of the God of Abraham.
For the shields of the earth belong to God;
he is highly exalted.[8]

PSALM 48: GREAT IS THE LORD IN THE CITY OF OUR GOD

Zion, God's city, stands secure as invading kings flee in terror.

Ps 48:1 A song. A psalm. Of the Korahites.
Great is the LORD and highly to be praised
in the city of our God, his holy mountain.
Beautiful in its height, the joy of all the earth,
Mount Zion, the far reaches of the north,
the city of the great King.
God, within her citadels,
has made himself known as a stronghold.[9]

8 "Shields" here probably means rulers, the protectors of their peoples.
9 "The far reaches of the north" (Hebrew *Zaphon*) recalls the mountain of the gods in Canaanite tradition; here the title is given to Zion.

Ps 48:5 For look: the kings assembled;
they advanced together.
They saw, and at once they were astounded;
they panicked and fled in alarm.
Trembling seized them there,
anguish like a woman in labor.
With an east wind
you shatter the ships of Tarshish.[10]

Ps 48:9 As we have heard, so we have seen in the city of the LORD
of hosts, in the city of our God:
God establishes her forever. Selah
We ponder your steadfast love, O God,
in the midst of your temple.
Like your name, O God, so your praise reaches to the ends
of the earth;
your right hand is full of righteousness.

Ps 48:12 Let Mount Zion be glad, let the daughters of Judah rejoice
because of your judgments.
Walk around Zion, go all the way around her,
count her towers.
Take note of her ramparts, pass through her citadels,
so that you may recount to the next generation
that this is God, our God forever and ever;
he will lead us beyond death.[11]

10 Tarshish was a far-off port, probably in the western Mediterranean; "ships of Tarshish" were large seagoing vessels.
11 The last words, literally "over death," are uncertain; some read "forever," and others take them as a musical direction belonging to the next psalm.

PSALM 49: HEAR THIS, ALL YOU PEOPLES

A wisdom poem: wealth cannot ransom a life from death, but God will redeem.

Ps 49:1 For the leader. Of the Korahites. A psalm.
Hear this, all you peoples;
listen, all who live in the world,
both low and high,
rich and poor together.
My mouth will speak wisdom;
the musing of my heart will be understanding.

Ps 49:5 I will turn my ear to a proverb;
I will set out my riddle to the lyre.
Why should I fear in days of trouble,
when the iniquity of those at my heels surrounds me—
those who trust in their wealth
and boast of the abundance of their riches?
No one can ever redeem a brother,
or give God a ransom for him.

Ps 49:9 The ransom of a life is too costly;
one must give it up forever—
that he should live on forever
and never see the Pit.
For he sees that the wise die; the fool and the brute perish together
and leave their wealth to others.

Ps 49:12 In their hearts their houses last forever, their dwellings for generation after generation;
they have named lands after themselves.
But a human being in splendor does not abide;
he is like the beasts that are silenced.
This is the way of those who are foolishly confident,
and of those after them who approve their words. Selah

Ps 49:15 Like sheep they are herded into Sheol; Death is their
shepherd.
The upright will rule over them in the morning, and their
form will waste away in Sheol,
far from its lofty dwelling.
But God will redeem my life from the grasp of Sheol,
for he will take me. Selah
Do not be afraid when someone grows rich,
when the glory of his house increases.[12]

Ps 49:18 For when he dies he will take nothing with him;
his glory will not go down after him.
Though in his lifetime he congratulates himself—
and people praise you when you do well for yourself—
he will join the generation of his ancestors,
who will never again see the light.
A human being in splendor who does not understand
is like the beasts that are silenced.[13]

12 The Hebrew of the first lines of this verse is very uncertain.
13 The refrain echoes verse 13 with a play on sound: "does not abide" (*bal yalin*) there becomes "does not understand" (*lo yavin*) here.

PSALM 50: THE CATTLE ON A THOUSAND HILLS

God summons his people to judgment: he wants thanksgiving and right living, not sacrifices.

Ps 50:1 A psalm. Of Asaph.
God—God the LORD—has spoken and summoned the earth
from the rising of the sun to its setting.
Out of Zion, perfect in beauty,
God shines forth.
Our God comes and does not keep silent;
before him a fire devours,
and around him a tempest rages.
He calls to the heavens above
and to the earth, to judge his people:[14]

Ps 50:5 "Gather to me my faithful ones,
who made a covenant with me by sacrifice."
The heavens declare his righteousness,
for God himself is judge. Selah
"Listen, my people, and I will speak; Israel, I will testify
against you:
I am God, your God.
Not for your sacrifices do I rebuke you;
your burnt offerings are always before me.

Ps 50:9 "I will not take a bull from your house,
or goats from your folds.
For every animal of the forest is mine,
the cattle on a thousand hills.
I know every bird of the mountains,
and whatever moves in the field is with me.
If I were hungry, I would not tell you,
for the world is mine and all that fills it.

14 Asaph was a Levite singer; psalms 50 and 73–83 bear his name, probably that of his guild.

Ps 50:13 “Do I eat the flesh of bulls
or drink the blood of goats?
Offer thanksgiving as your sacrifice to God,
and pay your vows to the Most High.
Call on me in the day of trouble;
I will rescue you, and you will honor me.”
But to the wicked God says: “What right have you to recite
my statutes
or take my covenant on your lips?[15]

Ps 50:17 “You hate discipline,
and you toss my words behind you.
When you see a thief, you make friends with him,
and you throw in your lot with adulterers.
You let your mouth loose for evil,
and your tongue frames deceit.
You sit and speak against your brother;
you slander your own mother’s son.

Ps 50:21 “These things you have done, and I kept silent; you thought
I was just like you.
I will rebuke you and lay the case before your eyes.
Consider this, you who forget God,
or I will tear you apart, with no one to rescue.
Whoever offers thanksgiving as sacrifice honors me,
and to the one who sets his way aright
I will show the salvation of God.”

15 “Thanksgiving” (Hebrew *todah*) means both a song of thanks and the thank offering that accompanied it.

PSALM 51: BE GRACIOUS TO ME, O GOD

David's confession after Bathsheba: a plea for a pure heart and a renewed spirit.

Ps 51:1 For the leader. A psalm. Of David,
when the prophet Nathan came to him
after he had come to Bathsheba.
Be gracious to me, O God, according to your steadfast love;
according to your abundant mercy blot out my
transgressions.
Wash me thoroughly from my iniquity,
and cleanse me from my sin.[16]

Ps 51:5 For I know my transgressions,
and my sin is ever before me.
Against you, you alone, have I sinned and done what is evil
in your eyes,
so that you are in the right when you speak
and blameless when you judge.
Indeed, I was brought forth in iniquity,
and in sin my mother conceived me.

Ps 51:8 Indeed, you desire truth in the inward parts;
in the hidden place you teach me wisdom.
Purge me with hyssop, and I will be clean;
wash me, and I will be whiter than snow.
Let me hear joy and gladness;
let the bones you have crushed rejoice.
Hide your face from my sins,
and blot out all my iniquities.[17]

16 The heading refers to the story in 2 Samuel 11–12 of David's adultery with Bathsheba and Nathan's rebuke; the Hebrew uses the same verb, "come," for both.
17 Hyssop was a small plant used to sprinkle water or blood in purification rites.

Ps 51:12 Create a pure heart for me, O God,
and renew a steadfast spirit within me.
Do not cast me away from your presence,
and do not take your holy spirit from me.
Restore to me the joy of your salvation,
and sustain me with a willing spirit.
I will teach transgressors your ways,
and sinners will return to you.

Ps 51:16 Deliver me from bloodguilt, O God, God of my salvation,
and my tongue will sing aloud of your righteousness.
O Lord, open my lips,
and my mouth will declare your praise.
For you take no delight in sacrifice, or I would give it;
you are not pleased with burnt offering.

Ps 51:19 The sacrifices of God are a broken spirit;
a broken and crushed heart,
O God, you will not despise.
In your favor do good to Zion;
rebuild the walls of Jerusalem.
Then you will delight in right sacrifices, burnt offering and whole offering;
then bulls will be offered on your altar.[18]

18 Many scholars think these last two verses, with their prayer for Jerusalem's walls, were added after the city's destruction in 586 BC.

PSALM 52: WHY DO YOU BOAST OF EVIL?

Against the treacherous Doeg: the boaster will be uprooted, the faithful flourish like an olive tree.

Ps 52:1 For the leader. A maskil. Of David,
when Doeg the Edomite came and told Saul,
and said to him,
"David has come to the house of Ahimelech."
Why do you boast of evil, you mighty man?
God's steadfast love lasts all day long.
Your tongue plots destruction,
like a sharpened razor, you worker of deceit.[19]

Ps 52:5 You love evil more than good,
lying more than speaking what is right. Selah
You love all words that devour,
you deceitful tongue.
But God will tear you down forever;
he will snatch you up and pluck you from your tent
and uproot you from the land of the living. Selah
The righteous will see and be afraid,
and they will laugh at him:

Ps 52:9 "Look at the man who would not make God his stronghold,
but trusted in his great wealth
and grew strong through his destruction!"
But I am like a flourishing olive tree in the house of God;
I trust in God's steadfast love forever and ever.
I will thank you forever for what you have done,
and I will hope in your name, for it is good, before your
faithful ones.

19 The heading refers to 1 Samuel 21–22, where Doeg informs Saul that the priest Ahimelech helped David.

PSALM 53: THE FOOL SAYS IN HIS HEART, "THERE IS NO GOD"

A near-duplicate of Psalm 14 that says "God" where Psalm 14 says "the LORD."

Ps 53:1 For the leader. On *Mahalath*.
A maskil. Of David.
The fool says in his heart, "There is no God."
They are corrupt; they do abominable wrong; no one does good.
God looks down from heaven on humankind
to see if there is anyone who has insight,
anyone who seeks God.[20]

Ps 53:4 All of them have turned back; together they have become rotten;
no one does good,
not even one.
Do they not know, these evildoers,
who devour my people as they eat bread,
and do not call on God?

Ps 53:6 There they were in great terror, where there was nothing to fear,
for God has scattered the bones of those who besiege you;
you have put them to shame, for God has rejected them.
Oh, that salvation for Israel would come from Zion!
When God restores the fortunes of his people,
Jacob will rejoice, Israel will be glad.

20 *Mahalath* may be a tune name or relate to a word for sickness; its meaning is uncertain. Psalm 53 is a near-duplicate of Psalm 14, using "God" where Psalm 14 has "the LORD."

PSALM 54: SAVE ME BY YOUR NAME

Betrayed to Saul by the Ziphites, David asks God for help.

Ps 54:1 For the leader. With stringed instruments.
A maskil. Of David,
when the Ziphites came and said to Saul,
"Is not David hiding among us?"
O God, save me by your name,
and vindicate me by your might.
O God, hear my prayer;
give ear to the words of my mouth.[21]

Ps 54:5 For strangers have risen against me, and ruthless men seek
my life;
they do not set God before them. Selah
But look, God is my helper;
the Lord is with those who uphold my life.

Ps 54:7 He will repay the evil to those who lie in wait for me;
in your faithfulness, destroy them.
With a freewill offering I will sacrifice to you;
I will praise your name, O LORD, for it is good.
For he has rescued me from every trouble,
and my eye has looked in triumph on my enemies.

21 The heading refers to 1 Samuel 23:19, where people of Ziph, a town in Judah, betray David's hiding place to Saul.

PSALM 55: IF ONLY I HAD WINGS LIKE A DOVE

Betrayed by a close friend, the speaker longs to escape and casts his burden on the LORD.

Ps 55:1 For the leader. With stringed instruments.
A maskil. Of David.
Give ear, O God, to my prayer,
and do not hide yourself from my plea.
Attend to me and answer me;
I am restless in my complaint, and I moan
at the voice of the enemy, at the pressure of the wicked;
for they bring down trouble upon me, and in anger they
bear a grudge against me.

Ps 55:5 My heart writhes within me,
and the terrors of death have fallen on me.
Fear and trembling come over me,
and horror overwhelms me.
And I say, "If only I had wings like a dove!
I would fly away and find rest.
Yes, I would wander far away;
I would lodge in the wilderness." Selah

Ps 55:9 I would hurry to find a shelter
from the raging wind and the storm.
Confound them, O Lord, divide their speech,
for I see violence and strife in the city.
Day and night they make their rounds on its walls,
and iniquity and trouble are within it;
ruin is within it,
and oppression and fraud never leave its square.

Ps 55:13 For it is not an enemy who taunts me—that I could bear;
it is not one who hates me who exalts himself against me—
then I could hide from him.
But it is you, a man my equal,
my companion and my close friend,
with whom I shared sweet counsel;
in the house of God we walked with the throng.

Ps 55:16 Let death come upon them by surprise; let them go down
alive to Sheol,
for evil is in their dwellings, in their very midst.
As for me, I call to God,
and the LORD will save me.
Evening and morning and noon I complain and moan,
and he hears my voice.
He redeems my life in peace from the battle against me,
for many are ranged against me.

Ps 55:20 God will hear and answer them—he who is enthroned from
of old, Selah—because they do not change
and do not fear God.
He stretched out his hands against his friends;
he violated his covenant.
His mouth was smooth as butter, yet war was in his heart;
his words were softer than oil,
yet they were drawn swords.

Ps 55:23 Cast your burden on the LORD, and he will sustain you;
he will never allow the stumbling
of the righteous.
But you, O God, will bring them down to the well of the Pit;
men of blood and deceit will not live out half their days.
But as for me, I trust in you.

PSALM 56: IN GOD I TRUST; I WILL NOT FEAR

Seized by the Philistines, David trusts God, who keeps his tears in a flask.

Ps 56:1 For the leader. On "The Silent Dove of Far-Off Places." Of David. A miktam,
when the Philistines seized him in Gath.
Be gracious to me, O God, for people trample on me;
all day long an attacker oppresses me.
My foes trample on me all day long,
for many fight against me proudly.
On the day I am afraid,
I put my trust in you.[22]

Ps 56:5 In God, whose word I praise,
in God I trust; I will not fear;
what can flesh do to me?
All day long they twist my words;
all their thoughts are against me for evil.
They stir up strife, they lurk; they watch my steps,
as they have waited for my life.

Ps 56:8 Despite their wickedness, shall they escape?
In anger bring down the peoples, O God.
You have counted my wanderings;
put my tears in your flask—
are they not in your record?
Then my enemies will turn back on the day I call;
this I know: God is for me.
In God, whose word I praise,
in the LORD, whose word I praise,[23]

22 The heading probably names a tune; the meaning of the Hebrew is uncertain. The episode in Gath is told in 1 Samuel 21:11–16.

23 The Hebrew plays on sound: "my wanderings" (*nodi*) and "your flask" (*nodekha*), "counted" and "record."

Ps 56:12 in God I trust; I will not fear;
what can a human do to me?
Your vows are upon me, O God;
I will render thank offerings to you.
For you have rescued my life from death, yes, my feet from stumbling,
so that I may walk before God
in the light of life.

PSALM 57: IN THE SHADOW OF YOUR WINGS

Hiding from Saul in a cave, David sings: "My heart is steady."

Ps 57:1 For the leader. "Do Not Destroy." Of David. A miktam,
when he fled from Saul into the cave.
Be gracious to me, O God, be gracious to me, for in you my life takes refuge;
in the shadow of your wings I take refuge
until the destruction passes by.
I call to God Most High,
to God who fulfills his purpose for me.[24]

Ps 57:4 He will send from heaven and save me; he will put to shame the one who tramples me. Selah
God will send his steadfast love and his faithfulness.
My life is in the midst of lions; I lie down among those who devour—
humans whose teeth are spears and arrows,
and whose tongue is a sharp sword.

24 "Do Not Destroy" is probably the name of a tune (also in Psalms 58, 59 and 75). The cave may be Adullam (1 Samuel 22) or the cave at En-gedi (1 Samuel 24).

Ps 57:6 Be exalted above the heavens, O God;
let your glory be over all the earth.
They set a net for my steps; my life was bowed down.
They dug a pit before me,
but they fell into it themselves. Selah
My heart is steady, O God, my heart is steady;
I will sing and make music.

Ps 57:9 Wake up, my glory! Wake up, harp and lyre!
I will wake the dawn.
I will praise you among the peoples, O Lord;
I will sing of you among the nations.
For your steadfast love is great, reaching to the heavens,
and your faithfulness to the clouds.
Be exalted above the heavens, O God;
let your glory be over all the earth.[25]

PSALM 58: DO YOU TRULY SPEAK RIGHTEOUSNESS, YOU MIGHTY ONES?

A curse on unjust rulers and a confidence that there is a God who judges.

Ps 58:1 For the leader. "Do Not Destroy."
Of David. A miktam.
Do you truly speak righteousness, you mighty ones?
Do you judge humankind with equity?
No, in your heart you devise wrongs;
on earth you weigh out the violence of your hands.[26]

25 Verses 8–12 reappear, with small changes, in Psalm 108:2–6.
26 "You mighty ones": the Hebrew reads "in silence." With a slight change of vowels it reads "gods" or "mighty ones," probably the rulers being addressed.

Ps 58:4 The wicked are estranged from the womb;
liars go astray from birth.
Their venom is like the venom of a snake,
like a deaf cobra that stops up its ear,
that will not listen to the voice of the charmers,
of the most skillful caster of spells.

Ps 58:7 God, smash the teeth in their mouths;
break the fangs of the young lions, LORD!
Let them melt away like water that runs off;
when he aims his arrows, let them be like stalks cut down.
Let them be like a snail that dissolves as it goes,
like a woman's stillborn child that never sees the sun.[27]

Ps 58:10 Before your pots can feel the heat of the thorns,
green or burning, he will sweep them away in a storm.
The righteous one will rejoice when he sees vengeance;
he will bathe his feet in the blood of the wicked.
People will say, "Surely there is a reward for the righteous;
surely there is a God who judges on the earth."[28]

PSALM 59: RESCUE ME FROM MY ENEMIES

Enemies prowl like snarling dogs; God is the speaker's stronghold.

Ps 59:1 For the leader. "Do Not Destroy." Of David. A miktam.
When Saul sent men,
and they watched the house in order to kill him.
Rescue me from my enemies, my God;
set me high, out of reach of those who rise against me.
Rescue me from evildoers,
and save me from the bloodthirsty.[29]

27 The Hebrew of the fourth line is uncertain.
28 The first two lines are obscure in the Hebrew; the image seems to be of judgment coming faster than a cooking fire can heat a pot.
29 The heading refers to the episode in 1 Samuel 19:11–17, when David escaped from his house through a window.

Ps 59:4 For look, they lie in wait for my life; fierce men gather against me,
not for any offense or sin of mine, LORD.
Through no fault of mine they run and take up their positions;
rouse yourself to meet me, and see!
You, LORD God of hosts, God of Israel, wake up to punish all the nations;
show no mercy to any treacherous evildoers. Selah

Ps 59:7 They come back at evening, snarling like dogs,
and prowl around the city.
Look, they spew it from their mouths—swords are on their lips—
for "Who is listening?"
But you, LORD, laugh at them;
you mock all the nations.
My strength, I will watch for you,
for God is my stronghold.[30]

Ps 59:11 The God of my steadfast love will come to meet me;
God will let me look in triumph on my foes.
Do not kill them, or my people may forget; scatter them by your might and bring them down,
Lord, our shield.
For the sin of their mouths, the words of their lips,
let them be caught in their pride,
for the curses and the lies they utter.

30 "My strength": the Hebrew reads "his strength"; many read "my strength," as in the refrain at 59:18.

Ps 59:14 Consume them in your wrath, consume them till they are no more,
and let them know that God rules in Jacob
to the ends of the earth. Selah
They come back at evening, snarling like dogs,
and prowl around the city.
They roam about for food,
and if they are not filled, they growl all night.

Ps 59:17 But I will sing of your strength, and in the morning shout for joy at your steadfast love,
for you have been a stronghold for me,
a refuge in the day of my distress.
My strength, to you I will sing praise,
for God is my stronghold, the God of my steadfast love.

PSALM 60: YOU HAVE REJECTED US

A lament after defeat, God's oracle claiming the land, and a plea for help against Edom.

Ps 60:1 For the leader. On "Lily of the Covenant."
A miktam. Of David. For teaching.
When he fought with Aram-naharaim and with Aram-zobah,
and Joab returned and struck down Edom in the Valley of Salt,
twelve thousand of them.
God, you have rejected us, you have broken through us;
you have been angry—restore us![31]

31 "Lily of the Covenant" (or "of the Testimony") is probably the name of a tune; its meaning is uncertain. The campaigns named are recounted in 2 Samuel 8 and 1 Chronicles 18.

Ps 60:4 You have made the land quake, you have split it open;
heal its breaches, for it is tottering.
You have made your people see hard things;
you have given us wine to drink that makes us reel.
You have given those who fear you a banner to rally to,
out of range of the bow. Selah
So that those you love may be rescued,
save with your right hand, and answer me.[32]

Ps 60:8 God has spoken in his holiness: "I will exult;
I will divide up Shechem
and measure out the Valley of Succoth.
Gilead is mine, Manasseh is mine, Ephraim is the helmet on
my head,
Judah is my scepter.
Moab is my washbasin; on Edom I toss my sandal;
over Philistia I shout in triumph."[33]

Ps 60:11 Who will bring me to the fortified city?
Who will lead me to Edom?
Is it not you, God, who have rejected us?
You do not go out, God, with our armies.
Give us help against the foe,
for human help is worthless.
With God we will do valiantly,
and he will trample our foes.

32 "The bow": the Hebrew word is rare and may instead mean "truth."
33 Tossing a sandal onto land was probably a gesture of claiming possession of it.

PSALM 61: LEAD ME TO THE ROCK THAT IS HIGHER THAN I

A prayer from the ends of the earth for refuge and for the king.

Ps 61:1 For the leader. On stringed instruments. Of David.
Hear my cry, God;
listen to my prayer.
From the end of the earth I call to you as my heart grows faint;
lead me to the rock that is higher than I.

Ps 61:4 For you have been a refuge for me,
a strong tower against the enemy.
Let me dwell in your tent forever,
and take refuge in the shelter of your wings. Selah
For you, God, have heard my vows;
you have given me the heritage of those who fear your name.

Ps 61:7 Add days to the days of the king;
may his years be like generation upon generation.
May he sit enthroned forever before God;
appoint steadfast love and faithfulness to guard him.
So I will sing praise to your name forever,
as I fulfill my vows day after day.

PSALM 62: FOR GOD ALONE MY SOUL WAITS IN SILENCE

Trust in God alone, for humans are only a breath.

Ps 62:1 For the leader. According to Jeduthun.
A psalm. Of David.
For God alone my soul waits in silence;
from him comes my salvation.
He alone is my rock and my salvation,
my stronghold; I shall not be greatly shaken.
How long will you all assail one man, to batter him down,
like a leaning wall,
a tottering fence?

Ps 62:5 They only plan to thrust him down from his height; they delight in lies.
With their mouths they bless,
but inwardly they curse. Selah
For God alone, my soul, wait in silence,
for from him comes my hope.
He alone is my rock and my salvation,
my stronghold; I shall not be shaken.

Ps 62:8 On God rest my salvation and my glory;
my strong rock, my refuge, is in God.
Trust in him at all times, you people; pour out your hearts before him;
God is a refuge for us. Selah
Human beings are only a breath, mortals are a lie;
placed on the scales they go up;
together they weigh less than a breath.

Ps 62:11 Do not trust in extortion, and set no empty hopes on
robbery;
if wealth increases,
do not set your heart on it.
Once God has spoken; twice have I heard this:
that strength belongs to God,
and steadfast love belongs to you, Lord;
for you repay everyone according to what they have done.

PSALM 63: MY THROAT THIRSTS FOR YOU

In the wilderness, the speaker longs for God, whose steadfast love is better than life.

Ps 63:1 A psalm. Of David,
when he was in the wilderness of Judah.
God, you are my God; I seek you eagerly;
my throat thirsts for you, my body faints for you,
in a dry and weary land without water.
So I have gazed on you in the sanctuary,
to see your power and your glory.
Because your steadfast love is better than life,
my lips will praise you.

Ps 63:5 So I will bless you as long as I live;
in your name I will lift up my hands.
As with fat and rich food my appetite is satisfied,
and with joyful lips my mouth praises you,
when I remember you upon my bed,
and through the watches of the night I murmur of you.
For you have been my help,
and in the shadow of your wings I shout for joy.

Ps 63:9 I cling close to you;
your right hand holds me up.
But those who seek my life to ruin it
will go down into the depths of the earth.
They will be given over to the power of the sword;
they will be a portion for jackals.
But the king will rejoice in God;
all who swear by him will glory,
for the mouths of liars will be stopped.

PSALM 64: HEAR MY VOICE, GOD, IN MY COMPLAINT

Plotters shoot secret arrows, but God shoots them down.

Ps 64:1 For the leader. A psalm. Of David.
Hear my voice, God, in my complaint;
guard my life from dread of the enemy.
Hide me from the secret plots of the wicked,
from the scheming throng of evildoers,
who sharpen their tongues like swords,
who aim bitter words like arrows,

Ps 64:5 shooting from ambush at the blameless;
suddenly they shoot at him, without fear.
They strengthen one another;
they plot an evil thing, they talk of hiding snares;
they say, "Who will see them?"
They search out crimes: "We have perfected a well-searched
plan!"
The inner self and heart of a person are deep.

Ps 64:8 But God shoots them
with an arrow; suddenly
they are wounded.
Their own tongues make them stumble;
all who see them shake their heads.
Then all people fear;
they tell what God has done
and ponder his work.
Let the righteous rejoice in the LORD and take refuge in
him,
and let all the upright in heart glory.

PSALM 65: YOU VISIT THE EARTH AND WATER IT

Praise for the God who forgives, stills the seas and crowns the year with a rich harvest.

Ps 65:1 For the leader. A psalm.
Of David. A song.
For you silence is praise, God, in Zion,
and to you vows are fulfilled.
You who hear prayer,
to you all flesh shall come.
When deeds of iniquity overwhelm me,
you forgive our transgressions.[34]

Ps 65:5 Happy is the one you choose and bring near to dwell in
your courts!
We shall be filled with the good things of your house,
your holy temple.
With awesome deeds you answer us in righteousness, God
of our salvation,
the trust of all the ends of the earth and of the farthest seas,
who by his strength set the mountains firm,
girded with might,

34 "Silence is praise" follows the Hebrew; ancient translations read "praise is fitting."

Ps 65:8 who stills the roar of the seas, the roar of their waves,
and the tumult of the peoples.
Those who live at the far ends stand in awe of your signs;
you make the gateways of morning and evening shout for joy.
You visit the earth and water it, you greatly enrich it; the channel of God is full of water;
you provide their grain, for so you have prepared the land.

Ps 65:11 You drench its furrows and level its ridges;
you soften it with showers and bless its growth.
You crown the year with your goodness,
and your cart tracks drip with abundance.
The pastures of the wilderness drip,
and the hills gird themselves with joy.
The meadows are clothed with flocks, and the valleys wrap themselves in grain;
they shout for joy, yes, they sing.

PSALM 66: SHOUT TO GOD, ALL THE EARTH

Praise for God's deeds at the sea, and the speaker's thanks for answered prayer.

Ps 66:1 For the leader. A song. A psalm.
Shout to God, all the earth!
Sing the glory of his name;
make his praise glorious.
Say to God, "How awesome are your deeds!
So great is your power that your enemies cringe before you.
All the earth bows down to you and sings to you;
they sing to your name." Selah

Ps 66:5 Come and see the works of God,
awesome in his deeds toward humankind.
He turned the sea into dry land; they crossed the river on foot;
there we rejoiced in him.
He rules by his might forever; his eyes keep watch on the nations;
let the rebellious not exalt themselves. Selah

Ps 66:8 Bless our God, you peoples;
let the sound of his praise be heard.
He has kept us among the living
and has not let our feet slip.
For you have tested us, God;
you have refined us as silver is refined.
You brought us into the net;
you laid a crushing burden on our backs.
You let people ride over our heads;
we went through fire and through water;
but you brought us out to abundance.

Ps 66:13 I will come into your house with burnt offerings;
I will fulfill my vows to you,
the vows my lips uttered
and my mouth spoke when I was in distress.
Burnt offerings of fatlings I will offer you, with the smoke of rams;
I will sacrifice bulls with goats. Selah
Come and listen, all you who fear God, and I will tell
what he has done for me.

Ps 66:17 I cried aloud to him,
and his praise was on my tongue.
If I had cherished wrong in my heart,
the Lord would not have listened.
But God has truly listened;
he has heeded the sound of my prayer.
Blessed be God,
who has not turned away my prayer or his steadfast love
from me.

PSALM 67: MAY GOD BE GRACIOUS TO US AND BLESS US

A short harvest prayer that all the nations may praise God.

Ps 67:1 For the leader. On stringed instruments.
A psalm. A song.
May God be gracious to us and bless us;
may he make his face shine upon us, Selah
so that your way may be known on earth,
your salvation among all nations.
Let the peoples praise you, God;
let all the peoples praise you.

Ps 67:5 Let the nations be glad and sing for joy,
for you judge the peoples with equity
and guide the nations on earth. Selah
Let the peoples praise you, God;
let all the peoples praise you.
The earth has yielded its harvest;
God, our God, blesses us.
May God bless us,
and let all the ends of the earth fear him.

PSALM 68: LET GOD ARISE

A processional hymn of God's march from Sinai to his sanctuary; the Hebrew is often obscure.

Ps 68:1 For the leader. Of David.
A psalm. A song.
Let God arise, let his enemies be scattered;
let those who hate him flee before him.
As smoke is driven away, drive them away;
as wax melts before fire,
let the wicked perish before God.

Ps 68:4 But let the righteous be glad; let them exult before God;
let them rejoice with gladness.
Sing to God, sing praise to his name;
build up a road for him who rides through the deserts—the
LORD is his name—
and exult before him.
Father of orphans and defender of widows
is God in his holy dwelling.[35]

Ps 68:7 God settles the lonely in a home; he leads prisoners out to
prosperity;
but the rebellious live in a parched land.
God, when you went out before your people,
when you marched through the wasteland, Selah

35 "Rides through the deserts" may also be understood as "rides on the clouds," a title given to storm gods in Canaanite poetry.

Ps 68:9 the earth quaked, the heavens poured down before God,
the One of Sinai,
before God, the God of Israel.
A generous rain you shed abroad, God;
when your heritage grew weary, you restored it.
Your flock settled in it;
in your goodness, God, you provided for the poor.[36]

Ps 68:12 The Lord gives the word;
the women who bring the news are a great host:
"The kings of armies flee, they flee!"
and the woman at home divides the spoil.
Though you lie among the sheepfolds—
the wings of a dove covered with silver,
its pinions with gleaming gold.[37]

Ps 68:15 When Shaddai scattered kings there,
it snowed on Zalmon.
A mountain of God is the mountain of Bashan;
a many-peaked mountain is the mountain of Bashan.
Why do you look with envy, you many-peaked mountains,
at the mountain God desired for his dwelling,
where the LORD will dwell forever?[38]

Ps 68:18 The chariots of God are twice ten thousand, thousands
upon thousands;
the Lord is among them, Sinai in holiness.
You went up to the height, you led captives away, you
received gifts from people,
even from the rebellious, that the LORD God might dwell
there.

---

36 "The One of Sinai" is probably an ancient title of God (compare Judges 5:5); it could also be read "this is Sinai."
37 The last three lines are obscure in the Hebrew; the dove may stand for Israel or for the spoil of war.
38 Shaddai is an ancient name of God, traditionally rendered "the Almighty." Bashan is the high country east of the Sea of Galilee; Zalmon is a mountain whose location is uncertain.

Ps 68:20 Blessed be the Lord, who day after day bears our burden,
God, our salvation. Selah
Our God is a God of saving deeds,
and to GOD the Lord
belong the ways of escape from death.
But God will shatter the heads of his enemies,
the hairy crown
of those who walk on in their guilt.[39]

Ps 68:23 The Lord said, "I will bring them back from Bashan;
I will bring them back from the depths of the sea,
so that you may bathe your feet in blood,
and the tongues of your dogs
may have their share of the enemies."
Your processions are seen, God,
the processions of my God, my King, into the sanctuary.

Ps 68:26 The singers go in front, the musicians behind,
among them young women playing tambourines:
"In the great assemblies bless God,
bless the LORD, you who spring from Israel's fountain!"
There is Benjamin, the youngest, leading them, the princes
of Judah in their throng,
the princes of Zebulun, the princes of Naphtali.

Ps 68:29 Your God has commanded your strength;
show your strength, God,
you who have acted for us.
Because of your temple at Jerusalem
kings bring you gifts.
Rebuke the beast of the reeds, the herd of bulls with the
calves of the peoples, until they come cringing with bars
of silver;
scatter the peoples who delight in war.[40]

---

39 GOD in capitals represents the divine name where the Hebrew pairs it with *adonai*, "Lord."

40 The Hebrew of this verse is uncertain. The "beast of the reeds" (perhaps a hippopotamus or crocodile) may stand for Egypt.

Ps 68:32 Envoys will come from Egypt;
Cush will hasten to stretch out its hands to God.
Kingdoms of the earth, sing to God;
sing praise to the Lord, Selah
to him who rides in the heavens, the ancient heavens;
listen, he sends out his voice, a mighty voice.[41]

Ps 68:35 Ascribe strength to God,
whose majesty is over Israel,
and whose strength is in the skies.
Awesome are you, God, from your sanctuary;
the God of Israel—he gives strength and power to the people.
Blessed be God!

PSALM 69: THE WATERS HAVE COME UP TO MY NECK

A sufferer, insulted for God's sake, pleads for rescue and curses his enemies.

Ps 69:1 For the leader. On "Lilies." Of David.
Save me, God,
for the waters have come up to my neck.
I sink in deep mire where there is no foothold;
I have come into deep waters, and the flood sweeps over me.
I am worn out with crying; my throat is parched;
my eyes grow dim
as I wait for my God.

41 Cush is the region south of Egypt, roughly ancient Nubia. The word rendered "envoys" is uncertain.

Ps 69:5 More than the hairs of my head are those who hate me
without cause;
mighty are those who would destroy me, my enemies who
lie about me;
what I did not steal, must I now restore?
God, you know my folly,
and my guilty deeds are not hidden from you.

Ps 69:7 Let those who hope in you not be put to shame because of
me, Lord GOD of hosts;
let those who seek you not be disgraced because of me,
God of Israel.
For it is for your sake that I have borne insult,
that shame has covered my face.
I have become a stranger to my brothers,
a foreigner to my mother's sons.

Ps 69:10 For zeal for your house has consumed me,
and the insults of those who insult you have fallen on me.
When I wept and humbled myself with fasting,
it brought me insults.
When I made sackcloth my clothing,
I became a byword to them.
Those who sit in the gate gossip about me,
and drunkards make songs about me.

Ps 69:14 But as for me, my prayer is to you, LORD, at a time of favor;
God, in the abundance of your steadfast love,
answer me with your faithful help.
Rescue me from the mire, and do not let me sink;
let me be rescued from those who hate me and from the
deep waters.
Do not let the flood sweep over me, or the deep swallow me,
or the pit close its mouth over me.

Ps 69:17 Answer me, LORD, for your steadfast love is good;
in your abundant compassion turn to me.
Do not hide your face from your servant,
for I am in distress; answer me quickly.
Come near to me and redeem my life;
ransom me because of my enemies.

Ps 69:20 You know the insults I bear, my shame and my disgrace;
all my foes are before you.
Insults have broken my heart, and I am sick;
I looked for sympathy, but there was none,
and for comforters, but I found none.
They put poison in my food,
and for my thirst they gave me vinegar to drink.

Ps 69:23 Let their table before them become a trap,
and a snare to them in their security.
Let their eyes grow dark so they cannot see,
and make their loins shake continually.
Pour out your wrath on them,
and let your burning anger overtake them.
Let their encampment be desolate;
let no one live in their tents.

Ps 69:27 For they persecute the one you have struck,
and they make a tale of the pain of those you have
wounded.
Add guilt to their guilt;
let them have no share in your righteousness.
Let them be blotted out of the book of the living;
let them not be enrolled among the righteous.
But I am poor and in pain;
let your salvation, God, set me on high.

Ps 69:31 I will praise God's name with a song;
I will magnify him with thanksgiving.
This will please the LORD more than an ox,
a bull with horns and hoofs.
Let the humble see it and be glad;
you who seek God, let your hearts revive.
For the LORD listens to the needy,
and does not despise his own who are prisoners.

Ps 69:35 Let heaven and earth praise him,
the seas and everything that moves in them.
For God will save Zion and rebuild the cities of Judah,
and they will live there and possess it.
The offspring of his servants will inherit it,
and those who love his name will dwell in it.

PSALM 70: GOD, COME TO RESCUE ME

A brief, urgent plea for help, nearly identical to the end of Psalm 40.

Ps 70:1 For the leader. Of David. For remembrance.
God, come to rescue me;
LORD, hurry to help me!
Let those who seek my life be put to shame and confusion;
let them be turned back and disgraced,
those who delight in my harm.
Let them turn back because of their shame,
those who say, "Aha! Aha!"[42]

Ps 70:5 Let all who seek you rejoice and be glad in you;
let them say continually, "God is great!"—
all who love your salvation.
But I am poor and needy; God, hurry to me!
You are my help and my deliverer;
LORD, do not delay.

42 Psalm 70 is nearly identical to Psalm 40:14–18.

PSALM 71: DO NOT CAST ME OFF IN OLD AGE

An old man who has trusted God since birth asks not to be forsaken.

Ps 71:1 In you, LORD, I take refuge;
let me never be put to shame.
In your righteousness rescue me and deliver me;
turn your ear to me and save me.
Be to me a rock to dwell in, where I can always come; you have commanded that I be saved,
for you are my crag and my fortress.
My God, deliver me from the hand of the wicked,
from the grasp of the unjust and the cruel.

Ps 71:5 For you are my hope,
Lord GOD, my trust since my youth.
On you I have leaned since birth; from my mother's womb you drew me out;
my praise is always of you.
I have become a portent to many,
but you are my strong refuge.
My mouth is filled with your praise,
with your splendor all day long.

Ps 71:9 Do not cast me off in the time of old age;
when my strength fails, do not forsake me.
For my enemies speak against me,
and those who watch for my life plot together,
saying, "God has forsaken him;
pursue and seize him, for there is no one to rescue him."
God, do not be far from me;
my God, hurry to help me!

Ps 71:13 Let my accusers be shamed and consumed;
let them be wrapped in insult and disgrace,
those who seek my harm.
But I will hope continually,
and will add to all your praise.
My mouth will tell of your righteousness, of your saving deeds all day long,
though I do not know how to count them.

Ps 71:16 I will come with the mighty deeds of the Lord GOD;
I will proclaim your righteousness, yours alone.
God, you have taught me since my youth,
and to this day I declare your wonders.
So even to old age and gray hair, God, do not forsake me,
until I declare your arm to this generation,
your might to all who are to come.

Ps 71:19 Your righteousness, God, reaches the heights;
you who have done great things,
God, who is like you?
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.
You will increase my greatness
and turn and comfort me.

Ps 71:22 I too will praise you with the harp for your faithfulness, my God;
I will sing praise to you with the lyre,
Holy One of Israel.
My lips will shout for joy when I sing praise to you,
and so will my life, which you have redeemed.
My tongue too will murmur of your righteousness all day long,
for those who sought my harm have been shamed and disgraced.

PSALM 72: GIVE THE KING YOUR JUSTICE

A prayer for the king's just and lasting reign; Book Two closes.

Ps 72:1 Of Solomon.
God, give the king your justice,
and your righteousness to the king's son.
May he judge your people with righteousness,
and your poor with justice.
May the mountains bear peace for the people,
and the hills, righteousness.
May he defend the poor of the people, save the children of the needy,
and crush the oppressor.

Ps 72:5 May they fear you as long as the sun endures,
and as long as the moon, through all generations.
May he be like rain falling on mown grass,
like showers that water the earth.
In his days may the righteous flourish,
and peace abound till the moon is no more.
May he rule from sea to sea,
and from the River to the ends of the earth.[43]

Ps 72:9 May the desert dwellers bow before him,
and his enemies lick the dust.
May the kings of Tarshish and the islands bring tribute;
may the kings of Sheba and Seba offer gifts.
May all kings bow down to him,
all nations serve him.
For he rescues the needy who cry for help,
and the poor who have no one to help them.[44]

43 "The River" is most likely the Euphrates.
44 Tarshish was a distant port in the far west of the Mediterranean; Sheba and Seba lay to the south, in Arabia and Africa.

Ps 72:13 He has pity on the weak and the needy,
and saves the lives of the needy.
From oppression and violence he redeems their lives,
and their blood is precious in his sight.
Long may he live! May gold of Sheba be given to him;
may prayer be made for him continually,
and blessings invoked on him all day long.

Ps 72:16 May there be abundance of grain in the land, even on the mountaintops;
may its fruit rustle like Lebanon,
and may people flourish in the cities like the grass of the field.
May his name endure forever, his name increase as long as the sun shines;
may people bless themselves by him;
may all nations call him happy.

Ps 72:18 Blessed be the LORD God, the God of Israel,
who alone does wonders.
Blessed be his glorious name forever;
may his glory fill the whole earth.
Amen and amen.
Here end the prayers
of David son of Jesse.[45]

45 This blessing closes Book Two (Psalms 42–72). The last line ends an earlier collection of David's prayers, though other psalms of David follow later.

Book Three

Psalms 73–89: the psalms of Asaph and the Korahites, ending in a lament for the fallen house of David.

PSALM 73: TRULY GOD IS GOOD TO ISRAEL

Envious of the prospering wicked, the speaker finds the answer in God's sanctuary.

Ps 73:1 A psalm. Of Asaph.
Truly God is good to Israel,
to the pure in heart.
But as for me, my feet had almost stumbled;
my steps had nearly slipped.
For I envied the arrogant
when I saw the well-being of the wicked.
For they have no pangs right up to their death,
and their bodies are sound and well fed.

Ps 73:5 They have no part in the troubles of mortals;
they are not struck down like other people.
So pride is their necklace;
violence covers them like a garment.
Their eyes bulge out from fatness;
the fancies of their hearts overflow.
They scoff and speak with malice of oppression;
they speak from on high.

Ps 73:9 They set their mouths against heaven,
and their tongues strut through the earth.
So his people turn back to them
and drink down waters in abundance.
And they say, "How can God know?
Is there knowledge in the Most High?"
Look—these are the wicked:
always at ease, they pile up wealth.[1]

Ps 73:13 All for nothing I have kept my heart pure
and washed my hands in innocence.
I have been struck all day long
and punished every morning.
If I had said, "I will talk like that,"
I would have betrayed the generation of your children.
So I tried to understand this,
but it was a weary task in my eyes,

Ps 73:17 until I went into the sanctuary of God
and understood their end.
Truly you set them on slippery ground;
you make them fall into ruin.
How they are destroyed in a moment,
swept away, finished off by terrors!
Like a dream when one wakes,
Lord, when you rouse yourself you despise their image.

1 The Hebrew of 73:10 is uncertain.

Ps 73:21 When my heart was soured
and I was pierced in my inmost being,
I was stupid and did not understand;
I was like a beast before you.
Yet I am always with you;
you hold my right hand.
With your counsel you guide me,
and afterward you will receive me with glory.
Whom else have I in heaven?
And with you I desire nothing on earth.

Ps 73:26 My flesh and my heart may fail,
but the rock of my heart and my portion
is God forever.
For look—those far from you will perish;
you destroy everyone who turns from you in
unfaithfulness.
But as for me, to be near God is good;
I have made the Lord GOD my refuge,
so that I may tell of all your works.

PSALM 74: WHY, GOD, HAVE YOU REJECTED US FOREVER?

A lament over the burned sanctuary, recalling God's victory over the sea monsters.

Ps 74:1 A maskil. Of Asaph.
Why, God, have you rejected us forever?
Why does your anger smoke against the sheep of your
pasture?
Remember your congregation, which you acquired long
ago, the tribe you redeemed as your own possession,
Mount Zion, where you have dwelt.
Lift up your steps toward the endless ruins:
the enemy has wrecked everything in the sanctuary.

Ps 74:4 Your foes roared in the midst of your meeting place;
they set up their own signs as signs.
They seemed like those who swing axes high
in a thicket of trees.
And now all its carved work together
they smash with hatchet and hammers.
They set your sanctuary on fire;
they defiled the dwelling place of your name, razing it to
the ground.[2]

Ps 74:8 They said in their hearts, "Let us crush them all together!"
They burned all God's meeting places in the land.
We do not see our signs;
there is no prophet anymore,
and none among us knows how long.
How long, God, will the foe taunt?
Will the enemy scorn your name forever?

Ps 74:11 Why do you hold back your hand, your right hand?
Draw it out of your bosom and finish them!
Yet God is my king from of old,
working salvation in the midst of the earth.
You split the sea by your strength;
you shattered the heads of the sea monsters on the waters.

Ps 74:14 You crushed the heads of Leviathan;
you gave him as food to the creatures of the desert.
You split open spring and stream;
you dried up ever-flowing rivers.
Yours is the day, yours also the night;
you set in place the light and the sun.[3]

2 The Hebrew of 74:5 is uncertain.
3 Leviathan: a many-headed sea monster known from ancient Near Eastern myth, here an image of the chaotic waters God subdued.

Ps 74:17 You fixed all the boundaries of the earth;
summer and winter—you formed them.
Remember this: the enemy taunts, LORD,
and a foolish people scorns your name.
Do not hand over the life of your dove to the wild beasts;
do not forget the life of your poor forever.

Ps 74:20 Look to the covenant,
for the dark places of the land are full of the haunts of violence.
Do not let the oppressed turn back in shame;
let the poor and needy praise your name.
Rise up, God, plead your cause;
remember how the fool taunts you all day long.
Do not forget the clamor of your foes,
the uproar of those who rise against you, which goes up continually.

PSALM 75: WE GIVE THANKS TO YOU, GOD

God declares that he judges in his own time, and the wicked will drink his cup.

Ps 75:1 For the leader. "Do Not Destroy."
A psalm. Of Asaph. A song.
We give thanks to you, God, we give thanks; your name is near;
people tell of your wonders.
"When I choose the appointed time,
I will judge with equity.
When the earth and all its inhabitants totter,
it is I who keep its pillars steady." Selah

Ps 75:5 "I say to the boastful, 'Do not boast,'
and to the wicked, 'Do not lift up your horn;
do not lift your horn on high
or speak with an arrogant neck.'"
For not from the east or from the west,
and not from the wilderness, does lifting up come.
No, it is God who judges:
he puts down one and lifts up another.[4]

Ps 75:9 For there is a cup in the LORD's hand, with foaming wine,
full of spice, and he pours from it;
they will drain even its dregs and drink them,
all the wicked of the earth.
But I will declare it forever;
I will sing praise to the God of Jacob.
All the horns of the wicked I will cut off,
but the horns of the righteous will be lifted high.

PSALM 76: GOD IS KNOWN IN JUDAH

God breaks the weapons of war and judges the earth from Zion.

Ps 76:1 For the leader. With stringed instruments.
A psalm. Of Asaph. A song.
God is known in Judah;
in Israel his name is great.
His shelter is in Salem,
his den in Zion.
There he broke the flaming arrows of the bow,
the shield and the sword and the weapons of war. Selah
Radiant are you, majestic,
more than the mountains of prey.[5]

4 Horn: an image of strength and pride, taken from a horned animal raising its head.
5 Salem: a short, poetic name for Jerusalem.

Ps 76:6 Despoiled lie
the stouthearted; they have sunk into sleep,
and none of the warriors can lift their hands.
At your rebuke, God of Jacob,
both chariot and horse lay stunned.
You—you are awesome! Who can stand before you
once your anger is roused?
From heaven you made your judgment heard;
the earth feared and was still

Ps 76:10 when God rose up to judgment,
to save all the humble of the earth. Selah
For even human wrath will praise you;
with what remains of wrath you gird yourself.
Make vows and fulfill them to the LORD your God;
let all who are around him
bring gifts to the one who is to be feared.
He cuts down the spirit of princes;
he is awesome to the kings of the earth.[6]

PSALM 77: I WILL REMEMBER YOUR WONDERS OF OLD

A troubled sufferer recalls God's mighty deeds at the sea.

Ps 77:1 For the leader. According to Jeduthun.
Of Asaph. A psalm.
My voice goes up to God, and I cry out;
my voice goes up to God, and he will listen to me.
In the day of my trouble I seek the Lord;
at night my hand is stretched out without growing weary;
I refuse to be comforted.

6 The Hebrew of 76:11 is obscure.

Ps 77:4 I remember God, and I moan;
I muse, and my spirit grows faint. Selah
You hold my eyelids open;
I am so troubled I cannot speak.
I think of days long past,
the years of ages gone.
I remember my song in the night;
I muse in my heart,
and my spirit searches:

Ps 77:8 "Will the Lord reject forever
and never again show favor?
Has his steadfast love ceased forever?
Has his promise come to an end for all generations?
Has God forgotten to be gracious?
Has he in anger shut up his compassion?" Selah
Then I said, "This is my wound:
that the right hand of the Most High has changed."[7]

Ps 77:12 I will remember the deeds of the LORD;
yes, I will remember your wonders of old.
I will ponder all your work
and muse on your deeds.
God, your way is in holiness;
what god is great like God?
You are the God who works wonders;
you have made your strength known among the peoples.

Ps 77:16 With your arm you redeemed your people,
the children of Jacob and Joseph. Selah
The waters saw you, God, the waters saw you and writhed;
the very depths trembled.
The clouds poured down water; the skies thundered;
your arrows flashed back and forth.

7 The meaning of 77:11 is uncertain; the last line may also mean "the years of the right hand of the Most High."

Ps 77:19 The sound of your thunder was in the whirlwind; lightning
lit up the world;
the earth trembled and shook.
Your way went through the sea, your path through the
mighty waters,
yet your footprints were not seen.
You led your people like a flock
by the hand of Moses and Aaron.

PSALM 78: I WILL OPEN MY MOUTH IN A PARABLE

Israel's history from Egypt to David, retold as a lesson in faithlessness and grace.

Ps 78:1 A maskil. Of Asaph.
Listen, my people, to my teaching;
turn your ears to the words of my mouth.
I will open my mouth in a parable;
I will pour out riddles from of old,
things we have heard and known,
that our ancestors have told us.
We will not hide them from their children; we will tell the
next generation the praises of the LORD,
his might, and the wonders he has done.

Ps 78:5 He established a decree in Jacob and set a teaching in Israel,
which he commanded our ancestors
to make known to their children,
so that the next generation might know them, children yet
to be born,
and they in turn would rise and tell their own children,

Ps 78:7 so that they would put their confidence in God
and not forget the deeds of God,
but keep his commandments,
and not be like their ancestors, a stubborn and rebellious
generation,
a generation whose heart was not steadfast,
whose spirit was not faithful to God.
The Ephraimites, armed archers shooting the bow,
turned back on the day of battle.

Ps 78:10 They did not keep God's covenant
and refused to walk in his teaching.
They forgot his deeds
and the wonders he had shown them.
Before their ancestors he worked wonders
in the land of Egypt, the fields of Zoan.
He split the sea and brought them through,
and made the waters stand up like a heap.[8]

Ps 78:14 He led them with the cloud by day
and all night with the light of fire.
He split rocks in the wilderness
and gave them drink as abundant as the deep.
He brought streams out of the rock
and made water flow down like rivers.
Yet they kept on sinning against him,
rebelling against the Most High in the desert.

8 Zoan: a city in the eastern Nile Delta, known to the Greeks as Tanis.

Ps 78:18 They tested God in their hearts
by demanding food for their craving.
They spoke against God;
they said, “Can God
spread a table in the wilderness?
True, he struck the rock and water gushed out and streams overflowed,
but can he also give bread,
or provide meat for his people?”

Ps 78:21 So when the LORD heard, he was furious; fire was kindled against Jacob,
and anger rose against Israel,
because they did not believe in God
or trust in his saving help.
Yet he commanded the skies above
and opened the doors of heaven.

Ps 78:24 He rained down manna on them to eat
and gave them the grain of heaven.
Each one ate the bread of the mighty;[9]
he sent them provisions in plenty.
He set the east wind blowing in the heavens
and drove the south wind by his power.

Ps 78:27 He rained meat on them like dust,
winged birds like the sand of the seas.
He let them fall in the midst of their camp,
all around their dwellings.
They ate and were well filled,
for he gave them what they craved.
But before they had turned from their craving,
while the food was still in their mouths,

9 “The mighty” is often understood as the angels.

Ps 78:31 the anger of God rose against them; he killed the sturdiest of them
and struck down the young men of Israel.
In spite of all this they still sinned
and did not believe in his wonders.
So he made their days vanish like a breath
and their years in sudden terror.
Whenever he killed them, they sought him;
they turned back and searched eagerly for God.

Ps 78:35 They remembered that God was their rock,
God Most High their redeemer.
But they flattered him with their mouths
and lied to him with their tongues.
Their hearts were not steadfast toward him;
they were not faithful to his covenant.
Yet he, being compassionate, forgave their guilt and did not destroy them;
often he held back his anger
and did not stir up all his wrath.

Ps 78:39 He remembered that they were only flesh,
a breath that passes and does not return.
How often they rebelled against him in the wilderness
and grieved him in the wasteland!
Again and again they tested God
and provoked the Holy One of Israel.
They did not remember his hand,
the day he ransomed them from the foe,

Ps 78:43 when he set his signs in Egypt
and his marvels in the fields of Zoan.
He turned their rivers to blood,
so that they could not drink from their streams.
He sent swarms of flies among them, which devoured them,
and frogs, which ruined them.
He gave their crops to the caterpillar
and the fruit of their labor to the locust.
He killed their vines with hail
and their sycamore-figs with frost.

Ps 78:48 He handed over their cattle to the hail
and their herds to bolts of fire.
He let loose on them
his burning anger, fury, indignation and distress,
a band of angels of disaster.
He cleared a path for his anger;
he did not spare their lives from death,
but handed their lives over to the plague.

Ps 78:51 He struck down every firstborn in Egypt,
the first fruits of their strength in the tents of Ham.
Then he led out his people like sheep
and guided them like a flock in the wilderness.
He led them safely, and they were not afraid,
but the sea covered their enemies.
He brought them to his holy territory,
to this mountain that his right hand had acquired.[10]

10 Ham: Noah's son, regarded as the ancestor of Egypt (Gen 10:6); here a poetic name for Egypt.

Ps 78:55 He drove out nations before them and allotted their land as
an inheritance by measuring line,
and settled the tribes of Israel in their tents.
Yet they tested and rebelled against God Most High
and did not keep his decrees.
They turned away and were faithless like their ancestors;
they twisted like a treacherous bow.

Ps 78:58 They provoked him with their high places
and stirred his jealousy with their idols.
God heard and was furious,
and he utterly rejected Israel.
He abandoned the dwelling at Shiloh,
the tent where he had dwelt among humankind.
He gave his strength into captivity,
his splendor into the hand of the foe.[11]

Ps 78:62 He handed his people over to the sword
and was furious with his own inheritance.
Fire devoured their young men,
and their young women had no wedding songs.
Their priests fell by the sword,
and their widows could not weep.
Then the Lord awoke as from sleep,
like a warrior shouting from wine.

Ps 78:66 He beat his foes back
and put them to everlasting shame.
He rejected the tent of Joseph
and did not choose the tribe of Ephraim.
But he chose the tribe of Judah,
Mount Zion, which he loves.
He built his sanctuary like the high heavens,
like the earth, which he founded forever.

11 Shiloh: an early sanctuary north of Jerusalem; "his strength" and "his splendor" probably refer to the ark, captured by the Philistines (1 Sam 4).

Ps 78:70 He chose David his servant
and took him from the sheepfolds.
From following the nursing ewes he brought him
to shepherd Jacob his people,
Israel his inheritance.
And he shepherded them with integrity of heart
and guided them with skillful hands.

PSALM 79: THE NATIONS HAVE COME INTO YOUR INHERITANCE

A lament over Jerusalem in ruins and its unburied dead.

Ps 79:1 A psalm. Of Asaph.
God, the nations have come into your inheritance; they have defiled your holy temple;
they have turned Jerusalem into heaps of rubble.
They have given the corpses of your servants as food to the birds of the sky,
the flesh of your faithful ones to the wild animals of the earth.

Ps 79:3 They have poured out their blood like water all around Jerusalem,
and there is no one to bury them.
We have become a taunt to our neighbors,
mocked and derided by those around us.
How long, LORD? Will you be angry forever?
Will your jealousy burn like fire?

Ps 79:6 Pour out your wrath on the nations that do not know you,
and on the kingdoms
that do not call on your name.
For they have devoured Jacob
and laid waste his pasture.
Do not hold against us the guilt of former generations;
let your compassion come quickly to meet us,
for we are brought very low.

Ps 79:9 Help us, God of our salvation, for the glory of your name;
rescue us and forgive our sins for your name's sake.
Why should the nations say, "Where is their God?"
Let it be known among the nations, before our eyes,
that you avenge the spilled blood of your servants.

Ps 79:11 Let the groaning of the prisoner come before you;
by the greatness of your arm
preserve those doomed to die.
Pay back into the laps of our neighbors sevenfold
the taunts with which they have taunted you, Lord.
Then we, your people, the sheep of your pasture, will give
you thanks forever;
from generation to generation
we will recount your praise.

PSALM 80: SHEPHERD OF ISRAEL, LISTEN

A plea to restore the vine God brought out of Egypt.

Ps 80:1 For the leader. According to "Lilies."
A testimony. Of Asaph. A psalm.
Shepherd of Israel, listen, you who lead Joseph like a flock;
you who are enthroned on the cherubim, shine forth!
Before Ephraim, Benjamin and Manasseh stir up your
might,
and come to save us.[12]

Ps 80:4 God, restore us;
make your face shine, and we will be saved.
LORD God of hosts,
how long will you fume at your people's prayers?
You have fed them the bread of tears
and made them drink tears in full measure.
You make us an object of strife to our neighbors,
and our enemies mock us among themselves.

12 Cherubim: winged figures that flanked the ark in the sanctuary, pictured as God's throne.

Ps 80:8 God of hosts, restore us;
make your face shine, and we will be saved.
You brought a vine out of Egypt;
you drove out nations and planted it.
You cleared the ground before it;
it took deep root and filled the land.
The mountains were covered with its shade,
the cedars of God with its branches.
It sent out its boughs as far as the sea
and its shoots to the River.[13]

Ps 80:13 Why have you broken down its walls,
so that all who pass by pluck its fruit?
The boar from the forest gnaws at it,
and the creatures of the field feed on it.
God of hosts, turn back, please!
Look down from heaven and see;
attend to this vine,
the stock that your right hand planted,
the branch you made strong for yourself.

Ps 80:17 It is burned with fire, cut down;
at the rebuke of your face they perish.
Let your hand rest on the man at your right hand,
the human being you made strong for yourself.
Then we will not turn away from you;
give us life, and we will call on your name.
LORD God of hosts, restore us;
make your face shine, and we will be saved.

13 The River: the Euphrates.

PSALM 81: SING ALOUD TO GOD OUR STRENGTH

A festival song in which God speaks: "If only my people would listen to me!"

Ps 81:1 For the leader. On the *Gittith*. Of Asaph.
Sing aloud to God our strength;
shout for joy to the God of Jacob.
Raise a song and sound the drum,
the sweet lyre with the harp.
Blow the ram's horn at the new moon,
at the full moon, on our festival day.

Ps 81:5 For it is a statute for Israel,
an ordinance of the God of Jacob.
He made it a decree in Joseph when he went out against the land of Egypt.
I heard a voice I did not know:
I removed the burden from his shoulder;
his hands were freed from the basket.

Ps 81:8 In distress you called, and I rescued you;
I answered you from the hiding place of thunder;
I tested you at the waters of Meribah. Selah
Hear, my people, and I will warn you—
Israel, if only you would listen to me!
There shall be no strange god among you;
you shall not bow down to a foreign god.[14]

14 Meribah ("Quarreling"): the place where Israel challenged God over water (Exod 17:1–7; Num 20:1–13).

Ps 81:11 I am
the LORD your God, who brought you up out of the land of
Egypt.
Open your mouth wide, and I will fill it.
But my people did not listen to my voice;
Israel would have none of me.
So I let them go in the stubbornness of their hearts,
to follow their own counsels.
If only my people would listen to me,
if Israel would walk in my ways,

Ps 81:15 I would quickly subdue their enemies
and turn my hand against their foes.
Those who hate the LORD would cringe before him,
and their doom would last forever.
But he would feed them with the finest wheat,
and with honey from the rock I would satisfy you.

PSALM 82: GOD TAKES HIS STAND IN THE COUNCIL OF GOD

God judges the gods for failing to give justice to the weak.

Ps 82:1 A psalm. Of Asaph.
God takes his stand in the council of God;
in the midst of the gods he gives judgment:
"How long will you judge unjustly
and show favor to the wicked? Selah
Give justice to the weak and the orphan;
uphold the right of the poor and destitute.
Rescue the weak and the needy;
deliver them from the hand of the wicked."[15]

15 The council of God: the assembly of divine beings around God, an image shared with other ancient Near Eastern texts; "gods" translates *elohim*.

Ps 82:5 They do not know, they do not understand; they walk about
in darkness;
all the foundations of the earth are shaken.
"I said, 'You are gods,
children of the Most High, all of you.'
Yet you will die like mortals
and fall like any prince."
Rise up, God, judge the earth,
for you hold all the nations as your inheritance.

PSALM 83: GOD, DO NOT KEEP SILENT

A plea against a league of nations conspiring to wipe out Israel.

Ps 83:1 A song. A psalm. Of Asaph.
God, do not keep silent;
do not hold your peace or be still, God.
For look, your enemies are in uproar;
those who hate you have raised their heads.
Against your people they lay crafty plans;
they conspire against those you treasure.

Ps 83:5 They say, "Come, let us wipe them out as a nation,
so that the name of Israel will be remembered no more."
With one heart they plot together;
against you they make a covenant—
the tents of Edom and the Ishmaelites,
Moab and the Hagrites,

Ps 83:8
Gebal and Ammon and Amalek,
Philistia with the inhabitants of Tyre.
Assyria too has joined them;
they have become the strong arm of the children of Lot.
Selah
Do to them as you did to Midian,
as to Sisera and Jabin at the river Kishon,
who were destroyed at En-dor
and became dung for the ground.[16]

Ps 83:12
Make their nobles like Oreb and Zeeb,
all their princes like Zebah and Zalmunna,
who said, "Let us take possession for ourselves
of the pastures of God."
My God, make them like tumbleweed,
like chaff before the wind.
As fire burns a forest,
as a flame sets the mountains ablaze,

Ps 83:16
so pursue them with your tempest
and terrify them with your storm.
Fill their faces with disgrace,
so that they seek your name, LORD.
Let them be shamed and terrified forever;
let them be disgraced and perish.
Let them know that you alone, whose name is the LORD,
are the Most High over all the earth.

16 The children of Lot are Moab and Ammon (Gen 19:36–38); the victories recalled here and in the next verses are told in Judges 4–8.

PSALM 84: HOW LOVELY ARE YOUR DWELLINGS

A pilgrim's longing for the temple: one day in its courts is better than a thousand.

Ps 84:1 For the leader. On the *Gittith*.
Of the Korahites. A psalm.
How lovely are your dwellings,
LORD of hosts!
My soul longs, even faints, for the courts of the LORD;
my heart and my flesh
sing for joy to the living God.
Even the sparrow has found a home, and the swallow a nest
for herself where she may lay her young—
your altars, LORD of hosts,
my King and my God.

Ps 84:5 Happy are those who live in your house;
they are always praising you. Selah
Happy are those whose strength is in you,
whose hearts are set on the highways.
As they pass through the Valley of Baca, they make it a
place of springs;
the early rain also covers it with pools.
They go from strength to strength;
each one appears before God in Zion.[17]

17 Baca may mean "balsam trees" or "weeping"; the place is unknown. The Hebrew word for "pools" also means "blessings."

Ps 84:9 LORD God of hosts, hear my prayer;
give ear, God of Jacob. Selah
Look upon our shield, God;
regard the face of your anointed.
For one day in your courts is better than a thousand
elsewhere;
I would rather stand at the threshold of the house of my
God
than live in the tents of wickedness.

Ps 84:12 For the LORD God is a sun and a shield;
the LORD gives grace and glory;
he does not withhold good from those who walk with
integrity.
LORD of hosts,
happy is the one who trusts in you.

PSALM 85: STEADFAST LOVE AND FAITHFULNESS HAVE MET

A prayer for restoration, answered with a promise of peace.

Ps 85:1 For the leader. Of the Korahites. A psalm.
LORD, you were favorable to your land;
you restored the fortunes of Jacob.
You forgave the guilt of your people;
you covered all their sin. Selah
You withdrew all your fury;
you turned from your burning anger.
Restore us, God of our salvation,
and put an end to your displeasure with us.

Ps 85:6 Will you be angry with us forever?
Will you prolong your anger to all generations?
Will you not give us life again,
so that your people may rejoice in you?
Show us your steadfast love, LORD,
and grant us your salvation.
Let me hear what God the LORD will speak,
for he will speak peace to his people, to his faithful ones—
but let them not turn back to folly.

Ps 85:10 Surely his salvation is near to those who fear him,
so that glory may dwell in our land.
Steadfast love and faithfulness have met;
righteousness and peace have kissed.
Faithfulness springs up from the earth,
and righteousness looks down from heaven.
The LORD will give what is good,
and our land will yield its harvest.
Righteousness will go before him
and make a path for his steps.

PSALM 86: TURN YOUR EAR, LORD, AND ANSWER ME

A prayer of the poor and needy to the gracious and compassionate God.

Ps 86:1 A prayer. Of David.
Turn your ear, LORD, and answer me,
for I am poor and needy.
Guard my life, for I am faithful;
save your servant—you are my God—
who trusts in you.
Be gracious to me, Lord,
for I cry to you all day long.

Ps 86:4 Gladden the soul of your servant,
for to you, Lord, I lift up my soul.
For you, Lord, are good and forgiving,
abounding in steadfast love to all who call on you.
Give ear, LORD, to my prayer;
listen to the sound of my pleading.
In the day of my trouble I call on you,
for you will answer me.
There is none like you among the gods, Lord,
and there are no deeds like yours.

Ps 86:9 All the nations you have made will come and bow down
before you, Lord,
and they will glorify your name.
For you are great and do wonders;
you alone are God.
Teach me your way, LORD, that I may walk in your truth;
give me an undivided heart to fear your name.

Ps 86:12 I will thank you, Lord my God, with all my heart,
and I will glorify your name forever.
For great is your steadfast love toward me;
you have rescued my life from the depths of Sheol.
God, the arrogant have risen against me; a band of ruthless
people seeks my life,
and they do not set you before them.

Ps 86:15 But you, Lord, are a God compassionate and gracious,
slow to anger, abounding in steadfast love and faithfulness.
Turn to me and be gracious to me;
give your strength to your servant,
and save the son of your servant girl.
Show me a sign of your goodness,
so that those who hate me may see it and be ashamed,
because you, LORD, have helped me and comforted me.

PSALM 87: GLORIOUS THINGS ARE SPOKEN OF YOU

Zion is the birthplace of peoples from all nations.

Ps 87:1 Of the Korahites. A psalm. A song.
His foundation is on the holy mountains.
The LORD loves the gates of Zion
more than all the dwellings of Jacob.
Glorious things are spoken of you,
city of God. Selah
I will mention Rahab and Babylon among those who know me;
look—Philistia and Tyre, with Cush:
"This one was born there."[18]

Ps 87:5 And of Zion
it will be said, "This one and that one were born in her,"
and the Most High himself will establish her.
The LORD will record as he registers the peoples,
"This one was born there." Selah
Singers and dancers alike will say,
"All my springs are in you."

18 Rahab: here a poetic name for Egypt; Cush is the land south of Egypt (Nubia).

PSALM 88: DARKNESS IS MY ONLY COMPANION

The darkest lament in the Psalter, ending without consolation.

Ps 88:1 A song. A psalm. Of the Korahites.
For the leader. On *mahalath le-annoth*.
A maskil. Of Heman the Ezrahite.
LORD, God of my salvation,
by day I cry out; at night I am before you.
Let my prayer come before you;
turn your ear to my cry.
For my whole being is sated with troubles,
and my life has reached Sheol.[19]

Ps 88:5 I am counted among those who go down to the Pit;
I am like a man without strength,
set loose among the dead,
like the slain who lie in the grave, whom you remember no more,
for they are cut off from your hand.
You have put me in the lowest Pit,
in dark places, in the depths.
Your wrath lies heavy on me,
and you overwhelm me with all your waves. Selah

Ps 88:9 You have taken my friends far from me;
you have made me loathsome to them.
I am shut in and cannot get out;
my eye grows dim with affliction.
I call on you, LORD, every day;
I spread out my hands to you.
Do you work wonders for the dead?
Do the shades rise up to praise you? Selah[20]

19 *Mahalath le-annoth* is probably a tune or performance instruction; its meaning is uncertain. Heman the Ezrahite is named among famous sages in 1 Kgs 5:11.
20 The shades (Hebrew *rephaim*): the dead in Sheol.

Ps 88:12 Is your steadfast love recounted in the grave,
your faithfulness in Abaddon?
Are your wonders known in the darkness,
or your righteousness in the land of forgetting?
But I cry to you, LORD, for help;
in the morning my prayer comes to meet you.
Why, LORD, do you reject me?
Why do you hide your face from me?[21]

Ps 88:16 I have been afflicted and close to death since my youth;
I bear your terrors; I am helpless.
Your fierce anger has swept over me;
your dread assaults have destroyed me.
They surround me like water all day long;
they close in on me together.
You have taken lover and friend far from me;
darkness is my only companion.

PSALM 89: I WILL SING OF THE LORD'S STEADFAST LOVE FOREVER

God's covenant with David recalled, and the lament that it seems broken; Book Three closes.

Ps 89:1 A maskil. Of Ethan the Ezrahite.
I will sing of the LORD's steadfast love forever;
to all generations I will make your faithfulness known with my mouth.
For I said, "Steadfast love is built up forever;
in the heavens you have established your faithfulness."
I have made a covenant with my chosen one;
I have sworn to David my servant:[22]

21 Abaddon ("Destruction"): a name for the realm of the dead.
22 Ethan the Ezrahite, like Heman (Ps 88:1), is named among famous sages in 1 Kgs 5:11.

Ps 89:5 I will establish your offspring forever
and build your throne for all generations. Selah
Let the heavens praise your wonders, LORD,
your faithfulness in the assembly of the holy ones.
For who in the skies can compare with the LORD?
Who among the divine beings is like the LORD,

Ps 89:8 a God greatly feared in the council of the holy ones,
awesome above all who surround him?
LORD God of hosts, who is like you? Mighty are you, LORD,
and your faithfulness surrounds you.
You rule the raging of the sea;
when its waves rise, you still them.

Ps 89:11 You crushed Rahab like one who is slain;
with your mighty arm you scattered your enemies.
The heavens are yours, the earth also is yours;
the world and all that fills it—you founded them.
North and south—you created them;
Tabor and Hermon sing for joy at your name.[23]

Ps 89:14 Yours is an arm with might;
your hand is strong, your right hand raised high.
Righteousness and justice are the foundation of your
throne;
steadfast love and faithfulness go before you.
Happy are the people who know the festal shout,
who walk, LORD, in the light of your face.
They rejoice in your name all day long
and are lifted up by your righteousness.

23 Rahab: here a mythic sea monster, an image of the chaotic waters (compare 87:4, where the name stands for Egypt). Tabor and Hermon are mountains in the north of the land.

Ps 89:18 For you are the glory of their strength,
and by your favor our horn is lifted high.
For our shield belongs to the LORD,
our king to the Holy One of Israel.
Once you spoke in a vision to your faithful ones and said: I
have granted help to a warrior;
I have raised up one chosen from the people.

Ps 89:21 I have found David my servant;
with my holy oil I have anointed him.
My hand will stay with him;
my arm will make him strong.
No enemy will outwit him,
no wicked person will oppress him.
I will crush his foes before him
and strike down those who hate him.

Ps 89:25 My faithfulness and my steadfast love will be with him,
and through my name his horn will be lifted high.
I will set his hand on the sea,
his right hand on the rivers.
He will call to me, "You are my father,
my God, and the rock of my salvation."
I will make him the firstborn,
the highest of the kings of the earth.

Ps 89:29 Forever I will keep my steadfast love for him,
and my covenant with him will stand firm.
I will establish his offspring forever
and his throne as long as the heavens endure.
If his children forsake my teaching
and do not walk in my judgments,
if they violate my statutes
and do not keep my commandments,

Ps 89:33 then I will punish their rebellion with the rod
and their guilt with blows.
But I will not take my steadfast love from him
or be false to my faithfulness.
I will not violate my covenant
or alter what has gone out from my lips.
Once for all I have sworn by my holiness—
I will not lie to David:
his offspring will endure forever,
and his throne will be like the sun before me.

Ps 89:38 Like the moon it will be established forever,
a faithful witness in the skies. Selah
But you have rejected and spurned;
you are furious with your anointed.
You have renounced the covenant with your servant;
you have defiled his crown in the dust.
You have broken down all his walls;
you have laid his strongholds in ruins.

Ps 89:42 All who pass by plunder him;
he has become a taunt to his neighbors.
You have raised high the right hand of his foes;
you have made all his enemies rejoice.
You have turned back the edge of his sword
and have not upheld him in battle.
You have put an end to his splendor
and hurled his throne to the ground.

Ps 89:46 You have cut short the days of his youth;
you have wrapped him in shame. Selah
How long, LORD? Will you hide yourself forever?
Will your wrath burn like fire?
Remember how fleeting my life is—
for what emptiness you have created all mortals!
Who can live and never see death?
Who can rescue his life from the grip of Sheol? Selah

Ps 89:50 Lord, where are your steadfast loves of old,
which you swore to David in your faithfulness?
Remember, Lord, how your servants are taunted,
how I carry in my bosom the insults of all the many peoples,
with which your enemies taunt, LORD,
with which they taunt the footsteps of your anointed.
Blessed be the LORD forever. Amen and amen.[24]

24 This blessing closes Book Three (Psalms 73–89).

Book Four

Psalms 90–106: opening with the "prayer of Moses," the psalms of God's kingship, and Israel's history retold.

PSALM 90: LORD, YOU HAVE BEEN OUR DWELLING PLACE

"A prayer of Moses" on God's eternity and the brevity of human life.

Ps 90:1 A prayer. Of Moses, the man of God.
Lord, you have been our dwelling place
in every generation.
Before the mountains were born, before you brought forth
the earth and the world,
from everlasting to everlasting you are God.
You turn mortals back to dust,
and say, "Turn back, you children of humankind."[1]

Ps 90:4 For a thousand years in your eyes are like yesterday once it
has passed,
like a watch in the night.
You sweep them away; they are like a sleep;
in the morning they are like grass that sprouts anew—
in the morning it blossoms and sprouts,
by evening it fades and dries up.
For we are consumed by your anger,
and by your wrath we are terrified.

1 The Hebrew plays on "turn back": God returns mortals to dust and calls on humans to "return."

Ps 90:8 You have set our iniquities before you,
our secret sins in the light of your face.
For all our days ebb away under your fury;
we finish our years like a sigh.
The days of our years are seventy years, or if we are strong,
eighty years; yet their pride is only toil and trouble,
for it passes quickly, and we fly away.

Ps 90:11 Who knows the power of your anger,
your fury, as great as the fear that is your due?
So teach us to count our days,
that we may gain a heart of wisdom.
Turn back, LORD—how long?
Have compassion on your servants.
Satisfy us in the morning with your steadfast love,
so that we may sing for joy and be glad all our days.

Ps 90:15 Make us glad for as many days as you have afflicted us,
as many years as we have seen trouble.
Let your work be seen by your servants,
and your splendor by their children.
Let the favor of the Lord our God be upon us;
establish the work of our hands for us—
yes, establish the work of our hands.

PSALM 91: WHOEVER DWELLS IN THE SHELTER OF THE MOST HIGH

Assurance of protection from terror, plague and every danger.

Ps 91:1 Whoever dwells in the shelter of the Most High
will lodge in the shadow of Shaddai.
I say of the LORD, "My refuge and my fortress,
my God, in whom I trust."
For he will rescue you from the fowler's snare,
from the deadly plague.
With his pinions
he will cover you, and under his wings you will find refuge;
his faithfulness is a shield and a buckler.

Ps 91:5 You will not fear the terror of the night,
the arrow that flies by day,
the plague that stalks in the darkness,
the destruction that ravages at noon.
A thousand may fall at your side, ten thousand at your right hand,
but it will not come near you.
You will only look on with your eyes
and see the payback of the wicked.

Ps 91:9 For you, LORD, are my refuge!
You have made the Most High your dwelling place;
no harm will befall you,
no plague come near your tent.
For he will command his angels concerning you
to guard you in all your ways.
On their palms they will carry you,
so that you do not strike your foot against a stone.

Ps 91:13 You will tread on the lion and the cobra;
you will trample the young lion and the serpent.
"Because he clings to me in love, I will rescue him;
I will set him on high, because he knows my name.
He will call on me,
and I will answer him; I will be with him in trouble;
I will deliver him and honor him.
With long life I will satisfy him
and show him my salvation."

PSALM 92: IT IS GOOD TO GIVE THANKS TO THE LORD

A Sabbath song: the righteous will flourish like the palm tree.

Ps 92:1 A psalm. A song
for the Sabbath day.
It is good to give thanks to the LORD,
to sing praise to your name, Most High,
to declare your steadfast love in the morning
and your faithfulness through the nights,
on the ten-stringed instrument and on the harp,
to the murmuring music of the lyre.
For you have made me glad, LORD, by what you have done;
at the works of your hands I sing for joy.

Ps 92:6 How great are your works, LORD!
How very deep your thoughts!
The brutish person does not know,
and the fool does not understand this:
though the wicked sprout like grass and all evildoers
flourish,
it is so that they may be destroyed forever.
But you are on high
forever, LORD.

Ps 92:10 For look, your enemies, LORD—for look, your enemies will
perish;
all evildoers will be scattered.
But you have raised my horn like that of the wild ox;
I am anointed with fresh oil.
My eye has looked on those who lie in wait for me;
of the evildoers who rise up against me
my ears have heard.

Ps 92:13 The righteous will flourish like the palm tree
and grow tall like a cedar in Lebanon.
Planted in the house of the LORD,
they will flourish in the courts of our God.
They will still bear fruit in old age;
they will stay full of sap and green,
to declare that the LORD is upright;
he is my rock, and there is no wrong in him.

PSALM 93: THE LORD REIGNS

The LORD is king, mightier than the roaring floods.

Ps 93:1 The LORD reigns; he is robed in majesty;
the LORD is robed, girded with strength.
The world is firmly established; it cannot be shaken.
Your throne is established from of old;
from everlasting you are.
The floods have lifted up, LORD, the floods have lifted up
their voice;
the floods lift up their pounding.

Ps 93:4 Mightier than the thunder
of many waters, mightier than the breakers of the sea,
mighty on high is the LORD.
Your decrees
are very sure; holiness befits your house,
LORD, for length of days.

PSALM 94: GOD OF VENGEANCE, SHINE FORTH

A plea for God to judge the arrogant who oppress the weak.

Ps 94:1 God of vengeance, LORD,
God of vengeance, shine forth!
Rise up, judge of the earth;
pay back the proud what they deserve.
How long shall the wicked, LORD,
how long shall the wicked exult?
They pour out words, they speak arrogantly;
all evildoers boast.

Ps 94:5 They crush your people, LORD,
and afflict your heritage.
They kill the widow and the stranger,
and murder the orphans.
And they say, "The LORD does not see;
the God of Jacob does not notice."
Understand, you brutish ones among the people!
You fools, when will you grow wise?

Ps 94:9 He who planted the ear, does he not hear?
He who formed the eye, does he not see?
He who disciplines the nations, does he not rebuke—
he who teaches humankind knowledge?
The LORD knows human thoughts,
that they are but a breath.
Happy is the one whom you discipline, LORD,
and whom you instruct from your teaching,

Ps 94:13 to give him rest from days of trouble,
until a pit is dug for the wicked.
For the LORD will not cast off his people;
he will not abandon his heritage.
For justice will return to righteousness,
and all the upright in heart will follow it.
Who will rise up for me against the evildoers?
Who will take a stand for me against those who do wrong?

Ps 94:17 If the LORD had not been my help,
I would soon have dwelt in the land of silence.
When I said, "My foot is slipping,"
your steadfast love, LORD, held me up.
When my anxious thoughts multiply within me,
your consolations bring me delight.
Can a throne of destruction be allied with you,
one that frames mischief by statute?

Ps 94:21 They band together against the life of the righteous
and condemn innocent blood.
But the LORD has become my stronghold,
and my God the rock of my refuge.
He will turn their own iniquity back on them and wipe
them out for their wickedness;
the LORD our God will wipe them out.

PSALM 95: COME, LET US SING FOR JOY TO THE LORD

A call to worship and a warning not to harden hearts as in the wilderness.

Ps 95:1 Come, let us sing for joy to the LORD;
let us shout aloud to the rock of our salvation.
Let us come before his face with thanksgiving;
let us shout to him with songs.
For the LORD is a great God,
and a great King above all gods.
In his hand are the depths of the earth,
and the peaks of the mountains are his.

Ps 95:5 The sea is his, for he made it,
and his hands formed the dry land.
Come, let us bow down and bend low;
let us kneel before the LORD our maker.
For he is our God, and we are the people of his pasture and
the flock of his hand.
Today, if only you would listen to his voice!

Ps 95:8 Do not harden your hearts as at Meribah,
as on the day at Massah in the wilderness,
when your ancestors tested me;
they put me to the proof, though they had seen my work.
For forty years I loathed that generation, and I said, "They
are a people whose hearts go astray,
and they do not know my ways."
So I swore in my anger,
"They shall not enter my rest."[2]

PSALM 96: SING TO THE LORD A NEW SONG

All the earth and its trees are called to rejoice, for the LORD comes to judge.

Ps 96:1 Sing to the LORD a new song;
sing to the LORD, all the earth.
Sing to the LORD, bless his name;
proclaim his salvation from day to day.
Tell of his glory among the nations,
his wonders among all the peoples.
For great is the LORD and greatly to be praised;
he is to be feared above all gods.

2 Massah ("testing") is the place also called Meribah (Exod 17:1–7; see 81:8).

Ps 96:5 For all the gods of the peoples are idols,
but the LORD made the heavens.
Splendor and majesty are before him;
strength and beauty are in his sanctuary.
Ascribe to the LORD, families of the peoples,
ascribe to the LORD glory and strength.[3]

Ps 96:8 Ascribe to the LORD the glory of his name;
bring an offering and come into his courts.
Bow down to the LORD in holy splendor;
tremble before him, all the earth.
Say among the nations, "The LORD reigns! The world is
firmly established; it cannot be shaken;
he will judge the peoples with equity."

Ps 96:11 Let the heavens be glad and the earth rejoice;
let the sea roar, and all that fills it.
Let the field exult, and everything in it;
then all the trees of the forest will sing for joy
before the LORD, for he is coming, for he is coming to judge
the earth.
He will judge the world with righteousness,
and the peoples with his faithfulness.

PSALM 97: THE LORD REIGNS! LET THE EARTH REJOICE

The LORD appears in cloud and fire; idols are put to shame.

Ps 97:1 The LORD reigns! Let the earth rejoice;
let the many coastlands be glad.
Clouds and thick darkness surround him;
righteousness and justice are the foundation of his throne.
Fire goes before him
and burns up his foes on every side.

3 The Hebrew plays on *elohim*, "gods," and *elilim*, "idols," literally "worthless things."

Ps 97:4 His lightnings light up the world;
the earth sees and trembles.
The mountains melt like wax before the LORD,
before the Lord of all the earth.
The heavens declare his righteousness,
and all the peoples see his glory.

Ps 97:7 Let all who serve images be put to shame, who boast in idols;
bow down to him, all you gods!
Zion hears and is glad, and the daughters of Judah rejoice
because of your judgments, LORD.
For you, LORD, are Most High over all the earth;
you are exalted far above all gods.

Ps 97:10 You who love the LORD, hate evil!
He guards the lives of his faithful ones;
he rescues them from the hand of the wicked.
Light is sown for the righteous,
and joy for the upright in heart.
Rejoice in the LORD, you righteous,
and give thanks to his holy name.

PSALM 98: LET THE RIVERS CLAP THEIR HANDS

Sea, rivers and mountains welcome the LORD as he comes to judge the earth.

Ps 98:1 A psalm. Sing to the LORD a new song, for he has done wonders;
his right hand and his holy arm have won him victory.
The LORD has made known his salvation;
before the eyes of the nations he has revealed his righteousness.

Ps 98:3 He has remembered his steadfast love and his faithfulness
to the house of Israel;
all the ends of the earth have seen
the salvation of our God.
Shout to the LORD, all the earth;
break out, sing for joy, and make music.
Make music to the LORD with the lyre,
with the lyre and the sound of song.

Ps 98:6 With trumpets and the sound of the ram's horn
shout before the King, the LORD.
Let the sea roar, and all that fills it,
the world and those who live in it.
Let the rivers clap their hands;
let the mountains sing for joy together
before the LORD, for he is coming to judge the earth.
He will judge the world with righteousness,
and the peoples with equity.

PSALM 99: HOLY IS HE!

The LORD is king in Zion, the holy God who answered Moses, Aaron and Samuel.

Ps 99:1 The LORD reigns; let the peoples tremble!
He sits enthroned on the cherubim; let the earth quake!
The LORD is great in Zion;
he is exalted over all the peoples.
Let them praise your name, great and awesome.
Holy is he!

Ps 99:4 The King in his might loves justice;
you have established equity;
justice and righteousness in Jacob you have done.
Exalt
the LORD our God, and bow down at his footstool. Holy is he!
Moses and Aaron were among his priests, and Samuel among those who called on his name;
they called to the LORD, and he answered them.

Ps 99:7 In the pillar of cloud he spoke to them;
they kept his decrees and the statute he gave them.
LORD our God, you answered them;
you were a forgiving God to them,
but one who avenged their misdeeds.
Exalt the LORD our God, and bow down at his holy mountain,
for the LORD our God is holy.

PSALM 100: SHOUT TO THE LORD, ALL THE EARTH

A short hymn of thanksgiving: we are his people, the flock of his pasture.

Ps 100:1 A psalm for thanksgiving.
Shout to the LORD, all the earth.
Serve the LORD with gladness;
come before him with joyful song.
Know that the LORD is God.
He made us, and we are his,
his people and the flock of his pasture.[4]

Ps 100:4 Enter his gates with thanksgiving, his courts with praise;
give thanks to him, bless his name.
For the LORD is good; his steadfast love endures forever,
and his faithfulness to all generations.

4 "For thanksgiving" may refer to the thank offering. The written Hebrew of "and we are his" can also be read "and not we ourselves."

PSALM 101: OF STEADFAST LOVE AND JUSTICE I WILL SING

The king's pledge to rule with integrity and root out the wicked.

Ps 101:1 Of David. A psalm.
Of steadfast love and justice I will sing;
to you, LORD, I will make music.
I will give heed to the way of integrity—when will you come to me?
I will walk with integrity of heart within my house.
I will not set before my eyes anything base;
I hate the deeds of those who turn aside;
they will not cling to me.

Ps 101:4 A crooked heart shall depart from me;
I will have nothing to do with evil.
Whoever slanders a neighbor in secret, him I will silence;
the one with haughty eyes and an arrogant heart
I will not tolerate.

Ps 101:6 My eyes are on the faithful of the land, that they may live with me;
whoever walks in the way of integrity
shall serve me.
No one who practices deceit shall dwell within my house;
no one who speaks lies
shall stand firm before my eyes.
Morning by morning I will silence all the wicked of the land,
cutting off all evildoers from the city of the LORD.

PSALM 102: MY DAYS VANISH LIKE SMOKE

An afflicted person's lament, set against God's eternity and his compassion for Zion.

Ps 102:1 A prayer of one who is afflicted, when he grows faint
and pours out his complaint before the LORD.
LORD, hear my prayer;
let my cry come to you.
Do not hide your face from me on the day of my distress;
turn your ear to me;
on the day I call, answer me quickly.

Ps 102:4 For my days vanish like smoke,
and my bones burn like a hearth.
My heart is struck down like grass and withered,
for I forget to eat my bread.
From the sound of my groaning
my bones cling to my flesh.
I am like a desert owl,
like a little owl among the ruins.[5]

Ps 102:8 I lie awake and have become
like a lonely bird on a rooftop.
All day long my enemies taunt me;
those who mock me use my name as a curse.
For I eat ashes like bread
and mix my drink with tears,
because of your indignation and your anger,
for you have lifted me up and thrown me down.

5 The exact kinds of bird are uncertain.

Ps 102:12 My days are like a lengthening shadow,
and I wither like grass.
But you, LORD, sit enthroned forever,
and your renown endures through all generations.
You will rise and have compassion on Zion,
for it is time to show her favor; the appointed time has
come.

Ps 102:15 For your servants hold her stones dear
and pity her dust.
The nations will fear the name of the LORD,
and all the kings of the earth your glory.
For the LORD has built up Zion;
he has appeared in his glory.
He has turned to the prayer of the destitute
and has not despised their prayer.

Ps 102:19 Let this be written down for a generation to come,
so that a people yet to be created may praise the LORD:
that he looked down from his holy height;
from heaven the LORD gazed upon the earth,
to hear the groaning of the prisoner,
to set free those doomed to die,

Ps 102:22 so that the name of the LORD may be declared in Zion,
and his praise in Jerusalem,
when peoples gather together,
and kingdoms, to serve the LORD.
He has broken my strength along the way;
he has cut short my days.
I say, "My God, do not take me away in the middle of my
days—
your years go on through all generations."

Ps 102:26 Long ago you laid the foundation of the earth,
and the heavens are the work of your hands.
They will perish, but you will endure;
they will all wear out like a garment.
Like clothing you will change them, and they will pass away.
But you are the same,
and your years will have no end.
The children of your servants will dwell secure,
and their offspring will be established before you.

PSALM 103: BLESS THE LORD, MY SOUL

Praise for the God who forgives, heals and remembers that we are dust.

Ps 103:1 Of David.
Bless the LORD, my soul,
and all that is within me, bless his holy name.
Bless the LORD, my soul,
and do not forget all his benefits—
who forgives all your iniquity,
who heals all your diseases,
who redeems your life from the Pit,
who crowns you with steadfast love and compassion,

Ps 103:5 who satisfies you with good as long as you live,
so that your youth is renewed like the eagle's.
The LORD works righteous deeds
and justice for all who are oppressed.
He made known his ways to Moses,
his deeds to the people of Israel.
The LORD is compassionate and gracious,
slow to anger and abounding in steadfast love.[6]

6 The Hebrew word rendered "as long as you live" is uncertain.

Ps 103:9 He will not always accuse,
nor will he keep his anger forever.
He has not dealt with us according to our sins,
nor repaid us according to our iniquities.
For as high as the heavens are above the earth,
so great is his steadfast love toward those who fear him.
As far as the east is from the west,
so far has he removed our transgressions from us.

Ps 103:13 As a father has compassion on his children,
so the LORD has compassion on those who fear him.
For he knows how we are formed;
he remembers that we are dust.
As for mortals, their days are like grass;
they flourish like a flower of the field.
When the wind passes over it, it is gone,
and its place knows it no more.

Ps 103:17 But the steadfast love of the LORD is from everlasting to
everlasting on those who fear him,
and his righteousness to children's children,
to those who keep his covenant
and remember to do his precepts.
The LORD has established his throne in the heavens,
and his kingdom rules over all.

Ps 103:20 Bless the LORD, you his angels,
mighty in strength, 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 the places of his
dominion.
Bless the LORD, my soul.

PSALM 104: LORD MY GOD, YOU ARE VERY GREAT

A hymn to God as creator and sustainer of every living thing.

Ps 104:1 Bless the LORD, my soul.
LORD my God, you are very great;
you are clothed with splendor and majesty,
wrapped in light as in a cloak,
stretching out the heavens like a tent curtain.
He lays the beams of his upper rooms on the waters;
he makes the clouds his chariot;
he rides on the wings of the wind.
He makes the winds his messengers,
flames of fire his ministers.

Ps 104:5 He set the earth on its foundations,
so that it can never be shaken.
You covered it with the deep as with a garment;
the waters stood above the mountains.
At your rebuke they fled;
at the sound of your thunder they rushed away.
They went up the mountains, they went down the valleys,
to the place you appointed for them.
You set a boundary they may not cross,
so that they will not return to cover the earth.

Ps 104:10 He sends springs gushing into the valleys;
they flow between the hills.
They give drink to every wild animal;
the wild donkeys quench their thirst.
Beside them the birds of the sky make their home;
they sing among the branches.
He waters the mountains from his upper rooms;
the earth is satisfied with the fruit of your works.

Ps 104:14 He makes grass grow for the cattle, and plants for people to
cultivate,
bringing forth bread from the earth,
and wine to gladden the human heart, oil to make the face
shine,
and bread to sustain the human heart.
The trees of the LORD drink their fill,
the cedars of Lebanon that he planted.

Ps 104:17 There the birds build their nests;
the stork has her home in the cypresses.
The high mountains are for the wild goats;
the crags are a refuge for the rock hyraxes.
He made the moon to mark the seasons;
the sun knows when to set.
You bring darkness, and it is night,
when all the animals of the forest creep about.

Ps 104:21 The young lions roar for prey,
seeking their food from God.
When the sun rises, they withdraw
and lie down in their dens.
People go out to their work
and to their labor until evening.
How many are your works, LORD! In wisdom you have
made them all;
the earth is full of your creatures.

Ps 104:25 There is the sea, great and wide;
there are creeping things beyond number,
living things both small and great.
There the ships go to and fro,
and Leviathan, which you formed to play in it.
All of them look to you
to give them their food in due season.[7]

7 Leviathan is a sea monster known from ancient Near Eastern myth; here it is simply one of the creatures God made.

Ps 104:28 When you give to them, they gather it up;
when you open your hand, they are filled with good things.
When you hide your face, they are dismayed;
when you take away their breath, they die
and return to their dust.
When you send forth your spirit, they are created,
and you renew the face of the ground.
May the glory of the LORD endure forever;
may the LORD rejoice in his works.[8]

Ps 104:32 He looks at the earth, and it trembles;
he touches the mountains, and they smoke.
I will sing to the LORD as long as I live;
I will make music to my God while I have being.
May my meditation be pleasing to him;
I will rejoice in the LORD.
Let sinners vanish from the earth, and the wicked be no more. Bless the LORD, my soul.
Hallelujah![9]

PSALM 105: GIVE THANKS TO THE LORD; CALL ON HIS NAME

Israel's story from Abraham to the conquest, told as God keeping his covenant.

Ps 105:1 Give thanks to the LORD; call on his name;
make known his deeds among the peoples.
Sing to him, make music to him;
tell of all his wonders.
Glory in his holy name;
let the hearts of those who seek the LORD rejoice.
Seek the LORD and his strength;
seek his face always.

8 "Breath" and "spirit" translate the same Hebrew word, *ruach*.
9 "Hallelujah" means "Praise Yah," Yah being a short form of the divine name.

Ps 105:5 Remember the wonders he has done,
his marvels and the judgments of his mouth,
you offspring of Abraham his servant,
children of Jacob, his chosen ones.
He is the LORD our God;
his judgments are in all the earth.
He remembers his covenant forever,
the word he commanded for a thousand generations,

Ps 105:9 the covenant he made with Abraham,
his oath to Isaac,
which he confirmed to Jacob as a statute,
to Israel as an everlasting covenant,
saying, "To you I will give the land of Canaan
as your allotted inheritance."
When they were few in number,
a mere handful, and strangers in it,

Ps 105:13 wandering from nation to nation,
from one kingdom to another people,
he let no one oppress them;
he rebuked kings on their account:
"Do not touch my anointed ones;
do my prophets no harm."
He called down famine on the land;
he cut off every supply of bread.
He sent a man ahead of them—
Joseph, sold as a slave.

Ps 105:18 They hurt his feet with shackles;
his neck was put in iron,
until the time his word came to pass;
the promise of the LORD refined him.
The king sent and released him;
the ruler of peoples set him free.
He made him master of his house
and ruler over all his possessions,

Ps 105:22 to bind his princes at his will
and to teach his elders wisdom.
Then Israel came to Egypt;
Jacob lived as a stranger in the land of Ham.
He made his people very fruitful,
and made them stronger than their foes.
He turned their hearts to hate his people,
to deal craftily with his servants.[10]

Ps 105:26 He sent Moses his servant,
and Aaron, whom he had chosen.
They performed his signs among them,
wonders in the land of Ham.
He sent darkness, and it grew dark;
and they did not rebel against his words.
He turned their waters into blood
and killed their fish.

Ps 105:30 Their land swarmed with frogs,
even in the chambers of their kings.
He spoke, and there came swarms of flies,
gnats throughout their country.
He gave them hail for rain,
and flaming fire in their land.
He struck their vines and fig trees
and shattered the trees of their country.

Ps 105:34 He spoke, and the locusts came,
young locusts beyond number;
they ate up every plant in their land
and devoured the fruit of their ground.
He struck down every firstborn in their land,
the firstfruits of all their strength.
He brought them out with silver and gold,
and among his tribes no one stumbled.

10 "The land of Ham" is Egypt; Genesis 10 lists Ham as the ancestor of the Egyptians.

Ps 105:38 Egypt was glad when they left,
for dread of them had fallen on it.
He spread a cloud as a covering,
and fire to give light by night.
They asked, and he brought quail,
and satisfied them with bread from heaven.
He opened the rock, and water gushed out;
it flowed through the desert like a river.

Ps 105:42 For he remembered his holy word
to Abraham his servant.
So he brought out his people with joy,
his chosen ones with songs of gladness.
He gave them the lands of the nations,
and they took possession of what the peoples had toiled for,
so that they might keep his statutes and observe his
teachings.
Hallelujah!

PSALM 106: WE HAVE SINNED, AS OUR ANCESTORS DID

Israel's history retold as a confession of rebellion and a plea to be gathered; Book Four closes.

Ps 106:1 Hallelujah!
Give thanks to the LORD, for he is good,
for his steadfast love endures forever.
Who can tell the mighty acts of the LORD,
or make all his praise heard?
Happy are those who keep justice,
who do righteousness at all times.
Remember me, LORD, when you show favor to your people;
come to me with your salvation,

Ps 106:5 that I may see the prosperity of your chosen ones, that I
may rejoice in the gladness of your nation,
that I may glory along with your heritage.
We have sinned, as our ancestors did;
we have done wrong; we have acted wickedly.
Our ancestors in Egypt did not grasp your wonders; they
did not remember the abundance of your steadfast love,
but rebelled by the sea, at the Sea of Reeds.[11]

Ps 106:8 Yet he saved them for the sake of his name,
to make his might known.
He rebuked the Sea of Reeds, and it dried up;
he led them through the depths as through a desert.
He saved them from the hand of the foe
and redeemed them from the hand of the enemy.
The waters covered their adversaries;
not one of them was left.

Ps 106:12 Then they believed his words;
they sang his praise.
But they soon forgot his works;
they did not wait for his counsel.
They were seized with craving in the wilderness
and put God to the test in the desert.
He gave them what they asked for,
but sent a wasting disease into their bodies.
In the camp they grew jealous of Moses
and of Aaron, the holy one of the LORD.

11 The Sea of Reeds is the sea of the exodus story, traditionally called the Red Sea.

Ps 106:17 The earth opened and swallowed Dathan
and covered the company of Abiram.
Fire blazed up in their company;
flames burned up the wicked.
They made a calf at Horeb
and bowed down to a cast image.
They exchanged their glory
for the image of an ox that eats grass.[12]

Ps 106:21 They forgot God, their savior,
who had done great things in Egypt,
wonders in the land of Ham,
awesome deeds at the Sea of Reeds.
So he said he would destroy them—
had not Moses, his chosen one, stood in the breach before him
to turn back his wrath from destroying them.

Ps 106:24 Then they despised the pleasant land;
they did not believe his word.
They grumbled in their tents
and did not listen to the voice of the LORD.
So he raised his hand in an oath against them,
to make them fall in the wilderness,
to make their offspring fall among the nations,
and to scatter them across the lands.

12 Dathan and Abiram led a revolt against Moses (Num 16); Horeb is another name for Mount Sinai.

Ps 106:28 They yoked themselves to the Baal of Peor
and ate sacrifices offered to the dead.
They provoked him with their deeds,
and a plague broke out among them.
Then Phinehas stood up and intervened,
and the plague was stopped.
That was credited to him as righteousness
from generation to generation forever.
They angered him at the waters of Meribah,
and it went badly for Moses because of them.[13]

Ps 106:33 For they rebelled against his spirit,
and he spoke rashly with his lips.
They did not destroy the peoples,
as the LORD had told them,
but mingled with the nations
and learned their ways.
They served their idols,
which became a snare to them.
They sacrificed their sons and their daughters
to demons.

Ps 106:38 They poured out innocent blood, the blood of their sons
and daughters, whom they sacrificed to the idols of
Canaan,
and the land was polluted with blood.
They defiled themselves by their deeds
and prostituted themselves in their practices.
So the anger of the LORD burned against his people,
and he abhorred his heritage.
He gave them into the hands of the nations,
and those who hated them ruled over them.

13 The Baal of Peor was a god worshiped at Peor in Moab; the episode is told in Num 25.

Ps 106:42 Their enemies oppressed them,
and they were brought low under their power.
Many times he rescued them,
but they kept rebelling in their schemes
and sank low through their iniquity.
Yet he looked on their distress
when he heard their cry.
He remembered his covenant for their sake,
and relented according to the abundance of his steadfast love.

Ps 106:46 He caused them to be pitied
by all who held them captive.
Save us, LORD our God, and gather us from among the nations,
that we may give thanks to your holy name
and glory in your praise.
Blessed be the LORD, the God of Israel, from everlasting to everlasting. And let all the people say, "Amen!"
Hallelujah![14]

14 This blessing closes Book Four (Psalms 90–106).

Book Five

Psalms 107–150: thanksgivings, the long Torah psalm 119, the Songs of Ascents, and the closing hallelujahs.

PSALM 107: LET THE LORD'S REDEEMED SAY SO

Wanderers, prisoners, the sick and sailors are rescued and give thanks.

Ps 107:1 Give thanks to the LORD, for he is good,
for his steadfast love endures forever.
Let the LORD's redeemed say so,
those he redeemed from the hand of the foe
and gathered in from the lands,
from east and from west,
from north and from the sea.
They wandered in the wilderness, on a wasteland track;
they found no city to settle in.[1]

Ps 107:5 Hungry and thirsty,
their life was ebbing away within them.
Then they cried to the LORD in their trouble,
and he rescued them from their distress.
He led them on a straight road
to reach a city to settle in.
Let them thank the LORD for his steadfast love,
for his wonders for humankind.

1 "From the sea" usually means the west; here, after east and west, it may stand for the south.

Ps 107:9 For he satisfies the parched throat
and fills the starving with good things.
Some sat in darkness and deep shadow,
prisoners in misery and iron,
because they had defied the words of God
and spurned the counsel of the Most High.
So he humbled their hearts with hard labor;
they stumbled, and there was no one to help.

Ps 107:13 Then they cried to the LORD in their trouble,
and he saved them from their distress.
He brought them out of darkness and deep shadow
and snapped their chains.
Let them thank the LORD for his steadfast love,
for his wonders for humankind.
For he shattered doors of bronze
and cut through bars of iron.

Ps 107:17 Some were fools because of their rebellious ways,
and because of their wrongdoing they suffered.
They loathed all food,
and they came near the gates of death.
Then they cried to the LORD in their trouble,
and he saved them from their distress.
He sent out his word and healed them
and rescued them from their ruin.

Ps 107:21 Let them thank the LORD for his steadfast love,
for his wonders for humankind.
Let them offer sacrifices of thanksgiving
and tell of his deeds with joyful song.
Some went down to the sea in ships,
doing business on the great waters.

Ps 107:24 They saw the works of the LORD,
his wonders in the deep.
He spoke, and raised a storm wind
that lifted high its waves.
They rose to the heavens, they sank to the depths;
their courage melted away in the danger.
They reeled and staggered like drunkards,
and all their skill was swallowed up.

Ps 107:28 Then they cried to the LORD in their trouble,
and he brought them out of their distress.
He hushed the storm to a whisper,
and the waves fell silent.
They rejoiced that the waters grew quiet,
and he led them to the harbor they longed for.
Let them thank the LORD for his steadfast love,
for his wonders for humankind.

Ps 107:32 Let them exalt him in the assembly of the people
and praise him in the council of the elders.
He turns rivers into desert,
and springs of water into thirsty ground,
a fruitful land into salt flats,
because of the wickedness of those who live there.
He turns desert into pools of water,
and parched land into springs of water.

Ps 107:36 He settles the hungry there,
and they build a city to settle in.
They sow fields and plant vineyards
and gather a fruitful harvest.
He blesses them and they multiply greatly,
and he does not let their cattle dwindle.
Then they dwindle and are bowed down
by oppression, trouble and sorrow.

Ps 107:40 He pours contempt on princes
and makes them wander in a trackless waste.
But he lifts the needy out of misery
and makes their families like flocks.
The upright see it and rejoice,
and all wickedness shuts its mouth.
Whoever is wise, let them heed these things
and consider the steadfast love of the LORD.

PSALM 108: MY HEART IS STEADY, GOD

Parts of Psalms 57 and 60 joined into a new prayer for victory.

Ps 108:1 A song. A psalm. Of David.
My heart is steady, God;
I will sing and make music—yes, with my glory too.
Wake up, harp and lyre!
I will wake the dawn.
I will thank you among the peoples, LORD,
and make music to you among the nations.
For your steadfast love is great above the heavens,
and your faithfulness reaches the clouds.[2]

Ps 108:6 Be exalted above the heavens, God,
and let your glory be over all the earth.
So that those you love may be rescued,
save with your right hand, and answer me.
God has spoken in his holiness: "I will exult; I will divide up Shechem
and measure out the Valley of Succoth.

2 "My glory" probably means the singer's whole self. Psalm 108 joins parts of Psalms 57 and 60.

Ps 108:9 Gilead is mine, Manasseh is mine, and Ephraim is the
helmet on my head;
Judah is my scepter.
Moab is my washbasin; on Edom I toss my sandal;
over Philistia I shout in triumph."[3]

Ps 108:11 Who will bring me to the fortified city?
Who will lead me to Edom?
Have you not rejected us, God?
You do not go out, God, with our armies.
Give us help against the foe,
for human help is worthless.
With God we will do valiantly,
and he will trample our foes.

PSALM 109: GOD OF MY PRAISE, DO NOT KEEP SILENT

A falsely accused man's long curse on his accuser.

Ps 109:1 For the leader. Of David. A psalm.
God of my praise, do not keep silent,
for wicked mouths, deceitful mouths, have opened against
me;
they speak to me with lying tongues.
They surround me with words of hatred
and attack me without cause.
In return for my love they accuse me,
but I am all prayer.

3 Throwing a sandal onto land was probably a gesture of claiming it as one's own.

Ps 109:5 They repay me evil for good
and hatred for my love.
Appoint a wicked man against him;
let an accuser stand at his right hand.
When he is tried, let him come out guilty,
and let his prayer count as sin.
Let his days be few;
let another take his office.[4]

Ps 109:9 Let his children be fatherless
and his wife a widow.
Let his children wander and beg,
and scrounge far from their ruined homes.
Let the creditor seize all he has,
and strangers plunder what he worked for.
Let no one show him kindness,
and no one pity his orphans.
Let his descendants be cut off;
in the next generation let their name be wiped out.

Ps 109:14 Let the guilt of his fathers be remembered before the LORD,
and the sin of his mother never be wiped out.
Let them be before the LORD always,
and may he cut off their memory from the earth.
For he did not remember to show kindness,
but hounded the poor and needy and the brokenhearted to death.

Ps 109:17 He loved cursing—let it come upon him;
he took no delight in blessing—let it stay far from him.
He put on cursing like a garment;
let it soak into his body like water,
and like oil into his bones.
Let it be like the cloak he wraps around himself,
like the belt he always wears.

4 "Accuser" is Hebrew *satan*, from the same root as "accuse" in vv. 4, 20 and 29. Interpreters differ on whether vv. 6–19 are the psalmist's curse or the enemies' words quoted.

Ps 109:20 Let this be the LORD's payment to my accusers,
to those who speak evil against my life.
But you, LORD, my Lord, act on my behalf for your name's sake;
because your steadfast love is good, rescue me.
For I am poor and needy,
and my heart is pierced within me.
I fade away like a lengthening shadow;
I am shaken off like a locust.

Ps 109:24 My knees give way from fasting;
my body is gaunt, with no fat left.
I have become a taunt to them;
when they see me, they shake their heads.
Help me, LORD my God;
save me in your steadfast love.
Let them know that this is your hand,
that you, LORD, have done it.

Ps 109:28 Let them curse, but you will bless;
when they rise up, let them be put to shame,
and let your servant rejoice.
Let my accusers be clothed in disgrace
and wrapped in their shame as in a cloak.
I will give great thanks to the LORD with my mouth;
in the midst of the crowd I will praise him.
For he stands at the right hand of the needy,
to save them from those who would condemn them.

PSALM 110: SIT AT MY RIGHT HAND

The LORD's oracle to the king: victory over his enemies and a priesthood forever.

Ps 110:1 Of David. A psalm.
The LORD's word to my lord: "Sit at my right hand
until I make your enemies a footstool for your feet."
The LORD will stretch out your mighty scepter from Zion:
rule in the midst of your enemies!
Your people offer themselves willingly on the day you muster your forces;
in holy splendor, from the womb of the dawn,
the dew of your youth is yours.[5]

Ps 110:4 The LORD has sworn and will not change his mind: "You are a priest forever
after the order of Melchizedek."
The Lord is at your right hand;
he shatters kings on the day of his anger.
He will judge among the nations, filling them with corpses;
he shatters heads across the wide earth.
He will drink from the stream by the way;
therefore he will lift up his head.[6]

5 "My lord" (*adoni*) is a courtly title, here addressing the king. Verse 3 is very obscure in the Hebrew, and its translation is uncertain.
6 Melchizedek was the priest-king of Salem in Gen 14:18–20; his name can mean "my king is righteousness."

PSALM 111: GREAT ARE THE WORKS OF THE LORD

An alphabetic hymn: the fear of the LORD is the beginning of wisdom.

Ps 111:1 Hallelujah! I will thank the LORD with all my heart,
in the company of the upright and in the assembly.
Great are the works of the LORD,
studied by all who delight in them.
Splendor and majesty are his work,
and his righteousness stands forever.
He has made his wonders to be remembered;
the LORD is gracious and compassionate.[7]

Ps 111:5 He gives food to those who fear him;
he remembers his covenant forever.
He has shown his people the power of his works,
giving them the inheritance of the nations.
The works of his hands are faithfulness and justice;
all his precepts are trustworthy.

Ps 111:8 They stand firm forever and ever,
made in faithfulness and uprightness.
He sent redemption to his people; he has commanded his covenant forever;
holy and awesome is his name.
The fear of the LORD is the beginning of wisdom; all who live by it gain good understanding;
his praise stands forever.

7 Psalm 111 is an alphabetic acrostic: after the opening "Hallelujah," each line begins with the next letter of the Hebrew alphabet.

PSALM 112: HAPPY IS THE ONE WHO FEARS THE LORD

An alphabetic portrait of the generous righteous person.

Ps 112:1 Hallelujah! Happy is the one who fears the LORD,
who greatly delights in his commandments.
His descendants will be mighty in the land;
the generation of the upright will be blessed.
Wealth and riches are in his house,
and his righteousness stands forever.
Light dawns in the darkness for the upright—
gracious, compassionate and righteous.[8]

Ps 112:5 It goes well for the one who is generous and lends,
who conducts his affairs with justice.
For he will never be shaken;
the righteous will be remembered forever.
He is not afraid of bad news;
his heart is steady, trusting in the LORD.

Ps 112:8 His heart is firm; he will not be afraid,
until he looks in triumph on his foes.
He has scattered his gifts, given to the poor; his
righteousness stands forever;
his horn is lifted high in honor.
The wicked see it and are angry; they grind their teeth and
melt away;
the desire of the wicked comes to nothing.

8 Like Psalm 111, Psalm 112 is an alphabetic acrostic, and it echoes 111's phrases ("his righteousness stands forever").

PSALM 113: PRAISE, YOU SERVANTS OF THE LORD

The God enthroned on high stoops to raise up the poor.

Ps 113:1 Hallelujah! Praise, you servants of the LORD,
praise the name of the LORD.
Let the name of the LORD be blessed
from now and forevermore.
From the rising of the sun to its setting
the name of the LORD is to be praised.
The LORD is high above all nations,
his glory above the heavens.

Ps 113:5 Who is like the LORD our God,
who sits enthroned on high,
who stoops down to look
on the heavens and the earth?
He raises the poor from the dust
and lifts the needy from the ash heap,
to seat them with princes,
with the princes of his people.
He settles
the childless woman in her home, a joyful mother of children.
Hallelujah!

PSALM 114: WHEN ISRAEL WENT OUT OF EGYPT

At the exodus the sea fled and the mountains skipped like rams.

Ps 114:1 When Israel went out of Egypt,
the house of Jacob from a people of foreign speech,
Judah became his sanctuary,
Israel his domain.
The sea looked and fled;
the Jordan turned back.
The mountains skipped like rams,
the hills like lambs.

Ps 114:5 What is wrong, sea, that you flee,
Jordan, that you turn back,
mountains, that you skip like rams,
hills, like lambs?
Tremble, earth, before the Lord,
before the God of Jacob,
who turns the rock into a pool of water,
the flint into a spring of water.

PSALM 115: NOT TO US, LORD, NOT TO US

Idols are lifeless; Israel should trust in the LORD.

Ps 115:1 Not to us, LORD, not to us,
but to your name give glory,
for the sake of your steadfast love and your faithfulness.
Why should the nations say,
"Where, then, is their God?"
Our God is in the heavens;
he does whatever he pleases.
Their idols are silver and gold,
the work of human hands.

Ps 115:5 They have mouths but cannot speak,
eyes but cannot see.
They have ears but cannot hear,
noses but cannot smell.
They have hands but cannot feel, feet but cannot walk;
no sound comes from their throats.

Ps 115:8 Those who make them will become like them,
and so will all who trust in them.
Israel, trust in the LORD!
He is their help and their shield.
House of Aaron, trust in the LORD!
He is their help and their shield.
You who fear the LORD, trust in the LORD!
He is their help and their shield.

Ps 115:12 The LORD has remembered us; he will bless—
he will bless the house of Israel,
he will bless the house of Aaron,
he will bless those who fear the LORD,
the small along with the great.
May the LORD give you increase,
you and your children.

Ps 115:15 May you be blessed by the LORD,
maker of heaven and earth.
The heavens are the LORD's heavens,
but the earth he has given to humankind.
The dead do not praise the LORD,
nor any who go down into silence.
But we will bless the LORD from now and forevermore.
Hallelujah!

PSALM 116: I LOVE, BECAUSE THE LORD HEARS

Thanks for rescue from death, with vows paid in the temple courts.

Ps 116:1 I love, because the LORD hears
my voice, my pleas for mercy.
Because he has turned his ear to me,
I will call on him as long as I live.
The cords of death wrapped around me, the straits of Sheol found me;
I found distress and sorrow.

Ps 116:4 Then I called on the name of the LORD:
"Please, LORD, save my life!"
The LORD is gracious and righteous;
our God is compassionate.
The LORD protects the simple;
I was brought low, and he saved me.
Return, my soul, to your rest,
for the LORD has dealt generously with you.

Ps 116:8 For you have rescued my life from death,
my eyes from tears,
my feet from stumbling.
I will walk before the LORD
in the land of the living.
I kept faith, even when I said,
"I am greatly afflicted."
I said in my alarm,
"Everyone is a liar."

Ps 116:12 What can I give back to the LORD
for all his kindness to me?
I will lift up the cup of salvation
and call on the name of the LORD.
I will fulfill my vows to the LORD
in the presence of all his people.
Costly in the eyes of the LORD
is the death of his faithful ones.

Ps 116:16 Please, LORD, for I am your servant,
I am your servant, the son of your maidservant;
you have loosed my bonds.
To you I will offer a sacrifice of thanksgiving
and call on the name of the LORD.
I will fulfill my vows to the LORD
in the presence of all his people,
in the courts of the LORD's house, in your midst, Jerusalem.
Hallelujah!

PSALM 117: PRAISE THE LORD, ALL YOU NATIONS

The shortest psalm: a call to all peoples to praise God.

Ps 117:1 Praise the LORD, all you nations;
extol him, all you peoples.
For his steadfast love is mighty over us, and the faithfulness
of the LORD endures forever.
Hallelujah!

PSALM 118: THE STONE THE BUILDERS REJECTED

A festal thanksgiving at the temple gates: "This is the day the LORD has made."

Ps 118:1 Give thanks to the LORD, for he is good,
for his steadfast love endures forever.
Let Israel now say:
"For his steadfast love endures forever."
Let the house of Aaron now say:
"For his steadfast love endures forever."
Let those who fear the LORD now say:
"For his steadfast love endures forever."

Ps 118:5 From the narrow place I called on the LORD;
the LORD answered me with wide open space.
The LORD is for me; I will not fear.
What can any human do to me?
The LORD is for me as my helper,
and I will look in triumph on those who hate me.
It is better to take refuge in the LORD
than to trust in humans.

Ps 118:9 It is better to take refuge in the LORD
than to trust in princes.
All the nations surrounded me;
in the name of the LORD I cut them down.
They surrounded me, yes, surrounded me on every side;
in the name of the LORD I cut them down.
They surrounded me like bees; they burned out like a fire of thorns;
in the name of the LORD I cut them down.[9]

9 The meaning of the verb rendered "cut them down" is uncertain.

Ps 118:13 You pushed me hard, to make me fall,
but the LORD helped me.
The LORD is my strength and my song;
he has become my salvation.
Shouts of joy and victory in the tents of the righteous:
"The right hand of the LORD does mighty things!
The right hand of the LORD is lifted high;
the right hand of the LORD does mighty things!"

Ps 118:17 I will not die, but live,
and tell of the deeds of the LORD.
The LORD disciplined me severely,
but he did not hand me over to death.
Open for me the gates of righteousness;
I will go in through them and thank the LORD.
This is the gate of the LORD;
the righteous may enter through it.
I thank you, for you answered me
and have become my salvation.

Ps 118:22 The stone the builders rejected
has become the cornerstone.
This is from the LORD;
it is wonderful in our eyes.
This is the day the LORD has made;
let us rejoice and be glad in it.
Please, LORD, save!
Please, LORD, give success![10]

10 "Please ... save" is Hebrew *hoshi'ah na*, the source of the word "Hosanna."

Ps 118:26 Blessed is the one who comes in the name of the LORD;
we bless you from the house of the LORD.
The LORD is God, and he has given us light.
Bind the festal procession with branches
up to the horns of the altar.
You are my God, and I will thank you;
my God, I will exalt you.
Give thanks to the LORD, for he is good,
for his steadfast love endures forever.[11]

PSALM 119: HAPPY ARE THOSE WHOSE WAY IS BLAMELESS

The long alphabetic meditation on God's teaching, eight lines for each Hebrew letter.

Ps 119:1 Happy are those whose way is blameless,
who walk in the teaching of the LORD.
Happy are those who keep his decrees,
who seek him with all their heart,
who do no wrong
but walk in his ways.
You have commanded your precepts
to be kept diligently.[12]

Ps 119:5 Oh, that my ways were steady
in keeping your statutes!
Then I would not be put to shame
when I look at all your commandments.
I will thank you with an upright heart
as I learn your righteous judgments.
I will keep your statutes;
do not utterly forsake me.

11 The Hebrew of the line about the festal procession is uncertain; it may instead mean binding the festival offering with cords to the corners ("horns") of the altar.
12 Psalm 119 is an alphabetic acrostic: in each of its twenty-two stanzas, all eight verses begin with the same Hebrew letter—here Aleph, then Bet, and so on through the alphabet.

Ps 119:9 How can a young man keep his path pure?
By guarding it according to your word.
With all my heart I have sought you;
do not let me stray from your commandments.
I have treasured your promise in my heart
so that I may not sin against you.
Blessed are you, LORD;
teach me your statutes.

Ps 119:13 With my lips I recount
all the judgments of your mouth.
In the way of your decrees I rejoice
as much as in all riches.
I will meditate on your precepts
and fix my eyes on your paths.
I will delight in your statutes;
I will not forget your word.

Ps 119:17 Deal kindly with your servant, that I may live
and keep your word.
Open my eyes, so that I may see
wonders from your teaching.
I am a stranger on the earth;
do not hide your commandments from me.
My whole being is crushed with longing
for your judgments at all times.

Ps 119:21 You rebuke the arrogant, the accursed,
who stray from your commandments.
Roll away from me scorn and contempt,
for I have kept your decrees.
Even when princes sit and speak against me,
your servant meditates on your statutes.
Your decrees are my delight;
they are my counselors.

Ps 119:25 My life clings to the dust;
revive me according to your word.
I told of my ways, and you answered me;
teach me your statutes.
Make me understand the way of your precepts,
and I will meditate on your wonders.
My life drips away in grief;
raise me up according to your word.

Ps 119:29 Keep the way of falsehood far from me,
and graciously give me your teaching.
I have chosen the way of faithfulness;
I have set your judgments before me.
I cling to your decrees;
LORD, do not put me to shame.
I will run the way of your commandments,
for you enlarge my heart.

Ps 119:33 Teach me, LORD, the way of your statutes,
and I will keep it to the end.
Give me understanding, that I may keep your teaching
and observe it with all my heart.
Lead me in the path of your commandments,
for in it I delight.
Turn my heart to your decrees
and not to selfish gain.

Ps 119:37 Turn my eyes from looking at worthless things;
revive me in your ways.
Confirm to your servant your promise,
which is for those who fear you.
Turn away the scorn I dread,
for your judgments are good.
See, I long for your precepts;
in your righteousness revive me.

Ps 119:41 Let your steadfast love come to me, LORD,
your salvation, according to your promise,
so that I may have an answer for those who taunt me,
for I trust in your word.
Do not take the word of truth utterly out of my mouth,
for I hope in your judgments.
I will keep your teaching always,
forever and ever.

Ps 119:45 I will walk about in freedom,
for I have sought your precepts.
I will speak of your decrees before kings
and not be put to shame.
I will delight in your commandments,
which I love.
I will lift my hands to your commandments, which I love,
and I will meditate on your statutes.

Ps 119:49 Remember your word to your servant,
on which you have made me hope.
This is my comfort in my affliction:
that your promise gives me life.
The arrogant mock me relentlessly,
but I do not turn aside from your teaching.
I remember your judgments of old, LORD,
and I take comfort.

Ps 119:53 Burning rage seizes me because of the wicked,
who forsake your teaching.
Your statutes have become my songs
in the house where I sojourn.
I remember your name in the night, LORD,
and I keep your teaching.
This has been mine:
that I have kept your precepts.

Ps 119:57 The LORD is my portion, I have said;
I will keep your words.
I have sought your favor with all my heart;
be gracious to me according to your promise.
I have thought over my ways
and turned my feet to your decrees.
I hurried and did not delay
to keep your commandments.

Ps 119:61 The cords of the wicked have wrapped around me,
but I have not forgotten your teaching.
At midnight I rise to give thanks to you
for your righteous judgments.
I am a companion of all who fear you,
of those who keep your precepts.
The earth is full of your steadfast love, LORD;
teach me your statutes.

Ps 119:65 You have done good to your servant,
LORD, according to your word.
Teach me good discernment and knowledge,
for I trust in your commandments.
Before I was afflicted I went astray,
but now I keep your promise.
You are good and do good;
teach me your statutes.

Ps 119:69 The arrogant smear me with lies,
but with all my heart I keep your precepts.
Their hearts are thick as fat,
but I delight in your teaching.
It was good for me that I was afflicted,
so that I might learn your statutes.
The teaching of your mouth is better to me
than thousands of gold and silver pieces.

Ps 119:73 Your hands made me and formed me;
give me understanding, that I may learn your
commandments.
Those who fear you will see me and rejoice,
for I hope in your word.
I know, LORD, that your judgments are righteous,
and that in faithfulness you have afflicted me.
Let your steadfast love comfort me,
according to your promise to your servant.

Ps 119:77 Let your compassion come to me, that I may live,
for your teaching is my delight.
Let the arrogant be put to shame, for they have wronged me
with lies;
but I will meditate on your precepts.
Let those who fear you turn to me,
those who know your decrees.
Let my heart be blameless in your statutes,
so that I may not be put to shame.

Ps 119:81 I am spent with longing for your salvation;
I hope in your word.
My eyes are spent, watching for your promise;
I ask, "When will you comfort me?"
Though I have become like a wineskin in the smoke,
I have not forgotten your statutes.
How many are the days of your servant?
When will you bring judgment on those who persecute me?

Ps 119:85 The arrogant have dug pits for me,
people who do not live by your teaching.
All your commandments are faithfulness;
they persecute me with lies—help me!
They have almost wiped me off the earth,
but I have not forsaken your precepts.
In your steadfast love revive me,
and I will keep the decree of your mouth.

Ps 119:89 Forever, LORD,
your word stands firm in the heavens.
Your faithfulness lasts from generation to generation;
you established the earth, and it stands.
By your judgments they stand to this day,
for all things are your servants.
If your teaching had not been my delight,
I would have perished in my affliction.

Ps 119:93 I will never forget your precepts,
for by them you have given me life.
I am yours; save me,
for I have sought your precepts.
The wicked lie in wait to destroy me,
but I ponder your decrees.
I have seen a limit to all perfection,
but your commandment is boundless.

Ps 119:97 Oh, how I love your teaching!
All day long it is my meditation.
Your commandments make me wiser than my enemies,
for they are always with me.
I have more insight than all my teachers,
for your decrees are my meditation.
I understand more than the elders,
for I have kept your precepts.

Ps 119:101 I have held back my feet from every evil path
so that I may keep your word.
I have not turned aside from your judgments,
for you yourself have taught me.
How sweet your promise is to my palate,
sweeter than honey to my mouth!
From your precepts I gain understanding;
therefore I hate every false path.

Ps 119:105 Your word is a lamp to my feet
and a light for my path.
I have sworn, and I will confirm it,
to keep your righteous judgments.
I am severely afflicted;
LORD, revive me according to your word.
Accept, LORD, the freewill offerings of my mouth,
and teach me your judgments.

Ps 119:109 My life is always in my hands,
yet I have not forgotten your teaching.
The wicked have set a trap for me,
but I have not strayed from your precepts.
Your decrees are my inheritance forever,
for they are the joy of my heart.
I have set my heart on doing your statutes,
forever, to the end.

Ps 119:113 I hate the double-minded,
but I love your teaching.
You are my hiding place and my shield;
I hope in your word.
Get away from me, you evildoers,
so that I may keep the commandments of my God.
Sustain me according to your promise, that I may live,
and do not let me be ashamed of my hope.

Ps 119:117 Hold me up, that I may be saved
and always look to your statutes.
You reject all who stray from your statutes,
for their deceit is futile.
You discard all the wicked of the earth like dross;
therefore I love your decrees.
My flesh shudders in dread of you,
and I am afraid of your judgments.

Ps 119:121 I have done what is just and right;
do not abandon me to my oppressors.
Stand surety for your servant's good;
do not let the arrogant oppress me.
My eyes are spent, watching for your salvation
and for your righteous promise.
Deal with your servant according to your steadfast love,
and teach me your statutes.

Ps 119:125 I am your servant; give me understanding,
so that I may know your decrees.
It is time for the LORD to act;
they have broken your teaching.
Therefore I love your commandments
more than gold, more than fine gold.
Therefore I consider all your precepts right;
I hate every false path.

Ps 119:129 Your decrees are wonderful;
therefore I keep them with my whole being.
The unfolding of your words gives light;
it gives understanding to the simple.
I open my mouth wide and pant,
for I long for your commandments.
Turn to me and be gracious to me,
as is your way with those who love your name.

Ps 119:133 Make my steps steady by your promise,
and let no wickedness rule over me.
Redeem me from human oppression,
and I will keep your precepts.
Make your face shine on your servant,
and teach me your statutes.
Streams of water flow down from my eyes,
because people do not keep your teaching.

Ps 119:137 You are righteous, LORD,
and your judgments are upright.
You have commanded your decrees in righteousness
and in great faithfulness.
My zeal consumes me,
for my foes forget your words.
Your promise is thoroughly refined,
and your servant loves it.

Ps 119:141 I am small and despised,
yet I do not forget your precepts.
Your righteousness is righteous forever,
and your teaching is truth.
Trouble and anguish have found me,
but your commandments are my delight.
Your decrees are righteous forever;
give me understanding, that I may live.

Ps 119:145 I call with all my heart; answer me, LORD;
I will keep your statutes.
I call to you; save me,
and I will keep your decrees.
I rise before dawn and cry for help;
I hope in your word.
My eyes are awake before the night watches,
that I may meditate on your promise.

Ps 119:149 Hear my voice according to your steadfast love;
LORD, revive me according to your justice.
Those who pursue wickedness draw near;
they are far from your teaching.
You are near, LORD,
and all your commandments are truth.
Long ago I learned from your decrees
that you established them forever.

Ps 119:153 Look on my affliction and rescue me,
for I have not forgotten your teaching.
Plead my cause and redeem me;
revive me according to your promise.
Salvation is far from the wicked,
for they do not seek your statutes.
Great is your compassion, LORD;
revive me according to your judgments.

Ps 119:157 Many are my persecutors and my foes,
but I have not turned aside from your decrees.
I look at the traitors and loathe them,
because they do not keep your promise.
See how I love your precepts!
LORD, revive me according to your steadfast love.
The sum of your word is truth,
and every one of your righteous judgments endures forever.

Ps 119:161 Princes persecute me without cause,
but my heart stands in awe of your word.
I rejoice over your promise
like one who finds great spoil.
I hate and abhor falsehood,
but I love your teaching.
Seven times a day I praise you
for your righteous judgments.

Ps 119:165 Great peace have those who love your teaching,
and nothing makes them stumble.
I hope for your salvation, LORD,
and I do your commandments.
My whole being keeps your decrees;
I love them greatly.
I keep your precepts and your decrees,
for all my ways are before you.

Ps 119:169 Let my cry come near before you, LORD;
give me understanding according to your word.
Let my plea come before you;
rescue me according to your promise.
Let my lips pour forth praise,
for you teach me your statutes.
Let my tongue sing of your promise,
for all your commandments are righteous.

Ps 119:173 Let your hand be ready to help me,
for I have chosen your precepts.
I long for your salvation, LORD,
and your teaching is my delight.
Let me live, that I may praise you,
and let your judgments help me.
I have gone astray like a lost sheep; seek your servant,
for I have not forgotten your commandments.

PSALM 120: I AM FOR PEACE, BUT THEY ARE FOR WAR

The first Song of Ascents: living among those who hate peace.

Ps 120:1 A Song of Ascents.
To the LORD, in my distress,
I called, and he answered me.
LORD, rescue me from lying lips,
from a deceitful tongue.
What will he give you, and what more will he do to you,
you deceitful tongue?[13]

13 Psalms 120–134 are each headed "A Song of Ascents," probably songs for pilgrims going up to Jerusalem; the exact meaning is uncertain.

Ps 120:4 A warrior's sharp arrows,
with glowing coals of broom!
Woe is me, that I sojourn in Meshech,
that I dwell among the tents of Kedar.
Too long have I lived
with those who hate peace.
I am for peace, but when I speak,
they are for war.[14]

PSALM 121: I LIFT UP MY EYES TO THE HILLS

The LORD is Israel's keeper, who neither slumbers nor sleeps.

Ps 121:1 A Song of Ascents.
I lift up my eyes to the hills—
where will my help come from?
My help comes from the LORD,
maker of heaven and earth.
May he not let your foot slip;
may your keeper not slumber.
Look: he neither slumbers nor sleeps,
the keeper of Israel.

Ps 121:5 The LORD is your keeper;
the LORD is your shade at your right hand.
By day the sun will not strike you,
nor the moon by night.
The LORD will keep you from all harm;
he will keep your life.
The LORD will keep your going out and your coming in
from now on and forever.

14 Meshech (far to the north, in Asia Minor) and Kedar (a people of the Arabian desert) stand for distant, hostile neighbors.

PSALM 122: I WAS GLAD WHEN THEY SAID TO ME

A pilgrim at Jerusalem's gates prays for the city's peace.

Ps 122:1 A Song of Ascents. Of David.
I was glad when they said to me,
"Let us go to the house of the LORD."
Our feet have been standing
within your gates, Jerusalem—
Jerusalem, built
as a city bound firmly together,
where the tribes went up, the tribes of the LORD, as was
decreed for Israel,
to give thanks to the name of the LORD.

Ps 122:5 For there the thrones for judgment were set,
the thrones of the house of David.
Pray for the peace of Jerusalem:
"May those who love you be secure.
May there be peace within your walls,
security within your strongholds."
For the sake of my brothers and friends
I will say, "Peace be within you."
For the sake of the house of the LORD our God
I will seek your good.[15]

15 These lines play on the sound of Jerusalem's name (*Yerushalayim*) with *shalom*, "peace," and *shalvah*, "security."

PSALM 123: TO YOU I LIFT UP MY EYES

Eyes on God, like a servant's on a master's hand.

Ps 123:1 A Song of Ascents.
To you I lift up my eyes,
you who sit enthroned in the heavens.
Look: as the eyes of servants are on the hand of their masters, as the eyes of a maid are on the hand of her mistress,
so our eyes are on the LORD our God,
until he shows us grace.
Be gracious to us, LORD, be gracious to us,
for we have had more than our fill of contempt.
We have long had more than our fill
of the mockery of those at ease,
of the contempt of the proud.

PSALM 124: IF IT HAD NOT BEEN THE LORD WHO WAS ON OUR SIDE

Israel escaped like a bird from the snare.

Ps 124:1 A Song of Ascents. Of David.
If it had not been the LORD who was on our side—
let Israel say it—
if it had not been the LORD who was on our side
when people rose up against us,
then they would have swallowed us alive
when their anger blazed against us;
then the waters would have swept us away,
the torrent would have gone over our necks;

Ps 124:5 then over our necks would have gone
the raging waters.
Blessed be the LORD,
who did not give us as prey to their teeth.
We have escaped like a bird from the fowlers' snare;
the snare is broken,
and we have escaped.
Our help is in the name of the LORD,
maker of heaven and earth.

PSALM 125: LIKE MOUNT ZION, WHICH CANNOT BE SHAKEN

The LORD surrounds his people as the mountains surround Jerusalem.

Ps 125:1 A Song of Ascents.
Those who trust in the LORD
are like Mount Zion, which cannot be shaken but stands forever.
Jerusalem—mountains surround her,
and the LORD surrounds his people
from now on and forever.

Ps 125:3 For the scepter of wickedness shall not rest on the land allotted to the righteous,
so that the righteous do not stretch out their hands to wrongdoing.
Do good, LORD, to those who are good,
and to those who are upright in their hearts.
But those who turn aside onto their crooked ways the LORD will lead away with the evildoers.
Peace be upon Israel!

PSALM 126: THOSE WHO SOW IN TEARS

When the LORD restored Zion, we were like dreamers; a prayer for restoration again.

Ps 126:1 A Song of Ascents.
When the LORD restored the fortunes of Zion,
we were like people dreaming.
Then our mouths were filled with laughter and our tongues with shouts of joy;
then they said among the nations,
"The LORD has done great things for these people."[16]

Ps 126:3 The LORD has done great things for us;
we were glad.
Restore our fortunes, LORD,
like streams in the Negev.
Those who sow in tears
will reap with shouts of joy.
The one who goes out weeping, carrying the bag of seed,
will surely come back with shouts of joy,
carrying his sheaves.[17]

PSALM 127: UNLESS THE LORD BUILDS THE HOUSE

All labor is vain without God; children are a gift from the LORD.

Ps 127:1 A Song of Ascents. Of Solomon.
Unless the LORD builds the house, its builders labor on it in vain;
unless the LORD guards the city, the guard keeps watch in vain.
It is in vain that you rise up early and stay up late, eating the bread of hard toil—
so he gives sleep to his beloved.

16 Or "brought back the captives of Zion"; the Hebrew phrase can mean either.
17 The Negev is the dry south of Judah, whose empty streambeds fill suddenly when the rains come.

Ps 127:3 Look: children are a heritage from the LORD,
the fruit of the womb a reward.
Like arrows in a warrior's hand
are the children of one's youth.
Happy is the man who has filled his quiver with them!
They will not be put to shame
when they speak with enemies in the gate.[18]

PSALM 128: YOUR WIFE LIKE A FRUITFUL VINE

The blessings of a household that fears the LORD.

Ps 128:1 A Song of Ascents.
Happy is everyone who fears the LORD,
who walks in his ways.
You will eat the fruit of your hands' labor;
you will be happy, and it will go well with you.
Your wife will be like a fruitful vine in the inner rooms of your house;
your children like olive shoots
around your table.

Ps 128:4 Look: this is how the man will be blessed
who fears the LORD.
May the LORD bless you from Zion;
may you see the good of Jerusalem
all the days of your life.
May you see your children's children.
Peace be upon Israel!

18 The city gate was where disputes and legal cases were settled.

PSALM 129: OFTEN THEY HAVE ATTACKED ME SINCE MY YOUTH

Israel has survived its oppressors; may those who hate Zion wither.

Ps 129:1 A Song of Ascents.
Often they have attacked me since my youth—
let Israel say it—
often they have attacked me since my youth,
yet they have not prevailed against me.
On my back the plowers plowed;
they made their furrows long.
The LORD is righteous;
he has cut the ropes of the wicked.

Ps 129:5 Let them be put to shame and turned back,
all who hate Zion.
Let them be like grass on the rooftops,
which withers before it can be pulled up,
with which the reaper does not fill his hand,
nor the binder of sheaves his arms,
and of which passersby do not say, "The blessing of the
LORD be upon you!
We bless you in the name of the LORD."

PSALM 130: OUT OF THE DEPTHS I CALL TO YOU

A plea for forgiveness and a soul that waits for the LORD.

Ps 130:1 A Song of Ascents.
Out of the depths I call to you, LORD.
Lord, hear my voice;
let your ears be attentive
to the sound of my pleas for mercy.
If you, LORD, kept a record of iniquities,
Lord, who could stand?
But with you there is forgiveness,
so that you may be revered.

Ps 130:5 I wait for the LORD; my soul waits,
and in his word I put my hope.
My soul waits for the Lord
more than watchmen for the morning, watchmen for the morning.
Israel, hope in the LORD, for with the LORD
there is steadfast love,
and with him is abundant redemption.
He will redeem Israel
from all its iniquities.

PSALM 131: LIKE A WEANED CHILD

A short psalm of quiet trust.

Ps 131:1 A Song of Ascents. Of David.
LORD, my heart is not proud, nor are my eyes haughty;
I do not busy myself with great things, with things too wonderful for me.
Rather, I have calmed and quieted my soul,
like a weaned child with its mother;
like the weaned child is my soul within me.
Israel, hope in the LORD
from now on and forever.

PSALM 132: LORD, REMEMBER DAVID

David's vow to find a place for the ark, and God's oath to David's line and Zion.

Ps 132:1 A Song of Ascents.
LORD, remember David
and all his hardships—
how he swore to the LORD
and vowed to the Mighty One of Jacob:
"I will not enter the tent of my house,
I will not get into my bed,
I will not give sleep to my eyes,
or slumber to my eyelids,

Ps 132:5 until I find a place for the LORD,
a dwelling for the Mighty One of Jacob."
Look, we heard of it in Ephrathah;
we found it in the fields of Jaar.
Let us go to his dwelling;
let us bow down at his footstool.
Rise up, LORD, to your resting place,
you and the ark of your might.[19]

Ps 132:9 Let your priests be clothed with righteousness,
and your faithful ones shout for joy.
For the sake of David your servant,
do not turn away the face of your anointed one.
The LORD swore to David a sure oath from which he will not turn back:
"One of the offspring of your body
I will set on your throne.

Ps 132:12 If your sons keep my covenant and my decrees that I will teach them,
their sons too, forever and ever,
will sit on your throne."
For the LORD has chosen Zion;
he has desired her for his dwelling:
"This is my resting place forever and ever;
here I will dwell, for I have desired her.

19 Ephrathah is the region of Bethlehem; "the fields of Jaar" (or "of the forest") probably refers to Kiriath-jearim, where the ark stayed before David brought it to Jerusalem.

Ps 132:15 I will abundantly bless her provisions;
I will satisfy her poor with bread.
Her priests I will clothe with salvation,
and her faithful ones will shout aloud for joy.
There I will make a horn sprout for David;
I have prepared a lamp for my anointed one.
His enemies I will clothe with shame,
but on him his crown will shine."[20]

PSALM 133: HOW GOOD AND HOW PLEASANT

The unity of kin, like oil on Aaron's beard and dew on Hermon.

Ps 133:1 A Song of Ascents. Of David.
Look how good and how pleasant it is
when brothers live together as one!
It is like the fine oil on the head, coming down on the
beard, the beard of Aaron,
coming down over the collar of his robes.
It is like the dew of Hermon coming down on the
mountains of Zion,
for there the LORD has commanded the blessing:
life forevermore.[21]

20 The horn is a common image of strength and dignity.
21 Hermon is the high mountain on Israel's northern border, known for its heavy dew.

PSALM 134: BLESS THE LORD, ALL YOU SERVANTS OF THE LORD

The last Song of Ascents: a night blessing in the temple.

Ps 134:1 A Song of Ascents.
Now, bless the LORD, all you servants of the LORD,
who stand in the house of the LORD through the nights.
Lift up your hands toward the holy place,
and bless the LORD.
May the LORD bless you from Zion,
maker of heaven and earth.

PSALM 135: PRAISE THE NAME OF THE LORD

Praise for the LORD's power in nature and history, and against idols.

Ps 135:1 Hallelujah! Praise the name of the LORD;
give praise, you servants of the LORD,
who stand in the house of the LORD,
in the courts of the house of our God.
Hallelujah, for the LORD is good;
sing to his name, for it is pleasant.
For the LORD has chosen Jacob for himself,
Israel as his treasured possession.

Ps 135:5 For I know that the LORD is great,
that our Lord is above all gods.
Whatever the LORD pleases, he does,
in heaven and on earth,
in the seas and all the deeps.
He makes the clouds rise from the ends of the earth;
he makes lightning for the rain;
he brings out the wind from his storehouses.

Ps 135:8 He struck down the firstborn of Egypt,
both human and animal.
He sent signs and wonders into your midst, Egypt,
against Pharaoh and all his servants.
He struck down many nations
and killed mighty kings—
Sihon king of the Amorites, and Og king of Bashan,
and all the kingdoms of Canaan—

Ps 135:12 and gave their land as a heritage,
a heritage to Israel his people.
LORD, your name endures forever,
LORD, your renown from generation to generation.
For the LORD will vindicate his people
and have compassion on his servants.
The idols of the nations are silver and gold,
the work of human hands.

Ps 135:16 They have mouths but do not speak;
they have eyes but do not see;
they have ears but do not hear,
nor is there any breath in their mouths.
Those who make them will become like them,
and so will all who trust in them.

Ps 135:19 House of Israel, bless the LORD;
house of Aaron, bless the LORD;
house of Levi, bless the LORD;
you who fear the LORD, bless the LORD.
Blessed be the LORD from Zion, he who dwells in
Jerusalem!
Hallelujah!

PSALM 136: HIS STEADFAST LOVE ENDURES FOREVER

A litany of creation and exodus with the same response in every verse.

Ps 136:1 Give thanks to the LORD, for he is good,
for his steadfast love endures forever.
Give thanks to the God of gods,
for his steadfast love endures forever.
Give thanks to the Lord of lords,
for his steadfast love endures forever.
To him who alone does great wonders,
for his steadfast love endures forever.

Ps 136:5 to him who made the heavens with understanding,
for his steadfast love endures forever.
To him who spread out the earth on the waters,
for his steadfast love endures forever.
To him who made the great lights,
for his steadfast love endures forever.
The sun to rule by day,
for his steadfast love endures forever.

Ps 136:9 The moon and stars to rule by night,
for his steadfast love endures forever.
To him who struck Egypt through their firstborn,
for his steadfast love endures forever.
And brought Israel out from among them,
for his steadfast love endures forever.

Ps 136:12 With a strong hand and an outstretched arm,
for his steadfast love endures forever.
To him who split the Sea of Reeds in two,
for his steadfast love endures forever.
And made Israel pass through the middle of it,
for his steadfast love endures forever.

Ps 136:15 But shook off Pharaoh and his army into the Sea of Reeds,
for his steadfast love endures forever.
To him who led his people through the wilderness,
for his steadfast love endures forever.
To him who struck down great kings,
for his steadfast love endures forever.
And killed majestic kings,
for his steadfast love endures forever.

Ps 136:19 Sihon king of the Amorites,
for his steadfast love endures forever.
And Og king of Bashan,
for his steadfast love endures forever.
And gave their land as a heritage,
for his steadfast love endures forever.
A heritage to Israel his servant,
for his steadfast love endures forever.

Ps 136:23 Who remembered us in our low estate,
for his steadfast love endures forever.
And rescued us from our foes,
for his steadfast love endures forever.
Who gives food to all flesh,
for his steadfast love endures forever.
Give thanks to the God of heaven,
for his steadfast love endures forever.

PSALM 137: BY THE RIVERS OF BABYLON

Exiles weep for Zion and call down vengeance on Edom and Babylon.

Ps 137:1 By the rivers of Babylon—there we sat down, and we wept
when we remembered Zion.
On the poplars there
we hung up our lyres.
For there our captors asked us for songs, and our
tormentors for joy:
"Sing us one of the songs of Zion!"

Ps 137:4 How could we sing the LORD's song
on foreign soil?
If I forget you, Jerusalem,
may my right hand forget.
May my tongue stick to the roof of my mouth if I do not remember you,
if I do not set Jerusalem
above my highest joy.

Ps 137:7 Remember, LORD, against the people of Edom the day of Jerusalem,
how they said, "Tear it down, tear it down,
down to its foundations!"
Daughter Babylon, doomed to destruction,
happy is the one who repays you
for what you have done to us.
Happy is the one who seizes your little ones and dashes them against the rock.[22]

PSALM 138: I GIVE YOU THANKS WITH ALL MY HEART

Thanks for answered prayer; the kings of the earth will praise the LORD.

Ps 138:1 Of David.
I give you thanks with all my heart;
before the gods I sing your praise.
I bow down toward your holy temple and give thanks to your name for your steadfast love and your faithfulness,
for you have exalted your promise above all your name.
On the day I called, you answered me;
you made me bold, with strength in my soul.[23]

22 Edom, Judah's neighbor to the southeast, is remembered in several biblical texts as siding with Babylon when Jerusalem fell in 586 BC.
23 The Hebrew of this line is unusual; it may mean that God's promise surpasses even his renown.

Ps 138:4 All the kings of the earth will give you thanks, LORD,
for they have heard the words of your mouth.
They will sing of the ways of the LORD,
for great is the glory of the LORD.
For though the LORD is high, he sees the lowly,
and the proud he knows from far away.

Ps 138:7 Though I walk in the midst of trouble, you keep me alive;
against the wrath of my enemies you stretch out your hand,
and your right hand saves me.
The LORD will accomplish his purpose for me.
LORD, your steadfast love endures forever;
do not abandon the work of your hands.

PSALM 139: LORD, YOU HAVE SEARCHED ME AND YOU KNOW ME

God knows the speaker completely, and is present everywhere, from womb to Sheol.

Ps 139:1 For the leader. Of David. A psalm.
LORD, you have searched me and you know me.
You know when I sit down and when I rise;
you discern my thoughts from far away.
My going and my lying down you sift,
and you are familiar with all my ways.
Even before a word is on my tongue,
LORD, you know it completely.

Ps 139:5 Behind and before you hem me in,
and you lay your hand upon me.
Such knowledge is too wonderful for me,
too high—I cannot reach it.
Where can I go from your spirit?
Where can I flee from your presence?
If I go up to the heavens, you are there;
if I make my bed in Sheol, there you are.

Ps 139:9 If I take the wings of the dawn
and settle at the far end of the sea,
even there your hand will lead me,
and your right hand will hold me fast.
If I say, "Surely darkness will cover me,
and the light around me become night,"
even darkness is not dark to you;
the night shines like the day;
darkness and light are alike.

Ps 139:13 For you created my inmost parts;
you knit me together in my mother's womb.
I thank you, for I am awesomely, wonderfully made;
wonderful are your works,
and I know it full well.
My frame was not hidden from you
when I was made in secret,
woven together in the depths of the earth.

Ps 139:16 Your eyes saw my unformed body, and in your book they
were all written—
the days that were formed
when not one of them yet existed.
How precious to me are your thoughts, God!
How vast is their sum!
If I count them, they outnumber the sand;
I wake up, and I am still with you.[24]

Ps 139:19 If only you would slay the wicked, God!
You who shed blood, get away from me—
they who speak of you with evil intent;
your enemies take up your name for falsehood.
Do I not hate those who hate you, LORD,
and loathe those who rise up against you?

24 The Hebrew of verse 16 is difficult, and its exact sense is uncertain.

Ps 139:22 I hate them with a complete hatred;
they have become my enemies.
Search me, God, and know my heart;
test me and know my anxious thoughts.
See if there is any hurtful way in me,
and lead me in the way everlasting.

PSALM 140: RESCUE ME, LORD, FROM EVIL PEOPLE

A plea against violent, slandering enemies.

Ps 140:1 For the leader. A psalm. Of David.
Rescue me, LORD, from evil people;
from those who are violent guard me—
who plot evil in their hearts
and stir up wars every day.
They sharpen their tongues like a snake;
the venom of vipers
is under their lips. Selah

Ps 140:5 Keep me, LORD, from the hands of the wicked; from those
who are violent guard me,
who plot to trip up my steps.
The proud have hidden
a trap for me, and cords; they have spread a net beside the
path;
they have set snares for me. Selah
I said to the LORD, "You are my God;
listen, LORD, to the sound of my pleas for mercy."

Ps 140:8 LORD, my Lord, the strength of my salvation,
you have shielded my head on the day of battle.
Do not grant, LORD, the desires of the wicked;
do not let his schemes succeed, or they will exalt
themselves. Selah
As for the heads of those who surround me,
let the mischief of their own lips cover them.
Let burning coals fall upon them;
let them be thrown into the fire,
into deep pits, never to rise.

Ps 140:12 Let no slanderer be established in the land;
as for the violent, may evil
hunt him down with blow upon blow.
I know that the LORD will uphold the cause of the poor,
and justice for the needy.
Surely the righteous will give thanks to your name;
the upright will dwell in your presence.

PSALM 141: LET MY PRAYER BE SET BEFORE YOU AS INCENSE

An evening prayer to be kept from evil words and evil company.

Ps 141:1 A psalm. Of David.
LORD, I call to you; hurry to me.
Listen to my voice when I call to you.
Let my prayer be set before you as incense,
the lifting of my hands as the evening offering.
Set a guard, LORD, over my mouth;
keep watch over the door of my lips.

Ps 141:4 Do not let my heart turn to anything evil, to busy myself
with wicked deeds alongside those who do wrong,
and let me not eat of their delicacies.
Let a righteous person strike me—
it is an act of loyalty; let him rebuke me—it is oil for my
head; let my head not refuse it,
for my prayer is still against their evil deeds.
When their judges are thrown down by the sides of the
rock,
they will hear my words, that they were pleasant.[25]

Ps 141:7 As when someone plows and breaks up the ground,
so our bones are scattered at the mouth of Sheol.
But my eyes are on you, LORD, my Lord;
in you I take refuge; do not pour out my life.
Keep me from the trap they have laid for me,
and from the snares of evildoers.
Let the wicked fall into their own nets,
all together, while I pass by.

PSALM 142: WITH MY VOICE I CRY OUT TO THE LORD

From the cave, David says no one cares for him but God.

Ps 142:1 A maskil. Of David,
when he was in the cave. A prayer.
With my voice I cry out to the LORD;
with my voice I plead with the LORD for mercy.
I pour out my complaint before him;
I tell my trouble before him.
When my spirit grows faint within me, you know my path.
On the way where I walk
they have hidden a trap for me.[26]

25 The Hebrew of verses 5–7 is very difficult, and any translation is tentative.
26 Probably one of the caves where David hid from Saul (1 Samuel 22 and 24).

Ps 142:5 Look to my right and see: there is no one who takes notice of me;
every escape is lost to me;
no one cares for my life.
I cry out to you, LORD;
I say, "You are my refuge,
my portion in the land of the living."

Ps 142:7 Pay attention to my cry, for I am brought very low.
Rescue me from those who pursue me,
for they are too strong for me.
Bring me out of prison, so that I may give thanks to your name.
The righteous will gather around me,
because you deal generously with me.

PSALM 143: DO NOT ENTER INTO JUDGMENT WITH YOUR SERVANT

A plea for mercy, guidance and rescue, for no one living is righteous before God.

Ps 143:1 A psalm. Of David.
LORD, hear my prayer; listen to my pleas for mercy;
in your faithfulness answer me, in your righteousness.
Do not enter into judgment with your servant,
for no one living is righteous before you.
For the enemy has pursued me; he has crushed my life to the ground;
he has made me sit in darkness like those long dead.

Ps 143:4 My spirit grows faint within me;
my heart within me is appalled.
I remember the days of old; I meditate on all your deeds;
I ponder the work of your hands.
I spread out my hands to you;
my soul thirsts for you like a parched land. Selah

Ps 143:7 Answer me quickly, LORD; my spirit fails.
Do not hide your face from me,
or I will become like those who go down to the Pit.
Let me hear of your steadfast love in the morning, for in you I trust.
Show me the way I should go,
for to you I lift up my soul.
Rescue me from my enemies, LORD;
I have taken shelter in you.

Ps 143:10 Teach me to do your will, for you are my God.
Let your good spirit
lead me on level ground.
For your name's sake, LORD, preserve my life;
in your righteousness bring me out of trouble.
In your steadfast love cut off my enemies,
and destroy all who oppress me,
for I am your servant.

PSALM 144: BLESSED BE THE LORD, MY ROCK

A royal prayer for victory and for a prosperous, peaceful land.

Ps 144:1 Of David.
Blessed be the LORD, my rock, who trains my hands for battle,
my fingers for war—
my steadfast love and my fortress, my stronghold and my deliverer,
my shield, in whom I take refuge,
who subdues my people under me.

Ps 144:3 LORD, what are human beings that you take notice of them,
mortals that you think of them?
A human being is like a breath;
his days are like a passing shadow.
LORD, bend your heavens and come down;
touch the mountains so that they smoke.
Flash forth lightning and scatter them;
send out your arrows and rout them.

Ps 144:7 Stretch out your hands from on high;
set me free and rescue me from the mighty waters,
from the hand of foreigners,
whose mouths speak lies,
and whose right hand is a right hand of falsehood.
God, I will sing a new song to you;
on a ten-stringed harp I will make music to you,

Ps 144:10 to you who give victory to kings,
who set David your servant free
from the cruel sword.
Set me free and rescue me from the hand of foreigners,
whose mouths speak lies,
and whose right hand is a right hand of falsehood.
May our sons be like plants grown tall in their youth,
our daughters like corner pillars
carved for the structure of a palace.

Ps 144:13 May our barns be full, supplying every kind of produce;
may our flocks increase by thousands, by tens of
thousands,
in our fields.
May our cattle be heavy with young;
may there be no breach, no going out into exile,
and no cry of distress in our streets.
Happy the people for whom it is so;
happy the people whose God is the LORD.

PSALM 145: I WILL EXALT YOU, MY GOD THE KING

An alphabetic hymn to God's greatness, goodness and everlasting kingdom.

Ps 145:1 A song of praise. Of David.
I will exalt you, my God the King,
and bless your name forever and ever.
Every day I will bless you,
and praise your name forever and ever.
Great is the LORD and most worthy of praise;
his greatness is beyond searching out.
One generation will commend your works to another
and declare your mighty acts.[27]

Ps 145:5 On the glorious splendor of your majesty
and on your wonderful works I will meditate.
They will speak of the might of your awesome deeds,
and I will tell of your greatness.
They will pour out the memory of your abundant goodness,
and sing joyfully of your righteousness.
The LORD is gracious and compassionate,
slow to anger and great in steadfast love.
The LORD is good to all,
and his compassion is over all that he has made.

Ps 145:10 All your works will give you thanks, LORD,
and your faithful ones will bless you.
They will speak of the glory of your kingdom
and tell of your might,
to make known to humankind his mighty acts
and the glorious splendor of his kingdom.
Your kingdom is an everlasting kingdom,
and your dominion endures through all generations.

27 Psalm 145 is an alphabetic acrostic: each verse begins with the next letter of the Hebrew alphabet (the verse for Nun is missing from most Hebrew manuscripts).

Ps 145:14 The LORD upholds all who fall
and raises up all who are bowed down.
The eyes of all look to you in hope,
and you give them their food in due season.
You open your hand
and satisfy the desire of every living thing.
The LORD is righteous in all his ways
and kind in all his works.

Ps 145:18 The LORD is near to all who call on him,
to all who call on him in truth.
He fulfills the desire of those who fear him;
he hears their cry and saves them.
The LORD keeps all who love him,
but all the wicked he will destroy.
My mouth will speak the praise of the LORD,
and let all flesh bless his holy name
forever and ever.

PSALM 146: DO NOT PUT YOUR TRUST IN PRINCES

Hallelujah for the LORD who keeps faith with the oppressed, the prisoner and the stranger.

Ps 146:1 Hallelujah!
Praise the LORD, my soul!
I will praise the LORD as long as I live;
I will sing to my God while I still have being.
Do not put your trust in princes,
in a mortal, who cannot save.
When his breath departs, he returns to his ground;
on that very day his plans perish.

Ps 146:5 Happy is the one whose help is the God of Jacob,
whose hope is in the LORD his God,
maker of heaven and earth, the sea, and all that is in them,
who keeps faith forever,
who executes justice for the oppressed, who gives food to the hungry.
The LORD sets the prisoners free.

Ps 146:8 The LORD opens the eyes of the blind; the LORD raises up those bowed down;
the LORD loves the righteous.
The LORD keeps watch over strangers; he upholds the orphan and the widow,
but the way of the wicked he twists.
The LORD will reign forever, your God, Zion, for all generations.
Hallelujah!

PSALM 147: HE HEALS THE BROKENHEARTED

Praise for the God who rebuilds Jerusalem and rules snow, wind and stars.

Ps 147:1 Hallelujah! How good it is to sing praises to our God,
how pleasant, and praise is fitting.
The LORD builds up Jerusalem;
he gathers the scattered of Israel.
He heals the brokenhearted
and binds up their wounds.
He counts the number of the stars;
he calls each of them by name.

Ps 147:5 Great is our Lord and abundant in power;
his understanding is beyond measure.
The LORD lifts up the humble;
he casts the wicked down to the ground.
Sing to the LORD with thanksgiving;
make music to our God on the lyre.
He covers the heavens with clouds; he prepares rain for the earth;
he makes grass grow on the mountains.

Ps 147:9 He gives the animals their food,
and the young ravens when they cry.
He does not delight in the strength of the horse,
nor take pleasure in a man's legs.
The LORD takes pleasure in those who fear him,
in those who hope in his steadfast love.
Extol the LORD, Jerusalem!
Praise your God, Zion!

Ps 147:13 For he has strengthened the bars of your gates;
he has blessed your children within you.
He makes peace within your borders;
he fills you with the finest wheat.
He sends out his command to the earth;
his word runs swiftly.
He gives snow like wool;
he scatters frost like ashes.

Ps 147:17 He hurls down his hail like crumbs;
who can stand before his cold?
He sends out his word and melts them;
he makes his wind blow, and the waters flow.
He declares his words to Jacob,
his statutes and his judgments to Israel.
He has not done this for any other nation; they do not know his judgments.
Hallelujah!

PSALM 148: PRAISE THE LORD FROM THE HEAVENS

All creation, from angels to sea monsters, is called to praise.

Ps 148:1 Hallelujah! Praise the LORD from the heavens;
praise him in the heights.
Praise him, all his angels;
praise him, all his hosts.
Praise him, sun and moon;
praise him, all you shining stars.
Praise him, highest heavens,
and you waters above the heavens.

Ps 148:5 Let them praise the name of the LORD,
for he commanded and they were created.
He established them forever and ever;
he gave a decree that will not pass away.
Praise the LORD from the earth,
you sea monsters and all deeps,

Ps 148:8 fire and hail, snow and fog,
stormy wind that carries out his word,
mountains and all hills,
fruit trees and all cedars,
wild animals and all cattle,
creeping things and winged birds,
kings of the earth and all peoples,
princes and all rulers of the earth,

Ps 148:12 young men and young women alike,
old and young together!
Let them praise the name of the LORD, for his name alone is exalted;
his splendor is above earth and heaven.
He has raised up a horn for his people, praise for all his faithful ones, for the people of Israel, the people close to him.
Hallelujah!

PSALM 149: LET THEM PRAISE HIS NAME WITH DANCING

The faithful praise God with dancing and with the sword in hand.

Ps 149:1 Hallelujah! Sing to the LORD a new song,
his praise in the assembly of the faithful.
Let Israel rejoice in its Maker;
let the children of Zion delight in their King.
Let them praise his name with dancing,
make music to him with drum and lyre.
For the LORD takes pleasure in his people;
he adorns the humble with salvation.

Ps 149:5 Let the faithful exult in glory;
let them shout for joy on their beds.
Let the high praises of God be in their throats
and a two-edged sword in their hands,
to take vengeance on the nations,
punishment on the peoples,
to bind their kings with chains
and their nobles with fetters of iron,
to carry out on them the judgment written. This is the glory
of all his faithful ones.
Hallelujah!

PSALM 150: LET EVERYTHING THAT BREATHES PRAISE THE LORD

The closing hallelujah, with every instrument.

Ps 150:1 Hallelujah! Praise God in his sanctuary;
praise him in his mighty firmament.
Praise him for his mighty deeds;
praise him for his surpassing greatness.
Praise him with the blast of the ram's horn;
praise him with harp and lyre.

Ps 150:4 Praise him with drum and dance;
praise him with strings and pipe.
Praise him with resounding cymbals;
praise him with crashing cymbals.
Let everything that breathes praise the LORD!
Hallelujah!