

Psalm 1. p198

1. Blessed are those
who do not follow the counsel of the wicked:
or linger in the way of sinners,
or sit down among those who mock.
2. But their delight is in the law of the Lord:
and on that law they meditate day and night.
3. They are like trees planted beside a watercourse:
which yield their fruit in due season.
4. Their leaves also do not wither:
and look, whatever they do it shall prosper.
5. As for the wicked, it is not so with them:
but they are like the chaff,
which is driven away by the wind.
6. Therefore the wicked shall not be able to stand
when judgment comes:
nor sinners in the assembly of the righteous.
- ¶ 7. For the Lord watches over
the way of the righteous:
but the way of the wicked is doomed.

Psalm 2. p198

1. Why are the nations in turmoil:
and why are the peoples
engaged in futile plotting?
2. The kings of the earth arise,
and the rulers take counsel together:
against the Lord and against the Lord's anointed king.
- ¶ 3. 'Let us break their fetters,' they say:
'and let us cast off their chains.'
4. The one whose throne is in heaven
laughs them to scorn:
the Lord has them in derision.
5. Then you speak to them in your wrath:
and terrify them in your fury.
- ¶ 6. 'I myself have set up my king:
upon my holy hill.'
7. I will recite the decree of the Lord:
who has said to me, 'You are my son,
today have I become your father.'
8. 'Ask, and I will give you the
nations for your inheritance:
and the ends of the earth for your possession.
9. 'You shall crush them with a rod of iron:
and break them in pieces like a potter's vessel.'
10. Now therefore you kings be wise:
be prudent, you rulers of the earth.
11. Serve the Lord with fear:
and with trembling bow down before the Most High,
12. lest the Lord be angry, and you perish,
for God's anger is quickly kindled:

blessèd are all who \ put their \ trust • in the \ Lord.

Psalm 3. p199

1. Lord, how my \ enemies • have \ multiplied:
how many there are who \ rise \ up a\gainst me.
2. Many there are who \ say a\bout me:
that there is no \ help • for me \ in my \ God.
3. But you Lord are a \ shield to \ cover me:
you are my glory,
and the \ lifter \ up • of my \ head.
4. I cry aloud to \ you O \ Lord:
and you answer me \ from your \ holy \ hill.
5. I lie \ down and \ sleep:
I wake up again \ for the \ Lord sus\tains me.
6. I will not be afraid of ten thousands \ of the \ people:
who have set themselves a\gainst me • on \ every \ side.
7. Rise up Lord, and help me \ O my \ God:
for you strike all my enemies across the face,
and \ break the \ teeth • of the \ wicked.
8. Victory be\longs • to the \ Lord:
your blessing Lord \ be up\on your \ people.

Psalm 4. p200

1. Answer me when I call,
O God, the defender \ of my \ cause:
You set me free when I was in distress,
be gracious to me \ now and \ hear my \ prayer.
2. How long, O mortals, will you de\lame my \ honour:
how long will you love,
what is worthless and \ seek \ after \ lies?
3. Know this, that the Lord has chosen \
those • who are \ righteous:
the Lord \ hears me \ when I \ call.
4. Stand in awe, and \ cease from \ sin:
commune with your own heart,
up\on your \ bed • and be \ still.
5. Offer the sacrifices that \ are ap\pointed:
and \ put your \ trust • in the \ Lord.
6. There are many who say,
'O that we might \ see pros\perity:
lift up the light of your \ face on \ us O \ Lord.'
7. But you have put gladness \ in my \ heart:
more than they have,
when corn and \ wine \ are in \ plenty.
8. I lie down in peace, and sleep \ comes at \ once:
for O Lord, it is you only,
who \ make me \ dwell in \ safety.

Psalm 5. p201

1. Listen to my \ words O \ Lord:
give heed to the \ sound \ of my \ groaning.
2. Hear my cry for help, my \ king • and my \ God:

- for to \ you • I di\rect my \ prayer.
3. In the morning Lord you \ hear my \ voice:
early in the morning I make my plea,
and look \ up to \ you • for an \ answer.
 4. For you are not a God who takes \ pleasure • in \ wickedness:
no one who is \ evil • can \ be your \ guest.
 5. The boastful may not \ stand in • your \ sight:
you hate all \ those who \ work \ mischief.
 6. You destroy all those who \ speak \ lies:
the bloodthirsty and treacherous O \ Lord \ you ab\hor.
 7. But I, through the abundance of your steadfast love,
will come \ into • your \ house:
and bow low in reverence to\ward your \ holy \ temple.
 8. Lead me O Lord in your righteousness,
be\cause of • my \ enemies:
make straight your \ way be\fore my \ face.
 9. There is no truth \ in their \ mouth:
and there is de\struction \ in their \ heart.
 10. Their throat is an \ open \ grave:
they \ flatter \ with their \ tongue.
 11. Give judgment against them O God,
let them perish through their \ own de\vices:
cast them out because of their many transgressions,
for \ they have • re\belled a\gainst you.
 12. But let all who put their trust in \ you re\joice:
let them ever give thanks because you defend them,
those who love your name \ shall be \ joyful • in \ you.
 - ¶ 13. For you Lord will give your blessing \ to the \ righteous:
and with your favour,
you will de\ fend them \ as • with a \ shield.

Psalm 6. p202

1. Lord, do not rebuke me \ in your \ anger:
do not \ punish • me \ in your \ wrath.
2. Be merciful to me O Lord, for \ I am \ weak:
O Lord heal me, for my \ bones are \ racked with \ pain.
3. My soul also is shaken \ with dis\may:
how \ long O \ Lord • will you \ punish me?
4. Turn O \ Lord • and de\liver me:
O save me \ for your \ mercy's \ sake.
5. For in death \ no one • re\members you:
and who will \ give you \ thanks • in the \ grave?
6. I am wearied \ with my \ groaning:
every night I weep upon my bed,
and \ drench my \ couch • with my \ tears.
7. My eyes have become dim \ through my \ grief:
and worn \ out with \ all my \ troubles.
8. Away from me, all \ you that • do \ evil:
for the Lord has \ heard the \ sound • of my \ weeping.
9. The Lord has \ heard • my en\treaty:
the \ Lord • will re\ceive my \ prayer.

10. All my enemies shall be confounded,
and \greatly • dis\mayed:
they shall turn back,
and be \put to \sudden • con\fusion.

Psalm 7. p202

1. O Lord my God, in you I \take \refuge:
save me from all my pur\suers \and de\liver me,
2. lest like a lion, they \tear me • to \pieces:
dragging me a\way with \no one • to \rescue me.
3. O Lord my God, if I have done \any • such \thing:
if there is any \wicked•ness \on my \hands,
4. if I have done harm to one who \was my \friend:
or plundered my \enemy • with\out • any \cause,
- ¶ 5. then let my enemies pur\sue me • and \take me:
indeed let them trample my life to the ground,
and lay my \soul \in the \dust.
6. Arise O Lord in your anger,
rise up against the fury \of my \enemies:
awake O my God,
for \you • have de\manded \judgment.
7. Let the people be as\sembled • a\round you:
and take your seat on high above them,
O \Lord the \judge • of the \nations.
8. Give judgment for me O Lord,
according \to my \righteousness:
and ac\cording • to my \soul's in\tegrity.
9. O let the evil of the wicked \come • to an \end:
but up\hold the \cause • of the \just.
- ¶ 10. For you O \God are \righteous:
you search the very \secrets \of the \heart.
11. You are my \shield and • de\fence:
you preserve \those • who are \true of \heart.
12. You are a \righteous \judge:
one who is moved to indig\nation \every \day.
13. If people will not repent, you \sharpen • your \sword:
you bend your \bow and \make it \ready.
14. You have prepared your \deadly \weapons:
and \tipped your \arrows • with \fire.
15. Look at those who are in \labour • with \mischief:
they conceive \wickedness • and \bring forth \lies.
16. They have made a pit and \dug it \out:
but will fall themselves,
into the \trap they \made for \others.
17. For their mischief shall recoil up\on them\selves:
and their violence descend \on their \own \head.
18. I will give thanks to the Lord,
for giving \righteous \judgment:
and I will praise the \name • of the \Lord most \high.

Psalm 8. p204

1. O Lord our God,
how glorious is your name in \ all the \ earth:
from the lips of infants and children,
your praises reach \ up \ to the \ heavens.
2. You have set up a stronghold_
a\gainst your \ adversaries:
to quell the \ ene•my \ and • the a\venge•r.
3. When I look up at the heavens,
the \ work • of your \ fingers:
the moon and the_
stars you have \ set \ in their \ places,
4. what are we mortals, that you should be \ mindful • of \ us:
mere human beings that \ you should \ care for \ us?
5. You have made us little \ less • than di\vine:
and \ crowned • us with \ glory • and \ honour.
6. You made us rulers over \ all • your cre\ation:
and put all things in sub\jection \ under • our \ feet,
7. all \ sheep and \ cattle:
and all the \ creatures \ of the \ wild,
8. the birds of the air and the \ fish • in the \ sea:
and all that make their \ way \ through the \ waters.
- ¶ 9. O \ Lord our \ God:
how glorious is your \ name in \ all the \ earth.

Psalm 9. p204

1. I will give thanks to you O Lord with \ all my \ heart:
I will speak of \ all your \ marvel•lous \ deeds.
2. I will be glad and re\joice in \ you:
my songs I will make to your _
name O \ God most \ high,
3. for my enemies are \ driven \ back:
they \ stumble • and \ perish • be\fore you.
4. You have upheld the justice \ of my \ cause:
seated on your throne
you have \ given \ righteous \ judgment.
5. You have rebuked the nations_
and de\stroyed the \ wicked:
you have blotted out_
their \ name for \ ever • and \ ever.
- 6 The enemy have perished,
you have made their cities a \ deso\lation:
even the \ memory • of \ them has \ vanished.
7. You O Lord sit en\throned for \ ever:
you have set \ up your \ seat for \ judgment.
8. You will judge the \ world with \ righteousness:
and mete out true \ justice \ to the \ peoples.
9. The Lord also is a stronghold \ for • the op\pressed:
a tower of \ strength in \ time of \ trouble.
10. Those who cherish your name_
will put their \ trust in \ you:
for you Lord_

- have never \ failed \ those who \ seek you.
11. Sing praise to the Lord who dwells \ in Je\usalem:
proclaim to the peoples the \ things that \ God has \ done.
 12. For the one who avenges \ blood • has re\membered:
and has not forgotten the \ cry \ of the \ poor.
 13. Have pity on me Lord,
consider the trouble I suffer_
from \ those who \ hate me:
you that lift me up \ from the \ gates of \ death,
 14. so that I may recount all your praises_
within the \ gates • of the \ city:
and rejoice \ in your \ saving \ help.
 15. The nations have fallen into a pit of their \ own \ making:
in the net they laid in secret_
their own \ feet \ are en\tangled.
 16. You have made yourself known O Lord,
and \ given \ judgment:
the wicked are trapped_
in the \ work • of their \ own \ hands.
 17. The wicked go down \ to the \ dead:
all the nations \ that are \ heedless • of \ God.
 18. The needy shall not always \ be for\gotten:
the hope of the poor shall \ not for \ ever • be \ vain.
 19. Rise up Lord, let not mere \ mortals • pre\vail:
let the \ nations • be \ judged be\fore you.
 20. Strike them with \ fear O \ Lord:
let the nations \ know • that they \ are but \ human.

Psalm 10. p206

1. Why do you stand so far \ off O \ Lord:
and hide your face in \ time of \ need and \ trouble?
2. The wicked in their pride hunt \ down the \ poor:
let them be snared \ by their \ own de\vices.
3. The wicked boast of their \ heart's de\sire:
the covetous have the Lord in contempt,
and blaspheme the \ name \ of the \ Lord.
4. In their pride they care \ nothing • for \ God:
they say in their heart that \ there is \ no \ God.
5. They prosper in \ all their \ ways:
your judgments Lord are far above out of their sight.
all their \ enemies • they \ hold • in con\tempt.
6. They say in their heart, 'I shall \ never • be \ shaken:
there shall \ no harm \ happen • to \ me.'
7. Their mouth is full of cursing, de\ceit and \ fraud:
under their \ tongue are \ mischief • and \ wrong.
8. They lie in ambush \ in the \ villages:
and in secret they murder the innocent,
stealthily they \ watch \ for the \ helpless.
9. They lie in hiding, as a lion \ lurks • in its \ den:
they lie \ waiting • to \ seize their \ prey.
10. They \ seize the \ poor:

- and \ drag them \ off • in their \ net.
11. The innocent are crushed,
and sink \ down before them:
the weak cannot \ stand a\gainst their \ might.
12. They say in their heart, \ 'God • has for\gotten:
God has looked away \ and will \ never \ see it.'
13. Arise O Lord God, and lift \ up your \ hand:
do not forget the \ poor \ in their \ need.
14. Why should the wicked make \ light of \ God:
and say in their hearts,
'God will not \ call us \ to ac\count'?
15. Surely you have seen it,
for you take note of \ trouble • and \ sorrow:
so that you may take the \ matter \ into • your \ hand.
16. The poor commit them\selves to \ you:
for you are the \ helper \ of the \ orphaned.
- ¶ 17. Break the power of the wicked \ and ma\licious:
search out their wickedness,
till \ nothing • is \ left • unre\vealed.
18. The Lord shall reign for \ ever • and \ ever:
the heathen shall \ perish \ out of • the \ land.
19. Lord you have heard the lament \ of the \ poor:
you will strengthen their heart,
and \ you • will in\cline your \ ear,
- ¶ 20. to do justice to the orphaned \ and • the op\pressed:
so that no one on earth
may \ any • more \ cause them \ terror.

Psalm 11. p208

1. In the Lord I have \ taken \ refuge:
how then can you say to me,
'Flee like a \ bird \ to the \ mountains.
2. 'See how the wicked are bending their bow,
and fitting their arrow \ to the \ string:
to shoot from ambush \ at the \ true of \ heart.
3. 'If the foundations \ are de\stroyed:
what \ can the \ righteous \ do?'
4. You O Lord are in your \ holy \ temple:
your \ throne \ is in \ heaven.
5. Your eyes are upon \ human\kind:
you take our \ measure \ at a \ glance.
6. You put the righteous and the wicked \ to the \ test:
those who delight in \ violence • your \ soul ab\hors.
7. On the wicked you shall rain
coals of \ fire and \ brimstone:
scorching wind shall \ be their \ portion • to \ drink.
8. For you are just O Lord, and you \ love just \ dealing:
the \ upright • shall be\hold your \ face.

Psalm 12. p208

1. Help Lord, for there is not one godly \ person \ left:
the faithful have \ vanished \ from a\mong us.
2. They all speak falsely \ to their \ neighbours:
they flatter with their lips,
but dissemble \ in their \ double \ heart.
3. O that the Lord would cut off all \ flatter•ing \ lips:
and the \ tongue that \ speaks so \ boastfully.
4. They have said, 'With our tongue we \ will pre\vail:
our lips are our own, \ who is \ Lord • over \ us?'
5. 'Because the poor \ are op\pressed:
and because of the \ groans \ of the \ needy,
6. 'I will arise,' \ says the \ Lord:
'and give them the \ place of \ safety • they \ long for.'
7. The words of the Lord are pure, _✓
as silver refined \ in a \ furnace:
as gold that is purified \ seven • times \ in the \ fire.
8. Pro\tect us • O \ Lord:
and guard us from \ this • gener\ation • for \ ever,
- ¶ 9. for the wicked flaunt themselves on \ every \ side:
and the worthless are ex\alted • a\mong the \ people.

Psalm 13. p209

1. How long O Lord will you \ utterly • for\get me:
how long will you \ hide your \ face \ from me?
2. How long must I suffer anguish in my soul,
and be so grieved in my heart \ day and \ night:
how long shall my \ ene•my \ triumph \ over me?
3. Look at me, and answer me O \ Lord my \ God:
give light to my eyes, lest I \ fall a\sleep in \ death,
4. lest my enemies should claim, _✓
to have pre\vailed a\gainst me:
lest my foes should re\joice \ at my \ downfall.
5. But my trust is \ in your \ mercy:
let my heart be \ joyful • in \ your sal\vation.
6. I will sing to you O Lord,
because you have dealt so \ loving•ly \ with me:
I will praise your \ name O \ Lord most \ high.

Psalm 14. p209

1. The foolish have spoken \ in their \ heart:
and said, \ 'There is \ no \ God.'
2. All are corrupt, they do a\bomin•able \ things:
there is \ no one • who \ does • what is \ good.
3. The Lord looks down from \ heaven • on \ all of us:
to see if there are any who, _✓
act wisely and \ seek \ after \ God.
4. But they have all gone astray,
all alike have \ been cor\rupted:
there is not one that does \ good \ no not \ one.

5. Have they no knowledge, all \ those • who do \ evil?:
they eat up my people like eating bread,
and \ do not \ pray • to the \ Lord.
6. See now, they \ tremble • with \ fear:
for God is on the \ side \ of the \ righteous.
7. Though you mock at the \ hope • of the \ poor:
yet the \ Lord \ is their \ refuge.
8. O that deliverance for God's people,
would come \ forth • from Je\usalem:
when the Lord restores the fortunes of the people,
then shall Jacob re\joice and \ Israel • be \ glad.

Psalm 15. p210

1. Lord, who may be a \ guest • in your \ house:
or who may dwell \ on your \ holy \ mountain?
2. One who leads a \ blameless \ life:
who does what is right,
and speaks \ truthful•ly \ from the \ heart,
3. whose tongue is free from malice,
who never \ wrongs a \ friend:
and utters no re\proach a\gainst a \ neighbour.
4. who does not \ honour • the un\worthy:
but makes much of \ those who \ fear the \ Lord.
5. Such a one stands by a \ promise \ given:
though it be at \ person•al \ disad\vantage,
6. and will not take interest \ on a \ loan:
nor accept a bribe,
to \ testi•fy a\gainst the \ innocent.
- ¶ 7. Whoever \ does all \ this:
shall \ never • be \ over\thrown.

Psalm 16. p211

1. Preserve \ me O \ God:
for in \ you • I have \ taken \ refuge.
2. I have said to the Lord, \ You are • my \ God:
from you alone \ comes all \ my pros\perity.'
3. All my delight is in the faithful,
who \ dwell • in the \ land:
and in \ those • who ex\cel in \ virtue.
4. But as for those who run after \ other \ gods:
their \ troubles \ shall be \ multiplied.
5. Libations of blood I will not offer to \ those \ gods:
nor will I take their \ names up\on my \ lips.
6. You Lord are my allotted portion \ and my \ cup:
you your\self have \ cast my \ lot.
7. My boundaries enclose a \ pleasant \ land:
indeed I \ have a \ noble \ heritage.
8. I will thank you O Lord for \ giving • me \ counsel:
at night \ also • you \ teach my \ heart.
9. I keep you \ always • be\fore me:

you are on my right hand, \
therefore • I \ shall not \ fall.

10. So my heart is glad, and my \ soul re\joices:
my body \ also • shall \ rest in \ safety.
11. For you will not give me up to the \ power • of \ death:
nor suffer your be\loved • to \ see • the A\byss.
12. You will show me the path of life,
in your presence is the \ fullness • of \ joy:
and from your right hand flow de\lights for \ ever\more.

Psalm 17. p211

1. Hear my just cause, attend to my \ cry O \ Lord:
listen to my prayer from \ lips that \ do not \ lie.
2. Let judgment in my favour ◡
come \ forth • from your \ presence:
and let your \ eyes dis\cern • what is \ right.
3. You have searched my heart,
and visited \ me by \ night:
if you test me, you will find no wickedness in me,
my \ mouth does \ not of\end.
4. With regard to \ human \ deeds:
because of the word of your lips,
I have a\voided • the \ ways • of the \ violent.
- ¶ 5. My steps have been \ firm in • your \ paths:
and my \ feet \ have not \ stumbled.
6. I call upon you O God for \ you will \ answer me:
incline your ear to \ me and \ hear my \ words.
7. Show me the wonders of your \ steadfast \ love:
for by your right hand
you save from their adversaries ◡
those • who take \ refuge • with \ you.
8. Guard me as the \ apple • of your \ eye:
hide me under the \ shadow \ of your \ wings,
9. from the wicked \ who as\sail me:
from \ deadly \ foes • who sur\round me.
10. They have closed their \ hearts to \ pity:
and their \ mouths speak \ arro\gant \ things.
11. They press hard upon me from \ every \ side:
watching how they may ◡
strike me \ down • to the \ ground,
- ¶ 12. like a lion that is \ greedy • for \ prey:
like a young lion ◡
crouching \ in a \ place of \ ambush.
13. Arise O Lord, stand in their way ◡
and \ bring them \ down:
let your sword \ rescue • me \ from the \ wicked.
14. Let your hand deliver me from people ◡
whose portion in life is \ of the \ world:
who have gorged themselves \ with your \ good \ things.
15. They have children at \ their de\sire:

and leave to heirs \ what re\mains • of their \ wealth.

16. But as for me, I shall see your face,
because my \ plea is \ just:
when I awake,
and see your \ face I \ shall be \ satisfied.

Psalm 18. p213

1. I love you O \ Lord my \ strength:
the Lord is my rock, my \ fortress • and \ my de\liverer;
2. my God, the rock where \ I take \ refuge:
my shield, my sal\vation \ and my \ stronghold.
- ¶ 3. I will call upon the Lord,
who is worthy of \ all \ praise:
so shall I be \ saved \ from my \ enemies.
4. The waves of death were \ all a\round me:
the torrents of de\struction \ over\took me.
5. The cords of death \ tightened • up\on me:
and its snares were \ laid \ in my \ path.
6. In my trouble I \ called • to the \ Lord:
and cried for \ help \ to my \ God.
7. From your temple you \ heard my \ voice:
and my \ cry to • you \ reached your \ ears.
8. Then the earth \ heaved and \ quaked:
the very foundations of the hills were shaken,
they \ reeled be\cause of • your \ anger.
9. Smoke issued from your nostrils,
and a consuming fire came \ out of • your \ mouth:
glowing \ coals flamed \ forth • from your \ presence.
10. You parted the heavens and \ came \ down:
a \ storm cloud \ under • your \ feet.
11. Mounted on the \ cherubim • you \ flew:
you swooped on the \ wings \ of the \ wind.
12. You made darkness your \ covering • a\round you:
thick clouds \ dark with \ rain your \ canopy.
13. Out of the brightness \ of your \ presence:
there broke through the clouds, \
hailstones • and \ coals of \ fire.
14. You O Lord most high thundered \ out of \ heaven:
you uttered your voice, \
hailstones • and \ coals of \ fire.
15. You sent out your arrows and \ scattered • your \ enemies:
you flashed forth your \,
lightnings • and \ put them • to \ flight.
- ¶ 16. The bed of the sea was laid bare,
the foundations of the world \ were un\covered:
at your rebuke O Lord,
at the blasting of the \ breath of \ your dis\pleasure.
17. You O Lord reached down from on \ high and \ grasped me:
you drew me \ out • of the \ great \ waters.
18. You delivered me from my powerful enemy,

- and from \ those who \ hated me:
 be\cause they \ were too \ strong for me.
19. They came upon me in the day of \ my cal\amity
 but you were \ my up\holder • O \ Lord.
20. You brought me out into a \ place of \ liberty:
 you rescued me be\cause • you de\lighted • in \ me.
21. You rewarded me for my \ righteous \ dealing:
 you recompensed me be\cause my \ hands were \ clean.
22. For I have kept your \ ways O \ Lord:
 and have not \ wickedly • for\saken • my \ God.
23. All your laws are be\fore my \ eyes:
 and your commandments I have not \ put a\way \ from me.
24. I was also \ blameless • be\fore you:
 and I \ kept my\self from \ wickedness.
- ¶ 25. So you rewarded me for my \ righteous \ dealing:
 because my \ hands were \ clean in • your \ sight.
26. With the faithful you \ show your\self \ faithful:
 with the \ upright • you \ show your\self \ upright.
27. With the pure you \ show your\self \ pure:
 but with the \ crafty • ones \ you are \ crafty.
28. For you will deliver a \ humble \ people:
 but you will bring down the \ high looks \ of the \ proud.
29. You light my lamp O \ Lord my \ God:
 you turn my \ darkness \ into \ light.
- ¶ 30. With you I can \ break • through a \ hedge:
 with the help of my God I can \ leap \ over • a \ wall.
31. The way of our God is perfect,
 the word of the \ Lord proves \ true:
 you are the shield of \ all • who take \ refuge • in \ you.
32. For who is \ God • but the \ Lord:
 and who is a \ rock ex\cept our \ God?
33. It is God who \ girds me • with \ strength:
 and makes the \ path be\fore me \ safe.
34. You make my feet like the \ feet • of a \ deer:
 and \ set me • up\on the \ heights.
35. You teach my \ hands to \ fight:
 so that my arms can bend \ even • a \ bow of \ bronze.
36. You have given me the shield of \ your sal\vation:
 your right hand held me up,
 and your loving \ care has \ made me \ great.
37. You have made a broad \ path • for my \ feet:
 and my \ footsteps \ have not \ faltered.
- ****
44. You delivered me from the \ strife • of the \ peoples:
 and you \ made me • the \ head • of the \ nations.
45. A people whom I \ had not \ known:
 became \ subjects \ under • my \ rule.
46. As soon as they heard of me \ they o\beyed me:
 and foreigners \ humbled • them\selves be\fore me.
- ¶ 47. The strength of the \ ali\ens \ failed:

in fear they \ came out \ from their \ strongholds.

48. The Lord lives, and blessed \ be my \ rock:
and \ praised • be the \ God who \ saves me.
49. You are the God \ who a\venge me:
and sub\dued the \ peoples \ under me.
50. You delivered me \ from my \ enemies:
you set me up above my adversaries,
and \ saved me \ from the \ violent.
51. Therefore Lord, I will extol you a\mong the \ nations:
and sing \ praises \ to your \ name.
- ¶ 52. Great triumphs O Lord you \ give • to your \ king:
and show unfailing love to your anointed one,
to David and \ his de\scendants • for \ ever.

Psalm 19. p216

1. The heavens proclaim the \ glory • of \ God:
and the vault of the \ sky re\veals God's \ handiwork.
2. One day \ speaks • to an\other:
and night \ shares its \ knowledge • with \ night,
3. and this without \ speech or \ language:
their \ voices \ are not \ heard.
4. But their sound goes out into \ all \ lands:
their \ words • to the \ ends • of the \ earth.
5. In them God has pitched a \ tent • for the \ sun:
which comes out like a bridegroom,
like an athlete \ eager • to \ run a \ race.
6. Its rising is at one end of the sky,
it runs its \ course • to the \ other:
and there is nothing that is \ hidden \ from its \ heat.
7. The law of the Lord is perfect, re\freshing • the \ soul:
the instruction of the Lord is sure,
and gives \ wisdom \ to the \ simple.
8. The precepts of the Lord are right,
and re\joice the \ heart:
the commandment of the Lord is ✓
pure and gives \ light \ to the \ eyes.
9. The fear of the Lord is clean, and en\dures for \ ever:
the judgments of the Lord are true ✓
and \ righteous \ every \ one.
10. They are more to be desired than gold,
even \ much fine \ gold:
sweeter also than honey,
pure \ honey \ from the \ comb.
11. By them is your \ servant \ taught:
and for keeping them \ there is \ great re\ward.
12. Who can discern un\witting \ sins?:
O cleanse me \ from my \ secret \ faults.
13. Keep your servant also from presumptuous sins,
lest they get the \ better \ of me:
then shall I be clean,

and \ innocent • of \ great of\ fence.

14. Let the words of my mouth
and the \ thoughts • of my \ heart:
be acceptable in your sight,
O Lord my \ strength and \ my re\ deemer.

Psalm 20. p217

1. May the Lord answer you in the \ day of \ trouble:
the name of the \ God of \ Jacob • de\ fend you,
2. send you \ help • from the \ sanctuary:
and give you sup\ port • from the \ holy \ mountain.
3. May the Lord remember \ all your \ offerings:
and ac\ cept your \ burnt \ sacrifices,
4. grant you your \ heart's de\ sire:
and give suc\ cess to \ all your \ plans,
- ¶ 5. so that we may rejoice in your victory,
and triumph in the \ name • of our \ God:
because the Lord has \ granted \ all • your pe\ titions.
6. Now I know O Lord that you help your anointed king,
and will answer him from your \ holy \ heaven:
with the victorious \ might of \ your right \ hand.
7. Some put their trust in chariots,
and \ some in \ horses:
but we will trust in the \
name • of the \ Lord our \ God.
8. They will \ totter • and \ fall:
but we shall \ rise and \ stand \ upright.
9. O Lord \ save the \ king:
and \ answer • us \ when we \ call.

Psalm 21. p218

1. The king rejoices in your \ strength O \ Lord:
how greatly \ he ex\ ults • in your \ victory.
2. You have given him his \ heart's de\ sire:
and not de\ nied him • the re\ quest • of his \ lips.
3. You come to meet him with the \ blessings • of suc\ cess:
and set a crown of pure \ gold up\ on his \ head.
4. He asked you for life, and you \ gave it \ to him:
length of \ days for \ ever • and \ ever.
5. Great is his glory be\ cause of • your \ victory:
splendour and majesty \ you have \ laid up\ on him.
6. You have given him ever\ lasting • fe\ licity:
and you make him \ glad with \ joy • in your \ presence.
7. For the king puts his \ trust • in the \ Lord:
and through the steadfast love of God most high, \
he • will re\ main un\ shaken.

* * *

13. Arise O Lord \ in your \ strength:
and we will \ sing and \ praise your \ power.

Psalm 22. p219

1. My God my God, why have you forsaken me:
why are you so far from my help,
and from my cry of distress?
2. O my God I cry out in the daytime,
but you do not answer:
at night also, but I get no relief.
3. But you are the Holy One:
enthroned on the praises of your people.
4. Our ancestors trusted in you:
they trusted and you delivered them.
5. They called to you and were rescued:
they put their trust in you,
and were not disappointed.
6. But I am a worm and something less than human:
an object of scorn and an outcast of the people.
7. All those who see me laugh me to scorn:
they curl their lips and toss their heads saying,
8. 'You trusted in God for deliverance:
if God cares for you, let God rescue you.'
9. But you are the one who took me out of the womb:
you kept me safe upon my mother's breast.
10. On you have I been cast ever since I was born:
and you are my God even from my mother's womb.
11. Be not far from me, for trouble is close at hand:
and there is no one to help me.
12. Many bulls have come around me:
great bulls of Bashan,
close in on me from every side.
13. They open wide their mouths at me:
like ravening and roaring lions.
14. I am poured out like water,
and all my bones are out of joint:
my heart within my breast has melted like wax.
15. My mouth is parched as dry clay,
my tongue clings to my jaws:
and I am laid in the dust of death.
16. Many dogs have come around me:
and the wicked hem me in on every side.
17. They pierce my hands and my feet,
I can count all my bones:
they stand staring and gloating over me.
18. They share out my garments among them:
and they cast lots for my clothing.
19. Do not stand far off from me O Lord:
you are my helper, come quickly to my rescue.
20. Deliver me from the sword:
my precious life from the mauling of dogs.
- ¶ 21. Save me from the lion's mouth:
my afflicted soul from the horns of the wild cattle.

22. I will declare your \ name • to my \ people:
in the midst of the as\sembly \ I will \ praise you.
23. Give praise all you that \ fear the \ Lord:
proclaim God's greatness, all you children of Jacob,
stand in awe \ all you \ children • of \ Israel.
24. For you O God have not despised or abhorred,
the poor in \ their af\ffliction:
you have not hidden your face from them,
but you \ heard them \ when they \ called to you.
25. You are the theme of my praise in the \ full as\sembly:
my vows I will perform,
in the \ sight of \ those who \ fear you.
26. The poor shall \ eat • and be \ satisfied:
those who seek you O Lord shall praise you,
may they \ be in • good \ heart for \ ever.
27. Let all the ends of the earth remember,
and turn to \ you O \ Lord:
and let all the families,
of the \ nations • bow \ down be\fore you.
28. For yours is the \ kingdom • O \ Lord:
and you are the \ ruler \ over • the \ nations.
29. As for those who sleep in the grave,
how shall they \ worship \ you:
all those who go down into the dust,
how shall they \ bow be\fore \ you?
30. But I shall live through you,
and my \ children • shall \ serve you:
they shall tell of you,
to the generations \ that are \ yet to \ come.
31. To a people as yet unborn they shall \ make \ known:
the \ saving \ deeds • you have \ done.

Psalm 23. p221

1. The Lord \ is my \ shepherd:
therefore \ can I \ lack \ nothing.
2. You Lord make me lie down in \ green \ pastures:
and lead me be\side the \ waters • of \ peace.
3. You re\live my \ spirit:
and guide me in right pathways \,
for your \ name's \ sake.
4. Though I walk through the valley of the shadow of death,
I will \ fear no \ evil:
for you are with me,
your \ rod • and your \ staff • are my \ comfort.
5. You spread a table for me,
in the \ sight • of my \ enemies:
you have anointed my head with oil,
and my \ cup is \ over\flowing.
6. Surely your goodness and mercy shall follow me,
all the \ days • of my \ life:
and I will dwell in the \ house • of the \ Lord for \ ever.

Psalm 24. p222

1. The earth is the Lord's and \ all • that is \ in it:
the \ world and \ its in\habitants.
2. For the Lord has founded it up\on the \ seas:
and planted it firm up\on the \ waters • be\neath.
3. Who may ascend the \ hill • of the \ Lord:
or who may \ stand • in God's \ holy \ place?
4. Those who have clean hands and a \ pure \ heart:
who have not set their minds on falsehood,
or \ sworn • a de\ceitful \ oath.
5. They shall receive blessing \ from the \ Lord:
and \ recompense • from \ God their \ saviour.
6. So it is with those who \ seek the \ Lord:
with those who seek_~
the \ face • of the \ God of \ Jacob.
7. Lift up your heads you gates,
lift yourselves up, you ever\lasting \ doors:
that the king of \ glory \ may come \ in.
8. 'Who is the \ king of \ glory?':
'It is the Lord strong and mighty,
the \ Lord • who is \ mighty • in \ battle.'
9. Lift up your heads you gates,
lift yourselves up, you ever\lasting \ doors:
that the king of \ glory \ may come \ in.
10. 'Who is the \ king of \ glory?':
'It is the Lord, the Lord of hosts who \
is the \ king of \ glory.'

Psalm 25.

1. To you Lord I lift up my soul,
my God I have put my \ trust in \ you:
let me not be disappointed,
nor let my \ ene•mies \ triumph \ over me.
2. For all those who hope in you shall \ not be • a\shamed:
but only those who \ wanton•ly \ break \ faith.
3. Make known to me your \ ways O \ Lord:
and \ teach me \ your \ paths.
4. Lead me in the way of your \ truth and \ teach me:
you are God my saviour,
for you have I waited \ all the \ day \ long.
5. Call to remembrance O Lord your \ tender \ care:
and the unfailing love_~
which you have \ shown \ from of \ old.
6. Do not remember the sins and offences \ of my \ youth:
but according to your mercy,
remember me \ Lord \ in your \ goodness.
7. You O Lord are \ upright • and \ good:
therefore you show the path to \ those who \ go a\stray.
8. You guide the humble to do \ what is \ right:

- and those who are \ gentle • you \ teach your \ way.
9. All your ways are \ loving • and \ sure:
to those who keep your \ covenant • and \ your com\mandments.
 10. For your name's \ sake O \ Lord:
pardon my guilt, \ which in\deed is \ great.
 11. If there are any who \ fear the \ Lord:
to them the Lord will \ show the \ path • they should \ choose.
 12. They themselves shall \ dwell • in pros\perity:
and their \ children • shall in\herit • the \ land.
 13. Your friendship O Lord is for \ those who \ honour you:
and to \ them • you re\veal your \ covenant.
 14. My eyes are always on \ you O \ Lord:
for you will re\lease my \ feet • from the \ net.
 15. Turn to me Lord \ and have \ mercy:
for I am \ lonely \ and op\pressed.
 16. Relieve the \ sorrows • of my \ heart:
and bring me \ out of \ my dis\tress.
 17. Look at my affliction \ and my \ trouble:
and for\give me \ all my \ sins.
 18. See how many \ are my \ enemies:
how violent \ is their \ hatred \ for me.
 19. Preserve my life \ and de\liver me:
let me not be disappointed,
for I have \ put my \ trust in \ you.
 20. Let integrity and righteous \ dealing • pre\serve me:
let me not be disappointed,
for I have \ put my \ trust in \ you.
 - ¶ 21. Redeem your \ people • O \ God:
and bring them \ out of \ all their • dis\tress.

Psalm 26.

1. Give judgment O Lord in my favour,
for I have walked the \ way • of in\tegrity:
and I have put un\waver\ing \ trust • in the \ Lord.
2. Examine me O \ Lord and \ try me:
put my heart and my \ mind \ to the \ test.
3. For your steadfast love is ever be\fore my \ eyes:
and I walk in the \ way \ of your \ faithfulness.
4. I do not sit down with people \ who are \ false:
nor \ do I • con\sort with \ hypocrites.
5. I hate the \ company • of \ wrongdoers:
and \ will not \ sit • with the \ wicked.
6. I wash my hands in \ innocence • O \ Lord:
and so will I \ go a\round your \ altar,
7. singing a \ song of \ thanksgiving:
and pro\claiming \ all your \ wonders.
8. Lord I love the house you have \ made your \ home:
the \ place • where your \ glory \ dwells.
9. Do not sweep me a\way with \ sinners:
nor my life with \ those who \ thirst for \ blood.

10. whose fingers are \ active • in \ mischief:
and whose right \ hand is \ full of \ bribes.
11. But as for me, I will walk the \ way • of in\tegrity:
deliver me and \ show me \ your \ favour.
12. My foot stands firm on \ level \ ground:
in the full assembly \ I will \ praise the \ Lord.

Psalm 27.

1. The Lord is my light and my salvation,
whom then \ shall I \ fear?:
the Lord is the stronghold of my life,
of whom then \ shall I \ be a\ffraid?
2. When the wicked close in on me \ to de\avour me:
it is they, my enemies,
and my \ foes • who \ stumble • and \ fall.
3. If an army should encamp against me,
my heart shall \ not • be a\ffraid:
if war should arise against me,
even then \ I will \ not • be dis\mayed.
4. One thing I have asked of the Lord, \,
which I \ long for:
that I may dwell in the house of the Lord \,
all the \ days • of my \ life,
- ¶ 5. to gaze on your \ beauty • O \ Lord:
and to \ seek you \ in your \ temple.
6. For in the time of trouble you will \ give me \ shelter:
you will hide me under the cover of your tent,
and set me \ high up\on a \ rock.
7. And now you have \ raised my \ head:
above my \ ene•mies \ round a\bout me.
- ¶ 8. Therefore I will offer in your dwelling,
a sacrifice with \ great \ gladness:
I will sing and give \ praise to \ you O \ Lord.
9. Hear my voice O Lord \ when I \ call:
have \ mercy • on \ me and \ answer me.
10. Of you my heart has said, \ 'Seek God's \ face':
your \ face Lord \ I will \ seek.
11. Do not hide your \ face \ from me:
or re\ject your \ servant • in \ anger.
12. You have \ been my \ helper:
do not cast me off,
or for\sake me • O \ God my \ saviour.
- ¶ 13. Though my father and my \ mother • for\sake me:
the \ Lord will \ take me \ up.
14. Teach me your \ way O \ Lord:
and lead me by a level path,
safe from \ those who \ lie in \ wait for me.
15. Do not give me up to the \ will • of my \ enemies:
for liars, and those who breathe out malice,
have risen \ up to \ witness • a\gainst me.

16. I believe that I shall see the \ goodness • of the \ Lord:
in the \ land \ of the \ living.
17. Wait for the Lord,
be strong and let your \ heart take \ courage:
yes, \ wait I \ say • for the \ Lord.

Psalm 28.

1. To you I call O Lord my rock,
be not \ deaf • to my \ cry:
lest if you answer with silence,
I become like those who go \ down \ to the \ grave.
2. Hear the voice of my pleading when I cry to \ you for \ help:
when I lift up my hands,
towards the \ shrine • of your \ holy \ temple.
3. Do not cast me off with the wicked and \ those • who do \ evil:
who speak peace to their neighbours,
but \ mischief • is \ in their \ hearts.

6. Because they give no heed to your acts O Lord,
or to the \ work • of your \ hands:
you will break them \ down and \ never • re\build them.
7. Blessèd are \ you O \ Lord:
for you have \ heard my \ plea for \ mercy.
8. You are my strength and my shield,
my heart trusts in you and \ I am \ helped:
therefore my heart dances for joy,
and in my \ song \ I will \ praise you.
9. You Lord are the \ strength • of your \ people:
and a sure refuge for \ your an\ointed \ king.
10. O Lord save your people, and \ bless • your in\heritance:
be a shepherd to them, and \ bear them \ up for \ ever.

Psalm 29.

1. Ascribe to the Lord you \ heaven•ly \ powers:
ascribe to the \ Lord all \ glory • and \ might.
2. Ascribe due honour to God's \ holy \ name:
worship the Lord \ in the \ beauty • of \ holiness.
3. The voice of the Lord is up\on the \ waters:
it is the glorious God,
who makes the thunder up\on the \ great \ waters.
4. The voice of the \ Lord is \ power:
the voice of the \ Lord is \ full of \ majesty.
5. The voice of the Lord \ breaks the \ cedar-trees:
the Lord \ splinters • the \ cedars • of \ Lebanon.
6. The Lord makes Lebanon \ skip • like a \ calf:
and Sirion \ like a \ young wild \ bull.
7. The voice of the Lord di\vides the\ lightning:
the voice of the Lord shakes the wilderness,
the Lord \ shakes the \ wilderness • of \ Kadesh.
8. The voice of the Lord makes the oaks to writhe,

- and strips the \ forests \ bare:
 while in God's \ temple \ all cry, \ 'Glory'.
9. The Lord sits enthroned a\bove the \ waters:
 the Lord sits en\throned as \ king for \ ever.
 10. You Lord will give \ strength • to your \ people:
 you will give your \ people • the \ blessing • of \ peace.

Psalm 30.

1. I will extol you O Lord for you have \ lifted • me \ up:
 you have not let my \ ene•mies \ triumph \ over me.
2. O Lord my God I cried to \ you for \ help:
 and \ you • have re\stored my \ health.
- ¶ 3. Lord you have brought me back \ from the \ dead:
 you have saved my life, _~
 from among those going \ down \ to • the A\byss.
4. Let all your servants sing praises to \ you O \ Lord:
 and give \ thanks • to your \ holy \ name.
5. For your anger is but for a moment,
 and in your \ kindness • is \ life:
 tears may linger at nightfall,
 but \ joy comes \ with the \ dawn.
6. In my prosperity I said, 'I shall \ never • be \ shaken:
 your favour O Lord has made me, _~
 as firm as \ any \ strong \ mountain.'
7. You turned your \ face a\way from me:
 and \ I was \ greatly • dis\mayed.
8. I called to \ you O \ God:
 to the \ Lord I \ made • my ap\peal.
9. 'What profit is there \ in my \ death:
 in my \ going \ down • to the \ grave?
10. 'Will the dust \ give you \ praise:
 or \ will it • pro\claim your \ faithfulness?
11. 'Hear O Lord, and be \ gracious \ to me:
 O \ Lord \ be my \ helper.'
12. You have turned my mourning \ into \ dancing:
 you have stripped off my \ _~
 sackcloth • and \ clothed • me with \ joy,
13. so that my heart shall sing your \ praise with•out \ ceasing:
 O Lord my God, I will give \ thanks to \ you for \ ever.

Psalm 31. p229

1. In you Lord I have \ taken \ refuge:
 let me \ never • be \ put to \ shame,
2. deliver me \ in your \ righteousness:
 incline your ear to me,
 come \ quickly \ to my \ rescue.
3. Be to me a \ rock of \ refuge:
 a \ stronghold • to \ keep me \ safe.
4. You are to me a \ rock • and a \ fortress:

- for your name's sake \ lead me \ and \ guide me.
5. Release me from the net they have \ secret•ly \ laid for me:
for you O \ Lord \ are my \ strength.
 6. Into your hands I com\mend my \ spirit:
for you have redeemed me, O \ Lord \ God of \ truth.
 7. You hate those who pay regard to \ worthless \ idols:
but I \ put my \ trust • in the \ Lord.
 8. I will be glad and re\joice in • your \ mercy:
for you have seen my affliction,
and taken \ heed • of my \ soul's dis\tress.
 - ¶ 9. You have not given me up to the \ power • of the \ enemy:
you have set my feet where \ I may \ walk at \ liberty.
 10. Have mercy on me Lord, for \ I • am in \ trouble:
my eyes are wasted from grief,
my \ soul • and my \ body \ also.
 11. My life is worn out with sorrow,
and my \ years with \ sighing:
my strength fails me in my misery,
my \ bones are \ wasted • a\way.
 12. I am the \ scorn • of my \ enemies:
and a \ byword • a\mong my \ neighbours.
 13. Those of my acquaintance shudder \ at the \ sight of me:
when they see me in the _
street they \ shrink a\way from me.
 14. I have passed out of mind like \ one • who is \ dead:
I have be\come • like a \ broken \ vessel.
 15. I hear the whispering of many,
fear is on \ every \ side:
while they conspire together against me,
and plot to \ take a\way my \ life.
 16. But my trust is in \ you O \ Lord:
I say, 'You are my God,
my \ fortunes • are \ in your \ hands.'
 17. Deliver me from the \ power • of my \ enemies:
and from the \ hand of \ those who \ persecute me.
 18. Make your face to shine \ on your \ servant:
and save me \ for your \ mercy's \ sake.
 19. Let me not be put to shame when I \ call up\on you:
let the wicked be shamed,
and put to \ silence \ in the \ grave.
 - ¶ 20. Let the lying lips be \ put to \ silence:
which speak insolently against_
the \ righteous • with \ pride • and con\tempt.
 21. O how great is your goodness,
which you have laid up for \ those who \ fear you:
which you have prepared in the sight of all,
for \ those • who take \ refuge • in \ you.
 22. You hide them under the cover of your presence_
from those who con\spire a\gainst them:
you keep them under your shelter, \
safe • from the \ strife of \ tongues.

23. Blessèd are \ you O \ Lord:
for you have wonderfully shown your love to me,
when I was beset like a \ city \ under \ siege.
24. I said in \ my a\larm:
'I am cut off from the \ sight \ of your \ eyes.'
25. But you heard the \ voice • of my \ plea:
when I \ called to \ you for \ help.
26. Love the Lord all you servants \ of the \ Lord:
for the Lord preserves those who are faithful,
and fully repays the \ haughty • for \ their pre\sumption.
- ¶ 27. Be strong, and let your \ heart take \ courage:
all \ you that \ wait • for the \ Lord.

Psalm 32. p231

1. Blessèd are those whose offences \ are for\given:
whose \ sin • has been \ put a\way.
2. Blessèd are those to whom the Lord im\putes no \ guilt:
and in whose spirit \ there is \ no de\ceit.
3. While I held back from con\fessing • my \ sin:
my body wasted away_
through my \ groaning \ all day \ long.
4. For your hand was heavy upon me \ day and \ night:
I was dried up and withered,
as it \ were by \ drought in \ summer.
5. Then I acknowledged my \ sin to \ you:
my \ guilt I \ did not \ hide.
6. I said, 'I will confess my sins \ to the \ Lord':
and so you forgave the \ wicked•ness \ of my \ sin.
7. Therefore let all those that are faithful_
pray to you in \ time of \ trouble:
when great flood-water rises, \
it shall \ not come \ near them.
8. You are a place to hide me in,
you will pre\serve me • from \ trouble:
you will surround me with \ shouts \ of de\liverance.
9. 'I will teach you,
and guide you in the \ way • you should \ go:
I will keep you under my \ eye and \ give you \ counsel.
10. 'Be not like horse or mule,
which have no \ under\standing:
whose course must be \ checked with \ bit and \ bridle.'
11. Many pains are in store \ for the \ wicked:
but whoever trusts in the Lord_
is sur\rounded • by \ steadfast \ love.
12. Be glad you righteous, and rejoice \ in the \ Lord:
shout for joy all \ you • that are \ upright • in \ heart.

Psalm 33.

1. Rejoice in the \ Lord, you \ righteous:

- praise comes \ well • from the \ upright • in \ heart.
2. Give thanks to the Lord \ on the \ harp:
sing God's praise \ with the \ ten-stringed \ lute.
 3. Sing to the Lord a \ new \ song:
play \ loudly • with \ all your \ skill.
 4. For your word O \ Lord is \ true:
and you are \ faithful • in \ all you \ do.
 5. You love what is \ just and \ right:
the \ earth is \ full of • your \ kindness.
 6. By your word were the \ heavens \ made:
and the stars in their _
hosts • by the \ breath of • your \ mouth.
 7. You gathered up the sea as \ into • a \ water-jar:
you laid up the \ deep as \ in a \ storehouse.
 8. Let all the earth \ fear you • O \ Lord:
and all the inhabitants of the \ world \ stand in \ awe of you.
 9. For you spoke, and the world \ came to \ be:
you commanded \ and it \ stood \ firm.
 10. You Lord bring the counsels of the \ nations • to \ nothing:
and frus\trate • the de\signs • of the \ peoples.
 11. Your counsel shall en\dure for \ ever:
the purpose of your \ heart to \ all • gener\ations.
 12. How blest are the people whose \ God • is the \ Lord:
the people you \ chose • as your \ own pos\session.
 13. You Lord look down from heaven upon \ all \ people:
from the place where you dwell _
you consider \ all • who in\habit • the \ earth.
 14. You fashion the \ hearts • of them \ all:
and ob\serve \ all their \ deeds.
 15. A king is not saved by a \ mighty \ army:
nor is a warrior de\livered • by \ much \ strength.
 16. A horse is a vain thing to \ count on • for \ victory:
nor will it save anyone \ by its \ great \ strength.
 17. But your eye O Lord is on \ those who \ fear you:
on those who rely \ on your \ steadfast \ love,
 18. to de\liver them • from \ death:
and to \ keep them • a\live in \ famine.
 19. We have waited eagerly for \ you O \ Lord:
for you are our \ help \ and our \ shield.
 20. Our heart shall re\joice in \ you:
because we have \ hoped • in your \ holy \ name.
 - ¶ 21. Let your constant love at\tend us • O \ Lord:
as we \ put our \ trust in \ you.

Psalm 34.

1. I will give thanks to the Lord at \ all \ times:
God's praise will \ always • be \ on my \ lips.
2. My soul will glory \ in the \ Lord:
the humble will \ hear \ and be \ glad.
3. O praise the \ Lord with \ me:
let us ex\alt God's \ name to\gether.

4. I sought your help O Lord \ and you \ answered me:
and \ freed me • from \ all my \ fears.
5. Look towards the Most High, and be \ radiant • with \ light
and your \ faces • will \ not • be a\shamed.
6. In my affliction I cried out,
and the \ Lord \ heard me:
and \ saved me • from \ all my \ troubles.
7. Your angel O Lord,
keeps guard around \ those who \ fear you:
to \ rescue • them in \ time of \ danger.
8. Taste and see \ how gracious • the \ Lord is:
happy are those who find refuge \ in the \ Most \ High.
9. Fear the Lord, you that are God's \ holy \ people:
for those who fear the Lord \ are in \ want of \ nothing.
10. Strong lions suffer \ want • and go \ hungry:
but those who seek the Lord,
shall lack \ nothing \ that is \ good.
11. Come my children and \ listen • to \ me:
I will \ teach you • the \ fear • of the \ Lord.
12. Which of you de\lights in \ life:
and desires \ many \ days • of pros\perity?
13. Keep your \ tongue from \ evil:
and your \ lips from \ speaking \ lies.
14. Turn away from evil and \ do \ good:
seek \ peace and \ steadily • pur\sue it.
15. The eyes of the Lord are \ on the \ righteous:
God's ears are \ open \ to their \ cry.
16. The Lord opposes \ those • who do \ evil:
to blot out the re\membrance • of them \ from the \ earth.
17. The righteous cry out, and the \ Lord \ hears them:
and \ rescues • them from \ all their \ troubles.
18. The Lord is near to those who are \ broken-\hearted:
the Lord saves \ those • who are \ crushed in \ spirit.
19. The troubles of the \ righteous • are \ many:
but the Lord \ sets them \ free • from them \ all.
20. The Lord guards every bone in the body \ of the \ righteous:
and so not \ one of \ them is \ broken.
21. Evil brings \ death • to the \ wicked:
and those who hate the \ righteous • are \ brought to \ ruin.
22. You O Lord ransom the \ lives of • your \ servants:
and none who take \ refuge • in \ you shall \ perish.

Psalm 35.

1. Contend O Lord with those who con\tend with \ me:
and fight against \ those who \ fight a\gainst me.
2. Take hold upon \ shield and \ buckler:
rise \ up and \ come • to my \ help.
- ¶ 3. Draw the spear and the javelin a\gainst • my pur\suers:
and say to me, \ 'I am \ your sal\vation.'

9. Then shall my soul be joyful \ in the \ Lord:

it shall rejoice in \ God's sal\vation.

10. My very bones shall say, 'Lord who is like you,
for you save the poor from \ those too \ strong for them:
the poor and needy from \ those \ who de\spoil them?'
11. Witnesses rise up with malice \ in their \ hearts:
they question me about things of \ which I \ know \ nothing.
12. They repay me \ evil • for \ good:
I am like \ one • who is \ deeply • be\reaved.
13. Yet when they were sick I put on sackcloth,
and afflicted my\self with \ fasting:
I prayed with my whole heart,
as though for my \ friend \ or my \ brother.
14. I went about like one mourning \ for a \ mother:
I was bowed \ down with \ heaviness • of \ heart.
15. But when I stumbled they gathered with glee,
and came to\gether • a\gainst me:
creatures unknown to me,
they tore me a\part • with un\ending \ slander.
16. They mocked profanely \ more and \ more:
and \ gnashed • at me \ with their \ teeth.

17. Lord how long will you look \ on at \ this?:
rescue me from the evils they intend for me,
save my \ precious \ life • from the \ lions.

18. Then I will give you thanks in the \ great as\sembly:
in the \ mighty \ throng • I will \ praise you.
19. Let not my treacherous enemies \ triumph \ over me:
let not those gloat over me_
who \ hate me • with\out • any \ cause.
20. For their talk is \ not of \ peace:
but they devise lying words_
against those who are \ quiet \ in the \ land.
21. They open wide their mouths a\gainst me • and \ say:
'Shame on you, shame on you,
we have seen it \ with our \ own \ eyes.'
22. You also have \ seen O \ Lord:
do not be silent then,
and go not \ far from \ me \ Lord.
23. Awake, and bestir yourself to \ do me \ justice:
to defend my cause, my \ God \ and my \ Lord.
24. Give me judgment O Lord my God,
according \ to your \ righteousness:
and \ let them • not \ triumph \ over me.
25. Let them not say to themselves,
'There, we have our \ heart's de\sire':
let them not \ say they \ have de\stroyed me.
26. Let all those who rejoice at my misfortune_
be put to disgrace \ and con\fusion:
let those who exult over me_

- be \ clothed with \ shame • and dis\honour.
27. Let those who favour my righteous cause
shout for \ joy • and be \ glad:
let them cry out continually, 'Great is the Lord,
who de\lights • in a \ servant's • pros\perity.'
28. Then shall my tongue \ speak of • your \ justice:
and \ all the • day \ long • of your \ praise.

Psalm 36.

1. Sin speaks to the wicked \ deep • in their \ heart:
there is no fear of \ God be\fore their \ eyes.
2. They flatter themselves in their \ own \ sight:
that their iniquity will \ not be • found \ out and \ hated.
3. The words of their mouth are mischief \ and de\ceit:
they have ceased to act \ wisely • and \ do \ good.
4. They plot mischief as they \ lie in \ bed:
they are set on a course that is not good,
and hold back from \ nothing \ that is \ evil.
5. Your steadfast love, O Lord, ex\tends • to the \ heavens:
your \ faithful•ness \ up • to the \ clouds.
6. Your righteousness is like the strong mountains,
your judgments are like the \ great \ deep:
you Lord \ save both \ people • and \ beasts.
7. How precious is your steadfast \ love O \ God:
mortals take refuge in the \ shadow \ of your \ wings.
8. They feast on the rich abundance \ of your \ house:
you give them drink,
from the \ stream of \ your de\lights.
9. For with you is the \ well of \ life:
and in your \ light \ we see \ light.
10. Continue your loving kindness to \ those who \ know you:
and your justice \ to the \ true of \ heart.
11. Let not the foot of pride \ come a\gainst me:
nor the hand of the \ wicked \ drive • me a\way.
12. There are they fallen, \
those • who do \ evil:
they are thrown down \ and un\able • to \ rise.

Psalm 37.

1. Do not fret be\cause • of the \ wicked:
or \ envy \ those • who do \ evil.
2. For they will soon dry up \ like the \ grass:
and wither \ like the \ green \ herb.
3. Trust in the Lord and \ do \ good:
then you shall dwell in the land,
and \ there find \ safe \ pasture.
4. Find your delight \ in the \ Lord:
and the Lord will \ give you • your \ heart's de\sire.
5. Commit your life \ to the \ Lord:

- put your trust \ in the \ one • who will \ act for you,
 6. so that the justice of your cause,
 will break \ forth • as the \ light:
 your righteousness \ like the \ sun at \ noon.
7. Be still before the Lord, and \ wait in \ patience:
 do not grieve at the prosperity of,
 those who \ follow \ evil \ purposes.
8. Refrain from anger, and sup\press your \ rage:
 do not fret yourself, for \ that leads \ only • to \ evil.
9. Those who do \ evil • shall \ perish:
 but those who wait,
 for the \ Lord • shall pos\sess the \ land.
10. A little while, and the wicked shall \ be no \ more:
 look well, and you will \ find their \ place is \ empty.
- ¶ 11. But the humble shall pos\sess the \ land:
 and en\joy the \ fullness • of \ peace.
12. The wicked have evil designs \ on the \ just:
 and \ grind their \ teeth • at the \ sight of them.
13. But the Lord shall \ laugh • at the \ wicked:
 for the Most High \ sees • that their \ time is \ coming.
14. The wicked have drawn the sword and \ bent the \ bow:
 to strike down the poor and needy,
 and to slay \ those who \ walk \ uprightly.
15. Their sword shall pierce their \ own \ hearts:
 and their bow \ shall be \ broken • in \ pieces.
16. The little that the \ righteous \ have:
 is better than the \ riches \ of the \ wicked.
17. The power of the wicked \ shall be \ broken:
 but the Lord \ will up\hold the \ righteous.
18. The Lord cares for the upright \ all their \ days:
 and their \ heritage • will \ last for \ ever.
19. They will not be dismayed when \ times are \ evil:
 and in days of famine their \ food \ will not \ fail.
20. But the wicked, enemies of the \ Lord, shall \ perish:
 like fuel in the furnace \ they shall \ vanish • in \ smoke.
21. The wicked person borrows but does \ not re\pay:
 but the righteous \ is a \ gener•ous \ giver.
22. Those whom God has blessed shall pos\sess the \ land:
 but those whom God has cursed \ shall be \ rooted \ out.
23. The Lord directs the \ steps • of the \ upright:
 the Lord steadies them,
 and \ keeps them \ safe • in the \ path.
- ¶ 24. Though they stumble they shall \ not fall \ down:
 for the Lord \ holds them \ each • by the \ hand.
25. I have been young and \ now • I am \ old:
 but never have I seen the righteous forsaken,
 or their \ children \ begging • their \ bread.
26. The righteous are always open\handed • in \ lending:
 and their \ children • are \ destined • for \ blessing.
27. Turn from evil and \ do \ good:
 and \ dwell • in the \ land for \ ever.

28. For the Lord is a \ lover • of \ justice:
and will \ not for \ sake a \ friend.
29. The unrighteous shall be wiped \ out for \ ever:
and the \ children • of the \ wicked • shall \ perish.
30. The just shall in \ herit • the \ land:
and \ dwell there \ in for \ ever.
31. The mouth of the righteous \ utters \ wisdom:
and their tongue \ speaks of \ that • which is \ right.
32. The law of their God is \ in their \ heart:
and their \ footsteps \ will not \ falter.
33. The wicked are on the watch \ for the \ righteous:
and \ seek oc \ casion • to \ slay them.
34. But the Lord will not leave them \ in their \ power:
or let them be condemned \ when • they are \ put on \ trial.
- ¶ 35. Wait for the Lord and keep to the way of holiness,
and the Lord will raise you up to pos \ sess the \ land:
the wicked shall perish,
and \ you • shall be \ there to \ see it.
36. I have seen the wicked in \ great pros \ perity:
and towering \ like the \ cedars • of \ Lebanon.
37. I passed by again, and \ they were \ gone:
I searched for them, but \ nowhere • could \ they be \ found.
38. Mark well the blameless person,
and take \ note • of the \ upright:
for those who seek \ peace shall \ have pos \ terity.
39. But sinners shall be al \ together • de \ stroyed:
the descendants \ of the \ wicked • shall \ perish.
40. Deliverance for the righteous \ comes • from the \ Lord:
the Most High is their \ stronghold • in \ time of \ trouble.
41. God will help them \ and de \ liver them:
and will save them,
because they take \ refuge \ in the \ Lord.

Psalm 38.

1. Do not rebuke me Lord \ in your \ anger:
do not \ punish • me \ in your \ wrath.
2. For your arrows stick \ fast • in my \ body:
and your \ hand lies \ heavy • up \ on me.
3. There is no health in my flesh,
because of your \ indig \ nation:
no soundness in my \ bones be \ cause of • my \ sin.
4. My sins are like a flood risen \ over • my \ head:
like a burden too \ heavy • for \ me to \ bear.
5. My wounds are \ foul and \ festering:
by \ reason \ of my \ foolishness.
6. I am bowed down, and \ utter \ ly \ prostrate:
I go about \ mourning \ all the • day \ long.
7. For my loins are \ filled with \ burning:
there is no \ soundness • in \ all my \ body.

8. I am numbed and \utter•ly \ crushed:
I groan in the \anguish \ of my \ heart.
9. Lord, all my longing is \known to \ you:
and my sighing \ is not \ hidden \ from you.
10. My heart is pounding, my \strength has \ failed me:
and the light of my \eyes has \ gone \ from me.
11. My friends and companions avoid me in \ my af\ffliction:
and my own \ family • keep \ far a\way.
12. Those who seek my \ life lay \ snares for me:
those who desire my hurt speak mischief,
and plan treachery \ all the \ day \ long.
13. But I am like the deaf, who \ do not \ hear:
like one who is dumb \ and un\able • to \ speak.
14. Yes, I am like one who \ does not \ hear:
and in whose \ mouth • there is \ no re\tort.
15. On you O Lord I \ fix my \ hope:
you O \ Lord my \ God will \ answer me.
16. For I pray, 'Let not the people ex\ult \ over me:
who rejoice \ if my \ foot should \ slip.'
17. Indeed I am on the \ point of \ falling:
and my \ pain is \ with me • con\tinually.
18. I confess that \ I am \ guilty:
I am dismayed \ at the \ thought • of my \ sin.
19. Those who are my enemies without \ cause are \ strong:
those who \ hate me \ wrongfully • are \ many.
20. Those who repay evil for good are \ also • a\gainst me:
because I \ seek to \ do • what is \ right.
21. Do not for\sake me • O \ Lord:
be not \ far • from me \ O my \ God.
22. Make haste and \ come • to my \ help:
O Lord \ God of \ my sal\vation.

Psalm 39.

1. I said, 'I will be watchful \ over • my \ ways:
lest I \ should of\fend • with my \ tongue.
2. 'I will \ bridle • my \ mouth:
so long as the wicked \ are be\fore my \ eyes.'
3. I was dumb and \ kept \ silent:
I refrained from speaking,
but my dis\tress be\came more \ painful.
4. My heart grew \ hot with\in me:
and at the thought of it the fire kindled,
and my \ tongue broke \ out • into \ speech.
5. 'Lord let me know my end, and the number \ of my \ days:
that I may learn how \ fleeting \ is my \ life.
6. 'You have made my days but a hand's breadth,
and my lifetime is as nothing \ in your \ sight:
even at our best, each of us is \ only • a \ puff of \ wind.
7. 'We go about like phantoms,
and trouble ourselves \ to no \ purpose:
we heap up riches,

- and \ cannot • tell \ who will \ gather them.'
8. And now \ what • do I \ hope for?:
indeed truly my \ hope \ is in \ you.
 9. Deliver me from all \ my of fences:
and do not \ make me • the \ butt of \ fools.
 10. I was dumb, I did not \ open • my \ mouth:
because \ it was \ your \ doing.
 11. Take away your \ scourge \ from me:
I am crushed by the \ stroke • of your \ heavy \ hand.
 12. When you rebuke us, and \ chasten us • for \ sin:
you consume all we treasure,
like a moth \ eating • a \ way a \ garment.
 - ¶ 13. It is \ so with \ all of us:
truly each is no more \ than a \ puff of \ wind.
 14. Hear my prayer O Lord, and give \ ear • to my \ cry:
do not be \ silent \ at my \ tears.
 15. For I am only a passing guest \ in your \ house:
a wayfarer as \ all my \ forbears \ were.
 - ¶ 16. Turn your frowning gaze from me, that I may \ smile a \ gain:
before I go from here \ and am \ seen no \ more.

Psalm 40.

1. I waited patiently for \ you O \ Lord:
and you bent down to \ me and \ heard my \ cry.
2. You lifted me out of the horrible pit, out of the \ miry \ clay:
and set my feet upon a rock,
and \ made my \ foothold \ sure.
3. And you put a new \ song • in my \ mouth:
a song of \ praise \ to our \ God.
4. Many shall see it, and be \ filled with \ awe:
and so they will \ trust \ in the \ Lord.
5. Blessèd are those who have put their \ trust • in the \ Lord:
who have not turned to the proud,
or to those who stray \ after \ false \ gods.
6. O Lord my God,
great are the wonderful things you have done,
and the things you \ have in \ mind for us:
there is none to \ be com \ pared with \ you.
- ¶ 7. I would pro \ claim them • and \ speak of them:
but they are \ more than \ can be \ numbered.
8. Sacrifice and offering you do not desire,
but you have opened my \ ears to \ hear:
burnt-offering and sacrifice for sin \
you have \ not re \ quired of me.
9. Then I said, \ 'Look, • I have \ come:
in the scroll of the book it is written,
that \ I should \ do your \ will.'
10. I delight to do your will \ O my \ God:
truly your \ law is \ in my \ heart.
11. I have told the glad news of deliverance,

- in the \ great as\sembly:
 I did not restrain my lips, as \ you well \ know O \ Lord.
12. I have not kept your goodness hidden \ in my \ heart:
 I have spoken of your faithfulness \
 and your \ saving \ help.
 13. I have not concealed your \ steadfast \ love:
 nor your truth \ from the \ great as\sembly.
 14. Lord, do not withhold from me your \ tender \ care:
 let your love and \ faithful•ness \ ever • pre\serve me.
 15. For innumerable \ troubles • be\set me:
 my sins have overtaken me, \ and I \ cannot \ see.
 16. They are more in number than the \ hairs • of my \ head:
 and my \ heart \ utter•ly \ fails me.
 17. Be pleased O \ Lord • to de\liver me:
 O \ Lord make \ haste to \ help me.
 18. Let those who seek my life be put to \ shame • and con\fusion:
 let those who desire my hurt be \ turned back \ in dis\grace.
 19. Let those who mock at my hu\miliation:
 be appalled at \ their re\ward of \ shame.
 20. Let all who seek you rejoice and be \ glad in \ you:
 may those who love your saving help \
 say \ always • 'The \ Lord is \ great.'
 21. As for me, I am \ poor and \ needy:
 but the \ Lord \ will take \ care of me.
 - ¶ 22. You are my helper and \ my de\liverer:
 make no long de\lay \ O my \ God.

Psalm 41.

1. Blessèd are those who consider the \ poor and \ helpless:
 the Lord will \ save them • in \ time of \ trouble.
2. The Lord protect them and keep them alive,
 so that they are counted happy \ in the \ land:
 and never give them up \ to the \ will • of their \ enemies.
3. The Lord comfort them \ on their \ sick-bed:
 and turn their \ sickness \ into \ health.
4. I said, 'Lord have \ mercy • up\on me:
 heal me, for \ I have \ sinned a\gainst you.'
5. My enemies say to \ me in \ malice:
 'When will you \ die • and your \ name \ perish?'
6. If any come to see me, they speak \ insin\cerely:
 their heart gathers mischief,
 then they go \ out and \ spread it • a\broad.
7. All who hate me whisper to\gether • a\gainst me:
 they imagine about me the \ worst \ that can \ happen.
8. They say that a deadly thing has \ fastened • up\on me:
 that I will rise up no \ more from \ where I \ lie.
9. Even the friend I trusted, who ate \ bread • at my \ table:
 has \ lifted • a \ heel a\gainst me.
10. Lord have \ mercy • up\on me:
 raise me up again, \ so that \ I may • re\pay them.
11. By this I shall \ know • that you \ favour me:

- in that my enemy \ shall not \ triumph \ over me.
12. Because of my integrity \ you uphold me:
you have set me \ in your \ presence • for \ ever.
- ¶ 13. Blessèd be the \ Lord our \ God:
from everlasting to everlasting. \ Amen. \ A\men.

Psalm 42.

1. Like a deer that longs for the \ running \ streams:
so do I \ long for \ you my \ God.
2. My soul is thirsting for you O God,
thirsting for the \ living \ God:
when shall I come to ap\pear in \ your \ presence?
3. My tears have been my food \ day and \ night:
while all day long they ask me, \
'Where now \ is your \ God?'
4. This I remember as I pour out my \ soul • in dis\tress:
how I went with the throng,
and led them \ to the \ house of \ God,
- ¶ 5. amid cries of gladness \ and thanks\giving:
from people \ keeping • a \ holy \ day.
6. *Why are you cast \ down my \ soul:
and why are \ you so \ troubled • with\in me?*
7. *Wait in \ hope for \ God:
for I will yet praise the one_
who is my \ saviour \ and my \ God.*
8. My soul is cast \ down with\in me:
therefore I remember you from the land of Jordan,
from Mizar a\mong the \ hills of \ Hermon.
9. Deep calls to deep in the \ roar • of your \ waters:
all your \ waves • and your \ torrents • pass \ over me.
10. You will grant me loving \ kindness • by \ day:
and at night I will sing to you,
and \ pray • to the \ God of • my \ life.
11. I say to God my rock, 'Why have \ you for\gotten me:
why do I go mourning_
be\cause the \ enemy • op\presses me?'
12. I am like one whose bones are \ broken • to \ pieces:
through the \ taunting \ of my \ enemies,
13. while they say to me \ all day \ long:
'Tell us, \ where now \ is your \ God?'
14. *Why are you cast \ down my \ soul:
and why are \ you so \ troubled • with\in me?*
15. *Wait in \ hope for \ God:
for I will yet praise the one_
who is my \ saviour \ and my \ God.*

Psalm 43.

1. Give judgment for me O God,
and plead my cause against an un\godly \ people:

- save me from the de\ceitful \ and the \ wicked.
2. You are my stronghold, why have \ you re\jected me:
why do I go mourning op\pressed \ by the \ enemy?
 3. O send out your light and your \ truth to \ lead me:
and bring me to your holy \ hill and \ to your \ dwelling.
 4. Then I will go to the altar of God,
the God of my \ joy and \ gladness:
and praise you with the \ harp O \ God my \ God.
 5. *Why are you cast \ down my \ soul:
and why are \ you so \ troubled • with\in me?*
 6. *Wait in \ hope for \ God:
for I will yet praise the one_
who is my \ saviour \ and my \ God.*

Psalm 44.

1. We have heard with our ears O God,
we have \ learned • from our \ ancestors:
the things you did in their \ time in \ days of \ old.
2. With your own hand you uprooted the nations_
and \ planted • us \ in:
you broke up the peoples, and \ caused • us to \ strike \ root.
3. It was not by their own sword_
that our forbears got pos\session • of the \ land:
nor did their \ own arm \ bring them \ victory,
4. but it was your right hand, your arm_
and the \ light • of your \ face:
because you \ looked up•on \ them with \ favour.
5. You are my king \ and my \ God:
it was \ you • that sent \ help to \ Jacob.
6. Through you we beat \ down our \ foes:
and in your name we \ trampled \ down • our as\sailants.
7. For I did not \ trust • in my \ bow:
nor \ was it • my \ sword that \ saved me.
8. But it was you that saved us \ from our \ enemies:
and put \ those who \ hate us • to \ shame.
- ¶ 9. In God we made our \ boast con\tinually:
and gave thanks to your \ name with\out \ ceasing.
10. But now you have re\jected • and \ humbled us:
you no longer \ go out \ with our \ armies.
11. You make us turn our \ backs • to the \ enemy:
who \ plunder • us \ now at \ will.
12. You have given us like \ sheep • to the \ slaughter:
and \ scattered us • a\mong the \ nations.
13. You have sold your \ people • for \ nothing:
and made no \ profit \ from the \ sale.
14. You have made us the \ taunt • of our \ neighbours:
derided and scorned by \ those \ round a\bout us.
15. You have made us a byword a\mong the \ nations:
so that the peoples \ toss their \ heads in \ scorn.

16. All day long my dis\grace • is be\fore me:
and \ shame has \ covered • my \ face,
17. at the words of those who \ taunt • and re\vile me:
as the \ ene•my \ takes re\venge.
18. All this has come upon us, yet we do \ not for\get you:
nor have we been \ false \ to your \ covenant.
19. Our heart has not turned \ back from \ you:
nor have our feet \ strayed from \ your \ path.
- ¶ 20. Yet you have crushed us in a \ place of \ sorrows:
and covered us \ with the \ shadow • of \ death.
21. If we had forgotten the \ name • of our \ God:
and stretched out our \ hands in \ prayer • to an\other,
22. would you not find it \ out O \ God:
for you know the very \ secrets \ of the \ heart?
23. For your sake we face death \ all the • day \ long:
and are \ counted • as \ sheep • for the \ slaughter.
24. Rise up Lord, \ why • do you \ sleep?:
Awake, and do not re\ject \ us for \ ever.
25. Why do you \ hide your \ face:
and for\get • our op\pression • and \ misery?
26. For we are brought low, down to the \ very \ dust:
our body lies \ prone \ on the \ ground.
- ¶ 27. Rise up Lord, and \ come • to our \ help:
deliver us \ for your \ mercy's \ sake.

Psalm 45.

1. My heart overflows with a \ noble \ theme:
I utter the song I have made for a king,
my tongue is like the \ pen • of a \ ready \ writer.
2. You are the fairest of men,
grace is up\on your \ lips:
therefore \ God has \ blessed you • for \ ever.
3. Gird your sword upon your \ thigh O \ mighty one:
in \ splendour \ and in \ state.
4. In your majesty ride on to conquer,
in the cause of \ truth and \ justice:
and let your right hand \ teach • by its \ awesome \ deeds.
5. Your arrows will be very sharp,
in the heart of the \ king's \ enemies:
and the nations shall \ fall \ at your \ feet.
6. Your throne is as God's throne, it en\dures for \ ever:
your royal sceptre \ is a \ sceptre • of \ righteousness.
7. You are a lover of right and a \ hater • of \ wrong:
therefore God your God, has anointed you,
with the oil of gladness a\bove \ other \ kings.
8. All your garments are fragrant with,
myrrh \ aloes • and \ cassia:
music of strings from ivory \ pala•ces \ makes you \ glad.
- ¶ 9. Kings' daughters are among your \ ladies • of \ honour:
on your right hand is the \ queen in \ gold of \ Ophir.

10. Listen my daughter, hear and \ ponder • my \ words:
forget your own \ people • and your \ father's \ house.
11. The king de\sires your \ beauty:
he is your lord, \ therefore • bow \ down be\fore him.
- ¶ 12. The people of Tyre will come \ with their \ gifts:
the richest in the \ land will \ court your \ favour.
13. The bride is a king's daughter,
in the palace all \ honour • a\waits her:
her \ clothes • are em\broidered • with \ gold.
14. In robes of many colours she is brought to \ you O \ king:
her maiden companions with her,
to \ bring her \ into • your \ presence.
- ¶ 15. With joy and \ gladness • they \ bring her:
they \ enter • the \ royal \ palace.
16. In place of your fathers \ you shall • have \ sons:
and you will make them princes \ over \ all the \ earth.
17. And I will cause your name to be remembered,
from one generation \ to an\other:
therefore the \ peoples • shall \ praise you • for \ ever.

Psalm 46.

1. God is our \ refuge • and \ strength:
a very \ present \ help in \ trouble.
2. So we will not be afraid though the \ earth should \ quake:
and mountains fall into the \ depths \ of the \ sea,
- ¶ 3. though the waters of the sea \ rage and \ foam:
and the mountains \ tremble \ at the \ tumult.
4. There is a river, its streams make glad the \ city • of \ God:
which the Most High has \ made a \ holy \ dwelling.
5. God is within her, she \ cannot • be \ shaken:
God will help her \ at the \ break of \ day.
6. Nations are in tumult, \ kingdoms • are \ shaken:
but God has spoken, and the \ earth \ melts a\way.
7. *The Lord of \ hosts is \ with us:*
the God of \ Jacob \ is our \ stronghold.
8. Come and see what the \ Lord has \ done:
the devastation \ brought up\on the \ earth.
9. The Lord makes wars to cease in \ all the \ world:
the Lord breaks the bow and snaps the spear,
and \ burns the \ shields • in the \ fire.
10. 'Be still then, and know that \ I am \ God:
high over the nations, \ high a\bove the \ earth.'
11. *The Lord of \ hosts is \ with us:*
the God of \ Jacob \ is our \ stronghold.

Psalm 47.

1. Clap your hands \ all you \ peoples:
cry out to \ God with \ shouts of \ joy.
2. For the Lord most high is \ to be \ feared:

- and is the great sovereign \ over \ all the \ earth.
3. The Lord has subdued the \ peoples \ under us:
and the \ nations \ under • our \ feet.
 4. The Lord chose a land to \ be our \ heritage:
it is the pride of \ Jacob \ whom God \ loves.
 5. God has gone up with \ shouts of \ triumph:
the Lord has gone \ up • with a \ fanfare • of \ trumpets.
 6. Sing praises, sing \ praises • to \ God:
sing praises, sing \ praises \ to our \ king.
 7. For God is the king of \ all the \ earth:
sing praises \ with your \ utmost \ skill.
 8. God reigns \ over • the \ nations:
God is seated \ on a \ holy \ throne.
 9. The princes of the \ nations • as\semble:
with the \ people • of the \ God of \ Abraham.
 10. For the mighty ones of the earth,
have become the \ servants • of \ God:
the Lord is ex\alted \ over \ all.

Psalm 48.

1. Great is the Lord and \ highly • to be \ praised:
in the \ city \ of our \ God.
2. Fair and lofty is God's \ holy \ mountain:
it is the \ joy of \ all the \ earth.
- ¶ 3. On Mount Zion, as in the far north,
stands the city of the \ Most \ High:
in her citadels God is well \ known • as a \ sure de\fence.
4. See how the \ rulers • as\sembled:
they came \ on to\gether • a\gainst her.
5. They were amazed \ when they \ saw her:
they were dis\mayed and \ ready • to \ flee.
6. Trembling came upon \ them and \ anguish:
as it \ comes • on a \ woman • in \ child-birth,
7. or as when the \ east wind \ blows:
and \ breaks up • the \ ships of \ Tarshish.
8. As we have heard, so have we seen,
in the city of the \ Lord of \ hosts:
the city our \ God up\holds for \ ever.
9. We have called to mind your steadfast \ love O \ God:
in the \ midst of \ your \ temple.
10. As your name is great O God,
so is your praise to the \ ends • of the \ earth:
your right \ hand is \ filled with \ victory.
11. Let God's mountain rejoice,
and the daughter-cities of \ Judah • be \ glad:
be\cause of \ your \ judgments.
12. Go in procession around the circuit \ of Je\usalem:
count the \ number \ of her \ towers,
13. take note of her ramparts, ex\amine • her \ citadels:
so that you may \ tell the \ next • gener\ation,

¶ 14. that such is God, our God for \ ever • and \ ever:
God shall be our \ guide to \ all e\ternity.

Psalm 49.

1. Hear this \ all you \ people:
give heed, \ all • who in\habit • the \ world,
2. people of both low and \ high es\state:
the \ rich • and the \ poor to\gether.
3. My mouth shall speak \ words of \ wisdom:
the thoughts of my heart are \ full of \ under\standing.
4. I will turn my \ mind • to a \ proverb:
and with harp and \ song de\clare its \ meaning.
5. Why should I fear in \ evil \ days:
when the wicked \ dog my \ steps • and be\set me?
6. They are people who \ trust • in their \ wealth:
and boast of \ their a\bundant \ riches.
7. Truly one cannot \ ransom • one\self:
or pay to \ God the \ price of • one's \ life,
8. the ransom that would permit life to go \ on for \ ever:
and never \ come • to the \ pit of \ death.
- ¶ 9. For that ransom would be \ far too \ costly:
for ever beyond \ human • a\bility • to \ pay.
10. We see that the wise also die,
as well as the \ foolish • and \ stupid:
they perish alike, and \ leave their \ wealth to \ others.
11. Their tomb is their home for ever,
their dwelling-place from \ age to \ age:
though once they called estates \ after • their \ own \ names.
12. One who is rich but without \ under\standing:
is \ like the \ beasts that \ perish.
13. This is the fate of those with a \ foolish • self\confidence:
the fate too of those who follow them,
who ap\prove of \ their \ boastings.
14. Like sheep they are driven into Sheol,
death shall \ be their \ shepherd:
quickly they des\cend \ to the \ grave.
15. Their bodies shall con\sume a\way:
the grave shall \ be their \ home for \ ever.
16. But God will \ ransom • my \ life:
and save me \ from the \ power • of \ death.
17. Do not fear when some be\come \ rich:
or when the \ wealth • of their \ household • in\creases.
18. For at death they take \ nothing • a\way with them:
and their \ riches \ will not \ follow them.
19. While they lived they counted them\selves \ happy
and others \ praise them \ in their • pros\perity,
20. but they will go to \ join their \ ancestors:
who will never a\gain \ see the \ light.
21. One who is rich but without \ under\standing:
is \ like the \ beasts that \ perish.

Psalm 50.

1. The Lord, the most mighty \ God has \ spoken:
and summoned the world,
from the rising of the \ sun \ to its \ setting.
2. God shines \ out from \ Zion:
a \ city \ perfect • in \ beauty.
3. Our God is coming, and will \ not keep \ silence:
before you O God runs a consuming fire,
and a mighty \ tempest \ rages • a\bout you.
4. You call on the heavens above, and on the \ earth be\low:
to witness the \ judgment \ of your \ people.
5. 'Gather my \ people • be\fore me:
the people who made \ covenant • with \ me by \ sacrifice.'
6. The heavens pro\claim your \ justice:
for \ you your\self are \ judge.
7. 'Listen my people, and \ I will \ speak:
I will testify against you Israel, \ I am \ God your \ God.
8. 'I find no fault \ with your \ sacrifices:
your burnt-\offerings • are \ always • be\fore me.
9. 'I need take no young \ bull • from your \ farm:
nor \ he-goat \ out of • your \ folds.
10. 'For all the beasts of the \ forest • are \ mine:
and so are the cattle \ on a \ thousand \ hills.
11. 'I know all the \ birds • of the \ air:
and all living things in the \ field are \ in my \ care.
12. 'If I were hungry I \ would not \ tell you:
for the world is \ mine and \ all • that is \ in it.
13. 'Do you think that I eat the \ flesh of \ bulls:
or \ drink the \ blood of \ goats?
14. 'Offer to God the \ sacrifice • of \ thanksgiving:
and pay your \ vows • to the \ One Most \ High.
- ¶ 15. 'And call upon me in \ time of \ trouble:
then I will de\liver you • and \ you shall \ honour me.'
16. But God's word to the \ wicked • is \ this:
'How can you recite my laws,
and take my \ covenant • up\on your \ lips?
17. 'For you hate to \ be cor\rected:
and turn your \ back when \ I am \ speaking.
18. 'You go along with a thief \ when you \ meet one:
and you throw \ in your \ lot • with a\dulterers.
19. 'You unbridle your mouth to \ speak \ evil:
and with your tongue \ you con\trive de\ception.
20. 'You sit down and \ slander • your \ brother:
and malign your \ own \ mother's \ son.
21. 'All this you have done, and I \ kept \ silence:
and you thought I was \ one \ like your\self.
22. 'But now \ I re\buke you:
and \ lay the \ charge be\fore you.
23. 'Mark this, you that for\get \ God:

lest I tear you to pieces,
and \ there will • be \ no one • to \ save you.
¶ 24. 'Whoever offers a sacrifice of thanksgiving,
does me \ due \ honour:
and to those who follow my way,
I will \ show • the sal\vation • of \ God.'

Psalm 51. p256

1. Have mercy on me O God in your \ great \ kindness:
in the fullness of your mercy \ blot out \ my of\fences.
2. Wash away \ all my \ guilt:
and \ cleanse me \ from my \ sin.
3. For I ac\knowledge • my \ faults:
and my \ sin is \ always • be\fore me.
4. Against you only have I sinned,
and done evil \ in your \ sight:
so that you are justified in your sentence,
and \ blameless \ in your \ judging.
5. Evil have I been \ from my \ birth:
sinner I am from the \ time of \ my con\ception.
6. But you desire truth in our \ inward \ being:
therefore teach me wisdom \ in my \ secret \ heart.
7. Take hyssop,
sprinkle me with water and I \ shall be \ clean:
wash me, and I \ shall be \ whiter • than \ snow.
8. Let me hear the sounds of \ joy and \ gladness:
that the bones you have \ broken \ may re\joice.
9. Turn away your face \ from my \ sins:
and \ blot out \ all my • mis\deeds.
10. Create in me a clean \ heart O \ God:
and re\new a • right \ spirit • with\in me.
11. Do not cast me away \ from your \ presence:
do not take your \ holy \ spirit \ from me.
12. Give me the joy of your \ help a\gain:
and strengthen me \ with a \ willing \ spirit.
- ¶ 13. Then I will teach trans\gressors • your \ ways:
and sinners will \ turn to \ you a\gain.
14. Rescue me from bloodshed O \ God my \ saviour:
and my tongue shall \ sing of \ your de\liverance.
15. O Lord \ open • my \ lips:
and my \ mouth • shall pro\claim your \ praise.
16. You desire no sacrifice, or \ I would \ give it:
but you take no de\light in \ burnt-\offerings.
17. The sacrifice acceptable to God is a \ broken \ spirit:
a broken and contrite heart O God \ you will \ not de\spise.
18. Let it be your pleasure to do \ good • to Je\rusalem:
to re\build the \ walls • of the \ city.
19. Then will you delight in the appointed sacrifices,
in burnt-offerings \ and ob\lations:
then will they offer young \ bulls up\on your \ altar.

Psalm 52.

1. Why O mighty one do you \boast • of your \wickedness?:
always bent on harming \those \faithful • to \God.
2. Your tongue is like a \sharpened \razor:
you contriver \of de\ceit and \slander.
3. You love evil \rather • than \good:
lying \rather • than \speaking • the \truth.
4. You love all words that \may do \hurt:
O lying \tongue \that you \are.
5. Therefore God will de\stroy you • for \ever:
God will pluck you from your tent.
and uproot you \from the \land • of the \living.
6. The righteous will look \on with \awe:
and \then • will they \laugh and \say,
- ¶ 7. ‘Here is one who would not look to \God for \strength:
but trusted in great wealth,
and \in • the se\curity • of \riches.’
8. But I am like a green olive tree in the \house of \God:
I trust in the goodness of \God for \ever • and \ever.
9. I will always give you thanks, for this was \your \doing:
I will proclaim that your name is good,
in the \presence \of the \faithful.

Psalm 53.

1. The foolish have spoken \in their \heart:
and said, \‘There is \no \God.’
2. All are corrupt, they do a\bomina•ble \things:
there is \no one • who \does • what is \good.
3. God looks down from heaven up\on us \all:
to see if any are \wise and \seek • after \God.
4. But they have all gone astray,
all alike have \been cor\rupted:
there is not one that does \good, \no not \one.
5. Have they no knowledge, all \those • who do \evil?:
they devour my people like so much bread,
and \do not \pray • to the \Lord.
6. There they are, in great terror;
terror such as \never • has \been:
for God will scatter the \bones \of the • un\godly.
7. They shall be \put to \shame:
because \God \has re\jected them.
8. O that deliverance for God's people,
would come forth \from Je\rusalem:
when God restores the fortunes of the people,
then shall Jacob re\joice and \Israel • be \glad.

Psalm 54.

1. Save me O God by the \power • of your \name:

- and \ vindicate • me \ by your \ might.
2. Hear my \ prayer O \ God:
and \ listen • to the \ words of • my \ mouth.
3. For insolent people have \ risen • a\gainst me:
ruthless ones are seeking my life,
they \ give no \ thought to \ God.
4. But see, \ God • is my \ helper:
it is the Lord \ who up\holds my \ life.
- ***
- ¶ 6. The offering of a willing heart \ I will \ give you:
and praise your \ name O \ Lord • in your \ faithfulness.
- ***

Psalm 55.

1. Hear my \ prayer O \ God:
do not \ hide your • self \ from my \ pleading.
2. Give heed to \ me and \ answer me:
for I am \ anxious • and \ greatly \ troubled,
3. because my enemies shout,
and the wicked press \ hard up\on me:
they bring down trouble upon me,
and as\sail me \ in their \ fury.
4. My heart is dis\tressed with\in me:
and the terrors of \ death have \ fallen • up\on me.
5. Fear and \ trembling • come \ over me:
and \ horror \ over\whelms me.
6. And I said, 'O that I had \ wings • like a \ dove:
for then I would fly a\way and \ be at \ rest.
7. 'I would escape \ far a\way:
and find a \ refuge \ in the \ wilderness.
8. 'I would hasten to \ find a \ shelter:
from the raging \ wind \ and the \ storm.'
9. Frustrate their counsels O Lord,
and con\fuse their \ speech:
for I have seen \ violence • and \ strife • in the \ city.
10. Day and night they patrol a\long its \ walls:
trouble and \ mischief \ are with\in it.
- ¶ 11. Wickedness is \ at its \ centre:
oppression and fraud \ never \ leave its \ streets.
12. It was not an open enemy \ who in\sulted me:
for then I \ could have \ borne the \ taunts.
13. Nor was it a rival who made \ boasts a\gainst me:
for then I might have \ kept out \ of the \ way.
14. But it was you, one of my \ own \ kind:
my companion \ and my \ inti • mate \ friend.
15. Pleasantly we con\versed to\gether:
and walked in the \ house of \ God as \ friends.
- ***
17. But I will call to \ you O \ God:
you O \ Lord my \ God will \ save me.

18. Evening, morning, \ and at \ noon:
I cry out to you in my grief,
and \ you will \ hear my \ cry.
19. You will deliver me in \ safety • from \ battle:
for \ those • who be\set me • are \ many.
20. You O God will hear.
You, the eternal \ judge will \ humble them:
because they keep no law, and \ have no \ fear of \ you.
21. The treacherous have raised their hand_
against those who \ were at \ peace with them:
they have \ broken • their \ solemn \ covenant.
22. The words of their mouth were softer than butter,
yet war was \ in their \ heart:
their words were smoother than oil,
but \ they • were like \ naked \ swords.
23. Cast your burden on the Lord_
and the \ Lord • will sus\tain you:
the Lord will never a\llow the \ righteous • to \ stumble.
24. But as for the treacherous \ and the \ bloodthirsty:
you O God will cast them \ into • the \ pit • of de\struction.
- ¶ 25. They shall not live out \ half their \ days:
but I will \ put my \ trust in \ you.

Psalm 56.

1. Be merciful to me O God,
for my assailants are \ treading • me \ down:
they harass me \ all the \ day \ long.
2. My enemies tread me down \ all day \ long:
for many are \ those who \ fight a\gainst me.
3. When I am afraid O \ God most \ high:
I will \ put my \ trust in \ you.
4. In God whose word I praise,
in God I trust and will not \ be a\ffraid:
for what can human \ malice \ do to \ me?
5. All day long they dis\tort my \ words:
all their \ thoughts • are to \ do me \ evil.
6. They gather together and \ lie in \ ambush:
they track me down, and \ seek to \ take my \ life.
7. Recompense them O God \ for their \ wickedness:
in your \ anger \ bring • down the \ nations.
8. You have taken account of my wanderings,
you have stored up my \ tears • in your \ bottle:
are not these things \ entered \ in your \ book?
9. My enemies shall turn back on the \ day • that I \ call:
this I know, for \ God is \ on my \ side.
10. In God whose \ word I \ praise:
in the \ Lord whose \ word I \ praise,
- ¶ 11. In God I trust, I shall \ not • be a\ffraid:
for what can human \ malice \ do to \ me?
12. To you O God I must per\form my \ vows:

- to you I will \ offer \ my thanks \ giving.
13. For you have saved me from death,
and kept my \ feet from \ stumbling:
so that I may walk,
in your presence \ in the \ light • of the \ living.

Psalm 57.

1. Be merciful to me O \ God, be \ merciful:
for \ I have \ made • you my \ refuge.
2. In the shadow of your wings \ I take \ shelter:
until the storms of de\struction \ pass \ by.
3. I call to you O \ God most \ high:
for you fulfil your \ purpose \ for me.
4. You will send from heaven and save me,
you will put to shame those,
who would \ trample • me \ down:
you will send forth your \ steadfast \ love and \ faithfulness.
5. For I lie down amongst lions greedy for \ human \ prey:
their teeth are spears and arrows,
and their \ tongues are \ sharpened \ swords.
6. *Be exalted O God a\bove the \ heavens:
and let your glory be \ over \ all the \ earth.*
7. They set a net for my feet, and \ I • was brought \ low:
they dug a pit in my path, but \ fell • into \ it them\selves.
8. My heart is steadfast O God, my \ heart is \ steadfast:
I will \ sing and \ make \ melody.
9. Awake my soul, awake \ lute and \ harp:
I myself \ will a\waken • the \ dawn.
10. I will give you thanks O Lord a\mong the \ peoples:
I will sing your \ praise a\mong the \ nations.
11. For the greatness of your mercy reaches \ to the \ heavens:
and your \ faithful•ness \ up • to the \ clouds.
12. *Be exalted O God a\bove the \ heavens:
and let your glory be \ over \ all the \ earth.*

Psalm 59.

1. Rescue me from my enemies \ O my \ God:
pro\tect me • from \ those • who as\sail me.
2. Deliver me from \ those • who do \ evil:
and \ save me \ from the \ bloodthirsty.
3. See, they lie in \ wait • for my \ life:
cruel enemies are gathered against me,
through no fault of mine,
nor for \ any \ wrong • I have \ done.
4. They run and take position against me,
innocent \ though I \ am:
arise O Lord to help me, and \ see it \ for your\self.
- * * *
6. Each evening they come back \ howling • like \ dogs:

- and \ prowling • a\bout the \ city.
7. They snarl contempt from their mouths,
and swords come \ out • from their \ lips:
but they say, \ ‘Who is \ there to \ hear us?’
8. But you Lord will treat them \ with de\vision:
you will laugh \ all the \ nations • to \ scorn.
9. It is to you my strength \ that I \ turn:
because \ you O \ God • are my \ refuge.
- ¶ 10. In your love you will \ come to \ meet me:
you will let me look in \ triumph \ on my \ foes.
- * * *
14. Let people know that God \ rules • over \ Jacob:
and to the \ very \ ends • of the \ earth.
15. Each evening they come back \ howling • like \ dogs:
and \ prowling • a\bout the \ city.
16. They roam about \ looking • for \ food:
and growl if they \ do not \ get their \ fill.
17. But I will sing of your power O Lord,
and each morning ac\claim your \ love:
for you have been my stronghold,
and a refuge in the \ day of \ my dis\tress.
- ¶ 18. To you O my strength \ I will \ sing:
for you are my refuge, and my \ God • of un\failing \ love.

Psalm 60.

1. O God you have re\jected us • and \ broken us:
you have been angry, re\store • us a\gain • to your \ favour.
2. You have made the earth shudder, and \ torn it \ open:
heal its wounds, for \ it is \ falling • to \ pieces.
3. You have made your people drink a \ cup of \ bitterness:
you have given us \ wine that \ makes us \ stagger.
4. You have given a warning to \ those who \ fear you:
to make their escape \ from the \ power • of the \ bow.
- ¶ 5. Save us by your right \ hand and \ answer us:
so that your be\loved • may \ be de\livered.
6. You have spoken in your \ holy \ place:
'I will go up and divide Shechem,
and measure \ out the \ valley • of \ Succoth.
7. ‘Gilead and Ma\nasseh • are \ mine:
Ephraim is my helmet, and \ Judah \ is my \ sceptre.
8. ‘Moab is my wash-basin, to Edom I will \ cast my \ shoe:
over Philistia \ I will \ shout in \ triumph.’
9. Who will bring me into the \ forti\fied \ city:
who will \ lead me \ into \ Edom,
- ¶ 10. since you O God \ have re\jected us:
and no longer go \ out \ with our \ armies?
11. Grant us help a\gainst the \ enemy:
for vain \ is all \ human \ help.
12. With the help of our God we \ shall do \ valiantly:
for it is God \ who will \ tread down • our \ foes.

Psalm 61.

1. Hear my \ cry O \ Lord:
and \ listen \ to my \ prayer.
2. From the ends of the earth I \ call to \ you:
when my \ heart is \ faint with\in me.
3. Set me on a rock that is too high for \ me to \ reach:
for you have been my refuge,
and a strong tower for \ me a\gainst the \ enemy.
4. Let me dwell in your \ tent for \ ever:
and find shelter under the \ cover\ing \ of your \ wings.
5. For you Lord have \ heard my \ vows:
and granted the desire of \ those • who re\vere your \ name.
6. Give long life \ to the \ king:
may his years cover \ many \ gener\ations.
7. May he live in God's \ presence • for \ ever:
your steadfast love and \ faithfulness • be \ his pro\tection.
8. So will I always sing praise \ to your \ name:
while I \ daily • per\form my \ vows.

Psalm 62.

1. My soul truly is still, and \ waits for \ God:
from \ whom comes \ my de\liverance.
2. In truth the Lord is my rock and \ my sal\vation:
my tower of strength, \ so • that I \ stand un\shaken.
3. How long will all of you set upon \ me and \ batter me:
as though I were a tottering \ wall • or a \ leaning \ fence?
4. Their purpose is to thrust me down \ from my \ eminence:
they delight in lies,
they bless with their lips,
but \ curse me \ in their \ hearts.
5. Yet be still my soul, and \ wait for \ God:
from whom \ comes my \ hope • of de\liverance.
6. God only is my rock and \ my sal\vation:
my tower of strength, \ so that • I \ stand un\shaken.
7. In God is my deliverance \ and my \ honour:
the rock of my strength \ and my \ place of \ refuge.
8. Put your trust in God \ always • you \ people:
pour out your hearts before the \ one who \ is our \ refuge.
9. For we mortals are only a puff of wind,
the great among us are \ but il\lusion:
weighed in the balance they rise upward, \
all • of them \ lighter • than \ air.
10. Put no trust in extortion, set no vain \ hopes on \ plunder:
if riches increase, do not \ set your \ heart up\on them.
11. Once God has spoken,
and twice I have \ heard God \ say:
'Power be\longs to \ God a\lone.'

12. Steadfast love O \ Lord is \ yours:
and you reward us all ac\cording \ to our \ deeds.

Psalm 63.

1. O God \ you are • my \ God:
and \ earnest•ly \ will I \ seek you.
2. My soul thirsts for you, my body \ yearns for \ you:
like a land that is \ dry and \ thirsty • for \ water.
3. With this longing I have come before you \ in the \ sanctuary:
that I may see your \ power \ and your \ glory.
4. Your steadfast love is better than \ life it\self:
therefore my \ lips will \ speak your \ praise.
5. As long as I live \ I will \ bless you:
and lift up my \ hands to \ pray • in your \ name.
6. I shall be satisfied as with a rich and \ sumptu•ous \ feast:
and my mouth shall \ praise you • with \ joyful \ lips.
7. When I remember you up\on my \ bed:
and think of you in the \ watches \ of the \ night,
8. how you have \ been my \ helper:
how I am safe in the \ shadow \ of your \ wings,
- ¶ 9. then my \ soul \ clings to you:
and \ your right \ hand up\holds me.
10. But those who seek to de\stroy my \ life:
shall go down to the \ depths \ of the \ earth.
11. They shall be given over to the \ power • of the \ sword:
their bodies shall \ be a \ prey for \ jackals.
- ¶ 12. But the king shall rejoice in God,
and all who swear by God \ shall ex\ult:
for the mouths of \ liars \ shall be \ stopped.

Psalm 64.

1. Hear my voice O God \ in my \ prayer:
preserve my \ life from \ fear • of the \ enemy.
2. Hide me from those who con\spire a\gainst me:
from the \ turbu•lent \ throng • of the \ wicked.
3. They sharpen their \ tongues like \ swords:
they aim \ bitter \ words like \ arrows,
4. to shoot from ambush at \ one • who is \ blameless:
sudden the attack \ and by \ foes un\seen.
5. They hold fast to their \ evil \ purpose:
they conspire to lay their snares,
and they \ say, \ 'Who will \ see us?'
6. With skill and cunning they con\trive \ mischief:
for the human heart and \ mind are \ very \ deep.
7. But God will shoot at them with a \ swift \ arrow:
and \ sudden•ly \ strike them \ down.
8. Their own tongue will be \ their un\doing:
and all who see their \ fate shall \ flee \ from them.

9. Then all shall fear, and say, \ 'This is \ God's work':
and they shall \ ponder • what \ God has \ done.
10. The righteous shall rejoice in the Lord,
and find their refuge in the \ Most \ High:
and all who are \ true of \ heart • shall be \ glad.

Psalm 65.

1. You O God are to be \ praised • in Je\usalem:
to \ you shall \ vows • be per\formed.
2. You give \ heed to \ prayer:
to you all mortals shall come \ to con\fess their \ sins.
- ¶ 3. The burden of our \ sins • is too \ great for us:
but \ you will \ purge • them a\way.
4. Blessèd are the people you choose,
and bring to \ dwell • in your \ courts:
we shall be filled with the blessings,
of your \ house your \ holy \ temple.
5. With awesome deeds you answer,
our prayers for deliverance, O \ God our \ saviour:
you that are the hope of all the ends of the earth, \
and • of the \ far-off \ seas.
6. By your strength you made \ fast the \ mountains:
and \ gird yourself \ round with \ power.
7. You still the raging of the seas,
and the \ roar • of their \ waves:
and the \ tumult \ of the \ peoples.
- ¶ 8. The dwellers at the ends of the earth,
are awed \ by your \ wonders:
you make the lands of sunrise and sunset,
re\sound with \ shouts of \ joy.
9. You visit the \ earth and \ water it:
you \ make it \ very \ fruitful.
10. The waters of heaven brim \ over • their \ channel:
providing us with grain,
for so you \ have pre\pared the \ land,
11. drenching its furrows, \ levelling • its \ ridges:
softening it with \ showers • and \ blessing • its \ growth.
12. You crown the year \ with your \ goodness:
and your paths \ over\flow with \ plenty.
13. The pastures of the wilderness abound with \ grass:
and the \ hills are \ girded • with \ joy.
14. The fields are \ clothed with \ sheep:
the valleys are decked with wheat,
so that they \ shout for \ joy and \ sing.

Psalm 66.

1. Cry out with joy all \ people • on \ earth:

- sing to the honour of God's name,
 make the \praise • of the \Lord \glorious.
2. Say to the Almighty, 'How awesome \are your \deeds:
 seeing your great power,
 your \ene•mies \cringe be\fore you.
 3. 'For all the \world shall \worship you:
 sing to \you and \praise your \name.'
 4. O come and see what the \Lord has \done:
 what God has wrought in \terror • a\mong all \people.
 5. The Lord turned the sea into dry land,
 and they crossed the \river • on \foot:
 therefore in \God let \us re\joice.
 6. who rules with power for ever,
 whose eyes keep \watch • on the \nations:
 let not the re\bellious • lift \up their \heads.
 7. Praise our \God all \peoples:
 and let the \sound of \praise be \heard.
 8. The Lord has preserved us a\mong the \living:
 and \kept our \feet from \stumbling.
 9. For you O \God have \tested us:
 and refined us as \silver \is re\fined.
 10. You led us \into • the \snare:
 you laid a burden of \trouble • up\on our \backs.
 - ¶ 11. You let enemies ride over our heads,
 we went through \fire and \water:
 but you have brought us out \into • a \place of \liberty.
 12. I will come into your house with \burnt-\offerings:
 and I will \pay you \my \vows,
 13. the vows which I made \with my \lips:
 and swore with my mouth \when I \was in \trouble.
 14. I will offer fat beasts in sacrifice,
 with the smoke of \burning \rams:
 I will prepare you an \offering • of \bulls and \goats.
 15. Come then and listen, all you that \fear the \Lord:
 and I will \tell you • what \God has \done for me.
 16. I cried a\loud to \God:
 high praise was \ready \on my \tongue.
 17. If I had cherished evil \in my \heart:
 the \Lord would \not have \heard me.
 18. But truly \God has \heard me:
 and has \given \heed • to my \prayer.
 19. Blessèd are you O God,
 for you have not re\jected • my \prayer:
 nor withdrawn from \me your \steadfast \love.

Psalm 67.

1. Be gracious to us O \God and \bless us:
 and make the light of your \face to \shine up\on us,
2. that your ways may be \known up•on \earth:

- your saving \ power • a\mong all \ nations.
3. Let the peoples \ praise you • O \ God:
let \ all the \ peoples \ praise you.
 4. Let the nations be glad, and \ sing for \ joy:
for you judge the peoples righteously,
and \ guide the \ nations • on \ earth.
 5. Let the peoples \ praise you • O \ God:
let \ all the \ peoples \ praise you.
 6. The earth has \ yielded • its \ harvest:
and \ you our \ God will \ bless us.
 - ¶ 7. Your blessing O God \ be up\on us:
and let all the \ ends • of the \ world re\vere you.

Psalm 68.

1. Arise O God and let your \ enemies • be \ scattered:
let those who \ hate you \ flee be\fore you.
2. As smoke vanishes before the wind,
and as wax \ melts • in the \ fire:
so let the wicked \ perish • at the \ presence • of \ God.
3. But let the righteous be glad and ex\ult be\fore \ God:
let them re\joice • with ex\ceeding \ joy.
4. Sing praises to God's \ holy \ name:
make a highway for the one who rides on the clouds,
whose name is the Lord, \ in whose \ presence • ex\ult.
5. Guardian of orphans and pro\ector • of \ widows:
such are you O God \ in your \ holy \ dwelling-place.
6. You give the lonely a home to live in,
and lead out the prisoners \ into • pros\perity:
but the re\bellious • must \ live • in the \ wasteland.
7. O God when you went out at the \ head • of your \ people:
when you \ marched a\cross the \ wilderness,
8. the earth quaked, the heavens \ poured down \ rain:
before God the Lord of Sinai,
before \ God the \ Lord most \ high.
9. You sent down a generous \ rain O \ God:
to refresh the wilting \ land of \ your pos\session.
10. There your people \ found a \ home:
which in your goodness you pro\vided \ for the \ poor.
11. The Lord \ gave the \ word:
and great was the company,
of \ those who \ carried • the \ news,
12. 'Kings with their armies are in \ headlong \ flight:
the women at home \ are di\viding • the \ spoil.
13. 'You lingered a\mong the \ sheepfolds:
but Israel is like a dove, its wings covered with silver,
and its \ feathers \ shining • with \ gold.'
14. When the Almighty \ scattered \ kings:
it was like snowflakes \ falling • up\on Mount \ Zalmon.
15. A mighty mountain is the \ mountain • of \ Bashan:
the mountain of Bashan is a \ mountain • of \ many \ peaks.

16. O mountain of many peaks,
 why do you look with envy
 at the mountain where God has \ chosen • to \ dwell:
 and where the \ Lord will \ live for \ ever?
17. The chariots of God are twenty thousand,
 indeed \ thousands up•on \ thousands:
 you O Lord have come from Sinai \ into • your \ holy \ place.
18. You have gone up on high, leading \ captives \ with you:
 and receiving tribute, even from among the rebellious,
 that \ you might \ dwell a\mong them.
19. Blessèd are you O Lord,
 for you bear us daily \ as your \ burden:
 you are the \ God of \ our de\liverance.
20. Our God is a \ God • of sal\vation:
 God is the Lord through whom \ we es\cape from \ death.
- * * *
24. Your procession O God has \ come • into \ view:
 the procession of my God and king \
 as it \ enters • the \ sanctuary.
24. The singers walk in front, the \ minstrels \ follow:
 with them the maidens \
 playing • the \ timbrels • and \ singing,
26. Give thanks to the Lord in the \ great • congre\gation:
 bless the Lord,
 all you that \ spring • from the \ fountain • of \ Israel.
27. There in the lead is the little tribe of Benjamin,
 there the company of the \ princes • of \ Judah:
 the princes of Zebulun \ and the \ princes • of \ Naphtali.
28. Summon your \ strength O \ God:
 the strength in which \
 you performed for \ us your \ mighty \ deeds.
29. For your temple's sake \ at Je\rusalem:
 summon \ kings to \ bring you \ gifts.
30. Rebuke the wild \ beast • of the \ reeds:
 that \ herd of \ bulls • with their \ calves.
31. Trample under foot those who are \ greedy • for \ silver:
 and scatter the people \ whose de\light • is in \ war.
- ¶ 32. 'Let tribute be brought \ out from \ Egypt:
 and Ethiopia stretch \ out her \ hands to \ God.
33. Sing to God you \ kingdoms • of the \ earth:
 sing \ praises \ to the \ Lord.
34. who rides on the heavens, the \ ancient \ heavens:
 who speaks aloud \ with a \ mighty \ voice.
35. Ascribe power to God, whose majesty is \ over • our \ people:
 and whose \ strength is \ in the \ skies.
36. Terrible are you O God. as you come from your \ holy \ place:
 you give power and strength to your people. \
 Blessèd \ be \ God.

Psalm 69.

1. Save \ me O \ God:
for the waters have \ risen \ up • to my \ neck.
2. I am sinking into miry depths and \ have no \ foothold:
I have come into deep waters, \
and the \ flood en\ gulfs me.
3. I am wearied with crying out, my \ throat is \ parched:
my eyes grow dim with \ watching • so \ long • for my \ God.
4. Those who hate me without reason,
are more in number than the \ hairs • of my \ head:
mighty are those who \ seek • to de\ stroy me • with \ lies.
5. They bid me give back things that I \ never \ took:
God you know how foolish I am,
and my faults \ are not \ hidden • from \ you.
6. Let not those who hope in you,
be put to shame through \ me O \ God:
let not those who seek you,
be dismayed at \ me, Lord \ God of \ hosts.
7. It is for you I have \ suffered • re\ proach:
and \ shame has \ covered • my \ face.
8. I have become a stranger \ to my \ family:
an alien \ to my \ mother's \ children.
9. Zeal for your house \ has con\ sumed me:
and insults aimed at \ you have \ fallen • on \ me.
10. When I afflicted my\ self with \ fasting:
that was turned \ as a • re\ proach a\ gainst me.
11. I put on \ sackcloth \ also:
and I be\ came a \ by-word • a\ mong them.
12. I am the talk of those who \ sit • at the \ gate:
and the \ drunkards • make \ songs a\ bout me.
13. But Lord I make my \ prayer • to \ you:
accept me \ now in \ your great \ love.
14. Answer \ me O \ God:
with \ your un\ failing \ help.
15. Rescue me from the mire, do not \ let me \ sink:
let me be delivered \ from the \ muddy \ depths.
16. Do not let the flood engulf me,
or the deep \ swallow • me \ up:
or the Abyss of death \ close its \ mouth up\ on me.
17. Answer me Lord, for your \ love is \ good:
turn to me \ in your \ great com\ passion.
18. Do not hide your face \ from your \ servant:
be swift to answer me, for \ I am \ in dis\ tress.
19. Come near to me \ and re\ deem me:
O \ ransom me • be\ cause of • my \ enemies.
20. You know my reproach, my shame and hu\ mili\ ation:
my enemies are \ all \ in your \ sight.
21. Reproach has \ broken • my \ heart:
and my \ sickness • is \ past all \ healing.
22. I looked for compassion, \ but I • re\ ceived none:
for someone to console me, \ but I \ found \ no one.
- ¶ 23. They gave me \ poison • for \ food:

and in my thirst they \ gave me \ vinegar • to \ drink.

* * *

31. As for me, I am afflicted \ and in \ pain:
O God, lift me up \ by your \ saving \ power.
32. I will praise your name \ with a \ song:
and \ glori•fy \ you with \ thanksgiving.
33. And that will please you,
more than the offering \ of an \ ox:
more than a \ bull with \ horns and \ hoofs.
34. Consider this, you that are humble, \ and be \ glad:
let your heart rejoice, \ you that \ seek • after \ God.
35. For you O God \ listen • to the \ poor:
and do not despise your \ servants \ in captiv•ity.
36. Let the heavens and the \ earth \ praise you:
the \ seas and \ all that \ moves in them.
37. For you will deliver Jerusalem,
and rebuild the \ cities • of \ Judah:
and your people shall \ dwell there \ and pos•sess it.
38. Your servants' children \ shall in•herit it:
and those who \ love your \ name shall \ dwell in it.

Psalm 70.

1. O God be \ pleased • to de•liver me:
make \ haste O \ Lord to \ help me.
2. Let those who seek my life,
be put to \ shame • and con•fusion:
let those who desire my hurt,
be turned \ back and \ brought • to dis•honour.
3. Let those who mock at my hu•mili•ation:
be ap•palled • at their \ own dis•grace.
4. Let all who seek you rejoice and be \ glad in \ you:
and let those who long for your saving help,
say \ always, \ 'God is \ great.'
5. As for me I am \ poor and \ needy:
come \ quickly • O \ God • to my \ aid.
6. You are my helper and \ my de•liverer:
O \ Lord make \ no de•lay.

Psalm 71.

1. In you O Lord I have \ taken \ refuge:
let me \ never • be \ put to \ shame.
2. In your righteousness de•liver me • and \ rescue me:
incline your \ ear to \ me and \ save me.
3. Be to me a rock of refuge,
a fortress where I may \ find \ safety:
for you are my \ rock \ and my \ stronghold.
4. Rescue me O my God, from the \ hand • of the \ wicked:
from the \ grasp of • the un•righteous • and \ cruel.
5. For you O Lord \ are my \ hope:

- my trust has been in you \ from the \ time • of my \ youth.
6. On you have I leaned since \ I was \ born:
it is you that brought me out of my mother's womb,
you are the \ theme • of my \ constant \ praise.
 7. I have become a warning \ sign to \ many:
but you are my \ strength \ and my \ refuge.
 8. My mouth shall be \ filled • with your \ praises:
I will sing of your \ glory \ all the • day \ long.
 9. Do not cast me off in the time of \ old \ age:
or forsake me \ when my \ strength is \ failing,
 10. when my enemies \ speak a\gainst me:
and those who lie in wait for me,
con\spire to\gether • a\gainst me.
 - ¶ 11. They are sure that \ you • have for\saken me:
that they may pursue me and seize me,
for \ there is \ no one • to \ save me.
 12. O God, do not \ stand off \ from me:
my \ God make \ haste to \ help me.
 13. Let my accusers be put to \ shame • and con\fusion:
let those who seek my hurt,
be \ covered • with \ scorn • and dis\grace.
 14. But as for me, I will wait in \ hope con\tinually:
and I will \ praise you \ more and \ more.
 15. My mouth shall speak of your righteousness,
and of your saving acts \ all the • day \ long:
for their \ number • is be\yond my \ telling.
 16. I will begin with your mighty acts O \ Lord my \ God:
and speak of your \ righteous•ness, \ yours a\lone.
 17. O God you have taught me \ from my \ childhood:
and to this day I pro\claim your \ wondrous \ deeds.
 18. Do not forsake me now that I am old and \ grey\headed:
till I have made known the strength of your arm,
to the generations \ that are \ yet to \ come.
 19. Your righteousness O God reaches \ to the \ heavens:
great are the things you have done, \
who O \ God is \ like you?
 20. Many bitter troubles you have laid upon me,
yet you will \ turn • and re\live me:
and raise me up again \ from the \ depths • of the \ earth.
 21. Restore me to more than my \ former \ greatness:
O \ turn to me • a\gain and \ comfort me.
 22. Then will I praise you on the lute,
for your faithfulness \ O my \ God:
I will sing to you with the \ harp, O \ Lord most \ high.
 23. My lips will shout for \ joy • when I \ sing to you:
and my soul also \ which you \ have de\livered.
 - ¶ 24. My tongue shall speak of your righteousness \,
all the • day \ long:
for those who sought to harm me,
shall be \ put to \ shame • and dis\grace.

Psalm 72.

1. Give the king your \ justice • O \ God:
and your righteousness \ to a \ king's \ son.
2. that he may judge your \ people \ rightly:
and up\hold the \ poor with \ justice.
3. Let the mountains bring forth peace \ for the \ people:
and the \ hills pros\perity • with \ justice.
4. May the king defend the cause of the poor,
a\mong the \ people:
save the children of the \
needy • and \ crush • the op\pressor.
5. May he live as long as the \ sun en\dures:
as long as the \ moon from \ age to \ age.
6. May he come down like rain up\on the \ grass:
like \ showers • that \ water • the \ earth.
7. In his days may \ righteous\ness \ flourish:
and abundance of peace \ till the \ moon • is no \ more.
8. May his rule extend from \ sea to \ sea:
and from the \ River • to the \ ends • of the \ earth.
9. May the tribes of the desert bow \ down be\fore him:
and his \ ene\mies \ lick the \ dust.
10. May the kings of Tarshish and of the \ isles pay \ tribute:
the kings of Sheba and \ Seba \ bring their \ gifts.
- ¶ 11. May all kings fall \ prostrate • be\fore him:
and all \ nations \ render • him \ service.
12. He shall deliver the needy \ when they \ cry:
and the \ poor who \ have no \ helper.
13. He shall have pity on the \ weak • and the \ needy:
and \ save the \ lives • of the \ poor.
- ¶ 14. He shall rescue them from op\pression • and \ violence:
and their blood shall be \ precious \ in his \ sight.
15. Long may the king live,
and receive gifts of \ gold from \ Sheba:
may prayer be made for him continually,
and may people \ bless him \ every \ day.
16. Let there be abundance of wheat in the land,
growing thick \ up • to the \ hill-tops:
may its crops flourish like those of Lebanon,
and the sheaves be \ numberless • as \ blades of \ grass.
17. May the king \ live for \ ever:
and his name en\dure as \ long • as the \ sun.
18. May all nations pray to be \ blessed as \ he is:
and all \ peoples \ call him \ blessèd.
19. Blessèd are you O \ Lord our \ God:
for you a\lone do \ marvel\ous \ things.
20. Blessèd be your glorious \ name for \ ever:
let the whole earth be filled with your glory. \
Amen. \ A\men.

Psalm 73.

1. Truly God is \ good • to the \ upright:
to \ those • who are \ pure in \ heart.
2. Nevertheless my feet had \ almost \ stumbled:
my \ steps had \ well-nigh \ slipped.
3. For the boasting of the wicked \ roused me • to \ envy:
when I \ saw how \ greatly • they \ prosper.
4. They \ suffer • no \ pain:
their \ bodies • are \ sound and \ sleek.
5. They come to no misfortune as \ others \ do:
nor are they afflicted • like \ other \ people.
6. So they wear their pride \ like a \ necklace:
and cover themselves with \ vio•lence \ as • with a \ cloak.
7. Iniquity comes \ forth • from with\in them:
and folly \ over\flows • from their \ hearts.
8. They scoff, they \ speak ma\liciously:
indeed they speak of oppression \ by the \ Most \ High.
9. Their slanders reach \ up to \ heaven:
while their tongues ply \ to and \ fro on \ earth.
10. So the people \ turn and \ follow them:
and \ find in \ them no \ fault.
- ¶ 11. They say, \ 'How can • God \ know:
is there \ knowledge \ in the • Most \ High?'
12. So the \ wicked \ talk:
yet they prosper, and \ still their \ riches \ grow.
13. So it was all in vain that I kept my \ heart \ clean:
and \ washed my \ hands in \ innocence.
14. All the day long have \ I been \ buffeted:
and \ punished • a\new • every \ morning.
15. If I had said, 'I will go on \ speaking • like \ this':
then I should have be\trayed the \ children • of \ God.
16. So I kept thinking how to \ under•stand \ this:
but I \ found it • too \ hard for \ me,
17. till I went into the \ sanctuary • of \ God:
and then I perceived \ what be\comes • of the \ wicked.
18. Surely it is on slippery ground \ that you \ set them:
and make them \ fall \ headlong • to \ ruin.
19. How suddenly they \ come • to de\struction:
they are swept away, and \ come • to a \ fearful \ end.
- ¶ 20. Like a dream when \ one a\wakens:
so Lord you a\rise • to dis\miss them • as \ phantoms.
21. When therefore I \ was em\bittered:
and \ envy \ goaded • my \ heart,
22. stupid was \ I and \ ignorant:
no \ better • than a \ beast in • your \ sight.
23. Yet I am \ always \ with you:
for you hold me \ by my \ right \ hand.
24. You guide me \ with your \ counsel:
and afterwards \ will re\ceive me • with \ glory.
25. Whom have I in \ heaven • but \ you?:
and having you, I desire \ nothing \ else up•on \ earth.
26. My flesh and my \ heart may \ fail:

- but God is the strength of my heart,
and \ my pos\session • for \ ever.
27. Those who go far from you \ Lord shall \ perish:
and all who are \ faithless \ you will • de\stroy.
28. But for me it is good to draw \ near to \ God:
I have made you Lord God my refuge,
and I will \ speak of \ all • you have \ done.

Psalm 74.

1. O God, why have you cast us \ off for \ ever:
why is your anger so hot,
a\gainst the \ sheep of • your \ pasture?
2. Remember the assembly \ of your \ people:
whom you long ago \ chose \ for your \ own.
3. Remember the tribe you redeemed,
to be your \ own pos\session:
and the hill \ where you \ made your \ dwelling.
4. Draw near, and see how \ all • is in \ ruins:
how the enemy have \ utterly • laid \ waste your \ sanctuary.
5. Your adversaries have made uproar in your \ holy \ place:
and set up their \ standards • in \ token • of \ victory.
6. Like timber cutters hacking at a \ thicket • of \ trees:
they broke the carved \ woodwork • with \ axes • and \ hammers.
7. They set \ fire • to your \ sanctuary:
defiled your dwelling-place, and \ razed it \ to the \ ground.
8. They said in their hearts, \ 'Let us • de\stroy them':
and they burned every \ shrine of \ God • in the \ land.
9. We see no signs, we have no \ prophet \ now:
no one knows how \ long these \ things • shall con\tinue.
10. How long O God shall the \ adver•sary \ scoff:
will the enemy blas\pheme your \ name for \ ever?
- ¶ 11. Why do you hold \ back your \ hand:
why do you keep your \ right hand \ in your \ bosom?
12. Yet God \ reigns • from of \ old:
achieving \ victory • up\on the \ earth.
13. It was you that split the sea in two \ by your \ power:
and smashed the heads of the \ monsters \ in the \ waters.
14. It was you that crushed the \ heads • of Le\viathan:
and gave him for food to the \ creatures \ of the \ deep.
15. It was you that opened channels for \ springs and \ torrents:
and \ dried up • per\enni•al \ rivers.
16. Yours is the day, and yours \ also • the \ night:
you ap\pointed • the \ moon • and the \ sun.
17. It was you that fixed the \ bounds • of the \ earth:
and \ you made \ summer • and \ winter.
18. Remember O Lord the \ taunts • of the \ enemy:
see how an ungodly \ people • re\viles your \ name.

19. Do not hand over to wild beasts,
the \ soul • that confesses you:
do not forget your afflicted \ people • for \ ever.
20. Look upon the \ world • you have \ made:
see how full it is of darkness,
and how \ violence • in \ habits • the \ earth.
21. Let not the oppressed be turned away \ disap\pointed:
but let the poor and \ needy \ praise your \ name.
22. Arise O God, and defend your \ own \ cause:
remember how the ungodly \
taunt you \ all the • day \ long.
23. Do not ignore the clamour \ of your \ foes:
or the uproar of your adversaries,
which \ rises \ up con\tinually.

Psalm 75.

1. To you O God \ we give \ thanks:
yes, to you O \ Lord \ we give \ thanks.
2. We \ call on • your \ name:
and tell of \ all your \ marvel•lous \ deeds.
3. ‘At the time of \ my ap\pointing:
I will \ judge the \ world with \ justice.
4. ‘The earth may shake, with \ all who \ dwell in it:
but it is \ I • who keep \ steady • its \ pillars.
5. ‘To the boastful I say, \ "Boast no \ longer":
and to the wicked, \ "Do not \ toss your \ horns.
6. ‘"Do not toss your \ horns so \ high:
or \ speak with \ stiff-necked \ pride.”’
7. For help comes neither from the east nor \ from the \ west:
neither from the \ desert • nor \ yet • from the \ mountains.
8. But it is \ God • who is \ judge:
the Lord puts down one, and \ raises \ up \ another
9. In the Lord’s hand is a cup of wine \ foaming • and \ spiced:
the Lord gives it to \ each of \ them to \ drink.
10. All the wicked of the \ earth shall \ drink from it:
they shall \ drain it \ to the \ dregs.
11. But I will re\joice for \ ever:
I will sing \ praises • to the \ God of \ Jacob.
12. ‘All the horns of the wicked \ I will \ break:
but the horns of the righteous \ shall be \ lifted \ high.’

Psalm 76.

1. In Judah you are \ known O \ God:
your \ name is \ great in \ Israel.
2. Your tent is \ pitched in \ Salem:
and your dwelling is \ on your \ holy \ hill.
3. There you broke the \ flashing \ arrows:
the shield, the \ sword • and the \ weapons • of \ battle.
4. Glorious are \ you O \ Lord:
more majestic than the \ ever\lasting \ mountains.

5. The mighty ones have been despoiled,
they sleep their \ last \ sleep:
the strongest \ cannot \ lift a \ hand.
6. At your rebuke O \ God of \ Jacob:
both \ horse and \ rider • fell \ stunned.
7. Terrible are \ you O \ Lord:
who can stand in your \ presence • when \ you are \ angry?
8. You gave \ sentence • from \ heaven:
the \ earth in \ terror • was \ still,
9. when God a\rose to • give \ judgment:
to save all that are op\pressed up\on \ earth.
10. The fierceness of Edom shall \ turn • to your \ praise:
and the remnant of \ Hamath • shall \ keep your \ festival.
11. Make your vows to the Lord your \ God, and \ keep them:
let all the surrounding nations bring gifts to the Lord,
as to the \ one who \ is • to be \ feared,
12. who curbs the \ spirit • of \ princes:
and is the terror of the \ rulers \ of the \ earth.

Psalm 77.

1. I cry a\loud to \ God:
I cry aloud \ to the \ one • who will \ hear me.
2. In the day of my distress I \ sought the \ Lord:
by night my hands were _
spread out in prayer without ceasing,
my \ soul re\fused all \ comfort.
3. I remembered my God, \ and I \ groaned:
in my \ thinking • my \ spirit \ fainted.
4. You kept my \ eyelids • from \ closing:
I was \ dazed • and I \ could not \ speak.
5. I thought of the \ days of \ old:
I re\mbered • the \ years long \ past.
6. At night I communed \ with my \ heart:
I pondered, \ and I \ questioned • my \ spirit.
7. ‘Will you O Lord re\ject us • for \ ever:
and \ never • more \ show us • your \ favour?’
8. ‘Has your unfailing love now \ failed us • for \ ever:
is your promise made \ void for \ all • gener\ations?’
9. ‘Have you for\gotten • to be \ gracious:
and in \ anger • with\held • your com\passion?’
10. And I said, ‘This thought \ causes • me \ grief:
that the right hand of the Most _
High has \ lost its \ strength.’
11. But then I remember what the \ Lord has \ done:
and call to \ mind your \ wonders • of \ old.
12. I meditate on \ all your \ works:
and \ ponder • the \ things • you have \ done.
13. Your way O \ God is \ holy:
what god is so \ great as \ our \ God?
14. You are the God \ who does \ wonders:
you have shown your \ power • a\mong the \ nations.

15. With your strong arm you de\livered • your \ people:
the \ offspring • of \ Jacob • and \ Joseph.
16. The waters saw you O God,
the waters saw you and \ were a\ffraid:
they \ trembled \ in their \ depths.
17. The clouds poured out water, the \ heavens \ thundered:
and your \ arrows \ flashed a\broad.
18. The voice of your thunder was \ heard • in the \ whirlwind:
the \ earth was \ shaken • and \ trembling.
19. Your path was in the sea,
and your way was through the \ great \ waters:
and your \ footprints \ were not \ seen.
20. You led your \ people • like \ sheep:
by the \ hand of \ Moses • and \ Aaron.

Psalm 78.

1. Give heed to my teaching \ O my \ people:
turn your \ ears • to the \ words of • my \ mouth.
2. I will open my \ mouth • in a \ parable:
I will reveal the hidden \
meanings • of \ things • in the \ past.
3. things we have \ heard and \ known:
and \ such • as our \ forbears • have \ told us.
4. We will not hide them from their children,
but declare to the \ next • gener\ation:
your glories O Lord and your might,
and the \ wonders • that \ you have \ done,
5. the testimony that you gave to Jacob,
and the law you ap\pointed • in \ Israel:
which you com\manded • them to \ teach their \ children,
6. that their posterity might know it, the children \ yet un\born:
and these in turn should a\rise and \ tell their \ children,
7. that they should put their \ trust in \ you:
and not forget your great acts,
but \ keep all \ your com\mandments,
8. and not be like their ancestors,
a stubborn and re\belli\ous \ race:
a generation fickle of heart,
whose spirit \ was not \ faithful • to \ you.
9. The sons of Ephraim \ armed • with the \ bow:
turned \ back • on the \ day of \ battle.
10. They did not \ keep your \ covenant:
and they would not live ac\cording \ to your \ law.
11. They forgot what \ you had \ done:
and the \ wonderful \ things • you had \ shown them.
12. Marvellous things you did in the \ sight • of our \ ancestors:
in the land of Egypt, \ in the \ plain of \ Zoan.
13. You divided the sea and \ let them • go \ through:
and made the waters \ stand up \ like a \ wall.
14. In the daytime you led them \ with a \ cloud:

- and all the night \ long • with a \ beacon • of \ fire.
15. You split \ rocks • in the \ wilderness:
and gave them drink in plenty, as \ from the \ great \ deep.
16. You brought streams \ out • of the \ cliff:
and made \ water • run \ down like \ rivers.
17. But for all this they sinned yet \ more a\gainst you:
and provoked the Most \ High \ in the \ desert.
18. They tried your \ patience \ wilfully:
demanding \ food to \ satisfy • their \ craving.
19. They spoke a\gainst you • and \ said:
'Can God prepare a \ table \ in the \ wilderness?
20. 'God struck the rock indeed,
so that water gushed out and streams \ over\flowed:
but can God also give bread,
or provide \ meat • for the \ people • to \ eat?'
21. When you heard this O Lord, \ you were \ angry:
a fire was kindled against Jacob,
your \ fury \ rose a\gainst \ Israel,
22. because they had no \ faith in \ you:
and would \ not re\ly • on your \ help.
23. Yet you commanded the \ clouds a\bove:
and \ opened • the \ doors of \ heaven.
24. You rained down manna for \ them to \ eat:
and \ gave them • the \ grain of \ heaven.
25. So mortals ate the \ bread of \ angels:
you \ sent them \ food • in a\bundance.
26. You made the east wind \ blow from \ heaven:
and brought in the \ south wind \ through your \ power.
27. You rained food upon them as \ thick as \ dust:
winged \ birds • like the \ sand • of the \ sea.
28. You let it fall in the \ midst • of the \ camp:
all a\round the \ tents • where they \ dwelt.
29. So the people ate, and \ had their \ fill:
for you had \ given • them \ what they \ craved.
30. But they had not satisfied their craving,
and the food was \ still • in their \ mouths:
when your \ anger • rose \ up a\gainst them.
- ¶ 31. You laid low the \ strongest • a\mong them:
and struck down the \ flower of \ Israel's \ youth.
32. But for all this they \ went on \ sinning:
and despite your wonders \ they did \ not be\lieve.
33. So you made their days vanish \ like a \ breath:
and \ ended • their \ years • in ca\lamity.
34. When you struck them down, \ they would \ seek you:
they would re\pent and \ earnestly \ look for you.
35. They would remember that \ you • were their \ rock:
and that God most \ high was \ their re\deemer.
36. But such words on their lips \ were but \ flattery:
and their \ tongues were \ speaking \ lies.
37. For their heart was not \ steadfast • to\wards you:

- nor were they \ faithful \ to your \ covenant.
38. But in your mercy you for\gave • their mis\deeds:
and \ did not \ utterly • de\stroy them.
39. Many a time you turned your \ wrath a\way:
and did not let your anger \ rise • to its \ full \ height.
- ¶ 40. For you remembered that they \ were but \ mortal:
like a wind that \ passes • and \ never • re\turns.
41. How often they rebelled against you \ in the \ wilderness:
and \ grieved you \ in the \ desert.
42. Again and again they \ put you • to the \ test:
and pro\voked the \ Lord most \ high.
43. They did not keep in \ mind your \ power:
or the day when you \ saved them \ from the \ enemy,
44. how you worked your \ miracles • in \ Egypt:
and your \ wonders • in the \ plain of \ Zoan.
45. You turned their rivers \ into \ blood:
so that they \ could not \ drink • from their \ streams.
46. You sent flies in swarms \ to de\avour them:
and \ frogs • to make \ devas\ation.
47. You gave their \ crops • to the \ locust:
and the fruit of their \ labour \ to the \ grasshopper.
48. You destroyed their \ vines with \ hail:
and their \ syca\more \ trees with \ frost.
49. You gave up their \ cattle • to the \ plague:
and their \ flocks • to a \ burning \ fever
50. You loosed upon them the fierceness of your anger,
wrath, indig\ation • and \ havoc:
these were the messengers \ sent for \ their de\struction.
51. You gave free course to your anger,
and did not \ spare them • from \ death:
but gave up their \ lives \ to the \ plague,
52. and struck down the \ first-born • of \ Egypt:
the first-fruits of their
strength \ in the \ dwellings • of \ Ham.
53. But your own people you led \ out like \ sheep:
and guided them in the \ wilder\ness \ like a \ flock
54. You brought them out safely,
and they were \ not a\ffraid:
but the sea \ over\whelmed their \ enemies.
55. So you brought them to your \ holy \ land:
to the mountain you had \
won • by your \ own right \ hand.
56. You drove out the \ nations • be\fore them:
you allotted their lands to Israel for a heritage,
and \ settled • your \ tribes • in their \ tents.
57. Still they tried your patience O God,
and rebelled against the \ Most \ High:
for they \ did not \ keep • your com\mandments.
58. They turned away, faithless \ like their \ forbears:
they started back,
like a \ bow • when its \ string is \ loosed.

59. They grieved you \ with their \ hill-altars:
and provoked you to \ anger \ with their \ idols.
60. When you heard this you were \ filled with \ fury:
and \ utterly • re\jected \ Israel,
61. so that you forsook your \ dwelling-place • at \ Shiloh:
the tent \ where you \ lived a\mong them.
62. You gave the ark of your power \ into • cap\tivity:
your glory \ into • the \ hands • of the \ enemy.
63. You delivered your \ people • to the \ sword:
and vented your \ wrath on \ your in\heritance.
64. The fire of war consumed their \ young \ men:
and for their \ maidens • there \ was no \ marriage song.
- ¶ 65. Their priests \ fell • by the \ sword:
and their \ widows • made \ no • lamen\tation.
66. Then you awoke O Lord, as \ one from \ sleep:
as one who is strong \ throws • off the \ stupor • of \ wine.
67. You struck down your enemies and \ drove them \ back:
and \ put them • to per\petu\al \ shame.
68. You rejected the \ tent of \ Joseph:
you did not \ choose the \ tribe of \ Ephraim.
69. But you chose the \ tribe of \ Judah:
and the \ mountain \ which you \ loved.
70. There you built your temple, like the \ heights of \ heaven:
like the \ earth • you had \ founded • for \ ever.
71. You chose \ David • your \ servant:
and \ took him • a\way • from the \ sheepfolds.
72. From following the \ sheep, you \ brought him:
to be shepherd of Jacob your people,
and \ Israel \ your in\heritance.
73. He tended them with \ upright \ heart:
and \ guided them • with \ skilful \ hands.

Psalm 79.

1. O God the heathen have come \ into • your \ land:
your holy temple they have defiled,
and made Je\rusalem • a \ heap of \ stones.
2. They have given the dead bodies of your servants,
to be food for the \ birds • of the \ air:
and the flesh of your \ people • to the \ beasts of • the \ land.
3. Their blood has been spilled like water all \ round Je\rusalem:
and \ there is \ no one • to \ bury them.
4. We have become the \ taunt • of our \ neighbours:
the scorn and de\vision • of \ those a\round us.
5. How long O Lord?
Will you be \ angry • for \ ever:
will your jealous \ wrath \ burn like \ fire?
6. Pour out your rage on the nations that \ do not \ know you:
and on the kingdoms that \ do not \ call • on your \ name
7. For they have de\voured \ Jacob:

- and \ laid \ waste his \ homeland.
8. Do not remember against us the sins of our forbears,
let your compassion come \ swiftly • to \ meet us:
for we are \ brought \ very \ low.
9. Help us O God our saviour,
for the \ glory • of your \ name:
deliver us,
and wipe out our \ sins • for your \ name's \ sake.
- * * *
11. Let the groans of the prisoners \ come be\fore you:
and by your strong arm,
set free \ those con\demned to \ die.
- * * *
- ¶ 13. So we your people, and the sheep of your pasture,
will give you \ thanks for \ ever:
we will recount your \ praise to \ all • gener\ations.

Psalm 80.

1. Hear O Shepherd of Israel,
you that led Joseph \ like a \ flock:
shine forth from your \ throne up\on the \ cherubim
2. Before Ephraim, Benjamin \ and Man\asseh:
stir up your \ strength and \ come • to our \ rescue.
- ¶ 3. *Restore us a\gain O \ God:*
show us the light of your \ face and \ we • shall be \ saved.
4. O Lord \ God of \ hosts:
how long will you set your face,
a\gainst your \ people's \ prayer?
5. You have fed them with the \ bread of \ tears:
and given them \ tears in \ plenty • to \ drink.
6. You make a mockery of us \ to our \ neighbours:
and our \ ene•mies \ laugh us • to \ scorn.
7. *Restore us again O \ God of \ hosts:*
show us the light of your \ face and \ we • shall be \ saved.
8. You brought a vine \ out of \ Egypt:
you drove out the \ nations • and \ planted • it \ in.
9. You \ cleared the \ ground for it:
and when it had taken \ root it \ filled the \ land.
10. The mountains were covered \ with the \ shade of it:
and its boughs were like \ those of \ mighty \ cedars.
11. It stretched out its branches as \ far • as the \ Sea:
and its \ shoots as \ far • as the \ River.
12. Why then have you broken \ down its \ fences:
so that all who go \ by pluck \ off its \ grapes?
13. The boar out of the forest \ roots it \ up:
and the \ beasts • of the \ field de\avour it.
14. Turn to us again O \ God of \ hosts:
look \ down from \ heaven • and \ see.
15. Bestow your care up\on this \ vine:

- upon its stock which \ your right \ hand has \ planted.
16. As for those who burn it with fire, and \ cut it \ down:
let them perish \ at the \ frown • of your \ face.
17. Let your hand rest upon the one at your \ right \ hand:
the one you have \ made so \ strong • for your \ service.
18. Then we will \ never • for\ sake you:
O give us life, and we will \ call up\ on your \ name.
19. *Restore us again Lord \ God of \ hosts:*
show us the light of your \ face and \ we • shall be \ saved.

Psalm 81.

1. Sing out with joy to \ God our \ strength:
shout in \ triumph • to the \ God of \ Jacob.
2. Raise a song and \ sound the \ hand-drum:
the \ tuneful \ harp • with the \ lute.
3. Blow the trumpet in the \ new \ moon:
and at the \ full moon \ on our \ festival.
4. For this was made a \ statute • for \ Israel:
and a \ law • of the \ God of \ Jacob.
- ¶ 5. which was imposed as a \ duty • on \ Joseph:
when he came \ out • of the \ land of \ Egypt.
6. ‘I eased your shoulders \ from the \ burden:
and your \ hands were \ freed • from the \ load.
7. ‘You called to me in trouble \ and I \ saved you:
I answered you in the thunder-cloud,
but put you to the test \ at the \ waters • of \ Meribah.
8. ‘Hear O my people, and \ I • will ad\ monish you:
O Israel, if \ only \ you would \ listen.
9. There shall be no strange \ god a\ mong you:
nor shall you \ worship • an \ ali•en \ god.
- ¶ 10. ‘I am the Lord your God
who brought you out of the \ land of \ Egypt:
open wide your \ mouth and \ I shall \ fill it.
11. ‘But my people would not \ hear my \ voice:
and \ Israel • would \ not o\ bey me.
12. ‘So I left them in their \ stubbornness • of \ heart:
to \ follow • their \ own de\ vices.
13. ‘O that my \ people • would \ listen to me:
and that \ Israel • would \ walk • in my \ ways.
14. ‘I would soon put \ down their \ enemies:
and turn my \ hand a\ gainst their \ adversaries.
15. Those who hate me would \ cringe be\ fore me:
and their \ fate • would be \ sealed for \ ever.
16. ‘But Israel I would feed with the \ finest \ wheat-flour:
and satisfy them with \ honey \ from the \ rock.’

Psalm 82.

1. God stands in the \ council • of \ heaven:
in the midst of the \ gods the \ Lord gives \ judgment.
2. ‘How long will you \ judge un\justly:
and favour the \ cause \ of the \ wicked?’
3. ‘Defend the \ weak • and the \ orphaned:
maintain the \ cause of • the afflicted • and \ destitute.
4. ‘Rescue the \ weak • and the \ needy:
and save them \ from the \ hands • of the \ wicked.
5. ‘You neither know nor understand,
but go a\bout in \ darkness:
all the found\ations • of the \ earth are \ shaken.
6. ‘I say then to you, \ "Gods you \ may be:
and all of you \ offspring \ of the • Most \ High,
7. “but you shall \ die like \ mortals:
and fall like \ any \ of the \ princes.”’
8. Arise O God and \ judge the \ earth:
for you shall take all \ nations • as \ your pos\session.

Psalm 84.

1. How lovely \ is your \ dwelling-place:
Lord \ God of \ power and \ might.
2. My soul has a desire and longing_
to enter the \ courts • of the \ Lord:
my heart and my flesh re\joice • in the \ living \ God.
3. The sparrow finds for her\self a \ house:
and the swallow a nest_
where \ she may \ lay her \ young.
4. Even so have the singers a \ home • at your \ altars:
they stand always praising you my \ king \ and my \ God.
5. O Lord \ God of \ hosts:
blessèd are \ those who \ dwell in • your \ house.
6. Blessèd are those whose \ strength • is in \ you:
who have \ set their \ hearts on \ pilgrimage.
7. Going through the arid valley,
they find a spring from \ which to \ drink:
the early rain \ covers it • with \ pools of \ water.
8. They go from \ strength to \ strength:
and appear every one before \ God \ in Je\rusalem.
9. O Lord God of hosts, \ hear my \ prayer:
give \ ear O \ God of \ Jacob.
10. Show favour O God to the \ king • our de\fender:
and look upon the face of \ your an\ointed \ prince.
11. Truly one day \ in your \ courts:
is better \ than a \ thousand \ elsewhere.
12. I would rather stand at the threshold_
of the house \ of my \ God:
than \ live • in the \ homes of • the \ wicked.
13. For the Lord God is a defence and shield,
the Lord will give \ grace and \ honour:
and no good thing will be withheld
from those who \ live a \ blameless \ life.

14. O Lord \ God of \ hosts:
blessèd are those who \ put their \ trust in \ you.

Psalm 85.

1. Lord you were once gracious \ to your \ land:
you re\stored the \ fortunes • of \ Jacob.
2. You forgave the of\fence • of your \ people:
and \ covered \ all their \ sin.
3. You put away \ all • your dis\pleasure:
and \ turned • from your \ bitter \ wrath.
4. Restore us again O \ God our \ saviour:
and \ let your \ anger \ cease from us.
5. Will you be displeased at \ us for \ ever:
will you prolong your wrath,
from one gener\ation \ to an\other?
6. Will you not re\live us • a\gain:
so that your \ people \ may re\joice in you?
- ¶ 7. Show us your \ mercy • O \ Lord:
and \ give us • your \ saving \ help.
8. Let me hear what you will \ say O \ Lord:
for you will speak peace to your people,
to your servants whose \ hearts are \ turned to \ you.
9. For deliverance is at hand for \ those who \ fear you:
so that your \ glory • may \ dwell • in our \ land.
10. Mercy and faithfulness have \ met to\gether:
justice and \ peace • have em\braced each \ other.
11. Faithfulness will spring up \ from the \ ground:
and righteousness will \ look \ down from \ heaven.
12. You Lord will \ give pros\perity:
and our \ land shall \ yield its \ harvest.
13. Justice shall \ go be\fore you:
and the path for your \ feet \ shall be \ peace.

Psalm 86.

1. Turn your ear to me O \ Lord and \ answer me:
for I am \ poor \ and in \ misery.
2. Preserve my life for \ I am \ faithful:
my God save your servant for I \ put my \ trust in \ you
3. Be merciful to \ me O \ Lord:
for I call to you \ all the \ day \ long.
4. Gladden the \ heart • of your \ servant:
for to you Lord I \ lift \ up my \ soul.
5. For you Lord are \ good • and for\giving:
and of great mercy to \ all who \ call up\on you.
6. Give heed O Lord \ to my \ prayer:
and listen to my \ cry of \ suppli\cation.
- ¶ 7. In the day of my distress \ I will \ call:

and \ surely \ you will \ answer me.

8. Among the gods there is none like \ you O \ Lord:
nor can the deeds of \ any • be com\pared with \ yours.
9. All the nations you have made,
shall come and bow \ down be\fore you:
and they shall \ glorify your \ name.
10. For you are great, and do \ marvel\ous \ things:
truly \ you a\one are \ God.
11. Show me your way O Lord,
that I may \ walk in • your \ truth:
let my heart rejoice in \ rever\ence \ for your \ name.
12. I will praise you O Lord my God with \ all my \ heart:
and \ glorify • your \ name for\ever.
13. For great is your steadfast \ love for \ me:
you have delivered my \ life • from the \ pit of \ death.
14. O God the proud have \ risen • a\gainst me:
the ruthless seek my life, and \ pay no \ heed to \ you.
15. But you are a God of com\passion • and \ mercy:
slow to anger, a\bounding • in \ love and \ faithfulness.
16. Turn to me then and have mercy,
give your \ strength • to your \ servant:
and \ save the \ son of • your \ handmaid.
17. Give me a sign of your favour,
that those who hate me may see it
and be \ put to \ shame:
because you Lord have \ been my \ help • and my \ comfort.

Psalm 87.

1. The Lord loves the city that is founded on the \ holy \ hill:
its gates are dearer to God,
than \ all the \ dwellings • of \ Jacob.
2. Glorious things are \ spoken • of \ you:
Zion, \ city \ of our \ God.
3. 'I the Lord will count \ Egypt • and \ Babylon:
as among \ those who \ are my \ friends.
4. 'The people of Philistia, Tyre and \ Ethi\opia:
each \ one was \ born in \ her.
5. 'All shall call Je\ru\sa\lem, \ "Mother":
for each one of \ them was \ born in \ her.'
6. The Most High will \ keep her • se\cure:
when the roll of the peoples is written up,
the Lord shall record, \ 'Each • one was \ born in \ her.
- ¶ 7. Singers and dancers a\like • shall pro\claim:
'In \ you all \ find their \ home.'

Psalm 88.

1. O Lord my God, I call for \ help by \ day:
and I cry \ out to \ you by \ night.

2. Let my prayer enter \ into • your \ presence:
and \ turn your \ ear • to my \ cry.
3. For my soul is \ full of \ trouble:
and my life is \ on the \ brink • of the \ grave.
4. I am counted among those who go
down to the \ pit of \ death:
I am a \ person • quite \ drained of \ strength,
5. like one forsaken among the dead,
like the slain in battle who \ lie • in the \ grave:
whom you remember no more,
cut off as they \ are from \ your \ care.
6. You have put me in the \ lowest • a \ byss:
in a place of \ darkness \ in the \ depths.
7. Your wrath lies \ heavy • up \ on me:
you over \ whelm me • with \ all your \ waves.
8. You have taken away my friends,
and made me loathsome \ in their \ sight:
I am im \ prisoned • and \ cannot • es \ cape.
9. My eyes grow \ dim with \ sorrow:
Lord I have called to you every day,
and stretched \ out my \ hands in \ prayer.
10. Do you work wonders \ for the \ dead:
will the \ shades rise \ up to \ praise you?
11. Do they speak of your \ love • in the \ grave:
or of your faithfulness \ in the \ place • of de \ struction?
12. Will your wonders be known \ in the \ darkness:
or your saving help \ in the \ land • of ob \ livion?
13. Yet Lord I \ cry to \ you:
in the morning my \ prayer \ comes be \ fore you.
14. Lord why do you \ cast me \ off:
why do you \ hide your \ face \ from me?
15. From childhood I have suffered,
and come \ near to \ death:
helpless \ I have \ borne your \ terrors.
16. Your fury has swept \ down up \ on me:
and your dread as \ saults have \ utter \ ly \ crushed me.
17. They surround me like a flood \ all the • day \ long:
they close in on \ me from \ every \ side.
18. Friend and acquaintance you have \ taken • a \ way from me:
and my \ one com \ panion • is \ darkness.

Psalm 89.

1. I will sing of your steadfast love for \ ever • O \ Lord:
my mouth will proclaim your faithfulness
from one gener \ ation \ to an \ other.
2. For your love is such as to en \ dure for \ ever:
your faithfulness is es \ tablished • as \ firm • as the \ heavens.
3. You have said, 'I have made a covenant \ with my \ chosen:
I have \ sworn to \ David • my \ servant,
4. 'I will establish your pos \ terity • for \ ever:

- and uphold your throne for all generations.'
5. O Lord the heavens proclaim your wonders:
and the council of the
holy ones praises your faithfulness.
 6. For who is there in the skies to compare with the Lord:
or who is like the Lord among the heavenly beings?
 7. A God to be feared in the council of the holy ones:
great and terrible above all that are round about.
 8. O Lord God of hosts,
who is a mighty one like you?:
your faithfulness is all around you.
 9. You rule the sea in its swelling pride:
and check the surge of its waves.
 10. You crushed the monster of the deep with a mortal blow:
you scattered your foes with your mighty arm.
 11. The heavens are yours, the earth also is yours:
you founded the world and all that is in it.
 12. You made the north and the south:
Tabor and Hermon rejoice in your name.
 13. Yours is a mighty arm:
strong is your hand, your right hand lifted high.
 14. Righteousness and justice
are the foundation of your throne:
love and faithfulness attend your presence.
 15. Blessed are the people
who know the shout that acclaims you:
the people who walk in the light of your presence.
 16. They rejoice in your name all the day long:
and because of your righteousness they are exalted.
 17. For you are their glory and their strength:
and through your favour our heads are lifted high.
 18. Truly the Lord is our shield:
the Holy One is our sovereign.
-
19. Once in a vision to your servant you said:
'I have set the crown upon one who is mighty,
I have exalted one chosen from the people.
 20. 'I have found David my servant:
and with my holy oil I have anointed him.
 21. 'My hand shall always be with him:
and my arm shall give him strength.
 22. 'The enemy shall never outwit him:
nor the wicked bring him low.
 23. 'I will beat down his foes before him:
and vanquish those who hate him.
 24. 'My faithfulness and constant love shall be with him:
and through my name his head shall be lifted high.
 25. 'I will stretch out his hand to the Sea:
and his right hand as far as the River.
 26. 'He will say to me, "You are my father:

- my God and the rock of my salvation."
27. 'And I will name him • my first-born:
the highest among the rulers of the earth
28. 'My steadfast love for him I will maintain for ever:
and my covenant with him shall stand firm.
- ¶ 29. 'I will maintain his posterity • for ever:
and make his throne endure as long • as the heavens.
30. 'But if his children forsake my law:
and cease to live • as I have decreed.
31. 'If they break my statutes,
and do not keep • my commandments:
I will punish their offences with the rod,
and their sin with lashes.
32. 'But I will not take back my love from him:
nor let my promise fail.
33. 'My covenant I will not break:
nor go back • on the word • I have spoken
- ¶ 34. 'Once and for all I have sworn • by my holiness:
that I will not lie to David.
35. 'His posterity shall endure for ever:
and his throne as long • as the sun before me.
36. 'It shall stand fast for ever like the moon:
for as long • as the heavens • endure.'
37. But now you have cast off and rejected your anointed king:
and poured out your wrath upon him.
38. You have renounced your covenant with your servant:
you have defiled his crown • in the dust.
39. You have broken down all his walls:
and reduced his strongholds • to ruins.
40. All those who pass by despoil him:
and he has become the scorn • of his neighbours.
41. You have increased the power of his adversaries:
and given joy to all his foes.
42. You have blunted the edge • of his sword:
and failed • to support him • in battle.
43. You have removed the sceptre from his hand:
and cast his throne • to the ground.
44. You have cut short the days • of his youth:
and covered him with shame.
45. Lord how long • will you hide yourself:
how long will your wrath burn like fire?
46. Remember how short my life is:
have you created human kind for nothing?
47. Who is there alive that shall not see death:
or who can escape from the power • of the grave?
48. Where O Lord are your former acts of loving kindness:
and your faithful promises made to David?
49. Remember Lord how your servant • is taunted:
how I bear in my heart the insults of the peoples.
50. Remember O Lord how your enemies mock:

how they fling back their taunts at \ your anointed \ king.

- ¶ 51. Blessed be the \ Lord for \ ever:
A \ men and \ A \ men.

Psalm 90.

1. Lord you have \ been our \ refuge:
from one gener\ation \ to an\other.
2. Before the mountains were brought forth,
or the earth and the \ world were \ made:
you are God, from \ age to \ age • ever\lasting
3. You turn humanity \ back • into \ dust:
saying, 'Return to \ dust you \ children • of \ mortals.'
4. For a thousand years in your sight are \ only • as \ yesterday:
as it were \ but a \ day • that is \ past.
5. As a night-watch that comes,
quickly to an \ end you \ scatter them:
they \ fade • like a \ dream at \ daybreak.
6. They are like the grass which in the \ morning • is \ green:
but in the \ evening • is \ dried up • and \ withered.
7. For we consume away \ in your \ anger:
and are \ terri•fied \ by your \ wrath.
8. You set our mis\deeds be\fore you:
our secret \ sins • in the \ light of • your \ face.
9. All our days pass away \ under • your \ anger:
we bring our years to an end \ as it \ were a \ sigh
10. The span of our life is seventy years,
though the strong may \ come to \ eighty:
yet all the years bring is labour and sorrow,
so soon they \ pass and \ we are \ gone.
11. But who understands the \ power • of your \ wrath:
or who considers the \ fierceness \ of your \ anger?
12. Teach us to know how \ few • are our \ days:
that we may ap\ply our \ hearts to \ wisdom.
13. Turn from your wrath O Lord,
how long be\fore • you re\lent?:
have \ pity \ Lord • on your \ servants.
14. Satisfy us in the morning with your \ constant \ love:
so that we may rejoice,
and be glad \ all the \ days • of our \ life.
15. Make us glad for as many days as you \ have af\fllicted us:
for as many years as \ we have \ suffered • ad\versity.
16. Show your \ servants • your \ work:
and let their \ children \ see your \ glory.
- ¶ 17. May your favour O Lord our God \ be up\on us:
and prosper the work of our hands,
O \ prosper • the \ work • of our \ hands.

Psalm 91.

1. Whoever dwells in the shelter of the \ Most \ High:

- and passes the night,
under the shadow of the Almighty,
2. will say to the Lord,
'You are my refuge and my stronghold:
my God in whom I trust.'
 3. The Lord will free you from the snare of the hunter:
and from the destroying pestilence.
 4. The wings of the Most High will cover you,
and you will be safe,
under the feathers of the Almighty:
the faithfulness of the Lord will
be your shield and defence.
 5. You will not be afraid of any terror by night:
nor of the arrow that flies by day,
6. of the pestilence that stalks in darkness:
nor of the plague that lays waste at noon.
 7. A thousand may fall beside you,
ten thousand at your right hand:
but you will remain unscathed.
 8. You have only to look with your eyes:
to see the reward of the wicked.
 9. Because you have said, 'The Lord is my refuge':
and made the Most High your stronghold,
10. there shall no evil befall you:
no plague shall come near your dwelling.
 11. For the angels of God have been charged:
to keep you in all your ways.
 12. They shall bear you up in their hands:
lest you should strike your foot against a stone.
 13. You shall tread on the asp and the adder:
the viper and the serpent you shall trample underfoot.
 14. 'Because they have set their love upon me,
I will deliver them:
I will uphold them because they know my name.
 15. 'When they call to me I will answer:
I will be with them in trouble,
I will rescue them and bring them to honour.
 16. 'With long life I will satisfy them:
and show them my saving power.'

Psalm 92.

1. It is good to give thanks to the Lord:
to sing praise to your name O Most High,
2. to tell of your love in the morning:
and of your faithfulness during the night,
3. on the ten-stringed lyre and the lute:
with the tuneful sound of the harp.
4. For you Lord have made me glad by your deeds:
I shout for joy at the works of your hands.

5. O Lord, what great things \ you have \ done:
your \ thoughts are \ very \ deep.
6. The dull of heart \ do not • per\ceive this:
the foolish \ do not \ under\stand,
7. how the wicked may \ sprout like \ grass:
and \ evil\doers • may \ flourish,
8. yet they shall be destroyed for \ all \ time:
while you Lord are en\throned on \ high for \ ever.
9. See Lord how your \ ene•mies \ perish:
and all \ evil\doers • are \ scattered.
10. But you have lifted up my head,
like the \ wild bull's \ horns:
you have an\ointed me • with \ fresh \ oil.
11. My eyes have looked down in triumph \ on my \ enemies:
and my ears were
gladdened • with \ news • of their \ downfall.
12. The just shall flourish \ like a \ palm tree:
and grow \ like a \ cedar • in \ Lebanon.
13. Planted in the \ house • of the \ Lord:
they flourish in the \ courts of \ our \ God.
14. Still bearing fruit in their \ old \ age:
they are still \ green and \ full of \ sap,
15. to show that the \ Lord is \ just:
the Lord my rock, in \ whom is \ no un\righteousness.

Psalm 93.

1. You O Lord are king, you are \ clothed in \ majesty:
you have robed yourself,
and put \ on the \ girdle • of \ strength.
2. You have made the \ world so \ firm:
that it can \ never \ be \ moved.
3. Your throne O Lord has stood firm \ from of \ old:
from all e\terni•ty \ you are \ God.
4. The waters have lifted up O Lord,
the waters have lifted \ up their \ voice:
the waters lift \ up their \ pounding \ waves.
5. Mightier than the noise of great waters,
mightier than the \ waves • of the \ sea:
so the \ Lord on \ high is \ mighty.
6. Truly your \ law stands \ firm:
holiness O Lord a\dorns your \ house for \ ever.

Psalm 94.

1. O Lord God to whom \ vengeance • be\longs:
God to whom vengeance belongs, \
shine out \ in your \ glory.
2. Rise up O \ judge • of the \ earth:
and give the \ proud what \ they de\serve.

3. How long shall the \ wicked • O \ Lord:
how \ long • shall the \ wicked • ex\ult?
4. How long shall evildoers pour out \ arro•gant \ words:
and \ flaunt themselves • with \ much \ boasting.
5. They crush your \ people • O \ Lord:
and af\lict your \ chosen \ nation.
6. They murder the widow \ and the \ alien:
and \ put the \ orphan • to \ death.
- ¶ 7. And they say, 'The \ Lord • does not \ see:
the God of \ Jacob \ gives no \ heed to it.'
8. Consider this, you most \ stupid • of the \ people:
fools, when \ will you \ under\stand?
9. Does the one who planted the \ ear not \ hear:
does the one who \ formed the \ eye not \ see?
10. Shall the one who instructs the \ nations • not \ punish;
is the one who teaches \ all of us • with\out \ knowledge?
11. The Lord knows our \ human \ thoughts:
the Lord knows that they are \ no more \ than a \ breath.
12. Blessèd are those you in\struct O \ Lord:
to whom you give \ teaching \ out of • your \ law.
13. so that they may have respite from \ days • of ad\versity:
until a \ pit is \ dug • for the \ wicked.
14. For you O Lord will not a\bandon • your \ people:
you will \ never • for\sake your \ own.
15. But justice shall return to the \ place of \ judgment:
all the \ true of \ heart • shall up\hold it.
16. Who is on my side a\gainst the \ wicked:
who will stand up for me against \ those who \ do \ evil?
17. If the Lord \ had not \ helped me:
I would soon have gone to \ dwell • in the \ land of \ silence.
18. But when I said, 'I have \ lost my \ foothold':
your love O \ Lord \ held me \ up.
19. When the cares of my \ heart are \ many:
your consolations give \ joy \ to my \ soul.
20. You are no friend of un\righteous \ judges:
who frame mischief \ under \ cover • of \ law.
21. They band together against the \ life • of the \ righteous:
and con\demn the \ innocent • to \ death.
22. But the \ Lord • is my \ stronghold:
my God \ is the \ rock • of my \ refuge.
23. The Lord shall recompense them for their wickedness,
and destroy them for their \ evil \ deeds:
truly the \ Lord our \ God • shall de\stroy them.

Psalm 95.

1. O come let us \ sing • to the \ Lord:
let us shout with joy to the \ rock of \ our sal\vation.
2. Let us come into God's \ presence • with \ thanksgiving:
and sing to the \ Lord with \ psalms of \ triumph.

3. For you Lord are a \ great \ God:
and a great \ king a•bove \ all \ gods.
4. In your hand are the \ depths • of the \ earth:
so also are the \ heights \ of the \ mountains.
- ¶ 5. The sea is yours \ and you \ made it:
the dry land also \ which your \ hands have \ fashioned.
6. O come let us bow \ down and \ worship:
let us kneel be\fore the \ Lord our \ maker.
7. For the Lord \ is our \ God:
we are the Lord's people,
the \ flock that \ God \ shepherds.
8. O that today you would listen to \ God's \ voice:
'Do not harden your hearts as at Meribah
as on that day at \ Massah \ in the \ wilderness
9. 'When your forbears tried me, and \ put me • to the \ test:
although \ they had \ seen my \ works.
10. 'Forty years long I had a loathing for_
this gener\ation • and \ said:
"They are a people whose hearts are perverse
for they \ give no \ heed • to my \ ways."
11. 'Then I vowed \ in my \ anger:
"They shall \ never \ enter • my \ rest."

Psalm 96.

1. O sing to the Lord a \ new \ song:
sing to the \ Lord \ all the \ earth.
2. Sing, and give praise to \ God's \ name:
tell the glad news of sal\vation • from \ day to \ day.
3. Proclaim God's glory \ to the \ nations:
God's marvellous \ deeds to \ all the \ peoples.
- 4, For you O Lord are great and highly \ to be \ praised:
more to be \ feared than \ all the \ gods.
5. The gods of the nations are no \ more than \ idols:
but you O Lord are the \ one who \ made the \ heavens.
6. Glory and \ majesty • at\end you:
strength and \ beauty • are \ in your \ sanctuary.
7. Ascribe to the Lord, you families \ of the \ nations:
ascribe to the \ Lord \ honour • and \ might.
8. Ascribe due honour to God's \ holy \ name:
bring offerings, and \ enter • the \ courts • of the \ Lord
9. Worship the Lord in the \ beauty • of \ holiness:
let the \ whole earth \ stand in \ awe.
10. Proclaim to the nations, 'The \ Lord is \ king:
the Lord has made the world so firm it cannot be moved,
and will \ judge the \ peoples • with \ justice.'
11. Let the heavens rejoice, and the \ earth be \ glad:
let the sea roar and \ all the \ creatures \ in it.
12. Let the fields be joyful and \ all • that is \ in them:
then all the trees of the forests_

will shout with \ joy be\fore the \ Lord.

- ¶ 13. For you O Lord are coming to \ judge the \ earth:
with righteousness you will judge the world,
and the \ peoples \ with your \ truth.

Psalm 97.

1. You are king O Lord, let the \ earth be \ glad:
let the many \ islets • and \ coastlands • re\joice.
2. Clouds and darkness are \ round a\bout you:
righteousness and justice are \ the found\ation \ of your \ throne.
3. Fire \ goes be\fore you:
and burns up your \ enemies • on \ every \ side.
4. The world is lit up \ by your \ lightnings:
and earth \ trembles \ at the \ sight.
5. The mountains melt like \ wax be\fore you:
before the \ Lord of \ all the \ earth.
6. The heavens pro\claim your \ righteousness:
and all the \ peoples \ see your \ glory.
7. Shame on all who worship images,
and glory in their \ worthless \ idols:
bow down before the \ Lord \ all you \ gods.
8. Jerusalem hears \ and is \ glad:
the cities of Judah rejoice O \ Lord \ at your \ judgments.
9. For you Lord are most high over \ all the \ earth:
you are exalted \ far a\bove \ all the \ gods.
10. You love those who \ hate \ evil:
you preserve the lives of your servants,
and deliver them \ from the \ hand • of the \ wicked.
11. Light has dawned \ for the \ righteous:
and \ joy • for the \ upright • in \ heart.
12. Rejoice in the \ Lord you \ righteous:
and give \ thanks • to God's \ holy \ name.

Psalm 98.

1. Sing to the Lord a \ new \ song:
for the Lord has \ done \ marvel\ous \ things.
2. With your own right hand O Lord, and with your \ holy \ arm:
you have \ gained • for your\self the \ victory.
3. You have made \ known your \ victory:
you have displayed your saving \ power • to \ all the \ nations.
4. You have remembered your faithfulness,
and your love for the \ house of \ Israel:
and all the ends of the \ earth have \ seen your \ victory.
5. Shout with joy to the Lord \ all the \ earth:
sing and rejoice \ with the \ sound of \ melody.

6. Sing to the Lord \ with the \ harp:
with the harp \ and the \ voice of \ song.
7. With trumpets \ also • and \ horns:
shout with joy be\fore the \ Lord our \ king.
8. Let the sea roar and \ all • that is \ in it:
the world and \ those \ who in\habit it.
9. Let the rivers \ clap their \ hands:
and let the hills rejoice to\gether • be\fore the \ Lord.
10. For you O Lord are coming to \ judge the \ earth:
with righteousness you will judge the world,
and the \ peoples \ with \ equity.

Psalm 99.

1. You are king O Lord, and the \ people \ tremble:
you sit enthroned upon the cherubim, \
and the \ earth is \ quaking.
2. You O Lord are great upon your \ holy \ mountain:
you are exalted \ over \ all the \ nations.
3. Let them praise your great and \ terri•ble \ name:
holy are you and mighty,
a \ king • who de\lights in \ justice.
4. You have e\stablished \ equity:
you have dealt \ justice • and \ righteousness • in \ Jacob.
- ¶ 5. *We proclaim your greatness O \ Lord our \ God:
we bow down before your \
footstool • for \ you are \ holy.*
6. Moses and Aaron among your priests,
and Samuel among those who \ called • on your \ name:
these called to you O \ Lord \ and you \ answered.
7. You spoke to them out of the \ pillar • of \ cloud:
they kept your teachings, \
and the \ law \ that you \ gave them.
8. You answered them O \ Lord our \ God:
to them you were a God who forgives,
though you \ punished \ their of\fences.
9. *We proclaim your greatness O \ Lord our \ God:
we bow down towards your holy hill,
for you O \ Lord our \ God are \ holy.*

Psalm 100.

1. Cry out with joy to the Lord \ all the \ earth:
worship with gladness,
and enter the Lord's \ presence • with \ songs of \ joy.
2. Know that the Lord is God,
our maker, whose \ people • we \ are:
the flock which the \ Lord our \ God \ shepherds.
3. Enter the gates of the temple with thanksgiving,

- and go into its \ courts with \ praise:
 give thanks, and \ bless God's \ holy \ name.
4. For the Lord is a gracious God,
 whose mercy is \ ever\lasting:
 and whose faithfulness endures,
 from gener\ation • to \ gener\ation.

Psalm 101.

1. My song is of \ mercy • and \ justice:
 to \ you O \ Lord • I will \ sing.
2. I will give heed to the \ way • that is \ blameless:
 O Lord \ when \ will you \ come to me?
3. I will walk with\in my \ house:
 in \ puri\ty of \ heart.
4. No base aim will I set be\fore my \ eyes:
 I hate the ways of disloyalty,
 and I will \ have no \ part with \ them.
- ¶ 5. Perversity of heart shall be \ far from \ me:
 I will \ have no \ dealings • with \ evil.
- * * *
7. I will look with favour on the faithful in the land,
 that they may \ dwell with \ me:
 whoever leads a blameless \ life shall \ be my \ servant
8. No treacherous person shall \ live • in my \ house:
 the liar shall be \ banished \ from my \ presence.
- * * *

Psalm 102.

1. Hear my \ prayer O \ Lord:
 and let my \ cry \ come be\fore you.
2. Do not hide your face from me in my \ time of \ trouble:
 incline your ear to me,
 and be swift to \ answer • me \ when I \ call.
3. For my days pass a\way like \ smoke:
 and my bones are burnt \ up as \ in a \ furnace.
4. I am beaten down and \ withered • like \ grass:
 I waste away, be\cause I \ cannot \ eat.
5. I \ groan \ loudly:
 I am \ nothing • but \ skin and \ bones.
6. I am like a vulture \ in the \ wilderness:
 like an \ owl in \ desol\ate \ places.
7. I lie a\wake \ moaning:
 I am like a sparrow a\lone up\on a \ housetop.
8. My enemies taunt me \ all the • day \ long:
 and those who deride me \ use my \ name in \ cursing.
9. The bread I eat \ is like \ ashes:
 and tears are \ mingled \ with my \ drink,
10. because of your \ anger • and \ fury:
 for you have picked me \ up and \ flung • me a\way.
- ¶ 11. My days decline as the \ shadows \ lengthen:

and I \ wither • a \ way like \ grass.

12. But you O Lord shall \ reign for \ ever:
and your name shall be remembered,
through \ out all \ gener \ ations.
13. You will arise and have mercy \ on Je \ rusalem:
for the \ time has \ come to \ pity her.
14. Even her tumbled stones are \ dear • to your \ servants:
it moves them with pity to \ see her \ in the \ dust.
15. The nations shall fear your \ name O \ Lord:
and all the \ kings • of the \ earth your \ majesty,
16. when you build up Je \ rusalem • a \ gain:
and \ show your \ self \ in your \ glory,
17. when you turn to the \ prayer • of the \ destitute:
and do \ not re \ ject • their ap \ peal.
18. Let this be written for \ those who • come \ after:
and a people yet to be \ born shall \ praise the \ Lord,
19. 'The Lord looked down from the holy \ place on \ high:
out of heaven the \ Lord \ looked • at the \ earth,
20. 'to hear the groaning of \ those held \ prisoner:
and give freedom to those \ under \ sentence • of \ death,
21. 'so that the Lord's name may be pro \ claimed • in Je \ rusalem:
and God's praises \ in the \ holy \ city,
- ¶ 22. 'when peoples are \ gathered • to \ gether:
and \ kingdoms • to \ serve the \ Lord.'
23. God has broken my strength be \ fore my \ time:
and shortened the \ number \ of my \ days.
24. O my God, do not take me away in the \ midst • of my \ life:
for your life en \ dures through \ all • gener \ ations.
25. You Lord in the beginning laid the \ earth's found \ ations:
and the \ heavens • are the \ work of • your \ hands.
26. They shall perish, but \ you • shall en \ dure:
like clothes they shall all wear out,
you will cast them off,
like a \ cloak and \ they shall \ vanish.
27. But you remain the \ same for \ ever:
and your \ years shall \ have no \ end.
28. The children of your servants shall \ dwell se \ cure:
and their posterity \ shall stand \ fast • in your \ sight.

Psalm 103.

1. Praise the Lord \ O my \ soul:
and all that is within me \ praise God's \ holy \ name.
2. Praise the Lord \ O my \ soul:
and forget not \ all that \ God has \ done for you.
3. The Lord forgives you \ all your \ sin:
and heals you of \ all \ your in \ firmities.
4. The Lord saves your \ life • from the \ grave:
and \ crowns you • with \ love and \ mercy.

- ¶ 5. The Lord fills your life with \ good \ things:
so that your \ youth • is re\newed • like the \ eagle's.
6. You Lord are righteous \ in your \ acts:
and bring justice to \ all that \ are op\pressed.
7. You showed your \ ways to \ Moses:
your \ deeds • to the \ children • of \ Israel.
8. You are full of com\passion • and \ mercy:
slow to \ anger • and \ rich in \ kindness.
9. You will not \ always • be \ chiding:
nor do you \ keep your \ anger • for \ ever.
10. You have not dealt with us ac\cording • to our \ sins:
nor punished us ac\cording \ to our \ wickedness.
11. For as the heavens are high a\bove the \ earth:
so great is your \ mercy • over \ those who \ fear you.
12. As far as the east is \ from the \ west:
so far have you put a\way our \ sins \ from us.
13. As parents have compassion \ on their \ children:
so do you Lord_
have com\passion • on \ those who \ fear you.
- ¶ 14. For you know what \ we are \ made of:
you re\member • that we \ are but \ dust.
15. Our days are \ like the \ grass:
we flourish \ like a \ flower • of the \ field.
16. But as soon as the wind goes over it, \ it is \ gone:
and its \ place shall \ know it • no \ more.
17. But your merciful goodness O Lord_
extends for ever toward \ those who \ fear you:
and your \ righteousness • to \ children's \ children,
18. when they are true \ to your \ covenant:
and re\member • to \ keep • your com\mandments.
19. You O Lord have established your \ throne in \ heaven:
and you rule as \ sovereign \ over \ all.
20. O praise the Lord all you angels,
you mighty ones who \ do God's \ bidding:
and heed the com\mand • of the \ Most \ High.
21. Praise the Lord all you \ heaven•ly \ hosts:
you \ servants • who \ do God's \ will.
22. Praise the Lord all things created,
in all places \ under • God's \ rule:
praise the \ Lord \ O my \ soul.

Psalm 104.

1. Praise the Lord \ O my \ soul:
O Lord my God you are great indeed,
you are \ clothed in \ majesty • and \ splendour.
2. You cover yourself with light as it were \ with a \ garment:
you have spread out the \ heavens \ like a \ tent.
3. You laid out the beams of your dwelling_

- on the \ waters • a\bove:
 you make the clouds your chariot,
 and ride up\on the \ wings • of the \ wind.
4. You make the \ winds your \ messengers:
 and \ flames of \ fire your \ servants.
 5. You fixed the earth on \ its found\ations:
 so that \ it can \ never • be \ shaken.
 6. You wrapped it with the ocean \ as • with a \ cloak:
 the \ waters \ covered • the \ mountains.
 7. The waters fled at \ your re\buke:
 at the voice of your \ thunder • they \ rushed a\way.
 8. They flowed over the mountains,
 and down \ into • the \ valleys:
 to the place \ you • had ap\ointed \ for them.
 9. You set the limits which they \ may not \ pass:
 lest they should re\turn to \ cover • the \ earth.
 10. You cause springs to gush \ forth • in the \ valleys:
 their waters \ flow be\tween the \ hills.
 11. They give drink to the \ beasts • of the \ field:
 and the wild \ asses \ quench their \ thirst.
 12. The birds make their nests_
 in the trees a\long their \ banks:
 and \ sing a\mong the \ branches.
 13. From your dwelling on high you \ water • the \ hills:
 the earth is filled with the \ fruits \ of your \ bounty.
 14. You cause the grass to \ grow • for the \ cattle:
 and \ plants for \ us to \ cultivate,
 15. that we may bring out \ food • from the \ earth:
 and \ wine to \ gladden • our \ heart,
 16. oil to give us a \ shining \ face:
 and \ bread to \ give us \ strength.
 17. The trees of the Lord are \ watered • a\bundantly:
 the cedars of Lebanon \ which the \ Lord has \ planted.
 18. There the birds \ make their \ nests:
 and the stork has its \ home \ in their \ tops.
 19. The high hills are a refuge for the \ wild \ goats:
 and the boulders are a \ shelter \ for the \ rabbits.
 20. You created the moon to \ mark the \ seasons:
 and the sun \ knows the \ time • for its \ setting.
 21. You make darkness that it \ may be \ night:
 when all the \ beasts • of the \ forest • creep \ out.
 22. The young lions \ roar • for their \ prey:
 and \ seek their \ food from \ God.
 23. When the sun rises they \ slink a\way:
 and \ go to \ rest • in their \ dens.
 24. The labourer goes \ out to \ work:
 and will \ toil un\til the \ evening.
 25. O Lord how manifold \ are your \ works:
 in wisdom you have made them all,
 the \ earth is \ full of • your \ creatures.
 26. There is the great and \ mighty \ sea:

- which teems with living \ things both \ great and \ small.
27. Upon it \ sail the \ ships:
and there is Leviathan,
the \ monster • you \ made to \ sport in it.
 28. All these \ look to \ you:
to give them their \ food in \ due \ season.
 29. What you give them they \ gather \ up:
when you open your hand,
they are \ filled with \ good \ things.
 30. But when you hide your face \ they • are dis\mayed:
when you take away their breath they die,
and re\turn • to the \ dust they \ came from.
 31. When you send out your spirit they \ are cre\ated:
and you re\new the \ face • of the \ earth.
 32. May your glory O Lord en\dure for \ ever:
may you re\joice O \ Lord • in your \ works.
 33. When you look at the \ earth it \ trembles:
when you \ touch the \ mountains • they \ smoke.
 34. I will sing to the Lord as \ long • as I \ live:
I will praise my God \ while I \ have my \ being.
 35. May my meditation \ please the \ Lord:
as I \ show my \ joy in \ God.
 36. Let sinners vanish from the earth,
and the wicked \ come • to an \ end:
bless the Lord O my soul,
Whaka\moemi\titia • a \ Ihowa. / O \ praise \ - the \ Lord.

Psalm 105.

1. Give thanks and call upon the \ name • of the \ Lord:
make known to the \ nations • what \ God has \ done.
2. Sing to God, O \ sing God's \ praise:
tell of all the wonderful \ deeds • of the \ Most \ High.
3. Exult in God's \ holy \ name:
let the heart of those who \ seek the \ Lord re\joice.
4. Turn for help to the \ Lord your \ strength:
and \ constant\ly \ seek God's \ presence.
5. Remember the marvellous things the Most \ High has \ done:
the wonders, and the \ judgments \ God has \ given,
6. O children of Abraham the \ servant • of \ God:
O offspring of Jacob the \ chosen \ of the \ Lord.
7. You are the \ Lord our \ God:
and your judgments \ are in \ all the \ earth.
8. You are mindful of your \ coven\ant \ always:
and of the promise you made,
to a \ thousand \ gener\ations,
9. the covenant that you \ made with \ Abraham:
and the \ oath • that you \ gave to \ Isaac,
10. which you confirmed to \ Jacob • as \ binding:
as your ever\lasting \ covenant • with \ Israel,
11. saying, 'To you I will give the \ land of \ Canaan:
as \ your ap\pointed • in\heritance.'
12. They were as yet \ few in \ number:

- and \ ali•ens \ in that \ land,
13. wandering from \ country • to \ country:
and from one \ kingdom \ to an\other.
 14. But you let \ no one • op\press them:
and re\buked • even \ kings for • their \ sake,
 - ¶ 15. saying, ‘Do not touch my an\ointed \ servants:
and \ do my \ prophets • no \ harm.’
 16. You called down famine \ on the \ land:
and cut \ off • the sup\ply of \ bread.
 17. But you had sent a \ man be\fore them:
Joseph \ who was \ sold • as a \ slave,
 18. whose feet they \ bound with \ fetters:
and a collar of \ iron • was \ round his \ neck.
 19. Until his pre\dictions • came \ true:
he was \ tested \ by • your com\mand.
 20. The king \ sent • and re\leased him:
the ruler of \ nations \ let him • go \ free.
 21. He made him \ lord • of his \ household:
and ruler \ over \ all • his pos\sessions,
 - ¶ 22. to correct his \ officers • at \ will:
and to \ teach his \ counsel•lors \ wisdom.
 23. Then Israel \ came • into \ Egypt:
Jacob settled \ in the \ land of \ Ham.
 24. There Lord you made your \ people \ fruitful:
and they became \ stronger \ than their \ enemies,
 25. whose hearts you turned to hatred \ of your \ people:
and to deceitful \ dealing \ with your \ servants.
 26. Then you sent \ Moses • your \ servant:
and \ Aaron • whom \ you had \ chosen.
 27. They performed your \ signs a\mong them:
and your wonders \ in the \ land of \ Ham.
 28. You sent darkness, and all \ was \ dark:
but they would \ not o\bey your \ word.
 29. You turned their waters \ into \ blood:
and \ caused their \ fish to \ die.
 30. Their land \ swarmed with \ frogs:
yes, even \ in the \ rooms • of the \ palace.
 31. You commanded, and there rose up \ clouds of \ flies:
and \ gnats • throughout \ all their \ country.
 32. You gave them \ hail for \ rain:
and \ lightning • flashed \ over • their \ land.
 33. You struck their \ vines • and their \ fig-trees:
and shattered the \ trees with\in their \ borders.
 34. You gave the word,
and grasshoppers came, and \ locusts • in\numerable:
they ate up everything green in the land,
and devoured all \ produce \ of the \ soil.
 - ¶ 35. You struck down all the first-born \ in the \ land:
the \ first-fruits • of \ their vir\ility.
 36. You led Israel out, with spoil of \ silver • and \ gold:

- among the tribes not one \ person \ fell be\hind.
37. The Egyptians were glad \ when they \ went:
for dread of \ Israel • had \ fallen • up\on them.
38. You O Lord spread out a cloud \ as a \ screen:
and \ fire • to give \ light at \ night.
39. The people asked, and you \ sent them \ quails:
and you \ filled • them with \ bread from \ heaven.
40. You opened a rock and \ water • gushed \ out:
it flowed like a river \ through the \ arid \ land.
41. For you remembered your \ sacred \ promise:
which you had made to \ Abra\ham your \ servant.
42. So you led out your \ people • re\joicing:
your \ chosen ones • with \ songs of \ gladness.
43. You gave them the \ lands • of the \ heathen:
and they took pos\session • where \ others • had \ toiled,
- ¶ 44. so that they might keep your statutes and o\bey your \ laws:
Whaka\moemi\titia • a \ Ihowa. / O \ praise \ - the \ Lord.

Psalm 106.

1. Whakamoemititia a Ihowa. / Praise the Lord.
O give thanks, for the \ Lord is \ good:
God's \ love en\dures for \ ever.
2. Who can recount your mighty \ acts O \ Lord:
or \ tell of \ all your \ praise?
3. Blessèd are those who \ act \ justly:
and \ always • do \ what is \ right.
4. Remember me Lord,
when you show favour \ to your \ people:
and come to me \ with your \ saving \ help.
- ¶ 5. So that I may see the prosperity \ of your \ chosen:
rejoice with the nation's gladness,
and exult with the people \
you have \ made your \ own.
6. We have sinned \ like our \ ancestors:
we have erred, and \ we have \ acted \ wickedly.
7. They made light of your wonders in Egypt,
they did not recall your many great \ acts of \ kindness:
but showed themselves re\bellious • at the \ Red \ Sea.
8. Yet you saved them for your \ name's \ sake:
so that they might make \ known your \ mighty \ power.
9. At your rebuke the Red Sea \ dried \ up:
and you led them through the deep as \ over \ dry \ land.
10. Thus you saved them \ from their \ adversary:
and delivered them \ out • of the \ ene\my's \ hand.
11. As for their oppressors, the waters \ over\whelmed them:
not \ one of them • was \ left a\live.
- ¶ 12. Then they be\lieved your \ words:
then too they \ sang \ your \ praises.
13. But they soon forgot all the \ Lord had \ done:

- they would not \ wait to \ hear God's \ counsel.
14. Greed came upon them \ in the \ wilderness:
and they tried God's \ patience \ in the \ desert.
 15. So the Lord gave them \ what they \ asked for:
but sent a \ wasting \ sickness • a\mong them.
 16. Some in the camp grew \ envious • of \ Moses:
and of Aaron the \ Lord's \ holy \ servant.
 17. So the earth opened and \ swallowed • up \ Dathan:
and closed over the \ compa•ny \ of A\biram.
 18. Fire broke \ out a\mong them:
and the \ flames burnt \ up • the un\godly.
 19. They made a young \ bull in \ Horeb:
and \ worshipped • that \ molten \ image.
 20. So they exchanged the \ glory • of \ God:
for the image of a \ creature • that \ feeds on \ grass.
 21. They forgot that you were the \ God • who had \ saved them:
by your \ mighty \ acts in \ Egypt,
 22. wonderful things in the \ land of \ Ham:
and awesome things \ at the \ Red \ Sea.
- ¶ 23. So you would have destroyed them,
but for \ Moses • your \ chosen one:
who stood before you in the breach,
to turn back your \ wrath from \ their de\struction.

24. They thought ill of the \ pleasant \ land:
because they did \ not be\lieve God's \ promise.
25. They complained in\side their \ tents:
and would not \ listen • to the \ voice of • the \ Lord.
26. So you lifted your \ hand and \ vowed:
that you would \ strike them \ down • in the \ wilderness,
27. and scatter their descendants a\mong the \ nations:
and dis\perse them • through\out the \ world.
28. They joined in the worship of \ Baal of \ Peor:
in the feasts of \ gods that \ have no \ life.
29. Their wanton deeds provoked the \ Lord to \ anger:
and \ plague broke \ out a\mong them.
30. Then Phinehas stood up and \ inter\ceded:
and \ so the \ plague was \ checked,
31. and this was counted \ in his \ favour:
throughout \ all • gener\ations • for \ ever.
32. Then they angered the Lord at the \ waters • of \ Meribah:
and Moses \ suffered • on \ their ac\count.
33. For they em\bittered • his \ spirit:
and he uttered \ ill-con\sidered \ words.

* * *

35. They intermarried \ with the \ heathen:
and \ learned to \ follow • their \ ways.
36. They worshipped foreign idols,
which be\came a \ snare to them:
they sacrificed their \
sons • and their \ daughters • to \ demons.

37. They shed innocent blood,
the blood of those \ sons and \ daughters:
and the \ land • was de\filed with \ blood.
38. Thus they polluted themselves \ by their \ deeds:
and wantonly broke \ faith \ with their \ Lord.
39. Therefore your wrath was \ kindled • a\gainst them:
and you loathed the _
people • you had \ made your \ own.
40. You gave them into the \ hands • of the \ nations:
and people who \ hated them • be\came their \ rulers.
41. Their \ enemies • op\pressed them:
and made them \ subject \ to their \ power.
42. Many a \ time you \ rescued them:
but they were bent on rebellion,
and were brought \ low \ by their \ wickedness.
43. Yet you gave heed to \ their dis\tress:
when\ever • you \ heard their \ cry.
44. You remembered your covenant with them
and in your boundless love \ you re\lent:
causing even their \ captors • to \ pity \ them.
45. Deliver us O Lord our God,
and gather us from a\mong the \ nations:
that we may give thanks to your holy name
and \ make it • our \ glory • to \ praise you.
46. Blessèd be the Lord our God_
from age to \ age for \ ever:
and let all the people say, 'Amen.'
Whaka\moemi\titia • a \ Ihowa. / O \ praise \ - the \ Lord.

Psalm 107.

1. 'O give thanks, for the \ Lord is \ gracious:
God's steadfast \ love en\dures for \ ever.'
2. So let the people say whom the \ Lord • has re\deemed:
whom the Lord has redeemed_
from the \ hand \ of the \ enemy,
- ¶ 3. and gathered out of the lands,
from the east and \ from the \ west:
from the \ north and \ from the \ south.
4. Some went astray in the \ desert \ wastes:
and found no way to a \ city \ where • they could \ dwell.
5. They were \ hungry • and \ thirsty:
and their \ soul was \ fainting • with\in them.
6. Then they cried to you O Lord \ in their \ trouble:
and you rescued \ them from \ their dis\tress.
7. You led them by a \ straight \ path:
until they came to a \ city \ where • they could \ live.
8. *Let them thank you O Lord for your \ steadfast \ love:
for the \ wonders \ that you \ do for us.*

9. *For you \ satisfy • the \ thirsty:
and fill the \ hungry • with \ good \ things.*
10. Some lay in \ darkness • and \ gloom:
prisoners fast \ bound in \ fetters • of \ iron,
11. because they had defied the \ words • of the \ Lord:
and spurned the \ counsel • of \ God most \ high.
12. So their hearts were subdued by \ hard \ labour:
they \ stumbled • with \ no one • to \ help them.
13. Then they cried to you O Lord \ in their \ trouble:
and you \ rescued them • from \ their dis\tress.
- ¶ 14. You brought them out of \ darkness • and \ gloom:
and \ broke their \ fetters • in \ pieces.
15. *Let them thank you O Lord for your \ steadfast \ love:
for the \ wonders \ that you \ do for us.*
16. *For you break open \ doors of \ bronze:
and \ smash the \ bars of \ iron.*
17. Some were sick be\cause of • their \ sins:
afflicted \ on ac\count • of their \ wrongdoing.
18. They loathed every \ kind of \ food:
and drew \ near • to the \ gates of \ death.
19. Then they cried to you O Lord \ in their \ trouble:
and you \ rescued them • from \ their dis\tress.
20. You sent forth your \ word and \ healed them:
and \ saved their \ life • from the \ grave.
21. *Let them thank you O Lord for your \ steadfast \ love:
for the \ wonders \ that you \ do for us.*
22. *Let them offer the \ sacrifice • of \ thanksgiving:
and tell of your \ deeds with \ shouts of \ joy.*
23. Those who go down to the \ sea in \ ships:
and ply their \ trade on \ great \ waters,
24. they have seen your \ works O \ Lord:
and the \ wonders • you \ do • in the \ deep.
25. At your command the stormy \ wind a\rose:
and \ lifted \ up the \ waves.
26. They were carried up to the sky, and down again \ to the \ depths:
their courage \ melted • a\way • in their \ peril.
27. They reeled to and fro, and staggered \ as if \ drunken:
their seafaring skill was \ utterly • with\out a\vail.
28. Then they cried to you O Lord \ in their \ trouble:
and you \ rescued them • from \ their dis\tress.
29. You made the \ storm be \ still:
and the \ roaring \ waves were \ hushed.
30. Then they were glad be\cause it • was \ calm:
and so you brought them to the harbour,
where \ they had \ longed to \ be.
31. *Let them thank you O Lord for your \ steadfast \ love:
for the \ wonders \ that you \ do for us.*
32. *Let them extol you in the as\sembly • of the \ people:
and praise you \ in the \ council • of \ elders.*
33. The Lord turns rivers \ into \ desert:
and springs of water \ into \ thirsty \ ground.

34. A fruitful land you make a \ salty \ waste:
because of the \ wickedness • of \ those who \ live in it.
35. You turn desert into \ standing \ pools:
and dry land \ into \ springs of \ water.
36. There you \ settle • the \ hungry:
and they \ build there • a \ city • to \ live in.
37. They sow fields and \ plant \ vineyards:
which \ yield them • a \ bounti•ful \ harvest.
38. You bless them, and their \ numbers • in\crease:
and you permit \ no de\crease • of their \ herds.
39. When they are weakened and \ brought \ low:
through stress of mis\fortune \ and \ sorrow,
40. you pour contempt on their \ princely • op\pressors:
whom you send a\stray • in the \ trackless \ desert.
41. But the poor you \ lift • out of \ misery:
and increase their \ families • like \ flocks of \ sheep.
42. The upright see it, \ and are \ glad:
but the \ wicked • are \ put to \ silence.
- ¶ 43. Let those who are wise \ ponder • these \ things:
and consider the \ Lord's un\failing \ love.

Psalm 108.

1. My heart is steadfast O God, my \ heart is \ steadfast:
I will \ sing and \ make \ melody.
2. Awake my soul, awake \ lute and \ harp:
I my\self • will a\waken • the \ dawn.
3. I will give thanks to you Lord a\mong the \ peoples:
I will \ praise you • a\mong the \ nations.
4. For the greatness of your love \ reaches • to the \ heavens:
and your \ faithful•ness \ up • to the \ clouds.
5. Show yourself O God a\bove the \ heavens:
let your glory shine \ over \ all the \ earth,
6. so that your beloved may \ be de\livered:
O save us by \ your right \ hand and \ answer us.
7. You have spoken in your \ holy \ place:
I will go up and divide Shechem,
and measure \ out the \ valley • of \ Succoth.
8. 'Gilead and Man\asseh • are \ mine:
Ephraim is my helmet, \ Judah \ is my \ sceptre,
- ¶ 9. 'Moab is my wash-basin, to Edom I will \ throw my \ shoe:
and over Philistia \ I will \ shout in \ triumph.'
10. Who will bring me to the \ forti•fied \ city:
who will \ lead me \ into \ Edom,
11. since you O \ God • have re\jected us:
and no \ longer • go \ out • with our \ armies?
12. Grant us help a\gainst the \ enemy:
for vain is \ any \ human \ help.
13. With the help of our God we \ shall do \ valiantly:
for it is God who will \ tread \ down our \ enemies.

Psalm 109.

1. Be silent no longer O \ God • of my \ praise:
for the mouth of the wicked and
de\ceitful • is \ opened • a\gainst me.
 2. They speak against me with \ lying \ tongues:
they beset me with words of hatred,
and at\tack me • with\out • any \ cause.
 3. In return for my love \ they ac\cuse me:
though I con\tinue • to \ pray for \ them.
 4. Thus have they repaid me \ evil • for \ good:
and \ hatred • for \ my good\will.
- * * *
20. O Lord my God, deal with me as be\fits your \ name:
in the goodness of your \ steadfast \ love de\liver me.
 21. For I am \ poor and \ needy:
and my \ heart is \ wounded • with\in me.
 22. I fade like a \ shadow • at \ evening:
I am \ shaken \ off • like a \ locust.
 23. My knees are \ weak from \ fasting:
my body is \ gaunt from \ meagre \ nourishment.
 - ¶ 24. I have become the scorn of \ my ac\cusers:
when they see me, they \ toss their \ heads • in de\lision.
 25. Help me O \ Lord my \ God:
save me \ in your \ steadfast \ love,
 26. that all may know this is \ your \ doing:
and that you a\lone O \ Lord have \ done it.
 27. They may curse, but \ you will \ bless:
my assailants will be put to shame,
and your \ servant \ will re\joice.
 28. Let my accusers be \ clothed • with dis\honour:
let them be covered in \ shame as \ with a \ cloak.
 29. As for me, loud thanks to the Lord are \ on my \ lips:
I will praise the Lord \ in the \ midst • of the \ throng.
 30. For the Lord stands at the right \ hand • of the \ poor:
to save from death \ those un\justly • con\demned.

Psalm 110.

1. The Lord \ said to \ my lord:
'Sit at my right hand,
until I \ make your \ enemies • your \ footstool.'
2. From the holy mountain
the Lord hands you the \ sceptre • of \ power:
saying, \ 'Rule • in the \ midst • of your \ enemies.'
3. On the day of your power your people
shall willingly \ offer • them\selves:

in holy array they will come to you,
like dew • at the birth of the morning.

4. The Lord has sworn an oath that will never be retracted:
'You are a priest for ever
in the line • of Melchizedek.'

* * *

Psalm 111.

1. Whakamoemitiā a Ihowa. / Praise the Lord.
I will thank you O Lord with all my heart:
in the company of the upright • in their assembly.
2. Great are your works O Lord:
and to be studied • by all • who delight in them.
3. Your deeds are full of majesty • and splendour:
and your righteousness • endures for ever.
4. You have caused your marvellous acts to be remembered:
you Lord are gracious • and full of compassion.
5. You give food to those who fear you:
you keep your covenant always • in mind.
6. You have shown your people your power in action:
by giving them the lands of other nations.
7. The works of your hands are faithful • and just:
and all your precepts • are trustworthy.
8. They stand fast for ever • and ever:
they are grounded • in truth and justice.
9. You sent redemption to your people,
you decreed your eternal covenant:
holy and awesome is your name.
10. The fear of you O Lord is the beginning of wisdom,
those who revere you have good • understanding:
your praise • shall endure for ever.

Psalm 112.

1. Whakamoemitiā a Ihowa. / Praise the Lord.
Blessed are those who fear the Lord:
and greatly delight in God's commandments.
2. Their descendants will be mighty • in the land:
the children of the upright will be blessed.
3. Riches and plenty shall fill their houses:
righteousness shall be theirs for ever.
4. They are a light in the darkness for the upright:
being gracious • compassionate • and just.
5. It goes well with those who are generous • in lending:
who conduct • their affairs with justice.
6. For the righteous will never • be shaken:
they will be kept • in remembrance • for ever.
7. They will not live in fear of bad news:
because with steadfast heart they trust • in the Lord.
8. Their heart is steady, they will not fear:

- in the end they shall \ see their \ ene•mies' \ downfall.
9. They give freely \ to the \ poor:
their righteousness stands for ever,
and they will hold \ up their \ head with \ honour.
 10. The wicked will be vexed \ when they \ see it:
they will grind their teeth and slink away,
for the hopes of the \ wicked • shall \ come to \ nothing.

Psalm 113.

1. Whakamoemititia a Ihowa. / Praise the Lord.
O praise the Lord, you servants \ of the \ Lord:
O \ praise the \ name • of the \ Lord.
2. Blessèd be the \ name • of the \ Lord:
both \ now • and for \ ever\more.
3. The Lord's \ name be \ praised:
from the \ rising • of the \ sun • to its \ setting.
4. The Lord is high a\bove the \ nations:
and the glory of the \ Lord a\bove the \ heavens.
5. Who can be likened to the Lord our God,
who sits en\throned on \ high:
yet deigns to look \ down from \ heaven • to \ earth?
6. The Lord lifts the weak \ out • of the \ dust:
and raises the \ poor \ from the \ dung-heap,
7. to make them \ sit with \ princes:
with the \ princes \ of God's \ people.
8. The Lord gives the barren \ woman • a \ home:
and makes her the joyful mother of children.
Whaka\moemi\titia • a \ Ihowa. / O \ praise \ - the \ Lord.

Psalm 114.

1. When Israel came \ out of \ Egypt:
the house of Jacob,
from among a \ people • of an \ ali•en \ tongue,
2. Judah became the \ Lord's \ temple:
and \ Israel • be\came God's \ kingdom.
3. The sea fled \ at the \ sight of it:
and \ Jordan • turned \ back • in its \ course.
4. The mountains \ skipped like \ rams:
and the \ hills like \ yearling \ sheep.
5. Why was it that you \ fled O \ sea:
and you Jordan \ that you \ turned \ back,
6. you mountains that you \ skipped like \ rams:
and you \ hills like \ yearling \ sheep?
7. Tremble O earth at the \ presence • of the \ Lord:
at the \ presence • of the \ God of \ Jacob,
8. who turned the hard rock into a \ pool of \ water:
and the flint-stone \ into • a \ gushing \ spring.

Psalm 115.

1. Not to us O Lord not to us,
but to your name \ give the \ glory:
because of your \ love \ and your \ faithfulness,
2. lest the \ nations • should \ ask:
'And \ where then \ is their \ God?'
3. You O God \ are in \ heaven:
you \ do what\ever • you \ will.
4. As for their idols, they are \ silver • and \ gold:
the \ work of \ human \ hands.
5. They have mouths that \ cannot \ speak:
and \ eyes that \ cannot \ see.
6. They have ears that \ cannot \ hear:
and \ noses • that \ cannot \ smell.
7. With their hands they cannot feel,
with their feet they \ cannot \ walk:
and no \ sound comes \ from their \ throat.
8. Those who make idols \ grow • to be \ like them:
and so do all who \ put their \ trust in \ them.
9. But you O Israel, put your \ trust • in the \ Lord:
God is your \ help \ and your \ shield.
10. O house of Aaron, put your \ trust • in the \ Lord:
God is your \ help \ and your \ shield.
11. You that fear the Lord, put your \ trust • in the \ Lord:
God is your \ help \ and your \ shield.
12. The Lord has remembered us, \ and will \ bless us:
the Lord will bless the house of Israel,
the Lord will \ bless the \ house of \ Aaron.
- ¶ 13. You Lord will bless \ those who \ fear you:
the \ little • no \ less • than the \ great.
14. May the Lord increase you \ more and \ more:
both \ you • and your \ children \ after you.
15. May you be \ blessed • by the \ Lord:
the Lord who \ made \ heaven • and \ earth.
16. The heavens be\long • to the \ Lord:
but the earth has been \ given • to \ human\kind.
17. It is not the dead who \ praise the \ Lord:
nor do those who \ go down \ into \ silence.
- ¶ 18. But we the living \ bless the \ Lord:
now and for ever.
Whaka\moemi\titia • a \ Ihowa. / O \ praise \ - the \ Lord.

Psalm 116.

1. I love you O Lord because you \ heard my \ voice:
when I \ made my \ suppli\cation,
2. because you turned your \ ear to \ me:

- when I \ called up\on your \ name.
3. The cords of death entangled me,
and the grip of \ Sheol • laid \ hold on me:
distress and \ anguish • de\scended • up\on me.
 4. Then I called upon the \ name • of the \ Lord:
'Deliver me O \ Lord \ I be\seech you.'
 5. Gracious is the \ Lord and \ righteous:
truly our God \ is a \ God • of com\passion.
 6. The Lord preserves the \ simple-\hearted:
when I was brought \ low the \ Lord \ saved me.
 7. Be at rest once more \ O my \ soul:
for the \ Lord has \ treated • you \ kindly.
 8. The Lord has \ saved me • from \ death:
and kept my eyes from \ tears • and my \ feet from \ stumbling,
 - ¶ 9. so that I may walk in the presence \ of the \ Lord:
in the \ land \ of the \ living.
 10. I kept my faith,
even when I said, 'I am in \ sore dis\tress':
in my haste I said, \ 'No one \ can be \ trusted.'
 11. How can I re\pay you • O \ Lord:
for all the good things \ you have \ done to \ me?
 12. I will take up the \ cup • of sal\vation:
and call on the \ name \ of the \ Lord.
 13. I will pay my \ vows • to the \ Lord:
in the \ presence • of \ all God's \ people.
 14. Grievous in the \ sight • of the \ Lord:
is the \ death • of a \ faithful \ servant.
 15. Lord I am your servant, the \ child • of your \ maidservant:
you have \ freed me \ from my \ bonds.
 16. I will offer a \ sacrifice • of \ thanksgiving:
and call on the \ name \ of the \ Lord.
 17. I will pay my \ vows • to the \ Lord:
in the \ presence • of \ all God's \ people,
 - ¶ 18. in the courts of the \ Lord's \ house:
in your midst O Jerusalem.
Whaka\moemi\titia • a \ Ihowa. / O \ praise \ - the \ Lord.

Psalm 117.

1. Praise the Lord \ all you \ nations:
acclaim the Most \ High \ all you \ peoples.
2. For great is God's \ love for \ us:
and the faithfulness of the Lord endures for ever.
Whaka\moemi\titia • a \ Ihowa. / O \ praise \ - the \ Lord.

Psalm 118.

- 1 We give thanks to you O Lord for \ you are \ gracious:

- and your \ love en\dures for \ ever.
- 2 Let the house of \ Israel \ say:
‘God’s \ love en\dures for \ ever.’
 - 3 Let the house of \ Aaron \ say:
‘God’s \ love en\dures for \ ever.’
 4. Let those who fear the \ Lord \ say:
‘God’s \ love en\dures for \ ever.’
 5. I called to you O Lord in \ my dis\tress:
and your \ answer • was to \ set me \ free.
 6. The Lord is on my side, I \ will not \ fear:
for what can human \ power \ do to \ me?
 7. The Lord is on my \ side to \ help me:
I will \ triumph \ over • my \ enemies.
 8. It is better to take refuge \ in the \ Lord:
than to \ put • any \ trust in \ people.
 - ¶ 9. It is better to take refuge \ in the \ Lord:
than to \ put • any \ trust in \ princes.
 10. The nations \ all sur\rounded me:
but in the name of the \ Lord I \ drove them \ back.
 11. They hemmed me in,
they hemmed me in on \ every \ side:
but in the name of the \ Lord I \ drove them \ back.
 12. They swarmed around me like bees,
they blazed like fire a\mong the \ thorns:
but in the name of the \ Lord I \ drove them \ back.
 13. They pressed hard upon me, so that I \ almost \ fell:
but the \ Lord \ came • to my \ help.
 - ¶ 14. The Lord is my strength and \ my de\fence:
and has be\come \ my de\liverer.
 15. There are shouts of joy and deliverance,
in the \ tents • of the \ righteous:
the right hand of the \ Lord does \ mighty \ things.
 16. The right hand of the Lord \ raises \ up:
the right hand of the \ Lord does \ mighty \ things.
 17. I shall not \ die but \ live:
and pro\claim • what the \ Lord has \ done.
 18. The Lord in\deed has \ punished me:
but did not \ give me \ over • to \ death.
 19. Open to me the \ gates • of the \ temple:
that I may enter and give \ thanks \ to the \ Lord.
 20. This is the \ gate • of the \ Lord:
through \ which the \ righteous • shall \ enter.
 21. I will thank you because \ you have \ answered me:
and you have be\come \ my de\liverer.
 22. The stone which the \ builders • re\jected:
has be\come the \ head • of the \ corner.
 23. This is the \ Lord’s \ doing:
and it is \ marvel•lous \ in our \ eyes.
 24. This is the day which the \ Lord has \ made:
let us re\joice \ and be \ glad in it.
 25. Save us O \ Lord we \ pray:

- Lord we \ pray • you to \ give us • suc\cess.
26. Blessèd is the one who comes in the \ name • of the \ Lord:
we bless you \ from the \ house • of the \ Lord.
27. The Lord is God, and has \ given • us \ light:
with branches in your hands,
go forward in procession up to the \ horns \ of the \ altar.
28. You are my God and \ I will \ thank you:
you are my \ God and \ I • will ex\tol you.
- ¶ 29. We give thanks to you O Lord for \ you are \ gracious:
and your \ love en\dures for \ ever.

Psalm 119.1-16 p338

1. Blessèd are those who live a \ blameless \ life:
who \ follow • your \ law O \ Lord.
2. Blessèd are those who o\bey • your in\struction:
and \ seek you • with \ all their \ heart.
3. They also \ do no \ wrong:
but \ always \ walk • in your \ ways.
4. You laid \ down your \ precepts:
for \ us to \ keep them \ diligently.
5. O that my ways \ might be \ steadfast:
in the \ keeping \ of your \ statutes.
6. Then I would not be \ put to \ shame:
when I give \ heed to \ all • your com\mandments.
7. I will truly thank you \ from the \ heart:
when I \ learn your \ just de\crees.
8. I will \ keep your \ statutes:
O \ do not \ utterly • for\sake me.
9. How shall the young keep themselves \ unde\filed:
surely by \ obeying \ your \ word.
10. With my whole \ heart I \ seek you:
let me not \ stray from \ your com\mandments.
11. I treasure your word \ in my \ heart:
for fear \ I should \ sin a\gainst you.
12. Blessèd are \ you O \ Lord:
O \ teach me \ your \ statutes.
13. With my lips have \ I been \ telling:
of all the \ judgments \ you have \ uttered.
14. I have found more joy_
in the way of \ your com\mandments:
than in \ all \ manner • of \ riches.
15. I will meditate \ on your \ precepts:
and I will give \ heed \ to your \ ways.
16. I will delight \ in your \ statutes:
and I will \ not for\get your \ word.

Psalm 119.17-40

17. Deal kindly with your servant that \ I may \ live:
and living \ I shall \ keep your \ word.

18. Take the veil away \ from my \ eyes:
that I may see the \ wonder•ful \ things • of your \ law
19. I am but a \ stranger • on \ earth:
do not \ hide • your com\mandments \ from me.
20. My soul is con\sumed • with the \ longing:
it has at \ all times \ for your \ judgments.
21. You have re\buked the \ insolent:
and cursed are those_
who \ stray from \ your com\mandments.
22. Turn from me their re\proach and \ scorn:
for \ I have \ kept your \ testimonies.
23. Rulers sit \ plotting • a\gainst me:
but your servant will give \ thought \ to your \ statutes.
24. For your testimonies are \ my de\light:
and \ they \ are my \ counsellors.
25. I lie \ prone • in the \ dust:
revive me ac\cording \ to your \ word.
26. I acknowledged my ways, \ and you \ answered me:
in\struct me \ in your \ statutes.
27. Help me to understand the \ way of • your \ precepts:
and I will \ medi•tate \ on your \ wonders.
28. My soul melts a\way through \ sorrow:
strengthen me ac\cording \ to your \ word.
29. Keep me from the \ way of \ falsehood:
and in your \ goodness \ teach me • your \ law.
30. I have chosen the \ way of \ faithfulness:
and \ set your \ judgments • be\fore me.
31. I hold fast to your de\crees O \ Lord:
let me \ never • be \ put • to con\fusion.
32. I will run the way of \ your com\mandments:
when you en\large my \ under\standing.

p 340

33. Teach me Lord the \ way • of your \ statutes:
and in keeping them \ I shall \ have • my re\ward.
34. Give me understanding, and I shall \ keep your \ law:
I shall \ keep it • with \ all my \ heart.
35. Make me walk in the path of \ your com\mandments:
for \ that is \ my de\sire.
36. Incline my heart to \ your in\struction:
and a\way from \ covetous • de\sires.
37. Turn away my eyes from what is \ empty • and \ false:
and \ give me \ life • in your \ way.
38. Fulfil your promise \ to your \ servant:
your \ promise • to \ those who \ fear you.
39. Turn away from me the scorn \ that I \ dread:
for your \ judgments • are \ very \ good.
40. How I \ long • for your \ precepts:
in your \ righteous•ness \ give me \ life.

Psalm 119.41-64

41. Let your steadfast love come to \ me O \ Lord:
your saving help ac\cording \ to your \ promise.
42. Then shall I have my answer for \ those who \ taunt me:
for my \ trust is \ in your \ word.
43. Let my mouth never fail to \ speak the \ truth:
for my \ hope is \ in your \ judgments.
44. I shall always \ keep your \ law:
I shall \ keep it • for \ ever • and \ ever.
45. I shall walk in the \ path of \ freedom:
be\cause I \ study • your \ precepts.
46. I will speak of your de\crees be\fore \ kings:
and I will \ not • be a\bashed in • their \ presence.
47. I find delight in \ your com\mandments:
which \ I have \ greatly \ loved.
48. I will revere your com\mandments • and \ love them:
and I will \ medi\cate \ on your \ statutes.

49. Remember your \ word • to your \ servant:
by \ which • you have \ given • me \ hope.
50. This is my \ comfort • in \ trouble:
for your \ promise • has \ given • me \ life.
51. The arrogant may \ utterly • de\ride me:
but I \ do not \ swerve • from your \ law.
52. I remember your \ judgments • of \ old:
and \ then O \ Lord • I take \ comfort.
53. I am seized with \ hot • indig\nation:
because of the wicked \ who for\sake your \ law.
54. But your statutes are the \ theme • of my \ song:
in the \ house \ of my \ pilgrimage.
55. I remember your name O Lord \ in the \ night:
and \ dwell up\on your \ law.
56. This is \ true of \ me:
be\cause • I have \ kept your \ precepts.

57. You Lord are \ all • that I \ have:
I have \ promised • to \ keep your \ word.
58. I have sought your favour with \ all my \ heart:
be gracious to me ac\cording \ to your \ promise.
59. I have given thought \ to my \ ways:
and always turned \ back to \ your in\struction.
60. I made \ no de\lay:
but hastened to \ keep \ your com\mandments.
61. Though the nets of the \ wicked • en\snared me:
I did \ not for\get your \ law.
62. At midnight I rise to \ give you \ thanks:
for the \ justice • of \ your de\crees.
63. I keep company with \ those who \ fear you:
with \ those who \ keep • your com\mandments.
64. The earth is full of your un\failing \ love:
O Lord in\struct me \ in your \ statutes.

Psalm 119.65-88

65. Lord you have been \ good • to your \ servant:
ac\cording \ to your \ word.
66. Teach me good \ judgment • and \ knowledge:
for I \ trust in \ your com\mandments.
67. Before I was afflicted I \ went a\stray:
but \ now I \ keep your \ word.
68. You are good, and your \ deeds are \ good:
in\struct me \ in your \ statutes.
69. The proud have \ smeared me • with \ lies:
but I will keep your \ precepts • with \ all my \ heart.
70. Their heart is \ gross like \ fat:
but my de\light is \ in your \ law.
71. It is good for me that \ I • was af\licted:
so that \ I might \ learn your \ statutes.
72. The law from your mouth is to \ me more \ precious:
than a \ fortune • in \ gold and \ silver.

73. Your hands have \ made me • and \ shaped me:
give me understanding_~
that \ I may \ learn • your com\mandments.
74. Let those who fear you be glad \ when they \ see me:
be\cause I \ trust • in your \ word.
75. Lord I know that your de\crees are \ just:
and that in your very faithfulness_~
you have \ caused • me to \ be af\licted.
76. Let your unfailing love \ be my \ comfort:
according to your \ promise \ to your \ servant.
77. Let your compassion come to me, that \ I may \ live:
for your \ law is \ my de\light.
78. Let the arrogant be put to shame,
for with their lies \ they have \ wronged me:
but I will \ medi•tate \ on your \ precepts.
79. Let those who fear you \ turn to \ me:
that \ they may \ know your \ testimonies.
80. Let my heart be sound \ in your \ statutes:
so that I may \ never • be \ put to \ shame.

81. I yearn for your \ saving \ help:
hoping for the ful\filment \ of your \ word.
82. My eyes are strained with \ watching • for your \ promise:
and I say, \ 'When O \ Lord • will you \ comfort me?'
83. I am shrivelled like a wineskin \ in the \ smoke:
yet I do \ not for\get your \ statutes.
84. How long must your \ servant \ wait:
for you to give \ judgment \ on my \ persecutors?
85. The arrogant have dug \ pitfalls • to \ trap me:
and \ thus they \ flout your \ law.
86. All your com\mandments • are \ true:
help me, for \ they pur\sue me • with \ lies.
87. They had almost made an end of \ me on \ earth:

- but I did \ not for\ sake your \ precepts.
88. Give me life, because of your \ steadfast \ love:
so that I may keep the \ testi• monies \ of your \ mouth.

Psalm 119.89-104

89. Your word O Lord is \ ever\ lasting:
it is \ firmly \ fixed • in the \ heavens.
90. Your faithfulness endures throughout \ all • gener\ ations:
stable as the earth you created and \ made to \ stand \ firm.
91. Your ordinances stand fast \ to this \ day:
for \ all things \ are your \ servants.
92. If my delight had not \ been • in your \ law:
I should have \ perished • in \ my affliction.
93. I will never for\ get your \ precepts:
for by them \ you have \ given • me \ life.
94. I am \ yours O \ save me:
for \ I have \ studied • your \ precepts.
95. Though the wicked lie in wait \ to de\ stroy me:
I will apply my \ mind to \ your in\ struction.
96. I see that all things \ reach a \ limit:
but your com\ mandment \ has no \ bounds.

97. Lord how I \ love your \ law:
all the day long \ it is \ in my \ mind.
98. Your commandment has made me wiser \ than my \ enemies:
for \ it is \ always \ with me.
99. I have more understanding than \ all my \ teachers:
for your in\ struction \ is my \ study.
100. I am wiser \ than the \ aged:
be\ cause I \ keep • your com\ mandments.
101. I have held back my feet from every \ evil \ way:
in \ order • to \ keep your \ word.
102. I have not swerved \ from your \ judgments:
because \ you your\ self have \ taught me.
103. How sweet are your \ words • to my \ taste:
sweeter than \ honey \ in my \ mouth.
104. Through your commandments I get \ under\ standing:
therefore I hate \ all the \ ways of \ falsehood.

Psalm 119.105-128

105. Your word is a lamp \ for my \ feet:
and a \ light up\ on my \ path.
106. I have sworn an oath,\ and con\ firmed it:
to \ keep your \ righteous \ judgments.
107. I am in \ deep dis\ tress:
revive me O Lord, ac\ cording \ to your \ word.
108. Accept O Lord the willing tribute \ of my \ lips:
and \ teach me \ your de\ crees.
109. I take my life in my \ hands con\ tinually:
yet I \ never • for\ get your \ law.

110. The wicked have \ laid a \ snare for me:
but I \ have not \ strayed • from your \ precepts.
111. Your testimonies are my \ heritage • for \ ever:
they are the \ very \ joy • of my \ heart.
112. I have applied my heart to fulfil your \ statutes:
for \ ever • and \ to the \ end.
113. I detest those who are not \ single-\minded:
but my \ love is \ for your \ law.
114. You are my shelter \ and my \ shield:
my \ hope is \ in your \ word.
115. Away from me, \ you • that do \ evil:
I will keep the com\mandments \ of my \ God.
116. Support me Lord according to your promise,
so that \ I may \ live:
and let me not be disap\pointed \ in my \ hope.
117. Hold me up and I \ shall be \ safe:
and I shall be occupied \ with your \ statutes • con\tinually.
118. You spurn all those who \ swerve • from your \ statutes:
their \ cunning • is \ all in \ vain.
119. All the wicked of the earth are to you as \ so much \ dross:
therefore I \ love \ your in\struction.
120. My flesh trembles with \ dread of \ you:
I \ stand in \ awe • of your \ judgments.
121. I have done what is \ just and \ right:
do not a\bandon me • to \ my op\pressors.
122. Stand surety for your \ servant's \ welfare:
let \ not the \ arrogant • op\press me.
123. My eyes grow dim from watching for your \ saving \ help:
for the fulfilment \ of your \ righteous \ promise.
124. Deal with your servant according to your \ loving \ mercy:
and \ teach me \ your de\crees.
125. I am your servant, O give me \ under\standing:
that \ I may \ know your \ testimonies.
126. It is time for you O \ Lord to \ act:
for people have \ flouted \ your \ law.
127. I love your commandments \ more than \ gold:
yes, \ more • than the \ finest \ gold.
128. Therefore I direct my steps by \ all your \ precepts:
and I hate \ all the \ ways of \ falsehood.

Psalm 119.129-152

129. Your in\struction • is \ wonderful:
therefore I \ keep it • with \ all my \ heart.
130. The unfolding of your \ word gives \ light:
and those who are untaught re\ceive \ under\standing.
131. I open my \ mouth and \ sigh:
with \ longing • for \ your com\mandments.
132. Turn to me and be \ merci\ful \ to me:
as is your \ way with \ those who \ love you.

133. Keep steady my footsteps, according \ to your \ promise:
and let no evil get \ master•y \ over \ me.
134. Rescue me from \ human • op\pression:
so that \ I may \ keep your \ precepts.
135. Let your face \ shine • on your \ servant:
and \ teach me \ your de\crees.
136. Tears stream \ from my \ eyes:
because people \ do not \ heed your \ law.
137. Lord you are \ just in\deed:
and \ upright \ are your \ judgments.
138. The decrees that \ you have \ made:
are ex\ceeding•ly \ righteous • and \ true.
139. My indig\nation • con\sumes me:
because my enemies \ have for\gotten • your \ words.
140. Your promise has been tested \ to the \ uttermost:
and \ therefore • your \ servant \ loves it.
141. I am small and of \ little • ac\count:
but I do \ not for\get • your com\mandments.
142. Your justice is an ever\lasting \ justice:
and your \ law \ is the \ truth.
143. Trouble and anguish have \ fallen • up\on me:
yet my de\light • is in \ your com\mandments.
144. The righteousness of your decrees is \ ever\lasting:
O give me under\standing • that \ I may \ live.
145. I call with my \ whole \ heart:
answer me Lord, \ I will \ keep your \ statutes.
146. I cry out to \ you to \ save me:
that \ I may \ keep your \ testimonies.
147. I rise before dawn and \ call to \ you:
for my \ hope is \ in your \ word.
148. I wake before the \ hour • of my \ night-watch:
so that I may \ medi•tate \ on your \ words.
149. Hear me in your un\failing \ kindness:
and give me \ life by \ your de\crees.
150. Those who pursue me with \ malice • draw \ near:
and they are \ far \ from your \ law.
151. But you O Lord are \ near at \ hand:
and \ all • your com\mandments • are \ true.
152. I have long known from \ your de\crees:
that you have \ given them • e\ternal • found\ations.

Psalm 119.153-176

153. Consider my affliction \ and de\liver me:
for I do \ not for\get your \ law.
154. Plead my cause and \ win • my re\lease:
true to your \ promise \ give me \ life.
155. Salvation is \ far • from the \ wicked:
for they \ give no \ heed • to your \ statutes.
156. Great is your com\passion • O \ Lord:

- give me \ life by \ your de\crees.
157. Many are those who persecute \ me and \ trouble me:
yet I do not \ swerve from \ your in\struction.
158. I looked at the \ faithless • with \ loathing:
because they \ do not \ keep • your com\mandments.
159. Consider O Lord how I \ love your \ precepts:
and in your steadfast \ love pre\serve my \ life.
160. The sum of your \ words is \ truth:
and all your just de\crees en\dure for \ ever.
161. Princes oppress me without \ any \ cause:
but my heart \ stands in \ awe • of your \ word.
162. I rejoice \ at your \ promise:
as \ one who \ finds great \ spoil.
163. Lies I \ hate • and de\test:
but your \ law • is the \ thing • that I \ love.
164. Seven times a \ day I \ praise you:
for the \ justice • of \ your de\crees.
165. Great is the peace of those who \ love your \ law:
and \ nothing • shall \ make them \ stumble.
166. Lord I have waited for your \ saving \ help:
and I have ful\filled \ your com\mandments.
167. From my heart I have o\beyed • your in\struction:
and \ I have \ loved it \ deeply.
168. I have kept your precepts \ and com\mands:
for all my \ ways are \ open • be\fore you.
169. Let my cry come be\fore you • O \ Lord:
give me understanding ac\cording \ to your \ word.
170. Let my supplication \ come be\fore you:
save me ac\cording \ to your \ word.
171. My lips shall pour \ forth your \ praise:
because \ you have \ taught me • your \ statutes.
172. My tongue shall \ sing • of your \ word:
for \ all • your com\mandments • are \ just.
173. Let your hand be \ ready • to \ help me:
for \ I have \ chosen • your \ precepts.
174. Lord I long for your \ saving \ help:
and your \ law is \ my de\light.
175. Let me live, that \ I may \ praise you:
and let your \ judgments • be \ my sup\port.
176. I have gone astray like a \ sheep • that is \ lost:
O seek your servant,
for I do \ not for\get • your com\mandments.

Psalm 120.

1. In my distress I called to \ you O \ Lord:
I \ called • to you \ and you \ answered me.
2. 'Deliver me from lying \ lips,' I \ cried:

- ‘and \ from a \ treacher•ous \ tongue.’
3. What shall be \ given • to \ you:
what more shall God do to \ you O \ treacher•ous \ tongue?
 4. It will be a warrior’s \ sharp \ arrows:
tempered with \ hot \ glowing \ charcoal.
 5. Alas, I live like an \ exile • in \ Meshech:
or like one who dwells a\mong the \ tents of \ Kedar.
 6. Too long have I \ had my \ dwelling:
among \ those • who are \ enemies • to \ peace.
 - ¶ 7. I am for peace, but \ when I \ speak of it:
they \ make them•selves \ ready • for \ war.

Psalm 121.

1. I lift up my \ eyes • to the \ hills:
but \ where • shall I \ look for \ help?
2. My help \ comes • from the \ Lord:
who has \ made \ heaven • and \ earth.
3. The Lord will not let your \ foot \ stumble:
the one who \ guards you \ will not \ sleep.
4. The one who keeps watch \ over • this \ people:
shall \ neither \ doze nor \ sleep.
5. The Lord is the one \ who will \ guard you:
the Lord at your right \ hand will \ be • your de\lfence,
6. so that the sun shall not \ strike you • by \ day:
nor \ yet the \ moon by \ night.
7. The Lord shall preserve you from \ all \ evil:
yes it is the \ Lord • who will \ keep you \ safe.
8. The Lord shall take care of your g
going out, and your \ coming \ in:
from this time \ forth \ and for \ ever.

Psalm 122.

1. I was glad when they \ said to \ me:
‘Let us \ go • to the \ house • of the \ Lord.’
2. And now our \ feet are \ standing:
with\in your \ gates • O Je\rusalem,
3. Jerusalem that is \ built • as a \ city:
where people \ come to\gether • in \ unity.
4. There the tribes go up, the \ tribes • of the \ Lord:
as was decreed for Israel,
to give \ thanks • to the \ name • of the \ Lord.
- ¶ 5. There are set \ thrones of \ judgment:
the \ thrones • of the \ house of \ David.
6. Pray for the \ peace • of Je\rusalem:
may \ those who \ love you \ prosper.
7. Peace be with\in your \ walls:
and pros\perity • with\in your \ palaces.

8. For the sake of my kinsfolk \ and com\panions:
I will \pray that \peace • may be \ with you.
9. Because of the house of the \Lord our \God:
I will \pray \ for your \good.

Psalm 123.

1. To you I lift \ up my \ eyes:
to you that are en\throned \ in the \ heavens.
2. As the eyes of servants are on the \ hand • of their \ masters:
and the eyes of a \ maid • on the \ hand of • her \ mistress,
- ¶ 3. so our eyes are on you O \ Lord our \ God:
as we wait \ till you \ show us • your \ favour.
4. Have mercy on us O \ Lord, have \ mercy:
for we have had \ more • than e\nough of • con\tempt.
5. Too long have we suffered the \ scorn • of the \ wealthy:
and the con\tempt \ of the \ arrogant.

Psalm 124.

1. 'If the Lord had not been on our side,'
now may \ Israel \ say:
'If the Lord had not been on our side,
when our \ enemies • rose \ up a\gainst us,
2. 'then they would have \ swallowed us • a\live:
when their \ fury • was \ roused a\gainst us.
3. 'Then the flood would have \ swept us • a\way:
and the \ torrent \ would have \ covered us.
4. 'Then the \ raging \ waters:
would have \ gone right \ over • our \ heads.
5. 'But praised \ be the \ Lord:
who has not given us as a \ prey \ to their \ teeth.
6. 'We have escaped like a bird from the \ fowler's \ snare:
the snare is \ broken • and \ we are \ free.
- ¶ 7. 'Our help is in the \ name • of the \ Lord:
who has \ made \ heaven • and \ earth.'

Psalm 125.

1. Those who trust in the Lord are \ like Mount \ Zion:
which cannot be \ shaken • but \ stands for \ ever.
2. As the hills en\fold Je\rusalem:
so you enfold your people O Lord, \ now \ and for \ ever.
3. The sceptre of the wicked shall not hold sway,
over the land as\igned • to the \ just:
lest the just should put out their \ hand to \ do \ evil.
4. Do good O Lord to \ those • who are \ good:

- to \ those • who are \ upright • in \ heart.
- ¶ 5. As for those who turn aside into crooked ways,
the Lord shall lead them away with \ evil-doers:
but upon \ Israel \ there shall • be \ peace.

Psalm 126.

1. When the Lord restored the fortunes \ of this \ people:
it \ seemed • to us \ like a \ dream.
 2. Then our mouth was \ filled with \ laughter:
and our tongues \ uttered \ shouts of \ joy.
 3. Then they said a\mong the \ nations:
'The Lord has \ done great \ things for \ them.'
 4. Great things indeed the Lord has \ done for \ us:
and \ therefore \ we are \ glad.
 5. Restore again our \ fortunes • O \ Lord:
as when streams re\fresh the \ southern \ dry-lands.
 6. Those who \ sow in \ tears:
shall \ reap with \ shouts of \ joy.
- ¶ 7. Those who go out weeping with \ seed for \ sowing:
shall come back in gladness \,
bringing • their \ sheaves \ with them.

Psalm 127.

1. Unless the Lord \ builds the \ house:
its builders \ will have \ laboured • in \ vain.
2. Unless the Lord watches \ over • the \ city:
those who keep watch will \ stay a\wake in \ vain.
3. In vain you rise up early and go late to rest,
eating the bread of \ anxious \ toil:
for those whom the Lord \ loves are \ given \ sleep.
4. Truly children are a gift \ from the \ Lord:
and offspring a re\ward from \ God's \ hand.
5. Like arrows in a \ warri•or's \ hand:
so indeed are the \ children \ of one's \ youth.
6. Happy are those who have their \ quiver \ full of them:
they will not be put to shame
when they meet their \ adver•saries \ at the \ gate.

Psalm 128.

1. Blessèd are all those who \ fear the \ Lord:
those who \ walk in \ God's \ ways.
2. You shall eat the \ fruit • of your \ labours:
and \ you • shall be \ happy • and \ prosper.
3. Your wife shall be like a \ fruitful \ vine:
with\in the \ walls of • your \ house;

4. your children like \ slips of \ olive:
planted \ round a\bout your \ table.
- ¶ 5. Thus shall all \ those be \ blessed:
who fear the \ Lord \ in their \ heart.
6. May the Lord bless you from the \ holy \ city:
may you see the prosperity of Jerusalem \
all the \ days of • your \ life.
7. May you live to see your \ children's \ children:
and upon \ Israel \ let there • be \ peace.

Psalm 129.

1. 'Much have they afflicted me from the \ time • of my \ youth':
may God's \ people \ now \ say,
2. 'Much have they afflicted me \ from my \ youth:
but they have \ not pre\vailed a\gainst me.
3. 'They scored my back as \ with a \ ploughshare:
making \ long their \ furrows • up\on it.'
4. But the \ Lord is \ righteous:
and has cut me \ free • from the \ yoke • of the \ wicked.
5. Let them be put to confusion and \ driven \ back:
all those who are \ enemies • of \ God's \ people.
6. Let them be like grass that \ grows • on the \ roof:
which withers be\fore • it is \ full \ grown,
7. which never fills a \ reaper's \ hand:
nor \ yields a \ sheaf • for the \ harvester,
8. so that passers-by will never say to them,
'The blessing of the \ Lord • be up\on you:
we \ bless you • in the \ name • of the \ Lord.'

Psalm 130.

1. Out of the depths have I called to \ you O \ Lord:
give \ heed O \ Lord • to my \ cry.
2. Let your ears con\sider \ well:
the \ plea I \ make for \ mercy.
3. If you should keep account of what is \ done a\miss:
who \ then O \ Lord could \ stand?
4. But there is for\giveness • with \ you:
therefore \ you shall \ be re\vered.
5. I wait for you Lord with \ all my \ soul:
and in your \ word \ is my \ hope.
6. My soul waits for \ you O \ Lord:
more than those who watch by night \
long for the morning,
more I say than those who watch by night \
long \ for the \ morning.

7. Wait in hope for the Lord,
for with the Lord there is \ love un\ failing:
and with the Lord \ there is \ ample • re\ demption.
8. The Lord \ will re\ deem you:
from \ all your \ many \ sins.

Psalm 131. p355

1. O Lord my \ heart is • not \ proud:
my \ eyes • are not \ raised too \ high.
2. I do not occupy myself with \ matters • too \ great for me:
or with \ marvels • that \ are be\ yond me.
3. But I have stilled and made quiet my soul,
like a weaned child nestling \ to its \ mother:
so like a child, my \ soul is \ quieted • with\ in me.
4. O \ trust • in the \ Lord:
from \ this time \ forth • and for \ ever.

Psalm 132.

1. O Lord re\ member \ David:
and all the \ hardships \ he en\ dured.
2. How he swore an \ oath • to the \ Lord:
and made a vow to the \ Mighty \ One of \ Jacob,
3. 'I will not enter the house \ where I \ live:
nor will I climb \ into • the \ bed • where I \ rest,
4. 'I will not give \ sleep • to my \ eyes:
or per\ mit my \ eyelids • to \ droop,
- ¶ 5. 'until I find a place \ for the \ Lord:
a dwelling for the \ Mighty \ One of \ Jacob.'
6. At Ephrathah we heard of the \ ark of \ God:
and we \ found it • in the \ region • of \ Jearim.
7. And we said, 'Let us go into_
the dwelling-place of the \ Most \ High:
and kneel in \ worship \ at God's \ footstool.'
8. Arise O Lord and \ enter • your \ resting-place:
you and the \ ark \ of your \ strength.
9. Let your priests be \ clothed with \ righteousness:
and let your faithful \ people • cry \ out for \ joy.
- ¶ 10. For your servant \ David's \ sake:
do not re\ ject • your an\ ointed \ king.
11. The Lord made a sure \ promise • to \ David:
a promise that will \ never \ be re\ voked,
12. 'A son, the \ fruit • of your \ body:
I will \ set up\ on your \ throne.
13. 'If your sons keep my covenant,
and obey the teaching \ that I \ give them:
their descendants too shall sit on your_
throne \ in suc\ cession • for \ ever.'

14. For the Lord has \ chosen • Je\usalem:
the Lord desired it \ for a \ home and \ said,
- ¶ 15. 'This is my \ resting-place • for \ ever:
here I will dwell, for I \ have • a de\light in \ her.
16. 'I will abundantly \ bless • her pro\visions:
and \ satisfy • her \ poor with \ bread.
17. 'I will clothe her \ priests • with sal\vation:
and her faithful \ people • shall re\joice and \ sing.
18. 'There I will make a branch to spring_
from the \ stem of \ David:
and I have prepared a lamp for \ my an\ointed \ king.
19. 'His enemies I will \ cover • with \ shame:
but on him the crown he \ wears will \ shed its \ lustre.'

Psalm 133.

1. How good and pleasant a \ thing it \ is:
when God's people \ live to\gether • in \ unity.
2. It is like the precious oil on Aaron's head,
which ran down \ on to • his \ beard:
and over the \ collar \ of his \ vestment.
3. It is like the \ dew of \ Hermon:
falling up\on the \ hill of \ Zion.
4. For there the Lord \ promised • the \ blessing:
which is \ life for \ ever\more.

Psalm 134.

1. Come praise the Lord, all you \ servants • of the \ Lord:
you that stand by \ night • in the \ house of • the \ Lord.
2. Lift up your hands toward the \ holy \ place:
and \ bless the \ Lord your \ God.
3. The Lord who made \ heaven • and \ earth:
give you \ blessing \ out of \ Zion.

Psalm 135.

1. Whakamoemititia a Ihowa. / Praise the Lord.
O praise the \ name • of the \ Lord:
give praise O you \ servants \ of the \ Lord,
2. you that stand in the \ house • of the \ Lord:
in the \ temple \ courts • of our \ God.
3. O praise the Lord, for the \ Lord is \ good:
sing praises to the name of the _
Lord • for the \ Lord is \ gracious.
4. For you O God have chosen Jacob to \ be your \ own:
and Israel \ as your \ special \ treasure.

5. For I know that you O Lord are great:
and that you are above all gods.
6. You do whatever you will in heaven and on earth:
in the sea and in all the depths.
7. You bring up the clouds from the ends of the earth:
you send lightning with the rain,
and bring out the wind from your storehouse.
8. You struck down the first-born of Egypt:
both of man and also of beast.
9. You worked signs and wonders in Egypt:
against Pharaoh and all his servants.
10. You struck down great nations:
and put to death mighty kings,
11. Sihon king of the Amorites,
and Og the king of Bashan:
and all who were rulers in Canaan,
12. and gave their lands as a heritage:
a heritage for Israel your people.
13. Your name O Lord endures for ever:
the remembrance of you throughout all generations.
14. You Lord will give your people justice:
and have compassion on your servants.
15. The gods of the heathen
are mere idols of silver and gold:
which are made by human hands.
16. They have mouths, but they cannot speak:
they have eyes but they cannot see.
17. They have ears, but they cannot hear:
and there is no breath in their nostrils.
18. Those who make them grow to be like them:
and so do all who put their trust in them.
19. Praise the Lord O house of Israel:
praise the Lord O house of Aaron.
20. Praise the Lord O house of Levi:
you that stand in awe praise the Lord.
- ¶ 21. Praised be the Lord from the holy city:
the Lord who dwells in Jerusalem.
Whakamoemilitia a Ihowa. / O praise - the Lord.

Psalm 136.

1. O give thanks to the Lord, who is gracious:
he mau tonu hoki tana mahi tohu.
God's love endures for ever.
- 2 Give thanks to the God of gods:
he mau tonu hoki tana mahi tohu.
God's love endures for ever.
- ¶ 3. Give thanks to the Lord of lords:
he mau tonu hoki tana mahi tohu.
God's love endures for ever.

4. The Lord alone \ does great \ wonders:
he mau tonu hoki \ tana \ mahi \ tohu.
God's \ love en\dures for \ ever.
5. The Lord by wisdom \ made the \ heavens:
he mau tonu hoki \ tana \ mahi \ tohu.
God's \ love en\dures for \ ever.
6. The Lord spread out the earth a\bove the \ waters:
he mau tonu hoki \ tana \ mahi \ tohu.
God's \ love en\dures for \ ever.
- 7 The Lord made the \ great \ lights:
he mau tonu hoki \ tana \ mahi \ tohu.
God's \ love en\dures for \ ever.
8. the sun to rule \ over • the \ day:
he mau tonu hoki \ tana \ mahi \ tohu.
God's \ love en\dures for \ ever.
9. the moon and the stars to \ govern • the \ night:
he mau tonu hoki \ tana \ mahi \ tohu.
God's \ love en\dures for \ ever.
- [10. The Lord struck down the \ first-born • of \ Egypt:
he mau tonu hoki \ tana \ mahi \ tohu.
God's \ love en\dures for \ ever.
- [11. and brought Israel \ out • from a\mong them:
he mau tonu hoki \ tana \ mahi \ tohu.
God's \ love en\dures for \ ever.
- [12. with a mighty hand and \ outstretched \ arm:
he mau tonu hoki \ tana \ mahi \ tohu.
God's \ love en\dures for \ ever.
- [13. The Lord divided the Red \ Sea in \ two:
he mau tonu hoki \ tana \ mahi \ tohu.
God's \ love en\dures for \ ever.
- [14. and made Israel go \ through the \ midst of it:
he mau tonu hoki \ tana \ mahi \ tohu.
God's \ love en\dures for \ ever.
- [15. But as for Pharaoh and his host,
the Lord flung them \ into • the \ sea:
he mau tonu hoki \ tana \ mahi \ tohu.
God's \ love en\dures for \ ever.
- [16. The Lord led the people \ through the \ desert:
he mau tonu hoki \ tana \ mahi \ tohu.
God's \ love en\dures for \ ever.
- [17. The Lord overthrew \ mighty \ kingdoms:
he mau tonu hoki \ tana \ mahi \ tohu.
God's \ love en\dures for \ ever.
- [18. and struck down \ famous \ kings:
he mau tonu hoki \ tana \ mahi \ tohu.
God's \ love en\dures for \ ever.
- [19. Sihon \ king • of the \ Amorites:
he mau tonu hoki \ tana \ mahi \ tohu.
God's \ love en\dures for \ ever.
- [20. and Og the \ king of \ Bashan:
he mau tonu hoki \ tana \ mahi \ tohu.

- God's \ love en\dures for \ ever.
- [21. and gave their \ land • as a \ heritage:
he mau tonu hoki \ tana \ mahi \ tohu.
God's \ love en\dures for \ ever.
- [22. a heritage to Israel \ God's \ servant:
he mau tonu hoki \ tana \ mahi \ tohu.
God's \ love en\dures for \ ever.
- [23. The Lord remembered us when we \ were in \ trouble:
he mau tonu hoki \ tana \ mahi \ tohu.
God's \ love en\dures for \ ever.
- [24. and rescued us \ from our \ foes:
he mau tonu hoki \ tana \ mahi \ tohu.
God's \ love en\dures for \ ever.]
25. The Lord gives food to \ all things • that \ live:
he mau tonu hoki \ tana \ mahi \ tohu.
God's \ love en\dures for \ ever.
26. Give thanks to the \ God of \ heaven:
he mau tonu hoki \ tana \ mahi \ tohu.
God's \ love en\dures for \ ever.

Psalm 137.

1. By the waters of Babylon we sat \ down and \ wept:
when we re\membered • the \ holy \ city.
 2. As for our harps, we \ hung them \ up:
on the \ trees that \ grew near\by.
 3. Those who led us away captive,
demanded of \ us a \ song:
our despoilers asked us for mirth,
'Sing us,' they said, \ 'one • of the \ songs • of Je\rusalem.'
 4. How can we sing the \ Lord's \ song:
here \ in an \ ali•en \ land?
 5. If I forget you \ O Je\rusalem:
let my \ right hand \ wither • a\way.
 6. Let my tongue cling to the roof of my mouth,
if I do \ not re\member you:
if I do not set Jerusalem a\bove my \ highest \ joy.
- * * *

Psalm 138.

1. I will give thanks to you O Lord with \ all my \ heart:
before the gods \ I will \ sing your \ praises.
2. I will bow down toward your holy temple,
and give thanks because of your \
love and \ faithfulness:
for you have exalted

- your name and your \ word a\bove \ all things.
3. On the day that I \ called, you \ answered me:
and \ put new \ strength with\in me.
 4. All the kings of the earth shall \ praise you • O \ Lord:
when they \ hear the \ words • of your \ mouth.
 5. They shall sing of the \ ways • of the \ Lord:
that the \ glory • of the \ Lord is \ great.
 6. For though Lord you are high,
yet you \ care • for the \ lowly:
as for the proud,
you \ humble • them \ from a\far.
 7. Though I walk in the midst of trouble you \ keep me \ safe:
you stretch out your hand against my enemies' rage,
and \ your right \ hand will \ save me.
 8. You will fulfil your purpose for me,
your love O Lord is \ ever\lasting:
do not leave un\finished • the \ work • of your \ hands.

Psalm 139.

1. Lord you have searched me \ out and \ known me:
you know when I sit down and when I stand up,
you dis\cern my \ thoughts • from a\far.
2. You mark my path, and the places \ where I \ rest:
you are ac\quainted • with \ all my \ ways.
3. Even before there is a \ word • on my \ tongue :
you Lord \ know it \ alto\gether.
4. You guard me from be\hind • and be\fore:
and \ cover • me \ with your \ hand.
- ¶ 5. Such knowledge is too \ wonder\ful \ for me:
so \ high • that I \ cannot • at\tain to it.
6. Where shall I \ go • from your \ spirit:
or where shall I \ flee \ from your \ presence?
7. If I climb up to heaven \ you are \ there:
if I make my bed in the grave \ you are \ there \ also.
8. If I take the \ wings • of the \ dawn:
and alight at the \ utter\most \ parts • of the \ sea,
9. even there your \ hand will \ lead me:
and your right \ hand will \ hold me \ fast.
10. If I say, 'Let the \ darkness \ cover me:
and my \ day be \ turned to \ night,'
11. the darkness is no darkness with you,
but the night is as \ clear • as the \ day:
for darkness and light to \ you are \ both a\like.
12. It was you that created my \ inward \ parts:
and pieced me together \ in my \ mother's \ womb.
13. I will praise you, for you are \ awesome • and \ wonderful:
marvellous are your works,

- and you \ know me \ through and \ through.
14. My body was not \ hidden \ from you:
when I was being fashioned in secret,
and woven together \ in the \ depths • of the \ earth.
 15. Your eyes \ looked • at my \ body:
while it was as \ yet im\perfect•ly \ formed.
 16. In your book all the days of my \ life were \ written:
while as \ yet there \ was not \ one of them.
 17. How deep are your \ thoughts O \ God:
and how \ great \ is the \ sum of them.
 - ¶ 18. If I should count them,
they are more in number \ than the \ sand:
to finish the count,
my life-span must \ needs be \ equal • to \ yours.
 - * * *
 23. Examine me O God and \ know my \ heart:
test me, \ and dis\cover • my \ thoughts.
 24. Watch closely, lest I follow a \ path of \ error:
and lead me in the \ way \ ever\lasting.

Psalm 140.

1. Deliver me O Lord \ from the \ wicked:
and pre\serve me \ from the \ violent,
2. who devise evil \ in their \ hearts:
and \ stir up \ strife con\tinually.
3. They have sharpened their tongues \ like a \ serpent's:
adder's \ poison • is \ under • their \ lips.
4. Keep me O Lord from the \ hands • of the \ wicked:
from the violent, who \ plan to \ trip up • my \ feet.
5. The proud have laid a snare for me,
and spread out a \ net of \ cords:
they have set \ traps a\long my \ path.
6. I said to the Lord,\ 'You are • my \ God':
hear O \ Lord my \ prayer for \ mercy.
7. O Lord God, my \ fortress • of \ safety:
you have shielded my \ head • in the \ day of \ battle.
8. Do not grant the wicked their de\sire O \ Lord:
or permit their \ evil • de\signs to \ prosper.
- * * *
12. I am sure the Lord will maintain the \ cause • of the \ poor:
and up\hold the \ rights • of the \ destitute.
13. The righteous will give \ praise • to your \ name:
and the \ upright • will \ live • in your \ presence.

Psalm 141.

1. Lord I call to you, come quickly \ to my \ help:

- give heed to me \ when I \ cry to \ you.
2. Let my prayer be set be\fore you • as \ incense:
and the lifting up of my \ hands • as the \ evening \ sacrifice.
 3. Set a guard O Lord \ over • my \ mouth:
and keep watch \ at the \ door of • my \ lips.
 4. Keep my heart from any sinful inclination,
from joining the ill-disposed \ in their \ wickedness:
and let me \ never \ eat • at their \ table.
 5. Rather let the \ righteous \ strike me:
and \ give me \ friendly • re\buke,
 6. than that the oil of the wicked should an\oint my \ head:
for I pray con\tinually • a\gainst their \ wickedness.
- * * *
9. But my eyes are fixed on \ you Lord \ God:
in you I take refuge, \ do not \ cast me \ off.
 10. Keep me from the snare \ they have \ laid for me:
and from the traps \ evil\doers • have \ set.
 - ¶ 11. Let the wicked fall together into their \ own \ nets:
while \ I pass \ by un\harmed.

Psalm 142.

1. I cry aloud to \ you O \ Lord:
I \ loudly \ plead • for your \ help.
2. I pour out my \ trouble • be\fore you:
and make \ known to • you \ my dis\tress.
3. When my spirit is faint within me, you \ know my \ way:
in the path where I walk \ they have \ hidden • a \ snare for me.
4. I look to my \ right \ hand:
and see \ there is \ no one • who \ heeds me.
5. There is no \ way • of es\cape:
and \ no one \ gives me • a \ thought.
6. I cry to the Lord and say, \ 'You are • my \ refuge:
you are all that I have \ in the \ land • of the \ living.'
7. Give heed to my cry for I am brought \ very \ low:
deliver me from those who pursue me, \ for they \ are too \ strong for me.
8. Bring me \ out • of my \ prison:
so that I may give \ thanks \ to your \ name.
- ¶ 9. When you show me your \ loving \ kindness:
the \ righteous • will \ gather • a\round me.

Psalm 143.

1. Hear my \ prayer O \ Lord:
in your faithfulness give heed to my pleading,

- and \ answer • me \ in your \ righteousness.
2. Do not put your \ servant • on \ trial:
for in your sight \ no one \ living • is \ innocent.
 3. For my enemies have hunted me down,
and beaten me \ to the \ ground:
they have made me inhabit darkness,
like \ those • who have \ long been \ dead.
 4. Therefore my spirit \ faints with \ in me:
and my \ heart is \ numb with \ grief.
 5. Yet I remember times past,
I think about \ all • you have \ done:
I meditate on the \ works of \ your \ hands.
 6. I stretch out my \ hands to \ you:
I thirst for you as a \ parched land \ thirsts for \ rain.
 7. Make haste to answer me Lord, for my \ spirit • is \ failing:
do not hide your face from me,
or I shall be like \ those who • go \ down • to the \ dead.
 8. Let me hear of your steadfast love \ in the \ morning:
for in \ you • I have \ put my \ trust.
 9. Show me the way \ I should \ walk in:
for to \ you • I lift \ up my \ soul.
 10. Deliver me Lord \ from my \ enemies:
for I have \ fled to \ you for \ refuge.
 11. Teach me to do your will, for \ you • are my \ God:
let your good spirit \ lead me • on an \ even \ path.
 12. Keep me safe O Lord for your \ name's \ sake:
and for your righteousness' sake \,
bring me \ out of \ trouble.
- * * *

Psalm 144.

1. Blessèd be the \ Lord my \ rock:
who trains my hand for war \ and my \ fingers • for \ battle,
2. my strength and my fortress, my stronghold and my refuge,
my shield in \ whom I \ trust:
who brings \ people \ under • my \ rule.
3. Lord, what are we mortals that you should \ care a\bout us:
mere human beings that \,
you should \ give us • a \ thought?
4. Each of us is like a \ puff of \ wind:
our days are \ like a \ passing \ shadow.
5. Lower your heavens O Lord and \ come \ down:
touch the \ mountains • and \ they shall \ smoke.
6. Send out your lightnings, and \ scatter • the \ enemy:
shoot out your \ arrows • and \ put them • to \ flight.
7. Reach down your hand from on \ high and \ rescue me:
snatch me out of the deep waters,
from the \ hands of \ ali•en \ foes,
8. whose mouths utter things \ that are \ false:

- and whose right \ hand is \ raised in \ perjury.
9. I will sing you a new \ song O \ God:
I will sing your praises \ on a \ ten-stringed \ lute.
 10. You give \ victory • to \ kings:
and de\liverance • to \ David • your \ servant.
 11. Save me from the \ cruel \ sword:
deliver me \ from the \ hands of \ aliens,
 12. whose mouths utter \ things • that are \ false:
and whose right \ hand is \ raised in \ perjury.
 13. May our sons in their youth be like \ well-grown \ saplings:
and our daughters like
sculptured \ pillars • at the \ corners • of \ palaces.
 14. May our barns be full to overflowing
with every \ kind • of pro\vision:
our sheep bear young
in thousands upon \ thousands \ in our \ fields.
 15. May our cattle be fat and strong,
suffering no miscarriage or un\timely \ birth:
and may there be no \ cries • of dis\tress • in our \ streets.
 16. Happy are the people to whom such \ blessings \ fall:
happy the people whose \ God \ is the \ Lord.

Psalm 145.

1. I will extol you O \ God my \ king:
I will bless your \ name for \ ever • and \ ever.
2. Every day will I give \ thanks to \ you:
and praise your \ name for \ ever • and \ ever.
3. You are great O Lord, and worthy of \ all \ praise:
there are no \ bounds \ to your \ greatness.
4. One generation shall praise your \ works • to an\other:
and pro\claim your \ mighty \ acts.
5. I will speak of the glorious splendour \ of your \ majesty:
and of \ all your \ marvel\ous \ works.
6. People shall speak of the might of your \ awesome \ deeds:
and I \ too • will pro\claim your \ greatness.
- ¶ 7. They shall pour out the story of your a\bundant \ kindness:
and joyfully \ sing \ of your \ righteousness.
8. The Lord is gracious and \ full • of com\passion:
slow to anger \ and a\bounding • in \ love.
9. You Lord are \ good to \ all of us:
and your mercy \ rests up\on \ all your \ creatures.
10. All your creation shall \ praise you • O \ Lord:
and your \ servants • will \ bless your \ name.
11. They shall speak of the glory \ of your \ kingdom:
and their \ talk shall \ be of • your \ power,
12. so that all may know of your \ mighty \ deeds:
and the glorious \ splendour \ of your \ kingdom.
13. Your kingdom is an ever\lasting \ kingdom:

- and your dominion endures from age to age.
14. The Lord upholds those who stumble:
and raises up those who are down.
 15. The eyes of all look to you O Lord:
and you give them their food in due season
 16. You open wide your hand:
and give what they desire to all things living
 17. You Lord are righteous in all your ways:
and loving in all your deeds.
 18. You Lord are near to all who call to you:
who call to you in singleness of heart.
 19. You fulfil the desire of those who revere you:
you hear their cry and you save them.
 20. You protect all who love you:
but the wicked you will destroy.
 21. My mouth shall speak the praise of the Lord:
let everyone bless God's holy name for ever and ever.

Psalm 146.

1. Whakamoemitiā a Ihowa. / Praise the Lord.
Praise the Lord O my soul:
as long as I live I will praise the Lord.
2. Yes, as long as I have life:
I will sing praises to my God.
3. Put no trust in princes, nor in any human power:
for in them there is no help.
4. When they breathe their last, they return to dust:
then all their plans come to nothing.
5. Happy are those whose helper is the God of Jacob:
whose hope is in the Lord their God,
6. who made heaven and earth,
the sea and all that is in them:
who keeps a promise for ever,
7. who defends the cause of the oppressed:
and gives food to the hungry.
8. The Lord sets free the prisoner,
and gives sight to the blind:
the Lord raises up those bowed down,
and loves those who are just.
9. The Lord cares for the stranger in the land,
and sustains the widows and orphans:
but turns the way of the wicked to ruin.
10. The Lord shall reign for ever:
your God O Jerusalem shall reign for all generations.
Whakamoemitiā a Ihowa. / O praise - the Lord.

Psalm 147.

1. Whakamoemitiā a Ihowa, / Praise the Lord,

- for it is good to sing praises \ to our \ God:
how pleasant and seemly it is to \ praise the \ Most \ High.
2. You Lord are re\building • Je\rusalem:
and gathering the \ scattered \ exiles • of \ Israel.
 3. You are healing the \ broken-\hearted:
and \ binding \ up their \ wounds.
 4. You count the \ number • of the \ stars:
and \ call them \ all • by their \ names.
 5. Great are you O Lord, and \ mighty • your \ power:
yes, \ and your \ wisdom • is \ infinite.
 6. You raise \ up the \ lowly:
and bring down the \ wicked \ to the \ dust.
 7. Sing to the \ Lord in \ thanksgiving:
make music on the \ harp \ to our \ God,
 8. who covers the sky with clouds,
and prepares \ rain • for the \ earth:
making the hills green with grass,
and with \ plants for \ human \ use.
 9. You O Lord give the \ cattle • their \ food:
and the young ravens \ when they \ call to \ you.
 10. You set no store by the \ power • of a \ horse:
nor by the \ strength • of a \ warri•or's \ thighs.
 11. But your delight is in \ those • who re\vere you:
in \ those • who re\ly on • your \ mercy.
 12. Praise the Lord \ O Je\rusalem:
O holy \ city \ praise your \ God.
 13. For the Lord has strengthened the \ bars • of your \ gates:
and \ blessed your \ children • with\in you.
 14. The Lord has established peace with\in your \ borders:
and fed you amply \ with the \ finest \ wheat.
 15. You O Lord send your \ word • to the \ earth:
and your com\mand runs \ very \ swiftly.
 16. You give \ snow like \ wool:
and \ sprinkle \ hoar-frost • like \ ashes.
 17. You scatter \ hailstones • like \ breadcrumbs:
you send the cold, \ and the \ waters • stand \ frozen.
 18. You utter your word and the \ ice is \ melted:
you blow with your wind \ and the \ waters \ flow.
 19. You make known your \ word to \ Jacob:
your \ statutes • and de\crees to \ Israel.
 20. You have not done this for any \ other \ nation:
nor have you taught them your laws.
Whaka\moemi\titia • a \ Ihowa. / O \ praise \ - the \ Lord.

Psalm 148.

1. Whakamoemititia a Ihowa. / Praise the Lord.
Praise the Lord \ from the \ heavens:
O praise God \ in the \ heights a\bove.
2. Praise the Lord \ all you \ angels:
O praise God \ all you \ heaven•ly \ host.

3. Praise the Lord \ sun and \ moon:
praise God \ all you \ shining \ stars.
4. Praise the Lord you \ highest \ heavens:
and you \ waters • a\bove the \ heavens.
5. Let them praise the \ name • of the \ Lord:
who commanded, \ and they \ were cre\ated.
6. The Lord fixed them in their \ places • for \ ever:
by a law \ which shall \ never • be \ broken.
7. Praise the Lord \ from the \ earth:
you sea-\monsters • and \ ocean \ depths,
8. fire and hail, \ snow and \ ice:
stormy \ wind o\beying • God's \ word,
9. all \ mountains • and \ hills:
all \ fruit-bearing \ trees and \ cedars,
10. wild \ beasts and \ cattle:
reptiles and \ birds \ on the \ wing,
11. kings of the earth and \ all \ peoples:
princes and all \ rulers \ of the \ world,
12. young \ men and \ maidens:
old \ people • and \ children • to\gether.
13. Let them praise your \ name O \ Lord:
for your name alone is exalted,
and your glory is a\bove \ heaven • and \ earth.
14. You have lifted up your people's head,
with praise from \ all your \ servants:
from the people close to your heart.
Whaka\moemi\titia • a \ Ihowa. / O \ praise \ - the \ Lord.

Psalm 149.

1. Whakamoemititia a Ihowa. / Praise the Lord.
O sing to the Lord a \ new \ song:
give praise in the as\sembly \ of the \ faithful.
 2. Let the people of God rejoice \ in their \ maker:
and let the servants of the Most High ex\ult \ in their \ king.
 3. Let them praise God's \ name • in the \ dance:
let them sing God's \ praise with \ timbrel • and \ harp.
 4. For you O Lord take de\light • in your \ people:
and crown your \ humble \ folk with \ victory.
 5. Let the faithful exult \ in their \ triumph:
let them \ shout for \ joy • as they \ feast.
 6. Let the praises of God be \ on their \ lips:
and a two-edged sword in their hand.
Whaka\moemi\titia • a \ Ihowa. / O \ praise \ - the \ Lord.
- * * *

Psalm 150.

1. Whakamoemititia a Ihowa. / Praise the Lord.
O praise God in the \ holy \ place:
praise our God \ in the \ mighty \ heavens.

2. Praise the Lord for many \ acts of \ power:
praise our God for \ greatness • be\yond \ measure.
3. Praise the Lord with the \ sound • of the \ trumpet:
praise our God up\on the \ lute and \ harp.
4. Praise the Lord with \ timbrels • and \ dancing:
praise our God up\on the \ strings and \ pipe.
5. Praise the Lord with \ clash of \ cymbals:
praise our God up\on re\sounding \ cymbals.
6. Let everything that has breath \ praise the \ Lord:
whaka\moemi\titia • a \ Ihowa. / O \ praise \ - the \ Lord.