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:
doing meditate day and night.
3. They are like trees planted beside a watercourse:
yielding 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 always 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:
up on my holy hill.'
7. I will recite the decree of the Lord:
who has said to me, 'You are my son,
today have I became 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 against me.
2. Many there are who say about 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 sustains me.
6. I will not be afraid of ten thousands of the people:
   who have set themselves against 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 belongs to the Lord:
   your blessing Lord be upon 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 defame 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 appointed:
   and put your trust in the Lord.
6. There are many who say, ‘O that we might see prosperity:
   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 direct 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 abhor.

7. But I, through the abundance of your steadfast love,
   will come into your house:
   and bow low in reverence toward your holy temple.

8. Lead me O Lord in your righteousness,
   be cause of my enemies:
   make straight your way before my face.

9. There is no truth in their mouth:
   and there is destruction 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 devices:
    cast them out because of their many transgressions,
    for they have rebelled against you.

12. But let all who put their trust in you rejoice:
    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 defend 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 dismay:
   how long O Lord will you punish me?

4. Turn O Lord and deliver me:
   O save me for your mercy's sake.

5. For in death no one remembers 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 entreaty:
   the Lord will receive my prayer.
All my enemies shall be confounded, and greatly dismayed:
they shall turn back, and be put to sudden confusion.

Psalm 7. p202
1. O Lord my God, in you I take refuge:
save me from all my pursuers and deliver me,
lest like a lion, they tear me to pieces:
dragging me away with no one to rescue me.
2. if I have done any such thing:
if there is any wickedness on my hands,
if I have done harm to one who was my friend:
or plundered my enemy without any cause,
3. then let my enemies pursue me and take me:
indeed let them trample my life to the ground,
and lay my soul in the dust.
4. Arise O Lord in your anger, rise up against the fury of my enemies:
awake O my God, for you have demanded judgment.
5. Let the people be assembled around you:
and take your seat on high above them,
O Lord the judge of the nations.
6. Give judgment for me O Lord, according to my righteousness:
and according to my soul’s integrity.
7. O let the evil of the wicked come to an end:
but uphold the cause of the just.
8. For you O God are righteous:
you search the very secrets of the heart.
9. You are my shield and defense:
you preserve those who are true of heart.
10. You are a righteous judge:
one who is moved to indignation every day.
11. If people will not repent, you sharpen your sword:
you bend your bow and make it ready.
12. You have prepared your deadly weapons:
and tipped your arrows with fire.
13. Look at those who are in labour with mischief:
they conceive wickedness and bring forth lies.
14. They have made a pit and dug it out:
but will fall themselves into the trap they made for others.
15. For their mischief shall recoil upon them:
and their violence descend on their own head.
16. 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
   against your adversaries:
   to quell the enemy and the avenger.

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 divine:
   and crowned us with glory and honour.

6. You made us rulers over all your creation:
   and put all things in subjection 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 marvellous deeds.

2. I will be glad and rejoice 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 before 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 destroyed the wicked:
   you have blotted out their name for ever and ever.

6. The enemy have perished,
   you have made their cities a desolation:
   even the memory of them has vanished.

7. You O Lord sit enthroned 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 oppressed:
   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 Jerusalem:
    proclaim to the peoples the things that God has done.
12. For the one who avenges blood has remembered:
    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 entangled.
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 forgotten:
    the hope of the poor shall not for ever be vain.
19. Rise up Lord, let not mere mortals prevail:
    let the nations be judged before 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 devices.
3. The wicked boast of their heart's desire:
    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 contempt.
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, deceit 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 before them: the weak cannot stand against 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 account'?

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 themselves to you: for you are the helper of the orphaned.

17. Break the power of the wicked and malicious: search out their wickedness, till nothing is left unsealed.

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 incline your ear,

20. to do justice to the orphaned and the oppressed: 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 destroyed: 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 abhors.

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 behold your face.
Psalm 12. p208
1. Help Lord, for there is not one godly person left: the faithful have vanished from among 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 flattering lips: and the tongue that speaks so boastfully.
4. They have said, 'With our tongue we will prevail: our lips are our own, who is Lord over us?'
5. 'Because the poor are oppressed: 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. Protect us O Lord: and guard us from this generation for ever,
9. for the wicked flaunt themselves on every side: and the worthless are exalted among the people.

Psalm 13. p209
1. How long O Lord will you utterly forget 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 enemy triumph over me?
3. Look at me, and answer me O Lord my God: give light to my eyes, lest I fall asleep in death,
4. lest my enemies should claim to have prevailed against me: lest my foes should rejoice at my downfall.
5. But my trust is in your mercy: let my heart be joyful in your salvation.
6. I will sing to you O Lord, because you have dealt so lovingly 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 abominable 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 corrupted: 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 Jerusalem: when the Lord restores the fortunes of the people, then shall Jacob rejoice 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 truly from the heart,
whose tongue is free from malice, who never wrongs a friend:
and utters no reproach against a neighbour.
4. who does not honour the unworthy:
but makes much of those who fear the Lord.
5. Such a one stands by a promise given:
though it be at personal disadvantage,
and will not take interest on a loan:
or accept a bribe to testify against the innocent.
¶ 7. Whoever does all this: shall never be overthrown.

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 prosperity.
3. All my delight is in the faithful who dwell in the land:
and in those who excel 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:
or will I take their names upon 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 before 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 off\fend.
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 \ stumped.
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 remains 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 deliverer;
2. my God, the rock where I take refuge:
   my shield, my salvation 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 around me:
   the torrents of destruction overtook me.
5. The cords of death tightened 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 because 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 around 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 uncovered:
    at your rebuke O Lord,
    at the blasting of the breath of your displeasure.
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:
    because they were too strong for me.
19. They came upon me in the day of my calamity
    but you were my upholder • O • Lord.
20. You brought me out into a place of liberty:
    you rescued me because you delighted in me.
21. You rewarded me for my righteous dealing:
    you recompensed me because my hands were clean.
22. For I have kept your ways O Lord:
    and have not wickedly forsaken my God.
23. All your laws are before my eyes:
    and your commandments I have not put away from me.
24. I was also blameless before you:
    and I kept myself 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 yourself faithful:
    with the upright you show yourself upright.
27. With the pure you show yourself 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 except our God?
33. It is God who girds me with strength:
    and makes the path before 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 salvation:
    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 obeyed me:
    and foreigners humbled themselves before me.
¶ 47. The strength of the aliens 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 avenged me:
and subdued 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 among 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 descendants for ever.

Psalm 19. p216
1. The heavens proclaim the glory of God:
and the vault of the sky reveals God's handiwork.

2. One day speaks to another:
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, refreshing the soul:
the instruction of the Lord is sure,
and gives wisdom to the simple.

8. The precepts of the Lord are right,
and rejoice the heart:
the commandment of the Lord is pure and gives light to the eyes.

9. The fear of the Lord is clean, and endures 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 reward.

12. Who can discern unwitting 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 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 redeemer.

Psalm 20. p217
1. May the Lord answer you in the day of trouble:
the name of the God of Jacob defend you,
2. send you help from the sanctuary:
   and give you support from the holy mountain.
3. May the Lord remember all your offerings:
   and accept your burnt sacrifices,
4. grant you your heart's desire:
   and give success 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 petitions.
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 exults in your victory.
2. You have given him his heart's desire:
   and not denied him the request of his lips.
3. You come to meet him with the blessings of success:
   and set a crown of pure gold upon 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 because of your victory:
   splendour and majesty you have laid upon him.
6. You have given him everlasting felicity:
   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 remain unshaken.
* * *
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 up on 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 assembly 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 affliction:
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 assembly:
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 before 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 before 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 beside the waters of peace.

3. You revive 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 overflowing.

6. Surely your goodness and mercy shall follow me
to the generation's 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 inhabitants.
2. For the Lord has founded it upon the seas: and planted it firm upon the waters beneath.
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 deceitful 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 everlasting 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 everlasting 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 enemies triumph over me.
2. For all those who hope in you shall not be ashamed: but only those who wantonly 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 Lord are upright and good: therefore you show the path to those who go astray.
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 commandments.
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 prosperity:
and their children shall inherit the land.
13. Your friendship O Lord is for those who honour you:
and to them you reveal your covenant.
14. My eyes are always on you O Lord:
for you will release my feet from the net.
15. Turn to me Lord and have mercy:
for I am lonely and oppressed.
16. Relieve the sorrows of my heart:
and bring me out of my distress.
17. Look at my affliction and my trouble:
and forgive me all my sins.
18. See how many are my enemies:
how violent is their hatred for me.
19. Preserve my life and deliver me:
let me not be disappointed,
for I have put my trust in you.
20. Let integrity and righteous dealing preserve 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 distress.

Psalm 26.
1. Give judgment O Lord in my favour,
for I have walked the way of integrity:
and I have put unwavering 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 before 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 consort 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 around your altar,
7. singing a song of thanksgiving:
and proclaiming 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 away with sinners:
nor my life with those who thirst for blood.
10. whose fingers are in mischief:
    and whose right hand is full of bribes.
11. But as for me, I will walk the way of integrity:
    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 afraid?
2. When the wicked close in on me to devour 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 afraid:
    if war should arise against me,
    even then I will not be dismayed.
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 enemies round about 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 reject your servant in anger.
12. You have been my helper:
    do not cast me off,
    or forsake 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 against 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.

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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 rebuild 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 anointed king.
10. O Lord save your people, and bless your inheritance:
   be a shepherd to them, and bear them up for ever.

Psalm 29.
1. Ascribe to the Lord you heavenly 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 upon the waters:
   it is the glorious God who makes the thunder upon 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 divides 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 above the waters:  
the Lord sits enthroned 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 enemies triumph over me.

2. O Lord my God I cried to you for help:  
and you have restored my health.

3. Lord you have brought me back from the dead:  
you have saved my life from among those going down to the Abyss.

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 away from me:  
and I was greatly dismayed.

8. I called to you O God:  
to the Lord I made my appeal.

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 proclaim 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 without 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 secretly laid for me:
   for you O Lord are my strength.

6. Into your hands I commend 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 rejoice in your mercy:
   for you have seen my affliction, and taken heed of my soul's distress.

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 always.

12. I am the scorn of my enemies:
    and a byword among my neighbours.

13. Those of my acquaintance shudder at the sight of me:
    when they see me in the street they shrink away from me.

14. I have passed out of mind like one who is dead:
    I have become 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 away 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 upon 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 contempt.

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 conspire against 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 alarm:  
   '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 presumption.
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 forgiven:  
   whose sin has been put away.
2. Blessèd are those to whom the Lord imputes no guilt:  
   and in whose spirit there is no deceit.
3. While I held back from confessing 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 wickedness 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 preserve me from trouble:  
   you will surround me with shouts of deliverance.
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 understanding:  
    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 surrounded 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 bring the counsels of the nations to nothing:
    and frustrate the designs of the peoples.

11. Your counsel shall endure for ever:
    the purpose of your heart to all generations.

12. How blest are the people whose God is the Lord:
    the people you chose as your own possession.

13. You look down from heaven upon all people:
    from the place where you dwell you consider all who inhabit the earth.

14. You fashion the hearts of them all:
    and observe all their deeds.

15. A king is not saved by a mighty army:
    nor is a warrior delivered 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 deliver them from death:
    and to keep them alive in famine.

19. We have waited eagerly for you O Lord:
    for you are our help and our shield.

20. Our heart shall rejoice in you:
    because we have hoped in your holy name.

21. Let your constant love attend 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 exalt God's name together.
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 ashamed.
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 delights in life:
    and desires many days of prosperity?
13. Keep your tongue from evil:
    and your lips from speaking lies.
14. Turn away from evil and do good:
    seek peace and steadily pursue 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 remembrance 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 contend with me:
   and fight against those who fight against me.
2. Take hold upon shield and buckler:
   rise up and come to my help.
3. Draw the spear and the javelin against my pursuers:
   and say to me, 'I am your salvation.'

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9. Then shall my soul be joyful in the Lord:
it shall rejoice in God's salvation.

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 despoil 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 bereaved.

13. Yet when they were sick I put on sackcloth, and afflicted myself 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 together against me: creatures unknown to me, they tore me apart with unending 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 assembly: 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 without 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 against 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 desire': let them not say they have destroyed me.

26. Let all those who rejoice at my misfortune be put to disgrace and confusion: let those who exult over me
be clothed with shame and dishonour.

27. Let those who favour my righteous cause shout for joy and be glad:
let them cry out continually, 'Great is the Lord, who delights in a servant's prosperity.'

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 before 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 deceit:
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, extends to the heavens:
your faithfulness 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 delights.
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 against me:
nor the hand of the wicked drive me away.
12. There are they fallen, those who do evil:
they are thrown down and unable to rise.

Psalm 37.
1. Do not fret because 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 desire.
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 suppress 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 possess 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 possess the land:
and enjoy 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 uphold 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 repay:
but the righteous is a generous giver.

22. Those whom God has blessed shall possess 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 openhanded in lending:
and their children are destined for blessing.

27. Turn from evil and do good:
and dwell in the land for ever.
For the Lord is a lover of justice:
and will not for sake a friend.

The unrighteous shall be wiped out for ever:
and the children of the wicked shall perish.
The just shall inherit the land:
and dwell therein for ever.
The mouth of the righteous utters wisdom:
and their tongue speaks of that which is right.
The law of their God is in their heart:
and their footsteps will not falter.
The wicked are on the watch for the righteous:
and seek occasion to slay them.

But the Lord will not leave them in their power:
or let them be condemned when they are put on trial.

Wait for the Lord and keep to the way of holiness,
and the Lord will raise you up to possess the land:
the wicked shall perish,
and you shall be there to see it.

I have seen the wicked in great prosperity:
and towering like the cedars of Lebanon.

I passed by again, and they were gone:
I searched for them, but nowhere could they be found.

Mark well the blameless person,
and take note of the upright:
for those who seek peace shall have posterity.

But sinners shall be utterly destroyed:
the descendants of the wicked shall perish.

Deliverance for the righteous comes from the Lord:
the Most High is their stronghold in time of trouble.

God will help them and deliver them:
and will save them, because they take refuge in the Lord.

Psalm 38.

Do not rebuke me Lord in your anger:
do not punish me in your wrath.

For your arrows stick fast in my body:
and your hand lies heavy upon me.

There is no health in my flesh
because of your indig nation:
no soundness in my bones because of my sin.

My sins are like a flood risen over my head:
like a burden too heavy for me to bear.

My wounds are foul and festering:
by reason of my foolishness.

I am bowed down, and utterly prostrate:
I go about mourning all the day long.

For my loins are filled with burning:
there is no soundness in all my body.
8. I am numbed and utterly 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 affliction:
    and my own family keep far away.
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 unable to speak.
14. Yes, I am like one who does not hear:
    and in whose mouth there is no retort.
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 exult over me:
    who rejoice if my foot should slip.'
17. Indeed I am on the point of falling:
    and my pain is with me continually.
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 against me:
    because I seek to do what is right.
21. Do not forsake me O Lord:
    be not far from me O my God.
22. Make haste and come to my help:
    O Lord God of my salvation.

Psalm 39.
1. I said, 'I will be watchful over my ways:
    lest I should offend with my tongue.
2. 'I will bridle my mouth:
    so long as the wicked are before my eyes.'
3. I was dumb and kept silent:
    I refrained from speaking,
    but my distress became more painful.
4. My heart grew hot within 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,
8. And now what do I hope for? Indeed truly my hope is in you.
9. Deliver me from all my off enses: 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 away 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 again: 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. Blessed 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 compared with you.
¶ 7. I would proclaim 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-off ering and sacrifice for sin you have not required 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 assembly:
   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 assembly.
14. Lord, do not withhold from me your tender care:
   let your love and faithfulness preserve 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 utterly fails me.
17. Be pleased O Lord to deliver me:
   O Lord make haste to help me.
18. Let those who seek my life be put to shame and confusion:
   let those who desire my hurt be turned back in disgrace.
19. Let those who mock at my humiliation:
   be appalled at their reward 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 deliverer:
   make no long delay O my God.

Psalm 41.
1. Blessed 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 upon me:
   heal me, for I have sinned against 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 insincerely:
   their heart gathers mischief,
   then they go out and spread it abroad.
7. All who hate me whisper together against me:
   they imagine about me the worst that can happen.
8. They say that a deadly thing has fastened upon 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 against me.
10. Lord have mercy upon me:
    raise me up again, so that I may repay them.
11. By this I shall know that you favour me:
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 appear 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 distress:
   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 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 within me:
   therefore I remember you from the land of Jordan,
   from Mizar among 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 forsaken me:
    why do I go mourning because the enemy opposes 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 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 ungodly people:
save me from the deceitful and the wicked.

2. You are my stronghold, why have you rejected me: why do I go mourning oppressed 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.

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 possession 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 upon 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 assailants.

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 continually: and gave thanks to your name without ceasing.

10. But now you have rejected 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 among 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 about us.

15. You have made us a byword among the nations: so that the peoples toss their heads in scorn.
16. All day long my dis\* grace \*is before me:  
    and \ shame has \ covered \ my \ face,
17. at the words of those who \ taunt \* and re\*vile me:  
    as the \ enem\*y \ 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\*ression \* 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 endures 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 above \ other \ kings.
8. All your garments are fragrant with:
    myrrh \ a\*loes \* and \ cassia:
    music of strings from ivory \ palaces \ 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 desires your beauty: he is your lord, therefore bow down before 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 awaits her: her clothes are embroidered 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 another: 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 away.

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 above 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 assemble:
   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 exalted 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 defense.

4. See how the rulers assembled:
   they came on to her against her.

5. They were amazed when they saw her:
   they were dismayed 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 upholds 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:
    because of your judgments.

12. Go in procession around the circuit of Jerusalem:
    count the number of her towers,

13. take note of her ramparts, examine her citadels:
    so that you may tell the next generation,
¶ 14. that such is God, our God for ever and ever:
   God shall be our guide to all eternity.

Psalm 49.
1. Hear this all you people:
   give heed, all who inhabit the world,
2. people of both low and high estate:
   the rich and the poor together.
3. My mouth shall speak words of wisdom:
   the thoughts of my heart are full of understanding.
4. I will turn my mind to a proverb:
   and with harp and song declare its meaning.
5. Why should I fear in evil days:
   when the wicked dog my steps and set me?
6. They are people who trust in their wealth:
   and boast of their abundant 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 ability 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 understanding:
    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 approve of their boastings.
14. Like sheep they are driven into Sheol,
    death shall be their shepherd:
    quickly they descend to the grave.
15. Their bodies shall consume away:
    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 become rich:
    or when the wealth of their household increases.
18. For at death they take nothing away with them:
    and their riches will not follow them.
19. While they lived they counted themselves happy
    and others praise them in their prosperity,
20. but they will go to join their ancestors:
    who will never again see the light.
21. One who is rich but without understanding:
    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 about you.
4. You call on the heavens above, and on the earth below:
   to witness the judgment of your people.
5. 'Gather my people before me:
   the people who made covenant with me by sacrifice.'
6. The heavens proclaim your justice:
   for you yourself 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 before 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 deliver 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 upon your lips?
17. 'For you hate to be corrected:
    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 adulterers.
19. 'You unbridle your mouth to speak evil:
    and with your tongue you contrive deception.
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 yourself.
22. 'But now I rebuke you:
    and lay the charge before you.
23. 'Mark this, you that forget 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 salvation 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 acknowledge my faults:
and my sin is always before 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 conception.
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 rejoice.
9. Turn away your face from my sins:
and blot out all my misdeeds.
10. Create in me a clean heart O God:
and renew a right spirit within 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 again:
and strengthen me with a willing spirit.
¶ 13. Then I will teach transgressors your ways:
and sinners will turn to you again.
14. Rescue me from bloodshed O God my saviour:
and my tongue shall sing of your deliverance.
15. O Lord open my lips:
and my mouth shall proclaim your praise.
16. You desire no sacrifice, or I would give it:
but you take no delight in burnt-offerings.
17. The sacrifice acceptable to God is a broken spirit:
a broken and contrite heart O God you will not despise.
18. Let it be your pleasure to do good to Jerusalem:
to rebuild the walls of the city.
19. Then will you delight in the appointed sacrifices,
in burnt-offerings and oblations:
then will they offer young bulls upon 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 deceit and slander.
4. You love all words that may do hurt: O lying tongue that you are.
5. Therefore God will destroy 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 security of riches.’
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 abominable things: there is no one who does what is good.
3. God looks down from heaven upon us all: to see if any are wise and seek after God.
4. But they have all gone astray, all alike have been corrupted: 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 has been: for God will scatter the bones of the ungodly.
7. They shall be put to shame: because God has rejected them.
8. O that deliverance for God's people would come forth from Jerusalem: when God restores the fortunes of the people, then shall Jacob rejoice 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 against 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 upholds my life.

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¶ 6. The offering of a willing heart I will give you:
   and praise your name O Lord in your faithfulness.

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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 upon me:
   they bring down trouble upon me,
   and sail me in their fury.

4. My heart is distressed within me:
   and the terrors of death have fallen upon me.

5. Fear and trembling come over me:
   and horror overwhelms me.

6. And I said, ‘O that I had wings like a dove:
   for then I would fly away and be at rest.

7. ‘I would escape far away:
   and find a shelter 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 confuse their speech:
   for I have seen violence and strife in the city.

10. Day and night they patrol along 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 insulted me:
    for then I could have borne the taunts.

13. Nor was it a rival who made boasts against 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 intimate friend.

15. Pleasantly we conversed together:
    and walked in the house of God as friends.

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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 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 sustain you:
    the Lord will never allow the righteous to stumble.
24.  But as for the treacherous and the bloodthirsty:
    you O God will cast them into the pit of destruction.

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 against 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 afraid:
    for what can human malice do to me?
5.  All day long they distort 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 afraid:
    for what can human malice do to me?
12.  To you O God I must perform 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 destruction pass by.
3. I call to you O God most high:
   for you fulfill 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 above 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 themselves.
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 awaken the dawn.
10. I will give you thanks O Lord among the peoples:
    I will sing your praise among the nations.
11. For the greatness of your mercy reaches to the heavens:
    and your faithfulness up to the clouds.
12. Be exalted O God above the heavens:
    and let your glory be over all the earth.

Psalm 59.
1. Rescue me from my enemies O my God:
   protect me from those who assail 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 yourself.
*   *   *
6. Each evening they come back howling like dogs:
and prowling about 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 derision: you will laugh at all the nations to scorn.

9. It is to you my strength that I turn: because you O God are my refuge.

* * *

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 about 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 acclaim your love: for you have been my stronghold, and a refuge in the day of my distress.

* * *

18. To you O my strength I will sing: for you are my refuge, and my God of unfailing love.

Psalm 60.

1. O God you have rejected us and broken us: you have been angry, restore us again 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 beloved may be delivered.

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 Manasseh 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 fortified city: who will lead me into Edom,

10. since you O God have rejected us: and no longer go out with our armies?

11. Grant us help against 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 within 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 against the enemy.
4. Let me dwell in your tent for ever:
   and find shelter under the covering of your wings.
5. For you Lord have heard my vows:
   and granted the desire of those who revere your name.
6. Give long life to the king:
   may his years cover many generations.
7. May he live in God's presence for ever:
   your steadfast love and faithfulness be his protection.
8. So will I always sing praise to your name:
   while I daily perform my vows.

Psalm 62.
1. My soul truly is still, and waits for God:
   from whom comes my deliverance.
2. In truth the Lord is my rock and my salvation:
   my tower of strength, so that I stand unshaken.
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 deliverance.
6. God only is my rock and my salvation:
   my tower of strength, so that I stand unshaken.
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 illusion:
   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 upon them.
11. Once God has spoken,
   and twice I have heard God say:
   'Power belongs to God alone.'
Psalm 63.
1. O God you are my God: and earnestly 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 itself: 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 sumptuous feast: and my mouth shall praise you with joyful lips.
7. When I remember you upon 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 upholds me.
10. But those who seek to destroy 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 exult: 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 conspire against me: from the turbulent 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 unseen.
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 contrive mischief: for the human heart and mind are very deep.
7. But God will shoot at them with a swift arrow: and suddenly strike them down.
8. Their own tongue will be their undoing: 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 Jerusalem: to you shall vows be performed.

2. You give heed to prayer: to you all mortals shall come to confess their sins.

¶ 3. The burden of our sins is too great for us: but you will purge them away.

4. Blessed 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 resound 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 prepared 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 overflow 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 enemies cringe before 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 among all people.

5. The Lord turned the sea into dry land,
and they crossed the river on foot:
therefore in God let us rejoice.

6. who rules with power for ever,
whose eyes keep watch on the nations:
let not the rebellious lift up their heads.

7. Praise our God all peoples:
and let the sound of praise be heard.

8. The Lord has preserved us among the living:
and kept our feet from stumbling.

9. For you O God have tested us:
and refined us as silver is refined.

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 aloud 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. Blessed are you O God,
for you have not rejected 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 upon us,

2. that your ways may be known upon earth:
your saving among 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 upon us: and let all the ends of the world revere you.

Psalm 68.

1. Arise O God and let your enemies be scattered: let those who hate you flee before 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 exult before God: let them rejoice with exceeding 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 exult.

5. Guardian of orphans and protector 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 prosperity: but the rebellious must live in the wasteland.

7. O God when you went out at the head of your people: when you marched across the wilderness, the earth quaked, the heavens poured down rain: before God the Lord of Sinai, before God the Lord most high.

8. You sent down a generous rain O God: to refresh the wilting land of your possession.

9. There your people found a home: which in your goodness you provided for the poor.

10. The Lord gave the word: and great was the company of those who carried the news.

11. 'Kings with their armies are in headlong flight: the women at home are dividing the spoil.

12. 'You lingered among the sheepfolds: but Israel is like a dove, its wings covered with silver, and its feathers shining with gold.'

13. When the Almighty scattered kings: it was like snowflakes falling upon Mount Zalmon.

14. 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 upon 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 among them.
19. Blessed are you O Lord,  
for you bear us daily as your burden:  
you are the God of our deliverance.
20. Our God is a God of salvation:  
God is the Lord through whom we escape 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 congregation:  
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 Jerusalem:  
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 delight 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 engulfs 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 destroy 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 reproach:
   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 consumed me:
   and insults aimed at you have fallen on me.

10. When I afflicted myself with fasting:
    that was turned as a reproach against me.

11. I put on sackcloth also:
    and I became a by-word among them.

12. I am the talk of those who sit at the gate:
    and the drunkards make songs about me.

13. But Lord I make my prayer to you:
    accept me now in your great love.

14. Answer me O God:
    with your unfailing 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 on me.

17. Answer me Lord, for your love is good:
    turn to me in your great compassion.

18. Do not hide your face from your servant:
    be swift to answer me, for I am in distress.

19. Come near to me and redeem me:
    O ransom me because of my enemies.

20. You know my reproach, my shame and humiliation:
    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 received 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 glorify 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 captivity.

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 possess it.

38. Your servants' children shall inherit it:
and those who love your name shall dwell in it.

**Psalm 70.**

1. O God be pleased to deliver me:
make haste O Lord to help me.

2. Let those who seek my life be put to shame and confusion:
let those who desire my hurt be turned back and brought to dishonour.

3. Let those who mock at my humiliation:
be appalled at their own disgrace.

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 deliverer:
O Lord make no delay.

**Psalm 71.**

1. In you O Lord I have taken refuge:
let me never be put to shame.

2. In your righteousness deliver me and rescue me:
incline your ear to me and save me.

3. Be to me a rock of refuge, 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 unrighteous 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 against me:
    and those who lie in wait for me conspire together against me.

11. They are sure that you have forsaken 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 confusion:
    let those who seek my hurt be covered with scorn and disgrace.

14. But as for me, I will wait in hope continually:
    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 beyond my telling.

16. I will begin with your mighty acts O Lord my God:
    and speak of your righteousness, yours alone.

17. O God you have taught me from my childhood:
    and to this day I proclaim your wondrous deeds.

18. Do not forsake me now that I am old and greyheaded:
    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 revive 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 again 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 delivered.

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 disgrace.
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 uphold the poor with justice.
3. Let the mountains bring forth peace • for the • people:
   and the • hills prosperity • with justice.
4. May the king defend the cause of the poor among the • people:
   save the children of the needy • and crush • the oppressor.
5. May he live as long as the sun endures:
   as long as the moon from age to age.
6. May he come down like rain upon the grass:
   like showers • that water • the earth.
7. In his days may righteousness 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 before him:
   and his enemies 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 before 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 oppression • 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 endure as long • as the sun.
18. May all nations pray to be blessed as he is:
    and all • peoples • call him • blessed.
19. Blessed are you O Lord our God:
    for you alone do marvelous things.
20. Blessed be your glorious name for ever:
    let the whole earth be filled with your glory.

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 violence as with a cloak.
7. Iniquity comes forth from within them:
and folly overflows from their hearts.
8. They scoff, they speak maliciously:
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 anew every morning.
15. If I had said, 'I will go on speaking like this':
then I should have betrayed the children of God.
16. So I kept thinking how to understand 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 destruction:
they are swept away, and come to a fearful end.

¶ 20. Like a dream when one awakens:
so Lord you arise to dismiss them as phantoms.

21. When therefore I was embittered:
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 receive me with glory.
25. Whom have I in heaven but you?:
and having you, I desire nothing else upon earth.
26. My flesh and my heart may fail:
Psalm 74.
1. O God, why have you cast us off for ever:
   why is your anger so hot again against 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 possession:
   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 destroy 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 continue.
10. How long O God shall the adversary scoff:
    will the enemy blaspheme 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 Leviathan:
    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 perennial rivers.
16. Yours is the day, and yours also the night:
    you appointed 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 rewiles 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 disappoin
ted:
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 continuously.

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 marvellous deeds.
3. ‘At the time of my appointing:
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 rejoice 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 everlasting 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 arose to give judgment:  
   to save all that are oppressed upon 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 aloud 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 membered the years long past.
6. At night I communed with my heart:  
   I pondered, and I questioned my spirit.
7. ‘Will you O Lord reject 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 generations?’
9. ‘Have you forgotten to be gracious:  
   and in anger withheld your compassion?’
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 among the nations.
15. With your strong arm you delivered your people: the offspring of Jacob and Joseph.
16. The waters saw you O God, the waters saw you and were afraid: they trembled in their depths.
17. The clouds poured out water, the heavens thundered: and your arrows flashed abroad.
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 generation: 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 appointed in Israel: which you commanded them to teach their children,
6. that their posterity might know it, the children yet unborn: and these in turn should arise and tell their children,
7. that they should put their trust in you: and not forget your great acts, but keep all your commandments,
8. and not be like their ancestors, a stubborn and rebellious 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 according 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 against you:
and provoked the Most High in the desert.

18. They tried your patience wilfully:
demanding food to satisfy their craving.

19. They spoke against you and said:
'Can God prepare a table in the wilderness?'

20. 'God struck the rock indeed,
so that water gushed out and streams overflowed:
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 against Israel,

22. because they had no faith in you:
and would not rely on your help.

23. Yet you commanded the clouds above:
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 abundance.

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 around 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 against them.

31. You laid low the strongest among 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 believe.

33. So you made their days vanish like a breath:
and ended their years in calamity.

34. When you struck them down, they would seek you:
they would repent and earnestly look for you.

35. They would remember that you were their rock:
and that God most high was their redeemer.

36. But such words on their lips were but flattery:
and their tongues were speaking lies.

37. For their heart was not steadfast towards you:
nor were they faithfull to your covenant.

38. But in your mercy you for gave their mis deeds:
and did not utterly destroy them.

39. Many a time you turned your wrath away:
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 returns.

41. How often they rebelled against you in the wilderness:
and did not let your anger rise to its full height.

42. For you remembered that they were but mortal:
like a wind that passes and never turns.

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 devour them:
and frogs to make devastation.

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 sycamore trees with frost.

49. You gave up their cattle to the plague:
and their flocks to burning fever.

50. You loosed upon them the fierceness of your anger,
wrath, indignation and havoc:
these were the messengers sent for their destruction.

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 wilderness like a flock.

54. You brought them out safely,
and they were not afraid:
but the sea overwhelmed 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 before 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 commandments.

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 rejected Israel,
61. so that you forsook your dwelling-place at Shiloh:
   the tent where you lived among them.
62. You gave the ark of your power into captivity:
   your glory into the hands of the enemy.
63. You delivered your people to the sword:
   and vented your wrath on your inheritance.
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 lamentation.
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 perpetual 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 away from the sheepfolds.
72. From following the sheep, you brought him:
   to be shepherd of Jacob your people,
   and Israel your inheritance.
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 Jerusalem 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 Jerusalem:
   and there is no one to bury them.
4. We have become the taunt of our neighbours:
   the scorn and derision of those around 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 devoured Jacob:
Psalm 80.

1. Hear O Shepherd of Israel,
you that led Joseph like a flock:
    shine forth from your throne upon the cherubim

2. Before Ephraim, Benjamin and Manasseh:
    stir up your strength and come to our rescue.

3. Restore us again 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 against 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 enemies 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 devour it.

14. Turn to us again O God of hosts:
    look down from heaven and see.

15. Bestow your care upon 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 upon 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 admonish you: O Israel, if only you would listen.

9. There shall be no strange god among you: nor shall you worship an alien 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 obey me.

12. ‘So I left them in their stubbornness of heart: to follow their own devices.

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 against their adversaries.

15. Those who hate me would cringe before 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.
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 rejoice 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 Jerusalem.
9. O Lord God of hosts, hear my prayer:
   give ear O God of Jacob.
10. Show favour O God to the king our defender:
    and look upon the face of your anointed 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.
Psalm 85.
1. Lord you were once gracious to your land:
   you restored the fortunes of Jacob.
2. You forgave the offence of your people:
   and covered all their sin.
3. You put away all your displeasure:
   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 generation to another?
6. Will you not revive us again:
   so that your people may rejoice 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 together:
    justice and peace have embraced each other.
11. Faithfulness will spring up from the ground:
    and righteousness will look down from heaven.
12. You Lord will give prosperity:
    and our land shall yield its harvest.
13. Justice shall go before 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 giving:
   and of great mercy to all who call upon you.
6. Give heed O Lord to my prayer:
   and listen to my cry of supplication.
7. In the day of my distress I will call:
8. Among the gods there is none like you, O Lord: nor can the deeds of any be compared with yours.

9. All the nations you have made shall come and bow down before you: and they shall glorify your name.

10. For you are great, and do marvelous things: truly you alone are God.

11. Show me your way, O Lord, that I may walk in your truth: let my heart rejoice in reverence 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 against me: the ruthless seek my life, and pay no heed to you.

15. But you are a God of compassion and mercy: slow to anger, abounding 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 Ethiopia: each one was born in her.'

5. 'All shall call Jerusalem, "Mother": for each one of them was born in her.'

6. The Most High will keep her secure: when the roll of the peoples is written up, the Lord shall record, 'Each one was born in her.'

¶ 7. Singers and dancers alike shall proclaim: '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 abyss: in a place of darkness in the depths.
7. Your wrath lies heavy upon me: you overwhelm me with all your waves.
8. You have taken away my friends, and made me loathsome in their sight: I am imprisoned and cannot escape.
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 destruction?
12. Will your wonders be known in the darkness: or your saving help in the land of oblivion?
13. Yet Lord I cry to you: in the morning my prayer comes before 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 upon me: and your dread assaults have utterly 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 away from me: and my one companion is darkness.

Psalm 89.
1. I will sing of your steadfast love for ever O Lord: my mouth will proclaim your faithfulness from one generation to another.
2. For your love is such as to endure for ever: your faithfulness is established 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 posterity 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 acclaim 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 for sake 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. Blessèd be the Lord for ever:
Amen and Amen.

Psalm 90.
1. Lord you have been our refuge:
   from one generation to another.
2. Before the mountains were brought forth,
   or the earth and the world were made:
   you are God, from age to age everlasting
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 terrified by your wrath.
8. You set our misdeeds before 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 apply our hearts to wisdom.
13. Turn from your wrath O Lord,
    how long before you relent?:
    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 afflicted us:
    for as many years as we have suffered adversity.
16. Show your servants your work:
    and let their children see your glory.
¶ 17. May your favour O Lord our God be upon 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 defense.

5.    You will not be afraid of any terror by night:  
    nor of the arrow that flies by day,  
    of the pestilence that stalks in darkness:  
    nor of the plague that lays waste at noon.

6.     A thousand may fall beside you,  
    ten thousand at your right hand:  
    but you will remain unscathed.

7.    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,  
    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 perceive this:
the foolish do not understand,

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 enthroned on high for ever.

9. See Lord how your enemies perish:
and all evil-doers are scattered.

10. But you have lifted up my head,
like the wild bull's horns:
you have anointed 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,
to show that the Lord is just:
the Lord my rock, in whom is no unrighteousness.

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 eternity 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 adorns your house for ever.

Psalm 94.
1. O Lord God to whom vengeance belongs:
God to whom vengeance belongs, shine out in your glory.
2. Rise up O judge of the earth:
and give the proud what they deserve.
3. How long shall the wicked • O Lord:
    how long shall the wicked • exult?
4. How long shall evildoers pour out arrogant words:
    and flaunt themselves • with much boasting.
5. They crush your people • O Lord:
    and afflict 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 understand?
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 • without knowledge?
11. The Lord knows our human thoughts:
    the Lord knows that they are no more than a breath.
12. Blessed are those you instruct O Lord:
    to whom you give teaching • out of your law.
13. so that they may have respite from days • of adversity:
    until a pit is dug • for the wicked.
14. For you O Lord will not abandon 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 uphold it.
16. Who is on my side against 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 unrighteous judges:
    who frame mischief • under • cover • of law.
21. They band together against the life • of the righteous:
    and condemn 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 destroy them.

Psalm 95.
1. O come let us sing • to the Lord:
    let us shout with joy to the rock of our salvation.
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 above 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 before 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 generation  
   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 salvation 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 attend 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.
¶ 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 rejoice.
2. Clouds and darkness are round about you: righteousness and justice are the foundation of your throne.
3. Fire goes before 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 before you: before the Lord of all the earth.
6. The heavens proclaim 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 above 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 marvelous things.
2. With your own right hand O Lord, and with your holy arm: you have gained for yourself 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 before the Lord our king.
8. Let the sea roar and all that is in it:
   the world and those who inhabit it.
9. Let the rivers clap their hands:
   and let the hills rejoice together before 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 terrible name:
   holy are you and mighty,
   a king who delights in justice.
4. You have established 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 offences.
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 everlasting:
and whose faithfulness endures,
from generation to generation.

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 within my house:
in purity of heart.
4. No base aim will I set before 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 before 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 away like smoke:
and my bones are burnt up as in a furnace.
4. I am beaten down and withered like grass:
I waste away, because 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 desolate places.
7. I lie awake moaning:
I am like a sparrow alone upon 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 away.

*   *   *
11. My days decline as the shadows lengthen:
and I wither away like grass.

12. But you O Lord shall reign for ever:
    and your name shall be remembered through all generations.
13. You will arise and have mercy on Jerusalem:
    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 Jerusalem again:
    and show your self in your glory,
17. when you turn to the prayer of the destitute:
    and do not reject their appeal.
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 proclaimed in Jerusalem:
    and God's praises in the holy city,
22. 'when peoples are gathered together:
    and kingdoms to serve the Lord.'
23. God has broken my strength before 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 endures through all generations.
25. You Lord in the beginning laid the earth's foundations:
    and the heavens are the work of your hands.
26. They shall perish, but you shall endure:
    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 secure:
    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 infirmities.
4. The Lord saves your life from the grave:
    and crowns you with love and mercy.
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: above:
you make the clouds your chariot,
and ride upon 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 foundations:
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 rebuke:
at the voice of your thunder they rushed away.

8. They flowed over the mountains,
and down into the valleys:
to the place you had appointed for them.

9. You set the limits which they may not pass:
lest they should return to cover the earth.

10. You cause springs to gush forth in the valleys:
their waters flow between 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 on their banks:
in the trees along their 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,
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 abundantly:
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 away:
and go to rest in their dens.

24. The labourer goes out to work:
and will toil until 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 dismayed: when you take away their breath they die, and return to the dust they came from.

31. When you send out your spirit they are created: and you renew the face of the earth.

32. May your glory O Lord endure for ever: may you rejoice 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, Whakaemoititia 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 rejoice.

4. Turn for help to the Lord your strength: and constantly 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 covenant always: and of the promise you made, to a thousand generations,

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 everlasting covenant with Israel,

11. saying, ‘To you I will give the land of Canaan: as your appointed inheritance.’

12. They were as yet few in number:
and aliens in that land,
13. wandering from country to country:
and from one kingdom to another.
14. But you let no one oppress them:
and rebuked even kings for their sake,
¶ 15. saying, ‘Do not touch my anointed servants:
and do my prophets no harm.’
16. You called down famine on the land:
and cut off the supply of bread.
17. But you had sent a man before 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 predictions came true:
he was tested by your command.
20. The king sent and released him:
The ruler of nations let him go free.
21. He made him lord of his household:
and ruler over all his possessions,
¶ 22. to correct his officers at will:
and to teach his counselors 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 among them:
and your wonders in the land of Ham.
28. You sent darkness, and all was dark:
but they would not obey 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 innumerable:
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 virility.
36. You led Israel out, with spoil of silver and gold:
among the tribes not one person fell behind.

37. The Egyptians were glad when they went:
   for dread of Israel had fallen upon 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 Abraham your servant.

42. So you led out your people rejoicing:
    your chosen ones with songs of gladness.

43. You gave them the lands of the heathen:
    and they took possession where others had toiled,

44. so that they might keep your statutes and obey your laws:

Psalm 106.

1. Whakamoemititia a Ihowa. / Praise the Lord.
   O give thanks, for the Lord is good:
    God's love endures for ever.

2. Who can recount your mighty acts O Lord:
    or tell of all your praise?

3. Blessed 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 rebellious 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 enemy's hand.

11. As for their oppressors, the waters overflowed them:
    not one of them was left alive.

12. Then they believed 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 among 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 company of Abiram.

18. Fire broke out among them:
and the flames burnt up the ungodly.

19. They made a young bull in Horeb:
and worshipped the 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 breech,
to turn back your wrath from their destruction.

24. They thought ill of the pleasant land:
because they did not believe God's promise.

25. They complained inside 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,
and scatter their descendants among the nations:
and disperse them throughout the world.

27. They joined in the worship of Baal of Peor:
in the feasts of gods that have no life.

28. Their wanton deeds provoked the Lord to anger:
and plague broke out among them.

29. Then Phinehas stood up and interceded:
and so the plague was checked,
and this was counted in his favour:
throughout all generations for ever.

30. Then they angered the Lord at the waters of Meribah:
and Moses suffered on their account.

31. For they embittered his spirit:
and he uttered ill-considered words.

32. They intermarried with the heathen:
and learned to follow their ways.

33. They worshipped foreign idols,
which became 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 defiled with blood.
38. Thus they polluted themselves by their deeds:  
   and wantonly broke faith with their Lord.
39. Therefore your wrath was kindled against 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 became their rulers.
41. Their enemies 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 distress:  
   whenever you heard their cry.
44. You remembered your covenant with them  
   and in your boundless love you relented:  
   causing even their captors to pity them.
45. Deliver us O Lord our God,  
   and gather us from among the nations:  
   that we may give thanks to your holy name  
   and make it our glory to praise you.
46. Blessed be the Lord our God,  
   from age to age for ever:  
   and let all the people say, 'Amen.'

Psalm 107.  
1. ‘O give thanks, for the Lord is gracious:  
   God’s steadfast love endures for ever.’
2. So let the people say whom the Lord has redeemed:  
   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 within them.
6. Then they cried to you O Lord in their trouble:  
   and you rescued them from their distress.
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.
For you satisfy the thirsty:
and fill the hungry with good things.

Some lay in darkness and gloom:
prisoners fast bound in fetters of iron,
because they had defied the words of the Lord:
and spurned the counsel of God most high.

So their hearts were subdued by hard labour:
they stumbled with no one to help them.
Then they cried to you O Lord in their trouble:
and you rescued them from their distress.

You brought them out of darkness and gloom:
and broke their fetters in pieces.

Let them thank you O Lord for your steadfast love:
for the wonders that you do for us.

For you break open doors of bronze:
and smash the bars of iron.

Some were sick because of their sins:
afflicted on account of their wrongdoing.
They loathed every kind of food:
and drew near to the gates of death.
Then they cried to you O Lord in their trouble:
and you rescued them from their distress.

You sent forth your word and healed them:
and saved their life from the grave.
Let them thank you O Lord for your steadfast love:
for the wonders that you do for us.

Let them offer the sacrifice of thanksgiving:
and tell of your deeds with shouts of joy.
Those who go down to the sea in ships:
and ply their trade on great waters,
they have seen your works O Lord:
and the wonders you do in the deep.
At your command the stormy wind arose:
and lifted up the waves.
They were carried up to the sky, and down again to the depths:
their courage melted away in their peril.
They reeled to and fro, and staggered as if drunken:
their seafaring skill was utterly without avail.
Then they cried to you O Lord in their trouble:
and you rescued them from their distress.
You made the storm be still:
and the roaring waves were hushed.
Then they were glad because it was calm:
and so you brought them to the harbour where they had longed to be.

Let them thank you O Lord for your steadfast love:
for the wonders that you do for us.
Let them extol you in the assembly of the people:
and praise you in the council of elders.
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 bountiful harvest.
38. You bless them, and their numbers increase: and you permit no decrease of their herds.
39. When they are weakened and brought low: through stress of misfortune and sorrow,
40. you pour contempt on their princely oppressors: 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 unyielding 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 awaken the dawn.
3. I will give thanks to you Lord among the peoples: I will praise you among the nations.
4. For the greatness of your love reaches to the heavens: and your faithfulness up to the clouds.
5. Show yourself O God above the heavens: let your glory shine over all the earth,
6. so that your beloved may be delivered: 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 Manasseh 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 fortified city: who will lead me into Edom,
11. since you O God have rejected us: and no longer go out with our armies?
12. Grant us help against 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 deceitful • is opened • against me.
2. They speak against me with lying tongues:
   they beset me with words of hatred,
   and attack me • without • any • cause.
3. In return for my love they accuse me:
   though I continue • 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 befits your name:
    in the goodness of your steadfast love deliver 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 accusers:
    when they see me, they toss their heads • in derision.
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 alone O Lord have done it.
27. They may curse, but you will bless:
    my assailants will be put to shame,
    and your servant will rejoice.
28. Let my accusers be clothed • with dishonour:
    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 unjustly • condemned.

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 • theselves:
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. Whakamoemititia 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. Whakamoemititia 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 enemies’ 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 evermore.

3. The Lord’s name be praised:
   from the rising of the sun to its setting.

4. The Lord is high above the nations:
   and the glory of the Lord above the heavens.

5. Who can be likened to the Lord our God,
   who sits enthroned 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.
   Whakamoemititia 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 alien tongue,

2. Judah became the Lord’s temple:
   and Israel became 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 whatever 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 belong 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 supplication,
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 * descended * upon me.

4. Then I called upon the name of the Lord:
   ‘Deliver me O Lord I beseech you.’

5. Gracious is the Lord and righteous:
   truly our God is a God of compassion.

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 distress’:
   in my haste I said, ‘No one can be trusted.’

11. How can I repay you O Lord:
   for all the good things you have done to me?

12. I will take up the cup of salvation:
   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.

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.

Psalm 118.

1. We give thanks to you O Lord for you are gracious:
and your love endures for ever.

2 Let the house of Israel say:
   ‘God’s love endures for ever.’

3 Let the house of Aaron say:
   ‘God's love endures for ever.’

4 Let those who fear the Lord say:
   ‘God's love endures for ever.’

5 I called to you O Lord in my distress:
   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 surrounded 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 among 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 defence:
    and has become my deliverer.

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 proclaim 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 become my deliverer.

22 The stone which the builders rejected:
    has become the head of the corner.

23 This is the Lord's doing:
    and it is marvelous in our eyes.

24 This is the day which the Lord has made:
    let us rejoice and be glad in it.

25 Save us O Lord we pray:
Lord we pray you to give us success.

26. Blessed 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 exalt you.

29. We give thanks to you O Lord for you are gracious: and your love endures forever.

Psalm 119.1-16  p338

1. Blessed are those who live a blameless life: who follow your law O Lord.

2. Blessed are those who obey your instruction: 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 commandments.

7. I will truly thank you from the heart: when I learn your just decrees.

8. I will keep your statutes: O do not utterly forsake me.

9. How shall the young keep themselves undefiled: surely by obeying your word.

10. With my whole heart I seek you: let me not stray from your commandments.

11. I treasure your word in my heart: for fear I should sin against you.

12. Blessed 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 commandments: 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 forget 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 wonderful things of your law
19. I am but a stranger on earth: do not hide your commandments from me.
20. My soul is consumed with the longing: it has at all times for your judgments.
21. You have rebuked the insolent: and cursed are those who stray from your commandments.
22. Turn from me their reproach and scorn: for I have kept your testimonies.
23. Rulers sit plotting against me: but your servant will give thought to your statutes.
24. For your testimonies are my delight: and they are my counsellors.

25. I lie prone in the dust: revive me according to your word.
26. I acknowledged my ways, and you answered me: instruct me in your statutes.
27. Help me to understand the way of your precepts: and I will meditate on your wonders.
28. My soul melts away through sorrow: strengthen me according 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 before me.
31. I hold fast to your decrees O Lord: let me never be put to confusion.
32. I will run the way of your commandments: when you enlarge my understanding.

p 340
33. Teach me Lord the way of your statutes: and in keeping them I shall have my reward.
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 commandments: for that is my desire.
36. Incline my heart to your instruction: and away from covetous desires.
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 righteousness give me life.
Psalm 119.41-64

41. Let your steadfast love come to me O Lord: your saving help according 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: because I study your precepts.
46. I will speak of your decrees before kings: and I will not be ashamed in their presence.
47. I find delight in your commandments: which I have greatly loved.
48. I will revere your commandments and love them: and I will meditate 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 divide 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 indignation: because of the wicked who forsake 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 upon your law.
56. This is true of me: because 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 according to your promise.
59. I have given thought to my ways: and always turned back to your instruction.
60. I made no delay: but hastened to keep your commandments.
61. Though the nets of the wicked en snared me: I did not forget your law.
62. At midnight I rise to give you thanks: for the justice of your decrees.
63. I keep company with those who fear you: with those who keep your commandments.
64. The earth is full of your unfailing love: O Lord instruct me in your statutes.
Psalm 119.65-88

65. Lord you have been good to your servant:
   according to your word.

66. Teach me good judgment and knowledge:
    for I trust in your commandments.

67. Before I was afflicted I went astray:
    but now I keep your word.

68. You are good, and your deeds are good:
    instruct 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 delight is in your law.

71. It is good for me that I was afflicted:
    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 commandments.

74. Let those who fear you be glad when they see me:
    because I trust in your word.

75. Lord I know that your decrees are just:
    and that in your very faithfulness you have caused me to be afflicted.

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 delight.

78. Let the arrogant be put to shame,
    for with their lies they have wronged me:
    but I will meditate 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 fulfillment 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 forget 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 commandments are true:
    help me, for they pursue me with lies.

87. They had almost made an end of me on earth:
but I did not forsake your precepts.

88. Give me life, because of your steadfast love:
so that I may keep the testimonies of your mouth.

Psalm 119.89-104
89. Your word O Lord is everlasting:
it is firmly fixed in the heavens.
90. Your faithfulness endures throughout all generations:
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 forget 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 destroy me:
I will apply my mind to your instruction.
96. I see that all things reach a limit:
but your commandment 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 instruction is my study.
100. I am wiser than the aged:
because I keep your commandments.
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 yourself have taught me.
103. How sweet are your words to my taste:
sweeter than honey in my mouth.
104. Through your commandments I get understanding:
therefore I hate all the ways of falsehood.

Psalm 119.105-128
105. Your word is a lamp for my feet:
and a light upon my path.
106. I have sworn an oath, and confirmed it:
to keep your righteous judgments.
107. I am in deep distress:
revive me O Lord, according to your word.
108. Accept O Lord the willing tribute of my lips:
and teach me your decrees.
109. I take my life in my hands continually:
yet I never forget 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 commandments of my God.
116. Support me Lord according to your promise, so that I may live: and let me not be disappointed in my hope.
117. Hold me up and I shall be safe: and I shall be occupied with your statutes continually.
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 instruction.
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 abandon me to my oppressors.
122. Stand surety for your servant's welfare: let not the arrogant oppress 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 decrees.
125. I am your servant, O give me understanding: 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 instruction is wonderful: therefore I keep it with all my heart.
130. The unfolding of your word gives light: and those who are untaught receive understanding.
131. I open my mouth and sigh: with longing for your commandments.
132. Turn to me and be merciful 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 mastery over me.
134. Rescue me from human oppression:
    so that I may keep your precepts.
135. Let your face shine on your servant:
    and teach me your decrees.
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 exceeding righteous and true.
139. My indignation consumes me:
    because my enemies have forgotten your words.
140. Your promise has been tested to the uttermost:
    and therefore your servant loves it.
141. I am small and of little account:
    but I do not forget your commandments.
142. Your justice is an everlasting justice:
    and your law is the truth.
143. Trouble and anguish have fallen on me:
    yet my delight is in your commandments.
144. The righteousness of your decrees is everlasting:
    O give me understanding 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 meditate on your words.
149. Hear me in your unfailing kindness:
    and give me life by your decrees.
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 commandments are true.
152. I have long known from your decrees:
    that you have given them eternal foundations.

Psalm 119.153-176
153. Consider my affliction and deliver me:
    for I do not forget your law.
154. Plead my cause and win my release:
    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 compassion O Lord:
157. Many are those who persecute me and trouble me: yet I do not swerve from your instruction.
158. I looked at the faithless with loathing: because they do not keep your commandments.
159. Consider O Lord how I love your precepts: and in your steadfast love preserve my life.
160. The sum of your words is truth: and all your just decrees endure 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 detest: but your law is the thing that I love.
164. Seven times a day I praise you: for the justice of your decrees.
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 fulfilled your commandments.
167. From my heart I have obeyed your instruction: and I have loved it deeply.
168. I have kept your precepts and commandments: for all my ways are open before you.
169. Let my cry come before you O Lord: give me understanding according to your word.
170. Let my supplication come before you: save me according 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 commandments 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 delight.
175. Let me live, that I may praise you: and let your judgments be my support.
176. I have gone astray like a sheep that is lost: O seek your servant, for I do not forget your commandments.

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 treacherous tongue.'

3. What shall be given to you:
   what more shall God do to you O treacherous 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 among the tents of Kedar.

6. Too long have I had my dwelling:
   among those who are enemies to peace.

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 defense,

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 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 Jerusalem,

3. Jerusalem that is built as a city:
   where people come together 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 Jerusalem:
   may those who love you prosper.

7. Peace be within your walls:
   and prosperity within your palaces.
8. For the sake of my kinsfolk and companions:
   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 enthroned 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,
   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 enough of contempt.
5. Too long have we suffered the scorn of the wealthy:
   and the contempt 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 against us,
2. then they would have swallowed us alive:
   when their fury was roused against us.
3. 'Then the flood would have swept us away:
   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 enfold Jerusalem:
   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 signed 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 among 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 refresh 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 awake 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 reward from God's hand.
5. Like arrows in a warrior'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 adversaries at the gate.

Psalm 128.

1. Blessed 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: within the walls of your house;
4. your children like slips of olive:
   planted round about 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 prevailed against me.
3. 'They scored my back as with a ploughshare:
   making long their furrows upon 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 before 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 upon 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 consider well:
   the plea I make for mercy.
3. If you should keep account of what is done amiss:
   who then O Lord could stand?
4. But there is for the Lord:
   therefore you shall be revered.
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 unfailing:
and with the Lord there is ample redemption.
8. The Lord will redeem 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 beyond 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 within me.
4. O trust in the Lord:
   from this time forth and for ever.

Psalm 132.
1. O Lord remember David:
   and all the hardships he endured.
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:
or will I climb into the bed where I rest,
4. 'I will not give sleep to my eyes:
or permit 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 reject your anointed king.
11. The Lord made a sure promise to David:
a promise that will never be revoked,
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 succession for ever.'
14. For the Lord has chosen Jerusalem:
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 delight in her.
16. 'I will abundantly bless her provisions:
and satisfy her poor with bread.
17. 'I will clothe her priests with salvation:
and her faithful people shall rejoice and sing.
18. 'There I will make a branch to spring
from the stem of David:
and I have prepared a lamp for my anointed 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 together 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 evermore.

Psalm 134.
1. Come praise the Lord, all you servants of the Lord:
you that stand by night in the house of our God.
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. Praise be the Lord from the \ holy \ city:
    the Lord who dwells in Jerusalem.

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 endures for ever.

5. The Lord by wisdom made the heavens:
   he mau tonu hoki tana mahi tohu.
   God's love endures for ever.

6. The Lord spread out the earth above the waters:
   he mau tonu hoki tana mahi tohu.
   God's love endures for ever.

7. The Lord made the great lights:
   he mau tonu hoki tana mahi tohu.
   God's love endures for ever.

8. the sun to rule over the day:
   he mau tonu hoki tana mahi tohu.
   God's love endures for ever.

9. the moon and the stars to govern the night:
   he mau tonu hoki tana mahi tohu.
   God's love endures for ever.

10. The Lord struck down the first-born of Egypt:
    he mau tonu hoki tana mahi tohu.
    God's love endures for ever.

11. and brought Israel out from among them:
    he mau tonu hoki tana mahi tohu.
    God's love endures for ever.

12. with a mighty hand and outstretched arm:
    he mau tonu hoki tana mahi tohu.
    God's love endures for ever.

13. The Lord divided the Red Sea in two:
    he mau tonu hoki tana mahi tohu.
    God's love endures for ever.

14. and made Israel go through the midst of it:
    he mau tonu hoki tana mahi tohu.
    God's love endures 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 endures for ever.

16. The Lord led the people through the desert:
    he mau tonu hoki tana mahi tohu.
    God's love endures for ever.

17. The Lord overthrew mighty kingdoms:
    he mau tonu hoki tana mahi tohu.
    God's love endures for ever.

18. and struck down famous kings:
    he mau tonu hoki tana mahi tohu.
    God's love endures for ever.

19. Sihon king of the Amorites:
    he mau tonu hoki tana mahi tohu.
    God's love endures for ever.

20. and Og the king of Bashan:
    he mau tonu hoki tana mahi tohu.
Psalm 137.
1. By the waters of Babylon we sat down and wept:
   when we remembered the holy city.
2. As for our harps, we hung them up:
   on the trees that grew nearby.
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 Jerusalem.'
4. How can we sing the Lord's song:
   here in an alien land?
5. If I forget you O Jerusalem:
   let my right hand wither away.
6. Let my tongue cling to the roof of my mouth,
   if I do not remember you:
   if I do not set Jerusalem above 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 above all things.

3. On the day that I called, you answered me:
   and put new strength within 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 afar.

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 everlasting:
   do not leave unfinished 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 discern my thoughts from afar.

2. You mark my path, and the places where I rest:
   you are acquainted with all my ways.

3. Even before there is a word on my tongue:
   you Lord know it altogether.

4. You guard me from behind and before:
   and cover me with your hand.

5. Such knowledge is too wonderful for me:
   so high that I cannot attain 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 uttermost 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 alike.

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,
Psalm 140.
1. Deliver me O Lord from the wicked:
   and preserve me from the violent,
2. who devise evil in their hearts:
   and stir up strife continually.
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 along 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 desire O Lord:
   or permit their evil signs to prosper.
* * *
12. I am sure the Lord will maintain the cause of the poor:
    and uphold 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:
Psalm 142.
1. I cry aloud to you O Lord:
   I loudly plead for your help.
2. I pour out my trouble before you:
   and make known to you my distress.
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 escape:
   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 around me.

Psalm 143.
1. Hear my prayer O Lord:
   in your faithfulness give heed to my pleading,
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 within 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. Blessed 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 about 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 aliens' foes,
8. whose mouths utter things that are false:
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 deliverance 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 provision:
    our sheep bear young
    in thousands upon thousands in our fields.
15. May our cattle be fat and strong,
    suffering no miscarriage or untimely birth:
    and may there be no cries of distress 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 another:
    and proclaim your mighty acts.
5. I will speak of the glorious splendour of your majesty:
    and of all your marvelous works.
6. People shall speak of the might of your awesome deeds:
    and I too will proclaim your greatness.
7. They shall pour out the story of your abundant kindness:
    and joyfully sing of your righteousness.
8. The Lord is gracious and full of compassion:
    slow to anger and abounding in love.
9. You Lord are good to all of us:
    and your mercy rests upon 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 everlasting 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 were 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. Whakamoemititia 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.
   Whakamoemititia a Ihowa. / O praise the Lord.

Psalm 147.
1. Whakamoemititia 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 rebuilding Jerusalem:
   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 is 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 warrior's thighs.

11. But your delight is in those who revere you:
    in those who rely on your mercy.

12. Praise the Lord O Jerusalem:
     O holy city praise your God.

13. For the Lord has strengthened the bars of your gates:
     and blessed your children with 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 command 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 decrees to Israel.

20. You have not done this for any other nation:
    nor have you taught them your laws.

Psalm 148.
1. Whakamoemititia a Ihowa. / Praise the Lord.
   Praise the Lord from the heavens:
     O praise God in the heights above.

2. Praise the Lord all you angels:
   O praise God all you heavenly host.
3. Praise the Lord sun and moon:
   praise God all you shining stars.
4. Praise the Lord you highest heavens:
   and you waters above the heavens.
5. Let them praise the name of the Lord:
   who commanded, and they were created.
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 obeying 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 together.
13. Let them praise your name O Lord:
    for your name alone is exalted,
    and your glory is above 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.

Psalm 149.
1. Whakamoemititia a Ihowa. / Praise the Lord.
   O sing to the Lord a new song:
   give praise in the assembly of the faithful.
2. Let the people of God rejoice in their maker:
   and let the servants of the Most High exult 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 delight 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.
   Whakamoemititia 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 beyond measure.
3. Praise the Lord with the sound of the trumpet:
   praise our God upon the lute and harp.
4. Praise the Lord with timbrels and dancing:
   praise our God upon the strings and pipe.
5. Praise the Lord with clash of cymbals:
   praise our God upon resounding cymbals.
6. Let everything that has breath praise the Lord:
   whakaamoemaitia a Ihowa. / O praise the Lord.