

The Psalms

Poetry on Fire

THE
PASSIONTM
TRANSLATION

The Psalms

Poetry on Fire

THE PASSION TRANSLATION™

Translated from Hebrew and Aramaic Texts

Dr. Brian Simmons



5 Fold Media

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The Psalms: Poetry on Fire

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Dedicated
To every loving believer who seeks God's face
and longs for more of His wonderful grace.
To every faithful intercessor who lingers in His
presence
and prays night and day,
this translation of Psalms
is affectionately dedicated.

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Translator's Introduction

Allow me to introduce this translation of the Book of Psalms. I have loved the Psalms for over forty years. They have been my comfort and joy, leading me to the place where worship flows. When discouraged or downcast, I have never failed to take new strength from reading the Psalms. They charge my batteries and fill my sails. In fact, they seem to become more powerful as I grow older. Their thunder stirs me; their sweet melodies move me into the sacred emotions of a heart on fire. The dark rain clouds of grief turn to bright rainbows of hope, just from meditating on David's soul-subduing songs.

The Psalms find the words that express our deepest and strongest emotions, no matter what the circumstances. Every emotion of the heart is reflected in the Psalms. Reading the Psalms will turn sighing into singing and trouble into triumph. The word *praise* is found 189 times in this book. There is simply nothing that touches my heart like the Psalms. Thousands of years ago our deepest feelings were put to music—this is what we all delightfully discover when reading the Psalms!

Poetry on Fire

The Psalms are clearly poetic. They are praises placed inside of poetry. Everyone who reads the Psalms realizes how filled with emotion they are! You will never be bored reading the poetry that spills out of a

fiery, passionate heart. These verses contain both poetry and music that touch the heart deeply. Much of Christianity has become so intellectualized that our emotions and artistic creativity are often set aside as unimportant in the worship of God. The Psalms free us to become emotional, passionate, and sincere worshippers. It is time to sing the Psalms! For this reason, I believe a contemporary name for the book of Psalms could be *Poetry on Fire*! These 150 poetic masterpieces give us an expression of faith and worship. They become a mirror to the heart of God's people in our quest to experience God's presence.

The Psalms are pure praise inspired by the breath of God. Praise is a matter of life and breath. As long as we have breath, we are told to praise the Lord. The Psalms release an anointing of praise that will lift heaviness off the human heart. The Psalms are meant to do to you what they did to David; they will bring you from your cave of despair into the glad presence of the King who likes you just the way you are.

The Psalms are prayers. The Psalms have been called the little brother of prayer. Mixed with intercession, the Psalms become the fuel for our devotional life. Each psalm is a prayer. The early church recited and sang the Psalms regularly. Many contemporary worship songs have been inspired by this book of prayer-poetry!

The Psalms will unlock mysteries and parables, for in

the purest praise is the cryptic language of a prophet. The wisdom of God is contained in these 150 keys. You have a key chain with master keys to unlock God's storehouse of wisdom and revelation. It is the harp, or anointed worship, that releases divine secrets. Read carefully Psalm 49:4 TPT, "I will break open mysteries with my music and my song will give you riddles solved."

The prophetic anointing rests upon the Psalms. David's harp will bring revelation and understanding to the people. Singers who tap into the anointing of the Psalms will bring forth truths in their songs that will break the hearts of people and release divine understanding to the church. The prophets must become musicians and the musicians must become prophets for the key of David to be given to the church.

Who Wrote the Psalms?

When we think of the Book of Psalms we think of David, the worshipping shepherd-king. There are seventy-three psalms designated in their inscription as written by David. Acts 4:25 and Hebrews 4:7 indicate that Psalms 2 and 95 were David's, making a grand total of seventy-five! He was a true poet (2 Samuel 1:17) and a musician (1 Samuel 16:18). David even testified on his deathbed that God had spoken through him (2 Samuel 23:1-2). However, there were at least ten other authors of the Psalms other than David. These would include: Asaph wrote twelve psalms. Asaph was

David's Levitical choir director.

The Korahites, also known as the sons of Korah, wrote twelve psalms.

King Solomon wrote at least two psalms; 72 & 127.

Moses wrote at least one; Psalm 90 and perhaps Psalm 91.

Ethan wrote Psalm 89. Ethan was a court musician (I Chronicles 15:16-17).

Heman wrote Psalm 88. He was a wise and anointed musician (I Kings 4:31).

Ezra the scribe most likely wrote Psalm 119 and compiled the entire collection.

Isaiah was possibly the author of three psalms.

Jeremiah was possibly the author of two psalms.

Haggai and Zechariah are ascribed by the Greek Septuagint as the authors of three psalms.

How Are the Psalms Divided?

The Psalms are really five books in one. Moses gave us the five books of the law called the Pentateuch, and David gave us the five books of the Psalms. Each division ends with a doxology that includes the words, "Amen and amen." The last division ends with Psalm 150 as the doxology, forming an appropriate conclusion to this Pentateuch of David. These five divisions have been compared to the first five books of the Bible: Book I: Psalms 1-41 (*Genesis*) Psalms about

man and creation.

Book II: Psalms 42-72 (*Exodus*) Psalms about suffering and redemption.

Book III: Psalms 73-89 (*Leviticus*) Psalms about worship and the house of God.

Book IV: Psalms 90-106 (*Numbers*) Psalms about our pilgrimage on earth.

Book V: Psalms 107-150 (*Deuteronomy*) Psalms about praise and the Word of God.

Christ in the Psalms

The Psalms are all about Jesus Christ. Each of the 150 Psalms reveals a special and unique aspect of the God-Man, Christ Jesus. Every Psalm is Messianic in that they all point to our Lord Jesus, whom God has chosen as King over all. The Psalms find their fulfillment in Christ. The key to understanding the Psalms is to look for Jesus within its pages. Luke 24:44 says, “*When I was with you before, I told you that everything written about me in the law of Moses and the prophets and in the Psalms must all come true*”(NLT). There are many secrets about Jesus waiting to be discovered here!

A Word About The Passion Translation™

Bible translations are both a gift and a problem. They give us the words God had spoken through His servants, but words can become very poor containers for revelation. They leak! Over time, the words change

from one generation to the next. Meaning is influenced by culture, background, and a thousand other details. You can imagine how differently the Hebrew authors of the Old Testament saw the world three-thousand years ago!

There is no such thing as a truly literal translation of the Bible, for there is not an equivalent language that perfectly conveys the meaning of the text, except as it is understood in its original cultural and linguistic setting. Therefore, a translation can be a problem. The problem, however, is solved when we seek to transfer meaning, and not merely words, from the original text to the receptor language.

To transfer meaning from one language to another as it relates to the Bible narrative requires interpretation. Every translation, sadly, interposes a fallible human interpretation between the reader and an infallible text. At times, after much textual research, I was simply forced to interpret the text and carry over its meaning so that contemporary English speakers would be able to comprehend it and receive its impact. Undoubtedly, this cannot be considered a perfect science, but more of an artistic, Spirit-led production. I have sought to do my best to bring the meaning over from Hebrew into modern English, along with the poetic nuances that will make it sparkle and come alive to the reader.

Finally, I wish to express my gratitude to my friends

who have helped me immeasurably in this project. My lovely wife, Candice, is a brilliant editor in her own right, and I'm always thankful for all she has contributed to my life and to this work. A number of others have made invaluable suggestions, such as our publishers, Andy and Cathy Sanders with 5 Fold Media llc, and our dear friends Peg Avey and Nanette LeDuc. Others assisted by praying for us. I thank you for all you have done to impact the translation through your intercession and love.

The Passion Translation™ project will proceed next to the fascinating accounts of the life of Jesus and His apostles, written by a physician named Luke. He is the author of the New Testament books of Luke and Acts.

So without further introduction, I present to you —*Poetry on Fire!* And may the Holy Spirit fill you with joy and revelation as you read it!

Brian Simmons

Book One

THE “GENESIS” PSALMS

Psalms

The Tree of Life

¹ The ones who follow God will have overflowing joy!^[1]

They will not walk in step with the wicked

Nor share the sinner's path,

Or be found sitting in the scorner's seat.

² Their pleasure and passion is remaining true To the Word of "I
Am,"

Meditating each and every moment

In the revelation of light.

³ They will be standing firm

Like a flourishing tree planted by God's design,

Deeply rooted by the brooks of bliss,

Bearing fruit in every season of their lives.

They who are never dry, never fainting,

Ever blessed, ever plentiful.

What indescribable joy!

⁴ How different are the wicked ones.

They are but chaff blown away by the wind—

Driven away to destruction!

⁵ The wicked will not stand on judgment day, For God will not
defend them.

Nothing they do will succeed or endure for long.

For they have no part with those who walk in truth,

⁶ Yet how different it is for the lovers of God!

The Lord watches over all their paths

While the paths of the godless lead only to doom.

[1]. The Hebrew text is actually "that One," and refers prophetically to the Lord Jesus Christ, our Tree of Life. Every one of us who belong to "that One" can also

walk in the light of this psalm.

Psalm 2

The Drama of the Nations

Act I – The Nations Speak

¹How dare the nations plan a rebellion, Ranting and raging
against the Lord Most High?

Their foolish plots are futile!

²Look at how the kings rise up to hold their summit, Scheming
and conferring together

Against God and His Anointed King, saying:

³“Let’s come together and break away from the Creator, Casting
off once and for all these controlling chains

Of God and His Christ!”^[1]

Act II – God Speaks

⁴God-Enthroned merely laughs at them; Amused at all their puny
plans, mocking their madness!

⁵Then with the fierceness of His fiery anger He settles the issue,
And terrifies them to death with these words:

⁶“I have poured out My King on Zion, My Holy Mountain.^[2]
You had better listen to the One I have chosen!”

Act III – The Son Speaks

⁷“I will reveal the eternal purpose of God.

For He has decreed over Me, “You are My favored Son.

And as Your Father I have crowned You as My King Eternal.

Today I have given You glory!

⁸You only need to ask Me to give You the nations And they shall
become Your legacy.

Your domain will stretch to the ends of the earth.

⁹And You will rule over them with unlimited authority, Crushing
their rebellion like

An iron rod smashes jars of clay!”

Act IV – The Holy Spirit Speaks

¹⁰“Listen to Me, all you rebel-kings

And all you upstart rulers of this earth!

Learn your lesson while there’s still time.

¹¹Serve and worship the awe-inspiring God.

Recognize His greatness and bow before Him,

Trembling with reverence in His presence.

¹²Fall face down before Him and kiss the feet of His Son Before His
anger is roused against you.

Remember that His wrath can be quickly kindled!

But many blessings are waiting for all

Who turn aside to hide themselves in Him!”

[\[1\]](#). The word found here for “Christ” is the Hebrew word for “Messiah,” or, “anointed one.”

[\[2\]](#). For the believer today, Zion is not only a place, but also a realm where Christ is enthroned. Jesus was “poured out” as an offering on our behalf

Psalm 3

Covered by the Glory

*King David's song when he was forced to flee from Absalom,
his own son.*

¹O Lord, I have so many enemies;
So many who are against me.

²Listen to how they slander my soul, saying: "Look! Even God
can't save him from this sorrow"

Pause in His presence [\[1\]](#)

³But in the depths of my heart I truly know That You have
become my Shield;

Taking me, and surrounding me with Yourself. [\[2\]](#)
Your glory covers me continually. You alone restore my courage;
As You lift up my head when I bow low in shame.

⁴I have cried out to You and You answered me from Your holy
presence As You send me a Father's help.

Pause in His presence

⁵So now I'll lie down and go to sleep— Then I'll awake in safety,
for You surround me with Your glory.

⁶Even though vast armies of enemies come against me on every
side With their words like sharp arrows, yet I will not be afraid.

⁷I simply cry out to You: "Arise, and help me Lord! Come and
save me!"

And You will slap them in the face,
Breaking the power of their words to harm me!

⁸My Hero comes to my rescue, for the Lord alone is my Savior. [\[3\]](#)
What a feast of favor and bliss He gives His people!

Pause in His presence

[\[1\]](#). This is the Hebrew word *Selah*, a puzzling word to translate. Most scholars

believe it is a musical term for pause or rest. It is used a total of seventy-one times in the Psalms as an instruction to the music leader to pause and ponder in God's presence.

[2]. Many translations render this: "You are a shield around me." The ancient Hebrew can be translated: "You, O Lord, are my Taker." The implication is that God shields us by taking us into Himself. Jesus Christ is the "Taker" of humanity, the One who was made flesh. He not only took our nature but He took also our sins.

[3]. The Hebrew word used in this verse for deliverance is actually *Yeshuah*, a variant form of the name "Jesus." This is pointing us to where our salvation is found.

Psalm 4

An Evening Prayer for Help

For the Pure and Shining One^[1]

a song of smiting,^[2]

a melody by King David.

¹God of my righteousness, my Champion Defender, Why won't
You answer me when I cry for help?

Whenever I was squeezed by trouble, You've always inspired me.

Now I'm squeezed again—I need Your kindness given to me
now

Hear my prayer and set me free!

²Listen to me, all of you who think you are great— How long will
you obscure my glory

And drag it down into shame? Will you ever stop insulting me?

How long will you set your heart on shadows,

Chasing your lies and delusions?

Pause in His presence

³May you never forget, that the Lord always works wonders For
every one of His chosen lovers.

That's how I know that He will answer my every prayer.

⁴Tremble in awe before the Lord and you will not sin against
Him.

Lie down quietly upon your bed and search your own heart.

Pause in His presence

⁵Offer Him the pleasing sacrifices of faith by putting your trust
in Him.

⁶Lord, prove them wrong when they say You will never help me.

Let the light of Your radiant face

Break through and shine down upon us!

⁷The joy You give me is far greater than the gladness of harvest
time When the harvesters gaze upon their ripened grain,
And when their new wine overflows!

⁸Now I can lay down in peace and fall asleep, For no matter what
happens, my confidence is found in You!

[\[1\]](#) The Hebrew word used here, usually rendered as “choirmaster,” is actually taken from the root word for “shining,” or “brilliant” (i.e. purity, holiness).

[\[2\]](#) The Hebrew word can be translated “stringed instruments,” which is a Hebrew word for “smiting” or “striking.”

Psalm 5

Song of the Clouded Dawn

*For the Pure and Shining One,
for her who receives the inheritance.*^[1]

By King David.

¹Listen to my passionate prayer!
Can't You hear my groaning?

²Don't You hear how I'm crying out to You?
My King and my God, consider my every word,
For I am praying to You.

³At each and every sunrise You will hear my voice As I prepare
my sacrifice of prayer to You.
And every morning I will wait for Your fire to fall upon my
heart.^[2]

⁴I know You are a God who is never pleased with lawlessness.
Evil ones will never be invited as Your guests.

⁵Boasters collapse and cannot survive Your scrutiny, For Your
hatred of evildoers is clear.

⁶You will make an end of all those who lie.
How You hate their hypocrisy
And You despise all who love violence!

⁷But I know the way home,
And I know You will welcome me into Your house,
For I am covered by Your covenant of mercy and love.
So I come to Your sanctuary with deepest awe,
To bow in worship and adore You.

⁸Lead me, Lord, in the pathways of Your pleasure, Just like You
promised me You would,
Or else my enemies will conquer me.

Smooth out Your path in front of me,
Straight and level so that I may know where to walk.
⁹For no one can trust anything they say.
Their hearts are nothing but deep pits of destruction,
Drawing people into their darkness with their speeches.
They are smooth-tongued deceivers who flatter with their words!
¹⁰Declare them guilty, O God!
Let their own schemes be their downfall!
Let the guilt of their sins collapse on top of them,
For they rebel against You.
¹¹But let all those who turn aside to hide themselves in You, Let
them all be glad! May they keep shouting for joy forever!
Overshadow them in Your presence as they sing and rejoice,
So that every lover of Your name will burst forth with joy and
bliss.
¹²Lord, look how wonderfully You bless the righteous.
Your wrap-around love surrounds and shields them
Under Your canopy of kindness and joy.

[1]. The Hebrew word used here is *Neliloth*, or “flutes.” It can also be translated “inheritances.” The early church father, Augustine, translated this: “For her who receives the inheritance,” meaning the church of Jesus Christ. God the Father told the Son in Psalm 2 to ask for His inheritance; here we see it is the church that receives what Jesus asks for. We receive our inheritance of eternal life through the cross and resurrection of the Son of God.

[2]. Implied in the concept of preparing the morning sacrifice. The Aramaic text states, “At dawn I shall be ready and shall appear before You.”

Psalms 6

A Cry for Healing^[1]

*For the Pure and Shining One,
A song of smiting sung for the new day.*

By King David.

¹No Lord! Don't condemn me. Don't punish me in Your fiery
anger.

For I'm tired of this sickness!^[2]

²Please deal gently with me and show me mercy, for I am sick
and frail.

I'm fading away with weakness. Heal me, for I'm falling apart.

³How long until You take away this pain in my body and in my
soul?

O Lord, restore me soon!

⁴Turn back death from my door and deliver my life^[3]
Because I know You love and desire me as Your very own.

⁵How can I be any good to You dead?

For those who are in the graveyards sing no songs.

In the darkness of death who remembers You?

How could I bring You praise if I'm buried in a tomb?

⁶I am so exhausted and worn out with my weeping.

I endure weary, sleepless nights filled with moaning,

Soaking my pillow with my tears.

⁷My eyes of faith won't focus anymore, for sorrow fills my heart.

There are so many enemies who come against me!

⁸Go away! Leave me, all you workers of wickedness!

For the Lord has turned to listen to my thunderous cry.

⁹Yes! The Lord my Healer has heard all my pleading^[4]

And has taken hold of my prayers and answered them all.

¹⁰Now it's my enemies who are the ones with shame!
Terror-stricken, they will turn back again;
Knowing the bitter shame of sudden disgrace!

[\[1\]](#). Psalm 6 is a part of the daily prayer ritual of religious Jews.

[\[2\]](#). Implied in the text.

[\[3\]](#). Implied in the text.

[\[4\]](#). Implied in the text.

Psalms 7

Song for the Slandered Soul

*A passionate song to the Lord;
to the tune of "Breaking the Curse of Cush, the Benjamite."*

By King David.

¹O Lord my God, I turn aside to hide my soul in You.
I trust You to save me from all those who pursue and persecute
me.

²Don't leave me helpless! Don't let my foes fall upon me like
fierce lions.

Can't You see how they want to rip me to shreds;
Dragging me away to tear my soul to pieces?

³Lord, if I were doing evil things, that would be different, For
then I would be guilty, deserving all of this.

⁴If I wronged someone at peace with me, If I betrayed a friend,
repaying evil for good,

Or if I have unjustly harmed my enemy,

⁵Then it would be right for You

To let my enemy pursue and overtake me.

In fact, let them grind me into the ground.

Let them take my life from me and drag my dignity in the dust!

Pause in His presence

⁶Now Lord, let Your anger arise against the anger of my
enemies.

Awaken Your fury and stand up for me!

Decree that justice be done against my foes.

⁷Gather all the people around You.

Return to Your place on high to preside over them

And once more occupy the throne of judgment.

⁸You are the Exalted One who judges the people, So vindicate me publicly and restore my honor and integrity.

Before all the people declare me innocent!

⁹Once and for all end the evil tactics of the wicked!

Reward and prosper the cause of the righteous,

For You are the Righteous God, the Soul-Searcher,
Who looks deep into the heart to examine the thoughts and motives.

¹⁰God, Your wrap-around presence

Is my protection and my defense.

You bring victory to all who reach out for You.

¹¹Righteousness is revealed every time You judge.

Your anger does not break out every day

Even though You are a Righteous Judge.

¹²⁻¹³Yet if the wicked do not repent, You will not relent with Your wrath;

Slaying them with Your shining, sharp sword.

You are the Conqueror with an arsenal of lethal weapons,

And You've prepared Your deadly weapons.

You have bent and strung Your bow

Making every judgment-arrow You shoot

Into shafts of burning fire.

¹⁴⁻¹⁵Look how the wicked conceive their evil schemes.

They go into labor with their lies and give birth to trouble.

They dig a pit for others to fall into,

Not knowing that they will be the very ones

To fall into their own pit of failure.

¹⁶For You, God, will see to it that every pit-digger Who works to trap and harm others

Will be trapped and harmed by their own treachery.

¹⁷But I will give all my thanks to You, Lord, For You make

everything right in the end.
I will sing my highest praise
To the God of the highest place!

Psalms 8

Creation's Echo

*For the Pure and Shining One,
set to the melody of "For the Feast of Harvest."*

By King David.

¹Great and powerful is Your name, O Lord, our Lord!

People everywhere see Your majesty.

Your glory streams from the heavens,

Filling the earth with the fame of Your name!

²You have built a stronghold by the songs of babies.

Strength rises up with the chorus of singing children.

This kind of praise has the power to shut satan's mouth.

Child-like worship will silence^[1]

The madness of those who oppose You.

³Look at the splendor of Your skies,

Your creative genius glowing in the heavens.

When I gaze at Your moon and Your stars,

Mounted like jewels in their settings,

I know You are the Fascinating Artist who formed it all!

But when I look up and see such wonder and workmanship
above,

I have to ask You this question:

⁴Compared to this cosmic glory,^[2]

Why would You bother with puny, mortal man

Or pay any attention to Adam's sons?

⁵Yet what honor You have given to man!

Created only a little lower than Elohim,^[3]

Crowned like kings and queens with glory and majesty.

⁶As lords of creation You have delegated to them mastery Over

all You have made,
Making everything subservient to their authority,
Placing earth itself under the feet of Your image-bearers.^[4]
⁷⁻⁸All the created order and every living thing Of the earth, sky,
and sea—
The wildest beasts and all sea creatures,
Everything is in submission to Adam's sons.^[3]
⁹Great and powerful is Your name, O Lord, our Lord!
People everywhere see Your majesty!
What glory streams from the heavens,
Filling the earth with the fame of Your name!

^[1]. There may be a vast difference between the glory of the heavens and the little mouths of children and babies, yet by both the majestic name of the Lord is revealed. Isn't it amazing that perfected praises do not rise to God from the cherubim or seraphim, but from the children and babies?

^[2]. Implied in the text.

^[3]. This is the same Hebrew word used for the Creator God in Genesis 1:1.

^[4]. Implied in the text. The Septuagint translation of 8:5-7 is quoted in Hebrews 2:6-8.

^[5]. Implied in the context.

Psalm 9

Triumphant Thanks

*For the Pure and Shining One,
To the tune of "The Secrets of the Son."*^[1]

By King David.

¹O Lord, I will worship You with extended hands As my whole
heart explodes with praise!

I will tell everyone everywhere about Your wonderful works
And how Your marvelous miracles exceed expectations!

²I will jump for joy and shout in triumph As I sing Your song
and make music for the Most High God.

³For when You appear, I worship
While all of my enemies run in retreat.

They stumble and perish before Your presence.

⁴For You have stood up for my cause
And vindicated me when I needed You the most.
From Your righteous throne You have given me justice.

⁵With a blast of Your rebuke nations are destroyed.
You obliterated their names forever and ever.

⁶The Lord thundered and our enemies have been cut off;
Vanished in everlasting ruins.

All their cities have been destroyed,
Even the memory of them has been erased.

⁷But the Lord of Eternity, our mighty God, lives and reigns
forever!

He sits enthroned as King, ready to render His verdicts
And judge all with righteousness.

⁸He will issue His decrees of judgment, Deciding what is right
for the entire world;

Giving to each one everything they deserve.

⁹All who are oppressed may come to You as a Shelter in the time of trouble, a perfect hiding place.

¹⁰May everyone who knows Your mercy

Keep putting their trust in You,

For they can count on You for help no matter what.

O Lord, You will never, no never, neglect those who come to You!

¹¹Listen everyone! Sing out your praises to the God Who lives and rules within Zion!

Tell the world about all the miracles He has done!

¹²He tracks down killers and avenges bloodshed,

But He will never forget the ones forgotten by others,

Hearing every one of their cries for justice.

¹³So now, O Lord, don't forget me. Have mercy on me.

Take note of how I've been humiliated at the hands of those who hate me.

Bring me back again from the brink, from the very gates of death.

¹⁴Save me! Bring me to the spiritual gates of Zion So that I can bring You the shout of praise You deserve.

¹⁵For the godless nations get trapped In the very snares they set for others.

The hidden trap they set for the weak

Has snapped shut upon themselves—guilty!

¹⁶The Lord is famous for this: His justice will punish the wicked.

While they are digging a pit for others,

They are actually setting the terms for their own judgment.

They will fall into their own pit!

Pause in His presence

¹⁷Don't forget this: all the wicked will one day Fall into the darkness of death's domain and remain there;

Including the nations that forget God and reject His ways.

¹⁸He will not ignore forever all the needs of the poor, For those in
need shall not always be crushed.

Their hopes shall be fulfilled, for God sees it all!^[2]

¹⁹O Lord, won't You now arise to judge and Punish the nations
who defy You?

Aren't You fed up with their rebellion?

²⁰Make them tremble in fear before Your presence.

Place a lawgiver over them,

Make them know that they are only puny, frail humans

Who must give account to You!

Pause in His presence

^[1] As translated by Augustine, an early church father.

^[2] Implied in the text.

Psalm 10

The Cry of the Oppressed

¹Lord, You seem so far away! Why do You stand so far off As
though You don't care?

Why have You hidden Yourself when I need You the most?

²All this time the arrogant in their elitist pride Erupt with
persecution against the poor and helpless.

May You pour out upon them

The very evil they've planned against others!

³How they brag and boast of their cravings, exalting the greedy.
They congratulate themselves as they despise God.

⁴These arrogant ones, so smug and secure In their plots and
plans, they reassure themselves by saying:

"There is no God. There's no need of Him.

There's nothing to worry about!

Our wealth will last for all of time."

⁵So seemingly successful are they in their schemes, Prosperous
in all their plans and scoffing at any restraint.

Yet all this time they are unaware of His anger;

Not understanding that their day of judgment is ahead.

The Exalted God they deny will soon declare their doom!

⁶They boast that neither God nor men will bring them down.

They sneer at all their enemies, saying in their hearts,

"We'll have success in all we do and never have to face trouble."

Yet, all the time not knowing that they speak this in vain.

⁷Their mouths spout out cursing, lies, and threats.

Only trouble and turmoil come from all their plans.

⁸⁻⁹Like lions lurking in the shadows of the city, They crouch
silently in ambush for the people to pass by;

They pounce on the poor and catch them in their snare,
To murder their prey in secret!

They plunder their victims, presuming them all as inferior.¹⁰

¹⁰They crush the lowly, falling beneath their brutal blows, As
their victims collapse in defeat!

¹¹Then they say to themselves,

“The Lofty One is not watching while we do this,

We can get away with it!”

¹²Now is the time to arise, O Lord! Crush them once and for all!

Don't forget the forgotten and the helpless.

¹³How dare the wicked think they will escape in their evil,
Believing that You would not call them to account for all their
ways!

Don't let the wicked get away with their contempt of You!

¹⁴Lord, I know You see all that they're doing, Noting their each
and every deed.

You know the trouble and turmoil they've caused.

Now punish them thoroughly for all that they've done!

The poor and helpless ones trust in You, Lord,
For You are famous for being the Helper of the fatherless.

I know You won't let them down.

¹⁵Break the power of the wicked, and their arms of strength.
Search them out and destroy them for the wickedness they have
done.

¹⁶You, Lord, are King forever and ever!

You will see all the nations perish from off Your land.

¹⁷Lord, You know and understand all the hopes of the humble
And will hear their cries and comfort their hearts, helping them
all!

¹⁸The orphans and the oppressed will be terrified no longer, For
You will bring them justice,

And no one will trouble them.

[\[1\]](#). Implied in the text.

Psalm 11

Song of the Steadfast

*For the Pure and Shining One,
by King David.*

¹⁻²Lord, don't You hear what my well-meaning friends keep
saying to me: "Run away now while you can!

Fly away like a bird to hide in the mountains for safety.

For your enemies have prepared a trap for you!

They plan to destroy you with their slander and deceitful lies.

See them hiding in their place of darkness and shadows?

They're set against you and all those who live upright lives. Run
away!"

But don't they know, Lord, that I have made You my only Hiding
Place. Don't they know that I always trust in You?^[1]

³What can the righteous accomplish

When truth's pillars are destroyed and law and order collapses?

⁴Yet the Eternal One is never shaken— He is still found in His
holy temple

Reigning as Lord and King over all.

He is closely watching everything that happens.

And with a glance, His eyes examine every heart,^[2]

For His heavenly rule will prevail over all.

⁵He will test both the righteous and the wicked, Exposing^[3]
each heart.

God's very Soul detests those who love to resort to violence.

⁶He will rain down upon them judgment for their sins.

A scorching wind will be their portion and lot in life.

⁷But remember this:

The Righteous Lord loves what is right and just.

Every godly one will come into His presence
And gaze upon His face!

[1]. Implied in the text.

[2]. The actual Hebrew is His “eyelids.” Some compare it to the lid of the ark, the mercy seat.

[3]. Implied in the text.

Psalm 12

Song for the New Day

*For the Pure and Shining One,
a song of smiting
sung for the new day,
by King David.*[11](#)

¹Help, Lord! Save us! Godly ones are swiftly disappearing.
Where are the dependable, principled ones? They're a
vanishing breed!

²Everyone lies, everyone flatters, and everyone deceives. Nothing
but Empty talk, smooth talk, and double talk—Where are the
truthful?

³⁻⁴I know the Lord will not deal gently with people like that!
You will destroy every proud liar who says: "We lie all we want.
Our words are our weapons, and we won't be held accountable.
Who can stop us?"

May the Lord cut off their twisted tongues and seal their lying
lips!

May they all be silenced, those that boast and brag with their
Champion-talk about doing whatever they want!

⁵But the Lord says, "Now I will arise! I will defend the poor Who
were plundered, the oppressed and needy who groan for help.
I will arise to rescue and protect them!"

⁶For every promise God speaks is sure. Every word He speaks is
pure.

His truth is tested, found to be flawless, and ever faithful.
It's pure as sterling silver, refined seven times in a crucible of
clay.[12](#)

⁷⁻⁸Lord, You will keep us forever safe, Out of reach of the wicked.

Even though they strut and prowl,
Tolerating and celebrating what is worthless and vile,
You will still lift up those who are Yours!

[1]. The events surrounding this psalm could be the killing of the priests by Saul in 1 Samuel 22:17-19. Saul ordered the death of “eighty-five men who wore the linen ephod.” The killing rampage continued until an entire community of priests had been slaughtered with their women and children. This great evil marked David from that day forward. Regardless of what event prompted writing this, Psalm 12 is David’s godly response to ungodliness.

[2]. The clay furnace represents the heart of man. We are the earthen vessel inside which God has placed His flawless words. His words test us, try us, and refine us seven times over, until purified and assimilated into our spirits. The fire of testing purifies us as vessels to carry the Word within our hearts.

Psalm 13

Prayer Turns Depression into Delight^[1]

*For the Pure and Shining One,
by King David.*

¹Howmuch longer, Lord? Will You forget me forever?^[2]
Howmuch longer, Lord? Will You look the other way when I'm
in need?^[3]

²Howmuch longer must I cling to this constant grief?
I've endured this shaking of my soul.
So, howmuch longer shall my enemy have the upper hand?
It's been long enough!

³Take a good look at me, God, and answer me!
Breathe Your life into my spirit.
Bring light to my eyes in this pitch-black darkness
Or I will sleep the sleep of death.

⁴Don't let my enemy proclaim, "I've prevailed over him."
For all my adversaries will celebrate when I fall.

⁵Lord, I have always trusted in Your kindness, Answer me; I know
You will not fail me now^[4]

I will yet celebrate with passion and joy
When Your salvation lifts me high. ^[5]

⁶I will sing to You, the Most High, my song of joy.
For in all of this You have strengthened my soul.
My enemies say I have no Savior,
But I knowthat I have One in You!

^[1] Some believe David composed this shortly after being anointed to be the king of Israel. David knew greatness was his destiny but he struggled with the persecution and challenges that came before his exaltation. In the wilderness, David trusts and prays his way out.

[2]. This is the psalm that describes the journey from self to God, from despair to delight, from feeling abandoned to feeling affirmed. It begins with pain and ends with praise. Moaning gives way to music. We each can take comfort by what David experienced.

[3]. David feels like God is hiding His face from his cries as he is left alone to wrestle with his doubts, feeling like his patience can hold on no longer. Have you ever been there?

[4]. Implied in the text.

[5]. The term for “salvation” is *yeshu'sh* which is nearly identical to JESUS, our Salvation. Our Savior plans blessings and hope for each of us as we trust in Him.

Psalm 14

God Looks Down from Heaven^{[12](#)}

*For the Pure and Shining One,
by King David.*

¹Only the withering soul would say to himself,^{[12](#)}
“There is no God.”

Anyone who thinks like this is corrupt and calloused,
Depraved and detestable, devoid of what is good.

²The Lord looks down in love, bending over heaven’s balcony
Looking over all of Adam’s sons and daughters.

He is looking to see if there is anyone
Who is wise and has insight;

Any who is searching for Him, wanting to please God.

³But no, everyone has wandered astray, Walking stubbornly
towards evil.

Not one is good, He can’t even find one.

⁴Look how they live in luxury while exploiting My people!
Won’t these workers of wickedness ever learn!

They don’t even think of praying to God.

⁵But just look at them now, in panic; trembling with terror.
For the Lord is on the side of the generation of loyal lovers.

⁶The Lord is always the safest place for the poor When the
workers of wickedness oppress them.

⁷Oh, I wish their time of rescue were already here, And that God
would appear;

Arising from the midst of His Zion-people
To save and restore His very own.

Then what gladness and joy will break forth
When the Lord rescues Israel!

[1]. With few differences, Psalm 14 and Psalm 53 are nearly identical. Psalm 14 is practical, Psalm 53 is prophetic. Psalm 14 deals with the past, Psalm 53 with the future.

[2]. The word for “fool” comes from a Hebrew word meaning, “withering.” If we make no room for God we have a withered heart; our moral sense of righteousness is put to sleep, and the noble aspirations of the heart shrivel up and die.

Psalm 15

Living in the Shining Place^[1]

Apoetic song, by King David.

¹Lord, who dares to dwell with You?

Who presumes the privilege

Of being close to You;

Living in Your shining place of glory?^[2]

Who are the ones who daily dwell

In the life of the Holy Spirit?^[3]

²They are passionate and wholehearted, Always sincere, always speaking the truth— Trustworthy from the heart.

³They refuse to slander or offend others, By tripping over their tongue.

They'll never listen to gossip or rumors.

Nor would they ever harm another with their words.

⁴They will speak out passionately against evil, and evil workers; While commending the faithful ones who follow after the truth.

They always keep their promises, even if it ruins them.

⁵They never crush others with exploitation or abuse And they would never be bought with a bribe against the innocent.

They're the ones who will enter into the life of the Spirit.

They will never be shaken, but will stand firm forever.

[1]. Perhaps David's prophetic minstrels sang this song of instruction as they laid the ark to rest in David's Tent. It is a song that reveals who will dwell in God's holy presence and who will live with Him in heaven's glory. It actually is a description of Zion's Perfect Man, *Christ Jesus*, and eventually all those who are transformed into His image (Romans 8:29).

[2]. The Hebrew word for "sanctuary" is taken from a root word that means "shining place."

[3]. This psalm gives us David's Sermon on the Mount. If we will dwell in the

Holy Place, there must first be a holy place in our spirit where God dwells. God's guests must submit to the holiness that lives there. There is etiquette for God's house that is revealed in this psalm.

Psalms 16

The Golden Secret

A precious song engraved in gold, By King David.^[1]

¹Keep me safe, O Mighty God,
I run for dear life to You, my Safe Place.

²So I said to the Knowable God,
You are my Maker, my Mediator, and my Master.
You don't need my "goodness," for I have none apart from You.

³And He said to me,^[2] "My holy lovers are wonderful, My majestic ones, My glorious ones, fulfilling all My desires."

⁴All those who worship other gods
Will have troubles and sorrows unending.
I never even mention the names of their "gods,"
Nor give them honor in any way.

⁵Lord, I have chosen You alone as my inheritance.

You are my prize, my pleasure, and my portion.
I leave my destiny and its timing in Your hands.^[3]

⁶Your pleasant path leads me to pleasant places.
I'm overwhelmed by the privileges that come with following You.

⁷The way You counsel and correct me makes me praise You more;
For Your whispers in the night give me wisdom,
Showing me what to do next.

⁸I realize the Lord's presence surrounds me continually.
Because He is close to me, always available,
My confidence will never be shaken.

⁹My heart and soul explode with joy—full of glory!
Even my body will rest confident and secure.

¹⁰For You would not abandon me to the realm of death, Nor
would You allow Your Holy One to experience decay.

¹¹You always reveal to me the way of resurrection life,^[4]

The path that brings me to the overflowing joys;
The exquisite and eternal pleasures of gazing upon Your face.^[5]

^[1]. The Hebrew word used in the inscription is *michtam*. There are many variations of translation for this word. Here are the major ones: “golden, graven, a permanent writing, precious, hidden, or jewel.” The Septuagint renders this, “a sculptured writing of gold,” while other translations call it a “golden poem.” Perhaps the most accepted translation of *michtam* is “engraved in gold.” This speaks of the Divine nature engraved into our hearts by the Word. A new humanity is now stamped with God-life, engraved in His golden glory.

^[2]. Implied in the text.

^[3]. Implied in the text.

^[4]. Implied in the context.

^[5]. There is no Hebrew word for “presence.” When the psalmist wanted to speak of God’s presence he used the Hebrew word for “face.”

Psalms 17

A Cry for Justice

A priestly prayer by King David

¹Listen Lord, hear the passionate prayer of an honest man.

It's my piercing cry for justice!

My cause is just, my need is real.

I've done what's right, my lips speak truth.

²Lord, I live always before Your face, So examine and exonerate me.

Vindicate me and show the world I'm innocent.

³For in a visitation of the night

You inspected my heart

And refined my soul in fire

Until nothing vile in me was found.

I've wanted my words and my ways to always agree.

⁴Following Your Word has kept me from wrong.

Your commands kept me from going down

The forbidden paths of the destroyer.

⁵My steps follow in the tracks of Your chariot wheels, Ever staying in their path, never straying from Your way.

⁶You will answer me, O God, I know You always will, As You listen with love to my every prayer.

⁷You are the Mighty Savior of all who seek You.

Make clear to me the wonder of your mercy,

Like You do for all those who turn aside

To hide themselves in You.

⁸Protect me from harm, keep an eye on me, Like You would a child reflected in the twinkling of Your eye.

Yes, hide me within the shelter of Your embrace,

Under the wings of Your covering-cherubim.^[1]

⁹Protect me there from all my foes.

For many are those who surround my soul

To completely destroy me.

¹⁰They are pitiless, heartless—hard as nails, Swollen with pride
—how arrogant!

¹¹See how they close in on me, waiting for the chance
To throw me to the ground.^[2]

¹²They are like lions eager to tear me apart; Like young and
fearless lions lurking in secret,
So ferocious and cruel—ready to rip me to shreds.

¹³Arise God and confront them!
Challenge them with Your might!^[3]

Free me from their clutches
And rescue me from their rage.

¹⁴Throw them down to the ground,
Those whose life is only on this earth.

Thrust them out of their prosperity
And into their portion in eternity,
Leaving their wealth and wickedness behind!

¹⁵But as for me, my true treasure is found in You.

One day I will look You fully in the face,
Filled with Your righteousness.

When I fully awake from sin's slumber
To see You as You really are, I will be fully satisfied.

Seeing You will leave me confident, content, and
Filled with the revelation-appearing of Your glory in me!

^[1]. This becomes a reference to the mercy seat where sacred blood was sprinkled in the Holy of Holies. There the golden cherubim overshadowed all who entered the Divine Chamber (Exodus 25:18-20).

^[2]. This is what they did to Jesus. They threw Him to the ground and nailed Him

to the cross.

[3]. The word used here is *sword*. An alternative translation would be, “Rescue my soul from the wicked one, who is Your sword.” The wicked are sometimes God’s tools to execute His judgments (Isaiah 10:5, Jeremiah 51:20).

Psalm 18

How I Love You, Lord!

Praises sung to the Pure and Shining One, by King David, His loving servant.^[1]

*Composed when the Lord rescued David from
all his many enemies, including from the brutality of Saul.*^[2]

¹Passionately I love You! I want to embrace You, Lord,^[3]

For look how You've made me strong!

²You are to me like bedrock beneath my feet, Like a castle on a
cliff, my forever-firm fortress,

My mountain of hiding, my pathway of escape,

My tower of rescue where none can reach me,

My secret strength and shield around me,

You are salvation's ray of brightness shining on the hillside,^[4]

Always the champion of my cause.

³So all I need to do is to call out to You, Singing to You, the
praise-worthy God.

And every time I do, I'm safe and sound in You.

⁴⁻⁵When the spirit of death wrapped chains around me,^[5]

When terrifying torrents of destruction overwhelmed me

And took me to death's door, to doom's domain;

⁶I cried to Him in my distress, the delivering God, And from His
temple-throne He heard my troubled cry.

My sobs came right into His heart

As He turned His face to rescue me.^[6]

⁷The earth completely shivered and shook.

It reeled and rocked before Him.

As the mountains melted—how they melted away!

For His anger was kindled, burning on my behalf!

⁸Fierce flames leapt from His mouth.

Blazing, burning coals erupted
As smoke and fire encircled Him.

⁹⁻¹⁰He stretched heaven's curtain open and came down to my
defense.

Swiftly, He rode down as the stormy sky was lowered!
He rode a chariot of thunderclouds amidst thick darkness!

A cherub, His steed, as He swooped down,
Soaring on the wings of Spirit-wind.

¹¹Wrapped and hidden in the thick-cloud darkness His
thunder-tabernacle surrounding Him.

He dressed Himself with mystery-darkness,
The dense rain clouds were His clothing.

¹²Suddenly, the brilliance of His presence broke through With
lightning bolts and with a mighty storm from heaven.

Like a tempest dropping coals of fire.

¹³The Lord thundered, the Great God above every god Spoke with
His thunder-voice from the skies.

What fearsome hailstones and flashes of fire sprang forth!

¹⁴He shot out His lightning-arrows, and routed my foes.
See how they now run and scatter in fear!

¹⁵Then He released His mighty roar,
Laying bare the foundations of the earth,
Showing the secret source of the sea.

Look! The hidden depths of land and sea are now exposed
By the hurricane-blast of His flame-breath.

¹⁶He then reached down from heaven,
All the way from sky to sea.

He reached down into my darkness to rescue me!

He took me out of my calamity and chaos

And drew me to Himself from the depths of my despair!

¹⁷Though I was helpless in the hands of my hateful, strong

enemy^[7]

You were good to deliver me.

¹⁸On the day I was weakest, my enemies attacked— But the Lord
held me tight and true.

¹⁹Surprised by His love, He led me forth, Breaking open the way
into a beautiful broad place!^[8]

I'm rescued! All because He delights in me! ^[9]

²⁰He rewarded me for doing what's right and staying pure.

²¹I follow His commands and will never stop.

I'll not sin by ceasing to follow Him no matter what.

²²For I kept my eyes focused on His righteous words And I
obeyed everything He told me to do.

²³I did my best to be blameless and follow all His ways, Keeping
my heart from doing wrong.

²⁴I kept my integrity by being fully His And so the Lord has
rewarded me with His blessing.

All of this blessing is the treasure I found

When I kept my heart clean before His eyes.

²⁵How we live will dictate how God deals with us.^[10]

Good people will taste Your goodness, Lord.

And with those who live loyal to You,

You love to prove that You are loyal and true.

²⁶With those who are purified, they find You always pure.

But to the crooked and cunning,

You'll outwit them with Your craftiness.

²⁷To the humble, You bring heaven's deliverance.

But the proud and haughty You disregard.

²⁸God, all at once You turned on a floodlight for me!

You are the revelation-light in my darkness,

And in Your brightness I can see ahead,

²⁹With You as my strength I can crush an enemy hoard

Advancing through the strongholds that stand in front of me.

³⁰What a God You are! Your path for me has been perfect!

All Your promises have proven true!

What a secure shelter for all who turn to hide themselves in

You!

You are the wrap-around God that gives grace to me. [III](#)

³¹Could there be any other god like You?

You are the only God to be worshipped.

There is not a more secure foundation than You.

³²You make me stronger than before,

And now You've given Your perfection to me.

³³Through You I ascend to the highest peaks of Your glory To
stand in the heavenly places, strong and secure in You!

³⁴You've trained me with weapons of warfare-worship, Now I'll
descend down into battle with power,

To chase and conquer my foes.

³⁵For here is how You empower me:

Your wrap-around presence gives me victory.

Your power within makes me strong to subdue,

And by stooping down in gentleness to strengthen me

You've made me great!

³⁶You've set me free from being captured And now I'm standing
complete, ready to fight some more!

³⁷Catching up with my enemies, I conquered them, And didn't
turn back until the war was won!

³⁸I broke them to pieces, pinned them to the ground.

I finished them for good, and they fell as good as dead.

³⁹For You armed me with Your armor

And made my adversaries bow low, defeated at my feet.

⁴⁰You made them all turn tail and run, For through You I
destroyed them all!

Forever silenced, they will now taunt me no more.

⁴¹They shouted for help but none dare rescue them.

They shouted to God but He refused to answer them.

⁴²So I pulverized them to powder and cast them to the wind.

I swept them away like dirt on the floor.

⁴³You gave me victory on every side,

For look how the nations come to serve me.

Even those I've never heard of come and bow at my feet.

⁴⁴As soon as they heard of me, they submitted to me.

Even the rebel-foreigners obey my every word.

⁴⁵Their rebellion fades away as they come near, Trembling in
their strongholds,

They came crawling out of their hideouts

Cringing in fear before me, their courage was gone.

⁴⁶The Almighty is alive and conquers all!

Praise is lifted high to the Unshakeable God!

Towering over all, He is worthy to be praised, my Savior-God!

⁴⁷Look how He pays back harm to all who harm me, Subduing all
the people who come against me!

⁴⁸He rescues me, from my every enemy,

Holding me out of reach, lifting me up high,

Far from the grasp of my violent foe.

⁴⁹This is why I'm thanking God with high praises.

I will sing my song to the Highest God;

All among the nations will hear me.

⁵⁰Many times Your miracle-rescue came to me, the king You
appointed.

You've been merciful and kind to me, Your anointed.

This favor will be forever seen upon Your loving servant, David

And to all my true seed, every heir of this promise! [\[12\]](#)

[1]. This magnificent poem is so important to the Holy Spirit that it appears twice in the Bible. You will find it again in 2 Samuel 22.

[2]. The word here is actually “the paw of Saul.” He was like a beast that chased David until his death.

[3]. The Hebrew word used here for “love” is not the usual word to describe love. It is a fervent and passionate word that carries the thought of embrace and touch. It could actually be translated, “Lord, I want to hug you!” Haven’t you ever felt like that?

[4]. The Hebrew word for “horn” (i.e. horn of my salvation) comes from a root word meaning “ray of brightness,” or “hillside.” The translator has chosen to include both concepts in the translation.

[5]. Literal Hebrew: “When the flood of Belial made me afraid.”

[6]. This scene is a poetic portrayal, not only of how God answered David’s prayer, but also a picture of the sufferings of a Greater Son of David, Jesus, who hung on the cross with cries of agony. God heard Him and put His hand on the earth, shaking the planet as thick clouds covered the sun.

[7]. Death, indeed, is our strong enemy. Only through Christ are we delivered from its grip.

[8]. This could be the throne room of heaven.

[9]. Here in verses 16-19 you can see the glorious resurrection of Christ as the Father reached down and kissed the Son with life and love. Read it again and think of Christ in the tomb being raised by the Father.

[10]. This is a summary of the passage, implied in the text.

[11]. The Hebrew word used here for “shield,” means “to wrap around in protection.” God Himself is our force-shield of grace.

[12]. Implied in the text.

Psalm 19

God's Witnesses

For the Pure and Shining One,

A poem of praise, by King David, His loving servant.

[God's Story in the Skies]

¹God's splendor is a tale that is told, His testament in the stars,
Speaking His story every day
From the zodiac of the heavens.

His truth is on tour in the starry-vault of the sky,
Showing His skill in creation's craftsmanship.

²Each day echoes its secret to the next, Night with night
sharing its revelation-knowledge.

³Without a sound, without a word,
Without a voice being heard,

⁴Yet all the world can see its story,
Everywhere the revelation report
Is clearly read so all can know

⁵What a heavenly home God set for the sun, Shining in the
superdome of the sky!

Look how he leaves his celestial chamber each morning,
Radiant as a bridegroom ready for his wedding,

Like a day-breaking champion eager to run his course.

⁶He rises on one horizon completing his circuit on the other;
Warming lives and lands with his heat.

[God's Story in the Scriptures]

⁷His Word is perfect in every way,
How it revives our souls!
His laws lead us to truth,
His ways make us wise!

⁸His teachings make us joyful and give us light, His precepts so
pure!

His commands, how they challenge us

To keep close to His heart!

The revelation-light of His Word

Makes my spirit shine radiant!

⁹To fear Him keeps me faithful,

To follow Him keeps me full of life!

Nothing He says ever needs to be changed.

¹⁰The rarest treasures of life are found in His truth.

I prize God's Word like others prize the finest gold.

Nothing brings the soul such sweetness

As seeking His living Words.

¹¹For they warn His servants

From following the wicked way,

Giving a lifetime guarantee:

Great success to every obedient soul!

¹²Without this revelation-light^[1]

How would I ever detect the waywardness of my heart?^[2]

Forgive my hidden flaws whenever You find them!

¹³Keep cleansing me, God.

And keep me from my secret, selfish sins;

May they never rule over me!

Only then will I be free from fault

And remain innocent of rebellion.

¹⁴Now may the words of my mouth,

My meditation-thoughts

And every movement of my heart

Be always pure and pleasing,

Acceptable before Your eyes,

My only Redeemer,

My Protector-God.^[3]

^[1]. Implied in the text.

^[2]. The word *waywardness* is taken from the Hebrew word for “errors.”

^[3]. Implied in the text.

Psalms 20

A Song of Trust

*For the Pure and Shining One,
a poem of praise, by King David.*

¹In your day of danger may the Lord answer and deliver you!
May the name of “The God of grace” set you safely on high![\[1\]](#)

²May supernatural help be sent from His sanctuary!

May He support you from Zion’s fortress!

³May He remember every gift you have given Him, And
celebrate every sacrifice of love you have shown Him.

Pause in His presence

⁴May God give you every desire of your heart And carry out your
every plan as you go to battle.[\[2\]](#)

⁵When you succeed we will celebrate and shout for joy.

Flags will fly when victory is yours!

Yes, God will answer your prayers and we will praise Him!

⁶Now I know God gives me all I ask for And brings victory to His
anointed king.

My deliverance cry will be heard in His holy heaven.

Through His mighty hand

Miracles will manifest with His saving strength.

⁷Some find their strength in their weapons and wisdom, But my
miracle deliverance cannot be won by men.

We boast in the Lord our God who

Makes us strong and gives us victory!

⁸Our enemies will not prevail, they will only collapse and Perish
in defeat while we will rise up and be full of courage!

⁹Give victory to our king, O God!

The day we call on You, give us Your answer!

[\[1\]](#). The name used for God here is “The God of Jacob.” Jacob was one transformed by God’s grace, changed from a schemer who took from others, into Israel, God’s prince.

[\[2\]](#). Implied in the context.

Psalm 21

Through Your Strength

*For the Pure and Shining One,
King David's poem of praise.*

¹Through Your strength the king is strong.

Look how he rejoices in You, O Lord! [11](#)

The king explodes with joy, singing a song because of Your
victory!

²For You have given him his heart's desire, Anything and
everything he asks for.

You have withheld not a thing from Your betrothed one.

Pause in His presence

³Through his encounter with You, rich blessings overflow
You placed a royal crown of gold upon his head.

⁴He wanted resurrection—You have given it and more!

The days of his blessing stretch on one after another, forever!

⁵You have honored him and made him famous.

Glory garments are upon him.

Splendor and majesty surround him because of You!

⁶Your victory heaps blessing after blessing upon him.

What joy and bliss he tastes, rejoicing before Your face!

⁷For the king trusts endlessly in You. He will never stumble,
never fall.

Your never failing, forever-love holds him firm.

⁸Your almighty hands have captured Your foes.

You uncovered all who hate You and You seized them.

⁹⁻¹⁰When You appear before them, unveiling the radiance of
Your face, [12](#)

They will be burned by the fierce inferno of Your presence.

Flames will swallow them up, even their descendants will be
Destroyed by the unrelenting fire!

¹¹For these are ones who plot and plan Evil against the Lord. We
will watch them fail and fall!

¹²You will make them turn and run at the sight Of Your
judgment-arrow aimed straight at their hearts!

¹³By Your strength Lord! By Your strength I lift You high!
By Your strength I sing praise to Your power!
By Your strength I lift this song to the Above-All God!

[\[1\]](#). Think of this song as a praise song to Jesus, our True King.

[\[2\]](#). Implied in the text.

Psalm 22

A Prophetic Portrait of the Cross^[1]

*For the Pure and Shining One,
King David's song of anguish, to the tune of "The Deer Giving Birth at the Day-
Dawning."*^[2]

¹God, O God—my God!

Why would You forsake me now?^[3]

²Why do You remain distant,
Refusing to hear my moaning, my groaning?
I weep with desperate cries for Your help.
I can't stop sobbing.

Where are You, my God?

³Yet, I know You are most holy—it's indisputable.
You are the Enthroned God, surrounded with songs,
Living among the shouted praises of Your princely people.

⁴Our fathers' faith was in You,
Over and over they trusted,

Believing in You and You came through.

⁵Every time they cried to You in their despair, You were faithful
to deliver them.

You didn't disappoint them.

⁶But look at me now, I am like a woeful worm, Crushed, and I'm
bleeding crimson.^[4]

I don't even look like a man anymore!

Abused, despised, and scorned by everyone!

⁷Mocked by their jeers, despised with their sneers, Spitting their
insults, all the people poke fun at me.

⁸Saying, "Don't tell me this is the one who trusted in God!
Is this the one who claims God is pleased with him?"

Now let's see if He'll come to your rescue!
We'll just see how much He delights in you!"

⁹Lord, You brought me forth safely from my mother's womb.
You are the One who cared for me ever since I was a baby.

¹⁰Since the day I was born I've been placed in Your custody.
You've cradled me throughout my days.
I've trusted in You and You've always been my God.

¹¹So don't leave me now; stay close to me!
For trouble is all around me
And there's no one else to help me.

¹²I'm surrounded by these violent foes; Forces of evil swirling
around me
That want to break me to bits and destroy me. [\[3\]](#)

They are many, they are mighty!
¹³Curses pour from their mouths!

They are like ravenous roaring lions tearing their prey.

¹⁴Now I'm completely exhausted, I'm spent.
Every joint of my body has been pulled apart.
My courage has vanished.
My inward parts have melted away.

¹⁵I'm so thirsty, parched, and dry as a bone.
My tongue sticks to the roof of my mouth.
You have left me in the dust for dead.

¹⁶They have pierced my hands and my feet.
Like a pack of wild dogs they tear at me
Swirling around me, with their hatred,
They gather around me!
They maul my hands and feet.

¹⁷All my bones stick out.
Look how they all gloat over me and stare!

¹⁸With a toss of the dice they divide

My clothes among themselves,
Gambling for my garments!
¹⁹Lord, please don't stay far away.
O God, my only Might and Strength,
Won't You come quickly to my rescue?
²⁰Give me back my life. Save me from this violent death, My
precious one and only^[6]
From the power of these demons!^[7]
²¹Save me from all the power of the enemy; From this roaring lion
raging against me
And the power of his dark hoard.
²²I will praise Your name before all my brothers, As my people
gather I will praise You in their midst.^[8]
²³Lovers of Yahweh, praise Him!
Let all the true seed of Jacob glorify Him with your praises.
Stand in awe of Him, all you princely people, the offspring of
Israel!
²⁴For He has not despised my cries of deep despair.
He is my First Responder to my sufferings
And didn't look the other way when I was in pain.
He was there all the time, listening to the song of the afflicted.
²⁵You are my Praise, it comes from You and goes to You.
Among the congregation of Your people,
I will keep my promise to praise You before all who fear You.
²⁶I will invite the poor and broken and they will eat until
satisfied.
Bring Yahweh praise and you will find Him.
Your hearts will overflow with outrageous joy!^[9]
²⁷From the four corners of the earth, the peoples of the world
Will remember and return to the Lord.
Every nation will come and worship Him.

²⁸For the Lord is King of all, and takes charge over all the nations.

²⁹There they are! They're worshipping!
All the wealthy of this world will feast in fellowship with Him!
Alongside of them will be the humble of heart,
Bowing down to the dust, forsaking their own souls,
They will all come and worship this worthy King!

³⁰His spiritual seed shall serve Him;
Future generations will hear from us about the wonders of the Lord.

³¹His "generation" not yet born will glorify Him.
And they will all preach: "It is finished!"

[1]. There were thirty-three distinct prophecies from this psalm that were fulfilled when Jesus was on the cross.

[2]. This could be an amazing picture of Christ giving birth at the cross to a generation of His seed. They are like children of God born in the dawning of that resurrection morning.

[3]. When Jesus quoted these words dying on the cross, He was identifying Himself as the One David wrote about in this psalm. It is a breathtaking portrayal of what Jesus endured through His sufferings for us. The psalm ends with another quotation of Jesus on the cross, "It is finished!"

[4]. The Hebrew word for "worm" is also the word used for "crimson" or "scarlet." There was a certain kind of worm in the Middle East, that when crushed, it bleeds a crimson color so strong it was used as a dye for garments.

[5]. Many translations have here "strong bulls of Bashan." The translator sees here the forces of darkness and evil spirits that surrounded Jesus, taunting and tormenting Him while on the cross. The root word for "bull" means to "break" or "destroy." The word *Bashan*, although known as a fertile land northeast of the Sea of Galilee, is also a word for "serpent." This represents the many demonic spirits who came against the Son of God while being crucified.

[6]. We are that "one and only" child in this psalm. On the cross, Jesus, like a deer giving birth at the dawning light, [see inscription of Psalm 22] cared less that his body was being torn apart, and more for our protection and salvation. He prayed for us as He faced the death of the cross.

[7]. The Hebrew text uses the word *dogs*, which is implied to mean evil spirits who were bent on destroying Jesus on the cross. The Hebrew word for “dog” is taken from a root word meaning “to attack.”

[8]. Between verse 21 and verse 22 the glorious resurrection of Jesus takes place. The music is elevated to a higher key as victory is sounded forth. “My people gather” is a reference to the church that was birthed through His resurrection glory. (See also verse 25)

[9]. Implied in the text.

Psalms 23

The Good Shepherd

David's poetic praise to God.

¹God is my Fierce Protector and my Provider.^[1]

I always have more than enough.

²Like a Shepherd He finds a resting place for me In His luxury-love.

His tracks take me to the quiet brooks of bliss, an oasis of grace.

³That's where He restores and revives my life.

He opens before me pathways to God's pleasure,
Leading me along in His footsteps of righteousness,
So that I can bring honor to His name.

⁴Even when His path takes me through
The valley of deepest darkness

Fear will not conquer me, for You already have!
Forever close to me, You will lead me through it all the way.
The strength of Your authority is my peace, my reassurance.
The comfort of Your love takes away my fear.

I'll never be lonely when You are near.^[2]

⁵You become my delicious feast

Even when my enemies dare to fight.

You anoint me with the fragrance of Your Holy Spirit,^[3]

You give me all I can drink of You until my heart overflows.

⁶Why would I fear the future? For Your goodness and unfailing
love Will always be my companions every day;
Then afterwards—when my life is through
I'll return to Your glorious presence
Forever with You!

^[1]. The word most commonly used here is *shepherd*. In the days when David

wrote this, a shepherd was as much a warrior as a gentle caregiver for sheep. Living in the wilderness with wild beasts, shepherds were both brave and strong.

[\[2\]](#). Implied in the text.

[\[3\]](#). The word *oil* is used here in other translations and becomes a symbol of the Holy Spirit.

Psalms 24

The Glory-King

David's poetic praise to God.

¹God claims the world as His!

Everything and everyone belongs to Him!

²He is the One who pushed back oceans

To let the dry ground appear,

Planting firm foundations for the earth.

³Who then, dares to climb up into the presence of the Lord?

And who has the right to enter into the holy place where He dwells?

⁴It will be those who are clean, and whose works and ways are pure; Whose hearts are true and who are sealed in the truth,

Those who never deceive, and whose words are sure.

⁵Those who live like this will receive the Lord's blessing, And the righteousness given by the Savior-God.

⁶They are the very ones who will stand before God.

For they seek the pleasure of Jacob's God by seeking His face.

Pause in His presence

⁷So wake up, you living gateways!

Lift up your heads, you ageless doors of destiny!

Welcome the Glory-King who is about to come through you!

⁸You ask, "Who is this Glory-King?"

It is the Lord, armed and ready for battle,

The Mighty One, invincible in every way!

⁹So wake up you living gateways, and rejoice![141](#)

Fling wide open, you forever-doors of destiny!

Here He comes; the Glory-King is ready to come in!

¹⁰You ask, "Who is this Glory-King?"

He's the Lord of Victory, armed and ready for battle,
The Mighty One, invincible Commander of heaven's hosts!
Yes, He is the Glory-King!

Pause in His presence

[\[1\]](#). The Hebrew text says “lift up your heads,” which is a figure of speech for rejoicing. We are those living gateways that rejoice as the Lord draws near to us, His temple.

Psalms 25

Don't Fail Me, God!

King David's poetic praise to God.

¹Lord, I lift up my soul into Your very presence.

²Don't fail me God, for I keep trusting in You!

Don't let my foes gloat over me.

Don't let the shame of defeat come over me.

³For no one can be disgraced

When they trust and hope in You,

But all will be defeated and ashamed

When they harm the innocent.

⁴Lord, take me on the journey

To experience Your plans for my life.

Reveal to me the life-paths that are pleasing to You.

⁵Lead me forward and teach me, take me by the hand, O God of
my increasing salvation,

I have no hope except in You!

⁶⁻⁷Lord, forgive my failures as a young man.

Overlook the sins of my immaturity.

Look at me instead through the eyes of love and grace,

Through Your forgiving eyes of mercy and compassion.

Remember me as one You love and care for.

Lord, You are so good to me!

⁸For You are easy to please, faithful and true.

When someone turns to You,

How joyfully You teach them the proper path,

Even when they go astray.

⁹You steer the humble into the best decision, Bringing
revelation-light to train them in the truth.

¹⁰When they obey You, and follow Your ways, You always lead them into pleasant paths of love and faithfulness!
Such love surrounds them as Your truth takes them forward.

¹¹But Lord, how many are my sins!
For the honor of Your name, forgive them all,
Lift their burden off my life!^[1]

¹²My question is this: How does one live in the holy fear of God?
You will be the One revealing the right path to take.

¹³Then his soul would live in prosperity and favor.
And his descendants inherit all that is good.

¹⁴Intimate friendship with the Lord means sitting near Him, It is a place reserved only for His lovers.
They receive the revelation-secrets of His promises.^[2]

¹⁵My eyes are ever gazing on You, Lord.
You're the only One that can rescue me.

¹⁶Come closer to me now, Lord—I need Your mercy.
I'm helpless, mistreated, all alone, and in misery!

¹⁷My problems are going from bad to worse.
Only You can free me from all these troubles!

¹⁸Can't You see all my sorrows, can't You feel my pain?
My troubles and trials are more than I can handle.
Won't You lift off of me the burden of all my sins?

¹⁹Don't You see all my enemies, how they viciously hate me?
²⁰Save me, protect me from their power against me!

Let it never be said that I trusted You
And You didn't come to my rescue.

²¹May Your perfection and faithfulness be my bodyguards, For I trust and hope in You as my only protection.

²²Elohim, You will provide the ransom price for Israel, Saving her from all her troubles!

[\[1\]](#). The Hebrew word used here for “forgive” or “pardon” is a rare word only used twice in the Old Testament and comes from a root word meaning “to lift off a burden.”

[\[2\]](#). The Hebrew word for “secret” is the word for “couch.” This is the place intimate friends would sit together to talk and to share conversation.

Psalms 26

Declare Me Innocent

King David's poetic praise to God.

¹You be my Judge, declare me innocent!

Clear my name, for I have tried my best to keep Your laws
And trust You without wavering.

²Lord, You can scrutinize me.

Refine my heart, probe my every thought,
Put me to the test and You'll find it's true.

³I will never lose sight of Your love for me.

Your faithfulness has steadied my steps.

⁴I won't keep company with tricky, two-faced men, Nor will I go
the way of those

Who defraud, concealing their motives.

⁵I despise the sinner's hangouts,
Refusing to even enter them.

You won't find me walking among the wicked.

⁶⁻⁷When I come before You, I'll come clean, Approaching Your
altar with songs of thanksgiving;

Singing aloud the songs of Your mighty miracles.

⁸Lord, I love Your Home, this place of dazzling glory, The
splendor and light of Your presence!

⁹Don't treat me as one of them,
These scheming sinners

Who plot violence against the innocent.

¹⁰Look how they devise their wicked plans; Holding the innocent
hostage for ransom.

¹¹I'm not like them, Lord—not at all.

Save me, redeem me with Your mercy

For I have chosen to walk only in what is right.
¹²I will proclaim it publicly in every congregation, Because of
You, Lord, I will take my stand on righteousness alone!

Psalms 27

Fearless Faith

*David's poetic praise to God
before he was anointed king.*¹¹

¹The Lord is my Revelation-Light and the source of my salvation.
With Him as my life's strength I will fear no one!
With You surrounding me, protecting me, I'll never turn back in
fear.

²When evil ones come to destroy me they will be the ones who
turn back.

³Even if an army rises to attack me, my heart will not be afraid.
I know that God will be there for me so I will not be shaken.

⁴Here's the one thing I want from God, the thing I seek above all
else: I want the privilege of living with Him every moment in His
house,

Finding the sweet loveliness of His face;
Filled with awe, delighting in His glory and grace.

I want to live my life so close to Him

That He takes pleasure in my every prayer.

⁵⁻⁶In His shelter in the day of trouble, that's where you'll find me,
For He hides me there in His holiness.

He has smuggled me into His secret place

Where I'm safe and secure, out of reach from all my enemies.

Triumphant now, I'll bring Him my offerings of praise,

Singing with shouts of ecstatic joy!

Yes, listen and you can hear the fanfare

Of my shouts of praise to the Lord!

⁷God, hear my cry! Show me grace,

Show me mercy, send the help I need!

⁸Lord, when You told me to seek Your face, My inner being
responded:

I'm coming to seek Your face with all my heart!

⁹Don't hide Yourself, Lord, when I come to find You.

God of my salvation, how can You reject Your servant in anger?

You've been my only hope,

Don't forsake me now when I need You!

¹⁰My father and mother abandoned me. I'm an orphan!

But You took me in and made me Yours.

¹¹Now teach me all about Your ways and tell me what to do.

Make it clear for me to understand

For I am surrounded by waiting enemies.

¹²Don't let them defeat me Lord!

You can't let me fall into their clutches!

They keep accusing me of things

I've never done while they plot evil against me.

¹³Yet, I totally trust You to rescue me One more time, so that I
can see once again

How good You are while I am still alive!

¹⁴Here's what I've learned through it all: Don't give up, don't be
impatient;

Be entwined with the Lord.

Be brave, courageous, and never lose hope.

Yes, keep waiting—for He will never disappoint you!

[^{\[1\]}](#). Heading of the psalm as translated in the Septuagint.

Psalms 28

My Strength and Shield

David's poetic praise to God.

- ¹I'm pleading with You Lord, help me!
Don't turn a deaf ear to my cry, for You are my Defender.
If You remain aloof and refuse to answer me
I might as well give up and die.
- ²Can't You see me turning towards Your mercy seat, As I lift my
hands in surrendered prayer?
Now Lord, please listen to my cry.
- ³Don't allow me to be punished with the wicked ones; The
hypocrites who speak sweetly to their neighbor's face,
But hold evil against them in their hearts.
⁴Go ahead and punish them as they deserve.
Let them be paid back for all their evil plans
In proportion to their wickedness.
- ⁵Since they don't care anything about You, Nor about the great
things You've done,
Take them down like an old building being demolished,
Never again to be rebuilt.
- ⁶But may Your name be blessed and built up!
For You have answered my passionate cry for mercy.
- ⁷Now You are my Strength and my Shield from every danger.
When I fully trust in You, help is on the way.
I jump for joy and burst forth with ecstatic, passionate praise,
Singing songs of what You mean to me!
- ⁸You will be the inner strength of all Your people, Mighty
Protector of all; The saving strength for all Your anointed ones.
- ⁹Protecting and cherishing Your chosen ones; In You they will

never fall.

Keep leading us forward like a Shepherd that goes before us,
Forever carrying us in Your arms!

Psalms 29

The Glory-God Thunders!

*King David's poetic praise to God for the last days of
the Feast of Tabernacles.*^[1]

¹Proclaim His majesty, all you mighty champions, You sons of
Almighty God!

Give all the glory and strength back to Him!

²Be in awe before His majesty. Be in awe before such power and
might!

Come worship wonderful Yahweh arrayed in all His splendor!
Bow in worship as He appears in all His beautiful holiness.

Give Him the honor due His name!

Worship Him wearing the glory-garments
Of your holy, priestly calling!

³⁻⁴The voice of God echoes through the skies and seas.

The Glory-God reigns as He thunders in the clouds.

So powerful His voice, so brilliant and bright;

How majestic as He thunders over the seas!

⁵His tympanic thunder topples the strongest of trees.^[2]

His symphonic sound splinters the mighty forests.

⁶Now Zion's mountains move by the might of His voice!^[3]

He shakes the snowy peaks with His ear-splitting sound!

⁷The lightning-fire flashes, striking as He speaks.

⁸God reveals Himself when He makes the fault lines quake;
Shaking deserts, speaking His voice.

⁹With fear and trembling man and beast are jolted.

With His voice like thunder, forests are laid bare.

While in His temple all fall before Him each one shouting,
"Glory, glory, the God of glory!"

¹⁰Above the furious flood, the Enthroned One lives, The King-
God rules with eternity at His side.

¹¹This is the One who gives His strength and might to His
people.

This is the Lord giving His kiss of peace.

[\[1\]](#) The additional words of the inscription are found in the Septuagint translation.

[\[2\]](#) Trees in the Bible are a symbol used for men. The strongest of men are toppled and bowed down when the Glory-God speaks.

[\[3\]](#) Mt. Hermon was an ancient term used interchangeably with Mt. Zion (see Psalm 133).

Psalm 30

He Healed Me

King David's poetic praise to God.

A song for the feast of dedication of the dwelling place.

¹I will lift You high, exalting You, O Lord, For You lifted me up
on high!

Over all my boasting, gloating enemies You made me to
triumph.

²O Lord, my healing God, I cried out to You for a miracle And
You healed me!

³You brought me back from the brink of death, from the depths
below

Nowhere I am, alive and well, fully restored!

⁴O sing and make melody, everyone! Steadfast lovers of God,
Give thanks to Him every time you reflect on His holiness!

⁵I've learned that His anger is short lived, But how His loving
favor lasts a lifetime!

Our weeping may endure through the night,
But as the day breaks forth it will become shouts of ecstatic joy.

⁶⁻⁷I remember boasting, "I've got it made! Nothing can stop me
now!

I'm God's favored one, He's made me steady as a mountain!"
But then suddenly, it seemed as though You hid Your face from
me,

I was panic-stricken and I got so depressed.

⁸Still I cried out to You, O Lord, I shouted out for mercy.

⁹Pleading I said, "What would You gain in my death, my going
down To the depths of darkness? Will a grave sing Your song?

How could death's dust declare Your faithfulness?"

¹⁰So hear me now Lord, show me Your famous mercy.

O God, be my Savior and rescue me!

¹¹Then He came through, transforming all my wailing Into a
whirling dance of ecstatic praise!

He has torn the veil and lifted from my soul the sad heaviness of
mourning.

He wrapped me in the glory-garments of gladness!

¹²How could I be silent when it's time to praise You!

Now my heart sings out loud, bursting with joy—
A bliss inside that keeps me saying, "I can never thank You
enough!"

Psalm 31

How Great is Your Goodness

*For the Pure and Shining One,
A song of poetic praise, by King David.*

¹I trust You Lord, to be my Hiding Place. Don't let me down.
Don't let my enemies bring me to shame. Come and rescue me,
For You are the God who always and only does what is right.

²Rescue me quickly when I cry out to You.

At the sound of my prayer may Your ear be turned to me.

Be my strong Shelter and Hiding Place on high.

Pull me into victory and breakthrough.

³⁻⁴For You are my Fortress on a high cliff where I'm kept safe.

You are to me a Stronghold of salvation.

It will bring glory to Your name

When You deliver me out of this peril.

As You guide me forth I'll be kept safe

From the hidden snares of the enemy,

The secret traps that lie before me.

For You have become my Strength.

⁵Into Your hands I now entrust my spirit. [III](#)

O Lord, the God of faithfulness, You have rescued and redeemed
me.

⁶I despise these deceptive illusions, all this pretense and
nonsense; For I worship only You.

⁷In mercy You have seen my troubles,

And You care for me even during this crisis in my soul,
I will be radiant with joy, filled with praise for Your love and
mercy.

⁸You have kept me from being captured and conquered by my

enemy, Breaking open the way to bring me to freedom,^[2]
Into a beautiful broad place.^[3]

⁹O Lord, help me again! Keep showing me such mercy.
For I am in anguish, always in tears, worn out with weeping.
I'm becoming old because of grief, my health is broken.

¹⁰I'm exhausted! My life is spent with sorrow, My years with
sighing and sadness.

Because of all these troubles I have no more strength.

My inner being^[4] is so weak and frail.

¹¹My enemies say, "You are nothing!"

Even my friends and neighbors hold me in contempt!
They dread meeting me and look the other way when I pass by.
¹²I am totally forgotten, buried away like a dead man, Discarded
like a broken dish thrown in the trash.

¹³I overheard their whispered threats, the slander of my enemies.
I'm terrified as they plot and scheme to take my life.

¹⁴I'm desperate, Lord! I throw myself upon You, For You alone are
my God!

¹⁵My entire life, my every moment, my destiny—it's all in Your
hands.

So I know You can deliver me from those who persecute me
relentlessly.

¹⁶Let Your shining face shine on me.

Illuminate my darkness with Your undying love.

Let Your glorious grace save me from all this gloom.

¹⁷May my shame and disgrace be replaced By Your favor when I
call upon You.

But let shame and disgrace fall instead upon the wicked,
Those going to their own doom,

Drifting down in silence to the dust of death.

¹⁸At last their lying lips will be muted in their graves.

For they are arrogant,
Filled with contempt and conceit as they speak against the
godly.

¹⁹Lord, how wonderful You are!

You have stored up a treasure chest,
Heaped up and spilling over with blessings
For those who honor and worship You!

In full view of everyone You've done all this

For all those who turn to hide themselves in You.

²⁰Hide all Your beloved ones in the sheltered, secret place

Before Your face, overshadowed by Your glory-presence.

Keep them from the accusations and brutal insults of evil men.

Tuck them safely away in the tabernacle-shelter where You
dwell.

²¹The name of the Lord is blessed and lifted high!

For His marvelous miracle of mercy protected me

When I was in distress and despair!

²²I spoke so hastily when I said, "The Lord has deserted me!"

For in truth, You did hear my prayer and came to rescue me.

²³Listen to me all you godly ones: Love the Lord with passion!

The Lord protects and preserves all those who are loyal to Him.

But He pays back in full all those who reject Him in their pride.

²⁴So cheer up! Take courage all you who love Him!

Wait for Him to break through for you, all who trust in Him!

[1]. This was quoted by Jesus as He was dying on the cross (Matthew 27:50).

[2]. This is a picture of the stone rolled away from the tomb of Jesus.

[3]. This could be the throne room where Jesus ascended after His death.

[4]. The Hebrew text has "My bones grow weak." Bones in the Bible are a symbol of our inner being.

Psalm 32

Forgiven

A song of insight and instruction, by King David.^[1]

¹How happy and fulfilled are those
Whose rebellion has been forgiven,
Those whose sins are covered by blood.^[2]

²How blessed and relieved are those
Who have confessed their sins to God.

For He will wipe their slate clean
And remove hypocrisy from their hearts.

³Before I confessed my sins, I kept it all inside, My dishonesty
devastated my inner life,

Filling my days with frustration,
Irrepressible anguish, and misery.

⁴The pain never let up, for Your hand of conviction Was heavy
on my heart.

My strength was sapped,
My inner life dried up like in a summer drought.

Pause in His presence

⁵Then I finally recounted all my sins to You, Refusing to hide
them any longer.

So I said, "My life-giving God,
I'll openly acknowledge to You my evil actions."
And You forgave me!

All at once the guilt of my sins were washed away,
All my pain disappeared!

Pause in His presence

⁶This is what I've learned through it all: Every believer should
confess their sins to God;

Do it every time God has uncovered you, in the time of exposing.
If you do this, when sudden storms of life overwhelm,
You'll be kept safe.^[3]

⁷Lord, You are my Secret Hiding Place, Protecting me from these
troubles,
Surrounding me with songs of gladness!
Your joyous shouts of rescue release my breakthrough.

Pause in His presence

⁸⁻⁹I hear the Lord saying, "I will stay close to you,
Instructing and guiding you
Along the pathway for your life.
I will advise you along the way,
And lead you forth with My eyes as your guide.
So don't make it difficult, don't be stubborn
When I take you where you've not been before.
Don't make Me have to tug you and pull you along.
Just come with Me!"

¹⁰So my conclusion is this:
Many are the sorrows and frustrations
Of those who don't come clean with God.
But when you trust in the Lord for forgiveness,
His wrap-around love will surround you!
¹¹Celebrate the goodness of God!
He shows this kindness to everyone who is His!
Go ahead—shout for joy,
All you upright ones who want to please Him!

^[1] David wrote this psalm after he repented over his sin with Bathsheba.

^[2] Implied in the text.

^[3] Proverbs 2:13 is a good commentary on this verse.

Psalms 33

A Song of Praise

Poetic praise, by King David.^[1]

¹It's time to sing and shout for joy!

Go ahead all you redeemed ones, do it!

Praise Him with all you have,

For praise looks lovely on the lips of God-lovers!

²Play the guitar as you lift your praises loaded with
thanksgiving!

Sing and make joyous music with all you've got inside!

³Compose new melodies that release new praises to the Lord.

Play His praises on instruments

With the anointing and skill He gives you.

Sing and shout with passion, make a spectacular sound of joy!

⁴For God's Word is something to sing about!

He's true to His promises; His Word is sure and pure,

And everything He does is so reliable and right!

⁵The Lord loves seeing justice and righteousness on the earth.

Anywhere and everywhere

You can find His faithful, unfailing love!

⁶All He had to do was speak by His Spirit—wind command And

God created the heavenlies, Filled with galaxies and stars,

The vast cosmos He wonderfully made.

⁷His voice scooped out the seas.

The ocean depths He poured into vast reservoirs.

⁸Now with breathtaking wonder,

Let everyone worship this awe-inspiring Creator.

⁹Words He breathed and worlds were birthed, "Let there be" and
there it was— Springing forth the moment He spoke.

No sooner said than done!
¹⁰With His breath He scatters
The schemes of nations who oppose Him,
They will never succeed.
¹¹His destiny-plan for the earth stands sure.
His forever-plan remains in place,
And will never fail.
¹²Fortunate and fulfilled
Is that nation who has God as their Lord!
They will be the people He chooses for His own.
¹³⁻¹⁵The Lord looks over us From where He rules in heaven.
Gazing into every heart from His lofty dwelling place,
He observes all the peoples of the earth.
The Creator of our hearts
Considers and examines everything we do.
¹⁶Even if a king has the best equipped army, It would never be
enough to save him.
Even if the best warrior went to battle,
He could not be saved simply by his strength alone.
¹⁷Human strength and the weapons of man Are such false hopes
for victory,
They may seem mighty,
But they will always disappoint.
¹⁸The eyes of the Lord are upon
Even the weakest worshippers who love Him,^{[12](#)}
Those who wait in hope and expectation
For the strong, steady love of God.
¹⁹God will deliver them from death,
Even the certain death of famine, with no one to help.
²⁰The Lord alone is our radiant hope
And we trust in Him with all our hearts.

His wrap-around presence will strengthen us.

²¹As we trust, we rejoice with an uncontained joy, Flowing from
Yahveh!

²²Now let Your love and steadfast kindness Overshadow us
continually.

For we trust and we wait upon You!

[\[1\]](#). Most manuscripts have no inscription for this psalm. The translator has chosen, however, to go with the ancient Qumran evidence suggesting an original inscription later omitted.

[\[2\]](#). Implied in the text.

Psalm 34

God's Goodness

*A song by King David. Composed after his escape
from the king when he pretended to be insane.*

¹Lord! I'm bursting with blessings
Over what You've done for me!

My lips are full of perpetual praise.

²I'm boasting of You and all Your works, So let all who are
discouraged take heart.

³Join me everyone! Let's praise the Lord together.
Let's make Him famous!

Let's make His name glorious to all.

⁴So listen to my testimony:

I cried to God in my distress

And He answered me! He freed me from all my fears!

⁵Look to Him, join your life with His, and joy will come!
Your faces will glisten with glory.

You'll never wear that shame-face again.

⁶When I was desperate and defeated,

I cried out to the Lord and He heard me,

Bringing His salvation when I needed it most.

⁷The angels stooped down to listen as I prayed, Encircling me,
empowering me, and showing me how to escape.

They will do this for everyone who fears God.

⁸Drink deeply of the kindness of this God. [u](#)

Experience for yourself the mercies He gives

To all who turn to hide themselves in Him.

⁹Worship in awe and wonder, all you who've been made holy!
For all who fear Him will feast with plenty.

¹⁰Even the strong and wealthy ²¹grow weak and hungry, But
those who passionately pursue the Lord
Will never lack any good thing.

¹¹Come, children of God, and listen to me.

I'll share the lesson I've learned about fearing the Lord.

¹²⁻¹³Do you want to live a long, good life, Enjoying the beauty
that fills each day?

Then never speak a lie

Or allow wicked words to come from your mouth.

¹⁴Keep turning your back on every sin, And make peace your life
motto.

Practice being at peace with everyone.

¹⁵The Lord sees all we do,

He watches over His friends day and night.

His godly ones receive the answers they seek,

Whenever they cry out to Him.

¹⁶But the Lord has made up His mind

To oppose evil doers

And to wipe out even the memory of them

From the face of the earth.

¹⁷Yet when holy lovers of God cry out to Him with all their hearts
The Lord will hear them

And come to rescue them from all their troubles.

¹⁸The Lord is so close to all whose hearts are crushed by pain,

And He is always ready to restore the repentant one.

¹⁹Even when bad things happen to the good and godly ones, The
Lord will save them and not let them be defeated by what they
face.

²⁰God will be your bodyguard to protect you, when trouble is
near.

Not one bone will be broken.

²¹But the wicked commit suicide.
For they hate and persecute the lovers of God.
Make no mistake about it, God will hold them guilty and
punish them,
They will pay the penalty!
²²But the Lord has paid for the freedom of His servants, And He
will freely pardon those who love Him.
He will declare them free and innocent
When they turn to hide themselves in Him.

[\[1\]](#). Many translations read “Taste and see.” The Hebrew root word for “see” is taken from a word that means “to drink deeply.”

[\[2\]](#). Following the ancient versions (Septuagint, Syriac, and Vulgate), this phrase is translated “rich ones.” Modern translations read “young lions.”

Psalm 35

Rescue Me

Apoetic song, by King David[\[1\]](#)

¹O Lord, fight for me! Harass the hecklers, accuse my accusers.
Fight those who fight against me.

²⁻³Put on Your armor, Lord, take up Your shield and protect me.
Rise up God! Grab Your weapons of war
To block the way of the wicked who come to fight me.
Stand for me when they stand against me!

Speak over my soul: "I am your strong Savior!"
⁴Humiliate those who seek my harm. Defeat them all!
Frustrate their plans to defeat me and drive them back.
Disgrace them all as they have devised their plans to disgrace
me.

⁵Blow them away like straw blown by the wind, With the angel of
the Lord driving them back!

⁶And make the road in front of them nothing but slippery
darkness, With the angel of the Lord behind them chasing
them away!

⁷For though I did nothing wrong to them they set a trap for me,
Wanting me to fall and fail.

⁸Surprise them with Your ambush, Lord, And catch them in the
very trap they set for me.

Let them be the ones to fail and fall into destruction!

⁹And then I will have limitless joy;
My whole being will overflow with gladness
Because of Your mighty deliverance.

¹⁰Everything inside of me will shout it out: "Who is like You, O
Lord!"

For look at how You protect the weak and helpless
From the strong and heartless who oppress them.

¹¹They are malicious men, hostile witnesses of wrong.

They rise up against me,

Accusers appearing out of nowhere.

¹²When I show them mercy they bring me misery.

I'm forsaken and forlorn, like a motherless child.

¹³I even prayed over them when they were sick.

I was burdened and bowed low with fasting

And interceded for their healing,

And I didn't stop praying.

¹⁴I grieved for them, heavy-hearted,

As though they were my dearest family member

Or my good friend who was sick,

Nearing death and needing prayer.

¹⁵But when I was the one who tripped up and stumbled, They

came together only to slander me,

Rejoicing in my time of trouble, tearing me to shreds

With their lies and betrayal.

¹⁶These nameless ruffians,

Mocking me like godless fools at a feast—

How they delight in throwing mud on my name.

¹⁷Lord, how long can You just stand there doing nothing?

Now is the time to act.

Rescue me from these brutal men,

For I am being torn to shreds by these "beasts"

Who are out to get me.

Save me from their rage, their cruel grasp.

¹⁸For then I will praise You wherever I go.

And when everyone gathers for worship,

I will lift up Your praise with a shout

In front of the largest crowd I can find!

¹⁹Don't let them be victorious,

Those who fight me without a cause.

Don't let them succeed, these heartless haters

Who come against me with their gloating sneers.

²⁰They are the ones who would never seek peace as friends, For
they are ever devising deceit against the innocent ones

Who mind their own business.

²¹They open their mouths with ugly grins, Gloating with glee
over my every fault.

"Look," they say, "We caught him red-handed!

We saw him fall with our own eyes!"

²²But Lord, You have been there all along.

You have seen their hypocrisy.

Don't let them get away with this.

Don't walk away without doing something!

²³Now is the time to awake! Rise up, Lord!

Vindicate me, my Lord and my God!

²⁴You have every right to judge me, Lord, According to Your
righteousness,

But don't let them rejoice over me when I stumble.

²⁵⁻²⁶Let them all be ashamed of themselves, Humiliated when
they rejoice over my every blunder.

Shame them, Lord, when they say,

"We saw what you did.

Now we have him right where we want him.

Let's get him while he's down!"

Make them look ridiculous

When they exalt themselves over me.

May they all be disgraced and dishonored!

²⁷But let all my true friends shout for joy, All those who know

and love what I do for You.
Let them all say, "The Lord will be glorified through it all!
God will still bless His servant!"
²⁸Then I won't be able to hold it in!
Everyone will hear my joyous praises all day long!
Your righteousness will be the theme
Of my glory-song of praise!

[\[1\]](#). This is the first of seven psalms in which David cried out for vengeance upon His enemies (Psalm 52, 58, 59, 69, 109, and 137).

Psalm 36

The Blessing of the Wise

*Apoetic song, by King David,
the servant of the Lord.*

¹The rebellion of sin speaks as an oracle of God; Speaking
deeply to the conscience of men.

Yet they are still eager to sin,^{[11](#)}

For they have no fear of God to hold them back.

²See how they flatter themselves in their own eyes, Unable to
detect and detest their sins.

They are crooked and conceited,
Convinced they can get away with anything.

³Their wicked words are nothing but lies.

Wisdom is far from them.

Goodness is both forgotten and forsaken.

⁴They lay awake at night to hatch their evil plots, Always
planning their schemes of darkness

And never once do they consider the evil of their ways.

⁵But You, O Lord, Your mercy-seat love is limitless, Higher than
all the heavens.

Your great faithfulness is so infinite,

It stretches over the whole earth.

⁶Your righteousness is unmovable,

Just like the mighty mountains.

Your judgments are as full of wisdom

As the oceans are full of water.

Your tender care and kindness

Leaves no one forgotten,

Not a man nor a mouse!

⁷O God, how extravagant is Your cherishing love!
All mankind can find a hiding place,
A safe shelter under the shadow of Your wings.

⁸All may drink of the anointing^[2]
From the abundance of Your House!
All may drink their fill

From the delightful springs of Eden.^[3]

⁹Knowing You is like enjoying a flowing fountain, Drinking in
Your life, springing up to satisfy.
Living in the light of Your holiness,
We receive the light of revelation.

¹⁰Lord, pour out Your unfailing love on those who truly know You.
Release more of Your blessings to those who are loyal to You.

¹¹Don't let these proud boasters trample me down, Don't let them
push me around
By the sheer strength of their wickedness.

¹²Let me see them fall under our feet.
May they be the ones thrown down, never to rise again.

^[1] Implied in the text.

^[2] The Hebrew word for “abundance” is actually “fatness,” or “oil.” It is a symbol of the anointing of the Holy Spirit.

^[3] The Garden of Eden had flowing rivers of delight. *Eden* means “pleasure.”

Psalms 37

A Song of Wisdom

Poetic praise, by King David.

¹Don't bother to worry about the wicked ones That are successful
in this world only.

Don't think for a moment they're better off than you.

²They, and their short-lived success^[1]

Will soon shrivel up and quickly fade away

Like grass clippings in the hot sun.

³Keep trusting in the Lord and do what is right in His eyes.

Fix your heart on the promises of God and you will be secure,

Feasting on His faithfulness.

⁴If you make God the utmost delight and pleasure of your life,

Every longing within you will be fulfilled.

⁵Give God the right to direct your life

And as you trust Him along the way,

You'll find He pulled it off perfectly!

⁶He will appear as your Righteousness,^[2]

As sure as the dawning of a newday.

He will manifest as your Justice,

As sure and strong as the noonday sun.

⁷Quiet your heart in His presence,

Keep hope alive as you long for God to come through for you,

And don't think for a moment

That the wicked in their prosperity

Are better off than you.

⁸Stay away from anger and revenge.

Keep worry far from you, for it only leads you into lies.

⁹One day the wicked will be destroyed,

But those who trust in the Lord
Will live safe and sound with blessings overflowing.

¹⁰Just a little while longer and the ungodly will vanish; You will
look for them in vain.

¹¹But the humble of heart will inherit every promise And enjoy
abundant peace and prosperity.

¹²Let the wicked keep plotting against the godly With all their
sneers and arrogant jeers.

¹³God doesn't lose any sleep over them
And He knows their day is coming!

¹⁴Evil ones take aim on the poor and helpless, They are ready to
slaughter those who do right.

¹⁵But the Lord will intervene [\[3\]](#)
And turn all their weapons of wickedness back on themselves,
Piercing their pride-filled hearts until they are the helpless.

¹⁶It is so much better to have little,
Combined with much of God,
Than to have the fabulous wealth of the wicked
And nothing else.

¹⁷For the Lord takes care of all His forgiven ones While the
strength of the evil will surely slip away.

¹⁸Day by day the Lord watches the good deeds of the godly And
He prepares for them His forever-reward.

¹⁹Even in a time of disaster He will watch over them, And they
will always have more than enough
No matter what happens.

²⁰All the enemies of God will perish.
For the wicked have only a momentary value, a fading glory.
Then one day they vanish!
Here today, gone tomorrow

²¹They break their promises, borrowing money But never paying

it back.

The good man returns what he owes
Along with some extra.

²²The Lord's blessed ones receive it all in the end, But the cursed
ones will be cut off

With nothing to show for themselves.

²³The steps of the God-pursuing ones
Follow firmly in the footsteps of the Lord.

And God delights in every step they take to follow Him.

²⁴If they stumble badly they will still survive, For the Lord lifts
them up with His hands.

²⁵I was once young, but now I'm old.

Not once have I found a lover of God forsaken by Him,
Nor have any of their children gone hungry.

²⁶Instead, I've found the godly ones

To be the generous ones who give freely to others.

Their children are blessed and become a blessing.

²⁷If you truly want to dwell forever in God's presence, Then
forsake evil and do what is right in His eyes.

²⁸The Lord loves it when He sees us walking in His justice.
He is pleased when we make it our habit to do what is right.

He will never desert His devoted lovers,

They will be kept forever in His faithful care.

But the descendants of the wicked will be banished.

²⁹The faithful lovers of God will inherit the earth And enjoy every
promise of God's care;

Dwelling in peace forever.

³⁰God-lovers make the best counselors.

Their words possess wisdom,

And are right and trustworthy.

³¹The ways of God are in their hearts

And they won't swerve from the paths of steadfast righteousness.

³²Evil ones spy on the godly ones,
Stalking them to find something they could use to accuse them.

They're out for the kill!

³³But God will foil all their plots.

The godly will not stand condemned when brought to trial.

³⁴So don't be impatient for the Lord to act, Keep moving forward
steadily in His ways,

And He will exalt you at the right time^[4]

And when He does, you will possess every promise,

Including your full inheritance.

You'll watch with your own eyes as the wicked lose everything.

³⁵I've already seen this happen.

Once I saw a wicked and violent man

Overpower all who were around him,

A domineering tyrant with his pride and oppressive ways.

³⁶Then he died and was forgotten.

Now no one cares that he is gone forever.

Here today, gone tomorrow

³⁷But you can tell who are the blameless and spiritually mature.

What a different story with them!^[5]

The godly ones will have a peaceful, prosperous future

With a happy ending!

³⁸Every evil sinner will be destroyed, obliterated.

They'll be utter failures with no future!

³⁹But the Lord will be the Savior of all who love Him.

God will live in them as Strength,

Even in their time of trouble.

⁴⁰Because of their faith in Him,

Their daily portion will be

A Father's help, and deliverance from evil,

This is true for all who turn
To hide themselves in Him!

[1]. Implied in the text.

[2]. The Hebrew verb found here is also used for giving birth. Perhaps this is a reference to the birth of Christ, our Righteousness.

[3]. Implied in the text.

[4]. Implied in the text.

[5]. Implied in the context.

Psalms 38

A Groan Before the Throne

A poetic lament to remember, by King David.

¹O Lord, don't punish me angrily for what I've done.

Don't let my sin inflame Your wrath against me.

²For the arrows of Your conviction have pierced me so deeply.

Your blows have struck my soul and crushed me.

³Now my body is sick,

My health is totally broken because of Your anger,

And it's all due to my sins!

⁴I'm overwhelmed, swamped, and submerged

Beneath the weight of my guilt.

It clings to me and won't let me go.

⁵My rotting wounds are a witness against me.

They are severe and getting worse;

Reminding me of my failure and folly.

⁶I am completely broken because of what I've done.

Gloom is all around me.

My sins have bent me over to the ground!

⁷⁻⁸My inner being is shriveled up, My self-confidence crushed.

Sick with fever, I'm left exhausted.

Now I'm cold as a corpse

And nothing is left inside of me

But great groaning filled with anguish.

⁹Lord, You know all my desires and deepest longings.

My tears are liquid words

And You can read them all.

¹⁰⁻¹¹My heart beats wildly, my strength is sapped, And the light
of my eyes is going out.

My friends stay far away from me,
Avoiding me like the plague.
Even my family wants nothing to do with me.

¹²Meanwhile my enemies are out to kill me,
Plotting my ruin, speaking of my doom
As they spend every waking moment
Planning on how to finish me off.

¹³⁻¹⁴I am like a deaf man who no longer hears.
I can't even speak up, and words fail me,
I have no argument to counter their threats.

¹⁵Lord, the only thing I can do is wait and put my in hope You.
I wait for Your help, my God.

¹⁶So hear my cry and put an end to their strutting in pride Who
gloat when I stumble in pain.

¹⁷I'm slipping away and on the verge of a breakdown, With
nothing but sorrow and sighing.

¹⁸I confess all my sin to You,
I can't hold it in any longer.

My agonizing thoughts punish me for my sin,
I feel condemned as I consider all I've done.

¹⁹My enemies are many.

They hate me and persecute me,
Though I've done nothing against them to deserve it.

²⁰I show goodness to them and get repaid evil in return.
And they hate me even more

When I stand for what is right.

²¹So don't forsake me now, Lord!

Don't leave me in this condition.

²²God, hurry to help me, run to my rescue!
For You're my Savior and my only hope!

Psalms 39

A Cry for Help

*For the Pure and Shining One,
A song of praising, by King David.*^[1]

¹⁻²Here's my life motto, the truth I live by: I will guard my ways
for all my days.

I will speak only what is right,
Guarding what I speak.

Like a watchman guards against an attack of the enemy,
I'll muzzle my mouth

When the wicked are around me.

I will remain silent and will not grumble,
Or speak out of my disappointment.

But the longer I am silent my pain grows worse!

³⁻⁴My heart burned with a fire within me, And my thoughts
eventually boiled over,

Until they finally came rolling out of my mouth—

“Lord, help me to know

How brief my time on earth is.

Help me to know how short my life really is.

I'm only here but for a moment more.

⁵What a short time You've given me to live!^[2]

Compared to You, my lifetime is nothing at all!

Nothing more than a puff of air, I'm gone so swiftly!

And so too are the grandest of men,

They are nothing but a fleeting shadow”

Pause in His presence

⁶Our lives are so short, like a dream that fades.

All our activities and energies are spent

For things that pass away.
We gather, we hoard, we acquire, and cling to our things,
Only to leave them all behind for someone else.
⁷And now, Lord, I'm left with one conclusion.
I'll put my confidence in You and hope in You alone!
⁸Save me from being overpowered by my sin,
Don't make me a disgrace before the degenerate!
⁹Lord, I'm left speechless and I have no excuse, So I'll not
complain any longer.
Now I know You're the One who is behind it all.
¹⁰But I can't take it much longer.
Spare from me these blows from Your discipline-rod.
For if You are against me I will waste away to nothing.
¹¹No one endures when You rebuke
And discipline us for our sins.
Like a cobweb is swept away with a wave of the hand,
You sweep away all that is dear to us.
How fleeting and frail our lives!
We're nothing more than a puff of air!

Pause in His presence

¹²Lord, listen to all my tender cries.
Read my every tear, like liquid words that plead for Your help.
I feel all alone at times, like a stranger to You,
Passing through this life just like all those before me.
¹³Don't let me die without restoring
Joy and gladness to my soul.
May Your frown over my failure
Become a smile over my success.

[11]. The Hebrew inscription includes the name “Jeduthun,” which can be translated “praising.”

[12]. Interestingly, the Hebrew word for “short” in this verse is “a handbreadth,” or

the span of a man's hand. Our life's duration is compared to a mere six-inch span!

Psalm 40

A Joyful Salvation

For the Pure and Shining One

A song of poetic praise, by King David.

¹I waited, and waited, and waited some more; Patiently, knowing
God would come through for me.

Then, at last, He bent down and listened to my cry.

²He stooped down to lift me out of danger

From the desolate pit I was in,

Out of the muddy mess I had fallen into.

Now He's lifted me up into a firm, secure place,
And steadied me while I walk along His ascending path.

³A newsong for a newday rises up in me

Every time I think about how He breaks through for me!

Ecstatic praise pours out of me until

Everyone hears how God has set me free.

When they hear my anointed praises and then see,

Many will see His miracles; they'll stand in awe of God

And fall in love with Him!

⁴Blessing after blessing comes to those

Who love and trust the Lord. They will not fall away,

For they refuse to listen to the lies of the proud.

⁵O Lord, our God, no one can compare with You.

Such wonderful works and miracles, are all found with You!

And You think of us all the time,

Thinking of us all the time

With Your countless expressions of love—

Far exceeding our expectations!

⁶It's not sacrifices and offerings that really move Your heart.

Burnt offerings, sin offerings— that's not what brings You joy.

But when You open my ears so I can hear You speak to me,
I become Your willing servant, Your prisoner of love for life.¹¹

⁷So I said: "Here I am! I'm coming to You as a sacrifice,"¹²
For in the prophetic scrolls of Your book You have written about
me.

⁸I delight to do Your will, my God, for Your living-understanding
Is written upon the pages of my heart."

⁹I tell everyone everywhere the good news that You forgive our
sins!

And You know I haven't held back in telling the message to all.

¹⁰I don't keep it a secret, or hide the truth.

I preach of Your faithfulness and proclaim

Your extravagant love to the largest crowd I can find!

¹¹Lord, don't hold back Your love or withhold Your tender mercies
from me.

Keep me in Your truth and let Your compassion overflow to me
No matter what I face.

¹²Evil surrounds me, as problems greater than I can solve Come
one after another. Without You, I know I can't make it.

My sins are so many!

I'm so ashamed to lift my face to You.

For my guilt grabs me and stings my soul

Until I am weakened and spent.

¹³Please Lord! Come quickly and rescue me!

Show me Your favor and restore me.

¹⁴Let all who seek my life be humiliated, confused, and
ashamed.

God, send them sprawling, all who wish me evil;

They just want me dead.

¹⁵Scoff at every scoffer and cause them all to be utter failures!

Let them be ashamed and horrified by their complete defeat.

¹⁶But let all who passionately seek You

Erupt with excitement and joy over what You've done!

Let all Your lovers rejoice continually in the Savior,^[3]

Saying: "How great and glorious is our God!"

¹⁷Lord, in my place of weakness and need, I ask again, Will You
come and help me?

I know I'm always in Your thoughts.

You are my true Savior and Hero,

So don't delay to deliver me now

For You are my God.

^[1]. This verse includes the Hebrew phrase "You have pierced my ear." This is a Hebraic reference to being a slave for life, a bond-servant whose ear has been pierced by his master as a sign of wanting to serve for life (see Exodus 21:1-6 and Isaiah 50:5).

^[2]. Implied in the context (see Hebrews 10:5-7).

^[3]. This verse contains in the Hebrew, the root word for "Yeshua."

Psalm 41

I Need You, Lord

*For the Pure and Shining One,
by King David.*

¹God always blesses those who are kind to the weak and helpless.

They're the first ones God helps

When they find themselves in any trouble.

²He preserves and protects them, for they are gracious to the
poor.

They'll be honored and esteemed while their enemies are
defeated.

³When they are sick, God will restore them from their bed of
suffering.

He will raise them up again and nurse them back to health.

⁴So in my sickness I say to You, "O Lord, be my Kind Healer.
Body and soul, heal me Lord!

For I have confessed all my sins to You."[III](#)

⁵But those who hate me wish the worst for me, saying, "When
will he die and be forgotten?"

⁶And when these "friends" come to visit me with their pious
sympathy, Their hollowwords and hypocrisy hidden in their
hearts— I can see right through it all. For they come

Merely to gather gossip about me,

Using all they find to mock me

With malicious hearts of slander.

⁷They are wicked whisperers who imagine the worst for me,
Repeating their rumors, saying:

^{8a}"He got what he deserved; it's over for him!

The spirit of infirmity is upon him and he'll never get over this

illness.”

⁹Even my ally, my friend, has turned against me.

He was one I totally trusted with my life,

Sharing supper with him,

And now he shows me nothing

But betrayal and treachery.

He sold me as an enemy. ^[2]

¹⁰So Lord, please don't You desert me when I need You!

Give me grace and get me back on my feet

So I can triumph over them all.

¹¹Then I'll know You're pleased with me,

When You allow me to taste of victory over all my foes!

¹²Now stand up for me and don't let me fall, For I've walked with integrity.

Keep me before Your face forever.

¹³Everyone praise the Lord God of Israel, always and forever!

For He is from eternity past

And will remain for the eternity to come!

That's the way it will be forever!

Amen and AMEN! ^[3]

^[1]. Implied in the context.

^[2]. The Hebrew literally reads “he lifted up his heel against me.” This is a powerful figure of speech which means he was sold as an enemy and was treated treacherously. This verse was quoted, in part, by Jesus at the last supper (John 13:18).

^[3]. Some scholars believe this last verse was added later as a “doxology of praise,” marking the end of the first book of Psalms.

Book Two

THE “EXODUS” PSALMS

Psalms 42

A Cry for Revival^[1]

*For the Pure and Shining One,
a contemplative poem for instruction,
by the prophetic singers of Korah's clan.*^[2]

¹I long to drink of You, O God,
Drinking deeply from the streams of pleasure^[3]

Which flow in Your presence.
My longings overwhelm me for more of You!^[4]

²My soul thirsts, pants, and longs for the Living God.
I want to come and see the face of God.

³Day and night my tears keep falling
And my heart keeps crying for Your help,
While my enemies mock me over and over saying,
“Where is this God of yours? Why doesn't He help you?”^[5]

⁴So I speak over my heartbroken soul,
“Take courage. Don't you remember when you used to be right
out front,

Leading the procession of praise when the great crowd of
worshippers

Gathered to go into the presence of the Lord?
You shouted with joy as the sound of passionate celebration
filled the air

And the joyous multitude of lovers honored the festival of the
Lord!”

⁵So then, my soul, why would you be depressed?
Why would you sink into despair?

Just keep hoping and waiting on God, your Savior.
For no matter what, I will still worship and praise Him.

Living before His face is my saving grace!
 ⁶But here I am, depressed and downcast.
Yet I will still remember You as I ponder the place
 Where Your glory streams down,
From the mighty mountaintops, majestic and lofty,
 The mountains of Your awesome presence.^[6]
⁷The deep chaos of my need calls out to the deep kindness of
 Your love.
Your waterfall of weeping sent waves of sorrow
 Over my soul, carrying me away,
Cascading over me like a thundering downpour.
⁸Yet all day long God's promises of love pour over me.
 Through the night I sing His songs,
For my prayer to God has become my life.
⁹I will say to God, my Mountain of Strength, "How could You
 forget me? Why must I suffer
 This vile oppression of my enemies,
These heartless tormentors who are out to kill me?"
 ¹⁰Their wounding words pierce my heart,
 Over and over while they say,
 "Where is this god of yours?"
¹¹So I say to my soul, "Don't be discouraged, Don't be disturbed,
 for I expect my God to break through for me."
 Then I'll have plenty of reasons
 To praise Him all over again.
Yes, living before His face is my saving grace!

^[1] Psalm 42 and 43 were originally composed as one psalm and later made into two.

^[2] Korah was the great-grandson of Levi. The sons of Korah were a family of Levitical singers. David chose them to preside over the music of the tabernacle-tent on Mt. Zion.

[3]. Implied in the context of the Psalms.

[4]. The literal Hebrew has “as the deer pants for streams of water.” The translator has chosen to take the metaphor of a hunted deer and put it into terms that transfer the meaning into today’s context.

[5]. Implied in the text.

[6]. Implied in the context. The Hebrew text contains “Mount Hermon” and “Mount Mizar,” considered to be sacred mountains in the Hebrew culture. *Hermon* means “lofty” and “majestic.”

Psalms 43

Light and Truth

*For the Pure and Shining One,
by the prophetic singers of Korah's clan,^[1]
a contemplative poem for instruction.*

¹God, clear my name. Plead my case
Against the unjust charges

Of these ungodly workers of wickedness.
Deliver me from these lying degenerates.

²For You are my Protector,^[2]
And my Mountain of Strength.
So why would You leave me now?

Must I be covered with gloom
While the enemy comes after me, gloating with glee?

³Pour into me the brightness of Your daybreak!
Pour into me Your rays of revelation-truth!

Let them comfort and gently lead me onto the shining path,
Showing the way into Your burning presence,
Into Your many sanctuaries of holiness!

⁴Then I will come closer to Your very altar
Until I come before You, the God of my ecstatic joy!
I will praise You with the harp that plays in my heart,
To You my God, my magnificent God!

⁵Then I will say to my soul,
“Don’t be discouraged, don’t be disturbed,
For I expect my God to break through for me.

Then I’ll have plenty of reasons
to praise Him all over again.”
Yes, living before His face

Is my saving grace!

[\[1\]](#). Although there is no inscription for this psalm, it was originally part of Psalm 42.

[\[2\]](#). Implied in the text.

Psalms 44

Wake Up, Lord, We're in Trouble

*For the Pure and Shining One,
by the prophetic singers of Korah's clan,
a contemplative poem for instruction.*

¹⁻²We've heard, O God, about all the glorious miracles You've
done for our ancestors in days gone by.

They told us many times how in Your power
You drove out the ungodly nations from this land,
Breaking all their strongholds and giving the land to us!
Now the people of Israel cover the land from one end to the
other,

All because of Your grace and power! [III](#)

³Our forefathers didn't win these battles
By their own strength, or their own skill or strategy.
But it was through the shining forth of Your radiant presence
And the display of Your mighty power.

You loved to give them victory,
For You took great delight in them!

⁴You are my God, my King!

It's now time to decree majesties for Your people!
⁵Through Your glorious name and Your awesome power We can
push through to any victory and defeat every enemy.

⁶For I will not trust in the weapons of the world, I know they will
never save me.

⁷Only You will be our Savior from all our enemies.
All those who hate us You have brought to shame.

⁸So now I constantly boast in You. I can never thank You enough!

Pause in His presence

⁹But You have turned Your back on us; You walked off and left
us!

You've rejected us; tossing us aside in humiliating shame.

You don't go before us anymore in our battles.

¹⁰We retreat before our enemies in defeat for You are no longer
helping us. Those who hate us have invaded our land and
plundered our people.

¹¹You have treated us like sheep in the slaughter pen, Ready to
be butchered. You've scattered us to the four winds.

¹²You have sold us as slaves for nothing!

You have counted us, Your precious ones, as worthless.

¹³You have caused our neighbors to despise and scorn us.
All that are around us mock and curse us.

¹⁴You have made us the butt of their jokes.

Disliked by all, we are the laughingstock of the people.

¹⁵⁻¹⁶There's no escape from this constant curse, this humiliation!
We are despised, jeered, overwhelmed by shame,
And overcome at every turn by our hateful and heartless
enemies.

¹⁷Despite all of this, we have not forgotten You; We have not
broken covenant with You.

¹⁸We have not betrayed You, our hearts are still Yours.

Our steps have not strayed from Your path.

¹⁹Yet You have crushed us, leaving us in this wilderness place Of
misery and desperation. With nowhere else to turn,
Death's dark door seems to be the only way out.

²⁰⁻²¹If we had forsaken Your holy name, wouldn't You know it?
You'd be right in leaving us. If we had worshipped before other
gods,

No one would blame You for punishing us.

God, You know our every heart-secret.

You know we still want You!

²²Because of You we face death threats every day, Like martyrs we
are dying daily! We are seen as lambs
Lined up to be slaughtered as sacrifices.

²³So wake up, Lord! Why would You sleep when we're in trouble?
Are You forsaking us forever?

²⁴You can't hide Your face any longer from us!
How could You forget our agonizing sorrow?

²⁵Now we lay face down, sinking into the dust of death, The
quicksand of the grave.

²⁶Arise, awake, and come to help us, O Lord.
Let Your endless love save us from this sorrow!

[\[1\]](#). Implied in the context.

Psalms 45

The Wedding Song

*For the Pure and Shining One,
by the prophetic singers of Korah's clan,
a contemplative love song, for instruction
to the melody of "Lilies."*^[1]

¹My heart is on fire, boiling over with passion.
Bubbling up within me are these beautiful lyrics,
As a lovely poem to be sung for the King!

Like a river bursting its banks, I'm overflowing with words,
Spilling out into this sacred story!^[2]

²You are the most wonderful and winsome of all men.

Elegant grace pours out through every word You speak.

Truly, God has anointed You, His Favored One for eternity!

³Now strap upon Your side Your lightning-sword of judgment, O
Mighty Warrior, so majestic!

You are full of beauty and splendor as You go out to war!

⁴In Your glory and grandeur go forth in victory!

Through Your faithfulness and meekness

The cause of truth and justice will stand.

Awe-inspiring miracles accompany You,

Leaving everyone dazed and astonished!

⁵Your wounding leaves men's hearts defeated As they fall before
You broken.

⁶Your glory-kingdom endures forever,

For the Mighty God has enthroned You to rule

With a justice-scepter in Your hand!

⁷You are passionate for righteousness and You hate what is evil.

This is why God, Your God, crowns You with bliss above Your

fellow kings.

He has anointed You, more than any other,
With His oil of fervent joy, the very fragrance of heaven's
gladness!

⁸Your royal robes release the scent
Of suffering love for Your bride,^[3]

The odor of aromatic incense is upon You!^[4]

From the pure and shining place.^[5]

Such lovely music that makes you glad is played for Your
pleasure.

⁹The daughters of kings, women of honor, are maidens in Your
courts.

And standing beside You, glistening in Your pure and golden
glory,

Is the beautiful bride-to-be!^[6]

¹⁰Now listen, daughter, pay attention, and forget about your
past.

Put behind you every attachment to the familiar,
Even those who once were close to you!

¹¹For your Royal Bridegroom is ravished by your beautiful
brightness.

Bow in reverence before Him, for He is your Lord!

¹²Wedding gifts pour in from those of great wealth.^[7]

The royal friends of the Bridegroom shower you with presents.

¹³As the Princess-Bride enters the palace,

How glorious she appears within the holy chamber,

Robed with a wedding dress embroidered with pure gold!

¹⁴Lovely and stunning, she leads the procession With all her
bridesmaids as they come before You, her Bridegroom-King!

¹⁵What a grand, majestic entrance!

A joyful, glad procession as they enter the palace gates!

¹⁶Your many sons will one day be kings, just like their Father!
They will sit on royal thrones all around the world!
¹⁷I will make sure the fame of Your name
Is honored in every generation as all the people praise You,
Giving You thanks forever and ever!

[1]. Lilies in the Bible are a metaphor of God's precious people (see Song of Songs 2:1-2, Hosea 14:5, Luke 12:27-28).

[2]. The Hebrew is literally "my tongue is the pen of a skillful scribe."

[3]. The Hebrew word "myrrh" is taken from a root word that means "suffering." Jewish Rabbis called myrrh "tears from a tree," a symbol of suffering love.

[4]. The text reads "aloes and cassia." They both are equated with the anointing spice, the incense burned in the Holy Place.

[5]. This is an obvious reference to the Holy Place, as our High Priest comes from the chamber of glory to be with us. The "ivory" palace is taken from a Hebrew word for "white and glistening."

[6]. Or "queen."

[7]. The Hebrew text is literally "the daughter of Tyre." This was symbolic of the merchants of the earth, those possessing great wealth.

Psalm 46

God on Our Side!

*For the Pure and Shining One,
by the prophetic singers of Korah's clan.*

A poetic song to the melody of "Hidden Things."^[1]

¹God, You're such a safe and strong place to hide!
You're a tested help in time of trouble;
More than enough and always available
Whenever I need You.^[2]

²So we will never fear even if the earth were to blowup!
We will not fear even when the earth quakes and shakes,
Moving mountains and casting them into the sea!

³For the raging roar of wind and storm and crashing waves
Cannot erode our faith in You.

Pause in His presence

⁴God has a raging river whose sparkling streams Bring joy and
delight to His people!
His river flows right through the city of God Most High,
Into His Holy Dwelling Place.

⁵God is in the midst of His city,^[3]
Secure and never shaken.

At daybreak His help will be seen,
With the appearing of the dawn.

⁶When the nations are in uproar,
With their tottering kingdoms,
God simply raises His voice

And the earth begins to disintegrate before Him!

⁷Here He comes!^[4]
The Commander!

The Mighty Lord of Angel-Armies is on our side!
The God of Jacob fights for us!

Pause in His presence

⁸⁻⁹Everyone look!

Come and see the breathtaking wonders of our God.

For He brings both ruin and revival.^[3]

And He's the One who makes conflicts to end

Throughout the earth,

Breaking and burning every weapon of war.

¹⁰So, surrender! Stand silent and stop your striving, And you will
see that I am God!

I Am the God above all the nations,

And I will be exalted throughout the whole earth!

¹¹Here He stands!

The Commander!

The Mighty Lord of Angel-Armies is on our side!

The God of Jacob fights for us!

Pause in His presence

[1]. As translated in the Septuagint. Other versions read "For the Maidens."

[2]. Implied in the text of the psalm.

[3]. This is an obvious reference to Jerusalem, but today, God calls His church a
"city on a hill."

[4]. Implied in the context.

[5]. Implied in the text.

Psalms 47

The King of All the Earth

*For the Pure and Shining One,
by the prophetic singers of Korah's clan.
A poetic song.*

¹Go ahead and celebrate! Come on and clap your hands
everyone!

Shout to God with the raucous sounds of joy!

²The Lord God Most High is astonishing, awesome beyond
words!

He's the formidable and powerful King over all the earth!

³He's the One who conquered the nations before us And placed
them all under our feet.

⁴He's marked out our inheritance ahead of time, Putting us in
the front of the line,
Honoring those He loves!^[1]

Pause in His presence

⁵God arises with the ear-splitting shout of His people!

God takes the throne with the fanfare of trumpets!

⁶Sing and celebrate! Sing some more, celebrate some more!

Sing your highest song of praise to our King!

⁷For God is the Triumphant King,

The powers of earth are all His!

So sing your celebration songs of highest praise

To the Glorious Enlightened One!

⁸Our God reigns over every nation!

He reigns on His holy throne over all!

⁹All the nobles and princes,

The loving servants of the God of Abraham,

They all gather to worship!
Every warrior's shield is now lowered,
As surrendered trophies before this King!
He has taken His throne,
High and lofty exalted over all!

[\[1\]](#). The Hebrew text is literally “the pride of Jacob.”

Psalms 48

Beautiful Zion

A poetic song, by the prophetic singers of Korah's clan.

¹There are so many reasons to describe God as wonderful!

So many reasons to praise Him with unlimited praise!

²Zion-city is His home, He lives on His holy mountain.

High and glorious; joy-filled and favored.

Zion mountain looms in the farthest reaches of the north,

The city of our God-King!

³This is His divine abode, an impenetrable citadel, Proving that
all who dwell with Him

Will be kept safe and sound.

⁴⁻⁶See how the mighty kings have united to come against Zion,

Yet when they saw God manifest in front of their eyes

They were stunned.

Trembling, they all fled away, gripped with fear.

Seized with panic, they doubled up in frightful anguish,

Like a woman in the labor pains of childbirth.

⁷Like a hurricane blowing and breaking the invading ships, God
blows upon them and breaks them to pieces. [III](#)

⁸We have heard about these wonders,

And then we saw them with our own eyes!

For this is the city of the Commander of Angel-Armies,

The city of our God, safe and secure forever!

Pause in His presence

⁹Lord, worshipping You in Your Temple

We recall over and over

Your kindness to us and Your unending love.

¹⁰The fame of Your name echoes throughout the entire world,

Accompanied with praises!
Your right hand is full of victory!
¹¹So let the people of Zion rejoice with gladness, Let the
daughters of praise leap for joy!^[2]
For God will see to it that you are judged fairly.
¹²⁻¹³Circle Zion, count her towers.
Consider her walls, climb her palaces,
And then go and tell the coming generation
Of the care and compassion of our God!
¹⁴Yes, this is our God, our great God forever.
He will lead us onward until the end,
Through all time and into eternity!

^[1]. This is recognized as one of the more difficult verses to translate in the Psalms with its meaning uncertain.

^[2]. The Hebrew is literally “the daughters of Judah.”

Psalms 49

Wisdom Better Than Wealth

For the Pure and Shining One,

a poetic song by the prophetic singers of Korah's clan.

¹⁻²Listen one and all! Both rich and poor together, All over the world—everyone listen to what I have to say!

³For wisdom will come from my mouth,
Words of insight and understanding will be heard
From the musings of my heart.

⁴I will break open mysteries with my music
And my song will release riddles solved.

⁵There's no reason to fear when troubling times come, Even when
you're surrounded with problems
And persecutors who chase at your heels.^{[11](#)}

⁶⁻⁷They trust in their treasures and boast in their riches, Yet not
one of them, though rich as a king,
Could rescue his own brother from the guilt of his sins.
Not one could give God the ransom price
For the soul of another, let alone for himself!

⁸⁻⁹A soul's redemption is too costly and precious For anyone to
pay with earthly wealth.
The price to pay is never enough
To purchase eternal life for even one,
To keep them out of hell.

¹⁰⁻¹¹The brightest and best, Along with the foolish and senseless,
God sees that they all will die one day,
Leaving their houses and wealth to others.
Even though they name streets and lands after themselves,
Hoping to have their memory endure beyond the grave;

Legends in their own minds,
Yet their home address is now the cemetery!
¹²The honor of man is short-lived and fleeting.
There's so little difference between man and beast,
For both will one day perish!
¹³Such is the path of foolish men,
And those who quote everything they say,
For they are here today and gone tomorrow

Pause in His presence

¹⁴A shepherd called "Death" herds them,
Leading them like mindless sheep straight to hell.
Yet at daybreak you will find the righteous ruling in their place.
Every trace of them will be gone forever,
Lost in the darkness of their doom.
¹⁵But I know the loving God will redeem my soul, Taking me out
from the dark power of death,
Taking me as His bridal partner. ^[2]

Pause in His presence

¹⁶So don't be disturbed when you see the rich Surround you with
the glory of their wealth on full display.
¹⁷For when they die they will carry nothing with them And their
riches will not follow them beyond the grave.
¹⁸⁻¹⁹Though they have the greatest rewards of this world And all
applaud them for their accomplishments,
They will follow those who have gone before them
And go straight into the realm of darkness,
Where they never ever see the light again.
²⁰So this is the way of mortal man.
Honored for a moment,
Yet without eternal insight,
Like a beast that will one day perish.

[1]. This phrase contains a variant form of the name *Jacob*, which means “heel-grabber.”

[2]. The Hebrew phrase “He will receive me” literally means “He will offer His hand to me in marriage.”

Psalms 50

God Has Spoken

Apoetic song of Asaph, the gatherer.^[1]

¹The mighty One, God, the Lord Himself has spoken!

He shouts out over all the people of the earth,
In every brilliant sunrise and every beautiful sunset, saying,
“Listen to Me!”^[2]

²God’s glory-light shines out of the Zion-realm With the
radiance of perfect beauty!

³With the rumble of thunder He approaches,
He comes with an ear-splitting sound!

All around Him are furious flames of fire,
And preceding Him is the dazzling blaze of His glory.

⁴Here He comes to judge His people!
He summons His court with heaven and earth as His jury,
saying:

⁵“Gather all My lovers, My godly ones whose hearts are one with
Me, Those who have entered into My holy covenant
By sacrifices upon the altar.”

⁶And the heavens respond:
“God Himself will be their judge,
And He will judge them with righteousness!”

Pause in His presence

⁷Listen to Me, O My people! Listen well, for I am your God!
I am bringing you to trial and here are My charges.

⁸I do not rebuke you for your sacrifices
Which you continually bring to My altar.

⁹Do I need your young bull or goats from your fields As if I was
hungry?^[3]

¹⁰⁻¹¹Every animal of field and forest belongs to Me, the Creator!

I know every movement of the birds in the sky

And every animal of the field is in My thoughts.

The entire world and everything it contains is Mine!

¹²⁻¹³If I were hungry do you think I would tell you?

For all that I have created, the fullness of the earth is Mine.

Am I fed by your sacrifices? Of course not!

¹⁴Bring Me the sacrifices I desire, bring Me your true and sincere thanks And show your gratitude by keeping your promises to Me, the Most High.

¹⁵Honor Me by trusting in Me in your day of trouble.

Cry aloud to Me and I will be there to rescue you.

That is what I desire from you!^[4]

¹⁶And now I speak to the wicked. Listen to what I have to say to you!

What right do you have to presume to speak for Me

And claim My covenant promises as yours?

¹⁷For you have hated My instruction, and disregarded My words, Throwing them away as worthless!

¹⁸You forget to condemn the thief or adulterer.

You are their friend, running alongside them into darkness!

¹⁹⁻²⁰The sins of your mouth multiply evil! You have a lifestyle of lies, Devoted to deceit as you speak against others, Even slandering those of your own household!

²¹All this you have done and I kept silent, so you thought That I was just like you, sanctioning evil. But now I will bring you To My courtroom and spell out clearly My charges before you!

²²This is your last chance; My final warning! Your time is up! Turn away from all this evil or the next time you hear from Me It will be when I am coming to pass sentence upon you.^[5]

I will then tear you to pieces and no one will be there

To help you escape My judgment!

²³The life that pleases Me is a life lived in the gratitude of
grace, Always choosing to walk with Me in what is right.

This is the sacrifice I desire from you! If you do this,
More of My salvation will unfold for you!

[\[1\]](#). Asaph's name means "gatherer." Like David, Asaph was anointed with the Spirit of prophecy and wrote twelve psalms. Psalm 50 and 73-83.

[\[2\]](#). Implied in the text.

[\[3\]](#). Implied in the context.

[\[4\]](#). Implied in the context.

[\[5\]](#). Implied in the context.

Psalm 51

A Prayer of Repentance

*For the Pure and Shining One,
a prayer of confession when the Prophet Nathan exposed King David's
adultery with Bathsheba.*^[1]

¹⁻²God, give me grace from Your fountain of forgiveness!
I know Your abundant love is enough to wash away my guilt.
Take away this shameful guilt of my despicable sin.

And forgive the full extent of my wrong,
And erase the stain on my conscience.

³⁻⁴For I'm so ashamed. I feel such pain and anguish within me, I
can't get away from the sting of my sin against You, Lord!
Everything I did, I did right in front of You, for You saw it all!

Everything You say to me is infallibly true
And Your judgment of me is right.

⁵Lord, I have been a sinner all my life.
Sin's corruption has polluted my soul.

⁶I know that You delight to set Your truth deep in my spirit.
So come into the hidden places of my heart and teach me
wisdom.

⁷Purify my conscience! Make this "leper" clean again!^[2]
Wash me in Your love until I am pure in heart.

⁸Tell me You forgive me and my song of joy will return.
The places within me You have crushed
Will rejoice in Your healing touch.^[3]

⁹Hide my sins from Your face,
Erase all my guilt in Your saving grace.

¹⁰Start over with me, and create a new, clean heart within me.^[4]
Fill me with pure thoughts and holy desires, ready to please

You.

¹¹May there never be even a shadow of darkness between us!
May You never deprive me of Your Holy, Sacred Spirit!

¹²Let the passion of my life be restored,
Tasting joy in every breakthrough You bring to me!
Give me more of Your Spirit-wind^[5]

So that I may stand strong and true to You!

¹³Then I can show to other guilty ones
How loving and merciful You are.
They will find their way back home to You,
Knowing that You will forgive them.

¹⁴O God, my saving God,
Deliver me fully from every sin—
Even the sin that brought blood-guilt to my soul.
Then my heart will once again be thrilled to sing
The passionate songs of righteousness and forgiveness!

¹⁵Unlock my heart, unlock my lips
And I will overcome with my joyous praise!
¹⁶For the source of Your pleasure is not in my performance Or
the sacrifices I might offer to You.

¹⁷The fountain of Your pleasure is found
In the sacrifice of my shattered heart before You.
You will not despise my tenderness
As I bow low at Your feet!

¹⁸Lord, don't punish others for my sin,^[6]
Keep showing favor to Zion.

Be the protecting wall around Jerusalem.

¹⁹And when we are fully restored^[7]
You will rejoice and take delight
In every offering of our lives;
As we bring our every sacrifice of righteousness

Before You in love!

[\[1\]](#). This psalm is based on the incident that is recorded in 2 Samuel 12-13.

[\[2\]](#). The Hebrew text contains the word “hyssop.” This was a plant used for sprinkling blood on a healed leper to ceremonially cleanse him for the worship of God. See Leviticus 14:3-7.

[\[3\]](#). In this beautiful verse, the “broken places” is literally “broken bones.” Our bones speak allegorically of our inner being, our emotional strength.

[\[4\]](#). The word used for “create” takes us back to Genesis 1, and it actually can mean “create from nothing.” David now knows he had no goodness without God placing it within him.

[\[5\]](#). The Hebrew word for “spirit” is also the word for “wind.”

[\[6\]](#). Implied in the text.

[\[7\]](#). Implied in the text.

Psalms 52

The Fate of Cynics

*For the Pure and Shining One,
a song of instruction, by King David.*

Composed when Doeg, the Edomite, betrayed David to Saul, saying:

“David has come to the house of Ahimelech!”^[1]

¹You call yourself a mighty man, a big shot?

Then why do you boast in the evil you have done?

Yet God’s constant love and mercy

Will endure and carry the day!

²Listen, O deceiver, trickster of others:

Your words are wicked, harming and hurting all who hear them!

³You love evil and hate what is good and right.

You would rather lie than tell the truth

Pause in His presence

⁴You love to distort, confuse, and deceive,

Using your sly tongue to spin the truth.

⁵But the Almighty will soon strike you down!

He will pull you up by your roots

And drag you away to the darkness of death!

Pause in His presence

⁶The godly will see all this and will be awestruck

Then they will laugh at the wicked saying,

⁷“See what happens to those great in their own eyes Who don’t
trust in God to save them!

Look how they trusted only in their wealth

And made their living from wickedness.”

⁸But I am like a flourishing olive tree,

Anointed in the house of God.^[2]

I trust in the unending love of God,
His passion toward me is forever and ever.
 ⁹Because it is finished,^[3]
I will be praising You forever and giving You thanks!
 Before all Your godly lovers
I will proclaim Your beautiful name!

^[1] For this episode in David's life, see 1 Samuel 21:1-9; 22:9-23.

^[2] Implied in the text. The olive tree was the source of the sacred anointing oil.

^[3] The words "it is finished" were the last words of Jesus on the cross.

Psalms 53

The Wickedness of the World

*For the Pure and Shining One,
a contemplative song of instruction
to the tune of “The Dance of Mourning.”*

¹Only the withering soul would say to himself, [III](#)
“There’s no God for me!”

Anyone who thinks like that is corrupt and calloused;
Depraved and detestable, they are devoid of what is good.
²The Lord looks down in love, bending over heaven’s balcony.
God looks over all of Adam’s sons and daughters;
Looking to see if there are any who are wise with insight—
Any who search for Him, wanting to please Him?

³But no, all have wandered astray,
Walking stubbornly towards evil.

Not one is good, He can’t even find even one!
⁴Look how they live in luxury while exploiting My people.
Won’t these workers of wickedness ever learn!
They never even think of praying to Me.

⁵Soon, unheard of terror will seize them while in their sins.
God Himself will one day scatter the bones
Of those who rose up against you.
Doomed and rejected they will be put to shame,
For God has despised them!

⁶Oh, I wish our time of rescue were already here, Oh, that God
would come forth now— Arising from the midst of His Zion-
people
To save and restore His very own.
What gladness and joy will break forth

When the Lord has rescued Israel!

[\[1\]](#). The word for “fool” comes from a Hebrew word meaning “withering.” If we make no room for God, we have a withered heart; our moral sense of righteousness is put to sleep, and the noble aspirations of the heart shrivel up and die.

Psalms 54

Defend Me

For the Pure and Shining One,

David's contemplative song of instruction.

A song of derision^[1] when the Ziphites betrayed David to Saul, saying, "David is hiding among us, come and get him!"

¹God, for Your name's sake, defend me with Your might!

Come with Your glorious power and save me!

²Listen to my prayer, turn Your ears to my cry!

³These violent men have risen up against me; Heartless, ruthless men who care nothing about God,
They seek to take my life.

Pause in His presence

⁴But God surrounds me with Himself!

He leans into my heart and lays His hands upon me!^[2]

⁵God will see to it that those who sow evil will reap evil!

So Lord, in Your great faithfulness,

Destroy them once and for all!

⁶Lord, I will offer myself freely, and everything I am to You!

I will worship and praise Your name, O Lord,

For it is precious to me!

⁷Through You I'm saved, rescued from every trouble.

I've seen with my eyes the defeat of my enemies.

I've triumphed over them all!

[1]. The Hebrew word used here and translated in some versions "stringed instrument" can also be rendered "a song of mocking."

[2]. The word used here is "uphold" or "sustain." It comes from a root word that means "to lean upon" or "to lay hands upon." The translation uses both concepts in this verse.

Psalm 55

Betrayed

*To the Pure and Shining One,
King David's song of derision, for instruction.*

¹God, listen to my prayer!

Don't hide Your heart from me when I cry out to You!

²⁻³Come close to me and give me Your answer.

Here I am, moaning, and restless.

I'm preoccupied with the threats of my enemies
And crushed by the pressure of their opposition.

They surround me with trouble and terror.

In their fury they rise up against me

In an angry uproar.

⁴My heart is trembling inside of my chest
As the terror of death seizes me.

⁵Fear and dread overwhelm me.

I shudder before the horror I face.

⁶I say to myself, "If only I could fly away from all of this!

If only I could run away to the place of rest and peace.

⁷I would run far away where no one could find me, Escaping to a
wilderness retreat.

Pause in His presence

⁸I would hurry off to hide in the higher place, Into my Shelter,
safe from this raging storm and tempest."

⁹O Lord, confuse them until they quarrel with themselves!

Destroy them with their own violent strife and slander!

They have divided the city with their discord.

¹⁰Though they patrol the walls night and day against invaders,
The real danger is within the city!

It's the misery and strife in the heart of its people.

¹¹Murder is in their midst.

Wherever you turn you find trouble and ruin.

¹²It wasn't an enemy who taunted me.

If it was my enemy, filled with pride and hatred,

Then I could have endured it. I would have just run away.

¹³But it was you, my intimate friend, one like a brother to me.

It was you, my advisor, the friend I walked with and worked with!

¹⁴We once had sweet fellowship with each other.

We worshipped in unity as one,

Celebrating together with God's people.^[1]

¹⁵Now desolation and darkness comes upon you.

May you and all those like you descend into the pit of
destruction!

Since evil has been your home, may evil now bury you alive!

¹⁶But as for me, I will call upon the Lord to save me And I know
He will!

¹⁷Every evening I will explain my need to Him.

Every morning I will move my soul toward Him.

Every waking hour I will worship only Him,

And He will hear and respond to my cry!

¹⁸Though many wish to fight,

And the tide of battle turns against me,

Yet by Your power I will be safe and secure,

¹⁹God Himself will hear me!

God Enthroned through everlasting ages,

The God of unchanging faithfulness,

He will put them in their place,

All those who refuse to love and reverence Him!

*Pause in
His presence*

²⁰I was betrayed by my friend. Living in peace with him.
While he was stretching out his hand of friendship,
He was secretly breaking every promise he had ever made to me!
²¹His words were smooth and so charming.
Yet his heart was disloyal, and full of hatred.
His words so soft as silk while all the time scheming my demise.
²²So here's what I've learned through it all: Leave all your cares
and anxieties at the feet of the Lord
And measureless grace will strengthen you.
²³He will watch over His lovers,
Never letting them slip or be overthrown.
He will send all my enemies to the pit of destruction.
Murderers, liars, and betrayers will face an untimely death.
My life's hope and trust is in You, and You'll never fail to rescue
me!

[\[1\]](#) David is speaking of Ahithophel who had once been his friend and advisor, only to betray him. This becomes a foreshadow of what happened between Jesus and Judas.

Psalms 56

Trusting in God

*For the Pure and Shining One,
King David's golden song of instruction
composed when the Philistines captured him in Gath,
to the tune of "The Oppression of the Princes to Come."^[1]*

¹Lord, show me Your kindness and mercy, For these men oppose
and oppress me all day long.

²Not a day goes by but that somebody harasses me.

So many in their pride
Trample me under their feet.

³But in the day that I'm afraid,
I lay all my fears before You

And trust in You with all my heart.

⁴What harm could a man bring to me?

With God on my side I will not be afraid of what comes,

The roaring praises of God fill my heart,

And I will always trust His promises.

⁵Day after day cruel critics distort my words, Constantly they
plot my collapse.

⁶Lurking in the dark, waiting,

Spying on my movements in secret,

To take me by surprise, ready to take my life!

⁷They don't deserve to get away with this!

Look at their wickedness, their injustice, Lord!

In Your fierce anger, cast them down to defeat!

⁸You've kept track of all my wanderings and my weeping.

You've stored my many tears in Your bottle, not one will be lost.

For You care about me every time I've cried.^[2]

You've recorded it all in Your book of remembrance.^[3]
⁹The very moment I call to You for a Father's help The tide of
battle turns and my enemies flee!
This one thing I know God is on my side!
¹⁰I trust in the Lord!
And I praise Him!
I trust in the Word of God!
And I praise Him!
¹¹What harm could man do to me?
With God on my side I will not be afraid of what comes.
My heart overflows with praise to God and for His promises.
I will always trust in Him.
¹²With gratitude for all You've done I will do everything I've
promised You, Lord.
So I'm thanking You with all my heart!
¹³For You have saved my soul from death And my feet from
falling
So that I can walk before the Lord
In His life-giving light.

^[1] Other variations of the Hebrew inscription could be translated "The distant dove of silence."

^[2] Implied in the text.

^[3] See also Malachi 3:16.

Psalm 57

Triumphant Faith

To the Pure and Shining One,
King David's golden song of instruction,
Composed when he hid from Saul in a cave,[^{\[1\]}](#)
to the tune of "Do Not Destroy."

¹Merciful God! Open Your grace-fountain for me, For You are
my soul's true shelter.

I will hide beneath the shadow of Your embrace,
Under the wings of Your cherubim
Until this terrible trouble is past.

²I will cry out to You, the God of the highest heaven, The Mighty
God, who performs all these wonders for me.

³He will send a Father's help from heaven to save me.[^{\[2\]}](#)
He will trample down
Those who trample on me.

Pause in His presence

For He will always show me love
By His gracious and constant care.

⁴I am surrounded by these fierce and brutal men.
They are like lions just wanting to tear to me shreds.
Why must I continue to live among these seething terrorists,
Breathing out their angry threats and insults against me?

⁵Lord God, be exalted as You soar throughout the heavens.
May Your shining glory be seen in the skies!
Let it be seen high above over all the earth!

⁶For they have set a trap for me.
Frantic fear has me overwhelmed.
But look! The very trap they set for me

Has sprung shut upon themselves instead of me!

Pause in His presence

⁷My heart, O God, is quiet and confident.

Now I can sing with passion Your wonderful praises!

⁸Awake, O my soul, with the music of His splendor-song!

Arise my soul and sing His praises!

My worship will awaken the dawn,

Greeting the daybreak with my songs of light!^[3]

⁹Wherever I go I will thank You.

Among all the nations they will hear

My praise songs to You.

¹⁰Your love is so extravagant,

It reaches to the heavens!

Your faithfulness so astonishing,

It stretches to the sky!

¹¹Lord God, be exalted as You soar throughout the heavens.

May Your shining glory be shown in the skies!

Let it be seen high above all the earth!

^[1]. This incident is recorded in 1 Samuel 24.

^[2]. Implied in the text.

^[3]. Implied in the text.

Psalms 58

Judge of the Judges

*For the Pure and Shining One,
King David's golden song of instruction,
to the tune of "Do Not Destroy."*

¹⁻²God's Justice? You high and mighty politicians Knownothing
about it!

Which one of you has walked in justice toward others?
Which one of you has treated everyone right and fair?
Not one!

You only give "justice" in exchange for a bribe!
For the right price you let others get away with murder!
³⁻⁴Wicked wanderers even from the womb! That's who you are!
Lying with your words! Your teaching is poison!^[1]

⁵Like cobras closing their ears to the most expert of the
charmers, You strike out against all who are near!^[2]

⁶O God, break their fangs;
Shatter the teeth of these ravenous lions!
⁷Let them disappear like water falling on thirsty ground.
Let all their weapons be useless.

⁸Let them be like slugs, snails that dissolve into the slime.
Let them be cut off, never seeing the light of day!

⁹God will sweep them away so fast
That they'll never know what hit them!^[3]
¹⁰The godly will celebrate in the triumph of good over evil.
And the lovers of God will trample

The wickedness of the wicked under their feet!
¹¹Then everyone will say, "There is a God who judges the
judges;"

And, “There is a great reward in loving God!”

[\[1\]](#). The Hebrew says “venom of a serpent,” which is a clear metaphor for wrong teaching.

[\[2\]](#). Implied in the context.

[\[3\]](#). The Hebrew text here is recognized by nearly every scholar to be one of the most difficult verses in the Psalms to translate.

Psalms 59

Protect Me

*For the Pure and Shining One,
King David's song of instruction
composed when Saul set an ambush for him at his home,^[1]
to the tune of "Do Not Destroy."*

¹My God, protect me! Keep me safe from all my enemies, For
they're coming to kill me.

Put me in a high place out of their reach,
A place so high that these assassins will never find me.

²Save me from these murdering men,
These bloodthirsty killers.

³See how they set an ambush for my life.
They're fierce men ready to launch their attack against me.

God, I'm innocent, protect me!^[2]

⁴I've done nothing to deserve this, Yet they are already plotting
together to kill me.

Arise Lord, see what they're scheming
And come and meet with me!

⁵Awaken, O God of Israel!
Commander of Angel-Armies,
Arise to punish

These treacherous people who oppose You!
Don't go soft on these hard-case killers!

Pause in His presence

⁶After dark they came to spy, sneaking around the city,
Snarling, prowling like a pack of stray dogs in the night;
⁷Boiling over with rage, shouting out their curses, Convinced
that they'll never get caught.

⁸But You, Lord, break out laughing at their plans, Amused by their arrogance, scoffing at their sinful ways.

⁹My strength is found when I wait upon You. Watch over me. For God, You are my Mountain Fortress, my Hiding Place.

¹⁰The God of passionate love will meet with me.
My God will empower me to rise in triumph over my foes.

¹¹Don't just kill them all,
Stagger them with a vivid display of power.
And scatter them with Your armies of angels, O God, our Protector!

Make them as wanderers and vagabonds,
So that when we encounter them no one will forget^[3]
How You brought us to victory.

¹²They are nothing but proud, cursing liars.
They sin in every word they speak, boasting in their blasphemies!

¹³May Your wrath be kindled to destroy them, Finish them off!
Make an end of them and their deeds
Until they are no more!
Let them all know and learn
That God is the Ruler over His people,^[4]
The God-King over all the earth!

Pause in His presence

¹⁴Here they come again! Prowling, growling Like a pack of stray dogs in the city,

¹⁵Drifting, devouring, and coming in for the kill.^[5]

¹⁶But as for me, Your strength shall be my song of joy.
Each and every morning
My lyrics of Your love will fill the air!
For You have been my Glory-Fortress,
A Stronghold in my day of distress.

¹⁷O my Strength, I sing with joy Your praises.
O my Stronghold, I sing with joy Your song!
O my Savior, I sing with joy the lyrics
Of Your faithful love for me!

[\[1\]](#). This incident is recorded in 1 Samuel 19:11-18.

[\[2\]](#). Implied in the context.

[\[3\]](#). Implied in the text.

[\[4\]](#). The Hebrew is literally “God of Jacob.”

[\[5\]](#). Implied in the context.

Psalms 60

Has God Forgotten Us?

*To the Pure and Shining One,
King David's song for instruction*

*Composed when he fought against the Syrians with the outcome still uncertain
And Joab turned back to kill 12,000 descendants of Esau in the Valley of Salt to
the tune of "Lily of the Covenant."*

¹God, it seemed like You walked off and left us!
Why have You turned against us? Have You deserted us?

O Lord, we plead, come back and help us as a Father.^[1]

²The earth quivers and quakes before You, Splitting open and
breaking apart.

Now come and heal it, for it is shaken to its depths.

³You have been very hard on us

And made us stagger beneath Your blows,
You have made us drink the stupefying wine of bewilderment.

⁴You have given miraculous signs to those who love You.

As we follow You we fly the flag of truth

And all who love the truth will rally to it.

Pause in His presence

⁵Come to Your beloved ones and gently draw us out!

Answer our prayer for Your saving help.

Come with Your might and strength, for we need You, Lord!^[2]

⁶Then I heard the Lord speak in His holy splendor, From His
Sanctuary I heard the Lord promise:

"In My triumph I will be the One

To measure out the portion of My inheritance to My people,

And I will secure the land as I promised you.^[3]

⁷Shechem, Succoth, Gilead, and Manasseh; They are all still

Mine!” God says.

“Judah will continue to produce kings and lawgivers;
And Ephraim will produce great warriors.

⁸Moab will become My lowly servant!

Edom will likewise serve My purposes!

I will lift up a shout of victory over the land of Philistia!

⁹But who will bring My triumph into the strong city, Into Edom’s
fortresses?”^[4]

¹⁰Have You really rejected us, refusing to fight our battles?

¹¹Give us a Father’s help when we face our enemies.

For to trust in any man is an empty hope.

¹²With God’s help we will fight like heroes And trample down
our every foe!

^[1]. Implied in the context.

^[2]. Implied in the text.

^[3]. The Hebrew includes two geographical places in the text, Shechem and Succoth. Shechem is where Jacob (Israel) first bought title to the land, paying one hundred pieces of silver for the place where he camped. Succoth is another place where Jacob temporarily camped in the Land of Promise. These two places speak of God being the One who brought them in and portioned out the land for His people.

^[4]. “Edom” is a variant form of the word *Adam*.

Psalm 61

Prayer for Protection

*To the Pure and Shining One,
A song of the smiting, by King David.*

¹O God, hear my prayer. Listen to my heart's cry.

²For no matter where I am, even when I'm far from home, I will cry
out to You for a Father's help.

When I'm feeble and overwhelmed by life,
Guide me into Your glory where I am safe and sheltered.

³Lord, You are a paradise of protection to me.

You lift me high above the fray.

None of my foes can touch me there

When I'm held firmly in Your wrap-around presence!

⁴Keep me in this glory.

Let me live continually under Your splendor-shadow,

Hiding my life in You forever.

Pause in His presence

⁵You have heard My sweet resolutions To love and serve You, for I
am Your beloved.

And You have given me

An inheritance of rich treasures,

Which You give to all Your lovers.

⁶You treat me like a king,

Giving me a full and abundant life,

Years and years of reigning, [11](#)

Like many generations rolled into one!

⁷I will live enthroned with You forever!

Guard me, God, with Your unending, unfailing love.

Let me live my days walking in truth before You.

⁸And my praises will fill the heavens forever, Fulfilling my vow to
make every day a love gift to You!

[11](#). The Hebrew text says literally “add to the days of the king.”

Psalm 62

Unshakable Faith

To the Pure and Shining One,
King David's melody of love's celebration.^[1]

¹I stand silently to listen for the One I love, Waiting as long as
it takes for the Lord to rescue me.

For God alone has become my Savior.

²He alone is my Safe Place,

His wrap-around presence always protects me.

For He is my Bodyguard, and My Champion-Defender;

There's no risk of failure with Him!

So why would I let worry paralyze me

When troubles multiply around me?

³But look at these who want me dead, Shouting their vicious
threats at me!

The moment they discover my weakness

They all begin plotting to take me down.

⁴Liars and hypocrites,

With nothing good to say.

All of their energies are spent

On moving me from this exalted place.

Pause in His presence

⁵I am standing in absolute stillness, Silent before the One I love;

Waiting as long as it takes for Him to rescue me.

Only God is my Savior and He will not fail me.

⁶For He alone is my Safe Place,

His wrap-around presence always protects me,

As my Bodyguard, and my Champion-Defender;

There's no risk of failure with Him!

So why would I let worry paralyze me
 When troubles multiply around me?
⁷The glory all around me is God's!
 His wrap-around presence is all I need,
 For the Lord is my Savior and my Spring of life-giving strength!
⁸Join me everyone! Trust only in God every moment!
 Tell Him all your troubles,
 Pour out your heart-longings to Him.
 Believe me when I tell you—He will help you!
Pause in His presence
⁹Before God, all the people of the earth, high or low, Are like
 smoke that disappears,
 Like steam that quickly vanishes away.
 Compared to God they're nothing but vanity, nothing at all!
¹⁰The wealth of the world is nothing to God.
 So if your wealth increases, don't be boastful or
 Put your trust in your money.
 And don't you think for a moment that
 You can get away with stealing
 By overcharging others;
 Just to get more for yourself!
¹¹God said to me once and for all,
 "All the strength and power you need flows from Me!"
 And again I heard it clearly said,
¹²"All the love you need is found in Me!"
 And He said,
 "The greater your passion for more—
 The greater the reward I will give you!"^[2]

^[1]. The inscription includes the name *Jeduthun*, which means "one who praises."

^[2]. Implied in the text.

Psalm 63

Thirsting for God

*For the Pure and Shining One,
King David's song
when he was exiled in the Judean wilderness.*

¹O God of my life,

I'm lovesick for You in this weary wilderness!

I thirst with the deepest longings to love You more,
With cravings in my heart that cannot be described.

Such yearning grips my soul for You, O God,

²I'm energized whenever I enter

Your heavenly sanctuary to seek more of Your power
And to drink in more of Your glory.

³For Your great love and tender kindness Means more to me than
life itself!

How I love and praise You, God!

⁴Daily I will worship You

Passionately and with all my heart.

My arms will wave to You like banners of praise.

⁵I overflow with praise when I come before You.

The anointing of Your presence satisfies me like nothing else.

You are such a rich banquet of pleasure to my soul.

⁶⁻⁷I lie awake each night thinking of You And reflecting on how
You help me like a Father.

I sing through the night under Your splendor-shadow
Offering up to You my songs of delight and joy!

⁸With passion I pursue and cling to You, I keep my soul close to
Your heart.

For I feel Your grip on my soul and I will never let You go.

⁹Those who plot to destroy me
Shall descend into the darkness of hell.

¹⁰They will be consumed by their own evil, And become nothing
more than dust under our feet.

¹¹These liars will be silenced forever!
But with the anointing of a king I will dance and rejoice,
Along with all His lovers who trust in Him.

Psalms 64

The Destroyer Destroyed

*For the Pure and Shining One,
King David's song.*

¹Lord, can't You hear my cry, my bitter complaint?
Keep me safe from this band of criminals and
²From the conspiracy of these wicked men.

They gather in their secret counsel to destroy me.

³⁻⁴Can't You hear their slander, their lies?
Their words are like poison-tipped arrows
shot from the shadows. They are

Unafraid and have no fear of consequences.

⁵They set their traps against us in secret; They strengthen each
other, saying,

"No one can see us? Who can stop us?"

They're nothing more than unruly mobs
Joined in their unholy alliance!

⁶Searching out new opportunities to pervert justice, Deceivers
scheming together their ill-conceived plot
As they plan the "perfect crime."

How unsearchable is their endless evil,
Trying desperately to hide the deep darkness of their hearts!

⁷But all the while God has His own fire-tipped arrows!
Suddenly, without warning,

They will be pierced and struck down!

⁸Staggering backwards they will be destroyed By the very ones
they spoke against!

All who see this will view them with scorn!

⁹Then all will stand awestruck over what God has done, Seeing

how He vindicated the victims of these crimes!

¹⁰The lovers of God will be glad, rejoicing in the Lord.
They will be found in His glorious wrap-around presence,
Singing songs of praise to God!

Psalm 65

What a Savior

For the Pure and Shining One,

King David's poetic song.

¹⁻²O God in Zion, to You even silence is praise!

You are the God who answers prayer;

All of humanity comes before You with their requests.

³Though we are overcome by our many sins, Your love will cover
over them all!

⁴And Your priestly lovers, those You've chosen, Will be greatly
favored to be brought close to You!

What inexpressible joys will be theirs!

What feasts of mercy will fill them in Your heavenly sanctuary!

How satisfied we will be just to be near You!

⁵You answer our prayers with amazing wonders And awe-
inspiring displays of power!

You are the righteous God

Who helps us like a Father.

Everyone everywhere looks to You,

For You are the Confidence of all the earth,

Even to the farthest islands of the sea.

⁶What jaw-dropping, astounding power is Yours!

You are the Mountain-Maker, who sets them all in place!

⁷You muzzle the roar of the mighty seas, And the rage of mobs
with their noisy riots!

⁸O God, to the farthest corners of the planet People will stand in
awe, startled and stunned

By Your signs and wonders!

Sunrise brilliance and sunset beauty

Both take turns singing their songs of joy to You.

⁹Your visitations of glory bless the earth with peace.

Your outpouring waters the earth as Your river overflows.

You paint the wheat fields golden as You provide rich harvests.

¹⁰Every field is watered with the abundance of rain, Showers
soaking the earth and softening its clods,

Causing seeds to sprout throughout the land.

¹¹You crown the earth with its yearly harvest, the fruits of Your
goodness.

Wherever You go, the tracks of Your chariot wheels drip with oil.

¹²Luxuriant green pastures boast of Your bounty As You make
every hillside blossom with joy.

¹³The grazing meadows are covered with flocks And the fertile
valleys are clothed with grain.

Each one dancing and shouting for joy,

Creation's celebration!

And they're all singing their songs of praise to You!

Psalm 66

Thank You, Lord

*For the Pure and Shining One,
a poetic song.*

¹Everyone everywhere, lift up your joyful shout to God!

²Sing your songs tuned to His glory!

Tell the world how wonderful He is!

³Awe-inspiring God, great and glorious in power!

We've never seen anything like Him!^[1]

Mighty in miracles, causing Your enemies to tremble!

No wonder they all surrender and bow before You!

⁴All the earth bowing down to worship, All the earth singing
Your glories!

Pause in His presence

⁵Everyone come and see the incredible things God has done.

It will take your breath away!

He works amazing miracles for His people!

⁶He made a highway going right through the Red Sea As the
Hebrews each passed over on dry ground.

Exploding with excitement and joy

Over the miracles of God!

⁷In His great and mighty power He rules forever, Watching over
every movement of every nation.

So beware rebel lands, He knows how to humble you!

Pause in His presence

⁸Praise God, all you peoples.

Praise Him everywhere and let everyone know you love Him!

⁹There's no doubt about it, God holds our lives safely in His
hands!

He's the One who keeps us faithfully following Him.

¹⁰O Lord, we have passed through Your fire, Like precious metal
made pure,

You've proved us, perfected us, and made us holy.

¹¹You've captured us, ensnared us in Your net.

Then, like prisoners, You placed Egypt's chains around our
necks. [\[2\]](#)

¹²You've allowed our enemies to prevail against us.

We've passed through fire and flood,

Yet in the end You always bring us out better than we were
before,

Saturated with Your goodness.

¹³I come before Your presence with my sacrifice.

I'll give You all that I've promised, everything I have.

¹⁴ When I was overcome in my anguish I promised to give you
my sacrifice,

Here it is! All that I said I would offer You is Yours!

¹⁵The best I have to bring,

I'll throw it all into the fire

As the fragrance of my sacrifice ascends unto You. [\[3\]](#)

Pause in His presence

¹⁶All you lovers of God who want to please Him, Come and listen,
and I'll tell you what He did for me.

¹⁷I cried aloud to Him with all my heart and He answered me!

Now my mouth overflows with the highest praise.

¹⁸Yet if I had closed my eyes to my sin, The Lord would have
closed His ears to my prayer.

¹⁹But praises rise to God, for He paid attention to my prayer And
answered my cry to Him!

²⁰I will forever praise this God who didn't close His heart when I
prayed And never said no when I asked Him for help.

He never once refused to show me His tender love.

[1]. Implied in the context.

[2]. Implied in the text.

[3]. The literal Hebrew describes the sacrifice as “burnt offerings of fat beasts and the smoke of rams, bulls and male goats.”

Psalms 67

It's Time to Praise Him

*For the Pure and Shining One,
a poetic song of praise for the guitar.*

¹God, keep us near Your grace-fountain.
And when You look down on us,
May Your face beam with joy!

Pause in His presence

²Send us out all over the world
So that everyone everywhere
Will discover Your ways
And see Your power to save!

³Let them all burst forth with praise; Let everyone everywhere
love and enjoy You!

⁴Then how glad the nations will be
When You are their King!

They will sing, they will shout,
For You give true justice to the people!
Yes! You, Lord, are the Shepherd of the nations!

Pause in His presence

⁵No wonder the peoples praise You!
Let all the people praise You more!

⁶The harvest of the earth is here!
God keeps us satisfied at His banquet of blessings,

⁷And the blessings keep coming!
So let all the earth become His lovers!

Psalms 68

A Song of Triumph

*For the Pure and Shining One,
David's poetic song of praise.*

¹God! Awaken and arise with awesome power And let every one of
Your enemies scatter in fear!

²Chase them away, all these God-haters!
Blow them away as a puff of smoke.
Melt them away like wax in the fire.

One good look at You and the wicked vanish!

³But let all Your godly-lovers be glad, Yes, let them all rejoice
and be transported with gladness!^[1]

Let them laugh and be radiant with joy!

⁴Let them sing their celebration songs For the coming of the
Cloud-Rider,

Whose name is Yah!^[2]

⁵⁻⁶To the fatherless, He is a Father, To the widow, He is a
Champion-Friend!

To the lonely, He gives a family.

To the prisoner, He gives freedom

Until they each sing for joy!

This is our Holy God in His Holy Place!

But for the rebels there is heartache and despair.

⁷O Lord, it was You who marched in front of Your people,
Leading them through the wilderness.

Pause in His presence

⁸The earth shook beneath Your feet, the heavens filled with
clouds Before the presence of the God of Sinai!

The sacred mountain shook at the sight of

The face of Israel's God!

⁹You sent the reviving rain upon the weary land, Showers of blessing to refresh it.

¹⁰So there Your people settled,
And in Your kindness You provided the poor with abundance.

¹¹The Lord declares the Word

And the warring women of Zion deliver the message:^[3]

^{12a}The conquering legions have themselves been conquered.
Look at them flee!"

Now Zion's women are left to gather the spoils.

¹³Afterwards, as I watch you rest in the fiery dwelling place I see
you sparkling like silver and glistening like gold,
Covered by beauty as with the wings of a dove!^[4]

¹⁴The Almighty scattered your enemies!
They all melted away like snow in the spring.

¹⁵O huge, magnificent Mountain,
You are the mighty Kingdom of God!

All the other peaks, though impressive and imposing,

¹⁶Look with envy on you, Mt. Zion! For Zion is the mountain
Where God has chosen to live forever.

¹⁷Look! The mighty chariots of God!
Thousands upon thousands, more than anyone could ever
number!

The Lord Himself is at the front,
Leading them all from Mount Sinai into His Sanctuary,
With the radiance of holiness upon Him!

¹⁸He ascends into the heavenly heights, Taking with Him His
many captured ones,

Leading them in triumphal procession.
You received men as gifts, even the once rebellious,
So that they may dwell with Yah!

¹⁹What a glorious Lord! He gives us our salvation over and over,^[5]
Then daily He carries our burdens!

Pause in His presence

²⁰Our God is a mighty God who saves us over and over!
For the Lord, Yahweh, rescues us from death many times!

²¹But He will crush every enemy, shattering their strength.
He will make heads roll,

For they refuse to repent of their stubborn sinful ways!

²²I hear the Lord saying to all the enemies of His people: "You'd
better come out of your hiding places,

All of you that are doing your best to stay far away from Me,^[6]
Don't you know there's no place to hide!

²³For My people will be the conquerors, They will soon have you
under their feet!

They will crush you until there is nothing left!"^[7]

²⁴O God, my King,

Your triumphal processions keep moving onward in holiness.

You're moving onward toward the Holy Place!

²⁵Singers in front, then musicians,

With the maidens in between striking their tambourines!

²⁶And they sing "Let all God's princely people rejoice!

Let all the congregations bring their blessing to God, saying:

'The Lord of the Fountain! The Lord of the Fountain of Life!

The Lord of the Fountain of Israel!"

²⁷Look! The favored youth are leading the way!^[8]

Princes of praise in their royal robes,

And exalted princes are among them,

Along with princes who have wrestled with God!

²⁸⁻²⁹Display Your strength, God, and we'll be strong!

For Your miracles have made us who we are.

From Your temple, Lord, do it again and parade Your mighty

power!
 By Your command even kings will bring gifts to You!
³⁰God, rebuke the beast-life that hides within us!^[19]
 Rebuke those who claim to be “strong ones”^[10]
 That lurk within the congregation
 And trample on the people
 Out of their rapacious appetite for money.
 So God scatters the people who are spoiling for a fight.
³¹Africa will send her noble envoys to You, O God.
 They will come running, stretching out their hands in love to
 You.
³²Let all the nations of the earth sing songs of praise to God!
 Go ahead all you nations—sing your praise to the Lord!
Pause in His presence
³³Make music for the One who strides the ancient skies.
 Listen to His thunderous voice split open the heavens!
³⁴Give it up for God, for He alone has all the strength and power!
 Proclaim His majesty! For His glory shines down on Israel!
 His mighty strength soars in the clouds of glory!
³⁵God, we are consumed with awe, trembling before You As Your
 glory streams from Your Holy Place!
 The God of power shares His mighty strength with Israel
 And with all His people!
 God, we give our highest praise to You!

[11]. Literal translation from the Septuagint.

[12]. More than an abbreviation, the name “Yah” is associated with the God of heaven, the highest God of glory.

[13]. As translated in the Masoretic text.

[14]. The dove can be a symbol of the Holy Spirit.

[15]. Salvation is in the plural form in the text “salvations.”

[16]. The Hebrew text makes reference to “Bashan” (a high mountain) and to the

depths of the sea, in other words, there's no place to hide.

[\[7\]](#). The Hebrew text is literally "Your enemies will be food for the dogs."

[\[8\]](#). The Hebrew text includes in this verse the names of four sons of Jacob, representing four tribes. *Benjamin*, the name of the youngest son, means "son of my right hand" or "the favored one." *Judah* means "praise." Zebulon's name actually is the word for "exalted." *Naphtali* means "obtained by wrestling." Each name speaks of a princely group, and is used here poetically not merely for Israel but for all of God's "princely people" in this holy procession of worship.

[\[9\]](#). Literal Hebrew is "Rebuke the beasts in the reeds."

[\[10\]](#). This verse has puzzled scholars with many concluding that the Hebrew text is nearly incomprehensible with tremendous variations in the translation.

Psalm 69

A Cry of Distress^{[11](#)}

*To the Pure and Shining One,
David's poetic song of praise
to the tune of "Lilies."*

¹⁻²God, my God, come and save me!
These floods of trouble have risen higher and higher.
The water is up to my neck!
I'm sinking into the mud
With no place to stand,
And I'm about to drown!
³I'm weary, exhausted with weeping.
My throat is dry, my voice is gone,
My eyes are swollen with sorrow,
And I'm waiting for You, God, to come through for me!
⁴I couldn't even count those who hate me without a cause.
Many influential men want me silenced,
Yet I've done nothing against them.
Must I restore what I never took away?
⁵God, my life is an open book to You.
You know every sin I've ever done,
For nothing within me is hidden from Your sight.
⁶Lord, Yahweh of Angel-Armies,
Keep me from ever being a stumbling block to others,
To those who love You.
Lord God of Israel, don't let what happens to me
Be the source of confusion
To those who are passionate for You.
⁷Because of my love for You, Lord,

I have been mocked, cursed, and disgraced.

⁸Even my own brothers, those of my family Act like they don't
want anything to do with me!

⁹My love for You has my heart on fire!

My passion consumes me for Your cause!

Nothing will turn me away, even though people

Hate me and insult me for loving You,

I know they hate You even more.

¹⁰When they see me seeking for more of You with weeping and
fasting,

They all just scoff and scorn at my passion.

¹¹When I humble myself with sorrow over my sin, It gives them a
reason to mock me even more.

¹²The leaders, the influential ones — how they scorn my passion
for You!

I've become the talk of the town; the theme of drunkard's songs.

¹³But I keep calling out to You, Lord!

I know You will bend down to listen to me,

For now is the season of favor!

Because of Your great love for me,

Your answer to my prayer will be my sure salvation!

¹⁴Pull me out of this mess! Don't let me sink!

Rescue me from those who hate me

And from all this trouble I'm in!

¹⁵Don't let this flood drown me.

Save me from these deep waters

Or I'll go down to the pit of destruction.

¹⁶⁻¹⁷Oh, Lord God, answer my prayers!

I need to see Your kindness, Your grace,

Your compassion, and Your constant love.

Just let me see Your face.

Turn Your heart toward me.
Come running quickly to Your servant.
In this deep distress, come and answer my prayer.
¹⁸Come closer as a Friend and redeem me.
Set me free so my enemies cannot say that You are powerless.
¹⁹See how they dishonor me in shame and disgrace?
You know, Lord, what I'm going through, and You see it all!
²⁰I'm heartsick and heartbroken by it all.
Their contempt has crushed my soul.
I looked for sympathy and compassion,
But found only empty stares.
²¹I was hungry and they gave me bitter food.
I was thirsty and they gave me vinegar.
²²Let their "feasts" turn to ashes!
Let their "peace and security" become their downfall!
²³Make them blind as a bat, groping in the dark!
Let them be feeble, trembling continually!
²⁴⁻²⁵Pour out Your fury on them all!
Consume them with the fire of Your anger!
Burn down the walled palace where they live!
Leave them homeless and desolate!
²⁶For they come against the one You Yourself have struck, And
they scorn the pain of those You've pierced.
²⁷Pile on them the guilt of their sins!
Don't let them ever go free!
²⁸Leave them out of Your list of the living!
Blot them out of Your Book of Life!
Never name them as Your own!
²⁹I am burdened and broken by this pain.
When Your miracle-rescue comes to me
It will lift me to the highest place.

³⁰Then my song will be a burst of praise to You!
 My glory-shouts will make Your fame even more glorious
 To all who hear my praises!
³¹For I know, Lord, that my praises mean more to You Than all
 my gifts and sacrifices.
³²All Your gentle lovers will see God do this for them^[1]
 And they'll overflow with gladness.
 Let this revive your hearts, all you lovers of God!
³³For God does listen to the poor and needy And will not
 abandon His prisoners of love.
³⁴Let all the universe praise Him!
 The high heavens and everyone on earth praise Him!
 Let the oceans deep and everything in them, keep it up!
³⁵God will come to save His Zion people.
 God will protect His cities of Judah,
 For there His people will live in peace.
³⁶And all their children will inherit the land; Every lover of His
 name will live there safe and secure!

^[1] Psalm 69 is considered to be one of the most outstanding Messianic Psalms,
 with obvious prophetic references to the sufferings and cross of Jesus Christ. Next to
 Psalm 22, it is the most often quoted psalm in the New Testament.

^[2] Implied in the text.

Psalms 70

A Cry for Help

*To the Pure and Shining One,
David's poetic lament to always remember.*

¹Please Lord! Come quickly and rescue me!
God, show me Your favor and restore me.

²Let all who seek my life be humiliated, confused, and ashamed.
God, send them sprawling,

All who wish me evil; they just want me dead.

³Scoff at every scoffer and cause them all to be utter failures!
Let them be ashamed and horrified
Over their complete defeat.

⁴But let all who passionately seek You Erupt with excitement
and joy over what You've done!

Let all Your lovers,
Who continually rejoice in the Savior,^[1]

Say aloud: "How great and glorious is our God!"

⁵Lord, in my place of weakness and need, Won't You turn Your
heart toward me

And hurry to help me?

For You are my Savior

And I'm always in Your thoughts.

So don't delay to deliver me now

For You are my God.

^[1]. This verse contains the Hebrew root word for "Yeshua."

Psalm 71

The Psalm of Old Age

¹Lord, You are my secure shelter. Don't ever let me down!

²Let Your justice be my breakthrough.

Bend low to my whispered cry and save me from all my enemies!

³You're the only place of protection for me.

I keep coming back to hide myself in You,

For You are like a mountain-cliff fortress where I'm kept safe!

⁴Let me escape from these cruel and wicked men.

Help me to slip away from their grasp.

⁵For You are my only hope, Lord!

I've hung onto You, trusting in You all my life.

⁶⁻⁷It was You who supported me from the day I was born, Loving me, helping me through my life's journey.

You've made me into a miracle, no wonder

I trust You and praise You forever!

Many marvel at my success, but I know

It is all because of You, my Mighty Protector!

⁸I'm overflowing with Your praise for all You've done, And Your splendor thrills me all day long!

⁹Now that I'm old, don't set me aside.

Don't let go of me when my strength is spent.

¹⁰⁻¹¹For All my enemies whisper behind my back.

They're waiting for me to fall so they can finish me off.

They're convinced You've left me, and that You'll never come to my rescue.

They're saying, "Let's get him now! He's helpless!"

¹²O God, stay close to me!

Don't just watch from a distance! Hurry to help me, My God!

¹³Cover these accusers of mine with shame and failure!
Destroy them all, for they only want to kill me!

¹⁴No matter what, I'll trust in You to help me.

Nothing will stop me from praising You more and more!

¹⁵I couldn't begin to count the times You've been there for me!
With the skill of a poet, I'll never run out of things to say
Of how You faithfully kept me from danger.¹¹

¹⁶I will come forth in Your mighty strength, O my Lord God.
I'll tell everyone that You alone are the Perfect One.

¹⁷From my childhood You've been my Teacher, And I'm still
telling everyone of Your miracle-wonders!

¹⁸God, now that I'm old and gray, don't walk away.

Give me grace to tell this generation about all Your mighty
miracles

And Your magnificent power that You're ready to show to those
yet to come!

¹⁹For Your glorious righteousness reaches up to the high
heavens!

No one could ever be compared to You,

Who is Your equal, O God of marvels and wonders?

²⁰Even though You've let us sink down with trials and troubles, I
know You will revive us again, lifting us up from the dust of
death.

²¹Give us even more majesty than before.

Turn and comfort us once again.

²²My loving God, the harp in my heart will praise You.

Your faithful heart toward us will be the theme of my song.

Melodies and music will rise to You, the Holy One of Israel.

²³I will shout and sing Your praises for all You are to me— Savior,
Righteous Redeemer, Lover of my soul!

²⁴I'll never stop telling others how perfect You are While all

those who seek my harm,
Slink away ashamed and defeated!

[\[1\]](#). Implied in the text.

Psalms 72

The Righteous King

Solomon's psalm.

¹O God, make the king a godly judge like You, And give the crown prince the gift of justice too.

²Help him to give true justice to Your people, Honorably and equally to all.

³Then the mountains of influence will be fruitful in righteousness, Prosperity and peace to all the people.

⁴May the poor and humble have an advocate with the king.
May he consider the children of the needy

And crush the cruel oppressor.

⁵Your lovers will outlast the sun;

Their worship of You will outlive the light of the moon.

For ages upon ages the people will love and worship You!

⁶His favor will fall like rain upon our surrendered lives.^[1]

Like showers reviving the earth!

⁷In the days of His reign the righteous will spring forth With the abundance of peace and prosperity forevermore.

⁸May He subdue and take dominion from sea to sea, May He rule from the river to the rim.

⁹Desert-nomads are bowing at His feet!

Every enemy falling face down, biting the dust!

¹⁰Distant kings will surrender and come with their gifts; From every continent and coastland they will offer their tribute to You.^[2]

¹¹O King of kings, they will all bowbefore You.

O King of kings, every nation will one day serve You.

¹²⁻¹³He will care for the needy and neglected when they cry for

help.

The humble and helpless will know His kindness,
For with a father's compassion He will save their souls.

¹⁴They will be rescued from tyranny and torture For their life-
blood is precious to Him!

¹⁵Long live this King!

May the wealth of the world be laid before Him!^[3]

May there be constant praise and prayer to Him!

May all the blessing be brought to Him!

¹⁶Bless us with a bountiful harvest, With golden grain swaying
on top of the mountain fields!

May the cities be full of praising people, fruitful and filled!

¹⁷So that His name may be honored forever!

May the fame of His name spring forth!

May it shine on, like the sunshine!

In Him all will be blessed to bless others,

And may all the people bless the God who blessed them!

¹⁸Praise forever Jehovah God, the God of Israel!

He is one and only God of wonders, surpassing every
expectation!

¹⁹The blazing glory of His name will be praised forever!

May all the earth overflow with His glory!

YES! And Amen!

²⁰(This concludes the poetry sung by David, Jesse's son.)

^[1] The Hebrew text is "like rain on mown grass."

^[2] Included in the Hebrew text are "kings of Tarshish (Spain), kings of Sheba and Seba (Ethiopia)."

^[3] The literal Hebrew states "the gold of Sheba."

Book Three

THE “LEVITICUS” PSALMS

Psalm 73

God's Justice

Asaph's psalm.

¹No one can deny it —God is really good to Israel, And to all
those with pure hearts.

But I nearly missed seeing it for myself. ⁱⁱⁱ

²Here's my story: I came so close to missing the way.

I was stumbling over what I saw with the wicked.

³For when I saw the boasters with such wealth and prosperity, I
became jealous over their smug security.

⁴⁻⁵Indulging in whatever they wanted, going where they wanted,
Doing what they wanted, and with no care in the world.

No pain, no problems; they seemed to have it made!

⁶They didn't even try to hide their pride and opulence.

Cruelty and violence is part of their lifestyle.

⁷ Pampered and pompous, vice oozes from their very souls.

So ostentatious that they overflow with vanity!

⁸They're such snobs! Looking down their noses scoffing at God!

They are nothing but bullies threatening God's people!

⁹Loudmouths with no fear of God, pretending to know it all!

Windbags full of hot air, impressing only themselves!

¹⁰Yet the people keep coming back for more of the same
nonsense.

¹¹They tell their cohorts, "God will never know

See, He has no clue of what we're doing."

¹²These are the wicked ones I'm talking about!

They never have to lift a finger,

Living a life of ease while their riches multiply.

¹³Have I been foolish to play by the rules and keep my life pure?

¹⁴Here I am suffering under Your discipline day after day While
they sail through life without a care. [\[2\]](#)

¹⁵If I had given in to my pain and spoken of what I was really
feeling, It would have sounded like unfaithfulness to the next
generation.

¹⁶So when I tried to understand it all, I just couldn't.
It was too puzzling—too much of a riddle to me.

¹⁷But then, one day I was brought into the sanctuaries of God
And in the light of glory, I understood the whole picture.
I perceived that the end of the wicked was near. [\[3\]](#)

¹⁸They're the ones who are on the slippery path,
And God will suddenly let them slide off into destruction,
To be consumed with terrors forever!

¹⁹It will be an instant end to all their life of ease, A blink of the
eye and they're swept away by sudden calamity!
They're all nothing more than momentary monarchs,
²⁰Soon to disappear like a dream when one awakes.

So when You awake, Lord, to judge them
You'll despise their life of fantasies. [\[4\]](#)

²¹When I saw all of this, what turmoil filled my heart; Piercing
my opinions with Your truth.

²²I was so stupid. I was senseless and ignorant, Acting like a
brute beast before You, Lord.

²³Yet, in spite of all this, I know You still love me You've never let
me go, You've brought me closer to You.

²⁴You lead me with Your secret wisdom.

And following You brings me into Your brightness and glory!

²⁵Who is there in heaven for me but You! You're all I want!
As long as I have You, life on earth has nothing more I desire.

²⁶Lord, so many times I fail; I fall into disgrace, But when I trust
in You I have a strong and glorious presence

Protecting and anointing me. You're all I ever need, forever!

²⁷Those who abandon the worship of God will perish.

All the false and unfaithful will be silenced, never heard from again.

²⁸But I will keep coming closer and closer to You, Lord Yahweh!

I want the joy of being as close to You as I can be!

I'll keep telling the world of Your awesome works, my God!

[1]. Implied in the context.

[2]. Implied in the context.

[3]. Implied in the text.

[4]. The Hebrew word used here is actually “shadows.”

Psalms 74

We Need You Now

Asaph's poem of instruction.

¹Are You really going to leave us, God?

Would You turn Your back on us, rejecting Your people?

We are Yours, Your very own.

Will Your anger smolder against us forever?

²Don't forget that we are Your beloved ones.

Wrap us back into Your heart again, for You chose us.

You brought us out of our slavery and bondage,

And made us Your favored ones, Your Zion-people, Your home
on earth.

³Turn Your footsteps toward this devastation, Come running to
bring Your restoring grace to these ruins; [\[1\]](#)

To what the enemy has done to devastate Your dwelling place.

⁴They have come into the very midst of Your dwelling place
Roaring like beasts, setting up their banners to flaunt their
conquest!

⁵Now everything is in shambles! They've totally destroyed it,
Like a forest chopped down to the ground, there's nothing left!

⁶All of the beauty of the craftsmanship Of the inner place has
been ruined— Smashed, broken, and shattered!

⁷They've burned it all to the ground! They've violated Your
Sanctuary, The very dwelling place of Your glory and Your name.

⁸They boasted, "Let's completely crush them!

Let's wipe out every trace of this God!

Let's burn up every sacred place where they worship this God!"

⁹Now there's nothing left that shows we are the people of God! [\[2\]](#)

No miraculous signs anymore! There's no longer a prophet

among us

Who can tell us howlong this devastation will continue!

¹⁰So God, howmuch longer will You let this go on And allow
these barbarians to blaspheme Your name?

Will You stand back and watch them get away with this forever?

¹¹Why don't You do something? You have the power to break in,
So why would You hide Your great power from us?

Don't hold back! Unleash Your might and give them a final
blow

¹²You have always been and always will be my King.

You are the Mighty Conqueror, working wonders all over the
world.

¹³It was You that split the sea in two by Your glorious strength.
You smashed the power of Tannin, the sea-god!^[3]

¹⁴You crushed the might of Leviathan, the great dragon, Then
You took the crumbs and fed them to the sharks!

¹⁵With Your glory You opened up springs and fountains, Then
You spoke and the ever-flowing springs of Jordan,
Dried up so we could cross over.

¹⁶You own the day and the night.

Sunlight and starlight call You Creator.

¹⁷The four corners of the earth were formed by Your hands And
every changing season owes its beauty to You.

¹⁸O Jehovah, don't ever forget howthese arrogant enemies, Like
fools, have mocked Your name.

¹⁹Lord, aren't we Your beloved dove that praises You?^[4]

Protect us from these wild beasts who want to harm us.

Don't leave us as lambs among wolves!

You can't abandon us after all we've been through!

²⁰Remember Your promises to us,

For darkness covers the land, giving the violent ones a hiding

place.

²¹Don't let these insults continue. Can't You see That we are Your
downtrodden and oppressed people?

Make the poor and needy into a choir of praise to You!

²²Don't ignore these ignorant words; this continual mocking.
Rise up, God, it's time to defend Yourself from all of this!

²³Never forget what Your adversaries are saying!

For their rage and uproar rise continually against You!

It's time to stand up to them!^[3]

[1]. Implied in the text.

[2]. Implied in the text.

[3]. This could be a metaphor for Pharaoh.

[4]. As translated from the Septuagint, Syriac, and one Hebrew manuscript.

[5]. Implied in the context.

Psalm 75

A Cup in God's Hand

*To the Pure and Shining One,
Asaph's poetic song
to the tune of "Do Not Destroy."*

¹God, our hearts spill over with praise to You!
We overflow with thanks, for Your name is the "Near One."
All we want to talk about is Your wonderful works!

And we hear Your reply:

²When the time is ripe I will arise
And I will judge the world with perfect righteousness!
³Though I have set the earth firmly on its pillars, I will shake it
until it totters and everyone's hearts will tremble."

Pause in His presence

⁴God warns the proud, "Stop your arrogant boasting!"
And He warns the wicked, "Don't think for a moment you can
resist Me!

⁵Why would you speak with such stubborn pride?
I dare you to raise your fist against Me!"

⁶⁻⁷This I know The favor that brings promotion and power Doesn't
come from anywhere on earth,
For no one can exalt a person but God, the true Judge of all.
He alone determines where favor rests.
God lifts up one with greatness,
And brings another down to his knees.

⁸In His hand is a foaming cup of judgment mixed with fury,
Full to the brim and ready to run over.
He pours it out for the wicked and they will drink it,
Down to the very last drop!

⁹But I will proclaim the victory of the God of Jacob.

My melodies of praise will make Him known.^[1]

¹⁰My praises will break the powers of wickedness While the
righteous will be promoted and become powerful!

^[1]. Implied in the text.

Psalms 76

Awe-Inspiring Power!

*To the Pure and Shining One,
Asaph's poetic tune
a song of smiting.*

¹God is well-known in the land of Judah. He is famous
throughout Israel, ²Making His home in Jerusalem, living here
on Mount Zion.

³That's where He smashes every weapon of war that comes
against Him.

That's where He uses the broken arrows
As kindling for His mighty bonfire.

Pause in His presence

⁴God, You are so resplendent and radiant!
Your majesty shines from Your everlasting mountains!
Nothing could be compared to You in glory!

⁵Even the mightiest of men have been paralyzed by Your
presence!

They were so stunned and lifeless not even
The strongest one could lift a hand.

⁶When Jacob's God roared His rebuke, soldiers and their steeds
All fell to the ground, stunned and lying still.

⁷No wonder You are greatly feared! You are the awe-inspiring
God!

For who could ever stand before Your face when Your fierce
anger burns,

And still live to tell about it!

⁸As the earth stands holding its breath in awe before You,
Judgment is decreed from heaven.

⁹You arise to punish evil and defend the gentle upon the earth.

Pause in His presence

¹⁰You have the power to transform man's futile anger into praise.
The fury of Your enemies only causes Your fame to increase. ^[1]

¹¹So you'd better keep every promise you've ever made To this
fearsome One, Jehovah-God!

Let everyone bring their extravagant gifts to Him alone.

¹²He is famous for breaking the spirit of the powers that be.
And the kings of the earth will know Him as the Awesome One!

^[1]. The Septuagint reads “survivors of Your wrath keep Your festivals.”

Psalms 77

God of Comfort

*To the Pure and Shining One,
Asaph's poetic song of love's celebration.*

¹I poured out my complaint to You, God.
I lifted up my voice, shouting out for Your help.
I even found myself yelling out to You so that You would hear me!

²When I was in deep distress, in my day of trouble, I reached out for You and my hands were stretched out to heaven!
Over and over I kept looking for You,
But Your comforting grace was nowhere to be found.

³When I think of You I just moan. God, where are You? [III](#)
I'm overwhelmed with despair as I wait for Your help to arrive.

Pause in His presence

⁴I can't get a wink of sleep until You come and comfort me.
Now I'm too burdened to even pray!

⁵My mind wanders, thinking of days gone by; the years long since passed.

⁶Then I remembered my worship songs I used to sing In the night seasons of the past,
And my heart began to fill again with thoughts of You.

So my spirit went out once more in search of You.

⁷Would You really walk off and leave me forever, God?
Won't You show me Your kind favor, delighting in me again?

⁸Has Your well of sweet mercy dried up?
Will Your promises never come true?

⁹Have You somehow forgotten to show me grace?
Are You so angry that You've closed

Your heart of compassion toward me?

Pause in His presence

¹⁰Lord, what hurts me most is this feeling of fate, That it's my
fault that You've changed Your heart toward me
From love to hate.

¹¹But I could never forget all Your miracles, my God, As I
remember all Your wonders of old.

¹²I ponder all You've done, Lord, musing on all Your miracles.

¹³It's here in Your presence, in Your sanctuary,
Where I learn more of Your ways.^[2]

For Holiness is revealed in everything You do!

Lord, You're the One and Only, the great and glorious God!

¹⁴Your display of wonders, miracles, and power Makes the
nations acknowledge You.

¹⁵By Your glory-bursts You've rescued us over and over.
And all of us, Your beloved ones, know that it's true!

Pause in His presence

¹⁶When the many waters of the Red Sea saw You ^[3]
They were all afraid; running away to hide!

¹⁷Storm clouds filled with water high in the skies, With
cloudbursts and thunderclaps announcing Your approach.

Lightning-flashes light up the landscape.

¹⁸Rolling whirlwinds explode with sonic-booms of thunder,
Rumbling as the skies shout out Your story through light and
sound.

Everything on earth shakes and trembles as You draw near.^[4]

¹⁹Your steps formed a highway through the seas, With footprints
on a pathway no one even knew was there.^[5]

²⁰You led Your people forward by Your loving hand, Blessed by
the leadership of Moses and Aaron.

[\[1\]](#). Implied in the context.

[\[2\]](#). This is an alternative translation, followed by the King James Bible.

[\[3\]](#). Although the Red Sea is not mentioned in the verse, it is implied in the context.

[\[4\]](#). Implied in the context.

[\[5\]](#). This could be a prophecy of Jesus one day walking on water.

Psalms 78

Lessons from History

Asaph's poetic song of instruction.

¹Beloved ones, listen to this instruction.

Open your heart to the revelation
Of this mystery that I share with you.

²A parable and a proverb is hidden in what I say, An intriguing
riddle from the past
That will leave you thinking. [III](#)

³⁻⁴We've heard true stories from our fathers About our rich
heritage. We will continue
To tell our children and not hide from the rising generation
The great marvels of our God, His miracles and power
Which have brought us all this far.

⁵The story of Israel is a lesson in God's ways.
He gave Moses His laws then commanded us to keep them,
And to make them known to all our children.

⁶For perpetuity, God's ways will be passed down From one
generation to the next, even to those not yet born.

⁷In this way, every generation will have A living faith in the laws
of life

And will never forget the faithful ways of God.

⁸By following His ways they will break the past bondage Of their
fickle fathers who were a stubborn, rebellious generation
And whose spirits strayed from the Eternal God.
They refused to love Him with all their hearts!

⁹Take for an example, the sons of Ephraim; Though they were
well equipped warriors carrying their weapons,
Yet they turned back and ran away in fear when the battle

began.

¹⁰They didn't really believe the promises of God.

They simply refused to trust and move forward in faith.

¹¹They forgot His wonderful works and the miracles of the past,

¹²Even their exodus from Egypt, the epic miracle of His might.
They forgot the glories of His power at the place of passing over.

¹³God split the sea wide open and

The waters stood at attention on either side of them

As the people passed on through!

¹⁴By day the moving glory-cloud led them forward.

And all through the night the fire-cloud stood as a sentry of
light.

¹⁵⁻¹⁶In the days of desert dryness He split open the mighty rock,
And the waters flowed like a river before their eyes.

He gave them all they wanted to drink from His living springs.

¹⁷Yet they kept their rebellion alive against God Most High And
their sins against God continued to be counted.

¹⁸In their hearts they tested God just to get what they wanted,
Asking for the food their hearts craved.

¹⁹⁻²⁰Like spoiled children they grumbled against God Himself,
Demanding He prove His love by saying, [¹²](#)

“Can God really provide for us in this barren wilderness?
Will He give us food, or will He only give us water? Where's our
meal?”

²¹Then God heard all their complaining and was furious!

His anger flared up against His people,

²²For they turned away from faith and walked away in fear, They
failed to trust in His power to help them when He was near.

²³⁻²⁴Still He spoke on their behalf and the skies opened up, The
windows of heaven poured out food, the mercy bread-manna,
The grain of grace fell from the clouds.

²⁵Human beings ate angel's food, the meal of the mighty ones.
His grace gave them more than enough!

²⁶⁻²⁷The heavenly winds of miracle power blew in their favor.
And food rained down upon them,
Succulent quail quieted their hunger as they ate all they
wanted.

²⁸Food fell from the skies, thick as clouds, Their provision
floated down right in front of their eyes!

²⁹He gave them all they desired, and they ate to their fill!

³⁰⁻³¹But before they had even finished, With their food still in
their mouths,

God's fiery anger arose against them
Killing the finest of their mighty men.

³²Yet in spite of all this, they kept right on sinning.

Even when they saw God's marvels,
They refused to believe God could care for them.

³³So God cut their lives short with sudden disaster, With
nothing to show for their lives but fear and failure.

³⁴When He cared for them they ignored Him, [\[3\]](#)
But when He began to kill them, ending their lives in a moment,
They came running back to God, pleading for mercy.

³⁵They remembered that God, the Mighty One, Was their strong
Protector,

A Hero-God who would come to their rescue.

³⁶⁻³⁷But their repentance lasted only as long as they were in
danger; They lied through their teeth to the True God of
Covenant.

So quickly they wandered away from His promises,
Following God with their words and not with their hearts!
Their worship was only flattery!

³⁸But amazingly, God, so full of compassion, still forgave them.

He covered over their sins with His love,
Refusing to destroy them all.
Over and over He held back His anger,
Restraining wrath to show them mercy.

³⁹He knew that they were made from mere dust— Frail, fragile,
and short-lived.

Here today and gone tomorrow
⁴⁰How many times they rebelled in their desert days!
How they grieved Him with their grumblings!

⁴¹Again and again they limited God; preventing Him from
blessing them.

Continually they turned back from Him and wounded the Holy
One!

⁴²They forgot His great love, how He took them by His hand And
with redemption's kiss [\[4\]](#)

He delivered them from their enemies.

⁴³They disregarded all the epic signs and marvels they saw
When they escaped from Egypt's bondage.

They forgot the judgment of the plagues that set them free.

⁴⁴God turned their rivers into blood, leaving the people thirsty.

⁴⁵How He sent them vast swarms of filthy flies that sucked their
blood.

He sent hordes of frogs, ruining their lives.

⁴⁶And grasshoppers consumed all their crops.

⁴⁷And every garden, every orchard was flattened with blasts of
hailstones.

Their fruit trees ruined by a killing frost.

⁴⁸Even their cattle fell prey, pounded by the falling hail, Their
livestock were struck with bolts of lightning.

⁴⁹Finally, He unleashed upon them the fierceness of His anger.
Such fury!

He sent them sorrow and devastating trouble
By His mighty band of destroying angels;
Messengers of death were dispatched against them!
⁵⁰⁻⁵¹He lifted His mercy and let loose His fearful anger And did
not spare their lives.

He released the judgment-plagues to rage through their land.
God struck down in death all the firstborn sons of Egypt;
The pride and joy of each family!

⁵²Then like a Shepherd leading His sheep, God led His people
Out of tyranny, guiding them toward the Land of Promise.^[5]

⁵³Safely and carefully, God led them out with nothing to fear.
But their enemies He led into the sea.

He took care of them there once and for all!

⁵⁴Eventually God brought His people to the Holy Land, To a
land of hills which He prepared for them.

⁵⁵He drove out and scattered all the peoples occupying the land
Staking out an inheritance and a portion for each of Israel's
tribes.

⁵⁶Yet for all of this, they still rebelled and refused to follow His
ways, Provoking to anger the God Most High.

⁵⁷⁻⁵⁸Like traitors turning back, they forsook Him.

They were even worse than their fathers!

They became treacherous deceivers, crooked and corrupt,
And worshipped false gods in the high places,

Bringing low the name of God with every idol they erected.

No wonder He was filled with jealousy and furious with anger!

⁵⁹Enraged with anger, God turned His wrath on them, And He
rejected His people with disgust!

⁶⁰God walked away from them and left His dwelling place at
Shiloh, Abandoning the place where He had lived among them.

⁶¹Allowing His emblem of strength, His glory-ark, to be

captured,^[6]

Enemies stole the very source of Israel's power.

⁶²God vented His rage, allowing His people to be butchered
When they went out to battle,

For His anger was intense against His very own!

⁶³Their young men fell on the battlefield and never came back.
Their daughters never heard their wedding songs,
Since there was no one left to marry!

⁶⁴Their priests were slaughtered and their widows were killed
Before they had time to weep.

⁶⁵Then all at once the Lord awakened as though He had been
asleep.

Like a mighty man He arose, roaring into action!

⁶⁶He blasted into battle, driving back every foe, Defeating them
in disgrace for time and eternity.

⁶⁷He rejected Joseph's family, the tribe of Ephraim^[7]

⁶⁸But He chose instead the tribe of Judah And Mount Zion,
which He loves.

⁶⁹There He built His towering Temple,
Strong and enduring as the earth itself.

⁷⁰And God also chose His beloved one, David.

He promoted him from caring for sheep
And made him His prophetic servant.

⁷¹⁻⁷²God prepared David and took this gentle shepherd-king And
presented him before the people

As the one who would love and care for them

With integrity, a true heart, and the anointing to lead Israel,
His holy inheritance.

^[1] This was quoted by Jesus in Matthew 13:34-35.

^[2] Implied in the context.

[3]. Implied in the context.

[4]. Implied in the context.

[5]. Implied in the text.

[6]. Implied in the text. Although the ark is not directly mentioned in this text, the obvious implication is that God allowed His “strength” to be stolen as a sign of His judgment.

[7]. The place of God’s dwelling was moved from the land of Ephraim (Shiloh) to the land of Judah (Jerusalem).

Psalm 79

Prayer in a Time of National Disaster

Asaph's poetic song.

¹God, won't You do something?

Barbarians have invaded Your inheritance.

Your temple of holiness has been violated,

And Jerusalem has been left in ruins.

²The corpses of Your loving people are lying in the open, Food
for the beasts and the birds.

³The shed blood of Your servants has soaked the city With no
one left to bury the dead.

⁴Now the nearby nations heap their scorn upon us; Scoffing,
mocking us incessantly.

⁵How much longer, O Jehovah God, must we endure this?
Does Your anger have no end? Will Your jealousy burn like a
raging fire?

⁶If You're going to pour out your anger, Pour it out on all these
nations around us, not on us!

They're the ones that do not love You like we do!

⁷See how they've attacked us, consuming the land, leaving it
desolate.

⁸Please God, don't hold the sins of our fathers against us.

Don't make us pay for their sins.

Hurry to our side, and let Your tender-hearted mercy meet us in
our need,

For we are devastated beyond belief.

⁹Our Hero, come and rescue us!

O God of the Breakthrough, for the glory of Your name, come
and help us!

Forgive and restore us; heal us and cover us in Your love.

¹⁰Why should all the nations sneer at us saying: “Where is this
God of yours?”

Now is the time, Lord, show Your people and all the world
That You will avenge this slaughter and bloodshed once and for
all!

¹¹Listen, Lord! Hear the sighing of all the prisoners of war, All
those doomed to die. Demonstrate Your glory-power
And come and rescue Your condemned children!

¹²Lord, take what these mocking masses have done to us And pay
it all back to them seven times over!

¹³Then we, Your lovers, will forever thank You, Praising Your
name from generation to generation!

Psalm 80

Rescue and Restore

For the Pure and Shining One,

Asaph's poetic song

set to the tune of "Your Decrees are Like Lilies."

¹God-Enthroned, You are exalted in the midst of the cherubim.

How perfectly You lead us through life.

O Loving Shepherd of Israel!

Listen to our heart's cry,

And from Your throne of dazzling light

Shine Your radiant glory upon us!

²Stir up Your mighty power in full display before our eyes. [11](#)

Reveal Yourself and Your might by coming to our rescue,

For the sake of those who follow Your glory!

³Revive us, O God! Let Your beaming face shine upon us With
the sunrise rays of glory, and then nothing will be able to stop
us!

⁴O God, the Mighty Commander of Angel-Armies, How much
longer will You smolder in anger? How much longer
Will You be disgusted with Your people even when they pray?

⁵You have fed us with sorrow and grief

And made us drink our tears by the bowlful.

⁶You've made us a thorn in the side of all the neighboring lands,
And now they just laugh at us with their mocking scorn.

⁷Come back, come back, O God and restore us!

You are the Commander of Angel-Armies.

Let Your beaming face shine upon us with the sunrise rays of
glory,

And then nothing will be able to stop us!

⁸⁻⁹Remember how You transplanted us here Like a tender vine
from Egypt. You cleared the land for Your vineyard,
E victing the nations from off Your land and planted us here!
The roots of Your vineyard went deep into the soil
And filled the land with fruit.

¹⁰⁻¹¹Because of Your favor on Your vineyard, blessing extended To
every mountain of influence.

Through this flourishing vineyard mighty ones were raised up.
The nations were blessed by Your fruitful vineyard of Israel,
All the way from the Mediterranean to the Euphrates. [\[2\]](#)

¹²⁻¹³So Lord, why have You broken down Your fence of favor around
us?

Trespassers can steal the fruit from off our vines
And now every wild beast comes
Breaking through our wall to ravage us.
You've left us without protection!

¹⁴Come back, Come back, O God to restore us!
You are the Commander of Angel-Armies.
Look down from heaven and see our crisis.

Come down and care for Your lovely vineyard once again.

¹⁵Nurture our root and our fruit with Your loving care.
Raise up the Branch-Man, the son that You've made strong.

¹⁶Enemies chopped down our vine and set it on fire.
Now show them Your anger and let them perish by Your frown.
¹⁷Strengthen this Branch-Man, the Son of Your love, The Son of
Man who dwells at Your right hand.

¹⁸Then we will never turn back from You, Revive us again, that we
may trust in You.

¹⁹O God, the mighty Commander of Angel-Armies, Come back
and rescue us!
Let Your beaming face shine upon us

With the sunrise rays of glory,
Then nothing will ever stop us again!

[1]. The Hebrew includes the names Ephraim (“doubly fruitful”), Benjamin (“son of my right hand”), and Manassah (“you made me forget”). These three sons of Rachel marched together behind the ark of glory (Numbers 2:17-24) and became representatives of all who follow the glory of God. They will be “doubly fruitful,” sons of His “right hand,” and those who have “forgotten” their lives in Adam.

[2]. In this passage the translator has chosen to make explicit the symbols in the text. The vineyard is Israel, the mountains are the high places of influence in culture, the cedars are the mighty and powerful of men, and the sea speak of the nations (“sea of humanity”).

Psalm 81

For the Feast of Tabernacles

For the Pure and Shining One,

Asaph's poetic song

set to the Melody of "For the Feast of Harvest."

¹Lord, just singing about You makes me strong!

So I'll keep shouting for joy to Jacob's God, my Protector!

²Let the celebration begin! I will sing with drum accompaniment, And with the sweet sound of the harp and guitar strumming.

³Go ahead! Blow the jubilee trumpet to begin the feast!

Blow it before every joyous celebration and festival.

⁴For God has given us these seasons of joy, Days that He decreed for us to celebrate and rejoice!

⁵He's given these feasts to remind us of His triumph over Egypt,

Which ended our slavery in a strange and foreign land. [¹¹](#)

Then I heard the message in an unknown tongue as He said to me:

⁶"I have removed your back-breaking burdens And have freed your hands from the hard labor and toil.

⁷You called out to Me in your time of trouble and I rescued you.

I came down from the realm of the secret place of thunder

Where mysteries hide. I came down to save you.

I tested your hearts at the place where there was no water to drink,

The place of your bitter argument with me." [¹²](#)

Pause in His presence

^{8a}Listen to Me, My dear people.

For I'm warning you, and you'd better listen well!

For I hold something against you.
⁹Don't ever be guilty of worshipping any other god but Me!
¹⁰I am your God, your only God!
 Wasn't I the One who broke the strongholds over you
 And raised you up out of bondage?
 Open your mouth with a mighty decree,
 I will fulfill it now, you will see!
 The words that you speak, so shall it be!
¹¹But My people still wouldn't listen,
 My princely people would not yield to Me!
¹²So I lifted My grace from off of their lives And I surrendered
 them to the stubbornness of their hearts,
 For they were living according to their own selfish fantasies.
¹³O, that my people would once and for all listen to Me And
 walk faithfully in My footsteps, following my ways.
¹⁴Then and only then, will I conquer your every foe And tell
 everyone of them, 'You must go!'
¹⁵Those who hate My ways will cringe before Me And their
 punishment will be eternal.
¹⁶But I will feed your spirit with My finest.
 You will feast and be satisfied with Me,
 Feeding on My revelation-truth like honey."

[\[1\]](#). Implied in the text.

[\[2\]](#). The Hebrew includes the word *Meribah*, which means "the place of strife and contention."

Psalm 82

True Justice

Asaph's poetic song.

¹All rise! For God now stands up to judge As He convenes
heaven's courtroom!

He judges the judges and rules over the rulers! Saying,
²"How long will you judges refuse to listen to the voice of True
Justice And continue to corrupt what is right
By judging in favor of the wrong?"

Pause in His presence

³Defend the defenseless, the fatherless and the forgotten, The
disenfranchised and the destitute.

⁴Your duty is to deliver the poor and the powerless; Liberate
them from the grasp of the wicked.

⁵But you continue in your darkness and ignorance While the
foundations of society are shaken to the core!

⁶Didn't I commission you as judges, saying, "You are all like
gods, since you judge on My behalf.

You are all like sons of the Most High, my representatives.

⁷Nevertheless, in death you are nothing but mere men!
You will be laid in the ground like any prince and you will die."

⁸All rise! For God now takes His place as Judge of all the earth!
Don't you know that everything and everyone belongs to Him?
The nations will be sifted in His hands!

Psalm 83

God, Don't Be Silent¹¹

Asaph's poetic song.

¹God, You have to do something!

Don't be silent and just sit idly by.

²⁻³Not when all Your enemies are stirred up in an uproar!

Can't you see what they're doing?

They despise You, Lord!

In their defiant arrogance they rise up

To host their secret council against Your people.

They conspire together to come and harm

Your cherished ones—Your hidden ones.

⁴Our enemies keep saying, "Now is the time to wipe Israel off the map!

We'll destroy even the memory of her existence!"

⁵They've made their pact;

Consulting and conspiring,

Aligning together in their covenant against God!

⁶⁻⁸All the sons of Ishmael, the desert sheiks and The nomadic tribes, the Canaanites, and all the nations that surround us,

Philistines, Phoenicians, and Samaritans;

Allied together they're ready to attack!

Pause in His presence

⁹Do to them all what you did

To the Midianites who were defeated by Gideon.

Or what You did to Sisera and Jabin

When Deborah and Barak defeated them by the Kishon River.

¹⁰Or like what You did to Your enemies at Endor, Whose rotting corpses fertilized the land!

¹¹⁻¹²Repeat history God! Make all their “noble ones”
Die like Oreb, Zebah and Zalmunna, who said in their pride,
“We will seize God’s people along with all their pleasant
lands!”

¹³Just blowthem away, God, like strawin the wind, Like a
tumbleweed in the wilderness!

¹⁴Burn them up like a raging fire roaring down the
mountainside, Consume them all until only charred sticks
remain!

¹⁵Chase them away like before a mighty storm and terrifying
tempest!

¹⁶O Lord, disgrace them until their faces fill with shame, And
make them acknowledge the glory of Your name!

¹⁷Make them utter failures in everything they do Until they
perish in total disgrace and humiliation.

¹⁸So that they will knowthat You, and You alone Are Yahweh, the
only Most High God
Exalted over all the earth!

[\[1\]](#). The historical background to this psalm may be found in 2 Chronicles 20:14-36.

Psalms 84

Longing for God

*For the Pure and Shining One,
A prophetic song written by the sons of Korah
set to the melody of "For the Feast of Harvest."*

¹O God of Heaven's Armies, You find so much beauty in Your people!

They're like lovely sanctuaries of Your presence.^[1]

²So deep within me are these lovesick longings, Desires and daydreams of living close to You.

When I'm near You my heart and my soul will sing and worship
With my joyful songs of You, my true Source and Spring of life!

³O Lord of Heaven's Armies, My King and my God, Even the sparrows and swallows are welcome

To build a nest among Your altars and there have their young,

⁴How ecstatic with pleasure are those who live every day in Your temple
Enjoying You and worshipping in Your presence!

Pause in His presence

⁵How blissful are they who find their strength in the Lord,
Within their hearts are the highways of holiness!

⁶Even when their path winds through the dark valley of tears,
They find the pleasant oasis of refreshing where others find only pain.^[2]

In their joy it will become to them a brook of blessing.

⁷They grow stronger and stronger with every step forward, Until
they find all their strength in You,^[3]

And the God of all gods will appear before them in Zion!

⁸Hear my cry, O God of Heaven's Armies!
God of Jacob, listen to my loving prayer.

Pause in His presence

⁹O God, Your wrap-around presence is our defense.

In Your kindness, look upon

The faces of Your anointed ones.

¹⁰For just one day in Your courts is like A thousand days of joy
rolled into one!

I'd rather stand at the threshold

In front of the Gate Beautiful,

Ready to go in and worship my God,

Than to live my life without You

In the most beautiful palace of the wicked.

¹¹For the Lord God is brighter

Than the brilliance of a sunrise!

Wrapping Himself around me like a shield,

He is so generous with His gifts of grace and glory!

¹²Those who walk along His paths with integrity Will never lack
one thing they need,

For He provides it all!

O Lord of Heaven's Armies,

What euphoria fills those

Who forever trust in You!

[\[1\]](#). The Hebrew word for “lovely” used here can also mean “beloved.” The translator has chosen to use both these concepts in this verse.

[\[2\]](#). Implied in the context.

[\[3\]](#). Implied in the context.

Psalms 85

Mercy and Truth

For the Pure and Shining One,

A prophetic song composed by the sons of Korah.

¹Lord, Your love has poured out so many amazing blessings on
our land!

You've restored the destiny of Your captive people.

²You've forgiven our many sins and covered Every one of them in
Your love.

Pause in His presence

³So now it's obvious that Your blazing anger has ended, And the
furious fire of wrath has been extinguished by Your mercy. [11](#)

⁴So bring us back to loving You, God our Savior!

Restore our hearts so that we'll never again feel Your anger rise
against us.

⁵Will You forever hold a grudge? Will Your anger endure for all
time?

⁶Revive us again, O God! I know You will! Give us a fresh start!

Then all Your people will taste Your joy and gladness!

⁷Pour out even more of Your love on us!

Reveal more of Your kindness and restore us back to You!

⁸Now I'll listen carefully for Your voice and wait to hear what You
say.

Let me hear Your promise of peace,

The message every one of Your godly lovers longs to hear.

Just don't let us in our ignorance turn back from following You!

⁹For I know Your power and presence shines on all Your lovers!

Your glory always hovers over all who bow low before You!

¹⁰Your mercy and Your truth have married each other.

Your justice and peace have kissed.

¹¹Flowers of Your faithfulness are blooming on the earth.

Righteousness shines down from the sky.

¹²Yes, the Lord keeps raining down blessing after blessing, And
prosperity will drench the land with a bountiful harvest.

¹³For Justice and Righteousness are His forerunners, Preparing a
path for His steps.

[\[11\]](#). Implied in the text.

Psalm 86

A Prayer of Faith

King David's prayer.

¹Lord, bend down to listen to my prayer.

For I'm in deep trouble. I'm so broken and humbled,
And I desperately need Your help.

²Guard me from death, for I'm Your faithful lover, Your loyal
servant for life.

I turn to You in faith, my God,
My Hero, come and rescue me!

³Lord, hear my constant cry for help,
Show me Your favor and bring me to Your fountain of grace!

⁴Restore joy to Your loving servant once again, For all I am is
Yours.

⁵Lord, You are so good to me, so kind in every way And ready to
forgive, for Your grace-fountain keeps overflowing— Drenching
all Your lovers who pray to You.

⁶God, won't You pay attention to this urgent cry?
Lord, bend down to listen to my prayer.

⁷Whenever trouble strikes I will keep crying out to You, For I
know Your help is on the way.

⁸There's just no one like You, Lord!
There's no other god as famous as You!
You outshine all others,

And Your miracles make it easy to know You!

⁹Lord, You are the One who created all the nations, Look at them
—they're all on their way!

Yes, the day will come when they will all worship You,
And put Your glory on display!

¹⁰You are the one and only God!
What miracles! What wonders!
What greatness belongs to You!

¹¹Teach me more about You;
How You work and how You move,
So that I can walk onward in Your truth,

Until everything within me brings honor to Your name!

¹²With all my heart and passion I will thank You, my God!
I will give glory to Your name always and forever!

¹³What extravagant love You've shown to me!
Your unbelievable kindness has never failed me.
You rescued me from the deepest place of darkness,
And You have delivered me from a certain death!

¹⁴God, look at how these arrogant ones have defied me.
Like a vicious band of violent men, they have tried to kill me.
They wouldn't worry for a moment that they were sinning against
You!

¹⁵But You, Lord, are a merciful and gentle God, Slow to get
angry, yet so swift to show Your faithful love.

¹⁶Come and bring me to Your grace-fountain once again, So that
Your strength becomes mine.

Be my Hero and come rescue Your servant once again!

¹⁷Send me a miraculous sign to show me how much You love me
So that those who hate me will see it and be ashamed.

Don't they know that You, Lord, are my Comforter,
The One who comes to help me!

Psalms 87

Fountains of Joy

A prophetic song, composed by the sons of Korah.

¹High upon His hills of holiness stands God's city, Jerusalem!

²How God loves His home, His favorite place on earth!

³So many wonderful things have been spoken Over Zion, God's
holy city!

Pause in His presence

⁴For the Lord says, "Here are the nations Who will acknowledge
Me as God.

Egypt, Iraq, Palestine, and the Mediterranean people,
Even distant Ethiopia! They will all boast
That they are counted as citizens of Zion."

⁵But the day will come when the highest honor Will be for those
who were native-born Israelites.

For the God Most High will truly bless Jerusalem!

⁶And when He counts her citizens, recording them in His
registry, He will write by their name: "This one was born-again
here!"

Pause in His presence

⁷And the princes of God's feasts will sing and dance, Singing,
"All my fountains of delight spring up
From Your life within me!"

Psalm 88

*Save Me from This Sorrow*¹¹

*To the Pure and Shining One,
A prophetic song for the sons of Korah,
to the tune of "Pierced."*

For instruction by Heman the Ezrahite.

¹Yahweh is the God who continually saves me.

I weep before you night and day.

²Please bend down and listen to my sobbing, For my life is
riddled with troubles,

And death is just around the corner!

³Everyone sees my life ebbing out.

They just consider me a hopeless case,

And see me as a dead man.

⁴They've all left me here to die,

Helpless, like one who is doomed for death.

⁵They're convinced You've forsaken me,
Certain that You've forgotten me completely—

Abandoned, pierced, with nothing

To look forward to but death.

⁶Why have You discarded me,

And thrown me down into the deepest darkness,

As into a bottomless pit?

⁷I feel Your wrath and it's a heavy weight upon me Drowning me
beneath a sea of sorrow

Pause in His presence

⁸Why did You turn all my friends against me?

You've made me like a cursed man in their eyes.

No one wants to be with me now

You've caught me in a trap with no way out.

⁹Every day I beg for Your help.

Can't You see my tears?

My eyes are swollen with weeping.

I reach out my hands to You for mercy,

But You're nowhere to be found.

Soon it will be too late! ^[2]

¹⁰How can those who are cut off from Your care
Even know that
You are there?

How can I rise up to praise You if I'm dead and gone?

Pause in His presence

¹¹Who can give thanks for Your love in the graveyard?

Who preaches Your faithfulness in the place of destruction?

¹²Does death's darkness declare Your miracles?

How can anyone who's in the grave, where all is forgotten,

Remember how You keep Your promises?

¹³Lord, I have pleaded over and over for You to come and spare
me.

At each and every sunrise You will

Continue to hear my cry until You answer.

¹⁴God, why are You treating me like this? ^[3]

Why have You thrown my life away?

Will You keep turning the other way every time I call out to
You?

¹⁵Since I was young I had to put up with being close to dying.

I'm humiliated, broken, and helpless before Your terrors;

And I can't take it anymore!

¹⁶I'm so overwhelmed by Your burning anger!

I've taken the worst You could give me

And now I'm speechless before You.

¹⁷I'm drowning beneath the waves of this sorrow
Cut off with no

one to help.

¹⁸All my loved ones and friends keep far away from me, Leaving
me all alone with only darkness as my friend!

[\[1\]](#). This psalm has traditionally been used by Christians for reading on Good Friday. Many insights can be found here of the crucifixion of Jesus Christ.

[\[2\]](#). Implied in the context.

[\[3\]](#). Implied in the context.

Psalm 89

Will You Reject Us Forever?

Poems by Ethan the Ezrahite for instruction.^[1]

First Poem—God's Promises to David

- ¹This forever-song I sing
Is the gentle love of God overwhelming me!
Young and old alike will hear about
Your faithful, steadfast love, never failing!
- ²Here's my chorus: "Your palace of praise is built to last forever.
Your faithfulness is firm, rising up to the skies."
- ³I heard the Lord say, "My covenant has been made, And I'm
committed forever to my chosen one, David.
- ⁴I have made My oath that there will be sons of David forever,
Sons that are kings through every generation."

Pause in His presence

- ⁵⁻⁶Can you hear it? Heaven is filled with Your praises, O Lord!
All the holy ones are praising You for Your miracles!
The sons of God are all praising You for Your mighty wonders!
We could search the skies forever and never find One like You!
Not even the mightiest of angels could be compared to You!
- ⁷You are a God who is greatly to be feared As you preside over
the council of holy ones.
You are surrounded by trembling ones
Who are overwhelmed with fear and dread,
Stunned as they stand in awe of You!
- ⁸So awesome are You, O Yahweh, Lord God of Angel-Armies!
Where could we find anyone as glorious as You?
Your faithfulness shines all around You!
- ⁹You rule over oceans and the swelling seas.

When their stormy waves rise, You speak, and they lie still.^[2]

¹⁰You crushed the strongholds of Egypt and all Your enemies
were Scattered at the mighty display of Your glory-power.

¹¹All the heavens and everything on earth belongs to You, For
You are the Creator of all that is seen and unseen.

¹²The four corners of the earth were put in place by You.

You made the majestic mountains

That are still shouting their praises to Your name!

¹³Breathtaking and awesome is Your power! So astounding and
Unbelievable is Your might and strength when it goes on
display!

¹⁴Your glorious throne rests on a foundation of righteousness
and justice.

Grace and truth are the attendants who go before You.

¹⁵Sacred bliss fills those who learn the passwords of praise!

They firmly march along shouting with joy and
Shining in the radiance streaming from Your face.

¹⁶We can do nothing but rejoice all day long, For we know who
You are and what You do,
And You've exalted us on high.

¹⁷The glory of Your splendor is our strength, And Your marvelous
favor makes us even stronger,
Lifting us even higher!

¹⁸You are our King, the Holiest One of all, Your wrap-around
presence is our protection!

Second Poem—God Keeps His Promises

¹⁹⁻²⁰You spoke to Your prophet in a vision, saying: "I have found a
mighty hero for my people.

I have chosen David as my loving servant and exalted him.

I have anointed him as king with My oil of holiness.

²¹I will be strength to him and I will give him My grace to
sustain him no matter what comes.

²²None of his enemies will get the best of him, Nor will the
wicked one overpower him.

²³For I will crush his every adversary
And do away with all who hate him!

²⁴Because I love him and treasure him,
My faithfulness will always protect him.
I will place My great favor upon him,
And I will cause his power and fame to increase.

²⁵David's kingdom shall reach from
The Mediterranean to the Euphrates River.

²⁶And he will come before Me, saying:
'You truly are my Father, my only God, and my Strong Savior!'
²⁷Yes, I am setting him apart, favoring him as My firstborn son.
I will make him like unto Me, the Most High King in all the
earth!

²⁸I will love him forever and always show him kindness.
My covenant with him will never be broken.

²⁹For I have decreed that he will always have an heir; A dynasty
that will release the days of heaven on earth.

³⁰⁻³²But if his children turn from Me and forsake My words,
refusing To walk in my truth, renouncing and violating my laws,
then I will surely
Punish them for their sins with My stern discipline until they
regret it!

³³But I will never, no never, lift My faithful love from off their
lives.

My kindness will prevail and I will never disown them.
³⁴⁻³⁵How could I revoke my covenant of love that I promised David?
For I have given him My word, My holy irrevocable word!

How could I lie to my loving servant David?
³⁶⁻³⁷Sons of David will continue to reign on his throne, And their
kingdom will endure as long as the sun is in the sky.
This covenant will be an unbreakable promise that
I have established for all time!"

Pause in His presence

Third Poem—Why Has Our King Been Defeated

³⁸Why have You rejected me, the one You anointed?
Why would You cast me away?
Why would you lose Your temper with me?
³⁹You have torn up the contract You made with me, Your servant.
You have stripped away my crown and thrown it to the ground.^[3]
⁴⁰You have torn down all my walls of defense And have made my
every hiding place into ruins.
⁴¹All the passers-by attack and rob me while my neighbors
mock!
⁴²Instead of fighting for me, You took the side of my enemies,
Even giving them strength to subdue me,
And then watched them celebrate their victory!
⁴³You are no longer helping me in battle. You've forsaken me To
the swords of those who would strike me down.
⁴⁴You've made my regal splendor to decrease, And allowed my
rule to be overthrown.
⁴⁵Because of You, I've become old before my time and I'm
publicly disgraced!

Pause in His presence

Fourth Poem—"Save Me, God"

⁴⁶How long will You hide Your love from me?
Have You left me for good?
How long will Your anger continue to burn against me?

⁴⁷Remember Lord, I am nothing but dust,
Here today and so soon blown away.
Is this all You've created us for? For nothing but this?
⁴⁸Which one of us will live forever?
We are all mortal, terminal; for we will all one day die.
Which one of us would ever escape our appointment with death
And dodge our own funeral?

Pause in His presence

⁴⁹So Lord, where is all this love and kindness You promised us?
What happened to Your covenant with David?
⁵⁰Have You forgotten how Your own servants are being slandered?
It seems like I'm carrying in my heart
All the pain and abuse of Your forgotten ones.
⁵¹They have relentlessly insulted and persecuted us, Your
anointed ones.
⁵²Nevertheless, blessed be our Lord God forever and ever.
Amen, and so shall it ever be!

[\[1\]](#). Many scholars believe Psalm 89 contains four poems or stanzas. The translator has chosen to signify each poem with an inscription.

[\[2\]](#). This could be a prophecy of Jesus, who would one day calm the stormy seas.

[\[3\]](#). In place of the word "crown" some translations render it "my dignity."

Book Four

THE “NUMBERS” PSALMS

Psalm 90

God, the Eternal

A prayer of Moses, God's prophet.

¹Lord, You are our Eternal Home in every generation, Our only
safe Hiding Place.

²Long before the mountains were born,
Long before You gave birth to the earth,
Without beginning or without ending,
From everlasting to everlasting,
You have always been the One and Only True God.

³When You speak the words:

“Life, return to Me!”

Man turns back to dust.

⁴1,000 years is only like a day to You, Like yesterday, that so
quickly faded away;

Like a night's sleep that is so soon forgotten.

⁵⁻⁶One day we will each be swept away Into the sleep of death!

We glide along through the tides of time and are
So quickly gone, like a dream that fades at dawn. [11](#)

Like a blade of grass that springs up one day

And is dry and withered the next,

Ready to be cut down!

⁷Terrified by Your anger,

Confined beneath the curse,

We live our lives knowing Your wrath.

⁸For all of our faults and flaws are in full view to You!

Everything we want to hide, You search out

And reveal it all, exposed by the radiance of Your face.

⁹We are banished to live under the shadow of Your anger.

Our days soon become years,
Until our lifetime comes to an end,
Finished with nothing but a sigh.

¹⁰You've limited our life span to a mere seventy years, Yet some
will have grace to still live longer.

But what do we have to show for it? It all adds up to
Tears and toils, with little more than a gravestone in a graveyard!

[\[2\]](#)

We're gone so swiftly, so quickly.
We pass away and simply disappear.

¹¹Lord, who is it that truly understands the strength of Your
anger?

Who truly gets it? Who of us can make sense of such rage
And really comprehend the fear of God?

¹²Help us to remember that our days are numbered; And help us
to interpret our existence and gain a heart of wisdom
While living our lives before You.

¹³Return to us again, O God! How much longer will it take, Until
You show us Your abundant compassion?

¹⁴Let our dark night end and the sunrise of Your love Break
through our clouded dawn again!

Only You can satisfy our hearts, filling us with songs of joy
And gladness to the end of our days. Come and restore us!

¹⁵We've been overwhelmed with grief,
Come now and overwhelm us with gladness!
Replace our years of trouble with decades of delight!

¹⁶Let us see Your miracles again, and let the rising generation
See the glorious wonders You're famous for!

¹⁷O Lord our God, let Your sweet beauty rest upon us, and give us
favor.

Work with us, in all that we do, and then our works will endure!

Yes, If You come and work with us it will be worth it all!

[\[1\]](#). A poetic description of what is implied in the context.

[\[2\]](#). A poetic description of what is implied in the context.

Psalms 91

Safe and Secure

¹Whoever lives within the secret shadow of Shaddai, Hidden in
the strength of God-Most-High,
Will always be kept safe and feel secure!

²Here's how I describe Him:

He's the Hope that holds me, and the Stronghold to shelter me,
The only God for me, and my Great Confidence.

³Yes, He will rescue you from every hidden trap of the enemy,
And He will protect you from false accusation and any deadly
curse. [\[1\]](#)

⁴His massive arms are wrapped around you, protecting you.
You can run under His covering of majesty and hide.
His faithfulness is a wrap-around shield keeping you from
harm.

⁵You will never worry about an attack of demonic forces at night,
Nor have to fear a spirit of darkness coming against you.

⁶Don't fear a thing! Whether by night or by day, Demonic
danger will not trouble you, [\[2\]](#)

Nor the powers of evil launched against you.

For God will keep you safe and secure, they won't lay a hand on
you! [\[3\]](#)

⁷Even in a time of disaster with thousands and thousands being
killed, You will remain unscathed and unharmed!

⁸You will be a spectator as the wicked perish in judgment, For
you will still be kept safe and secure!

⁹⁻¹⁰When we live our lives within the shadow of the God-Most-
High, our Secret Hiding Place,
We will always be shielded from harm!

How then could evil prevail against us, or disease infect us?

¹¹God will send His messenger-angels

With special orders to protect you wherever you go,

Defending you from all harm.

¹²If you walk into a trap, they'll be there for you And keep you
from stumbling!

¹³You'll even walk unharmed among the fiercest powers of
darkness, ^[4]

Trampling every one of them beneath your feet!

¹⁴For here is what the Lord has spoken to me: "Because you have
chosen to be My great lover,

I have chosen to greatly protect you.

I will set you in a high place,

Safe and secure before My face.

¹⁵I will answer Your cry for help every time you pray, And you
will find and feel My presence,

Even in your time of pressure and trouble.

I will be Your glorious Hero and give you success!

¹⁶You will be satisfied with a full life, And with all that I do for
you!

For you will feast Your eyes

On the fullness of My salvation,

Drinking deeply of Me!"

^[1]. This is according to the most ancient Hebrew manuscripts and the Septuagint.

^[2]. Verses 5-6 are seen by many Jewish scholars as a reference not merely to pestilence and natural dangers, but to the realm of spiritual darkness that would come against God's servants. These "spirits" are equated to "arrows that fly in daytime" or a "pestilence that walks" in the darkness. God's sheltered ones are kept from harm that could come from natural sources or supernatural powers. What a wonderful place to hide and be secure!

^[3]. Implied in the context.

^[4]. The Hebrew includes the words for "lions," "snakes," and "dragon" as the

three great symbols of satanic power.

Psalm 92

A Sunday Morning Song of Praise

A poetic praise song for the day of worship.^[1]

¹It's so enjoyable to come before You,
With uncontainable praises spilling from our hearts!
How we love to sing our praises over and over to You,
To the Matchless God, high and exalted over all!
²At each and every sunrise we will be thanking You For Your
kindness and Your love!

As the sun sets, and all through the night,
We will keep proclaiming, "You are so faithful!"
³Melodies of praise will fill the air
As every musical instrument, joined with every heart
Overflows with worship.

⁴No wonder I'm so glad, I can't keep it in!
Lord, I'm shouting with glee over all You've done,
For all You've done for me!
⁵What mighty miracles and Your power at work, just to name a
few
Depths of purpose and layers of meaning saturate everything
You do.

⁶Such amazing mysteries found within every miracle, That
nearly everyone seems to miss.
Those with no discernment can never really discover
The deep and glorious secrets hidden in Your ways!
⁷It's true the wicked flourish, but only for a moment, Foolishly
forgetting their destiny with death,
That they will all one day be destroyed forevermore.

⁸But You, O Lord, are exalted forever

In the highest place of endless glory,
9While all Your opponents, the workers of wickedness, They will
all perish, forever separated from You!
10Your anointing has made me strong and mighty.
You've empowered my life for triumph
By pouring fresh oil over me! [\[2\]](#)
11You've said that those lying in wait to pounce on me Would be
defeated, and now I've seen it!
12Yes! Look how You've made all your lovers To flourish like palm
trees!
They're all growing in victory, standing with strength.
13You've transplanted them into Your heavenly courtyard, Where
they are thriving before You.
14For in Your presence they will still overflow and be anointed.
Even in their old age they will stay fresh,
Bearing luscious fruit and abiding faithful.
15Listen to them! They're still proclaiming: "You're so good!
You're my Beautiful Strength!
You've never made a mistake with me!"

[\[1\]](#). Ancient Jewish tradition holds that Adam composed this psalm on the first Sabbath of creation and was to be sung by the Levites on the Sabbath in the temple.

[\[2\]](#). Implied in the text.

Psalm 93

The Majesty of God

*A Friday song, composed by King David
when the land was resettled.^[1]*

¹Look! Yahweh now reigns as King!
He has covered Himself with majesty and strength,
Wearing them as His splendor-garments!

Regal power surrounds Him
As He sits securely on His throne.

He is in charge of it all, the entire world,
And He knows what He's doing!

²Lord, You have reigned as King
From the very beginning of time.

Eternity is Your home.

³⁻⁴Chaos once challenged You.

The raging waves lifted themselves over and over,
High above the ocean's depths, letting out their mighty roar!

Yet at the sound of Your voice

They were all stilled by Your might.

What a Majestic King who rules over the chaos,

The Exalted Creator who is filled with power!

⁵Nothing could ever change Your royal decrees, They will last
forever!

Holiness is the beauty that fills Your House,

And everyone who lives there,

You are the One who abides forevermore!

^[1] This inscription is found in the Septuagint. Jews called this psalm "The Friday Psalm." The Talmud indicates that this psalm was sung every Friday in the temple by the Levites.

Psalm 94

God of Vengeance

A Wednesday song, composed by King David [lll](#)

¹Lord God Almighty, You are the God
Who takes vengeance on Your enemies!

It's time for You to punish evil!

Let Your rays of revelation-light shine from Your people and
Pierce the conscience of the wicked and punish them!

²It's time to arise as Judge of all the earth!

Arise to punish the proud with the penalty they deserve!

³How much longer will You sit back and watch the wicked

Triumph in their evil, boasting in all that is wrong?

⁴ ⁻⁵Listen to them boasting, bragging among themselves, Big in
their own eyes, all because of the crimes

They've committed against Your people!

See how they're crushing those who love You, God,

Cruelly oppressing those who belong to You!

⁶Heartlessly, they murder the widows, the foreigners, And even
the orphaned children.

⁷They say to themselves,

"Their God doesn't see us

And He doesn't even care!"

⁸But you better watch out, you stupid fools!

You'd better wise up! Why would you act like God doesn't exist?

Do you really think that God can't hear their cries? Don't be an
idiot!

⁹God isn't hard of hearing; He'll hear all their cries!

God isn't blind! He who made the eye has superb vision,

And He's watching all you do!

- ¹⁰ Won't the God who knows all things know what you've done?
The God who punishes nations will surely punish you!
- ¹¹ The Lord has fully examined every thought of man And found
them all to be empty and futile.
- ¹² Lord, there's such a blessing that comes When You teach us
Your Word and Your ways.
Even the rebuke of Your correction can be sweet.
- ¹³ It rescues us from our days of trouble
Until You are ready to punish the wicked.
- ¹⁴ For the Lord will never walk away from His cherished ones, Nor
would He forsake His chosen ones who belong to Him.
- ¹⁵ However, when You pronounce Your judgments they are always
right, And all Your lovers will be pleased, for the future belongs
to them.
- ¹⁶ Lord, who will protect me from these wicked ones?
If You don't stand to defend me, who will?
I have no one but You!
- ¹⁷ I would have been killed so many times If You had not been
there for me.
- ¹⁸ When I screamed out, "Lord, I'm doomed!"
Your fiery love was stirred and You raced to my rescue.
- ¹⁹ Whenever my doubts and fears were out of control, The
soothing comfort of Your presence
Calmed me down and overwhelmed me with delight.
- ²⁰ It's obvious to all; You will have nothing to do With corrupt
rulers who pass laws that empowers evil
And defeat what is right.
- ²¹ For they gang up against the lovers of righteousness And
condemn the innocent to death.
- ²²⁻²³ But I know that all their evil plans will Boomerang back onto
them!

Every plot they hatch will simply seal their own doom!
For You, my God, You will destroy them,
Giving them what they deserve.
For You are my true Tower of Strength,
My Safe Place, my Hideout, and my True Shelter.

[\[1\]](#). This inscription is taken from the Septuagint. The Mishnah states that the psalm was sung by the Levites on the fourth day of the week, each Wednesday, in the temple.

Psalm 95

It's Time to Sing ¹Come on everyone! Let's sing for
joy to the Lord!

Let's shout our loudest praises to our God, who saved us!

²Everyone come before Him with a thankful heart!

Don't hold back your praises— Make Him great by making
music for Him!

³For the Lord is the greatest of all!

King-God over all other gods!

⁴In one hand He holds the mysteries of the earth, And in the
other He holds the highest mountain peaks!

⁵He's the Owner of every ocean, The Engineer and Sculptor of
earth itself!

⁶Come and kneel before this Creator-God, Come and bowbefore
our Majestic Maker!

⁷⁻⁹For we are the lovers He cares for, And He is the God we
worship!

So drop everything else and listen to His voice!

For this is what He's saying: "Today, when I speak, don't even
think About turning a deaf ear to Me, Like they did when they
tested Me at Meribah and Massah, The place where they
argued with Me, their Creator.

Your ancestors challenged Me over and over with their
complaining, Even though I had convinced them of My power
and love, Yet they still doubted My care for them.

¹⁰So for forty long years I was grieved and disgusted by them.
I described them as wicked wanderers, Whose hearts would not
followMy ways or keep My Words!

¹¹So I exploded with anger and in exasperation declared: 'They

will never enter the place of rest I've planned for them!
So don't you ever be hard-hearted or stubborn like they were!"^[1]

^[1]. Implied in the context.

Psalm 96

King of the World ¹Go ahead—sing your newsong
to the Lord!

Let everyone in every language sing Him a newsong!

²⁻³Don't stop! Keep on singing! Make His name famous!

Tell everyone every day how wonderful He is!

Give them the good news of our great Savior!

Take the message of His glory and miracles to every nation.

Tell them about all the amazing things He has done!

⁴For the Lord's greatness is beyond description, And He
deserves all the praise that comes to Him!

He is our King-God, and it's right to be in holy awe of Him.

⁵Other gods are absolutely nothing when compared to Yahweh!

For our God is Creator-God, Maker of heaven and earth!

⁶Breathtaking splendor and awe-inspiring majesty Radiate from
His shining presence.

His stunning beauty overwhelms all who come before Him!

⁷Surrender to the Lord all you nations and peoples.

Surrender to Him all your pride and strength.

⁸Confess that God alone deserves all the glory and honor!

Bring an offering and come celebrate in His courts.

⁹Come worship the Lord wearing the beauty of a life of holiness.

Let everyone wait in wonder as they tremble in awe before Him!

¹⁰Tell the nations plainly that God rules over all!

He is doing a great job, and nothing will disrupt Him, For He
treats everyone fair and square!

¹¹⁻¹²Let the skies sing for joy! Let the earth join in the chorus.

Let oceans thunder and fields echo this ecstatic praise, Until
every swaying tree of every forest joins in, Lifting up their songs

of joyous praise to Him!

¹³For here He comes, the Lord God, and He's ready to judge the world.

He will do what's right and He will always do what's fair, For He is a faithful God that can always be trusted!

Psalm 97

God Rules Over All ¹Yahweh now reigns as King! Let
everyone rejoice!

His rule extends everywhere! So let the distant lands, Even the
islands of the sea, let them all be glad!

²Clouds both bright and mysterious now surround Him!^[1]
His throne of glory rests upon A foundation of righteousness
and justice.

³A blazing glory-fire flashes before Him, Burning up all His
foes!

⁴When His lightning strikes, flashing in the skies, People are
wide-eyed, as they tremble and shake.

⁵Mountains melt away like wax in a fire When the Lord of all
the earth draws near!

⁶Heaven's messengers preach righteousness and People see His
glory in the sky!

⁷Shame covers all who boast in other gods, worshipping idols.
For all the supernatural powers Once worshipped the True and
Living God!

⁸But God's Zion-people are merry and glad, For they know and
hear the truth!

The people of praise rejoice over all Your judgments, O Lord!

⁹For You are King-God, the Most High God over all the earth.
You are exalted above every supernatural power!

¹⁰Listen, you lovers of God, hate evil!
For God can keep you from wrong And protect you from every
evil power.

¹¹For He sows seeds of light within His lovers, Releasing a harvest
in the souls of the righteous.

Seeds of joy burst forth for the lovers of God!

¹²So be glad, and continue to give Him thanks, For God's holiness is seen in everything He does.

[\[1\]](#). See also Deuteronomy 4:11 and 5:22.

Psalms 98

Sing a New Song David's poetic praise.^[1]

¹Go ahead—sing your brand newsong to the Lord!

He is famous for His works and wonders.

For He is victorious through His mighty power and holy
strength!

²Everyone knows how God has saved us For He has displayed His
salvation throughout history.

³He never forgets to show us His love and faithfulness.

How kind He has been to Israel!

All the nations know how He stands behind His people And how
He saves His own.

⁴So go ahead everyone and shout out your praises with joy!

Break out of the box and let loose the most joyous sound of
praise!

⁵Sing your melody of praise to the Lord And make music like
never before!

⁶Blow those trumpets and shofars!

Shout with joyous triumph before the Lord your King!

⁷Let the ocean's waves join in the chorus with their roaring
praise, Until everyone everywhere shouts out in unison: "Glory to
the Lord!"

⁸Let the rivers and streams clap with applause As the mountains
rise in a standing ovation To join the mighty choir of exaltation!

⁹Look! Here He comes! The Lord and Judge of all the earth!

He's coming to make things right and to do it fair and square.

And everyone will see that He does all things well!

^[1] The Septuagint includes David as the author. Other manuscripts simply have
"A psalm."

Psalm 99

God of Holiness ¹Yahweh is King over all!

Let everyone tremble in awe before Him!

He rules enthroned between the wings of the cherubim.

So let the earth shake and quake in wonder before Him!

²For Yahweh is great and glorious in the midst of His Zion-people.

He is exalted above all!

³Let everyone praise this breathtaking God, for He is holy!

⁴The honor and glory of our King is that He loves justice.

He is fair and right in all His ways!

We can trust our mighty King To bring justice to His people.

⁵So everyone, exalt the Lord our God, Facedown before His glory-throne, For He is great and holy!

⁶In times of crisis, God has His praying priests, [\[1\]](#)

Like Moses, Aaron, and Samuel, who all interceded, Asking God for help.

God heard their cries and came to their rescue.

⁷He spoke to them from the pillar of clouds And they followed His instructions, Doing everything He told them.

⁸God, the Great Forgiver Answered their prayers.

Yet He would punish them when they went astray.

⁹Keep exalting the Lord our God, Facedown before His glory-throne, For He is great and holy!

[\[1\]](#). Implied in the text.

Psalm 100

Praise God

Apoetic song for thanksgiving.

¹Lift up a great shout of joy to the Lord!
Go ahead and do it—everyone, everywhere!

²Bring your gift of laughter to Him [\[1\]](#)

And be glad as you worship Him!

Sing your way into His presence with joy!

³Try to realize what this really means— We get to worship the
Lord, our God!

He is our Creator, And now we belong to Him!

We are the people of His pleasure!

⁴Come right into His presence with thanksgiving!

You can pass through His open gates, With the password of
praise!

Come bring your thank offering to Him And affectionately bless
His beautiful name!

⁵For the Lord is always good And ready to receive you.

He's so loving that it will amaze you; So kind that it will astound
you!

And He is so famous for His faithfulness to all!

Everyone knows our God can be trusted, Keeping His promises
to every generation!

[\[1\]](#). Implied in the context.

Psalm 101

Integrity

David's poetic praise.

¹Lord, I will sing about Your love for me!

My song of praise will have Your justice as its theme.

²I'm trying my best to walk in wisdom, Following the path of integrity, Especially in my own home.

But now I need Your help! I'm wondering Lord, when will You appear?

³I pledge to keep my eyes away from that which is vulgar.
For I despise anything that is evil, and I despise all those Who walk away from You.

I will not let evil hold me in its grip.

⁴Every perverse and crooked way, I have put away from my heart,
For I will have nothing to do with the deeds of darkness!

⁵I will silence those who secretly want to slander my neighbor,
And I will not tolerate the proud and arrogant.

⁶My innermost circle of friends will only be those That I know are pure and godly.

They will be the only ones I allow to minister to me— Only those who walk in integrity of heart.

⁷There's no room in my home for hypocrites, For I can't stand those chronic liars who flatter and deceive.

⁸At each and every sunrise I will awake to do what's right, And put to silence those who love wickedness, Freeing the people of God from their evil grip.

I will do all of this because of my great love for You! [111](#)

[111](#). This phrase, though not found in the Hebrew text, brings conclusion to the psalm and is implied in the context.

Psalm 102

*From Tears to Praise A prayer of a broken man,
overwhelmed, making his complaint before the Lord.*

¹Lord, listen to my prayer! Listen to my cry for help!

²You can't hide Your face from me in the day of my distress.
Stoop down to hear my prayer and answer me quickly, Lord!

³⁻⁴For my days of happiness have gone up in smoke!

My body is raging with fever, my heart is sick, And I'm
consumed by this illness.

I'm withered like a dead leaf and I can't even eat.

⁵I'm nothing but skin and bones.

Nothing's left of me but whispered groans.

⁶I'm depressed, lonely, forgotten, and abandoned. [11](#)

⁷I'm sleepless, shivering in the cold, forlorn and friendless—
With no one to comfort me.

⁸My every enemy mocks and insults me incessantly.

They even use my name as a curse to speak over others!

⁹⁻¹⁰Because of Your great and furious anger against me, All I do
is suffer with sorrow, With nothing to eat but a meal of
mourning!

My crying fills my cup with salty tears to drink!
In Your wrath You have rejected me, Sweeping me away like dirt
on the floor!

¹¹My days are marked by the lengthening shadows of death.

I'm withering away and there's nothing left of me.

¹²But then I remember, that You, O Lord, Still sit enthroned as
King over all!

The fame of Your name will be revealed to every generation!

¹³I know You are about to arise and show Your tender love to
Zion.

Now is the time, Lord, for Your compassion and mercy to be
poured out.

It's the time for Your promises to be fulfilled!

¹⁴For Your servants weep in sympathy over Zion's ruins And feel
love for her every stone.

¹⁵When You arise to intervene, all the nations and kings will be
stunned And will fear Your awesome name, trembling before
Your glory!

¹⁶Yes, You will reveal Yourself to Zion In the brightness of Your
glory, To restore her and give her children.

¹⁷He will always hear the prayer of the poor and broken, And will
not despise the cry of the homeless.

¹⁸Write all this down for the coming generation, So that a re-
created people Will read it and praise the Lord!

¹⁹Tell them how God looked down from His high and holy place,
Gazing from His glory to survey the earth.

²⁰He listened to all the groanings of His people longing to be
free, And set loose the sons from death to life!

²¹Multitudes will stream to Jerusalem to Praise the Lord and
declare His name in Zion!

²²Peoples from every land, their kings and kingdoms, Will come
together to worship the Lord!

²³But God has brought me to my knees, shortening my life.

²⁴So I cry out to You, My God, the Father of eternity, Please don't
let me die! I know my life is not yet finished!

²⁵With Your hands You formed the foundations of the earth And
handcrafted the heavens above.

²⁶⁻²⁷One day they will all fade away one day like worn-out
clothing, Ready to be discarded, but You'll still be here!

You will replace it all!
Your first creation will be changed, but You alone Will endure,
the God of all eternity!
²⁸Generation after generation our descendants will endure, For
You are the One protecting us, keeping us for Yourself.

[\[1\]](#). The Hebrew makes reference to a “pelican” or “vulture” in the wilderness, and an “owl in desolate ruins.” The translator has chosen to use the obvious meanings of the metaphors.

Psalm 103

Our Father's Love King David's song of praise.

¹With my whole heart, with my whole life, And with my innermost being, I bow in wonder and love before You, the Holy God!

²Yahweh, You are my soul's celebration, How could I ever forget the miracles of kindness You've done for me?

³You've kissed my heart with Your forgiveness, in spite of all I've done!

You've healed me inside and out from every disease!

⁴You've rescued me from hell and saved my life!

You've crowned me with love and mercy and made me a king! [III](#)

⁵You satisfy my every desire with good things!

You've supercharged my life so that I soar again Like a flying eagle in the sky!

⁶You're a God who makes things right, Giving justice to the defenseless.

⁷You revealed to Moses Your plans And showed Israel's sons what You could do!

⁸You're so kind and tender-hearted to those who don't deserve it, And so very patient with people who fail You!

Your love is like a flooding river, overflowing its banks with kindness.

⁹You will not always be finding fault, Never holding a grudge against us, For Your mercy overcomes our mess.

¹⁰You may discipline us for our many sins, But never as much as we really deserve.

Nor do You get even with us for what we've done!

¹¹Higher than the highest heavens, That's how high Your tender

mercy extends!

Greater than the grandeur of heaven above Is the grandeur of
your great love Toward all who fear You and bowdown before
you!

¹²Farther than from a sunrise to a sunset— That's howfar You've
taken our sins from us!

¹³The same way a loving father feels toward his children—
That's nothing but a sample of Your tender feelings toward us,
Your beloved children, who are in awe of You!

¹⁴You knowall about us inside and out!

You are mindful that we're made from mere dust!

¹⁵Our days are so fewand Our momentary beauty is so fleeting!^[2]

¹⁶Then all of a sudden we're gone, like grass clippings Blown
away in a gust of wind, And taken away to our appointment with
death, Leaving nothing to showthat we were here.

¹⁷But your endless love stretches from one eternity to the other,
Unbroken and unrelenting toward those who fear You And those
who bowface down in awe before You, O Lord!

¹⁸Your faithfulness to keep every gracious promise You've made
Passes from parents, to children, to grandchildren, and beyond!
You are faithful to all those who followYour ways and keep Your
Word.

¹⁹God's heavenly throne is eternal, secure and strong, And His
kingdom rules the entire universe!

²⁰So bless the Lord, all His messengers of power, For you are His
mighty heroes who fulfill His Word!

²¹Bless and praise the Lord, you mighty warriors, Ministers who
serve Him well and do His will!

²²I will bless and praise the Lord with my whole heart!
Let all His works throughout the earth, Wherever His dominion
stretches, Let everything bless the Lord!

[\[1\]](#). Implied in the context of King David's poetic song.

[\[2\]](#). The Hebrew word translated "beauty" actually means "shining."

Psalm 104

Our Creator's Compassion^{[11](#)}

- ¹Everything I am will praise and bless the Lord!
O Lord, my God, Your greatness takes my breath away,
Overwhelming me by Your majesty, beauty, and splendor!
²You wrap Yourself with a shimmering, glistening light!
You wear sunshine like a garment of glory!
You stretch out the starry skies like a tapestry!
- ³You build Your balconies with light beams And ride as King in
a chariot of clouds!
You fly upon the wings of the wind!
- ⁴You make Your messengers into winds of the Spirit, And all
Your ministers become flames of fire!
- ⁵You, our Creator, formed the earth and You hold it all together
so it will never fall apart.
- ⁶You poured the ocean depths over the planet, Submerging
mountains beneath.
- ⁷Yet at the sound of Your thunder-shout, The waters all fled
away, filling the deep with seas!
- ⁸The mountains rose and valleys sank To the levels You decreed
for them!
- ⁹Then You set a boundary line for the seas, And commanded
them not to trespass.
- ¹⁰You sent springs cascading through the valleys, Flowing freely
between the mountains and hills.
- ¹¹You provide drink for every living thing, Men and beasts have
their thirst quenched because of You.
- ¹²The birds build nests over the streams, Singing their songs
from the branches above.

- ¹³From Your kindness, You send the rain to water the fields So all
the earth can drink it in. You bring forth fruit for all to enjoy.
- ¹⁴Your goodness brings the earth's harvest, feeding the hungry.
You cause the grass to grow for livestock, along with the
Fruit, grains, and vegetables to feed mankind.
- ¹⁵You provide sweet wine to gladden hearts, You give us daily
bread to sustain life, Giving glowing health for our bodies.
- ¹⁶The trees of the field drink until they're satisfied.
Lofty trees stand tall right where You planted them.
- ¹⁷Within their branches You provide for birds A place to build
their nests Even storks find a home in the cypress trees.
- ¹⁸You make the high mountains a home for wild goats, And the
rocky crag where the rock-badgers burrow
- ¹⁹You made the moon to tell us the months And the sun to
measure the days.
- ²⁰You turn off the light and it becomes night, And all the beasts
of the forest come out to prowl.
- ²¹The mighty lions roar for their dinner, But it's You, God, who
feeds them all!
- ²²At sunrise they slink back to their dens To crouch down in the
shadows.
- ²³Then man goes out to his labor and toil, Working from dawn to
dusk.
- ²⁴O Lord, what a variety, such diversity, Wild and wonderful is
this world You have made, While Wisdom was at Your side!
This world is full of so many creatures yet each belongs to You!
- ²⁵And then there is the sea! So vast! So wide and deep!
Swarming with countless forms of sea life, both small and great!
- ²⁶Trading ships glide through the high seas With massive
whales bounding upon the waves.
- ²⁷All the creatures wait expectantly for You To give them their

food as You determine.

²⁸You come near and they all gather around, Feasting from Your open hands, And each is satisfied from Your abundant supply.

²⁹But if You were to withhold from them and turn away, Then all would be lost.

And when You choose to take away their breath, Each one dies and returns to the dust.

³⁰When You release Your Spirit-wind, life is created Ready to replenish life upon the earth!

³¹May God's great glory endure forever!

May the Lord take joy and pleasure in all that He has made!

³²For the earth's overseer has the power to make it tremble!
Just a touch of His finger, and volcanos erupt With fire as the earth shakes and melts!

³³I will sing my song to the Lord as long as I live!

Every day I will sing my praises to God!

³⁴May You be pleased with every sweet thought I have about You
And every stirring of my heart toward You!

For You are the source of my joy and gladness!

³⁵Now let all the sinners be swept from the earth!

But I will keep on praising You, my Lord, With all that is within me,
My joyous, blissful shouts of "Hallelujah,"
Are all because of You!

[\[11\]](#) This psalm, attributed to David in the Septugint, can be seen as an exposition of the days of creation: 1st Day – v. 1 & 2

2nd Day – v. 3 & 4

3rd Day – v. 5 to 17

4th Day – v. 18 to 23

5th Day – v. 24 to 26

6th Day – v. 21 to 30

Psalm 105

God's Wonderful Works^[1]

¹Go ahead—thank God! Give Him thanks For all the glorious things He has done!

Go ahead and worship Him! Let everyone know about His wonders!

²Sing His praises! Sing, and put all of His miracles to music!

³Shine and make your joyful boast in Him, you lovers of God.
Let's be happy and keep rejoicing no matter what!

⁴Seek more of His strength! Seek more of Him!
Let's keep seeking the light of His face!

⁵Don't you ever forget His miracles and marvels!
Hold to your heart every word He has spoken!

⁶For you are His servants, the true seed of Abraham and You are the chosen ones, Jacob's sons!

⁷He is the Lord our God and His wise decisions can be seen in all He does.

⁸⁻⁹For though a thousand generations may pass away, He is still true to His Word!

He has kept every promise He ever made to Abraham and to Isaac.

¹⁰His promises have become an everlasting covenant Confirmed to His people.

¹¹He said to them, "I will give you all the land of Canaan As your inheritance."

¹²They were only so very few in number When God gave them that promise, And they were all foreigners to that land.

¹³They were wandering from one land to another With no permanent home.^[2]

¹⁴Yet God would not permit anyone to touch them, Punishing
anyone who would come against them.

¹⁵He said to them, "Don't you dare lay a hand on My anointed
ones, And don't do a thing to hurt My prophets!"

¹⁶So God decreed a famine upon Canaan land, Cutting off their
food supply.

¹⁷But He had already sent a man ahead of His people to Egypt,
It was Joseph, who was sold as a slave.

¹⁸His feet were bruised by strong shackles, And His soul was
held by iron, ¹⁹Until it was time for his dreams to be fulfilled.
God's promise to Joseph refined his character and tested his
patience.

²⁰Eventually, the king of Egypt sent for him, Setting him free at
last.

²¹Then Joseph was put in charge of everything under the king,
He became the master of the palace over all of the royal
possessions.

²²Pharaoh gave him authority over all the princes of the land,
And Joseph became the teacher of wisdom to the king's advisors.

²³Then Jacob, with all of Joseph's family, Came from Canaan to
Egypt, and settled in Goshen.

²⁴God made them fruitful and they multiplied incredibly, Until
they were greater in number than those who ruled them.

²⁵God allowed the hearts of the Egyptians to hate them, And
they enslaved the Israelis and dealt treacherously with them.

²⁶But God sent them His servant, Moses, the deliverer, And
Aaron, who was also chosen by the Lord.

²⁷Their command brought down signs and wonders, Working
miracles in Egypt.

²⁸By God's direction, they spoke and released a plague Of thick
darkness over the land, leaving everyone groping in the dark!

²⁹God turned their rivers to blood, Causing every fish to die.

³⁰And the judgment-plague of frogs came in enormous numbers, Swarming everywhere, Even into Pharaoh's bedroom!

³¹When Moses spoke, the plagues were released and Massive swarms of flies, vast clouds of insects, covered the land.

³²God rained down hail and flaming fire upon Egypt.

³³Their gardens and vines were all destroyed, Shattering the trees into splinters throughout the territory.

³⁴God spoke and devouring armies of locusts swept over the land,

³⁵Picking the ground clean of vegetation and crops.

³⁶Then God struck down their firstborn sons, The pride and joy of every Egyptian family.

³⁷At last, God freed all the Hebrews from their slavery, And sent them away laden with the silver and gold of Egypt.

And not even one of the Hebrews Was sick or feeble on their way out!

³⁸Egypt was relieved at their exodus, ready to see them go, For the terror of the Lord had fallen upon them—

All because of the Hebrews!

³⁹God spread out a cloud as shade for them as they moved ahead, And a cloud of fire to light up their night.

⁴⁰Moses prayed and God brought them quail to eat.

He satisfied them with heaven's bread falling from the sky!

⁴¹Moses struck the boulder and the waters Poured out like a river in the desert!

⁴²For God could never forget His holy promise To His servant, Abraham!

⁴³So God brought out His chosen lovers singing; With a joyful shout they were set free!

⁴⁴He gave them lands and nations, just like He promised. Fruitful lands of crops they had never planted were now theirs!

⁴⁵All this was done for them so that they would be faithful To
keep the ways of God, obeying His laws And following His
truths.

Hallelujah! Praise the Lord!

[\[1\]](#). The first 15 verses of this psalm were sung as the ark of glory was brought up to Jerusalem (see 2 Samuel 6 and 1 Chronicles 13-16).

[\[2\]](#). Implied in the context.

Psalm 106

God is Good ¹Hallelujah! Praise the Lord!

Everyone, thank God, for He is good and easy to please!

Your tender love for us, Lord, continues on forever!

²Who could ever fully describe Your glorious miracles?

Who could ever praise You enough?

³The happiest one on earth is the one who keeps Your Word,

And clings to righteousness every moment.

⁴So remember me, Lord, as You take joy in your people.

And when You come to bring the blessings of salvation, Don't forget me!

⁵Let me share in the wealth and beauty of all Your lovers, And rejoice with them in all their joys, And let me share in the glory

You give to Your chosen ones!

⁶We have all sinned so much, just like our fathers.

"Guilty" is written over our lives.

⁷Our fathers who were delivered from Egypt didn't fully

Understand Your wonders, and they took You for granted.

Over and over You showed them such tender love and mercy!

Yet, they were barely beyond the Red Sea When they rebelled against You.

⁸Nonetheless, You saved them more than once, So they would know how powerful You are, Showing them the honor of Your name.

⁹For example, You commanded the waters of the Red Sea to divide And You made a dry path for Your people to cross through.

¹⁰You freed them from the strong power of those that oppressed them, And rescued them from bondage.

- ¹¹Then the waters rushed over their enemies and drowned them
all, Not one survived.
- ¹²Seeing this, the people believed Your words and, They all broke
out with songs of praise!
- ¹³Yet how quickly they forgot Your miracles of power!
They wouldn't wait for You to act when they were hungry, ¹⁴But
demanded You satisfy their cravings and give them food!
They tested You to the breaking point.
- ¹⁵So that You gave them what they wanted to eat, But their souls
starved away to nothing!
- ¹⁶They became envious of Moses, and Aaron, Your holy ones.
¹⁷You split open the earth and it swallowed up
Dathan and Abiram, along with their followers.
- ¹⁸Fire fell from heaven and burnt up all the band of rebels,
Turning them to ashes!
- ¹⁹They made an idol of a calf at Sinai, And bowed to worship
their man-made statue.
- ²⁰They preferred the image of a grass-eating ox To the presence
of the glory-filled God.
- ²¹⁻²²They totally forgot it was You that saved them By the wonders
and awesome miracles You worked in Egypt.
- ²³So You were fed up and decided to destroy them, But Moses,
Your chosen leader, Stood in the gap between You and the
people And made intercession on their behalf, To turn away
Your wrath from killing them all.
- ²⁴Yet afterwards, they still didn't believe All Your promises to
provide for them all their needs.
So they just refused to enter into The pleasant land You gave
them.
- ²⁵They grumbled and found fault with everything And closed
their hearts to Your voice.

²⁶So You gave up and swore to them that they would all die in the desert, ²⁷And You scattered their children away to distant lands to die as exiles.

²⁸Then our fathers joined the worshippers of the false god named "Lord of the Pit." They even ate the sacrifices offered to the dead!

²⁹All they did made You burn with anger!

It made You so angry that a plague broke out among them!

³⁰It continued until Phineas intervened and executed The guilty for causing judgment to fall upon them.^[1]

³¹Because of this deed of righteousness, Phineas will be remembered forever.

³²Your people also provoked You to wrath at the stream called Strife.^[2]

This is where Moses got into serious trouble!

³³Because the people were rebellious against You, Moses exploded in anger and spoke to them out of his bitterness.

³⁴Neither did our fathers destroy the enemies in the land As You had commanded them.

³⁵But mingled themselves with their enemies And learned to copy their works of darkness.

³⁶They began to serve their gods and bow before their idols, All of this led them away from You and brought about their downfall.

³⁷They even sacrificed their little children to the demon spirits,

³⁸⁻³⁹Shedding the innocent blood of their sons and daughters.

These dark practices greatly defiled the land and their own souls, Through the murder and bloodshed of their own babies!

Their sins made them spiritual adulterers before You!

⁴⁰This is why You were furious as Your anger burned hot against them; You couldn't even stand to look at Your very own people

any longer!

⁴¹So You turned them over to the crushing hands of other nations, And those who hated them became tyrants over them!

⁴²Oppressive enemies subdued them, Ruling over them with their tyranny.

⁴³Many times You would have come to rescue them, But they continued in their rebellious ways, Choosing to ignore Your warnings.

Then they sank lower and lower, destroyed by their depravity.

⁴⁴⁻⁴⁵Yet even so, You waited and waited, watching to see if they would turn and cry out to You for a father's help.^[3]

And then when You heard their cry, You relented, And You remembered Your covenant, And You turned Your heart toward them again, According to Your great and limitless love!

⁴⁶Then You caused even their oppressors, To pity them and show them compassion!

⁴⁷Do it again, Lord! Save us, O Lord, our God!

Gather us from our exile and unite us together, So that we will give great and joyous thanks to You again, And bring You glory by our praises!

⁴⁸Blessed be our Lord God forever and ever.

And let everyone everywhere say, "Hallelujah!"

Amen, and so shall it ever be!

[1]. This is implicit information found in the story of Phineas (Numbers 25:8-9).

[2]. The word used here is *Meribah*, the Hebrew word for "strife" (Numbers 20:1-13).

[3]. Implied in the text.

Book Five

THE “DEUTERONOMY” PSALMS

Psalm 107

God's Constant Love ¹Let everyone give all their
praise and thanks to the Lord!

For here's why—He's better than anyone could ever imagine.

Yes, He's always so loving and kind, and it never ends!

²⁻³So, go ahead—let everyone know it!

Tell the world how He broke through And delivered you from the
power of darkness and Has gathered us together from all over the
world.

He has set us free to be His very own!

⁴Some of us once wandered in the wilderness like desert
nomads, With no true direction or dwelling place; ⁵Starving,
thirsting, staggering— We became desperate and filled with
despair.

⁶Then we cried out, "Lord, help us! Rescue us!"

And He did!

⁷He led us right into a place of safety and abundance, A
suitable city to dwell in.

⁸So lift your hands and thank God for His marvelous kindness
And for all His miracles of mercy for those He loves!

⁹How He satisfies the souls of thirsty ones, And fills the hungry
with all that is good!

¹⁰Some of us once sat in darkness, living in the dark shadows of
death.

We were prisoners to our pain, chained to our regrets.

¹¹For we rebelled against God's Word and rejected The wise
counsel of God Most High.

¹²So He humbled us through our circumstances, Watching us as
we stumbled, With no one there to pick us back up.

Our own pain became our punishment!

¹³ Then we cried out, “Lord, help us! Rescue us!”

And He did!

¹⁴ His light broke through the darkness and He led us out in freedom from death’s dark shadow, Snapping our chains!

¹⁵ So lift your hands and give thanks to God for His marvelous kindness, And for His miracles of mercy for those He loves!

¹⁶ For He smashed through heavy prison doors and Shattered the steel bars that held us back, just to set us free!

¹⁷ Some of us were such fools, bringing on ourselves Sorrow and suffering all because of our sins!

¹⁸ Sick and feeble, unable to stand the sight of food, We drew near to the gates of death.

¹⁹ Then we cried out, “Lord, help us! Rescue us!”

And He did!

²⁰ God spoke the words, “Be healed,”

And we were healed, Delivered from death’s door!

²¹ So lift your hands and give thanks to God for His marvelous kindness, And for His miracles of mercy for those He loves!

²² Bring your praise as an offering and Your thanks as a sacrifice,
As you sing your story of miracles with a joyful song!

²³ Some of us set sail upon the sea to far away ports, Transporting our goods from ship to shore.

²⁴ We were witnesses of God’s power out in the ocean deep, We saw breathtaking wonders upon the high seas.

²⁵ For when God spoke, He stirred up a storm— Lifting high the waves with hurricane winds.

²⁶⁻²⁷ Ships were tossed by swelling sea, rising to the sky, Then dropping down to the depths, Reeling like drunkards, spinning like tops, Everyone at their wits end, Until even sailors despaired of life, cringing in terror.

²⁸ Then we cried out, "Lord, help us! Rescue us!"
And He did!

²⁹ God stilled the storm, calmed the waves, And He hushed the
hurricane winds to only a whisper.

³⁰ We were so relieved, so glad as He guided us Safely to harbor
in a quiet haven.

³¹ So lift your hands and give thanks to God for His marvelous
kindness, And for His miracles of mercy for those He loves!

³² Let's exalt Him on high and lift up our praises in public, Let
all the people, and the leaders of the nation know How great and
wonderful is Yahweh, our God!

³³ Whenever He chooses He can dry up a river [\[1\]](#)
And turn the land into a desert, ³⁴ Or He can take a fruitful land
and make it into a salt water swamp, All because of the
wickedness of those who dwell there.

³⁵ But He also can turn a barren wilderness into an oasis with
water!

He can make springs flow into desert lands, ³⁶ And turn them
into fertile valleys, So that cities spring up and the people won't
grow hungry.

³⁷ They can plant their fields and vineyards there, And reap a
bumper crop and gather a fruitful harvest.

³⁸ God will bless them and cause them to multiply and prosper.

³⁹ But others will become poor and humbled Because of their
oppression, tyranny, and sorrows.

⁴⁰ For God pours contempt upon their arrogant abuse of power,
Heaping scorn upon their princes and Makes them wander
among ruins.

⁴¹ But He raises up the poor and lowly with His favor, Giving them
a safe place to live where no one can touch them!
God will grant them a large family and bless them!

⁴²The lovers of God will rejoice when they see this.

Good men are glad when the evil ones are silenced.

⁴³If you are truly wise, you'll learn from what I've told you!

It's time for you to consider these profound lessons Of God's
great love and mercy!

[\[1\]](#). Implied in the context.

Psalm 108

A Prayer for God's Help A poetic psalm, by King David.

¹My heart, O God, is quiet and confident all because of You.

Now I can sing my song with passionate praises!

²Awake, O my soul, with the music of His splendor.

Arise my soul and sing His praises!

I will awaken the dawn with my worship, Greeting the daybreak
with my songs of light!^[1]

³Wherever I go I will thank You.

All the nations, they will hear My praise songs to You.

⁴Your love is so extravagant, It reaches higher than the heavens!

Your faithfulness is so astonishing, It stretches to the skies!

⁵Lord God, be exalted as You soar throughout the heavens.

May Your shining glory be seen high above all the earth!

⁶Come to Your beloved ones and gently draw us out!

Answer our prayer for Your saving help.

Come with Your might and strength, for we need You Lord!^[2]

⁷⁻⁸Then I heard the Lord speak in His holy splendor, And from
His Sanctuary I heard the Lord promise: "In My triumph I will
be the One To measure out the portion of My inheritance to My
people, And I will secure the land as I promised you."^[3]

⁹"Shechem, Succoth, Gilead, Manasseh— They are all still
Mine!" He says.

"Judah will continue to produce kings and lawgivers; And

Ephraim will produce great warriors.

Moab will become My lowly servant!

E dom will likewise serve My purposes!

I will lift up a shout of victory over the land of Philistia!

¹⁰But who will bring My triumph into E dom's fortresses?"^[4]

¹¹Lord, have You really rejected us, refusing to fight our battles?

¹²Give us a Father's help when we face our enemies.

For to trust in any man is an empty hope.

¹³With God's help we will prevail with might and power.

And with God's help we'll trample down our every foe!

[\[1\]](#). Implied in the text.

[\[2\]](#). Implied in the text.

[\[3\]](#). The Hebrew includes two geographical places in the text: Shechem and Succoth. Shechem is where Jacob (Israel) first bought title to the land, paying one hundred pieces of silver for the place where he camped. Succoth is another place where Jacob temporarily camped in the Land of Promise. These two places speak of God being the One who brought them in and portioned out the land for His people.

[\[4\]](#). *Edom* is a variant form of the word *Adam*.

Psalm 109

God, It's Time for Vengeance To the Pure and Shining

One, A poetic song, by King David.

¹God of all my praise, don't stand silently by, aloof to my pain,

²While the wicked slander me with their lies.

Even right in front of my face they lie through their teeth.

³I've done nothing to him, but he still surrounds me With his
venomous words of hatred and vitriol.

⁴Though I love him, he stands accusing me like satan For what
I've never done.

I will pray until I become prayer itself. [III](#)

⁵He continually repays me with evil when I show him good!

He gives me hatred when I give him love!

⁶⁻⁷Show him how it feels! Let accusing liars be raised up against
him, Like satan himself standing right next to him.

And let him be declared guilty by a wicked judge!

May even his prayers be seen as sinful!

⁸Shorten his life, and let another replace him!

⁹Make his wife a widow and his children orphans!

¹⁰Let them wander as beggars in the street, Like homeless
vagabonds, evicted from their ruins!

¹¹Let the creditors seize his entire estate, And strangers, like
vultures, take all that's left!

¹²Let no one be kind to him by showing pity to his fatherless
children!

¹³May all his posterity die with him! Cut down his family tree!

¹⁴⁻¹⁵And may all the sins of his ancestors be recorded,
Remembered before You, forever!

Cut off even the memory of his family from the face of the earth,

¹⁶Because he never once showed love or kindness to others, But
persecuted the poor, the brokenhearted, and afflicted ones,
Even putting them to death!

¹⁷Since he enjoyed cursing them, May all his curses now come
raining back on him, Until it all overwhelms him with
misfortune!

Since he refused to bless others, God, withhold every single
blessing from him!

¹⁸Bitterness, such vile vindictiveness, was upon everything he
did.

Cursing was his lifestyle.

¹⁹⁻²⁰So smother him now with his own curses as his just reward.
This will be the Lord's punishment upon him and All my lying
accusers who speak evil against me.

²¹But now, O Yahweh-God, make Yourself real to me Like You
promised me You would! [\[2\]](#)

Because of Your constant love and Your Heart-melting kindness,
come be my Hero and deliver me!

²²I'm so broken, needy and hurting.

My heart is pierced through and I'm so wounded.

²³I'm slipping down a dark slope, shaken to the core, and
helpless!

²⁴All my fasting has left me so weak I can hardly stand.

Now I'm shriveled up; nothing but skin and bones.

²⁵I'm the example of failure and shame to all who see me.
They just walk by me shaking their heads!

²⁶You have to help me, O Lord God!

My true Hero, come to my rescue and save me, For You are so
loving and kind!

²⁷Then everyone will know that You have won my victory, And

they will all say, "It is finished!"

²⁸So let them curse me if they want, but I know You will bless me!
All their efforts to destroy me will fail, but I will succeed and be
glad!

²⁹So let my satan-like accusers fail!

Make them look ridiculous If they try to come against me!

Clothe them with a robe of guilty shame from this day on!

³⁰But I will give my thanks to You over and over, And everyone
will hear my lavish praises.

³¹For You stand right next to the broken one As their saving Hero
to rescue them from all their accusers!

[\[1\]](#). In the face of accusation and slander, David literally says in the Hebrew "I am prayer!"

[\[2\]](#). The Hebrew text states "for Your name's sake."

Psalm 110

Messiah, King, and Priest^[1]

King David's psalm.

¹Jehovah-God said to my Lord, the Messiah: "Sit with Me as Enthroned Ruler while I subdue Your every enemy. They will bow low before You As I make them a footstool for Your feet!"^[2]

²Messiah, I know God Himself will establish Your kingdom, As You reign in Zion-glory.

For He says to You: "Rule in the midst of Your enemies!"

³Your people will be Your love offerings, Like living sacrifices spilled out before You!

In the day Your power is displayed They will be robed in holy splendor, As an army arising from the dawning rays of a new day, Anointed with the dew of Your youth!

⁴Jehovah-God has taken a solemn oath, And will never back away from it, saying: "You are a priest for eternity, My King of Righteousness!"^[3]

⁵The Lord stands in full authority,^[4]
To shatter to pieces the kings who stand against You On the day
He displays His terrible wrath.

⁶He will judge every rebellious nation, Filling their battlefield with corpses, And will shatter the strongholds of ruling powers.

⁷Yet He Himself will drink from His inheritance as from a flowing brook; Refreshed by love, He will stand victorious!

^[1] This psalm is applied to Christ in the New Testament where it is quoted more often than any other Old Testament passage.

^[2] A footstool symbolizes what is subdued and is taken from a root word meaning "to subdue."

[3]. The Hebrew text includes the word, “Melchizedek,” the name of a Canaanite king and priest over the Jebusite kingdom, which later became Jerusalem. The name *Melchizedek* means “my king of righteousness.”

[4]. The Hebrew word used here for “Lord” is Adonai, or Adonay. It is the plural form of “Adhon.” Jesus is called “Lord of lords,” and we are the “lords” that He is Lord over. We are seated at His right hand (Benjamin) to rule with Him.

Psalm 111

Celebrate God's Greatness ¹Shout Hallelujah to

Yahweh!

May every one of His lovers hear My passionate praise to Him;
Even among the council of the holy ones!

²For God's mighty miracles astound me!

His wonders are so delightfully mysterious, That they leave all
who seek them astonished.

³Everything He does is full of splendor and beauty!

Each miracle demonstrates His eternal perfection.

⁴His unforgettable works of surpassing wonder Reveal His grace
and tender mercy.

⁵He satisfies all who love and trust Him And He keeps every
promise He makes.

⁶He reveals mighty power and marvels to His people By handing
them nations as a gift!

⁷All God accomplishes is flawless, faithful, and fair; And His
every word proves trustworthy and true.

⁸They are steadfast forever and ever, Formed from truth and
righteousness.

⁹His forever-love paid a full ransom for His people So that now
we're free to come before Jehovah To worship His holy and
awesome name!

¹⁰Where can wisdom be found?

It is born in the fear of God.

Everyone who follows His ways, Will never lack His living
understanding!

And the adoration of God Will abide throughout eternity!

Psalm 112

The Triumph of Faith ¹Hallelujah! Praise the Lord!

Everyone who loves the Lord and delights in Him Will cherish
His words and get blessed beyond expectation!

²Their descendants will be prosperous and influential.

Every generation of His godly lovers will experience His favor!

³Great blessing and wealth fills the house of the wise, ^[1]

For they will walk in the way of the righteous.

⁴Even if darkness overtakes them, sunrise-brilliance Will come
bursting through, Because they are gracious to others, so tender
and true.

⁵Life is good for the one who is generous and charitable,
Conducting affairs with honesty and truth.

⁶Their circumstances will never shake them And others will
never forget their example.

⁷They will not live in fear or dread of what may come, For their
hearts are firm, ever secure in their faith.

⁸Steady and strong they will not be afraid, But will calmly face
their every foe, Until they all go down in defeat.

⁹Never stingy and always generous to those in need, Their lives
of influence and honor will never be forgotten— For they were
full of good deeds!

¹⁰But the wicked takes one look at a life lived like this And they
grit their teeth in anger, Not understanding their bliss.

The wicked slink away speechless in the darkness that falls,
Where hope dies, and all their dreams Fade away to nothing,
To nothing at all!

^[1] Implied in the context.

Psalm 113

God is Kind ¹Hallelujah! Praise the Lord!^[1]

Go ahead—Praise the Lord All you loving servants of God!
Keep it up! Praise Him some more!

²For the glorious name of the Lord is Blessed forever and ever!

³From sunrise brilliance to sunset beauty, Lift up His praise
from dawn to dusk!

⁴For He rules on high over the nations, With a glory that
outshines even the heavens.

⁵No one can be compared to God, enthroned on high!
He stoops down to look upon the earth and the skies.

⁶He promotes the poor, picking them up from the dust ⁷And
rescues the wretched ones From utter degradation and despair,
Restoring to them their destiny.^[2]

⁸He turns paupers into princes and seats them On their royal
thrones of honor.

⁹God's grace provides for the barren ones A joyful home with
children, So that even childless couples find a family!
He makes them happy parents Surrounded by their pride and
joy!

That's the God we praise, So give it all to Him!

[1]. Psalms 113–114 were sung before the meal, during the Jewish family's celebration of Passover, while Psalms 115–118 were sung after the meal (see Mark 14:26).

[2]. Implied in the context.

Psalm 114

A Song for Passover ¹Many years ago the Jewish
people escaped Egypt's tyranny, ²So that Israel,
God's people of praise, ^[1]

Would become His holy sanctuary, His kingdom on the earth.

³The Red Sea waters saw them coming And ran the other way!
Then later, the Jordan River too, Moved aside so that they could
all pass through.

⁴The land shuddered with fear as they moved ahead!
Mountains and hills shook with dread, As the people of God
stepped forward! ^[2]

⁵O Sea, what happened to you, to make you flee?
O Jordan, what was it that made you turn and run?

⁶O Mountains, what frightened you so?
And you hills, what made you shiver?

⁷Tremble, O Earth, for you are in The presence of the Lord!
God now appears with His people! ^[3]

⁸He splits open boulders And brings up bubbling water!
Gushing streams burst forth When He is near! ^[4]

^[1]. Or "Judah" which means "praise."

^[2]. The literal Hebrew states "mountains skipped like rams, the hills like lambs." This does not mean they skipped with joy, but shook with fear, as the context reveals.

^[3]. Implied in the text.

^[4]. Implied in the context.

Psalm 115

The One True God

¹God, glorify Your name!

Yes, Your name alone be glorified, not ours!

For You are the One who loves us passionately, And You are faithful and true.

²Why should the unbelievers mock us, saying, “Where is this God of yours?”

³But we know our God rules from the heavens And He does whatever He wants!

⁴The unbelievers worship what they make, Their wealth and their work.

⁵⁻⁸They idolize what they own, and what they make with their hands, But their “things” can’t talk to them, or answer their prayers.

Their possessions will never satisfy.

Their futile faith in dead idols and dead works Can never bring life or meaning to their souls.

Blind men can only create blind things.

Those deaf to God can only make a deaf image.

Dead men can only create dead idols.

And everyone who trusts in these powerless, dead “things” Will be just like what they worship—powerless and dead!^[1]

⁹So trust in the Lord, all His people.

For He is the only true Hero, The wrap-around God who is our Shield!

¹⁰You His priests, trust in the Lord.

For He is the only true Hero, God, wrapped around us as our Shield!

¹¹Yes, all His lovers who bowbefore Him, Trust in the Lord.
For He is our only true Hero, God, wrapped around us as our
Shield!

¹²The Lord will never forget us in our need, He will bless us
indeed!

He will bless the house of Israel, He will bless the house of
Aaron, His priest.

¹³Yes! He will bless His lovers who bowbefore Him, No matter
who they are!

¹⁴⁻¹⁵God Himself will fill you with more!

Blessings upon blessings will be Heaped upon you and upon
your children, From the Maker of heaven and earth, The very
God who made you!

¹⁶The heavens belong to our God, they are His alone, But He has
given us the earth and put us in charge!

¹⁷⁻¹⁸Dead people cannot praise the Lord, but we can!

Those who sink to the silence of the grave Can no longer give
glory to God, but we can!

So let's praise the Lord!

Let's begin nowand let it go on until eternity is done!

Hallelujah, and praise the Lord!

[\[1\]](#) Referring to the idols, the literal Hebrew could be translated "With mouths, but they cannot speak; with eyes, but they cannot see; with ears, but they cannot hear; with noses, but they cannot smell; with hands, but they cannot feel; with feet, but they cannot walk; They cannot talk. Those who make them will become like them, and everyone who trusts in them."

Psalm 116

I'm Saved

¹I am passionately in love with God Because He listens to me.
He hears my prayers and answers them.

²As long as I live I'll keep praying to Him, For He stoops down to
listen to my heart's cry.

³Death once stared me in the face and I was so close to slipping
into its dark shadows.

I was terrified and overcome with sorrow

⁴I cried out to the Lord, "God, come and save me!"

⁵He was so kind, so gracious to me!

Because of His passion toward me, He made everything right
and He restored me!

⁶So I've learned from my experience, That God protects the
child-like and humble ones.

For I was broken and brought low, But He answered me and
came to my rescue!

⁷Now I can say to myself and to all, Relax and rest, be confident
and serene, For the Lord rewards fully Those who simply trust in
Him!

⁸God has rescued my soul from death's fear and Dried my eyes of
many tears.

He's kept my feet firmly on His path, ⁹And strengthened me so
that I may live my life before Him In His life-giving light!

¹⁰⁻¹¹Even when it seems I'm surrounded By many liars and my
own fears; And though I'm hurting in my suffering and trauma, I
still stay faithful to God and I speak words of faith.

¹²So now, what can I ever give back to God To repay Him for the
blessings He's poured out on me?

- ¹³I will lift up His cup of salvation And praise Him extravagantly
For all that He's done for me!
- ¹⁴I will fulfill the promise I made to God
In the presence of His gathered people.
- ¹⁵When one of God's holy lovers dies, It is costly to the Lord,
touching His heart.
- ¹⁶Lord, because I am Your loving servant, You have broken open
my life And freed me from my chains.
- ¹⁷Now I'll worship You passionately and bring to You My
sacrifice of praise, drenched with thanksgiving!
- ¹⁸I'll keep my promise to You, God, In the presence of Your
gathered people, Just like I said I would.
- ¹⁹I will worship You here in Your living presence, In the temple
of Jerusalem.
I will worship and sing "Hallelujah,"
For I praise You, Lord!

Psalm 117

Glorious Praise

A praise-psalm.

¹Let everyone, everywhere praise the Lord!

Let it all out! Go ahead and praise Him!

²For He has conquered us with His great love, And His kindness
has melted our hearts.

His faithfulness lasts forever, And He will never fail you!

So go ahead, let it all out!

Praise the Lord!

Psalm 118

Glorious Thanksgiving A praise-psalm.^[1]

¹Keep on giving your thanks to God, For He is so good!
His constant, tender love lasts forever!

²Let all His princely people sing: "His constant, tender love lasts forever!"

³Let all His holy priests sing: "His constant, tender love lasts forever!"

⁴Let all His lovers who bow low before Him sing: "His constant, tender love lasts forever!"

⁵Out of my deep anguish and pain I prayed And, God, You helped me as a Father.

You came to my rescue and broke open the way Into a beautiful and broad place!

⁶Now I know, Lord, that You are for me and I will Never fear what man can do to me.

⁷For You stand beside me as My Hero who rescues me.
I've seen with my own eyes the defeat of my enemies.
I've triumphed over them all!

⁸Lord, it is so much better to trust in You to save me Than to put your confidence in someone else.

⁹Yes, it is so much better to trust in the Lord to save me Than to put my confidence in "celebrities."

¹⁰Once I was hemmed in and surrounded by those who don't love You!

But by Your supernatural power I overcame them all!

¹¹⁻¹²Yes, they surrounded me, like a swarm of killer bees, Swirling around me! I was trapped Like one trapped by a raging fire, I was surrounded with no way out and at the point of collapse.

But through Your supernatural power I overcame them all!
¹³They pushed me right up to the edge and I was ready to fall,
But You helped me to triumph, and together we overcame them
all!

¹⁴Lord, You are my true strength And my glory-song,
My Champion, my Savior!

¹⁵The joyful songs I nowsing will be sung again In the hearts
and homes of all Your lovers.

My loud shouts of victory will echo throughout the land.^[2]
For my Lord is a Valiant Warrior!

¹⁶The power of God is lifted high!
The power of God will never fail!

¹⁷You will not let them kill me, But I will live to tell the world
What the Lord has done for me!

¹⁸Yes, the Lord punished me as I deserved, But He'll never give
me over to death!

¹⁹Swing wide you gates of righteousness and let me pass
through, And I will enter into Your presence to worship only
You!

²⁰I have found the gateway to God, The pathway to His presence
for all His lovers!

²¹I will offer all my loving praise to You, And I thank You so
much for answering my prayer, And bringing me salvation!

²²The very stone the masons rejected as flawed, Has turned out to
be the most important capstone of the arch,^[3]
Holding up the very house of God!

²³The Lord Himself is the One who has done this And it's so
amazing, so marvelous to see!

²⁴This is the very day of the Lord that brings Gladness and joy,
filling our hearts with glee!

²⁵O God, come and save us again, bring us Your breakthrough-

victory!

²⁶Blessed is this One who comes to us, The Sent-One of the Lord.
And from within the Temple we cry: “We bless You!”

²⁷⁻²⁸For the Lord our God has brought us His glory-light!
I offer Him my life in joyous sacrifice.

Tied tightly to Your altar I will bring You praise.
For You are the God of my life and I lift You high, Exalting You
to the highest place!

²⁹So let’s keep on giving our thanks to God, For He is so good!
His constant, tender love lasts forever!

[1]. This is the psalm or “hymn” that Jesus likely sang after the Passover supper with His disciples, before making His way to Gethsemane and then to Calvary.

[2]. Implied in the text.

[3]. The words *capstone of the arch* can also be translated “the head of the corner.”

Psalm 119

The Words of God

The Way to Happiness^[1]

¹You're only truly happy when you walk in total integrity;
Walking in the light of God's Word!

²What joy overwhelms everyone who keeps the ways of God,
Those who seek Him as their heart's passion!

³They'll never do what's wrong, But will always choose the paths
of the Lord.

⁴God has prescribed the right way to live; Obeying His Laws with
all our hearts!

⁵How I long for my life to bring You glory As I observe each and
every one of Your holy precepts!

⁶Then I'll never be ashamed, For I take strength from all Your
commandments!

⁷I will give my thanks to You from a heart of love and truth, Each
time I learn more of Your righteous judgments.

⁸I will be faithful to all that Your Word reveals, So don't ever give
up on me!

True Joy

⁹How can a young man stay pure?

Only by living in the Word of God and walking in its truth.

¹⁰I have longed for You with the passion of my heart; Don't let me
stray from Your commandments!

¹¹I consider Your words to be my greatest treasure.

I memorize them and write them on my heart; To keep me from
committing sin's treason against You!

¹²My Wonderful God, You are to be praised above all; Teach me

the power of Your decrees!

¹³I speak continually of Your laws, As I recite out loud Your counsel to me.

¹⁴I find more joy in following what You tell me to do, Than in following all the wealth of the world!

¹⁵I set my heart on Your precepts And pay close attention to all Your ways.

¹⁶My delight is found in all Your laws And I won't forget to walk in Your words.

The Abundant Life ¹⁷Let me, Your servant, walk in abundance of life, That I may live always to obey Your truth.

¹⁸Open my eyes to see the miracle-wonders Hidden in Your Word!

¹⁹My life on earth is so brief, So tutor me in ways of Your wisdom!

²⁰I am continually consumed by these irresistible longings, These cravings to obey Your every commandment!

²¹Your displeasure rests with those who are arrogant, Who think they know everything; You rebuke the rebellious who refuse Your laws.

²²Don't let them mock and scorn me for obeying You.

²³For even if the princes and my leaders choose to criticize me, I'll continue to serve you and walk in Your plans for my life.

²⁴Your commandments are my counselors; Your Word is my light and delight!

Revived by the Word ²⁵Lord, I'm fading away. I'm discouraged and lying in the dust; Revive me by Your Word, just like You promised You would!

²⁶I've poured out my life before You, and You've always been there for me, So now I ask, teach me more of Your holy decrees.

²⁷Open up my understanding to the ways of Your wisdom And I

will meditate deeply on Your splendor and Your wonders.

²⁸My life's strength melts away with grief and sadness; Come strengthen me, encourage me with Your words.

²⁹Keep me far away from what is false; Give me grace to stay true to Your laws.

³⁰I've chosen to obey Your truth And walk in the splendor-light of all that You teach me.

³¹Lord, don't allow me to make a mess of my life, for I cling to Your commands and follow them as closely as I can.

³²I will run after You with all of my heart, For You will make me Your obedient one.

Understanding God's Ways ³³Give me revelation about the meaning of Your ways So I can enjoy the reward of following them fully!

³⁴Give me an understanding heart so that I can Passionately know and obey Your truth!

³⁵Guide me into the paths that please You, For I take delight in all that You say.

³⁶Cause my heart to bow before Your words of wisdom And not to the wealth of this world.

³⁷Help me turn my eyes away from illusions So that I pursue only on that which is true, Revive my soul as I walk in Your paths.

³⁸Reassure me of Your promises, for I am Your beloved; and Your servant who bows before You!

³⁹Defend me from the criticism I face For keeping Your beautiful words.

⁴⁰See how I long with cravings for more of Your ways?
Let Your righteousness revive my spirit!

Trust in the Lord ⁴¹May Your tender love overwhelm me, O Lord, For You are my Savior and You keep Your promises.

⁴²I'll always have an answer for those who mock me Because I
trust in Your Word.

⁴³May I never forget Your truth, for I rely upon Your precepts.

⁴⁴ I will observe Your laws every moment of the day, And will
never forget the words You say.

⁴⁵I will walk with You in complete freedom, For I seek to follow
Your every command.

⁴⁶When I stand before kings, I will tell them the truth And will
never be ashamed.

⁴⁷My passion and delight is in Your Word, For I love what You
say to me!

⁴⁸I long for more revelation of Your truth, for I love The light of
Your Word as I meditate on Your decrees.

My Comfort ⁴⁹Lord, never forget the promises You've made to
me, For they are my hope and confidence.

⁵⁰In all of my affliction I find great comfort in Your promises,
For they have kept me alive!

⁵¹No matter how bitterly the proud mockers speak against me, I
refuse to budge from Your precepts.

⁵²Your revelation-light is eternal; I'm encouraged every time I
think about Your truth!

⁵³Whenever I see the wicked breaking Your Laws I feel horrible.

⁵⁴As I journey through life I put all Your statutes to music;
They become the theme of my joyous songs.

⁵⁵Throughout the night I think of You, dear God; I treasure Your
every word to me.

⁵⁶All this joy is mine as I follow Your ways!

My Heart is Devoted to You ⁵⁷You are my satisfaction,
Lord, and all that I need; So I promise to do everything You say.

⁵⁸Passionately, I seek Your favor; Pour out Your grace on me, as

You promised!

⁵⁹When I realize that I'm going astray, I turn back to obey Your instructions!

⁶⁰I give my all to follow Your revelation-light; I will not delay to obey!

⁶¹Even when temptations encircle me with evil, I won't forget for a moment to follow Your commands.

⁶²In the middle of night I awake to give thanks to You, Because of all Your revelation-light; so right and true!

⁶³Anyone who loves You and bows in obedience to Your words
Will be my friend.

⁶⁴Give me more revelation of Your ways, For I see Your love and tender care everywhere.

My True Treasure ⁶⁵Your extravagant kindness to me
Makes me want to follow Your words even more!

⁶⁶Teach me how to make good decisions, and give me
Revelation-light for I believe in Your commands.

⁶⁷Before I was humbled I used to always wander astray, But now I
see the wisdom of Your words.

⁶⁸Everything you do is beautiful, flowing from Your goodness;
Teach me the power of Your wonderful words!

⁶⁹Proud boasters make up lies about me, Because I am
passionate to follow all that You say!

⁷⁰Their hearts are dull and void of feelings, But I find my true
treasure in Your truth.

⁷¹The punishment You brought me through was the best thing
That could have happened to me, for it taught me Your ways!

⁷²The words You speak to me are worth more Than all the riches
and wealth in the whole world!

Growth Through the Word ⁷³Your very hands have held

me and made me who I am,

Give me more revelation-light so that I learn to please You more.

⁷⁴May all Your lovers see how You treat me and be glad, For Your words are entwined within my heart!

⁷⁵Lord, I know that Your judgments are always right, Even when it's me You judge; You're still faithful and true.

⁷⁶Send Your kind mercy-kiss to comfort me, Your servant, Just like You promised You would!

⁷⁷Love me tenderly so I can go on, For I delight in Your life-giving truth.

⁷⁸Shame upon the proud liars! See how they oppress me, All because of my passion for Your precepts!

⁷⁹May all Your lovers follow me As I follow the path of Your instruction.

⁸⁰Make me passionate and wholehearted to fulfill Your every wish, So that I'll never have to be ashamed of myself.

Deliver Me

⁸¹I'm lovesick with yearnings for more of Your salvation, For my heart is entwined with Your Word.

⁸²I'm consumed with longings for Your promises, So I ask, "When will they all come true?"

⁸³My soul feels dry and shriveled, useless and forgotten, But I will never forget Your Living Truth.

⁸⁴How much longer must I wait until You punish my persecutors, For I am Your loving servant?

⁸⁵Arrogant men who hate Your truth and never obey Your laws Have laid a trap for my life.

⁸⁶They don't know that everything You say is true, So they harass me with their lies. Help me, Lord!

⁸⁷They've nearly destroyed my life, but I refuse to yield; I still

live according to Your Word.

⁸⁸Revive me with Your tender love and Spare my life by Your kindness, and I'll continue to obey You!

Faith in the Word of God ⁸⁹Standing firm in the heavens, fastened to eternity, is the Word of God.

⁹⁰Your faithfulness flows from one generation to the next; All that You created sits firmly in place to testify of You.

⁹¹By Your decree everything stands at attention, For all that You have made serves You.

⁹²Because Your words are my deepest delight
I didn't give up when all else was lost.

⁹³I can never forget the profound revelations You've taught me,
For they have kept me alive more than once.

⁹⁴Lord, I'm all Yours, and You are my Savior; I have sought to live my life pleasing to You.

⁹⁵Even though evil men wait in ambush to kill me, I will Set my heart before You, to understand more of Your ways.

⁹⁶I've learned that there is nothing perfect in this imperfect world, Except Your words—they bring such fantastic freedom into my life!

I Love the Word of God ⁹⁷O, How I love and treasure the revelation of Your Word; Throughout the day I fill my heart with its light!

⁹⁸By considering Your commands I have an edge over my enemies, For I take seriously everything You say.

⁹⁹You have given me more understanding than those who teach me, For I've absorbed Your eye-opening revelation.

¹⁰⁰With more insight than the old sages, You have graced me, Because I have not failed to walk in the light of Your ways.

¹⁰¹I refused to bend my morals when temptation was before me

So that I could become obedient to Your Word.

¹⁰²I refuse to turn away from difficult truths, For You Yourself
have taught me to love Your words.

¹⁰³How sweet are Your living promises to me, Sweeter than honey
is Your revelation-light.

¹⁰⁴For Your truth is the source of my understanding, Not the
falsehoods of those who don't know You, which I despise.

Truth's Shining Light ¹⁰⁵Truth's shining light guides me in
my choices and decisions; The revelation of Your Word makes
my pathway clear.

¹⁰⁶To live my life by Your righteous rules Has been my holy and
lifelong commitment.

¹⁰⁷I'm bruised and broken, overwhelmed by it all; Breathe life
into me again by Your Living Word.

¹⁰⁸Lord, receive my grateful thanks, And teach me more of how to
please You.

¹⁰⁹Even though my life hangs in the balance, I'll keep following
what You've taught me, no matter what.

¹¹⁰The ungodly have done their best to throw me off track, But I'll
not deviate from what You've told me to do.

¹¹¹Everything You speak to me is like joyous treasure; Filling my
life with gladness.

¹¹²I have determined in my heart to obey whatever you say, Fully
and forever!

Trust and Obey

¹¹³I despise those who can't keep commitments For I passionately
love Your revelation-light!

¹¹⁴You're my place of quiet retreat, and Your wrap-around
presence Becomes my shield as I wrap myself in Your Word!

¹¹⁵Go away! Leave me, all you workers of wickedness; For you can't

stop me from following every command of my God.

¹¹⁶Lord, strengthen my inner being by the promises of Your Word, So that I may live faithful and unashamed for You.

¹¹⁷Lift me up, and I will be safe. Empower me To live every moment in the light of Your ways.

¹¹⁸Lord, You reject those who reject Your laws, For they fool no one but themselves!

¹¹⁹The wicked are thrown away, discarded and valueless.

That's why I will keep on loving of Your laws!

¹²⁰My body trembles in holy awe of You, leaving me speechless; For I'm frightened of Your righteous judgments.

I Will Follow Your Ways ¹²¹Don't leave me to the mercies of those who hate me, For I live to do what is just and fair.

¹²²Let me hear Your promise of blessing over my life, Breaking me free from the proud oppressors.

¹²³As a lovesick lover, I yearn for more of Your salvation, And for Your virtuous promises!

¹²⁴Let me feel Your tender love, for I am Yours.

Give me more understanding of Your wonderful ways.

¹²⁵I need more revelation from Your Word To know more about You, for I'm in love with You!

¹²⁶Lord, the time has come for You to breakthrough, For evil men keep breaking Your laws!

¹²⁷Truly, Your message of truth means more to me Than a vault filled with the purest gold.

¹²⁸Every word You speak, every truth revealed, is always right And beautiful to me, for I hate what is phony or false.

I Long to Obey You

¹²⁹Your marvelous words are living miracles; No wonder I long to obey everything You say.

¹³⁰Break open Your Word within me until revelation-light shines
out!

Those with open hearts are given insight into Your plans.

¹³¹Ineffable cravings and lovesick-longings consume me, As I
thirst for more revelation of Your commands.

¹³²Turn Your heart to me, Lord, and show me Your grace, Like You
do to every one of Your godly lovers.

¹³³Prepare before me a path filled with Your promises, And don't
allow even one sin to have dominion over me.

¹³⁴Rescue me from the oppression of ungodly men, So that I can
keep all Your precepts.

¹³⁵Let Your shining face shine brightly on me, Your loving
servant!

Instruct me on what is right in Your eyes.

¹³⁶When I witness the rebellious breaking Your laws It makes me
weep uncontrollably!

His Word is True

¹³⁷Lord, Your judgments reveal Your righteousness, And Your
verdicts are always fair.

¹³⁸The motive behind Your every word is pure, And Your
teachings are remarkably faithful and true.

¹³⁹I've been consumed with a furious passion to do what's right,
All because of the way my enemies disrespect Your laws.

¹⁴⁰Every one of Your promises have passed the test, That's why
I'm a lover of Your Word.

¹⁴¹Even though I'm considered insignificant and despised by
the world, I'll never abandon Your ways.

¹⁴²Your righteousness has no end, it is everlasting, And Your
rules are perfectly fair.

¹⁴³Even though my troubles overwhelm me with anguish; I still

delight and cherish every message You speak to me.

¹⁴⁴Give me more revelation so that I can live for You, For nothing
is more pure and eternal than Your truth.

Save Me God

¹⁴⁵Answer my passionate prayer, O Lord, And I'll obey everything
you say.

¹⁴⁶Save me, God, and I'll follow Your every instruction.

¹⁴⁷Before the day dawns, I'll be crying out for help And wrapping
Your words into my life.

¹⁴⁸I lie awake every night pondering Your promises to me.

¹⁴⁹Lord, listen to my heart's cry, for I know Your love is so real for
me.

Breathe life into me again by the revelation of Your justice.

¹⁵⁰Here they come—these lawless rebels are coming near, But
they are all so far away from Your laws!

¹⁵¹God, You are near me always, so close to me!

Every one of Your commands reveal truth.

¹⁵²I've known all along how true and unchanging Is every word
You speak, established forever!

Breathe Life Into Me Again ¹⁵³Look upon all my misery
and come be my Hero to rescue me.

For I will never forget what You've revealed to me.

¹⁵⁴Take my side and defend me in these sufferings.

Redeem me and revive me, just like You promised You would.

¹⁵⁵The wicked are so far from salvation For they could care less
about Your message of truth.

¹⁵⁶Your tender mercies are what I need, O God; Give me back my
life again through the revelation of Your judgments!

¹⁵⁷I have so many enemies who persecute me Yet I won't swerve
from following Your ways.

¹⁵⁸I grieve when I see how the faithless-ones live, For they just walk away from Your promises.

¹⁵⁹Lord, see how much I truly love Your instructions, So in Your tender kindness, breathe life into me again.

¹⁶⁰The sum total of all Your words add up to absolute truth, And every one of Your righteous decrees are everlasting.

Devoted to God's Word ¹⁶¹The powerful-elite have persecuted me without a cause, But my heart trembles in awe, because of Your miracle-words!

¹⁶²Your promises are the source of my bubbling joy; The revelation of Your Word thrills me, Like one who has discovered hidden treasure!

¹⁶³I despise every lie and I hate every falsehood, For I am passionate about keeping Your precepts.

¹⁶⁴I stop to praise You seven times a day, All because Your ways are perfect!

¹⁶⁵There is such a great peace and well-being that comes To the lovers of Your Word, and they'll never be offended.

¹⁶⁶Lord, I'm longing for more of Your salvation,
For I want to do what pleases You.

¹⁶⁷My love for Your ways is indescribable; In my innermost being I want to follow them perfectly!

¹⁶⁸I will keep Your instructions and follow Your counsel; All my ways are an open book before You.

I Want to Follow You ¹⁶⁹Lord, listen to my prayer. It's like a sacrifice I bring to You; I must have more revelation of Your Word!

¹⁷⁰Take my words to heart when I ask You, Lord; Give me more of Your salvation, Just like You promised!

¹⁷¹I offer You my joyous praise for all that You've taught me.

¹⁷²Your wonderful words will become my song of worship, For
 everything You've commanded is perfect and true.
¹⁷³Place Your hands of strength and favor upon me, For I've made
 my choice to follow Your ways.
¹⁷⁴I long for more of Your salvation, O Lord, And Your words thrill
 me like nothing else!
¹⁷⁵Invigorate my life so that I can praise You even more!
 And may Your truth be my strength!
¹⁷⁶I'll never forget what You've taught me, Lord, But when I wander
 off and lose my way, Come after me, for I am Your beloved!

[\[11\]](#). This psalm is an acrostic poem, a mathematical masterpiece. It consists of
 twenty-two stanzas of eight lines each. Each stanza begins with the same Hebrew
 letter at the beginning of every one of its eight lines, going in succession, by
 strophes, from *alef*, the first letter of the Hebrew alphabet, as the first letter of each
 line in the first strophe, to *taw*, the last letter of the Hebrew alphabet, as the first
 letter of each line in the last strophe. Like the eight lines of each stanza there are
 eight different Hebrew words, all synonyms, used to refer to the Word of God.

Psalm 120

God Helped Me

A song of the stairway.^[1]

¹I was desperate for You to help me in my struggles, And You did!

²So come and deliver me now From this treachery and false accusation.

³O lying deceivers, don't you know what is your fate?

⁴You will be pierced through with condemnation And consumed with burning coals of fire!

⁵Why am I doomed to live as an alien, Scattered among these cruel savages?^[2]

Am I destined to dwell in the Darkened tents of desert nomads?^[3]

⁶For too long I've had to live Among those who hate peace.

⁷I speak words of peace, While they speak words of war, But they refuse to listen.

^[1] Psalms 120-134 all begin with the words “A Song to Take You Higher,” or “A Song of Ascent,” or “A Song of the Stairway.” It is likely these fifteen songs were sung on the fifteen steps that would take the worshipper into the temple. On each step they would stop to worship and sing the corresponding psalm as they went up higher into the worship and presence of God. Others believe they were the songs sung as David brought up the ark of glory to Jerusalem.

^[2] The Hebrew text includes the word *Meshech* which is a foreign land. The meaning of the word *Meshech* means “to scatter.”

^[3] The Hebrew text includes the word *Kedar*, who was one of Ishmael's sons whose descendants became a wandering group of nomads. *Kedar* means a “dark place.”

Psalm 121

God Protects Us

A song of the stairway.

¹⁻²I look up to the mountains and hills, Longing for God's help.
But then I realize that our true help and protection Comes only
from the Lord, Our Creator who made the heavens and the earth.

³He will guard and guide me, Never letting me stumble or fall.

God is my Keeper, He will never forget or ignore me.

⁴He will never slumber nor sleep, He is the Guardian-God for
His people, Israel.

⁵Jehovah Himself will watch over you, He's always at Your side to
Shelter you safely in His presence.

⁶He's protecting you from all danger Both day and night.

⁷He will keep you from every form of evil or calamity As He
continually watches over you.

⁸You will be guarded by God Himself.

You will be safe when you leave your home, And safely you will
return.

He will protect you now, And He'll protect you forevermore!

Psalm 122

Jerusalem

A song of the stairway, by King David.^[1]

¹I was overjoyed when they said: “Let’s go up to the house of the Lord.”

²And now at last, we stand here, Inside the very gates of Jerusalem!

³O Jerusalem, you were built as a city of praise, Where God and man mingle together.^[2]

⁴This is where all the people of Israel are required To come and worship Jehovah-God.

⁵This is where the thrones of kings have been established To rule in righteousness— Even King David ruled from here.

⁶Pray for Jerusalem’s peace, For all who love her will prosper!

⁷O Jerusalem, May there be peace for those Who dwell inside your walls, And prosperity in your every palace.

⁸I intercede for the sake of my family and friends Who dwell there, that they may all live in peace!

⁹For the sake of Your house, our God, I will seek the welfare and prosperity of Jerusalem.

^[1] David wrote this song for the people to sing for the feasts. It was sung when the worshippers entered the gates of the city, Jerusalem.

^[2] The Hebrew phrase “a city bound together” is taken from a root word that means “joined, united, coupled.” By inference in the context, it is the city where God dwells and man worships.

Psalm 123

A Prayer for Mercy A song of the stairway.

¹O God-Enthroned in heaven, I worship and adore You!

²The way I love You Is the way a servant wants to please his master; The way a maid waits for the orders of her mistress.

We look to You, our God, with passionate longings To please You and discover more Of Your mercy and grace.

³⁻⁴For we've had more than our fill Of this scoffing and scorn; This mistreatment by the wealthy elite.

Lord, show us Your mercy!

Lord, show us Your grace!

Psalm 124

Victory

A song of the stairway, by King David.

¹What if God had not been on our side?

Let all Israel admit this!

²⁻³What if God had not been there for us?

Our enemies, in their violent anger, Would have swallowed us
up alive!

⁴⁻⁵The nations, with their flood of rage, Would have swept us
away And we would have drowned; Perished beneath their
torrent of terror!

⁶We can praise God over and over That He never left us!
God wouldn't allow The terror of our enemies to defeat us!

⁷We are free from the hunter's trap; Their snare is broken and we
have escaped!

⁸For the same God who made everything, Our Creator and our
Mighty Maker, He Himself is our Helper and Defender!

Psalm 125

God's Surrounding Presence A song of the stairway.

¹Those who trust in the Lord Are as unshakeable and as
unmovable as Mighty Mount Zion!

²Just as the mountains surround Jerusalem So the Lord's wrap-
around presence^[1]

Surrounds His people, Protecting them now and forever!

³The wicked will not always rule over the godly, Provoking them
to do what is evil.

⁴God, let Your goodness be given away To Your good people; To
all your godly lovers!

⁵But those who turn away from truth, You will turn them away
from You, To follow their crooked ways!

You will give them just what they deserve.^[2]

May Israel experience peace And prosperity!

^[1]. Implied in the text.

^[2]. Implied in the text.

Psalm 126

Restored

A song of the stairway.

¹It was like a dream come true When You freed us from captivity
And brought us back to Zion!

²We laughed, and laughed, and overflowed with gladness!

We were left shouting for joy, And singing Your praise!
All the nations saw it and joined in, saying, "The Lord has done
great miracles for them!"

³Yes, He did mighty miracles, And we are overjoyed!

⁴Now Lord, do it again!

Restore us to our former glory!^[1]

May streams of Your refreshing flow over us, Until our dry hearts
are drenched again!

⁵Those who sow their seeds with tears^[2]

Will reap a harvest with joyful shouts of glee!

⁶They may weep as they go out, Carrying their seed to sow, But
they will return with joyful laughter, And shouting with
gladness as they Bring back armloads of blessing, And a harvest
overflowing!

^[1] Implied in the text.

^[2] A sower weeps when he sows his precious seed while his children are hungry.
This is a picture of sacrificing what little we have for the harvest to come.

Psalm 127

God and His Gifts

A song of the stairway, by King Solomon.

¹If God's grace doesn't help the builders, They will labor in vain
to build a house.

If God's mercy doesn't protect the city, All the sentries will
circle it in vain!

²It really is senseless to work so hard From early morning till late
at night, Toiling to make a living For fear of not having enough!
God can provide for His lovers, Even while they sleep!

³Children are God's love gift, They are heaven's generous reward.

⁴Children born to a young couple Will one day rise to protect
And provide for their parents.^[1]

⁵Happy will be the couple Who has many of them!

A household full of children Will not bring shame on your
name, But victory when you face your enemies, For your kids will
have influence and honor^[2]
To prevail on your behalf!

^[1]. The Hebrew text refers to children as "arrows in the hands of a warrior." This means that children will be our future protection and provision, the more the merrier!

^[2]. The Hebrew text includes a reference to "speaking with your enemies at the gate." This is in the context of children being God's way of blessing parents in their old age.

Psalm 128

The Fear of the Lord A song of the stairway.

¹How joyous are those who love the Lord And bow low before
God, Ready to obey Him!

²Your reward will be prosperity, Happiness, and well-being!

³Your wife will bless your heart and home!

Your children will bring you joy As they gather around your
table!

⁴Yes, this is God's generous reward For those who love Him!

⁵May the Lord bless you out of His Zion-glory!

May you see the prosperity of Jerusalem Throughout your
lifetime!

⁶And may you be surrounded by your grandchildren!

Happiness to You!

And happiness to Israel!

Psalm 129

Persecuted, But Not Defeated A song of the stairway.

¹Let all Israel admit it.

From our very beginning we have been Persecuted by the
nations.

²And from our very beginning We have faced never-ending
discrimination.

Nevertheless, our enemies have not defeated us; We're still
here!

³They have hurt us more than can be expressed, Ripping us to
shreds, cutting deeply into our souls.

⁴But no matter what, the Lord is good to us.

He is a righteous God who stood to defend us, Breaking the
chains of the evil ones that bound us!

⁵May all who hate the Jews Fall back in disgrace to a shameful
defeat!

⁶Let them be like grass planted in shallow soil That soon withers
with no sustenance.

⁷Let them be like weeds ignored by the reaper, And worthless to
the harvester.

⁸Let no one who sees them say, "May the blessings of Jehovah be
upon your life.

May the Lord bless you."^[1]

^[1] In the Jewish culture, if you passed by one who was harvesting his crops, you would shout out "The Lord bless you!"

Psalm 130

Out of the Depths

A song of the stairway.

¹Lord, I cry out to You out of the depths of my despair!

²Hear my voice, O Lord!

Answer this prayer, And hear my plea for mercy!

³Lord, if You measured us And marked us with our sins, Who
would ever have their prayers answered?

⁴But Your forgiving love Is what makes You so wonderful!

No wonder You are loved and worshipped!

⁵This is why I wait upon You, Expecting Your breakthrough, For
Your Word brings me hope!

⁶I long for You more than any watchman Would long for the
morning light.

I will watch and wait for You, O God, Throughout the night.

⁷O Israel, keep hoping, keep trusting, And keep waiting on the
Lord, For He is tender-hearted, kind, and forgiving.

He has a thousand ways to set you free!

⁸He Himself will redeem you, He will ransom you from The cruel
slavery of your sins!

Psalm 131

My Heart is Meek

A song of the stairway, by King David.

¹Lord, my heart is meek before You.

I don't consider myself better than others.

I'm content to not pursue matters That are over my head; Such as
Your complex mysteries and wonders, That I'm not yet ready to
understand.

²I am humbled and quieted in Your presence.

Like a contented child that rests on its mother's lap,^[1]

I'm Your resting child, And my soul is content in You.

³O people of God,^[2]

Your time has come to quietly trust, Waiting upon the Lord,
Now and forever.

^[1]. "Like a contented child" is literally "like a weaned child."

^[2]. The Hebrew text is literally "O Israel."

Psalm 132

David's Dynasty

A song of the stairway.

¹Lord, please don't forget all the hardships David had to pass through.

²And how he promised You, Jacob's Mighty God, saying, ³I will not cross the threshold of my own home, To sleep in my own bed.

⁴I will not sleep or slumber, Nor even take time to close my eyes in rest, ⁵Until I find a place for You to dwell, O Mighty God of Jacob.

I devote myself to finding a resting place for You!^[1]

⁶First, the ark rested at Bethlehem, Then we found it in the forest of Kiriath-Jearim.^[2]

⁷Then we said: "Let's bring it to Jerusalem, God's home! And let's worship before Him, Bowing low at His feet, before His ark!"

⁸Arise, O Lord, and enter Your resting place, Both You and the ark of Your glorious strength!

⁹May Your priests wear the robes of righteousness And let all Your godly lovers sing for joy!

¹⁰Don't forsake Your anointed king now But honor Your servant David!

¹¹For You gave Your word and promised David In an unbreakable oath that one of his sons Would be sitting on the throne to succeed him as king.

¹²And You also promised that if David's sons Would be faithful to keep their promise to follow You, Obeying the words You spoke to them, Then David's dynasty would never end!

- ¹³Lord, You have chosen Zion as Your dwelling place, For Your pleasure is fulfilled in making it Your home.
- ¹⁴I Hear You say, “I will make this place My eternal dwelling, For I have loved and desired it as My very own!”
- ¹⁵I will make Zion prosper and Satisfy her poor with My provision.
- ¹⁶I will cover My priests with salvation’s power And all My godly lovers will shout for joy!
- ¹⁷I will increase the anointing that was upon David And My glistening glory will rest upon My chosen ones.
- ¹⁸But David’s enemies will be covered with shame While his crown will sparkle and gleam!
What a glorious king!”

[1]. Historically, this refers to David wanting to bring the ark of glory back to Jerusalem.

[2]. Although the Hebrew text does not have the words “ark of glory” but simply “it.” The translator supplies the word *ark* from its reference in v. 8. For the sake of understanding the text, the translator has substituted, “Ephrathah” for “Bethlehem” (Ephrathah was the ancient name for Bethlehem) and “Jaar” for “Kiriath-Jearim.” (The fields of Jaar was a variant form for “Kiriath-Jearim,” which means the “city of forests.”)

Psalm 133

Unity

A song to bring you higher, by King David.

¹How truly wonderful, delightful, and beautiful To see brothers
and sisters living together in sweet unity!

²It's as precious as the anointing oil Flowing from the head of
the High Priest, Aaron, Dripping down upon his beard, And
running all the way down To the hem of his priestly robes.^[1]

³This heavenly harmony can be compared to the dew Dripping
down from the skies upon Mount Hermon, Refreshing the
mountain slopes of Israel.

For from this realm of sweet harmony, God will release His
eternal blessing, The promise of life forever!

^[1]. Or “running down the collar of his robe.”

Psalm 134

The Night Watch

A song to bring you higher.

¹All His loving priests who serve and sing, Come and sing Your
song of blessing to God.

Come and stand before Him in the house of God, Throughout
the night watch, ²Lifting up your hands in holy worship, Come
and bless the Lord!

³May the Lord, whom You worship, The Mighty Maker of heaven
and earth, May He bless you from Zion's glory!

Psalm 135

His Wonderful Works A song to bring you higher.

¹Shout hallelujah and praise the greatness of God!

All His godly lovers, praise Him!

²All you worshipping priests On duty in the temple, ³Praise

Him, for He is beautiful!

Sing loving praises to His lovely name, ⁴For Yahweh has chosen

Israel, For His own purpose, And we're His special treasure!

⁵Next to every other god, The greatness of God is unequaled!

Our God is incomparable!

⁶He does what He pleases with unlimited Power and authority,

Extending His greatness Throughout the entire universe!

⁷He forms the misty clouds, and creates Thunder and lightning,

Bringing the wind and rain Out of His heavenly storehouse.

⁸He struck down the eldest child in each Egyptian home; Both

men and beast perished that night.

⁹He did great miracles, mighty signs And wonders throughout

the land, Before Pharaoh and all his subjects.

¹⁰He conquered many nations and Killed their mighty kings;

¹¹Like Sihon, king of the Amorites, Also Og, king of Bashan,

And kings from every kingdom in Canaan.

¹²He gave their land to Israel As an inheritance for His people.

¹³O Jehovah, Your name endures forever!

Your fame is known in every generation.

¹⁴For You will vindicate Your persecuted people, Showing Your

tender love to all Your servants.

¹⁵The unbelieving nations worship what they make.

They worship their wealth and their work

They idolize what they own, and what they do, ¹⁶⁻¹⁸ Their

possessions will never satisfy.
Their lifeless and futile works Cannot bring life to them!
Their “things” can’t talk to them, Or answer their prayers.
Blind men can only create blind things.
Those deaf to God can only make a deaf image.
Dead men can only create dead idols.
And everyone who trusts in these powerless, dead “things”
Will be just like what they worship— Powerless and dead!^[1]
¹⁹Let all His princely people sing and bless the Lord!
Let all the light-bearers sing and bless the Lord!^[2]
²⁰Let all His holy priests sing and bless the Lord!
Let all His lovers who bow low before Him Sing and bless the
Lord!
²¹So let’s bless the Lord who lives in Jerusalem And dwells in
Zion’s glory!
Hallelujah and praise the Lord!

^[1] Referring to the idols, the literal Hebrew could be translated “With mouths, but they cannot speak; with eyes, but they cannot see; with ears, but they cannot hear.”

^[2] The name “Aaron” and “Levi” are found in the Hebrew text here. Aaron’s name means “light-bringer” or “light-bearer.” Levi represents the holy priesthood.

Psalm 136

His Saving Love

¹Let everyone thank God, for He is good, and He is easy to
please!

His tender love for us, Continues on forever!

²Give thanks to God, our King over all gods!

His tender love for us, Continues on forever!

³Give thanks to the Lord over all lords!

His tender love for us, Continues on forever!

⁴Give thanks to the only miracle-working God!

His tender love for us, Continues on forever!

⁵Give thanks to the Creator who filled the heavens with
revelation!

His tender love for us, Continues on forever!

⁶To Him who formed dry ground, raising it up from the sea!

His tender love for us, Continues on forever!

⁷Praise the One who created every heavenly light!

His tender love for us, Continues on forever!

⁸He set the sun in the sky to rule over the day!

His tender love for us, Continues on forever!

⁹Praise the One who set in place the moon and stars to rule over
the night!

His tender love for us, Continues on forever!

¹⁰Give thanks to God, who struck down the firstborn in Egypt!

His tender love for us, Continues on forever!

¹¹He brought His people out of Egypt with miracles!

His tender love for us, Continues on forever!

¹²With His mighty power He brought them out!

His tender love for us, Continues on forever!

- ¹³He split open the Red Sea for them!
His tender love for us, Continues on forever!
- ¹⁴And led His people right through the middle!
His tender love for us, Continues on forever!
- ¹⁵He vanquished Pharaoh's armies, drowning them all!
His tender love for us, Continues on forever!
- ¹⁶He led His people through the wilderness!
His tender love for us, Continues on forever!
- ¹⁷He's the One who smashed mighty kingdoms!
His tender love for us, Continues on forever!
- ¹⁸He triumphed over powerful kings who stood in His way!
His tender love for us, Continues on forever!
- ¹⁹He conquered Sihon, king of the Amorites!
His tender love for us, Continues on forever!
- ²⁰He conquered the giant named Og, king of Bashan.^[1]
His tender love for us, Continues on forever!
- ²¹Then He gave away their lands as an inheritance!
His tender love for us, Continues on forever!
- ²²For He handed it all over to Israel, His beloved!
His tender love for us, Continues on forever!
- ²³He's the God who chose us when we were nothing!
His tender love for us, Continues on forever!
- ²⁴He has rescued us from the power of our enemies!
His tender love for us, Continues on forever!
- ²⁵He provides food for hungry men and animals!
His tender love for us, Continues on forever!
- ²⁶Give thanks to the great God of the heavens!
His tender love for us, Continues on forever!

^[1] The name *Og* means "giant."

Psalms 137

The Song of Our Captivity ¹Along the banks of
Babylon's rivers We sat as exiles mourning our
captivity, And wept with great love for Zion.

²Our music and mirth was no longer heard,^[1]

Only sadness. We hung up our harps on the willow trees.

³Our captors tormented us saying: "Make music for us and sing
one of your happy Zion songs!"

⁴But how could we sing the song of the Lord In this foreign
wilderness?

⁵May my hands never make music again, If I ever forget you, O
Jerusalem, ⁶May I never be able to sing again, If I fail to honor
Jerusalem supremely!

⁷And Lord, may You never forget What the sons of Edom did to
us, saying: "Let's raze the city of Jerusalem, And burn it to the
ground!"^[2]

⁸Listen, O Babylon, you evil destroyer!

The one who destroys you Will be rewarded above all others!

You will be repaid for what you've done to us!

⁹Great honor will come to those Who destroy you and your
future, By smashing your infants Against the rubble of your own
destruction!

[1] Implied in the context.

[2] The Hebrew text reads "strip her (Jerusalem) naked!"

Psalm 138

The Divine Presence By King David.

¹I Thank You Lord, And with all the passion of my heart, I
worship You!

Heaven's mighty ones will hear my voice As I sing my loving
praise to You!

²I bowdown before Your divine presence And bring You my
deepest worship, As I experience Your tender love, And Your
living truth.

For the promises of Your Word And the fame of Your name Have
been magnified above all else!

³At the very moment I called out to You, Your presence came
and You answered me!

You strengthened me deep within my soul, And breathed fresh
courage into me!

⁴One day all the kings of the earth Will rise to give you thanks,
When they hear the living words that I have heard You speak!

⁵They too will sing of Your wonderful ways, For Your ineffable
glory is so great!

⁶For though You are lofty and exalted, You stoop to embrace the
lowly.

Yet You keep Your distance from those filled with pride.

⁷Through Your mighty power I can walk through any
devastation, And You will keep me alive, reviving me.

You will set me free from the hatred of my enemies.

⁸You keep every promise You've ever made to me!

Since Your love for me is so constant and endless, I ask You
Lord, to finish every good thing that You've begun in me!

Psalm 139

You Know All About Me for the Pure and Shining One,

King David's poetic song

¹Lord, You know everything about me that there is to know
You've examined my innermost being with Your loving gaze.^[1]

²You perceive every movement of my heart and soul, And
understand my every thought Before it even enters my mind!

³⁻⁴You are so intimately aware of me, Lord, You read my heart
like an open book And know all the words I will speak Before I
even start a sentence!

You know the steps I will take, Before my journey even begins!

⁵You're always ahead of me to prepare the way, And You follow
behind, protecting and guarding me.

Your hand of love is upon my life, Imparting Your blessing to
me!

⁶This is just too wonderful, Deep and incomprehensible!
Your knowledge of me is beyond my understanding!

⁷Where could I go from Your Spirit?
Where could I run and hide from Your face?

⁸If I go up to heaven, You're there!
If I go down to the realm of the dead, You're there too!

⁹If I fly with wings into the shining dawn, You're there!

If I fly into the radiant sunset, You're there waiting!^[2]

¹⁰Wherever I go Your hand will guide me, Your strength will
empower me.

¹¹It's impossible to disappear from You, Or to ask the darkness to
hide me, For Your presence is everywhere bringing light into my
night!

¹²There is no such thing as darkness with You.

The night, to You, is as bright as the day; There's no difference
between the two!

¹³You formed my innermost being, Shaping my delicate inside
And my intricate outside, And wove them all together in my
mother's womb.

¹⁴I thank You God, for making me so mysteriously complex!
Everything you do is marvelously breathtaking!
It simply amazes me to think about it!
Howthoroughly you knowme, Lord!

¹⁵You even shaped every bone in my body, When You created
me in the secret place,^[3]
Carefully, skillfully shaping me^[4]
From nothing to something!

¹⁶You sawwho You created me to be, Before I came to be!^[5]
Before I'd ever seen the light of day, The number of days You
planned for me to live, Were all recorded in Your book.

¹⁷⁻¹⁸Every single moment You are thinking of me!
Howprecious and wonderful to consider, That You cherish me
constantly in Your every thought!

O God, Your desires toward me are more Than the grains of sand
on every shore!

When I awake each morning, You're still thinking of me.

¹⁹O God, come and slay these bloodthirsty, murderous men!
For I cry out, "Depart from me you wicked ones!"

²⁰See howthey blaspheme Your sacred name, And lift up
themselves against You, but all in vain!

²¹Lord, can't You see howI despise those who despise You?
For I grieve when I see them rise up against You!

²²I have nothing but complete hatred and disgust for them.
Your enemies shall be my enemies!

²³God, I invite Your searching gaze into my heart.

Examine me, find out everything That may be hidden within
me.

Put me to the test, and sift through All my anxious cares.

²⁴See if there is any path of pain I'm walking on, And lead me
back to Your glorious, everlasting ways— The path that brings
me back to You.

[1]. Implied in the context.

[2]. Implied in the Hebrew, which states “the remote parts of the sea,” or beyond the horizon to the west. The sea is west of Israel.

[3]. The Hebrew text is literally “the depths of the earth.”

[4]. Or “embroidered me.”

[5]. The Hebrew could be translated “As an embryo.”

Psalm 140

A Prayer for Protection for the Pure and Shining One,
King David's poetic song ¹Lord, protect me from this evil
one!

Rescue me from these violent schemes!

²He concocts his secret strategy to divide and harm others;
Stirring up trouble, one against another.

³They are known for their sharp rhetoric of poisonous, hateful
words.

Pause in His presence

⁴Keep me safe, Lord, out of
reach from these wicked
and violent men, And
guard me God, for they
have plotted an evil scheme
To ruin me and bring me
down!

⁵They are proud and insolent; they've set an ambush for me in
secret.

They are determined to snare me in their net, like captured
prey.

Pause in His presence

⁶⁻⁷O Lord, You are my God
and my saving strength!

My Hero-God, You wrap Yourself around me, to protect me.

For I'm surrounded by Your presence in my day of battle.

Lord-Yahweh, hear my cry.

May my voice move Your heart to show me mercy.

⁸Don't let the wicked triumph over me, But bring down their every strategy to subdue me, Or they will become even more arrogant!

Pause in His presence

⁹Those who surround me are
nothing but proud
troublemakers.

May they drink the poison of their own poisonous words.

¹⁰⁻¹¹May their slanderous lives never prosper!

Let evil itself hunt them down and pursue them relentlessly!
Until they are thrown into fiery pits from which they will never
get out of!

Let burning coals of hell-fire fall upon their heads!

¹²For I know Lord, that You will be the Hero of those they
persecute And will secure justice for the poor.

¹³Your godly lovers will thank You no matter what happens!
For they choose and cherish Your presence above everything
else!

Psalm 141

An Evening Prayer

King David's poetic song.

¹Please Lord, come close and come quickly to help me!

Listen to my prayer as I call out to You!

²Let my prayer be as the evening sacrifice, That burns like
fragrant incense, Rising as my offering to You As I lift up my
hands in surrendered worship!

³God give me grace to guard my lips From speaking what is
wrong.

⁴Guide me away from temptation and doing evil.
Save me from sinful habits and from keeping company With
those who are experts in evil.

Help me not to share in their sin in any way!

⁵When one of Your godly lovers corrects me or one of Your
faithful ones Rebukes me, I will accept it like an honor I cannot
refuse.

It will be as healing medicine that I swallow without an
offended heart.

For even if they are mistaken I will continue to pray.^{[111](#)}

⁶When the leaders and judges are condemned, And they fall
upon the rocks of justice, Then they'll know my words to them
were true!

⁷So like an earthquake splits open the earth, So the world of hell
will open its mouth To swallow their scattered bones!

⁸But You are my Lord and my God, I only have eyes for You!
I hide myself in You, so don't leave me defenseless!

⁹Protect me! Keep me from the traps of wickedness they set for
me.

¹⁰Let them all stumble into their own traps, while I escape
Without a scratch!

[\[11\]](#) This is one of the most difficult verses to translate, with scholars divided over the meaning of the Hebrew text. Another translation could be “Don’t let the oil of the wicked anoint my head, for I pray continually against their wickedness.”

Psalm 142

My Only Hope

King David's poetic song of instruction, A prayer when he was confined in a cave.

¹God, I'm crying out to You!

I lift up my voice boldly to beg for Your mercy!

²I spill out my heart to You, And tell You all my troubles.

³For when I was desperate, overwhelmed, And about to give up,
You were the only One there to help!

You gave me a way of escape From the hidden traps of my
enemies.

⁴I look to my left and right To see if there is anyone who will
help, But there's no one who takes notice of me.

I have no hope of escape, And no one cares whether I live or die.

⁵So I cried out to You, Lord, my only hiding place.

You're all I have, my only hope in this life, My last chance for
help.

⁶Please listen to my heart's cry, For I am so low and in desperate
need of You!

Rescue me from all those who persecute me, For I am no match
for them!

⁷Bring me out of this "dungeon"

So I can declare Your praise!

And all Your godly lovers will celebrate All the wonderful
things You've done for me!

Psalm 143

My Humble Prayer

King David's poetic song.

¹Lord, You must hear my prayer, For You are faithful to Your promises.

Answer my cry, O righteous God!

²Don't bring me into Your courtroom for judgment, For there is no one who is righteous before You!

³My enemies have chased and caught me, And crushed my life into dust.

Now I'm living in the darkness of death's shadow

⁴My inner being is in depression, And my heart is heavy, dazed with despair!

⁵I remember the glorious miracles of days gone by, And I often think of all the wonders of old.

⁶Now I'm reaching out to You, thirsting for You Like the dry, cracked ground thirsts for rain.

Pause in His presence

⁷Lord, come quickly and answer me, For my depression deepens and I'm about to give up.

Don't leave me now or I'll die!

⁸Let the dawning day bring the revelation of Your tender, unfailing love.

Give me light for my path and teach me, for I trust in You!

⁹Save me from all my enemies, for I hide myself in You.

¹⁰I just want to obey all you ask of me, So teach me, Lord, for You
are my God!

Your gracious Spirit is all I need, so lead me on good paths,
That are pleasing to You, my one and only God!

¹¹Lord, if You rescue me, it will bring You more glory, For You
are true to Your promises.

Bring me out of these troubles!

¹²Since I am Your loving servant, destroy all those Who are
trying to harm me!

And because You are so loving and kind to me, Silence all of my
enemies!

Psalm 144

Rescue Me

King David's poetic song.^[1]

¹There is only one strong, safe, and secure place for me, It's in God alone; and I love Him! He's the One Who gives me strength and skill for the battle!

²He's my shelter of love and my fortress of faith, That wraps Himself around me as a secure shield.

I hide myself in the One who subdues enemies before me!

³Lord, what is it about us that You would even notice us?
Why do You even bother with us?

⁴For man is nothing but a faint whisper, a mere breath.
We spend our days like nothing more than a passing shadow

⁵Step down from heaven, Lord, and come down!
Make the mountains melt at Your touch!

⁶Loose Your fiery lightning flashes and scatter Your enemies!
Overthrow them with Your terrifying judgments!

⁷Reach down from Your heavens and rescue me from this hell
And deliver me from these dark powers.

⁸They speak nothing but lies; their words are pure deceit.
Nothing they say can ever be trusted.

⁹My God, I will sing You a brand newsong When You give me
the victory!^[2]

The harp inside my heart will make music to You!

¹⁰I will sing of You, the One who gives victory to kings; The One who rescues David, Your loving servant From the fatal sword!

¹¹Deliver me, and save me from these dark powers, Who speak nothing but lies, Their words are pure deceit; And you can't trust anything they say.

¹²Deliver us! Then our homes will be happy.
Our sons will grow up as strong, sturdy men, And our daughters
with graceful beauty, Royally fashioned as for a palace.
¹³⁻¹⁴Our barns will be filled to the brim,
Overflowing with the fruits of our harvest.
Our fields will be full of sheep and cattle, Too many to count,
and our Livestock will not miscarry their young.
Our enemies will not invade our land And there'll be no breach
in our walls!
¹⁵What bliss we experience when these blessings fall!
The people who love and serve our God Will be happy indeed!

[\[1\]](#). Some scholars believe this psalm was composed by David just before he went out to face the giant, Goliath.

[\[2\]](#). Implied in the text.

Psalms 145

God's Greatness

King David's poetic song of praise.

¹My heart explodes with praise to You!

Now and forever my heart bows in worship To You, my King and
my God!

²Every day I will lift up my praise to Your name With praises
that will last throughout eternity!

³Lord You are great, and worthy of the highest praise!
For there is no end to the discovery of Greatness surrounding
You!

⁴Generation after generation will declare more of Your
greatness, And discover more of Your glory!^[1]

⁵Your magnificent splendor And the miracles of Your majesty
Are my constant meditation!

⁶Your awe-inspiring acts of power have everyone talking!
And I'm telling people everywhere about Your excellent
greatness!

⁷Our hearts bubble over as we celebrate the fame Of Your
marvelous beauty; bringing bliss to our hearts!^[2]

We shout with ecstatic joy over Your breakthrough for us!

⁸You're so kind and tender-hearted to those who don't deserve it;
And so very patient with people who fail You!
Your love is like a flooding river overflowing its banks with
kindness.

⁹God, everyone sees Your goodness, For Your tender love is
blended into everything You do!

¹⁰Everything You have made will praise You, fulfilling its
purpose.

And all Your godly lovers will be found bowing before You!
¹¹They will tell the world of the lavish splendor of Your kingdom
And preach of Your limitless power.

¹²They will demonstrate for all to see Your miracles of might,
And reveal the glorious majesty of Your kingdom!

¹³Lord, You reign over your never-ending kingdom, Through all
the ages of time and eternity!

You are faithful to fulfill every promise You've made.

You manifest Yourself as kindness in all You do!^[1]

¹⁴Weak and feeble ones, You will sustain.

Those bent over with burdens of shame, You will lift up.

¹⁵You have captured our attention, and the eyes of all look to
You.

You give what they hunger for, at just the right time!

¹⁶When You open Your generous hand, it's full of blessings,
Satisfying the longings of every living thing!

¹⁷You are right in everything You do; And Your love is wrapped
into all Your works.

¹⁸You draw near to those who call out to You, Listening ever
closely— Especially when their hearts are true.

¹⁹Every one of Your godly lovers receives Even more than what
they ask for!

For You hear what their hearts really long for And You bring
them Your saving strength!

²⁰God, You watch carefully over all Your lovers, Like a
bodyguard; But You will destroy the ungodly.

²¹I will praise You Lord!

Let everyone everywhere join me in praising The beautiful Lord
of Holiness From now through eternity!

^[1]. Implied in the text.

[2]. Implied in the text.

[3]. The last two lines of this verse are only found in one reliable Hebrew manuscript and in the Septuagint.

Psalm 146

Our True Help^{[146](#)}

¹Hallelujah! Praise the Lord!

My innermost being will praise You, Lord!

²I will spend my life praising You and Singing high praises to
You, my God, every day of my life!

³⁻⁴We can never look to men for help, no matter who they are,
They can't save us, For even our great leaders fail and fall!
For they too are just mortals who will one day die.

At death, the spirits of all depart and their bodies return to
dust.

In the day of their death all their projects and plans are over.

⁵But those who hope in the Lord Will be happy and pleased!
Our help comes from the God of Jacob!

⁶You keep all Your promises!

You are the Creator of heaven's glory, Earth's grandeur, and
ocean's greatness.

⁷The oppressed get justice with You!

The hungry are satisfied with You!

Prisoners find their freedom with You!

⁸You open the eyes of the blind and You lift up those bent over
with shame!

You love those who love and honor You!

⁹You watch over strangers and immigrants And support the
fatherless and widows.

But You subvert the plans of the ungodly.

¹⁰Lord, You will reign forever!

Zion's God will rule throughout time and eternity!

Hallelujah! Praise the Lord!

[\[1\]](#) Psalm 146-150 are called “Hallelujah Psalms” because they all begin in Hebrew with the words “Hallelujah, praise the Lord.” Psalm 146 was possibly written by Haggai or Zechariah.

Psalm 147

Our Amazing God

¹Hallelujah! Praise the Lord!

How beautiful it is when we sing our praises To the beautiful
God; For praise makes you lovely before Him And brings Him
great delight!

²For as we praise Him, [\[1\]](#)

The Lord builds up Jerusalem, And gathers up the outcasts, and
brings them home!

³He heals the wounds of every shattered heart.

⁴He sets all His stars in place, Calling them all by their names.

⁵How great is our God!

There's absolutely nothing His power cannot accomplish, And
He has infinite understanding of everything!

⁶God supports and strengthens the humble, But the ungodly
will be brought down to the dust.

⁷Sing out with songs of thanksgiving to the Lord!

Let's sing our praises with melodies overflowing!

⁸He fills the sky with clouds, sending showers to water the earth;
So that the grass springs up on the mountain fields, And the
earth produces food for man. [\[2\]](#)

⁹All the birds and beasts who cry with hunger to Him, Are fed
from His hands.

¹⁰His people find security in strong horses, [\[3\]](#)

For horsepower is nothing to Him!

Manpower is even less impressive!

¹¹The Lord shows favor to those who fear Him, His godly lovers
who wait for His tender embrace.

¹²Jerusalem, praise the Lord!

Zion, worship your God!

¹³For He has strengthened the authority^[4] of your gates!

He even blesses you with more children!

¹⁴He's the One who brings peace to your borders,

Feeding you the most excellent of fare.

¹⁵He sends out His orders throughout the world, His words run as
swift messengers bringing it to pass!

¹⁶He blankets the earth with glistening snow, Painting the
landscape with frost.

¹⁷Sleet and hail fall from the sky, Causing waters to freeze before
winter's icy blast.

¹⁸Then He speaks His Word and it all melts away, As the warm,
spring winds blow, the streams begin to flow

¹⁹In the same way, He speaks to His people and to Israel,
Bringing them His life-giving words!

²⁰He has dealt with Israel differently than with any other people,
For they have received His laws!
Hallelujah! Praise the Lord!

^[1]. Implied in the context.

^[2]. As translated from the Septuagint.

^[3]. Implied in the text.

^[4]. The Hebrew is literally "bars of your gates."

Psalm 148

The Cosmic Chorus of Praise ¹Hallelujah! Praise the Lord!

Let the skies be filled with praise And the highest heavens with
the shouts of glory!

²Go ahead—praise Him, all you His messengers!
Praise Him some more, all you heavenly hosts!

³Keep it up—sun and moon!

Don't stop now, all you twinkling stars of light!

⁴Take it up even higher—up to the highest heavens, Until the
cosmic chorus thunders His praise!^{[141](#)}

⁵Let the entire universe erupt with praise to God!

From nothing to something He spoke, and created it all!

⁶He established the cosmos to last forever, And He stands
behind His commands, So His orders will never be revoked.

⁷Let the earth join in with this parade of praise!

You mighty creatures of the ocean's depths, echo in exaltation!

⁸Lightning, hail, snow clouds, And the stormy winds that fulfill
His Word.

⁹Bring your melody, O mountains and hills, Trees of the forest
and field, harmonize your praise!

¹⁰⁻¹²Praise Him all beasts and birds, men and mice, Kings,
Queens, princes and princesses, Young men and maidens,
children and babes, Old and young alike, everyone everywhere,

¹³Let them all join in with this orchestra of praise!

For the name of the Lord is the only name we raise!

His stunning splendor ascends higher than the heavens!

¹⁴He anoints His people with strength and authority, Showing
His great favor to all His godly lovers, Even to His princely

people, Israel, who are so close to His heart!
Hallelujah! Praise the Lord!

[\[1\]](#). Poetic implication in the text. The literal Hebrew is “the waters above the sky.”

Psalm 149

Triumphant Praise

¹Hallelujah! Praise the Lord!

It's time to sing to God a brand newsong, So that all His loving
people will then hear How wonderful He is!

²May Israel be enthused with joy all because of Him, And may
the sons of Zion pour out Their joyful praises to their King!

³Break forth with dancing!

Make music and sing God's praises With the rhythm of drums!

⁴For He enjoys His faithful lovers.

He adorns the humble with His beauty, And He loves to give
them the victory.

⁵His godly lovers triumph in the glory of God, And their joyful
praises will rise even while others sleep.

⁶God's high and holy praises fill their mouths, For their shouted
praises are their weapons of war!

⁷These warring weapons will bring vengeance On every opposing
force and every resistant power, ⁸To bind kings with chains and
rulers with iron shackles!

⁹Praise filled warriors will enforce The judgment-doom decreed
against their enemies!

This is the glorious honor He gives to all His godly lovers!

Hallelujah! Praise the Lord!

Psalm 150

The Hallelujah Chorus ¹Hallelujah! Praise the Lord!

Praise God in His holy sanctuary!

Praise Him in His stronghold-dwelling in the sky!

²Praise Him for His miracles of might!

Praise Him for His magnificent greatness!

³Praise Him with the trumpets blasting!

Praise Him with piano and guitar!

⁴⁻⁵Praise Him with drums and dancing!

Praise Him with the loud, resounding clash of cymbals!

Praise Him with every instrument you can find!

⁶Let everyone everywhere join in The crescendo of ecstatic praise
to Yahweh!

Hallelujah! Praise the Lord!

About the Translator

Dr. Brian Simmons has previously been involved in assisting in the translation of the Kuna New Testament and has studied linguistics and Bible translation principles through New Tribes Mission. He and his family spent nearly eight years in the tropical rain forest of the Darien Province of Panama, as a church planter, translator, and consultant. Afterward, he assisted in planting a thriving church in West Haven, CT—Gateway Christian Fellowship. Brian now travels full time as a conference speaker and Bible teacher. You may bump into him someday on a flight somewhere with his laptop, working on the Passion Translation. Brian has been married for forty years and boasts regularly of his three children and six grandchildren. He and his wife, Candice, make their home in Wichita, Kansas. He may be contacted at: brian@passiontranslation.com For more information about the translation project or any of Brian's books, please visit: www.stairwayministries.org or www.passiontranslation.com.

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