

# Psalms

## BOOK 1

### Psalm 1

- 1 A person will be truly happy if he  
doesn't follow the advice of bad people  
and doesn't live like sinners  
and doesn't feel at home with people  
who don't respect God.\*
- 2 A good person loves the Lord's teachings.  
He thinks about them day and night.
- 3 So that person becomes strong  
like a tree planted by streams of water  
He is like a tree that makes fruit  
at the right time.  
He is like a tree with leaves that don't die.  
Everything he does is successful.
- 4 But bad people are not like that.  
Bad people are like chaff\*  
that the wind blows away.
- 5 If good people gather together  
to decide a court case,  
then bad people will be proved guilty.  
Those sinners will not be judged innocent.\*
- 6 Why? Because the Lord  
protects good people,  
but destroys bad people.

**A person ... God** Or, "The person who doesn't follow the advice of bad people or turn on to Sinners Road or stay at Scoffers' House is fortunate (blessed)."

**chaff** Seed coverings and stems separated from the seeds of plants like wheat or barley. Farmers did not keep this useless chaff.

**If good ... innocent** Or, "Bad people will not rise in the place of judgment nor the sinners in the meeting of good people." It is not clear if this verse means that bad people will not become judges, or that bad people will be judged guilty.

## Psalm 2

- 1 Why are the people from other nations  
so angry?  
Why are they making foolish plans?
- 2 Their kings and leaders joined together  
to fight against the Lord  
and against the king he chose.
- 3 Those leaders said,  
"Let's rebel against God  
and against the king he chose.  
"Let's break free from them!"
- 4 But my Master, the King in heaven,  
laughs at those people.
- 5-6 God is angry and he tells those people,  
"I chose this man to be king!  
And he will rule on Mount Zion.  
Zion is my special mountain."  
And that makes those other leaders afraid.
- 7 Now I will tell you about the Lord's  
agreement.  
The Lord said to me,  
"Today I become your father!\*  
And you are my son.
- 8 If you ask me,  
I will give the nations to you.  
All the people on earth will be yours!
- 9 You could destroy those nations like  
an iron rod shattering a clay pot.\*"
- 10 So, you kings, be wise.  
All you rulers, learn this lesson.
- 11 Obey the Lord with much fear.
- 12 Show that you are loyal to God's son.\*

**I become your father** Literally, "I fathered you." Originally, this probably meant God was 'adopting' the king as his son.

**You ... pot** Or, "You will shepherd them with an iron rod. You will shatter them like a clay pot."

**Show ... God's son** Literally, "Kiss the son!"

If you don't do this,  
he will become angry and destroy you.

People who trust the Lord are happy.  
[But other people should be careful.]  
The Lord is about ready to show his anger.

### Psalm 3

*This is David's song from the time he ran  
away from his son Absalom.*

- 1 "Lord, I have many, many enemies.  
Many people have turned against me.
- 2 Many people are talking about me.  
[Those people say,]  
"God, won't rescue him!"  
SELAH\*
- 3 But, Lord, you are my shield.  
You are my Glory.  
Lord, you make me important!\*
- 4 I will pray to the Lord.  
And he will answer me from his holy  
mountain!  
SELAH\*
- 5 I can lie down and rest,  
and I know I will wake up.  
Why? Because the Lord  
covers and protects me!
- 6 Thousands of soldiers might surround me.  
But I won't be afraid of those enemies!
- 7 Lord, get up!\*My God, come rescue me!  
[You are very strong!]  
If you hit my bad enemies on the cheek,  
you will break all their teeth.
- 8 Lord, the victory\* is yours!  
Please be good to your people.  
SELAH\*

**SELAH** This word is for the musicians. It probably means the singers should pause here or the music should be louder here.  
**You ... make me important** Literally, "You are my Glory, the One who lifts my head."  
**Lord, get up** The people said this when they lifted the Box of the Agreement and took it into battle with them. This showed that God was with them. See Num. 10:35–36.  
**victory** Or "salvation."

### Psalm 4

*To the director.\* With stringed instruments.  
A song of David.\**

- 1 My good God, answer me  
when I pray to you!  
Hear my prayer  
and be kind to me!  
Give me some relief from all my troubles!
- 2 People, how long will you say bad things  
about me?  
You people keep looking for new lies  
[to tell about me.]  
You people love telling those lies.  
SELAH\*
- 3 You know that the Lord listens  
to his good people.  
So the Lord hears me when I pray to him.
- 4 [If something is bothering you,]  
you can be angry,\*  
but don't sin.  
Think about those things  
when you go to bed,  
and then relax.\*  
SELAH\*
- 5 Give good sacrifices\* to God,  
and trust the Lord!
- 6 Many people say,  
"Who will show us [God's] goodness?  
Lord, let us see your shining face!"
- 7 Lord, you have made me very happy!  
I am happier now than at harvest time—  
when we celebrate because we have  
much grain and wine.
- 8 I go to bed and sleep in peace.  
Why? Because, Lord, you lay me down  
to sleep in safety.

### Psalm 5

*To the director.\* For the flutes.\*  
A song of David.\**

- 1 Lord, hear my words.  
Understand what I am trying to say.

**director** Or, "performer."

**A song of David** Or, "A song dedicated to David."

**be angry** Or, "be upset" or "be excited."

**relax** Or, "be calm" or "be silent."

**sacrifice(s)** A sacrifice was a gift to God. Usually, it was a special animal that was killed and burned on an altar.

**For the flutes** This might be the name of a tune instead of a type of instrument.

- 2 My God and King,  
listen to my prayer.
- 3 Every morning, Lord,  
I lay my gifts before you  
and look to you [for help].  
And every morning,  
you hear my prayers.
- 4 God, you don't like evil [people near you].  
Evil people can't worship you.\*
- 5 Fools\* can't come near you.  
You hate\* people who do evil.
- 6 You destroy people who tell lies.  
You hate people who make secret plans  
to hurt other people.
- 7 But, Lord, by your great mercy,  
I will come to your temple.\*  
I will bow toward your holy temple  
with fear and respect for you, Lord.
- 8 Lord, show me your right way of living.  
People are looking for my weaknesses,  
so show me how you want me to live.
- 9 Those people don't tell the truth.  
They are liars that twist the truth.  
Their mouths are like empty\* graves.  
They say nice things to other people,  
but they are only trying to trap them.
- 10 Punish them, God!  
Let them be caught in their own traps.  
Those people have turned against you,  
so punish them for their many crimes.
- 11 But let the people who trust God be happy.  
Let them be happy forever!  
God, protect and give strength to the  
people who love your name.
- 12 Lord, when you do  
good things to good people,  
you are like a large shield  
protecting them.

**God ... you** Or, "You are not a God who likes evil [people], and evil [people] don't respect you."

**Fools** Usually this means people who don't believe and obey God. This shows they are very foolish.

**hate** Or, "reject, send away".

**temple** The special building in Jerusalem for Jewish worship.

**empty** Literally, "open."

## Psalm 6

*To the director,\* with stringed instruments,  
[accompanied] by the Sheminith.\*  
A song of David.\**

- 1 Lord, don't correct me in anger.  
Don't be angry and punish\* me.
- 2 Lord, be kind to me.  
I am sick and weak.  
Heal me!  
My bones are shaking.
- 3 My whole body is shaking.  
Lord, how long [until you heal me]?\*
- 4 Lord, come back  
and make me strong again!  
You are very kind,  
so save me.
- 5 Dead people in their graves  
don't remember you.  
People in the place of death  
don't praise you.  
[So heal me!]
- 6 Lord, all night I prayed to you.  
My bed is wet from my tears.  
Tears are dripping from my bed.  
I am weak from crying to you.
- 7 My enemies have given me many troubles.  
This made me very sad with grief.  
Now my eyes are weak from crying.
- 8 Go away you bad people!  
Why? Because the Lord heard my cries.
- 9 The Lord heard my prayer.  
And the Lord accepted and answered  
my prayer.
- 10 All my enemies will be upset  
and disappointed.  
Something will happen suddenly,  
and they will all leave in shame.

**director** Or, "performer."

**by the Sheminith** This might be a special instrument, a special way of tuning an instrument, or one of the groups that played harps in the temple orchestra. See 1 Chron.15:21.

**A song of David** Or, "A song dedicated to David."

**punish** Literally, "teach" or "correct."

**Lord ... heal me** Literally, "As for you, Lord, how long?"

**Psalm 7**

*A song\* of David that he sang to the Lord.  
This song is about [Saul, the son of] Kish,\*  
from the family group of Benjamin.*

- 1 Lord my God, I trust you.  
Save me from the people who are  
chasing me.  
Rescue me!
- 2 If you don't help me,  
I will be like an animal  
caught by a lion.  
I will be carried away,  
with no one to save me!
- 3 Lord my God, I did nothing wrong.  
I promise, I did nothing wrong!
- 4 I did not do bad things to my friend.\*  
And I did not help my friend's enemies.
- 5 [If that is not true,  
then punish me.]  
Let an enemy chase me,  
catch me, and kill me.  
Let him trample my life into the ground  
and push my soul into the dirt.  
SELAH\*
- 6 Lord, get up\* and show your anger!  
My enemy is angry,  
so stand and fight against him.  
Lord, get up and demand fairness!
- 7 Lord, judge the people.  
Gather the nations around you,  
and judge the people.
- 8 Lord, judge me.  
Prove that I am right.  
Prove that I am innocent.
- 9 Punish the bad people,  
and help the good people.  
God, you are good.  
And you can look into peoples' hearts.
- 10 God helps people with honest hearts.  
So God will protect me.

**song** Literally, "shiggayon." This probably means a song full of emotion.

**Kish** Or, "Cush."

**friend** Or, "ally." A person or country that has agreed to help another person or country.

**SELAH** This word is for the musicians. It probably means the singers should pause here or the music should be louder here.

**Lord, get up** The people said this when they lifted the Box of the Agreement and took it into battle with them. This showed that God was with them. See Num. 10:35–36.

- 11 God is a good judge.  
He speaks against evil all the time.
- 12 If God makes a decision,  
he does not change his mind.
- 13 God is prepared to punish bad people.\*
- 14 Some people are always planning trouble.  
They make secret plans and tell lies.
- 15 They try to trap and hurt other people.  
But they will be hurt in their own traps.
- 16 They will receive the punishment  
they should get.  
They were cruel to other people.  
But they will get what they deserve.
- 17 I praise the Lord because he is good.  
I praise the name of the Lord Most-High.

**Psalm 8**

*To the director,\* [accompanied] by the  
Gittith.\* A song of David.\**

- 1 Lord our Master,  
your name is the most wonderful name  
in all the earth!  
Your name brings you praise  
everywhere in heaven.
- 2 From the mouths of children and babies  
come songs of praise to you.  
You gave them [these powerful songs]  
to silence all your enemies.
- 3 Lord, I look at the heavens  
you made with your hands.  
I see the moon and stars you created,  
[and I wonder:]
- 4 Why are people so important to you?  
Why do you even remember them?  
Why are people\* so important to you?  
Why do you even notice them?

**If God ... punish bad people** Literally, "He will not turn back. He will sharpen his sword. He will draw and aim his bow. He has prepared the weapon of death. He has made his flaming arrows."

**director** Or, "performer."

**by the Gittith** Or, "on the Gittith." This might be a type of instrument, a tune, or a performer in the temple orchestra such as Obed Edom from Gath (*the Gittite*). See I Chron. 15:21, 16:4–7.

**A song of David** Or, "A song dedicated to David."

**people** Literally, "he." This is still talking about "man" and "son of man" and can be understood as one person or as all people.

- 5 ┌ But people are important to you!  
 You made people\* almost like gods.  
 And you crowned them  
 with glory and honor.
- 6 You put people in charge of  
 everything you made.  
 You put everything under their\* control.
- 7 People rule over the sheep and cattle  
 and all the wild animals.
- 8 They rule over the birds in the sky  
 and over the fish that swim  
 the ocean currents.
- 9 Lord our Master,  
 your name is the most wonderful name  
 in all the earth!

**Psalm 9**

*To the director.\* Alamoth of Ben.\*  
 A song of David.\**

- 1 I praise the Lord with all my heart.  
 Lord, I will tell about all the wonderful  
 things you did.
- 2 You make me so very happy.  
 God Most-High, I praise your name.
- 3 My enemies turned to run from you.  
 But they fell and were destroyed.
- 4 You are the good judge.  
 You sat on your throne\* as judge.  
 Lord, you listened to my case.  
 And you made the decision about me.
- 5 You criticized those other people.  
 Lord, you destroyed those bad people.  
 You erased their names forever and ever  
┌ from the list of people who are alive.
- 6 The enemy is finished!  
 Lord, you destroyed their cities!  
 Now, only ruined buildings are left.  
 Nothing is left to remind us  
 of those bad people.

- 7 But the Lord rules forever.  
 The Lord made his kingdom strong.  
 He did this to bring fairness to the world.
- 8 The Lord judges everyone on earth fairly.  
 He judges all nations the same.
- 9 Many people are trapped and hurting  
 because they have many troubles.  
 Those people are crushed by the weight of  
 their problems.  
 Lord, be a safe place for them to run to.
- 10 People who know your name  
 should trust you.  
 Lord, if people come to you,  
 you will not leave them without help.
- 11 You people living on Zion,  
 sing praises to the Lord.\*  
 Tell other nations about the great things  
 the Lord did.
- 12 The Lord remembered the people who  
 went to him for help.\*  
 Those poor people cried for help.  
 And the Lord didn't forget them.
- 13 ┌ I said this prayer to God:  
 "Lord, be kind to me.  
 Look, my enemies are hurting me.  
 Save me from the 'gates of death.'
- 14 Then, at the gates of Jerusalem,  
 I can sing praises to you, Lord.  
 I will be very happy  
 because you saved me."
- 15 Those people from other nations  
 dug holes to trap other people.  
 But they fell into their own traps.  
 Those people hid nets to trap other people.  
 But they were caught in those nets.
- 16 The Lord caught those bad people.  
 So people learned that the Lord punishes  
 people who do bad things.

HIGGAYON\*

SELAH\*

**people** Literally, "him." This is still talking about "man" and "son of man" and can be understood as one person or as all people.

**their** Literally, "his".

**director** Or, "performer."

**Alamoth of Ben** This might be the name of a tune, "On the Death of the Son." Or, it might refer to one of the two main orchestral groups in the temple. Ben might be Benaiah, one of the musicians. See 1 Chron.15:20.

**A song of David** Or, "A song dedicated to David."

**throne** The chair a king or queen sits on.

**You people ... Lord** Or, "Sing praises to the Lord who sits as King in Zion."

**went to him for help** Literally, "sought blood." The family of a person who was killed could go to court to ask that the killer be punished. Here, God is like the judge who listens to people who have been hurt by other people.

**HIGGAYON** Or, "Meditation." This may mean a time to think quietly during the song.

**SELAH** This word is for the musicians. It probably means the singers should pause here or the music should be louder here.

- 17 People who forget God are bad.  
They will go to the place of death.
- 18 Sometimes it seems that God forgets about  
people with troubles.  
It seems those poor people have no hope.  
But God doesn't really forget them  
forever.
- 19 Lord, get up\* and judge the nations.  
Don't let people think they are powerful.
- 20 Teach people a lesson.  
Let them know they are only human.

SELAH\*

**Psalm 10**

- 1 Lord, why do you stay so far away?  
People with troubles can't see you.
- 2 Proud and wicked people make evil plans.  
And they hurt poor people.
- 3 Evil people brag about the things  
they want.  
And those greedy people curse God.  
In this way, the evil people show that  
they hate the Lord.
- 4 Bad people are too proud to follow God.  
They make all their evil plans.  
And they act like there is no God.
- 5 Bad people are always doing  
crooked things.  
They don't even notice God's laws  
and wise teachings.\*  
God's enemies ignore [his teachings].
- 6 Those people think bad things will never  
happen to them.  
[They say,]  
"We will have fun and never be punished."
- 7 Those people are always cursing.  
They are always saying bad things about  
other people.  
They are always planning evil things to do.
- 8 Those people hide in secret places  
and wait to catch people.

**Lord, get up** The people said this when they lifted the Box of the Agreement and took it into battle with them. This showed that God was with them. See Numbers 10:35–36.

**SELAH** This word is for the musicians. It probably means the singers should pause here or the music should be louder here.

**They ... wise teachings** Literally, "Your justice is far above him."

- They hide, looking for people to hurt.  
They kill innocent people.
- 9 Those bad people are like lions trying to  
catch the animals they will eat.  
They attack poor people.  
The poor people are caught in the traps  
that the evil people make.
- 10 Again and again, those bad people hurt  
poor, hurting people.
- 11 So those poor people begin thinking,  
"God has forgotten us!  
He has turned away from us forever!  
God doesn't see what is happening  
to us!"

- 12 Lord, get up and do something!  
God, punish those bad people!  
Don't forget the poor people!
- 13 Why do bad people turn against God?  
Because they think he won't punish  
them.
- 14 [Lord,] surely you see the cruel and  
evil things  
that bad people do.  
Look at those things,  
and do something!  
People with many troubles  
come to you for help.  
Lord, you are the One who helps orphans.\*  
[So help them!]
- 15 [Lord,] destroy the evil people.
- 16 Remove those people from your land!
- 17 Lord, you heard what poor people want.  
Listen to their prayers  
and do what they ask!
- 18 Lord, protect the children without parents.  
Don't let sad people suffer more troubles.  
Make bad people too afraid to stay here.

**Psalm 11**

*To the director.\* David's [song]*\*

- 1 I trust the Lord.  
So why did you tell me [to run and hide]?  
[You told me,]  
"Fly like a bird to your mountain!"

**orphans** Children without parents to take care of them.

**director** Or, "performer."

**David's [song]** Or "Dedicated to David."

- 2 <sub>└</sub>Bad people are like a hunter  
They hide in the dark.  
They pull back on the bowstring.  
They aim their arrows  
and shoot straight into the hearts  
of good, honest people.
- 3 What would happen if they destroyed  
all that is good?\*
- What would good people do then?
- 4 The Lord is in his holy palace.\*  
The Lord sits on his throne\* in heaven.  
And he sees everything that happens.  
The Lord watches people closely  
to see if they are good or bad.
- 5 The Lord searches for good people,  
but he rejects\* cruel, evil people.
- 6 He will make hot coals and burning  
sulphur fall like rain on those bad people.  
Those bad people will get nothing but  
a hot, burning wind.\*
- 7 But the Lord is good.  
And he loves people doing good things.  
Good people will <sub>└</sub>be with him<sub>┘</sub>  
and see his face.

### Psalm 12

*To the director,\* accompanied<sub>└</sub> by the  
Sheminith.\* A song of David.\**

- 1 Save <sub>└</sub>me<sub>┘</sub> Lord!  
The good people are all gone.  
There are no true believers left among  
all the people on earth.\*
- 2 People tell lies to their neighbors.  
Each and every person flatters\* his  
neighbors with lies.

**What would happen ... good** Or, “What if the foundations <sub>└</sub>of  
society<sub>┘</sub> were really destroyed?”

**palace** A large house built for a king. Here, it is the temple.

**throne** The chair a king or queen sits on.

**rejects** Or, “hates” or “refuses to accept.”

**hot, burning wind** This is like the hot fire a worker uses to melt  
silver. The silver separates from all the worthless things in it.  
These things are thrown away and only the pure silver is left.

**director** Or, “performer.”

**by the Sheminith** This might be a special instrument, a special  
way of tuning an instrument, or one of the groups that played  
harps in the temple orchestra. See 1 Chron.15:21.

**A song of David** Or, “A song dedicated to David.”

**all the people on earth** Literally, “the sons of man.”

**flatter** To say good things about people when you don't really  
mean it.

- 3 The Lord should cut off those lips  
that tell lies.  
The Lord should cut out those tongues  
that tell their big stories.
- 4 Those people say,  
“We will say the right lies  
and become very important.  
We know what to say,  
so that no one will be our master.”
- 5 But the Lord says:  
“Bad people stole from the poor people.  
They took things from helpless  
people.  
But now I will stand and defend those  
weary (*tired*) people.”
- 6 The Lord's words are true and pure  
like silver melted in a hot fire.  
They are pure like silver that was melted  
and made pure seven times.
- 7 Lord, take care of helpless people.  
Protect them now and forever!
- 8 Those bad people act important,  
but really, they are like costume jewelry.  
It looks expensive,  
but it is really very cheap.\*

### Psalm 13

*To the director.\* A song of David.\**

- 1 How long will you forget me, Lord?  
Will you forget me forever?  
How long will you refuse to accept me?\*
- 2 How long must I wonder if you have  
forgotten me?  
How long must I feel this sadness  
in my heart?  
How long will my enemy win against me?
- 3 Lord my God, look at me!  
Answer my question!  
Let me know the answer or I will die!
- 4 If that happens, my enemy will say  
“I beat him!”  
My enemy would be happy  
if he defeated me.

**Those bad ... very cheap** Literally, “Bad people strut around  
like expensive cheap things belonging to sons of man.”

**refuse to accept me** Literally, “hide your face from me.”

5 Lord, I trusted in your love to help me.  
 You saved me and made me happy!  
 6 I sing a happy song to the Lord  
 because he did good things for me.

### Psalm 14

*To the director.\* David's  $\text{psalm}$ .\**

1 A foolish person\* says in his heart,  
 "There is no God."  
 Foolish people do terrible, rotten things.  
 Not even one of them does good.  
 2 The Lord looked down from heaven  
 to see if there were any wise people.  
 (Wise people turn to God for help.)  
 3 But every person had turned away from God.  
 All people had become bad.  
 Not even one person was doing good!  
 4 Bad people have destroyed my people.  
 And those bad people don't know God.  
 Bad people have plenty of food to eat.\*  
 And they don't even worship the Lord.  
 5-6 Those bad people didn't want to listen to  
 advice from a poor man.  
 Why? Because that poor man depended  
 on God.  
 But God is with his good people.  
 So bad people have plenty to fear.  
 7 Who on Zion\* saves Israel?  
 It is the Lord who saves Israel!  
 The Lord's people were taken away  
 and forced to be prisoners.  
 But the Lord will bring his people back.  
 Then Jacob (*Israel*) will be very happy.

### Psalm 15

*A song of David.\**

1 Lord, who can live in your Holy Tent?\*

Who can live on your holy mountain?\*

**director** Or, "performer."

**David's  $\text{psalm}$**  Or "Dedicated to David"

**foolish person** Here this means a person who does not follow God and his teachings.

**eat** In Hebrew the word "eat" is like the word "destroyed." This word play shows that the bad people hurt God's followers and still received good things. This confused the writer.

**Zion** The southeast part of the mountain Jerusalem is built on. Sometimes it means the people of God living in Jerusalem.

**A song of David** Or, "A song dedicated to David."

**Holy Tent** The special tent where the people of Israel worshiped God. Here, it is probably the temple in Jerusalem.

**holy mountain** Zion, the mountain Jerusalem is built on.

2 Only a person who lives a pure life,  
 and does good things,  
 and speaks truth from the heart  
 can live on your mountain.  
 3 That kind of person doesn't say bad things  
 about other people.  
 That person doesn't do bad things  
 to his neighbors.  
 That person doesn't tell shameful things  
 about his own family.  
 4 That person doesn't respect the people  
 that hate God.  
 But that person shows honor to  
 all the people who serve the Lord.  
 If he makes a promise to his neighbor,  
 then he does what he promised to do.\*  
 5 If that person gives money to someone,  
 he will not charge interest on that loan.  
 And that person will not take money  
 to do bad things to innocent people.  
 If a person lives like that good man,  
 then he will always be near God.\*

### Psalm 16

*A miktam of David.\**

1 Protect me, God,  
 because I depend on you.  
 2 I said to the Lord,  
 "Lord, you are my Master.  
 Every good thing I have comes from you."\*  
 3 The Lord does wonderful things for his  
 followers on earth.  
 The Lord shows he truly loves them.  
 4 But people who run to worship other gods  
 will have much pain.  
 I will not share in their gifts of blood that  
 they offer to those idols.  
 I will not even say the names of those idols.  
 5 No, my share and my cup  
 come only from the Lord.  
 Lord, you support me.  
 You give me my share.

**If he ... promised to do** Or, "That person promised not to do bad things. And he does not do bad things."

**he ... near God** Literally, "that person will never be moved."

**A miktam of David** The exact meaning of "miktam" is not clear. It might mean "a well-arranged song." This song was either written by David or dedicated to him.

**I said ... from you** Or, "I said to the Lord my Master, 'You are my goodness. There is none but you.'"



- 6 My share\* is very wonderful.  
My inheritance\* is very beautiful.
- 7 I praise the Lord  
because he taught me well.  
Even at night, he put his instructions  
deep inside my mind.\*
- 8 I keep the Lord before me always.  
And I will never leave his right side.
- 9 So my heart and soul will be very happy.  
Even my body will live in safety.
- 10 Why? Because, Lord, you will not leave  
my soul in the place of death.  
You will not let your faithful one rot  
in the grave.\*
- 11 You will teach me the right way to live.  
Just being with you, Lord, will bring  
complete happiness.  
Being at your right side will bring  
happiness forever.

**Psalm 17**

*A prayer of David.\**

- 1 Lord, hear my prayer for fairness.  
I am calling loudly to you.  
And I am being honest in the things I say.  
So, please listen to my prayer.
- 2 You will make the right decision about me.  
You can see the truth.
- 3 You have looked deep into my heart.  
You were with me all night.  
You questioned me  
and found nothing wrong.  
I didn't plan any bad thing.
- 4 I have tried as hard as humanly possible  
to obey your commands.
- 5 I have followed your paths.  
My feet never left your way of living.
- 6 Every time I called to you, God, you  
answered me.  
So listen to me now.

**share** Or, "section of land."

**inheritance** Here, this probably means the land that each Jew received as his part of the country that God gave his family. Literally, "my kidneys."

**mind** Literally, "my kidneys."

**rot ... grave** Literally, "see decay."

**A prayer of David** Or, "A prayer dedicated to David."

- 7 God, you help people who trust you—  
those people stand by your right side.  
So listen to this prayer  
from one of your followers.
- 8 Protect me like the pupil\* of your eye.  
Hide me in the shadow of your wings.
- 9 Lord, save me from the bad people  
who are trying to ruin me.  
Protect me from the people around me  
who are trying to hurt me.
- 10 Those bad people have become too proud  
[to listen to God].  
And they brag about themselves.
- 11 Those people chased me.  
Now they are all around me.  
And they are ready to attack.\*
- 12 Those bad people are like lions  
waiting to kill and eat another animal.  
They hide like lions, ready to attack.
- 13 Lord, get up\* and go to the enemy.  
Make them surrender.  
Use your sword and save me  
from the bad people.
- 14 Lord, use your power and remove  
bad people from the [land of] the living.  
Lord, many people come to you for help.  
Those people don't have much  
in this life.  
Give those people plenty of food.  
Give their children all they want.  
Give the children so much  
that they will have food left over  
for their children.
- 15 [I prayed for] fairness.  
So I will see your face, Lord.  
And seeing you, Lord,\*  
I will be fully satisfied.

**pupil** The center of the eye, which everyone wants to protect.

**they are ready to attack** Or, "They decided to lie on the ground."

**Lord, get up** The people said this when they lifted the Box of the Agreement and took it into battle with them. This showed that God was with them. See Num. 10:35,36.

**you, Lord** Literally, "your likeness."

**Psalm 18\***

*To the director.\* The song of the Lord's servant, David. David wrote\* this song at the time the Lord saved him from Saul and all his other enemies.*

- 1 He said,  
“Lord my strength,  
I love you!”
- 2 The Lord is my Rock,\*  
my Fortress,\*  
my Place of Safety.”  
My God is my Rock.  
I run to him for protection.  
God is my shield.  
His power saves me.\*  
The Lord is my hiding place  
high in the hills.
- 3 They made fun of me.  
But I called to the Lord for help,  
and I was saved from my enemies!
- 4 [My enemies were trying to kill me!]  
The ropes of death were all around me.  
I was caught in a flood carrying me to  
that place of death.\*
- 5 Ropes of the grave were all around me.  
Traps of death lay before me.
- 6 Trapped, I called to the Lord for help.  
Yes, I called to my God.  
God was in his temple.  
He heard my voice.  
He heard my cry for help.
- 7 The earth shook and trembled;  
the foundations of heaven shook.  
Why? Because the Lord was angry!
- 8 Smoke came from God's nose.\*  
Burning flames came from  
God's mouth,  
Burning sparks flew from him.

**Psalm 18** This song is also found in 2 Sam. 22.

**director** Or, “performer.”

**wrote** Or, “spoke.”

**Rock** A name for God to show he is a strong place of safety.

**Fortress** A building or city with tall, strong walls for protection.

**His power saves me** Or, “He is the horn of my salvation.”

**place of death** Or, “the place of no return, the grave.”

**Smoke ... nose** Or, “In his anger, smoke rose [from him].”

- 9 The Lord tore open the sky,  
and he came down!  
He stood on a thick, dark cloud.
- 10 The Lord was flying [across the sky],  
riding on the flying Cherub angels.  
He was soaring high on the wind.
- 11 The Lord was hidden in the dark clouds  
that surrounded him like a tent.  
He was hidden in the thick thunder clouds.
- 12 Then, God's shining brightness  
broke through the clouds.  
There was hail and flashes of lightning.
- 13 The Lord thundered from the sky!  
God Most-High let his voice be heard.  
There was hail and flashes of lightning.
- 14 The Lord shot his arrows\*  
and scattered the enemy.  
The Lord sent many bolts of lightning  
and the people scattered in confusion.
- 15 Lord, you shouted your command;  
and a powerful wind began to blow.\*  
[The water was pushed back,]  
and we could see the bottom of the sea.  
We could see the earth's foundations.
- 16 The Lord reached down from above  
and saved me.  
The Lord caught me and pulled me out of  
deep water (*trouble*).
- 17 My enemies were stronger than me.  
Those people hated me.  
My enemies were too strong for me,  
so God saved me.
- 18 I was in trouble,  
and my enemies attacked me.  
But the Lord was there to support me!
- 19 The Lord loves me,  
so he rescued me.  
He took me to a safe place.
- 20 I am innocent,  
so the Lord will give me my reward.  
I did nothing wrong,  
so he will do good things for me.
- 21 Why? Because I obeyed the Lord!  
I did not sin against my God.
- 22 I always remember the Lord's decisions.  
I obey his laws!

**arrows** That is, “lightning.”

**Lord ... blow** Or, “Lord, you spoke harshly, and a breath of wind came from your nostrils.”

23 I was pure and honest with him.  
I kept myself from doing bad things.

24 So the Lord will give me my reward!  
Why? Because I am innocent!  
The way God sees it,  
I did nothing wrong,  
so he will do good things for me.

25 Lord, if a person really loves you,  
then you will show your true love to him.  
If a person is true to you,  
then you will be true to him.

26 Lord, you are good and pure  
to people that are good and pure.  
But, you can outsmart  
the meanest and sneakiest people.

27 Lord, you help humble people.  
But you humiliate proud people.

28 Lord, you light my lamp.  
My God lights up the darkness around me!

29 With your help, Lord,  
I can run with the soldiers.  
With God's help,  
I can climb over enemy walls.

30 God's power is complete.\*  
The Lord's word has been tested.  
He protects people who trust him.

31 There is no God except the Lord.  
There is no Rock,\* except our God.

32 God gives me strength.  
He helps me live a pure life.

33 God helps me run fast like a deer.  
He keeps me steady in high places.

34 God trains me for war,  
so my arms can bend a powerful bow.\*

35 God, you protected me  
and helped me win.  
You supported me with your right arm.  
You helped me defeat my enemy.

36 Make my legs and ankles strong,  
so I can walk fast without stumbling.

37 Then I can chase my enemies  
and catch them.

I won't come back  
until they are destroyed!

38 I will defeat my enemies.  
They won't get up again.  
All my enemies will be under my feet.

39 God, you made me strong in battle.  
You made my enemies fall before me.

40 You gave me a chance  
to strike at my enemy's neck,  
and I cut my opponent down!

41 My enemies called for help,  
but there was no one to save them.  
They even called to the Lord,  
but he did not answer them.

42 I beat my enemies to pieces.  
They were like dust  
blowing in the wind.  
I crushed them into small pieces.

43 Save me from the people  
that fight against me.  
Make me the leader of those nations.  
People I don't even know  
will serve me.

44 Those people will hear about me  
and quickly obey me.  
Those foreigners will be afraid of me.

45 Those foreigners will wilt with fear.  
They will come from their hiding places  
shaking with fear.

46 The Lord is alive!  
I praise my Rock,\*  
God saves me.  
He is great!

47 God punished my enemies for me.  
He put people under my control.

48 Lord, you rescued me from my enemies.  
You helped me defeat the people  
who stood against me.  
You saved me from cruel men.

49 Lord, that is why I praise you  
among the nations.  
That is why I sing songs about your name.

50 The Lord helps his king win many battles!  
He shows his true love  
for his chosen king.  
He will be loyal to David and his  
descendants forever!

**God's power ... complete** Or, "God's way is perfect."

**Rock** A name for God to show he is a strong place of safety.

**so my arms ... bow** Or, "so my arms can string a bronzed bow"—a bow made of sinew, wood, horn, and possibly bronze.

**Psalm 19***To the director.\* A song of David.\**

- 1 The heavens speak about God's glory.  
The skies tell about the good things  
his hands have made.
- 2 Each new day tells more of the story.  
And each night reveals more and more  
about God's power.
- 3 You can't really hear any speech or words.  
They don't make any sound we can hear.
- 4 But their "voice" goes throughout the world.  
Their "words" go to the ends of the earth.
- The sky is like a home for the sun.  
5 The sun comes out like a happy  
bridegroom from his bedroom.  
The sun begins its path across the sky  
like an athlete eager to run his race.
- 6 The sun starts at one end of the sky,  
and it runs all the way to the other end.  
Nothing can hide from its heat.
- [The Lord's teachings are like that.]  
7 The Lord's teachings are perfect.  
They give strength to God's people.  
The Lord's Agreement\* can be trusted.  
It helps foolish people become wise.
- 8 The Lord's laws are right.  
They make people happy.  
The Lord's commands are good.  
They show people the right way to live.
- 9 Worshiping the Lord is like a light  
that will shine bright forever.  
The Lord's judgments are good and fair.  
They are completely right.
- 10 The Lord's teachings are worth more than  
the best gold.  
They are sweeter than the best honey  
that comes straight from the honeycomb.
- 11 The Lord's teachings warn his servant.  
Good things come from obeying them.
- 12 [Lord,] no person can see all of his  
own mistakes.  
So don't let me do secret sins.

**director** Or, "performer."**A song of David** Or, "A song dedicated to David."**Agreement** This probably means the Law of Moses, the commands and agreement God made with the people of Israel.

- 13 Don't let me do the sins I want to do.  
Don't let those sins rule me.  
If you help me, then I can be pure  
and free from my sins.
- 14 I hope my words and thoughts please you.  
Lord, you are my Rock\*—  
You are the One who saves me.

**Psalm 20***To the director.\* A song of David.\**

- 1 May the Lord answer your call for help  
when you have troubles.  
May the God of Jacob protect you.
- 2 May God send you help from his Holy  
Place.  
May he support you from Zion.\*
- 3 May God remember all the gifts you  
offered.  
May he accept all your sacrifices.\*  
SELAH\*
- 4 May God give you what you really want.  
May he make all your plans successful.
- 5 We will be happy when God helps you.  
Let's praise God's name.  
May the Lord give you  
everything that you ask for!
- 6 Now I know the Lord helps  
the king he chose!  
God was in his holy heaven,  
and he answered his chosen king.  
God used his great power to save the king.
- 7 Some people trust their chariots.\*  
Other people trust their soldiers.  
But we remember the Lord our God.
- 8 Those other people were defeated—  
they died in battle.  
But we won! We are the winners!
- 9 Lord save your chosen king!  
Answer us when we call for help.

**Rock** A name for God to show he is a strong place of safety.**Zion** The southeast part of the mountain Jerusalem is built on.  
Sometimes it means the people of God living in Jerusalem.**sacrifice(s)** A sacrifice was a gift to God. Usually, it was a special animal that was killed and burned on an altar.**SELAH** This word is for the musicians. It probably means the singers should pause here or the music should be louder here.**chariot(s)** A small wagon used in war.

## Psalm 21

*To the director.\* A song of David.\**

- 1 Lord, your strength makes the king happy.  
He is so happy when you save him.
- 2 You gave the king the things he wanted.  
Lord, the king asked for some things,  
and you gave him what he asked for.  
SELAH\*
- 3 Lord, you really blessed the king.  
You put the gold crown on his head.
- 4 God, the king asked you for life.  
And you gave it to him!  
You gave him a long life that continues  
forever and ever.
- 5 You led the king to victory  
and gave him great glory.  
You gave him honor and praise.
- 6 God, you really blessed the king forever.  
When the king sees your face,  
it makes him very happy.
- 7 The king trusts the Lord.  
God Most-High will not disappoint him.
- 8 God, you will show all your enemies that  
you are strong.  
Your power will defeat the people who  
hate you.
- 9 Lord, when you are with the king,  
he is like a hot oven [that burns up  
everything in it].  
His anger burns like a hot fire,  
and he destroys his enemies.
- 10 The families of his enemies will be  
destroyed.  
They will be gone from the earth.
- 11 Why? Because those people planned  
bad things against you, Lord.  
They planned to do bad things,  
but they didn't succeed.
- 12 Lord, you made those people your slaves.  
You tied them together with ropes.  
You put ropes around their necks.  
You made them bow down like slaves.
- 13 Lord, let the songs of your power  
exalt you!  
We will sing and play songs  
about your greatness!

**director** Or, "performer."

**A song of David** Or, "A song dedicated to David."

**SELAH** This word is for the musicians. It probably means the singers should pause here or the music should be louder here.

## Psalm 22

*To the director.\* [To the tune] "The Deer of Dawn"\* A song of David.\**

- 1 My God, my God!  
Why did you leave me?  
You are too far away to save me!  
You are too far away to hear my cries  
for help!
- 2 My God, I called to you during the day.  
But you did not answer me.  
And I continued calling you in the night.
- 3 God, you are the Holy One.  
You sit as King.  
The praises of Israel are your throne.
- 4 Our ancestors\* trusted you.  
Yes, they trusted you, God,  
and you saved them.
- 5 God, our ancestors\* called to you for help,  
and they escaped [their enemies].  
They trusted you,  
and they were not disappointed!
- 6 So, am I a worm and not a man?  
The people are ashamed of me.  
The people despise me.
- 7 Everyone who looks at me  
makes fun of me.  
They shake their heads  
and stick out their tongues at me.
- 8 They tell me:  
"Call to the Lord for help.  
Maybe he will save you.  
If he likes you so much,  
then surely he will rescue you!"
- 9 God, [the truth is] that you really are  
the One I depend on.  
You have taken care of me  
since the day I was born.  
You assured and comforted me  
while I was still at my mother's breasts.
- 10 You have been my God  
since the day I was born.  
I was put in your care as soon as  
I came out of my mother's body.

**The Deer of Dawn** This is probably the name of the tune for this song. But it might refer to a type of instrument.

**ancestors** Literally, "fathers," meaning a person's parents, grandparents, and all the people they are descended from.

- 11 So, God, don't leave me!  
 Trouble is near.  
 And there is no person to help me.
- 12 People are all around me.  
 They are like powerful bulls that  
 surrounded me.
- 13 Their mouths are wide open  
 like a lion roaring  
 and tearing at an animal.
- 14 My strength is gone,  
 like water poured out on the ground.  
 My bones have separated.  
 My courage is gone!\*
- 15 My mouth\* is as dry  
 as a piece of broken pottery.  
 My tongue is sticking  
 to the top of my mouth.  
 You have put me in the "dust of death."
- 16 The "dogs" are all around me.  
 That pack\* of evil people  
 has trapped me.  
 Like a lion, [they have pierced]  
 my hands and my feet.\*\*
- 17 I can see my bones.  
 And the people are staring at me!  
 They keep looking at me!\*
- 18 Those people are dividing my clothes  
 among themselves.  
 They are throwing lots\* for my robe.
- 19 Lord, don't leave me!  
 You are my strength.  
 Hurry and help me!
- 20 Lord, save my life from the sword.  
 Save my precious life from those dogs.
- 21 Rescue me from the lion's mouth.  
 Protect me from the bulls' horns.\*
- 22 [Lord,] I will tell my brothers about you.  
 I will praise you in the great assembly.
- 23 Praise the Lord, all you people who  
 worship him!  
 Show honor to the Lord, you descendants\*  
 of Israel!  
 Fear and respect the Lord,  
 all you people of Israel.
- 24 Why? Because the Lord helps poor people  
 who have troubles.  
 The Lord is not ashamed of them.  
 He doesn't hate them.  
 If people call to the Lord for help,  
 he will not hide from them.
- 25 [Lord,] my praise in the great assembly  
 comes from you.  
 In front of all these worshipers,  
 I will offer the sacrifices  
 that I promised to give.
- 26 Poor people, come eat and be satisfied.\*  
 You people who came looking for the  
 Lord, praise him!  
 May your hearts be happy\* forever!
- 27 May the people in all the faraway countries  
 remember the Lord and come back to him!  
 May the people in all the foreign countries  
 worship the Lord.
- 28 Why? Because the Lord is the King.  
 He rules all nations.
- 29 Strong, healthy people have eaten  
 and bowed down before God.  
 In fact, all people,  
 those who will die  
 and those who are already dead,  
 will bow down before God!

**My courage is gone** Literally, "My heart is melted in me like wax."

**mouth** Or, "strength."

**pack** A group of dogs. Dogs travel together in packs to hunt and kill other animals for food.

**Like a lion ... feet** The Greek version has, "They pierced my hands and my feet." With a minor change (lengthening one letter), the Hebrew "like a lion" also means, "they pierced" or "they dug into".

**They keep looking at me** This phrase often means "to look at someone with plans to hurt him."

**lots** Sticks, stones, or pieces of bone used like dice for making decisions. See Proverbs 16:33.

**Protect me ... horns** Or, "You have answered me and protected me from the bulls' horns." This might be a word-play tying the first half of this psalm to the second half. The writer might have wanted us to understand this line both as a prayer for help (like the first half of the psalm) and also as a sign that God had answered his prayer (like the second half of the psalm).

**descendants** A person's children and their future families.

**come eat ... satisfied** This person was giving a thank-offering. This meant that he would sacrifice an animal and share that food with other people at the temple. They would all eat that food and be happy together there with the Lord. This way a person shared his happiness when God blessed him. See Lev. 3:1–5 and Deut. 14:22–29.

**be happy** Literally, "live."

**PSALM 22:30–25:2**

- 30 And in the future,  
our descendants will serve the Lord.  
People will tell about him forever.
- 31 Each generation will tell the children  
about the good things  
that God has done.\*

**Psalm 23***A song of David.\**

- 1 The Lord is my shepherd.  
I will always have everything I need.\*
- 2 He lets me lie down in green pastures.  
He leads me by calm pools of water.
- 3 He gives new strength to my soul  
for the good of his name.  
He leads me on paths of goodness,\*  
to show he is truly good.
- 4 Even if I walk through a valley  
as dark as the grave,\*  
I will not be afraid of any danger.  
Why? Because you are with me, Lord.  
Your rod and staff\* comfort me.
- 5 Lord, you prepared my table  
in front of my enemies.  
You poured oil on my head.\*  
My cup is full and spilling over.
- 6 Goodness and mercy will be with me the  
rest of my life.  
And I will sit in the Lord's temple for a  
long, long time.\*

**Psalm 24***A song of David.\**

- 1 The earth and everything on it  
belong to the Lord.  
The world and all its people  
belong to him.

**Each generation ... done** Literally, "They will come and tell about his goodness—the things he did—to people just born."

**A song of David** Or, "A song dedicated to David."

**I ... everything I need** Literally, "I will lack nothing."

**paths of goodness** This means both "good paths" and "paths where there is goodness."

**valley ... grave** Or "death's dark valley," or "a very dark valley."

**rod and staff** The walking sticks a shepherd uses to guide and protect his sheep.

**poured oil on my head** This can mean that God welcomed this person into his house (temple) as a guest or that God gave much wealth to this person, or that God chose him to be someone special, like a king, a priest, or a prophet.

**sit ... long time** Or, "I will go again and again to the Lord's temple for a long, long time."

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- 2 The Lord built the earth on the water.  
He built it over the rivers.
- 3 Who can go up the Lord's mountain?\*
- Who can stand [and worship] in the  
Lord's holy [temple]?
- 4 People who have not done evil things,  
people who have pure hearts,  
people who have not used my name\* to  
make lies sound like the truth,  
and people who have not lied and made  
false promises.  
[Only those people can worship there.]
- 5 Good people ask the Lord  
to bless other people.  
Those good people ask God, their Savior,  
to do good things.
- 6 Those good people try to follow God.  
They go to the God of Jacob for help.  
SELAH\*
- 7 Gates, lift your heads!  
Open, ancient doors,  
and the glorious King will come in.
- 8 Who is the glorious King?  
The Lord is that King.  
He is the powerful soldier.  
The Lord is that King.  
He is the war hero.
- 9 Gates, lift your heads!  
Open, ancient doors,  
and the glorious King will come in.
- 10 Who is that glorious King?  
The Lord All-Powerful is that King.  
He is the glorious King!

**Psalm 25\****David's [song]*\*

- 1 Lord, I give myself to you.\*
- 2 My God, I trust you,  
and I will not be disappointed.  
My enemies will not laugh at me.

**Lord's mountain** Mountain Zion, where the temple was.

**my name** Literally, "my soul."

**SELAH** This word is for the musicians. It probably means the singers should pause here or the music should be louder here.

**Psalm 25** In Hebrew, each verse in this psalm begins with the next letter of the alphabet.

**David's [song]** Or "[Dedicated] to David"

**I give myself to you** Literally, "I lift my soul to you."

- 3 If a person trusts you,  
he will not be disappointed.  
But traitors\* will be disappointed.  
They will get nothing.
- 4 Lord, help me learn your ways.  
Teach me your ways.
- 5 Guide me and teach me your truths.  
You are my God, my Savior.  
I trust you every day.
- 6 Remember to be kind to me, Lord.  
Show me the tender love  
that you have always had.
- 7 Don't remember the sins and bad things  
that I did when I was young.  
For your good name, Lord,  
remember me with love.
- 8 The Lord is truly good.  
He teaches sinners the right way to live.
- 9 He teaches humble people his ways.  
He leads them with fairness.
- 10 The Lord is kind and true to people  
who follow his Agreement  
and promises.\*
- 11 Lord, I have done many wrong things.  
But, to show your goodness,  
you forgave me for everything I did.
- 12 If a person chooses to follow the Lord,  
then God will show that person the best  
way to live.
- 13 That person will enjoy good things,  
and his children will keep the land [God  
promised to give him].
- 14 The Lord tells his secrets to his followers.  
He teaches his Agreement\* to them.
- 15 I am always looking to the Lord for help.  
He always frees me from my troubles.\*
- 16 Lord, I am hurt and lonely.  
Turn to me and show me mercy.

**traitors** People who turn against their country, friends, or family and do bad things to them.

**Agreement and promises** This is probably the Law of Moses, the Agreement that God made with the people of Israel.

**Agreement** Literally, "Proof." The flat stones with the Ten Commandments written on them were proof of the Agreement between God and Israel.

**He ... troubles** Literally, "He removes my feet from the net."

- 17 Free me from my troubles.  
Help me solve my problems.
- 18 Lord, look at my trials and troubles.  
Forgive me for all the sins I have done.
- 19 Look at all the enemies I have.  
They hate me and want to hurt me.
- 20 God, protect me and save me.  
I trust you,  
so don't disappoint me.
- 21 God, you are truly good.  
I trust you,  
so protect me.
- 22 God, save the people of Israel  
from all of their enemies.

### Psalm 26

*David's [song]*\*

- 1 Lord, judge me.  
Prove that I have lived a pure life.  
I never stopped trusting the Lord.
- 2 Lord, try me and test me.  
Look closely into my heart and mind.
- 3 I always see your tender love.  
I live by your truths.
- 4 I am not one of those worthless people.  
I hate those evil gangs.  
I won't join those gangs of crooks.
- 6 Lord, I wash my hands  
to show that I am pure  
so I may come to your altar.\*
- 7 Lord, I sing songs of praise to you.  
I sing about the wonderful things  
you have done.
- 8 Lord, I love your temple.\*  
I love your glorious tent.\*
- 9 Lord, don't group me with those sinners.  
Don't kill me with those murderers.
- 10 Those people might cheat other people.  
They might take money to do bad things.  
But I am innocent.
- 11 So, God, be kind to me and save me.

**David's [song]** Or "[Dedicated] to David"

**so I ... altar** Or "so I might march around your altar." This would probably mean that the person singing this song was a priest or a Levite preparing himself to serve in the temple.

**temple** The special building in Jerusalem for Jewish worship.

**tent** The temple in Jerusalem or the Holy Tent where the people worshiped God before the temple was built.



**PSALM 26:12–28:3****646**

- 12 I am safe from all dangers.  
 Lord, I praise you as I stand among  
 those who are calling your people  
 to the assembly.\*

**Psalm 27***David's song\**

- 1 Lord, you are my Light and my Savior.  
 I should not be afraid of anyone!  
 The Lord is the place of safety for my life.  
 So I will not be afraid of any person.
- 2 Evil people might attack me.  
 They might try to destroy my body.  
 My enemies might try to attack  
 and destroy me,  
 but they will stumble and fall.
- 3 But even if an army is all around me,  
 I will not be afraid.  
 Even if people attack me in war,  
 I will not be afraid.  
 Why? Because I trust the Lord.
- 4 I ask only one thing from the Lord:  
 "Let me sit in his temple\* all my life,  
 so I can see the Lord's beauty  
 and visit his palace.\*"
- 5 The Lord will protect me  
 when I am in danger.  
 He will hide me in his tent.\*  
 He will take me up  
 to his place of safety.
- 6 My enemies have surrounded me.  
 But the Lord will help me defeat them!  
 Then I will offer sacrifices\* in his tent.\*  
 I will give the sacrifices  
 with shouts of joy.  
 I will sing and play songs  
 to honor the Lord.

**I am safe ... assembly** Or "I stand on level ground, praising the Lord when your followers come together." This probably carries the double meaning of being safe from danger and being on the platform with the other priests and levites calling the people to come together and worship God.

**David's song** Or "Dedicated to David"

**temple** The special building in Jerusalem for Jewish worship.

**palace** A large house built for a king. Here, it is the temple.

**tent** The temple in Jerusalem or the Holy Tent where the people worshiped God before the temple was built.

**sacrifice(s)** A sacrifice was a gift to God. Usually, it was a special animal that was killed and burned on an altar.

- 7 Lord, hear my voice.  
 Answer me.  
 Be kind to me.
- 8 Lord, I want to talk with you.  
 I want to speak to you from my heart.  
 I come before you to speak with you.
- 9 Lord, don't turn away from your servant.  
 Help me!  
 Don't push me away!  
 Don't leave me!  
 My God, you are my Savior.
- 10 My mother and my father left me.  
 But the Lord took me  
 and made me his.
- 11 I have enemies, Lord.  
 So teach me your ways.  
 Teach me to do the right things.
- 12 My enemies have attacked me.  
 They have told lies about me.  
 They have told lies to hurt me.
- 13 I truly believe that I will see  
 the Lord's goodness before I die.\*
- 14 Wait for the Lord's help!  
 Be strong and brave,  
 and wait for the Lord's help!

**Psalm 28***A song of David.\**

- 1 Lord, you are my Rock,\*  
 I am calling to you for help.  
 Don't close your ears to my prayers.  
 If you don't answer my calls for help,  
 then people will think I am no better  
 than the dead people in the grave.
- 2 Lord, I raise my arms and pray toward  
 your Most Holy Place.\*  
 Hear me when I call to you.  
 Show mercy to me.
- 3 Lord, don't think of me  
 as one of those bad people  
 Those people greet their neighbors  
 with the word "Shalom."\*\*

**before I die** Literally, "in the land of the living."

**A song of David** Or, "A song dedicated to David."

**Rock** A name for God to show he is a strong place of safety.

**Most Holy Place** The most important room in the Holy Tent or the temple, where the Box of the Agreement was kept. It was like a throne where God sat as king of Israel.

**Shalom** This word means "peace." It was used as a greeting like "hello" and "goodbye."

But in their hearts they are planning  
bad things against their neighbors.  
4 Lord, those people do bad things  
to other people.  
So make bad things happen to them.  
Give them the punishment they deserve.  
5 Bad people don't understand the good  
things the Lord does.  
They don't see the good things God made.  
So God will destroy those people,  
and he will leave them in ruins.

6 Praise the Lord!  
He heard my prayer for mercy.  
7 The Lord is my strength.  
He is my shield.  
I trusted him.  
And he helped me.  
I am very happy!  
And I sing songs of praise to him.

8 The Lord protects his chosen one.\*  
The Lord saves him.  
The Lord is his strength.

9 God, save your people.  
Bless the people who belong to you.  
Lead them and honor them\* forever!

### Psalm 29

*A song of David.\**

1 Sons of God,\* praise the Lord!  
Praise his glory and power.  
2 Praise the Lord and honor his name!  
Worship him in your special clothes.\*  
3 The Lord raises his voice at the sea.  
The voice of the glorious God is like  
thunder over the great ocean.  
4 The Lord's voice shows his power.  
His voice shows his glory.  
5 The Lord's voice breaks great cedar trees  
into little pieces.  
The Lord breaks the great cedar trees  
of Lebanon.

**chosen one** Or, "anointed one." This might be any person that God has chosen in a special way, but it is usually his king.  
**honor them** Or, "forgive them." Literally, "lift them up."  
**A song of David** Or, "A song dedicated to David."  
**Sons of God** Or, "Sons of gods." This probably means God's angels who were like priests worshiping God in heaven.  
**special clothes** The special clothes that people wore when they went to the temple to worship God.

6 The Lord shakes Lebanon.  
It looks like a young calf dancing.  
Sirion\* shakes.  
It looks like a young goat jumping.  
7 The Lord's voice cuts [the air]  
with flashes of lightning.  
8 The Lord's voice shakes the desert.  
Kadesh Desert\* trembles  
at the Lord's voice.  
9 The Lord's voice makes the deer\* afraid.  
The Lord destroys the forests.  
But in his palace,\*  
people sing of his glory.  
10 The Lord was the King during the flood.  
And the Lord will be the king forever.  
11 May the Lord protect his people.  
May the Lord bless his people with peace.

### Psalm 30

*One of David's songs. This song was  
for the dedication of the temple.\**

1 Lord, you lifted me up out of my troubles.  
You did not let my enemies [defeat me  
and] laugh at me.  
So I will show honor to you.  
2 Lord my God, I prayed to you.  
And you healed me.  
3 You lifted me out of the grave.  
You let me live.  
I did not have to stay with the dead people  
lying in the pit.\*  
4 God's followers, sing praises to the Lord!  
Praise his holy name!\*5 God was angry,  
so the decision was "death."  
But he showed his love,  
and gave me "life."  
At night,  
I lay crying.  
The next morning,  
I was happy and singing!

**Sirion** Or, "Mount Hermon."

**Kadesh Desert** A desert in Syria. This might also mean "the holy desert."

**deer** Or, "oak trees."

**palace** A large house built for a king. Here, it is the temple.

**One of David's songs ... temple** Or, "A psalm. The song for the dedication of the house. Dedicated to David."

**pit** Or, "world of the dead people."

**name** Literally, "memory" or "memorial."

6 When I was safe and secure,  
I thought nothing could hurt me!  
7 Yes, Lord, while you were kind to me,  
I felt like nothing could defeat me!\*

But when you turned away from me,  
I became scared and shook with fear.  
8 So God, I turned and prayed to you.  
I asked you to show mercy to me.  
9 I said, “God, what good is it if I die  
and go down into the grave?  
Dead people just lie in the dirt!  
They don’t praise you.  
They don’t tell people  
how much we can depend on you.  
10 Lord, hear my prayer and be kind to me!  
Lord, help me!”

11 [I prayed and you helped me.]  
You changed my crying into dancing.  
You took away my clothes of sadness.  
And you wrapped me in happiness.  
12 Lord, my God, I will praise you forever,  
so there will never be silence,  
and there will always be someone  
singing songs to honor you.

**Psalm 31***To the director.\* A song of David.\**

1 Lord, I depend on you.  
Don’t disappoint me.  
Be kind to me and save me.  
2 God, listen to me.  
Come quickly and save me.  
Be my Rock,\*  
Be my place of safety.  
Be my fortress.\*  
Protect me!  
3 God, you are my Rock.\*  
So, for the good of your name,  
lead me and guide me.  
4 [My enemies have put a trap in front of me.]  
Save me from their trap.  
You are my place of safety.

5 Lord, you are the God we can trust.  
I put my life\* in your hands.  
Save me!  
6 I hate people who worship false gods.  
I trust only in the Lord.  
7 God, your kindness makes me very happy.  
You have seen my suffering.  
You know about the troubles I have.  
8 You will not let my enemies take me.  
You will free me from their traps.  
9 Lord, I have many troubles.  
So be kind to me.  
I am so upset that my eyes are hurting.  
My throat and stomach are aching.  
10 My life is ending in sadness.  
My years are passing away in sighing.\*  
My troubles are taking away my strength.  
My strength is leaving me.\*  
11 My enemies hate me.  
And all my neighbors hate me, too.  
All my relatives see me in the street.  
They are afraid of me and avoid me.  
12 People have completely forgotten me,  
like some lost tool.  
13 I hear the terrible things people say  
about me.  
Those people turned against me.  
They plan to kill me.  
14 Lord, I trust you.  
You are my God.  
15 My life is in your hands.  
Save me from my enemies.  
Some people are chasing me.\*  
Save me from them.  
16 Please welcome and accept your servant.\*  
Be kind to me and save me!  
17 Lord, I prayed to you.  
So I will not be disappointed.  
Bad people will be disappointed.  
They will go to the grave in silence.

**I felt ... defeat me** Literally, “You placed me on the strong mountains.”

**director** Or, “performer.”

**A song of David** Or, “A song dedicated to David.”

**Rock** A name for God to show he is a strong place of safety.

**fortress** A building or city with tall, strong walls for protection.

**life** Literally, “spirit.”

**sighing** Breathing hard from sadness.

**My strength is leaving me** Literally, “My bones are wasting away.”

**chasing me** Or, “persecuting me,” “hurting me.”

**welcome ... servant** Literally, “let your face shine on your servant.”

- 18 Those bad people brag  
and tell lies about good people.  
Those bad people are very proud.  
But their lying lips will be silent.
- 19 God, you have hidden away many  
wonderful things for your followers.  
You do good things in front of everyone  
for the people who trust you.
- 20 Bad people join together to hurt  
good people.  
Those bad people try to start fights.  
But you hide those good people  
and protect them.  
You protect them in your shelter.
- 21 Bless the Lord!  
He showed his true love for me  
in a wonderful way  
when the city was surrounded  
by enemies.
- 22 I was afraid, and I said,  
“I am in a place where God can’t see me.”  
But I prayed to you, God,  
and you heard my loud prayers for help.
- 23 God’s followers, you should love the Lord!  
The Lord protects people that are loyal  
to him.  
But the Lord punishes people that brag  
about their own power.  
He gives them the punishment they deserve.
- 24 Be strong and brave, all of you people  
that are waiting for the Lord’s help!

### Psalm 32

*A maskil\* of David.*

- 1 A person is very happy.\*  
when his sins are forgiven.  
That person is very fortunate,  
when his sins are erased.\*
- 2 A person is very happy\*  
when the Lord says he is not guilty.  
That person is very fortunate,  
he didn’t hide his secret sins.\*

**maskil** The exact meaning of “maskil” is not clear. It might mean “a poem of meditation,” “a poem of instruction,” or “a skillfully-written poem.”

**happy** Or, “fortunate, blessed.”

**erased** Or, “covered over, atoned.”

**he ... sins** Literally, “There was no deceit in his spirit.”

- 3 God, I prayed to you again and again,  
but I did not talk about my secret sins.  
I only became weaker every time I prayed.
- 4 God, you made life harder and harder on  
me, day and night.  
I became like a dry, dry land in the hot  
summertime.  
SELAH\*
- 5 But then I decided to confess all my sins  
to the Lord.  
Lord, I told you about my sins.  
I did not hide any of my guilt.  
And you forgave me for all my sins!  
SELAH\*
- 6 For that reason, God, your loyal followers  
should pray to you when the time comes.  
Then when trouble rises like a flood,  
it won’t reach them.
- 7 God, you are a hiding place for me.  
You protect me from my troubles.  
You surround me and protect me.  
So I sing about the way you saved me.  
SELAH\*
- 8 The Lord says,  
“I will teach you and guide you  
on the way you should live.  
I will protect you and be your guide.
- 9 So don’t be stupid like a horse or a donkey.  
People must use bits and reins\*  
to lead those animals.  
Without those things,  
those animals will not come near\* you.”
- 10 Many pains will come to bad people.  
But God’s true love  
will surround the people  
that trust the Lord.
- 11 Good people, rejoice  
and be very happy in the Lord.  
All you people with pure hearts, rejoice!

**SELAH** This word is for the musicians. It probably means the singers should pause here or the music should be louder here.

**bits and reins** A “bit” is a metal bar that fits in the mouth of an animal and helps the rider control it. “Reins” are the ropes tied to the bit and held by the rider.

**come near** This can also mean, “to come and worship at the altar.” So God may be talking about the people coming to worship him.

## Psalm 33

- 1 Rejoice in the Lord, good people!  
It is good for good people to praise him!
- 2 Play the lyre\* and praise the Lord!  
Play to the Lord on the ten-stringed harp.
- 3 Sing a new song\* to him.  
Play the happy tune beautifully!
- 4 God's word is true.  
You can depend on everything he does.
- 5 God loves to be fair and do good things.\*  
The Lord's true love fills the earth!
- 6 The Lord spoke the command,  
and the world was made.  
The breath from God's mouth  
created everything on earth.
- 7 God gathered the water from the sea  
into one place.  
He keeps the ocean in its place.
- 8 Every person on earth  
should fear and respect the Lord.  
All the people in the world  
should fear him.
- 9 Why? Because God just gives a command,  
and that thing happens.  
And if he says, "Stop!"  
then that thing will stop.\*
- 10 The Lord can make everyone's advice  
useless.  
He can ruin all their plans.
- 11 But the Lord's advice is good forever.  
His plans are good for  
generation after generation.
- 12 People who have the Lord as their God  
are very fortunate.  
Why? Because God chose them  
to be his own special people.
- 13 The Lord looked down from heaven,  
and he saw all the people.
- 14 From his high throne\* he looked down  
at all the people living on earth.

**lyre(s)** An instrument with several strings, like a harp.

**new song** Whenever God did a new and wonderful thing for his people, they would write a new song about it.

**God loves ... things** Or "God loves goodness and justice."

**And if ... stop** Or, "He gives the command, and it stands!"

The word "stand" can mean "stand forever" or "stop."

**throne** The chair a king or queen sits on.

- 15 God created every person's mind.  
God knows what every person is thinking.
- 16 A king is not saved  
by his own great power.  
A strong soldier is not saved  
by his own great strength.
- 17 Horses don't really bring victory in war.  
Their strength can't really  
help you escape.
- 18 The Lord watches and cares  
for his followers that wait for him  
to show his true love.
- 19 God saves those people from death.  
He gives them strength  
when they are hungry.
- 20 So we will wait for the Lord.  
He helps us and he protects us.
- 21 God makes us happy.  
We truly trust his holy name.
- 22 Lord, we truly worship you!  
So show your great love for us.

## Psalm 34\*

*David's 1<sup>st</sup> song from the time David acted crazy so Abimelech would send him away. In this way, David left him.*

- 1 I bless the Lord all the time.  
His praise is always on my lips.
- 2 Humble people, listen and be happy  
while I brag about the Lord.
- 3 Praise God with me!  
Let's honor his name.
- 4 I went to God for help.  
And he listened.  
He saved me from all the things I fear.
- 5 Look to God for help.  
You will be accepted.  
Don't be ashamed.\*
- 6 This poor man called to the Lord for help.  
And the Lord heard me.  
He saved me from all my troubles.
- 7 The Lord's angel builds a camp  
around the people that follow him.  
The Lord's angel protects those people.

**Psalm 34** In Hebrew, each verse in this psalm begins with the next letter of the alphabet.

**You will be accepted ... be ashamed** Literally, "Look at him and shine. Don't let your face be pale."

8 Taste the Lord  
and see how good he is.  
The person that depends on the Lord  
will be truly happy.

9 The Lord's holy people should worship  
him.  
There is no other place of safety  
for the Lord's followers.

10 Powerful people will become  
weak and hungry.  
But the people that go to God for help  
will have every good thing.

11 Children, listen to me,  
and I will teach you to respect the Lord.

12 If a person loves life  
and wants to live a good, long life,  
13 then that person must not say bad things;  
that person must not tell lies.

14 Stop doing bad things!  
Do good things.  
Work for peace.  
Run after peace until you catch it.

15 The Lord protects good people.  
He hears their prayers.

16 But the Lord is against people  
that do bad things.  
He destroys them completely!

17 Pray to the Lord and he will hear you.  
He will save you from all your troubles.

18 When some people have troubles  
they stop being proud.  
The Lord is close to those humble people.  
He will save them.\*

19 Good people might have many problems,  
but the Lord will save them  
from every one of their problems.

20 The Lord will protect all their bones.  
Not one bone will be broken.

21 But troubles will kill evil people.  
The enemies of good people  
will all be destroyed.

22 The Lord saves the souls of his servants.  
Those people depend on him.  
He won't let them be destroyed.

**When some ... save them** Literally, "The Lord is close to the brokenhearted. He saves people with crushed spirits."

### Psalm 35

*David's <sub>1</sub>song<sub>2</sub>*\*

1 Lord, fight my battles.  
Fight my wars!

2 Lord, pick up the shield and buckler.\*  
Get up and help me.

3 Take a spear and javelin\*  
and fight the people  
that are chasing me.  
Lord, tell my soul,  
"I will save you."

4 Some people are trying to kill me.  
Disappoint them  
and make them ashamed.  
Make them turn and run away.  
Those people are planning to hurt me.  
<sub>1</sub>Defeat them and<sub>2</sub>embarrass them.

5 Make those people be like chaff\*  
blown by the wind.\*  
Let them be chased by the Lord's angel.

6 Lord, make their road dark and slippery.  
Let the Lord's angel chase them.

7 I did nothing wrong,  
but those people tried to trap me.  
For no reason at all,  
they tried to trap me.

8 So, Lord, let them fall into their own traps.  
Let them stumble into their own nets.  
Let some unknown danger catch them.

9 Then I will rejoice in the Lord.  
I will be happy when he saves me.

10 With my whole self I will say,  
"Lord, there is no one like you.  
You save a poor person from people  
that are stronger.  
You take things from strong people,  
and you give those things  
to that poor, helpless person."

**David's <sub>1</sub>song<sub>2</sub>** Or "<sub>1</sub>Dedicated<sub>2</sub> to David"

**buckler** A shield large enough to protect the whole body.

**javelin** A weapon like a spear.

**chaff** Seed coverings and stems separated from the seeds of plants like wheat or barley. Farmers did not keep this useless chaff.

**wind** This may be a word play, because the Hebrew word also means "Spirit."

**PSALM 35:11–36:2****652**

- 11 A group of witnesses\* are planning  
to hurt me.  
Those people will ask me questions  
that I know nothing about.
- 12 I have done only good things.  
But those people will do bad things  
to me.
- Lord, give me the good things I deserve.
- 13 When those people were sick,  
I was sad for them.  
I showed my sadness by not eating.  
Is this what I get for praying for them?
- 14 I wore clothes of sadness for those people.  
I treated those people like my friends or  
even like brothers.  
I was sad, like a man crying because his  
mother had died.  
I wore black clothes to show my sadness  
for those people.  
I walked with my head bowed in sadness.
- 15 But when I made a mistake,\*  
those people laughed at me.  
Those people were not really friends.  
I didn't even know them.  
But they surrounded me and attacked me.
- 16 They used bad language  
and made fun of me.  
Those people showed they were angry at  
me by grinding their teeth.
- 17 My Master, how long will you watch these  
bad things happen?  
Those people are trying to destroy me.  
Lord, save my life.  
Save my dear life  
from those bad people.  
They are like lions.
- 18 Lord, I will praise you in the  
great assembly.  
I will praise you when I am with the  
powerful people.
- 19 My lying enemies will not keep laughing.  
Surely my enemies will be punished  
for their secret plans.\*

**witnesses** People who tell about things they have seen or heard.

Here, these people were probably telling lies.

**made a mistake** Literally, "stumbled."

**Surely ... plans** Literally, "Will the people who hate me freely  
wink their eyes?"

- 20 My enemies are not really making plans  
for peace.  
They are secretly making plans  
to do bad things to the peaceful people  
in this country.
- 21 My enemies are saying bad things  
about me.  
They tell lies and say,  
"Aha! We know what you are doing!"
- 22 Lord, surely you can see what is happening.  
So don't keep quiet.  
Don't leave me.
- 23 Lord, wake up! Get up!  
My God and my Lord, fight for me,  
and bring me justice.
- 24 Lord my God, judge me with your fairness.  
Don't let those people laugh at me.
- 25 Don't let those people say,  
"Aha! We got what we wanted!"  
Lord, don't let them say,  
"We destroyed him!"
- 26 I hope that all my enemies will be  
ashamed and embarrassed.  
Those people were happy when bad things  
happened to me.  
They thought they were better than me!  
So let those people be covered with  
shame and humiliation.
- 27 Some people want good things  
to happen to me.  
I hope those people will be very happy!  
Those people always say,  
"The Lord is great!  
He wants what is best for his servant."
- 28 So Lord, I tell people how good you are.  
I praise you every day.

**Psalm 36**

*To the director.\* To the servant of the Lord.*

*To David.*

- 1 A bad person does a very bad thing  
when he says to himself,  
"I will not fear and respect God."
- 2 That person lies to himself.  
That person does not see his own faults.  
So he does not ask for forgiveness.

**director** Or, "performer."

3 His words are only worthless lies.  
He does not become wise  
or learn to do good.

4 At night, he plans worthless things.  
He gets up and does nothing good.  
But he doesn't refuse to do evil.

5 Lord, your true love is higher than the sky.  
Your loyalty is higher than the clouds.

6 Lord, your goodness is higher  
than the highest mountain.\*  
Your fairness is deeper  
than the deepest ocean.  
Lord, you protect man and animals.

7 Nothing is more precious  
than your loving kindness.  
People and angels\* come to you  
for protection.

8 Lord, they get new strength  
from the good things in your house.  
You let them drink  
from your wonderful river.

9 Lord, the fountain of life flows from you!  
Your light lets us see light.

10 Lord, continue to love those people  
that truly know you.  
And do good things for those people  
that are true to you.\*

11 Lord, don't let proud people trap me.  
Don't let me be caught by evil people.

12 <sup>1</sup>Put this on their grave markers:<sup>1</sup>  
"Here fell the wicked people.  
They were crushed.  
They will never stand up again."

**Psalm 37\****David's <sup>1</sup>song<sup>1</sup>\**

1 Don't get upset at evil people.  
Don't be jealous of people  
who do bad things.

**the highest mountain** Literally, "El's Mountain." This might be a special mountain in Syria or "God's Mountain," the place where God meets with his angels.

**angels** Or, "gods" or "powerful people."

**true to you** Or, "honest hearted."

**Psalm 37** In Hebrew, each verse in this psalm begins with the next letter of the alphabet.

**David's <sup>1</sup>song<sup>1</sup>** Or "<sup>1</sup>Dedicated<sup>1</sup> to David"

2 Evil people are like grass and green plants  
that quickly turn brown and die.

3 If you trust the Lord and do good things,  
you will live and enjoy the many things  
that the land gives.

4 Enjoy serving the Lord,  
and he will give you what you want.

5 Depend on the Lord.  
Trust him, and he will do  
what must be done.

6 Let your goodness and fairness  
shine like the sun at noon.

7 Trust the Lord and wait for his help.  
Don't be upset  
when bad people succeed.  
Don't be upset  
when bad people make evil plans  
and their plans succeed.

8 Don't be angry! Don't get mad!  
Don't become so upset  
that you also want to do bad things.

9 Why? Because evil people will be destroyed.  
But people that call to the Lord for help  
will get the land <sup>1</sup>God promised<sup>1</sup>.

10 In a short time there will be no more  
evil people.  
You might look for those people,  
but they will all be gone!

11 Humble people  
will get the land <sup>1</sup>God promised<sup>1</sup>.  
And they will enjoy peace.

12 Evil people plan bad things  
against good people.  
Those evil people show they are angry  
by grinding their teeth at good people.

13 But our Master laughs  
at those evil people.  
He sees what will happen to them.

14 Bad people get their swords  
and aim their bows.  
They want to kill poor, helpless people.  
They want to kill good, honest people.

15 But their bows will break.  
Their swords will go into their own hearts.

16 A few good people are better  
than a large crowd of evil people.

17 Why? Because evil people will be  
destroyed.  
But the Lord cares for good people.



**PSALM 37:18–38:4****654**

18 The Lord protects pure people  
all their life.  
Their reward will continue forever.

19 When trouble comes,  
good people will not be destroyed.  
When times of hunger come,  
good people will have plenty to eat.

20 But evil people are the Lord's enemies,  
and those evil people will be destroyed.  
Their valleys will become dry and burn.  
They will be completely destroyed.

21 An evil man quickly borrows money  
and never pays it back.  
But a good man gives freely to other people.

22 If a good person blesses people,  
then they will get the land  
    [God promised].  
But if he asks for bad things to happen,  
then those people will be destroyed.

23 The Lord helps a soldier walk carefully.  
The Lord keeps the soldier from falling.

24 If the soldier runs and attacks his enemy,  
then the Lord holds the soldier's hand,  
and keeps him from falling.

25 I was young, and now I am old.  
And I have never seen God abandon  
good people.  
I have never seen good people's  
children begging for food.

26 A good man gives freely to other people.  
And a good man's children are a blessing.

27 If you refuse to do bad things,  
and if you do good things,  
then you will live forever.

28 The Lord loves fairness.  
He will not leave his followers  
without help.  
The Lord will always protect his followers,  
but he will destroy wicked people.

29 Good people will get the land  
    [God promised].  
They will live on it forever.

30 A good person gives good advice.  
His decisions are fair to every person.

31 He has learned the Lord's teachings.  
And he will never stop living right.\*

32 But bad people are always looking  
for ways to kill good people.

33 The Lord will not abandon good people  
when they are trapped by bad people.  
God will not let good people  
be judged guilty.

34 Do what the Lord says  
and wait for his help.  
The Lord will make you the winner,  
and you will get the land [God promised],  
when he forces the bad people to leave.

35 I saw a wicked person that was powerful.  
He was like a strong, healthy tree.

36 But then he was gone.  
I looked for him,  
but I couldn't find him.

37 Be pure and honest.  
Peace loving people  
will have many descendants.

38 But people who break the law  
will be completely destroyed.  
And their descendants  
will be forced to leave the land.\*

39 The Lord saves good people.  
When good people have troubles,  
the Lord is their strength.

40 The Lord helps good people  
and saves them.  
Good people depend on the Lord,  
and he saves them from bad people.

**Psalm 38**

*A song of David\* for the [day of]  
remembrance.\**

1 Lord, don't criticize me in anger.  
Don't discipline me in anger.

2 Lord, you have hurt me.  
Your arrows went deep into me.

3 You punished me.  
Now my whole body is sore.  
I sinned, [and you punished me],  
So all my bones hurt.

4 I am guilty of doing bad things.  
And that guilt is like a heavy weight.  
[I am too ashamed] to hold my head up.

**forced to leave the land** Or "destroyed". Literally, "cut off".

**A song of David** Or, "A song dedicated to David."

**for ... remembrance** The ancient Greek version has "for the Sabbath."

**he ... right** Literally, "His steps will not slip."

5 I did a foolish thing.  
Now I have infected sores that stink.

6 I am bent and bowed down.  
I am depressed all day long.

7 I have a fever,  
and my whole body hurts.

8 I hurt so much I can't feel anything.  
My pounding heart makes me scream!

9 My Master, you heard my groaning.  
My sighs are not hidden from you.

10 My heart is pounding.  
My strength is gone,  
and I am going blind\*.

11 Because of my sickness,  
my friends and neighbors  
will not visit me.  
My family will not come near me.

12 My enemies say bad things about me.  
They are spreading lies and rumors.\*  
They talk about me all the time.

13 But I am like a deaf person  
that cannot hear.  
I am like a mute person  
that cannot speak.

14 I am like a person that cannot hear  
what people are saying about him.  
I cannot argue and prove  
that my enemies are wrong.

15 So, Lord, you must defend me.  
God my Master, you must speak for me.

16 If I say anything,  
then my enemies will laugh at me.  
They will see I am sick  
and say that I am being punished  
for doing wrong.

17 I know I am guilty of doing wrong things.  
I cannot forget my pain.

18 Lord, I told you about the bad things I did.  
I am sad about my sins.

19 My enemies are alive and healthy.  
And they have told many, many lies.

20 My enemies do bad things to me,  
and I did only good things to them.  
I tried to do only good things,  
but those people turned against me.

**I am going blind** Or "My eyes have lost their sparkle."  
Literally, "Even the light of my eyes is no longer with me."  
**rumors** Hurtful stories about people that other people tell  
without knowing if the stories are true.

21 Lord, don't leave me!  
My God, stay close to me!

22 Quickly come and help me!  
My God, save me!

### Psalm 39

*To the director.\* To Jeduthun.\*  
A song of David.\**

1 I said,  
"I will be careful about the things I say.  
I will not let my tongue cause me to sin.  
I will keep my mouth closed\* when I  
am around wicked people."

2 So I didn't say anything.  
I didn't even say anything good!  
But I became even more upset.

3 I was very angry.  
And the more I thought about it,  
the angrier I became.  
So I said something.

4 Lord, tell me, what will happen to me now?  
Tell me, how long will I live?  
Let me know how short my life really is.

5 Lord, you gave me only a short life.\*  
My short life is nothing,  
compared to you.  
Every person's life is only like a cloud  
[that quickly disappears].  
No person lives forever!\*

SELAH\*

6 Our life is like an image [in a mirror].\*  
We rush through life collecting things,  
but we don't know who will get them  
[after we die].

7 So, Master, what hope do I have?  
You are my hope!

**To the director** Or, "performer."

**To Jeduthun** Or, "To the director, Jeduthun," one of the three  
main temple musicians. See 1 Chron. 9:16; 16:38–42.

**A song of David** Or, "A song dedicated to David."

**keep ... closed** Literally, "guard my mouth with a muzzle."

**you gave me only a short life** Literally, "you made my days  
only a handbreadth."

**No person lives forever** Literally, "No one stands."

**SELAH** This word is for the musicians. It probably means the  
singers should pause here or the music should be louder here.

**Our life ... mirror** Or, "This life is not real—it is only a  
shadow" or "People wander around in the dark—not knowing  
what will happen."

- 8 Lord, save me from the bad things I did.  
Don't let me be treated like a fool.
- 9 I will not open my mouth.  
I will not say anything.  
Lord, you did what should be done.
- 10 But God, stop punishing me.  
You will destroy me if you don't stop!
- 11 Lord, you punish people for doing wrong  
to teach them the right way to live.  
Like a moth destroys cloth,  
you destroy the things people love.  
Yes, our lives are like a small cloud that  
quickly disappears.]
- SELAH\*
- 12 Lord, hear my prayer!  
Listen to the words I cry to you.  
Look at my tears.  
I am only a traveler  
passing through this life with you.  
Like all my ancestors, I live here only  
a short time.\*
- 13 Lord, leave me alone\*  
and let me be happy  
before I am dead and gone.

**Psalms 40***To the director.\* A song of David.\**

- 1 I called\* to the Lord, and he heard me.  
He heard my cries.
- 2 The Lord lifted me out of the grave.\*  
He lifted me from that muddy place.\*  
He picked me up,  
put me on solid ground  
and kept my feet from slipping.
- 3 The Lord put a new song\* in my mouth,  
a song of praise to my God.  
Many people will see what happened to me,  
and they will worship God.  
They will trust the Lord.

**SELAH** This word is for the musicians. It probably means the singers should pause here or the music should be louder here.

**I live ... time** Literally, "I am a settler."

**leave me alone** Or, "stop looking at me."

**director** Or, "performer."

**A song of David** Or, "A song dedicated to David."

**called** Or, "waited patiently."

**grave** Literally, "pit of destruction," that is, the place of death.

**muddy place** In many ancient stories, Sheol, the place of death, is a dark place with mud all around, like a grave.

**new song** Whenever God did a new and wonderful thing for his people, they would write a new song about it.

- 4 If a person trusts the Lord,  
that person will be truly happy.  
A person will be truly happy  
if he doesn't turn to demons and false  
gods\* for help.
- 5 Lord, our God, you have done many  
wonderful things!  
You have wonderful plans for us.  
No person could list them all!  
I will tell again and again about  
those things that are too many to count.
- 6 Lord, you made me understand this:\*  
You don't really want  
sacrifices\* and grain offerings.  
You don't really want  
burnt offerings and sin offerings.
- 7 So I said,  
"Here [I am! Take me.]  
I am coming.  
This was written about me in the book.
- 8 My God, I want to do what you want.  
I know your teachings.
- 9 I told the good news of victory\*  
to the people in the great assembly.  
And Lord, you know that  
I will never stop telling that good news!
- 10 Lord, I told about the good things you did.  
I did not hide those things in my heart.  
Lord, I told people they can depend  
on you to save them.  
I did not hide your kindness and loyalty  
from the people in the assembly.
- 11 So Lord, don't hide your mercy from me!  
Let your kindness and loyalty  
protect me."
- 12 Evil people have gathered around me.  
They are too many to count!  
My sins have caught me,  
and I can't escape them.  
They are more than the hairs on my head.  
I have lost my courage.

**demons and false gods** Or, "proud and deceptive people."

**you made me understand this** Literally, "you have dug my ears." The ancient Greek version has, "You prepared a body for me."

**sacrifice(s)** A sacrifice was a gift to God. Usually, it was a special animal that was killed and burned on an altar.

**victory** Literally, "goodness, righteousness."

13 Run to me, Lord, and save me!  
 Lord, come quickly and help me!  
 14 Those evil people are trying to kill me.  
 Lord, make those people ashamed and  
 disappointed.  
 Those people want to hurt me.  
 Let them run away in shame!  
 15 Those bad people make fun of me.  
 Let them be too embarrassed to speak!  
 16 But let those people that come to you  
 be happy and rejoice.  
 They love being saved by you.  
 So let them always say,  
 “Praise the Lord!”\*  
 17 Master, I am only a poor, helpless man.  
 Help me. Save me.  
 My God, don’t be too late!

### Psalm 41

*To the director.\* A song of David.\**

1 A person who helps poor people succeed  
 will get many blessings.\*  
 When trouble comes,  
 the Lord will save that person.  
 2 The Lord will protect that person  
 and save his life.  
 That person will be blessed on earth.  
 God will not let that person’s enemies  
 destroy him.  
 3 When that person is sick and in bed,  
 the Lord will give him strength.  
 That person may be sick in bed,  
 but the Lord will make him well!  
 4 I said, “Lord, be kind to me.  
 I sinned against you,  
 but forgive me and make me well.”  
 5 My enemies say bad things about me.  
 They are saying,  
 “When will he die and be forgotten?”  
 6 People come to visit me,  
 but they don’t say  
 what they are really thinking.

**Praise the Lord** Literally, “The Lord is God” or “May the Lord  
 be magnified.”

**director** Or, “performer.”

**A song of David** Or, “A song dedicated to David.”  
**get many blessings** Or, “be truly fortunate (happy).”

They come just to get some news about me,  
 Then they go and spread their rumors.\*  
 7 My enemies whisper bad things about me.  
 They are plotting against me.  
 8 They say,  
 “He did something wrong.  
 That is why he is sick.  
 I hope he never gets well.”  
 9 My best friend ate with me.  
 I trusted him.  
 But now, even he has turned against me.  
 10 So, Lord, please be kind to me.  
 Let me get up,  
 and I will pay them back.  
 11 Lord, don’t let my enemy hurt me.  
 Then I will know  
 that you didn’t send them to hurt me.  
 12 I was innocent and you supported me.  
 You let me stand and serve you forever.  
 13 Bless the Lord, God of Israel!  
 He always was,  
 and he always will be.  
 Amen and Amen!\*

## BOOK 2

### Psalm 42

*To the director.\* A maskil\*  
 from the Korah family.*

1 A deer gets thirsty  
 for water from a stream.  
 In the same way, my soul is thirsty  
 for you, God.  
 2 My soul is thirsty for the Living God.  
 When can I go to meet with him?  
 3 My enemy constantly [makes fun of me].  
 He says, “Where is your God?  
 [Has he come to save you yet?]  
 [I am so sad] that my only food  
 is the tears [that fall from my eyes].

**rumors** Hurtful stories about people that other people tell  
 without knowing if the stories are true.

**Amen** A Hebrew word meaning “truly,” “That’s right.” It  
 shows that a person agrees with what has been said.

**maskil** The exact meaning of “maskil” is not known. It might  
 mean “a poem of meditation,” “a poem of instruction,” or “a  
 skillfully-written poem.”

- 4 My heart breaks as I remember  
 [the good times I had at the temple;  
 [I remember,] passing through the crowds  
 as I led them all up to God's temple.  
 [I remember,] the happy songs of praise  
 as the crowds celebrated the festivals.
- 5 Why should I be so sad?  
 Why should I be so upset?  
 I should wait for God's help.  
 I will get the chance to praise him yet.  
 He will save me!
- 6 My God, I am so sad because  
 I must remember you from this place,  
 from this small hill\* where  
 the Hermon mountains and  
 the Jordan River meet.
- 7 I hear the crashing of the water  
 as water from deep in the earth  
 spills over the waterfall.  
 Lord, your waves are crashing  
 all around me and washing over me!\*
- 8 Every day the Lord shows his true love  
 and every night, I have a song for him,  
 a prayer for my Living God.
- 9 I speak to God, my Rock,\* I say,  
 "Lord, why did you forget me?  
 Why must I suffer such sadness  
 because of the cruelty of my enemy?"
- 10 My enemy constantly insults me  
 and strikes a deadly blow  
 when he asks me,  
 "Where is your God?  
 [Has he come to save you yet?]"
- 11 Why should I be so sad?  
 Why should I be so upset?  
 I should wait for God's help.  
 I will get the chance to praise him yet.  
 He will save me!

### Psalm 43

- 1 God, there is a man who is not one of your  
 loyal followers.  
 That man is crooked and tells lies.

- God, save me from that man!  
 Defend me and prove that I am right.
- 2 God, you are my place of safety!  
 Why did you leave me?  
 Why must I suffer such sadness  
 because of the cruelty of my enemy?
- 3 God, let your light and truth shine on me.  
 Your light and truth will guide me.  
 They will lead me to your holy mountain.  
 They will lead me to your home.
- 4 I will come to God's altar.  
 I will come to the God who makes me  
 so very happy.  
 God, my God, I will praise you with  
 a harp.
- 5 Why am I so sad?  
 Why am I so upset?  
 I should wait for God's help.  
 I will get the chance to praise God yet.  
 He will save me!

### Psalm 44

*To the director.\* A maskil\*  
 from the Korah family.*

- 1 God, we have heard about you.  
 Our fathers told us what you did  
 in their lifetime.  
 They told us what you did long ago.
- 2 God, with your great power  
 you took this land from other people,  
 and you gave it to us.  
 You crushed those foreign people.  
 You forced them to leave this land.
- 3 It was not our father's swords  
 that took the land.  
 It was not their strong arms  
 that made them winners.  
 It was because you were with our fathers.  
 God, your great power saved our fathers.  
 Why? Because you loved them!
- 4 My God, you are my king.  
 Give the command  
 and lead Jacob's people to victory.

**small hill** Or, "Mount Mizar."

**Lord, your waves ... over me** This is a word play that also means, "Lord, you have given me many troubles."

**Rock** A name for God to show he is a strong place of safety.

**director** Or, "performer."

**maskil** The exact meaning of "maskil" is not known. It might mean "a poem of meditation," "a poem of instruction," or "a skillfully-written poem."

5 My God, with your help,  
we will push back our enemies.  
With your name,  
we will walk on our enemies.

6 I don't trust my bow [and arrows].  
My sword can't save me.

7 God, you saved us from Egypt.  
You put our enemies to shame.

8 We have praised God all day long!  
And we will praise your name forever!  
SELAH\*

9 But, God, you left us.  
You embarrassed us.  
You did not come with us into battle.

10 You let our enemies push us back.  
Our enemies took our wealth.

11 You gave us away like sheep  
to be eaten as food.  
You scattered us among the foreigners.

12 God, you sold your people for nothing.  
You didn't even argue over the price.

13 You made us a joke to our neighbors.  
They laugh at us and make fun of us.

14 We are one of the funny stories  
people tell.  
Even people without a nation  
of their own  
laugh at us and shake their heads.

15 I am covered with shame.  
All day long I see my shame.

16 [I hide in shame] at the jokes and insults  
coming from my enemy who  
wanted to get even with me.

17 God, we have not forgotten you.  
Yet you do all those things to us.  
We did not lie when we signed  
our Agreement\* with you!

18 God, we have not turned away from you.  
We have not stopped following you.

19 But, God, you crushed us in this place  
where jackals\* live.  
You left us in this place  
as dark as death.

20 Did we forget the name of our God?  
Did we pray to foreign gods?  
[No!]

21 Surely, God knows these things.  
He knows even our deepest secrets.

22 God, all day long we died for you!  
We were like sheep being led away  
to be killed.

23 Get up, my Master!  
Why are you sleeping?  
Get up!  
Don't leave us forever!

24 God, why are you hiding from us?  
Have you forgotten our pain  
and troubles?

25 We have been pushed down into the dirt.  
We are lying with our belly  
in the dust.\*

26 God, get up and help us!  
Rescue us because of your true love!

### Psalm 45

*To the director.\* To the tune of  
"Shoshanim."\* A maskil\* from  
the Korah family. A love song.*

1 Beautiful words fill my mind  
as I write these things for the king.  
Words come from my tongue like  
words coming from a skilled  
writer's pen.

2 You are more handsome than anyone!  
You are a very good speaker.  
So God will bless you forever!

3 Put your sword on.  
Put on your glorious uniform.

4 You look wonderful!  
Go and win the fight  
for goodness and fairness.  
Your powerful right arm  
was trained to do amazing things.

**SELAH** This word is for the musicians. It probably means the singers should pause here or the music should be louder here.

**Agreement** Literally, "Proof." The flat stones with the Ten Commandments written on them were proof of the Agreement between God and Israel.

**jackal(s)** A wild animal, like a dog. Jackals live only where no people are.

**We ... dust** This shows the people were being treated like slaves that must bow down to their masters.

**director** Or, "performer."

**To the tune of Shoshanim** Or, "On the Shoshanim."

**maskil** The exact meaning of "maskil" is not clear. It might mean "a poem of meditation," "a poem of instruction," or "a skillfully-written poem."

- 5 Your sharp arrows will go  
deep into the hearts of your enemies.  
People will fall to the ground  
in front of you.
- 6 God,\* your throne continues forever!  
Goodness is your royal scepter.\*
- 7 You love goodness and you hate evil.  
So God, your God, chose you to be king  
over your friends.\*
- 8 Your clothes smell like the sweet spices  
myrrh, aloes, and cassia.  
From here in palaces decorated with ivory,  
comes music to intertain you.
- 9 The bridesmaids are the daughters  
of kings.  
Your bride\* stands at your right side,  
wearing a crown of pure gold.
- 10 My lady,\* listen to me.  
Listen carefully and you will  
understand.  
Forget your people and your  
father's family,  
11 so the king will be pleased with  
your beauty.  
He will be your new husband.\*  
So you must honor him.
- 12 Wealthy people from Tyre  
will bring gifts to you  
so they might meet with you.
- 13 The princess in her gown  
made with threads of pure gold  
is like a pearl in a gold setting.  
14 The bride in her beautiful clothes,  
is led to the king,  
her bridesmaids following behind her.
- 15 They come filled with happiness.  
Filled with happiness,  
they enter the king's palace.

**God** This might be a song to God, as king. Or here the writer might be using the word "God" as a title for the king.

**scepter** A special stick that kings carried to show they were rulers.

**chose you to be king over your friends** Literally, "poured the sweet oil on you over your friends." This was the special oil kept in the temple and used to anoint kings, priests, and prophets.

**bride** Or, "queen."

**My lady** Literally, "My daughter."

**husband** Or, "master."

- 16 [King,] your sons will rule after you.  
You will make them rulers throughout  
the land.
- 17 I will make your name famous forever.  
People will praise you forever and ever!

### Psalm 46

*To the director.\* [A song,] from the Korah family. By the Alamoth.\* A song.*

- 1 God is our storehouse of strength.  
In him, we can always find help  
in times of trouble.
- 2 So we are not afraid when the  
earth quakes,  
and the mountains fall into the sea.
- 3 We are not afraid when the seas  
become rough and dark,  
and the mountains shake.
- SELAH\*
- 4 There is a river whose streams  
bring happiness to God's city,  
to the holy city of God Most High.
- 5 God is in that city,  
so it will never be destroyed.  
God is there to help even before sunrise.
- 6 The nations will shake with fear,  
those kingdoms will fall  
when the Lord shouts,  
and the earth crumbles.
- 7 The Lord All-Powerful is with us.  
The God of Jacob is our place of safety.
- SELAH\*
- 8 Look at the powerful things  
the Lord does.  
See the awesome things he has done  
on earth.
- 9 The Lord can stop wars  
anywhere on earth.  
He can break the soldiers' bows,  
shatter their spears,  
and burn their shields.\*

**director** Or, "performer."

**By the Alamoth** This might be a special instrument, a special way of tuning an instrument, or one of the groups that played harps in the temple orchestra. See 1 Chron.15:21.

**SELAH** This word is for the musicians. It probably means the singers should pause here or the music should be louder here.

**shields** Or, "chariots".

10 God says,  
 “Stop fighting  
 and learn that I am God!  
 I defeat the nations!  
 I control the world!”  
 11 The Lord All-Powerful is with us.  
 The God of Jacob is our place of safety.  
 SELAH\*

### Psalm 47

*To the director.\* A song  
 from the Korah family.*

1 Clap your hands, all you people.  
 Shout with joy to God!  
 2 The Lord Most High is awesome.  
 He is the Great King over all the earth.  
 3 He helped us defeat other people.  
 He put those nations under our control.  
 4 God chose our land for us.  
 He chose that wonderful land for Jacob,  
 the man he loved.  
 SELAH\*  
 5 The Lord goes up [to his throne]  
 at the sound of the trumpet and horn.  
 6 Sing praises to God.  
 Sing praises.  
 Sing praises to our King.  
 Sing praises.  
 7 God is the King of the whole world.  
 Sing songs of praise.\*  
 8 God sits on his holy throne.  
 God rules all the nations.  
 9 The leaders of the nations meet together  
 with the people of the God of Abraham.  
 All of the leaders of all the nations  
 belong to God.  
 God is over them all!

### Psalm 48

*A song of praise from the Korah family.*

1 The Lord is great.  
 People praise him very much  
 in the city of our God,  
 [on] his holy mountain.

2 God’s holy city is at such a pleasant  
 altitude!  
 It makes people around the world  
 happy!  
 Mount Zion is the true mountain of God.\*  
 It is the city of the Great King.  
 3 In the palaces of that city,  
 God is known as the Fortress.  
 4 One time, some kings met together.  
 [They planned to attack this city].  
 They all marched toward that city.  
 5 But then those kings saw it,  
 and they were amazed.  
 They all panicked and ran away!  
 6 Fear grabbed those kings.  
 They shook with fear!  
 7 [God, you used] a strong east wind  
 and wrecked their big ships.  
 8 Yes, we heard the stories  
 [about your power].  
 But we also saw it,  
 in the city of our God,  
 the city of the Lord All-Powerful.  
 God makes that city strong forever!  
 SELAH\*  
 9 God, in your temple we think carefully  
 about your loving kindness.  
 10 God, you are famous.  
 People praise you everywhere on earth.  
 Everyone knows how good you are.  
 11 [God,] Mount Zion is happy.  
 The towns of Judah rejoice  
 because of your good decisions.  
 12 Walk around Zion.  
 Look at the city.  
 Count the towers.  
 13 See the tall walls.  
 Admire Zion’s palaces.  
 Then you can tell the next generation  
 about it.  
 14 This God is our God  
 forever and ever!  
 He will lead us forever!\*

**SELAH** This word is for the musicians. It probably means the singers should pause here or the music should be louder here.

**director** Or, “performer.”

**songs of praise** Literally, “maskil.” The exact meaning of “maskil” is not known. It might mean “a poem of meditation,” “a poem of instruction,” or “a skillfully-written poem.”

**true mountain of God** Literally, “the summit of Zaphon”. In Canaanite stories, Mt. Zaphon was where the gods lived.

**forever** Or, “even through death”.



**Psalm 49**

*To the director.\* A song  
from the Korah family.*

- 1 Listen to this all you nations.  
Listen to this all you people on earth.
- 2 Every person, poor and rich alike,  
should listen.
- 3 I will tell you some very wise  
and intelligent things.
- 4 I myself listened to the stories.  
And now, with my harp, I will sing  
and reveal that message to you.
- 5 Why should I be afraid  
if trouble comes.  
There is no need to be afraid  
if evil people surround me  
and try to trap me.
- 6 Some people think their strength and  
wealth will protect them.  
But those people are fools.
- 7 No human friend can save you.  
And you can't bribe\* God.
- 8 No person will ever get enough money  
to buy his own life.
- 9 No person will ever get enough money  
to buy the right to live forever,  
and to save his own body  
from rotting in the grave.
- 10 Look, wise people die  
the same as fools and stupid people.\*  
They die and leave their wealth  
to other people.
- 11 The grave will be their new home  
forever and ever.  
And how much land they owned  
won't make any difference!
- 12 People might be wealthy,  
but they can't stay here forever.  
They will die just like the animals.
- 13 That is what happens to those foolish people  
who are so pleased with their wealth.\*  
SELAH\*

**director** Or, "performer."

**bribe** Here this means offering a gift or sacrifice so that God  
will not punish a guilty person.

**stupid people** Or, "animals."

**who are pleased ... wealth** Or, "who run after their appetites"  
or "pursue the things they want."

**SELAH** This word is for the musicians. It probably means the  
singers should pause here or the music should be louder here.

- 14 Those people are just like sheep.  
The grave will be their pen.  
Death will be their shepherd.  
Then on that morning  
the good people will be the winners  
as the bodies of those [proud] people  
slowly rot in the grave,  
far away from their fancy houses.
- 15 But God will pay the price  
and save my life.\*  
He will save me  
from the power of the grave  
when he takes me [to be with him]!  
SELAH\*
- 16 Don't be afraid of people  
just because they are rich.  
Don't be afraid of people  
just because they have big fancy houses.
- 17 Those people won't take a thing with them  
when they die.  
They will not take any of those  
beautiful things with them.
- 18 A wealthy person might really  
congratulate himself  
on how well he has done in life.  
And yes, even other people might  
praise him for how well he had done  
for himself.
- 19 But the time will come for him [to die]  
and go to his ancestors.  
And he will never again  
see the light of day.
- 20 People might be wealthy,  
and still not understand.  
They will die just like the animals.

**Psalm 50**

*One of Asaph's songs.*

- 1 The Lord, the God of gods has spoken.  
He calls to all the people on earth,  
from the rising to the setting sun.
- 2 God shining from Zion  
is absolutely beautiful!
- 3 Our God is coming,  
and he will not keep quiet.

**life** Literally, "soul."

- Fire burns in front of him.  
There is a great storm around him.
- 4 Our God calls to the earth and sky  
to [be witnesses as he] judges  
his people.
- 5 [God says,]  
“My followers,  
gather around me.  
Come my worshipers,  
we made an agreement with  
each other.”
- 6 God is the judge,  
and the skies tell about his goodness.  
SELAH\*
- 7 God says,  
“My people, listen to me!  
People of Israel, I will show my  
evidence against you.  
I am God, your God.
- 8 I am not complaining about your  
sacrifices.\*  
You people of Israel bring me your  
burnt offerings all the time.  
You give them to me every day.
- 9 I will not take bulls from your house.  
I will not take goats from your stalls.
- 10 I don’t need those animals.  
I already own all the animals  
in the forest.  
I already own all the animals  
on thousands of mountains.\*
- 11 I know every bird on the highest  
mountain.  
Every moving thing in the hills  
are mine.
- 12 [I am not hungry!]  
But if I were hungry,  
I would not have to ask you for food.  
I already own the world  
and everything on it.
- 13 I don’t eat meat from bulls.  
I don’t drink blood from goats.”
- 14 So bring your thank offerings\*  
[to share with the other worshipers]  
and come to be with God.  
You made promises to God Most High,  
so give him the things you promised.
- 15 [God says,]  
“Call for me when you have troubles!  
I will help you.  
And then you can honor me.”
- 16 God says to wicked people,  
“You people talk about my laws.  
You talk about my Agreement.
- 17 So why do you hate it when I correct you?  
Why do you ignore the things I say?
- 18 You see a thief,  
and you run to join him.  
You jump into bed with people  
doing the sin of adultery.
- 19 You people say bad things and tell lies.
- 20 You constantly say bad things  
about other people,  
even your own brothers.
- 21 You did these bad things,  
and I said nothing.  
So you thought  
that I was just like you.  
Well, I won’t be quiet any longer!  
I will make it very clear to you,  
and I will criticize you to your face!
- 22 You people have forgotten God.  
So you had better understand  
before I tear you apart!  
If that happens,  
no person can save you!
- 23 So if a person gives a thank offering,\*  
then he shows me honor.  
But if a person lives right,  
then I will show him my power to save.”

**SELAH** This word is for the musicians. It probably means the singers should pause here or the music should be louder here.

**sacrifice(s)** A sacrifice was a gift to God. Usually, it was a special animal that was killed and burned on an altar.

**thousands of mountains** Or possibly, “the mountains of El,” that is, “the highest mountains.”

**thank offering(s)** Special fellowship offerings people gave to praise God and thank him for doing good things for them. A part of the animal was burned on the altar, but the people ate most of it in a fellowship meal at the temple. See Lev. 7:11–26.

**Psalm 51**

*To the director.\* One of David's songs.  
This song is about the time that  
Nathan the prophet went to David  
after David's sin with Bathsheba.*

- 1 God, be merciful to me,  
because of your great loving kindness,  
because of your great mercy,  
erase all my sins.
- 2 God, scrub away my guilt.  
Wash away my sins,  
Make me clean again!
- 3 I know I sinned.  
I always see those sins.
- 4 I did the things you say are wrong.  
God, you are the One I sinned against.  
I confess these things so people will know  
I am wrong, and you are right.  
Your decisions are fair.
- 5 I was born in sin,  
and in sin my mother conceived me.
- 6 God, you want me to be truly loyal,  
so put true wisdom deep inside of me.
- 7 Use the hyssop plant and do the ceremony  
to make me pure.  
Wash me until I am whiter than snow!
- 8 Make me happy!  
Tell me how to be happy again.  
Let the bones you crushed be happy again!
- 9 Don't look at my sins!  
Erase them all!
- 10 God, create a pure heart in me!  
Make my spirit strong again!
- 11 Don't push me away!  
And don't take your Holy Spirit  
away from me!
- 12 Your help made me so happy!  
Give me that joy again.  
Make my spirit strong  
and ready to obey you.
- 13 I will teach sinners  
how you want them to live,  
and they will come back to you.
- 14 God, spare me from the death penalty.\*  
My God, you are the One who Saves me!

**director** Or, "performer."

**spare ... death penalty** Or, "don't consider me guilty  
of murder."

Let me sing about the good things  
that you do for me!

- 15 My Master, I will open my mouth  
and sing your praises!
- 16 You don't really want sacrifices.\*  
So why should I give sacrifices  
that you don't even want!
- 17 The sacrifice that God wants  
is an humble spirit.\*  
God, you will not turn away a person  
who comes with an humble,  
submissive heart.\*
- 18 God, please be good to Zion.\*  
Rebuild the walls of Jerusalem.
- 19 Then you can enjoy the good sacrifices\*  
and whole burnt offerings.  
And people will again offer bulls  
on your altar.

**Psalm 52**

*To the director.\* A maskil\* of David when  
Doeg the Edomite went to Saul and told him,  
"David is in Ahimelech's house."*

- 1 Big man, why do you brag about  
the bad things you do?  
You are a continual disgrace to God.
  - 2 You make foolish plans  
and your tongue is as dangerous  
as a sharp razor.  
You are always lying  
and trying to cheat people!
  - 3 You love evil more than goodness.  
You love lying more than telling  
the truth.
- SELAH\*
- 4 You and your lying tongue  
love to hurt people.

**sacrifice(s)** A sacrifice was a gift to God. Usually, it was a special animal that was killed and burned on an altar.

**humble spirit** Literally, "a broken spirit."

**a person ... heart** Literally, "a broken and crushed heart."

**Zion** The southeast part of the mountain Jerusalem is built on. Sometimes it means the people of God living in Jerusalem.

**maskil** The exact meaning of "maskil" is not clear. It might mean "a poem of meditation," "a poem of instruction," or "a skillfully-written poem."

**SELAH** This word is for the musicians. It probably means the singers should pause here or the music should be louder here.

- 5 So God will ruin you forever!  
He will grab you  
and pull you from your home,\*  
like a person pulling a plant  
out of the ground, roots and all!\*
- 6 Good people will see this  
and will learn to fear and respect God.  
They will laugh at you and say,
- 7 “Look what happened to the man  
who did not depend on God.  
That man thought his wealth and lies  
would protect him.”
- 8 But I am like a green olive tree  
growing in God’s temple.  
I will trust God’s true love  
forever and ever.
- 9 God, I praise you forever for the things  
you have done.  
I will speak your name\*  
before your followers  
because it is so good!

### Psalm 53

*To the director.\* On the mahalath.\*  
A maskil\* of David.*

- 1 Only a fool\* thinks there is no God.  
People like that are corrupt, evil,  
malicious,  
and they don’t do anything good.
- 2 There really is a God in heaven  
watching over us.  
God is looking for wise people  
who are looking for God!
- 3 But everyone has turned away from God.  
Every person is bad.

**home** This means the body. This is a poetic way of saying God will destroy you forever.

**God ... roots and all** Literally, “He will root you up from the land of the living.” This might also mean “He will kill you and your descendants.”

**speak your name** Or, “I will trust your name.”

**director** Or, “performer.”

**mahalath** This is probably a musical word. It might be the name of a tune, or it might mean to dance and shout.

**maskil** The exact meaning of “maskil” is not known. It might mean “a poem of meditation,” “a poem of instruction,” or “a skillfully-written poem.”

**fool** Here this means a person who does not follow God and his teachings.

No person does anything good.  
No, not one person!

- 4 God says,  
“Surely those evil people know the truth!  
But they don’t pray to me.  
Evil people are as ready to destroy  
my people as they are to eat food.”
- 5 But those evil people will be scared,  
like they have never been scared before!  
Those evil people are Israel’s enemies.  
God has rejected those evil people.  
So God’s people will defeat them,  
and God will scatter the bones  
of those evil people.
- 6 I wish someone (*God*) on Mount Zion  
would bring victory to Israel!  
At the time God brings his people back  
from exile.\*  
Jacob will rejoice.  
Israel will be very happy.

### Psalm 54

*To the director.\* With instruments.  
A maskil\* of David when the Ziphites  
went to Saul and told him, “We think  
David is hiding among our people.”*

- 1 God, use your power and save me.  
Use your great power to set me free.\*
- 2 God, listen to my prayer.  
Listen to the things I say.
- 3 Strangers that don’t even worship God  
have turned against me.  
Those powerful men are trying to kill me.  
SELAH\*
- 4 Look, my God will help me.  
My Master will support me.
- 5 My God will punish the people who  
turned against me.  
God will be true to me,  
and he will destroy those people.

**exile** Being forced to leave one’s home country.

**director** Or, “performer.”

**God ... free** Literally, “God, save me with your name, judge me with your might.”

**SELAH** This word is for the musicians. It probably means the singers should pause here or the music should be louder here.

- 6 God, I will give freewill offerings to you.  
Lord, I will praise your good name.  
7 Why? Because you saved me  
from all my troubles.  
I saw my enemies defeated.

**Psalm 55**

*To the director.\* With instruments.  
A maskil\* of David.*

- 1 God, hear my prayer.  
Please don't ignore my prayer  
for mercy.  
2 God, please listen to me and answer me.  
Let me speak to you  
and tell you what upsets me.  
3 My enemy said bad things to me.  
That wicked man yelled at me.  
My enemies were angry and attacked me.  
They brought troubles crashing down  
on top of me.  
4 My heart is pounding inside me.  
I am scared to death.  
5 I am scared and shaking.  
I am terrified.  
6 Oh, I wish I had wings like a dove.  
I would fly away  
and find a place to rest.  
7 I would go far, far away into the desert.  
SELAH\*  
8 I would run away.  
I would escape.  
I would run away from this  
storm of trouble.  
9–10 My Master, stop their lies.  
I see the violence and fighting  
in this city.  
Day and night, in every neighborhood,  
the city is filled with crime  
and vandalism.  
11 There is too much crime in the streets.  
People are lying and cheating everywhere.  
12 If it were an enemy insulting me,  
I could bear it.
- If it were my enemies attacking me,  
I could hide.  
13 But it is you, my companion,  
my colleague, my friend.  
You are giving me troubles.  
14 We used to share our secrets with  
one another,  
as we walked through the crowds  
together in God's temple.\*  
15 I wish death would take  
my enemies by surprise!  
I wish the earth would open up  
and swallow them alive!\*Why? Because they plan  
such terrible things together.  
16 I will call to God for help.  
And the Lord will answer me.  
17 I speak to God evening, morning,  
and noon.  
I tell him what upsets me,  
and he listens to me!  
18 I have fought in many battles.  
But God has always rescued me  
and brought me back safely.  
19 God listens to me.  
The Eternal King will help me.  
SELAH\*  
20 My enemies will not change their lives.\*  
They don't fear and respect God.  
21 My enemies attack their own friends.  
They don't do the things they agree  
to do.  
22 My enemies are really smooth talkers;  
they talk about peace,  
but they are really planning wars.  
Their words are as slick as oil,  
but those words cut like a knife.  
23 Give your worries to the Lord,  
and he will care for you.  
The Lord will never let good people  
be defeated.

**director** Or, "performer."

**maskil** The exact meaning of "maskil" is not known. It might mean "a poem of meditation," "a poem of instruction," or "a skillfully-written poem."

**SELAH** This word is for the musicians. It probably means the singers should pause here or the music should be louder here.

**temple** The special building in Jerusalem for Jewish worship.

**I wish death ... alive** Literally, "I wish death would surprise them. I wish they would go down into Sheol alive." This would be like the time Moses' enemy Korah was punished by God. See Num. 16:31–33.

**The Eternal King ... their lives** Or, "The Ancient King, the One who never changes, will humiliate them."

- 24 As your part of the agreement, God,  
send those liars and murderers  
to their grave before their life is  
half finished!  
As my part of the agreement,  
I will put my trust in you.

### Psalm 56

*To the director.\* To the tune "The Dove in the Distant Oak." A miktam of David\* from the time the Philistines captured him in Gath.*

- 1 God, people have attacked me,  
so be merciful to me.  
They have been constantly  
chasing me and fighting me.  
2 My enemies attack me constantly.  
There are too many fighters to count.  
3 When I am afraid,  
I put my trust in you.  
4 I trust God, so I am not afraid  
of what people can do to me!  
I praise God for his promise to me.  
5 My enemies are always  
twisting my words.  
They are always making plans against me.  
6 They hide together  
and watch my every move,  
hoping for some way to kill me.  
7 God, send them away  
because of the bad things they did.  
Send them away to [suffer]  
the anger of foreign nations.  
8 You know I am very upset.  
You know how much I have cried.  
Surely you have kept an account  
of all my tears.  
9 So, defeat my enemies  
when I call to you for help.  
I know you can do it.  
You are God!  
10 I praise God for his promise.  
I praise the Lord for his promise to me.  
11 I trust God, so I am not afraid  
of what people can do to me!

- 12 God, I made special promises to you.  
And I will do what I promised.  
I will give you my thank offering.  
13 Why? Because you saved me from death.  
You kept me from being defeated.  
So I will worship God in the light  
that only living people can see.

### Psalm 57

*To the director.\* To the tune "Don't Destroy." A miktam of David.\* At the time he escaped from Saul in the cave.*

- 1 God, be merciful to me.  
Be kind because my soul trusts you.  
I have come to you for protection,  
while the trouble passes.  
2 I pray to God Most High for help.  
And God takes care of me completely!  
3 From heaven he helps me and saves me.  
He defeats the people who bother me.  
SELAH\*  
God shows his true love to me.  
4 My life is in danger.  
My enemies are all around me.  
They are like man-eating lions,  
with teeth as sharp as spears  
and arrows,  
and tongues as sharp as a sword.  
5 God, you are high above the heavens.  
Your glory covers the earth.  
6 My enemies set a trap for me.  
They are trying to trap me.  
They dug a deep pit for me to fall into.  
SELAH\*  
7 But God will keep me safe.  
He will keep me brave.  
I will sing praises to him.  
8 Wake up, my soul!  
Harps and lyres,\* begin your music!  
Let's wake the Dawn.  
9 My Master, I praise you to everyone.  
I sing songs of praise about you  
to every nation.

**director** Or, "performer."

**A miktam of David** The exact meaning of "miktam" is not known. It might mean "a well-arranged song." This song was either written by David or dedicated to him.

**SELAH** This word is for the musicians. It probably means the singers should pause here or the music should be louder here.

**lyres** An instrument with several strings, like a harp.

- 10 Your true love is higher  
than the highest clouds in the sky!  
11 God is more exalted than the heavens.  
His glory covers the earth.

**Psalm 58**

*To the director.\* To the tune “Don’t Destroy.” A miktam of David.\**

- 1 You judges are not being fair  
in your decisions.  
You are not judging people fairly.  
2 No, you only think of evil things to do.  
You do violent crimes in this country.  
3 Those evil men started doing wrong  
as soon as they were born.  
They have been liars from birth.  
4 Their anger is as dangerous  
as snake venom.\*  
And, like cobras that can’t hear,  
they refuse to listen to the truth.  
5 Cobras can’t hear the music or songs  
of snake charmers.  
And those evil people are like that  
as they make their evil plans.\*  
6 Lord, those people are like lions.  
So Lord, break their teeth.  
7 May those people disappear  
like water down a drain.  
May they be crushed like weeds  
on a path.\*  
8 May they be like snails melting away  
as they move.  
May they be like a baby  
that was born dead  
and never saw the light of day.  
9 May they be destroyed quickly like thorns  
that burn too fast to heat the pot.

**director** Or, “performer.”

**A miktam of David** The exact meaning of “miktam” is not known. It might mean “a well-arranged song.” This song was either written by David or dedicated to him.

**Their anger ... snake venom** This is a word play in Hebrew. The word meaning “anger” sounds like the word “poison, venom”.

**music ... evil plans** This is a word play in Hebrew. The Hebrew phrase can mean either “...the snake charmers who create crafty magic formulas” or “...snake charmers. [Those evil people] make their sneaky schemes.”

**May they ... path** Or, “May He (God) shoot his arrows, [cutting them down] as if they were withering [grass].”

- 10 A good man will be happy  
when he sees evil people punished  
for the bad things they did to him.  
He will be like a soldier  
who defeated all his enemies!\*
- 11 When that happens, people will say:  
“Good people really are rewarded.  
There really is a God  
judging the world!”\*

**Psalm 59**

*To the director.\* To the tune “Don’t Destroy.” A miktam of David\* from the time Saul sent people to watch David’s house to try to kill him.*

- 1 God, save me from my enemies.  
Help me defeat the people who  
have come to fight me.  
2 Save me from those people who  
do bad things.  
Save me from those murderers.  
3 Look, strong men are waiting for me.  
They are waiting to kill me,  
even though I did not sin  
or commit any crime.  
4 I did nothing wrong,  
but they rushed here to attack me.  
Lord, come and see for yourself!  
5 You are the Lord God All-Powerful,  
the God of Israel!  
Get up and punish those people.  
Don’t show any mercy to those  
evil traitors.

SELAH\*

- 6 Those evil men are like dogs  
that come into town in the evening,  
growling and roaming through town.  
7 Listen to their threats and insults.  
They say such cruel things,  
and they don’t care who hears them.

**He will be ... enemies** Literally, “He will wash his feet in the blood of those wicked men.”

**There really is ... world** Or, “There really are powerful leaders ruling and judging this land” or possibly, “God really does have [good] judges ruling this land.”

**SELAH** This word is for the musicians. It probably means the singers should pause here or the music should be louder here.

8 Lord, laugh at them.  
 Make fun of all those people.

9 I will sing my songs of praise to you.\*  
 God, you are my place of safety  
 high in the mountains.

10 God loves me, and he will help me win.  
 He will help me defeat my enemies.

11 Don't just kill them, God,  
 or my people might forget.  
 My Master and Protector, scatter them  
 and defeat them with your strength.

12 Those evil people curse and tell lies.  
 Punish them for the things they said.  
 Let their pride trap them.

13 Destroy them in your anger.  
 Destroy them completely!  
 Then people around the world  
 will know that God rules in Israel!\*

SELAH\*

14 Those evil men come into town  
 in the evening like growling dogs  
 roaming through town.

15 They will look for something to eat,  
 but they will find no food  
 and no place to sleep.

16 But in the morning, I will sing songs  
 of praise to you.  
 I will rejoice in your love.  
 Why? Because you are my place  
 of safety,  
 high in the mountains.  
 And I can run to you when  
 troubles come.

17 I will sing my songs of praise to you.  
 Why? Because you are my place  
 of safety  
 high in the mountains.  
 You are the God who loves me!

### Psalm 60

*To the director.\* To the tune "Lily of the Agreement." A miktam of David.\* For teaching. This was from the time that David fought Aram Naharaim\* and Aram Zobah,\* and when Joab came back and defeated 12,000 Edomite soldiers at Salt Valley.*

1 God, you were angry at us.  
 You rejected us  
 and destroyed us.  
 Please make us whole again.

2 You shook the earth and split it open.  
 Our world is falling apart.  
 Please fix it.

3 You have given your people many  
 troubles.  
 We are like drunk people  
 staggering and falling down.

4 You warned the people who worship you.  
 Now they can escape the enemy.

SELAH\*

5 Use your great power and save us!  
 Answer my prayer  
 and save the people you love!

6 God spoke in his temple:\*

It makes me very happy!  
 [God said,]  
 [I will share this land with my people,]  
 I will give them Shechem.  
 I will give them Succoth Valley.

7 Gilead and Manasseh will be mine.  
 Ephraim will be my helmet.  
 Judah will be my royal scepter.\*

8 Moab will be the bowl  
 for washing my feet.  
 Edom will be the slave  
 who carries my sandals.  
 I [will defeat] the Philistine people  
 and shout about the victory!"

**director** Or, "performer."

**A miktam of David** The exact meaning of "miktam" is not clear. It might mean "a well-arranged song." This song was either written by David or dedicated to him.

**Aram Naharaim** Or, "the Arameans of Mesopotamia."

**Aram Zobah** Or, "the Arameans of central Syria."

**in his temple** Or, "in his holiness."

**scepter** A special stick. Kings and leaders carried scepters to show they were rulers.

**I will sing ... to you** Or, "My Strength, I am waiting for you." But see Ps. 59:18.

**Then people ... Israel** Or, "Then people will know that God rules in Jacob and the whole world!"

**SELAH** This word is for the musicians. It probably means the singers should pause here or the music should be louder here.



**PSALM 60:9–62:10****670**

- 9–10 But God, you left us!  
 You did not go with our army!  
 So who will lead me into the strong,  
 protected city?  
 Who will lead me to fight against Edom?  
 11 God, help us defeat our enemy!  
 People can't help us!  
 12 Only God can make us strong.  
 Only God can defeat our enemies!

**Psalm 61**

*To the director.\* With stringed instruments.  
 One of David's songs.*

- 1 God, hear my prayer song.  
 Listen to my prayer.  
 2 Wherever I am, however weak,  
 I will call to you for help!  
 Carry me to the place of safety far above.\*  
 3 You are my place of safety!  
 You are the strong tower  
 protecting me from my enemies.  
 4 I want to live in your Tent\* forever.  
 I want to hide where you can protect me.  
 SELAH\*  
 5 God, you heard what I promised  
 to give you.  
 But everything your worshipers have  
 comes from you.  
 6 Give the king a long life.  
 Let him live forever!  
 7 Let him live with God forever!  
 Protect him with your true love.  
 8 And I will praise your name forever.  
 Every day, I will do the things  
 I promised.

**Psalm 62**

*To the director.\* To Jeduthun.  
 One of David's songs.*

- 1 [No matter what happens,]  
 my soul waits patiently  
 for God [to save me].  
 My salvation comes only from him.\*

**director** Or, "performer."

**Carry ... above** Or, "From your fortress high above me, lead me."

**Tent** The temple in Jerusalem, or the Holy Tent where the people worshiped God before the temple was built.

**SELAH** This word is for the musicians. It probably means the singers should pause here or the music should be louder here.

**No matter ... from him** Or, "My soul finds peace only in God. He is the One who saves me!"

- 2 [I may have many enemies,]  
 but God is my fortress.\*  
 God saves me.  
 God is my place of safety  
 high on the mountain.  
 Not even great armies can defeat me.

- 3 How long will you attack me?  
 I am like a leaning wall,  
 a fence ready to fall.

- 4 In spite of my important position,  
 those people are planning  
 to destroy me.  
 It makes them happy  
 to tell lies about me.  
 In public, they say good things  
 about me,  
 but in private, they curse me.

SELAH\*

- 5 My soul, wait patiently for God  
 [to save me]!  
 God is my only hope.

- 6 God is my fortress.\*  
 God saves me.

God is my place of safety  
 high on the mountain.

- 7 My glory and victory comes from God.  
 He is my strong fortress.  
 God is my place of safety.

- 8 People, trust God all the time!  
 Tell God about all your problems.\*  
 God is our place of safety.

SELAH\*

- 9 People can't really help.  
 You can't trust them to really help.

Compared to God,  
 they are like nothing,  
 like a gentle puff of air!

- 10 Don't trust the power to take things  
 by force.

Don't think you will gain anything  
 by stealing.

And if you become rich,  
 don't trust your riches to help you.

**fortress** A building or city with tall, strong walls for protection.

**Tell God ... problems** Literally, "Pour out your hearts to him (God)."

11 God says there is one thing  
you can really depend on  
(and I believe it):  
“Strength comes from God!”

12 My Master, your love is real.  
You reward or punish a person  
for the things he does.

### Psalm 63

*One of David's songs. From the time  
he was in the desert of Judah.*

1 God, you are my God.  
And I want you so much.  
My soul and my body thirst for you,  
like a dry, weary land with no water.  
2 Yes, I have seen you in your temple.  
I have seen your strength and glory.  
3 Your love is better than life.  
My lips praise you.  
4 Yes, I will praise you in my life.  
In your name, I lift my arms in prayer.  
5 I will be satisfied  
as if I had eaten the best foods.  
And with joyful lips  
my mouth will praise you.\*  
6 I will remember you  
while lying on my bed.  
I will remember you  
in the middle of the night.  
7 You really have helped me!  
I am happy that you protected me!  
8 My soul clings to you.  
And you hold my hand.  
9 Some people are trying to kill me.  
But they will be destroyed.  
They will go down to their graves.  
10 They will be killed with swords.  
Wild dogs will eat their dead bodies.  
11 But the king will be happy with his God.  
And the people who promised to obey him  
will praise God.  
Why? Because he defeated all those liars.

### Psalm 64

*To the director.\* One of David's songs.*

1 God, listen to me.  
My enemy threatened me.  
Protect my life from him!  
2 Protect me from the secret plans  
of my enemies.  
Hide me from those wicked people.  
3 They have told many bad lies about me.  
Their tongues are like sharp swords,  
their bitter words like arrows.  
4 Then suddenly, without fear,\*  
they shoot from their hiding places,  
at a simple, honest man.  
5 They encourage each other to do wrong.  
They talk about setting their traps.  
They tell each other,  
“No one will see the traps!”  
6 They have hidden their traps.  
They are looking for victims.\*  
(People can be very tricky.  
It is hard to know  
what people are thinking.)  
7 But God can shoot his “arrows” too!  
And before they know it,  
the evil people are wounded.  
8 Evil people plan to do bad things  
to other people.  
But God can [ruin their plans,] <sub>1</sub>  
and make those bad things  
happen to them.  
Then everyone that sees them  
will shake their heads in amazement.  
9 People will see what God has done.  
They will tell other people about him.  
Then everyone will learn more about God.  
They will learn to fear and respect him.  
10 A good person is happy [to serve] the Lord.  
He depends on God.  
And when good honest people  
[see what happens], <sub>1</sub>  
they praise the Lord!

**director** Or, “performer.”

**without fear** Or, “without honor” or “without respect.”

**They have hidden ... victims** Or, “They look for evil plans  
saying, ‘We have the perfect plan.’”

**I will be ... praise you** Or, “My throat is filled with the richest  
foods of the feast and with joyful lips my mouth praises you.”

**Psalm 65**

*To the director.\* One of David's songs of praise.*

- 1 God on Zion,\* we praise you.  
We give you the things we promised.
- 2 We tell about the things you have done.  
And you hear our prayers.  
You hear the prayers of every person who comes to you.
- 3 When our sins become too heavy for us,  
you take away those sins.
- 4 God, you chose your people.  
You chose us to come to your temple  
and worship you.  
And we are very happy!  
We have all the wonderful things  
in your temple, your holy palace.
- 5 God, you save us.  
Good people pray to you,  
and you answer their prayers.  
You do amazing things for them.  
People all around the world trust you.
- 6 God made the mountains with his power.  
We see his power all around us.
- 7 God made the rough seas calm.  
And God made the “oceans” of people  
on the earth.
- 8 People all around the world  
are amazed at the wonderful things  
you do.  
The sunrise and sunset makes us so happy!
- 9 You take care of the land.  
You water it and make it grow things.  
God, you fill the streams with water  
and make the crops grow.
- 10 You pour the rain on the plowed fields.  
You soak the fields with water.  
You make the ground soft with rain,  
and you make the young plants grow.
- 11 You start the new year with a good harvest.  
You load the wagons with many crops.\*
- 12 The desert and hills are covered with grass.

**director** Or, “performer.”

**Zion** The southeast part of the mountain Jerusalem is built on. Sometimes it means the people of God living in Jerusalem.

**harvest ... crops** In ancient Israel there were two calendars. The calendar for religious holidays began in the spring, at barley harvest. The other calendar started in the fall, when they gathered other crops.

- 13 The pastures are covered with sheep.  
The valleys are filled with grain.  
Everyone is singing and shouting  
with happiness.

**Psalm 66**

*To the director.\* A song of praise.*

- 1 Everything on earth,  
shout with joy to God!
- 2 Praise his glorious name!  
Honor him with songs of praise!
- 3 Tell God how wonderful his works are!  
God, your power is very great!  
Your enemies bow down.  
They are afraid of you!
- 4 Let the whole world worship you.  
Let everyone sing praises to your name.  
SELAH\*
- 5 Look at the things God did!  
Those things amaze us.
- 6 God made the sea become dry land.\*  
His happy people walked across the river.\*
- 7 God rules the world with his great power.  
God watches people everywhere.  
No person can rebel against him.  
SELAH\*
- 8 People, praise our God.  
Sing loud songs of praise to him.
- 9 God gave us life.  
And God protects us.
- 10 God tested us,  
like people test silver with fire.
- 11 God, you let us be trapped.  
You put heavy burdens on us.
- 12 You let our enemies walk on us.  
You dragged us through fire and water.  
But you brought us to a safe place.
- 13–14 So I will bring sacrifices\* to your temple.  
When I was in trouble,  
I asked you for help.  
I made many promises to you.  
Now, I am giving you the things  
that I promised.

**SELAH** This word is for the musicians. It probably means the singers should pause here or the music should be louder here.

**sea become dry land** This was with Moses at the Red Sea. See Ex. 14.

**walked across the river** This was with Joshua at the Jordan River. See Joshua 3:14–17.

**sacrifice(s)** A sacrifice was a gift to God. Usually, it was a special animal that was killed and burned on an altar.

15 I am giving you sin offerings.  
I am giving you incense\* with the rams.  
I am giving you bulls and goats.  
SELAH\*

16 All of you people worshiping God,  
come and I will tell you  
what God did for me.

17 I prayed to him.  
I praised him.

18 My heart was pure,  
so my Master listened to me.

19 God listened to me.  
God heard my prayer.

20 Praise God!  
God did not turn away from me—  
he listened to my prayer.  
God showed his love to me!

**Psalm 67**

*To the director.\* With instruments.  
A song of praise.*

1 God, show mercy to us and bless us.  
Please accept us!  
SELAH\*

2 I hope every person on earth  
learns about you, God.  
Let every nation see how you save people.

3 May people praise you, God!  
May all people praise you.

4 May all nations rejoice and be happy!  
Why? Because you judge people fairly.  
And you rule over every nation.

5 May people praise you, God!  
May all people praise you.

6 God, our God, bless us.  
Let our land give us a great harvest.

7 May God bless us.  
And may all the people on earth  
fear and respect God.

**Psalm 68**

*To the director.\* One of David's  
songs of praise.*

1 God, get up and scatter your enemies.  
May all of his enemies run from him.

2 May your enemies be scattered,  
like smoke blown away by the wind.  
May your enemies be destroyed,  
like wax melting in a fire.

3 But good people are happy.  
Good people have a happy time  
together with God.  
Good people enjoy themselves  
and are very happy!

4 Sing to God.  
Sing praises to his name.  
Prepare the way for God.  
He rides his chariot\* over the desert.  
His name is YAH.\*  
Praise his name!

5 In his holy temple,  
God is like a father to orphans.\*  
God takes care of widows.\*

6 God gives lonely people a home.  
God takes his people out of prison.  
They are very happy.  
But people who turn against God,  
will stay in their hot prison.

7 God, you led your people out [of Egypt],  
You marched across the desert,  
and the ground shook.  
SELAH\*

God, the God of Israel,  
came to Mount Sinai,  
and the sky melted.

9 God, you sent the rain  
to make a tired, old land strong again.

10 Your animals came back to that land.  
God, you gave many good things  
to the poor people there.

11 God gave the command and many people  
went to tell the good news:

12 “The armies of powerful kings ran away!  
The women at home will divide the things  
that the soldiers bring from the battle.

13 The people who stayed at home  
will share in the wealth.

**incense** Special dried tree sap. Burned to make a sweet-smelling smoke, it was offered as a gift to God.

**SELAH** This word is for the musicians. It probably means the singers should pause here or the music should be louder here.

**director** Or, “performer.”

**chariot(s)** A small wagon used in war.

**YAH** This is a Hebrew name for God. It is like the Hebrew name usually translated, “Lord.”

**orphan(s)** Children whose parents have died.

**widow(s)** Women whose husbands have died. Often these women had no one to care for them.

**PSALM 68:14–69:1****674**

They will get the dove wings  
covered with silver.  
They will get the wings  
sparkling with gold.”

14 On Mount Zalmon,  
God scattered the enemy kings.  
They were like falling snow.

15 Mount Bashan is a great mountain  
with many peaks.

16 Mount Bashan, why do you look down  
on Mount Zion?  
God loves that mountain (*Zion*).  
The Lord chose to live there forever.

17 The Lord comes to Holy Mount Zion.  
Behind him are millions of his chariots.\*

18 You went up on the high mountain,  
leading a parade of captives.  
You received gifts from men,\*  
including the people  
who turned against you.  
The Lord\* God [went up there] to live.

19 Praise the Lord!  
Every day he helps us  
with the loads we must carry.  
God saves us!

SELAH\*

20 He is our God.  
He is the God that saves us.  
The Lord our God saves us from death.

21 God will show that he defeated his enemies.  
God will punish the people who  
fought against him.\*

22 My Master said,  
“I’ll bring the enemy back from Bashan,  
I’ll bring the enemy from the west,

23 so you can walk in their blood,  
so your dogs can lick up their blood.”

24 See God leading the victory parade!  
See my Holy God, my King,  
leading the victory parade!

25 Singers come marching in front,  
followed by the musicians,  
surrounded by young girls  
playing tambourines.

26 Praise God in the meeting place!\*  
Praise the Lord, people of Israel!

27 There is little Benjamin, leading them.  
And there is the great family of Judah.  
And there are the leaders of Zebulun  
and Naphtali.

28 God, show us your power!  
Show us the power you used for us  
in the past.

29 Kings will bring their wealth to you,  
to your palace in Jerusalem.

30 Use your stick to make those “animals”  
do what you want.  
Make the “bulls” and “cows” in those  
nations obey you.  
You defeated those nations in war.  
Now make them bring silver to you.

31 Make them bring wealth from Egypt.  
God, make the Ethiopians bring their  
wealth to you.

32 Kings on earth, sing to God!  
Sing songs of praise to our Master!

SELAH\*

33 Sing to God!  
He rides his chariot through  
the ancient skies.  
Listen to his powerful voice!

34 God is more powerful than any of your gods.  
The God of Israel makes his  
people strong.

35 God is wonderful in his temple.  
The God of Israel gives strength and  
power to his people.  
Praise God!

**Psalm 69**

*To the director.\* To the tune “The Lilies.”  
One of David’s songs.*

1 God, save me from all my troubles!  
The water has risen to my mouth.

**chariot(s)** A small wagon used in war.

**received gifts from men** Or, “to take men as gifts.” Or, “to give gifts to men,” as in the ancient Syriac and Aramaic versions and Eph. 4:8.

**The Lord** Or, “YAH,” a Hebrew name for God.

**SELAH** This word is for the musicians. It probably means the singers should pause here or the music should be louder here.

**God will show ... him** Literally, “God will smash the heads of his enemies. He will smash the hairy skull walking in guilt.”

**meeting place** Or “Praise God with [the trumpets] that announce the assembly!”

**director** Or, “performer.”

- 2 There is nothing to stand on.  
I am sinking down, down into the mud.  
I am in deep water.  
And the waves are crashing around me.  
I am about to drown.
- 3 I am getting weak from calling for help.  
My throat is hurting.  
I have waited and looked for help  
from you  
until my eyes are hurting.
- 4 I have more enemies  
than the hairs on my head.  
They hate me for no reason.  
They try hard to destroy me.  
My enemies tell lies about me.  
They lied and said I stole things.  
And then they forced me to pay  
for things I did not steal.
- 5 God, you know I did nothing wrong.  
I can't hide my sins from you.
- 6 My Master, Lord All-Powerful, don't let  
your followers be ashamed of me.  
God of Israel, don't let your worshipers be  
embarrassed because of me.
- 7 My face is covered with shame.  
I carry this shame for you.
- 8 My brothers treat me like a stranger.  
My mother's sons treat me like a  
foreigner.
- 9 My strong feelings\* for your temple are  
destroying me.  
I get the insults from people  
who make fun of you.
- 10 I cry and fast,\*  
and they make fun of me for it.
- 11 I wear rough cloth to show my sadness,  
and people tell jokes about me.
- 12 They talk about me in public places.  
The beer drinkers make up songs  
about me.
- 13 As for me, this is my prayer to you Lord:  
I want you to accept me!  
God, I want you to answer me with love.  
I know I can trust you to save me.
- 14 Pull me from the mud.  
Don't let me sink down into the mud.  
Save me from the people who hate me.  
Save me from this deep water.
- 15 Don't let the waves drown me.  
Don't let the deep hole swallow me.  
Don't let the grave close its mouth on me.
- 16 Lord, your love is good.  
Answer me with all your love.  
With all your kindness,  
turn to me and help me!
- 17 Don't turn away from your servant.  
I am in trouble!  
Hurry, help me!
- 18 Come save my soul.  
Rescue me from my enemies.
- 19 You know my shame.  
You know my enemies humiliated me.  
You saw them do those things to me.
- 20 The shame has crushed me!  
I am about to die from shame.  
I waited for sympathy,  
but none could be found.  
I waited for some person to comfort me,  
but no person came.
- 21 They gave me poison, not food.  
They gave me vinegar, not wine.
- 22 Their tables are covered with food.  
They have such big fellowship meals.  
I hope those meals destroy them.
- 23 I hope they become blind  
and their backs become weak.
- 24 Let them feel all of your anger.
- 25 Make their homes empty.  
Don't let anyone live there.
- 26 Punish them, and they will run away.  
Then they really will have pains  
and wounds to talk about.
- 27 Punish them for the bad things they did.  
Don't show them how good you can be.
- 28 Erase their names from the Book of Life.  
Don't write their names in the book  
with the names of the good people.
- 29 I am sad and hurting.  
God, lift me up. Save me!
- 30 I will praise God's name in song.  
I will praise him with a song  
of thanks.

**strong feelings** The Hebrew word means any strong feelings like love, hate, anger, zeal, or jealousy.

**fast** To live without food for a special time of prayer and worship.

- 31 This will make God happy!  
This will be better than killing a bull and  
offering the whole animal  
as a sacrifice.\*
- 32 Poor people, you came to worship God.  
You will be happy to know these things.
- 33 The Lord listens to poor, helpless people.  
The Lord still likes people in prison.
- 34 Praise God, heaven and earth!  
Sea and everything in it, praise the Lord!
- 35 The Lord will save Zion.\*  
The Lord will rebuild the cities of Judah.  
The people who own the land  
will live there again!
- 36 The descendants\* of his servants  
will get that land.  
The people who love his name  
will live there.

**Psalm 70**

*To the director.\* One of David's songs  
to help people remember.*

- 1 God, save me!  
God, hurry and help me!
- 2 People are trying to kill me.  
Disappoint them!  
Humiliate them!  
People want to do bad things to me.  
I hope they fall and feel the shame.
- 3 People made fun of me.  
I hope they get what they deserve  
and feel the shame.
- 4 I hope that the people who worship you  
will be very, very happy.  
I hope that the people who want your help  
will always be able to praise you.
- 5 I am a poor, helpless man.  
God, hurry! Come and save me!  
God, only you can rescue me.  
Don't be too late!

**sacrifice(s)** A sacrifice was a gift to God. Usually, it was a special animal that was killed and burned on an altar.

**Zion** The southeast part of the mountain Jerusalem is built on. Sometimes it means the people of God living in Jerusalem.

**descendants** A person's children and their future families.

**director** Or, "performer."

**Psalm 71**

- 1 Lord, I trust you,  
so I will never be disappointed.
- 2 In your goodness, you will save me.  
You will rescue me.  
Listen to me. Save me.
- 3 Be my fortress,\*  
the home I can run to for safety.  
You are my Rock,\*  
my place of safety.  
So give the command to save me.
- 4 My God, save me from wicked people.  
Save me from cruel, evil people.
- 5 My Master, you are my hope.  
I have trusted you since I was  
a young boy.
- 6 I depended on you even before I was born.  
I relied on you even in my mother's body.  
I have always prayed to you.
- 7 You are my source of strength.  
So I have been an example  
to other people.
- 8 I am always singing about  
the wonderful things you do.
- 9 Don't throw me away just because  
I am old.  
Don't leave me as I lose my strength.
- 10 My enemies have made plans against me.  
Those people really did meet together,  
and they made plans to kill me.
- 11 My enemies said,  
"Go get him!  
God left him.  
And no person will help him."
- 12 God, don't leave me!  
God, hurry! Come save me!
- 13 Defeat my enemies!  
Destroy them completely!  
They are trying to hurt me.  
I hope they feel the shame and disgrace.
- 14 Then I will always trust you.  
And I will praise you more and more.
- 15 I will tell people how good you are.  
I will tell about the times you saved me.  
That has happened  
too many times to count.

**fortress** A building or city with tall, strong walls for protection.

**Rock** A name for God to show he is a strong place of safety.

16 I will tell about your greatness,  
Lord my Master.  
I will talk only about you and  
your goodness.

17 God, you have taught me  
since I was a young boy.  
And to this day I have told people  
about the wonderful things you do!

18 Now I am old and my hair is gray.  
But I know that you won't leave me, God.  
I will tell each new generation  
about your power and greatness.

19 God, your goodness reaches  
far above the skies.  
God, there is no god like you.  
You have done wonderful things.

20 You let me see troubles and bad times.  
But you saved me from every one of them  
and kept me alive.  
No matter how deep I sank,  
you lifted me out of my troubles.

21 Help me do greater things than before.  
Continue to comfort me.

22 And I will play the harp and praise you.  
My God, I will sing that you can be trusted.  
I will play songs on my lyre\*  
for the Holy One of Israel.

23 You saved my soul.  
My soul will be happy.  
I will sing songs of praise with my lips.

24 My tongue will sing about your goodness  
all the time.  
And the people who want to kill me  
will be defeated and disgraced.

### Psalm 72

*To Solomon.\**

1 God, help the king make wise decisions  
like you.  
And help the king's son learn about  
your goodness.

2 Help the king judge your people fairly.  
Help him make wise decisions for your  
poor people.

**lyre(s)** An instrument with several strings, like a harp.

**To Solomon** This might mean this song was written by Solomon or dedicated to him or that it is from some special collection of songs.

3 Let there be peace and justice throughout  
the land.

4 Let the king be fair to the poor people.  
Let him help the helpless.  
Let him punish the people who hurt them.

5 May people fear and respect the king  
as long as the sun shines  
and the moon is in the sky.  
May people fear and respect him forever!

6 Help the king be  
like rain falling on the fields,  
like showers falling on the land.

7 Let goodness blossom while he is king.  
Let peace continue as long as the moon.

8 Let his kingdom grow from sea to sea,  
from the [Euphrates] River  
to the faraway places on earth.\*

9 May all the people living in the desert  
bow down to him.  
May all his enemies bow before him  
with their faces in the dirt.

10 May the kings of Tarshish\*  
and all the faraway lands  
bring gifts to him.  
May the kings of Sheba and Seba  
bring their tribute\* to him.

11 May all kings bow down to our king.  
May all nations serve him.

12 Our king helps the helpless.  
Our king helps poor, helpless people.

13 Poor, helpless people depend on him.  
The king keeps them alive.

14 The king saves them from cruel people  
who try to hurt them.  
The lives of those poor people are  
very important to the king.

15 Long live the king!  
And let him receive gold from Sheba.  
Always pray for the king.  
Bless him every day.

16 May the fields grow plenty of grain.  
May the hills be covered with crops.  
May the fields be as fertile as Lebanon.

**faraway places on earth** This usually means the countries around the Mediterranean Sea.

**Tarshish** A city far away from Israel, probably in Spain. Tarshish was famous for its large ships that sailed the Mediterranean Sea.

**tribute** The money and gifts a country paid to the country that defeated it.



- And may the cities be filled with people  
like fields covered with grass.
- 17 May the king be famous forever.  
May people remember his name  
as long as the sun shines.  
May the people be blessed by him.  
And may they all bless him.
- 18 Praise the Lord God, the God of Israel!  
Only God can do such amazing things.
- 19 Praise his glorious name forever!  
Let his glory fill the whole world!  
Amen and Amen!\*
- 20 This ends the prayers of David son of Jesse.

## BOOK 3

## Psalm 73

*Asaph's song of praise.*

- 1 God is truly good to Israel.  
God is good to people  
whose hearts are pure.
- 2 I almost slipped and began to sin.
- 3 I saw that wicked people were successful  
I became jealous of those proud people.
- 4 Those people are healthy.  
They don't have to struggle to survive.\*
- 5 Those proud people don't suffer like us.  
They don't have troubles like other people.
- 6 So they are very proud and hateful people.  
This is as easy to see as the jewels  
and fancy clothes they wear.
- 7 If those people like something they see,  
they go and take it.  
They do whatever they want to do.
- 8 They say cruel, evil things  
about other people.  
They are proud and stubborn.  
And they are always planning ways  
to take advantage of other people.
- 9 Those proud people think they are gods!  
They think they are the rulers of earth.
- 10\* So even God's people turn to them  
and do the things they tell them.

**Amen** A Hebrew word meaning "truly," "indeed." It shows that a person agrees with what has been said.

**They don't have to struggle to survive** Literally, "They have no bonds to their death."

**Verse 10** This verse is hard to understand in Hebrew.

- 11 Those evil people say,  
"God doesn't know what we are doing!  
God Most-High does not know!"
- 12 Those proud people are wicked,  
but they are rich and getting richer.
- 13 So why should I make my heart pure?  
Why should I make my hands clean?
- 14 God, I suffer all day long.  
And you punish me every morning.
- 15 God, I wanted to talk to other people  
about these things.  
But I knew I would be betraying  
your people.
- 16 I tried hard to understand these things.  
But it was all too hard for me
- 17 until I went to your temple.\*  
I went to God's temple,  
and then I understood.
- 18 God, you really have put those people  
in a dangerous situation.  
It is so easy for them to fall and be  
destroyed.
- 19 Trouble can come suddenly,  
and then those proud people are ruined.  
Terrible things can happen to them,  
and then they are finished.
- 20 Lord, those people will be like a dream  
that we forget when we wake up.  
You will make those people disappear  
like the monsters in our dreams.
- 21–22 I was very stupid.  
I thought about rich and wicked people,  
and I became upset.  
God, I was upset and angry at you!  
I acted like a stupid, ignorant animal.
- 23 [I have everything I need!]  
I am with you always.  
God, you hold my hand.
- 24 God, you lead me and give me good  
advice.  
And later you will lead me to glory.\*
- 25 God, I have you in heaven.  
And when I am with you,  
what on earth can I want?

**temple** The special building in Jerusalem for Jewish worship.

**later ... glory** Or, "You take (lead) me after honor."

26 Maybe my mind\* and body  
will be destroyed,  
but I have the Rock\* I love.  
I have God forever!  
27 God, people who leave you will be lost.  
You will destroy the people  
who are not faithful to you.  
28 As for me, I have come to God.  
And that is good for me.  
I have made the Lord my Master  
my place of safety.  
God, I have come to tell about  
all the things you have done.

### Psalm 74

*A maskil\* of Asaph.*

1 God, did you leave us forever?  
Are you still angry at your people?  
2 Remember the people you bought  
long ago.  
You saved us.  
We belong to you.  
Remember Mount Zion,\*  
the place that you lived.  
3 God, come walk through these  
ancient ruins.  
Come back to the Holy Place  
that the enemy destroyed.  
4 The enemy shouted their war cries  
in the temple.  
They put their flags in the temple to show  
they won the war.  
5 The enemy soldiers were like people  
cutting weeds with a hoe.  
6 God, they used their axes and hatchets,  
and cut the carved, wooden panels  
in your temple.  
7 Those soldiers burned your Holy Place.  
That temple was built to honor your name.  
But they pulled it down to the ground.

**mind** Literally, “heart.”

**Rock** A name for God to show he is a strong place of safety.

**maskil** The exact meaning of “maskil” is not known. It might mean “a poem of meditation,” “a poem of instruction,” or “a skillfully-written poem.”

**Zion** The southeast part of the mountain Jerusalem is built on. Sometimes it means the people of God living in Jerusalem.

8 The enemy decided to crush us  
completely.  
They burned every holy place\*  
in the country.  
9 We could not see any of our own signs.\*  
There are no more prophets.  
No person knows what to do.  
10 God, how much longer will the enemy  
make fun of us?  
Will you let them insult your  
name forever?  
11 God, why did you punish us so hard?  
You used your great power  
and destroyed us completely!  
12 God, you have been our King  
for a long time.  
You helped us win many battles  
in this country.  
13 God, you used your great power,  
to split open the Red Sea.  
You defeated the great sea monsters!  
14 You smashed the heads of Leviathan,\*  
and left his body for the animals to eat.  
15 You make the springs and rivers flow.  
And you make the rivers become dry.  
16 God, you control the day,  
and you control the night.  
You made the moon and the sun.  
17 You set the limits for everything on earth.  
And you created summer and winter.  
18 God, remember these things.  
Remember, the enemy insulted you!  
Those foolish people hate your name!  
19 Don’t let those wild animals take  
your dove!  
Don’t forget your poor people forever.

**holy place** Or, “El meeting place.” This means every place where people went to meet with God.

**signs** These were probably signal fires that people burned as a way of passing messages from one town to the next. In war, this was a way people showed other towns that the enemy had not yet destroyed their own town.

**great sea monsters ... Leviathan** These were creatures from ancient stories. People believed that these creatures kept the world from being a safe, orderly place. When it says that God destroyed these creatures, it means God showed he really controlled every part of the world, even the animals in the deepest ocean.

- 20 Remember our Agreement!\*
- There is violence in every dark place  
in this land.
- 21 God, your people were treated badly.  
Don't let them be hurt anymore.  
Your poor, helpless people praise you.
- 22 God, get up and fight!  
Remember, those fools challenged you!
- 23 Don't forget the shouts of your enemies.  
They insulted you again and again.

**Psalm 75**

*To the director.\* To the tune "Don't Destroy." One of Asaph's songs of praise.*

- 1 We praise you, God!  
We praise you.  
You\* are near and people tell about  
the amazing things you do.
- 2 God says,  
"I choose the time for judgment.  
I will judge fairly.
- 3 The earth and everything on it  
may be shaking and ready to fall,  
but I make it steady."
- SELAH\*
- 4-5 "Some people are very proud.  
They think they are powerful  
and important.  
But I tell those people,  
'Don't brag!  
'Don't be so proud!'"
- 6 There is no power on earth  
that can make a person important.\*
- 7 God is the judge.  
And God decides who will be important.  
God lifts up one person  
and makes him important,  
God brings down another person  
and makes him not important.

**Agreement** Literally, "Proof." The flat stones with the Ten Commandments written on them were proof of the Agreement between God and Israel.

**director** Or, "performer."

**You** Literally, "Your name."

**SELAH** This word is for the musicians. It probably means the singers should pause here or the music should be louder here.

**There ... important** Literally, "Not from the east or the west and not from the desert mountains."

- 8 God is ready to punish evil people.  
The Lord has a cup in his hand.  
That cup is filled with poisoned wine.  
He will pour this wine (*punishment*),  
and wicked people will drink it  
to the last drop.
- 9 I will always tell people about these things.  
I will sing praise to the God of Israel.
- 10 I will take power away from wicked people,  
and I will give power to good people.

**Psalm 76**

*To the director.\* With instruments.  
One of Asaph's songs of praise.*

- 1 People in Judah know God.  
People in Israel respect God's name.
- 2 God's temple is in Salem.\*  
God's house is on Mount Zion.
- 3 In that place, God shattered the bows  
and arrows, shields, swords, and  
other weapons of war.
- SELAH\*
- 4 God, you are glorious coming back  
from the hills where you defeated  
your enemies.
- 5 Those soldiers thought they were strong.  
But now they lie dead in the fields.  
Their bodies are stripped of all they owned.  
None of those strong soldiers could defend  
themselves.
- 6 The God of Jacob yelled at those soldiers,  
and that army with chariots and  
horses fell dead.
- 7 God, you are awesome!  
No person can stand against you  
when you are angry.
- 8-9 The Lord stood as judge  
and announced his decision.  
God saved the humble people of the land.  
From heaven he gave the decision.  
The whole earth was silent and afraid.
- 10 God, people respect you  
when you punish evil people.  
You show your anger,  
and the survivors\* become stronger.

**Salem** Another name for Jerusalem. This name means, "Peace."

**survivors** People who escaped some disaster. Here this means the Jewish people who survived the destruction of Judah and Israel by its enemy armies.

- 11 People, you made promises  
to the Lord your God.  
Now, give him what you promised.  
People in every place  
fear and respect God.  
And they will bring gifts to him.
- 12 God defeats great leaders.  
All the kings on earth fear him.

**Psalm 77**

*To the director.\* To Jeduthun.  
One of Asaph's songs.*

- 1 I lift my voice to God and cry [for help].  
I lift my voice to you God, listen to me!
- 2 My Master, I come to you  
when I have trouble.  
I reached out for you all night long.  
My soul refused to be comforted.
- 3 I think about God,  
and I try to tell him how I feel.  
But I can't.
- 4 You would not let me sleep.  
I tried to say something,  
but I was too upset.
- 5 I kept thinking about the past.  
I kept thinking about things  
that happened long ago.
- 6 At night, I try to think about my songs.  
I talk with myself and try to understand.
- 7 I wonder,  
“Has our Master left us forever?  
Will he ever want us again?”
- 8 Is God's love gone forever?  
Will he ever speak to us again?
- 9 Has God forgotten what mercy is?  
Has his compassion changed to anger?”  
SELAH\*
- 10 Then I thought,  
“The thing that really bothers me is this:  
‘Has God Most-High lost his power?’”
- 11 I remember what the Lord did.  
God, I remember the amazing things  
that you did long ago.
- 12 I thought about what you have done.  
I thought about those things.

**director** Or, “performer.”

**SELAH** This word is for the musicians. It probably means the singers should pause here or the music should be louder here.

- 13 God, your ways are holy.  
God, no one is great like you are.
- 14 You are the God that did amazing things.  
You showed people your great power.
- 15 With your power you saved your people.  
You saved the descendants\* of Jacob  
and Joseph.

SELAH\*

- 16 God, the water saw you,  
and became afraid.  
The deep water shook with fear.
- 17 The thick clouds dropped their water.  
People heard loud thunder  
in the high clouds.  
Then your arrows of lightning  
flashed through the clouds.
- 18 There were loud claps of thunder.  
Lightning lit up the world.  
The earth shook and trembled.
- 19 God, you walked through the deep water,  
you crossed the deep sea,  
but you left no footprints.
- 20 You used Moses and Aaron  
to lead your people like sheep.

**Psalm 78**

*One of Asaph's maskils.\**

- 1 My people, listen to my teachings.  
Listen to the things I say.
- 2 I will tell you this story.  
I will tell you this old story.
- 3 We heard the story, and we know it well.  
Our fathers told this story.
- 4 And we will not forget the story.  
Our people will be telling the story to  
the last generation.  
We will all praise the Lord,  
and tell about the amazing things he did.
- 5 The Lord made an Agreement with Jacob.\*  
God gave the Law to Israel.  
God gave the commands to our  
ancestors.\*

**descendants** A person's children and their future families.

**maskils** The exact meaning of “maskil” is not clear. It might mean “a poem of meditation,” “a poem of instruction,” or “a skillfully-written poem.”

**Jacob** Another name for Israel. See Gen. 32:22–28.

**ancestors** Literally, “fathers,” meaning a person's parents, grandparents, and all the people they are descended from.

- He told our ancestors\* to teach the Law  
to their descendants.\*
- 6 New children will be born.  
They will grow to become adults.  
And they will tell the stories  
to their children.  
Then people will know the Law,  
even to the last generation.
- 7 So all those people will trust God.  
They will not forget what God did.  
They will carefully obey his commands.
- 8 If the people teach their God’s commands  
to their children,  
then the children will not be like  
their ancestors.\*  
Their ancestors turned against God.  
They refused to obey him.  
Those people were stubborn.  
They were not loyal to God’s Spirit.
- 9 The men from Ephraim had their weapons,  
but they ran away from the battle.
- 10 They didn’t keep their Agreement with God.  
They refused to obey his teachings.
- 11 Those men from Ephraim  
forgot the great things God did.  
They forgot the amazing things  
he showed them.
- 12 God showed their fathers  
his great power at Zoan in Egypt.
- 13 God split the Red Sea  
and led the people across.  
The water stood like a solid wall  
on both sides of them.
- 14 Each day God led them with the tall cloud.  
And each night God led them with  
the light from the column of fire.
- 15 God split the rock in the desert.  
He gave those people water from  
deep in the ground.
- 16 God brought the water streaming  
from the rock like a river!
- 17 But the people continued to sin against God.  
They turned against God Most-High  
even in the desert.
- 18 Then those people decided to test God.  
They asked God for food, just to satisfy  
their appetites.
- 19 They complained about God and said,  
“Can God give us food in the desert?”
- 20 He hit the rock  
and a flood of water came out.  
Surely he can give us some bread  
and meat!”
- 21 The Lord heard what those people said.  
God was very angry at Jacob.\*  
God was very angry at Israel.
- 22 Why? Because the people did not  
trust him.  
They did not believe God could  
save them.
- 23–24 But then God opened the clouds above,  
and manna\* rained down on them  
for food.  
It was like doors in the sky opened,  
and grain poured down from  
a storehouse in the sky.
- 25 People ate the food of angels.  
God sent plenty of food to satisfy them.
- 26–27 God sent a strong wind from the east,  
and quail\* fell on them like rain.  
God made the wind blow from Teman,  
and the blue sky became dark  
because there were so many birds.
- 28 The birds fell right in the middle of camp,  
all around those people’s tents.
- 29 They had plenty to eat,  
but they let their appetites  
make them sin.
- 30 But they were not satisfied.  
The meat was still in their mouth  
when God became very angry  
at those people,  
and he killed many of them.  
God caused many healthy young people  
to die.
- 32 But the people still sinned again!  
They didn’t depend on the amazing things  
that God could do.

**ancestors** Literally, “fathers,” meaning a person’s parents,  
grandparents, and all the people they are descended from.

**descendants** A person’s children and their future families.

**Jacob** Another name for Israel. See Gen. 32:22–28.

**manna** The special food God sent to the people of Israel while  
they wandered through the desert for 40 years.

**quail** A kind of bird.

- 33 So God ended their worthless lives  
with some disaster.
- 34 Whenever God killed some of them,  
the others would turn back to him.  
They would come running back to God.
- 35 Those people would remember  
that God was their Rock,\*  
They would remember  
that God Most-High saved them.
- 36 They said they loved him, but they lied.  
Those people were not serious.
- 37 Their hearts were not really with God.  
They were not faithful to the Agreement.\*
- 38 But God was merciful.  
He forgave them for their sins.  
And he did not destroy them.  
Many times God controlled his anger.  
He didn't let himself become too angry.
- 39 God remembered they were only people.  
People are like a wind that blows,  
and then it is gone.
- 40 Oh, those people caused God  
so many troubles in the desert!  
They made him so sad!
- 41 Again and again those people  
tested God's patience.  
They really hurt the Holy One of Israel.
- 42 Those people forgot about God's power.  
They forgot the many times that God  
saved them from the enemy.
- 43 They forgot the miracles in Egypt,  
the miracles in the fields of Zoan.
- 44 God turned the rivers to blood!  
The Egyptians could not drink the water.
- 45 God sent swarms of flies  
that bit the people of Egypt.  
God sent the frogs  
that ruined the Egyptians' lives.
- 46 God gave their crops to the grasshoppers,  
and their other plants to the locusts.
- 47 God used hail to destroy their vines.  
And he used sleet to destroy their trees.
- 48 God killed their animals with hail,  
and their cattle with lightning.
- 49 God showed the Egyptian people his anger.  
He sent his destroying angels against them.
- 50 God found a way to show his anger.  
He did not let any of those people live.  
He let them die with a deadly disease.
- 51 God killed all the firstborn\* sons in Egypt.  
He killed every firstborn in Ham's\* family.
- 52 Then God led Israel like a shepherd.  
He led his people like sheep into  
the desert.
- 53 He guided his people safely.  
His people had nothing to be afraid of.  
He drowned their enemies  
in the Red Sea.
- 54 God led his people to his holy land,  
to the mountain he took with his power.
- 55 God forced the other nations  
to leave that land.  
God gave each family its share of the land.  
God gave each family group of Israel  
its home to live in.
- 56 But they tested God Most-High  
and made him very sad.  
Those people didn't obey God's commands.
- 57 The people of Israel turned away from God.  
They turned against him  
just like their fathers did.  
They changed directions like  
a boomerang.\*
- 58 The people of Israel built high places\*  
and made God angry.  
They built statues of false gods  
and made God very jealous.
- 59 God heard this and became very angry.  
And He rejected Israel completely!
- 60 God abandoned the Holy Tent at Shiloh.\*  
God lived in that tent among the people.
- 61 God let other nations capture his people.  
Enemies took God's "beautiful jewel."

**Rock** A name for God to show he is a strong place of safety.

**Agreement** Literally, "Proof." The flat stones with the Ten Commandments written on them were proof of the Agreement between God and Israel.

**firstborn** The first child born into a family. The firstborn son was very important in ancient times.

**Ham** The Egyptians were Ham's descendants. See Gen. 10:6–10.

**boomerang** A curved stick used in hunting birds. When thrown properly, it will fly straight and low to the ground and then suddenly curve up into the air, sometimes even coming back to the thrower. Literally, "a throwing bow" or "deceptive bow."

**high places** Places for worshiping God or false gods. These places were often on the hills and mountains.

**Holy Tent at Shiloh** See 1 Sam. 4:10–11; Jer. 7:17.

62 God showed his anger against his people.  
He let them be killed in war.

63 The young men were burned to death,  
and the girls they were to marry  
sang no wedding songs.

64 The priests were killed,  
but the widows did not cry for them.

65 Finally, our Master got up  
like a man waking from his sleep,  
like a soldier after drinking  
too much wine.

66 God forced his enemy back  
and defeated them.  
God defeated his enemies  
and disgraced them forever.

67 But God rejected Joseph's family.  
God did not accept Ephraim's family.

68 No, God chose Judah's family group.  
God chose Zion, the mountain  
he loves.

69 God built his holy temple  
high on that mountain.  
God built his holy temple to last forever,  
just like the earth.

70 God chose David to be his special servant.  
David was guarding the sheep pens,  
but God took him away from that job.

71 David was caring for sheep,  
but God took him away from that job.  
God gave David the job of caring for  
his people,  
the people of Jacob,  
the people of Israel,  
God's property.

72 And David led them with a pure heart.  
He led them very wisely.

### Psalm 79

*One of Asaph's songs of praise.*

1 God, some people from other nations  
came to fight your people.  
Those people ruined your holy temple.  
They left Jerusalem in ruins.

2 The enemy left the bodies of your servants  
for the wild birds to eat.  
They left the bodies of your followers  
for wild animals to eat.

3 God, the enemy killed your people  
until the blood flowed like water.  
No person is left to bury the dead bodies.

4 The countries around us insulted us.  
The people around us laughed at us  
and made fun of us.

5 God, will you be angry at us forever?  
Will your strong feelings\*  
continue to burn like a fire?

6 God, turn your anger against the nations  
that don't know you.  
Turn your anger against nations  
that don't worship your name.

7 Those nations destroyed Jacob.\*  
They destroyed Jacob's country.

8 God, please don't punish us for the sins of  
our ancestors.\*  
Hurry, show us your mercy!  
We need you so much!

9 Our God and Savior, help us!  
Help us! Save us!  
That will bring glory to your name.  
Erase our sins for the good  
of your name.

10 Don't let other nations say to us,  
"Where is your God?  
Can't he help you?"  
God, punish those people so we can see it.  
Punish them for killing your servants.

11 Please listen to the prisoners' groan!  
God, use your great power and save  
the people who were chosen to die.

12 God, punish the people around us  
seven times for what they did to us.  
Punish those people for insulting you.

13 We are your people.  
We are the sheep in your flock.  
We will praise you forever.  
God, we will praise you  
forever and ever.

**strong feelings** The Hebrew word can mean any strong feeling such as zeal, jealousy, or love.

**Jacob** Another name for Israel. See Gen. 32:22–28.

**ancestors** Literally, "fathers," meaning a person's parents, grandparents, and all the people they are descended from.

**Psalm 80**

*To the director.\* To the tune "Lilies of the Agreement." One of Asaph's songs of praise.*

- 1 Shepherd of Israel, please listen to me.  
You lead Joseph's sheep (*people*).  
You sit as king on the Cherub angels.\*  
Let us see you.
- 2 Shepherd of Israel, show your greatness  
to Ephraim, Benjamin, and Manasseh.  
Come and save us.
- 3 God, accept us again.  
Accept us. Save us!
- 4 Lord God All-Powerful,  
when will you listen to our prayers?  
Will you be angry at us forever?
- 5 You have given tears as food  
to your people.  
You have given your people bowls  
filled with their tears.  
That was their water to drink.
- 6 You let us become something for our  
neighbors to fight about.  
Our enemies laugh at us.
- 7 God All-Powerful, accept us again.  
Accept us. Save us.
- 8 [In the past, you treated us like  
a very important plant.]  
You brought your "vine" out of Egypt.  
You forced other people to leave this land,  
and you planted your "vine" here.
- 9 You prepared the ground for the "vine."  
You helped its roots to grow strong.  
Soon the "vine" spread throughout  
the land.
- 10 It covered the mountains.  
Its leaves shaded even the giant  
cedar trees.
- 11 Its vines spread to the Mediterranean Sea.  
Its shoots spread to the Euphrates River.
- 12 God, why did you pull down the walls  
that protect your "vine"?  
Now every person who passes by  
picks its grapes.
- 13 Wild pigs come and walk on your "vine."  
Wild animals come and eat the leaves.

**director** Or, "performer."

**Cherub angels** Special angels from God. Statues of these angels were on top of the Box of the Agreement.

- 14 God All-Powerful, come back.  
Look down from heaven at your "vine"  
and protect it.
- 15 God, look at the "vine" you planted  
with your own hands.  
Look at the young plant\* you raised.
- 16 Your "vine" was burned in the fire  
like dry dung.  
You were angry at it and destroyed it.
- 17 God, reach out to the son  
who stood by your right side.  
Reach out to the son you raised.
- 18 He will not leave you again.  
Let him live,  
and he will worship your name.
- 19 Lord God All-Powerful, come back to us.  
Accept us. Save us.

**Psalm 81**

*To the director,\* [accompanied] by the Gittith.\* One of Asaph's songs.*

- 1 Be happy and sing to God our strength.  
Shout with joy to the God of Israel.
- 2 Begin the music.  
Play the tambourines.  
Play the pleasant harps and lyres.\*
- 3 Blow the ram's horn  
at the time of the new moon,\*  
Blow the ram's horn  
at the time of the full moon.\*  
when our holiday begins.
- 4 That is a law for the people of Israel.  
God gave that command to Jacob.\*
- 5 God made this Agreement with Joseph\*  
when God took him out of Egypt.  
In Egypt we heard that language  
we didn't understand.

**young plant** Literally, "son."

**by the Gittith** Or, "on the Gittith." This might be a type of instrument, or it might be a performer in the temple orchestra, possibly Obed Edom from Gath (*the Gittite*).

**lyres** An instrument with several strings, like a harp.

**new moon** The first day of the Hebrew month. There were special meetings on these days to worship God.

**full moon** The middle of the Hebrew month. Many of the special meetings and holidays started at the time of a full moon.

**Jacob** Another name for Israel. See Gen. 32:22–28.

**Joseph** Here this means Joseph's family, the people of Israel.



6 God says,  
 “I took the load from your shoulder.  
 I let you drop the worker’s basket.  
 7 You people were in trouble.  
 You called for help  
 and I set you free.  
 I was hidden in the storm clouds,  
 and I answered you.  
 I tested you by the water at Meribah.”\*  
 SELAH\*

8 “My people, listen to me,  
 and I will give you my Agreement\*  
 Israel, please listen to me!  
 9 Don’t worship any of the false gods  
 that the foreigners worship.  
 10 I, the Lord, am your God.  
 I brought you out of Egypt.  
 Israel, open your mouth,  
 and I will feed you.

11 “But my people did not listen to me.  
 Israel did not obey me.  
 12 So I let them do what they wanted to do.  
 Israel did anything they wanted to do.  
 13 If my people would listen to me  
 and live the way I want,  
 14 then I would defeat their enemies.  
 I would punish the people  
 who bring troubles to Israel.  
 15 The Lord’s enemies would shake with fear.  
 They would be punished forever.  
 16 God would give the best wheat to his people.  
 The Rock\* would give honey to his people  
 until they were satisfied.

**Psalm 82**

*One of Asaph’s songs of praise.*

1 God stands in the assembly of the gods.\*  
 He is the judge in that meeting of the gods.

**Meribah** See Ex. 17:1–7.

**SELAH** This word is for the musicians. It probably means the singers should pause here or the music should be louder here.

**Agreement** Literally, “Testimony, Proof.” The flat stones with the Ten Commandments written on them were proof of the Agreement between God and Israel.

**Rock** A name for God to show he is a strong place of safety.

**assembly of the gods** Other nations taught that El (God) and the other gods met together to decide what to do with the people on earth. But many times kings and leaders were also called “gods.” So this psalm may be God’s warning to the leaders of Israel.

2 God says,  
 “How long will you judge people unfairly?  
 How long will you let wicked people go  
 free without punishment?”  
 SELAH\*

3 “Defend the poor people and orphans.\*  
 Protect the rights of those poor people.  
 4 Help those poor, helpless people.  
 Save them from evil people.

5 “They\* don’t know what is happening.  
 They don’t understand!  
 They don’t know what they are doing,  
 Their world is falling down around them!”

6 I (God) say,  
 “You are gods.  
 You are sons of God Most-High.  
 7 But you will die  
 the same as all people must die.  
 You will die  
 the same as all the other leaders.”

8 Get up, God!  
 You be the judge!  
 God, you be the leader  
 over all the nations!

**Psalm 83**

*One of Asaph’s songs of praise.*

1 God, don’t keep quiet!  
 Don’t close your ears!  
 Please say something, God.  
 2 God, your enemies make plans against you,  
 and they will soon attack.  
 3 They make secret plans against  
 your people.  
 Your enemies are discussing plans  
 against the people you love.  
 4 The enemies are saying,  
 “Come, let us destroy them completely.  
 Then no person will ever again  
 remember the name ‘Israel.’”

**orphan(s)** Children whose parents are dead. Often these children have no one to care for them.

**They** This might mean the poor people don’t understand what is happening. Or it might mean that the “gods” don’t understand that they are ruining the world by not being fair and by not doing what is right.

- 5 God, all those people joined together  
to fight against you and the Agreement\*  
you made with us.
- 6-7 Those enemies joined together to fight us:  
Edom, the Ishmaelite people,  
Moab and Hagar's descendants,\*  
Byblos, Ammon, the Amalekite people,  
the Philistine people, and the people  
living in Tyre.  
All those people joined together to fight us.
- 8 Even the Assyrians joined those people.  
They made Lot's descendants\*  
very powerful.
- SELAH\*
- 9 God, defeat the enemy  
like you defeated Midian,  
like you defeated Sisera and Jabin  
near the Kishon River.
- 10 You defeated them at En-Dor.  
And their bodies rotted on the ground.
- 11 God, defeat the enemy's leaders.  
Do what you did to Oreb and Zeeb.  
Do what you did to Zebah and Zalmunna.
- 12 God, those people wanted to force us  
to leave your land!
- 13 Make those people like a tumbleweed\*  
blown by the wind.  
Scatter those people  
like the wind scatters straw.
- 14 Destroy the enemy  
like a fire destroys a forest,  
like a wild fire that burns the hills.
- 15 God, chase those people away  
like [dust blown] by a storm.  
Shake them [and blow them away]  
like a tornado.
- 16 God, teach those people  
so they may learn  
that they are really weak.  
Then they will want to worship  
your name!

**Agreement** Literally, "Proof." The flat stones with the Ten Commandments written on them were proof of the Agreement between God and Israel.

**descendants** A person's children and their future families.

**SELAH** This word is for the musicians. It probably means the singers should pause here or the music should be louder here.

**tumbleweed** A large weed with short roots. When a strong wind blows, the dry weed is pulled loose and blown away.

- 17 God, scare those people  
and make them ashamed forever.  
Disgrace them and destroy them.
- 18 Then they will know that you are God.  
They will know your name is YAHWEH.  
They will know that you, God Most-High,  
are the God of the whole world!

### Psalm 84

*To the director,\* [accompanied]  
by the Gittith.\* A song of praise  
from the Korah family.*

- 1 Lord All-Powerful, your temple\*  
is really lovely.
- 2 Lord, I can't wait to enter your temple.  
I'm so excited!  
Every part of me wants to be with  
the Living God.
- 3 Lord All-Powerful, my King, my God,  
even the birds have found a home  
in your temple.  
They make their nests near your altar.  
And there they have their babies.
- 4 People living at your temple  
are very fortunate.  
They are still praising you.
- SELAH\*
- 5 People coming to the temple  
with songs in their heart  
are very happy!
- 6 They travel through Baca Valley which  
God has made like a spring.  
Autumn rains form pools of water.\*
- 7 The people travel from town to town,\*  
on their way to Zion,  
where they will meet with God.
- 8 Lord God All-Powerful,  
listen to my prayer.  
God of Jacob,\* listen to me.

SELAH\*

**director** Or, "performer."

**by the Gittith** Or, "on the Gittith." This might be a type of instrument, or it might be a performer in the temple orchestra, possibly Obed Edom from Gath (*the Gittite*).

**temple** Or, "dwellings."

**Autumn rains forming pools of water** Or "The Teacher gives blessings." This might be a different way to say that God is our teacher and that he gives us many blessings.

**town to town** Or, "wall to wall."

**Jacob** Another name for Israel. See Gen. 32:22–28.

- 9 God, protect our protector.\*  
 Be kind to your chosen king.\*
- 10 One day in your temple is better  
 than a thousand days in any other place.  
 Standing at the gate of my God's house  
 is better than living in the house  
 of a wicked man.
- 11 The Lord is our protector and glorious king.\*  
 God blesses us with kindness and glory.  
 The Lord gives every good thing  
 to people who follow and obey him.
- 12 Lord All-Powerful,  
 people who trust you are truly happy!

**Psalm 85**

*To the director.\* A song of praise  
 from the Korah family.*

- 1 Lord, be kind to your country.  
 Jacob's people are exiles\*  
 in a foreign country.  
 Bring the exiles back to their country.
- 2 Lord, forgive your people!  
 Erase their sins!
- SELAH\*
- 3 Lord, stop being angry.  
 Don't be mad.
- 4 Our God and Savior, stop being angry  
 at us,  
 and accept us again.
- 5 Will you be angry at us forever?
- 6 Please, make us live again!  
 Make your people happy.
- 7 Lord, save us  
 and show us that you love us.
- 8 I heard what the Lord God said.  
 He said there would be peace  
 for his people and loyal followers.  
 So they must not go back to their foolish  
 way of living.
- 9 God will soon save his followers.  
 We will soon live with honor on our land.

**protector** Literally, "shield." This probably means the king.

This might also be "God, our Shield, look!"

**chosen king** Literally, "anointed person."

**protector and glorious king** Literally, "sun and shield."

**director** Or, "performer."

**exiles** People who have been forced to leave their country and  
 live in some other country.

**SELAH** This word is for the musicians. It probably means the  
 singers should pause here or the music should be louder here.

- 10 God's true love will meet his followers.  
 Goodness and peace will greet them  
 with a kiss.
- 11 People on earth will be loyal to God,  
 And God in heaven will be good to them.\*
- 12 The Lord will give us many good things.  
 The ground will grow many good crops.
- 13 Goodness will go in front of God,  
 and prepare the way for him.

**Psalm 86**

*David's prayer.*

- 1 I am a poor, helpless man.  
 Lord, please listen to me  
 and answer my prayer.
- 2 Lord, I am your follower,  
 please protect me!  
 I am your servant.  
 You are my God.  
 I trust you.  
 So save me.
- 3 My Master, be kind to me.  
 I have been praying to you all day.
- 4 Master, I put my life in your hands.  
 Make me happy, I am your servant.
- 5 Master, you are good and merciful.  
 Your people call to you for help.  
 You really love those people.
- 6 Lord, hear my prayer.  
 Listen to my prayer for mercy.
- 7 Lord, I am praying to you  
 in my time of trouble.  
 I know you will answer me!
- 8 There is none like you, God.  
 No person can do what you have done.
- 9 Master, you made every person.  
 May they all come worship you.  
 May they all honor your name.
- 10 God, you are great!  
 You do amazing things!  
 You, and you only, are God!
- 11 Lord, teach me your ways,  
 and I will live and obey your truths.  
 Help me make worshiping your name  
 the most important thing in my life.

**People ... to them** Literally, "Loyalty will sprout from the  
 ground. And goodness will look down from the sky."

12 God my Master, I praise you  
with all my whole heart.  
I will honor your name forever!

13 God, you have such great love for me.  
You save me from the place of death.

14 Proud men are attacking me, God.  
A gang of cruel men  
are trying to kill me.  
And those men don't respect you.

15 Master, you are a kind and merciful God.  
You are patient, loyal, and full of love.

16 God, show that you hear me  
and be kind to me.  
I am your servant.  
Give me strength.  
I am your servant.  
Save me!

17 God, give me a sign to show  
that you will help me.  
My enemies will see that sign,  
and they will be disappointed.  
That will show that you heard my prayer  
and that you will help me.

**Psalm 87**

*A song of praise from the Korah family.*

1 God built his temple  
on the holy hills [of Jerusalem].

2 The Lord loves Zion's gates  
more than any other place in Israel.

3 City of God, people say wonderful things  
about you.

SELAH\*

4 [God keeps a list of all of his people.]  
Some of them live in Egypt\* and Babylon.  
Some of them were born in Philistia, Tyre,  
and even Ethiopia.

5 God knows every person born on Zion.  
God Most-High built that city.

6 God keeps a list about all his people.  
God knows where each person was born.

SELAH\*

7 [God's people go to Jerusalem  
to celebrate the special holidays.]

They are very happy.  
They are singing and dancing.  
They say,  
“All good things come from Jerusalem.”

**Psalm 88**

*A song of praise from the Korah family.  
To the director.\* About a painful sickness.  
A maskil\* from Heman the Ezrahite.*

1 Lord God, you are my Savior.  
I have been praying to you  
day and night.

2 Please pay attention to my prayers.  
Listen to my prayers for mercy.

3 My soul has had enough of this pain!  
I will soon die.

4 People already treat me like a dead man,  
like a man too weak to live.

5 Look for me among the dead people.  
I am like a dead body lying in the grave,  
one of the dead people you forgot,  
cut off from you and your care.

6 You put me in that hole in the ground.  
Yes, you put me in that dark place.

7 God, you were angry at me,  
and you punished me.

SELAH\*

8 My friends have left me.  
They all avoid me like a person  
no one wants to touch.  
I am locked in the house  
and I can't go out.

9 My eyes hurt from [crying about]  
all my suffering.  
Lord, I pray to you constantly!  
I lift my arms in prayer to you.

10 Lord, do you do miracles for dead people?  
Do ghosts rise up and praise you?  
No!

SELAH\*

11 Dead people in their graves  
can't talk about your love.  
Dead people in the world of the dead  
can't talk about your loyalty.

**SELAH** This word is for the musicians. It probably means the singers should pause here or the music should be louder here.

**Egypt** Literally, “Rahab.” This name means the “Dragon.” It became a popular name for Egypt.

**director** Or, “performer.”

**maskil** The exact meaning of “maskil” is not known. It might mean “a poem of meditation,” “a poem of instruction,” or “a skillfully-written poem.”

12 Dead people lying in darkness  
 can't see the amazing things you do.  
 Dead people in the World of the Forgotten  
 can't talk about your goodness.

13 Lord, I am asking you to help me!  
 Early each morning I pray to you.

14 Lord, why have you abandoned me?  
 Why do you refuse to listen to me?

15 Since I was young, I was weak and sick.  
 I have suffered your anger,  
 I am helpless.

16 Lord, you were angry at me,  
 and the punishment is killing me.

17 The aches and pains are always with me.  
 I feel like I am drowning  
 in my aches and pains.

18 And Lord, you forced all my friends  
 and loved ones to leave me.  
 Only darkness stayed to be with me.

**Psalm 89**

*A maskil\* from Ethan the Ezrahite.*

1 I will sing forever about the Lord's love.  
 I will sing about his loyalty  
 forever and ever!

2 Lord, I truly believe your love is forever.  
 Your loyalty continues like the skies!

3 God said,  
 "I made an agreement with my chosen king.  
 I made a promise to my servant, David:

4 David, I will make your family  
 continue forever.  
 I will make your kingdom continue  
 forever and ever."

SELAH\*

5 Lord, you do amazing things.  
 The heavens praise you for this.  
 People can depend on you.  
 The assembly of holy ones  
 sing about this.

6 No one in heaven is equal to the Lord.  
 None of the "gods" can compare  
 to the Lord.

7 God meets together with the holy ones.  
 Those angels are all around him.  
 They fear and respect God.  
 They stand in awe of him.

8 Lord God All-Powerful,  
 there is no one like you.  
 We can trust you completely.

9 You proudly rule the sea.  
 You can calm its angry waves.

10 God, you defeated Rahab.\*  
 You scattered your enemies  
 with your own powerful arm.

11 Everything in heaven and earth  
 belong to you, God.  
 You made the world and everything in it.

12 You created everything north and south.  
 Mount Tabor and Mount Hermon  
 sing praises to your name.

13 God, you have the power!  
 Your power is great!  
 The victory is yours!

14 Your kingdom is built on truth and justice.  
 Love and faithfulness are servants  
 before your throne.

15 God, your loyal followers are truly happy.  
 They live in the light of your kindness.

16 Your name always makes them happy.  
 They praise your goodness.

17 You are their amazing strength.  
 Their power comes from you.

18 Lord, you are our Protector.  
 The Holy One of Israel is our King.

19 You spoke to your followers in a vision  
 and said,  
 "I chose a young man from the crowd.  
 And I made that young man important.  
 I made that young soldier strong.

20 I found my servant David.  
 And I anointed\* him with my special oil.

21 I supported David with my right arm.  
 And with my power, I made him strong.

22 The enemy could not defeat the  
 chosen king.  
 Wicked people could not defeat him.

**maskil** The exact meaning of "maskil" is not known. It might mean "a poem of meditation," "a poem of instruction," or "a skillfully-written poem."

**SELAH** This word is for the musicians. It probably means the singers should pause here or the music should be louder here.

**Rahab** A sea monster. Some ancient stories say the sea monster was an enemy of God.

**anoint(ed)** To pour olive oil on things or people to show that they were chosen by God for a special work or purpose.

23 I finished his enemies.  
I defeated the people who hated  
my chosen king.

24 I will always love and support  
my chosen king.  
I will always make him strong.

25 I put my chosen king in charge of the sea.  
He will control the rivers.

26 He will say to me,  
'You are my father.  
You are my God, my Rock,\* my Savior.'

27 And I will make him my firstborn\* son.  
He will be the great king on earth.

28 My love will protect the chosen king  
forever.  
My agreement with him will never end.

29 His family will continue forever,  
his kingdom as long as the heavens.

30 If his descendants\* quit following my law,  
and if they quit obeying my commands,  
then I will punish them.

31 If the chosen king's descendants\* break  
my laws and ignore my commands,  
32 then I will punish them very hard.

33 But I will never take my love away  
from those people.  
I will always be loyal to them.

34 I will not break my agreement with David.  
I will not change our agreement.

35 By my holiness, I made a promise to him.  
And I would not lie to David!

36 David's family will continue forever.  
His kingdom will last as long  
as the sun.

37 It will continue forever, like the moon.  
The skies are the proof of the agreement.  
That agreement can be trusted."

SELAH\*

38 But God, you became angry  
at your chosen king,\*  
and you left him all alone.

39 You rejected your agreement.  
You threw the king's crown into the dirt.

**Rock** A name for God to show he is a strong place of safety.  
**firstborn** The first child born into a family. The firstborn son was very important in ancient times.  
**descendants** A person's children and their future families.  
**SELAH** This word is for the musicians. It probably means the singers should pause here or the music should be louder here.  
**chosen king** Literally, "anointed person."

40 You pulled down the walls of the king's city.  
You destroyed all his fortresses.

41 People passing by steal things from him.  
His neighbors laugh at him.

42 You made all the king's enemies happy.  
You let his enemies win the war.

43 God, you helped them defend themselves.  
You did not help your king win  
the battle.

44 You didn't let him win.  
You threw his throne to the ground.

45 You cut his life short.  
You shamed him.

SELAH\*

46 Lord, how long will this continue?  
Will you ignore us forever?  
Will your anger burn like a fire forever?

47 Remember how short my life is:  
You created us to live a short life,  
and then die.

48 No person will live and never die.  
No person will escape the grave.

SELAH\*

49 God, where is the love you showed  
in the past?  
You promised David that you would be  
loyal to his family.

50–51 Master, please remember how people  
insulted your servant.  
Lord, I had to listen to all those insults  
from your enemies.  
Those people insulted your chosen king!

52 Bless the Lord forever!

Amen and Amen!\*

## BOOK 4

### Psalm 90

*The prayer of Moses, the man of God.\**

1 Master, you have been our home  
forever and ever.

2 God, you were God  
before the mountains were born  
and the earth and the world were made.

**Amen** A Hebrew word meaning "truly," "indeed." It shows that a person agrees with what has been said.  
**man of God** Another name for a prophet.

God, you have always been,  
 and you will always be, God!  
 3 You bring people into this world.  
 And you change them into dust again.  
 4 To you, a thousand years is like yesterday,  
 like last night.  
 5 You sweep us away.  
 Our life is like a dream,  
 and in the morning,  
 we are gone.  
 We are like grass.  
 6 In the morning the grass grows,  
 and in the evening it is dry and dying.  
 7 [God,] your anger could destroys us.  
 Your anger scares us!  
 8 You know about all our sins.  
 You see every one of our secret sins.  
 9 Your anger can end our life.  
 Our lives fade away like a whisper.  
 10 We live maybe 70 years.  
 And if we are strong, maybe 80 years.  
 Our lives are filled with hard work and pain.  
 Then suddenly, our lives are finished!  
 And we fly away.  
 11 No person really knows the full power  
 of your anger, God.  
 But God, our fear and respect for you  
 is as great as your anger.  
 12 Teach us how short our lives really are,  
 so we can become really wise.  
 13 Lord, always come back to us.  
 Be kind to your servants.  
 14 Fill us with your love every morning.  
 Let us be happy and enjoy our lives.  
 15 You gave us much sadness and troubles  
 in our lives.  
 Now make us happy.  
 16 Let your servants see the wonderful things  
 you can do for them.  
 And let their children see your glory.  
 17 May our God and Master be kind to us.  
 May everything we do provide for us,  
 and may God provide everything we do.\*

**May our God ... do** Or, "May the things we make with our hands establish us, and may He establish the things we make with our hands."

## Psalm 91

1 You can go to God Most-High to hide.  
 You can go to the God All-Powerful  
 for protection.  
 2 I say to the Lord,  
 "You are my place of safety, my fortress.  
 My God, I trust you."  
 3 God will save you from hidden dangers  
 and dangerous diseases.  
 4 You can go to God for protection.  
 He will protect you  
 like a bird spreading its wings  
 over its babies.  
 God will be like a shield and a wall  
 protecting you.  
 5 You will have nothing to fear at night.  
 And you won't be afraid  
 of enemy arrows during the day.  
 6 You will not be afraid of diseases  
 that come in the dark,  
 or terrible sicknesses that come at noon.  
 7 You will defeat 1,000 enemies.  
 Your own right hand will defeat  
 10,000 enemy soldiers.  
 Your enemies will not even touch you!  
 8 Just look, and you will see that those  
 wicked people are punished!  
 9 Why? Because you trust the Lord.  
 You made God Most-High your  
 place of safety.  
 10 Nothing bad will happen to you.  
 There will be no diseases in your home.  
 11 God will command his angels for you,  
 and they will protect you  
 wherever you go.  
 12 Their hands will catch you,  
 so that you will not hit your foot  
 on a rock.  
 13 You will have power to walk on lions  
 and poisonous snakes.  
 14 The Lord says,  
 "If a person trusts me, I will save him.  
 I will protect my followers  
 who worship my name."  
 15 My followers will call to me for help,  
 and I will answer them.  
 I will be with them when they have trouble.  
 I will rescue them and honor them.  
 16 I will give my followers a long life.  
 And I will save them.

**Psalm 92***A song of praise for the Sabbath.\**

- 1 It is good to praise the Lord.  
God Most-High, it is good to praise  
your name.
- 2 It is good to sing  
about your love in the morning,  
and about your faithfulness at night.
- 3 God, it is good to play music for you  
on ten-stringed instruments,  
harps, and lyres.\*
- 4 Lord, you make us truly happy  
with the things you did.  
We gladly sing about those things.
- 5 Lord, you did such great things.  
Your thoughts are too hard for us  
to understand.
- 6 Compared to you,  
people are like stupid animals.  
We are like fools  
who can't understand anything.
- 7 Wicked people live and die like weeds.  
And the worthless things they do  
will be destroyed forever.
- 8 But Lord, you will be honored forever.
- 9 Lord, all your enemies will be destroyed.  
All those people who do bad things  
will be destroyed.
- 10 But you will make me strong.  
I will be like a ram with strong horns.  
[You chose me for my special work;]  
you poured your refreshing oil over me.
- 11 I see my enemies around me.  
They are like huge bulls  
ready to attack me.  
I hear what they are saying about me.
- 12–13 Good people are like cedar trees  
of Lebanon  
planted in the Lord's temple.  
Good people are like budding palm trees  
blossoming in the courtyard  
of the temple of our God.
- 14 Even when they are old,  
they will continue producing fruit  
like young, healthy trees.

**Sabbath** Saturday, a special day of rest and worship for Jews.  
**lyres** An instrument with several strings, like a harp.

- 15 They are there to show everyone  
that the Lord is good.\*  
He is my Rock,\*  
and he does nothing wrong.\*

**Psalm 93**

- 1 The Lord is King.  
He wears majesty and strength like clothes.  
He is ready,  
so the whole world is safe.  
It will not be shaken (*destroyed*).
- 2 God, your kingdom has continued forever.  
God, you have lived forever!
- 3 Lord, the sound of the rivers is very loud.  
The crashing waves are very loud.
- 4 The crashing waves of the sea  
are loud and powerful.  
But the Lord above is even more powerful.
- 5 Lord, your laws will continue forever.\*  
Your holy temple will stand for a long time.

**Psalm 94**

- 1 Lord, you are a God that punishes people.  
You are a God who comes  
and brings punishment to people.
- 2 You are the judge of the whole earth.  
Give proud people the punishment  
they deserve.
- 3 Lord, how long will wicked people  
have their fun?  
How much longer, Lord?
- 4 How much longer will those criminals  
brag about the bad things they did?
- 5 Lord, they hurt your people.  
They made your people suffer.
- 6 Those bad people kill widows  
and foreigners living in our country.  
They murder children that have no parents.
- 7 And they say the Lord does not see them  
doing those bad things!  
They say the God of Israel doesn't know  
what is happening.

**good** This is a word play. The Hebrew word means "straight" (like the trees) and "good, honest."

**Rock** A name for God to show he is a strong place of safety.

**he ... wrong** Or, "There is no crookedness in him."

**your laws will continue forever** Or, "your Agreement can really be trusted."



8 You bad people are foolish.  
 When will you learn your lesson?  
 You evil people are so stupid!  
 You must try to understand.

9 God made our ears,  
 so surely he [has ears too,  
 and] can hear what is happening!  
 God made our eyes,  
 so surely he [has eyes too,  
 and] can see what is happening!

10 God will discipline those people.  
 God will teach people what they should do.

11 God knows what people are thinking.  
 God knows people are like a puff of wind.

12 The man that the Lord disciplines  
 will be very happy.  
 God will teach that person  
 the right way of living.

13 God, you will help that person stay calm  
 when trouble comes.  
 You will help him stay calm  
 until the evil people are put in their grave.

14 The Lord will not leave his people.  
 He will not leave them without help.

15 Justice will return,  
 and it will bring fairness.  
 And then there will be good, honest people.

16 No person helped me fight  
 against the evil people.  
 No person stood with me to fight  
 against the people who do bad things.

17 And if the Lord had not helped me,  
 I would have been silenced by death.

18 I know I was ready to fall,  
 but the Lord supported his follower.

19 I was very worried and upset.  
 But Lord, you comforted me  
 and made me happy!

20 God, you don't help crooked judges.  
 Those bad judges use the law  
 to make life hard for the people.

21 Those judges attack good people.  
 They say that innocent people are guilty  
 and kill them.

22 But the Lord is my place of safety  
 high on the mountain.  
 God my Rock,\* is my safe place!

23 God will punish those evil judges  
 for the bad things they did.  
 God will destroy them  
 because they sinned.  
 The Lord our God will destroy  
 those evil judges.

**Psalm 95**

1 Come, let us praise the Lord!  
 Let's shout praises to the Rock,\*  
 who saves us.

2 Let's sing songs of thanks to the Lord.  
 Let's sing happy songs of praise to him.

3 Why? Because the Lord is a great God!  
 He is the Great King ruling over  
 all the other "gods."

4 The deepest caves and the highest mountains  
 belong to the Lord.

5 The ocean is his—he created it.  
 God made the dry land  
 with his own hands.

6 Come, let's bow down and worship him!  
 Let's praise the God who made us!

7 He is our God, and we are his people.  
 We are his sheep today—  
 if we listen to his voice.

8 God says,  
 "Don't be stubborn,  
 like you were at Meribah,\*  
 like you were at Massah\* in the desert.

9 Your ancestors\* tested me.  
 They tested me,  
 but then they saw what I could do!

10 I was patient with those people  
 for 40 years.  
 And I know that they are not faithful.  
 Those people refused to follow  
 my teachings.

11 So I was angry, and I swore (*promised*)  
 they would not enter my land of rest.

**Psalm 96**

1 Sing a new song about the new things  
 that the Lord has done!  
 Let the whole world sing to the Lord.

**Meribah, Massah** See Ex. 17:1–7.

**ancestors** Literally, "fathers," meaning a person's parents, grandparents, and all the people they are descended from.

**Rock** A name for God to show he is a strong place of safety.

2 Sing to the Lord!  
 Bless his name!  
 Tell the good news!  
 Tell about him saving us every day!

3 Tell people that God is truly wonderful.  
 Tell people everywhere about the  
 amazing things God does.

4 The Lord is great and worthy of praise.  
 He is more awesome than any  
 of the “gods.”

5 All of the “gods” in other nations  
 are only statues.  
 But the Lord made the heavens.

6 There is a beautiful glory  
 shining in front of him.  
 There is strength and beauty  
 in God’s holy temple.

7 Families and nations, sing songs of praise  
 and glory to the Lord.

8 Praise the Lord’s name.  
 Get your offerings,  
 and go to the temple.

9 Worship the Lord in his beautiful temple.  
 Worship the Lord, every person on earth.

10 Announce to the nations  
 that the Lord is King!  
 So the world will not be destroyed.  
 The Lord will rule the people fairly.

11 Be happy, heavens!  
 Rejoice, earth!  
 Sea and everything in it, shout with joy!

12 Fields and everything growing on them,  
 be happy!  
 Trees in the forest, sing and be happy!

13 Be happy because the Lord is coming.  
 The Lord is coming to rule\* the world.  
 He will rule the world with justice  
 and fairness.

### Psalm 97

1 The Lord rules, and the earth is happy.  
 All the faraway lands are happy.

2 Thick dark clouds surround the Lord.  
 Goodness and justice make his  
 kingdom strong.

3 A fire goes in front of the Lord  
 and destroys his enemies.

**rule** Or “judge.”

4 His lightning flashes in the sky.  
 The people see it and are afraid.

5 The mountains melt like wax  
 before the Lord, the Master of the earth.

6 Skies, tell about his goodness!  
 Let every person see God’s glory!

7 People worship their idols.  
 They brag about their “gods.”  
 But those people will be embarrassed.  
 Their “gods” will bow down  
 and worship the Lord.

8 Zion,\* listen and be happy!  
 Cities of Judah, be happy!  
 Why? Because the Lord makes wise  
 decisions.

9 Lord Most-High, you really are  
 the ruler of the earth.  
 You are much better than the “gods.”

10 People who love the Lord hate evil.  
 So God saves his followers.  
 God saves his followers from evil people.

11 Light and happiness shine on good people.

12 Good people, be happy in the Lord!  
 Honor his holy name!

### Psalm 98

*A song of praise.*

1 Sing a new song to the Lord  
 because he has done new  
 and amazing things!  
 His holy right arm  
 brought him victory again.

2 The Lord showed the nations  
 his power to save.  
 The Lord showed them his goodness.

3 His followers remembered God’s loyalty  
 to the people of Israel.  
 The people in faraway lands saw  
 our God’s power to save.

4 Every person on earth,  
 shout with joy to the Lord.  
 Quickly, start singing songs of praise!

5 Harps, praise the Lord.  
 Music from the harps, praise him.

6 Blow the pipes and horns,  
 and shout for joy to the Lord our King!

**Zion** The southeast part of the mountain Jerusalem is built on.  
 Sometimes it means the people of God living in Jerusalem.

- 7 Let the sea, and the earth,  
and everything in them sing loudly.  
8 Rivers, clap your hands!  
All together now, mountains sing out!  
9 Sing before the Lord  
because he is coming to rule\* the world.  
He will rule the world fairly.  
He will rule the people with goodness.

**Psalm 99**

- 1 The Lord is King.  
So let the nations shake with fear.  
God sits as King above the Cherub angels.\*  
So let the world shake with fear.  
2 The Lord in Zion\* is great!  
He is the great leader over all people.  
3 Let all the people praise your name.  
God's name is awesome.  
God is holy.  
4 The Powerful King loves justice.  
God, you made goodness.  
You brought goodness and fairness  
to Jacob (*Israel*).  
5 Praise the Lord our God,  
and worship his holy footstool.\*  
6 Moses and Aaron were some of his priests.  
And Samuel was one of the men  
who called on his name.  
They prayed to the Lord,  
and he answered them.  
7 God spoke from the tall cloud.  
They obeyed his commands.  
And God gave them the Law.  
8 Lord our God, you answered their prayers.  
You showed them  
that you are a forgiving God and  
that you punish people  
for the bad things they do.  
9 Praise the Lord our God.  
Bow down toward his holy mountain  
and worship him.  
The Lord our God is truly holy!

**rule** Or, "judge."

**Cherub angels** Special angels from God. Statues of these angels were on top of the Box of the Agreement.

**Zion** The southeast part of the mountain Jerusalem is built on. Sometimes it means the people of God living in Jerusalem.

**footstool** This probably means the temple.

**Psalm 100**

*A song of thanks.*

- 1 Earth, sing to the Lord!  
2 Be happy as you serve the Lord!  
Come before the Lord  
with happy songs!  
3 Know that the Lord is God.  
He made us.  
We are his people,  
We are his sheep.  
4 Come into his city with songs of thanks.  
Come into his temple with songs of praise.  
Honor him and bless his name.  
5 The Lord is good!  
His love is forever.  
We can trust him forever and ever!

**Psalm 101**

*A song of David.\**

- 1 I will sing about love and fairness.  
Lord, I will sing to you.  
2 I will carefully live a pure life.  
I will live a pure life in my house.  
Lord, when will you come to me?  
3 I will not have any idols\* in front of me.  
I hate people turning against you like that.  
I will not do that!  
4 I will be honest.  
I will not do evil things.  
5 If any person secretly says bad things  
about his neighbor,  
I will stop that person.  
I will not allow people to be proud  
and think they are better than  
other people.  
6 I will look throughout the country  
for people who can be trusted.  
And I will let only those people serve me.  
Only people who live pure lives  
can be my servants.  
7 I will not let liars live in my house.  
I will not let liars stay near me.  
8 I will always destroy bad people  
living in this country.  
I will force the evil people  
to leave the Lord's city.

**A song of David** Or, "A song dedicated to David."

**idols** Or "terrible things."

**Psalm 102**

*A prayer of a person who is suffering.  
This is for when he feels weak and wants  
to tell his complaints to the Lord.*

- 1 Lord, hear my prayer.  
Listen to my cry for help.
- 2 Lord, don't turn away from me  
when I have troubles.  
Listen to me.  
When I cry for help,  
quickly answer me.
- 3 My life is passing away like smoke.  
My life is like a fire slowly burning out.
- 4 My strength is gone—  
I am like dry, dying grass.  
I even forget to eat my food.
- 5 Because of my sadness, I am losing weight.\*
- 6 I am lonely  
like an owl living in the desert.  
I am alone like an owl  
living in old ruined buildings.
- 7 I can't sleep.  
I am like a lonely bird on a roof.
- 8 My enemies always insult me.  
They make fun of me and curse me.
- 9 My great sadness is my only food.  
My tears fall into my drinks.
- 10 Why? Because you are angry at me, Lord.  
You lifted me up  
and then you threw me away.
- 11 My life is almost finished,  
like the long shadows  
at the end of the day.  
I am like dry and dying grass.
- 12 But Lord, you will live forever!  
Your name will continue  
forever and ever!
- 13 You will rise and comfort Zion.\*  
The time is coming  
when you will be kind to Zion.
- 14 Your servants love her (*Zion's*) stones.  
They love even the dust of that city!
- 15 People will worship the Lord's name.  
God, all the kings on earth  
will honor you.

- 16 The Lord will build Zion again.  
People will again see her glory.
- 17 God will answer the prayers  
of the people he left alive.  
God will listen to their prayers.
- 18 Write these things for the future  
generation.  
And in the future, those people  
will praise the Lord.
- 19 The Lord will look down  
from his Holy Place above.  
The Lord will look down at the earth  
from heaven.
- 20 And he will hear the prisoner's prayers.  
He will free the people  
who were condemned to die.
- 21 Then people in Zion will tell  
about the Lord.  
They will praise his name in Jerusalem.
- 22 Nations will be gathered together.  
Kingdoms will come to serve the Lord.
- 23 My strength failed me.  
My life is cut short.
- 24 So I said,  
"Don't let me die while I am still young.  
God, you will live forever and ever!"
- 25 Long ago, you made the world.  
You made the sky with your own hands!
- 26 The world and sky will end,  
but you will live forever!  
They will wear out like clothes.  
And, like clothes, you will change them.  
They will all be changed.
- 27 But you, God, never change.  
You will live forever!
- 28 We are your servants [today].  
Our children will live here.  
And even their descendants will be here  
to worship you.

**Psalm 103**

*A song of David.\**

- 1 My soul, praise the Lord!  
Every part of me, praise his holy name!
- 2 My soul, praise the Lord!  
And don't forget that he is truly kind.

**I am losing weight** Literally, "my bones stick to my skin."

**Zion** The southeast part of the mountain Jerusalem is built on.  
Sometimes it means the people of God living in Jerusalem.

**A song of David** Or, "A song dedicated to David."

3 God forgives us for all the sins we do.  
He heals all our sicknesses.

4 God saves our life from the grave.  
And he gives us love and compassion.

5 God gives us plenty of good things.  
He makes us young again,  
like an eagle.

6 The Lord is fair.  
God brings justice to people  
that have been hurt by other people.

7 God taught his laws to Moses.  
God let Israel see the powerful things  
he can do!

8 The Lord is compassionate and merciful.  
God is patient and full of love.

9 The Lord does not always criticize.  
The Lord does not stay angry at us forever.

10 We sinned against God  
but he didn't give us  
the punishment we deserved.

11 God's love for his followers  
is as high above us  
as heaven is above the earth.

12 And God has taken our sins  
as far away from us  
as the east is from the west.

13 The Lord is as kind to his followers  
as a father is to his children.

14 God knows all about us.  
God knows we are made from dust.

15 God knows our lives are short.  
He knows our lives are like grass.  
God knows we are like a little wildflower.  
That flower grows quickly.

16 Then the hot wind blows  
and the flower dies.  
Soon, you can't even tell  
where the flower was growing.

17 But the Lord has always loved his followers.  
And he will continue to love his followers  
forever and ever!  
God will be good to their children  
and to their children's children.

18 God is good to people  
who obey his Agreement.  
God is good to people  
who obey his commands.

19 God's throne is in heaven.  
And he rules over everything.

20 Angels, praise the Lord!  
You angels are the powerful soldiers  
who obey God's commands.  
You listen to God and obey his  
commands.

21 Praise the Lord, all his armies.\*  
You are his servants.  
You do the things that God wants.

22 The Lord made everything in every place.  
God rules everything in every place.  
And all those things should praise  
the Lord!  
My soul, praise the Lord!

**Psalm 104**

1 My soul, praise the Lord!  
Lord my God, you are very great!  
You are clothed with glory and honor.

2 You wear light like a person wears a robe.  
You spread the skies like a curtain.

3 God, you built your home above them.\*  
You use the thick clouds like a chariot,  
and ride across the sky  
on the wings of the wind.

4 God, you made your angels like the wind,\*  
and your servants\* like fire.

5 God, you built the earth on its foundations,  
so it will never be destroyed.

6 You covered it with water like a blanket.  
The water covered the mountains.

7 But you gave the command,  
and the water rushed away.  
God, you shouted at the water,  
and the water rushed away.

8 The water flowed down from the mountains,  
into the valleys, and then to the places  
you made for it.

**armies** This word can mean, "armies," "angels," or the "stars and planets." This word is part of the name translated, "Lord All-Powerful." It shows God is in control of all the powers in the universe.

**above them** Literally, "on the water above." This is like the picture of the world in Genesis 1. There, the sky was like a bowl turned upside down on the earth. There was water below the bowl and water above it.

**God, you made your angels like the wind** Or "You made your messengers spirits."

**angels ... servants** This probably is talking about the two kinds of angels, the Cherub angels and the Seraph angels. The name Seraph is like a Hebrew word meaning, "fire."

- 9 You set the limits for the seas.  
And the water will never again  
rise to cover the earth.
- 10 God, you cause water to flow  
from the springs into the streams.  
It flows down through the mountain  
streams.
- 11 The streams water all the wild animals.  
Even the wild donkeys come there  
to drink.
- 12 Wild birds come to live by the pools,  
They sing in the branches  
of nearby trees.
- 13 God sends rain down onto the mountains.  
The things God made give the earth  
everything it needs.
- 14 God makes the grass grow to feed  
the animals.  
He gives us the plants  
that we work to grow.  
Those plants give us food from the earth.
- 15 God gives us  
the wine that makes us happy,  
the oil that makes our skin soft,\*  
and the food that makes us strong.
- 16 The great cedar trees of Lebanon  
belong to the Lord.  
The Lord planted those trees,  
and he gives them the water they need.
- 17 Birds make their nests in those trees.  
Large storks live in the fir trees.
- 18 The high mountains are a home  
for wild goats.  
The large rocks are hiding places  
for rock-badgers.
- 19 God, you gave us the moon  
to show us when the holidays begin.  
And the sun always knows when to set.
- 20 You made darkness to be the night—  
the time when wild animals come out  
and roam around.
- 21 Lions roar as they attack,  
as if they are asking God  
for the food he gives them.
- 22 Then the sun rises, and the animals  
go back to their homes and rest.
- 23 Then people go out to do their work.  
And they work until evening.
- 24 Lord, you have done many wonderful  
things.  
The earth is full of the things you made.  
[We see] your wisdom in everything  
you do.
- 25 Look at the ocean. It is so big!  
And so many things live there!  
There are creatures large and small—  
too many to count!
- 26 Ships travel over the ocean while  
Leviathan,\* the sea creature you made,  
plays there in the sea.
- 27 God, all of these things depend on you.  
You give them food at the right time.
- 28 God, you give all the living things  
the food they eat.  
You open your hands, filled with good food,  
and they eat until they are full.
- 29 And when you turn away from them,  
they become frightened.  
Their spirits leave them;  
they grow weak and die;  
and their bodies become dust again.
- 30 But when you send out your Spirit, Lord,  
they become healthy!  
And you make the land like new again!
- 31 May the Lord's glory continue forever!  
May the Lord enjoy the things he made.
- 32 The Lord can just look at the earth,  
and it will shake.  
He can touch the mountains  
and smoke will begin to rise from them.
- 33 All my life I will sing to the Lord.  
I will sing praises to the Lord  
as long as I live.
- 34 I hope these words I said  
will make him happy.  
I am happy with the Lord.

**makes our skin soft** Literally, “makes our face shine.” This can also mean, “make us happy.”

**Leviathan** This might mean any large sea animal, like a whale. But it probably means “the sea monster,” the “dragon,” “Rahab.” This creature represents the great power of the ocean, the power that God controls.

35 May sin disappear from the earth.  
 May wicked people be gone forever.  
 My soul, praise the Lord!  
 Praise the Lord!

**Psalm 105**

1 Thank the Lord.  
 Worship his name.  
 Tell the nations about the wonderful  
 things he does.  
 2 Sing to the Lord.  
 Sing praises to him.  
 Tell about all the amazing things he does.  
 3 Be proud of the Lord’s holy name.  
 You people came looking for the Lord.  
 Be happy!  
 4 Go to the Lord for strength.  
 Always go to him for help.  
 5 Remember the amazing things he does.  
 Remember his miracles and  
 wise decisions.  
 6 You are descendants\* of his servant  
 Abraham.  
 You are descendants of Jacob,  
 the man God chose.  
 7 The Lord is our God.  
 The Lord rules the whole world.\*  
 8 Remember God’s Agreement\* forever.  
 Remember his commands for 1,000  
 generations!  
 9 God made an Agreement with Abraham.  
 God made a promise to Isaac.  
 10 Then he made it a law for Jacob.  
 God made his Agreement with Israel.  
 It will continue forever!  
 11 God said,  
 “I will give you the land of Canaan.  
 That land will belong to you.”  
 12 God made that promise  
 when Abraham’s family was small.  
 They were only strangers spending  
 time there.

13 They traveled from nation to nation,  
 from one kingdom to another.  
 14 But God did not let people mistreat them.  
 God warned kings not to hurt them.  
 15 God said,  
 “Don’t hurt my chosen people.  
 Don’t do anything bad to my prophets.\*”  
 16 God caused a famine\* in that country.  
 People did not have enough food to eat.  
 17 But God sent a man named Joseph  
 to go ahead of them.  
 Joseph was sold like a slave.  
 18 They tied a rope around Joseph’s feet.  
 They put an iron ring around his neck.  
 19 Joseph was a slave until the things he said  
 really happened.  
 The Lord’s message proved  
 that Joseph was right.  
 20 So the king of Egypt set him free.  
 That nation’s leader let him out of jail.  
 21 He put Joseph in charge of his house.  
 Joseph took care of everything  
 he owned.  
 22 Joseph gave instructions to the other leaders.  
 Joseph taught the older men.  
 23 Then Israel came to Egypt.  
 Jacob lived in Ham’s country.\*  
 24 Jacob’s family became very large.  
 They became more powerful  
 than their enemies.  
 25 So the Egyptians began to hate  
 Jacob’s family.  
 They made plans against their slaves.  
 26 So God sent his servant, Moses,  
 and Aaron, God’s chosen priest.  
 27 God used Moses and Aaron  
 to do many miracles in Ham’s country.  
 28 God sent the very dark darkness,  
 but the Egyptians did not listen to him.  
 29 So God changed the water into blood,  
 and all their fish died.

**descendants** A person’s children and their future families.  
**The Lord rules the whole world** Literally, “His commands are in the whole earth.”  
**Agreement** Literally, “Proof.” The flat stones with the Ten Commandments written on them were proof of the Agreement between God and Israel.

**prophets** A person called by God to be a special servant. God used dreams and visions to show them things to teach the people.  
**famine** A time when there is not enough rain for crops to grow. People and animals die without enough food or water.  
**Ham’s country** Or, “Egypt.” The Bible teaches that the Egyptians were descendants of Ham. See Gen. 10:6–20.

30 Their country was filled with frogs.  
Frogs were even in the king's bedroom.

31 God gave the command,  
and the flies and gnats came.  
They were everywhere!

32 God made the rain become hail.  
Lightning struck throughout  
their country.

33 God destroyed their vines and fig trees.  
God destroyed every tree  
in their country.

34 God gave the command,  
and the locusts and grasshoppers came.  
There were too many to count!

35 The locusts and grasshoppers  
ate all the plants in the country.  
They ate all the crops in the fields.

36 And then God killed every firstborn\*  
in their country.  
God killed their oldest sons.

37 Then God took his people out of Egypt.  
They brought gold and silver with them.  
None of God's people stumbled and fell.

38 Egypt was happy to see God's people go,  
because they were afraid of God's people.

39 God spread out his cloud like a blanket.  
God used his column of fire  
to give his people light at night.

40 The people asked for food,  
and God brought them quail.  
God gave them plenty of bread  
from heaven.

41 God split the rock,  
and water came bubbling out.  
A river began flowing in the desert!

42 God remembered his holy promise.  
God remembered the promise  
he had made to his servant Abraham.

43 God brought his people out from Egypt.  
The people came out rejoicing  
and singing their happy songs!

44 Then God gave his people the country  
where other people were living.  
God's people got the things  
other people had worked for.

45 Why did God do this?  
So his people could obey his laws.  
So they could carefully obey  
his teachings.  
Praise the Lord!

### Psalm 106

1 Praise the Lord!  
Thank the Lord because he is good!  
God's love is forever!

2 No person can describe  
how great the Lord really is.  
No person can praise God enough.

3 People who obey God's commands  
are happy.  
Those people do good things all the time.

4 Lord, remember me when you are kind  
to your people.  
Remember to save me, too!

5 Lord, let me share in the good things  
you do for your chosen people.  
Let me rejoice with your nation.  
Let me join with your people in praise.

6 We sinned just like our ancestors\* sinned.  
We were wrong, we did bad things!

7 Lord, our ancestors learned nothing  
from the miracles you did in Egypt.  
Our ancestors forgot your kindness  
at the Red Sea,  
and they turned against you.

8 But God saved our ancestors\*  
for his own name's sake.  
God saved them to show his great power.

9 God gave the command,  
and the Red Sea became dry.  
God led our ancestors through the deep sea,  
on land as dry as the desert.

10 God saved our ancestors from their enemies!  
God rescued them from their enemies.

11 God covered their enemies with the sea.  
Not one of their enemies escaped!

12 Then our ancestors\* believed God.  
They sang praises to him.

**firstborn** The first child born into a family. The firstborn son was very important in ancient times.

**ancestors** Literally, "fathers," meaning a person's parents, grandparents, and all the people they are descended from.



- 13 But our ancestors quickly forgot about the things God did.  
They did not listen to God's advice.
- 14 Our ancestors became hungry in the desert.  
And they tested God in the wilderness.
- 15 But God gave our ancestors the things they asked for.  
But God also gave them a terrible disease.
- 16 The people became jealous of Moses.  
They became jealous of Aaron,  
the Lord's holy priest.
- 17 So God punished those jealous people.  
The ground opened up  
and swallowed Dathan.  
Then the ground closed up  
and covered Abiram's group.
- 18 Then a fire burned that mob of people.  
That fire burned those wicked people.
- 19 Those people made a golden calf  
at Mount Horeb.  
They worshiped a statue!
- 20 Those people traded their glorious God,  
for a statue of a grass-eating bull!
- 21 God saved our ancestors.\*  
But they forgot all about him.  
They forgot about the God who did  
the miracles in Egypt.
- 22 God did amazing things in Ham's country.\*  
God did awesome things near the Red Sea!
- 23 God wanted to destroy those people.  
But Moses, the man he chose,  
stopped him.  
God was very angry,  
but Moses blocked the way,  
so God did not destroy the people.\*
- 24 But then those people refused to go  
into the wonderful land of Canaan.  
They did not believe God would help them  
defeat the people living in that land.
- 25 Our ancestors\* complained in their tents  
and refused to obey God!
- 26 So God swore that they would die  
in the desert.
- 27 God promised that he would let  
other people defeat their descendants.\*  
God promised he would scatter our  
ancestors among the nations.
- 28 Then at Baal Peor,  
God's people joined in worshiping Baal.  
God's people joined in the wild parties  
and ate sacrifices to honor  
dead people.\*
- 29 God became very angry at his people,  
and God made them become very sick.
- 30 But Phinehas prayed\* to God,  
and God stopped the sickness.
- 31 God knew Phinehas did a very good thing.  
God will remember this forever and ever.
- 32 At Meribah, the people became angry.  
And they made Moses do something bad.
- 33 Those people made Moses very upset,  
so Moses spoke without stopping to think.
- 34 The Lord told the people to destroy  
the other nations living in Canaan.  
But the people of Israel did not obey God.
- 35 They mixed with the other people,  
and did what those people were doing.
- 36 Those people became a trap to God's people.  
God's people began worshiping the gods  
those other people worshiped.
- 37 God's people even killed their own children  
and offered the children to those devils.
- 38 God's people killed their own children  
and offered them to those false gods.  
So the land was polluted  
with the sin of murder.
- 39 So God's people became dirty with the sins  
of those other people.  
God's people were unfaithful to their God  
and did the things those other people did.

**ancestors** Literally, "fathers," meaning a person's parents, grandparents, and all the people they are descended from.

**Ham's country** Or "Egypt." The Bible teaches that the Egyptians were descendants of Ham. See Gen. 10:6–20.

**Verse 23** Or, "God said he would destroy them. But Moses, his chosen one, stood in the breach and repelled his anger from destroying." This shows Moses was like a soldier who stood at a hole in a city wall defending the city (*Israel*) against enemy soldiers (*God's anger*).

**descendants** A person's children and their future families.

**dead people** Or, "dead statues" or "lifeless gods." People often met together to eat meals at graves as a way to honor false gods and dead people.

**prayed** Or, "intervened, judged." Phinehas not only prayed to God, but he also did something to stop the people from doing these sins. See Num. 25:1–16.

40 God became angry at his people.  
 God was fed up with them!  
 41 God gave his people to other nations.  
 God let their enemies rule over them.  
 42 The enemies of God's people controlled  
 them and made life hard for them.  
 43 God saved his people many times.  
 But they turned against God  
 and did what they wanted to do.  
 God's people did many, many bad things.  
 44 But whenever God's people were  
 in trouble,  
 they always called to God for help.  
 And God listened to their prayers  
 every time.  
 45 God always remembered his Agreement\*  
 and comforted them with his great love.  
 46 Other nations took them as prisoners.  
 But God made them be kind  
 to his people.  
 47 The Lord our God saved us!  
 God brought us back from those nations  
 so we could praise his holy name,  
 so we could sing praises to him.  
 48 Bless the Lord God of Israel.  
 God has always lived,  
 and he will live forever.  
 And all the people said,  
 "Amen!"  
 Praise the Lord!"

### BOOK 5

#### Psalm 107

1 Praise the Lord for he is good!  
 His love is forever!  
 2 That is what every person that the Lord  
 has saved should say.  
 The Lord saved them from their enemy.  
 3 The Lord gathered his people together  
 from many different countries.  
 He brought them from east and west,  
 north and south.\*

**Agreement** Literally, "Proof." The flat stones with the Ten Commandments written on them were proof of the Agreement between God and Israel.

**Amen** A Hebrew word meaning "truly," "indeed." It shows that a person agrees with what has been said.

**south** Or, "the Sea." This is west of Israel and would refer to all the coastal areas around the Mediterranean Sea.

4 Some of them wandered in the dry desert.  
 They were looking for a place to live,  
 but they could not find a city.  
 5 They were hungry and thirsty  
 and growing weak.  
 6 Then they called to the Lord for help.  
 And he saved them from their troubles.  
 7 God led those people straight to the city  
 where they would live.  
 8 Thank the Lord for his love,  
 and for the amazing things  
 he does for people.  
 9 God satisfies the thirsty soul.  
 God fills the hungry soul  
 with good things.  
 10 Some of God's people were prisoners,  
 locked behind bars in dark,  
 dark prisons.  
 11 Why? Because those people fought against  
 the things God said.  
 They refused to listen to the advice  
 from God Most-High.  
 12 God made life hard for those people  
 because of the things they did.  
 They stumbled and fell,  
 and there was no person to help them.  
 13 Those people were in trouble,  
 so they called to the Lord for help.  
 And he saved them from their troubles.  
 14 God took them out of their dark prisons.  
 God broke the ropes they were tied with.  
 15 Thank the Lord for his love.  
 and for the amazing things  
 he does for people.  
 16 God helps us defeat our enemies.  
 God can break down their bronze gates.  
 God can shatter the iron bars  
 on their gates.  
 17 Some people let their sins and guilt  
 change them into foolish people.  
 18 Those people refused to eat,  
 and they almost died.  
 19 They were in trouble,  
 so they called to the Lord for help.  
 And he saved them from their troubles.  
 20 God gave the command and healed them.  
 So those people were saved  
 from the grave.

21 Thank the Lord for his love  
and for the amazing things  
he does for people.

22 Offer sacrifices\* to the Lord  
to thank him for all he did.  
Gladly tell what the Lord has done.

23 Some people sailed in boats across the sea.  
Their job carried them across  
the great sea.

24 Those people saw what the Lord can do.  
They saw the amazing things he did  
at sea.

25 God gave the command,  
and a strong wind began to blow.  
The waves became higher and higher.

26 The waves lifted them high in the sky  
and dropped them into the deep sea.  
The storm was so dangerous  
the men lost their courage.

27 They were stumbling  
and falling like drunk men.  
Their skill as sailors was useless.

28 They were in trouble,  
so they called to the Lord for help.  
And he saved them from their troubles.

29 God stopped the storm.  
He calmed the waves.

30 The sailors were happy  
that the sea was calm.  
And God led them safely  
to the place they wanted to go.

31 Thank the Lord for his love,  
and for the amazing things  
he does for people.

32 Praise God in the great assembly.  
Praise him when the older leaders  
meet together.

33 God changed rivers into a desert.  
God stopped springs from flowing.

34 God changed the fertile land  
and it became worthless salty land.  
Why? Because of the bad people  
who were living in that place.

35 God changed the desert  
and it became a land with pools of water.

God caused springs of water to flow  
from dry ground.

36 God led hungry people to that good land.  
And they built a city to live in.

37 Those people planted seeds in their fields.  
They planted grapes in the field.  
And they had a good harvest.

38 God blessed those people.  
Their families grew.  
They had many, many animals.

39 Because of disaster and troubles,  
their families were small and weak.

40 God shamed and embarrassed their leaders.  
God let them wander through the desert  
where there are no roads.

41 But then God rescued those poor people  
from their misery.  
And now their families are large,  
like flocks of sheep.

42 Good people see this,  
and they are happy.  
But wicked people see this,  
and they don't know what to say.

43 If a person is wise,  
he will remember these things.  
Then he will begin to understand  
what God's love really is.

**Psalm 108***One of David's songs of praise.*

1 God, I am ready, heart and soul,  
to sing and play songs of praise.

2 Harps and lyres,\* let's wake up the sun!\*

3 Lord, we will praise you among  
the nations.  
We will praise you among other people.

4 Lord, your love is higher  
than the skies.  
Your faithfulness is higher  
than the highest clouds.

5 God, rise above the heavens!  
Let all the world see your glory.

6 God, do this to save your friends.  
Answer my prayer  
and use your great power to save.

**sacrifice(s)** A sacrifice was a gift to God. Usually, it was a special animal that was killed and burned on an altar.

**lyres** An instrument with several strings, like a harp.  
**let's wake up the sun** This song was probably written to be sung at the temple when they offered the morning sacrifices.

- 7 God spoke in his temple:\*  
 “I will win the war  
 and be happy about the victory!  
 I will divide this land among  
 my people,  
 I will give them Shechem.  
 I will give them Succoth Valley.  
 8 Gilead and Manasseh will be mine.  
 Ephraim will be my helmet.  
 Judah will be my scepter.\*  
 9 Moab will be a bowl for washing  
 my feet.  
 Edom will be a slave to carry  
 my sandals.  
 I will defeat the Philistines  
 and shout about the victory.”
- 10 Who will lead me into the enemy fortress?  
 Who will lead me to fight against  
 Edom?
- 11 God, only you can help me do  
 these things,  
 But you left us!  
 You did not go with our army!
- 12 God, please help us defeat our enemy!  
 People can't help us!
- 13 Only God can make us strong.  
 God can defeat our enemies!

### Psalm 109

*To the director.\* One of David's  
 songs of praise.*

- 1 God, don't close your ears to my prayer!  
 2 Wicked people are telling lies about me.  
 They are saying things that are not true.  
 3 People are saying hateful things about me.  
 People are attacking me for no reason.  
 4 I loved them,  
 but they hate me.  
 So now, I am praying to you, God.  
 5 I did good things to those people.  
 but they are doing bad things to me.  
 I loved them,  
 but they hated me.

**in his temple** Or “in his holiness.”

**scepter** A special stick. Kings and leaders carried scepters to show they were rulers.

**director** Or, “performer.”

- 6 Punish my enemy for the bad things he did.  
 Find a person to prove he is wrong.  
 7 Let the judge decide my enemy did wrong  
 and that he is guilty.  
 Let everything my enemy says  
 only make things worse for him.  
 8 Let my enemy die soon.  
 Let another person have his job.  
 9 Make my enemy's children orphans  
 and his wife a widow.  
 10 Let them lose their home  
 and become beggars.  
 11 Let the people my enemy owes money to  
 take everything he owns.  
 Let strangers take everything he worked for.  
 12 I hope no person is kind  
 to my enemy.  
 I hope no person shows mercy  
 to his children.  
 13 Destroy my enemy completely.  
 Let the next generation remove his name  
 from everything.  
 14 I hope the Lord is reminded of the sins  
 of my enemy's father.  
 And I hope his mother's sins  
 are never erased.  
 15 I hope the Lord remembers  
 those sins forever.  
 And I hope he forces people to forget  
 my enemy completely.  
 16 Why? Because that evil man  
 never did anything good.  
 He never loved anyone  
 He made life hard for poor,  
 helpless people.  
 17 That evil man loved to ask for bad things  
 to happen to other people.  
 So let those bad things happen to him.  
 That evil man never asked for good things  
 to happen to people.  
 So don't let good things happen to him.  
 18 Let curses be his clothes.  
 Let curses be the water he drinks.  
 Let curses be the oil on his body.  
 19 Let curses be the clothes they wrap around  
 that evil man.  
 And let curses be the belt around his waist.

20 I hope the Lord does all those things  
to my enemy.  
I hope the Lord does those things  
to the people who are trying to kill me.

21 Lord, you are my Master.  
So treat me in a way that brings honor  
to your name.  
You have such great love,  
so save me.

22 I am only a poor, helpless man.  
I am truly sad, my heart is broken.

23 I feel like my life is over,  
like long shadows at the end of a day.  
I feel like a bug someone brushed away.

24 My knees are weak because I am hungry.  
I am losing weight and becoming thin.

25 Bad people insult me.  
They look at me and shake their heads.

26 Lord my God, help me!  
Show your true love and save me!

27 Then those people will know  
that you helped me.  
Then they will know  
that it was your power that  
helped me.

28 Those bad people curse me,  
but you can bless me, Lord.  
They attacked me, so defeat them.  
Then I, your servant, will be happy.

29 Embarrass my enemies!  
Let them wear their shame like a coat.

30 I thank the Lord.  
I praise him in front of many people.

31 Why? Because the Lord stands by  
helpless people.  
God saves them from other people  
who try to condemn them to death.

**Psalm 110***One of David's songs of praise.*

1 The Lord said to my master,  
“Sit by me at my right side,  
while I put your enemies  
under your control.\*”

**while I ... control** Or, “until I make your enemies a footstool  
for your feet.”

2 The Lord will help your kingdom grow.  
Your kingdom will start at Zion,\*  
and [it will grow until] you rule  
your enemies in their own countries!

3 Your people will volunteer  
when you gather your army together.  
They will wear their special clothes  
and meet together early in the morning,  
Those young men will be  
[all around you] like dew on the ground.\*

4 The Lord made a promise,  
and he will not change his mind.  
“You are a priest forever—  
the kind of priest Melchizedek was.”

5 My Master is at your right side.  
He will defeat the other kings when he  
becomes angry.

6 God will judge the nations.  
The ground will be covered  
with dead bodies.  
And God will punish the leaders  
of powerful nations.

7 The king will drink from a stream  
on the way.  
Then he will lift his head  
and become strong!\*

**Psalm 111\***

1 Praise the Lord!  
I thank the Lord with all my heart  
in the assembly where good people  
meet together.

2 The Lord does wonderful things.  
People want those good things  
that come from God.

3 God does truly glorious  
and wonderful things.  
His goodness continues forever.

**Zion** The southeast part of the mountain Jerusalem is built on.  
Sometimes it means the people of God living in Jerusalem.

**Your people ... ground** Literally, “Your people will be freewill  
offerings on your day of power. In holy splendor from the  
womb of dawn your dew of youth will be yours.”

**lift his head and become strong** Literally, “lift his head.” Here  
the poet probably means two things: “He will raise his head  
after drinking the water” and “He will become strong or  
important.”

**Psalm 111** In Hebrew, each section of this psalm begins with  
the next letter in the alphabet.

4 God does amazing things  
so that we will remember  
that the Lord is kind and merciful.

5 God gives food to his followers.  
God remembers his Agreement\* forever.

6 The powerful things God did,  
showed his people that he was giving  
their land to them.

7 Everything God does is good and fair.  
All his commands can all be trusted.

8 God's commands will continue forever.  
God's reasons for giving those commands  
were honest and pure.

9 God sent [someone] to rescue his people.  
God made his Agreement [with them]  
that would continue forever.  
God's name is amazing and holy.

10 Wisdom begins with fear and respect  
for God.  
People who obey God are very wise.  
Praises will be sung to God forever.

### Psalm 112\*

1 Praise the Lord!  
A person who fears and respects the  
Lord will be very happy.  
That person loves God's commands.

2 His descendants\* will be great on earth.  
The descendants of good people  
will be truly blessed.

3 That person's family will be very rich.  
And his goodness will continue forever.

4 To good people, God is like a light  
shining in the dark.  
God is good and kind and merciful.

5 It is good for a person  
to be kind and generous.  
It is good for a person  
to be fair in his business.

6 That person will never fall.  
A good person will be remembered  
forever.

**Agreement** Literally, "Proof." The flat stones with the Ten Commandments written on them were proof of the Agreement between God and Israel.

**Psalm 112** In Hebrew, each section of this psalm begins with the next letter in the alphabet.

**descendants** A person's children and their future families.

7 He will not be afraid of bad news.  
That person is confident  
because he trusts the Lord.

8 That person is confident.  
He will not be afraid.  
He will defeat his enemies.

9 That person freely gives things  
to poor people,  
and his goodness will continue forever.  
He will be honored with victory.

10 Wicked people see this and become angry.  
They will grind their teeth in anger,  
but then they disappear.  
Wicked people will not get  
what they want most.

### Psalm 113

1 Praise the Lord!  
Servants of the Lord, praise him!  
Praise the Lord's name.

2 May the Lord's name be blessed,  
now and forever more.

3 May the Lord's name be praised  
from the rising sun in the east  
to the place where the sun goes down.

4 The Lord is higher than all nations.  
His glory rises to the skies.

5 No person is like the Lord our God.  
God sits high in heaven.

6 [God is so high above us]  
that he must look down  
to see the sky and the earth,

7 God lifts poor people out of the dirt.  
God takes beggars from the garbage dump.

8 And God makes those people important.  
God makes those people important leaders.

9 A woman might not have children.  
But God will give children to her  
and make her happy.  
Praise the Lord!

### Psalm 114

1 Israel left Egypt.  
Jacob (*Israel*) left that foreign country.

2 Judah became God's special people.  
Israel became his kingdom.

3 The Red Sea saw this and ran away.  
The Jordan River turned and ran.

4 The mountains danced like rams.  
The hills danced like lambs.

5 Red Sea, why did you run away?  
Jordan River, why did you turn  
and run away?  
6 Mountains, why did you dance like rams?  
And hills, why did you dance  
like lambs?  
7 The earth shook in front of the Master,  
the Lord God of Jacob.  
8 God is the One who caused water to flow  
from a rock.  
God made a spring of water flow  
from that hard rock.

**Psalm 115**

1 Lord, we should not receive any honor.  
The honor belongs to you.  
The honor is yours because of your love  
and because we can trust you.  
2 Why should the nations wonder  
where our God is?  
3 God is in heaven,  
and he does whatever he wants.  
4 The “gods” of those nations are only statues  
made from gold and silver.  
They are only statues  
that some person made.  
5 Those statues have mouths, but can’t talk.  
They have eyes, but can’t see.  
6 They have ears, but can’t hear.  
They have noses, but can’t smell.  
7 They have hands, but can’t feel.  
They have legs, but can’t walk.  
And no sounds come from their throats.  
8 The people who make and trust those statues  
will become just like them!  
9 People of Israel, trust the Lord!  
The Lord is their strength and shield.  
10 Aaron’s family, trust the Lord!  
The Lord is their strength and shield.  
11 Followers of the Lord, trust the Lord!  
The Lord is their strength and shield.  
12 The Lord remembers us.  
The Lord will bless us.  
The Lord will bless Israel.  
The Lord will bless Aaron’s family.  
13 The Lord will bless his followers,  
great and small.

14 I hope the Lord gives more and more  
to you and your children.  
15 The Lord made heaven and earth.  
And the Lord welcomes you!\*

16 Heaven belongs to the Lord.  
But he gave the earth to people.  
17 Dead people don’t praise the Lord.  
People down in the grave  
don’t praise the Lord.  
18 But we bless the Lord now,  
and we will bless him forever more!  
Praise the Lord!

**Psalm 116**

1 I love it when the Lord hears  
my prayers.  
2 I love it when he listens to me  
when I call for help.  
3 [I almost died!]  
Death’s ropes were wrapped around me.  
The grave was closing in around me.  
I was scared and worried.  
4 Then I called on the Lord’s name.  
I said:  
“Lord, save me!”  
5 The Lord is good and merciful.  
God is kind.  
6 The Lord takes care of helpless people.  
I was without help,  
and the Lord saved me.  
7 My soul, relax!  
The Lord is caring for you.  
8 God, you saved my soul from death.  
You stopped my tears.  
You kept me from falling.  
9 I will continue to serve the Lord  
in the land of the living.  
10 I continued believing even when I said,  
“I am ruined!”  
11 Yes, even when I was afraid and said,  
“All men are liars!”  
12 What can I give to the Lord?  
The Lord gave me everything I have!

**the Lord welcomes you** Literally, “you are blessed to the Lord.” This can mean that people ask God to do good things for these people or that God welcomes the people with a blessing.

13 He saved me,  
 so I will give him a drink offering.  
 And I will call on the Lord's name.  
 14 I will give the Lord the things I promised.  
 I will go in front of all his people now.  
 15 The death of one of the Lord's followers  
 is very important to the Lord.  
 16 Lord, I am one of your servants!  
 I am your servant,  
 a child of one of your servant women.  
 Lord, you were my first teacher!  
 17 I will give you a thank offering.  
 I will call on the Lord's name.  
 18 I will give the Lord the things I promised.  
 I will go in front of all his people now.  
 19 I will go to the temple in Jerusalem.  
 Praise the Lord!

### Psalm 117

1 Praise the Lord, all you nations.  
 Praise the Lord all you people.  
 2 God loves us very much!  
 And God will be true to us forever!  
 Praise the Lord!

### Psalm 118

1 Praise the Lord for he is good.  
 His true love continues forever!  
 2 Israel, say it.  
 "His true love continues forever!"  
 3 Priests, say it.  
 "His true love continues forever!"  
 4 You people worshiping the Lord, say it.  
 "His true love continues forever!"  
 5 I was in trouble  
 so I called to the Lord for help.  
 The Lord answered me  
 and made me free.  
 6 The Lord is with me,  
 so I will not be afraid.  
 People can't do anything to hurt me.  
 7 The Lord is my helper.  
 I will see my enemies defeated.  
 8 It is better to trust the Lord  
 than to trust people.  
 9 It is better to trust the Lord  
 than to trust your leaders.

10 Many enemies surrounded me.  
 But with the Lord's power  
 I defeated my enemies.  
 11 Enemies surrounded me again and again.  
 I defeated them with the Lord's power.  
 12 Enemies surrounded me  
 like a swarm of bees.  
 But, they were quickly finished  
 like a fast burning bush.  
 I defeated them with the Lord's power.  
 13 My enemy attacked me  
 and almost destroyed me.  
 But the Lord helped me.  
 14 The Lord is my strength and victory song!  
 The Lord saves me!  
 15 You can hear the victory celebration  
 in good people's houses.  
 The Lord showed his great power again.  
 16 The Lord's arms are raised in victory.  
 The Lord showed his great power again.  
 17 I will live and not die.  
 And I will tell what the Lord has done.  
 18 The Lord punished me,  
 but he did not let me die.  
 19 Good gates, open for me,  
 and I will come in  
 and worship the Lord.  
 20 Those are the Lord's gates.  
 Only good people can go through them.  
 21 Lord, I thank you for answering my prayer.  
 I thank you for saving me.  
 22 The stone that the builders did not want  
 became the cornerstone\*  
 23 The Lord made this happen.  
 and we think it is wonderful!  
 24 Today is the day the Lord has made.  
 Let's rejoice and be happy today!  
 25 The people said,  
 "Praise the Lord!  
 The Lord saved us!\*"

**cornerstone** First and most important rock of a building.

**Praise ... The Lord saved us** Literally, "Lord, please save us. Lord, please make us successful." This was a shout of victory to honor the king that was coming back from winning a war.



26 Welcome the man coming in the name  
of the Lord.”

[The priests answered,]  
“We welcome you to the Lord’s house!  
27 The Lord is God.  
And he accepts us.  
Tie up the lamb for the sacrifice\*  
[and carry it] to the horns  
of the altar.”\*

28 Lord, you are my God and I thank you.  
I praise you!  
29 Praise the Lord because he is good.  
His true love is forever.

### Psalm 119

#### Aleph\*

1 People living pure lives are happy.  
Those people follow the Lord’s  
teachings.  
2 People who obey the Lord’s Agreement\*  
are happy.  
They obey the Lord with all their heart.  
3 Those people don’t do bad things.  
They obey the Lord.  
4 Lord, you gave us your commands.  
And you told us to obey those  
commands completely.  
5 If I always obey your laws, Lord,  
6 then I will never be ashamed  
when I study your commands.  
7 Then I could truly honor you as I study  
your fairness and goodness.  
8 Lord, I will obey your commands.  
So please don’t leave me!

#### Beth

9 How can a young person live a pure life?  
By following your instructions.  
10 I try to serve God with all my heart.  
God, help me obey your commands.

**sacrifice(s)** A sacrifice was a gift to God. Usually, it was a special animal that was killed and burned on an altar.

**horns of the altar** The corners of the altar.

**Aleph** First letter of the Hebrew alphabet. In Hebrew, each section of this song begins with the next letter of the alphabet.

**Agreement** Literally, “Proof.” The flat stones with the Ten Commandments written on them were proof of the Agreement between God and Israel.

11 I study your teachings very carefully.  
Why? So I will not sin against you.  
12 Bless you Lord.  
Teach me your laws.  
13 I will talk about all your wise decisions.  
14 I enjoy studying your Agreement\*  
more than anything.  
15 I discuss your rules.  
I follow your way of living.  
16 I enjoy your laws.  
I will not forget your words.

#### Gimel

17 Be good to me, your servant, so I might be  
able to live and obey your commands.  
18 Lord, open my eyes.  
Let me look into your teachings  
and read about the wonderful things  
you did.  
19 I am a stranger in this land.  
Lord, don’t hide your teachings from  
me.  
20 I want to study your decisions all the time.  
21 Lord, you criticize proud people.  
Bad things will happen to them.  
They refuse to obey your commands.  
22 Don’t let me be ashamed and embarrassed.  
I have obeyed your Agreement.\*  
23 Even the leaders said bad things about me.  
But I am your servant, Lord,  
and I study your laws.  
24 Your Agreement is my best friend.  
It gives me good advice.

#### Daleth

25 I will soon die.  
Lord, give the command  
and let me live.  
26 I told you about my life.  
And you answered me.  
Now, teach me your laws.  
27 Lord, help me understand your laws.  
Let me study about the wonderful things  
you have done.  
28 I am sad and tired.  
Give the command  
and make me strong again.  
29 Lord, don’t let me live a lie.  
Guide me with your teachings.

30 Lord, I chose to be loyal to you.  
I carefully study your wise decisions.  
31 I stick with your Agreement\* Lord.  
Don't disappoint me.  
32 I will gladly obey your commands.  
Lord, your commands make me happy.

**He**

33 Lord, teach me your laws,  
and I will follow them.  
34 Help me understand,  
and I will obey your teachings.  
I will obey them completely.  
35 Lord, lead me along the path  
of your commands.  
I truly love that way of living.  
36 Help me think about your Agreement\*  
instead of how to get rich.  
37 Lord, don't let me look at worthless things.  
Help me live your way.  
38 Do what you promised for your servant,  
so that people will respect you.  
39 Lord, take away the shame I fear.  
Your wise decisions are good.  
40 Look, I love your commands.  
Be good to me and let me live.

**Waw**

41 Lord, show me your true love.  
Save me like you promised.  
42 Then I will have an answer  
for people who insult me.  
I really trust the things you say, Lord.  
43 Let me always speak your true teachings.  
Lord, I depend on your wise decisions.  
44 Lord, I will follow your teachings  
forever and ever.  
45 So I will be free. Why?  
Because I try hard to obey your laws.  
46 I will discuss your Agreement\*  
with kings,  
and they will not embarrass me.  
47 I enjoy studying your commands, Lord.  
I love those commands.

48 Lord, I praise your commands.  
I love them.  
And I will study them.

**Zain**

49 Lord, remember your promise to me.  
That promise gives me hope.  
50 I was suffering, and you comforted me.  
Your words let me live again.  
51 People who think they are better than me  
insulted me constantly.  
But I did not stop following your teachings.  
52 I always remember your wise decisions.  
Lord, your wise decisions comfort me.  
53 I become angry when I see  
the wicked people who quit following  
your teachings.  
54 Your laws are my songs at home.\*  
55 Lord, I remember your name at night.  
And I remember your teachings.  
56 This happens because I carefully obey  
your commands.

**Heth**

57 Lord, I decided my duty is to obey  
your commands.  
58 Lord, I depend on you completely.  
Be kind to me like you promised.  
59 I thought very carefully about my life.  
And I came back to your Agreement.\*  
60 I hurried back to obey your commands  
without delay.  
61 A group of bad people said bad things  
about me.  
But I did not forget your teachings, Lord.  
62 In the middle of the night,  
I get up to thank you for your  
good decisions.  
63 I am a friend to every person  
who worships you.  
I am a friend to every person  
who obeys your commands.  
64 Lord, your true love fills the earth.  
Teach me your laws.

**Agreement** Literally, "Proof." The flat stones with the Ten Commandments written on them were proof of the Agreement between God and Israel.

**at home** Or "at the temple, where I live."

**Teth**

- 65 Lord, you did good things for me,  
your servant.  
You did exactly what you promised to do.
- 66 Lord, give me the knowledge  
to make wise decisions.  
I trust your commands.
- 67 Before I suffered, I did many wrong  
things.  
But now, I carefully obey  
your commands.
- 68 God, you are good, and you do good  
things.  
Teach me your laws.
- 69 People who think they are better than me  
told bad lies about me.  
But I continued to obey your commands  
with all my heart, Lord.
- 70 Those people are very stupid.\*  
But I enjoy studying your teachings.
- 71 Suffering was good for me.  
I learned your laws.
- 72 Lord, your teachings are good for me.  
They are better than 1,000 pieces  
of silver and gold.

**Yod**

- 73 Lord, you made me  
and you support me with your hands.  
Help me learn and understand  
your commands.
- 74 Lord, your followers see me  
and respect me.  
They are happy because I trust  
what you say.
- 75 Lord, I know that your decisions are fair.  
And it was right for you to punish me.
- 76 Now, comfort me with your true love.  
Comfort me like you promised.
- 77 Lord, comfort me and let me live.  
I truly enjoy your teachings.
- 78 People who think they are better than me  
lied about me.  
I hope those people are ashamed.  
Lord, I study your laws.

- 79 I hope your followers come back to me  
so they can learn your Agreement.\*
- 80 Lord, let me obey your commands perfectly,  
so I will not be ashamed.

**Kaph**

- 81 I am about to die  
waiting for you to save me.  
But I trust the things you say, Lord.
- 82 I keep looking for the things you promised,  
but my eyes are getting tired.  
Lord, when will you comfort me?
- 83 Even when I am like a dried wineskin  
on the trash pile,  
I will not forget your laws.
- 84 How long will I live?  
Lord, when will you punish the people  
who persecute me?
- 85 Some proud people stabbed me  
with their lies.  
And that is against your teachings.
- 86 Lord, people can trust all of your commands.  
Those people are wrong to persecute me.  
Help me!
- 87 Those people almost destroyed me.  
But I did not stop obeying  
your commands.
- 88 Lord, show me your true love  
and let me live.  
I will do whatever you say.

**Lamedh**

- 89 Lord, your word continues forever.  
Your word continues forever in heaven.
- 90 You are loyal forever and ever.  
Lord, you made the earth,  
and it still stands.
- 91 It still continues today  
because of your laws,  
because it obeys them like a slave.
- 92 If your teachings were not like friends  
to me,  
then my suffering would have  
destroyed me.

**Those people are very stupid** Or, "It is as hard for their minds to understand things as it is to grab milk with your hand."

**Agreement** Literally, "Proof." The flat stones with the Ten Commandments written on them were proof of the Agreement between God and Israel.

93 Lord, I will never forget your commands,  
because they let me live.  
94 Lord, I am yours, so save me!  
Why? Because I try hard to obey  
your commands.  
95 Wicked people tried to destroy me.  
But your Agreement\* made me wise.  
96 Everything has its limits,  
except your law.

### Mem

97 Oh, I love your teachings, Lord.  
I talk about them all of the time.  
98 Lord, your commands make me wiser  
than my enemies.  
Your law is with me always.  
99 I am wiser than all my teachers  
because I study your Agreement.\*  
100 I understand more than the older leaders  
because I keep your commands.  
101 You keep me off of the wrong path  
every step of the way.  
So I can do what you tell me, Lord.  
102 Lord, you are my teacher  
so I will not stop obeying your laws.  
103 Your words are sweeter than honey  
in my mouth.  
104 Your teachings make me wise,  
so I hate false teachings.

### Nun

105 Lord, your words are like a lamp  
lighting my path.  
106 Your laws are good.  
I promise to obey them.  
And I will keep my promise.  
107 Lord, I suffered for a long time.  
Please give the command,  
and let me live again!  
108 Lord, accept my praise.  
And teach me your laws.  
109 My life is always in danger.  
But I have not forgotten your teachings.  
110 Wicked people try to trap me.  
But I have not disobeyed  
your commands.

**Agreement** Literally, "Proof." The flat stones with the Ten Commandments written on them were proof of the Agreement between God and Israel.

111 Lord, I will follow your Agreement\*  
forever.  
It makes me very happy.  
112 I will always try very hard  
to obey all your laws.

### Samekh

113 Lord, I hate people who are not  
completely loyal to you.  
But I love your teachings.  
114 Hide me and protect me.  
Lord, I trust everything you say.  
115 Lord, don't let bad people come near me.  
And I will obey my God's commands.  
116 Lord, support me like you promised,  
and I will live.  
I trust you, so don't disappoint me.  
117 Help me, Lord, and I will be saved.  
I will study your commands forever.  
118 Lord, you turn away every person  
who breaks your laws.  
Why? Because those people lied  
when they agreed to follow you.  
119 Lord, you throw away  
the wicked people on earth like trash.  
So I will love your Agreement\* forever.  
120 Lord, I am afraid of you.  
I fear and respect your laws.

### Ain

121 I have done what is right and good.  
Lord, don't give me to the people  
who want to hurt me.  
122 Promise to be good to me.  
I am your servant.  
Lord, don't let those proud people  
hurt me.  
123 Lord, I have worn out my eyes  
looking for help from you,  
for a good word from you.  
124 I am your servant.  
Show your true love to me.  
Teach me your laws.  
125 I am your servant.  
Help me understand  
so I can know your Agreement.\*  
126 Lord, it is time for you to do something.  
The people have broken your law.  
127 Lord, I love your commands more than  
purest gold.

128 I carefully obey all of your commands.\*  
I hate false teachings.

### Pe

129 Lord, your Agreement\* is wonderful.  
That is why I follow it.  
130 When people begin to understand  
your word,  
it is like a light showing them  
the right way of living.  
Your word makes even simple  
people wise.  
131 Lord, I really want to study  
your commands.  
I am like a person breathing hard  
and waiting impatiently.  
132 God, look at me and be kind to me.  
Do what is right for the people who  
love your name.  
133 Lord, guide me like you promised.  
Don't let anything bad happen to me.  
134 Lord, save me from the people  
who hurt me.  
And I will obey your commands.  
135 Lord, accept your servant,  
and teach me your laws.  
136 I have cried a river of tears  
because people don't obey  
your teachings.

### Tsadhe

137 Lord, you are good.  
And your laws are fair.  
138 You gave us good laws in the Agreement.\*  
We can really trust them.  
139 My strong feelings are destroying me.  
I am so upset because my enemies  
forgot your commands.  
140 We have proof that we can trust  
your word, Lord.  
And I love it.  
141 I am a young person,  
and people don't respect me.  
But I don't forget your commands.

**I carefully obey all of your commands** The meaning of the Hebrew here is not clear.

**Agreement** Literally, "Proof." The flat stones with the Ten Commandments written on them were proof of the Agreement between God and Israel.

142 Lord, your goodness is forever.  
And your teachings can be trusted.  
143 I have had troubles and hard times.  
But I enjoy your commands.  
144 Your Agreement is good forever.  
Help me understand it so I can live.

### Qoph

145 I call to you with all my heart, Lord.  
Answer me!  
I obey your commands.  
146 Lord, I call to you.  
Save me!  
And I will obey your Agreement.\*  
147 I got up early in the morning to pray  
to you.  
I trust the things you say.  
148 I stayed up late at night to study  
your word.  
149 With all your love, listen to me.  
Lord, do the things you say are right,  
and let me live.  
150 People are making evil plans against me.  
Those people don't follow  
your teachings.  
151 Lord, you are close to me.  
And all your commands can be trusted.  
152 Long ago I learned from your Agreement\*  
that your teachings will continue forever.

### Resh

153 Lord, see my suffering and rescue me.  
I have not forgotten your teachings.  
154 Lord, fight my fight for me and save me.  
Let me live, like you promised.  
155 Wicked people will not win  
because they don't follow your laws.  
156 Lord, you are very kind.  
Do the things you say are right,  
and let me live.  
157 I have many enemies trying to hurt me.  
But I have not stopped following  
your Agreement.\*  
158 I see those traitors.\*  
They don't obey your word, Lord.  
And I hate that.

**traitors** People who turn against their country, friends, or family and do bad things to them.

159 Look, I try hard to obey your commands.  
Lord, with all your love, let me live.  
160 From the very beginning,  
all your words could be trusted, Lord.  
And your good law will last forever.

### Shin

161 Powerful leaders attacked me  
for no reason.  
But I fear and respect only your law.  
162 Lord, your word makes me happy,  
as happy as a person who just found  
a great treasure.  
163 I hate lies! I despise them!  
But I love your teachings, Lord.  
164 Seven times a day I praise you  
for your good laws.  
165 People who love your teachings  
will find true peace.  
Nothing can make those people fall.  
166 Lord, I am waiting for you to save me.  
I obeyed your commands.  
167 I followed your Agreement.\*  
Lord, I love your laws very much.  
168 I have obeyed your Agreement  
and commands.  
Lord, you know everything I have done.

### Taw

169 Lord, listen to my happy song.  
Make me wise like you promised.  
170 Lord, listen to my prayer.  
Save me, like you promised.  
171 I burst into songs of praise,  
because you taught me your laws.  
172 Help me respond to your words and let me  
sing my song.  
Lord, all your laws are good.  
173 I chose to follow your commands,  
so reach out and help me!  
174 Lord, I want you to save me.  
But your teachings make me happy.  
175 Let me live and praise you, Lord.  
Let your laws help me.

176 I wandered away like a lost sheep.  
Come looking for me, Lord.  
I am your servant,  
and I have not forgotten your commands.

### Psalm 120

*A song for going up to the temple.*

1 I was in trouble.  
I called to the Lord for help.  
And he saved me!  
2 Lord, save me from the people  
who lied about me.  
Those people said things that weren't true.  
3 Liars, do you know what you will get?  
Do you know what you will gain?  
4 A soldier's sharp arrow  
and hot coals to punish you.  
5 You people are liars, and living near you  
is like living in Meshech.  
It is like living in tents in Kedar.\*  
6 I have lived too long with people  
who hate peace.  
7 I said I want peace,  
so they want war.

### Psalm 121

*A song for going up to the temple.*

1 I look up to the hills for help.  
But where will my help really come from?  
2 My help will come from the Lord,  
the Creator of heaven and earth.  
3 God will not let you fall.  
Your Protector will not fall asleep.  
4 Israel's Protector does not become sleepy.  
God never sleeps.  
5 The Lord is your Protector.  
He protects you with his great power.  
6 The sun can't hurt you during the day.  
And the moon can't hurt you at night.  
7 The Lord will protect you  
from every danger.  
The Lord will protect your soul.  
8 The Lord will help as you come and go.\*  
The Lord will help you now and forever!

**Agreement** Literally, "Proof." The flat stones with the Ten Commandments written on them were proof of the Agreement between God and Israel.

**Meshech ... Kedar** People from these places were famous fighters.

**come and go** This probably refers to going to war.

**Psalm 122**

*A song from David for going up to the temple.*

- 1 I was very happy when people said,  
“Let us go to the Lord’s temple.\*”
- 2 Here we are,  
standing at the gates of Jerusalem.
- 3 This is New Jerusalem!  
The city has been built again  
as one united city.
- 4 That is where the family groups go.  
The people of Israel go there  
to praise the Lord’s name.  
They are the family groups  
that belong to the Lord
- 5 The kings from David’s family  
put their thrones in that place.  
They set up their thrones there  
to judge the people.
- 6 Pray for peace in Jerusalem.  
“I hope the people who love you  
will find peace there.  
I hope there will be peace  
inside your walls.  
I hope there will be safety  
in your great buildings.”
- 7 For the good of my brothers and neighbors,  
I pray there will be peace here.
- 8 For the good of the temple  
of the Lord our God,  
I pray that good things will happen  
to this city.

**Psalm 123**

*A song for going up to the temple*

- 1 God, I look up and pray to you.  
You sit as king in heaven.
- 2 Slaves depend on their masters  
for the things they need.  
In the same way,  
we depend on the Lord our God.  
We wait for God to show mercy to us.
- 3 Lord, be merciful to us,  
because we have been insulted  
much too long.
- 4 We have had enough of the hateful words  
and insults  
from those lazy, arrogant people.

**temple** The special building in Jerusalem for Jewish worship.

**Psalm 124**

*A song from David for going up to the temple.*

- 1 What would have happened to us  
if the Lord had not been on our side?  
Tell me the answer, Israel.
- 2 What would have happened to us  
if the Lord had not been on our side  
when people attacked us?
- 3 Our enemies would have swallowed us alive  
whenever they became angry at us.
- 4 Our enemies’ armies would have been  
like a flood washing over us,  
like a river drowning us.
- 5 Those proud people would have been  
like water rising up to our mouth  
and drowning us.
- 6 Praise the Lord!  
The Lord did not let our enemies  
catch us and kill us.
- 7 We are like a bird that was  
trapped in a net,  
and then escaped.  
The net broke, and we escaped!
- 8 Our help came from the Lord.  
The Lord made heaven and earth!

**Psalm 125**

*A song for going up to the temple.*

- 1 People who trust in the Lord  
will be like Mount Zion.  
They will never be shaken.  
They will continue forever.
  - 2 Mountains are all around Jerusalem.  
And the Lord is around his people.  
He will protect his people forever  
and ever.
  - 3 Evil people will not control  
good people’s land forever.  
If that happened, then even good people  
might start doing bad things.
  - 4 Lord, be good to good people.  
Be good to people who have  
pure hearts.
  - 5 Evil people do crooked things.  
The Lord will punish those evil people.
- Let there be peace in Israel!

**Psalm 126***A song for going up to the temple.*

- 1 When the Lord makes us free again  
it will be like a dream!
- 2 We will be laughing  
and singing happy songs!  
People in other nations will say,  
“The Lord did a wonderful thing  
for the people of Israel.”
- 3 Yes, we would be so happy  
if the Lord did that wonderful thing  
for us.
- 4 Lord, make us free again,  
like desert streams filled again  
with flowing water.
- 5 A person might be sad  
when he plants the seeds,  
but he will be happy  
when he gathers the crops!
- 6 He might cry when he carries  
the seeds out to the field,  
but he will be happy  
when he brings the harvest in!

**Psalm 127***A song from Solomon for going up to the temple.*

- 1 If it is not the Lord that builds a house,  
the builder is wasting his time.  
If it is not the Lord that watches  
over a city,  
the guards are wasting their time.
- 2 It is a waste of time  
to get up early and stay up late,  
trying to make a living.  
God cares for the people he loves,  
even while they are sleeping.
- 3 Children are a gift\* from the Lord.  
They are a reward from a  
mother’s body.

**gift** Literally, “inheritance.” Usually, this means the land that God gave to each family in Israel. This land was a gift that never really left the family. A person might sell the land, but at the time of Jubilee, the land was given back to the family.

- 4 A young man’s sons are like the arrows  
in a soldier’s arrow bag.
- 5 A man that fills his arrow bag with sons  
will be very happy.  
That man will never be defeated.  
His sons will defend him against his  
enemies in public places.\*

**Psalm 128***A song for going up to the temple.*

- 1 All of the Lord’s followers are happy.  
Those people live the way God wants.
- 2 You will enjoy the things you work for.  
You will be happy,  
and good things will happen to you.
- 3 At home, your wife will be  
like a fruitful grape vine.  
Around the table, your children will be  
like olive trees you planted.
- 4 The Lord will truly bless his followers  
this way.
- 5 May the Lord bless you from Zion.\*  
I hope you enjoy the blessings in Jerusalem  
all of your life.
- 6 And I hope you live to see your  
grandchildren.
- Let there be peace in Israel!

**Psalm 129***A song for going up to the temple.*

- 1 I have had many enemies all my life.  
Tell us about those enemies, Israel.
- 2 I have had many enemies all my life.  
But they never won.
- 3 They beat me until I had deep cuts  
in my back.  
I had long and deep wounds.
- 4 But the good Lord cut the ropes  
and set me free from those evil people.
- 5 The people who hated Zion\* were defeated.  
They stopped fighting and ran away.

**public places** Literally, “the gate.” This might mean that a person’s sons will defend him whenever his enemies try to take him to court.

**Zion** The southeast part of the mountain Jerusalem is built on. Sometimes it means the people of God living in Jerusalem.



- 6 Those people were like grass on the roof.  
That grass dies before it has time  
to grow.
- 7 A worker can't get a handful of that grass.  
There is not enough for a pile of grain.
- 8 People walking by them will not say,  
"May the Lord bless you."  
People will not greet them and say,  
"We bless you in the name of the Lord."

**Psalm 130***A song for going up to the temple.*

- 1 Lord, I am in deep trouble,  
so I am calling to you for help.
- 2 My Master, listen to me.  
Listen to my call for help.
- 3 Lord, if you really punished people  
for all of their sins,  
no person would be left alive.
- 4 Lord, forgive your people.  
Then there will be people to worship  
you.
- 5 I am waiting for the Lord to help me.  
My soul waits for him.  
I trust what the Lord says.
- 6 I am waiting for my Master.  
I am like guards waiting and waiting for  
the morning to come.
- 7 Israel, trust the Lord.  
True love is found only with the Lord.  
The Lord saves us again and again.
- 8 And the Lord will forgive Israel for all  
their sins.

**Psalm 131***A song for going up to the temple.*

- 1 Lord, I am not proud.  
I don't try to act important.  
I don't try to do great things.  
I don't worry about things  
that are too hard for me.
- 2 I am calm.  
My soul is quiet.  
My soul is calm and quiet  
like a satisfied baby in his  
mother's arms.

- 3 Israel, trust the Lord.  
Trust him now, and trust him forever!

**Psalm 132***A song for going up to the temple.*

- 1 Lord, remember how David suffered.
- 2 David made a promise to the Lord.  
David made a special promise  
to the Mighty God of Jacob.
- 3 David said,  
"I will not go into my house,  
I will not lie down on my bed,  
I will not sleep,  
I will not let my eyes rest,  
I will not do any of those things  
until I find a house for the Lord,  
a home for the Mighty God  
of Jacob!"
- 6 We heard about it in Ephrathah.\*  
We found the Box of the Agreement\*  
at Kiriath Jearim.\*
- 7 Let's go to the Holy Tent.  
Let's worship at the stool  
where God rests his feet.\*
- 8 Lord, get up\* from your resting place.  
Get up Lord, you and your powerful Box.
- 9 Lord, your priests are dressed in goodness.  
Your loyal followers are very happy.
- 10 For the good of your servant, David,  
don't reject your chosen king.
- 11 The Lord made a promise to David.  
The Lord promised to be loyal to David.  
The Lord promised that the kings would  
come from David's family.

**Ephrathah** Bethlehem, the town where David was born.**Box of the Agreement** Or, "ark of the Covenant." The box containing the flat stones with the Ten Commandments written on them and other things that proved God was with the people of Israel during their time in the Sinai desert.**Kiriath Jearim** Literally, "fields of the forest." The Hebrew word meaning "forest" is like the name of this city.**stool where God rests his feet** This can mean the Box of the Agreement, the Holy Tent, or the temple. It is like God is a king sitting on his throne and resting his feet on the place where people worship him.**Lord, get up** The people said this when they lifted the Box of the Agreement and took it into battle with them. This showed that God was with them. See Num. 10:35,36.

- 12 <sup>l</sup>The Lord said,  
 “David, if your children obey my Agreement\*  
 and the laws I teach them,  
 then someone from your family  
 will always be the king.”
- 13 The Lord chose Zion\* to be the place  
 for his temple.  
 That is the place he wanted for his home.
- 14 <sup>l</sup>The Lord said,  
 “This will be my place forever and ever.  
 I choose this to be the place  
 where I will be.
- 15 I will bless this city with plenty of food.  
 Even poor people will have plenty to eat.
- 16 I will clothe the priests with salvation.  
 And my followers will be very happy here.
- 17 In this place, I will make David strong.  
 I will provide a lamp for my chosen king.
- 18 I will cover David’s enemies in shame.  
 But I will make David’s kingdom grow.”

**Psalm 133**

*One of David’s songs for going up  
 to the temple.*

- 1 Oh how wonderful it is  
 when God’s people sit together,  
 truly united!
- 2 It is like the sweet-smelling oil  
 poured over Aaron’s head,  
 running down into his beard,  
 which flows down  
 over his special clothes.
- 3 It is like a gentle rain\*  
 from Mount Hermon  
 falling on Mount Zion.\*  
 Why? Because it was at Zion  
 that the Lord gave his blessing,  
 the blessing of eternal life.

**Agreement** Literally, “Proof.” The flat stones with the Ten Commandments written on them were proof of the Agreement between God and Israel.

**Zion** The southeast part of the mountain Jerusalem is built on. Sometimes it means the people of God living in Jerusalem.

**gentle rain** Or, “mist, snow.” The Hebrew can mean either, “the oil is like the mist ...” or “Aaron’s beard is like the snow ...”

**Mount Zion** Or, “the mountain range of Zion,” or possibly “the dry mountains.”

**Psalm 134**

*A song for going up to the temple.*

- 1 Praise the Lord, all of his servants!  
 You servants served in the temple  
 all night.
- 2 Servants, lift your arms  
 and bless the Lord.
- 3 And may the Lord bless you from Zion.\*  
 The Lord made heaven and earth.

**Psalm 135**

- 1 Praise the Lord!  
 Praise the name of the Lord!  
 Servants of the Lord, praise him!
- 2 Praise him, you people that are standing  
 in the Lord’s temple,  
 in the courtyard of the temple of our God.
- 3 Praise the Lord, because he is good.  
 Praise his name, because it is pleasant.
- 4 The Lord chose Jacob.\*  
 Israel belongs to God.
- 5 I know the Lord is great!  
 Our Master is greater than all the gods!
- 6 The Lord does anything he wants,  
 in heaven and earth,  
 in the seas and deep oceans.
- 7 God makes the clouds all over the earth.  
 God makes the lightning and rain.  
 And God makes the wind.\*
- 8 God destroyed all the firstborn men  
 and all the firstborn animals in Egypt.
- 9 God did many wonders and miracles  
 in Egypt.  
 God made those things happen  
 to Pharaoh and his officials.
- 10 God defeated many nations.  
 God killed powerful kings.
- 11 God defeated Sihon, king of the Amorites.  
 God defeated Og, king of Bashan.  
 God defeated all the nations in Canaan.
- 12 And God gave their land to Israel.  
 God gave that land to his people.

**Jacob** Another name for Israel. See Gen. 32:22–28.

**makes the wind** Literally, “brings the wind out of the storehouses.”

13 Lord, your name will be famous forever!  
 Lord, people will remember you  
 forever and ever.

14 The Lord punished the nations.  
 But the Lord was kind to his servants.

15 The gods of the other people  
 were only gold and silver statues.  
 Their gods were only statues  
 that people made.

16 The statues had mouths, but couldn't speak.  
 The statues had eyes, but couldn't see.

17 The statues had ears, but couldn't hear.  
 The statues had noses, but couldn't smell.

18 And the people who made the statues  
 will become just like them!  
 Why? Because they trusted those statues  
 to help them.

19 Family of Israel, bless the Lord!  
 Aaron's family, bless the Lord!

20 Levi's family, bless the Lord!  
 Followers of the Lord, bless the Lord!

21 The Lord is blessed from Zion,  
 from Jerusalem, his home.  
 Praise the Lord!

### Psalm 136

1 Praise the Lord because he is good.  
 His true love continues forever.

2 Praise the God of gods!  
 His true love continues forever.

3 Praise the Lord of lords!  
 His true love continues forever.

4 Praise God, who alone does  
 wonderful miracles!  
 His true love continues forever.

5 Praise God, the One that used wisdom  
 to make the skies!  
 His true love continues forever.

6 God put the dry land on the sea.  
 His true love continues forever.

7 God made the great lights.  
 His true love continues forever.

8 God made the sun to rule the day.  
 His true love continues forever.

9 God made the moon and stars  
 to rule the night.  
 His true love continues forever.

10 God killed the firstborn men and animals  
 in Egypt.  
 His true love continues forever.

11 God took Israel out of Egypt.  
 His true love continues forever.

12 God showed his great power and strength.  
 His true love continues forever.

13 God split the Red Sea into two parts.  
 His true love continues forever.

14 God led Israel through the sea.  
 His true love continues forever.

15 God drowned Pharaoh and his army  
 in the Red Sea.  
 His true love continues forever.

16 God led his people through the desert.  
 His true love continues forever.

17 God defeated powerful kings.  
 His true love continues forever.

18 God defeated strong kings.  
 His true love continues forever.

19 God defeated Sihon, king of the Amorites.  
 His true love continues forever.

20 God defeated Og, king of Bashan.  
 His true love continues forever.

21 God gave their land to Israel.  
 His true love continues forever.

22 God gave that land for a gift to Israel.  
 His true love continues forever.

23 God remembered us when we  
 were defeated.  
 His true love continues forever.

24 God saved us from our enemies.  
 His true love continues forever.

25 God gives food to every person.  
 His true love continues forever.

26 Praise the God of heaven!  
 His true love continues forever.

### Psalm 137

1 We sat by the rivers in Babylon  
 and cried as we remembered Zion.\*

2 We hung our harps  
 on the willow trees nearby.\*

3 In Babylon, the people who captured us  
 told us to sing.  
 They told us to sing happy songs.  
 They told us to sing songs about Zion.\*

**Zion** The southeast part of the mountain Jerusalem is built on.  
 Sometimes it means the people of God living in Jerusalem.

**We hung our harps ... nearby** These instruments were used to  
 praise God in the temple in Jerusalem. Since the temple was  
 destroyed, these people had no reason to play the songs.

4 But we can't sing the Lord's songs  
in a foreign country!  
5 Jerusalem, if I ever forget you,  
then I hope I never play a song again.  
6 Jerusalem, if I ever forget you,  
then I hope I never sing again.  
I promise, I will never forget you.  
I promise, Jerusalem will always be  
my greatest joy!

7 Lord, punish the people of Edom  
for what they did when Jerusalem  
was captured.  
The people of Edom shouted, "Destroy  
Jerusalem's buildings!  
Pull all the buildings down to  
the ground."  
8 Babylon, you will be destroyed!  
Bless the man who gives you  
the punishment you should get.  
Bless the man who hurts you  
like you hurt us.  
9 Bless the man who grabs your babies  
and smashes them against a rock.

### Psalm 138

*A song of David.\**

1 God, I praise you with all my heart.  
I will sing your songs before all the gods.  
2 God, I bow down toward your holy temple.  
I praise your name, your true love,  
and your loyalty.  
You are famous [for the power of]  
your word.  
Now you have made it even greater!  
3 God, I called to you for help.  
And you answered me!  
You gave me strength.  
4 Lord, all the kings on earth will praise you  
when they hear what you say.  
5 They will sing about the Lord's way  
because the Glory of the Lord  
is very great.  
6 God is very important,  
but he still cares for humble people.  
God knows what proud people do,  
but he stays far away from them.  
7 God, if I am in trouble,  
keep me alive.

**A song of David** Or, "A song dedicated to David."

If my enemies are angry at me,  
save me from them.  
8 Lord, give me the things you promised.  
Lord, your true love continues forever.  
Lord, you made us, so don't leave us!

### Psalm 139

*To the director.\* One of David's  
songs of praise.*

1 Lord, you tested me.  
You know all about me.  
2 You know when I sit down  
and when I get up.  
You know my thoughts from far away.  
3 Lord, you know where I am going  
and when I am lying down.  
You know everything I do.  
4 Lord, you know what I want to say,  
even before the words leave my mouth.  
5 Lord, you are all around me—  
in front and in back of me.  
You gently put your hand on me.  
6 I am amazed at what you know.  
It is too much for me to understand.  
7 Your Spirit is in every place I go.  
Lord, I can't escape you.  
8 Lord, if I go up to heaven,  
you are there.  
If I go down to the place of death,  
you are there.  
9 Lord, if I go east where the sun rises,  
you are there.  
If I go west to the sea,  
you are there.  
10 Even there your right hand holds me,  
and you lead me by the hand.  
11 Lord, I might try to hide from you and say,  
"The day has changed to night.  
Surely the darkness will hide me."  
12 But even darkness is not dark to you, Lord,  
The night is as bright as day to you.  
To you, darkness and light are the same.  
13 Lord, you made my whole body.\*  
You knew all about me  
while I was still in my mother's body.

**director** Or, "performer."

**whole body** Literally, "kidneys." The ancient Israelites also thought the emotions were centered in the kidneys. So this probably also means God knew how this person felt, even before he was born.

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14 Lord, I praise you!  
 You made me in an amazing and  
 wonderful way.  
 I know very well that what you did  
 is wonderful!

15 You know all about me.  
 You watched my bones grow  
 while my body took shape,  
 hidden in my mother's body.\*

16 You watched my body parts grow.  
 You listed them all in your book.  
 You watched me every day.  
 Not one of them is missing.

17 Your thoughts are important to me.  
 God, you know so much!

18 If I could count them,  
 they would be more  
 than all the grains of sand.  
 And when I finished,  
 I would still be with you.

19 God, kill the wicked people.  
 Take those murderers away from me.

20 They say bad things about you.  
 They say bad things about your name.\*

21 Lord, I hate the people who hate you.  
 I hate the people who turn against you.

22 I hate them completely!  
 Your enemies are also my enemies.

23 Lord, look at me and know my heart.  
 Test me and know my thoughts.

24 See if I have any evil thoughts.  
 And guide me on the path  
 that continues forever.\*

**Psalm 140**

*To the director.\* One of David's  
 songs of praise.*

1 Lord, save me from evil people.  
 Protect me from cruel people.

2 Those people plan to do evil things.  
 Those people always start fights.

**mother's body** Literally, "deepest parts of the earth." This is a  
 way of saying a place we know nothing about.

**They say bad things about your name** The meaning of the  
 Hebrew here is not clear.

**guide ... forever** Or, "Guide on the ancient path."

**director** Or, "performer."

3 Their tongues are like poisonous snakes.  
 It is like snake poison is under  
 their tongue.  
 SELAH\*

4 Lord, save me from wicked people.  
 Protect me from cruel people.  
 Those people chase me and try to hurt me.

5 Those proud people set a trap for me.  
 They spread a net to catch me.  
 They set a trap in my path.  
 SELAH\*

6 Lord, you are my God.  
 Lord, listen to my prayer.

7 Lord, you are my strong Master.  
 You are my Savior.  
 You are like a helmet protecting my head  
 in battle.

8 Lord, those people are wicked.  
 Don't let them have what they want.  
 Don't let their plans succeed.  
 SELAH\*

9 Lord, don't let my enemies win.  
 Those people are planning bad things.  
 But make those bad things happen to them.

10 Pour burning coals on their heads.  
 Throw my enemies into the fire.  
 Throw them into the pit (*grave*)  
 that they will never climb out of.

11 Lord, don't let those liars live.  
 Make bad things happen  
 to those bad people.

12 I know the Lord will judge poor  
 people fairly.  
 God will help helpless people.

13 Good people will praise your name, Lord.  
 Good people will worship you.

**Psalm 141**

*One of David's songs of praise.*

1 Lord, I call to you for help.  
 Listen to me while I pray to you.  
 Hurry and help me!

2 Lord, accept my prayer.  
 Let it be like a gift of burning incense.  
 Let it be like the evening sacrifice.\*

**SELAH** This word is for the musicians. It probably means the  
 singers should pause here or the music should be louder here.

**sacrifice(s)** A sacrifice was a gift to God. Usually, it was a  
 special animal that was killed and burned on an altar.

3 Lord, help me control the things I say.  
 Help me watch what I say.  
 4 Don't let me want to do bad things.  
 Stop me from joining bad people  
 when they do wrong.  
 Don't let me share the things  
 those bad people enjoy doing.  
 5 A good person can correct me.  
 That would be kind of him.  
 Your followers can criticize me.  
 It would be good for them to do that.  
 I would accept that.  
 But I will always pray against  
 the bad things those bad people do.  
 6 Let their rulers be punished.  
 Then people will know I spoke the truth.  
 7 People dig and plow the ground.  
 And spread the dirt around.  
 In the same way, our bones  
 will be spread around in their grave.  
 8 Lord my Master, I look to you for help.  
 I trust you.  
 Please don't let me die.  
 9 Bad people set traps for me.  
 Don't let me fall into their traps.  
 Don't let them trap me.  
 10 Let wicked people fall into their own trap,  
 while I walk away unharmed.

### Psalm 142

*A maskil\* of David. This is a prayer  
 from the time he was in the cave.*

1 I will call to the Lord for help.  
 I will pray to the Lord.  
 2 I will tell the Lord about my problems.  
 I will tell the Lord about my troubles.  
 3 My enemies have set a trap for me.  
 I am ready to give up.  
 But the Lord knows what is happening  
 to me.  
 4 I look around,  
 and I don't see any of my friends.  
 I have no place to run.  
 No person is trying to save me.

5 So I cry to the Lord for help.  
 Lord, you are my place of safety.  
 Lord, you can let me continue to live.  
 6 Lord, listen to my prayer.  
 I need you very much.  
 Save me from the people who chase me.  
 Those people are too strong for me.  
 7 Help me escape this trap\*  
 so I can praise your name.  
 And good people will celebrate with me  
 because you took care of me.

### Psalm 143

*One of David's songs of praise.*

1 Lord, hear my prayer.  
 Listen to my prayer.  
 And then answer my prayer.  
 Show me that you are truly good  
 and loyal.  
 2 Don't judge me, your servant.  
 Never, in all my life, could I ever be  
 judged innocent.  
 3 But my enemies are chasing me.  
 They have crushed my life into the dirt.  
 They are pushing me into the dark grave,  
 like people who died long ago.  
 4 I am ready to give up.  
 I am losing my courage.  
 5 But I remember the things  
 that happened long ago.  
 I am thinking about  
 the many things you did.  
 I am talking about the things you did  
 with your great power!  
 6 Lord, I lift my arms and pray to you.  
 I am waiting for your help,  
 like a dry land waiting for rain.  
 SELAH\*  
 7 Hurry, answer me Lord!  
 I have lost my courage.  
 Don't turn away from me.  
 Don't let me die and become like  
 the dead people lying in the grave.  
 8 Lord, show me your true love this morning.  
 I trust you.

**maskil** The exact meaning of maskil is not known. It might mean, "a poem of meditation," "a poem of instruction," or "a skillfully written poem."

**trap** Literally, "frame around my soul."

**SELAH** This word is for the musicians. It probably means the singers should pause here or the music should be louder here.

- Show me the things I should do.  
 I put my life in your hands!
- 9 Lord, I come to you for protection.  
 Save me from my enemies.
- 10 Show me what you want me to do.  
 You are my God.  
 Let your good Spirit lead me  
 over level ground.
- 11 Lord, let me live,  
 so people will praise your name.  
 Show me that you are truly good,  
 and save me from my enemies.
- 12 Lord, show me your love,  
 and defeat my enemies  
 who are trying to kill me.  
 Why? Because I am your servant.

**Psalm 144**

*A song of David.\**

- 1 The Lord is my Rock,\*  
 Bless the Lord.  
 The Lord trains me for war.  
 The Lord trains me for battle.
- 2 The Lord loves me and protects me.  
 The Lord is my safe place high on  
 the mountain.  
 The Lord rescues me.  
 The Lord is my shield.  
 I trust him.  
 The Lord helps me rule my people.
- 3 Lord, why are people important to you?  
 Why do you even notice us?
- 4 A person's life is like a puff of air.  
 A person's life is like a passing shadow.
- 5 Lord, tear open the skies and come down.  
 Touch the mountains and smoke will  
 rise from them.
- 6 Lord, send the lightning  
 and make my enemies run away.  
 Shoot your "arrows"  
 and make them run away.
- 7 Lord, reach down from heaven  
 and save me!  
 Don't let me drown in this sea of enemies.  
 Save me from these foreigners.
- 8 These enemies are liars.  
 They say things that are not true.

- 9 Lord, I will sing a new song  
 about the wonderful things you do.  
 I will praise you  
 and play the harp with ten strings.
- 10 The Lord helps kings win their wars.  
 The Lord saved his servant David  
 from his enemy's swords.
- 11 Save me from these foreigners.  
 These enemies are liars.  
 They say things that are not true.
- 12 Our young sons are like strong trees.  
 Our daughters are like the beautiful  
 decorations in the palace.
- 13 Our barns are filled  
 with all kinds of crops.  
 There are thousands and thousands of sheep  
 in our fields.
- 14 Our soldiers are safe.  
 No enemy is trying to break in.  
 We are not going to war.  
 People are not screaming in our streets.
- 15 At times like this,  
 people are very happy.  
 People are very happy  
 if the Lord is their God.

**Psalm 145**

*A psalm of David.*

- 1 I praise you my God and King.  
 I bless your name forever and ever.
- 2 I praise you every day.  
 I praise your name forever and ever.
- 3 The Lord is great.  
 People praise him very much.  
 We can't count all the great things  
 he does.
- 4 Lord, people will praise you  
 forever and ever for the things you do.  
 They will tell about the great things  
 you do.
- 5 Your majesty and glory are wonderful.  
 I will tell about your miracles.
- 6 Lord, people will tell about  
 the amazing things you do.  
 I will tell about the great things you do.
- 7 People will tell about  
 the good things you do.  
 People will sing about your goodness.

<sup>L</sup>A song of David Or, "A song dedicated to David."

Rock A name for God to show he is a strong place of safety.

8 The Lord is kind and merciful.  
The Lord is patient and full of love.

9 The Lord is good to every person.  
God shows his mercy to everything  
he made.

10 Lord, the things you do bring praise  
to you.  
Your followers bless you.

11 They tell how great your kingdom is.  
They tell how great you are.

12 So other people learn about  
the great things you do, Lord.  
Those people learn how great  
and wonderful  
your kingdom is.

13 Lord, your kingdom will continue forever.  
You will rule forever.

14 The Lord lifts up people who have fallen.  
The Lord helps people who are  
in trouble.

15 Lord, all living things look to you  
for their food.  
And you give them their food  
at the right time.

16 Lord, you open your hands,  
and you give every living thing  
everything it needs.

17 Everything the Lord does is good.  
Everything he does shows how good he is.

18 The Lord is close to every person  
who calls to him for help.  
The Lord is close to every person  
who truly worships him.

19 The Lord does what his followers want.  
The Lord listens to his followers.  
He answers their prayers and saves them.

20 The Lord protects every person  
who loves him.  
But the Lord destroys bad people.

21 I will praise the Lord!  
I want every person to praise his holy name  
forever and ever!

### Psalm 146

1 Praise the Lord!  
My soul, praise the Lord!  
2 I will praise the Lord all my life.  
I will sing praises to him all my life.

3 Don't depend on your leaders for help.  
Don't trust people.  
Why? Because people can't save you.

4 People die and are buried.  
And then, all of their plans to help  
are gone.

5 But people who ask God for help  
are very happy.  
Those people depend on the Lord their God.

6 The Lord made heaven and earth.  
The Lord made the sea  
and everything in it.  
The Lord will protect them forever.

7 The Lord does right things for people  
who have been hurt.  
God gives food to hungry people.  
The Lord frees people locked in prison.

8 The Lord helps blind people see again.  
The Lord helps people who are in trouble.  
The Lord loves good people.

9 The Lord protects strangers\* in our country.  
The Lord cares for widows\* and orphans.\*  
But the Lord destroys bad people.

10 The Lord will rule forever!  
Zion, your God will rule  
forever and ever!  
Praise the Lord!

### Psalm 147

1 Praise the Lord because he is good.  
Sing praises to our God.  
It is good and pleasant to praise him.

2 The Lord built Jerusalem.  
God brought back the Israelite people  
who were taken as prisoners.

3 God heals their broken hearts  
and bandages their wounds.

4 God counts the stars and knows the name  
of each and every one.

5 Our Master is very great.  
He is very powerful.  
There is no limit to the things he knows.

6 The Lord supports humble people.  
But he embarrasses bad people.

7 Thank the Lord.  
Praise our God with harps.

8 God fills the sky with clouds.  
God makes rain for the earth.  
God makes the grass grow  
on the mountains.

**strangers, widows, orphans** These were people who had no one else to help them.



**PSALM 147:9–149:3****726**

- 9 God gives food to the animals.  
God feeds the young birds.
- 10 War horses and powerful soldiers  
don't make him happy.
- 11 The Lord is happy with people  
who worship him.  
The Lord is pleased with people  
who trust in his true love.
- 12 Jerusalem, praise the Lord!  
Zion, praise your God!
- 13 Jerusalem, God makes your gates strong.  
And God blesses the people  
in your city.
- 14 God brought peace to your country.  
So enemies did not take your grain  
in war.  
And you have plenty of grain for food.
- 15 God gives a command to the earth,  
and it quickly obeys.
- 16 God makes the snow fall  
until the ground is white like wool.  
God makes sleet blow through the air  
like dust.
- 17 God makes hail fall  
like rocks from the sky.  
No person can stand the cold he sends.
- 18 Then, God gives another command,  
and the warm air blows again.  
The ice melts,  
and water begins to flow.
- 19 God gave his commands to Jacob (*Israel*).  
God gave his laws and rules to Israel.
- 20 God did not do this for any other nation.  
God did not teach his laws to  
other people.  
Praise the Lord!

**Psalm 148**

- 1 Praise the Lord!  
Angels above, praise the Lord  
from heaven!
- 2 Praise the Lord, all you angels!  
Praise him, all his army\*!
- 3 Sun and moon, praise the Lord!  
Stars and lights in the sky, praise him!

- 4 Praise the Lord in the highest heaven!  
Waters above the sky, praise him!
- 5 Praise the Lord's name.  
Why? Because God gave the command,  
and we were all created!
- 6 God made all these things to continue  
forever.  
God made the laws that will never end.
- 7 Everything on earth, praise the Lord!  
Great sea animals in the oceans,  
praise the Lord!
- 8 God made the fire and hail,  
the snow and smoke,  
and all the stormy winds.
- 9 God made the mountains and hills,  
the fruit trees and cedar trees.
- 10 God made all the wild animals and cattle,  
the reptiles and birds.
- 11 God made the kings and nations on earth.  
God made the leaders and judges.
- 12 God made the young men and women.  
God made the old and young people.
- 13 Praise the Lord's name!  
Honor his name forever!  
Everything in heaven and earth,  
praise him!
- 14 God will make his people strong.  
People will praise God's followers.  
People will praise Israel.  
They are the people God fights for.  
Praise the Lord!

**Psalm 149**

- 1 Praise the Lord.  
Sing a new song about the new things  
the Lord has done!  
Sing his praise in the assembly  
where his followers meet together.
- 2 Let Israel enjoy themselves with  
their Maker.  
Let the people on Zion\* rejoice with  
their King.
- 3 Let those people praise God by dancing  
and playing their tambourines  
and harps.

**his army** This can mean, "angels," or "stars and planets," or "soldiers in an army."

**Zion** The southeast part of the mountain Jerusalem is built on. Sometimes it means the people of God living in Jerusalem.

## Psalm 150

- 4 The Lord is happy with his people.  
 God did a wonderful thing for his  
 humble people.  
 He saved them!
- 5 God's followers, rejoice in your victory!  
 Even after going to bed, be happy.
- 6 Let the people shout praise to God  
 and take their swords in their hands,  
 7 Let them go punish their enemies.  
 Let them go punish those people.
- 8 God's people will put chains  
 on those kings and important people.
- 9 God's people will punish them  
 like God commanded.  
 All of God's followers honor him.  
 Praise the Lord!
- 1 Praise the Lord!  
 Praise God in his temple!  
 Praise his power in heaven!
- 2 Praise God for the great things he does!  
 Praise him for all his greatness!
- 3 Praise God with trumpets and horns!  
 Praise him with harps and lyres\*!
- 4 Praise God with tambourines and dancing!  
 Praise him with stringed instruments  
 and flutes!
- 5 Praise God with loud cymbals!  
 Praise him with crashing cymbals!
- 6 Every living thing, praise the Lord!  
 Praise the Lord!

**lyre(s)** An instrument with several strings, like a harp.

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