

# Psalm 140: The upright will live in God's Presence



Psalm 140 (139) (Mode 3. 3....12 / 4.....271)

This is a conventional supplication (see Psalm 137 and 139), pleading for God's protection.

The use of Hebrew *bal* [בַּל] as a negative ('no more' in verse 10) indicates that the psalm originated in the northern kingdom.

Deliver me, Lord from those who do evil;  
protect me from the violent.

They plan evil in their hearts;  
they are always stirring up strife.

Their tongues strike like a snake,  
with the venom of the viper on their lips.

the last line is quoted in Romans 3:13

Guard me, Lord, from the hands of the wicked;  
protect me from the violent.

They plot my downfall.

The arrogant have hidden a trap.

With cords they have spread a net.

They have set snares across my path.

I say to the Lord, 'You are my God.'

Listen to my supplications.

Lord, my God, my strong deliverer,

On the field of battle you shield my head.

Do not grant the desires of the wicked;

do not let their plots succeed.

The following six lines are not in the liturgy

Let not those who surround me triumph;  
let the mischief of their lips rebound to harm them.  
Heap burning coals upon them.  
Let them be flung into pits, no more to rise.  
Do not let the slanderer settle in the land.  
Let evil stalk the violent and drive them to their ruin.

I know that the Lord maintains the cause of the needy,  
and executes justice for the poor.

The righteous give you thanks.

The upright live in your presence.

My heart is glad, and my soul rejoices; my body  
also rests secure'(Psalm 16:9).

'Those who love me will be loved by my Father,  
and I will love them and reveal myself to  
them'(John 14:21).

'Blessed are the pure in heart, for they will see  
God'(Matthew 5:8).