

Addressing God

'God' translates the Hebrew word for God (usually 'Elohim).

'God*' translates the Hebrew word for lord ('Adonai). (38 times)

See, for example, Psalm 22 verse 30.

'GOD' (upper case) translates the Hebrew YHWH. (758 times)

When GOD is being addressed, I have sometimes replaced GOD with YOU.

See, for example Psalm 28 verse 7 and verse 8.

Heading 1. Praying Psalm X with Jesus

This covers most of the psalms. The idea is to pray the psalms in Jesus' company, listening to him pray them, and joining him in prayer.

- Sometimes there are verses that Jesus cannot pray because they involve an admission of sin. However, we can pray them in his presence. Such verses are placed in brackets. See, for example, Psalm 6 verse 1; Psalm 7 verses 3-5. If the whole psalm is a penitential one it is introduced with 'Praying Psalm X in Jesus' Company.' See Psalms 39 and 50.

- Sometimes there are verses that Jesus cannot pray because the image of God presented is not the way Jesus experienced or revealed God. These verses have been omitted. If Jesus cannot pray such verses with us, they do not pass as Christian prayer. We listen as Jesus says: 'It was said to you of old, but I say to you' (Matthew 5:21-22). When many verses have to be omitted I have used the heading: Praying excerpts from Psalm X with Jesus. See Psalms 2 and 35.

Heading 2. Reflecting on Psalm X in Jesus' company

This introduces psalms that are not prayers. Since we are not attempting to make the sentiments of these psalms part of our own prayer, I saw no need to omit any verses and have presented them in Calibri Regular font, not in Palatino Bold. See Psalms 37, 45 and 49. This heading also introduces psalms that are in the form of a prayer, but are inappropriate on Jesus' lips. See Psalm 44.

Praying Psalm 1 with Jesus

¹Blessed and happy are you who do not follow those with no place for God in their hearts, who do not linger in the way of sinners, or sit and scoff with cynics.

²Find your delight in the law of GOD.
Meditate on it night and day.

³If you do this, you will be like a tree planted by running water, bearing fruit in season, its leaves always green, its yield always abundant.
All that you do will prosper.

⁴Not so for those whose hearts are closed to God.
They are like chaff scattered by the wind.

⁵It will go ill with them at the judgment.
They will have no place among the just.

⁶GOD looks with love on the way of the just.
The way of sinners leads only to destruction.

Praying excerpts from Psalm 2 with Jesus

¹My people,
why do you resist my Anointed One?

⁶It is I who have established him
on Zion, my holy mountain.

⁷This is what GOD said to me:

‘You are my son, today I have begotten you.

⁸Ask, and I will give you the nations as your inheritance,
the ends of the earth for your possession.’

¹⁰Come to your senses, take heed.

¹¹Serve GOD [with fear], pay God your homage.

Put your trust in God

and you will be blessed and filled with joy.

Praying Psalm 3 with Jesus

¹O GOD, how daunting the forces massed against me!

²They jeer at me: 'God will not save you!'

³But you, O GOD, are my shield, my glory.

You hold my head high.

⁴When I call, you answer me

from your holy mountain.

⁵I rest easy at night and rise in the morning,
sustained by your protection.

⁶I am not afraid of those ranged against me.

⁷Rise up, O GOD, and rescue me.

⁸Saving help is from you.

Your blessing is for your people

for You are our Saviour.

Praying Psalm 4 with Jesus

¹Answer me when I call, O God,
defender of my just cause.
You opened up an escape for me.
Be gracious to me. Hear my prayer.

²How long, proud fools, will you insult me?
How long will you love what is false
and chase after lies?

³GOD has set me apart, for I am faithful.
I belong to GOD, who always hears my call.

⁴Tremble with fear and stop your sinning.
Commune in your heart and be silent.

⁵Worship with integrity,
trusting always in GOD.

⁶Many ask themselves:
'Who is going to enjoy a good life,
if the light of your face, O GOD,
does not shine upon us?'

⁷You give my heart more joy than all their grain and wine.

⁸I sleep secure at night.
For you, O GOD, are watching over me.
I place my trust in you.

Praying Psalm 5 with Jesus

¹O GOD, listen to my words, give heed to my groaning.

²Attend to the sound of my cry, my King and my God.

O GOD, it is to you I pray.

³In the morning hear my voice.

In the morning I plead my case, watching and waiting.

⁴You are not one who wills evil.

⁷Thanks to your great love,

I have access to your house.

I bow down toward your holy temple,
filled with awe in your presence.

⁸In your justice, O GOD, guide me.

Make clear your way before me.

⁹There is no truth in those who accuse me.

Inside they are only empty caverns.

Their throats are wide-open graves;
all honey their speech.

¹¹Let all who take refuge in you sing for joy.

Spread over them your protection,

that they may exult in you,

when they call on your name.

¹²You bless the just, O GOD;

you cover them from above.

You surround them with the shield of your love.

Praying Psalm 6 with Jesus

¹O GOD, rebuke me, but not in anger;
discipline me, but not in wrath!]

²Be gracious to me, O GOD, for I am languishing.
Heal me, for I am shaking with terror.

³My whole being is racked with pain,
but you, O GOD – how long?

⁴Turn to me, O GOD, hold back my life from the grave.
In your covenant love save me.

⁶I am exhausted with my groaning.
All night long I drench my pillow with tears,
I soak my couch with weeping.

⁷My eyes waste away with grief.
My life is ebbing away. Everything is against me.

⁸Depart from me, all you who do evil.
GOD has heard my weeping.

⁹GOD hears my pleading
and welcomes my prayer.

¹⁰My enemies fall back, struck with terror,
foiled and suddenly confounded.

Praying Psalm 7 with Jesus

¹O GOD, in you I take refuge;
save me from those who pursue me,
²lest like a lion they tear me to pieces,
and drag me off with no one to save me.

[³O GOD, if I have done this,
if there is crime on my hands,
⁴if I have repaid with harm
one who has come to me in peace
or taken advantage of one who
has attacked me without cause,
⁵then let the enemy pursue and overtake me,
let them trample my life to the ground,
and lay my entrails in the dust.]

⁶Rise up, O GOD,
stir yourself against the fury of my enemies;
awake, O my God, and pronounce in my favour
in the judgment to which I am summoned.

⁷An assembly of nations gathers around you.
Take your seat above them on high,
⁸O judge of the nations. Declare me innocent, O GOD.

⁹Uphold the just, you who test mind and heart.
¹⁰My shield is God, who saves the upright of heart,
¹¹who pronounces a judgment that is just.

¹⁴Look at them! They conceive evil.

They are pregnant with malice, and give birth to lies.

¹⁵They made a pit, dug it deep,
but fell into the trap they made.

¹⁶Their wicked deeds recoil upon themselves.
On their own heads fall their cruel blows.

¹⁷I celebrate GOD's justice and sing in praise: 'GOD Most High.'

Praying Psalm 8 with Jesus

¹*O GOD of the universe,
all your creation proclaims how wonderful you are.*

²I want to worship you
with the worship of infants and babes at the breast.
They gaze with wonder at the star-studded heavens.
Their wonder reduces to silence
the enemy and the rebel.

³When I look at your heavens,
the work of your hands,
the moon and the stars
that you have set in place,
⁴what are we, mortal human beings,
that you are mindful of us, that you care for us?

⁵You have made us a little lower than gods.
You have crowned us with glory and honour.
⁶To us you have entrusted the earth.
You have made us responsible for all you have made:

⁷sheep and oxen,
wild beasts of the plain,
⁸birds of the air,
and fish that make their way through the waters.

⁹*O GOD of the universe,
all your creation proclaims how wonderful you are.*

Praying Psalm 9 with Jesus

¹O GOD, with a full and grateful heart
I proclaim your wonderful deeds.

²In festive jubilation, I celebrate you,
singing your name to music, O Most High.

³As my enemies are turned back,
they stumble and perish before you.

⁴From your throne, O just judge,
you pass judgment in my favour.

⁷GOD sits enthroned forever, issuing judgment.

⁸Justly you judge the world and govern the nations.

⁹You are a stronghold for the oppressed.
You strengthen them in times of trouble.

¹⁰Those who know you put their trust in you.
You never forsake those who seek you.

¹¹Sing praises to GOD who dwells in Zion,
declare his deeds to the people.

¹²God never neglects the cry of the afflicted.

¹³Pour your grace over me, O GOD.

Look how oppressed I am. You are the one
who draws me back from the gates of death,

¹⁴that I may recount your praises at the gates of Zion,
and celebrate your deliverance.

¹⁸The needy will not always be forgotten,
nor the hope of the poor be in vain.

Praying Psalm 10 with Jesus

¹Why, O GOD, do you stand far off?

Why do you hide yourself in time of trouble?

²The wicked in their arrogance hound the poor,
but they are tangled in their own intrigues.

³The wicked boast of their ambition,
the greedy are full of self-adulation.

⁴They do not care about GOD:

‘There is no god to whom I must give an account!’

What schemes they devise!

How twisted their lives!

⁵They have no concern for your judgments.

They defy all who disagree with them.

⁶They think in their heart: ‘I will never be shaken,
nothing will get in my way!’

⁷From their mouths come deceit and fraud;
their speech is full of malice and lies.

⁸They wait in ambush to murder the innocent
under cover of secrecy.

Stealthily they watch for the helpless.

⁹They lurk in secret like a lion in its den,
that they may seize the poor and drag them away.

¹⁰The innocent, weighed down with oppression,
cannot withstand the violence of the wicked.

¹¹They think: ‘God has forgotten.
God has hidden from us and will never notice.’

¹²Rise up, O GOD. Do something.

Do not forget the oppressed.

¹³Why should the wicked spurn you, God,
and say in their hearts, 'God will not call us to account'?

¹⁴You are the helper of the orphan.

¹⁷ O GOD, you hear the longing of the poor;
you listen to them and strengthen their hearts.

¹⁸Protect the rights of the orphan and the oppressed.
Never again may they sow terror,
mortal human beings made from the earth.

Praying Psalm 11 with Jesus

¹In GOD I take refuge; how can you say to me:
'Flee like a bird. Flee to the mountains?'

²Those with no regard for God are bracing their bow.
They are fitting their arrows to the string;
they shoot at the upright from the shadows.

³When foundations are destroyed, what can the just do?

⁴GOD dwells in the holy temple,
GOD, whose throne is in heaven,
whose eyes look down on the world,
whose gaze is on the people on the earth.

⁷GOD is just and loves justice.
The upright will behold God's face.

Praying Psalm 12 with Jesus

¹Give us your saving help, O GOD,
for no one respects the covenant.
Sincerity has disappeared from the human race.

²People utter lies to each other.
They speak from hearts that are false.
⁴They say, 'With our tongues we will always prevail.
We can say whatever we like. Who is our master?'

⁵'Because of violence against the poor,
because the needy groan', says GOD,
'I will now rise up.
I will keep them safe as they give their testimony.'

⁶GOD's words are pure,
like silver refined in a furnace.
⁷It is you, O GOD, who will take us into your care.
It is you who protect us from those who do evil.

⁸See how the wicked prowl on every side,
while the worthless are highly prized.

Praying Psalm 13 with Jesus

¹O GOD, will you again remember me?

How long will you hide your face from me?

²How long must my soul be stricken with grief?

I carry sorrow in my heart day and night.

How long will my enemies prevail over me?

³Look at me, O GOD; answer me!

Shed your light on me, or I will die.

⁴Do not let my enemy say, 'I have prevailed.'

Do not let my foes rejoice to see me fall.

⁵As for me, I trust in your covenant love;

my heart rejoices in your saving help.

⁶I will sing to you, O GOD,

because of the good you have bestowed on me.

Praying Psalm 14 with Jesus

¹Fools tell themselves 'There is no God.'
They are corrupt. They perpetrate dreadful deeds.
None of them does good.

²GOD looks down on the human race
to see if there is anyone who is wise,
anyone who seeks after God.

³They have all gone astray,
they are all depraved.
There is no one who seeks God, no, not one.

⁴Do they know nothing, these evildoers?
They devour my people like so much bread.
They never pray.

⁵Well, then, you will cringe with fear,
for God's cause is with the just.

⁶You may have the power to thwart the plans of the poor,
but know that GOD is their refuge.

⁷O that deliverance for Israel would come from Zion!
When GOD restores the fortunes of the people,
then Jacob will be glad. Israel will rejoice.

Praying Psalm 15 with Jesus

¹GOD, who can be a guest in your tent?
Who may live on your holy mountain?

²Those who live with integrity;
who do what is right;
who speak the truth with courage;

³who do not spread slander;
or abuse friends; or cast a slur against a neighbour;

⁴who honour those who live their faith in GOD;

who stand by their word, whatever the cost;

⁵who lend without seeking interest;
who refuse to accept a bribe to condemn the innocent.

Such are the just. They stand firm for ever.

Praying Psalm 16 with Jesus

¹Protect me, O GOD. I turn to you for help.

²You are my greatest good.

³You have put into my heart a marvellous love
for the faithful who dwell in the land.

⁴Those who run after strange gods
multiply their sorrows.

⁵You, O GOD, are my chosen portion and my cup.
It is you yourself who are my prize.

⁶The lot marked out for me is my delight.
Welcome indeed the heritage that is mine.

⁷I thank you for all your blessings.
It is you who give me counsel.
Even at night you direct my heart.

⁸O GOD, I keep you always before me.
With you at my side I will not waver.

⁹Therefore my heart is glad.
A profound joy wells up within me.
Even my flesh rests secure,
for in You I place my trust.

¹⁰You do not abandon me to death.
You do not let your faithful see the grave.

¹¹You show me the path to life.
Your presence fills me with joy.

Praying Psalm 17 with Jesus

¹O GOD, hear my appeal for justice.
Attend to my cry. Listen to my plea.
My lips are free of deception.

²Let my judgment come from you,
for you can see that I am upright.

³You scrutinize my heart. You probe it by night.
You will find in me no wickedness.

⁴There is no error in what I have said
about how people are behaving.

Following the instructions from your lips
I have remained vigilant.

⁵Even on steep paths I have kept my footing.
Keeping to your way, I have not strayed.

⁶I call upon you, my God; attend to me, hear my voice.

⁷Show me your wonderful love,
you who save those who trust you.

⁸Guard me as the pupil of your eye.
Hide me in the shade of your wings

⁹from the wicked who attack me,
and hunt me down to take my life.

¹⁰They lack all feeling. Their speech is arrogant.

¹¹They track me down and hem me in.

They fix their eyes on me,
determined to strike me to the ground.

¹²They are like lions eager for prey,
like young lions lurking in ambush.

¹⁴Ensure that those you protect are saved from starving.
May their children be satisfied.
May they have more than enough for their little ones.

¹⁵As for me, I have been righteous.
I will behold your face.
When I awake, I will see you. That is all I want.

Reflecting on Psalm 18 in Jesus' Company

¹I love you, O GOD, my strength,
²my rock, my fortress, my Saviour,
my God, my shield, my mighty help, my stronghold.
³I praise you. I call upon you,
and I am rescued from my enemies.

⁴The waves of Death overwhelmed me;
the torrents of destruction struck me down;
⁵the cords of the Underworld entangled me;
the nets of Death held me trapped.

⁶I called upon you, O GOD, I cried out for help,
and my cry pierced through to your presence.
⁷Then the earth reeled and trembled;
the mountains were shaken to their foundations,
they shuddered at your terrible anger.
⁸Smoke issued from your nostrils,
a scorching fire from your mouth; and fiery rocks erupted.

⁹God, you tore open the heavens, and came down;
a black cloud under your feet.

¹⁰You rode on the back of a cherub
and came swiftly upon the wings of the wind.

¹¹You made darkness your covering,
wrapped in a canopy of thick black storm clouds.

¹²Lightning announced God's presence,

with hailstones and flashes of fire.

¹³ GOD thundered in the heavens,
the voice of the Most High resounded.

¹⁴ You shot your arrows, and scattered them,
causing terror by the crashing of the lightning.

¹⁵ Then the bottom of the ocean was revealed,
and the foundations of the world laid bare
at your rebuke, O GOD, at the fire issuing from your nostrils.

¹⁶ You reached down from on high and held me.

¹⁷ You rescued me from powerful enemies,
from those who were too strong for me.

¹⁸ They came against me on a disastrous day,
but GOD sustained me,

¹⁹ opened for me an escape,
rescued me because God took pleasure in me.

²⁰ O GOD, you rewarded me because I was just;
repaid me because my actions were pure,

²¹ because I have kept your ways,
and have not repudiated my God;

²² because I have kept before my eyes all your judgments,
and I have not set aside your statutes.

²³ I kept blameless before God,
and I guarded myself against all guilt.

²⁴ O GOD, you recompensed me for being just,
for keeping my actions pure in your sight.

²⁵With the faithful you show your covenant love;
with the blameless you show yourself blameless;

²⁶with the pure you show yourself pure;
with the crooked you show yourself astute.

²⁷You give your saving help to the humble,
and you humble those who are proud.

²⁸It is you, O GOD, who light my lamp.
It is you who illumine my darkness.

²⁹With you I can leap into the fray,
with my God I can scale any wall.

³⁰O God, your way is perfect. Your word is true.
YOU are a shield for all who take refuge in GOD.

³¹Who is God apart from YOU? Who is the rock if not our God?

³²You gird me with strength. You guide me to achieve my goal.

³³You make my feet like those of a deer.
You set me secure on the heights.

³⁴You train my hands for war and my arms to bend the heavy bow.

³⁵You have given me your saving shield,
your right hand has supported me,
you have assisted me in every way.

³⁶You have widened the path for my steps,
and I have kept my footing.

³⁷I pursued the enemy and overtook them;
and did not turn back until they were annihilated.

³⁸I struck them down, so that they were not able to rise.

They fell under my feet.

³⁹For you girded me with strength for the battle;
you made my assailants fall down before me.

⁴⁰You put my enemies to flight,
and reduced to silence my adversaries.

⁴¹They cried for help, but there was no one to save them;
they cried to GOD, but there was no answer.

⁴²You crushed them fine as dust before the wind;
You trod them down like dirt in the streets.

⁴³You rescued me from the wrangling of my people.

You made me head of the nations.

A foreign people took me as their lord,

⁴⁴because of my fame they submitted to me.

Foreigners came cringing to me,

⁴⁵foreigners lost heart,
and came trembling out of their strongholds.

⁴⁶GOD lives! Blessed be my rock!

Be exalted, my God and Saviour!

⁴⁷God, you avenged me and subdued peoples under me,

⁴⁸you rescued me from my enemy,
you exalted me above my adversaries
and rescued me from their violence.

⁴⁹For this I will extol you, O GOD, among the nations,
and sing praises to your name.

⁵⁰You show love to your anointed.
You reveal your love for David
and for his descendants for ever.

Praying Psalm 19 with Jesus

¹The heavens proclaim the glory of God,
displaying the magnificence of God's creation.

²Day unto day takes up the story;
night unto night makes known the message.

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

⁴their announcement goes out through all the earth,
their proclamation to the utmost bounds of the world.

⁵In the heavens God has set a tent for the sun.

It comes forth

like a bridegroom from his wedding canopy,

like an athlete eager to run the race.

⁶It rises in one extremity of the heavens,
and its course runs to the other.

Nothing escapes its burning heat.

⁷GOD's law is perfect; it revives the soul.

GOD's decrees are sure; they make wise the simple.

⁸GOD's precepts are right; they delight the heart.

GOD's commandment is clear; it enlightens the eyes.

⁹The awe inspired by GOD is pure and enduring.

GOD's judgments are true and all of them just.

¹⁰More precious are they than gold, than the finest gold;

sweeter are they than honey dripping from a comb.

¹¹Your servant is enlightened by them.

In keeping them there is great reward.

¹²Who is so sensitive as to observe hidden sins?

Forgive me mine, O my God.

¹³Keep my pride in check; break its grip upon me.

Then I will be blameless, innocent of grave sin.

¹⁴Let the words of my mouth

and the reflections of my heart

be acceptable to You, my GOD, my rock.

Praying Psalm 20 with Jesus

¹In time of trouble may GOD respond to your plea.

May the God of Jacob protect you.

²From the sanctuary may God send you help,
giving you support from Zion.

³May God recall your many offerings,
and look with favour upon your sacrifices.

⁴May God grant you the desire of your heart,
and fulfil every one of your plans.

⁵May we shout for joy over your deliverance.
May we raise our standards in triumph.

“GOD will fulfil all your petitions.”

⁶Now I know that GOD’s anointed will be victorious.
The Holy One will grant him deliverance,
giving strength to his victorious right arm.

⁷Some boast of chariots and horses, but we invoke GOD.

⁸They will waver and fall, but we will stand firm.

⁹Give victory to the king, O GOD.

Answer us when we cry out to you.

Praying Psalm 21 with Jesus

¹O GOD, the king rejoices in your power.

He celebrates your victory.

²You have given him his heart's desire.

You have not refused his prayer.

³You came to meet him, blessing him with success.

You have placed on his head a golden crown.

⁴He asked you for life. You gave it to him,

length of days forever and ever.

⁵His glory is great, thanks to your help;

you have bestowed on him honour and majesty.

⁶You pour out an abundance of blessings upon him.

You have filled him with joy in your presence.

⁷The king trusts in GOD.

Through the kindness of the Most High

he will not waver.

¹³Rise up, GOD, in your power.

To the sound of instruments

we will sing of your mighty Love.

Praying Psalm 22 with Jesus

¹My God, my God, why have you abandoned me?
How far from saving me, the words I groan!

²I call all day, my God, but you do not answer.
All night long I call, and I cannot rest.

³You dwell in the holy temple, you, the praise of Israel.

⁴In you our ancestors trusted;
they trusted, and you rescued *them*.

⁵To you they cried, and *they* escaped;
they trusted in you, and never in vain.

⁶But here am I, more worm than human,
scorned and despised.

⁷All who see me deride me,
they toss their heads and sneer:

⁸He relied on GOD, let GOD save him!
Let GOD come to his aid if GOD loves him so much.'

⁹Yet it was you who took me from the womb;
you entrusted me to my mother's breasts.

¹⁰Placed on your lap from my birth,
from my mother's womb You have been my God.

¹¹Come close to me. Trouble is near
and I have no one to help me!

¹²A pack of bulls encircles me,
fierce bulls of Bashan close in on me;
¹³for me they open wide their jaws,
like ravenous, roaring lions.
¹⁴I am poured out like water; all my bones are out of joint.
My heart is like wax, melting within my breast.
¹⁵My mouth is dried up like a potsherd,
and my tongue sticks to my jaw.
You lay me in the dust of death.
¹⁶Dogs hunt me; a gang of villains closes me in.
They tear at my hands and feet,
determined to take my life.
¹⁷I can count all my bones. They glare at me and gloat.
¹⁸They divide up my clothes, and cast lots for my robe.

¹⁹But you, O GOD, do not leave me.
O my strength, come quickly to my aid.
²⁰Rescue me from the sword,
my life from the mauling of the dogs!
²¹Save me from the lion's jaws,
from the horns of the wild bulls.
²²and I will proclaim your name
to my brothers and sisters;
in the midst of the congregation I will praise you.



²³Let your praise ring out, you who revere GOD!
Give glory to God, all you children of Jacob!
Stand in awe, all you children of Israel!
²⁴For God did not despise or scorn
the condition of this wretch.
God's love remained fixed on me, hearing my cry.

²⁵Yours, O God, is my praise in the great congregation.

My vows I will pay before your faithful.

²⁶The poor eat and are satisfied.

Those who seek GOD utter praise.

May they never lose heart.

²⁷All the ends of the earth

will remember and turn to GOD.

All the families of nations will worship GOD

²⁸who rules over the nations.

²⁹To God, indeed, will bow, all who go down to the dust.

And I, too, with all my being, if God preserves me.

³⁰My descendants will worship;

future generations will be told about God (the Lord),

³¹and will proclaim God's justice to a people yet unborn:

'Look what God has done!'

Praying Psalm 23 with Jesus

¹You, O GOD, are my shepherd. You are all I need.

²In green pastures I rest with you.

You lead me to tranquil waters

³to revive my drooping spirit.

You guide me along the right path.

You are true to your name.

⁴Though I should walk in death's dark valley

I fear no evil, for you are with me.

Your rod and your staff give me comfort.

⁵You prepare a banquet for me

in the presence of my foes.

You anoint my head with perfumed oil;

my cup is overflowing.

⁶Surely your goodness and kindness will accompany me
all the days of my life.

I will dwell in GOD's house my whole life long.

Praying Psalm 24 with Jesus

¹The earth is yours, O GOD, and all its creatures,
the world and all its peoples.

²It is you who set the land on the seas,
and anchored it in the deep.

³Who is fit to climb GOD's mountain,
and stand in the GOD's holy place?

⁴Those who act with integrity,
from hearts that are pure,
whose longing is for the real God, not idols,
who do not live a lie.

⁵These will receive blessing from GOD,
and justice from the God who saves.

⁶Such is the company of those who seek you;
who seek your face, O God of Jacob.

⁷*You, gates, reach to heaven, open high and wide.
Make way for the king of glory.*

⁸*Who is the king of glory?*
The GOD of power and might, the conqueror of chaos.

⁹*You, gates, reach to heaven, open high and wide.
Make way for the king of glory.*

¹⁰*Who is the king of glory?*
The Mighty GOD, your glorious king.

Praying Psalm 25 with Jesus

¹All my longing is for you, O GOD. In you I trust.

²Do not let my enemies gloat over me. Do not fail me.

³Those who hope in you will not be disappointed.

Disgrace is for those who are wantonly unfaithful.

⁴O GOD, show me how to live. Teach me your way.

⁵Direct me to your truth, and guide me.

For you are God my saviour, my constant hope.

⁶O GOD, be mindful of your tender compassion,
your kindness since ancient times.

[⁷Remember me, not the sins of my youth
or the ways I have been unfaithful.]

⁸Good and upright is GOD, guiding those who stray.

⁹God leads the poor, guiding them along the right path.

¹⁰YOUR paths are covenant love and faithfulness
for those who keep your covenant.

[¹¹Pardon my guilt, for it is great.]

¹²For those conscious of God's awesome presence,
GOD will reveal the path to choose.

¹³They will live a full life,
and their heirs will inherit the land.

¹⁴GOD counsels the faithful,
instructing them through the covenant.

¹⁵My eyes are fixed on GOD,
who will free me from the trap.

¹⁶Turn to me and be gracious,
for I am lonely and afflicted.

¹⁷Relieve the troubles of my heart.
Free me from my distress.

¹⁸Observe my affliction and my pain.

[¹⁸Forgive all my sins.]

¹⁹See how many are my foes.

How violent is their hatred towards me.

²⁰Rescue me and preserve my life.

Do not let me be put to shame.

In you I take refuge.

²¹May integrity and uprightness preserve me,

For in you, O God, I hope.

²²Rescue Israel from every danger.

Praying Psalm 26 with Jesus

¹Pass judgment on me, O GOD,
for I am living an honest life
I trust in YOU, O GOD, without wavering.
Put me to the test.

²Probe my feelings. Purify my heart.

³Your covenant love is ever before my eyes.
I walk boldly in your faithfulness.

⁶I wash my hands, and take my place, O GOD,
around your altar.

⁷I sing a song of thanksgiving,
and recount your wondrous deeds.

⁸I love your dwelling place, O GOD,
the home where your glory abides.

¹¹I live an honest life. Rescue me and be gracious to me.

¹²I continue to walk in an upright way.

In the great congregation I will bless YOU, O GOD.

Praying Psalm 27 with Jesus

¹GOD is my light and my salvation; whom will I fear?
GOD is the stronghold of my life;
before whom will I shrink?

²When evildoers attack to devour me,
it is they, my adversaries and foes, who stumble and fall.

³Though an army encamp against me,
my heart will not fear.
Though I have to engage in battle, even then I will trust.

⁴One thing I ask of you, O GOD, for this I long:
to live in your house all the days of my life,
to behold your beauty while at prayer in your temple.

⁵You hide me there in the hour of danger.
There, set on a rock,
concealed under the cover of your tent,

⁶I offer sacrifices with shouts of joy,
to the sound of music,
praising GOD in song.

⁷Hear me, O GOD, when I cry to you,
be gracious and answer me!

⁸Your voice within me says, "Come, seek my face!"
It is your face that my heart seeks.

⁹Do not hide from me. Do not turn your servant away.
Do not reject me, for it is you who uphold me.

Do not cast me off. Do not forsake me,
O God my saviour!

¹⁰Even if my father and mother were to forsake me,
I know you would welcome me.

¹¹Teach me your way, O GOD, lead me on a safe path.
My enemies are waiting in ambush.

¹²Do not give me up to their will.
False witnesses have risen against me,
breathing out violence.

¹³I believe that I will see the goodness of GOD
in the land of the living.

¹⁴Hope in GOD. Be strong. Be brave.
Put your trust in GOD.

Praying Psalm 28 with Jesus

¹I call on you, GOD, my rock. Do not refuse to hear me.
Do not be silent. Without you I will die.

²Hear the sound of my pleading, as I cry to you for help,
as I lift up my hands in prayer toward your temple.

³Do not drag me away with the wicked,
with those who speak peace to their neighbours,
while mischief is in their hearts.

⁶Blessed are you, O GOD.

You hear the sound of my pleading.

⁷YOU are my strength and my shield,
in whom my heart trusts.

When help comes to me, my heart exults,
and with my song I give God thanks.

⁸YOU are the strength of the people,
the saving refuge of God's anointed.

⁹Help your people, and bless your heritage.
Sustain them. Be their shepherd forever.

Praying Psalm 29 with Jesus

¹Acclaim GOD, you beings of heaven.

Acclaim the glory and might of GOD.

²Acclaim GOD's glorious name.

Prostrate yourselves in GOD's holy temple.

³The voice of our glorious God
thunders above the mighty waters!

⁴The voice of GOD, full of power.

The voice of GOD, full of splendour.

⁵The voice of GOD shatters the cedars of Lebanon,

⁶makes Lebanon leap like a calf,

Sirion like a young wild ox.

⁷The voice of GOD flashes flames of fire,

⁸shaking the wilderness of Kadesh.

⁹GOD's voice rends the oak tree,

and strips the forest bare.

In your temple, O GOD, all cry: 'Glory!'

¹⁰For you rule over the mighty waters.

Your rule is for ever.

¹¹Give strength to your people, O GOD.

Bless your people with peace.

Praying Psalm 30 with Jesus

¹I will praise you, GOD, for you have raised me up.

You have not let my foes gloat over me.

²I cried to you for help, O GOD.

³I was dying and you restored me to life.

⁴Sing praises to GOD, you faithful,
give thanks as you shout aloud the holy name.

⁵GOD's favour lasts a lifetime.

Weeping may linger for the night,
but joy comes with the dawn.

⁶When all was going well,

⁷I thought that, with God's powerful blessing,
I could stand as secure as a mountain.

Then you hid your face and I shook with fear.

⁸I cried out, 'O GOD! O GOD!' I begged, I pleaded:

⁹What good is there in my death,
in my going down to the grave?

¹⁰GOD listened, was moved with pity,
and came to my help.

¹¹You turned my mourning into dancing.
You clothed me with joy.

¹²I witness to your glory.

I praise you and will not be silent.

O GOD, I will never stop thanking you.

Praying Psalm 31 with Jesus

¹In you, O GOD, I seek refuge. Let me not suffer shame.
May your justice be my security.

²Come close to hear me! Come quickly to rescue me!
Be my rock of refuge, my mighty stronghold.

³You are indeed my rock, my fortress.
Go before me; be my guide.

⁴The net tightens around me.
Release me, for you are my protector.

⁵Into your hands, O GOD, I commit my spirit.
You have redeemed me, faithful God.

⁶I place my trust in you.

⁷I exult and celebrate your kindness.

You saw my affliction.

You watched over me while I was in danger.

⁸You did not put me at the mercy of the enemy.
You set me on open ground.

⁹Be gracious to me, O GOD, for I am in distress.

My eyes are swollen from grief. I am racked with pain.

¹⁰Sorrow consumes my life. My days are filled with sighs.
[Guilt saps my strength.] My bones waste away.

¹¹My enemies mock me. I am the butt of their jokes.

I am an object of dread to those who see me.

They turn and run the other way.

¹²No one thinks of me. It is as though I was dead.

I am of no use, like a discarded pot.

¹³I can hear the whispering of the crowd:

‘Attack from every side!’ They scheme to take my life.

¹⁴But I trust in you, O GOD. You are my God.

¹⁵My life is in your hands. Rescue me from my enemies
Ruthlessly they hunt me down.

¹⁶Show your servant your radiant face.

In your covenant love save me.

¹⁹How abundant is your goodness

to those who revere you,

to those who find in you their refuge.

Let everyone see how good you are.

²⁰In the secret hiding place of your presence
you protect us from their scheming.

In your tent you hold us safe

from the tongues of the violent.

²¹Blessed be GOD, who has shown me wonderful love.

²²I said in my alarm, ‘I am excluded from your presence.’

But you heard my supplications

when I cried to you for help.

²³Love GOD, all you who are faithful.

GOD preserves those who believe,

but repays in full those who act in pride.

²⁴Be strong, let your heart take courage,

all you who hope in GOD.

Praying Psalm 32 with Jesus

¹Blessed and happy are they whose sins are forgiven.

²Blessed and happy are they
to whom GOD imputes no guilt,
whose spirit is no longer darkened by sin.

³If you remain silent, you will waste away,
⁴weighed down by sin day and night,
your strength dried up as in a summer drought.

⁵If you acknowledge your sin and stop hiding your guilt,
if you confess your transgressions,
your God will forgive your sin and remove your guilt.

⁶This is why the faithful pray to GOD in danger.
Even the rush of a mighty flood will not touch them.

⁷You, O God, are my hiding place;
you free me from danger.
When I cry for help you encircle me with love.

⁸I will instruct you
and show you the road you must follow.
I will watch over you and give you counsel:

⁹'Do not be a horse or mule, without understanding,
needing bridle and bit before anyone can approach you.'

¹⁰Many are the torments of the wicked,
but kindness surrounds those who trust in GOD.

¹¹Be glad and rejoice in GOD, O you just.
Shout for joy, all you upright of heart.

Praying Psalm 33 with Jesus

¹Ring out your joy to GOD, you lovers of justice.

How right it is to praise!

²Give thanks to GOD upon the lyre.

Make music with the ten-stringed harp.

³In a new song raise your voice to God.

Play skilfully on the strings.

⁴For the word of GOD is true. What God says, God does.

⁵GOD, the lover of justice and truth,

fills the earth with love.

⁶By GOD's word the heavens were made,

and by God's breath all their starry host.

⁷God collects and stores the waters of the sea.

⁸Let all the inhabitants of the earth pay homage.

Let them stand in awe of God.

⁹GOD speaks and the world comes into existence.

GOD commands and creatures spring into being.

¹⁰GOD brings the designs of the nations to nothing,

frustrating their plans.

¹¹It is GOD's designs that stand,

the plans of God's heart from age to age.

¹²Blessed and happy is the nation whose God is GOD,

the people whom GOD has chosen.

¹³From heaven God sees all the inhabitants of the earth,

¹⁴From where God sits enthroned,

¹⁵God fashions the hearts of them all,
knowing all their deeds.

¹⁶Kings are not helped by their armies,
nor soldiers because of their strength.

¹⁷The warhorse is a vain hope for deliverance.
Despite its strength, it cannot save.

¹⁸GOD looks with love on those who believe,
on those who count on God's love

¹⁹to deliver them from death,
to keep them alive in famine.

²⁰With all our being we wait for GOD,
our strength and our shield.

²¹Our heart finds joy in GOD, in whom we place our trust.

²²Let your love be upon us, O GOD,
for we place all our hope in you.

Praying Psalm 34 with Jesus

¹I will bless GOD at all times,
praise continually on my lips.

²With thanksgiving I glory in GOD.
Let the lowly hear and be glad.

³Join with me in singing of GOD greatness,
together let us praise our God.

⁴I sought and GOD replied,
setting me free from all my fears.

⁵Look to GOD, and be radiant.

⁶This poor person cried, and GOD heard me,
and saved me from every danger.

⁷The angel of GOD encamps
around those who revere GOD.

⁸O taste and see that GOD is good.
Blessed are you who take refuge in God.

⁹Live in awe, you holy ones. You will want for nothing.

¹⁰The rich and powerful suffer want and go hungry.
Those who seek GOD lack nothing good.

¹¹Come children, listen to me;

I will teach you to cherish GOD.

¹²Do you desire life, and time to enjoy success?

¹³Well then, keep your tongue from evil,
and your lips from speaking deceit.

¹⁴Finish with evil. Learn to do good.
Seek peace, and pursue it.

¹⁵The eyes of GOD are on the just,
to attend to their cry for help.

¹⁷Cry out for help. GOD hears,
and rescues from every danger.

¹⁸GOD is near to those whose hearts are broken,
helping those whose spirits are crushed.

¹⁹Many are the afflictions of the just,
but GOD rescues from them all.

²⁰GOD keeps guard over all their bones;
not one of them will be broken.

²¹Evil brings death to the wicked.
Those who hate the just will be condemned.

²²GOD redeems the lives of GOD servants.
No one who takes refuge in GOD will be rejected.

Praying excerpts from Psalm 35 with Jesus

⁹I will rejoice in you, O GOD,

celebrating what you have done for me.

¹⁰With all my heart I cry: 'O GOD, who is like you?

You deliver the poor from those who are too strong,
from those who take away what little they have.'

¹¹Malicious witnesses rise up,

accusing me of things about which I know nothing.

¹²They repay me evil for good, leaving me forlorn.

¹³I prayed for them with my head bowed on my bosom,

¹⁴as though I grieved for a friend or a brother.

I went about as one who laments for a mother,
bowed down in mourning.

¹⁵But they gathered against me.

The mob took me by surprise,
and together they assaulted me.

¹⁶Lacking piety, they mocked again and again,
gnashing their teeth.

¹⁷Rescue me from their ravages.

¹⁸Then I will thank you.

In the congregation I will praise you.

²²O GOD, you see it all! Do not be silent!

God*, do not be distant from me!

²³Wake up! Bestir yourself for my defence,
for my cause, O my God!

²⁴Vindicate me, O GOD, according to your justice,
and do not let them rejoice over me.

²⁷Let those who desire justice for me
shout for joy and be glad,
and say evermore, 'Great is GOD,
who delights in the welfare of God's servant.'

²⁸Then I will tell of your justice,
and praise you all day long.

Praying Psalm 36 with Jesus

¹Sin speaks to sinners in the depths of their hearts.
God is watching them, but still they experience no fear.

²They so flatter themselves in their mind
that they know not their guilt.

³In their hearts are mischief and deceit.
All wisdom is gone.

⁴They plot the defeat of goodness
as they lie on their beds.
Committed to evil, they have no regrets.

⁵O GOD, your covenant love extends to the heavens,
your faithfulness to the skies.

⁶Your justice is like the high mountains,
your judgments are like the great deep.
You give life to all living beings.

⁷How precious is your covenant love, O God!
People take refuge in the shade of your wings.

⁸They feast on the abundance of your house.
You slake their thirst from the river of your delights.

⁹For with you is the fount of life.
In your light we see light.

¹⁰Keep on loving those who know you,
doing justice to upright hearts.

¹¹Do not let the arrogant trample over me,
or wicked hands assault me.

¹²See how those who do evil lie prostrate.
Flung down, they are unable to rise.

Reflecting on Psalm 37 in Jesus' company

¹Do not fret because people act badly;
do not envy those who do wrong.

²They wither like grass,
and fade like the green of the fields.

³Trust in GOD, and do good, cultivate faithfulness.

⁴Let GOD be your delight,
and you will be given what your heart is seeking.

⁵Commit your life to GOD.

Trust God to act on your behalf.

⁶and your justice will shine forth like the dawn,
your judgments like the sun at noon.

⁷Rest in GOD and wait patiently.

Do not fret over those who prosper
as they carry out their evil schemes.

⁸Restrain your anger. Control your rage.

Fretting leads only to evil.

¹¹It is the meek who will inherit the land,
and enjoy abundant prosperity.

¹²The wicked plot against the just, and gnash their teeth.

¹³Their end is near.

¹⁴The wicked unsheathe the sword and draw the bow
to bring down the poor and needy,
to kill those who live upright lives.

¹⁵Their sword will enter their own heart,
their bow will be broken.

¹⁶Better the few things owned by the just
than to be wealthy and do evil.

¹⁷The power of the wicked will be broken.
GOD sustains the just.

¹⁸GOD watches over the lives of the blameless;
their heritage will go on for ever.

¹⁹They are not put to shame in evil times,
in the days of famine they have all they need.

²⁰The wrongdoers will pass away like the flowers,
vanish like smoke.

²¹The wicked borrow, and do not repay.
The just are generous and keep giving.

²²Those blessed by GOD will inherit the land.

²³GOD makes our steps secure,
holding us in love as we journey through life.

²⁴We might stumble, but we will not fall,
for GOD is holding us by the hand.

²⁶The just are always giving liberally and lending,
and their children will be blessed.

²⁷Avoid evil, and do good,
and you will always have a home.

²⁸For GOD loves justice, and will not forsake the faithful.

³⁰The just utter wisdom,

the judgments they pronounce are true.

³¹They carry the law of God in their hearts.

They do not falter.

³²The wicked watch for the just, seeking to kill them.

³³GOD will not abandon the just to their power,

or let them be condemned

when they are brought to trial.

³⁴Hope in GOD. Keep to the way of Love.

³⁷Observe the blameless, keep your eyes on the upright.

Prosperity is for the peacemakers.

³⁸There is no future for those

who cut themselves off from God.

³⁹The deliverance of the just comes from GOD,

their refuge in time of trouble.

⁴⁰GOD rescues them from the wicked, and saves them.

Psalm 38 Listening to Jesus

The psalm is composed as a prayer. I have adapted it to have Jesus speaking to us as we listen.

¹God is rebuking you, but not in anger;
disciplining you, but not in wrath.

²The arrows of Love are striking you,
the hand of Love lies heavy upon you.

³No part of your flesh is free from wounds
because of your indignation.

There is no sound bone in your body
because of your sin.

⁴Yes, your guilty deeds are overwhelming you
their burden too heavy for you to bear.

⁵Your wounds grow foul and fester
because of your folly.

⁶I know you are utterly bowed down and prostrate,
mourning all day long.

⁷You are burning with fever.
No part of your body is free from pain.

⁸You are utterly spent and crushed.
You groan because of the anguish in your heart.

⁹God (the Lord) knows all your longing;
your sighing is not hidden from God.

¹⁰Your heart is pounding, your strength is spent;
the light of your eyes is gone.

¹¹Friends and neighbours avoid you,
keeping their distance.

¹²Those who seek your life lay snares for you.
Those who seek to hurt you speak of ruin.
They think up treachery all the day long.

¹³Like the deaf who cannot hear,
like the dumb unable to speak,
¹⁴you have no words for your defence.

¹⁵In GOD you can hope. God will answer you.

¹⁶They are gloating over you,
those who make fun of you when you stumble.

¹⁷On the point of collapsing,
you have no relief from your pain.

¹⁸Confess your guilt.
It is your sin that fills you with dismay.

¹⁹Your enemies are strong.
There are many who hate you for no reason.

²⁰They render you evil for good;
they attack you for seeking what is right.

²¹Your God will not forsake you. Your God is close.
God* is hastening to come to your aid.

Praying Psalm 39 in Jesus' company

¹I said to myself: 'I will watch my behaviour
lest I sin with my tongue.
I will control what I say when confronted by the wicked.'

²I was silent and held myself back, but to no avail.
The prosperity of the wicked stirred my grief,
³my heart was burning within me.

While I was attempting control,
the fire inside me blazed.
I found myself unable to hold my tongue.
⁴GOD, what will become of me? How fleeting is my life!
⁵A short span you have given me.
My days are as nothing in your sight.

We human beings are no more than a breath.

⁶We pass away like a shadow, our life passes by.
We amass possessions,
not knowing who will enjoy them.

⁷So what am I waiting for?
My God*, my hope is in you.
⁸Free me from all my transgressions.
Do not make me the taunt of the fool.
⁹I am silent. I do not open my mouth,
since this is all your doing.

¹⁰Stop tormenting me.
I am worn down by the blows of your hand.

¹¹You chastise us in our guilt,
like a moth consuming what we treasure.

We human beings are no more than a breath.

¹²Hear my prayer, O GOD, attend to my cry.
Do not ignore my tears. For I am your guest,
a stranger passing by
like all who have gone before me.

¹³Look away that I may breathe again,
before I depart and am no more.

Praying Psalm 40 with Jesus

¹I anxiously waited for YOU, O GOD.

At long last you stooped down to me.

You heard my cry

²and drew me up from the desolate pit.

From the miry bog you set me on solid ground.

³You put in my mouth a new song, a song of praise.

Witnessing this, many will be moved

to put their trust in YOU.

⁴Blessed and happy are those

who place their trust in GOD,

who are not seduced by idols, nor caught up in illusions.

⁵How many wonderful things you have done, O GOD.

How many graces you have thought up to favour us.

There is no one like you.

I am tempted to recount them,

but they surpass anything I could say.

⁶Sacrifice and offerings you do not desire.

You want a listening ear.

For burnt or sin offerings you have not asked.

⁷And so I say: 'Here I am.'

In the scroll of the book it is written of me

⁸that I am to carry out your will.

O my God, I long to do it.

Your law is etched in the depths of my heart.

⁹I proclaim the good news of your justice
to the great congregation.
See, I have not restrained my lips.
You know this, O GOD.

¹⁰I have not kept your justice hidden within my heart.
I have spoken of your faithfulness and your saving help.
I have not concealed your covenant love
and your faithfulness from the great congregation.

¹¹O GOD, do not withhold from me
your tender compassion.
Let your covenant love and your faithfulness
always keep me safe.

¹²I am beset with countless evils.
[My guilty deeds have overtaken me, until I cannot see.
They are more than the hairs of my head].
My heart sinks within me.

¹³Free me, O GOD. Hasten to help me.

¹⁶May all who seek you rejoice and be glad in you.
May those who love your saving presence keep saying,
'Great is GOD!'

¹⁷As for me, I am poor and needy,
but God (the Lord) think of me.
You are my helper, my deliverer.
O my God, do not delay.

Praying Psalm 41 with Jesus

¹Blessed and happy are those who care for the poor.

When times are hard, GOD will rescue them.

²GOD protects them, preserves their life,
and blesses them in the land.

GOD will not give them up to the will of their enemies,

³but on their sick bed will sustain them,
restoring them from sickness to health.

⁴I said, 'GOD, be gracious to me; heal me.'

⁵Enemies wish evil upon me:

'When will you die? When will your name be forgotten?'

⁶When they come to see me, they pretend to be friendly
but they are planning mischief in their hearts.

When they leave, they gossip about me.

⁷All who hate me gang up and plot evil against me.

⁸They say: 'He has contracted an incurable sickness;
Confined to bed he will never rise.'

⁹Even my bosom friend in whom I trusted,
who shared my table, has abandoned me.

¹⁰But you, O GOD, be gracious to me. Restore me to health,
so that I can show them how wrong they are.

¹¹I will know that you are pleased with me,
when my enemies do not triumph over me.

¹²You have restored my health.

Keep me in your presence for ever.

¹³Blessed be GOD, the God of Israel, for ever and ever.
Amen! Amen!

Praying Psalm 42 with Jesus

¹As the deer longs for running streams,
so my whole being longs for you, my God.

²With all the yearning of my soul
I thirst for you, the living God.
When will I come and see your face?

³My tears have been my food by day and by night,
as I hear it said all the day long: 'Where is your God?'

⁴These things I remember, as I pour out my soul:
how I would lead the rejoicing crowd
into the house of God,
amid cries of gladness and thanksgiving,
the throng wild with joy.

⁵*Why are you cast down, my soul? Why groan within me?
Hope in God. I will continue to praise you,
my Saviour and my God.*

⁶My soul is cast down within me as I think of you,
from the region of the Jordan and Mount Hermon,
from the hill of Mizar.

⁷Deep calls to deep in the roaring of the waters.
All your waves and your billows crash over me.

⁸By day GOD sends forth such gracious love.
By night I keep singing, pleading to the living God.

⁹I say to God, my rock: *'Why have you forgotten me?
Why must I go mourning, oppressed by the foe?'*

¹⁰With cries that pierce me to the heart
my enemies revile me,
saying to me all the day long: 'Where is your God?'

¹¹*Why are you cast down, my soul? Why groan within me?
Hope in God. I will continue to praise you,
my Saviour and my God.*

Praying Psalm 43 with Jesus

¹You be my judge, O God.

Defend my cause against a godless people.

Rescue me from the deceitful and unjust.

²You are God. I take refuge in you.

Why have you cast me off?

Why must I go mourning oppressed by the foe?

³Send forth your light and your truth;

let these be my guide;

let them bring me to your holy mountain,
to the place where you dwell.

⁴I will go to the altar of God,

to God, my exceeding joy;

and I will praise you on the harp,

O God, my God.

⁵*Why are you cast down, my soul?*

Why are you groaning within me?

*Hope in God. I will continue to praise you,
my Saviour and my God.*

Reflecting on Psalm 44 in Jesus' Company

Very little of this psalm could be prayed by Jesus, and, in view of Jesus' teaching about God and about how we should relate to people we think of as enemies, very little of it can be prayed by Jesus' disciples.

¹We have heard, O God, our ancestors have told us,
what deeds you performed in their days, in the days of old:

²with your own hand you drove out the nations,
and planted our ancestors there in their place;
you brought affliction on the peoples,
but brought prosperity to our ancestors.

³Not by their own sword did they win the land,
nor did their own arm give them victory.
It was your right hand, and your arm,
and the light of your countenance, for you delighted in them.

⁴You are my King and my God; you decree victories for Jacob.

⁵Through you we beat down our foes;
through your name we trample on our assailants.

⁶For not in my bow do I trust, nor can my sword save me.

⁷It is you who have saved us from our foes,
and have put to confusion those who hate us.

⁸In God we have boasted continually,
and we will call upon you in thanksgiving forever.

⁹Yet you have rejected us and shamed us.
You have not gone out with our armies.

¹⁰You made us retreat before the foe,
and our enemies plunder us at will.

¹¹You have made us like sheep for slaughter,
and have scattered us among the nations.

¹²You have sold your people for a trifle,
letting them go cheaply.

¹³You have made us the taunt of our neighbours,
the derision and scorn of those around us.

¹⁴You have made us a byword among the nations,
a laughing stock among the peoples.

¹⁵All day long my disgrace is before me,
my face is covered in shame

¹⁶at the insults of those taunting and reviling,
at the sight of the enemy attacking.

¹⁷All this has come upon us, yet we have not forgotten you,
or been false to your covenant.

¹⁸Our heart has not turned back,
nor have our steps departed from your way,

¹⁹yet you have broken us in the haunt of jackals,
and covered us with deep darkness.

²⁰If we had forgotten the name of our God,
or spread out our hands to a strange god,

²¹would not God discover this,
God who knows the secrets of the heart?

²²Because of you we are being killed all day long,
and accounted as sheep for the slaughter.

²³Rouse yourself, O God*! Why do you sleep.

Awake, do not reject us any longer!

²⁴Why do you hide your face?

Why do you forget our affliction and oppression?

²⁵We sink down to the dust,

our bodies unable to rise from the ground.

²⁶Rise up, come to our help.

Redeem us because of your covenant love.

Reflecting on Psalm 45 in Jesus' Company

¹My heart overflows with a noble theme.

I dedicate my verses to the king.

My tongue is as skilled as the pen of a scribe.

²You are the most handsome of men. How gracious is your speech.

How your God continues to bless you.

³O mighty one, gird your sword upon your thigh.

⁴In splendour and majesty ride on victorious,
for the cause of truth and goodness and right.

In defence of justice let your right hand show your dread deeds.

⁵Your arrows are keen. To you armies surrender.

The king's enemies lose heart.

⁶Your throne is the throne of God. Your reign endures for ever.

Your royal sceptre is a sceptre of equity.

⁷You love justice and hate what is evil.

Therefore God, your God, has anointed you
with oil of gladness beyond your companions.

⁸Your robes are fragrant with aloes and myrrh.

From the ivory palace you are greeted with music.

⁹Daughters of kings are among your loved ones.

On your right stands the queen mother in gold of Ophir.

¹⁰Listen, O daughter, mark these words:

Leave your family behind, forget your father's house.

¹¹The king is infatuated with your beauty.

Since he is your lord, you must bow to him.

¹²The city of Tyre comes with gifts, seeking your favour.

¹³The richest of the peoples honour you.

¹⁴The king's daughter is clothed with splendour;
her robes embroidered with pearls set in gold.
They are leading her to the king.

¹⁵She and her maiden companions
are escorted amid gladness and joy
into the palace of the king.

¹⁶In the place of your ancestors you will have sons.
They will be princes over all the land.
Your name will be celebrated for ever.

¹⁷The peoples will never cease thanking you
from one generation to the next,
giving praise to you through this song.

Praying Psalm 46 with Jesus

¹God is our refuge and strength,
a helper close at hand in time of trouble.

²So we will not fear, though the earth should tremble,
though mountains collapse into the sea,
³though waters roar and foam,
though the mountains shudder
before the crashing waves.

The Mighty GOD is with us; the God of Jacob is our refuge.

⁴There is a river whose streams
gladden the city of God,
home of the Holy One,
our God, the Most High.

⁵God is in the midst of the city.
It cannot be shaken.
God will be its help
when the morning dawns.

⁶Peoples revolt.
Kings mobilise their armies.
The earth shudders
whenever God thunders.

⁷The Mighty GOD is with us; the God of Jacob is our refuge.

⁸Come, behold the formidable things
GOD has brought about on the earth:
⁹everywhere God puts an end to war,
breaking the bow.

God shatters the spear,
burns the chariot in a pyre.
An end to your fighting!

¹⁰Be still and know that I am God.
I am exalted above the nations,
supreme on the earth.

¹¹*The Mighty GOD is with us; the God of Jacob is our refuge.*

Praying Psalm 47 with Jesus

¹Clap your hands, all you peoples!

Acclaim your God, singing for joy.

²For GOD, the Most High, we must revere,
great king over all the earth.

⁴Our inheritance, our glory, is from God,
given to Jacob out of love.

⁵God goes up with shouts of joy,
ascends to the blast of the trumpet.

⁶Sing praise to God, sing praise;
sing praise to our King, sing praise.

⁷For God is king of all the earth;
sing praise with all your skill.

⁸God is king over the nations;
God reigns on the holy throne.

⁹The princes of the peoples are assembled
with the people of Abraham's God.
All the rulers on the earth belong to God,
who reigns over all.

Praying Psalm 48 with Jesus

¹Great is GOD and most worthy of praise
in the city of our God.

²God's holy mountain rises in beauty,
the crowning joy of all the earth.

Mount Zion, true pole of the earth, city of the great King.

³God, in the midst of its citadels, is its sure defence.

⁴Look, the kings are assembling,
they advance together.

⁵As soon as they see it, they are astounded;
they panic, and take to flight.

⁶Trembling takes hold of them,
like the pangs of a woman in labour,

⁷as when the east wind causes shipwreck
to a merchant fleet.

⁸As we have heard, so we have seen:
this is the city of the Mighty GOD,
the city of our God,
who has established it for ever.

⁹In your temple, O God, we ponder your covenant love.

¹⁰Your praise, O God, like your reputation,
reaches to the ends of the earth.

Your right hand is filled with justice.

¹¹May Mount Zion be glad.
At the sight of your judgments
may the towns of Judah rejoice.

¹²Walk through Zion, walk all around it,
count its towers, admire its ramparts,
¹³take note of its citadels,
that you may tell the next generation:

¹⁴'This is God, our eternal God,
who is for ever our guide.'

Reflecting on Psalm 49 in Jesus' Company

¹Hear this, all you peoples!

Listen, inhabitants of the world,

²people both high and low,

rich and poor alike.

³I have wisdom you need to hear.

My heart is full of insight.

⁴I turn my mind to an enigma.

To the sound of the harp I will present my challenge.

⁵Why should I fear times of trouble,

when criminals track me down to destroy me,

⁶people who trust in their wealth

and boast of the abundance of their riches?

⁷Yes, none of us can buy our own freedom,

or pay a ransom to God for our lives.

⁸For the ransom is too high, well beyond our means.

⁹There is no escaping death, no avoiding the grave.

¹⁰Look, even the wisest die.

They perish just like the foolish and the stupid.

They have to leave their wealth to others.

¹¹The grave is their home forever, their final dwelling,

even if their names spread wide through the land.

¹²*Human beings in their opulence cannot endure;
like the animals they must succumb to silence.*

¹³Such is the lot of those
who find their security in themselves:
just like sheep
they are being driven to the grave.

¹⁴Death shepherds them.
Straight to the grave they descend,
and their form wastes away.
The realm of the dead is their home.

¹⁵But I know God will rescue me,
snatching me from the grip of death.

¹⁶Do not be concerned when people become rich,
when the wealth of their house increases.

¹⁷When we die we will take nothing with us.
There is no place for wealth in the grave.

¹⁸Though in their life they consider themselves blessed –
for you are praised when you do well for yourself –
¹⁹they will go down to join their ancestors,
and will never again see the light.

²⁰*Human beings in their opulence cannot endure;
like the animals they must succumb to silence.*

Praying Psalm 50 in Jesus' Company

¹The mighty God, the High GOD, speaks,
summoning the earth
from the rising of the sun to its setting.

²Out of Zion, the perfection of beauty,
God shines forth.

³Our God is coming and will not be silent.

First comes a devouring fire; then a mighty tempest.

⁴From on high God summons the heavens and the earth
to witness the judgment of the people:

⁵Gather to me my people,
who made a covenant with me by sacrifice.'

⁶The heavens declare God's justice,
for God is coming in person as judge.

⁷Listen, my people, for I will speak; Israel, I testify against you.
I am God, your God. I accuse you. I lay the charge before you.

⁸I find no fault with your sacrifices;
your offerings are always before me.

⁹I do not ask for more bullocks from your stalls,
or goats from your herds.

¹⁰Every wild animal of the forest is mine,
and the cattle in their thousands on my mountains.

¹¹I know all the birds of the air;
all that moves in the field is at my disposal.

¹²If I were hungry, I would not tell you,
for the world and all that is in it is mine.

¹³Do you think I eat the flesh of bulls,
or drink the blood of goats?

¹⁴Offer to me a sacrifice of confession
and pay your vows to the Most High.

¹⁵Call on me in the day of trouble;
I will deliver you, and you will honour me.'

¹⁶To the wicked God says:

'How dare you quote to me my law.

How dare you invoke the covenant,

¹⁷you who hate discipline, and turn away when I speak?

¹⁸You make friends with a thief when you see one.

You keep company with adulterers.

¹⁹You give your mouth free rein for evil,
and your tongue plots deceit.

²⁰You sit and speak against your kin;
you slander your own mother's child.

²¹This is how you behave and should I be silent?

Do you think that I am like you?

I will accuse you to your face.

²²Mark you this, you who never think of God!

I will not punish you

without offering you an escape.

²³They honour me who bring to me as their sacrifice
admission of their guilt.

I will see that those who correct their conduct
will enjoy my salvation.'

Praying Psalm 51 in Jesus' Company

¹Be gracious to me, O God,
according to your covenant love.
According to your tender compassion,
blot out my transgressions.

²Wash me more and more from my guilt;
cleansing me from my sin.

³I know my transgressions;
my sin is always before me.

⁴Against you, against you, I have sinned.
What is evil in your sight I have done.

You are just in your sentence,
blameless when you pass judgment.

⁵For it was into sin, into guilt, that I was born.

⁶Indeed you desire truth in the heart;
then in the secret of my heart make me know wisdom.

⁷If you purge me, I will be purified.
If you wash me, I will be whiter than snow.

⁸Let me hear rejoicing and gladness;
let the bones you have crushed exult.

⁹Turn your face away from my sins,
and blot out all my guilt.

¹⁰Create in me, O God, a purified heart,
put a new and steadfast spirit within me.

¹¹Do not cast me away from your presence.
Do not take from me your holy spirit.

¹²Give me again the joy of your salvation,
and sustain in me a generous spirit.

¹³Then I will teach transgressors your ways,
and sinners will return to you.

¹⁴Rescue me, O God, my saviour,
and I will sing aloud of your justice.

¹⁵O God*, open my lips,
and I will declare your praise.

¹⁶For you have no desire for sacrifice;
if I were to give a burnt offering,
you would not be pleased.

¹⁷My sacrifice is a contrite spirit;
a broken, a crushed, heart, O God, you will not spurn.

¹⁸In your goodness show favour to Zion.
Rebuild the walls of Jerusalem.

¹⁹Then you will delight in proper sacrifices,
holocausts offered on your altar.

Reflecting on Psalm 52 in Jesus' Company

¹O you who wield power, why do you boast
of the evil you do against those who are
faithful to the covenant?

²All day long you are plotting their destruction,
slashing them with your razor tongue.

³You prefer evil to good.
You choose to lie rather than speak the truth.

⁴With your deceitful tongue
you love the destructive word.

⁵Very well, God will break you down
and remove you forever.
God will snatch you from your tent
and uproot you from the land of the living.

⁶The just will watch in awe [fear],
and laugh at those who do evil:

⁷'So this is the one who would not take refuge in God,
but trusted in the power of wealth,
and grew powerful through crime!'

⁸Here am I, like a green olive tree in the house of God.
I have always trusted in the covenant love of God.

⁹I will thank you forever, because of what you have done.
In the presence of the faithful I hope in you, for you are good.

Praying Psalm 53 with Jesus

¹Fools tell themselves 'There is no God.'
They are corrupt. They perpetrate dreadful deeds.
None of them does good.

²God looks down on the human race
to see if there is anyone who is wise,
anyone who seeks after God.

³They have all gone astray,
they are all depraved.
There is no one who seeks God, no, not one.

⁴Do they know nothing, these evildoers?
They devour my people like so much bread.
They never pray.

⁵*Well, then, they will be in great terror,
in terror such as has never been.*

⁶O that deliverance for Israel would come from Zion!
When God restores the fortunes of the people,
then Jacob will be glad, and Israel rejoice.

Praying Psalm 54 with Jesus

¹O God, judge in my favour.

Use your power to save.

²Hear my prayer. Be attentive to my words.

³For the insolent rise up
determined to destroy me.

The ruthless seek my life.

They have no regard for God.

⁴Surely, God comes to my aid;

God* sustains my life.

⁶With a free heart I will sacrifice to you.

I will give thanks to you, O GOD, for you are good.

⁷You have rescued me from every danger.

Praying Psalm 55 with Jesus

¹Hear my prayer, O God, do not hide from my pleading.

²Attend to me and respond. With my cares, I cannot rest.

³I tremble at the shouting of the enemy.

They threaten. They attack.

They shout curses against me, giving vent to their fury.

⁴My heart is pounding, the terrors of death assail me.

⁵Fear and trembling come upon me.

Horror overwhelms me.

⁶If only I had the wings of a dove,

I would fly away and find rest.

⁷I would escape far away,

and take refuge in the wilderness.

⁸I would hurry to find shelter from the raging wind

and the devouring tempest,

from the raging torrent of their lying tongues.

⁹O God* confuse them, confound their speech,

for I see violence and strife in the city.

¹⁰Day and night they patrol, high on the city walls.

Crime and injustice flourish inside.

¹¹There are nothing but ruins in the city.

Cruelty and fraud are present wherever I look.

¹²If it were one of my enemies insulting me,

then I could bear it.

If it were an opponent who was behaving insolently

towards me, then I could walk away.

¹³But it is you, my companion, my intimate friend!

¹⁴How close was the friendship that existed between us,
as we walked together in harmony
in the house of our God.

¹⁶As for me, I call upon God. GOD will save me.

¹⁷Evening, morning and noon I complain and lament.

¹⁸God will redeem me unharmed from the battle I wage.
Many are arrayed against me, but God hears my cry.

²⁰They have no reverence [‘fear’] for God.

They betray their friends. They break the covenant.

²¹Their speech is softer than butter,
but their heart is set on war.

Their words flow smoother than oil,
but they are naked swords.

²²Cast your burden on GOD, who will sustain you.

God will never permit the just to fall.

My God, I place all my trust in you.

Praying Psalm 56 with Jesus

¹Be gracious to me, O God, for my enemies attack me.
They trample me down.

²Wave after wave of them pursue me.
They give me no respite as they bear down upon me.

¹*I thank God, I praise God, and God's word.*

⁴*I trust in God, and am not afraid.*

What can mere mortals do to me?

⁵All day long they discredit my words.

Their only thought is to harm me.

⁶They band together in ambush.

They track me down to take my life.

⁸You have kept an account of my turmoil.

You have kept a record of my tears.

⁹My enemies will retreat when I call on you.

This I know, that God is on my side.

¹⁰*I thank God, I praise God, and God's word.*

¹¹*I trust in God, and am not afraid.*

What can mere mortals do to me?

¹²I am bound by the vows I made to you, O God.

I will carry them out, as I offer you my thanks.

¹³You have delivered me from death,

you have kept my feet from stumbling,

so that I may walk in the presence of God,

and enjoy the light of the living.

Praying Psalm 57 with Jesus

¹Be gracious to me, O God, be gracious to me.

Where else can I hide?

In the shadow of your wings I take refuge,
till the destructive storms pass by.

²I cry to you, God Most High,
as you carry out for me your loving designs.

³Send from heaven to save me.

Frustrate the desires of those who assail me.

Send me your love that never fails.

⁴I am lying down among lions
that greedily devour human prey;
their teeth are spears and arrows,
their tongue a sharpened sword.

⁵*Arise, O God, above the heavens. Let your glory shine on earth.*

⁶They set for me a net, a trap to ensnare me.

They dug a pit in my path, but fell in it themselves.

⁷My heart is steadfast, O God, my heart is steadfast.

I will sing and make melody.

⁸Awake, my soul! Awake, harp and lyre!

I will awake the dawn.

⁹I will thank you, O God*, among the peoples;
among the nations I will sing your praises.

¹⁰For your covenant love is as encompassing
as the heavens; your faithfulness as the skies.

¹¹*Arise, O God, above the heavens. Let your glory shine on earth.*

Reflecting on Psalm 58 in Jesus' Company

The Church does not use this psalm in the liturgy.

There is a place in the prayer of a disciple of Jesus for wanting justice from God, but there is no place for wanting God to 'break the teeth' (verse 6) of one's enemies, or for longing for 'vengeance', and delighting in 'bathing one's feet in the blood of the wicked' (verse 10). Jesus could not pray this psalm, neither should a disciple.

¹You gods, are your verdicts just?

Do you judge people fairly?

²No! In your hearts you devise crimes;
you deal out violence on earth.

³The wicked go astray from the womb;
they err, uttering lies from their birth.

⁴They have venom like that of a serpent,
like the deaf adder that stops its ear

⁵lest it hear the sound of the snake charmer,
expert in casting spells.

⁶O God, break their teeth.

GOD, tear out the fangs of the young lions!

⁷Let them drain away like water;
let them be trodden down and wither like grass.

⁸Let them be like the snail that dissolves into slime;
like the aborted foetus that never sees the sun.

⁹Sweep them away like bushes caught in a sudden whirlwind,

like wild beasts, like a funeral pyre!

¹⁰The just will rejoice when they see vengeance done.
They will bathe their feet in the blood of the wicked.

¹¹People will say, 'Surely there is a reward for the just;
surely there is a God who judges the earth.'

Praying excerpts from Psalm 59 with Jesus

¹Rescue me, God, from my foes;
protect me from those who rise up against me.

²Rescue me from those who do evil.
Save me from those thirsting for my blood.

³They are out to take my life.
They stir up strife against me.

⁴For no fault of mine, O GOD,
they hasten and make ready to attack.
Rouse yourself to my call, come and see!

⁵You, Mighty GOD, are God of Israel.

⁹O my strength, I watch for you.
For you, O God, are my fortress.
You show me covenant love.

¹⁰God goes before me
and shows me the defeat of my enemies.

¹⁶As for me, I will sing of your might.
Every morning I will acclaim your love.
For you have been a fortress for me,
a refuge in the day of my distress.

¹⁷O my strength, I will sing praises to you.
For you, O God, are my fortress.
You show me covenant love.

Reflecting on Psalm 60 in Jesus' Company

The understanding of God as a Warrior Lord, the thinking that God controls what happens in history, and the attitude the psalmist has to enemies leave this psalm as an historical record, but not as a prayer for Jesus or a disciple.

¹O God, you have rejected us. Our wall has been breached.

You are angry with us. We need you to return.

²You have caused the land to quake; you have torn it open.

Repair its cracks for it is tottering.

³You have made your people suffer a disaster.

You have given us a wine to drink that has made us reel.

⁴Set up a standard for those who revere you,

that they might rally to it out of bowshot.

⁵Give victory with your powerful arm,

so that those whom you love may be rescued.

⁶God has decreed from the sanctuary:

'I will triumph and divide up Shechem.

I will portion out the Vale of Succoth.

⁷Gilead is mine, and Manasseh.

Ephraim is my helmet; Judah is my commander's staff.

⁸Moab is my wash bowl; on Edom I plant my shoe.

Against me, Philistia, hurl forth a war cry if you dare!'

⁹Who will lead us to Edom to breach the city wall?

¹⁰God, will you still hold back? Will you desert our camp?

¹¹Grant us help against the foe, for human help is of no avail.

¹²With God we will do valiantly. It is our God who will crush our foes.

Praying Psalm 61 with Jesus

¹Hear my cry, O God; listen to my prayer.

²From the end of the earth I call with a despondent heart.

Carry me high on a rock where they cannot reach me.

³You are my refuge, my bastion against the enemy.

⁴I want to abide in your tent forever,
find refuge under the shelter of your wings.

⁵You, O God, have heard my vows.

You have given me the heritage
that belongs to those who revere ['fear'] you.

⁶Prolong the life of the king;
may his reign endure for generations!

⁷May your eyes always be upon him.

May your covenant love and faithfulness watch over him.

⁸And I will continue to sing praises in your honour,
as I fulfil my vows each day.

Praying Psalm 62 with Jesus

¹*Only in God can my soul find rest. In God alone is my salvation.*

²*God is my rock, my safety, my fortress. I will not be shaken.*

³How long will you keep up your attack?
How long will you batter your victim
as you batter a leaning wall, or a tottering fence?

⁴Their only plan is to bring a person down.
They take pleasure in falsehood.
With their mouths they utter blessings,
but in their hearts they curse.

⁵*Only in God can my soul find rest. In God alone is my hope.*

⁶*God is my rock, my safety, my fortress. I will not be shaken.*

⁷In God is my salvation and my glory,
my stronghold, my haven.

⁸Trust God at all times, O people.
Before God, our refuge, pour out your hearts.

⁹Common folk are but a breath,
those of high estate a delusion.
Placed in the scales, up they go;
they weigh less than a breath.

¹⁰Put no trust in extortion. Set no vain hopes on fraud.
If your wealth increases, do not set your hearts on it.

¹¹Time and again God has said:
'Strength and love are mine to give.'
Covenant love belongs to you, O God*, our shield.

¹³You repay each of us according to what we have done.

Praying Psalm 63 with Jesus

¹O God, you are my God, for you I rise at dawn.
My soul thirsts for you. My body ['flesh'] pines for you,
like a dry, weary, waterless land.

²I gaze on you in the sanctuary,
to behold your power and your glory.

³Your love is worth more than life.
My lips will sing your praise.

⁴I will bless you as long as I live.
I will lift up my hands and call on your name.

⁵I am filled as with a banquet.
I praise you with joy.

⁶I think of you as I lie awake,
meditating on you throughout the night.

⁷You have been my help.
In the shade of your wings I sing for joy.

⁸I cling to you with all my heart.
Your right hand holds me fast.

Praying Psalm 64 with Jesus

¹Hear my cry, O God. Listen to my complaint.

I am afraid. Please keep me safe.

²Hide me from the secret plots of the wicked,
from the scheming of those set on evil.

³They sharpen their tongues like swords.
Like arrows they aim their cutting words.

⁴They ambush the innocent.
They shoot suddenly and have no fear.

⁵They hold fast to their evil purpose.
They talk of laying hidden snares:

⁶'Who can see us?' they say,
'Our scheme is cunningly conceived.'

⁷It is God, who searches the mind
and knows the depths of the heart.

¹⁰The just rejoice and find refuge in GOD.
The upright of heart sing praise.

Praying Psalm 65 with Jesus

¹To you our praise is due, to you who dwell in Zion.

²We make our vows to you, our God,
to you who answer our prayer.

³We come to you, all of us, with our burden of guilt.
Our transgressions overwhelm us,
but you continue to pardon.

⁴Blessed and happy are those whom you bring near
to live in your courts.
We are filled with the goodness of your house,
with the graces of your holy temple.

⁵By awesome deeds you answer us with justice,
O God our saviour.
You are the hope of the ends of the earth
and of the far distant isles.

⁶By your power you establish the mountains,
you who are girded with might.

⁷You silence the roaring of the seas,
the roaring of their waves, and the tumult of the peoples.

⁸Those who live at earth's farthest bounds
are overawed by your signs.
The lands of sunrise and sunset you fill with your joy.

⁹You tend the land, providing it with water.
How wonderful the harvest!
Your river in heaven brims over
to give the earth what it needs.

¹⁰You water abundantly the furrows, levelling their ridges,
softening them with showers and blessing their growth.

¹¹You crown the year with your bounty.
Your furrows overflow with abundance.

¹²The pastures of the wilderness flourish.

The hills are girded with joy,

¹³the meadows are clothed with flocks,

the valleys are decked with grain.

They shout for joy. Yes, they sing.

Praying Psalm 66 with Jesus

¹Cry out with joy all the earth,
²make music and sing of God's glory.

Give God glorious praise!

³Sing, 'How tremendous your deeds!
Because of your great power,
your enemies cringe before you.

⁴Before you all the earth will bow,
praising you in song.'

⁵Come and see God's wonders,
God's tremendous deeds among us.

⁶It was God who formed dry land in the sea
to enable the people to cross.

⁷Let our joy be in God who reigns for ever with might.
God keeps watch on all the nations.
Let rebels not raise their heads!

⁸Bless our God, you peoples.
Let praise ring out in honour of God,
⁹who has kept alive our spirits,
and kept our feet from stumbling.

¹²We passed through fire and water;
but you brought us relief.

¹³I come into your house with offerings,
animals from my herd,
¹⁴to carry out the promises I made you,
when I found myself in trouble.

¹⁵I will offer you burnt offerings,
with the smoke of the sacrifice of rams, bulls and goats.

¹⁶All you who revere ['fear'] God come and hear,
and I will proclaim what God has done for me.

¹⁷I cried aloud, praising God.

¹⁹And God listened, heeding the words of my prayer.

²⁰Blessed are you, O God, for you did not reject my plea,
or remove from me your covenant love.

Praying Psalm 67 with Jesus

¹O God be gracious to us and bless us,
show us the radiance of your face,
²that your way may be known on earth,
your saving power among the nations.

³*Let the nations praise you, O God;
let all the nations praise you.*

⁴May the whole world be glad
and sing for joy,
for you judge the peoples with equity,
you govern the nations of the earth.

⁵*Let the nations praise you, O God;
let all the nations praise you.*

⁶The earth has yielded its harvest.
Our God is blessing us.

⁷O God continue your blessing.
Let the whole world revere you.

⁸*Let the nations praise you, O God;
let all the nations praise you.*

Reflecting on Psalm 68 in Jesus' Company

Psalm 68 is not a psalm that would find an echo in the heart of Jesus. The God Jesus knows is not a Warrior Lord (verses 11-14, 17-18) who 'gallops over the plain' (verse 4), and 'scatters the enemy' (verse 1). Jesus does not want to see 'the wicked perish at the presence of God' (verse 2; see verse 21). He does not want us to 'bathe our feet in blood, that the tongues of our dogs may have their share of the foe' (verse 23). He does not 'shatter the heads of our enemies, who walk in their sinful ways' (verse 21). On the contrary he teaches us to love our enemies, because God loves them (see Matthew 5:44-48).

¹God rises up. The enemy scatters.

Let those who hate God flee.

²As smoke is blown away, so let them disappear.

As wax melts before the fire,

so let the wicked perish at the presence of God.

³The just are filled with joy. They exult before God.

They celebrate with jubilant song, making music in God's honour.

⁴Lay down a road for the One who gallops over the plain.

GOD is with us. Let us all rejoice!

⁵Father of orphans and protector of widows

is God in the temple: the holy habitation.

⁶God gives the desolate a home, leads prisoners to freedom.

The rebellious are banished to dwell in a parched land.

⁷O God, you went out at the head of your people.

The earth quaked when you marched through the desert.

⁸The heavens poured down rain,
at the presence of the God of Sinai,
at the presence of the God of Israel.

⁹You showered down a generous rain,
restoring the land, your heritage, when it languished.

¹⁰It is there your flock found a home.
In your goodness you provided for the poor.

¹¹God* sounds the war cry.
Great is the company of those who bear the tidings:

¹²'Kings, armies, they flee, they flee!'
Houses and farms are divided as spoil –
and you stay among the sheepfolds!
Come, share the plunder:

¹³silver plated doves with wings of bright gold.

¹⁴The Almighty scatters kings, like snow on Mount Zalmon.

¹⁵O mighty mountain, mountain of Bashan.
O many-peaked mountain.

¹⁶Why do you look with envy,
at the mountain where God has chosen to dwell?
It is there that GOD will dwell for ever.

¹⁷With chariots by the thousand, tens of thousands of archers,
God (the Lord) came from Sinai into the holy place.

¹⁸You ascended the high mount, leading captives in your train,
receiving peoples as tribute, into your holy dwelling.

¹⁹Blessed be God*, who daily bears us up.

²⁰God is for us our Saviour. It is GOD who liberates from death,

²¹who shatters the heads of our enemies,
as they walk in their sinful ways.

²²God* said, 'I will bring them back from Bashan,
back from the depths of the sea.

²³that you may bathe your feet in blood,
that the tongues of your dogs may have their share of the foe.'

²⁴They witness your solemn procession,
the procession of God into the sanctuary:

²⁵singers in front, musicians behind,
between them girls sounding their timbrels.

²⁶Bless God in the great congregation.
Bless GOD in the assembly of Israel.

²⁷There is Benjamin, the least of them, at the head,
the princes of Judah in great numbers,
the princes of Zebulun, the princes of Naphtali.

²⁸Issue your commands, O God, from your temple in Jerusalem.

²⁹Reveal your great power, as you have done for us before.
Kings bear tribute to you.

³⁰Rebuke the wild animals that live among the reeds,
the herds of bulls, the calves of the peoples.
They fall prostrate before you those who lust after tribute.
Scatter the peoples who delight in war.

³¹Let bronze be brought from Egypt.
Let Sudan hasten to stretch out its hands to God.

³²Sing to God, O kingdoms of the earth; sing praises to God (the Lord),
³³who rides through the ancient heavens,
causing his mighty voice to thunder.

³⁴Acknowledge the power of God who governs Israel;
whose authority is in the storm clouds.

³⁵Awesome is God in the sanctuary, the God of Israel;
giving power and strength to the people. Blessed be our God!

Praying Psalm 69 with Jesus

¹Save me, O God. The waters have risen to my neck.

²I sink into the mud, and can gain no foothold.

You can see that I am struggling.

The waters overwhelm me.

³I am weary with all my crying. Parched is my throat.

My eyes are swollen from looking for my God.

⁴More numerous than the hairs of my head
are those who hate me without cause.

Those who attack me with lies
are too much for my strength.

How can I restore what I did not take?

[⁵O God, you know my folly;
the wrong I have done is not hidden from you.

⁶O God*, do not let those who hope in you
be put to shame because of me.

Do not let those who seek you
be dismayed because of me.]

⁷It is for your sake that I have borne reproach,
that shame has covered my face.

⁸I have become a stranger to my family,
an alien to my mother's children.

⁹Zeal for your house has consumed me;
the insults of those who insult you have fallen on me.

¹⁰When I humbled myself with fasting,
they insulted me for doing so.

¹¹When I made sackcloth my clothing,
I became the butt of their jokes,

¹²the gossip of those who sit at the gates,
the subject of drunkard's songs.

¹³I make my prayer to you, my prayer for your favour.
In your great love, answer me, O God,
with your help that never fails.

¹⁴Rescue me from sinking in the mire,
from the deep waters.

¹⁵Let not the flood engulf me, or death swallow me up.

¹⁶Answer me, O GOD, in your great covenant love,
according to your tender compassion.

¹⁷Do not hide your face from your servant,
for I am in distress – make haste to answer me.

¹⁸Come close. I long for you.
Redeem me. Free me from my enemies.

¹⁹You know the insults I receive. You know all my foes.

²⁰Insults have broken my heart.
I have reached the end of my strength.
I looked in vain for compassion,
for comforters, but none could I find.

²¹They gave me poison for food,
and for my thirst they gave me vinegar to drink.

²⁹I am brought low and in pain.

Let your salvation, O God, protect me.

³⁰Then I will praise your name in song;

I will acknowledge your greatness with thanksgiving.

³¹This will please GOD more than oxen,

more than beasts prepared for sacrifice.

³²Let the oppressed see it and be glad.

You who seek God, let your hearts revive.

³³For GOD hears the needy,

and does not despise those who are in bonds.

³⁴Let heaven and earth praise God,

the sea and all its living creatures.

³⁵For God will rescue Zion and rebuild the cities of Judah.

The servants of the Lord will live there;

the land will be their possession.

³⁶Their offspring will inherit it,

and those who love God will dwell there.

Praying Psalm 70 with Jesus

¹O God, hurry to free me.

O GOD, make haste to help me.

²Let all those who seek my life
be put to shame and confusion.

Let those who seek to harm me
be repulsed and disgraced.

³Let those who jeer at me (Aha!)
be turned back in shame.

⁴Let there be rejoicing and gladness
for all who seek you.

Let those who love your saving presence
say continually, 'God is great!'

⁵As for me, I am poor and needy;

hasten to me, O God!

You are my help and my deliverer;

O GOD, do not delay.

Praying Psalm 71 with Jesus

¹In you, O GOD, I seek refuge; I pray you do not fail me.

²In your justice set me free. Make me safe.

Come close to hear me.

³Be for me a rock of refuge, a strong fortress, to save me.

You are indeed my rock, my fortress.

⁴Rescue me, O God, from the hand of the wicked,
from the grip of the violent.

⁵For you, O God*, are my hope.

From my youth I have placed my trust in YOU.

⁶Upon you I have leaned from my birth.

It was you who took me from my mother's womb.

I will never stop praising you.

⁷Many look on me in awe, seeing that you are my refuge.

⁸I am full of praise for you.

I can speak only good of you all day long.

⁹Do not cast me off now that I am old.

Do not forsake me now my strength is spent.

¹⁰My enemies speak ill of me,
those who want my end conspire against me.

¹¹'God has forsaken him, let us pursue him.

Let us seize him, for there is no one to defend him.'

¹²O God, do not leave me alone.

O my God, come quickly to help me!

¹⁴I will continue to hope. I will praise you more and more.

All day long, however inadequate my words.

¹⁵I will tell of your saving help.

¹⁶I will praise the mighty deeds of our GOD.

I will praise your justice, yours alone.

¹⁷You have taught me from my youth
to praise your wondrous deeds.

¹⁸O God, do not forsake me,

now that I am old and my hair is grey.

I want to proclaim your power to the next generation.

¹⁹Your might and your justice reach to the highest heaven.

The great things that you have done
are as high as the heavens, O God.

Who can compare to you?

²⁰You have brought me through many troubles.

I know you will do so again. You will restore my life.

²¹You will increase my honour,
and comfort me once again.

²²I will praise you with the harp,

for your faithfulness, O my God.

I will sing praises to you with the lyre,

O Holy One of Israel.

²³I will shout for joy. I will sing of how you saved me.

²⁴All day long I will tell of your justice.

Praying Psalm 72 with Jesus

¹O God, give *your* judgment to the king,
your justice to the king's son,

²that he may judge *your* people with justice,
and *your* poor with right judgment.

³May the mountains yield peace for the people.

⁴May the king defend the cause of the poor,
help needy families, and crush the oppressor.

⁵May he live while the sun endures,
as long as the moon lasts, from age to age.

⁶May he be like rain falling on the grass,
like showers that water the earth.

⁷In his days may justice flourish
and peace abound, until the moon fails.

¹²He rescues the needy when they call,
and those who have no one to defend them.

¹³He has pity on the weak and needy, and saves them.

¹⁴He liberates them from oppression and violence
for they are precious to him.

¹⁵Long may he live!

May prayer be made for him continually,
and blessings invoked for him all day long.

¹⁶May there be abundance of grain in the land,
waving to and fro to the tops of the mountains.

May its fruit be luxuriant like that of Lebanon,
and its sheaves like the grasses of the field.

¹⁷May his name be blessed for ever,
his fame endure like the sun.
May all nations in him be blessed,
as they call down blessings upon him.

¹⁸Praised be GOD, the God of Israel,
who alone does wondrous things.

¹⁹Praised be God's glorious name for ever.
May God's glory fill all the earth. Amen. Amen.

Reflecting on Psalm 73:1-22 in Jesus' Company

¹Truly our God is good to the upright,
to those who are pure in heart.

²As for me, as I walked I almost stumbled,

³I was envious of the arrogant,
of how those who disregarded God were prospering.

⁴They have no pain; their bodies are sound and sleek.

⁵They are not in trouble.

They are not stricken like other people.

⁶They wear pride as a necklace,
violence covers them like a garment.

⁷Their eyes swell up as they live on the fat of the land.
Their hearts are full of folly.

⁸They scoff with malice.

From on high they threaten oppression.

⁹They boast that heaven is on their side.

They lay claim to the world.

¹⁰People follow them and swallow what they say.

¹¹They ask, 'How can God know?

Does the Most High take any notice?'

¹²Such are the wicked; at ease as they accumulate wealth.

¹³So why keep my heart clean, washing my hands in innocence,

¹⁴when I was stricken all day long, punished day after day.

¹⁵Then I said: 'If I should speak like that

I should abandon the faith of your people.'

¹⁶I strove to fathom this problem,
too hard for me to understand.

¹⁷Then I penetrated the mystery of God,
and understood where these people were heading.

²¹When my heart was embittered,
when my feelings were disturbed,

²²I was stupid and ignorant.
I was like a brute beast toward you.

Praying Psalm 73:23-28 with Jesus

²³Yet I am continually with you;
you hold me by the hand.

²⁴You guide me according to your plan.
You carry me to a glorious destiny.

²⁵Whom have I in heaven but you?
What does the earth mean to me without you?

²⁶My flesh and my heart may fail,
but God is the strength of my heart
and my portion forever.

²⁸For me it is good to stay near you, my God.
I have made you my refuge.
I want to tell of all that you have done.

Reflecting on Psalm 74 in Jesus' Company

We may find ourselves struggling, like the psalmist, in the face of evil. However, Psalm 74 is not a psalm that Jesus could pray. It has some historical interest, but is hardly suitable for Christian prayer.

¹O God, my God why do you leave us abandoned?

Why are you so angry against the sheep of your pasture?

²Remember your assembled people, whom you acquired long ago.

You freed us that we might be

the people who are closest to your heart.

Remember Mount Zion, where you established your dwelling.

³Come and look at where everything lies in ruin.

See the devastation the enemy has caused to your sanctuary.

⁴Your foes have lain waste the place of assembly.

They have set up their standards there.

⁵They have hacked their way in

as one takes an axe to the thickest part of the forest.

⁶With hatchets and hammers, they have smashed the woodwork.

⁷They set your sanctuary on fire; they desecrated your dwelling place.

⁸As they burnt it to the ground they cried:

'Exterminate the whole nation.

Burn all the meeting places of God in the land.'

⁹We have no signs from you.

There is no longer a prophet among us.

There is no one who knows how long this will last.

¹⁰How long, O God, is the foe to scoff?

Is the enemy to revile your name for ever?

¹¹Why are you holding back,

keeping your powerful arm hidden from view?

- ¹²Yet you, O God, are our King from of old,
bringing salvation to the land.
- ¹³You divided the sea by your might.
You broke the heads of the dragons in the sea.
- ¹⁴You crushed the heads of Leviathan;
you gave him as food for the creatures of the wilderness.
- ¹⁵You opened springs and torrents; you dried up flowing streams.
- ¹⁶Yours is the day, yours the night;
you established the moon and the sun.
- ¹⁷You fixed all the bounds of the earth;
you made summer and winter.
- ¹⁸O GOD, remember this. See how the enemy scoffs,
and how a foolish people reviles your name.
- ¹⁹Do not hand over to the wild animals
the life and hopes of your dove.
Do not forget for ever the lives of your poor.
- ²⁰Have regard for your covenant.
The dark places of the land vomit forth violence.
- ²¹Do not let the downtrodden be defrauded.
Let the poor and needy praise your name.
- ²²Rise up, O God, plead your cause;
remember how the impious scoff at you all day long.
- ²³Do not forget the clamour of your foes,
the uproar of your adversaries that is growing ever more strident.

Praying Psalm 75 with Jesus

¹We give you thanks, O God, as we invoke your name.
We proclaim for all to hear your wondrous deeds.

²I, your God, choose the time to set things right.

³Even were the earth to totter,
I will secure its foundations.

⁴I say to the boastful: "Stop your boasting!"
and to the wicked, "Do not flaunt your power.

⁵Do not oppose the One on high,
or insolently confront your God".'

⁶For justice is not from east or west,
or the wilderness, or the mountains.

⁷It is God who executes judgment.

⁹As for me, I will rejoice forever.

I will sing praises to the God of Jacob.

¹⁰The strength of the just will be exalted.

Reflecting on Psalm 76 in Jesus' Company

The image of God is of a warlord who is roused to fury against the enemies of Judah. This is not an image given us by Jesus.

¹God, you are known everywhere in Judah,
your fame is great in Israel.

²Your tent is pitched in Jerusalem,
your command post on Mount Zion.

³There you break the flaming arrows,
shield and sword, all weapons of war.

⁴You are resplendent, majestic with mountains of plunder.

⁵The stout-hearted are stripped of their spoil.
They are dazed, unable to move.

⁶At your battle cry, O God of Jacob,
both rider and horse lie stunned.

⁷You are awesome indeed!
Who can stand before you once your anger is aroused?

⁸From the heavens you utter judgment.
The earth reels, and is hushed in silence

⁹when you rise up as judge to defend the oppressed.

¹⁰When you are robed in fury,
even warriors must praise you.

¹¹Make your vows to GOD, your God.
Carry out what you have promised.
Bring your gifts to the one who is awesome,

¹²who cuts off the breath of princes,
and inspires fear in the kings of the earth.

Praying Psalm 77 with Jesus

¹I cry aloud to God, cry aloud that God might hear me.

²In my anguish, I search for you, my God*.

My hands are raised at night without ceasing;
my soul refuses to be comforted.

³I remember God, and I moan;

I reflect, and my spirit faints.

⁴You withhold sleep from my eyes.

I am troubled and cannot speak.

⁵I consider the days of old,
remembering years long gone.

⁶All night memories fill my heart,
I ponder and my spirit keeps on questioning.

⁷Perhaps God* will always reject me,
and will never again turn and grace me?

⁸Perhaps God's covenant love to me is exhausted,
God's promises have come to an end?

⁹Has God forgotten to be gracious?
Can anger block God's mercy?

¹⁰I find myself saying: 'Woe is me!
The power of the Most High has altered!'

¹¹I remember your deeds, O GOD;
yes, I recall your wonders of old.

¹²I reflect on all that you have done,
and muse on your mighty deeds.

¹³Your way, my God, is holy. What god is great like you?

¹⁴You are God who works wonders;
you display your might among the peoples.

¹⁵With your strong arm you redeem your people,
the descendants of Jacob and Joseph.

¹⁶Seeing you the waters churned,
shuddering, writhing, convulsed to the depths.

¹⁷Clouds poured down rain.
Thunder shook the heavens,
Lightning darted like arrows.

¹⁸Your thunder rolled round the sky,
your lightning lit up the world.
The earth trembled and shook.

¹⁹Your way led through the sea,
your path through the mighty waters;
yet no one saw your footprints.

²⁰You led your people like a flock
by the hand of Moses and Aaron.

Reflecting on Psalm 78 in Jesus' Company

This is not a prayer. It is largely a presentation of the narrative of Ancient Israel's 'history', from the perspective of Judah.

¹Listen, O my people, to my teaching;
attend to the words I speak.

²I speak of what we have heard from of old,

³what we have known from our ancestors.

⁴We must not keep it from our children;
we must tell the coming generation
of the glorious deeds of GOD,

⁵who established a law in Israel
and commanded our ancestors
to make it known to their children,

⁶so that future generations would know it,
and grow up to teach it to their young.

⁷We are to place our hope in God,
and never forget what God has done.
We must keep God's commandments.

⁸We must not follow the example of our ancestors.
They were stubborn and rebellious,
fickle and unfaithful to God.

⁹We should not follow the example of the people of Ephraim.
Their archers abandoned the field on the day of battle.

¹⁰They broke the covenant, refusing to obey God's law.

¹¹They forgot God's wonderful deeds.

¹²Our ancestors witnessed what God did in the land of Egypt,
in the fields of Zoan.

¹³how the sea was divided for their escape,
and the waters were raised up like a wall. [Exodus 14:22]

¹⁴By day God led them with a cloud, by night with a glowing fire.

¹⁵God split rocks open in the wilderness, to quench their thirst.

¹⁶Streams gushed forth, flowing like a river. [Exodus 17]

¹⁷Yet they continued to rebel.

¹⁸Willfully they put God to the test,
by demanding the food they craved. [Numbers 11:4-6]

¹⁹They complained, 'Is it possible for God
to spread a table in the wilderness?'

²⁰It was God who struck the rock and caused water to flow.
Yet they dared to ask, 'What about bread and meat?'

²¹Hearing this, GOD was filled with rage;
God's anger flared against Israel,

²²because they had no faith in God.
They did not trust God's power to save.

²³In spite of this, God commanded the skies,
and opened the doors of heaven,

²⁴raining down manna for them to eat,
giving them bread from heaven.

²⁵Mortal human beings ate the bread of angels.
God sent them food in abundance. [Exodus 16]

²⁶A wind blew from heaven, scattering meat like driven dust.

²⁷God gave them winged birds, as many as the sands of the sea.

²⁸They fell in the middle of the camp, all around the tents.

²⁹The people ate and were satisfied,
for God gave them what they craved.

³⁰But before they had satisfied their craving,
while the food was still in their mouths,

³¹God slew the strongest among them,
struck down the flower of Israel.

³²Despite this they kept on sinning,
blind to God's wonderful deeds.

³³So God cut their lives short;
their days ended like a breath.

³⁴Surely now they would begin to pray.
Surely now they would repent and seek God in earnest.

³⁵They would remember that God is their rock,
the Most High God is their redeemer.

³⁶They spoke fine words to God,
but their lives belied their words.

³⁷Their hearts were not steadfast toward God.
They were not true to the covenant.

³⁸Yet God, who is full of compassion,
forgave their sin, and they were spared.

³⁹Again and again God did not give way to wrath,
remembering that they were but flesh,
no more than a breath of air that passes, never to return.

⁴⁰How often they rebelled in the wilderness, [Numbers 16:41, 20:24]
and caused God pain in the desert!

⁴¹They tested God again and again,
and provoked the Holy One of Israel.

⁴²They did not remember God's deeds:
when God redeemed them from the foe.

⁴³God displayed signs in Egypt,
and worked miracles in the fields of Zoan: [Exodus 7-12]

⁴⁴turning rivers to blood,
so that the Egyptians could not drink of their streams;

⁴⁵sending among them swarms of flies,
and frogs to molest them;

⁴⁶giving their crops to the caterpillar,
and the fruit of their labour to the locust;

⁴⁷destroyed their vines by hail,
and their sycamores by frost;

⁴⁸hurling down hail on their cattle,
and lightning bolts on their flocks.

⁴⁹Seething, raging with fury,
God let loose strife and destruction.

⁵⁰These were messengers of doom,
for they were not spared even from death.

God abandoned them to the plague.

⁵¹and slew all the firstborn in Egypt.

⁵²Then God led his people in safety,
guiding them through the wilderness like a flock.

⁵³They were not afraid,
for the sea had overwhelmed their enemies. [Exodus 15:5, 10]

⁵⁴God led them to the holy land,
to the mountain won by God's arm. [Exodus 19]

⁵⁵God dislodged the nations, giving Israel their land,
settling the tribes in their tents.

Archaeology has established that Israel formed in Canaan, not by mass ethnic cleansing, but by the conversion of the inhabitants of the highlands to GOD.

⁵⁶Still they rebelled against the Most High,
testing their God, refusing to obey.

⁵⁷They turned away and were faithless like their ancestors,
like a bow on which the archer cannot rely.

⁵⁸They built shrines in high places,
and worshipped images they had carved. [Judges 10:6-7]

⁵⁹God saw and was enraged, and utterly rejected Israel.

⁶⁰God deserted the shrine in Shiloh, [1 Samuel 4; Jeremiah 7:14]
and no longer dwelt with the people.

⁶¹God abandoned the ark,
letting it fall into the hands of the enemy.

⁶²Stirred with anger, God condemned Israel to the sword.

⁶³Fire devoured their young men.
There were no marriage songs for the maidens.

⁶⁴Their priests fell by the sword,
and their widows made no lamentation.

⁶⁵It was as though God* awoke from sleep,
shouting like a warrior affected by wine.

⁶⁶God attacked them like foes, heaping shame upon them.

⁶⁷God rejected Joseph, and turned his gaze from Ephraim.

⁶⁸choosing the tribe of Judah, looking with love on Mount Zion.

⁶⁹There God built his sanctuary, exalted like the heavens,
securely established like the earth.

⁷⁰God chose David as servant,
and called him from tending the flocks.

⁷¹He was chosen to shepherd Jacob,
God's treasured possession.

⁷²He acted with an upright heart;
with a discerning mind he led them.

Reflecting on Psalm 79 in Jesus' Company

The Holy Land has been devastated by an invading army. The psalmist pleads with God to defend God's honour by intervening to save the people and punish the invaders. This is not a psalm that Jesus could pray. Firstly, the psalmist sees the devastation of Jerusalem as proof of God's anger (verse 5). Secondly, it is a plea for God to 'avenge the blood of your servants' (verse 10). As disciples of Jesus we join the psalmist in turning to God when faced with a catastrophe, but hopefully with better sentiments.

¹O God, the nations invade your land.

They defile your holy temple, and destroy Jerusalem.

²They expose the bodies of your servants to the birds of the air,
the flesh of your faithful to scavengers.

³They pour out blood like water all around Jerusalem,
and there is no one to bury the dead.

⁴We are a taunt to our neighbours,
mocked and derided by those around us.

⁵How long, O GOD? Will you be angry forever?
Will your jealous wrath continue to burn like fire?

Verses 6-7 are not in the liturgy

⁶Pour out your anger on the nations that do not know you,
on the kingdoms that do not call on your name.

⁷For they have devoured Jacob and laid waste his habitation.

⁸Do not hold against us the guilt of our ancestors.

Let your tender compassion come speedily to meet us,
for we are brought very low.

⁹Help us, O God of our salvation, for the glory of your name.
Deliver us, and forgive our sins.

¹⁰Why should the nations say, 'Where is their God?'
Let us see you punishing them,
avenging the blood of your servants.

¹¹Let the groans of the prisoners come before you.
According to your great power preserve those doomed to die.

Verse 12 is not in the liturgy

¹²Repay our neighbours seven times
for the way they taunted you, O God*!

¹³We your people, the flock of your pasture,
will give you endless thanks.
From generation to generation
we will continue to praise you.

Praying Psalm 80 with Jesus

¹Listen, O Shepherd of Israel,
you who lead the flock of Joseph.
Shine forth from your cherubim throne,
²upon Ephraim, Benjamin and Manasseh.
Stir up your might! Come now and save us!

³*Restore us, O God;
let your face shine on us and we will be saved.*

⁴Mighty GOD, how long will you frown on your people's plea?
⁵For food you give us weeping,
an abundance of tears for our drink.

⁶You make us the taunt of our neighbours
and our enemies laugh us to scorn.

⁷*Restore us, O God;
let your face shine on us and we will be saved.*

⁸You brought a vine out of Egypt.
To plant it you drove out the nations.
⁹Before it you cleared the ground.
It took root and spread through the land.

¹⁰The mountains were covered with its shade,
the mighty cedars with its branches.
¹¹It sent out its branches to the sea,
its shoots even to the Euphrates.

¹²Why then have you broken down its walls?

It is plucked by all who pass by.

¹³It is ravaged by the boar from the forest,
devoured by the beasts of the field.

¹⁴Turn again, O mighty God, we implore,
look down from heaven, and see.

¹⁵Visit this vine and protect it,
the vine your right hand has planted.

¹⁶They have burned it with fire and destroyed it.
May they perish at the frown of your face.

¹⁷Let your right hand be upon the one you have chosen,
the one you have given your strength.

¹⁸And we will never again forsake you.
Give us life that we may call on your name.

¹⁹*Restore us, O mighty GOD;
let your face shine on us and we will be saved.*

Praying Psalm 81 with Jesus

¹Sing aloud to God, our strength;
shout for joy to the God of Jacob.

²Raise a song, and sound the timbrel,
the sweet sounding harp and the lute.

³Blow the trumpet at the new moon,
and when the moon is full, on our feast.

⁴For it is a statute for Israel,
a command of the God of Jacob,
⁵who decreed it for the house of Joseph,
when we marched from Egypt.

⁶I hear a voice I had not known:
'I relieved your shoulder of the burden;
your hands were freed from the load.
⁷You called in distress, and I rescued you.

I answered you, hidden within the thunder.
I tested you at the waters of Meribah.
⁸Hear, O my people, while I admonish you.
O Israel, if only you would heed!

⁹There are to be no strange gods among you;
you will not bow down to an alien god.
¹⁰I am your GOD. It was I who rescued you from Egypt,
I fed you when you were hungry.
¹¹But my people would not listen to my voice.
Israel, you would not obey.
¹²So I left you to your stubborn hearts,
to follow your own designs.

¹³O that my people would heed me.

Israel, if only you would walk in my ways!

¹⁴At once I would subdue your foes,

and use my power against your enemies.

¹⁵Those who hate me would cringe before you,

and their doom would last forever.

¹⁶And you, Israel, I would feed on the finest wheat,

and on honey from the rock.'

Praying Psalm 82 with Jesus

¹God has taken his place in the council of the gods.

It is there God holds judgment:

²How long will you judge unjustly
and show partiality to the wicked?

³Give justice to the weak and the orphan;
defend the lowly and the destitute.

⁴Rescue the weak and the needy;
deliver them from the power of the wicked.'

⁵The gods know nothing.

They grope in the dark, while the world falls to pieces.

⁶I say: 'Although you are gods,
all of you children of the Most High;

⁷nevertheless, you will share the fate of humans,
and die like any prince.'

⁸Rise up, O God, judge the earth;
for you rule all the nations.

Reflecting on Psalm 83 in Jesus' Company

Psalm 83 is not in the liturgy. It is not a Christian prayer. We should recall that Jesus reveals a very different God, one who lets his sun and rain nurture all, the just and the unjust alike (see Matthew 5:45).

¹O God, do not remain silent;

do not hold your peace and do nothing!

²Even now your enemies are in an uproar.

Those who hate you are confident in victory.

³They lay crafty plans against your people.

They consult together against those you protect.

⁴They say, 'Come, let us wipe out this nation;

let the name of Israel be remembered no more.'

⁵They conspire together. Against you they make a pact:

⁶Edom and Ishmael, Moab and Hagar,

⁷Gebal, Ammon, Amalek, Philistia and Tyre.

⁸Even Assyria has joined them

to increase the forces of the children of Lot.

⁹Do to them as you did to Midian, [Judges 6-8]

as you did to Sisera and Jabin at the Wadi Kishon. [Judges 4-5]

¹⁰Destroyed at En-dor, they became dung for the ground.

¹¹Make their nobles like Oreb and Zeeb, [Judges 7:25; 8:31]

their princes like Zebah and Zalmunna, [Judges 8:5ff]

¹²who said, 'Let us take the pastures of God for our own possession.'

¹³O my God, make them like whirling dust,

like chaff before the wind.

¹⁴As fire consumes the forest, as flame sets the mountains ablaze,

¹⁵so pursue them closely with your tempest

and terrify them with your hurricane.

¹⁶GOD, cover their faces with shame,
so that they may seek your name.

¹⁷Let them be forever put to shame and dismayed.
Let them perish in disgrace.

¹⁸Let them know that you alone, O GOD,
are the Most High over all the earth.

Praying Psalm 84 with Jesus

¹How lovely is your dwelling place, O mighty GOD!

²How I long, how I am yearning, for the courts of GOD.
My heart and my flesh sing for joy to the living God.

O Mighty GOD, my king and my God!

³Even the sparrow finds a home,
and the swallow a nest for her brood,
where she may lay her young by your altars.

⁴Blessed and happy are those who live in your house,
ever singing your praise.

⁵Blessed and happy are those who draw their strength from you
as they resolve to go to you on pilgrimage.

⁶As they go through the Baka' valley
they enjoy a place of springs;
the early rains cover it with pools.

⁷They go from garrison to garrison.
In Zion they will see the God of gods.

⁸O Mighty GOD, hear my prayer;
listen, O God of Jacob!

⁹God, our shield,
look upon the face of your anointed.

¹⁰One day in your courts
is better than a thousand elsewhere.
I would rather be a doorkeeper in the house of my God
than live in the tents of the wicked.

¹¹For GOD is our sun and shield,
bestowing favour and glory.
GOD never fails to bless
those who walk with integrity.

¹²O Mighty GOD, blessed and happy are they
who place their trust in you.

Praying Psalm 85 with Jesus

¹O GOD, you favoured your land;
you revived the fortunes of Jacob.

²You wiped away the guilt of your people.
You covered over all their sins.

⁴Revive us, O God our Saviour.

⁷Show us your covenant love, O GOD,
and grant us your salvation.

⁸Let me hear what GOD has to say,
a voice that speaks of peace:
peace to the people who turn to God in their hearts.

⁹Surely God's salvation is at hand for the faithful,
and God's glory will fill our land.

¹⁰Covenant love and faithfulness have met;
justice and peace have embraced.

¹¹Faithfulness springs up from the ground,
and justice looks down from heaven.

¹²GOD will give prosperity,
and our land will yield its harvest.

¹³Justice clears a path for God.
Justice points the way to peace.

Praying Psalm 86 with Jesus

¹Listen closely to me, O GOD,
answer me, for I am poor and needy.

²Watch over me, for to you I am devoted.
Save your servant, for I put my trust in you.

You are my God.

³Be gracious to me for to you I cry all day long.

⁴Give joy to your servant,
for to you, God*, I lift up my soul.

⁵You, my God*, are good and forgiving,
abounding in covenant love to all who call.

⁶Listen to my prayer; attend to my cry.

⁷In the day of my trouble I call on you,
knowing you will answer me.

⁸There is none like you among the gods, O God*.
There are no deeds like yours.

⁹All the nations you formed will come
and bow down before you.

They will glorify your name.

¹⁰For indeed you are great.

You do wondrous things; you who alone are God.

¹¹Teach me your way, O GOD,
that I may walk in your truth.

Give me an undivided heart
that I may revere your name.

¹²I thank you, my God, with all my heart,
and I will honour you forever.

¹³For great is your covenant love toward me.
You have rescued me from the grave.

¹⁴The insolent rise up against me;
a band of ruffians seeks my life.
They give no thought to you.

¹⁵But you are God.
You are tenderly compassionate. You are gracious.
You are slow to anger,
abounding in covenant love and faithfulness.

¹⁶Turn to me and be gracious.
Give your strength to your servant.
Save the child of your serving girl.

¹⁷Show me a sign of your favour.
So that those who hate me may see and be put to shame,
because you, O GOD, are my salvation and my comfort.

Praying Psalm 87 with Jesus

¹Zion is established on the holy mountain cherished by GOD,

²who prefers her gates to all the dwellings of Jacob.

³Glorious things are spoken of you, O city of God.

⁴Egypt and Babylon I will count among her citizens;

Philistia, Tyre and Ethiopia are registered among her children.

⁵Zion will be called 'mother', for all will be her children.

It is the Most High who assigns each their place.

⁶ GOD inscribes in the register of peoples:

'These are her children.'

⁷While they dance, they will sing:

'In you all find their home.'

Praying excerpts from Psalm 88 with Jesus

¹O GOD, my God, by day I plead for your help,
by night, I cry out in your presence.

²Let my prayer reach you; heed my cry.

³I am steeped in trouble, on the brink of the grave.

⁴I am numbered among those who go down to the pit.

⁵My time is up and I am left to die,
like the slain that lie in the field.

⁸I am shut in so that I cannot escape.

⁹My eyes are sunken with grief.
All day long I call on you, O GOD,
straining my hands towards you.

¹³O GOD, I cry to you for help;
in the morning my plea comes before you.

¹⁴Why do you cast me off?
Why do you hide your face?

Praying Psalm 89 with Jesus

¹I will sing for ever of your covenant love, O GOD.

I will proclaim your faithfulness to all generations.

²I declare that your covenant love is as established as the heavens.

³You said: 'I have made a covenant with my chosen one,
I have sworn to my servant David:

⁴"I will establish your dynasty for ever.

I will ensure your throne throughout the ages".'

⁵The heavens proclaim your wonders, O GOD,
your faithfulness in the assembly of your holy ones.

⁶For who in the skies can be compared to you?

Who is like you, O GOD, among the beings of heaven?

⁷You are feared in the council of the holy ones,
great and awesome throughout the court.

⁸O Mighty GOD, who is your equal?

You are clothed in power and faithfulness.

⁹You rule over the raging of the sea; you tame its swelling waves.

¹⁰You pierced and crushed the sea monster.

¹¹The heavens are yours; yours is the earth;

the world and all that is in it – you have established it all!

¹²You created the north and the south.

Tabor and Hermon joyously acclaim your name.

¹⁴Justice and right judgment are the foundation of your throne;
covenant love and faithfulness go before you.

¹⁵Blessed and happy are your people in their rejoicing!
You summon us into the light.

¹⁶Your name is our constant joy,
your justice is the subject of our boast.

¹⁷For you are our glory and our strength.
It is through your grace that we are exalted.

¹⁸For you, O GOD, are our shield.
You, the Holy One of Israel, are our king.

¹⁹You spoke in a vision. Of your faithful one, you said:
'I have set a royal crown on one who is mighty,
I have exalted a soldier from the troop.

²⁰I have found in David a servant,
and anointed him with my holy oil.

²¹My hand will remain with him always
and my arm will strengthen him.

²²The enemy will not outwit him,
the wicked will not humble him.

²⁴My faithfulness and covenant love will escort him.
In my name he will be victorious.

²⁵I will extend his power from the Western Sea
as far east as the mighty Euphrates.

²⁶He will call to me: "You are my Father, my God, my rock of safety!"

²⁷I will make him my firstborn, the highest of the kings."

²⁸I will honour my pledge of love,
and my covenant with him will stand firm.

²⁹I will establish his line forever,
and his throne will endure like the heavens.

³⁰If his children forsake my law
and do not live according to my ordinances,

³¹if they violate my statutes
and do not keep my commandments,

³²then I will punish their transgression with the rod
and their guilt with scourges.

³³but I will not remove from him my covenant love,
or be false to my faithfulness.

³⁴I will not violate my covenant,
or go back on the word I have spoken.

³⁵Once and for all I have sworn by my holiness
that I will not fall short of what I have promised to David.

³⁶His line will continue forever,
his throne will endure before me like the sun.

³⁷It will be established forever like the moon,
an enduring witness in the skies.'

⁴⁷Remember me. How short is my life!
Do you create people for no reason?

⁴⁸Who can live and never die?
Who can escape the power of death?

⁴⁹God*, where is the covenant love you showed of old,
the faithfulness you swore to David?

⁵⁰See how your servant is taunted;
how I bear in my bosom the insults of the peoples.

⁵¹How your enemies taunt me, O GOD,
mocking your anointed at every turn.

⁵²Blessed be GOD for ever. Amen. Amen.

Praying Psalm 90 with Jesus

¹O God*, you have been our refuge
from one generation to the next.

²Before there were mountains,
before you formed the earth and its continents,
you are our God, without beginning or end.

³You return us back to dust, children of earth back to earth.
⁴For you a thousand years are like yesterday come and gone,
passing like a watch in the night.

⁵You sweep away the years.
They pass like a dream upon awakening.
⁶They are like grass that springs up in the morning,
to wither and fade by the evening.

⁸You lay bare our guilt,
our secret sins in the light of your countenance.

⁹Our years come to an end like a sigh.
¹⁰Even if we live seventy years, or eighty if we are strong,
life is toil and trouble;
the years soon pass, and we are gone.

¹²Teach us to make use of our days
that we may gain wisdom of heart.

¹³How long, O GOD, before you turn back to us?
Have compassion on your servants!

¹⁴Fill us in the morning with your covenant love,
that we may rejoice and be glad all our days.

¹⁵Give us joy to balance our affliction,
for the years when we have suffered misfortune.

¹⁶Let your servants, young and old,
witness the splendour of your action in our lives.

¹⁷Let the favour of our God, be upon us.
Give success to the work of our hands.
Give success to the work of our hands.

Praying Psalm 91 with Jesus

¹You who live in the shelter of the Most High,
who abide in the shade of the Almighty,

²say to GOD, 'My refuge, my fortress, my God in whom I trust.'

³Yes, God will deliver you from the snare of the hunter
and from the deadly pestilence.

⁴God will cover you as a bird covers its young.

God's wings will shelter you.

God's faithfulness is your armour.

⁵You will not fear the terrors of the night,
or the arrow that flies by day,

⁶or the pestilence that stalks in the dark,
or the destruction that strikes at noon.

⁷A thousand may fall at your side,
ten thousand at your right,
but you, you will not be harmed.

⁸You have only to open your eyes
to see how the wicked are punished.

⁹You have made GOD your refuge,
the Most High your dwelling.

¹⁰No evil will befall you,
no scourge come near your tent.

¹¹For God will command the angels
to guard you in all your ways.

¹²They will bear you up on their hands

lest you dash your foot against a stone.

¹³You will tread on the lion and the adder.

You will trample on the young lion and the serpent.

¹⁴'I rescue those who cling to me in love.

I protect those who know me.

¹⁵When I hear their cry, I answer, 'I am with you.'

I am with them in trouble,

I rescue them and bring them glory.

¹⁶With a long life I satisfy them,

and show them my power to save.'

Praying Psalm 92 with Jesus

¹How good it is to give you thanks, O GOD,
to make music in your honour, O Most High,
²to proclaim your covenant love in the morning,
and in the night your faithfulness,
³to the music of the lute and the harp,
to the strumming of the lyre.

⁴Your deeds, O GOD, make me glad.
I sing for joy at the works of your hands.
⁵How great are your works!
How deep your designs!

⁶The foolish cannot understand
that though the wicked sprout like grass,
⁷though evildoers flourish,
they are doomed to final destruction.

⁸You, O GOD, are for ever on high.
⁹Your enemies perish; all who do evil are scattered.

¹⁰To me you give the wild ox's strength.
You anoint me with the purest oil.
¹¹I have seen the downfall of my enemies.
I have heard the doom of my evil assailants.

¹²The righteous flourish like the palm tree,
and grow like a Lebanon cedar.
¹³They are planted in the house of GOD;
they flourish in the courts of our God.

¹⁴In old age the righteous still bear fruit;
they are always green and full of sap,
¹⁵proclaiming that GOD is upright;
my rock, in whom there is no wrong.

Praying Psalm 93 with Jesus

¹GOD is king, with majesty enrobed,
robed with might, girded with power.

The world you established, not to be moved.

²Your throne, O GOD, has stood firm from of old.
You are from all eternity.

³The torrents swell, the waters roar.
Hear the crashing of their waves.

⁴More majestic than the roar of mighty waters,
more glorious than the surging of the sea,
GOD is glorious on high.

⁵Truly your decrees are to be trusted.
Holiness is fitting to your house, O GOD, until the end of time.

Reflecting on Psalm 94 in Jesus' Company

God as revealed by Jesus is not an 'avenging God.'

¹O GOD, reveal yourself, our avenging God!

²Rise up, O judge of the earth.

Give to the arrogant what they deserve!

³How long, O GOD, how long will the wicked strut around?

⁴They bluster and boast, flaunting their evil behaviour.

⁵They crush your people. They oppress your land.

⁶They kill the widow and the stranger. They murder the orphan.

⁷'GOD is blind,' they say. 'The God of Jacob sees nothing.'

⁸Pay attention you fools, you stupid people!

When will you understand?

⁹Does God who made the ear not hear?

Does God who made the eye not see?

¹⁰Does God who corrects the nations not punish?

Does God who teaches humankind lack knowledge?

¹¹GOD knows our thoughts, how empty they are.

¹²Blessed and happy are those whom you discipline, O GOD,
those to whom you give your law.

¹³They find comfort when times are bad,
while a grave is being dug for the wicked.

¹⁴O GOD, you do not forsake your people.

You do not abandon your heritage.

¹⁵The innocent will win back their rights.

There will be a future for the righteous of heart.

¹⁶Who rises up for me against the wicked?

Who sides with me against those who do evil?

¹⁷Without your help, O GOD,

I would be lying silent in the grave.

¹⁸When I feel myself slipping,

your covenant love, O GOD, supports me.

¹⁹When the cares of my heart are many,

your consolations lift my spirit.

²⁰Can they claim you for their side,

corrupt officials who do injustice under cover of law?

²¹They band together against the just,

condemning the innocent to death.

²²You, O GOD, are my strength, my God, my rock of refuge.

²³It is your will to wipe them out for the evil they do.

GOD, our God, will wipe them out.

Praying Psalm 95 with Jesus

¹Come, let us sing joyfully to GOD;

let us shout with joy to the Rock who saves us!

²Let us come into God's presence with thanksgiving,
singing joyfully to the sound of music!

³For GOD is the High God, Sovereign over all the gods.

⁴God's hand holds the depths of the earth,
and the mountain peaks.

⁵The ocean belongs to the One who shaped it,
and the dry land to the One who formed it.

⁶Come, let us worship and bow low,
let us kneel before GOD, our Maker!

⁷This is our God, our Shepherd.
We are the sheep fed by God's hand.

O that today you would listen to God's voice!

⁸Do not harden your hearts, as at Meribah,
as on that day at Massah in the wilderness.

⁹There your ancestors tested me,
though they had seen my deeds.

¹⁰For forty years I was sickened by that generation
and I said, 'They are a people whose hearts are astray,
they pay no regard to my ways.'

¹¹I took an oath that they would never enter my rest.

Praying Psalm 96 with Jesus

¹Sing to GOD a new song! Sing to GOD, all the earth.

²Bless GOD's holy name!

Proclaim God's saving presence from day to day.

³Tell among the nations God's glory,

God's marvellous deeds all over the world.

⁴Great is GOD, and greatly to be praised;

to be revered above all the gods.

⁵Yes, the gods of the world are idols.

It was GOD who made the heavens.

⁶It is the same GOD of majestic light

who fills the temple with beauty.

⁷Acknowledge GOD, you nations,

acknowledge GOD's glory and might.

⁸Acknowledge the glory due to GOD!

Bring an offering. Enter the courts.

⁹Worship GOD in holy splendour.

Tremble before God, all the earth.

¹⁰Say among the nations, 'GOD is king!'

The world is firmly established.

God will judge the peoples with equity.

¹¹Let the heavens rejoice and be glad,

let the sea and all within it roar.

¹²Let the field and all it bears rejoice.

Then will all the trees of the forest sing for joy

¹³before GOD, who is coming to judge the nations.

God rules the world with justice,

and judges the nations in accord with the truth.

Praying Psalm 97 with Jesus

¹GOD is king! Let the earth rejoice.

Let all the coastlands be glad.

²Cloud and darkness are God's raiment,

Justice and right are the foundations of God's kingdom.

³Fire consumes all resistance.

⁴God's lightning lights up the world.

The earth sees and trembles.

⁵Mountains melt like wax before GOD,

before the God* of all the earth.

⁶The heavens proclaim the justice of God.

All the peoples behold God's glory.

⁷Worshippers of images are put to shame,

those who boast of their worthless idols.

You gods, bow down before GOD!

⁸Zion hears and is glad, the towns of Judah rejoice

because of your judgments, O God.

⁹For you indeed are GOD, Most High over all the earth;

exalted far above any god.

¹⁰GOD loves those who hate evil,

guards the lives of the faithful,

and rescues them from the power of the wicked.

¹¹Light dawns for the righteous,

and joy for the upright of heart.

¹²Rejoice in GOD! Praise God's holy name.

Praying Psalm 98 with Jesus

¹Sing a new song to GOD.

Celebrate the wonderful deeds wrought by God's hand.

God's holy arm has achieved victory.

²You, O GOD, make known your saving action,
revealing justice to the nations,

³remembering your covenant love and faithfulness
to the house of Israel.

The ends of the earth have seen the victory of our God.

⁴Shout with joy to GOD, all the earth!

Break forth into joyous songs of praise!

⁵Sing praises to GOD with the lyre,
with the sound of instruments.

⁶With trumpets and the sound of the horn
shout with joy before GOD, our king.

⁷Let the sea roar, and all that fills it,
the world and those who live in it.

⁸Rivers clap your hands! Hills ring out your joy!

⁹For GOD is coming, coming to judge the earth,
to rule the world justly, to govern the peoples with equity.

Praying Psalm 99 with Jesus

¹GOD is king; let the nations tremble!

GOD sits enthroned upon the cherubim. Let the earth quake!

²YOU are great in Zion, exalted over all the peoples.

³Let them praise your great and awesome name!

'GOD is Holy!'

⁴Mighty King, lover of right judgment,

you have established equity.

You have executed justice and righteousness in Jacob.

⁵Praise GOD, our God.

Bow down before Zion, God's footstool.

'GOD is Holy!'

⁶Moses and Aaron were GOD's priests.

Samuel was among those who called on GOD's name.

They cried to GOD, and were answered.

⁷GOD spoke in the pillar of cloud.

They kept the decrees and statutes,

given them by GOD.

⁸O GOD, you answered them.

For them you were a God who forgives;

Yet you punished all their offences.

⁹Praise GOD and worship at his holy mountain.

For *GOD, our God, is holy.*

Praying Psalm 100 with Jesus

¹Cry out with joy to GOD all the earth.

²Serve GOD with gladness.

Come into the Presence singing for joy.

³Know that GOD is God,

our maker, to whom we belong.

We are the flock. GOD is our shepherd.

⁴Enter the temple gates with thanksgiving,

Enter the courts with songs of praise.

Give thanks and bless God's name.

⁵Indeed how good is GOD,

whose covenant love is eternal,

who is faithful from age to age.

Praying Psalm 101 with Jesus

¹I sing of covenant love and right judgment.
To you, O GOD, I make music.

²I live the truth I sing, as I come before you.
I show my royal household how to live a perfect life.

³I do not admire anything dishonourable.
I hate the ways of the wicked.
They will never attach themselves to me.

⁴Perverseness of heart will be far from me.
I want nothing to do with evil.

⁵I silence anyone who secretly slanders a neighbour.
I do not tolerate a haughty look or an arrogant heart.

⁶I look with favour on the faithful in the land.
Only they will share my palace.
Only those whose lives are upright
have a place in my service.

⁷No one who practises fraud
will remain in my house.
No one who utters lies
will continue in my presence.

⁸Morning by morning
I put down the wicked in the land,
excluding all who do evil from the city of GOD.

Praying Psalm 102 with Jesus

¹Hear my prayer, O GOD, let my pleading reach you.

²Do not hide your face in my hour of need.

Listen to me; answer me speedily when I call.

³For my days dissolve like smoke, my bones burn like a furnace.

⁴My heart withers like grass. I am too weak to eat,

⁵so consumed am I with grief. I am all skin and bone.

⁶I am like a bird in the wilderness,

like a young owl haunting the ruins.

⁷I lie awake and moan.

I am like a solitary bird on the rooftop.

⁸All day long my enemies taunt me.

They use my name to curse me.

⁹I eat ashes for bread, and mingle tears with my drink.

¹¹My days are like a lengthening shadow.

I wither away like grass.

¹²But you, O GOD, reign for ever.

Your name endures from one generation to the next.

¹³Rise up! Have compassion on Zion,

for it is time to favour us with your grace.

¹⁴Your servants hold dear its stones,

and cherish even its dust.

¹⁵Nations will fear YOU,

kings will be in awe of your glory.

¹⁶GOD, when you rebuild the walls of Zion,

you will appear in glory.

¹⁷You hear the prayer of the destitute.

You do not despise their plea.

¹⁸Write this down for a future generation,
so that a people yet unborn may praise GOD.

¹⁹GOD watches from heaven, observing the earth.

²⁰GOD hears the groans of the prisoners,
and sets free those condemned to die.

²¹They chant GOD's name in Zion,
GOD's praise in Jerusalem.

²²There peoples and kingdoms gather to worship GOD.'

²⁴I say, 'My God, do not take me away.

My life is only half spent,

while you endure throughout all generations.'

²⁵Long ago you laid the foundation of the earth,
and the heavens are the work of your hands.

²⁶They will perish, but you endure.

They will all wear out like a garment.

You change them like clothing, and throw them away;

²⁷but you are the same. Your years will never end.

²⁸May your servant's line last for ever.

May our children grow strong under your gaze.

Praying Psalm 103 with Jesus

¹Bless GOD, O my soul.

All that is within me, bless GOD's holy name.

²Bless GOD, O my soul.

Never forget GOD's blessings.

³Bless GOD, who forgives our sins,

and heals every one of our ills,

⁴who keeps us from the grave,

and surrounds us with covenant love and compassion,

⁵who fills us with good things as long as we live,

renewing our strength like the eagle's.

⁶O GOD, you see to justice and right judgments

for all the oppressed,

⁷revealing your ways to Moses,

and your deeds to the people of Israel.

⁸GOD is tenderly compassionate and gracious,

slow to anger and abounding in covenant love.

⁹GOD will accuse us, but not always,

and be angry, but not for ever.

¹⁰GOD will not deal with us as our sins deserve,

nor repay us according to our guilt.

¹¹For as the heavens are high above the earth,

so great is GOD's covenant love
toward those who revere [*fear*] God.

¹²As far as the east is from the west,

so far God removes from us our sins.

¹³As a father has compassion for his children,
so GOD has compassion for us who revere [fear] God.

¹⁴GOD does not fail to remember that we are but dust.

¹⁵As for us mortal human beings, our days are like grass;
they flourish like a flower of the field.

¹⁶Come the wind, the flower is gone,
and its place does not remember it.

¹⁷But for those who revere [*fear*] God,
GOD's covenant love has always been,
and will always be, present.

Your righteousness, O GOD,
passes from one generation to the next,
¹⁸to all who keep your covenant
and take care to carry out your commandments.

¹⁹GOD reigns from heaven, governing the universe.

²⁰Praise GOD, you mighty angels who do God's bidding,
always obedient to God's word.

²¹Praise GOD, you powers, eager to carry out GOD's will.

²²Praise GOD, you creatures, subject to GOD's rule.
Praise GOD, O my soul!

Praying Psalm 104 with Jesus

¹Praise GOD, O my soul.

O GOD, my God, how wonderful you are.

You are clothed with beauty and majesty,

²wrapped in a mantle of light.

You stretch out the heavens like a tent.

³You establish your dwelling above the rains.

You make the clouds your chariot,
and ride on the wings of the wind.

⁴You make the storm your herald.

The lightning carries out your will.

⁵You set the earth on its foundations.

It will never be shaken.

⁶You cover it with the ocean as with a garment.

The waters rise up to assault the mountains.

⁷When you rebuke the waters they flee;

at the rumble of your thunder they take to flight.

⁸They rose up to the mountains

and ran down to the valleys,

to the place you appointed for them.

⁹You set a boundary that the waters may not pass,

so that they might not again cover the earth.

¹⁰You make rivers gush forth from their springs,

to flow between the hills,

¹¹giving drink to the wild animals.

The wild asses quench their thirst.

¹²The birds of the air nest near the streams,
and sing among the branches.

¹³From your lofty abode you water the hills.
The ground drinks its fill of your gift.

¹⁴You cause the grass to grow for the cattle,
and plants through human labour.

We are to produce food from the fields,

¹⁵wine to gladden the heart,
oil to make the face shine,
and bread for strength.

¹⁶The trees of GOD are watered abundantly,
the cedars of Lebanon planted by God.

¹⁷Birds nest in their branches.

On the tree-top the stork has its home.

¹⁸High mountains are for the wild goats;
rocks are a refuge for the hyrax.

¹⁹You make the moon to mark the seasons.

The sun knows its time for setting.

²⁰You make darkness, and it is night,
when all the animals of the forest come out.

²¹The young lions roar to you
as they search for their prey.

²²At the rising of the sun they withdraw,
and go to rest in their dens.

²³We go out to our work and labour until evening.

²⁴O GOD, how manifold are your works!
Everything you have done is masterly;
the earth is full of your wonderful creatures.

²⁵Yonder is the sea, great and wide,
filled with fish past counting.

²⁶There ships ply their trade,
and there is Leviathan that you made for play.

²⁷All these creatures look to you
to give them their food in due season.

²⁸When you provide it, they feed.
When you open wide your hand, they have their fill.

²⁹When you hide your face, they are dismayed.
When you take away their breath, they die and return to dust.

³⁰You send forth your breath, and they are created,
and you renew the face of the earth.

³¹May your glory, O GOD, endure for ever.
May YOU rejoice in creation.

³²One look from YOU and the earth trembles.
One touch, and the mountains erupt.

³³I will sing to GOD as long as I live.
I will sing praise to my God, while I have breath to do so.

³⁴May my meditation be pleasing to YOU,
for I delight in YOU.

³⁵May sinners disappear from the earth.
May the wicked be no more.
Praise GOD, O my soul. Praise GOD [Alleluia].

Reflecting on Psalm 105 in Jesus' Company

¹Give thanks to GOD, call on GOD's name,
Tell all the peoples what GOD has done.

²Sing to the sound of instruments;
tell of all the wonderful things GOD has done.

³Sing Alleluia to GOD's holy name.
May the hearts of those who seek GOD rejoice.

⁴Seek continually for the presence and the power of God.

⁵Remember God's wonderful deeds,
God's miracles, and judgments,
⁶you offspring of God's servant Abraham,
you children of Jacob, the chosen of GOD.

⁷GOD is our God, judge of all the earth,
⁸ever mindful of the covenant,
⁹the promise made to Abraham,
¹⁰the oath to Isaac, confirmed to Jacob,
the everlasting commitment made to Israel
fixed for a thousand generations.

¹¹God said 'To you I will give a land,
Canaan, as your inheritance.'

¹²When they were few in number, of little account,
and strangers in the land,

¹³wandering from nation to nation,
from one kingdom to another,

¹⁴God allowed no one to oppress them,
rebuking kings on their account:

¹⁵'Do not touch my anointed ones; do my prophets no harm.'

¹⁶God caused famine to ravish the land,
and took away their sustenance.

¹⁷Joseph was sent on ahead, sold as a slave.

¹⁸His feet were bound with fetters,
his neck with a collar of iron,

¹⁹until what he had said came to pass,
and he was vindicated by the word of GOD.

²⁰Pharaoh released him;
the ruler of nations set him free.

²¹He made him master of the palace,
steward of all his possessions,

²²to instruct his officials at his pleasure,
and to teach his elders wisdom.

²³Then Israel came to Egypt;
Jacob lived there as an alien.

²⁴GOD made Jacob's people fruitful,
stronger than their foes,

²⁵whose hearts God then turned to hate Israel.
They were eager to enslave them.

²⁶God sent Moses, the servant of the Lord,
and Aaron, the chosen one.

²⁷They performed signs among them,
and miracles in Egypt.

²⁸God covered the land in darkness,
but still they resisted.

²⁹God turned their waters into blood,
causing their fish to die.

³⁰Their land swarmed with frogs,
even in the chambers of their king.

³¹God spoke, and there came swarms of flies,
and gnats throughout their country.

³²God sent hail to pound them,
and lightning to strike the land.

³³God struck their vines and fig trees,
and shattered the trees throughout the land.

³⁴God spoke, and the locusts came,
young locusts without number.

³⁵They devoured all the vegetation,
the fruit of the land.

³⁶God struck Egypt's first born,
the first issue of their strength.

³⁷Then God led Israel out with silver and gold.
Not one among them faltered.

³⁸Egypt was glad when they departed,
for dread had fallen upon them.

³⁹God spread a cloud for a covering,
and fire glowing by night.

⁴⁰Israel prayed, and God sent quails,
and gave them food from heaven in abundance.

⁴¹God opened a rock, and water gushed out,
flowing through the desert like a river.

⁴²God remembered the holy promise,
given to Abraham, the servant of God.

⁴³God brought the people out with joy,

the chosen ones with shouts of rejoicing.

⁴⁴God gave them the lands of the nations,
and they took possession of the wealth of the peoples,
⁴⁵that they might keep the commandments
and observe God's law. Alleluia!

1. Praying Psalm 106:1-7 with Jesus

¹Praise GOD! (Alleluia!)

Give thanks to GOD, who is good.

Your covenant love endures for ever.

²Who can number GOD's mighty deeds,
or sing enough praise?

³Blessed and happy are those who do what is right,
and act with justice at all times.

⁴Remember me, O GOD,
when you demonstrate your love for your people.

Help me when you rescue them,
⁵that I may experience the prosperity
enjoyed by your chosen ones,
that I may rejoice along with your nation,
and that I may greet you, as one of your own,
with shouts of joy.

⁶Like our ancestors we have sinned;
we are guilty; we have acted wickedly.

⁷In Egypt our ancestors paid no heed
to your wonderful deeds.
They forgot the abundance of your covenant love,
and at the Red Sea rebelled against the Most High.

2. Reflecting on Psalm 106:8-46 in Jesus' Company

⁸Yet, true to God's name, God saved them,
to reveal God's mighty power.

⁹God rebuked the Red Sea, and it dried up. [see Exodus 14]
The deep was as dry ground.

¹⁰God led the people across,
rescuing them from the enemy's power.

¹¹The waters swallowed their adversaries.
Not one of them survived.

¹²Then our ancestors believed God's word
and sang songs of praise.

¹³But they soon forgot God's deeds.
They lost faith in God's designs. [see Numbers 11]

¹⁴They had a wanton craving in the wilderness,
and in the desert put God to the test.

¹⁵God gave them what they wanted,
but sent a wasting disease among them.

¹⁶They were jealous of Moses in the camp,
and of Aaron, GOD's holy one.

¹⁷The earth opened and swallowed up Dathan,
burying alive the followers of Abiram. [see Numbers 16]

¹⁸Fire broke out amongst them,
its flame consuming the wicked.

¹⁹They made a calf at Horeb
and worshipped a cast image.

²⁰They exchanged the glory of God

for the image of an ox that eats grass. [see Exodus 12]

²¹They forgot their God,
the God who had saved them

²²by doing great things in Egypt,
and awesome deeds by the Red Sea.

²³God determined to destroy them, and would have done so
had not Moses, your chosen one,
stood in the breach before God
to turn back God's wrath. [see Exodus 32]

²⁴They scorned the land of promise,
having no faith in God's promise. [see Numbers 14]

²⁵They grumbled in their tents,
and did not obey the voice of GOD.

²⁶So God swore an oath
to make them fall in the wilderness,

²⁵and would disperse their descendants among the nations,
scattering them over the lands.

²⁸They attached themselves to the Baal of Peor,
and ate sacrifices offered to the dead. [see Numbers 25]

²⁹They provoked GOD with the way they were behaving.
and a plague broke out among them.

³⁰Phinehas stood up and interceded,
and the plague was checked.

³¹This has been to his honour ever since.

³²They angered GOD at the waters of Meribah,
and it went ill with Moses on their account;

³³for they made his spirit bitter,
and he spoke rash words. [see Exodus 17 and Numbers 20]

³⁴They failed to destroy the peoples, as the Lord had commanded,
³⁵but intermarried with them and adopted their customs.

³⁶They worshipped their idols,
which became to them a snare.

³⁷They sacrificed their sons and their daughters to the demons.

³⁸shedding innocent blood. [see Deuteronomy 12:31]

They polluted the land with the blood of their sons and daughters,
whom they sacrificed to the idols of Canaan.

³⁹Thus they prostituted themselves by their deeds.

⁴⁰Then the anger of GOD
was kindled against the people.

God was disgusted with them,

⁴¹and handed them over to the nations.

⁴²Their enemies oppressed them,
and they were ruled by their foes.

⁴³Again and again God delivered them,
but they were stubborn, and their sins brought them down.

⁴⁴But still God saw their plight
and heard their cry of distress.

⁴⁵Remembering the covenant,
God showed compassion
according to the abundance of GOD's covenant love.

⁴⁶God caused them to be pitied by their captors.

3. Praying Psalm 106:47-48 with Jesus

⁴⁷Save us, O GOD, our God.

Gather us from among the nations,
that we may give thanks to your holy name
and glory in your praise.

4. Conclusion to Book 4 of the Psalms

⁴⁸Blessed be GOD, the God of Israel, for ever and ever.

Let all the people say, "Amen." Praise GOD! (Alleluia).

Praying Psalm 107 with Jesus

¹Give thanks to GOD who is good.

Your covenant love endures for ever.

²Let those saved by GOD tell their story:

how they were redeemed from the power of the enemy,

³and gathered in from far-off lands,

from east and west, north and south.

⁴Some wandered in desert wastes,

unable to find a town where they could dwell.

⁵Exhausted from hunger and thirst

they were on the verge of collapsing.

⁶*Then they cried out to you, O GOD,*

and you came to their rescue,

⁷leading them by a straight way

to a place where they could make a home.

⁸*They celebrate your covenant love,*

all the wonderful things you have done.

⁹You, O GOD, satisfy the thirsty,

and see that the hungry have food.

¹⁰Some sat in darkness and gloom,

prisoners in misery and chains,

¹¹having rebelled against the word of God,

and spurned the counsel of the Most High.

¹²Weighed down by the burden of their misery

they collapsed with no one to help them.

¹³*Then they cried out to you, O GOD,
and you came to their rescue,*

¹⁴breaking their fetters,
and dispersing the gloom.

¹⁵*They celebrate your covenant love,
all the wonderful things you have done.*

¹⁶GOD shatters bronze doors
and cuts through iron bars.

¹⁷Some became ill,
struck down because of their sin.

¹⁸They loathed any kind of food,
and drew near to the gates of death.

¹⁹*Then they cried out to you, O GOD,
and you came to their rescue,*

²⁰speaking a word of healing
which delivered them from death.

²¹*They celebrate your covenant love,
all the wonderful things you have done.*

²²Offering a sacrifice of praise.

²³Merchants sailed the sea in ships,
doing trade on the mighty waters.

²⁴They witnessed the deeds of GOD,
all the wonders of the deep.

²⁵A storm whipped up the waves.

²⁶They mounted up to heaven,
then plunged down to the depths.
Their courage melted away in the calamity.

²⁷They reeled and staggered
like drunken men at their wit's end.

²⁸*Then they cried out to you, O GOD, and you came to their rescue.*

²⁹You stilled the storm and the waves were calmed.

³⁰They rejoiced in the calm, and you brought them to port.

³¹*They celebrate your covenant love, O GOD,
all the wonderful things you have done.*

³²They thank you, O GOD, when the people assemble.
They give voice to their praise
when the elders come together.

³³YOU turn rivers into a desert,
springs of water into thirsty ground,

³⁴a fruitful land into a salty waste.

³⁵But YOU also transform a desert with springs of water,
change a parched waste into fertile land,

³⁶giving it to the hungry, for them to establish a town.

³⁷They sow crops and plant their vines,
and gather in the harvest.

³⁸With Your blessing they prosper;
people and cattle flourish.

³⁹If the people fail to prosper,
suffering the effects of oppression,

⁴⁰Their leaders will find themselves
wandering in trackless wastes.

⁴¹But YOU lift up the needy from their distress,
shepherding them like a flock.

⁴²The upright see and rejoice.

Those who do wrong are silenced.

⁴³Let those who are wise give heed to these things,
and wonder at the marvel of GOD's covenant love.

1. Praying Psalm 108:1-5 with Jesus

¹My heart is steadfast, O God, my heart is steadfast.

I will sing and make melody. Awake, my soul!

²Awake, harp and lyre! I will awake the dawn.

³I will give thanks to you, O GOD, among the peoples.

I will sing praises to you among the nations.

⁴For your covenant love is as high as the heavens;
your faithfulness extends to the clouds.

⁵Rise up, O God, above the heavens.

Let your glory fill the earth.

Reflecting on Psalm 108:6-13 in Jesus' Company

⁶Give victory with your right arm,
so that those whom you love may be rescued.

⁷God has decreed in his sanctuary:

'I will triumph and divide the land of Shechem.

I will portion out the Vale of Succoth;

⁸for Gilead is mine, and Manasseh.

'Ephraim is my helmet; Judah is my commander's staff.

⁹Moab is my washbowl; on Edom I plant my shoe.

Against me, Philistia, hurl forth your war cry if you dare!'

¹⁰Who will lead us to Edom to breach the city wall?

¹¹God, will you still hold back? Will you desert our camp?

¹²Grant us help against the foe, for human help is of no avail.

¹³With God we will do valiantly. It is our God who will crush our foes.

Reflecting on Psalm 109 in Jesus' Company

Part One (verses 17-19)

¹⁷He loved to curse; let curses rebound on his head.
He did not offer a blessing; may he not receive one.

¹⁸He clothed himself with cursing as his coat,
may it soak into his body like water, into his bones like oil.

¹⁹May it be like a garment that he wraps around himself,
like a belt that he wears every day.'

Part Two (verses 20-31): Praying with Jesus

²¹But you, O GOD, my God*,
act on my behalf for your name's sake.
Because you are good, rescue me.

²²For I am poor and needy, and my heart is wounded.

²³I am fading like a shadow at evening.
I am brushed aside like a locust.

²⁴My knees are weak through fasting;
my flesh has become gaunt.

²⁵I am an object of scorn to my accusers.
When they see me, they shake their heads.

²⁶Help me, O GOD, my God!
Save me according to your covenant love.

²⁷Let them see your hand at work.
Let them know that you have acted.

²⁸They curse, but you will bless.

Let my assailants be put to shame.

May your servant be glad.

²⁹May my accusers be clothed with dishonour.

May they be wrapped in their own shame as in a mantle.

³⁰I raise my voice in thanks to GOD;

I praise my God in the midst of the throng.

³¹For GOD stands at the right hand of those in need,

to save them from those who would condemn them to death.

Praying Psalm 110 with Jesus

¹A decree of GOD to my king:

‘Sit on my right.

I will make you master of your enemies.’

²GOD will wield from Zion your sceptre of power.

will conquer your foes in battle.

³Your people will rally to you when you mobilize for war.

From the womb your majesty is sacred,

from your birth on the holy mountain,

your youth as fresh as the morning dew.

⁴GOD has sworn an oath and will not change:

‘You are a priest for ever

a priest like Melchizedek of old.’

⁷The king will drink from a wayside stream,

and rise up refreshed.

Praying Psalm 111 with Jesus

¹Praise GOD (Alleluia)!

I give thanks to GOD with all my heart,
in the assembly of the upright.

²Look at what GOD has done.

Reflect upon it with admiration.

³Glorious and majestic are the deeds of GOD,
whose justice endures forever.

⁴Who can fail to acclaim GOD's wonderful deeds?

GOD is gracious and tenderly compassionate,

⁵nourishing the faithful,
ever mindful of the covenant,

⁶demonstrating mighty deeds,
giving them a land, the heritage of the nations.

⁷GOD's deeds are according to truth and right judgment.

All GOD's precepts can be trusted.

⁸Enacted in justice and truth,
they are established forever.

⁹GOD has redeemed the chosen people,
ratifying the covenant for all time.

Holy and awesome is GOD's name.

¹⁰Reverence for ['fear of'] GOD is the beginning of wisdom.

Wise are those who live this way.

Praise of GOD will continue forever.

Praying Psalm 112 with Jesus

¹Praise GOD (Alleluia)!

Blessed and happy are those who revere [fear] GOD,
and delight in GOD's law.

²Their descendants too will be blessed.

They will be mighty in the land.

³Their households thrive,

their righteousness endures for ever.

⁴When they find themselves in the dark,

a light is shining for them:

the light of their GOD who is gracious,
tenderly compassionate and just.

⁵All goes well for those

who deal generously and lend,

who conduct their affairs with justice.

⁶They will never falter and will be remembered for ever.

⁷They are not afraid of evil tidings.

Their hearts are secure in GOD.

⁸Steady and fearless, they are not afraid of their enemy.

⁹They give generously to the poor.

Their righteousness endures.

Their strength brings them honour.

They will never falter.

¹⁰The wicked are angry on seeing the prosperity
of the just.

Their hatred eats them up.

Their desires will be thwarted.

Praying Psalm 113 with Jesus

¹Praise GOD! [Alleluia].

²O servants of GOD, praise GOD,
now and forever.

³From the rising of the sun to its setting,
praised be GOD, who is on high, above all nations.

⁴GOD's glory shines over the heavens.

⁵Who is like our GOD, enthroned on high?

⁶GOD looks down upon heaven and earth,
to raise the poor from the dust.

⁷GOD raises the needy from their misery,

⁸to seat them with princes, with the leaders of the people.

⁹It is God who gives a home to the barren woman,
and gladdens her heart with children.

Praise GOD! [Alleluia].

Praying Psalm 114 with Jesus

¹When Israel came out from Egypt,
the house of Jacob from an alien people,

²Judah became God's sanctuary,
Israel, God's dominion.

³The sea pulls back before them,
the Jordan retreats.

⁴The mountains leap like rams,
the hills like yearling sheep.

⁵'Why shrink back, O sea?
Jordan, why do you retreat?

⁶'Mountains, why is it that you leap like rams,
you hills, like yearling sheep?'

⁷Tremble, O earth, at the presence of GOD,
at the sight of the God of Jacob,

⁸who turns rock into a pool,
flint into a spring of water.

Praying Psalm 115 with Jesus

¹Not to us, O GOD, not to us, but to your name give glory,
because of your covenant love,
because of your faithfulness.

²Why do the nations say, 'Where is their God?'

³Our God is in the heavens and answers to no one.

⁴Their gods are crafted by hand, mere silver and gold.

⁵They have mouths, but do not speak; eyes,
but do not see.

⁶They have ears, but do not hear; noses, but do not smell.

⁷They have hands, but do not feel; feet, but do not walk.
No sound comes forth from their hollow throats.

⁸Those who make them are like them;
as are all who trust in them.

⁹Israel, trust in GOD,
your strength and your shield.

¹⁰House of Aaron, trust in GOD,
your strength and your shield.

¹¹All who revere ['fear'] GOD, trust in GOD,
your strength and your shield.

¹²Always mindful of us, GOD will bless us all:
the house of Israel; the house of Aaron;

¹³all who revere ['fear'] GOD, both small and great.

¹⁴May GOD bless you more and more,
you and your children.

¹⁵May you be truly blessed

by the Maker of heaven and earth.

¹⁶The heavens belong to GOD,
who has entrusted the earth to you.

¹⁷The dead go down into silence.

They do not praise GOD.

¹⁸But we, the living, bless GOD,
now and for ever. Amen! Praise GOD! [Alleluia]

Praying Psalm 116 with Jesus

¹I am filled with love for GOD who hears me when I call.

²I will continue to call on you, O GOD, as long as I live.

³Death's trap was set. The grave had me in its grip.

I was overcome with distress and anguish.

⁴I cried out to GOD: 'Rescue me, O GOD! Save me!'

⁵Gracious is GOD, and just, and tenderly compassionate.

⁶GOD shelters those who are weak.

When I was brought low, God saved me.

⁷Rest once more, my heart,

for GOD has dealt bountifully with you.

⁸GOD, you have delivered me from death,

wiping my tears, steadying my feet.

⁹I am walking with YOU in the land of the living.

¹⁰I believe, even as I say, 'I am sorely afflicted.'

¹¹I believe, even as I cry, 'No one can be trusted.'

¹²How can I repay GOD for all the goodness I am shown?

¹³*I raise the cup of salvation and call on you, O GOD.*

¹⁴*I fulfill my vows to YOU in the presence of all your people.*

¹⁵O GOD, you hate to see your faithful die.

¹⁶I am your servant, the child of your serving girl.

You freed me from death's grip.

¹⁷*I offer a thanksgiving sacrifice, and call on you, O GOD.*

¹⁸*I fulfill my vows to YOU in the presence of all your people,*

¹⁹in the courts of the house of GOD,

in your midst, O Jerusalem. Praise GOD! [Alleluia]

Praying Psalm 117 with Jesus

¹Praise GOD, all you nations!
Extol our God, all you peoples!

²Great is GOD's covenant love for us.
GOD is forever faithful.
Praise GOD! [Alleluia]

Praying Psalm 118 with Jesus

¹*Give thanks to GOD who is good.*

GOD's covenant love endures for ever!

²Let the people proclaim:

'GOD's covenant love endures forever.'

³Let the priests proclaim:

'GOD's covenant love endures forever.'

⁴Let all who revere ['fear'] GOD proclaim:

'GOD's covenant love endures forever.'

⁵I called to GOD in my distress.

GOD answered and set me free.

⁶With GOD on my side,

I do not fear what people can do to me.

⁷GOD is with me to help me.

I will see my enemies defeated.

⁸It is better to take refuge in GOD
than to rely on human help.

⁹It is better to take refuge in GOD
than to trust in princes.

¹⁰The nations surrounded me.

Calling on GOD, I drove them back!

¹¹They surrounded me on every side.

Calling on GOD, I drove them back!

¹²They swarmed like bees,

and blazed like a brushwood fire.

Calling on GOD, I drove them back!

¹³I was hard pressed and falling.

GOD came to my help.

¹⁴GOD is my strength, my song, my saviour.

¹⁵Glad shouts of victory ring out
in the tents of the righteous.

‘With triumphant arm raised high,

¹⁶GOD has conquered!’

¹⁷I will not die.

I will live to recount GOD’s deeds.

[¹⁸GOD punished me severely,]

but did not leave me to die.

¹⁹Open to me the gates of righteousness,
that I may enter and give thanks.

²⁰This is GOD’s gate.

Through it only the righteous can enter.

²¹I thank you that you have answered me.

You have become my saviour.

²²The stone that the builders rejected
has become the corner stone.

²³This is GOD’s doing;

it is marvellous in our eyes.

²⁴This is the day GOD has made;

let us rejoice in it and be glad.

²⁵Save us, we beseech you, O GOD!

O GOD, grant us success!

²⁶Blessed is the one who comes in GOD’s name.

We bless you from GOD's house.

GOD is our light.

²⁷On this our festival go forward with branches
even to the altar.

²⁸You are my God. I give you thanks.
You are my God. I extol you.

²⁹*Give thanks to GOD who is good.
Your covenant love endures forever!*

Praying Psalm 119 with Jesus

Stanza One

¹Blessed and happy are those whose lives are blameless,
who follow GOD's law,

²Blessed and happy are those who keep GOD's decrees
seeking God with all their heart,

³who do no wrong, but follow GOD's way.

⁴You have laid down your precepts
to be observed with care.

⁵O that I was steadfast in keeping your statutes!

⁶I would be without shame,
if only my eyes were fixed on your commandments.

⁷I praise you with an upright heart,
as I learn your righteous judgments.

⁸Hold me close to you,
and I will observe your statutes.

Stanza Two

⁹How can young people keep themselves pure?
By paying attention to your word.

¹⁰With all my heart I seek you; do not let me stray.

¹¹I treasure your word in my heart,
to avoid offending you.

¹²Blessed are you, O GOD; teach me your statutes.

¹³With my lips I recite the judgments you have uttered.

¹⁴I delight in your ways, more than in great riches.

¹⁵I meditate on your precepts,
and fix my eyes on your way.

¹⁶I delight in your statutes. I remember your word.

Stanza Three

¹⁷Deal bountifully with your servant,
so that I may live and observe your word.

¹⁸Open my eyes, that I may behold
wondrous things in your law.

¹⁹I am a pilgrim on the earth;
do not hide your commandments from me.

²⁰My soul is constantly consumed
with longing for your judgments.

²¹You rebuke the insolent,
who wander from your commandments.

²²Save me from their scorn and contempt,
for I keep your decrees.

²³Even though princes sit plotting against me,
I, your servant, meditate on your statutes.

²⁴Your decrees are my delight; they are my counsellors.

Stanza Four

²⁵I lie in the dust; revive me by your word.

²⁶I tell you of my straying
and you answer by teaching me your statutes.

²⁷When you make me understand your precepts,
I recognize your wondrous works.

²⁸When I am numb with grief,
revive me with your word.

²⁹Turn me away from false paths,
graciously teach me your law.

³⁰I have chosen the way of faithfulness,
cherishing your judgments.

³¹O GOD, I cling to your decrees.
Do not disappoint me.

³²I hasten along the way of your commandments,
for you set free my heart.

Stanza Five

³³Teach me, O GOD, the way of your statutes,
and I will observe them closely.

³⁴Help me understand your will,
that I may keep your law with all my heart.

³⁵Guide me along your path, for in it I delight.

³⁶Turn my heart to your decrees, and not to selfish gain.

³⁷Keep my eyes from looking at vanities;
give me life in your way.

³⁸Confirm to your servant your promise,
which is for those who revere [‘fear’] you.

³⁹Keep me from the disgrace that I dread.
How good are your judgments.

⁴⁰See, I long for your precepts;
in your righteousness, give me life.

Stanza Six

⁴¹Touch me, O GOD, with your covenant love.

Save me as you promised.

⁴²Then I will have an answer for those who taunt me,
for I trust in your word.

⁴³Let me speak the whole truth,
for my hope is in your judgments.

⁴⁴I keep your law, now and always will.

⁴⁵I walk freely, following your precepts.

⁴⁶I will speak of your decrees before kings,
and not be ashamed.

⁴⁷I find my delight in your commandments,
because I love them.

⁴⁸I revere your commandments, which I love,
and I meditate on your statutes.

Stanza Seven

⁴⁹Remember your word to your servant.

It has given me grounds for hope.

⁵⁰This is my comfort in distress,
that your promise gives me life.

⁵¹The arrogant utterly deride me,
but I do not turn away from your law.

⁵²When I think of your judgments from of old,
I take comfort, O GOD.

⁵³Indignation seizes me because of the wicked,
who forsake your law.

⁵⁴Your statutes have been the subject of my songs
in the land of exile.

⁵⁵I remember you in the night, O GOD,
and cherish your law.

⁵⁶This is what counts for me: to obey your precepts.

Stanza Eight

⁵⁷YOU, O GOD, are my portion.

I promise to keep your word.

⁵⁸I implore your favour with all my heart.

Be gracious to me according to your promise.

⁵⁹When I think of your ways,

I turn my steps to your decrees.

⁶⁰I hasten, and do not delay to keep your commandments.

⁶¹Though the cords of the wicked ensnare me,

I do not forget your law.

⁶²At midnight I rise to praise you

for your righteous judgments.

⁶³I am a companion of all who revere ['fear'] you,
who keep your precepts.

⁶⁴The earth, O GOD, is full of your love;
teach me your statutes.

Stanza Nine

⁶⁵You have dealt well with your servant,
just as you promised.

⁶⁶Teach me right discernment and knowledge,
to put faith in your commandments.

⁶⁷Before I was humbled I went astray,
but now I obey your word.

⁶⁸You are good and your deeds are good;
teach me how to obey.

⁶⁹The arrogant smear my name with lies,
but with all my heart I keep your precepts.

⁷⁰Their hearts are cold and closed to good,
but I delight in your law.

⁷¹It is good for me that I was humbled,
so that I might learn your statutes.

⁷²Your law is better to me than untold wealth.

Stanza Ten

⁷³It was your hands that fashioned me.
Give me understanding that I may know your ways
and obey your commandments.

⁷⁴Those who revere you see me and rejoice,
because I hope in your word.

⁷⁵How right your judgments, O GOD,
how wisely you humble me.

⁷⁶Comfort me with your covenant love,
just as you promised.

⁷⁷Let your tender compassion cover me, that I may live,
for your law is my delight.

⁷⁸Let the arrogant be put to shame,
because they undermine me with guile.
As for me, I meditate on your precepts.

⁷⁹Let those who revere you turn to me,
so that they may know your decrees.

⁸⁰Keep me true to your statutes, free of all shame.

Stanza Eleven

⁸¹I yearn for your salvation; I hope in your word.

⁸²My eyes grow dim from watching for your promise.
I ask, "When will you comfort me?"

⁸³I never forget your statutes.

⁸⁴How many days do I have left?
When will you punish those who persecute me?

⁸⁵The arrogant scheme to trap me; they flout your law.

⁸⁶Your commandments are true.
My enemies know only lies.

I am persecuted without cause; be my strength!

⁸⁷They have almost made an end of me;
but I have not forsaken your precepts.

⁸⁸In your covenant love spare my life,
so that I may keep your decrees.

Stanza Twelve

⁸⁹You, O GOD, exist for ever;

your word is firmly fixed in heaven.

⁹⁰Your faithfulness endures to all generations.

You have established the earth, and it stands firm.

⁹¹According to your decree all exist to serve you.

⁹²If your law had not been my delight,

I would have perished in my misery.

⁹³I never forget your precepts,

for by them you give me life.

⁹⁴Save me, for I am yours.

I seek your precepts.

⁹⁵The wicked lie in wait to destroy me,

but I observe your decrees.

⁹⁶I have seen a limit to all perfection,

but your commandment is boundless.

Stanza Thirteen

⁹⁷How I love your law!

It is my meditation all day long.

⁹⁸Your commandment makes me wiser than my foes,

for it is always with me.

⁹⁹I have more understanding than my teachers,

for I ponder your decrees.

¹⁰⁰I understand more than the aged,

because I keep your precepts.

¹⁰¹I keep my steps from every false way,
in order to follow your word.

¹⁰²I do not turn away from your judgments,
for you are my teacher.

¹⁰³How sweet are your words to my taste,
sweeter than honey.

¹⁰⁴Through your precepts I get understanding;
and so I hate every false way.

Stanza Fourteen

¹⁰⁵Your word is a lamp for my feet
a light for my path.

¹⁰⁶I have sworn an oath and confirmed it,
to observe your righteous judgments.

¹⁰⁷I am severely afflicted.
Give me, O GOD, the life you promise.

¹⁰⁸Accept, O GOD, my offerings of praise,
and teach me your judgments.

¹⁰⁹My life is continually at risk,
but I do not forget your law.

¹¹⁰For me the wicked lay snares,
but I do not stray from your precepts.

¹¹¹Your decrees are my heritage for ever;
they are the joy of my heart.

¹¹²I incline my heart to perform your statutes
for ever, to the end.

Stanza Fifteen

¹¹³I have no love for the deceitful:
my love is for your law.

¹¹⁴You are my hiding place, my shield;
I hope in your word.

¹¹⁵Go away from me, you who do evil,
that I may keep the commandments of my God.

¹¹⁶Uphold me according to your promise, that I may live.
Let me not fail to attain that for which I wait.

¹¹⁷Hold me up, that I may be safe
and have regard always for your statutes.

¹¹⁸You spurn all who swerve away from your statutes;
their cunning is in vain.

¹¹⁹All the wicked of the earth you count as dross;
therefore I cling to your decrees.

¹²⁰In awe ['fear'] of you I tremble,
and I revere your judgments.

Stanza Sixteen

¹²¹I live by justice and right;
do not abandon me to my oppressors.

¹²²Stand up for your servant's welfare;
do not let the godless oppress me.

¹²³My eyes tire from watching for your salvation,
and for the fulfillment of your promise.

¹²⁴Deal with your servant according to your covenant love,
and teach me your statutes.

¹²⁵I am your servant; give me understanding,
so that I may know your decrees.

¹²⁶It is time for GOD to act, for they are breaking your law.

¹²⁷Truly I love your commandments
more than the finest gold.

¹²⁸I direct my steps by all your precepts;
I hate ways that are false.

Stanza Seventeen

¹²⁹Your decrees are wonderful;
I guard them with my life.

¹³⁰The unfolding of your word gives light;
it imparts understanding to the simple.

¹³¹Sighing for you, I long for your commandments.

¹³²Turn to me and be gracious to me,
for I love to call on you.

¹³³Keep my steps steady according to your word,
never let evil master me.

¹³⁴Redeem me from human oppression,
that I may keep your precepts.

¹³⁵Make your face shine upon your servant,
and teach me your statutes.

¹³⁶My eyes stream with tears
over those who do not keep your law.

Stanza Eighteen

¹³⁷You are righteous, O GOD,
and your judgments are right.

¹³⁸You have established your decrees
in righteousness and truth.

¹³⁹Zeal consumes me because my foes forget your word.

¹⁴⁰Your promise is well tested, and your servant loves it.

¹⁴¹I am small and despised,
yet I do not forget your precepts.

¹⁴²Your righteousness is everlasting, and your law is true.

¹⁴³When trouble and anguish come upon me,
your commandments are my delight.

¹⁴⁴Your decrees are for ever righteous;
give me understanding that I may live.

Stanza Nineteen

¹⁴⁵With all my heart I cry.
Answer me, O GOD. I will keep your statutes.

¹⁴⁶I cry to you; save me, that I may observe your decrees.

¹⁴⁷I rise before dawn and cry for help;
I hope in your word.

¹⁴⁸I am awake through the night,
meditating on your promise.

¹⁴⁹In your covenant love hear my voice, O GOD;
in your justice preserve my life.

¹⁵⁰Those who want to harm me draw near;
they are far from your law.

¹⁵¹But you, O GOD, are close,
your commandments are true.

¹⁵²Long ago I learned about your decrees
that you fixed for all time.

Stanza Twenty

¹⁵³Look on my oppression and rescue me,
for I do not forget your law.

¹⁵⁴Plead my cause and redeem me;
give me the life you promised.

¹⁵⁵For the wicked salvation is far off,
for they spurn your statutes.

¹⁵⁶Great is your tender compassion, O GOD.
give me life according to your justice.

¹⁵⁷Many are my persecutors and my adversaries,
yet I do not swerve from your decrees.

[¹⁵⁸I look at the faithless with disgust,
because they do not keep your commands.]

¹⁵⁹See how I love your precepts.
Let me live in your covenant love.

¹⁶⁰Your word is founded on truth;
your righteous judgments endure for ever.

Stanza Twenty-one

¹⁶¹Princes persecute me without cause,

but my heart stands in awe of your word.

¹⁶²I rejoice at your word like one who finds a treasure.

¹⁶³I hate and abhor all falsehood, because I love your law.

¹⁶⁴Seven times a day I praise you for your just judgments.

¹⁶⁵Great peace they have who love your law;

nothing can make them stumble.

¹⁶⁶I hope for your salvation, O GOD,

and I fulfill your commandments.

¹⁶⁷I keep your decrees; I love them dearly.

¹⁶⁸I keep your precepts and decrees,

for all my ways are before you.

Stanza Twenty-two

¹⁶⁹Let my cry come before you, O GOD;
give me understanding according to your word.

¹⁷⁰Let my supplication come before you;
rescue me according to your promise.

¹⁷¹My lips pour forth praise,
because you teach me your statutes.

¹⁷²My tongue sings of your promise,
for all your commandments are just.

¹⁷³Reach out, ready to help me,
for I have chosen your precepts.

¹⁷⁴I long for your salvation, O GOD,
your law is my delight.

¹⁷⁵Let me live that I may praise you,
let your judgments help me.

¹⁷⁶If I go astray like a lost sheep, seek out your servant,
for I never forget your commandments.

Praying Psalm 120 with Jesus

¹In my distress I cry to YOU, O GOD,
seeking your response:

²'O GOD, save me from lying lips and a deceitful tongue.'

³What do you expect to receive from God,
you who use words to deceive?

⁴A warrior's sharp arrows, with blazing, red-hot coals!

⁵Woe is me, that I live as an alien in Meshech,
dwelling among the tents of Kedar!

⁶For too long I have dwelt among those who hate peace.

⁷I call for peace, but they are for war.

Praying Psalm 121 with Jesus

¹I lift up my eyes to the mountains.

Will my help come from there?

²My help comes from GOD,
the Maker of heaven and earth.

³GOD will not let you stumble.

Your guard does not sleep.

⁴Israel's guard neither slumbers nor sleeps.

⁵GOD is your guard, your shade,
always at your side.

⁶The sun will not harm you in the day,
nor the moon in the night.

⁷GOD will keep you from evil,
watching over you always.

⁸GOD will watch over you
as you go out and as you return,
now and forever.

Praying Psalm 122 with Jesus

¹What joy when I heard them say,
'Let us go to GOD's house.'

²And now we are standing
within your gates, O Jerusalem.

³Jerusalem, you are built as a city
so integrated and compact.

⁴To you the tribes go up, the tribes of GOD.
Israel's law it is, there to praise GOD.

⁵There is the seat of judgment,
the throne of the house of David.

⁶For the peace of Jerusalem pray:
'Prosperity for all who love you!

⁷May there be peace within your walls,
security within your towers.'

⁸For love of family and friends
I pray: 'Peace be within you!'

⁹For love of the house of GOD,
I pray for your welfare.

Praying Psalm 123 with Jesus

¹I lift up my eyes to you,
to you who are enthroned in the heavens.

²A male servant watches his master's hand,
a female servant, the hand of her mistress.
So our eyes look to our God,
waiting for a sign of God's favour.

³Have mercy upon us, O GOD, have mercy upon us.
⁴We have had more than we can take
of the scorn and contempt of the proud.

Praying Psalm 124 with Jesus

¹If GOD had not been on our side –
this is Israel's song –

²if GOD had not been on our side,
when enemies attacked us,

³they would have swallowed us alive,
when their anger was kindled.

⁴The flood would have swept us away,
the torrent gone over us;

⁵we would have been overwhelmed
by the raging waters.

⁶Praised be GOD,
who did not give us as a prey to their teeth.

⁷We escaped like a bird from the snare of the fowler.
The snare was broken, and we escaped.

⁸We called on GOD, who came to our aid,
GOD, the Maker of heaven and earth.

Praying Psalm 125 with Jesus

¹Those who trust in GOD are like Mount Zion.
They stand firm for ever.

²As the mountains encircle Jerusalem,
so you, Lord, embrace your people,
now and always.

³The rule of the wicked will not rest
on the land allotted to the just,
lest the righteous turn to evil.

⁴Do good, O GOD,
to those who are good, whose hearts are true.

⁵Peace be upon Israel!

Praying Psalm 126 with Jesus

¹When GOD restored the fortunes of Zion,
it seemed like a dream.

²Then was our mouth filled with laughter,
on our lips there were songs.

It was said among the nations,
'What marvels GOD worked for them.'

³Indeed, GOD has done great things for us.
We celebrate with joy.

⁴Restore our fortunes, O GOD,
like the watercourses in the desert.

⁵May those who are sowing in tears
reap with shouts of joy.

⁶They went out weeping,
bearing seed for sowing.
They come back, they come back, full of song,
carrying their sheaves.

Praying Psalm 127 with Jesus

¹If GOD does not build the house,
in vain do its builders labour.
If GOD does not guard the city,
in vain do the guards keep vigil.

²In vain is your earlier rising, your going later to rest,
you who toil for the bread you eat.
Those loved by GOD
receive love's gifts even while they slumber.

³Children are a gift from GOD,
a blessing for those who bear them.

⁴Like arrows in the hand of an archer
are children born to the young.

⁵Blessed and happy are those
whose quiver is filled with these arrows.
They will have no cause for shame
when they face their foes at the gate.

Praying Psalm 128 with Jesus

¹How good it is to revere ['fear'] GOD,
to live in accordance with God's will.

²You will eat the fruit of your labour.
In everything you will prosper.

³Your wife will be like a fruitful vine
in the heart of your home.
Your children like shoots of the olive,
around your table.

⁴May this blessing be on those
who revere ['fear'] GOD:

⁵May GOD bless you from Zion.
May you see Jerusalem prosper.

⁶May you see your children's children.'

On Israel, peace!'

Reflecting on Psalm 129 in Jesus' Company

Part One: The oppression suffered by the people

¹They attacked me from my youth – so says Israel –

²but they have not prevailed against me.

³They ploughed my back with deep furrows,

⁴but GOD, who is just,

has broken the yoke of the wicked.

Part Two: The psalmist wants to see the oppressors punished

⁵May all who hate Zion be repulsed.

⁶Let them be like grass on the rooftop,
that withers before it flowers.

⁷The reapers do not get to handle the grass,
nor is it bound into sheaves.

⁸Those who pass by do not say:

‘The blessing of GOD be upon you!

In GOD’s name we bless you!’

Praying Psalm 130 with Jesus

¹Out of the depths I cry to you, O GOD.

²God*, hear my voice!

Let your ears be attentive to my pleading!

³If you, O GOD, should mark our guilt,
who would survive?

⁴But with you there is forgiveness.

For this we revere you.

⁵I wait for you, I long for you, O GOD.

I count on your word.

⁶I am longing for you

more than watchmen for daybreak,

more than watchmen for daybreak.

⁷O Israel, hope in GOD

For with GOD there is covenant love,

and great power to redeem.

⁸Israel indeed will be redeemed

from all its iniquity.

Praying Psalm 131 with Jesus

¹O GOD, I am not proud,
holding my head too high,
reaching beyond my grasp.

²I have calmed myself and stilled my longing.
I am at peace, like a weaned child
resting in its mother's arms.
My whole being is at rest.

³O Israel, hope in GOD, now and for ever.

Praying Psalm 132 with Jesus

¹O GOD, remember David
and the many hardships he endured;

²and how he swore an oath to you,
O Mighty One of Jacob:

³I will not enter my house
or lie down on my bed;

⁴I will not close my eyes, nor will I sleep,

⁵till I find a place for GOD,
a dwelling place for the Mighty One of Jacob.'

⁶We heard of the ark in Ephrathah;
we found it in the fields of Yearim.

⁷Let us go to GOD's house;
let us kneel at GOD's footstool.'

⁸Rise up, O GOD, and go to your resting place,
you and the ark of your might.

⁹Let your priests be properly attired,
and your faithful shout for joy.

¹⁰For your servant David's sake
do not deny audience to your anointed one.

¹¹You once swore to David
and you do not break your word:
'A son of yours I will set on your throne.

¹²If your heirs keep my covenant
and the decrees that I have made,
their sons also, for ever more, will sit on your throne.'

¹³ GOD has chosen Zion for his residence:

¹⁴ This is my resting place,

I have chosen to live here forever.

¹⁵ I will bless it abundantly.

Its poor will have food.

¹⁶ Its priests I will clothe with salvation.

Its faithful will shout for joy.

¹⁷ Here David's stock will flower.

I have prepared a lamp for my anointed.

¹⁸ His enemies I will cover with disgrace,
but on him the royal crown will shine.'

Praying Psalm 133 with Jesus

¹How good and pleasant it is to live in communion!

²It is like precious oil poured on Aaron's head,
running down his beard and the collar of his robe.

³It is like the dew of Hermon,
falling on the mountains of Zion.
There the Lord gives blessing: life for ever.

Praying Psalm 134 with Jesus

¹Come, praise GOD
you who minister in GOD's house,
who stand watch throughout the night.

²Lift up your hands in the holy place,
and praise GOD.

³I pray that GOD, the Maker of heaven and earth,
will praise you from Zion.

Praying Psalm 135 with Jesus

¹Praise GOD (Alleluia!), O servants of GOD,
²you who stand in the house of GOD,
in the courts of the house of our God.

³Praise GOD who is good;
sing to our beautiful GOD,
⁴who has chosen Israel as a treasured possession.

⁵I know GOD is great;
our God*, the greatest of the gods.
⁶Whatever GOD wills GOD does,
in heaven and on earth, and in the depths of the sea.

⁷GOD summons the clouds from the ends of the earth;
releasing lightning and rain,
and wind from their storehouse.

Praying Psalm 136 with Jesus

¹Give thanks to GOD who is good!

Your covenant love endures for ever!

²Give thanks to the God of gods!

Your covenant love endures for ever!

Part One: God the Creator (verses 4-9)

⁴You alone create all that is!

Your covenant love endures for ever!

⁵Your wisdom it was made the skies!

Your covenant love endures for ever!

⁶You established the earth on the seas!

Your covenant love endures for ever!

⁷It was you who made the great lights!

Your covenant love endures for ever!

⁸The sun to rule in the day!

Your covenant love endures for ever!

⁹The moon and stars in the night!

Your covenant love endures for ever!

Part Two: God the Liberator (verses 10-22)

¹⁰Egypt's first born you struck!

Your covenant love endures for ever!

¹¹You brought Israel out from their midst!

Your covenant love endures for ever!

¹²All with your mighty power!

Your covenant love endures for ever!

¹³You divided the Red Sea in two!

Your covenant love endures for ever!

- ¹⁴You made Israel pass through the midst!
Your covenant love endures for ever!
- ¹⁵You drowned Pharaoh and his army in the sea!
Your covenant love endures for ever!
- ¹⁶Through the desert your people you led!
Your covenant love endures for ever!
- ¹⁷Nations in their greatness you struck!
Your covenant love endures for ever!
- ¹⁸Kings in their splendour you slew!
Your great love endures for ever!
- ¹⁹Sihon, the king of the Amorites!
Your covenant love endures for ever!
- ²⁰Og, the king of Bashan!
Your covenant love endures for ever!
- ²¹You let Israel inherit your land!
Your covenant love endures for ever!
- ²²To keep it as their own!
Your covenant love endures for ever!

Part Three: Concluding Verses

- ²³You remembered us in our distress!
Your covenant love endures for ever!
- ²⁴You rescued us from our foes!
Your covenant love endures for ever!
- ²⁵You give food to all living things!
Your covenant love endures for ever!
- ²⁶We give thanks to our God in heaven,
Your covenant love endures for ever!

Praying Psalm 137 with Jesus

¹By the rivers of Babylon we sat and wept
remembering Zion.

²On the willows we hung up our harps.

³Our captors called for songs of joy:

‘Sing us a song of Zion!’

⁴How could we sing a song of our GOD on alien soil?

⁵If I forget you, O Jerusalem, let my right hand wither!

⁶If I fail to remember you,

let my tongue cleave to my mouth –

if I do not set Jerusalem above my highest joy.

Praying Psalm 138 with Jesus

¹I thank you, O GOD, with all my heart,
for you have heard me.
In the presence of the gods I sing of you.

²I bow toward your holy temple,
giving thanks for your covenant love and faithfulness.
You display to all the glory of your name and your word.

³On the day I called, you answered,
you increased the strength of my soul.

⁴All earth's kings will praise you, O GOD,
when they hear your word of command.

⁵They sing of your ways: 'How great is the glory of GOD.'

⁶Though high up, you watch over the lowly.
Though far away, you keep an eye on the haughty.

⁷Though I walk in the midst of trouble,
you reach out and save me.

⁸You, O GOD, will fulfil your purpose for me.
Your covenant love, O GOD, endures for ever.
Do not forsake the work of your hands.

Praying Psalm 139 with Jesus

¹O GOD, you search me and you know me.

²It is you who knows when I sit and when I stand.
You discern my inmost thoughts.

³You know if I am journeying or resting.
You know everything I do.

⁴Even before a word is on my tongue,
you know, O GOD, what I am about to say.

⁵You hem me in, behind and before,
and lay your hand upon me.

⁶I find this overwhelming,
beyond my understanding.

⁷Where can I go from your spirit?
Where can I flee from your presence?

⁸If I scale the heavens, you are there;
if I lie in the grave, you are there.

⁹If I were to take the wings of the dawn
and settle at the farthest limits of the sea,

¹⁰even there you would lead me,
your right hand would hold me fast.

¹¹If I think night will hide me,
and darkness give me cover,

¹²to you darkness is not dark;
the night is as bright as the day.

¹³It was you who formed every part of me,
you knit me together in my mother's womb.

I thank you for the wonder of my being,
for the wonders of all your creation.

¹⁴You watched my body taking shape,
when I was being formed in secret,

¹⁵You saw my body grow according to your design,
intricately woven, hidden from sight.

¹⁶All of my life was written in your book;
all the days that were prepared for me,
before any of them existed.

¹⁷How precious are your thoughts.
They are like countless grains of sand.

¹⁸To finish counting them
I would have to be, like you, eternal.

* * * * *

²³Search me, O God, and know my heart;
test me and know my thoughts.

²⁴See if I follow crooked paths.
Lead me along your ancient way.

Praying Psalm 140 with Jesus

¹Deliver me, O GOD, from those who do evil;
protect me from the violent.

²They plan evil in their hearts;
they are always stirring up strife.

³Their tongues strike like a snake,
with the venom of the viper on their lips.

⁴Guard me, O GOD, from the hands of the wicked;
protect me from the violent, who plan my downfall.

⁵The arrogant have hidden a trap for me.
With ropes they have spread a net.
They have set snares along my path.

⁶I say to GOD, 'You are my God.
Listen to my supplications.'

⁷GOD, my God*, my strong deliverer,
on the field of battle you shield my head.

⁸Do not grant the desires of the wicked;
do not let their plots succeed.

¹²I know that GOD upholds the cause of the needy,
and executes justice for the poor.

¹³The righteous give you thanks.
The upright live in your presence.

Praying Psalm 141 in Jesus' Company

¹I call upon you, O GOD; come quickly to me!

Listen, as I call to you.

²Let my prayer rise to you like incense,

the lifting up of my hands like an evening sacrifice.

³O GOD, set a guard on my lips.

Watch my every word.

⁴Do not let my heart turn to any evil,

or consider doing what is wrong.

Let me never join the wicked

to indulge in their feasting.

⁵If the just correct me,

I take their rebuke as a kindness,

but the oil of the wicked will never anoint my head.

My prayer is continually against their wicked deeds.

⁶When they are handed over to those

who will condemn them,

then they will learn that I have spoken the truth.

⁷Like a rock that one breaks apart and shatters

on the ground,

so will their bones be strewn at the mouth of the grave.

⁸But my eyes are turned toward you, O GOD, my God*;

in you I seek refuge. Do not leave me defenseless.

⁹Keep me from the trap that they have laid for me,

from the snares of those who do evil.

Praying Psalm 142 with Jesus

¹I pray, O GOD, I plead, I cry for mercy.

²I pour out all my troubles and tell of my distress.

³My spirit is faint. You know how I live.

You know the traps laid to ensnare me.

⁴See what they are doing!

There is no one who takes my part.

I have no means of escape.

I have no one to care for me.

⁵Urgently I cry to you, O GOD: 'You are my refuge.

You are all I have in the land of the living.'

⁶Give heed to my cry, for I am brought very low.

Rescue me from those who are hunting me down,
for they are too strong for me.

⁷Free me from this prison!

Then I will thank you.

The righteous will gather round me
to thank you for your kindness to me.

Praying Psalm 143 with Jesus

¹Hear my prayer, O GOD,
In your faithfulness be attentive to my prayer.
In your righteousness respond to my plea.

[²Do not judge me harshly,
for no one is just in your sight.]

³The enemy pursues me, crushing my life to the ground,
making me sit in darkness like the dead, long forgotten.

⁴My spirit faints within me; my heart is numb.

⁵I remember the days of old. I ponder all your deeds.
I reflect on what you have done.

⁶To you I stretch out my hands.

For you I am thirsting like a parched and weary land.

⁷Answer me quickly, O GOD. My spirit is failing.
Do not hide your face,
or I will be like those who go down to the grave.

⁸Let me hear of your covenant love in the morning,
for in you I trust.

Teach me the way I should go,
for to you I lift up my soul.

⁹Rescue me, O GOD, from my enemies.

I have fled to you for refuge.

¹⁰Teach me to do your will, for you are my God.

Let your good spirit lead me
in ways that are level and smooth.

¹¹For your name's sake, O GOD, preserve my life.

In your righteousness rescue me from my troubles.

Praying Psalm 144 with Jesus

¹Blessed be GOD, my rock, who trains my arms for battle,
²my covenant Lover, my fortress, my stronghold,
my deliverer, my shield, my refuge. You give me victory.

³O GOD, what are we human beings?
Why do you care for us?
We are subject to death. Why do you think of us?
⁴We are no more than a breath;
our days like a passing shadow.

⁵Lower your heavens, O GOD, and come down.
Touch the mountains. Wreath them in smoke.

⁶Flash your lightning. Rout the foe.
Let fly your arrows. Put them to flight.

⁷Reach down from on high. Rescue me from alien foes,
⁸*who speak nothing but lies, and swear that their words are true.*

⁹I sing a new song to you, O God.
I play on a ten-stringed harp.
¹⁰You are the one who gives victory to kings.
You rescue your servant David.

¹¹Save me from the cruel sword,
deliver me from foreigners,
who speak nothing but lies, and swear that their words are true.

¹²May our sons flourish like saplings,
grown tall and strong from their youth.
May our daughters be graceful as columns,
adorned for a palace.

¹³May our barns be filled with produce of every kind.

May our sheep increase by thousands,

¹⁴and may our cattle be heavy with young.

May there be no breach in the walls,

no cry of distress in our streets.

¹⁵Blessed and happy the people on whom such blessings fall,
the people whose God is GOD.

Praying Psalm 145 with Jesus

¹I will extol you, my God and king,
²and never cease praising you.

³GOD is great and greatly to be praised;
a greatness that cannot be measured.

⁴One generation proclaims to the next
what you have done,
recounting your mighty deeds.

⁵I ponder on the glorious splendour of your majesty.
I tell the tale of your wonderful deeds.

⁶They manifest your awesome power,
revealing your greatness.

⁷They celebrate the fame of your abundant goodness,
and sing of your justice.

⁸GOD is gracious and tenderly compassionate,
long-suffering, abounding in covenant love.

⁹GOD is good to all,
tenderly compassionate to all creation.

¹⁰All your creation praises you, O GOD,
and all your faithful bless you.

¹¹They speak of the glory of your reign,
and tell of your might.

¹²They make known to all people your mighty deeds,
and the glorious splendour of your reign.

¹³Yours is an everlasting kingdom,
your dominion endures through all generations.

YOU are faithful in all your words,
gracious in all your deeds.

¹⁴GOD upholds all who are falling,
and raises up all who are bowed down.

¹⁵The eyes of all creatures look to you,
and you give them their food in due season.

¹⁶You open wide your hand,
satisfying the desire of every living thing.

¹⁷GOD is just in every way,
offering covenant love in everything GOD does.

¹⁸GOD is near to all who call,
who cry to God from their hearts.

¹⁹GOD fulfills all our desires; hears our cry and saves us.

²⁰GOD watches over all who love,
but the wicked are destroyed.

²¹My lips will praise GOD,
and everyone will bless GOD's holy name
forever, for ages unending.

Praying Psalm 146 with Jesus

¹Praise GOD (Alleluia). Praise GOD, O my soul!

²I will sing praises to GOD all my life long,
making music to my God while I live.

³Put no trust in princes, in human beings who must die.

⁴When their breath departs, they return to the earth;
on that day their plans come to nothing.

⁵Blessed and happy are those who are helped
by Jacob's God, whose hope is in GOD,

⁶who made the heavens, the earth and the seas,
and all that is in them, who keeps faith forever.

⁷GOD keeps faith forever.

GOD is just to the oppressed,
gives food to the hungry, and sets prisoners free.

⁸GOD opens the eyes of the blind.

GOD lifts up those who are bowed down.

GOD loves the righteous.

⁹GOD watches over strangers

and upholds the orphan and the widow.

GOD thwarts the path of the wicked.

¹⁰GOD reigns forever,

your God, O Zion, for all generations.

Praise GOD (Alleluia)!

Praying Psalm 147 with Jesus

¹Praise GOD (Alleluia)!

How good it is to sing praises to our God;
for our God is gracious. To God our praise is due.

²GOD builds up Jerusalem, and bring back Israel's exiles.

³GOD heals the broken hearted
and binds up their wounds.

⁴GOD determines the number of the stars,
calling each by name.

⁵Great and almighty is our God*,
with wisdom that can never be measured.

⁶GOD lifts up the oppressed,
[but humble the wicked to the dust.]

⁷O praise GOD in song,
giving thanks with all your heart.
Make melody to our God on the lyre.

⁸It is GOD who covers the heavens with clouds,
preparing rain for the earth,
making grass grow on the hills.

⁹GOD gives the animals their food,
and the young ravens when they cry.

¹⁰GOD's delight is not in horses, or in a warrior's strength.

¹¹GOD takes pleasure in those who revere ['fear'] GOD
in those who trust in GOD's covenant love.

¹²Praise GOD, Jerusalem! Zion, praise your God,
¹³who strengthens the bars of your gates,
and blesses your children within you.

¹⁴GOD grants peace on your borders,
and feeds you with finest wheat.

¹⁵GOD sends out a word to the earth,
¹⁶showers down snow like wool,
and scatters hoar-frost like ashes.

¹⁷GOD hurls down hail like crumbs.

The waters are frozen at GOD's touch.

¹⁸GOD sends out the command, and melts them.

At GOD's breath the ice melts and the rivers flow.

¹⁹GOD speaks words to Jacob,
statutes and ordinances to Israel.

²⁰words unknown to other nations. Praise GOD (Alleluia)!

Praying Psalm 148 with Jesus

¹Praise GOD (Alleluia)! Praise GOD from the heavens,
from the heights.

²Praise GOD, all you angels,
all you heavenly beings!

³Praise GOD, sun and moon.
Praise GOD, you glittering stars.

⁴Praise GOD, you highest heavens
and you waters above the heavens!

⁵Let them praise GOD,
for GOD commanded and they were created.

⁶It was GOD who established them,
fixing their place for ever and ever.

⁷Praise GOD from the earth!
you creatures of the deep,
⁸fire and hail, snow and frost,
storms and winds, carrying out GOD's commands.

⁹Praise GOD you mountains and hills,
you fruit trees and cedars,
¹⁰you wild beasts and tame, reptiles and birds.

¹¹Praise GOD you princes and judges,
you rulers and subjects,
¹²men and women, old and young.

¹³Let them praise GOD, who alone is exalted,
whose glory is above the earth and the heavens.

¹⁴GOD gives strength to the nation,
and glory to the faithful of Israel,
a people who are close to GOD.
Praise GOD (Alleluia)!

Praying Psalm 149 with Jesus

¹Praise GOD (Alleluia)! Sing to GOD a new song.
Praise GOD in the assembly of the faithful.

²Let Israel exult in its Maker.
Let the children of Zion rejoice in their King.

³Let them dance for GOD,
make melody with timbrel and harp.

⁴GOD delights in the people,
and crowns the poor with victory.

⁵O you faithful exult in your glory.
Take your rest and sing for joy.

⁶Let the praises of God resound on your lips.

Praying Psalm 150 with Jesus

¹Praise GOD (Alleluia)! Praise God in the sanctuary!
Praise God in the mighty firmament!

²Praise God's mighty deeds!
Praise God's surpassing greatness!

³Praise God with trumpet blast!
Praise God with lute and harp!

⁴Praise God with tambourine and dance!
Praise God with strings and pipe!

⁵Praise God with the beating of drums!
Praise God with the clashing of cymbals!

⁶Let everything that lives and breathes praise GOD!
Praise GOD (Alleluia)!