

## 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

<sup>1</sup>Blessed 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.

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

<sup>3</sup>If 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.

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

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

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

## Praying excerpts from Psalm 2 with Jesus

<sup>1</sup>My people,  
why do you resist my Anointed One?

<sup>6</sup>It is I who have established him  
on Zion, my holy mountain.

<sup>7</sup>This is what GOD said to me:

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

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

<sup>10</sup>Come to your senses, take heed.

<sup>11</sup>Serve 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

<sup>1</sup>O GOD, how daunting the forces massed against me!

<sup>2</sup>They jeer at me: 'God will not save you!'

<sup>3</sup>But you, O GOD, are my shield, my glory.

You hold my head high.

<sup>4</sup>When I call, you answer me

from your holy mountain.

<sup>5</sup>I rest easy at night and rise in the morning,

sustained by your protection.

<sup>6</sup>I am not afraid of those ranged against me.

<sup>7</sup>Rise up, O GOD, and rescue me.

<sup>8</sup>Saving help is from you.

Your blessing is for your people

for You are our Saviour.

## Praying Psalm 4 with Jesus

<sup>1</sup>Answer 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.

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

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

<sup>4</sup>Tremble with fear and stop your sinning.  
Commune in your heart and be silent.

<sup>5</sup>Worship with integrity,  
trusting always in GOD.

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

<sup>7</sup>You give my heart more joy than all their grain and wine.

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

## Praying Psalm 5 with Jesus

<sup>1</sup>O GOD, listen to my words, give heed to my groaning.

<sup>2</sup>Attend to the sound of my cry, my King and my God.

O GOD, it is to you I pray.

<sup>3</sup>In the morning hear my voice.

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

<sup>4</sup>You are not one who wills evil.

<sup>7</sup>Thanks to your great love,

I have access to your house.

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

<sup>8</sup>In your justice, O GOD, guide me.

Make clear your way before me.

<sup>9</sup>There is no truth in those who accuse me.

Inside they are only empty caverns.

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

<sup>11</sup>Let 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.

<sup>12</sup>You bless the just, O GOD;

you cover them from above.

You surround them with the shield of your love.

## Praying Psalm 6 with Jesus

<sup>1</sup>O GOD, rebuke me, but not in anger;  
discipline me, but not in wrath!]

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

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

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

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

<sup>7</sup>My eyes waste away with grief.  
My life is ebbing away. Everything is against me.

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

<sup>9</sup>GOD hears my pleading  
and welcomes my prayer.

<sup>10</sup>My enemies fall back, struck with terror,  
foiled and suddenly confounded.

## Praying Psalm 7 with Jesus

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

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

<sup>6</sup>Rise 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.

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

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

**<sup>14</sup>Look at them! They conceive evil.**

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

**<sup>15</sup>They made a pit, dug it deep,**

**but fell into the trap they made.**

**<sup>16</sup>Their wicked deeds recoil upon themselves.**

**On their own heads fall their cruel blows.**

**<sup>17</sup>I celebrate GOD's justice and sing in praise: 'GOD Most High.'**

## Praying Psalm 8 with Jesus

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

<sup>2</sup>**I 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.**

<sup>3</sup>**When I look at your heavens,  
the work of your hands,  
the moon and the stars  
that you have set in place,**

<sup>4</sup>**what are we, mortal human beings,  
that you are mindful of us, that you care for us?**

<sup>5</sup>**You have made us a little lower than gods.  
You have crowned us with glory and honour.**

<sup>6</sup>**To us you have entrusted the earth.  
You have made us responsible for all you have made:**

<sup>7</sup>**sheep and oxen,  
wild beasts of the plain,**

<sup>8</sup>**birds of the air,  
and fish that make their way through the waters.**

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

## Praying Psalm 9 with Jesus

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

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

<sup>3</sup>As my enemies are turned back,  
they stumble and perish before you.

<sup>4</sup>From your throne, O just judge,  
you pass judgment in my favour.

<sup>7</sup>GOD sits enthroned forever, issuing judgment.

<sup>8</sup>Justly you judge the world and govern the nations.

<sup>9</sup>You are a stronghold for the oppressed.  
You strengthen them in times of trouble.

<sup>10</sup>Those who know you put their trust in you.  
You never forsake those who seek you.

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

<sup>12</sup>God never neglects the cry of the afflicted.

<sup>13</sup>Pour your grace over me, O GOD.

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

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

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

## Praying Psalm 10 with Jesus

<sup>1</sup>Why, O GOD, do you stand far off?

Why do you hide yourself in time of trouble?

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

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

<sup>4</sup>They do not care about GOD:

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

What schemes they devise!

How twisted their lives!

<sup>5</sup>They have no concern for your judgments.

They defy all who disagree with them.

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

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

<sup>8</sup>They wait in ambush to murder the innocent  
under cover of secrecy.

Stealthily they watch for the helpless.

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

<sup>10</sup>The innocent, weighed down with oppression,  
cannot withstand the violence of the wicked.

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

**<sup>12</sup>Rise up, O GOD. Do something.**

**Do not forget the oppressed.**

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

**<sup>14</sup>You are the helper of the orphan.**

**<sup>17</sup> O GOD, you hear the longing of the poor;  
you listen to them and strengthen their hearts.**

**<sup>18</sup>Protect 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**

**<sup>1</sup>In GOD I take refuge; how can you say to me:**

**'Flee like a bird. Flee to the mountains?'**

**<sup>2</sup>Those 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.**

**<sup>3</sup>When foundations are destroyed, what can the just do?**

**<sup>4</sup>GOD 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.**

**<sup>7</sup>GOD is just and loves justice.**

**The upright will behold God's face.**

## Praying Psalm 12 with Jesus

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

<sup>2</sup>People utter lies to each other.  
They speak from hearts that are false.

<sup>4</sup>They say, 'With our tongues we will always prevail.  
We can say whatever we like. Who is our master?'

<sup>5</sup>'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.'

<sup>6</sup>GOD's words are pure,  
like silver refined in a furnace.

<sup>7</sup>It is you, O GOD, who will take us into your care.  
It is you who protect us from those who do evil.

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

## Praying Psalm 13 with Jesus

<sup>1</sup>O GOD, will you again remember me?

How long will you hide your face from me?

<sup>2</sup>How 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?

<sup>3</sup>Look at me, O GOD; answer me!

Shed your light on me, or I will die.

<sup>4</sup>Do not let my enemy say, 'I have prevailed.'

Do not let my foes rejoice to see me fall.

<sup>5</sup>As for me, I trust in your covenant love;

my heart rejoices in your saving help.

<sup>6</sup>I will sing to you, O GOD,

because of the good you have bestowed on me.

## Praying Psalm 14 with Jesus

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

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

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

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

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

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

<sup>7</sup>O 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

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

<sup>2</sup>Those who live with integrity;  
who do what is right;  
who speak the truth with courage;

<sup>3</sup>who do not spread slander;  
or abuse friends; or cast a slur against a neighbour;

<sup>4</sup>who honour those who live their faith in GOD;

who stand by their word, whatever the cost;

<sup>5</sup>who 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

<sup>1</sup>Protect me, O GOD. I turn to you for help.

<sup>2</sup>You are my greatest good.

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

<sup>4</sup>Those who run after strange gods  
multiply their sorrows.

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

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

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

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

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

<sup>10</sup>You do not abandon me to death.  
You do not let your faithful see the grave.

<sup>11</sup>You show me the path to life.  
Your presence fills me with joy.

## Praying Psalm 17 with Jesus

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

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

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

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

Following the instructions from your lips  
I have remained vigilant.

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

<sup>6</sup>I call upon you, my God; attend to me, hear my voice.

<sup>7</sup>Show me your wonderful love,  
you who save those who trust you.

<sup>8</sup>Guard me as the pupil of your eye.  
Hide me in the shade of your wings

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

<sup>10</sup>They lack all feeling. Their speech is arrogant.

<sup>11</sup>They track me down and hem me in.

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

**<sup>12</sup>They are like lions eager for prey,  
like young lions lurking in ambush.**

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

**<sup>15</sup>As 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

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

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

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

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

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

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

<sup>12</sup>Lightning announced God's presence,

with hailstones and flashes of fire.

<sup>13</sup> GOD thundered in the heavens,  
the voice of the Most High resounded.

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

<sup>15</sup> 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.

<sup>16</sup> You reached down from on high and held me.

<sup>17</sup> You rescued me from powerful enemies,  
from those who were too strong for me.

<sup>18</sup> They came against me on a disastrous day,  
but GOD sustained me,

<sup>19</sup> opened for me an escape,  
rescued me because God took pleasure in me.

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

<sup>21</sup> because I have kept your ways,  
and have not repudiated my God;

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

<sup>23</sup> I kept blameless before God,  
and I guarded myself against all guilt.

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

<sup>25</sup>With the faithful you show your covenant love;  
with the blameless you show yourself blameless;

<sup>26</sup>with the pure you show yourself pure;  
with the crooked you show yourself astute.

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

<sup>28</sup>It is you, O GOD, who light my lamp.  
It is you who illumine my darkness.

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

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

<sup>31</sup>Who is God apart from YOU? Who is the rock if not our God?

<sup>32</sup>You gird me with strength. You guide me to achieve my goal.

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

<sup>34</sup>You train my hands for war and my arms to bend the heavy bow.

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

<sup>36</sup>You have widened the path for my steps,  
and I have kept my footing.

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

<sup>38</sup>I struck them down, so that they were not able to rise.

They fell under my feet.

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

<sup>40</sup>You put my enemies to flight,  
and reduced to silence my adversaries.

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

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

<sup>43</sup>You rescued me from the wrangling of my people.

You made me head of the nations.

A foreign people took me as their lord,

<sup>44</sup>because of my fame they submitted to me.

Foreigners came cringing to me,

<sup>45</sup>foreigners lost heart,  
and came trembling out of their strongholds.

<sup>46</sup>GOD lives! Blessed be my rock!

Be exalted, my God and Saviour!

<sup>47</sup>God, you avenged me and subdued peoples under me,

<sup>48</sup>you rescued me from my enemy,  
you exalted me above my adversaries  
and rescued me from their violence.

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

<sup>50</sup>You show love to your anointed.  
You reveal your love for David  
and for his descendants for ever.

## Praying Psalm 19 with Jesus

<sup>1</sup>The heavens proclaim the glory of God,  
displaying the magnificence of God's creation.

<sup>2</sup>Day unto day takes up the story;  
night unto night makes known the message.

<sup>3</sup>Without a word, without a sound,  
without a voice being heard,

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

<sup>5</sup>In 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.

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

Nothing escapes its burning heat.

<sup>7</sup>GOD's law is perfect; it revives the soul.

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

<sup>8</sup>GOD's precepts are right; they delight the heart.

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

<sup>9</sup>The awe inspired by GOD is pure and enduring.

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

<sup>10</sup>More precious are they than gold, than the finest gold;

sweeter are they than honey dripping from a comb.

**<sup>11</sup>Your servant is enlightened by them.**

**In keeping them there is great reward.**

**<sup>12</sup>Who is so sensitive as to observe hidden sins?**

**Forgive me mine, O my God.**

**<sup>13</sup>Keep my pride in check; break its grip upon me.**

**Then I will be blameless, innocent of grave sin.**

**<sup>14</sup>Let the words of my mouth**

**and the reflections of my heart**

**be acceptable to You, my GOD, my rock.**

## Praying Psalm 20 with Jesus

<sup>1</sup>In time of trouble may GOD respond to your plea.

May the God of Jacob protect you.

<sup>2</sup>From the sanctuary may God send you help,  
giving you support from Zion.

<sup>3</sup>May God recall your many offerings,  
and look with favour upon your sacrifices.

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

<sup>5</sup>May we shout for joy over your deliverance.  
May we raise our standards in triumph.

“GOD will fulfil all your petitions.”

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

<sup>7</sup>Some boast of chariots and horses, but we invoke GOD.

<sup>8</sup>They will waver and fall, but we will stand firm.

<sup>9</sup>Give victory to the king, O GOD.

Answer us when we cry out to you.

## Praying Psalm 21 with Jesus

<sup>1</sup>O GOD, the king rejoices in your power.

He celebrates your victory.

<sup>2</sup>You have given him his heart's desire.

You have not refused his prayer.

<sup>3</sup>You came to meet him, blessing him with success.

You have placed on his head a golden crown.

<sup>4</sup>He asked you for life. You gave it to him,

length of days forever and ever.

<sup>5</sup>His glory is great, thanks to your help;

you have bestowed on him honour and majesty.

<sup>6</sup>You pour out an abundance of blessings upon him.

You have filled him with joy in your presence.

<sup>7</sup>The king trusts in GOD.

Through the kindness of the Most High

he will not waver.

<sup>13</sup>Rise up, GOD, in your power.

To the sound of instruments

we will sing of your mighty Love.

## Praying Psalm 22 with Jesus

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

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

<sup>3</sup>You dwell in the holy temple, you, the praise of Israel.

<sup>4</sup>In you our ancestors trusted;  
*they* trusted, and you rescued *them*.

<sup>5</sup>To you they cried, and *they* escaped;  
they trusted in you, and never in vain.

<sup>6</sup>But here am I, more worm than human,  
scorned and despised.

<sup>7</sup>All who see me deride me,  
they toss their heads and sneer:

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

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

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

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

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

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

.....

<sup>23</sup>Let 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!  
<sup>24</sup>For God did not despise or scorn  
the condition of this wretch.  
God's love remained fixed on me, hearing my cry.

<sup>25</sup>Yours, O God, is my praise in the great congregation.  
My vows I will pay before your faithful.

<sup>26</sup>The poor eat and are satisfied.  
Those who seek GOD utter praise.  
May they never lose heart.

<sup>27</sup>All the ends of the earth  
will remember and turn to GOD.  
All the families of nations will worship GOD

<sup>28</sup>who rules over the nations.

<sup>29</sup>To God, indeed, will bow, all who go down to the dust.  
And I, too, with all my being, if God preserves me.

<sup>30</sup>My descendants will worship;  
future generations will be told about God (the Lord),

<sup>31</sup>and will proclaim God's justice to a people yet unborn:  
'Look what God has done!'

## Praying Psalm 23 with Jesus

<sup>1</sup>You, O GOD, are my shepherd. You are all I need.

<sup>2</sup>In green pastures I rest with you.

You lead me to tranquil waters

<sup>3</sup>to revive my drooping spirit.

You guide me along the right path.

You are true to your name.

<sup>4</sup>Though 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.

<sup>5</sup>You prepare a banquet for me

in the presence of my foes.

You anoint my head with perfumed oil;

my cup is overflowing.

<sup>6</sup>Surely 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

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

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

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

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

<sup>5</sup>These will receive blessing from GOD,  
and justice from the God who saves.

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

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

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

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

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

## Praying Psalm 25 with Jesus

<sup>1</sup>All my longing is for you, O GOD. In you I trust.

<sup>2</sup>Do not let my enemies gloat over me. Do not fail me.

<sup>3</sup>Those who hope in you will not be disappointed.

Disgrace is for those who are wantonly unfaithful.

<sup>4</sup>O GOD, show me how to live. Teach me your way.

<sup>5</sup>Direct me to your truth, and guide me.

For you are God my saviour, my constant hope.

<sup>6</sup>O GOD, be mindful of your tender compassion,  
your kindness since ancient times.

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

<sup>8</sup>Good and upright is GOD, guiding those who stray.

<sup>9</sup>God leads the poor, guiding them along the right path.

<sup>10</sup>YOUR paths are covenant love and faithfulness  
for those who keep your covenant.

[<sup>11</sup>Pardon my guilt, for it is great.]

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

<sup>13</sup>They will live a full life,  
and their heirs will inherit the land.

<sup>14</sup>GOD counsels the faithful,  
instructing them through the covenant.

**<sup>15</sup>My eyes are fixed on GOD,  
who will free me from the trap.**

**<sup>16</sup>Turn to me and be gracious,  
for I am lonely and afflicted.**

**<sup>17</sup>Relieve the troubles of my heart.  
Free me from my distress.**

**<sup>18</sup>Observe my affliction and my pain.**

**[<sup>18</sup>Forgive all my sins.]**

**<sup>19</sup>See how many are my foes.**

**How violent is their hatred towards me.**

**<sup>20</sup>Rescue me and preserve my life.**

**Do not let me be put to shame.**

**In you I take refuge.**

**<sup>21</sup>May integrity and uprightness preserve me,**

**For in you, O God, I hope.**

**<sup>22</sup>Rescue Israel from every danger.**

## Praying Psalm 26 with Jesus

<sup>1</sup>Pass 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.

<sup>2</sup>Probe my feelings. Purify my heart.

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

<sup>6</sup>I wash my hands, and take my place, O GOD,  
around your altar.

<sup>7</sup>I sing a song of thanksgiving,  
and recount your wondrous deeds.

<sup>8</sup>I love your dwelling place, O GOD,  
the home where your glory abides.

<sup>11</sup>I live an honest life. Rescue me and be gracious to me.

<sup>12</sup>I continue to walk in an upright way.

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

## Praying Psalm 27 with Jesus

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

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

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

<sup>4</sup>One 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.

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

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

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

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

<sup>9</sup>Do 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!**

**<sup>10</sup>Even if my father and mother were to forsake me,  
I know you would welcome me.**

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

**<sup>12</sup>Do not give me up to their will.  
False witnesses have risen against me,  
breathing out violence.**

**<sup>13</sup>I believe that I will see the goodness of GOD  
in the land of the living.**

**<sup>14</sup>Hope in GOD. Be strong. Be brave.  
Put your trust in GOD.**

## Praying Psalm 28 with Jesus

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

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

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

<sup>6</sup>Blessed are you, O GOD.

You hear the sound of my pleading.

<sup>7</sup>YOU 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.

<sup>8</sup>YOU are the strength of the people,  
the saving refuge of God's anointed.

<sup>9</sup>Help your people, and bless your heritage.  
Sustain them. Be their shepherd forever.

## Praying Psalm 29 with Jesus

<sup>1</sup>Acclaim GOD, you beings of heaven.

Acclaim the glory and might of GOD.

<sup>2</sup>Acclaim GOD's glorious name.

Prostrate yourselves in GOD's holy temple.

<sup>3</sup>The voice of our glorious God  
thunders above the mighty waters!

<sup>4</sup>The voice of GOD, full of power.

The voice of GOD, full of splendour.

<sup>5</sup>The voice of GOD shatters the cedars of Lebanon,

<sup>6</sup>makes Lebanon leap like a calf,

Sirion like a young wild ox.

<sup>7</sup>The voice of GOD flashes flames of fire,

<sup>8</sup>shaking the wilderness of Kadesh.

<sup>9</sup>GOD's voice rends the oak tree,

and strips the forest bare.

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

<sup>10</sup>For you rule over the mighty waters.

Your rule is for ever.

<sup>11</sup>Give strength to your people, O GOD.

Bless your people with peace.

## Praying Psalm 30 with Jesus

<sup>1</sup>I will praise you, GOD, for you have raised me up.

You have not let my foes gloat over me.

<sup>2</sup>I cried to you for help, O GOD.

<sup>3</sup>I was dying and you restored me to life.

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

<sup>5</sup>GOD's favour lasts a lifetime.

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

<sup>6</sup>When all was going well,

<sup>7</sup>I 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.

<sup>8</sup>I cried out, 'O GOD! O GOD!' I begged, I pleaded:

<sup>9</sup>What good is there in my death,  
in my going down to the grave?

<sup>10</sup>GOD listened, was moved with pity,  
and came to my help.

<sup>11</sup>You turned my mourning into dancing.  
You clothed me with joy.

<sup>12</sup>I 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

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

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

<sup>3</sup>You are indeed my rock, my fortress.  
Go before me; be my guide.

<sup>4</sup>The net tightens around me.  
Release me, for you are my protector.

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

<sup>6</sup>I place my trust in you.

<sup>7</sup>I exult and celebrate your kindness.

You saw my affliction.

You watched over me while I was in danger.

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

<sup>9</sup>Be gracious to me, O GOD, for I am in distress.

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

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

<sup>11</sup>My 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.

**<sup>12</sup>No one thinks of me. It is as though I was dead.**

**I am of no use, like a discarded pot.**

**<sup>13</sup>I can hear the whispering of the crowd:**

**'Attack from every side!' They scheme to take my life.**

**<sup>14</sup>But I trust in you, O GOD. You are my God.**

**<sup>15</sup>My life is in your hands. Rescue me from my enemies  
Ruthlessly they hunt me down.**

**<sup>16</sup>Show your servant your radiant face.**

**In your covenant love save me.**

**<sup>19</sup>How abundant is your goodness**

**to those who revere you,**

**to those who find in you their refuge.**

**Let everyone see how good you are.**

**<sup>20</sup>In 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.**

**<sup>21</sup>Blessed be GOD, who has shown me wonderful love.**

**<sup>22</sup>I said in my alarm, 'I am excluded from your presence.'**

**But you heard my supplications**

**when I cried to you for help.**

**<sup>23</sup>Love GOD, all you who are faithful.**

**GOD preserves those who believe,**

**but repays in full those who act in pride.**

**<sup>24</sup>Be strong, let your heart take courage,**

**all you who hope in GOD.**

## Praying Psalm 32 with Jesus

<sup>1</sup>Blessed and happy are they whose sins are forgiven.

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

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

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

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

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

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

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

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

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

## Praying Psalm 33 with Jesus

<sup>1</sup>Ring out your joy to GOD, you lovers of justice.

How right it is to praise!

<sup>2</sup>Give thanks to GOD upon the lyre.

Make music with the ten-stringed harp.

<sup>3</sup>In a new song raise your voice to God.

Play skilfully on the strings.

<sup>4</sup>For the word of GOD is true. What God says, God does.

<sup>5</sup>GOD, the lover of justice and truth,

fills the earth with love.

<sup>6</sup>By GOD's word the heavens were made,

and by God's breath all their starry host.

<sup>7</sup>God collects and stores the waters of the sea.

<sup>8</sup>Let all the inhabitants of the earth pay homage.

Let them stand in awe of God.

<sup>9</sup>GOD speaks and the world comes into existence.

GOD commands and creatures spring into being.

<sup>10</sup>GOD brings the designs of the nations to nothing,

frustrating their plans.

<sup>11</sup>It is GOD's designs that stand,

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

<sup>12</sup>Blessed and happy is the nation whose God is GOD,

the people whom GOD has chosen.

**<sup>13</sup>From heaven God sees all the inhabitants of the earth,**

**<sup>14</sup>From where God sits enthroned,**

**<sup>15</sup>God fashions the hearts of them all,  
knowing all their deeds.**

**<sup>16</sup>Kings are not helped by their armies,  
nor soldiers because of their strength.**

**<sup>17</sup>The warhorse is a vain hope for deliverance.  
Despite its strength, it cannot save.**

**<sup>18</sup>GOD looks with love on those who believe,  
on those who count on God's love**

**<sup>19</sup>to deliver them from death,  
to keep them alive in famine.**

**<sup>20</sup>With all our being we wait for GOD,  
our strength and our shield.**

**<sup>21</sup>Our heart finds joy in GOD, in whom we place our trust.**

**<sup>22</sup>Let your love be upon us, O GOD,  
for we place all our hope in you.**

## Praying Psalm 34 with Jesus

<sup>1</sup>I will bless GOD at all times,  
praise continually on my lips.

<sup>2</sup>With thanksgiving I glory in GOD.  
Let the lowly hear and be glad.

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

<sup>4</sup>I sought and GOD replied,  
setting me free from all my fears.

<sup>5</sup>Look to GOD, and be radiant.

<sup>6</sup>This poor person cried, and GOD heard me,  
and saved me from every danger.

<sup>7</sup>The angel of GOD encamps  
around those who revere GOD.

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

<sup>9</sup>Live in awe, you holy ones. You will want for nothing.

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

<sup>11</sup>Come children, listen to me;

I will teach you to cherish GOD.

<sup>12</sup>Do you desire life, and time to enjoy success?

<sup>13</sup>Well then, keep your tongue from evil,  
and your lips from speaking deceit.

<sup>14</sup>Finish with evil. Learn to do good.

Seek peace, and pursue it.

**<sup>15</sup>The eyes of GOD are on the just,  
to attend to their cry for help.**

**<sup>17</sup>Cry out for help. GOD hears,  
and rescues from every danger.**

**<sup>18</sup>GOD is near to those whose hearts are broken,  
helping those whose spirits are crushed.**

**<sup>19</sup>Many are the afflictions of the just,  
but GOD rescues from them all.**

**<sup>20</sup>GOD keeps guard over all their bones;  
not one of them will be broken.**

**<sup>21</sup>Evil brings death to the wicked.  
Those who hate the just will be condemned.**

**<sup>22</sup>GOD redeems the lives of GOD servants.  
No one who takes refuge in GOD will be rejected.**

## Praying excerpts from Psalm 35 with Jesus

<sup>9</sup>I will rejoice in you, O GOD,

celebrating what you have done for me.

<sup>10</sup>With 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.'

<sup>11</sup>Malicious witnesses rise up,

accusing me of things about which I know nothing.

<sup>12</sup>They repay me evil for good, leaving me forlorn.

<sup>13</sup>I prayed for them with my head bowed on my bosom,

<sup>14</sup>as though I grieved for a friend or a brother.

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

<sup>15</sup>But they gathered against me.

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

<sup>16</sup>Lacking piety, they mocked again and again,  
gnashing their teeth.

<sup>17</sup>Rescue me from their ravages.

<sup>18</sup>Then I will thank you.

In the congregation I will praise you.

<sup>22</sup>O GOD, you see it all! Do not be silent!

God\*, do not be distant from me!

<sup>23</sup>Wake up! Bestir yourself for my defence,  
for my cause, O my God!

**<sup>24</sup>Vindicate me, O GOD, according to your justice,  
and do not let them rejoice over me.**

**<sup>27</sup>Let 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.'**

**<sup>28</sup>Then I will tell of your justice,  
and praise you all day long.**

## Praying Psalm 36 with Jesus

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

<sup>2</sup>They so flatter themselves in their mind  
that they know not their guilt.

<sup>3</sup>In their hearts are mischief and deceit.  
All wisdom is gone.

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

<sup>5</sup>O GOD, your covenant love extends to the heavens,  
your faithfulness to the skies.

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

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

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

<sup>9</sup>For with you is the fount of life.  
In your light we see light.

<sup>10</sup>Keep on loving those who know you,  
doing justice to upright hearts.

<sup>11</sup>Do not let the arrogant trample over me,  
or wicked hands assault me.

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

## Reflecting on Psalm 37 in Jesus' company

<sup>1</sup>Do not fret because people act badly;  
do not envy those who do wrong.

<sup>2</sup>They wither like grass,  
and fade like the green of the fields.

<sup>3</sup>Trust in GOD, and do good, cultivate faithfulness.

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

<sup>5</sup>Commit your life to GOD.

Trust God to act on your behalf.

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

<sup>7</sup>Rest in GOD and wait patiently.

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

<sup>8</sup>Restrain your anger. Control your rage.

Fretting leads only to evil.

<sup>11</sup>It is the meek who will inherit the land,  
and enjoy abundant prosperity.

<sup>12</sup>The wicked plot against the just, and gnash their teeth.

<sup>13</sup>Their end is near.

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

<sup>15</sup>Their sword will enter their own heart,  
their bow will be broken.

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

<sup>17</sup>The power of the wicked will be broken.  
GOD sustains the just.

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

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

<sup>20</sup>The wrongdoers will pass away like the flowers,  
vanish like smoke.

<sup>21</sup>The wicked borrow, and do not repay.  
The just are generous and keep giving.

<sup>22</sup>Those blessed by GOD will inherit the land.

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

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

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

<sup>27</sup>Avoid evil, and do good,  
and you will always have a home.

<sup>28</sup>For GOD loves justice, and will not forsake the faithful.

<sup>30</sup>The just utter wisdom,

the judgments they pronounce are true.

<sup>31</sup>They carry the law of God in their hearts.

They do not falter.

<sup>32</sup>The wicked watch for the just, seeking to kill them.

<sup>33</sup>GOD will not abandon the just to their power,

or let them be condemned

when they are brought to trial.

<sup>34</sup>Hope in GOD. Keep to the way of Love.

<sup>37</sup>Observe the blameless, keep your eyes on the upright.

Prosperity is for the peacemakers.

<sup>38</sup>There is no future for those

who cut themselves off from God.

<sup>39</sup>The deliverance of the just comes from GOD,

their refuge in time of trouble.

<sup>40</sup>GOD 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.

**<sup>1</sup>God is rebuking you, but not in anger;  
disciplining you, but not in wrath.**

**<sup>2</sup>The arrows of Love are striking you,  
the hand of Love lies heavy upon you.**

**<sup>3</sup>No part of your flesh is free from wounds  
because of your indignation.**

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

**<sup>4</sup>Yes, your guilty deeds are overwhelming you  
their burden too heavy for you to bear.**

**<sup>5</sup>Your wounds grow foul and fester  
because of your folly.**

**<sup>6</sup>I know you are utterly bowed down and prostrate,  
mourning all day long.**

**<sup>7</sup>You are burning with fever.**

**No part of your body is free from pain.**

**<sup>8</sup>You are utterly spent and crushed.**

**You groan because of the anguish in your heart.**

**<sup>9</sup>God (the Lord) knows all your longing;  
your sighing is not hidden from God.**

- <sup>10</sup>Your heart is pounding, your strength is spent;  
the light of your eyes is gone.**
- <sup>11</sup>Friends and neighbours avoid you,  
keeping their distance.**
- <sup>12</sup>Those 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.**
- <sup>13</sup>Like the deaf who cannot hear,  
like the dumb unable to speak,  
<sup>14</sup>you have no words for your defence.**
- <sup>15</sup>In GOD you can hope. God will answer you.**
- <sup>16</sup>They are gloating over you,  
those who make fun of you when you stumble.**
- <sup>17</sup>On the point of collapsing,  
you have no relief from your pain.**
- <sup>18</sup>Confess your guilt.  
It is your sin that fills you with dismay.**
- <sup>19</sup>Your enemies are strong.  
There are many who hate you for no reason.**
- <sup>20</sup>They render you evil for good;  
they attack you for seeking what is right.**
- <sup>21</sup>Your God will not forsake you. Your God is close.  
God\* is hastening to come to your aid.**

## Praying Psalm 39 in Jesus' company

<sup>1</sup>I 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.'

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

While I was attempting control,  
the fire inside me blazed.  
I found myself unable to hold my tongue.

<sup>4</sup>GOD, what will become of me? How fleeting is my life!

<sup>5</sup>A short span you have given me.  
My days are as nothing in your sight.

*We human beings are no more than a breath.*

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

<sup>7</sup>So what am I waiting for?  
My God\*, my hope is in you.

<sup>8</sup>Free me from all my transgressions.  
Do not make me the taunt of the fool.

<sup>9</sup>I am silent. I do not open my mouth,  
since this is all your doing.

<sup>10</sup>Stop tormenting me.  
I am worn down by the blows of your hand.

<sup>11</sup>You chastise us in our guilt,  
like a moth consuming what we treasure.  
*We human beings are no more than a breath.*

<sup>12</sup>Hear 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.

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

## Praying Psalm 40 with Jesus

<sup>1</sup>I anxiously waited for YOU, O GOD.

At long last you stooped down to me.

You heard my cry

<sup>2</sup>and drew me up from the desolate pit.

From the miry bog you set me on solid ground.

<sup>3</sup>You put in my mouth a new song, a song of praise.

Witnessing this, many will be moved

to put their trust in YOU.

<sup>4</sup>Blessed and happy are those

who place their trust in GOD,

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

<sup>5</sup>How 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.

<sup>6</sup>Sacrifice and offerings you do not desire.

You want a listening ear.

For burnt or sin offerings you have not asked.

<sup>7</sup>And so I say: 'Here I am.'

In the scroll of the book it is written of me

<sup>8</sup>that 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.

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

<sup>10</sup>I 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.

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

<sup>12</sup>I 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.

<sup>13</sup>Free me, O GOD. Hasten to help me.

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

<sup>17</sup>As 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

<sup>1</sup>Blessed and happy are those who care for the poor.

When times are hard, GOD will rescue them.

<sup>2</sup>GOD protects them, preserves their life,  
and blesses them in the land.

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

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

<sup>4</sup>I said, 'GOD, be gracious to me; heal me.'

<sup>5</sup>Enemies wish evil upon me:

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

<sup>6</sup>When 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.

<sup>7</sup>All who hate me gang up and plot evil against me.

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

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

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

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

<sup>12</sup>You have restored my health.

Keep me in your presence for ever.

<sup>13</sup>Blessed be GOD, the God of Israel, for ever and ever.  
Amen! Amen!

## Praying Psalm 42 with Jesus

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

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

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

<sup>4</sup>These 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.

<sup>5</sup>*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.*

<sup>6</sup>My 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.

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

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

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

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

<sup>11</sup>***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

<sup>1</sup>You be my judge, O God.

Defend my cause against a godless people.

Rescue me from the deceitful and unjust.

<sup>2</sup>You are God. I take refuge in you.

*Why have you cast me off?*

*Why must I go mourning oppressed by the foe?*

<sup>3</sup>Send 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.

<sup>4</sup>I will go to the altar of God,

to God, my exceeding joy;

and I will praise you on the harp,

O God, my God.

<sup>5</sup>*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.

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

<sup>2</sup>with 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.

<sup>3</sup>Not 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.

<sup>4</sup>You are my King and my God; you decree victories for Jacob.

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

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

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

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

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

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

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

<sup>12</sup>You have sold your people for a trifle,  
letting them go cheaply.

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

<sup>14</sup>You have made us a byword among the nations,  
a laughing stock among the peoples.

<sup>15</sup>All day long my disgrace is before me,  
my face is covered in shame

<sup>16</sup>at the insults of those taunting and reviling,  
at the sight of the enemy attacking.

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

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

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

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

<sup>21</sup>would not God discover this,  
God who knows the secrets of the heart?

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

<sup>23</sup>Rouse yourself, O God\*! Why do you sleep.

Awake, do not reject us any longer!

<sup>24</sup>Why do you hide your face?

Why do you forget our affliction and oppression?

<sup>25</sup>We sink down to the dust,

our bodies unable to rise from the ground.

<sup>26</sup>Rise up, come to our help.

Redeem us because of your covenant love.

## Reflecting on Psalm 45 in Jesus' Company

<sup>1</sup>My heart overflows with a noble theme.

I dedicate my verses to the king.

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

<sup>2</sup>You are the most handsome of men. How gracious is your speech.

How your God continues to bless you.

<sup>3</sup>O mighty one, gird your sword upon your thigh.

<sup>4</sup>In 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.

<sup>5</sup>Your arrows are keen. To you armies surrender.

The king's enemies lose heart.

<sup>6</sup>Your throne is the throne of God. Your reign endures for ever.

Your royal sceptre is a sceptre of equity.

<sup>7</sup>You love justice and hate what is evil.

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

<sup>8</sup>Your robes are fragrant with aloes and myrrh.

From the ivory palace you are greeted with music.

<sup>9</sup>Daughters of kings are among your loved ones.

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

<sup>10</sup>Listen, O daughter, mark these words:

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

<sup>11</sup>The king is infatuated with your beauty.

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

<sup>12</sup>The city of Tyre comes with gifts, seeking your favour.

<sup>13</sup>The richest of the peoples honour you.

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

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

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

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

## Praying Psalm 46 with Jesus

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

<sup>2</sup>So we will not fear, though the earth should tremble,  
though mountains collapse into the sea,  
<sup>3</sup>though 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.*

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

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

<sup>6</sup>Peoples revolt.  
Kings mobilise their armies.  
The earth shudders  
whenever God thunders.

*<sup>7</sup>The Mighty GOD is with us; the God of Jacob is our refuge.*

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

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

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

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

## Praying Psalm 47 with Jesus

<sup>1</sup>Clap your hands, all you peoples!  
Acclaim your God, singing for joy.

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

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

<sup>5</sup>God goes up with shouts of joy,  
ascends to the blast of the trumpet.

<sup>6</sup>Sing praise to God, sing praise;  
sing praise to our King, sing praise.

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

<sup>8</sup>God is king over the nations;  
God reigns on the holy throne.

<sup>9</sup>The 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

<sup>1</sup>Great is GOD and most worthy of praise  
in the city of our God.

<sup>2</sup>God'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.

<sup>3</sup>God, in the midst of its citadels, is its sure defence.

<sup>4</sup>Look, the kings are assembling,  
they advance together.

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

<sup>6</sup>Trembling takes hold of them,  
like the pangs of a woman in labour,

<sup>7</sup>as when the east wind causes shipwreck  
to a merchant fleet.

<sup>8</sup>As 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.

<sup>9</sup>In your temple, O God, we ponder your covenant love.

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

Your right hand is filled with justice.

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

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

<sup>14</sup>'This is God, our eternal God,  
who is for ever our guide.'

## Reflecting on Psalm 49 in Jesus' Company

<sup>1</sup>Hear this, all you peoples!

Listen, inhabitants of the world,

<sup>2</sup>people both high and low,

rich and poor alike.

<sup>3</sup>I have wisdom you need to hear.

My heart is full of insight.

<sup>4</sup>I turn my mind to an enigma.

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

<sup>5</sup>Why should I fear times of trouble,

when criminals track me down to destroy me,

<sup>6</sup>people who trust in their wealth

and boast of the abundance of their riches?

<sup>7</sup>Yes, none of us can buy our own freedom,

or pay a ransom to God for our lives.

<sup>8</sup>For the ransom is too high, well beyond our means.

<sup>9</sup>There is no escaping death, no avoiding the grave.

<sup>10</sup>Look, even the wisest die.

They perish just like the foolish and the stupid.

They have to leave their wealth to others.

<sup>11</sup>The grave is their home forever, their final dwelling,

even if their names spread wide through the land.

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

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

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

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

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

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

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

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

## Praying Psalm 50 in Jesus' Company

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

<sup>2</sup>Out of Zion, the perfection of beauty,  
God shines forth.

<sup>3</sup>Our God is coming and will not be silent.

First comes a devouring fire; then a mighty tempest.

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

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

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

<sup>7</sup>Listen, 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.

<sup>8</sup>I find no fault with your sacrifices;  
your offerings are always before me.

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

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

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

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

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

**<sup>14</sup>Offer to me a sacrifice of confession  
and pay your vows to the Most High.**

**<sup>15</sup>Call on me in the day of trouble;  
I will deliver you, and you will honour me.'**

**<sup>16</sup>To the wicked God says:**

**'How dare you quote to me my law.**

**How dare you invoke the covenant,**

**<sup>17</sup>you who hate discipline, and turn away when I speak?**

**<sup>18</sup>You make friends with a thief when you see one.**

**You keep company with adulterers.**

**<sup>19</sup>You give your mouth free rein for evil,  
and your tongue plots deceit.**

**<sup>20</sup>You sit and speak against your kin;  
you slander your own mother's child.**

**<sup>21</sup>This is how you behave and should I be silent?**

**Do you think that I am like you?**

**I will accuse you to your face.**

**<sup>22</sup>Mark you this, you who never think of God!**

**I will not punish you**

**without offering you an escape.**

**<sup>23</sup>They 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

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

<sup>2</sup>Wash me more and more from my guilt;  
cleansing me from my sin.

<sup>3</sup>I know my transgressions;  
my sin is always before me.

<sup>4</sup>Against 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.

<sup>5</sup>For it was into sin, into guilt, that I was born.

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

<sup>7</sup>If you purge me, I will be purified.  
If you wash me, I will be whiter than snow.

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

<sup>9</sup>Turn your face away from my sins,  
and blot out all my guilt.

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

<sup>11</sup>Do not cast me away from your presence.  
Do not take from me your holy spirit.

**<sup>12</sup>Give me again the joy of your salvation,  
and sustain in me a generous spirit.**

**<sup>13</sup>Then I will teach transgressors your ways,  
and sinners will return to you.**

**<sup>14</sup>Rescue me, O God, my saviour,  
and I will sing aloud of your justice.**

**<sup>15</sup>O God\*, open my lips,  
and I will declare your praise.**

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

**<sup>17</sup>My sacrifice is a contrite spirit;  
a broken, a crushed, heart, O God, you will not spurn.**

**<sup>18</sup>In your goodness show favour to Zion.  
Rebuild the walls of Jerusalem.**

**<sup>19</sup>Then you will delight in proper sacrifices,  
holocausts offered on your altar.**

## Reflecting on Psalm 52 in Jesus' Company

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

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

<sup>3</sup>You prefer evil to good.  
You choose to lie rather than speak the truth.

<sup>4</sup>With your deceitful tongue  
you love the destructive word.

<sup>5</sup>Very 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.

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

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

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

<sup>9</sup>I 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

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

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

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

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

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

<sup>6</sup>O 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

<sup>1</sup>O God, judge in my favour.

Use your power to save.

<sup>2</sup>Hear my prayer. Be attentive to my words.

<sup>3</sup>For the insolent rise up  
determined to destroy me.

The ruthless seek my life.

They have no regard for God.

<sup>4</sup>Surely, God comes to my aid;

God\* sustains my life.

<sup>6</sup>With a free heart I will sacrifice to you.

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

<sup>7</sup>You have rescued me from every danger.

## Praying Psalm 55 with Jesus

<sup>1</sup>Hear my prayer, O God, do not hide from my pleading.

<sup>2</sup>Attend to me and respond. With my cares, I cannot rest.

<sup>3</sup>I tremble at the shouting of the enemy.

They threaten. They attack.

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

<sup>4</sup>My heart is pounding, the terrors of death assail me.

<sup>5</sup>Fear and trembling come upon me.

Horror overwhelms me.

<sup>6</sup>If only I had the wings of a dove,

I would fly away and find rest.

<sup>7</sup>I would escape far away,

and take refuge in the wilderness.

<sup>8</sup>I would hurry to find shelter from the raging wind

and the devouring tempest,

from the raging torrent of their lying tongues.

<sup>9</sup>O God\* confuse them, confound their speech,

for I see violence and strife in the city.

<sup>10</sup>Day and night they patrol, high on the city walls.

Crime and injustice flourish inside.

<sup>11</sup>There are nothing but ruins in the city.

Cruelty and fraud are present wherever I look.

<sup>12</sup>If 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.

**<sup>13</sup>But it is you, my companion, my intimate friend!**

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

**<sup>16</sup>As for me, I call upon God. GOD will save me.**

**<sup>17</sup>Evening, morning and noon I complain and lament.**

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

**<sup>20</sup>They have no reverence [‘fear’] for God.**

**They betray their friends. They break the covenant.**

**<sup>21</sup>Their speech is softer than butter,  
but their heart is set on war.**

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

**<sup>22</sup>Cast 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

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

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

<sup>1</sup>*I thank God, I praise God, and God's word.*

<sup>4</sup>*I trust in God, and am not afraid.*  
*What can mere mortals do to me?*

<sup>5</sup>All day long they discredit my words.  
Their only thought is to harm me.

<sup>6</sup>They band together in ambush.  
They track me down to take my life.

<sup>8</sup>You have kept an account of my turmoil.  
You have kept a record of my tears.

<sup>9</sup>My enemies will retreat when I call on you.  
This I know, that God is on my side.

<sup>10</sup>*I thank God, I praise God, and God's word.*

<sup>11</sup>*I trust in God, and am not afraid.*  
*What can mere mortals do to me?*

<sup>12</sup>I am bound by the vows I made to you, O God.  
I will carry them out, as I offer you my thanks.

<sup>13</sup>You 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

<sup>1</sup>Be 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.

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

<sup>3</sup>Send from heaven to save me.  
Frustrate the desires of those who assail me.  
Send me your love that never fails.

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

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

<sup>6</sup>They set for me a net, a trap to ensnare me.  
They dug a pit in my path, but fell in it themselves.

<sup>7</sup>My heart is steadfast, O God, my heart is steadfast.  
I will sing and make melody.

<sup>8</sup>Awake, my soul! Awake, harp and lyre!  
I will awake the dawn.

<sup>9</sup>I will thank you, O God\*, among the peoples;  
among the nations I will sing your praises.

<sup>10</sup>For your covenant love is as encompassing  
as the heavens; your faithfulness as the skies.

<sup>11</sup>*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.

<sup>1</sup>You gods, are your verdicts just?

Do you judge people fairly?

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

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

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

<sup>5</sup>lest it hear the sound of the snake charmer,  
expert in casting spells.

<sup>6</sup>O God, break their teeth.

GOD, tear out the fangs of the young lions!

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

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

<sup>9</sup>Sweep them away like bushes caught in a sudden whirlwind,

like wild beasts, like a funeral pyre!

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

<sup>11</sup>People 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

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

<sup>2</sup>Rescue me from those who do evil.  
Save me from those thirsting for my blood.

<sup>3</sup>They are out to take my life.  
They stir up strife against me.

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

<sup>5</sup>You, Mighty GOD, are God of Israel.

<sup>9</sup>O my strength, I watch for you.  
*For you, O God, are my fortress.*  
*You show me covenant love.*

<sup>10</sup>God goes before me  
and shows me the defeat of my enemies.

<sup>16</sup>As 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.

<sup>17</sup>O 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.

<sup>1</sup>O God, you have rejected us. Our wall has been breached.

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

<sup>2</sup>You have caused the land to quake; you have torn it open.

Repair its cracks for it is tottering.

<sup>3</sup>You have made your people suffer a disaster.

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

<sup>4</sup>Set up a standard for those who revere you,

that they might rally to it out of bowshot.

<sup>5</sup>Give victory with your powerful arm,

so that those whom you love may be rescued.

<sup>6</sup>God has decreed from the sanctuary:

'I will triumph and divide up Shechem.

I will portion out the Vale of Succoth.

<sup>7</sup>Gilead is mine, and Manasseh.

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

<sup>8</sup>Moab is my wash bowl; on Edom I plant my shoe.

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

<sup>9</sup>Who will lead us to Edom to breach the city wall?

<sup>10</sup>God, will you still hold back? Will you desert our camp?

<sup>11</sup>Grant us help against the foe, for human help is of no avail.

<sup>12</sup>With God we will do valiantly. It is our God who will crush our foes.

## Praying Psalm 61 with Jesus

<sup>1</sup>Hear my cry, O God; listen to my prayer.

<sup>2</sup>From the end of the earth I call with a despondent heart.

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

<sup>3</sup>You are my refuge, my bastion against the enemy.

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

<sup>5</sup>You, O God, have heard my vows.

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

<sup>6</sup>Prolong the life of the king;  
may his reign endure for generations!

<sup>7</sup>May your eyes always be upon him.

May your covenant love and faithfulness watch over him.

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

## Praying Psalm 62 with Jesus

<sup>1</sup>*Only in God can my soul find rest. In God alone is my salvation.*

<sup>2</sup>*God is my rock, my safety, my fortress. I will not be shaken.*

<sup>3</sup>How long will you keep up your attack?

How long will you batter your victim

as you batter a leaning wall, or a tottering fence?

<sup>4</sup>Their 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.

<sup>5</sup>*Only in God can my soul find rest. In God alone is my hope.*

<sup>6</sup>*God is my rock, my safety, my fortress. I will not be shaken.*

<sup>7</sup>In God is my salvation and my glory,

my stronghold, my haven.

<sup>8</sup>Trust God at all times, O people.

Before God, our refuge, pour out your hearts.

<sup>9</sup>Common folk are but a breath,

those of high estate a delusion.

Placed in the scales, up they go;

they weigh less than a breath.

<sup>10</sup>Put no trust in extortion. Set no vain hopes on fraud.

If your wealth increases, do not set your hearts on it.

<sup>11</sup>Time and again God has said:

‘Strength and love are mine to give.’

Covenant love belongs to you, O God\*, our shield.

<sup>13</sup>You repay each of us according to what we have done.

## Praying Psalm 63 with Jesus

<sup>1</sup>O 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.

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

<sup>3</sup>Your love is worth more than life.  
My lips will sing your praise.

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

<sup>5</sup>I am filled as with a banquet.  
I praise you with joy.

<sup>6</sup>I think of you as I lie awake,  
meditating on you throughout the night.

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

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

## Praying Psalm 64 with Jesus

<sup>1</sup>Hear my cry, O God. Listen to my complaint.

I am afraid. Please keep me safe.

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

<sup>3</sup>They sharpen their tongues like swords.  
Like arrows they aim their cutting words.

<sup>4</sup>They ambush the innocent.  
They shoot suddenly and have no fear.

<sup>5</sup>They hold fast to their evil purpose.  
They talk of laying hidden snares:

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

<sup>7</sup>It is God, who searches the mind  
and knows the depths of the heart.

<sup>10</sup>The just rejoice and find refuge in GOD.  
The upright of heart sing praise.

## Praying Psalm 65 with Jesus

<sup>1</sup>To you our praise is due, to you who dwell in Zion.

<sup>2</sup>We make our vows to you, our God,  
to you who answer our prayer.

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

<sup>4</sup>Blessed 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.

<sup>5</sup>By 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.

<sup>6</sup>By your power you establish the mountains,  
you who are girded with might.

<sup>7</sup>You silence the roaring of the seas,  
the roaring of their waves, and the tumult of the peoples.

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

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

**<sup>10</sup>You water abundantly the furrows, levelling their ridges,  
softening them with showers and blessing their growth.**

**<sup>11</sup>You crown the year with your bounty.  
Your furrows overflow with abundance.**

**<sup>12</sup>The pastures of the wilderness flourish.**

**The hills are girded with joy,**

**<sup>13</sup>the meadows are clothed with flocks,  
the valleys are decked with grain.**

**They shout for joy. Yes, they sing.**

## Praying Psalm 66 with Jesus

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

Give God glorious praise!

<sup>3</sup>Sing, 'How tremendous your deeds!

Because of your great power,  
your enemies cringe before you.

<sup>4</sup>Before you all the earth will bow,  
praising you in song.'

<sup>5</sup>Come and see God's wonders,  
God's tremendous deeds among us.

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

<sup>7</sup>Let our joy be in God who reigns for ever with might.

God keeps watch on all the nations.

Let rebels not raise their heads!

<sup>8</sup>Bless our God, you peoples.

Let praise ring out in honour of God,

<sup>9</sup>who has kept alive our spirits,  
and kept our feet from stumbling.

<sup>12</sup>We passed through fire and water;  
but you brought us relief.

<sup>13</sup>I come into your house with offerings,  
animals from my herd,

<sup>14</sup>to carry out the promises I made you,  
when I found myself in trouble.

**<sup>15</sup>I will offer you burnt offerings,  
with the smoke of the sacrifice of rams, bulls and goats.**

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

**<sup>17</sup>I cried aloud, praising God.**

**<sup>19</sup>And God listened, heeding the words of my prayer.**

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

## Praying Psalm 67 with Jesus

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

<sup>3</sup>*Let the nations praise you, O God;  
let all the nations praise you.*

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

<sup>5</sup>*Let the nations praise you, O God;  
let all the nations praise you.*

<sup>6</sup>The earth has yielded its harvest.  
Our God is blessing us.

<sup>7</sup>O God continue your blessing.  
Let the whole world revere you.

<sup>8</sup>*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).

<sup>1</sup>God rises up. The enemy scatters.

Let those who hate God flee.

<sup>2</sup>As smoke is blown away, so let them disappear.

As wax melts before the fire,

so let the wicked perish at the presence of God.

<sup>3</sup>The just are filled with joy. They exult before God.

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

<sup>4</sup>Lay down a road for the One who gallops over the plain.

GOD is with us. Let us all rejoice!

<sup>5</sup>Father of orphans and protector of widows

is God in the temple: the holy habitation.

<sup>6</sup>God gives the desolate a home, leads prisoners to freedom.

The rebellious are banished to dwell in a parched land.

<sup>7</sup>O God, you went out at the head of your people.

The earth quaked when you marched through the desert.

<sup>8</sup>The heavens poured down rain,  
at the presence of the God of Sinai,  
at the presence of the God of Israel.

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

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

<sup>11</sup>God\* sounds the war cry.  
Great is the company of those who bear the tidings:

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

<sup>13</sup>silver plated doves with wings of bright gold.

<sup>14</sup>The Almighty scatters kings, like snow on Mount Zalmon.

<sup>15</sup>O mighty mountain, mountain of Bashan.  
O many-peaked mountain.

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

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

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

<sup>19</sup>Blessed be God\*, who daily bears us up.

<sup>20</sup>God is for us our Saviour. It is GOD who liberates from death,

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

<sup>22</sup>God\* said, 'I will bring them back from Bashan,  
back from the depths of the sea.

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

<sup>24</sup>They witness your solemn procession,  
the procession of God into the sanctuary:

<sup>25</sup>singers in front, musicians behind,  
between them girls sounding their timbrels.

<sup>26</sup>Bless God in the great congregation.  
Bless GOD in the assembly of Israel.

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

<sup>28</sup>Issue your commands, O God, from your temple in Jerusalem.

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

<sup>30</sup>Rebuke 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.

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

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

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

<sup>35</sup>Awesome 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

<sup>1</sup>Save me, O God. The waters have risen to my neck.

<sup>2</sup>I sink into the mud, and can gain no foothold.

You can see that I am struggling.

The waters overwhelm me.

<sup>3</sup>I am weary with all my crying. Parched is my throat.

My eyes are swollen from looking for my God.

<sup>4</sup>More 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?

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

<sup>6</sup>O 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.]

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

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

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

<sup>10</sup>When I humbled myself with fasting,  
they insulted me for doing so.

<sup>11</sup>When I made sackcloth my clothing,  
I became the butt of their jokes,

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

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

<sup>14</sup>Rescue me from sinking in the mire,  
from the deep waters.

<sup>15</sup>Let not the flood engulf me, or death swallow me up.

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

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

<sup>18</sup>Come close. I long for you.  
Redeem me. Free me from my enemies.

<sup>19</sup>You know the insults I receive. You know all my foes.

<sup>20</sup>Insults 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.

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

**<sup>29</sup>I am brought low and in pain.**

**Let your salvation, O God, protect me.**

**<sup>30</sup>Then I will praise your name in song;**

**I will acknowledge your greatness with thanksgiving.**

**<sup>31</sup>This will please GOD more than oxen,**

**more than beasts prepared for sacrifice.**

**<sup>32</sup>Let the oppressed see it and be glad.**

**You who seek God, let your hearts revive.**

**<sup>33</sup>For GOD hears the needy,**

**and does not despise those who are in bonds.**

**<sup>34</sup>Let heaven and earth praise God,**

**the sea and all its living creatures.**

**<sup>35</sup>For God will rescue Zion and rebuild the cities of Judah.**

**The servants of the Lord will live there;**

**the land will be their possession.**

**<sup>36</sup>Their offspring will inherit it,**

**and those who love God will dwell there.**

## Praying Psalm 70 with Jesus

<sup>1</sup>O God, hurry to free me.

O GOD, make haste to help me.

<sup>2</sup>Let all those who seek my life  
be put to shame and confusion.

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

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

<sup>4</sup>Let there be rejoicing and gladness  
for all who seek you.

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

<sup>5</sup>As 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

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

<sup>2</sup>In your justice set me free. Make me safe.

Come close to hear me.

<sup>3</sup>Be for me a rock of refuge, a strong fortress, to save me.

You are indeed my rock, my fortress.

<sup>4</sup>Rescue me, O God, from the hand of the wicked,  
from the grip of the violent.

<sup>5</sup>For you, O God\*, are my hope.

From my youth I have placed my trust in YOU.

<sup>6</sup>Upon you I have leaned from my birth.

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

I will never stop praising you.

<sup>7</sup>Many look on me in awe, seeing that you are my refuge.

<sup>8</sup>I am full of praise for you.

I can speak only good of you all day long.

<sup>9</sup>Do not cast me off now that I am old.

Do not forsake me now my strength is spent.

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

<sup>11</sup>'God has forsaken him, let us pursue him.

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

<sup>12</sup>O God, do not leave me alone.

O my God, come quickly to help me!

**<sup>14</sup>I will continue to hope. I will praise you more and more.**

**All day long, however inadequate my words.**

**<sup>15</sup>I will tell of your saving help.**

**<sup>16</sup>I will praise the mighty deeds of our GOD.**

**I will praise your justice, yours alone.**

**<sup>17</sup>You have taught me from my youth**

**to praise your wondrous deeds.**

**<sup>18</sup>O 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.**

**<sup>19</sup>Your 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?**

**<sup>20</sup>You have brought me through many troubles.**

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

**<sup>21</sup>You will increase my honour,**

**and comfort me once again.**

**<sup>22</sup>I 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.**

**<sup>23</sup>I will shout for joy. I will sing of how you saved me.**

**<sup>24</sup>All day long I will tell of your justice.**

## Praying Psalm 72 with Jesus

<sup>1</sup>O God, give *your* judgment to the king,  
*your* justice to the king's son,

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

<sup>3</sup>May the mountains yield peace for the people.

<sup>4</sup>May the king defend the cause of the poor,  
help needy families, and crush the oppressor.

<sup>5</sup>May he live while the sun endures,  
as long as the moon lasts, from age to age.

<sup>6</sup>May he be like rain falling on the grass,  
like showers that water the earth.

<sup>7</sup>In his days may justice flourish  
and peace abound, until the moon fails.

<sup>12</sup>He rescues the needy when they call,  
and those who have no one to defend them.

<sup>13</sup>He has pity on the weak and needy, and saves them.

<sup>14</sup>He liberates them from oppression and violence  
for they are precious to him.

<sup>15</sup>Long may he live!

May prayer be made for him continually,  
and blessings invoked for him all day long.

<sup>16</sup>May 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.**

**<sup>17</sup>May 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.**

**<sup>18</sup>Praised be GOD, the God of Israel,  
who alone does wondrous things.**

**<sup>19</sup>Praised 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

<sup>1</sup>Truly our God is good to the upright,  
to those who are pure in heart.

<sup>2</sup>As for me, as I walked I almost stumbled,

<sup>3</sup>I was envious of the arrogant,  
of how those who disregarded God were prospering.

<sup>4</sup>They have no pain; their bodies are sound and sleek.

<sup>5</sup>They are not in trouble.

They are not stricken like other people.

<sup>6</sup>They wear pride as a necklace,  
violence covers them like a garment.

<sup>7</sup>Their eyes swell up as they live on the fat of the land.  
Their hearts are full of folly.

<sup>8</sup>They scoff with malice.

From on high they threaten oppression.

<sup>9</sup>They boast that heaven is on their side.

They lay claim to the world.

<sup>10</sup>People follow them and swallow what they say.

<sup>11</sup>They ask, 'How can God know?

Does the Most High take any notice?'

<sup>12</sup>Such are the wicked; at ease as they accumulate wealth.

<sup>13</sup>So why keep my heart clean, washing my hands in innocence,

<sup>14</sup>when I was stricken all day long, punished day after day.

<sup>15</sup>Then I said: 'If I should speak like that

I should abandon the faith of your people.'

<sup>16</sup>I strove to fathom this problem,  
too hard for me to understand.

<sup>17</sup>Then I penetrated the mystery of God,  
and understood where these people were heading.

<sup>21</sup>When my heart was embittered,  
when my feelings were disturbed,

<sup>22</sup>I was stupid and ignorant.  
I was like a brute beast toward you.

### **Praying Psalm 73:23-28 with Jesus**

<sup>23</sup>**Yet I am continually with you;  
you hold me by the hand.**

<sup>24</sup>**You guide me according to your plan.  
You carry me to a glorious destiny.**

<sup>25</sup>**Whom have I in heaven but you?  
What does the earth mean to me without you?**

<sup>26</sup>**My flesh and my heart may fail,  
but God is the strength of my heart  
and my portion forever.**

<sup>28</sup>**For 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.

<sup>1</sup>O God, my God why do you leave us abandoned?

Why are you so angry against the sheep of your pasture?

<sup>2</sup>Remember 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.

<sup>3</sup>Come and look at where everything lies in ruin.

See the devastation the enemy has caused to your sanctuary.

<sup>4</sup>Your foes have lain waste the place of assembly.

They have set up their standards there.

<sup>5</sup>They have hacked their way in

as one takes an axe to the thickest part of the forest.

<sup>6</sup>With hatchets and hammers, they have smashed the woodwork.

<sup>7</sup>They set your sanctuary on fire; they desecrated your dwelling place.

<sup>8</sup>As they burnt it to the ground they cried:

'Exterminate the whole nation.

Burn all the meeting places of God in the land.'

<sup>9</sup>We have no signs from you.

There is no longer a prophet among us.

There is no one who knows how long this will last.

<sup>10</sup>How long, O God, is the foe to scoff?

Is the enemy to revile your name for ever?

<sup>11</sup>Why are you holding back,

keeping your powerful arm hidden from view?

- <sup>12</sup>Yet you, O God, are our King from of old,  
bringing salvation to the land.
- <sup>13</sup>You divided the sea by your might.  
You broke the heads of the dragons in the sea.
- <sup>14</sup>You crushed the heads of Leviathan;  
you gave him as food for the creatures of the wilderness.
- <sup>15</sup>You opened springs and torrents; you dried up flowing streams.
- <sup>16</sup>Yours is the day, yours the night;  
you established the moon and the sun.
- <sup>17</sup>You fixed all the bounds of the earth;  
you made summer and winter.
- <sup>18</sup>O GOD, remember this. See how the enemy scoffs,  
and how a foolish people reviles your name.
- <sup>19</sup>Do not hand over to the wild animals  
the life and hopes of your dove.  
Do not forget for ever the lives of your poor.
- <sup>20</sup>Have regard for your covenant.  
The dark places of the land vomit forth violence.
- <sup>21</sup>Do not let the downtrodden be defrauded.  
Let the poor and needy praise your name.
- <sup>22</sup>Rise up, O God, plead your cause;  
remember how the impious scoff at you all day long.
- <sup>23</sup>Do not forget the clamour of your foes,  
the uproar of your adversaries that is growing ever more strident.

## Praying Psalm 75 with Jesus

<sup>1</sup>We give you thanks, O God, as we invoke your name.  
We proclaim for all to hear your wondrous deeds.

<sup>2</sup>I, your God, choose the time to set things right.

<sup>3</sup>Even were the earth to totter,  
I will secure its foundations.

<sup>4</sup>I say to the boastful: "Stop your boasting!"  
and to the wicked, "Do not flaunt your power.

<sup>5</sup>Do not oppose the One on high,  
or insolently confront your God".'

<sup>6</sup>For justice is not from east or west,  
or the wilderness, or the mountains.

<sup>7</sup>It is God who executes judgment.

<sup>9</sup>As for me, I will rejoice forever.  
I will sing praises to the God of Jacob.

<sup>10</sup>The 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.

<sup>1</sup>God, you are known everywhere in Judah,  
your fame is great in Israel.

<sup>2</sup>Your tent is pitched in Jerusalem,  
your command post on Mount Zion.

<sup>3</sup>There you break the flaming arrows,  
shield and sword, all weapons of war.

<sup>4</sup>You are resplendent, majestic with mountains of plunder.

<sup>5</sup>The stout-hearted are stripped of their spoil.  
They are dazed, unable to move.

<sup>6</sup>At your battle cry, O God of Jacob,  
both rider and horse lie stunned.

<sup>7</sup>You are awesome indeed!  
Who can stand before you once your anger is aroused?

<sup>8</sup>From the heavens you utter judgment.  
The earth reels, and is hushed in silence

<sup>9</sup>when you rise up as judge to defend the oppressed.

<sup>10</sup>When you are robed in fury,  
even warriors must praise you.

<sup>11</sup>Make your vows to GOD, your God.  
Carry out what you have promised.  
Bring your gifts to the one who is awesome,

<sup>12</sup>who cuts off the breath of princes,  
and inspires fear in the kings of the earth.

## Praying Psalm 77 with Jesus

<sup>1</sup>I cry aloud to God, cry aloud that God might hear me.

<sup>2</sup>In my anguish, I search for you, my God\*.

My hands are raised at night without ceasing;  
my soul refuses to be comforted.

<sup>3</sup>I remember God, and I moan;

I reflect, and my spirit faints.

<sup>4</sup>You withhold sleep from my eyes.

I am troubled and cannot speak.

<sup>5</sup>I consider the days of old,  
remembering years long gone.

<sup>6</sup>All night memories fill my heart,  
I ponder and my spirit keeps on questioning.

<sup>7</sup>Perhaps God\* will always reject me,  
and will never again turn and grace me?

<sup>8</sup>Perhaps God's covenant love to me is exhausted,  
God's promises have come to an end?

<sup>9</sup>Has God forgotten to be gracious?  
Can anger block God's mercy?

<sup>10</sup>I find myself saying: 'Woe is me!  
The power of the Most High has altered!'

<sup>11</sup>I remember your deeds, O GOD;  
yes, I recall your wonders of old.

<sup>12</sup>I reflect on all that you have done,  
and muse on your mighty deeds.

<sup>13</sup>Your way, my God, is holy. What god is great like you?

**<sup>14</sup>You are God who works wonders;**

**you display your might among the peoples.**

**<sup>15</sup>With your strong arm you redeem your people,  
the descendants of Jacob and Joseph.**

**<sup>16</sup>Seeing you the waters churned,**

**shuddering, writhing, convulsed to the depths.**

**<sup>17</sup>Clouds poured down rain.**

**Thunder shook the heavens,**

**Lightning darted like arrows.**

**<sup>18</sup>Your thunder rolled round the sky,**

**your lightning lit up the world.**

**The earth trembled and shook.**

**<sup>19</sup>Your way led through the sea,**

**your path through the mighty waters;**

**yet no one saw your footprints.**

**<sup>20</sup>You 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.

<sup>1</sup>Listen, O my people, to my teaching;  
attend to the words I speak.

<sup>2</sup>I speak of what we have heard from of old,

<sup>3</sup>what we have known from our ancestors.

<sup>4</sup>We must not keep it from our children;  
we must tell the coming generation  
of the glorious deeds of GOD,

<sup>5</sup>who established a law in Israel  
and commanded our ancestors  
to make it known to their children,

<sup>6</sup>so that future generations would know it,  
and grow up to teach it to their young.

<sup>7</sup>We are to place our hope in God,  
and never forget what God has done.  
We must keep God's commandments.

<sup>8</sup>We must not follow the example of our ancestors.  
They were stubborn and rebellious,  
fickle and unfaithful to God.

<sup>9</sup>We should not follow the example of the people of Ephraim.  
Their archers abandoned the field on the day of battle.

<sup>10</sup>They broke the covenant, refusing to obey God's law.

<sup>11</sup>They forgot God's wonderful deeds.

<sup>12</sup>Our ancestors witnessed what God did in the land of Egypt,  
in the fields of Zoan.

<sup>13</sup>how the sea was divided for their escape,  
and the waters were raised up like a wall. [Exodus 14:22]

<sup>14</sup>By day God led them with a cloud, by night with a glowing fire.

<sup>15</sup>God split rocks open in the wilderness, to quench their thirst.

<sup>16</sup>Streams gushed forth, flowing like a river. [Exodus 17]

<sup>17</sup>Yet they continued to rebel.

<sup>18</sup>Willfully they put God to the test,  
by demanding the food they craved. [Numbers 11:4-6]

<sup>19</sup>They complained, 'Is it possible for God  
to spread a table in the wilderness?'

<sup>20</sup>It was God who struck the rock and caused water to flow.  
Yet they dared to ask, 'What about bread and meat?'

<sup>21</sup>Hearing this, GOD was filled with rage;  
God's anger flared against Israel,

<sup>22</sup>because they had no faith in God.  
They did not trust God's power to save.

<sup>23</sup>In spite of this, God commanded the skies,  
and opened the doors of heaven,

<sup>24</sup>raining down manna for them to eat,  
giving them bread from heaven.

<sup>25</sup>Mortal human beings ate the bread of angels.  
God sent them food in abundance. [Exodus 16]

<sup>26</sup>A wind blew from heaven, scattering meat like driven dust.

<sup>27</sup>God gave them winged birds, as many as the sands of the sea.

<sup>28</sup>They fell in the middle of the camp, all around the tents.

<sup>29</sup>The people ate and were satisfied,  
for God gave them what they craved.

<sup>30</sup>But before they had satisfied their craving,  
while the food was still in their mouths,

<sup>31</sup>God slew the strongest among them,  
struck down the flower of Israel.

<sup>32</sup>Despite this they kept on sinning,  
blind to God's wonderful deeds.

<sup>33</sup>So God cut their lives short;  
their days ended like a breath.

<sup>34</sup>Surely now they would begin to pray.  
Surely now they would repent and seek God in earnest.

<sup>35</sup>They would remember that God is their rock,  
the Most High God is their redeemer.

<sup>36</sup>They spoke fine words to God,  
but their lives belied their words.

<sup>37</sup>Their hearts were not steadfast toward God.  
They were not true to the covenant.

<sup>38</sup>Yet God, who is full of compassion,  
forgave their sin, and they were spared.

<sup>39</sup>Again 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.

<sup>40</sup>How often they rebelled in the wilderness, [Numbers 16:41, 20:24]  
and caused God pain in the desert!

<sup>41</sup>They tested God again and again,  
and provoked the Holy One of Israel.

<sup>42</sup>They did not remember God's deeds:  
when God redeemed them from the foe.

<sup>43</sup>God displayed signs in Egypt,  
and worked miracles in the fields of Zoan: [Exodus 7-12]

<sup>44</sup>turning rivers to blood,  
so that the Egyptians could not drink of their streams;

<sup>45</sup>sending among them swarms of flies,  
and frogs to molest them;

<sup>46</sup>giving their crops to the caterpillar,  
and the fruit of their labour to the locust;

<sup>47</sup>destroyed their vines by hail,  
and their sycamores by frost;

<sup>48</sup>hurling down hail on their cattle,  
and lightning bolts on their flocks.

<sup>49</sup>Seething, raging with fury,  
God let loose strife and destruction.

<sup>50</sup>These were messengers of doom,  
for they were not spared even from death.

God abandoned them to the plague.

<sup>51</sup>and slew all the firstborn in Egypt.

<sup>52</sup>Then God led his people in safety,  
guiding them through the wilderness like a flock.

<sup>53</sup>They were not afraid,  
for the sea had overwhelmed their enemies. [Exodus 15:5, 10]

<sup>54</sup>God led them to the holy land,  
to the mountain won by God's arm. [Exodus 19]

<sup>55</sup>God 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.

<sup>56</sup>Still they rebelled against the Most High,  
testing their God, refusing to obey.

<sup>57</sup>They turned away and were faithless like their ancestors,  
like a bow on which the archer cannot rely.

<sup>58</sup>They built shrines in high places,  
and worshipped images they had carved. [Judges 10:6-7]

<sup>59</sup>God saw and was enraged, and utterly rejected Israel.

<sup>60</sup>God deserted the shrine in Shiloh, [1 Samuel 4; Jeremiah 7:14]  
and no longer dwelt with the people.

<sup>61</sup>God abandoned the ark,  
letting it fall into the hands of the enemy.

<sup>62</sup>Stirred with anger, God condemned Israel to the sword.

<sup>63</sup>Fire devoured their young men.  
There were no marriage songs for the maidens.

<sup>64</sup>Their priests fell by the sword,  
and their widows made no lamentation.

<sup>65</sup>It was as though God\* awoke from sleep,  
shouting like a warrior affected by wine.

<sup>66</sup>God attacked them like foes, heaping shame upon them.

<sup>67</sup>God rejected Joseph, and turned his gaze from Ephraim.

<sup>68</sup>choosing the tribe of Judah, looking with love on Mount Zion.

<sup>69</sup>There God built his sanctuary, exalted like the heavens,  
securely established like the earth.

<sup>70</sup>God chose David as servant,  
and called him from tending the flocks.

<sup>71</sup>He was chosen to shepherd Jacob,  
God's treasured possession.

<sup>72</sup>He 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.

<sup>1</sup>O God, the nations invade your land.

They defile your holy temple, and destroy Jerusalem.

<sup>2</sup>They expose the bodies of your servants to the birds of the air,  
the flesh of your faithful to scavengers.

<sup>3</sup>They pour out blood like water all around Jerusalem,  
and there is no one to bury the dead.

<sup>4</sup>We are a taunt to our neighbours,  
mocked and derided by those around us.

<sup>5</sup>How 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

<sup>6</sup>Pour out your anger on the nations that do not know you,  
on the kingdoms that do not call on your name.

<sup>7</sup>For they have devoured Jacob and laid waste his habitation.

<sup>8</sup>Do not hold against us the guilt of our ancestors.

Let your tender compassion come speedily to meet us,  
for we are brought very low.

<sup>9</sup>Help us, O God of our salvation, for the glory of your name.  
Deliver us, and forgive our sins.

<sup>10</sup>Why should the nations say, 'Where is their God?'  
Let us see you punishing them,  
avenging the blood of your servants.

<sup>11</sup>Let 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

<sup>12</sup>Repay our neighbours seven times  
for the way they taunted you, O God\*!

<sup>13</sup>We 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

<sup>1</sup>Listen, O Shepherd of Israel,  
you who lead the flock of Joseph.  
Shine forth from your cherubim throne,  
<sup>2</sup>upon Ephraim, Benjamin and Manasseh.  
Stir up your might! Come now and save us!

<sup>3</sup>*Restore us, O God;  
let your face shine on us and we will be saved.*

<sup>4</sup>Mighty GOD, how long will you frown on your people's plea?  
<sup>5</sup>For food you give us weeping,  
an abundance of tears for our drink.

<sup>6</sup>You make us the taunt of our neighbours  
and our enemies laugh us to scorn.

<sup>7</sup>*Restore us, O God;  
let your face shine on us and we will be saved.*

<sup>8</sup>You brought a vine out of Egypt.  
To plant it you drove out the nations.  
<sup>9</sup>Before it you cleared the ground.  
It took root and spread through the land.

<sup>10</sup>The mountains were covered with its shade,  
the mighty cedars with its branches.  
<sup>11</sup>It sent out its branches to the sea,  
its shoots even to the Euphrates.

**<sup>12</sup>Why then have you broken down its walls?**

**It is plucked by all who pass by.**

**<sup>13</sup>It is ravaged by the boar from the forest,  
devoured by the beasts of the field.**

**<sup>14</sup>Turn again, O mighty God, we implore,  
look down from heaven, and see.**

**<sup>15</sup>Visit this vine and protect it,  
the vine your right hand has planted.**

**<sup>16</sup>They have burned it with fire and destroyed it.  
May they perish at the frown of your face.**

**<sup>17</sup>Let your right hand be upon the one you have chosen,  
the one you have given your strength.**

**<sup>18</sup>And we will never again forsake you.  
Give us life that we may call on your name.**

**<sup>19</sup>*Restore us, O mighty GOD;  
let your face shine on us and we will be saved.***

## Praying Psalm 81 with Jesus

<sup>1</sup>Sing aloud to God, our strength;  
shout for joy to the God of Jacob.

<sup>2</sup>Raise a song, and sound the timbrel,  
the sweet sounding harp and the lute.

<sup>3</sup>Blow the trumpet at the new moon,  
and when the moon is full, on our feast.

<sup>4</sup>For it is a statute for Israel,  
a command of the God of Jacob,  
<sup>5</sup>who decreed it for the house of Joseph,  
when we marched from Egypt.

<sup>6</sup>I hear a voice I had not known:  
'I relieved your shoulder of the burden;  
your hands were freed from the load.  
<sup>7</sup>You called in distress, and I rescued you.

I answered you, hidden within the thunder.  
I tested you at the waters of Meribah.  
<sup>8</sup>Hear, O my people, while I admonish you.  
O Israel, if only you would heed!

<sup>9</sup>There are to be no strange gods among you;  
you will not bow down to an alien god.  
<sup>10</sup>I am your GOD. It was I who rescued you from Egypt,  
I fed you when you were hungry.  
<sup>11</sup>But my people would not listen to my voice.  
Israel, you would not obey.  
<sup>12</sup>So I left you to your stubborn hearts,  
to follow your own designs.

**<sup>13</sup>O that my people would heed me.**

**Israel, if only you would walk in my ways!**

**<sup>14</sup>At once I would subdue your foes,**

**and use my power against your enemies.**

**<sup>15</sup>Those who hate me would cringe before you,**

**and their doom would last forever.**

**<sup>16</sup>And you, Israel, I would feed on the finest wheat,**

**and on honey from the rock.'**

## Praying Psalm 82 with Jesus

<sup>1</sup>God has taken his place in the council of the gods.

It is there God holds judgment:

<sup>2</sup>How long will you judge unjustly  
and show partiality to the wicked?

<sup>3</sup>Give justice to the weak and the orphan;  
defend the lowly and the destitute.

<sup>4</sup>Rescue the weak and the needy;  
deliver them from the power of the wicked.'

<sup>5</sup>The gods know nothing.

They grope in the dark, while the world falls to pieces.

<sup>6</sup>I say: 'Although you are gods,  
all of you children of the Most High;

<sup>7</sup>nevertheless, you will share the fate of humans,  
and die like any prince.'

<sup>8</sup>Rise 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).

<sup>1</sup>O God, do not remain silent;

do not hold your peace and do nothing!

<sup>2</sup>Even now your enemies are in an uproar.

Those who hate you are confident in victory.

<sup>3</sup>They lay crafty plans against your people.

They consult together against those you protect.

<sup>4</sup>They say, 'Come, let us wipe out this nation;

let the name of Israel be remembered no more.'

<sup>5</sup>They conspire together. Against you they make a pact:

<sup>6</sup>Edom and Ishmael, Moab and Hagar,

<sup>7</sup>Gebal, Ammon, Amalek, Philistia and Tyre.

<sup>8</sup>Even Assyria has joined them

to increase the forces of the children of Lot.

<sup>9</sup>Do to them as you did to Midian, [Judges 6-8]

as you did to Sisera and Jabin at the Wadi Kishon. [Judges 4-5]

<sup>10</sup>Destroyed at En-dor, they became dung for the ground.

<sup>11</sup>Make their nobles like Oreb and Zeeb, [Judges 7:25; 8:31]

their princes like Zebah and Zalmunna, [Judges 8:5ff ]

<sup>12</sup>who said, 'Let us take the pastures of God for our own possession.'

<sup>13</sup>O my God, make them like whirling dust,

like chaff before the wind.

<sup>14</sup>As fire consumes the forest, as flame sets the mountains ablaze,

<sup>15</sup>so pursue them closely with your tempest

and terrify them with your hurricane.

<sup>16</sup>GOD, cover their faces with shame,  
so that they may seek your name.

<sup>17</sup>Let them be forever put to shame and dismayed.  
Let them perish in disgrace.

<sup>18</sup>Let them know that you alone, O GOD,  
are the Most High over all the earth.

## Praying Psalm 84 with Jesus

<sup>1</sup>How lovely is your dwelling place, O mighty GOD!

<sup>2</sup>How 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!

<sup>3</sup>Even the sparrow finds a home,  
and the swallow a nest for her brood,  
where she may lay her young by your altars.

<sup>4</sup>Blessed and happy are those who live in your house,  
ever singing your praise.

<sup>5</sup>Blessed and happy are those who draw their strength from you  
as they resolve to go to you on pilgrimage.

<sup>6</sup>As they go through the Baka' valley  
they enjoy a place of springs;  
the early rains cover it with pools.

<sup>7</sup>They go from garrison to garrison.  
In Zion they will see the God of gods.

<sup>8</sup>O Mighty GOD, hear my prayer;  
listen, O God of Jacob!

<sup>9</sup>God, our shield,  
look upon the face of your anointed.

<sup>10</sup>One 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.

**<sup>11</sup>For GOD is our sun and shield,  
bestowing favour and glory.  
GOD never fails to bless  
those who walk with integrity.**

**<sup>12</sup>O Mighty GOD, blessed and happy are they  
who place their trust in you.**

## Praying Psalm 85 with Jesus

<sup>1</sup>O GOD, you favoured your land;  
you revived the fortunes of Jacob.

<sup>2</sup>You wiped away the guilt of your people.  
You covered over all their sins.

<sup>4</sup>Revive us, O God our Saviour.

<sup>7</sup>Show us your covenant love, O GOD,  
and grant us your salvation.

<sup>8</sup>Let me hear what GOD has to say,  
a voice that speaks of peace:  
peace to the people who turn to God in their hearts.

<sup>9</sup>Surely God's salvation is at hand for the faithful,  
and God's glory will fill our land.

<sup>10</sup>Covenant love and faithfulness have met;  
justice and peace have embraced.

<sup>11</sup>Faithfulness springs up from the ground,  
and justice looks down from heaven.

<sup>12</sup>GOD will give prosperity,  
and our land will yield its harvest.

<sup>13</sup>Justice clears a path for God.  
Justice points the way to peace.

## Praying Psalm 86 with Jesus

<sup>1</sup>Listen closely to me, O GOD,  
answer me, for I am poor and needy.

<sup>2</sup>Watch over me, for to you I am devoted.  
Save your servant, for I put my trust in you.

You are my God.

<sup>3</sup>Be gracious to me for to you I cry all day long.

<sup>4</sup>Give joy to your servant,  
for to you, God\*, I lift up my soul.

<sup>5</sup>You, my God\*, are good and forgiving,  
abounding in covenant love to all who call.

<sup>6</sup>Listen to my prayer; attend to my cry.

<sup>7</sup>In the day of my trouble I call on you,  
knowing you will answer me.

<sup>8</sup>There is none like you among the gods, O God\*.  
There are no deeds like yours.

<sup>9</sup>All the nations you formed will come  
and bow down before you.

They will glorify your name.

<sup>10</sup>For indeed you are great.

You do wondrous things; you who alone are God.

<sup>11</sup>Teach me your way, O GOD,  
that I may walk in your truth.

Give me an undivided heart  
that I may revere your name.

**<sup>12</sup>I thank you, my God, with all my heart,  
and I will honour you forever.**

**<sup>13</sup>For great is your covenant love toward me.  
You have rescued me from the grave.**

**<sup>14</sup>The insolent rise up against me;  
a band of ruffians seeks my life.  
They give no thought to you.**

**<sup>15</sup>But you are God.  
You are tenderly compassionate. You are gracious.  
You are slow to anger,  
abounding in covenant love and faithfulness.**

**<sup>16</sup>Turn to me and be gracious.  
Give your strength to your servant.  
Save the child of your serving girl.**

**<sup>17</sup>Show 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

<sup>1</sup>Zion is established on the holy mountain cherished by GOD,

<sup>2</sup>who prefers her gates to all the dwellings of Jacob.

<sup>3</sup>Glorious things are spoken of you, O city of God.

<sup>4</sup>Egypt and Babylon I will count among her citizens;

Philistia, Tyre and Ethiopia are registered among her children.

<sup>5</sup>Zion will be called 'mother', for all will be her children.

It is the Most High who assigns each their place.

<sup>6</sup> GOD inscribes in the register of peoples:

'These are her children.'

<sup>7</sup>While they dance, they will sing:

'In you all find their home.'

## Praying excerpts from Psalm 88 with Jesus

<sup>1</sup>O GOD, my God, by day I plead for your help,  
by night, I cry out in your presence.

<sup>2</sup>Let my prayer reach you; heed my cry.

<sup>3</sup>I am steeped in trouble, on the brink of the grave.

<sup>4</sup>I am numbered among those who go down to the pit.

<sup>5</sup>My time is up and I am left to die,  
like the slain that lie in the field.

<sup>8</sup>I am shut in so that I cannot escape.

<sup>9</sup>My eyes are sunken with grief.  
All day long I call on you, O GOD,  
straining my hands towards you.

<sup>13</sup>O GOD, I cry to you for help;  
in the morning my plea comes before you.

<sup>14</sup>Why do you cast me off?  
Why do you hide your face?

## Praying Psalm 89 with Jesus

<sup>1</sup>I will sing for ever of your covenant love, O GOD.

I will proclaim your faithfulness to all generations.

<sup>2</sup>I declare that your covenant love is as established as the heavens.

<sup>3</sup>You said: 'I have made a covenant with my chosen one,  
I have sworn to my servant David:

<sup>4</sup>"I will establish your dynasty for ever.

I will ensure your throne throughout the ages".'

<sup>5</sup>The heavens proclaim your wonders, O GOD,  
your faithfulness in the assembly of your holy ones.

<sup>6</sup>For who in the skies can be compared to you?

Who is like you, O GOD, among the beings of heaven?

<sup>7</sup>You are feared in the council of the holy ones,  
great and awesome throughout the court.

<sup>8</sup>O Mighty GOD, who is your equal?

You are clothed in power and faithfulness.

<sup>9</sup>You rule over the raging of the sea; you tame its swelling waves.

<sup>10</sup>You pierced and crushed the sea monster.

<sup>11</sup>The heavens are yours; yours is the earth;

the world and all that is in it – you have established it all!

<sup>12</sup>You created the north and the south.

Tabor and Hermon joyously acclaim your name.

<sup>14</sup>Justice and right judgment are the foundation of your throne;  
covenant love and faithfulness go before you.

**<sup>15</sup>Blessed and happy are your people in their rejoicing!  
You summon us into the light.**

**<sup>16</sup>Your name is our constant joy,  
your justice is the subject of our boast.**

**<sup>17</sup>For you are our glory and our strength.  
It is through your grace that we are exalted.**

**<sup>18</sup>For you, O GOD, are our shield.  
You, the Holy One of Israel, are our king.**

**<sup>19</sup>You 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.**

**<sup>20</sup>I have found in David a servant,  
and anointed him with my holy oil.**

**<sup>21</sup>My hand will remain with him always  
and my arm will strengthen him.**

**<sup>22</sup>The enemy will not outwit him,  
the wicked will not humble him.**

**<sup>24</sup>My faithfulness and covenant love will escort him.  
In my name he will be victorious.**

**<sup>25</sup>I will extend his power from the Western Sea  
as far east as the mighty Euphrates.**

**<sup>26</sup>He will call to me: "You are my Father, my God, my rock of safety!"  
<sup>27</sup>I will make him my firstborn, the highest of the kings."**

**<sup>28</sup>I will honour my pledge of love,  
and my covenant with him will stand firm.**

<sup>29</sup>I will establish his line forever,  
and his throne will endure like the heavens.

<sup>30</sup>If his children forsake my law  
and do not live according to my ordinances,  
<sup>31</sup>if they violate my statutes  
and do not keep my commandments,  
<sup>32</sup>then I will punish their transgression with the rod  
and their guilt with scourges.

<sup>33</sup>but I will not remove from him my covenant love,  
or be false to my faithfulness.

<sup>34</sup>I will not violate my covenant,  
or go back on the word I have spoken.

<sup>35</sup>Once and for all I have sworn by my holiness  
that I will not fall short of what I have promised to David.

<sup>36</sup>His line will continue forever,  
his throne will endure before me like the sun.

<sup>37</sup>It will be established forever like the moon,  
an enduring witness in the skies.'

<sup>47</sup>Remember me. How short is my life!  
Do you create people for no reason?

<sup>48</sup>Who can live and never die?  
Who can escape the power of death?

<sup>49</sup>God\*, where is the covenant love you showed of old,  
the faithfulness you swore to David?

<sup>50</sup>See how your servant is taunted;  
how I bear in my bosom the insults of the peoples.

<sup>51</sup>How your enemies taunt me, O GOD,  
mocking your anointed at every turn.

<sup>52</sup>Blessed be GOD for ever. Amen. Amen.

## Praying Psalm 90 with Jesus

<sup>1</sup>O God\*, you have been our refuge  
from one generation to the next.

<sup>2</sup>Before there were mountains,  
before you formed the earth and its continents,  
you are our God, without beginning or end.

<sup>3</sup>You return us back to dust, children of earth back to earth.  
<sup>4</sup>For you a thousand years are like yesterday come and gone,  
passing like a watch in the night.

<sup>5</sup>You sweep away the years.  
They pass like a dream upon awakening.  
<sup>6</sup>They are like grass that springs up in the morning,  
to wither and fade by the evening.

<sup>8</sup>You lay bare our guilt,  
our secret sins in the light of your countenance.

<sup>9</sup>Our years come to an end like a sigh.  
<sup>10</sup>Even if we live seventy years, or eighty if we are strong,  
life is toil and trouble;  
the years soon pass, and we are gone.

<sup>12</sup>Teach us to make use of our days  
that we may gain wisdom of heart.

<sup>13</sup>How long, O GOD, before you turn back to us?  
Have compassion on your servants!

**<sup>14</sup>Fill us in the morning with your covenant love,  
that we may rejoice and be glad all our days.**

**<sup>15</sup>Give us joy to balance our affliction,  
for the years when we have suffered misfortune.**

**<sup>16</sup>Let your servants, young and old,  
witness the splendour of your action in our lives.**

**<sup>17</sup>Let 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

<sup>1</sup>You who live in the shelter of the Most High,  
who abide in the shade of the Almighty,

<sup>2</sup>say to GOD, 'My refuge, my fortress, my God in whom I trust.'

<sup>3</sup>Yes, God will deliver you from the snare of the hunter  
and from the deadly pestilence.

<sup>4</sup>God will cover you as a bird covers its young.

God's wings will shelter you.

God's faithfulness is your armour.

<sup>5</sup>You will not fear the terrors of the night,  
or the arrow that flies by day,

<sup>6</sup>or the pestilence that stalks in the dark,  
or the destruction that strikes at noon.

<sup>7</sup>A thousand may fall at your side,  
ten thousand at your right,  
but you, you will not be harmed.

<sup>8</sup>You have only to open your eyes  
to see how the wicked are punished.

<sup>9</sup>You have made GOD your refuge,  
the Most High your dwelling.

<sup>10</sup>No evil will befall you,  
no scourge come near your tent.

<sup>11</sup>For God will command the angels  
to guard you in all your ways.

**<sup>12</sup>They will bear you up on their hands  
lest you dash your foot against a stone.**

**<sup>13</sup>You will tread on the lion and the adder.  
You will trample on the young lion and the serpent.**

**<sup>14</sup>'I rescue those who cling to me in love.  
I protect those who know me.**

**<sup>15</sup>When I hear their cry, I answer, 'I am with you.'  
I am with them in trouble,  
I rescue them and bring them glory.**

**<sup>16</sup>With a long life I satisfy them,  
and show them my power to save.'**

## Praying Psalm 92 with Jesus

<sup>1</sup>How good it is to give you thanks, O GOD,  
to make music in your honour, O Most High,  
<sup>2</sup>to proclaim your covenant love in the morning,  
and in the night your faithfulness,  
<sup>3</sup>to the music of the lute and the harp,  
to the strumming of the lyre.

<sup>4</sup>Your deeds, O GOD, make me glad.  
I sing for joy at the works of your hands.  
<sup>5</sup>How great are your works!  
How deep your designs!

<sup>6</sup>The foolish cannot understand  
that though the wicked sprout like grass,  
<sup>7</sup>though evildoers flourish,  
they are doomed to final destruction.

<sup>8</sup>You, O GOD, are for ever on high.  
<sup>9</sup>Your enemies perish; all who do evil are scattered.

<sup>10</sup>To me you give the wild ox's strength.  
You anoint me with the purest oil.  
<sup>11</sup>I have seen the downfall of my enemies.  
I have heard the doom of my evil assailants.

<sup>12</sup>The righteous flourish like the palm tree,  
and grow like a Lebanon cedar.  
<sup>13</sup>They are planted in the house of GOD;  
they flourish in the courts of our God.

**<sup>14</sup>In old age the righteous still bear fruit;  
they are always green and full of sap,  
<sup>15</sup>proclaiming that GOD is upright;  
my rock, in whom there is no wrong.**

## Praying Psalm 93 with Jesus

<sup>1</sup>GOD is king, with majesty enrobed,  
robed with might, girded with power.

The world you established, not to be moved.

<sup>2</sup>Your throne, O GOD, has stood firm from of old.  
You are from all eternity.

<sup>3</sup>The torrents swell, the waters roar.  
Hear the crashing of their waves.

<sup>4</sup>More majestic than the roar of mighty waters,  
more glorious than the surging of the sea,  
GOD is glorious on high.

<sup>5</sup>Truly 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.'

<sup>1</sup>O GOD, reveal yourself, our avenging God!

<sup>2</sup>Rise up, O judge of the earth.

Give to the arrogant what they deserve!

<sup>3</sup>How long, O GOD, how long will the wicked strut around?

<sup>4</sup>They bluster and boast, flaunting their evil behaviour.

<sup>5</sup>They crush your people. They oppress your land.

<sup>6</sup>They kill the widow and the stranger. They murder the orphan.

<sup>7</sup>'GOD is blind,' they say. 'The God of Jacob sees nothing.'

<sup>8</sup>Pay attention you fools, you stupid people!

When will you understand?

<sup>9</sup>Does God who made the ear not hear?

Does God who made the eye not see?

<sup>10</sup>Does God who corrects the nations not punish?

Does God who teaches humankind lack knowledge?

<sup>11</sup>GOD knows our thoughts, how empty they are.

<sup>12</sup>Blessed and happy are those whom you discipline, O GOD,  
those to whom you give your law.

<sup>13</sup>They find comfort when times are bad,  
while a grave is being dug for the wicked.

<sup>14</sup>O GOD, you do not forsake your people.

You do not abandon your heritage.

<sup>15</sup>The innocent will win back their rights.

There will be a future for the righteous of heart.

<sup>16</sup>Who rises up for me against the wicked?

Who sides with me against those who do evil?

<sup>17</sup>Without your help, O GOD,

I would be lying silent in the grave.

<sup>18</sup>When I feel myself slipping,

your covenant love, O GOD, supports me.

<sup>19</sup>When the cares of my heart are many,

your consolations lift my spirit.

<sup>20</sup>Can they claim you for their side,

corrupt officials who do injustice under cover of law?

<sup>21</sup>They band together against the just,

condemning the innocent to death.

<sup>22</sup>You, O GOD, are my strength, my God, my rock of refuge.

<sup>23</sup>It is your will to wipe them out for the evil they do.

GOD, our God, will wipe them out.

## Praying Psalm 95 with Jesus

<sup>1</sup>Come, let us sing joyfully to GOD;

let us shout with joy to the Rock who saves us!

<sup>2</sup>Let us come into God's presence with thanksgiving,  
singing joyfully to the sound of music!

<sup>3</sup>For GOD is the High God, Sovereign over all the gods.

<sup>4</sup>God's hand holds the depths of the earth,  
and the mountain peaks.

<sup>5</sup>The ocean belongs to the One who shaped it,  
and the dry land to the One who formed it.

<sup>6</sup>Come, let us worship and bow low,  
let us kneel before GOD, our Maker!

<sup>7</sup>This is our God, our Shepherd.  
We are the sheep fed by God's hand.

O that today you would listen to God's voice!

<sup>8</sup>Do not harden your hearts, as at Meribah,  
as on that day at Massah in the wilderness.

<sup>9</sup>There your ancestors tested me,  
though they had seen my deeds.

<sup>10</sup>For 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.'

<sup>11</sup>I took an oath that they would never enter my rest.

## Praying Psalm 96 with Jesus

<sup>1</sup>Sing to GOD a new song! Sing to GOD, all the earth.

<sup>2</sup>Bless GOD's holy name!

Proclaim God's saving presence from day to day.

<sup>3</sup>Tell among the nations God's glory,

God's marvellous deeds all over the world.

<sup>4</sup>Great is GOD, and greatly to be praised;

to be revered above all the gods.

<sup>5</sup>Yes, the gods of the world are idols.

It was GOD who made the heavens.

<sup>6</sup>It is the same GOD of majestic light

who fills the temple with beauty.

<sup>7</sup>Acknowledge GOD, you nations,

acknowledge GOD's glory and might.

<sup>8</sup>Acknowledge the glory due to GOD!

Bring an offering. Enter the courts.

<sup>9</sup>Worship GOD in holy splendour.

Tremble before God, all the earth.

<sup>10</sup>Say among the nations, 'GOD is king!'

The world is firmly established.

God will judge the peoples with equity.

<sup>11</sup>Let the heavens rejoice and be glad,

let the sea and all within it roar.

<sup>12</sup>Let the field and all it bears rejoice.

Then will all the trees of the forest sing for joy

<sup>13</sup>before 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

<sup>1</sup>GOD is king! Let the earth rejoice.  
Let all the coastlands be glad.

<sup>2</sup>Cloud and darkness are God's raiment,  
Justice and right are the foundations of God's kingdom.

<sup>3</sup>Fire consumes all resistance.

<sup>4</sup>God's lightning lights up the world.  
The earth sees and trembles.

<sup>5</sup>Mountains melt like wax before GOD,  
before the God\* of all the earth.

<sup>6</sup>The heavens proclaim the justice of God.  
All the peoples behold God's glory.

<sup>7</sup>Worshippers of images are put to shame,  
those who boast of their worthless idols.  
You gods, bow down before GOD!

<sup>8</sup>Zion hears and is glad, the towns of Judah rejoice  
because of your judgments, O God.

<sup>9</sup>For you indeed are GOD, Most High over all the earth;  
exalted far above any god.

<sup>10</sup>GOD loves those who hate evil,  
guards the lives of the faithful,  
and rescues them from the power of the wicked.

<sup>11</sup>Light dawns for the righteous,  
and joy for the upright of heart.

<sup>12</sup>Rejoice in GOD! Praise God's holy name.

## Praying Psalm 98 with Jesus

<sup>1</sup>Sing a new song to GOD.

Celebrate the wonderful deeds wrought by God's hand.  
God's holy arm has achieved victory.

<sup>2</sup>You, O GOD, make known your saving action,  
revealing justice to the nations,

<sup>3</sup>remembering your covenant love and faithfulness  
to the house of Israel.

The ends of the earth have seen the victory of our God.

<sup>4</sup>Shout with joy to GOD, all the earth!

Break forth into joyous songs of praise!

<sup>5</sup>Sing praises to GOD with the lyre,  
with the sound of instruments.

<sup>6</sup>With trumpets and the sound of the horn  
shout with joy before GOD, our king.

<sup>7</sup>Let the sea roar, and all that fills it,  
the world and those who live in it.

<sup>8</sup>Rivers clap your hands! Hills ring out your joy!

<sup>9</sup>For GOD is coming, coming to judge the earth,  
to rule the world justly, to govern the peoples with equity.

## Praying Psalm 99 with Jesus

<sup>1</sup>GOD is king; let the nations tremble!

GOD sits enthroned upon the cherubim. Let the earth quake!

<sup>2</sup>YOU are great in Zion, exalted over all the peoples.

<sup>3</sup>Let them praise your great and awesome name!

*'GOD is Holy!'*

<sup>4</sup>Mighty King, lover of right judgment,

you have established equity.

You have executed justice and righteousness in Jacob.

<sup>5</sup>Praise GOD, our God.

Bow down before Zion, God's footstool.

*'GOD is Holy!'*

<sup>6</sup>Moses and Aaron were GOD's priests.

Samuel was among those who called on GOD's name.

They cried to GOD, and were answered.

<sup>7</sup>GOD spoke in the pillar of cloud.

They kept the decrees and statutes,

given them by GOD.

<sup>8</sup>O GOD, you answered them.

For them you were a God who forgives;

Yet you punished all their offences.

<sup>9</sup>Praise GOD and worship at his holy mountain.

For *GOD, our God, is holy.*

## Praying Psalm 100 with Jesus

<sup>1</sup>Cry out with joy to GOD all the earth.

<sup>2</sup>Serve GOD with gladness.

Come into the Presence singing for joy.

<sup>3</sup>Know that GOD is God,

our maker, to whom we belong.

We are the flock. GOD is our shepherd.

<sup>4</sup>Enter the temple gates with thanksgiving,

Enter the courts with songs of praise.

Give thanks and bless God's name.

<sup>5</sup>Indeed how good is GOD,

whose covenant love is eternal,

who is faithful from age to age.

## Praying Psalm 101 with Jesus

<sup>1</sup>I sing of covenant love and right judgment.  
To you, O GOD, I make music.

<sup>2</sup>I live the truth I sing, as I come before you.  
I show my royal household how to live a perfect life.

<sup>3</sup>I do not admire anything dishonourable.  
I hate the ways of the wicked.  
They will never attach themselves to me.

<sup>4</sup>Perverseness of heart will be far from me.  
I want nothing to do with evil.

<sup>5</sup>I silence anyone who secretly slanders a neighbour.  
I do not tolerate a haughty look or an arrogant heart.

<sup>6</sup>I 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.

<sup>7</sup>No one who practises fraud  
will remain in my house.  
No one who utters lies  
will continue in my presence.

<sup>8</sup>Morning 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

<sup>1</sup>Hear my prayer, O GOD, let my pleading reach you.

<sup>2</sup>Do not hide your face in my hour of need.

Listen to me; answer me speedily when I call.

<sup>3</sup>For my days dissolve like smoke, my bones burn like a furnace.

<sup>4</sup>My heart withers like grass. I am too weak to eat,

<sup>5</sup>so consumed am I with grief. I am all skin and bone.

<sup>6</sup>I am like a bird in the wilderness,  
like a young owl haunting the ruins.

<sup>7</sup>I lie awake and moan.

I am like a solitary bird on the rooftop.

<sup>8</sup>All day long my enemies taunt me.

They use my name to curse me.

<sup>9</sup>I eat ashes for bread, and mingle tears with my drink.

<sup>11</sup>My days are like a lengthening shadow.

I wither away like grass.

<sup>12</sup>But you, O GOD, reign for ever.

Your name endures from one generation to the next.

<sup>13</sup>Rise up! Have compassion on Zion,  
for it is time to favour us with your grace.

<sup>14</sup>Your servants hold dear its stones,  
and cherish even its dust.

<sup>15</sup>Nations will fear YOU,  
kings will be in awe of your glory.

<sup>16</sup>GOD, when you rebuild the walls of Zion,  
you will appear in glory.

**<sup>17</sup>You hear the prayer of the destitute.**

**You do not despise their plea.**

**<sup>18</sup>Write this down for a future generation,  
so that a people yet unborn may praise GOD.**

**<sup>19</sup>GOD watches from heaven, observing the earth.**

**<sup>20</sup>GOD hears the groans of the prisoners,  
and sets free those condemned to die.**

**<sup>21</sup>They chant GOD's name in Zion,  
GOD's praise in Jerusalem.**

**<sup>22</sup>There peoples and kingdoms gather to worship GOD.'**

**<sup>24</sup>I say, 'My God, do not take me away.**

**My life is only half spent,**

**while you endure throughout all generations.'**

**<sup>25</sup>Long ago you laid the foundation of the earth,  
and the heavens are the work of your hands.**

**<sup>26</sup>They will perish, but you endure.**

**They will all wear out like a garment.**

**You change them like clothing, and throw them away;**

**<sup>27</sup>but you are the same. Your years will never end.**

**<sup>28</sup>May your servant's line last for ever.**

**May our children grow strong under your gaze.**

## Praying Psalm 103 with Jesus

<sup>1</sup>Bless GOD, O my soul.

All that is within me, bless GOD's holy name.

<sup>2</sup>Bless GOD, O my soul.

Never forget GOD's blessings.

<sup>3</sup>Bless GOD, who forgives our sins,

and heals every one of our ills,

<sup>4</sup>who keeps us from the grave,

and surrounds us with covenant love and compassion,

<sup>5</sup>who fills us with good things as long as we live,

renewing our strength like the eagle's.

<sup>6</sup>O GOD, you see to justice and right judgments

for all the oppressed,

<sup>7</sup>revealing your ways to Moses,

and your deeds to the people of Israel.

<sup>8</sup>GOD is tenderly compassionate and gracious,

slow to anger and abounding in covenant love.

<sup>9</sup>GOD will accuse us, but not always,

and be angry, but not for ever.

<sup>10</sup>GOD will not deal with us as our sins deserve,

nor repay us according to our guilt.

<sup>11</sup>For as the heavens are high above the earth,

so great is GOD's covenant love

toward those who revere [*fear*] God.

<sup>12</sup>As far as the east is from the west,

so far God removes from us our sins.

**<sup>13</sup>As a father has compassion for his children,  
so GOD has compassion for us who revere [fear] God.**

**<sup>14</sup>GOD does not fail to remember that we are but dust.**

**<sup>15</sup>As for us mortal human beings, our days are like grass;  
they flourish like a flower of the field.**

**<sup>16</sup>Come the wind, the flower is gone,  
and its place does not remember it.**

**<sup>17</sup>But 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,**

**<sup>18</sup>to all who keep your covenant  
and take care to carry out your commandments.**

**<sup>19</sup>GOD reigns from heaven, governing the universe.**

**<sup>20</sup>Praise GOD, you mighty angels who do God's bidding,  
always obedient to God's word.**

**<sup>21</sup>Praise GOD, you powers, eager to carry out GOD's will.**

**<sup>22</sup>Praise GOD, you creatures, subject to GOD's rule.**

**Praise GOD, O my soul!**

## Praying Psalm 104 with Jesus

<sup>1</sup>Praise GOD, O my soul.

O GOD, my God, how wonderful you are.

You are clothed with beauty and majesty,

<sup>2</sup>wrapped in a mantle of light.

You stretch out the heavens like a tent.

<sup>3</sup>You establish your dwelling above the rains.

You make the clouds your chariot,  
and ride on the wings of the wind.

<sup>4</sup>You make the storm your herald.

The lightning carries out your will.

<sup>5</sup>You set the earth on its foundations.

It will never be shaken.

<sup>6</sup>You cover it with the ocean as with a garment.

The waters rise up to assault the mountains.

<sup>7</sup>When you rebuke the waters they flee;

at the rumble of your thunder they take to flight.

<sup>8</sup>They rose up to the mountains

and ran down to the valleys,

to the place you appointed for them.

<sup>9</sup>You set a boundary that the waters may not pass,

so that they might not again cover the earth.

<sup>10</sup>You make rivers gush forth from their springs,

to flow between the hills,

<sup>11</sup>giving drink to the wild animals.

The wild asses quench their thirst.

<sup>12</sup>The birds of the air nest near the streams,  
and sing among the branches.

<sup>13</sup>From your lofty abode you water the hills.  
The ground drinks its fill of your gift.

<sup>14</sup>You cause the grass to grow for the cattle,  
and plants through human labour.

We are to produce food from the fields,

<sup>15</sup>wine to gladden the heart,  
oil to make the face shine,  
and bread for strength.

<sup>16</sup>The trees of GOD are watered abundantly,  
the cedars of Lebanon planted by God.

<sup>17</sup>Birds nest in their branches.

On the tree-top the stork has its home.

<sup>18</sup>High mountains are for the wild goats;  
rocks are a refuge for the hyrax.

<sup>19</sup>You make the moon to mark the seasons.  
The sun knows its time for setting.

<sup>20</sup>You make darkness, and it is night,  
when all the animals of the forest come out.

<sup>21</sup>The young lions roar to you  
as they search for their prey.

<sup>22</sup>At the rising of the sun they withdraw,  
and go to rest in their dens.

<sup>23</sup>We go out to our work and labour until evening.

**<sup>24</sup>O GOD, how manifold are your works!  
Everything you have done is masterly;  
the earth is full of your wonderful creatures.**

**<sup>25</sup>Yonder is the sea, great and wide,  
filled with fish past counting.**

**<sup>26</sup>There ships ply their trade,  
and there is Leviathan that you made for play.**

**<sup>27</sup>All these creatures look to you  
to give them their food in due season.**

**<sup>28</sup>When you provide it, they feed.  
When you open wide your hand, they have their fill.**

**<sup>29</sup>When you hide your face, they are dismayed.  
When you take away their breath, they die and return to dust.**

**<sup>30</sup>You send forth your breath, and they are created,  
and you renew the face of the earth.**

**<sup>31</sup>May your glory, O GOD, endure for ever.  
May YOU rejoice in creation.**

**<sup>32</sup>One look from YOU and the earth trembles.  
One touch, and the mountains erupt.**

**<sup>33</sup>I will sing to GOD as long as I live.  
I will sing praise to my God, while I have breath to do so.**

**<sup>34</sup>May my meditation be pleasing to YOU,  
for I delight in YOU.**

**<sup>35</sup>May 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

<sup>1</sup>Give thanks to GOD, call on GOD's name,  
Tell all the peoples what GOD has done.

<sup>2</sup>Sing to the sound of instruments;  
tell of all the wonderful things GOD has done.

<sup>3</sup>Sing Alleluia to GOD's holy name.  
May the hearts of those who seek GOD rejoice.

<sup>4</sup>Seek continually for the presence and the power of God.

<sup>5</sup>Remember God's wonderful deeds,  
God's miracles, and judgments,  
<sup>6</sup>you offspring of God's servant Abraham,  
you children of Jacob, the chosen of GOD.

<sup>7</sup>GOD is our God, judge of all the earth,  
<sup>8</sup>ever mindful of the covenant,  
<sup>9</sup>the promise made to Abraham,  
<sup>10</sup>the oath to Isaac, confirmed to Jacob,  
the everlasting commitment made to Israel  
fixed for a thousand generations.

<sup>11</sup>God said 'To you I will give a land,  
Canaan, as your inheritance.'

<sup>12</sup>When they were few in number, of little account,  
and strangers in the land,

<sup>13</sup>wandering from nation to nation,  
from one kingdom to another,

<sup>14</sup>God allowed no one to oppress them,  
rebuking kings on their account:

<sup>15</sup>Do not touch my anointed ones; do my prophets no harm.'

<sup>16</sup>God caused famine to ravish the land,  
and took away their sustenance.

<sup>17</sup>Joseph was sent on ahead, sold as a slave.

<sup>18</sup>His feet were bound with fetters,  
his neck with a collar of iron,

<sup>19</sup>until what he had said came to pass,  
and he was vindicated by the word of GOD.

<sup>20</sup>Pharaoh released him;  
the ruler of nations set him free.

<sup>21</sup>He made him master of the palace,  
steward of all his possessions,

<sup>22</sup>to instruct his officials at his pleasure,  
and to teach his elders wisdom.

<sup>23</sup>Then Israel came to Egypt;  
Jacob lived there as an alien.

<sup>24</sup>GOD made Jacob's people fruitful,  
stronger than their foes,

<sup>25</sup>whose hearts God then turned to hate Israel.  
They were eager to enslave them.

<sup>26</sup>God sent Moses, the servant of the Lord,  
and Aaron, the chosen one.

<sup>27</sup>They performed signs among them,  
and miracles in Egypt.

<sup>28</sup>God covered the land in darkness,  
but still they resisted.

<sup>29</sup>God turned their waters into blood,  
causing their fish to die.

<sup>30</sup>Their land swarmed with frogs,  
even in the chambers of their king.

<sup>31</sup>God spoke, and there came swarms of flies,  
and gnats throughout their country.

<sup>32</sup>God sent hail to pound them,  
and lightning to strike the land.

<sup>33</sup>God struck their vines and fig trees,  
and shattered the trees throughout the land.

<sup>34</sup>God spoke, and the locusts came,  
young locusts without number.

<sup>35</sup>They devoured all the vegetation,  
the fruit of the land.

<sup>36</sup>God struck Egypt's first born,  
the first issue of their strength.

<sup>37</sup>Then God led Israel out with silver and gold.  
Not one among them faltered.

<sup>38</sup>Egypt was glad when they departed,  
for dread had fallen upon them.

<sup>39</sup>God spread a cloud for a covering,  
and fire glowing by night.

<sup>40</sup>Israel prayed, and God sent quails,  
and gave them food from heaven in abundance.

<sup>41</sup>God opened a rock, and water gushed out,  
flowing through the desert like a river.

<sup>42</sup>God remembered the holy promise,  
given to Abraham, the servant of God.

<sup>43</sup>God brought the people out with joy,

the chosen ones with shouts of rejoicing.

<sup>44</sup>God gave them the lands of the nations,  
and they took possession of the wealth of the peoples,  
<sup>45</sup>that they might keep the commandments  
and observe God's law. Alleluia!

## 1. Praying Psalm 106:1-7 with Jesus

<sup>1</sup>Praise GOD! (Alleluia!)

Give thanks to GOD, who is good.

Your covenant love endures for ever.

<sup>2</sup>Who can number GOD's mighty deeds,  
or sing enough praise?

<sup>3</sup>Blessed and happy are those who do what is right,  
and act with justice at all times.

<sup>4</sup>Remember me, O GOD,  
when you demonstrate your love for your people.

Help me when you rescue them,

<sup>5</sup>that 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.

<sup>6</sup>Like our ancestors we have sinned;  
we are guilty; we have acted wickedly.

<sup>7</sup>In 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

<sup>8</sup>Yet, true to God's name, God saved them,  
to reveal God's mighty power.

<sup>9</sup>God rebuked the Red Sea, and it dried up. [see Exodus 14]  
The deep was as dry ground.

<sup>10</sup>God led the people across,  
rescuing them from the enemy's power.

<sup>11</sup>The waters swallowed their adversaries.  
Not one of them survived.

<sup>12</sup>Then our ancestors believed God's word  
and sang songs of praise.

<sup>13</sup>But they soon forgot God's deeds.  
They lost faith in God's designs. [see Numbers 11]

<sup>14</sup>They had a wanton craving in the wilderness,  
and in the desert put God to the test.

<sup>15</sup>God gave them what they wanted,  
but sent a wasting disease among them.

<sup>16</sup>They were jealous of Moses in the camp,  
and of Aaron, GOD's holy one.

<sup>17</sup>The earth opened and swallowed up Dathan,  
burying alive the followers of Abiram. [see Numbers 16]

<sup>18</sup>Fire broke out amongst them,  
its flame consuming the wicked.

<sup>19</sup>They made a calf at Horeb  
and worshipped a cast image.

<sup>20</sup>They exchanged the glory of God

for the image of an ox that eats grass. [see Exodus 12]

<sup>21</sup>They forgot their God,  
the God who had saved them

<sup>22</sup>by doing great things in Egypt,  
and awesome deeds by the Red Sea.

<sup>23</sup>God 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]

<sup>24</sup>They scorned the land of promise,  
having no faith in God's promise. [see Numbers 14]

<sup>25</sup>They grumbled in their tents,  
and did not obey the voice of GOD.

<sup>26</sup>So God swore an oath  
to make them fall in the wilderness,

<sup>25</sup>and would disperse their descendants among the nations,  
scattering them over the lands.

<sup>28</sup>They attached themselves to the Baal of Peor,  
and ate sacrifices offered to the dead. [see Numbers 25]

<sup>29</sup>They provoked GOD with the way they were behaving.  
and a plague broke out among them.

<sup>30</sup>Phinehas stood up and interceded,  
and the plague was checked.

<sup>31</sup>This has been to his honour ever since.

<sup>32</sup>They angered GOD at the waters of Meribah,  
and it went ill with Moses on their account;

<sup>33</sup>for they made his spirit bitter,  
and he spoke rash words. [see Exodus 17 and Numbers 20]

<sup>34</sup>They failed to destroy the peoples, as the Lord had commanded,  
<sup>35</sup>but intermarried with them and adopted their customs.

<sup>36</sup>They worshipped their idols,  
which became to them a snare.

<sup>37</sup>They sacrificed their sons and their daughters to the demons.

<sup>38</sup>shedding 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.

<sup>39</sup>Thus they prostituted themselves by their deeds.

<sup>40</sup>Then the anger of GOD  
was kindled against the people.

God was disgusted with them,

<sup>41</sup>and handed them over to the nations.

<sup>42</sup>Their enemies oppressed them,  
and they were ruled by their foes.

<sup>43</sup>Again and again God delivered them,  
but they were stubborn, and their sins brought them down.

<sup>44</sup>But still God saw their plight  
and heard their cry of distress.

<sup>45</sup>Remembering the covenant,  
God showed compassion  
according to the abundance of GOD's covenant love.

<sup>46</sup>God caused them to be pitied by their captors.

### **3. Praying Psalm 106:47-48 with Jesus**

<sup>47</sup>Save 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**

<sup>48</sup>Blessed be GOD, the God of Israel, for ever and ever.

Let all the people say, "Amen." Praise GOD! (Alleluia).

## Praying Psalm 107 with Jesus

<sup>1</sup>Give thanks to GOD who is good.  
Your covenant love endures for ever.

<sup>2</sup>Let those saved by GOD tell their story:  
how they were redeemed from the power of the enemy,  
<sup>3</sup>and gathered in from far-off lands,  
from east and west, north and south.

<sup>4</sup>Some wandered in desert wastes,  
unable to find a town where they could dwell.

<sup>5</sup>Exhausted from hunger and thirst  
they were on the verge of collapsing.

<sup>6</sup>*Then they cried out to you, O GOD,  
and you came to their rescue,*

<sup>7</sup>leading them by a straight way  
to a place where they could make a home.

<sup>8</sup>*They celebrate your covenant love,  
all the wonderful things you have done.*

<sup>9</sup>You, O GOD, satisfy the thirsty,  
and see that the hungry have food.

<sup>10</sup>Some sat in darkness and gloom,  
prisoners in misery and chains,

<sup>11</sup>having rebelled against the word of God,  
and spurned the counsel of the Most High.

<sup>12</sup>Weighed down by the burden of their misery  
they collapsed with no one to help them.

<sup>13</sup>*Then they cried out to you, O GOD,  
and you came to their rescue,*  
<sup>14</sup>**breaking their fetters,  
and dispersing the gloom.**

<sup>15</sup>*They celebrate your covenant love,  
all the wonderful things you have done.*

<sup>16</sup>**GOD shatters bronze doors  
and cuts through iron bars.**

<sup>17</sup>**Some became ill,  
struck down because of their sin.**

<sup>18</sup>**They loathed any kind of food,  
and drew near to the gates of death.**

<sup>19</sup>*Then they cried out to you, O GOD,  
and you came to their rescue,*

<sup>20</sup>**speaking a word of healing  
which delivered them from death.**

<sup>21</sup>*They celebrate your covenant love,  
all the wonderful things you have done.*

<sup>22</sup>**Offering a sacrifice of praise.**

<sup>23</sup>**Merchants sailed the sea in ships,  
doing trade on the mighty waters.**

<sup>24</sup>**They witnessed the deeds of GOD,  
all the wonders of the deep.**

<sup>25</sup>**A storm whipped up the waves.**

<sup>26</sup>**They mounted up to heaven,  
then plunged down to the depths.  
Their courage melted away in the calamity.**

**<sup>27</sup>They reeled and staggered  
like drunken men at their wit's end.**

**<sup>28</sup>*Then they cried out to you, O GOD, and you came to their rescue.***

**<sup>29</sup>You stilled the storm and the waves were calmed.**

**<sup>30</sup>They rejoiced in the calm, and you brought them to port.**

**<sup>31</sup>*They celebrate your covenant love, O GOD,  
all the wonderful things you have done.***

**<sup>32</sup>They thank you, O GOD, when the people assemble.  
They give voice to their praise  
when the elders come together.**

**<sup>33</sup>YOU turn rivers into a desert,  
springs of water into thirsty ground,**

**<sup>34</sup>a fruitful land into a salty waste.**

**<sup>35</sup>But YOU also transform a desert with springs of water,  
change a parched waste into fertile land,**

**<sup>36</sup>giving it to the hungry, for them to establish a town.**

**<sup>37</sup>They sow crops and plant their vines,  
and gather in the harvest.**

**<sup>38</sup>With Your blessing they prosper;  
people and cattle flourish.**

**<sup>39</sup>If the people fail to prosper,  
suffering the effects of oppression,**

**<sup>40</sup>Their leaders will find themselves  
wandering in trackless wastes.**

**<sup>41</sup>But YOU lift up the needy from their distress,  
shepherding them like a flock.**

**<sup>42</sup>The upright see and rejoice.**

**Those who do wrong are silenced.**

**<sup>43</sup>Let 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

<sup>1</sup>My heart is steadfast, O God, my heart is steadfast.

I will sing and make melody. Awake, my soul!

<sup>2</sup>Awake, harp and lyre! I will awake the dawn.

<sup>3</sup>I will give thanks to you, O GOD, among the peoples.

I will sing praises to you among the nations.

<sup>4</sup>For your covenant love is as high as the heavens;  
your faithfulness extends to the clouds.

<sup>5</sup>Rise up, O God, above the heavens.

Let your glory fill the earth.

## Reflecting on Psalm 108:6-13 in Jesus' Company

<sup>6</sup>Give victory with your right arm,  
so that those whom you love may be rescued.

<sup>7</sup>God has decreed in his sanctuary:

'I will triumph and divide the land of Shechem.

I will portion out the Vale of Succoth;

<sup>8</sup>for Gilead is mine, and Manasseh.

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

<sup>9</sup>Moab is my washbowl; on Edom I plant my shoe.

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

<sup>10</sup>Who will lead us to Edom to breach the city wall?

<sup>11</sup>God, will you still hold back? Will you desert our camp?

<sup>12</sup>Grant us help against the foe, for human help is of no avail.

<sup>13</sup>With 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)

<sup>17</sup>He loved to curse; let curses rebound on his head.  
He did not offer a blessing; may he not receive one.

<sup>18</sup>He clothed himself with cursing as his coat,  
may it soak into his body like water, into his bones like oil.

<sup>19</sup>May 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

<sup>21</sup>But you, O GOD, my God\*,  
act on my behalf for your name's sake.  
Because you are good, rescue me.

<sup>22</sup>For I am poor and needy, and my heart is wounded.

<sup>23</sup>I am fading like a shadow at evening.  
I am brushed aside like a locust.

<sup>24</sup>My knees are weak through fasting;  
my flesh has become gaunt.

<sup>25</sup>I am an object of scorn to my accusers.  
When they see me, they shake their heads.

<sup>26</sup>Help me, O GOD, my God!  
Save me according to your covenant love.

<sup>27</sup>Let them see your hand at work.  
Let them know that you have acted.

<sup>28</sup>They curse, but you will bless.

Let my assailants be put to shame.

May your servant be glad.

<sup>29</sup>May my accusers be clothed with dishonour.

May they be wrapped in their own shame as in a mantle.

<sup>30</sup>I raise my voice in thanks to GOD;

I praise my God in the midst of the throng.

<sup>31</sup>For 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

<sup>1</sup>A decree of GOD to my king:

‘Sit on my right.

I will make you master of your enemies.’

<sup>2</sup>GOD will wield from Zion your sceptre of power.

will conquer your foes in battle.

<sup>3</sup>Your 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.

<sup>4</sup>GOD has sworn an oath and will not change:

‘You are a priest for ever

a priest like Melchizedek of old.’

<sup>7</sup>The king will drink from a wayside stream,  
and rise up refreshed.

## Praying Psalm 111 with Jesus

<sup>1</sup>Praise GOD (Alleluia)!

I give thanks to GOD with all my heart,  
in the assembly of the upright.

<sup>2</sup>Look at what GOD has done.

Reflect upon it with admiration.

<sup>3</sup>Glorious and majestic are the deeds of GOD,  
whose justice endures forever.

<sup>4</sup>Who can fail to acclaim GOD's wonderful deeds?  
GOD is gracious and tenderly compassionate,

<sup>5</sup>nourishing the faithful,  
ever mindful of the covenant,

<sup>6</sup>demonstrating mighty deeds,  
giving them a land, the heritage of the nations.

<sup>7</sup>GOD's deeds are according to truth and right judgment.  
All GOD's precepts can be trusted.

<sup>8</sup>Enacted in justice and truth,  
they are established forever.

<sup>9</sup>GOD has redeemed the chosen people,  
ratifying the covenant for all time.  
Holy and awesome is GOD's name.

<sup>10</sup>Reverence 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

<sup>1</sup>Praise GOD (Alleluia)!

Blessed and happy are those who revere [fear] GOD,  
and delight in GOD's law.

<sup>2</sup>Their descendants too will be blessed.

They will be mighty in the land.

<sup>3</sup>Their households thrive,

their righteousness endures for ever.

<sup>4</sup>When they find themselves in the dark,

a light is shining for them:

the light of their GOD who is gracious,  
tenderly compassionate and just.

<sup>5</sup>All goes well for those

who deal generously and lend,

who conduct their affairs with justice.

<sup>6</sup>They will never falter and will be remembered for ever.

<sup>7</sup>They are not afraid of evil tidings.

Their hearts are secure in GOD.

<sup>8</sup>Steady and fearless, they are not afraid of their enemy.

<sup>9</sup>They give generously to the poor.

Their righteousness endures.

Their strength brings them honour.

They will never falter.

<sup>10</sup>The 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

<sup>1</sup>Praise GOD! [Alleluia].

<sup>2</sup>O servants of GOD, praise GOD,  
now and forever.

<sup>3</sup>From the rising of the sun to its setting,  
praised be GOD, who is on high, above all nations.

<sup>4</sup>GOD's glory shines over the heavens.

<sup>5</sup>Who is like our GOD, enthroned on high?

<sup>6</sup>GOD looks down upon heaven and earth,  
to raise the poor from the dust.

<sup>7</sup>GOD raises the needy from their misery,

<sup>8</sup>to seat them with princes, with the leaders of the people.

<sup>9</sup>It is God who gives a home to the barren woman,  
and gladdens her heart with children.

Praise GOD! [Alleluia].

## Praying Psalm 114 with Jesus

<sup>1</sup>When Israel came out from Egypt,  
the house of Jacob from an alien people,

<sup>2</sup>Judah became God's sanctuary,  
Israel, God's dominion.

<sup>3</sup>The sea pulls back before them,  
the Jordan retreats.

<sup>4</sup>The mountains leap like rams,  
the hills like yearling sheep.

<sup>5</sup>Why shrink back, O sea?  
Jordan, why do you retreat?

<sup>6</sup>Mountains, why is it that you leap like rams,  
you hills, like yearling sheep?

<sup>7</sup>Tremble, O earth, at the presence of GOD,  
at the sight of the God of Jacob,

<sup>8</sup>who turns rock into a pool,  
flint into a spring of water.

## Praying Psalm 115 with Jesus

<sup>1</sup>Not to us, O GOD, not to us, but to your name give glory,  
because of your covenant love,  
because of your faithfulness.

<sup>2</sup>Why do the nations say, 'Where is their God?'

<sup>3</sup>Our God is in the heavens and answers to no one.

<sup>4</sup>Their gods are crafted by hand, mere silver and gold.

<sup>5</sup>They have mouths, but do not speak; eyes,  
but do not see.

<sup>6</sup>They have ears, but do not hear; noses, but do not smell.

<sup>7</sup>They have hands, but do not feel; feet, but do not walk.  
No sound comes forth from their hollow throats.

<sup>8</sup>Those who make them are like them;  
as are all who trust in them.

<sup>9</sup>Israel, trust in GOD,  
your strength and your shield.

<sup>10</sup>House of Aaron, trust in GOD,  
your strength and your shield.

<sup>11</sup>All who revere ['fear'] GOD, trust in GOD,  
your strength and your shield.

<sup>12</sup>Always mindful of us, GOD will bless us all:  
the house of Israel; the house of Aaron;

<sup>13</sup>all who revere ['fear'] GOD, both small and great.

<sup>14</sup>May GOD bless you more and more,  
you and your children.

<sup>15</sup>May you be truly blessed

**by the Maker of heaven and earth.**

**<sup>16</sup>The heavens belong to GOD,  
who has entrusted the earth to you.**

**<sup>17</sup>The dead go down into silence.**

**They do not praise GOD.**

**<sup>18</sup>But we, the living, bless GOD,  
now and for ever. Amen! Praise GOD! [Alleluia]**

## Praying Psalm 116 with Jesus

<sup>1</sup>I am filled with love for GOD who hears me when I call.

<sup>2</sup>I will continue to call on you, O GOD, as long as I live.

<sup>3</sup>Death's trap was set. The grave had me in its grip.

I was overcome with distress and anguish.

<sup>4</sup>I cried out to GOD: 'Rescue me, O GOD! Save me!'

<sup>5</sup>Gracious is GOD, and just, and tenderly compassionate.

<sup>6</sup>GOD shelters those who are weak.

When I was brought low, God saved me.

<sup>7</sup>Rest once more, my heart,

for GOD has dealt bountifully with you.

<sup>8</sup>GOD, you have delivered me from death,

wiping my tears, steadying my feet.

<sup>9</sup>I am walking with YOU in the land of the living.

<sup>10</sup>I believe, even as I say, 'I am sorely afflicted.'

<sup>11</sup>I believe, even as I cry, 'No one can be trusted.'

<sup>12</sup>How can I repay GOD for all the goodness I am shown?

<sup>13</sup>*I raise the cup of salvation and call on you, O GOD.*

<sup>14</sup>*I fulfill my vows to YOU in the presence of all your people.*

<sup>15</sup>O GOD, you hate to see your faithful die.

<sup>16</sup>I am your servant, the child of your serving girl.

You freed me from death's grip.

<sup>17</sup>*I offer a thanksgiving sacrifice, and call on you, O GOD.*

<sup>18</sup>*I fulfill my vows to YOU in the presence of all your people,*

<sup>19</sup>**in the courts of the house of GOD,**

**in your midst, O Jerusalem. Praise GOD! [Alleluia]**

## Praying Psalm 117 with Jesus

<sup>1</sup>Praise GOD, all you nations!

Extol our God, all you peoples!

<sup>2</sup>Great is GOD's covenant love for us.

GOD is forever faithful.

Praise GOD! [Alleluia]

## Praying Psalm 118 with Jesus

<sup>1</sup>*Give thanks to GOD who is good.*

*GOD's covenant love endures for ever!*

<sup>2</sup>**Let the people proclaim:**

**'GOD's covenant love endures forever.'**

<sup>3</sup>**Let the priests proclaim:**

**'GOD's covenant love endures forever.'**

<sup>4</sup>**Let all who revere ['fear'] GOD proclaim:**

**'GOD's covenant love endures forever.'**

<sup>5</sup>**I called to GOD in my distress.**

**GOD answered and set me free.**

<sup>6</sup>**With GOD on my side,**

**I do not fear what people can do to me.**

<sup>7</sup>**GOD is with me to help me.**

**I will see my enemies defeated.**

<sup>8</sup>**It is better to take refuge in GOD  
than to rely on human help.**

<sup>9</sup>**It is better to take refuge in GOD  
than to trust in princes.**

<sup>10</sup>**The nations surrounded me.**

**Calling on GOD, I drove them back!**

<sup>11</sup>**They surrounded me on every side.**

**Calling on GOD, I drove them back!**

<sup>12</sup>**They swarmed like bees,**

**and blazed like a brushwood fire.**

**Calling on GOD, I drove them back!**

**<sup>13</sup>I was hard pressed and falling.**

**GOD came to my help.**

**<sup>14</sup>GOD is my strength, my song, my saviour.**

**<sup>15</sup>Glad shouts of victory ring out  
in the tents of the righteous.**

**'With triumphant arm raised high,**

**<sup>16</sup>GOD has conquered!'**

**<sup>17</sup>I will not die.**

**I will live to recount GOD's deeds.**

**[<sup>18</sup>GOD punished me severely,]**

**but did not leave me to die.**

**<sup>19</sup>Open to me the gates of righteousness,  
that I may enter and give thanks.**

**<sup>20</sup>This is GOD's gate.**

**Through it only the righteous can enter.**

**<sup>21</sup>I thank you that you have answered me.**

**You have become my saviour.**

**<sup>22</sup>The stone that the builders rejected  
has become the corner stone.**

**<sup>23</sup>This is GOD's doing;  
it is marvellous in our eyes.**

**<sup>24</sup>This is the day GOD has made;  
let us rejoice in it and be glad.**

**<sup>25</sup>Save us, we beseech you, O GOD!  
O GOD, grant us success!**

**<sup>26</sup>Blessed is the one who comes in GOD's name.**

**We bless you from GOD's house.**

**GOD is our light.**

<sup>27</sup>**On this our festival go forward with branches  
even to the altar.**

<sup>28</sup>**You are my God. I give you thanks.  
You are my God. I extol you.**

<sup>29</sup>*Give thanks to GOD who is good.  
Your covenant love endures forever!*

# Praying Psalm 119 with Jesus

## Stanza One

<sup>1</sup>Blessed and happy are those whose lives are blameless,  
who follow GOD's law,

<sup>2</sup>Blessed and happy are those who keep GOD's decrees  
seeking God with all their heart,

<sup>3</sup>who do no wrong, but follow GOD's way.

<sup>4</sup>You have laid down your precepts  
to be observed with care.

<sup>5</sup>O that I was steadfast in keeping your statutes!

<sup>6</sup>I would be without shame,  
if only my eyes were fixed on your commandments.

<sup>7</sup>I praise you with an upright heart,  
as I learn your righteous judgments.

<sup>8</sup>Hold me close to you,  
and I will observe your statutes.

## Stanza Two

<sup>9</sup>How can young people keep themselves pure?  
By paying attention to your word.

<sup>10</sup>With all my heart I seek you; do not let me stray.

<sup>11</sup>I treasure your word in my heart,  
to avoid offending you.

<sup>12</sup>Blessed are you, O GOD; teach me your statutes.

<sup>13</sup>With my lips I recite the judgments you have uttered.

<sup>14</sup>I delight in your ways, more than in great riches.

<sup>15</sup>I meditate on your precepts,  
and fix my eyes on your way.

<sup>16</sup>I delight in your statutes. I remember your word.

### Stanza Three

<sup>17</sup>Deal bountifully with your servant,  
so that I may live and observe your word.

<sup>18</sup>Open my eyes, that I may behold  
wondrous things in your law.

<sup>19</sup>I am a pilgrim on the earth;  
do not hide your commandments from me.

<sup>20</sup>My soul is constantly consumed  
with longing for your judgments.

<sup>21</sup>You rebuke the insolent,  
who wander from your commandments.

<sup>22</sup>Save me from their scorn and contempt,  
for I keep your decrees.

<sup>23</sup>Even though princes sit plotting against me,  
I, your servant, meditate on your statutes.

<sup>24</sup>Your decrees are my delight; they are my counsellors.

### Stanza Four

<sup>25</sup>I lie in the dust; revive me by your word.

<sup>26</sup>I tell you of my straying  
and you answer by teaching me your statutes.

<sup>27</sup>When you make me understand your precepts,  
I recognize your wondrous works.

<sup>28</sup>When I am numb with grief,  
revive me with your word.

<sup>29</sup>Turn me away from false paths,  
graciously teach me your law.

<sup>30</sup>I have chosen the way of faithfulness,  
cherishing your judgments.

<sup>31</sup>O GOD, I cling to your decrees.  
Do not disappoint me.

<sup>32</sup>I hasten along the way of your commandments,  
for you set free my heart.

#### Stanza Five

<sup>33</sup>Teach me, O GOD, the way of your statutes,  
and I will observe them closely.

<sup>34</sup>Help me understand your will,  
that I may keep your law with all my heart.

<sup>35</sup>Guide me along your path, for in it I delight.

<sup>36</sup>Turn my heart to your decrees, and not to selfish gain.

<sup>37</sup>Keep my eyes from looking at vanities;  
give me life in your way.

<sup>38</sup>Confirm to your servant your promise,  
which is for those who revere ['fear'] you.

<sup>39</sup>Keep me from the disgrace that I dread.  
How good are your judgments.

<sup>40</sup>See, I long for your precepts;  
in your righteousness, give me life.

## Stanza Six

<sup>41</sup>Touch me, O GOD, with your covenant love.

Save me as you promised.

<sup>42</sup>Then I will have an answer for those who taunt me,  
for I trust in your word.

<sup>43</sup>Let me speak the whole truth,  
for my hope is in your judgments.

<sup>44</sup>I keep your law, now and always will.

<sup>45</sup>I walk freely, following your precepts.

<sup>46</sup>I will speak of your decrees before kings,  
and not be ashamed.

<sup>47</sup>I find my delight in your commandments,  
because I love them.

<sup>48</sup>I revere your commandments, which I love,  
and I meditate on your statutes.

## Stanza Seven

<sup>49</sup>Remember your word to your servant.

It has given me grounds for hope.

<sup>50</sup>This is my comfort in distress,  
that your promise gives me life.

<sup>51</sup>The arrogant utterly deride me,  
but I do not turn away from your law.

<sup>52</sup>When I think of your judgments from of old,  
I take comfort, O GOD.

- <sup>53</sup>Indignation seizes me because of the wicked,  
who forsake your law.**
- <sup>54</sup>Your statutes have been the subject of my songs  
in the land of exile.**
- <sup>55</sup>I remember you in the night, O GOD,  
and cherish your law.**
- <sup>56</sup>This is what counts for me: to obey your precepts.**

### Stanza Eight

- <sup>57</sup>YOU, O GOD, are my portion.  
I promise to keep your word.**
- <sup>58</sup>I implore your favour with all my heart.  
Be gracious to me according to your promise.**
- <sup>59</sup>When I think of your ways,  
I turn my steps to your decrees.**
- <sup>60</sup>I hasten, and do not delay to keep your commandments.**
- <sup>61</sup>Though the cords of the wicked ensnare me,  
I do not forget your law.**
- <sup>62</sup>At midnight I rise to praise you  
for your righteous judgments.**
- <sup>63</sup>I am a companion of all who revere ['fear'] you,  
who keep your precepts.**
- <sup>64</sup>The earth, O GOD, is full of your love;  
teach me your statutes.**

## Stanza Nine

- <sup>65</sup>You have dealt well with your servant,  
just as you promised.
- <sup>66</sup>Teach me right discernment and knowledge,  
to put faith in your commandments.
- <sup>67</sup>Before I was humbled I went astray,  
but now I obey your word.
- <sup>68</sup>You are good and your deeds are good;  
teach me how to obey.
- <sup>69</sup>The arrogant smear my name with lies,  
but with all my heart I keep your precepts.
- <sup>70</sup>Their hearts are cold and closed to good,  
but I delight in your law.
- <sup>71</sup>It is good for me that I was humbled,  
so that I might learn your statutes.
- <sup>72</sup>Your law is better to me than untold wealth.

## Stanza Ten

- <sup>73</sup>It was your hands that fashioned me.  
Give me understanding that I may know your ways  
and obey your commandments.
- <sup>74</sup>Those who revere you see me and rejoice,  
because I hope in your word.
- <sup>75</sup>How right your judgments, O GOD,  
how wisely you humble me.

<sup>76</sup>Comfort me with your covenant love,  
just as you promised.

<sup>77</sup>Let your tender compassion cover me, that I may live,  
for your law is my delight.

<sup>78</sup>Let the arrogant be put to shame,  
because they undermine me with guile.  
As for me, I meditate on your precepts.

<sup>79</sup>Let those who revere you turn to me,  
so that they may know your decrees.

<sup>80</sup>Keep me true to your statutes, free of all shame.

#### Stanza Eleven

<sup>81</sup>I yearn for your salvation; I hope in your word.

<sup>82</sup>My eyes grow dim from watching for your promise.  
I ask, "When will you comfort me?"

<sup>83</sup>I never forget your statutes.

<sup>84</sup>How many days do I have left?  
When will you punish those who persecute me?

<sup>85</sup>The arrogant scheme to trap me; they flout your law.

<sup>86</sup>Your commandments are true.  
My enemies know only lies.  
I am persecuted without cause; be my strength!

<sup>87</sup>They have almost made an end of me;  
but I have not forsaken your precepts.

<sup>88</sup>In your covenant love spare my life,  
so that I may keep your decrees.

## Stanza Twelve

<sup>89</sup>You, O GOD, exist for ever;

your word is firmly fixed in heaven.

<sup>90</sup>Your faithfulness endures to all generations.

You have established the earth, and it stands firm.

<sup>91</sup>According to your decree all exist to serve you.

<sup>92</sup>If your law had not been my delight,

I would have perished in my misery.

<sup>93</sup>I never forget your precepts,

for by them you give me life.

<sup>94</sup>Save me, for I am yours.

I seek your precepts.

<sup>95</sup>The wicked lie in wait to destroy me,

but I observe your decrees.

<sup>96</sup>I have seen a limit to all perfection,

but your commandment is boundless.

## Stanza Thirteen

<sup>97</sup>How I love your law!

It is my meditation all day long.

<sup>98</sup>Your commandment makes me wiser than my foes,

for it is always with me.

<sup>99</sup>I have more understanding than my teachers,

for I ponder your decrees.

<sup>100</sup>I understand more than the aged,

because I keep your precepts.

- <sup>101</sup> **I keep my steps from every false way,  
in order to follow your word.**
- <sup>102</sup> **I do not turn away from your judgments,  
for you are my teacher.**
- <sup>103</sup> **How sweet are your words to my taste,  
sweeter than honey.**
- <sup>104</sup> **Through your precepts I get understanding;  
and so I hate every false way.**

#### Stanza Fourteen

- <sup>105</sup> **Your word is a lamp for my feet  
a light for my path.**
- <sup>106</sup> **I have sworn an oath and confirmed it,  
to observe your righteous judgments.**
- <sup>107</sup> **I am severely afflicted.  
Give me, O GOD, the life you promise.**
- <sup>108</sup> **Accept, O GOD, my offerings of praise,  
and teach me your judgments.**
- <sup>109</sup> **My life is continually at risk,  
but I do not forget your law.**
- <sup>110</sup> **For me the wicked lay snares,  
but I do not stray from your precepts.**
- <sup>111</sup> **Your decrees are my heritage for ever;  
they are the joy of my heart.**
- <sup>112</sup> **I incline my heart to perform your statutes  
for ever, to the end.**

## Stanza Fifteen

<sup>113</sup>**I have no love for the deceitful:  
my love is for your law.**

<sup>114</sup>**You are my hiding place, my shield;  
I hope in your word.**

<sup>115</sup>**Go away from me, you who do evil,  
that I may keep the commandments of my God.**

<sup>116</sup>**Uphold me according to your promise, that I may live.  
Let me not fail to attain that for which I wait.**

<sup>117</sup>**Hold me up, that I may be safe  
and have regard always for your statutes.**

<sup>118</sup>**You spurn all who swerve away from your statutes;  
their cunning is in vain.**

<sup>119</sup>**All the wicked of the earth you count as dross;  
therefore I cling to your decrees.**

<sup>120</sup>**In awe ['fear'] of you I tremble,  
and I revere your judgments.**

## Stanza Sixteen

<sup>121</sup>**I live by justice and right;  
do not abandon me to my oppressors.**

<sup>122</sup>**Stand up for your servant's welfare;  
do not let the godless oppress me.**

<sup>123</sup>**My eyes tire from watching for your salvation,  
and for the fulfillment of your promise.**

**<sup>124</sup>Deal with your servant according to your covenant love,  
and teach me your statutes.**

**<sup>125</sup>I am your servant; give me understanding,  
so that I may know your decrees.**

**<sup>126</sup>It is time for GOD to act, for they are breaking your law.**

**<sup>127</sup>Truly I love your commandments  
more than the finest gold.**

**<sup>128</sup>I direct my steps by all your precepts;  
I hate ways that are false.**

### Stanza Seventeen

**<sup>129</sup>Your decrees are wonderful;  
I guard them with my life.**

**<sup>130</sup>The unfolding of your word gives light;  
it imparts understanding to the simple.**

**<sup>131</sup>Sighing for you, I long for your commandments.**

**<sup>132</sup>Turn to me and be gracious to me,  
for I love to call on you.**

**<sup>133</sup>Keep my steps steady according to your word,  
never let evil master me.**

**<sup>134</sup>Redeem me from human oppression,  
that I may keep your precepts.**

**<sup>135</sup>Make your face shine upon your servant,  
and teach me your statutes.**

**<sup>136</sup>My eyes stream with tears  
over those who do not keep your law.**

## Stanza Eighteen

- <sup>137</sup>**You are righteous, O GOD,  
and your judgments are right.**
- <sup>138</sup>**You have established your decrees  
in righteousness and truth.**
- <sup>139</sup>**Zeal consumes me because my foes forget your word.**
- <sup>140</sup>**Your promise is well tested, and your servant loves it.**
- <sup>141</sup>**I am small and despised,  
yet I do not forget your precepts.**
- <sup>142</sup>**Your righteousness is everlasting, and your law is true.**
- <sup>143</sup>**When trouble and anguish come upon me,  
your commandments are my delight.**
- <sup>144</sup>**Your decrees are for ever righteous;  
give me understanding that I may live.**

## Stanza Nineteen

- <sup>145</sup>**With all my heart I cry.  
Answer me, O GOD. I will keep your statutes.**
- <sup>146</sup>**I cry to you; save me, that I may observe your decrees.**
- <sup>147</sup>**I rise before dawn and cry for help;  
I hope in your word.**
- <sup>148</sup>**I am awake through the night,  
meditating on your promise.**
- <sup>149</sup>**In your covenant love hear my voice, O GOD;  
in your justice preserve my life.**

<sup>150</sup>Those who want to harm me draw near;  
they are far from your law.

<sup>151</sup>But you, O GOD, are close,  
your commandments are true.

<sup>152</sup>Long ago I learned about your decrees  
that you fixed for all time.

### Stanza Twenty

<sup>153</sup>Look on my oppression and rescue me,  
for I do not forget your law.

<sup>154</sup>Plead my cause and redeem me;  
give me the life you promised.

<sup>155</sup>For the wicked salvation is far off,  
for they spurn your statutes.

<sup>156</sup>Great is your tender compassion, O GOD.  
give me life according to your justice.

<sup>157</sup>Many are my persecutors and my adversaries,  
yet I do not swerve from your decrees.

[<sup>158</sup>I look at the faithless with disgust,  
because they do not keep your commands.]

<sup>159</sup>See how I love your precepts.  
Let me live in your covenant love.

<sup>160</sup>Your word is founded on truth;  
your righteous judgments endure for ever.

## Stanza Twenty-one

**<sup>161</sup>Princes persecute me without cause,**

**but my heart stands in awe of your word.**

**<sup>162</sup>I rejoice at your word like one who finds a treasure.**

**<sup>163</sup>I hate and abhor all falsehood, because I love your law.**

**<sup>164</sup>Seven times a day I praise you for your just judgments.**

**<sup>165</sup>Great peace they have who love your law;**

**nothing can make them stumble.**

**<sup>166</sup>I hope for your salvation, O GOD,**

**and I fulfill your commandments.**

**<sup>167</sup>I keep your decrees; I love them dearly.**

**<sup>168</sup>I keep your precepts and decrees,**

**for all my ways are before you.**

Stanza Twenty-two

<sup>169</sup>Let my cry come before you, O GOD;  
give me understanding according to your word.

<sup>170</sup>Let my supplication come before you;  
rescue me according to your promise.

<sup>171</sup>My lips pour forth praise,  
because you teach me your statutes.

<sup>172</sup>My tongue sings of your promise,  
for all your commandments are just.

<sup>173</sup>Reach out, ready to help me,  
for I have chosen your precepts.

<sup>174</sup>I long for your salvation, O GOD,  
your law is my delight.

<sup>175</sup>Let me live that I may praise you,  
let your judgments help me.

<sup>176</sup>If I go astray like a lost sheep, seek out your servant,  
for I never forget your commandments.

## Praying Psalm 120 with Jesus

<sup>1</sup>In my distress I cry to YOU, O GOD,  
seeking your response:

<sup>2</sup>'O GOD, save me from lying lips and a deceitful tongue.'

<sup>3</sup>What do you expect to receive from God,  
you who use words to deceive?

<sup>4</sup>A warrior's sharp arrows, with blazing, red-hot coals!

<sup>5</sup>Woe is me, that I live as an alien in Meshech,  
dwelling among the tents of Kedar!

<sup>6</sup>For too long I have dwelt among those who hate peace.

<sup>7</sup>I call for peace, but they are for war.

## Praying Psalm 121 with Jesus

<sup>1</sup>I lift up my eyes to the mountains.

Will my help come from there?

<sup>2</sup>My help comes from GOD,

the Maker of heaven and earth.

<sup>3</sup>GOD will not let you stumble.

Your guard does not sleep.

<sup>4</sup>Israel's guard neither slumbers nor sleeps.

<sup>5</sup>GOD is your guard, your shade,

always at your side.

<sup>6</sup>The sun will not harm you in the day,

nor the moon in the night.

<sup>7</sup>GOD will keep you from evil,

watching over you always.

<sup>8</sup>GOD will watch over you

as you go out and as you return,

now and forever.

## Praying Psalm 122 with Jesus

<sup>1</sup>What joy when I heard them say,  
'Let us go to GOD's house.'

<sup>2</sup>And now we are standing  
within your gates, O Jerusalem.

<sup>3</sup>Jerusalem, you are built as a city  
so integrated and compact.

<sup>4</sup>To you the tribes go up, the tribes of GOD.  
Israel's law it is, there to praise GOD.

<sup>5</sup>There is the seat of judgment,  
the throne of the house of David.

<sup>6</sup>For the peace of Jerusalem pray:  
'Prosperity for all who love you!

<sup>7</sup>May there be peace within your walls,  
security within your towers.'

<sup>8</sup>For love of family and friends  
I pray: 'Peace be within you!'

<sup>9</sup>For love of the house of GOD,  
I pray for your welfare.

## Praying Psalm 123 with Jesus

<sup>1</sup>I lift up my eyes to you,  
to you who are enthroned in the heavens.

<sup>2</sup>A 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.

<sup>3</sup>Have mercy upon us, O GOD, have mercy upon us.  
<sup>4</sup>We have had more than we can take  
of the scorn and contempt of the proud.

## Praying Psalm 124 with Jesus

<sup>1</sup>If GOD had not been on our side –  
this is Israel's song –

<sup>2</sup>if GOD had not been on our side,  
when enemies attacked us,

<sup>3</sup>they would have swallowed us alive,  
when their anger was kindled.

<sup>4</sup>The flood would have swept us away,  
the torrent gone over us;

<sup>5</sup>we would have been overwhelmed  
by the raging waters.

<sup>6</sup>Praised be GOD,  
who did not give us as a prey to their teeth.

<sup>7</sup>We escaped like a bird from the snare of the fowler.  
The snare was broken, and we escaped.

<sup>8</sup>We called on GOD, who came to our aid,  
GOD, the Maker of heaven and earth.

## Praying Psalm 125 with Jesus

<sup>1</sup>Those who trust in GOD are like Mount Zion.  
They stand firm for ever.

<sup>2</sup>As the mountains encircle Jerusalem,  
so you, Lord, embrace your people,  
now and always.

<sup>3</sup>The rule of the wicked will not rest  
on the land allotted to the just,  
lest the righteous turn to evil.

<sup>4</sup>Do good, O GOD,  
to those who are good, whose hearts are true.

<sup>5</sup>Peace be upon Israel!

## Praying Psalm 126 with Jesus

<sup>1</sup>When GOD restored the fortunes of Zion,  
it seemed like a dream.

<sup>2</sup>Then was our mouth filled with laughter,  
on our lips there were songs.

It was said among the nations,  
'What marvels GOD worked for them.'

<sup>3</sup>Indeed, GOD has done great things for us.  
We celebrate with joy.

<sup>4</sup>Restore our fortunes, O GOD,  
like the watercourses in the desert.

<sup>5</sup>May those who are sowing in tears  
reap with shouts of joy.

<sup>6</sup>They went out weeping,  
bearing seed for sowing.  
They come back, they come back, full of song,  
carrying their sheaves.

## Praying Psalm 127 with Jesus

<sup>1</sup>If 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.

<sup>2</sup>In 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.

<sup>3</sup>Children are a gift from GOD,  
a blessing for those who bear them.

<sup>4</sup>Like arrows in the hand of an archer  
are children born to the young.

<sup>5</sup>Blessed 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

<sup>1</sup>How good it is to revere ['fear'] GOD,  
to live in accordance with God's will.

<sup>2</sup>You will eat the fruit of your labour.  
In everything you will prosper.

<sup>3</sup>Your wife will be like a fruitful vine  
in the heart of your home.  
Your children like shoots of the olive,  
around your table.

<sup>4</sup>May this blessing be on those  
who revere ['fear'] GOD:

<sup>5</sup>May GOD bless you from Zion.  
May you see Jerusalem prosper.

<sup>6</sup>May you see your children's children.'

On Israel, peace!'

# Reflecting on Psalm 129 in Jesus' Company

Part One: The oppression suffered by the people

<sup>1</sup>They attacked me from my youth – so says Israel –

<sup>2</sup>but they have not prevailed against me.

<sup>3</sup>They ploughed my back with deep furrows,

<sup>4</sup>but GOD, who is just,

has broken the yoke of the wicked.

Part Two: The psalmist wants to see the oppressors punished

<sup>5</sup>May all who hate Zion be repulsed.

<sup>6</sup>Let them be like grass on the rooftop,  
that withers before it flowers.

<sup>7</sup>The reapers do not get to handle the grass,  
nor is it bound into sheaves.

<sup>8</sup>Those 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

<sup>1</sup>Out of the depths I cry to you, O GOD.

<sup>2</sup>God\*, hear my voice!

Let your ears be attentive to my pleading!

<sup>3</sup>If you, O GOD, should mark our guilt,  
who would survive?

<sup>4</sup>But with you there is forgiveness.

For this we revere you.

<sup>5</sup>I wait for you, I long for you, O GOD.

I count on your word.

<sup>6</sup>I am longing for you

more than watchmen for daybreak,

more than watchmen for daybreak.

<sup>7</sup>O Israel, hope in GOD

For with GOD there is covenant love,

and great power to redeem.

<sup>8</sup>Israel indeed will be redeemed

from all its iniquity.

## Praying Psalm 131 with Jesus

<sup>1</sup>O GOD, I am not proud,  
holding my head too high,  
reaching beyond my grasp.

<sup>2</sup>I 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.

<sup>3</sup>O Israel, hope in GOD, now and for ever.

## Praying Psalm 132 with Jesus

<sup>1</sup>O GOD, remember David  
and the many hardships he endured;

<sup>2</sup>and how he swore an oath to you,  
O Mighty One of Jacob:

<sup>3</sup>I will not enter my house  
or lie down on my bed;

<sup>4</sup>I will not close my eyes, nor will I sleep,

<sup>5</sup>till I find a place for GOD,  
a dwelling place for the Mighty One of Jacob.'

<sup>6</sup>We heard of the ark in Ephrathah;  
we found it in the fields of Yearim.

<sup>7</sup>Let us go to GOD's house;  
let us kneel at GOD's footstool.'

<sup>8</sup>Rise up, O GOD, and go to your resting place,  
you and the ark of your might.

<sup>9</sup>Let your priests be properly attired,  
and your faithful shout for joy.

<sup>10</sup>For your servant David's sake  
do not deny audience to your anointed one.

<sup>11</sup>You once swore to David  
and you do not break your word:  
'A son of yours I will set on your throne.

<sup>12</sup>If your heirs keep my covenant  
and the decrees that I have made,  
their sons also, for ever more, will sit on your throne.'

**<sup>13</sup> GOD has chosen Zion for his residence:**

**<sup>14</sup> This is my resting place,  
I have chosen to live here forever.**

**<sup>15</sup> I will bless it abundantly.**

**Its poor will have food.**

**<sup>16</sup> Its priests I will clothe with salvation.**

**Its faithful will shout for joy.**

**<sup>17</sup> Here David's stock will flower.**

**I have prepared a lamp for my anointed.**

**<sup>18</sup> His enemies I will cover with disgrace,  
but on him the royal crown will shine.'**

## Praying Psalm 133 with Jesus

<sup>1</sup>How good and pleasant it is to live in communion!

<sup>2</sup>It is like precious oil poured on Aaron's head,  
running down his beard and the collar of his robe.

<sup>3</sup>It 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

<sup>1</sup>Come, praise GOD  
you who minister in GOD's house,  
who stand watch throughout the night.

<sup>2</sup>Lift up your hands in the holy place,  
and praise GOD.

<sup>3</sup>I pray that GOD, the Maker of heaven and earth,  
will praise you from Zion.

## Praying Psalm 135 with Jesus

<sup>1</sup>Praise GOD (Alleluia!), O servants of GOD,  
<sup>2</sup>you who stand in the house of GOD,  
in the courts of the house of our God.

<sup>3</sup>Praise GOD who is good;  
sing to our beautiful GOD,  
<sup>4</sup>who has chosen Israel as a treasured possession.

<sup>5</sup>I know GOD is great;  
our God\*, the greatest of the gods.  
<sup>6</sup>Whatever GOD wills GOD does,  
in heaven and on earth, and in the depths of the sea.

<sup>7</sup>GOD summons the clouds from the ends of the earth;  
releasing lightning and rain,  
and wind from their storehouse.

# Praying Psalm 136 with Jesus

**<sup>1</sup>Give thanks to GOD who is good!**

*Your covenant love endures for ever!*

**<sup>2</sup>Give thanks to the God of gods!**

*Your covenant love endures for ever!*

Part One: God the Creator (verses 4-9)

**<sup>4</sup>You alone create all that is!**

*Your covenant love endures for ever!*

**<sup>5</sup>Your wisdom it was made the skies!**

*Your covenant love endures for ever!*

**<sup>6</sup>You established the earth on the seas!**

*Your covenant love endures for ever!*

**<sup>7</sup>It was you who made the great lights!**

*Your covenant love endures for ever!*

**<sup>8</sup>The sun to rule in the day!**

*Your covenant love endures for ever!*

**<sup>9</sup>The moon and stars in the night!**

*Your covenant love endures for ever!*

Part Two: God the Liberator (verses 10-22)

**<sup>10</sup>Egypt's first born you struck!**

*Your covenant love endures for ever!*

**<sup>11</sup>You brought Israel out from their midst!**

*Your covenant love endures for ever!*

**<sup>12</sup>All with your mighty power!**

*Your covenant love endures for ever!*

**<sup>13</sup>You divided the Red Sea in two!**

*Your covenant love endures for ever!*

**<sup>14</sup>You made Israel pass through the midst!**

*Your covenant love endures for ever!*

**<sup>15</sup>You drowned Pharaoh and his army in the sea!**

*Your covenant love endures for ever!*

**<sup>16</sup>Through the desert your people you led!**

*Your covenant love endures for ever!*

**<sup>17</sup>Nations in their greatness you struck!**

*Your covenant love endures for ever!*

**<sup>18</sup>Kings in their splendour you slew!**

*Your great love endures for ever!*

**<sup>19</sup>Sihon, the king of the Amorites!**

*Your covenant love endures for ever!*

**<sup>20</sup>Og, the king of Bashan!**

*Your covenant love endures for ever!*

**<sup>21</sup>You let Israel inherit your land!**

*Your covenant love endures for ever!*

**<sup>22</sup>To keep it as their own!**

*Your covenant love endures for ever!*

### Part Three: Concluding Verses

**<sup>23</sup>You remembered us in our distress!**

*Your covenant love endures for ever!*

**<sup>24</sup>You rescued us from our foes!**

*Your covenant love endures for ever!*

**<sup>25</sup>You give food to all living things!**

*Your covenant love endures for ever!*

**<sup>26</sup>We give thanks to our God in heaven,**

*Your covenant love endures for ever!*

## Praying Psalm 137 with Jesus

<sup>1</sup>By the rivers of Babylon we sat and wept  
remembering Zion.

<sup>2</sup>On the willows we hung up our harps.

<sup>3</sup>Our captors called for songs of joy:  
'Sing us a song of Zion!'

<sup>4</sup>How could we sing a song of our GOD on alien soil?

<sup>5</sup>If I forget you, O Jerusalem, let my right hand wither!

<sup>6</sup>If 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

<sup>1</sup>I thank you, O GOD, with all my heart,  
for you have heard me.  
In the presence of the gods I sing of you.

<sup>2</sup>I 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.

<sup>3</sup>On the day I called, you answered,  
you increased the strength of my soul.

<sup>4</sup>All earth's kings will praise you, O GOD,  
when they hear your word of command.

<sup>5</sup>They sing of your ways: 'How great is the glory of GOD.'

<sup>6</sup>Though high up, you watch over the lowly.  
Though far away, you keep an eye on the haughty.

<sup>7</sup>Though I walk in the midst of trouble,  
you reach out and save me.

<sup>8</sup>You, 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

<sup>1</sup>O GOD, you search me and you know me.

<sup>2</sup>It is you who knows when I sit and when I stand.  
You discern my inmost thoughts.

<sup>3</sup>You know if I am journeying or resting.  
You know everything I do.

<sup>4</sup>Even before a word is on my tongue,  
you know, O GOD, what I am about to say.

<sup>5</sup>You hem me in, behind and before,  
and lay your hand upon me.

<sup>6</sup>I find this overwhelming,  
beyond my understanding.

<sup>7</sup>Where can I go from your spirit?  
Where can I flee from your presence?

<sup>8</sup>If I scale the heavens, you are there;  
if I lie in the grave, you are there.

<sup>9</sup>If I were to take the wings of the dawn  
and settle at the farthest limits of the sea,

<sup>10</sup>even there you would lead me,  
your right hand would hold me fast.

<sup>11</sup>If I think night will hide me,  
and darkness give me cover,

<sup>12</sup>to you darkness is not dark;  
the night is as bright as the day.

<sup>13</sup>It 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.**

**<sup>14</sup>You watched my body taking shape,  
when I was being formed in secret,**

**<sup>15</sup>You saw my body grow according to your design,  
intricately woven, hidden from sight.**

**<sup>16</sup>All of my life was written in your book;  
all the days that were prepared for me,  
before any of them existed.**

**<sup>17</sup>How precious are your thoughts.  
They are like countless grains of sand.**

**<sup>18</sup>To finish counting them  
I would have to be, like you, eternal.**

**\* \* \* \* \***

**<sup>23</sup>Search me, O God, and know my heart;  
test me and know my thoughts.**

**<sup>24</sup>See if I follow crooked paths.  
Lead me along your ancient way.**

## Praying Psalm 140 with Jesus

<sup>1</sup>Deliver me, O GOD, from those who do evil;  
protect me from the violent.

<sup>2</sup>They plan evil in their hearts;  
they are always stirring up strife.

<sup>3</sup>Their tongues strike like a snake,  
with the venom of the viper on their lips.

<sup>4</sup>Guard me, O GOD, from the hands of the wicked;  
protect me from the violent, who plan my downfall.

<sup>5</sup>The arrogant have hidden a trap for me.  
With ropes they have spread a net.  
They have set snares along my path.

<sup>6</sup>I say to GOD, 'You are my God.  
Listen to my supplications.'

<sup>7</sup>GOD, my God\*, my strong deliverer,  
on the field of battle you shield my head.

<sup>8</sup>Do not grant the desires of the wicked;  
do not let their plots succeed.

<sup>12</sup>I know that GOD upholds the cause of the needy,  
and executes justice for the poor.

<sup>13</sup>The righteous give you thanks.  
The upright live in your presence.

## Praying Psalm 141 in Jesus' Company

<sup>1</sup>I call upon you, O GOD; come quickly to me!  
Listen, as I call to you.

<sup>2</sup>Let my prayer rise to you like incense,  
the lifting up of my hands like an evening sacrifice.

<sup>3</sup>O GOD, set a guard on my lips.  
Watch my every word.

<sup>4</sup>Do 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.

<sup>5</sup>If 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.

<sup>6</sup>When they are handed over to those  
who will condemn them,  
then they will learn that I have spoken the truth.

<sup>7</sup>Like a rock that one breaks apart and shatters  
on the ground,  
so will their bones be strewn at the mouth of the grave.

<sup>8</sup>But my eyes are turned toward you, O GOD, my God\*;  
in you I seek refuge. Do not leave me defenseless.

<sup>9</sup>Keep me from the trap that they have laid for me,  
from the snares of those who do evil.

## Praying Psalm 142 with Jesus

<sup>1</sup>I pray, O GOD, I plead, I cry for mercy.

<sup>2</sup>I pour out all my troubles and tell of my distress.

<sup>3</sup>My spirit is faint. You know how I live.

You know the traps laid to ensnare me.

<sup>4</sup>See 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.

<sup>5</sup>Urgently I cry to you, O GOD: 'You are my refuge.

You are all I have in the land of the living.'

<sup>6</sup>Give 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.

<sup>7</sup>Free 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

<sup>1</sup>Hear my prayer, O GOD,  
In your faithfulness be attentive to my prayer.  
In your righteousness respond to my plea.

[<sup>2</sup>Do not judge me harshly,  
for no one is just in your sight.]

<sup>3</sup>The enemy pursues me, crushing my life to the ground,  
making me sit in darkness like the dead, long forgotten.

<sup>4</sup>My spirit faints within me; my heart is numb.

<sup>5</sup>I remember the days of old. I ponder all your deeds.  
I reflect on what you have done.

<sup>6</sup>To you I stretch out my hands.

For you I am thirsting like a parched and weary land.

<sup>7</sup>Answer 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.

<sup>8</sup>Let 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.

<sup>9</sup>Rescue me, O GOD, from my enemies.

I have fled to you for refuge.

<sup>10</sup>Teach me to do your will, for you are my God.

Let your good spirit lead me  
in ways that are level and smooth.

<sup>11</sup>For your name's sake, O GOD, preserve my life.

In your righteousness rescue me from my troubles.

## Praying Psalm 144 with Jesus

<sup>1</sup>Blessed be GOD, my rock, who trains my arms for battle,  
<sup>2</sup>my covenant Lover, my fortress, my stronghold,  
my deliverer, my shield, my refuge. You give me victory.

<sup>3</sup>O GOD, what are we human beings?  
Why do you care for us?  
We are subject to death. Why do you think of us?

<sup>4</sup>We are no more than a breath;  
our days like a passing shadow.

<sup>5</sup>Lower your heavens, O GOD, and come down.  
Touch the mountains. Wreath them in smoke.

<sup>6</sup>Flash your lightning. Rout the foe.  
Let fly your arrows. Put them to flight.

<sup>7</sup>Reach down from on high. Rescue me from alien foes,  
<sup>8</sup>*who speak nothing but lies, and swear that their words are true.*

<sup>9</sup>I sing a new song to you, O God.  
I play on a ten-stringed harp.

<sup>10</sup>You are the one who gives victory to kings.  
You rescue your servant David.

<sup>11</sup>Save me from the cruel sword,  
deliver me from foreigners,  
*who speak nothing but lies, and swear that their words are true.*

<sup>12</sup>May our sons flourish like saplings,  
grown tall and strong from their youth.  
May our daughters be graceful as columns,  
adorned for a palace.

**<sup>13</sup>May our barns be filled with produce of every kind.**

**May our sheep increase by thousands,**

**<sup>14</sup>and may our cattle be heavy with young.**

**May there be no breach in the walls,**

**no cry of distress in our streets.**

**<sup>15</sup>Blessed and happy the people on whom such blessings fall,  
the people whose God is GOD.**

## Praying Psalm 145 with Jesus

<sup>1</sup>I will extol you, my God and king,  
<sup>2</sup>and never cease praising you.

<sup>3</sup>GOD is great and greatly to be praised;  
a greatness that cannot be measured.

<sup>4</sup>One generation proclaims to the next  
what you have done,  
recounting your mighty deeds.

<sup>5</sup>I ponder on the glorious splendour of your majesty.  
I tell the tale of your wonderful deeds.

<sup>6</sup>They manifest your awesome power,  
revealing your greatness.

<sup>7</sup>They celebrate the fame of your abundant goodness,  
and sing of your justice.

<sup>8</sup>GOD is gracious and tenderly compassionate,  
long-suffering, abounding in covenant love.

<sup>9</sup>GOD is good to all,  
tenderly compassionate to all creation.

<sup>10</sup>All your creation praises you, O GOD,  
and all your faithful bless you.

<sup>11</sup>They speak of the glory of your reign,  
and tell of your might.

<sup>12</sup>They make known to all people your mighty deeds,  
and the glorious splendour of your reign.

<sup>13</sup>Yours is an everlasting kingdom,  
your dominion endures through all generations.

**YOU are faithful in all your words,  
gracious in all your deeds.**

**<sup>14</sup>GOD upholds all who are falling,  
and raises up all who are bowed down.**

**<sup>15</sup>The eyes of all creatures look to you,  
and you give them their food in due season.**

**<sup>16</sup>You open wide your hand,  
satisfying the desire of every living thing.**

**<sup>17</sup>GOD is just in every way,  
offering covenant love in everything GOD does.**

**<sup>18</sup>GOD is near to all who call,  
who cry to God from their hearts.**

**<sup>19</sup>GOD fulfills all our desires; hears our cry and saves us.**

**<sup>20</sup>GOD watches over all who love,  
but the wicked are destroyed.**

**<sup>21</sup>My lips will praise GOD,  
and everyone will bless GOD's holy name  
forever, for ages unending.**

## Praying Psalm 146 with Jesus

<sup>1</sup>Praise GOD (Alleluia). Praise GOD, O my soul!

<sup>2</sup>I will sing praises to GOD all my life long,  
making music to my God while I live.

<sup>3</sup>Put no trust in princes, in human beings who must die.

<sup>4</sup>When their breath departs, they return to the earth;  
on that day their plans come to nothing.

<sup>5</sup>Blessed and happy are those who are helped  
by Jacob's God, whose hope is in GOD,

<sup>6</sup>who made the heavens, the earth and the seas,  
and all that is in them, who keeps faith forever.

<sup>7</sup>GOD keeps faith forever.

GOD is just to the oppressed,

gives food to the hungry, and sets prisoners free.

<sup>8</sup>GOD opens the eyes of the blind.

GOD lifts up those who are bowed down.

GOD loves the righteous.

<sup>9</sup>GOD watches over strangers

and upholds the orphan and the widow.

GOD thwarts the path of the wicked.

<sup>10</sup>GOD reigns forever,

your God, O Zion, for all generations.

Praise GOD (Alleluia)!

## Praying Psalm 147 with Jesus

<sup>1</sup>Praise GOD (Alleluia)!

How good it is to sing praises to our God;  
for our God is gracious. To God our praise is due.

<sup>2</sup>GOD builds up Jerusalem, and bring back Israel's exiles.

<sup>3</sup>GOD heals the broken hearted  
and binds up their wounds.

<sup>4</sup>GOD determines the number of the stars,  
calling each by name.

<sup>5</sup>Great and almighty is our God\*,  
with wisdom that can never be measured.

<sup>6</sup>GOD lifts up the oppressed,  
[but humble the wicked to the dust.]

<sup>7</sup>O praise GOD in song,  
giving thanks with all your heart.  
Make melody to our God on the lyre.

<sup>8</sup>It is GOD who covers the heavens with clouds,  
preparing rain for the earth,  
making grass grow on the hills.

<sup>9</sup>GOD gives the animals their food,  
and the young ravens when they cry.

<sup>10</sup>GOD's delight is not in horses, or in a warrior's strength.

<sup>11</sup>GOD takes pleasure in those who revere ['fear'] GOD  
in those who trust in GOD's covenant love.

<sup>12</sup>**Praise GOD, Jerusalem! Zion, praise your God,**  
<sup>13</sup>**who strengthens the bars of your gates,**  
**and blesses your children within you.**

<sup>14</sup>**GOD grants peace on your borders,**  
**and feeds you with finest wheat.**

<sup>15</sup>**GOD sends out a word to the earth,**  
<sup>16</sup>**showers down snow like wool,**  
**and scatters hoar-frost like ashes.**

<sup>17</sup>**GOD hurls down hail like crumbs.**

**The waters are frozen at GOD's touch.**

<sup>18</sup>**GOD sends out the command, and melts them.**  
**At GOD's breath the ice melts and the rivers flow.**

<sup>19</sup>**GOD speaks words to Jacob,**  
**statutes and ordinances to Israel.**

<sup>20</sup>**words unknown to other nations. Praise GOD (Alleluia)!**

## Praying Psalm 148 with Jesus

<sup>1</sup>Praise GOD (Alleluia)! Praise GOD from the heavens,  
from the heights.

<sup>2</sup>Praise GOD, all you angels,  
all you heavenly beings!

<sup>3</sup>Praise GOD, sun and moon.  
Praise GOD, you glittering stars.

<sup>4</sup>Praise GOD, you highest heavens  
and you waters above the heavens!

<sup>5</sup>Let them praise GOD,  
for GOD commanded and they were created.

<sup>6</sup>It was GOD who established them,  
fixing their place for ever and ever.

<sup>7</sup>Praise GOD from the earth!  
you creatures of the deep,  
<sup>8</sup>fire and hail, snow and frost,  
storms and winds, carrying out GOD's commands.

<sup>9</sup>Praise GOD you mountains and hills,  
you fruit trees and cedars,  
<sup>10</sup>you wild beasts and tame, reptiles and birds.

<sup>11</sup>Praise GOD you princes and judges,  
you rulers and subjects,  
<sup>12</sup>men and women, old and young.

<sup>13</sup>Let them praise GOD, who alone is exalted,  
whose glory is above the earth and the heavens.

**<sup>14</sup>GOD 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

<sup>1</sup>Praise GOD (Alleluia)! Sing to GOD a new song.  
Praise GOD in the assembly of the faithful.

<sup>2</sup>Let Israel exult in its Maker.  
Let the children of Zion rejoice in their King.

<sup>3</sup>Let them dance for GOD,  
make melody with timbrel and harp.

<sup>4</sup>GOD delights in the people,  
and crowns the poor with victory.

<sup>5</sup>O you faithful exult in your glory.  
Take your rest and sing for joy.

<sup>6</sup>Let the praises of God resound on your lips.

## Praying Psalm 150 with Jesus

<sup>1</sup>Praise GOD (Alleluia)! Praise God in the sanctuary!  
Praise God in the mighty firmament!

<sup>2</sup>Praise God's mighty deeds!  
Praise God's surpassing greatness!

<sup>3</sup>Praise God with trumpet blast!  
Praise God with lute and harp!

<sup>4</sup>Praise God with tambourine and dance!  
Praise God with strings and pipe!

<sup>5</sup>Praise God with the beating of drums!  
Praise God with the clashing of cymbals!

<sup>6</sup>Let everything that lives and breathes praise GOD!  
Praise GOD (Alleluia)!