

Read the Bible in A Year: Chronological

Readings for May 10-16, 2020

Psalms 35-41, 53, 55, 58, 61-62, 64-70, 86, 101, 103, 108-110, 122, 124, 131, 133, 138-141, 143-145, 88-89

All the readings this week come from those Psalms which are attributed to King David as author. You can see the influence of his life's challenges and joys, and his experience of God's protection, help, and guidance in his words...

Psalm 35

Contend, LORD, with those who contend with me;
fight against those who fight against me.

Take up shield and armor;
arise and come to my aid.
Brandish spear and javelin
against those who pursue me.

Say to me,
'I am your salvation.'

May those who seek my life
be disgraced and put to shame;
may those who plot my ruin
be turned back in dismay.

May they be like chaff before the wind,
with the angel of the LORD driving them away;
may their path be dark and slippery,
with the angel of the LORD pursuing them.

Since they hid their net for me without cause
and without cause dug a pit for me,
may ruin overtake them by surprise –
may the net they hid entangle them,
may they fall into the pit, to their ruin.

Then my soul will rejoice in the LORD
and delight in his salvation.

My whole being will exclaim,
'Who is like you, LORD?'

You rescue the poor from those too strong for them,
the poor and needy from those who rob them.'

Ruthless witnesses come forward;
they question me on things I know nothing about.

They repay me evil for good
and leave me like one bereaved.

Yet when they were ill, I put on sackcloth
and humbled myself with fasting.

When my prayers returned to me unanswered,
I went about mourning

as though for my friend or brother.
I bowed my head in grief
as though weeping for my mother.
But when I stumbled, they gathered in glee;
assailants gathered against me without my knowledge.
They slandered me without ceasing.
Like the ungodly they maliciously mocked;
they gnashed their teeth at me.

How long, Lord, will you look on?
Rescue me from their ravages,
my precious life from these lions.
I will give you thanks in the great assembly;
among the throngs I will praise you.
Do not let those gloat over me
who are my enemies without cause;
do not let those who hate me without reason
maliciously wink the eye.
They do not speak peaceably,
but devise false accusations
against those who live quietly in the land.

They sneer at me and say, 'Aha! Aha!
With our own eyes we have seen it.'

LORD, you have seen this; do not be silent.
Do not be far from me, Lord.
Awake, and rise to my defense!
Contend for me, my God and Lord.
Vindicate me in your righteousness, LORD my God;
do not let them gloat over me.
Do not let them think, 'Aha, just what we wanted!'
or say, 'We have swallowed him up.'

May all who gloat over my distress
be put to shame and confusion;
may all who exalt themselves over me
be clothed with shame and disgrace.
May those who delight in my vindication
shout for joy and gladness;
may they always say, 'The LORD be exalted,
who delights in the well-being of his servant.'

My tongue will proclaim your righteousness,
your praises all day long.

Psalm 36

I have a message from God in my heart
concerning the sinfulness of the wicked:

There is no fear of God
before their eyes.

In their own eyes they flatter themselves
too much to detect or hate their sin.
The words of their mouths are wicked and deceitful;
they fail to act wisely or do good.
Even on their beds they plot evil;
they commit themselves to a sinful course
and do not reject what is wrong.

Your love, LORD, reaches to the heavens,
your faithfulness to the skies.
Your righteousness is like the highest mountains,
your justice like the great deep.
You, LORD, preserve both people and animals.
How priceless is your unfailing love, O God!
People take refuge in the shadow of your wings.
They feast in the abundance of your house;
you give them drink from your river of delights.
For with you is the fountain of life;
in your light we see light.

Continue your love to those who know you,
your righteousness to the upright in heart.
May the foot of the proud not come against me,
nor the hand of the wicked drive me away.
See how the evildoers lie fallen –
thrown down, not able to rise!

Psalm 37

Do not fret because of those who are evil
or be envious of those who do wrong;
for like the grass they will soon wither,
like green plants they will soon die away.

Trust in the LORD and do good;
dwell in the land and enjoy safe pasture.
Take delight in the LORD,
and he will give you the desires of your heart.

Commit your way to the LORD;
trust in him and he will do this:
he will make your righteous reward shine like the dawn,
your vindication like the noonday sun.

Be still before the LORD
and wait patiently for him;

do not fret when people succeed in their ways,
when they carry out their wicked schemes.

Refrain from anger and turn from wrath;
do not fret – it leads only to evil.
For those who are evil will be destroyed,
but those who hope in the LORD will inherit the land.

A little while, and the wicked will be no more;
though you look for them, they will not be found.
But the meek will inherit the land
and enjoy peace and prosperity.

The wicked plot against the righteous
and gnash their teeth at them;
but the Lord laughs at the wicked,
for he knows their day is coming.

The wicked draw the sword
and bend the bow
to bring down the poor and needy,
to slay those whose ways are upright.
But their swords will pierce their own hearts,
and their bows will be broken.

Better the little that the righteous have
than the wealth of many wicked;
for the power of the wicked will be broken,
but the LORD upholds the righteous.

The blameless spend their days under the LORD's care,
and their inheritance will endure forever.
In times of disaster they will not wither;
in days of famine they will enjoy plenty.

But the wicked will perish:
though the LORD's enemies are like the flowers of the field,
they will be consumed, they will go up in smoke.

The wicked borrow and do not repay,
but the righteous give generously;
those the LORD blesses will inherit the land,
but those he curses will be destroyed.

The LORD makes firm the steps
of the one who delights in him;
though he may stumble, he will not fall,
for the LORD upholds him with his hand.

I was young and now I am old,
yet I have never seen the righteous forsaken
or their children begging bread.
They are always generous and lend freely;
their children will be a blessing.

Turn from evil and do good;
then you will dwell in the land for ever.
For the LORD loves the just
and will not forsake his faithful ones.

Wrongdoers will be completely destroyed;
the offspring of the wicked will perish.
The righteous will inherit the land
and dwell in it for ever.

The mouths of the righteous utter wisdom,
and their tongues speak what is just.
The law of their God is in their hearts;
their feet do not slip.

The wicked lie in wait for the righteous,
intent on putting them to death;
but the LORD will not leave them in the power of the wicked
or let them be condemned when brought to trial.

Hope in the LORD
and keep his way.

He will exalt you to inherit the land;
when the wicked are destroyed, you will see it.

I have seen a wicked and ruthless man
flourishing like a luxuriant native tree,
but he soon passed away and was no more;
though I looked for him, he could not be found.

Consider the blameless, observe the upright;
a future awaits those who seek peace.
But all sinners will be destroyed;
there will be no future for the wicked.

The salvation of the righteous comes from the LORD;
he is their stronghold in time of trouble.
The LORD helps them and delivers them;
he delivers them from the wicked and saves them,
because they take refuge in him.

Psalm 38

LORD, do not rebuke me in your anger
or discipline me in your wrath.
Your arrows have pierced me,
and your hand has come down on me.
Because of your wrath there is no health in my body;
there is no soundness in my bones because of my sin.
My guilt has overwhelmed me
like a burden too heavy to bear.

My wounds fester and are loathsome
because of my sinful folly.
I am bowed down and brought very low;
all day long I go about mourning.
My back is filled with searing pain;
there is no health in my body.
I am feeble and utterly crushed;
I groan in anguish of heart.

All my longings lie open before you, Lord:
my sighing is not hidden from you.
My heart pounds, my strength fails me;
even the light has gone from my eyes.
My friends and companions avoid me because of my wounds;
my neighbors stay far away.
Those who want to kill me set their traps,
those who would harm me talk of my ruin;
all day long they scheme and lie.

I am like the deaf, who cannot hear,
like the mute, who cannot speak;
I have become like one who does not hear,
whose mouth can offer no reply.
LORD, I wait for you;
you will answer, Lord my God.
For I said, 'Do not let them gloat
or exalt themselves over me when my feet slip.'

For I am about to fall,
and my pain is ever with me.
I confess my iniquity;
I am troubled by my sin.
Many have become my enemies without cause;
those who hate me without reason are numerous.
Those who repay my good with evil
lodge accusations against me,
though I seek only to do what is good.

LORD, do not forsake me;
do not be far from me, my God.
Come quickly to help me,
my Lord and my Savior.

Psalm 39

I said, 'I will watch my ways
and keep my tongue from sin;
I will put a muzzle on my mouth
while in the presence of the wicked.'

So I remained utterly silent,
not even saying anything good.
But my anguish increased;
my heart grew hot within me.
While I meditated, the fire burned;
then I spoke with my tongue:

‘Show me, LORD, my life’s end
and the number of my days;
let me know how fleeting my life is.
You have made my days a mere handbreadth;
the span of my years is as nothing before you.
Everyone is but a breath,
even those who seem secure.

‘Surely everyone goes around like a mere phantom;
in vain they rush about, heaping up wealth
without knowing whose it will finally be.

‘But now, Lord, what do I look for?
My hope is in you.
Save me from all my transgressions;
do not make me the scorn of fools.
I was silent; I would not open my mouth,
for you are the one who has done this.
Remove your scourge from me;
I am overcome by the blow of your hand.
When you rebuke and discipline anyone for their sin,
you consume their wealth like a moth –
surely everyone is but a breath.

‘Hear my prayer, LORD,
listen to my cry for help;
do not be deaf to my weeping.
I dwell with you as a foreigner,
a stranger, as all my ancestors were.
Look away from me, that I may enjoy life again
before I depart and am no more.’

Psalm 40

I waited patiently for the LORD;
he turned to me and heard my cry.
He lifted me out of the slimy pit,
out of the mud and mire;
he set my feet on a rock
and gave me a firm place to stand.
He put a new song in my mouth,
a hymn of praise to our God.

Many will see and fear the LORD
and put their trust in him.

Blessed is the one
who trusts in the LORD,
who does not look to the proud,
to those who turn aside to false gods.
Many, LORD my God,
are the wonders you have done,
the things you planned for us.
None can compare with you;
were I to speak and tell of your deeds,
they would be too many to declare.

Sacrifice and offering you did not desire –
but my ears you have opened; –
burnt offerings and sin offerings you did not require.
Then I said, ‘Here I am, I have come –
it is written about me in the scroll.
I desire to do your will, my God;
your law is within my heart.’

I proclaim your saving acts in the great assembly;
I do not seal my lips, LORD,
as you know.

I do not hide your righteousness in my heart;
I speak of your faithfulness and your saving help.
I do not conceal your love and your faithfulness
from the great assembly.

Do not withhold your mercy from me, LORD;
may your love and faithfulness always protect me.
For troubles without number surround me;
my sins have overtaken me, and I cannot see.
They are more than the hairs of my head,
and my heart fails within me.
Be pleased to save me, LORD;
come quickly, LORD, to help me.

May all who want to take my life
be put to shame and confusion;
may all who desire my ruin
be turned back in disgrace.
May those who say to me, ‘Aha! Aha!’
be appalled at their own shame.
But may all who seek you
rejoice and be glad in you;
may those who long for your saving help always say,
‘The LORD is great!’

But as for me, I am poor and needy;
may the Lord think of me.

You are my help and my deliverer;
you are my God, do not delay.

Psalm 41

Blessed are those who have regard for the weak;
the LORD delivers them in times of trouble.
The LORD protects and preserves them –
they are counted among the blessed in the land –
he does not give them over to the desire of their foes.
The LORD sustains them on their sick-bed
and restores them from their bed of illness.

I said, ‘Have mercy on me, LORD;
heal me, for I have sinned against you.’
My enemies say of me in malice,
‘When will he die and his name perish?’
When one of them comes to see me,
he speaks falsely, while his heart gathers slander;
then he goes out and spreads it around.

All my enemies whisper together against me;
they imagine the worst for me, saying,
‘A vile disease has afflicted him;
he will never get up from the place where he lies.’
Even my close friend,
someone I trusted,
one who shared my bread,
has turned against me.

But may you have mercy on me, LORD;
raise me up, that I may repay them.
I know that you are pleased with me,
for my enemy does not triumph over me.
Because of my integrity you uphold me
and set me in your presence forever.

Praise be to the LORD, the God of Israel,
from everlasting to everlasting.
Amen and Amen.

Psalm 53

The fool says in his heart,
‘There is no God.’
They are corrupt, and their ways are vile;
there is no one who does good.

God looks down from heaven
on all mankind
to see if there are any who understand,
any who seek God.
Everyone has turned away, all have become corrupt;
there is no one who does good,
not even one.

Do all these evildoers know nothing?
They devour my people as though eating bread;
they never call on God.
But there they are, overwhelmed with dread,
where there was nothing to dread.
God scattered the bones of those who attacked you;
you put them to shame, for God despised them.
Oh, that salvation for Israel would come out of Zion!
When God restores his people,
let Jacob rejoice and Israel be glad!

Psalm 55

Listen to my prayer, O God,
do not ignore my plea;
hear me and answer me.
My thoughts trouble me and I am distraught
because of what my enemy is saying,
because of the threats of the wicked;
for they bring down suffering on me
and assail me in their anger.

My heart is in anguish within me;
the terrors of death have fallen on me.
Fear and trembling have beset me;
horror has overwhelmed me.
I said, "Oh, that I had the wings of a dove!
I would fly away and be at rest.
I would flee far away
and stay in the desert;
I would hurry to my place of shelter,
far from the tempest and storm."

Lord, confuse the wicked, confound their words,
for I see violence and strife in the city.
Day and night they prowl about on its walls;
malice and abuse are within it.
Destructive forces are at work in the city;
threats and lies never leave its streets.

If an enemy were insulting me,
I could endure it;

if a foe were rising against me,
I could hide.
But it is you, a man like myself,
my companion, my close friend,
with whom I once enjoyed sweet fellowship
at the house of God,
as we walked about
among the worshipers.

Let death take my enemies by surprise;
let them go down alive to the realm of the dead,
for evil finds lodging among them.

As for me, I call to God,
and the LORD saves me.
Evening, morning and noon
I cry out in distress,
and he hears my voice.
He rescues me unharmed
from the battle waged against me,
even though many oppose me.
God, who is enthroned from of old,
who does not change—
he will hear them and humble them,
because they have no fear of God.

My companion attacks his friends;
he violates his covenant.
His talk is smooth as butter,
yet war is in his heart;
his words are more soothing than oil,
yet they are drawn swords.

Cast your cares on the LORD
and he will sustain you;
he will never let
the righteous be shaken.
But you, God, will bring down the wicked
into the pit of decay;
the bloodthirsty and deceitful
will not live out half their days.

But as for me, I trust in you.

Psalm 58

Do you rulers indeed speak justly?
Do you judge people with equity?
No, in your heart you devise injustice,
and your hands mete out violence on the earth.

Even from birth the wicked go astray;
from the womb they are wayward, spreading lies.
Their venom is like the venom of a snake,
like that of a cobra that has stopped its ears,
that will not heed the tune of the charmer,
however skillful the enchanter may be.

Break the teeth in their mouths, O God;
LORD, tear out the fangs of those lions!
Let them vanish like water that flows away;
when they draw the bow, let their arrows fall short.
May they be like a slug that melts away as it moves along,
like a stillborn child that never sees the sun.

Before your pots can feel the heat of the thorns—
whether they be green or dry—the wicked will be swept away.
The righteous will be glad when they are avenged,
when they dip their feet in the blood of the wicked.
Then people will say,
“Surely the righteous still are rewarded;
surely there is a God who judges the earth.”

Psalm 61

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

From the ends of the earth I call to you,
I call as my heart grows faint;
lead me to the rock that is higher than I.
For you have been my refuge,
a strong tower against the foe.

I long to dwell in your tent forever
and take refuge in the shelter of your wings.
For you, God, have heard my vows;
you have given me the heritage of those who fear your name.

Increase the days of the king's life,
his years for many generations.
May he be enthroned in God's presence forever;
appoint your love and faithfulness to protect him.

Then I will ever sing in praise of your name
and fulfill my vows day after day.

Psalm 62

Truly my soul finds rest in God;
my salvation comes from him.
Truly he is my rock and my salvation;
he is my fortress, I will never be shaken.

How long will you assault me?
Would all of you throw me down—
this leaning wall, this tottering fence?
Surely they intend to topple me
from my lofty place;
they take delight in lies.
With their mouths they bless,
but in their hearts they curse.

Yes, my soul, find rest in God;
my hope comes from him.
Truly he is my rock and my salvation;
he is my fortress, I will not be shaken.
My salvation and my honor depend on God;
he is my mighty rock, my refuge.
Trust in him at all times, you people;
pour out your hearts to him,
for God is our refuge.

Surely the lowborn are but a breath,
the highborn are but a lie.
If weighed on a balance, they are nothing;
together they are only a breath.
Do not trust in extortion
or put vain hope in stolen goods;
though your riches increase,
do not set your heart on them.

One thing God has spoken,
two things I have heard:
“Power belongs to you, God,
and with you, Lord, is unfailing love”;
and, “You reward everyone
according to what they have done.”

Psalm 64

Hear me, my God, as I voice my complaint;
protect my life from the threat of the enemy.
Hide me from the conspiracy of the wicked,
from the plots of evildoers.
They sharpen their tongues like swords
and aim cruel words like deadly arrows.

They shoot from ambush at the innocent;
they shoot suddenly, without fear.

They encourage each other in evil plans,
they talk about hiding their snares;
they say, "Who will see it?"
They plot injustice and say,
"We have devised a perfect plan!"
Surely the human mind and heart are cunning.

But God will shoot them with his arrows;
they will suddenly be struck down.
He will turn their own tongues against them
and bring them to ruin;
all who see them will shake their heads in scorn.
All people will fear;
they will proclaim the works of God
and ponder what he has done.

The righteous will rejoice in the LORD
and take refuge in him;
all the upright in heart will glory in him!

Psalm 65

Praise awaits you, our God, in Zion;
to you our vows will be fulfilled.
You who answer prayer,
to you all people will come.
When we were overwhelmed by sins,
you forgave our transgressions.
Blessed are those you choose
and bring near to live in your courts!
We are filled with the good things of your house,
of your holy temple.

You answer us with awesome and righteous deeds,
God our Savior,
the hope of all the ends of the earth
and of the farthest seas,
who formed the mountains by your power,
having armed yourself with strength,
who stilled the roaring of the seas,
the roaring of their waves,
and the turmoil of the nations.
The whole earth is filled with awe at your wonders;
where morning dawns, where evening fades,
you call forth songs of joy.

You care for the land and water it;
you enrich it abundantly.
The streams of God are filled with water
to provide the people with grain,
for so you have ordained it.
You drench its furrows and level its ridges;
you soften it with showers and bless its crops.
You crown the year with your bounty,
and your carts overflow with abundance.
The grasslands of the wilderness overflow;
the hills are clothed with gladness.
The meadows are covered with flocks
and the valleys are mantled with grain;
they shout for joy and sing.

Psalm 66

Shout for joy to God, all the earth!
Sing the glory of his name;
make his praise glorious.
Say to God, "How awesome are your deeds!
So great is your power
that your enemies cringe before you.
All the earth bows down to you;
they sing praise to you,
they sing the praises of your name."

Come and see what God has done,
his awesome deeds for mankind!
He turned the sea into dry land,
they passed through the waters on foot—
come, let us rejoice in him.
He rules forever by his power,
his eyes watch the nations—
let not the rebellious rise up against him.

Praise our God, all peoples,
let the sound of his praise be heard;
he has preserved our lives
and kept our feet from slipping.
For you, God, tested us;
you refined us like silver.
You brought us into prison
and laid burdens on our backs.
You let people ride over our heads;
we went through fire and water,
but you brought us to a place of abundance.

I will come to your temple with burnt offerings
and fulfill my vows to you—

vows my lips promised and my mouth spoke
when I was in trouble.

I will sacrifice fat animals to you
and an offering of rams;
I will offer bulls and goats.

Come and hear, all you who fear God;
let me tell you what he has done for me.

I cried out to him with my mouth;
his praise was on my tongue.
If I had cherished sin in my heart,
the Lord would not have listened;
but God has surely listened
and has heard my prayer. Praise be to God,
who has not rejected my prayer
or withheld his love from me!

Psalm 67

May God be gracious to us and bless us
and make his face shine on us—
so that your ways may be known on earth,
your salvation among all nations.

May the peoples praise you, God;
may all the peoples praise you.
May the nations be glad and sing for joy,
for you rule the peoples with equity
and guide the nations of the earth.
May the peoples praise you, God;
may all the peoples praise you.

The land yields its harvest;
God, our God, blesses us.

May God bless us still,
so that all the ends of the earth will fear him.

Psalm 68

May God arise, may his enemies be scattered;
may his foes flee before him.
May you blow them away like smoke—
as wax melts before the fire,
may the wicked perish before God.
But may the righteous be glad
and rejoice before God;
may they be happy and joyful.

Sing to God, sing in praise of his name,
extol him who rides on the clouds;
rejoice before him—his name is the LORD.
A father to the fatherless, a defender of widows,
is God in his holy dwelling.
God sets the lonely in families,
he leads out the prisoners with singing;
but the rebellious live in a sun-scorched land.

When you, God, went out before your people,
when you marched through the wilderness,
the earth shook, the heavens poured down rain,
before God, the One of Sinai,
before God, the God of Israel.
You gave abundant showers, O God;
you refreshed your weary inheritance.
Your people settled in it,
and from your bounty, God, you provided for the poor.

The Lord announces the word,
and the women who proclaim it are a mighty throng:
“Kings and armies flee in haste;
the women at home divide the plunder.
Even while you sleep among the sheep pens,
the wings of my dove are sheathed with silver,
its feathers with shining gold.”
When the Almighty scattered the kings in the land,
it was like snow fallen on Mount Zalmon.

Mount Bashan, majestic mountain,
Mount Bashan, rugged mountain,
why gaze in envy, you rugged mountain,
at the mountain where God chooses to reign,
where the LORD himself will dwell forever?
The chariots of God are tens of thousands
and thousands of thousands;
the Lord has come from Sinai into his sanctuary.
When you ascended on high,
you took many captives;
you received gifts from people,
even from the rebellious—
that you, LORD God, might dwell there.

Praise be to the Lord, to God our Savior,
who daily bears our burdens.
Our God is a God who saves;
from the Sovereign LORD comes escape from death.
Surely God will crush the heads of his enemies,
the hairy crowns of those who go on in their sins.
The Lord says, “I will bring them from Bashan;
I will bring them from the depths of the sea,

that your feet may wade in the blood of your foes,
while the tongues of your dogs have their share.”

Your procession, God, has come into view,
the procession of my God and King into the sanctuary.
In front are the singers, after them the musicians;
with them are the young women playing the timbrels.
Praise God in the great congregation;
praise the LORD in the assembly of Israel.
There is the little tribe of Benjamin, leading them,
there the great throng of Judah’s princes,
and there the princes of Zebulun and of Naphtali.

Summon your power, God;
show us your strength, our God, as you have done before.
Because of your temple at Jerusalem
kings will bring you gifts.
Rebuke the beast among the reeds,
the herd of bulls among the calves of the nations.
Humbled, may the beast bring bars of silver.
Scatter the nations who delight in war.
Envoys will come from Egypt;
Cush will submit herself to God.

Sing to God, you kingdoms of the earth,
sing praise to the Lord,
to him who rides across the highest heavens, the ancient heavens,
who thunders with mighty voice.
Proclaim the power of God,
whose majesty is over Israel,
whose power is in the heavens.
You, God, are awesome in your sanctuary;
the God of Israel gives power and strength to his people.

Praise be to God!

Psalm 69

Save me, O God,
for the waters have come up to my neck.
I sink in the miry depths,
where there is no foothold.
I have come into the deep waters;
the floods engulf me.
I am worn out calling for help;
my throat is parched.
My eyes fail,
looking for my God.

Those who hate me without reason
outnumber the hairs of my head;

many are my enemies without cause,
those who seek to destroy me.
I am forced to restore
what I did not steal.

You, God, know my folly;
my guilt is not hidden from you.

Lord, the LORD Almighty,
may those who hope in you
not be disgraced because of me;
God of Israel,
may those who seek you
not be put to shame because of me.
For I endure scorn for your sake,
and shame covers my face.
I am a foreigner to my own family,
a stranger to my own mother's children;
for zeal for your house consumes me,
and the insults of those who insult you fall on me.
When I weep and fast,
I must endure scorn;
when I put on sackcloth,
people make sport of me.
Those who sit at the gate mock me,
and I am the song of the drunkards.

But I pray to you, LORD,
in the time of your favor;
in your great love, O God,
answer me with your sure salvation.
Rescue me from the mire,
do not let me sink;
deliver me from those who hate me,
from the deep waters.
Do not let the floodwaters engulf me
or the depths swallow me up
or the pit close its mouth over me.

Answer me, LORD, out of the goodness of your love;
in your great mercy turn to me.
Do not hide your face from your servant;
answer me quickly, for I am in trouble.
Come near and rescue me;
deliver me because of my foes.

You know how I am scorned, disgraced and shamed;
all my enemies are before you.
Scorn has broken my heart
and has left me helpless;
I looked for sympathy, but there was none,
for comforters, but I found none.

They put gall in my food
and gave me vinegar for my thirst.

May the table set before them become a snare;
may it become retribution and a trap.
May their eyes be darkened so they cannot see,
and their backs be bent forever.
Pour out your wrath on them;
let your fierce anger overtake them.
May their place be deserted;
let there be no one to dwell in their tents.
For they persecute those you wound
and talk about the pain of those you hurt.
Charge them with crime upon crime;
do not let them share in your salvation.
May they be blotted out of the book of life
and not be listed with the righteous.
But as for me, afflicted and in pain—
may your salvation, God, protect me.
I will praise God's name in song
and glorify him with thanksgiving.
This will please the LORD more than an ox,
more than a bull with its horns and hooves.
The poor will see and be glad—
you who seek God, may your hearts live!
The LORD hears the needy
and does not despise his captive people.

Let heaven and earth praise him,
the seas and all that move in them,
for God will save Zion
and rebuild the cities of Judah.
Then people will settle there and possess it;
the children of his servants will inherit it,
and those who love his name will dwell there.

Psalm 70

Hasten, O God, to save me;
come quickly, LORD, to help me.

May those who want to take my life
be put to shame and confusion;
may all who desire my ruin
be turned back in disgrace.
May those who say to me, "Aha! Aha!"
turn back because of their shame.
But may all who seek you
rejoice and be glad in you;

may those who long for your saving help always say,
“The LORD is great!”

But as for me, I am poor and needy;
come quickly to me, O God.
You are my help and my deliverer;
LORD, do not delay.

Psalm 86

Hear me, LORD, and answer me,
for I am poor and needy.
Guard my life, for I am faithful to you;
save your servant who trusts in you.
You are my God; ³ have mercy on me, Lord,
for I call to you all day long.
Bring joy to your servant, Lord,
for I put my trust in you.
You, Lord, are forgiving and good,
abounding in love to all who call to you.
Hear my prayer, LORD;
listen to my cry for mercy.
When I am in distress, I call to you,
because you answer me.
Among the gods there is none like you, Lord;
no deeds can compare with yours.
All the nations you have made
will come and worship before you, Lord;
they will bring glory to your name.
For you are great and do marvelous deeds;
you alone are God.
Teach me your way, LORD,
that I may rely on your faithfulness;
give me an undivided heart,
that I may fear your name.
I will praise you, Lord my God, with all my heart;
I will glorify your name forever.
For great is your love toward me;
you have delivered me from the depths,
from the realm of the dead.
Arrogant foes are attacking me, O God;
ruthless people are trying to kill me—
they have no regard for you.
But you, Lord, are a compassionate and gracious God,
slow to anger, abounding in love and faithfulness.
Turn to me and have mercy on me;
show your strength in behalf of your servant;
save me, because I serve you
just as my mother did.

Give me a sign of your goodness,
that my enemies may see it and be put to shame,
for you, LORD, have helped me and comforted me.

Psalm 101

I will sing of your love and justice;
to you, LORD, I will sing praise.
I will be careful to lead a blameless life—
when will you come to me?
I will conduct the affairs of my house
with a blameless heart.
I will not look with approval
on anything that is vile.
I hate what faithless people do;
I will have no part in it.
The perverse of heart shall be far from me;
I will have nothing to do with what is evil.
Whoever slanders their neighbor in secret,
I will put to silence;
whoever has haughty eyes and a proud heart,
I will not tolerate.
My eyes will be on the faithful in the land,
that they may dwell with me;
the one whose walk is blameless
will minister to me.
No one who practices deceit
will dwell in my house;
no one who speaks falsely
will stand in my presence.
Every morning I will put to silence
all the wicked in the land;
I will cut off every evildoer
from the city of the LORD.

Psalm 103

Praise the LORD, my soul;
all my inmost being, praise his holy name.
Praise the LORD, my soul,
and forget not all his benefits—
who forgives all your sins
and heals all your diseases,
who redeems your life from the pit
and crowns you with love and compassion,
who satisfies your desires with good things
so that your youth is renewed like the eagle's.

The LORD works righteousness
and justice for all the oppressed.
He made known his ways to Moses,
his deeds to the people of Israel:
The LORD is compassionate and gracious,
slow to anger, abounding in love.
He will not always accuse,
nor will he harbor his anger forever;
he does not treat us as our sins deserve
or repay us according to our iniquities.
For as high as the heavens are above the earth,
so great is his love for those who fear him;
as far as the east is from the west,
so far has he removed our transgressions from us.
As a father has compassion on his children,
so the LORD has compassion on those who fear him;
for he knows how we are formed,
he remembers that we are dust.
The life of mortals is like grass,
they flourish like a flower of the field;
the wind blows over it and it is gone,
and its place remembers it no more.
But from everlasting to everlasting
the LORD's love is with those who fear him,
and his righteousness with their children's children—
with those who keep his covenant
and remember to obey his precepts.
The LORD has established his throne in heaven,
and his kingdom rules over all.
Praise the LORD, you his angels,
you mighty ones who do his bidding,
who obey his word.
Praise the LORD, all his heavenly hosts,
you his servants who do his will.
Praise the LORD, all his works
everywhere in his dominion.
Praise the LORD, my soul.

Psalm 108

My heart, O God, is steadfast;
I will sing and make music with all my soul.
Awake, harp and lyre!
I will awaken the dawn.
I will praise you, LORD, among the nations;
I will sing of you among the peoples.

For great is your love, higher than the heavens;
your faithfulness reaches to the skies.
Be exalted, O God, above the heavens;
let your glory be over all the earth.

Save us and help us with your right hand,
that those you love may be delivered.
God has spoken from his sanctuary:
“In triumph I will parcel out Shechem
and measure off the Valley of Sukkoth.
Gilead is mine, Manasseh is mine;
Ephraim is my helmet,
Judah is my scepter.
Moab is my washbasin,
on Edom I toss my sandal;
over Philistia I shout in triumph.”

Who will bring me to the fortified city?
Who will lead me to Edom?
Is it not you, God, you who have rejected us
and no longer go out with our armies?
Give us aid against the enemy,
for human help is worthless.
With God we will gain the victory,
and he will trample down our enemies.

Psalm 109

My God, whom I praise,
do not remain silent,
for people who are wicked and deceitful
have opened their mouths against me;
they have spoken against me with lying tongues.
With words of hatred they surround me;
they attack me without cause.
In return for my friendship they accuse me,
but I am a man of prayer.
They repay me evil for good,
and hatred for my friendship.

Appoint someone evil to oppose my enemy;
let an accuser stand at his right hand.
When he is tried, let him be found guilty,
and may his prayers condemn him.
May his days be few;
may another take his place of leadership.
May his children be fatherless
and his wife a widow.
May his children be wandering beggars;
may they be driven from their ruined homes.

May a creditor seize all he has;
may strangers plunder the fruits of his labor.
May no one extend kindness to him
or take pity on his fatherless children.
May his descendants be cut off,
their names blotted out from the next generation.
May the iniquity of his fathers be remembered before the LORD;
may the sin of his mother never be blotted out.
May their sins always remain before the LORD,
that he may blot out their name from the earth.

For he never thought of doing a kindness,
but hounded to death the poor
and the needy and the brokenhearted.
He loved to pronounce a curse—
may it come back on him.
He found no pleasure in blessing—
may it be far from him.
He wore cursing as his garment;
it entered into his body like water,
into his bones like oil.
May it be like a cloak wrapped about him,
like a belt tied forever around him.
May this be the LORD's payment to my accusers,
to those who speak evil of me.

But you, Sovereign LORD,
help me for your name's sake;
out of the goodness of your love, deliver me.
For I am poor and needy,
and my heart is wounded within me.
I fade away like an evening shadow;
I am shaken off like a locust.
My knees give way from fasting;
my body is thin and gaunt.
I am an object of scorn to my accusers;
when they see me, they shake their heads.

Help me, LORD my God;
save me according to your unfailing love.
Let them know that it is your hand,
that you, LORD, have done it.
While they curse, may you bless;
may those who attack me be put to shame,
but may your servant rejoice.
May my accusers be clothed with disgrace
and wrapped in shame as in a cloak.

With my mouth I will greatly extol the LORD;
in the great throng of worshipers I will praise him.
For he stands at the right hand of the needy,
to save their lives from those who would condemn them.

Psalm 110

The LORD says to my lord:

“Sit at my right hand
until I make your enemies
a footstool for your feet.”

The LORD will extend your mighty scepter from Zion, saying,

“Rule in the midst of your enemies!”

Your troops will be willing
on your day of battle.

Arrayed in holy splendor,
your young men will come to you
like dew from the morning’s womb.

The LORD has sworn
and will not change his mind:

“You are a priest forever,
in the order of Melchizedek.”

The Lord is at your right hand;
he will crush kings on the day of his wrath.
He will judge the nations, heaping up the dead
and crushing the rulers of the whole earth.
He will drink from a brook along the way,
and so he will lift his head high.

Psalm 122

I rejoiced with those who said to me,
“Let us go to the house of the LORD.”

Our feet are standing
in your gates, Jerusalem.

Jerusalem is built like a city
that is closely compacted together.

That is where the tribes go up—
the tribes of the LORD—

to praise the name of the LORD
according to the statute given to Israel.

There stand the thrones for judgment,
the thrones of the house of David.

Pray for the peace of Jerusalem:

“May those who love you be secure.
May there be peace within your walls
and security within your citadels.”

For the sake of my family and friends,

I will say, “Peace be within you.”

For the sake of the house of the LORD our God,
I will seek your prosperity.

Psalm 124

If the LORD had not been on our side—
 let Israel say—
if the LORD had not been on our side
 when people attacked us,
they would have swallowed us alive
 when their anger flared against us;
the flood would have engulfed us,
the torrent would have swept over us,
 the raging waters
 would have swept us away.
Praise be to the LORD,
who has not let us be torn by their teeth.
We have escaped like a bird
 from the fowler's snare;
the snare has been broken,
 and we have escaped.
Our help is in the name of the LORD,
the Maker of heaven and earth.

Psalm 131

My heart is not proud, LORD,
 my eyes are not haughty;
I do not concern myself with great matters
 or things too wonderful for me.
But I have calmed and quieted myself,
I am like a weaned child with its mother;
 like a weaned child I am content.
Israel, put your hope in the LORD
 both now and forevermore.

Psalm 133

How good and pleasant it is
when God's people live together in unity!
It is like precious oil poured on the head,
 running down on the beard,
 running down on Aaron's beard,
 down on the collar of his robe.
It is as if the dew of Hermon
 were falling on Mount Zion.
For there the LORD bestows his blessing,
 even life forevermore.

Psalm 138

I will praise you, LORD, with all my heart;
before the “gods” I will sing your praise.
I will bow down toward your holy temple
and will praise your name
for your unfailing love and your faithfulness,
for you have so exalted your solemn decree
that it surpasses your fame.
When I called, you answered me;
you greatly emboldened me.

May all the kings of the earth praise you, LORD,
when they hear what you have decreed.
May they sing of the ways of the LORD,
for the glory of the LORD is great.

Though the LORD is exalted, he looks kindly on the lowly;
though lofty, he sees them from afar.
Though I walk in the midst of trouble,
you preserve my life.
You stretch out your hand against the anger of my foes;
with your right hand you save me.
The LORD will vindicate me;
your love, LORD, endures forever—
do not abandon the works of your hands.

Psalm 139

You have searched me, LORD,
and you know me.
You know when I sit and when I rise;
you perceive my thoughts from afar.
You discern my going out and my lying down;
you are familiar with all my ways.
Before a word is on my tongue
you, LORD, know it completely.
You hem me in behind and before,
and you lay your hand upon me.
Such knowledge is too wonderful for me,
too lofty for me to attain.

Where can I go from your Spirit?
Where can I flee from your presence?
If I go up to the heavens, you are there;
if I make my bed in the depths, you are there.
If I rise on the wings of the dawn,
if I settle on the far side of the sea,
even there your hand will guide me,
your right hand will hold me fast.
If I say, “Surely the darkness will hide me

and the light become night around me,”
even the darkness will not be dark to you;
the night will shine like the day,
for darkness is as light to you.

For you created my inmost being;
you knit me together in my mother’s womb.
I praise you because I am fearfully and wonderfully made;
your works are wonderful,
I know that full well.

My frame was not hidden from you
when I was made in the secret place,
when I was woven together in the depths of the earth.
Your eyes saw my unformed body;
all the days ordained for me were written in your book
before one of them came to be.

How precious to me are your thoughts, God!
How vast is the sum of them!
Were I to count them,
they would outnumber the grains of sand—
when I awake, I am still with you.

If only you, God, would slay the wicked!
Away from me, you who are bloodthirsty!
They speak of you with evil intent;
your adversaries misuse your name.
Do I not hate those who hate you, LORD,
and abhor those who are in rebellion against you?
I have nothing but hatred for them;
I count them my enemies.
Search me, God, and know my heart;
test me and know my anxious thoughts.
See if there is any offensive way in me,
and lead me in the way everlasting.

Psalm 140

Rescue me, LORD, from evildoers;
protect me from the violent,
who devise evil plans in their hearts
and stir up war every day.
They make their tongues as sharp as a serpent’s;
the poison of vipers is on their lips.
Keep me safe, LORD, from the hands of the wicked;
protect me from the violent,
who devise ways to trip my feet.
The arrogant have hidden a snare for me;
they have spread out the cords of their net
and have set traps for me along my path.

I say to the LORD, "You are my God."
Hear, LORD, my cry for mercy.
Sovereign LORD, my strong deliverer,
you shield my head in the day of battle.
Do not grant the wicked their desires, LORD;
do not let their plans succeed.

Those who surround me proudly rear their heads;
may the mischief of their lips engulf them.
May burning coals fall on them;
may they be thrown into the fire,
into miry pits, never to rise.
May slanderers not be established in the land;
may disaster hunt down the violent.

I know that the LORD secures justice for the poor
and upholds the cause of the needy.
Surely the righteous will praise your name,
and the upright will live in your presence.

Psalm 141

I call to you, LORD, come quickly to me;
hear me when I call to you.
May my prayer be set before you like incense;
may the lifting up of my hands be like the evening sacrifice.

Set a guard over my mouth, LORD;
keep watch over the door of my lips.
Do not let my heart be drawn to what is evil
so that I take part in wicked deeds
along with those who are evildoers;
do not let me eat their delicacies.

Let a righteous man strike me—that is a kindness;
let him rebuke me—that is oil on my head.
My head will not refuse it,
for my prayer will still be against the deeds of evildoers.

Their rulers will be thrown down from the cliffs,
and the wicked will learn that my words were well spoken.
They will say, "As one plows and breaks up the earth,
so our bones have been scattered at the mouth of the grave."

But my eyes are fixed on you, Sovereign LORD;
in you I take refuge—do not give me over to death.
Keep me safe from the traps set by evildoers,
from the snares they have laid for me.
Let the wicked fall into their own nets,
while I pass by in safety.

Psalm 143

LORD, hear my prayer,
listen to my cry for mercy;
in your faithfulness and righteousness
come to my relief.
Do not bring your servant into judgment,
for no one living is righteous before you.
The enemy pursues me,
he crushes me to the ground;
he makes me dwell in the darkness
like those long dead.
So my spirit grows faint within me;
my heart within me is dismayed.
I remember the days of long ago;
I meditate on all your works
and consider what your hands have done.
I spread out my hands to you;
I thirst for you like a parched land.

Answer me quickly, LORD;
my spirit fails.
Do not hide your face from me
or I will be like those who go down to the pit.
Let the morning bring me word of your unfailing love,
for I have put my trust in you.
Show me the way I should go,
for to you I entrust my life.
Rescue me from my enemies, LORD,
for I hide myself in you.
Teach me to do your will,
for you are my God;
may your good Spirit
lead me on level ground.
For your name's sake, LORD, preserve my life;
in your righteousness, bring me out of trouble.
In your unfailing love, silence my enemies;
destroy all my foes,
for I am your servant.

Psalm 144

Praise be to the LORD my Rock,
who trains my hands for war,
my fingers for battle.
He is my loving God and my fortress,
my stronghold and my deliverer,
my shield, in whom I take refuge,
who subdues peoples under me.

LORD, what are human beings that you care for them,
mere mortals that you think of them?
They are like a breath;
their days are like a fleeting shadow.

Part your heavens, LORD, and come down;
touch the mountains, so that they smoke.
Send forth lightning and scatter the enemy;
shoot your arrows and rout them.
Reach down your hand from on high;
deliver me and rescue me
from the mighty waters,
from the hands of foreigners
whose mouths are full of lies,
whose right hands are deceitful.

I will sing a new song to you, my God;
on the ten-stringed lyre I will make music to you,
to the One who gives victory to kings,
who delivers his servant David.

From the deadly sword deliver me;
rescue me from the hands of foreigners
whose mouths are full of lies,
whose right hands are deceitful.

Then our sons in their youth
will be like well-nurtured plants,
and our daughters will be like pillars
carved to adorn a palace.
Our barns will be filled
with every kind of provision.
Our sheep will increase by thousands,
by tens of thousands in our fields;
our oxen will draw heavy loads.
There will be no breaching of walls,
no going into captivity,
no cry of distress in our streets.
Blessed is the people of whom this is true;
blessed is the people whose God is the LORD.

Psalm 145

I will exalt you, my God the King;
I will praise your name for ever and ever.
Every day I will praise you
and extol your name for ever and ever.

Great is the LORD and most worthy of praise;
his greatness no one can fathom.
One generation commends your works to another;

they tell of your mighty acts.
They speak of the glorious splendor of your majesty—
and I will meditate on your wonderful works.
They tell of the power of your awesome works—
and I will proclaim your great deeds.
They celebrate your abundant goodness
and joyfully sing of your righteousness.

The LORD is gracious and compassionate,
slow to anger and rich in love.

The LORD is good to all;
he has compassion on all he has made.
All your works praise you, LORD;
your faithful people extol you.
They tell of the glory of your kingdom
and speak of your might,
so that all people may know of your mighty acts
and the glorious splendor of your kingdom.
Your kingdom is an everlasting kingdom,
and your dominion endures through all generations.

The LORD is trustworthy in all he promises
and faithful in all he does.

The LORD upholds all who fall
and lifts up all who are bowed down.
The eyes of all look to you,
and you give them their food at the proper time.
You open your hand
and satisfy the desires of every living thing.

The LORD is righteous in all his ways
and faithful in all he does.

The LORD is near to all who call on him,
to all who call on him in truth.
He fulfills the desires of those who fear him;
he hears their cry and saves them.
The LORD watches over all who love him,
but all the wicked he will destroy.

My mouth will speak in praise of the LORD.
Let every creature praise his holy name
for ever and ever.

Psalm 88

LORD, you are the God who saves me;
day and night I cry out to you.
May my prayer come before you;
turn your ear to my cry.

I am overwhelmed with troubles
and my life draws near to death.
I am counted among those who go down to the pit;
I am like one without strength.
I am set apart with the dead,
like the slain who lie in the grave,
whom you remember no more,
who are cut off from your care.

You have put me in the lowest pit,
in the darkest depths.
Your wrath lies heavily on me;
you have overwhelmed me with all your waves.

You have taken from me my closest friends
and have made me repulsive to them.
I am confined and cannot escape;
my eyes are dim with grief.

I call to you, LORD, every day;
I spread out my hands to you.
Do you show your wonders to the dead?
Do their spirits rise up and praise you?
Is your love declared in the grave,
your faithfulness in Destruction?
Are your wonders known in the place of darkness,
or your righteous deeds in the land of oblivion?

But I cry to you for help, LORD;
in the morning my prayer comes before you.
Why, LORD, do you reject me
and hide your face from me?

From my youth I have suffered and been close to death;
I have borne your terrors and am in despair.
Your wrath has swept over me;
your terrors have destroyed me.
All day long they surround me like a flood;
they have completely engulfed me.
You have taken from me friend and neighbor—
darkness is my closest friend.

Psalm 89

I will sing of the LORD's great love forever;
with my mouth I will make your faithfulness known
through all generations.
I will declare that your love stands firm forever,
that you have established your faithfulness in heaven itself.
You said, "I have made a covenant with my chosen one,
I have sworn to David my servant,

‘I will establish your line forever
and make your throne firm through all generations.’”

The heavens praise your wonders, LORD,
your faithfulness too, in the assembly of the holy ones.
For who in the skies above can compare with the LORD?
Who is like the LORD among the heavenly beings?
In the council of the holy ones God is greatly feared;
he is more awesome than all who surround him.
Who is like you, LORD God Almighty?
You, LORD, are mighty, and your faithfulness surrounds you.

You rule over the surging sea;
when its waves mount up, you still them.
You crushed Rahab like one of the slain;
with your strong arm you scattered your enemies.
The heavens are yours, and yours also the earth;
you founded the world and all that is in it.
You created the north and the south;
Tabor and Hermon sing for joy at your name.
Your arm is endowed with power;
your hand is strong, your right hand exalted.

Righteousness and justice are the foundation of your throne;
love and faithfulness go before you.

Blessed are those who have learned to acclaim you,
who walk in the light of your presence, LORD.
They rejoice in your name all day long;
they celebrate your righteousness.
For you are their glory and strength,
and by your favor you exalt our horn.
Indeed, our shield belongs to the LORD,
our king to the Holy One of Israel.

Once you spoke in a vision,
to your faithful people you said:
“I have bestowed strength on a warrior;
I have raised up a young man from among the people.
I have found David my servant;
with my sacred oil I have anointed him.
My hand will sustain him;
surely my arm will strengthen him.
The enemy will not get the better of him;
the wicked will not oppress him.
I will crush his foes before him
and strike down his adversaries.
My faithful love will be with him,
and through my name his horn will be exalted.
I will set his hand over the sea,
his right hand over the rivers.
He will call out to me, ‘You are my Father,
my God, the Rock my Savior.’

And I will appoint him to be my firstborn,
the most exalted of the kings of the earth.
I will maintain my love to him forever,
and my covenant with him will never fail.
I will establish his line forever,
his throne as long as the heavens endure.
“If his sons forsake my law
and do not follow my statutes,
if they violate my decrees
and fail to keep my commands,
I will punish their sin with the rod,
their iniquity with flogging;
but I will not take my love from him,
nor will I ever betray my faithfulness.
I will not violate my covenant
or alter what my lips have uttered.
Once for all, I have sworn by my holiness—
and I will not lie to David—
that his line will continue forever
and his throne endure before me like the sun;
it will be established forever like the moon,
the faithful witness in the sky.”

But you have rejected, you have spurned,
you have been very angry with your anointed one.
You have renounced the covenant with your servant
and have defiled his crown in the dust.
You have broken through all his walls
and reduced his strongholds to ruins.
All who pass by have plundered him;
he has become the scorn of his neighbors.
You have exalted the right hand of his foes;
you have made all his enemies rejoice.
Indeed, you have turned back the edge of his sword
and have not supported him in battle.
You have put an end to his splendor
and cast his throne to the ground.
You have cut short the days of his youth;
you have covered him with a mantle of shame.

How long, LORD? Will you hide yourself forever?
How long will your wrath burn like fire?
Remember how fleeting is my life.
For what futility you have created all humanity!

Who can live and not see death,
or who can escape the power of the grave?
Lord, where is your former great love,
which in your faithfulness you swore to David?
Remember, Lord, how your servant has been mocked,
how I bear in my heart the taunts of all the nations,

the taunts with which your enemies, LORD, have mocked,
with which they have mocked every step of your anointed one.

Praise be to the LORD forever!
Amen and Amen.