

## Psalm 21

- 1 The king shall rejoice in your strength, Ó Lórd; \*  
how greatly shall he rejoice in your sálvátió!
- 2 You have given him his héart's désíre \*  
and have not denied the request óf his líps.
- 3 For you come to meet him with blessings óf góodness \*  
and set a crown of pure gold upón his héad.
- 4 He asked of you life and yóu gáve it him, \*  
length of days, for evèr and éver.
- 5 His honour is great because of yóur sálvátió; \*  
glory and majesty háve yóu láid upón him.
- 6 You have granted him everlasting félicíty \*  
and will make him glad with joy in yóur présence.
- 7 For the king puts his trust in the Lórd; \*  
because of the loving-kindness of the Most High, he shall not be  
óvèrthrówn.
- [8 Your hand shall mark down áll yóur énemíes; \*  
your right hand will find out thóse who háte you.
- 9 You will make them like a fiery oven in the time óf yóur wráth; \*  
the Lord will swallow them up in his anger and the fire will cónsúme them.
- 10 Their fruit you will root out óf the lánd \*  
and their seed from among its inhábítants.
- 11 Because they intend evil ágáinst you \*  
and devise wicked schemes which they cannot pèrfórm,
- 12 You will put thém tó flíght \*  
when you aim your bow at thèir fáces.]
- 13 Be exalted, O Lord, in your öwn míght; \*  
we will make music and sing óf yóur pówer.

## Psalm 22

- 1 My God, my God, why have you forsaken me, \*  
and are so far from my salvation, from the words of my distress?
- 2 O my God, I cry in the daytime, but you do not answer; \*  
and by night also, but I find no rest.
- 3 Yet you are the Holy One, \*  
enthroned upon the praises of Israel.
- 4 Our forebears trusted in you; \*  
they trusted, and you delivered them.
- 5 They cried out to you and were delivered; \*  
they put their trust in you and were not confounded.
- 6 But as for me, I am a worm and no man, \*  
scorned by all and despised by the people.
- 7 All who see me laugh me to scorn; \*  
they curl their lips and wag their heads, saying,
- 8 'He trusted in the Lord; let him deliver him; \*  
let him deliver him, if he delights in him.'
- 9 But it is you that took me out of the womb \*  
and laid me safe upon my mother's breast.
- 10 On you was I cast ever since I was born; \*  
you are my God even from my mother's womb.
- 11 Be not far from me, for trouble is near at hand \*  
and there is none to help.
- 12 Mighty oxen come around me; \*  
fat bulls of Bashan close me in on every side.
- 13 They gape upon me with their mouths, \*  
as it were a ramping and a roaring lion.
- 14 I am poured out like water; all my bones are out of joint; \*  
my heart has become like wax melting in the depths of my body.
- 15 My mouth is dried up like a potsherd; my tongue cleaves to my gums; \*  
you have laid me in the dust of death.
- 16 For the hounds are all about me, the pack of evildoers close in on me; \*  
they pierce my hands and my feet.
- 17 I can count all my bones; \*  
they stand staring and looking upon me.

[Psalm 22]

- 18 They divide my garments among them; \*  
they cast lots for my clothing.
- 19 Be not far from me, O Lord; \*  
you are my strength; hasten to help me.
- 20 Deliver my soul from the sword, \*  
my poor life from the power of the dog.
- 21 Save me from the lion's mouth, from the horns of wild oxen. \*  
--- You have answered me!
- 22 I will tell of your name to my people; \*  
in the midst of the congregation will I praise you.
- 23 Praise the Lord, you that fear him; \*  
O seed of Jacob, glorify him; stand in awe of him, O seed of Israel.
- 24 For he has not despised nor abhorred the suffering of the poor;  
neither has he hidden his face from them; \*  
but when they cried to him he heard them.
- 25 From you comes my praise in the great congregation; \*  
I will perform my vows in the presence of those that fear you.
- 26 The poor shall eat and be satisfied; \*  
those who seek the Lord shall praise him; their hearts shall live for ever.
- 27 All the ends of the earth shall remember and turn to the Lord, \*  
and all the families of the nations shall bow before him.
- 28 For the kingdom is the Lord's \*  
and he rules over the nations.
- 29 How can those who sleep in the earth bow down in worship, \*  
or those who go down to the dust kneel before him?
- 30 He has saved my life for himself; my descendants shall serve him; \*  
this shall be told of the Lord for generations to come.
- 31 They shall come and make known his salvation, to a people yet unborn, \*  
declaring that he, the Lord, has done it.

### Psalm 23

- 1 The Lord is my shépherd; \*  
therefore can I lack nóthing.
- 2 He makes me lie down in grëen pástures \*  
and leads me beside still wáters.
- 3 He shall refrësh my sóul \*  
and guide me in the paths of righteousness fòr his náme's sake.
- 4 Though I walk through the valley of the shadow of death,  
I will féar nó évil; \*  
for you are with me; your rod and your stáff, they cómfort me.
- 5 You spread a table before me in the presence of thòse whò tróuble me; \*  
you have anointed my head with oil and my cup shall bè fúll.
- 6 Surely goodness and loving mercy shall follow me all the days òf my life, \*  
and I will dwell in the house of the Lórd fòr éver.

### Psalm 24

- 1 The earth is the Lord's and all thát fills it, \*  
the compass of the world and all whò dwéll therein.
- 2 For he has founded it upòn thè séas \*  
and set it firm upon the rivers òf thè déep.
- 3 'Who shall ascend the hill òf thè Lórd, \*  
or who can rise up in his hólý pláce?'
- 4 'Those who have clean hands and a püre héart, \*  
who have not lifted up their soul to an idol, nor sworn an oath tò à líe;
- 5 'They shall receive a blessing fròm thè Lórd, \*  
a just reward from the God of thèir sálvátion.'
- 6 Such is the company of thòse whò séek him, \*  
of those who seek your face, O God òf Jácob.
- 7 Lift up your heads, O gates; be lifted up, you everlásting dóors; \*  
and the King of glory shall còme ín.
- 8 'Who is the Kíng òf glóry?' \*  
'The Lord, strong and mighty, the Lord who is mighty in báttle.'
- 9 Lift up your heads, O gates; be lifted up, you everlásting dóors; \*  
and the King of glory shall còme ín.
- 10 'Who is this Kíng òf glóry?' \*  
'The Lord of hosts, he is the Kíng òf glóry.'

## Psalm 25

- 1 To you, O Lord, I lift up my soul; O my God, in you I trust; \*  
let me not be put to shame; let not my enemies triumph over me.
- 2 Let none who look to you be put to shame, \*  
but let the treacherous be shamed and frustrated.
- 3 Make me to know your ways, O Lord, \*  
and teach me your paths.
- 4 Lead me in your truth and teach me, \*  
for you are the God of my salvation; for you have I hoped all the day long.
- 5 Remember, Lord, your compassion and love, \*  
for they are from everlasting.
- 6 Remember not the sins of my youth or my transgressions, \*  
but think on me in your goodness, O Lord, according to your steadfast love.
- 7 Gracious and upright is the Lord; \*  
therefore shall he teach sinners in the way.
- 8 He will guide the humble in doing right \*  
and teach his way to the lowly.
- 9 All the paths of the Lord are mercy and truth \*  
to those who keep his covenant and his testimonies.
- 10 For your name's sake, O Lord, \*  
be merciful to my sin, for it is great.
- 11 Who are those who fear the Lord? \*  
Them will he teach in the way that they should choose.
- 12 Their soul shall dwell at ease \*  
and their offspring shall inherit the land.
- 13 The hidden purpose of the Lord is for those who fear him \*  
and he will show them his covenant.
- 14 My eyes are ever looking to the Lord, \*  
for he shall pluck my feet out of the net.
- 15 Turn to me and be gracious to me, \*  
for I am alone and brought very low.
- 16 The sorrows of my heart have increased; \*  
O bring me out of my distress.
- 17 Look upon my adversity and misery \*  
and forgive me all my sin.

### [Psalm 25]

- 18 Look upon my enemies, for they are many \*  
and they bear a violent hatred against me.
- 19 O keep my soul and deliver me; \*  
let me not be put to shame, for I have put my trust in you.
- 20 Let integrity and uprightness preserve me, \*  
for my hope has been in you.
- 21 Deliver Israel, O God, \*  
out of all his troubles.

### Psalm 26

- 1 Give judgement for me, O Lord, for I have walked with integrity; \*  
I have trusted in the Lord and have not faltered.
- 2 Test me, O Lord, and try me; \*  
examine my heart and my mind.
- 3 For your love is before my eyes; \*  
I have walked in your truth.
- 4 I have not joined the company of the false, \*  
nor consorted with the deceitful.
- 5 I hate the gathering of evildoers \*  
and I will not sit down with the wicked.
- 6 I will wash my hands in innocence, O Lord, \*  
that I may go about your altar,
- 7 To make heard the voice of thanksgiving \*  
and tell of all your wonderful deeds.
- 8 Lord, I love the house of your habitation \*  
and the place where your glory abides.
- 9 Sweep me not away with sinners, \*  
nor my life with the bloodthirsty,
- 10 Whose hands are full of wicked schemes \*  
and their right hand full of bribes.
- 11 As for me, I will walk with integrity; \*  
redeem me, Lord, and be merciful to me
- 12 My foot stands firm; \*  
in the great congregation I will bless the Lord.

## Psalm 27

- 1 The Lord is my light and my salvation; whom then shall I fear? \*  
The Lord is the strength of my life; of whom then shall I be afraid?
- 2 When the wicked, even my enemies and my foes,  
came upon me to eat up my flesh, \*  
they stumbled and fell.
- 3 Though a host encamp against me, my heart shall not be afraid, \*  
and though there rise up war against me, yet will I put my trust in him.
- 4 One thing have I asked of the Lord and that alone I seek: \*  
that I may dwell in the house of the Lord all the days of my life,
- 5 To behold the fair beauty of the Lord \*  
and to seek his will in his temple.
- 6 For in the day of trouble he shall hide me in his shelter; \*  
in the secret place of his dwelling shall he hide me and set me high upon a rock.
- 7 And now shall he lift up my head \*  
above my enemies round about me;
- 8 Therefore will I offer in his dwelling an oblation with great gladness; \*  
I will sing and make music to the Lord.
- 9 Hear my voice, O Lord, when I call; \*  
have mercy upon me and answer me.
- 10 My heart tells of your word, 'Seek my face.' \*  
Your face, Lord, will I seek.
- 11 Hide not your face from me, \*  
nor cast your servant away in displeasure.
- 12 You have been my helper; \*  
leave me not, neither forsake me, O God of my salvation.
- 13 Though my father and my mother forsake me, \*  
the Lord will take me up.
- 14 Teach me your way, O Lord; \*  
lead me on a level path, because of those who lie in wait for me.
- 15 Deliver me not into the will of my adversaries, \*  
for false witnesses have risen up against me, and those who breathe out violence
- 16 I believe that I shall see the goodness of the Lord \*  
in the land of the living.
- 17 Wait for the Lord; be strong and he shall comfort your heart; \*  
wait patiently for the Lord.

## Psalm 28

- 1 To you I call, O Lord my rock; be not deaf to my cry, \*  
lest, if you do not hear me, I become like those who go down to the Pit.
- 2 Hear the voice of my prayer when I cry out to you, \*  
when I lift up my hands to your holy of holies.
- 3 Do not snatch me away with the wicked, with the evildoers, \*  
who speak peaceably with their neighbours, while malice is in their hearts.
- [4 Repay them according to their deeds \*  
and according to the wickedness of their devices.
- 5 Reward them according to the work of their hands \*  
and pay them their just deserts.]
- 6 They take no heed of the Lord's doings, nor of the works of his hands; \*  
therefore shall he break them down and not build them up.
- 7 Blessed be the Lord, \*  
for he has heard the voice of my prayer.
- 8 The Lord is my strength and my shield; \*  
my heart has trusted in him and I am helped;
- 9 Therefore my heart dances for joy \*  
and in my song will I praise him.
- 10 The Lord is the strength of his people, \*  
a safe refuge for his anointed.
- 11 Save your people and bless your inheritance; \*  
shepherd them and carry them for ever.

## Psalm 29

- 1 Ascribe to the Lord, you powers of heav'n, \*  
ascribe to the Lord glory and strength.
- 2 Ascribe to the Lord the honour due to his name; \*  
worship the Lord in the beauty of holiness.
- 3 The voice of the Lord is upon the waters; the God of glory thunders; \*  
the Lord is upon the mighty waters.
- 4 The voice of the Lord is mighty in operation; \*  
the voice of the Lord is a glorious voice.
- 5 The voice of the Lord breaks the cedar trees; \*  
the Lord breaks the cedars of Lebanon;
- 6 He makes Lebanon skip like a calf \*  
and Sirion like a young wild ox.
- 7 The voice of the Lord splits the flash of lightning;  
the voice of the Lord shakes the wilderness; \*  
the Lord shakes the wilderness of Kadesh.
- 8 The voice of the Lord makes the oak trees writhe and strips the forests bare; \*  
in his temple all cry, 'Glory!'
- 9 The Lord sits enthroned above the waterflood; \*  
the Lord sits enthroned as king for evermore.
- 10 The Lord shall give strength to his people; \*  
the Lord shall give his people the blessing of peace.

## Psalm 30

- 1 I will exalt you, O Lord, because you have raised me up \*  
and have not let my foes triumph over me.
- 2 O Lord my God, I cried out to you \*  
and you have healed me.
- 3 You brought me up, O Lord, from the dead; \*  
you restored me to life from among those that go down to the Pit.
- 4 Sing to the Lord, you servants of his; \*  
give thanks to his holy name.
- 5 For his wrath endures but the twinkling of an eye, his favour for a lifetime. \*  
Heaviness may endure for a night, but joy comes in the morning.
- 6 In my prosperity I said, 'I shall never be moved. \*  
You, Lord, of your goodness, have made my hill so strong.'
- 7 Then you hid your face from me \*  
and I was utterly dismayed.
- 8 To you, O Lord, I cried \*;  
to the Lord I made my supplication:
- 9 'What profit is there in my blood, if I go down to the Pit? \*  
Will the dust praise you or declare your faithfulness?
- 10 'Hear, O Lord, and have mercy upon me; \*  
O Lord, be my helper.'
- 11 You have turned my mourning into dancing; \*  
you have put off my sackcloth and girded me with gladness;
- 12 Therefore my heart sings to you without ceasing; \*  
O Lord my God, I will give you thanks for ever.

## Psalm 31

- 1 In you, O Lord, have I taken refuge; let me never be put to shame; \*  
deliver me in your righteousness.
- 2 Incline your ear to me; \*  
make haste to deliver me.
- 3 Be my strong rock, a fortress to save me, for you are my rock and my stronghold; \*  
guide me, and lead me for your name's sake.
- 4 Take me out of the net that they have laid secretly for me, \*  
for you are my strength.
- 5 Into your hands I commend my spirit, \*  
for you have redeemed me, O Lord God of truth.
- 6 I hate those who cling to worthless idols; \*  
I put my trust in the Lord.
- 7 I will be glad and rejoice in your mercy, \*  
for you have seen my affliction and known my soul in adversity.
- 8 You have not shut me up in the hand of the enemy; \*  
you have set my feet in an open place.
- 9 Have mercy on me, Lord, for I am in trouble; \*  
my eye is consumed with sorrow, my soul and my body also.
- 10 For my life is wasted with grief, and my years with sighing; \*  
my strength fails me because of my affliction, and my bones are consumed.
- 11 I have become a reproach to all my enemies and even to my neighbours,  
an object of dread to my acquaintances; \*  
when they see me in the street they flee from me.
- 12 I am forgotten like one that is dead, out of mind \*;  
I have become like a broken vessel.
- 13 For I have heard the whispering of the crowd; fear is on every side; \*  
they scheme together against me, and plot to take my life.
- 14 But my trust is in you, O Lord. \*  
I have said, 'You are my God.
- 15 'My times are in your hand; \*  
deliver me from the hand of my enemies, and from those who persecute me.
- 16 'Make your face to shine upon your servant, \*  
and save me for your mercy's sake.'
- 17 Lord, let me not be confounded for I have called upon you; \*  
but let the wicked be put to shame; let them be silent in the grave.

**[Psalm 31]**

- 18 Let the lying lips be put to silence \*  
that speak against the righteous with arrogance, disdain and contempt.
- 19 How abundant is your goodness, O Lord,  
which you have laid up for those who fear you; \*  
which you have prepared in the sight of all for those who put their trust in you.
- 20 You hide them in the shelter of your presence from those who slander them; \*  
you keep them safe in your refuge from the strife of tongues.
- 21 Blessed be the Lord! \*  
For he has shown me his steadfast love when I was as a city besieged.
- 22 I had said in my alarm, 'I have been cut off from the sight of your eyes.' \*  
Nevertheless, you heard the voice of my prayer when I cried out to you.
- 23 Love the Lord, all you his servants; \*  
for the Lord protects the faithful, but repays to the full the proud.
- 24 Be strong and let your heart take courage, \*  
all you who wait in hope for the Lord.

## Psalm 32

- 1 Happy the one whose transgression is forgiven, \*  
and whose sin is covered.
- 2 Happy the one to whom the Lord imputes no guilt, \*  
and in whose spirit there is no guile.
- 3 For I held my tongue; \*  
my bones wasted away through my groaning all the day long.
- 4 Your hand was heavy upon me day and night; \*  
my moisture was dried up like the drought in summer.
- 5 Then I acknowledged my sin to you \*  
and my iniquity I did not hide.
- 6 I said, 'I will confess my transgressions to the Lord,' \*  
and you forgave the guilt of my sin.
- 7 Therefore let all the faithful make their prayers to you in time of trouble; \*  
in the great water flood, it shall not reach them.
- 8 You are a place for me to hide in; you preserve me from trouble; \*  
you surround me with songs of deliverance.
- 9 'I will instruct you and teach you in the way that you should go; \*  
I will guide you with my eye.
- 10 'Be not like horse and mule which have no understanding; \*  
whose mouths must be held with bit and bridle, or else they will not stay near you.'
- 11 Great tribulations remain for the wicked, \*  
but mercy embraces those who trust in the Lord.
- 12 Be glad, you righteous, and rejoice in the Lord; \*  
shout for joy, all who are true of heart.

### Psalm 33

- 1 Rejoice in the Lord, Ó yòu ríghteous, \*  
for it is good for the just to sîng práises.
- 2 Praise the Lord with the lÿre; \*  
on the ten-stringed harp sing his práise.
- 3 Sing for him a nÿw sòng; \*  
play skilfully, with shòuts òf práise.
- 4 For the word of the Lórd is trúe \*  
and all his wòrks are sùre.
- 5 He loves righteousness and jústice; \*  
the earth is full of the loving-kindness òf the Lórd.
- 6 By the word of the Lord were the hÿav'ns máde \*  
and all their host by the breath òf his móuth.
- 7 He gathers up the waters of the sea as in a wáterskin \*  
and lays up the deep in his tréasury.
- 8 Let all the earth féar the Lórd; \*  
stand in awe of him, all who dwell in the wórld.
- 9 For he spoke, and it was dóné; \*  
he commanded, and it stóod fást.
- 10 The Lord brings the counsel of the nations tò náught; \*  
he frustrates the designs òf the péoples.
- 11 But the counsel of the Lord shall endure fòr éver \*  
and the designs of his heart from generation to gènerátiòn.
- 12 Happy the nation whose God is the Lórd \*  
and the people he has chosen fòr his ówn.
- 13 The Lord looks dòwn fròm héav'n \*  
and beholds all the children òf éarth.
- 14 From where he sits enthroned he túrns his gáze \*  
on all who dwell òn the éarth.
- 15 He fashions àll the héarts of them \*  
and understands àll their wòrks.
- 16 No king is saved by the might òf his hóst; \*  
no warrior delivered by his gréat stréngth.
- 17 A horse is a vain hope fòr delíverance; \*  
for all its strength it cànnòt sáve.

### [Psalm 33]

- 18 Behold, the eye of the Lord is upon those who fear him, \*  
on those who wait in hope for his steadfast love,
- 19 To deliver their soul from death \*  
and to feed them in time of famine.
- 20 Our soul waits longingly for the Lord; \*  
he is our help and our shield.
- 21 Indeed, our heart rejoices in him; \*  
in his holy name have we put our trust.
- 22 Let your loving-kindness, O Lord, be upon us, \*  
as we have set our hope on you.

### Psalm 34

- 1 I will bless the Lord at all times; \*  
his praise shall ever be in my mouth.
- 2 My soul shall glory in the Lord; \*  
let the humble hear and be glad.
- 3 O magnify the Lord with me; \*  
let us exalt his name together.
- 4 I sought the Lord and he answered me \*  
and delivered me from all my fears.
- 5 Look upon him and be radiant \*  
and your faces shall not be ashamed.
- 6 This poor soul cried, and the Lord heard me \*  
and saved me from all my troubles.
- 7 The angel of the Lord encamps around those who fear him \*  
--- and delivers them.
- 8 O taste and see that the Lord is gracious; \*  
blessed is the one who trusts in him.
- 9 Fear the Lord, all you his holy ones, \*  
for those who fear him lack nothing.
- 10 Lions may lack and suffer hunger, \*  
but those who seek the Lord lack nothing that is good.
- 11 Come, my children, and listen to me; \*  
I will teach you the fear of the Lord.

[Psalm 34]

- 12 Who is there who delights in life \*  
and longs for days to enjoy good things?
- 13 Keep your tongue from evil \*  
and your lips from lying words.
- 14 Turn from evil and do good; \*  
seek peace and pursue it.
- 15 The eyes of the Lord are upon the righteous \*  
and his ears are open to their cry.
- 16 The face of the Lord is against those who do evil, \*  
to root out the remembrance of them from the earth.
- 17 The righteous cry and the Lord hears them \*  
and delivers them out of all their troubles.
- 18 The Lord is near to the brokenhearted \*  
and will save those who are crushed in spirit.
- 19 Many are the troubles of the righteous; \*  
from them all will the Lord deliver them.
- 20 He keeps all their bones, \*  
so that not one of them is broken.
- 21 But evil shall slay the wicked \*  
and those who hate the righteous will be condemned.
- 22 The Lord ransoms the life of his servants \*  
and will condemn none who seek refuge in him.

## Psalm 35

- 1 Contend, O Lord, with those that contend with mé; \*  
fight against those that fight against me.
- 2 Take up shield and búckler \*  
and rise up to hélp me.
- 3 Draw the spear and bar the way against those who púrsúe me; \*  
say to my soul, 'I am your sálvátion.'
- 4 Let those who seek after my life be shamed and disgráced; \*  
let those who plot my ruin fall back and be put to confúsiún.
- [5 Let them be as chaff before the wínd, \*  
with the angel of the Lord thrusting them dówn.
- 6 Let their way be dárk and slíppery, \*  
with the angel of the Lord púrsúing them.
- 7 For they have secretly spread a net for me without a cáuse; \*  
without any cause they have dug a pit for my sóul.
- 8 Let ruin come upon them únáwáres; \*  
let them be caught in the net they laid; let them fall in it to their destrúctiún.]
- 9 Then will my soul be joyful in the Lórd \*  
and glory in his sálvátion.
- 10 My very bones will say, 'Lord, who is líke you? \*  
You deliver the poor from those that are too strong for them,  
the poor and needy from those who wóuld despoíl them.'
- 11 False witnesses rose up ágáinst me; \*  
they charged me with things I knéw not.
- 12 They rewarded me evil for góod, \*  
to the desolation of my sóul.
- 13 But as for me, when they were sick I put on sáckcloth \*  
and humbled myself with fásting;
- 14 When my prayer returned empty to my bósom, \*  
it was as though I grieved for my friend or bróther;
- 15 I behaved as one who mourns for his móther, \*  
bowed down and brought vèry lów.
- 16 But when I stumbled, they gathered in delight; they gathered together ágáinst me; \*  
as if they were strangers I did not know they tore at me without céasing.
- 17 When I féll they mócked me; \*  
they gnashed at me with their téeth.

[Psalm 35]

- 18 O Lord, how long will you look on? \*  
Rescue my soul from their ravages, and my poor life from the young lions.
- 19 I will give you thanks in the great congregation; \*  
I will praise you in the mighty throng.
- 20 Do not let my treacherous foes rejoice over me, \*  
or those who hate me without a cause mock me with their glances.
- 21 For they do not speak of peace, \*  
but invent deceitful schemes against those that are quiet in the land.
- 22 They opened wide their mouths and derided me, saying \*  
'We have seen it with our very eyes.'
- 23 This you have seen, O Lord; do not keep silent; \*  
go not far from me, O Lord.
- 24 Awake, arise, to my cause, \*  
to my defence, my God and my Lord!
- 25 Give me justice, O Lord my God, according to your righteousness; \*  
let them not triumph over me.
- 26 Let them not say to themselves, 'Our heart's desire!' \*  
Let them not say, 'We have swallowed him up.'
- 27 Let all who rejoice at my trouble be put to shame and confusion; \*  
let those who boast against me be clothed with shame and dishonour.
- 28 Let those who favour my cause rejoice and be glad; \*  
let them say always, 'Great is the Lord, who delights in his servant's well-being.'
- 29 So shall my tongue be talking of your righteousness \*  
and of your praise all the day long.

## Psalm 36

- 1 Sin whispers to the wicked, in the depths of their heart; \*  
there is no fear of God before their eyes.
- 2 They flatter themselves in their own eyes \*  
that their abominable sin will not be found out.
- 3 The words of their mouth are unrighteous and full of deceit; \*  
they have ceased to act wisely and to do good.
- 4 They think out mischief upon their beds and have set themselves in no good way; \*  
nor do they abhor that which is evil.
- 5 Your love, O Lord, reaches to the heavens \*  
and your faithfulness to the clouds.
- 6 Your righteousness stands like the strong mountains,  
your justice like the great deep; \*  
you, Lord, shall save both man and beast.
- 7 How precious is your loving mercy, O God! \*  
All mortal flesh shall take refuge under the shadow of your wings.
- 8 They shall be satisfied with the abundance of your house; \*  
they shall drink from the river of your delights.
- 9 For with you is the well of life \*  
and in your light shall we see light.
- 10 O continue your loving-kindness to those who know you \*  
and your righteousness to those who are true of heart.
- 11 Let not the foot of pride come against me, \*  
nor the hand of the ungodly thrust me away.
- 12 There are they fallen, all who work wickedness. \*  
They are cast down and shall not be able to stand.

## Psalm 37

### Part 1

- 1 Fret not because of evildoers; \*  
be not jealous of those who do wrong.
- 2 For they shall soon wither like grass \*  
and like the green herb fade away.
- 3 Trust in the Lord and be doing good; \*  
dwell in the land and be nourished with truth.
- 4 Let your delight be in the Lord \*  
and he will give you your heart's desire.
- 5 Commit your way to the Lord and put your trust in him, \*  
and he will bring it to pass.
- 6 He will make your righteousness as clear as the light \*  
and your just dealing as the noonday.
- 7 Be still before the Lord and wait for him; \*  
do not fret over those that prosper as they follow their evil schemes.
- 8 Refrain from anger and abandon wrath; \*  
do not fret, lest you be moved to do evil. .
- 9 For evildoers shall be cut off, \*  
but those who wait upon the Lord shall possess the land.
- 10 Yet a little while and the wicked shall be no more; \*  
you will search for their place and find them gone.
- 11 But the lowly shall possess the land \*  
and shall delight in abundance of peace.
- 12 The wicked plot against the righteous \*  
and gnash at them with their teeth.
- 13 The Lord shall laugh at the wicked, \*  
for he sees that their day is coming.
- 14 The wicked draw their sword and bend their bow  
to strike down the poor and needy, \*  
to slaughter those who walk in truth.
- 15 Their sword shall go through their own heart \*  
and their bows shall be broken.
- 16 The little that the righteous have \*  
is better than great riches of the wicked.

**[Psalm 37]**

17 For the arms of the wicked shall be broken, \*  
but the Lord upholds the righteous.

**Part 2**

18 The Lord knows the days of the godly, \*  
and their inheritance shall stand for ever.

19 They shall not be put to shame in the perilous time, \*  
and in days of famine they shall have enough.

20 But the wicked shall perish;  
like the glory of the meadows the enemies of the Lord shall vanish; \*  
they shall vanish like smoke.

21 The wicked borrow and do not repay, \*  
but the righteous are generous in giving.

22 For those who are blest by God shall possess the land, \*  
but those who are cursed by him shall be rooted out.

23 When your steps are guided by the Lord \*  
and you delight in his way,

24 Though you stumble, you shall not fall headlong, \*  
for the Lord holds you fast by the hand.

25 I have been young and now am old, \*  
yet never have I seen the righteous forsaken, or their children begging their bread.

26 All the day long they are generous in lending, \*  
and their children also shall be blest.

27 Depart from evil and do good \*  
and you shall abide for ever.

28 For the Lord loves the thing that is right \*  
and will not forsake his faithful ones.

29 The unjust shall be destroyed for ever, \*  
and the offspring of the wicked shall be rooted out.

30 The righteous shall possess the land \*  
and dwell in it for ever.

31 The mouth of the righteous utters wisdom, \*  
and their tongue speaks the thing that is right.

32 The law of their God is in their heart \*  
and their footsteps shall not slide.

### [Psalm 37]

- 33 The wicked spy on the righteous \*  
and seek occasion to slay them.
- 34 The Lord will not leave them in their hand, \*  
nor let them be condemned when they are judged.
- 35 Wait upon the Lord and keep his way; \*  
he will raise you up to possess the land,  
and when the wicked are uprooted, you shall see it.
- 36 I myself have seen the wicked in great power \*  
and flourishing like a tree in full leaf.
- 37 I went by and lo, they were gone; \*  
I sought them, but they could nowhere be found.
- 38 Keep innocence and heed the thing that is right, \*  
for that will bring you peace at the last.
- 39 But the sinners shall perish together, \*  
and the posterity of the wicked shall be rooted out.
- 40 The salvation of the righteous comes from the Lord; \*  
he is their stronghold in the time of trouble.
- 41 The Lord shall stand by them and deliver them; \*  
he shall deliver them from the wicked and shall save them,  
because they have put their trust in him.

### Psalm 38

- 1 Rebuke me not, O Lord, in your anger, \*  
neither chasten me in your heavy displeasure.
- 2 For your arrows have stuck fast in me \*  
and your hand presses hard upon me.
- 3 There is no health in my flesh because of your indignation; \*  
there is no peace in my bones because of my sin.
- 4 For my iniquities have gone over my head; \*  
their weight is a burden too heavy to bear.
- 5 My wounds stink and fester \*  
because of my foolishness.
- 6 I am utterly bowed down and brought very low; \*  
I go about mourning all the day long.

[Psalm 38]

- 7 My loins are filled with searing pain; \*  
there is no health in my flesh.
- 8 I am feeble and utterly crushed; \*  
I roar aloud because of the disquiet of my heart.
- 9 Lord, you know all my desires \*  
and my sighing is not hidden from you.
- 10 My heart is pounding, my strength has failed me; \*  
the light of my eyes is gone from me.
- 11 My friends and companions stand apart from my affliction; \*  
my neighbours stand afar off.
- 12 Those who seek after my life lay snares for me; \*  
and those who would harm me whisper evil and mutter slander all the day long.
- 13 But I am like one who is deaf and hears not, \*  
like one that is dumb, who does not open his mouth.
- 14 I have become like one who does not hear \*  
and from whose mouth comes no retort.
- 15 For in you, Lord, have I put my trust; \*  
you will answer me, O Lord my God.
- 16 For I said, 'Let them not triumph over me, \*  
those who exult over me when my foot slips.'
- 17 Truly, I am on the verge of falling \*  
and my pain is ever with me.
- 18 I will confess my iniquity \*  
and be sorry for my sin.
- 19 Those that are my enemies without any cause are mighty, \*  
and those who hate me wrongfully are many in number.
- 20 Those who repay evil for good are against me, \*  
because the good is what I seek.
- 21 Forsake me not, O Lord; \*  
be not far from me, O my God.
- 22 Make haste to help me, \*  
O Lord of my salvation.

## Psalm 39

- 1 I said, 'I will keep watch over my ways, \*  
so that I offend not with my tongue.'
- 2 'I will guard my mouth with a muzzle, \*  
while the wicked are in my sight.'
- 3 So I held my tongue and said nothing; \*  
I kept silent but to no avail.
- 4 My distress increased, my heart grew hot within me; \*  
while I mused, the fire was kindled and I spoke out with my tongue:
- 5 'Lord, let me know my end and the number of my days, \*  
that I may know how short my time is.
- 6 'You have made my days but a handbreadth,  
and my lifetime is as nothing in your sight; \*  
truly, even those who stand upright are but a breath.
- 7 'We walk about like a shadow and in vain we are in turmoil; \*  
we heap up riches and cannot tell who will gather them.
- 8 'And now, what is my hope? \*  
Truly my hope is even in you.
- 9 'Deliver me from all my transgressions \*  
and do not make me the taunt of the fool.'
- 10 I fell silent and did not open my mouth, \*  
for surely it was your doing.
- 11 Take away your plague from me; \*  
I am consumed by the blows of your hand.
- 12 With rebukes for sin you punish us; like a moth you consume our beauty; \*  
truly, everyone is but a breath.
- 13 Hear my prayer, O Lord, and give ear to my cry; \*  
hold not your peace at my tears.
- 14 For I am but a stranger with you, \*  
a wayfarer, as all my forebears were.
- 15 Turn your gaze from me, that I may be glad again, \*  
before I go my way and am no more.

## Psalm 40

- 1 I waited patiently for the Lórd; \*  
he inclined to me and heard my cry.
- 2 He brought me out of the roaring pit, out of the mire and clay; \*  
he set my feet upon a rock and made my footing sure.
- 3 He has put a new song in my mouth, a song of praise to our Gód; \*  
many shall see and fear and put their trust in the Lórd.
- 4 Blessed is the one who trusts in the Lórd, \*  
who does not turn to the proud that follow a lie.
- 5 Great are the wonders you have done, O Lord my God.  
How great your designs for us! \*  
There is none that can be compared with you.
- 6 If I were to proclaim them and tell of them \*  
they would be more than I am able to express.
- 7 Sacrifice and offering you do not desire \*  
but my ears you have opened;
- 8 Burnt offering and sacrifice for sin you have not required; \*  
then said I: 'Ló, I come.
- 9 'In the scroll of the book it is written of me that I should do your will, Ó my Gód; \*  
I delight to do it: your law is within my heart.'
- 10 I have declared your righteousness in the great congregátion; \*  
behold, I did not restrain my lips, and that, O Lórd, you know.
- 11 Your righteousness I have not hidden in my heart;  
I have spoken of your faithfulness and your salvátion; \*  
I have not concealed your loving-kindness and truth from the great congregátion.
- 12 Do not withhold your compassion from me, Ó Lórd; \*  
let your love and your faithfulness always preserve me,
- 13 For innumerable troubles have come about me;  
my sins have overtaken me so that I cannot look up; \*  
they are more in number than the hairs of my head, and my heart fails me.
- 14 Be pleased, O Lord, to deliver me; \*  
O Lord, make haste to help me.
- 15 Let them be ashamed and altogether dismayed who seek after my life to destroy it; \*  
let them be driven back and put to shame who wish me evil.
- 16 Let those who heap insults upon me \*  
be desolate because of their shame.

**[Psalm 40]**

- 17 Let all who seek you rejoice in you and be glad; \*  
let those who love your salvation say always, 'The Lord is great.'
- 18 Though I am poor and needy, \*  
the Lord cares for me.
- 19 You are my helper and my deliverer; \*  
O my God, make no delay.