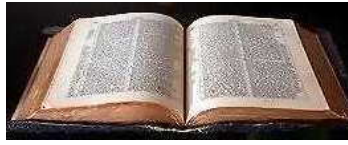


# THE PSALMS

BOOK TWO. (Psalms 42 to 72)



**“Be exalted above the heavens, O God;  
Let Your glory be above all the earth.”**

(Psalm 57:11)

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## OUR COLOURED TEXT

Our text is coloured to highlight Deity, promises, blessings, prophecies, praise, salvation, judgment and emphasis. This is to encourage an analytical eye while studying the psalms.

### COLOUR SCHEME:

**ORANGE** for titles and attributes of God. **GREEN** for beatitudes and promises. **BLUE** for emphasis. **PURPLE** for Messianic passages. **RED** for salvation. **MAJENTA** for praise & thanksgiving. **DARK BLUE** for prophetic passages. **BROWN** for warnings, judgments, discipline.

**Suggested memory verses - the verse number is indicated in red.**

(**YHWH** may be pronounced as **Yahweh**)

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## PSALM 42

### *Thirsting for the Living God*

*The writer, in distress, yearns for God and the Temple in Jerusalem.*

A Maskil of the sons of Korah

- 1 As the deer pants for streams of water,  
so my soul pants for You, O God.
- 2 My soul thirsts for Elohim, for the living God.  
When shall I come and see the Face of God?
- 3 My tears have been my food day and night,  
while they say to me all day long, 'Where is your God?'
- 4 These things I remember, and I pour out my soul within me.  
For I used to go along with the throng;  
I went with them to the House of God,  
with the voice of joy and praise,  
with a multitude keeping festival.
- 5 Why are you depressed, O my soul?  
And why have you become disturbed within me?  
Hope in God and wait expectantly for Him,

for I shall again praise Him -  
for the salvation and help of His Presence - my Elohim.

- 6 O my God, my soul is depressed within me;  
therefore I remember You from the land of the Jordan,  
and the heights of Hermon, from Mount Mizar.
- 7 Deep calls to deep at the sound of Your waterfalls;  
all Your breakers and Your waves have passed over me.
- 8 By day YHWH commands His lovingkindness;  
and by night His song is with me -  
a prayer to the God of my life.
- 9 I will say to God my Rock, 'Why have You forgotten me?  
Why do I go mourning because of the oppression of the enemy?'
- 10 Like a sword shattering my bones,  
my adversaries have reviled me,  
while they say to me all day long, 'Where is your God?'
- 11 Why are you depressed, O my soul?  
And why have you become disturbed within me?  
Hope in God and wait expectantly for Him,  
for I shall yet praise Him -  
the salvation of my countenance, my personality, my being;  
for He is my Elohim. □

## PSALM 43

### Prayer for Vindication

*As in Psalm 42, the psalmist in distress,  
yearns for God's dwelling places, and cries out for vindication.*

- 1 Vindicate me, O God, and plead my cause against an ungodly nation;  
deliver me from the deceitful and unjust man!
- 2 For You are the God of my strength;  
why have You rejected me?  
Why do I go about mourning because of the oppression of the enemy?
- 3 Send out Your light and Your truth! Let them lead me;  
let them bring me to Your holy hill,  
and to Your dwelling places,
- 4 that I might go in to the altar of God,  
to God my joy and delight.  
And I will praise You on the harp, O God, my God.
- 5 Why are you downcast, O my soul?  
And why are you so disturbed within me?  
Wait and hope in God, for I will yet praise Him -  
the salvation of my countenance, my personality, my being;  
for He is my Elohim. □

## PSALM 44

### Arise O YHWH, Why Have You Rejected Us?

*In this psalm of national lament because of their present defeat,  
the Israelites have confidence because of God's past care for them,  
and they call on Him to redeem them.*

To the Chief Musician. A Maskil of the sons of Korah.

- 1 O God, we have heard with our ears,  
our fathers have told us  
of the work You did in their days, in the days of old.
- 2 You drove out the nations with Your own hand;  
but you planted them - our fathers.  
You afflicted the peoples, and sent them out.
- 3 For they - the Israelites - did not possess the land by their sword,  
and their own arm did not save them and bring victory.  
But it was Your right hand, and Your arm, and the Light of Your Face,  
because You accepted and delighted in them.
- 4 You Yourself are my King, O God;  
command victories and deliverance for Jacob.
- 5 Through You we will push back our adversaries;  
through Your Name we will tread down those who oppose us.
- 6 For I do not trust in my bow,  
and my sword will not save me.
- 7 But You have saved us from our enemies,  
and You have put to shame those who hate us.
- 8 In God we make our boast all day long,  
and we will give thanks to Your Name forever. Selah.
- 9 Yet You have rejected us and put us to shame,  
and You do not go out with our armies.
- 10 You make us retreat before the enemy,  
and those who hate us have taken spoil for themselves.
- 11 You turn us into food just like sheep,  
and You have scattered us among the nations.
- 12 You sell Your people for nothing,  
and do not profit from their sale.
- 13 You make us a reproach to our neighbours,  
a scorn and a mockery to those all around us.
- 14 You make us a byword among the nations,  
a laughingstock among the peoples.
- 15 All day long my disgrace is before me,  
and my shame and humiliation has overwhelmed me,  
16 because of the taunts of those who reproach and revile,  
because of the enemy and avenger.
- 17 All this has come upon us, but we have not forgotten You,  
and we have not been false to Your Covenant.
- 18 Our heart has not turned back,  
and our steps have not deviated from Your way.
- 19 Yet You have crushed us in a place of jackals,  
and covered us with the shadow of death.
- 20 If we had forgotten the Name of our God,  
or extended our hands to a strange god;  
21 would not Elohim find this out?  
For He knows the secrets of the heart.
- 22 But for Your sake we are killed all day long;

- we are* considered as sheep to be slaughtered.
- 23 Awake, **why do You sleep, O Master?**  
Arise, do not reject *and* cast us off forever.
- 24 **Why do You hide Your Face?**  
You are forgetting our affliction and our oppression.
- 25 Rise up, be our help,  
and **redeem us** for **Your mercies'** sake. ☐

## PSALM 45

### *The King Glorious in Majesty*

*In this Messianic psalm, the psalmist extols the Eternal Throne of the King,  
and describes His glorious Bride.*

To the Chief Musician, according to the Shoshannim (Lilies).  
A Maskil of the sons of Korah.  
A Song of Love

- 1 **My heart is overflowing** with a good theme.  
I address my works, *my psalm*, to **the King**.  
My tongue is the pen of a profuse writer.
- 2 **You are more handsome than the sons of men.**  
Grace is poured upon **Your lips**;  
therefore **God has blessed You forever**.
- 3 **Gird Your sword on Your thigh, O Mighty One;**  
**Your glory and Your majesty!**
- 4 **And in Your majesty, prosper and ride on triumphantly,**  
**because of truth, humility and righteousness;**  
**let Your right hand show You awesome things.**
- 5 **Your arrows are sharp in the heart of the King's enemies;**  
**the peoples fall under You.**
- 6 **^Your throne, O God, is forever and ever;**  
**The sceptre of Your kingdom is a sceptre of righteousness.**
- 7 **You have loved righteousness, and hated wickedness;**  
**Therefore God, Your God, has anointed You**  
**with the oil of gladness above Your companions.** ^ [Heb 1:8-9]
- 8 **All Your garments are fragrant with myrrh, aloes and cassia.**  
**Out of ivory palaces, stringed instruments have made You glad.**
- 9 **Daughters of kings are among Your precious ones.**  
**At Your right hand stands the queen in gold from Ophir.**
- 10 Listen, O daughter, and see; incline your ear.  
Forget your people and your father's house;
- 11 and let **the King** delight in your beauty;  
because **He is your Master** - bow down to Him.
- 12 **And the daughter of Tyre come with a gift.**  
**The rich among the people entreat your favor.**
- 13 **The King's daughter is all glorious within the palace;**  
**her clothing is embroidered with gold.**
- 14 **She is led to the King in robes of many colours.**

- Her companions, the virgins, following her,  
are brought to You.
- 15 They are led in with gladness and rejoicing;  
they enter into the King's palace.
- 16 In the place of Your fathers are Your sons;  
whom You appoint as princes in all the earth.
- 17 I will cause Your Name to be remembered in all generations.  
Therefore the peoples will give thanks to You for ever and ever. □

## PSALM 46

### *Elohim our Refuge and Strength*

*This psalm expresses confidence in God who is in the midst of His city.  
He is Israel's Stronghold!*

To the Chief Musician.

A Psalm of the sons of Korah, set to Alamo. A Song.

- 1 God is our Refuge and Strength,  
a very definite help in times of adversity.
- 2 Therefore we do not fear, though the earth be moved,  
and mountains topple into the heart of the sea;
- 3 though its waters are turbulent and roar,  
and though the mountains shake at its pride and inflation. Selah.
- 4 There is a river whose streams make glad the city of God,  
the holy place of the tabernacles of the Most High.
- 5 God is in the midst of her, she will not be moved.  
God will help her at the break of dawn.
- 6 The nations are turbulent, the kingdoms totter;  
He proclaims with His voice, the earth melts.
- 7 YHWH of Hosts is with us;  
the God of Jacob is a Refuge, a High Tower for us. Selah.
- 8 Come, see the works of YHWH,  
what desolations He has brought on the earth;
- 9 causing wars to cease to the end of the earth.  
He breaks the bow and snaps the spear in two;  
He burns the chariots with fire.
- 10 'Cease striving, be still and know that I am God:  
I am exalted among the nations,  
I am exalted in the earth.'
- 11 YHWH of Hosts is with us;  
The God of Jacob is a Refuge, a High Tower for us. Selah. □

## PSALM 47

### *YHWH, the King of All the Earth*

*This psalm celebrates Yahweh the King over all the earth.  
It looks forward to God's reign, through the Messiah,  
during the Millennial Kingdom.*

A Psalm of the sons of Korah

- 1 O clap your hands, all you peoples!  
Shout to God with the voice of *triumphant* singing.
- 2 For YHWH Elyon, the Most High, *is awesome -*  
*a great King over all the earth.*
- 3 He subdues peoples under us,  
and nations under our feet.
- 4 He chooses our inheritance for us,  
the excellence of Jacob whom He loves. Selah.
- 5 God has ascended with a shout;  
YHWH with the sound of a trumpet.
- 6 Sing praises to God, sing praises!  
Sing praises to our King, sing praises!
- 7 For Elohim is King of all the earth.  
Sing praises to *Him* with understanding.
- 8 God reigns over the nations,  
God sits on His holy Throne.
- 9 The noble *and* willing of the peoples have been assembled  
with the people of the God of Abraham;  
for the shields of the earth *belong* to God.  
He is greatly exalted! □

## PSALM 48

### *Mount Zion the City of the Great King*

*The psalmist praises God and Zion (Jerusalem) His dwelling place, and describes the defeat of their enemies. He offers thanksgiving and exhorts the people to praise God who is their Guide until death.*

A Psalm of the sons of Korah

- 1 Great is YHWH; and greatly to be praised,  
in the city of our God, *in* His holy Mountain.
- 2 Beautiful *in its* elevation, the joy of the whole earth,  
is Mount Zion on the sides of the north,  
the City of the Great King.
- 3 God is known in her palaces as a tower -  
*a refuge and stronghold.*
- 4 For look, the kings assembled;  
they passed by together.
- 5 They saw, *and* so they were amazed.  
They were alarmed; they fled away.
- 6 Trembling seized them there -  
*and* pain as of a woman in labour;
- 7 *and as when* You shatter the ships of Tarshish with an east wind.
- 8 As we have heard, so we have seen,  
in the city of YHWH of Hosts, in the city of our God.  
God establishes her forever. Selah.
- 9 We have thought on Your lovingkindness, O God,  
in the midst of Your Sanctuary.

- 10 As is Your Name, O God,  
so is Your praise to the ends of the earth.  
Your Right Hand is filled with righteousness.
- 11 Let Mount Zion rejoice.  
Let the daughters of Judah be joyful,  
because of Your judgments.
- 12 Walk about Zion, and go all around her.  
Count her towers.
- 13 Consider her fortifications.  
Go through her citadels,  
so that you may report to the next generation,
- 14 for this *is* God, our Elohim forever and ever.  
He Himself guides us *even* to death. □

## PSALM 49

### *Elohim will Redeem my Soul from Sheol*

*The psalmist warns of the folly of trusting in temporal riches  
which cannot redeem a soul. The doom of the wicked rich is certain.  
In contrast the righteous will be redeemed and received by God.*

To the Chief Musician.  
A Psalm of the sons of Korah.

- 1 Hear this, all you peoples!  
Listen, all you inhabitants of the world.
- 2 Both low and high, rich and poor alike.
- 3 My mouth speaks wisdom;  
and the meditation of my heart *brings* understanding.
- 4 I incline my ear to a parable;  
I express my riddle on the harp.
- 5 Why should I fear in days of evil,  
when the wickedness of my foes surrounds me -
- 6 those who trust in their wealth,  
and boast in the abundance of their riches?
- 7 No man can by any means redeem his brother,  
or give to God a ransom for him -
- 8 for the redemption of their souls is costly,  
and it shall cease forever -  
*the price one can pay will never suffice -*
- 9 that he should live on eternally;  
*and not see the pit - the grave and decay.*
- 10 For he sees *that even* wise men die.  
The foolish and the senseless alike perish,  
and leave their wealth to others.
- 11 Their inner thought is *that* their houses are forever,  
*and* their dwelling places *will last* for all generations.  
They have called *their* lands after their own names.
- 12 But man *with all his* honour *and* pomp will not endure;  
he is like the beasts *that* perish.

- 13 This way of theirs *is* folly to them,  
and their descendants are pleased *and* approve their words. Selah.
- 14 As sheep they are appointed for Sheol - *the place of the dead*.  
Death shall feed on them,  
and the upright shall rule over them in the morning;  
their form *and* beauty shall be consumed.  
Sheol *will be* their dwelling place.
- 15 But God will **redeem** my soul from the power of Sheol;  
for He will receive me. Selah.
- 16 Do not be afraid when one becomes rich,  
when the glory *and* honour of his house increases;  
17 for when he dies he will carry nothing away;  
his glory will not descend after him.
- 18 Though while he lives he blesses *and* congratulates himself  
- *and men will praise you when you do well for yourself* -  
19 he shall join the generation of his fathers;  
they shall never see the light.
- 20 Man *who* in honour *and* pomp, does not understand,  
is like the beasts *that* perish. ☐

## PSALM 50

### *YHWH, El Elohim is Judge*

*The Mighty One summons the heavens and the earth to judge His people.  
He indicts His people for their insincere sacrifices and unethical practices,  
but promises to rescue and save them if they honour and call upon Him.*

A Psalm of Asaph

- 1 The Mighty One, El Elohim, YHWH, speaks  
and summons the earth from the rising of the sun to its setting.
- 2 Out of Zion, the perfection of beauty.  
God shines forth.
- 3 Our God comes and will not keep silent;  
fire consumes before Him,  
and a tempest rages round about Him.
- 4 He summons the heavens above,  
and the earth, to judge His people:
- 5 'Gather My set-apart, righteous ones to Me,  
those who have made a covenant with Me by sacrifice.'
- 6 Let the heavens declare His righteousness  
for God Himself is Judge. Selah.
- 7 'Hear, O My people, and I will speak;  
O Israel, and I will testify against you,  
I am God, your God.
- 8 'I do not reprove you for your sacrifices;  
yes, your burnt offerings *are* ever before Me.
- 9 'I have no need to take a young bull from your house,  
or male goats out of your folds;



- 10 for every animal of the forest is Mine,  
the cattle on a thousand hills.
- 11 'I know every bird *and* fowl of the mountains,  
and every creature in the field is Mine.
- 12 'If I were hungry, I would not tell you;  
for the world is Mine, and all it contains.
- 13 'Shall I eat the flesh of bulls,  
or drink the blood of male goats?
- 14 'Offer to God a sacrifice of thanksgiving,  
and fulfil your vows to the Most High;
- 15 'And call upon Me in the day of trouble;  
I will rescue you, and you will honour Me.'
- 16 But to the wicked God says,  
'What *right* have you to recite My statutes,  
and to take My covenant in your mouth?
- 17 You have hated instruction *and* correction,  
and you cast My Words behind you.
- 18 When you see a thief, you are pleased with him,  
and you cast in your lot with adulterers.
- 19 You use your mouth for evil,  
and your tongue frames deceit.
- 20 You sit *and* speak against your brother;  
you slander your own mother's son.
- 21 These *things* you have done, and I kept silence;  
you thought that I was just like you.  
I rebuke you, and accuse you to your face.  
(lit. set in array before your eyes.)
- 22 Now consider this, you who forget God,  
lest I tear you *in pieces*, and there be no one to deliver.
- 23 He who offers a sacrifice of thanksgiving honours Me;  
and to him who orders his way aright  
I will show the salvation of God.' □

## PSALM 51

### ***Cleanse My Heart, O God***

*In this penitential psalm, David confesses his guilt  
and pleads for forgiveness, cleansing and restoration.*

A Psalm of David, when Nathan the prophet came to him,  
after he had gone in to Bathsheba. (2 Samuel 11 & 12)

- 1 Be gracious to me, O God,  
according to Your lovingkindness.  
According to the greatness of Your compassion  
blot out my transgressions.
- 2 Wash me completely from my iniquity,  
and cleanse me from my sin.
- 3 For I know my transgressions,  
and my sin is ever before me.

- 4 Against You, You only, have I sinned,  
and done *this* evil in Your sight;  
*I fully concur* that You are righteous in Your words,  
and pure *and* blameless in Your judgments.
- 5 Look, I was brought forth in iniquity,  
and in sin my mother conceived me.
- 6 *It's true!* You desire truth in the inner being;  
and in the hidden part You teach me wisdom.
- 7 Purge me with hyssop, and I shall be clean;  
wash me, and I shall be whiter than snow.
- 8 Make me to hear joy and gladness,  
let the bones You have broken rejoice.
- 9 Hide Your Face from my sins,  
and blot out all my iniquities.
- 10 Create in me a clean heart, O God,  
and renew a steadfast spirit within me.
- 11 Do not cast me away from Your Presence,  
and do not take Your Holy Spirit from me.
- 12 Restore to me the joy of Your salvation,  
and sustain me with a willing spirit.
- 13 *Then* I will teach transgressors Your ways,  
and sinners will return to You.
- 14 Deliver me from bloodguilt, O Elohim,  
God of my salvation.  
*and my tongue will sing of Your righteousness.*
- 15 O YHWH, open my lips,  
*that my mouth may declare Your praise.*
- 16 For You do not delight in sacrifice,  
otherwise I would give it.  
You find no pleasure in burnt offering.
- 17 The sacrifices of God *are* a broken spirit;  
a broken and contrite heart, O God, You do not despise.
- 18 In Your good pleasure do good to Zion;  
build *up* the walls of Jerusalem.
- 19 Then You will delight in righteous sacrifices,  
*in* burnt offerings and *the* whole burnt offering;  
then they shall offer bullocks on Your altar. □

## PSALM 52

### *God will Destroy the Boastful Deceiver*

*Here David contrasts the doom of the wicked and the delight of the righteous.  
The background to the psalm is 1 Samuel 21:1 to 22:19.*

To the Chief Musician. A Maskil of David,  
when Doeg the Edomite came and told Saul, and said to him,  
"David has come to the house of Ahimelech."

- 1 Why do you boast in evil, O mighty man,

- and despise the lovingkindness of God, all day long?*
- 2 Your tongue devises destruction,  
like a sharp razor, practising deceit.
- 3 You have loved evil more than good,  
*and lying more than speaking righteousness.* Selah.
- 4 You have loved all destroying *and* devouring words,  
O you deceitful tongue!
- 5 Surely God will break you down *and* destroy you forever.  
He will snatch you, and tear you from *your* tent,  
and uproot you from the land of the living. Selah
- 6 The righteous will see and fear,  
and will laugh at him, *saying,*
- 7 'See! the man who would not make God his stronghold,  
but trusted in his *own* great wealth,  
*and* was strong in his *evil* desires.'
- 8 But as for me, I *am* like a green olive tree in the House of God;  
I have trusted in the kindness of God forever and ever.
- 9 I will give You thanks forever, because You have done it,  
and in the presence of Your set apart people  
I will wait on Your Name, for *it is* good. □

## PSALM 53

### *The Fool and the Wicked*

*This psalm is essentially identical to Psalm 14.  
David laments the moral foolishness and corruption of the human race,  
and longs for the establishment of the righteous kingdom of God.*

To the Chief Musician; according to Mahalath.  
A Maskil of David.

- 1 The fool has said in his heart, 'There is no God.'  
They are corrupt, and have committed most wicked deeds.  
There is no one who does good.
- 2 God has looked down from the heavens on the sons of men,  
to see if there is *anyone* who understands,  
*and* who is seeking God.
- 3 Every one of them has turned aside;  
together they have become filthy *and* corrupt;  
there is no one who does good, not even one.
- 4 Have the workers of wickedness no knowledge,  
who eat up My people *just* as they eat bread,  
and have not called upon God?
- 5 There they were, overwhelmed with fear,  
*where* there was no fear to dread;  
for God has scattered the bones of him who encamps against you;  
you have put *them* to shame,  
because God has despised *and* rejected them.
- 6 O that the salvation of Israel would be given out of Zion!

When God restores His captive people,  
let Jacob rejoice, and Israel be glad. □

## PSALM 54

### ***Your Name Has Delivered Me!***

*When David was in the wilderness of Ziph, hiding from King Saul, some of the Ziphites promised to help the king capture David. (1 Samuel 23:19-29). An attack by the Philistines at that moment, diverted Saul's pursuit of David. In this psalm David gives thanks for deliverance.*

To the Chief Musician; on stringed instruments.  
A Maskil of David, when the Ziphites came and said to Saul,  
"Is not David hiding himself among us?"

- 1 O God, **save me by Your Name,**  
**and vindicate me by Your power.**
- 2 Hear my prayer, O God;  
listen to the words of my mouth,
- 3 for strangers have risen up against me,  
and ruthless men have sought after my life;  
they have not set God before them. Selah
- 4 See, God is my Helper!  
Adonai the Sovereign Master is with those who sustain my soul.
- 5 He will repay evil to my enemies!  
Cut them off in Your truth.
- 6 I sacrifice a freewill offering to You;  
I give thanks to Your Name, O YHWH, for it is good.
- 7 For He has **delivered me** from all adversity;  
and my eye has looked *in triumph* on my enemies. □

## PSALM 55

### ***YHWH will Sustain the Righteous***

*David prays in anguish because of the treachery of an intimate friend, but expresses confidence that Yahweh will save and sustain the righteous, and will bring men of bloodshed down to the pit.*

To the Chief Musicians; on stringed instruments.  
A Maskil of David.

- 1 Listen to my prayer, O God;  
and do not hide from my plea.
- 2 Give heed to me, and answer me;  
I am distraught because of my thoughts, and cry aloud
- 3 because of the voice of the enemy,  
because of the oppression of the wicked;  
for they bring down suffering upon me,  
and in anger they hate and oppose me.
- 4 My heart is in anguish within me,  
and the terrors of death have fallen upon me.

- 5 Fear and trembling have come upon me;  
and horror has overwhelmed me.
- 6 And I said, 'Who will give me wings like a dove,  
*that* I may fly away and be at rest?
- 7 Oh, I would flee far away,  
I would live in the wilderness.
- 8 I would quickly escape  
from the raging wind *and* tornado.'
- 9 Confuse *them*, O Adonai, divide their tongues,  
for I have seen violence and strife in the city.
- 10 Day and night they go around it on its walls;  
wickedness *and* mischief are also in its midst.
- 11 Destructive *forces are at work* in her midst;  
fraud and deceit do not leave its streets.
- 12 It is not an enemy *who* reproaches me - that I could bear;  
nor is it one who hates me and who has raised himself against me -  
I could hide from him.
- 13 But *it is* you, a man my equal,  
my companion and my close friend.
- 14 When we had sweet fellowship together,  
we walked together into *the House of God*.
- 15 Let death come upon them;  
let them go down alive to Sheol,  
for evil is in their dwellings, *and* in their midst.
- 16 As for me, I call upon God,  
and YHWH *saves me*.
- 17 Evening, morning and at noon, I pray and cry aloud,  
and He hears my voice.
- 18 He has redeemed my soul in peace from the battle *waged* against me,  
for there were many *who strove* with me.
- 19 God, He who sits *enthroned* from of old - *from eternity* -  
will hear and answer them, Selah,  
for they do not change, and do not fear God.
- 20 He has put forth his hands against those who were at peace with him;  
he has violated his covenant.
- 21 *The words of* his mouth were smoother than butter,  
but war *was* in his heart.  
His words were softer than oil, yet they *were* drawn *swords*.
- 22 Cast your burden, *your cares*, upon YHWH, and He will sustain you;  
He will never allow the righteous to be shaken *so as to fall*.
- 23 But You, O God, will bring them down to the pit of destruction.  
Men of bloodshed and deceit will not live out half their days.  
But I will trust in You! □

## PSALM 56

*I will Trust in Elohim;  
He bottles my Tears, and Keeps my Feet from Stumbling!*

*David prays for grace in view of the enemies who trample upon him;  
and he expresses his confidence that God is for him.*

To the Chief Musician;  
according to Jonath elem rehokim, *which probably means,*  
"The tune of "The silent dove in distant lands."  
A Mikhtam of David, when the Philistines seized him in Gath.

- 1 Be gracious, O God, for man has pursued me,  
fighting all day long, he oppresses me.
- 2 My foes would trample upon me *and* devour me all day long,  
for many are fighting against me,  
O Elyon, Most High.
- 3 In the day *when* I am afraid, I *trust and* am confident in You.
- 4 In God - I praise His Word - in God I have put my trust;  
I do not fear; what can *man* do to me?
- 5 All day long they twist my words;  
all their thoughts *plot* evil against me.
- 6 They assemble *and* conspire, they hide,  
they watch my steps, as they are eager *to take* my life.
- 7 By wickedness *shall* they escape?  
In Your anger, O God, put down the peoples!
- 8 You have taken account of my wanderings;  
You put my tears in Your bottle;  
are *they* not in Your book?
- 9 Then my enemies will turn back in the day when I call *to You*.  
This I know, that God is for me.
- 10 In God - I praise His Word,  
in YHWH - I praise His Word,
- 11 in Elohim I have put my trust,  
I do not fear what man can do to me.
- 12 Your vows are *binding* upon me, O God;  
I render thankful praises to You,
- 13 for You have delivered my soul from death.  
Have You not *kept* my feet from stumbling,  
so that I may walk before God  
in the light of the living? □

## PSALM 57

### *My Cry to El Elyon*

*While fleeing from Saul, David takes refuge in God Most High,  
and exalts and praises God for His lovingkindness.*

To the Chief Musician; set to Al-tashcheth (*Do not Destroy*).  
A Mikktam, of David, when he fled from Saul in the cave.

- 1 Be gracious to me, O God, be gracious to me,  
for my soul is trusting in You;  
and in the shadow of Your wings I take refuge,  
until the calamities pass by.
- 2 I will cry to El Elyon - God Most High,

- to God who is accomplishing all things for me.  
 3 He sends from heaven and saves me;  
 He rebukes the one who is pursuing me. Selah.
- God sends forth His lovingkindness and His truth.
- 4 My soul is among lions;  
 I lie among the sons of men who are aflame,  
 whose teeth are spears and arrows,  
 and their tongues *are* sharp swords.
- 5 Be exalted above the heavens, O God;  
 Let Your glory be above all the earth.
- 6 They have prepared a net for my footsteps;  
 my soul is bowed down.  
 They have dug a pit before me;  
 but they themselves have fallen into it. Selah.
- 7 My heart is steadfast, O God, my heart is steadfast;  
 I sing and give praise to You!
- 8 Awake, my glory - my whole being!  
 Awake, harp and lyre!  
 I will awaken the dawn!
- 9 I will give thanks to You, O Adonai, among the peoples;  
 I will sing praises to You among the nations.
- 10 For Your mercy and lovingkindness reaches to the heavens,  
 and Your truth and faithfulness to the clouds.
- 11 Be exalted above the heavens, O God;  
 Let Your glory be above all the earth. □

## PSALM 58

### *The Punishment of the Wicked*

*David indicts unrighteous judges and calls for their swift destruction  
 so that the righteous may rejoice in God's justice.*

To the Chief Musician, set to Al-tashcheth (*'Do not destroy'*).  
 A Mikhtam of David.

- 1 Do you indeed speak righteousness, you dumb rulers?  
 Do you judge uprightly, O sons of men?
- 2 No! In heart you work unrighteousness;  
 on earth you think *and* mete out the violence of your hands.
- 3 The wicked are alienated from the womb;  
 they have gone astray from birth, speaking lies;
- 4 their poison *is* like the venom of a snake;  
 like a deaf adder that stops its ear,  
 so that it does not hear the voice of enchanters,  
 or listen to the most skilful of charmers.
- 6 O God, break their teeth in their mouth!  
 Tear out the fangs of the young lions, O YHWH!
- 7 Let them melt *and* flow away like water that runs off;  
 when he bends his bow, let his arrows be as if cut in pieces.

- 8 *Let them be* like a snail which melts away as it moves;  
*like* a stillborn child of a woman;  
 let them not see the sun!
- 9 Before your pots can feel *the heat of the burning* thorns,  
 He will sweep them away as with a whirlwind -  
 the green and the dry alike.
- 10 The righteous rejoices when he has seen the vengeance;  
 He washes his feet in the blood of the wicked.
- 11 And men will say; '*Surely there is a reward for the righteous;*  
 surely there is a *God* who judges on earth!' □

## PSALM 59

### *Deliverance from Enemies*

*David appeals for deliverance from enemy nations, and prays that God will scatter and destroy them. He praises God who is his Stronghold and Strength.*

To the Chief Musician; set to Al-tashheth ('Do not destroy.')

A Mikktam of David when Saul sent men,  
 and they watched the house in order to kill him.

- 1 Deliver me from my enemies, O my God;  
 Set me on high *away* from those who rise up against me.
- 2 Deliver me from evildoers,  
 and save me from bloodthirsty men.
- 3 For see, they have waited *to ambush* my life;  
 fierce men gather against me,  
 not *for* my transgression, nor *for* my sin, O YHWH,
- 4 for no fault of *mine*, they run and set themselves *against me*.  
 Arise to help me, and see *my plight!*
- 5 O YHWH, God of hosts, the Elohim of Israel,  
 rouse Yourself to punish all the nations;  
 Do not show favour to any treacherous evil-dealers. Selah.
- 6 They return at evening, they snarl like a dog,  
 and prowl around the city.
- 7 See, they belch out from their mouth;  
 swords are in their lips,  
 for, *they say*, 'Who is listening?'
- 8 But You laugh at them, O YHWH;  
 You scoff at all the nations.
- 9 O my Strength, I wait *and watch* for You,  
 for God is my *Fortress, my High Tower*, my loving God.
- 10 God will go before me;  
 He will let me look *triumphantly* upon my enemies.
- 11 Do not slay them, lest my people forget;  
*but* scatter them by *Your power*, and bring them down,  
 O Master, our Shield.
- 12 For the sin of their mouth *and* the words of their lips,  
 let them be captured in their pride;  
 and because of the curses and lies they utter.



- 13 Consume *them* in wrath, consume *them*, that they may be no more; that they may know that God rules in Jacob, to the ends of the earth. Selah.
- 14 And they return at evening, they snarl like a dog, and go around the city.
- 15 They wander about for food, and whine if they are not satisfied.
- 16 But as for me, I shall sing of Your strength; and in the morning I will sing of Your lovingkindness, for You have been my Strong Tower, and a Refuge for me in the day of distress.
- 17 O my Strength, I will sing praises to You; for Elohim is my Strong Tower, the God who shows me lovingkindness. □

## PSALM 60

### Through God we do Valiantly

*The background to this psalm is David's the battles against Syria and Edom. (2 Samuel 8, & 1 Chronicles 18). He declares victory through God.*

To the Chief Musician; according to Shushan Eduth.

A Mikhtam of David, to teach; when he struggled with Aram-Naharaim and with Aram-Zobah, (Syria and Mesopotamia) and Joab returned, and smote twelve thousand of Edom in the Valley of Salt.

- 1 O God, You have rejected us. You have broken us; You have been angry. Now turn to us and restore us.
- 2 You have made the land quake; You have torn it open. Heal its breaches, for it is shaken.
- 3 You have let Your people see hardship; You have caused us to drink the wine that makes us stagger.
- 4 You have given a banner to those who fear You, that it might be lifted up because of the truth. Selah.
- 5 That those You dearly love may be delivered, save with Your right hand, and answer us!
- 6 God has spoken in His holiness:  
"I triumph; I will portion out Shechem and I measure out the valley of Succoth.
- 7 "Gilead is Mine, and Manasseh is Mine; Ephraim also is the defence of My head; Judah is My lawgiver.
- 8 "Moab is My washbasin; over Edom I cast My shoe; Shout in triumph, O Philistia, because of Me!"
- 9 Who would bring me into the strong city? Who will lead me to Edom?
- 10 Is it not You, O God? Have You rejected us, and will You not go forth with our armies, O God?

- 11 O give us help against adversity,  
for deliverance by man *is* worthless.
- 12 Through God we do valiantly,  
and He treads down our adversaries. □

## PSALM 61

### *The Rock that is Higher than I*

*Disheartened, David prays to God who has been his strength and security.  
He expresses his confidence that God will prolong his life.*

To the Chief Musician. On a stringed instrument.  
A Psalm of David

- 1 Hear my cry, O Elohim.  
Listen to my prayer.
- 2 From the end of the earth I call to You,  
when my heart is overwhelmed *and* fainting.  
Lead me to the Rock that is higher than I.
- 3 For You have been a refuge for me,  
a Tower of Strength in the face of the enemy.
- 4 Let me dwell in Your Tent forever.  
I trust in the shelter of Your wings. Selah.
- 5 For You have heard my vows, O Elohim.  
You have given *me* the inheritance of those who reverence  
*and* stand in awe of Your Name.
- 6 You add days to the days of the king;  
his years as many generations.
- 7 Let him dwell forever before God.  
Appoint lovingkindness and truth to protect him.
- 8 So I sing praise to Your Name forever,  
when I pay my vows day by day. □

## PSALM 62

### *Wait Quietly For Elohim Alone*

*David waits on God who is his Rock, his Salvation and Stronghold.  
He calls on people to trust in God and not in oppression and riches.*

To the Chief Musician; according to Jeduthun.  
A Psalm of David

- 1 Only in God *is* my soul quiet *and* at rest;  
my salvation *is* from Him.
- 2 He alone is my Rock and my Salvation,  
my Fortress; I am not greatly shaken.
- 3 How long will you assail a man,  
that you may crush *him*, all of you,  
like a leaning wall, a tottering fence?
- 4 They have plotted to topple him from his high position.  
They delight in lies;

they bless with their mouth,  
but in their heart they curse. Selah.

- 5 My soul, wait quietly for God alone,  
for my expectation is from Him.
- 6 He alone is my Rock and my Salvation,  
my Fortress; I am not greatly shaken.
- 7 My salvation and glory depend on Elohim;  
the Rock of my Strength; my refuge is in God.
- 8 Trust in Him at all times, you people.  
Pour out your heart before Him.  
God is a refuge for us. Selah.
- 9 Men of low degree are emptiness,  
and men of high degree are a lie.  
If weighed in the scales,  
they are altogether lighter than breath.
- 10 Do not trust in oppression,  
and do not vainly hope in robbery.  
If riches increase, do not set your heart on them.
- 11 Once God has spoken, twice I have heard this;  
that strength belongs to God;
- 12 and lovingkindness is Yours, O Adonai,  
for You reward each one according to his work. □

## PSALM 63

### *My Soul Thirsts For Elohim*

*Far away from Jerusalem, David communes with, and worships God.  
And he is confident that his enemies will be defeated.*

A Psalm of David,  
when he was in the wilderness of Judah.

- 1 O Elohim, You are my God; I earnestly seek You;  
my soul has thirsted for You, my flesh has longed for You,  
in a dry and weary land where there is no water.
- 2 I have gazed upon You in the sanctuary,  
to see Your power and Your glory.
- 3 Because Your lovingkindness is better than life,  
my lips praise You.
- 4 So I bless You as long as I live.  
In Your Name I lift up my hands.
- 5 My soul is satisfied as with marrow and fatness,  
and my mouth praises You with singing, joyful lips.
- 6 When I remember You on my bed,  
I meditate on You through the watches of the night.
- 7 For You have been my help,  
and in the shadow of Your wings I sing for joy.
- 8 My soul clings closely to You;

Your Right Hand upholds me.

- 9 But those who seek my life, to destroy it,  
will go into the lower parts of the earth.  
10 They will be handed over to the power of the sword;  
they will become food for foxes.  
11 But the king rejoices in Elohim!  
Let everyone who swears by Him exult,  
for the mouths of those who speak lies are stopped. □

## PSALM 64

### *Guard Me From the Threats of Enemies*

*David recounts the schemes of his enemies, but expresses confidence that God will deal with them, and that the righteous man will be glad in YHWH.*

To the Chief Musician. A Psalm of David.

- 1 Hear me, O God, as I voice my complaint;  
guard my life from fear of the enemy.  
2 Hide me from the conspiracy of evil-doers,  
from the commotion of the workers of wickedness,  
3 who have sharpened their tongues like a swords.  
They have aimed bitter words *as* their arrows,  
4 to ambush and shoot the blameless.  
They shoot him suddenly, and do not fear.  
5 They encourage themselves *in* an evil purpose.  
They talk of laying snares secretly;  
they say, "Who will see them?"  
6 They devise acts of injustice, *saying*,  
"We have perfected a well searched out plan";  
Indeed the inward part of man, and heart, are deep.  
7 But God will shoot them with an arrow;  
suddenly they will be wounded.  
8 They cause a *man* to stumble,  
*but* their own tongue is against them.  
All who see them will flee away,  
9 and all men will fear, and declare the work of God,  
and shall wisely consider what He has done.  
10 The righteous rejoice in YHWH,  
and take refuge in Him;  
and all the upright in heart will praise Him. □

## PSALM 65

### *Elohim Blesses the Earth*

*This is a hymn of thanksgiving and praise.  
God is magnified as Redeemer, Creator and Provider.*

To the Chief Musician.  
A Psalm of David. A Song.

- 1 Let there be silence before You;  
praise *is* in Zion, O Elohim;  
and to You the vow will be fulfilled.
- 2 All men come to You, the One who hears prayer.
- 3 Iniquities were mightier than I;  
*as for* our transgressions, You forgive and cover them.
- 4 How blessed *and* happy is *the one whom* You choose,  
and bring near to dwell in Your courts.  
We are satisfied with the goodness of Your House,  
Your holy temple.
- 5 By awesome *deeds* in righteousness You answer us,  
O God of our salvation -  
*You who are* the confidence of all the ends of the earth  
and distant seas;
- 6 who establishes the mountains by His strength,  
*being girded with* might;
- 7 who stills the roaring of the seas,  
the roaring of their waves, and the turmoil of the peoples.
- 8 They who live in the farthest parts stand in awe of Your signs.  
*You cause* the outgoings of morning and evening -  
*the dawn and sunset* - to sing for joy.
- 9 You have visited the earth, and watered it;  
You greatly enrich it.  
The stream of God is full of water.  
You provide their grain, for so You prepare the earth.
- 10 Its ridges have been filled,  
its furrows have been deepened;  
You soften it with showers; You bless its growth.
- 11 You have crowned the year with Your goodness,  
and Your paths drop fatness - *they overflow with abundance.*
- 12 The pastures of the wilderness flourish,  
and You clothe the hills with rejoicing.
- 13 The meadows are covered with flocks  
and the valleys are filled with corn;  
they shout for joy, yes, they sing. □

## PSALM 66

### *Elohim Has Heard My Prayer*

*The psalmist celebrates the awesome works of God, and calls on the whole earth to praise Him. The Lord brought the nation into many trials, but He brought also them out into a place of abundance. Certainly God answers prayer!*

To the Chief Musician. A Song. A Psalm.

- 1 Shout joyfully to Elohim, all the earth!
- 2 Sing out to the splendour of His Name;  
make His praise glorious.
- 3 Say to God, 'How awesome are Your works!  
Because of the greatness of Your power,

- Your enemies will feign submission to You.
- 4 'All the earth bows *and* worships You;  
they sing praises to You;  
they praise Your Name.' Selah.
- 5 Come and see the works of God;  
*such awesome acts* towards the sons of men.
- 6 He has turned the sea into dry land;  
they passed through the river on foot.  
*There we rejoiced in Him!*
- 7 *He rules by His might forever;*  
*His eyes keep watch on the nations.*  
Let the rebellious not exalt themselves. Selah.
- 8 Bless our Elohim, you peoples,  
and let the sound of His praise be heard,
- 9 *He who keeps our soul in life,*  
*and does not allow our feet to slip.*
- 10 For You have proved us, O God;  
You have refined us as silver is refined.
- 11 You brought us into the net;  
You laid affliction on our backs.
- 12 You made men ride over our heads;  
we went through fire and through water,  
yet You brought us out into *a place of abundance*.
- 13 I enter Your House with burnt offerings;  
I will pay my vows to You -
- 14 the *vows which* my lips uttered  
and *which* my mouth spoke when I was in distress.
- 15 I offer to You burnt offerings of fat beasts,  
with the incense of rams;  
I offer a bull with male goats. Selah.
- 16 Come *and* hear, all you who fear God,  
and I will tell of what He has done for my soul.
- 17 I cried to Him with my mouth,  
and *praised Him with my tongue*.
- 18 If I had regarded wickedness in my heart,  
the Sovereign Master would not have listened.
- 19 But *certainly* God has listened,  
and has given heed to my voice in prayer.
- 20 *Blessed be* God, who has not turned away my prayer,  
nor *His lovingkindness* from me. □

## PSALM 67

*Elohim Blesses us so that*  
*all the Ends of the Earth will stand in awe of Him*

*In this psalm of thanksgiving, the writer prays for God's blessing, so that the nations will know the salvation and justice of God, and stand in awe of Him.*

To the Chief Musician; with stringed instruments.

A Psalm. A Song.

- 1 May God be merciful to us and bless us,  
and make His face to shine upon us - Selah.
- 2 that Your way may be known on the earth;  
Your salvation among all nations.
- 3 Let the peoples praise You, O Elohim;  
let all the peoples praise You.
- 4 Let the nations be glad and sing for joy;  
for You judge the peoples justly,  
and lead the nations on the earth. Selah.
- 5 Let the peoples praise You, O Elohim;  
let all the peoples praise You.
- 6 The earth has yielded her harvest;  
Elohim, our God, blesses us.
- 7 Elohim blesses us,  
and all the ends of the earth will stand in awe of Him. □

**PSALM 68**

***Elohim is a God of Deliverances***

*In this psalm of victory, David calls for God's enemies to be scattered. It praises the 'God of Deliverances,' and celebrates His victorious march from Egypt to Jerusalem; and the procession into the Sanctuary where the Lord is majestic and awesome.*

To the Chief Musician. A Psalm of David. A Song.

- 1 God arises, His enemies are scattered;  
and those who hate Him flee before Him.
- 2 As smoke is driven away, so You drive them away;  
as wax melts before the fire,  
so the wicked perish at the Presence of God.
- 3 But the righteous rejoice; they glory before God;  
and they are filled with gladness and joy.
- 4 Sing to God; proclaim His Name in song!  
Extol Him who rides on the clouds -  
(alternate reading - Raise up a highway for Him who rides  
through the deserts) -  
His Name is YAH - and rejoice before Him.
- 5 A Father of the fatherless and a Defender of widows,  
is God in His holy dwelling.
- 6 God makes a home for the lonely.  
He brings out those who are bound into prosperity;  
only the rebellious dwell in a parched land.
- 7 O God, when You went forth before Your people,  
when You marched through the wilderness, Selah.
- 8 the earth shook; even the heavens dropped before God;  
Sinai itself shook before God, the Elohim of Israel.
- 9 You poured out a plentiful rain, O God;

- You restored **Your inheritance** when it was weary *and* parched.
- 10 Your company *of people and flocks* dwelt in it;  
You provided in **Your goodness** for the poor, O God.
- 11 *The Sovereign Master* gives the command;  
great was the company of women who proclaimed *the word*:
- 12 "Kings of great armies flee, they flee away,  
and she who remains at home divides the spoil!"
- 13 When you lie down among the sheepfolds,  
*you will be like* the wings of a dove covered with silver,  
and its feathers with yellow, *glistening* gold.
- 14 When the **Almighty** scattered the kings there,  
it was snowing in Zalmon.
- 15 **A mountain of God** is the mountain of Bashan;  
a mountain of peaks is the mountain of Bashan.
- 16 Why do you gaze with envy, you mountains of *many* peaks,  
at the mountain which God has desired to dwell in?  
**Yes, YHWH** will dwell *there* forever.
- 17 The **chariots of God** are myriads, thousands upon thousands;  
**Adonai** is among them *as at* Sinai, in the holy place.
- 18 You have ascended on high,  
You have led captivity captive;  
You have received gifts among men,  
even *among* the rebellious,  
that **Yah Elohim** may dwell *there*.
- 19 Blessed be **YHWH Adonai**, who daily bears our burden,  
the God *who is our salvation*.
- 20 **God is to us a God of deliverances**;  
and from **YHWH Adonai** comes escape from death.
- 21 Indeed God will smite the head of His enemies,  
the hairy crown of him who goes on in his guilty deeds.
- 22 **Adonai** said, "I will bring *them* back from Bashan.  
I will bring *them* back from the depths of the sea;
- 23 that your foot may crush *them* in blood,  
while the tongues of your dogs *have* their portion from *your* enemies."
- 24 They have seen **Your goings**, O God,  
the processions of my God, my King, into the sanctuary.
- 25 **The singers went in front**, the musicians after *them*;  
*and* among them were maidens playing tambourines.
- 26 **Bless God** in the assemblies,  
*bless* **YHWH**, from the fountain of Israel.
- 27 There is Benjamin, the smallest, ruling them,  
the princes of Judah *in* their company,  
the princes of Zebulun, the princes of Naphtali.
- 28 **Your God** has commanded your strength! Be strong!  
O God, this **You** have worked out for us!
- 29 Because of **Your Temple** at Jerusalem,  
kings will bring gifts to You.



- 30 Rebuke the beasts of the reeds,  
the herd of bulls, with the calves of the peoples,  
each one humbling himself with pieces of silver.  
Scatter the peoples who delight in conflicts.
- 31 Envoys come out of Egypt;  
Cush (Ethiopia) stretches out her hands to God.
- 32 Sing to Elohim, kingdoms of the earth;  
Praise YHWH the Lord. Selah.
- 33 To Him who rides upon the highest heavens of old;  
See, He sends out His voice, a mighty voice.
- 34 Ascribe strength to God;  
His majesty is over Israel,  
and His strength is in the clouds.
- 35 O God, You are awesome from Your sanctuary.  
The God of Israel Himself gives strength and power to the people.  
Blessed be Elohim! □

## PSALM 69

### *Reproach Has Broken My Heart*

*In this psalm David is in despair because of persecution.*

*He prays for deliverance, and that God's anger will overtake his adversaries.*

*He concludes with a song of praise.*

*Much of the psalm is a prophecy about the sufferings of the Messiah.*

To the Chief Musician. According to Shoshannim 'Lilies.'

A Psalm of David.

- 1 Save me, O God,  
for the waters have come over my soul.
- 2 I have sunk in deep mire, and there is no *place* to stand;  
I have come into deep waters, and a flood overwhelms me.
- 3 I am weary with my crying; my throat is parched;  
my eyes fail while I wait for my God.
- 4 Those who hate me without a cause are more than the hairs of my head.  
They are mighty who would destroy me - my lying enemies!  
What I did not steal, I *am forced* to restore.
- 5 O God, You Yourself know my blunders *and* folly,  
and my disasters *and* sins are not hidden from You.
- 6 Let not those who wait for You be ashamed because of me,  
O Adonai YHWH of hosts.  
Let not those who seek You be dishonoured through me, O God of Israel.
- 7 Because I have borne reproach for Your sake;  
shame has covered my face.
- 8 I have become a stranger to my brothers,  
and an alien to my mother's sons,
- 9 <sup>^</sup>for zeal for Your House has consumed me, <sup>^</sup> [John 2:13-17]  
and the reproaches of those who reproach You have fallen on me.
- 10 And I weep in my soul with fasting,  
for it has become my reproach.

- 11 When I make sackcloth my clothing,  
I become a proverb *and* taunt to them.
- 12 Those who sit in the gate talk about me,  
and I *am* the song of the drunkards.
- 13 But as for me, my prayer is to You, O YHWH,  
at an acceptable time;  
in the greatness of Your lovingkindness, O God,  
answer me in the truth of Your salvation.
- 14 Rescue me from the mire, and do not let me sink;  
let me be delivered from those who hate me,  
and out of the deep waters.
- 15 Do not let a flood of waters engulf me,  
or the deep to swallow me up;  
do not let the pit shut its mouth on me.
- 16 Answer me, O YHWH, for Your lovingkindness is good;  
according to the greatness of Your compassion, turn to me,
- 17 and do not hide Your Face from Your servant,  
for I am in distress; answer me quickly.
- 18 Oh draw near to my soul *and* redeem it;  
ransom me because of my enemies!
- 19 You, *yes* You know my reproach  
and my shame and my confusion;  
all my adversaries *are* before You.
- 20 ^Reproach has broken my heart, and I am *so* sick.  
I look for sympathy, but there is none;  
and for comforters, but I find none.
- 21 They also give me gall for my food,  
and for my thirst they give me vinegar to drink.^ [Matt 27:34,48]
- 22 Let their table before them become a snare,  
and let their reward *be* a trap.
- 23 Let their eyes grow dim so that they cannot see,  
and make their loins shake continually.
- 24 Pour out Your wrath upon them,  
and let Your burning anger overtake them.
- 25 Let their encampments be desolate;  
Let no one dwell in their tents,
- 26 for they have persecuted him whom You have smitten,  
and talk of the pain of those You have wounded.
- 27 Add iniquity to their iniquity,  
and let them not enter into Your righteousness.
- 28 Let them be blotted out of the Book of Life,  
and not be recorded *along* with the righteous.
- 29 But I *am* afflicted and in pain.  
Let Your salvation, O God, set me up on high.
- 30 I praise the Name of God with a song,  
and I magnify Him with thanksgiving,
- 31 for this pleases YHWH more than an ox

- or a young bull with horns and hooves.
- 32 The humble have seen *and* they rejoice.  
You who seek God, let your hearts *revive and live*.
- 33 For YHWH hears the needy,  
and does not despise His captive *people*.
- 34 Let heavens and earth praise Him,  
the seas and everything that moves in them.
- 35 For God will save Zion and build the cities of Judah,  
that they may dwell there and possess it.
- 36 And the descendants of His servants will inherit it,  
and those who love His Name will dwell in it. □

## PSALM 70

### *Elohim My Help and Deliverer*

*This psalm is an urgent prayer for help.  
It is basically identical to Psalm 40:13-17.*

To the Chief Musician. A Psalm of David for a memorial.

- 1 O Elohim, *hasten to deliver me;*  
*come quickly to help me, O YHWH!*
- 2 Let those who seek my life be ashamed and put to confusion.  
Let those who are desiring my hurt be turned back and dishonored.
- 3 Let those who say, 'Aha, aha!',  
be turned back because of their shame.
- 4 Let all who seek You rejoice and be glad in You;  
and let those who love Your salvation say continually,  
'Elohim is magnified.'
- 5 But I *am* poor and needy; hasten to me, O God!  
You are my Help and Deliverer;  
O YHWH, do not delay. □

## PSALM 71

### *Prayer of an Old Man for Deliverance*

*This psalm by an aged writer, prays for deliverance,  
expressing confidence based on God's life-long care for him.  
God will revive him again! He resolves to continue  
praising the Holy One of Israel with shouts of joy.*

- 1 In You, O YHWH, I have taken refuge;  
let me never be ashamed.
- 2 In Your righteousness deliver me, and rescue me;  
incline Your ear to me, and save me.
- 3 Be a Rock for me,  
a habitation to which I may continually resort.  
You have given the command to save me,  
for You are my Rock and my Fortress.

- 4 Rescue me, O my God, out of the hand of the wicked,  
out of the grasp of the evil and ruthless *man*.
- 5 For You are my Hope, *my expectation*; O Adonai YHWH,  
*You are my confidence from my youth*.
- 6 By You I have been sustained from *my birth*;  
You brought me forth from my mother's womb.  
My praise is continually of You.
- 7 I have become a marvel to many,  
for You are my strong Refuge.
- 8 My mouth is filled with Your praise,  
*declaring Your splendour all day long*.
- 9 Do not cast me off in the time of old age;  
do not forsake me when my strength fails.
- 10 For my enemies have spoken against me;  
and those who lie in wait for my life have conspired together,
- 11 saying, 'God has forsaken him;  
pursue and seize him, *for no one will rescue him!*'
- 12 O God, do not be far from me;  
Come quickly, O my God, to help me!
- 13 Let those who are adversaries of my life be ashamed *and* consumed;  
let those who are seeking to harm me be covered with scorn and disgrace.
- 14 But as for me, I always wait *expectantly*,  
and will praise You more and more.
- 15 My mouth tells of Your righteousness  
*and Your salvation all day long*;  
though I have not measured *them*.
- 16 I come in the strength of Adonai YHWH;  
I proclaim Your righteousness - Yours alone.
- 17 O God, You have taught me from my youth;  
and to this day I declare Your marvellous works.
- 18 And even when I am old and grey, O God, do not forsake me,  
until I declare Your strength to *this* generation,  
Your power to all who are to come.
- 19 For Your righteousness, O God, *reaches to the skies*,  
You who have done great things;  
O God, who is like You?
- 20 Though You have showed me many troubles and distresses,  
You restore *and revive* me,  
and You bring me up again from the depths of the earth.
- 21 You increase my greatness;  
You surround and comfort me on every side.
- 22 Also with a lute I praise You,  
and Your truth, O my God;  
I sing to You with the harp, O Holy One of Israel.
- 23 My lips shout for joy when I sing *praises* to You;  
and my soul, which You have redeemed.
- 24 My tongue also tells of Your righteousness all day long;  
for those seeking to harm me,

have been put to shame and confusion. □

## PSALM 72

### *The Reign of the Messiah*

A Psalm of Solomon

- 1 O Elohim, give the king Your judgments,  
and Your righteousness to the king's Son.
- 2 He will rule *and* judge Your people with righteousness,  
and Your poor with justice.
- 3 The mountains will bring peace to the people,  
and the hills, by righteousness.
- 4 He will bring justice to the afflicted of the people;  
*He will* save the children of the needy,  
and crush the oppressor.
  
- 5 They will fear You while the sun and moon endure,  
throughout all generations.
- 6 He will come down like rain upon mown grass,  
like showers, watering the earth.
- 7 In His days the righteous will flourish,  
and peace will abound till the moon is no more.
  
- 8 He will rule from sea to sea,  
and from the River to the ends of the earth.
- 9 The nomads of the desert will bow before him;  
and His enemies will lick the dust.
- 10 The kings of Tarshish and of the islands will bring presents;  
the kings of Sheba and Seba will offer gifts.
- 11 All kings will bow down before Him,  
and all nations will serve him.
  
- 12 For He will deliver the needy when he cries *for help*,  
and the afflicted who has no helper.
- 13 He will have compassion on the poor and needy,  
and will save the lives of the needy.
- 14 He will redeem their life from oppression and violence;  
and their blood will be precious in His sight.
- 15 And He will live, and the gold of Sheba will be given to Him.  
Prayer also will be made for him continually,  
and He will be blessed all day long.
  
- 16 There will be abundance of corn in the earth,  
on the top of the mountains;  
its fruit will wave like *the cedars of Lebanon*;  
and *those* of the city will thrive  
like the herbs *and* grass of the earth.
- 17 His Name will endure forever;  
His Name will continue as long as the sun;  
and all people will be blessed in Him.  
All nations will call Him blessed.

- 18 Blessed be YHWH ELOHIM, the God of Israel,  
who alone is doing wonders.
- 19 And blessed *be* His glorious Name forever!  
And let the whole earth be filled with His glory.  
Amen and Amen.
- 20 The prayers of David the son of Jesse are ended. ◻

END OF PSALMS BOOK TWO