

## **Psalms 119**

How blessed are those whose way is blameless, who walk in the law of Yahweh. How blessed are those who observe His testimonies, who seek Him with all their heart They also do no unrighteousness; They walk in His ways. Thou hast ordained Thy precepts, that we should keep them diligently. Oh that my ways may be established to keep Thy statutes! Then I shall not be ashamed when I look upon all Thy commandments. I shall give thanks to Thee with uprightness of heart, when I learn Thy righteous judgments. I shall keep Thy statutes; Do not forsake me utterly! How can a young man keep his way pure? By keeping it according to Thy word. With all my heart I have sought Thee; Do not let me wander from Thy commandments. Thy word I have treasured in my heart, that I may not sin against Thee. Blessed art Thou, O Yahweh; Teach me Thy statutes. With my lips I have told of all the ordinances of Thy mouth. I have rejoiced in the way of Thy testimonies, as much as in all riches. I will meditate on Thy precepts, And regard Thy ways. I shall delight in Thy statutes; I shall not forget Thy word. Deal bountifully with Thy servant, that I may live and keep Thy word. Open my eyes, that I may behold wonderful things from Thy law. I am a stranger in the earth; Do not hide Thy commandments from me. My soul is crushed with longing after Thine ordinances at all times Thou dost rebuke the arrogant, the cursed, who wander from Thy commandments. Take away reproach and contempt from me, for I observe Thy testimonies. Even though princes sit and talk against me, Thy servant meditates on Thy statutes. Thy testimonies also are my delight; They are my counsellors. My soul cleaves to the dust; Revive me according to Thy word. I have told of my ways, and Thou hast answered me; Teach me Thy statutes. Make me understand the way of Thy precepts, So I will meditate on Thy wonders. My soul weeps because of grief; Strengthen me according to Thy word. Remove the false way from me, And graciously grant me Thy law. I have chosen the faithful way; I have placed Thine ordinances before me. I cleave to Thy testimonies; O Yahweh, do not put me to shame! I shall run the way of Thy commandments, For Thou wilt enlarge my heart. Teach me, O Yahweh, the way of Thy statutes, And I shall observe it to the end. Give me understanding, that I may observe Thy law, And keep it with all my heart. Make me walk in the path of Thy commandments, For I delight in it. Incline my heart to Thy testimonies, And not to dishonest gain. Turn away my eyes from looking at vanity, And revive me in Thy ways. Establish Thy word to Thy servant, As that which produces reverence for Thee. Turn away my reproach which I dread, For Thine ordinances are good. Behold, I long for Thy precepts; Revive me through Thy righteousness. May Thy lovingkindnesses also come to me, O Yahweh, Thy salvation according to Thy word; So I shall have an answer for him who reproaches me, For I trust in Thy word. And do not take the word of truth utterly out of my mouth, For I wait for Thine ordinances. So I will keep Thy law continually, Forever and ever. And I will walk at liberty, For I seek Thy precepts. I will also speak of Thy testimonies before kings, And shall not be ashamed. And I shall delight in Thy commandments, which I love. And I shall lift up my hands to Thy commandments, which I love; And I will meditate on Thy statutes. Remember the word to Thy servant, In which Thou hast made me hope. This is my comfort in my affliction, That Thy word has revived me. The arrogant utterly deride me, Yet I do not turn aside from Thy law. I have remembered Thine ordinances from of old, O Yahweh, And comfort myself. Burning indignation has seized me because of the wicked, who forsake Thy law. Thy statutes are my songs in the house of my pilgrimage. O Yahweh, I remember Thy name in the night, And keep Thy law. This has become mine, That I observe Thy precepts. Yahweh is my portion; I have promised to keep Thy words. I entreated Thy favor with all my heart; Be gracious to me according to Thy word. I considered my ways, And turned my feet to Thy testimonies. I hastened and did not delay to keep Thy commandments. The cords of the wicked have encircled me, But I have not forgotten Thy law. At midnight I shall rise to give thanks to Thee Because of Thy righteous ordinances. I am a companion of all those who fear Thee, And of those who keep Thy

precepts. The earth is full of Thy lovingkindness, O Yahweh; Teach me Thy statutes. Thou hast dealt well with Thy servant, O Yahweh, according to Thy word. Teach me good discernment and knowledge, For I believe in Thy commandments. Before I was afflicted I went astray, But now I keep Thy word. Thou art good and doest good; Teach me Thy statutes. The arrogant have forged a lie against me; With all my heart I will observe Thy precepts. Their heart is covered with fat, But I delight in Thy law. It is good for me that I was afflicted, That I may learn Thy statutes. The law of Thy mouth is better to me than thousands of gold and silver pieces.

Thy hands made me and fashioned me; Give me understanding, that I may learn Thy commandments. May those who fear Thee see me and be glad, Because I wait for Thy word. I know, O Yahweh, that Thy judgments are righteous, And that in faithfulness Thou hast afflicted me. O may Thy lovingkindness comfort me, According to Thy word to Thy servant. May Thy compassion come to me that I may live, For Thy law is my delight. May the arrogant be ashamed, for they subvert me with a lie; But I shall meditate on Thy precepts. May those who fear Thee turn to me, Even those who know Thy testimonies. May my heart be blameless in Thy statutes, That I may not be ashamed.

My soul languishes for Thy salvation; I wait for Thy word. My eyes fail with longing for Thy word, While I say, "When wilt Thou comfort me?" Though I have become like a wineskin in the smoke, I do not forget Thy statutes. How many are the days of Thy servant? When wilt Thou execute judgment on those who persecute me? The arrogant have dug pits for me, Men who are not in accord with Thy law. All Thy commandments are faithful; They have persecuted me with a lie; help me! They almost destroyed me on earth, But as for me, I did not forsake Thy precepts. Revive me according to Thy lovingkindness, So that I may keep the testimony of Thy mouth. Forever, O Yahweh, Thy word is settled in heaven. Thy faithfulness continues throughout all generations; Thou didst establish the earth, and it stands. They stand this day according to Thine ordinances, For all things are Thy servants. If Thy law had not been my delight, Then I would have perished in my affliction. I will never forget Thy precepts, For by them Thou hast revived me. I am Thine, save me; For I have sought Thy precepts. The wicked wait for me to destroy me; I shall diligently consider Thy testimonies. I have seen a limit to all perfection; Thy commandment is exceedingly broad. O how I love Thy law! It is my meditation all the day. Thy commandments make me wiser than my enemies, For they are ever mine. I have more insight than all my teachers, For Thy testimonies are my meditation. I understand more than the aged, Because I have observed Thy precepts. I have restrained my feet from every evil way, That I may keep Thy word. I have not turned aside from Thine ordinances, For Thou Thyself hast taught me. How sweet are Thy words to my taste! Yes, sweeter than honey to my mouth! From Thy precepts I get understanding; Therefore I hate every false way. Thy word is a lamp to my feet, And a light to my path. I have sworn, and I will confirm it, That I will keep Thy righteous ordinances. I am exceedingly afflicted; Revive me, O Yahweh, according to Thy word. O accept the freewill offerings of my mouth, O Yahweh, And teach me Thine ordinances. My life is continually in my hand, Yet I do not forget Thy law. The wicked have laid a snare for me, Yet I have not gone astray from Thy precepts. I have inherited Thy testimonies forever, For they are the joy of my heart. I have inclined my heart to perform Thy statutes forever, even to the end. I hate those who are double-minded, But I love Thy law. Thou art my hiding place and my shield; I wait for Thy word. Depart from me, evildoers, That I may observe the commandments of my Elohim. Sustain me according to Thy word, that I may live; And do not let me be ashamed of my hope. Uphold me that I may be safe, that I may have regard for Thy statutes continually. Thou hast rejected all those who wander from Thy statutes, For their deceitfulness is useless. Thou hast removed all the wicked of the earth like dross; Therefore I love Thy testimonies. My flesh trembles for fear of Thee, And I am afraid of Thy judgments.

I have done justice and righteousness; Do not leave me to my oppressors. Be surety for Thy servant for good; Do not let the arrogant oppress me My eyes fail with longing for Thy salvation, And for Thy righteous word Deal with Thy servant according to Thy lovingkindness, And teach me Thy statutes. I am Thy servant; give me understanding, That I may know Thy testimonies It is time for Yahweh to act, For they have broken Thy law. Therefore I love Thy commandments above gold, yes, above fine gold. Therefore I esteem right all Thy precepts concerning everything, I hate every false way. Thy testimonies are wonderful; Therefore my soul observes them The unfolding of Thy words gives light; It gives understanding to the simple. I opened my mouth wide and panted, for I longed for Thy commandments. Turn to me and be gracious to me, After Thy manner with those who love Thy name. Establish my footsteps in Thy word, And do not let any iniquity have dominion over me. Redeem me from the oppression of man, That I may keep Thy precepts. Make Thy face shine upon Thy servant, And teach me Thy statutes. My eyes shed streams of water, Because they do not keep Thy law. Righteous art Thou, O Yahweh, And upright are Thy judgments. Thou hast commanded Thy testimonies in righteousness and exceeding faithfulness. My zeal has consumed me, Because my adversaries have forgotten Thy words. Thy word is very pure, Therefore Thy servant loves it. I am small and despised, Yet I do not forget Thy precepts. Thy righteousness is an everlasting righteousness, And Thy law is truth. Trouble and anguish have come upon me; Yet Thy commandments are my delight. Thy testimonies are righteous forever; Give me understanding that I may live. I cried with all my heart; answer me, O Yahweh! I will observe Thy statutes. I cried to Thee; save me, And I shall keep Thy testimonies. I rise before dawn and cry for help; I wait for Thy words. My eyes anticipate the night watches, that I may meditate on Thy word. Hear my voice according to Thy lovingkindness; Revive me, O Yahweh, according to Thine ordinances. Those who follow after wickedness draw near; They are far from Thy law. Thou art near, O Yahweh, And all Thy commandments are truth. Of old I have known from Thy testimonies, That Thou hast founded them forever. Look upon my affliction and rescue me, For I do not forget Thy law. Plead my cause and redeem me; Revive me according to Thy word. Salvation is far from the wicked, For they do not seek Thy statutes. Great are Thy mercies, O Yahweh; Revive me according to Thine ordinances. Many are my persecutors and my adversaries, Yet I do not turn aside from Thy testimonies. I behold the treacherous and loathe them, Because they do not keep Thy word. Consider how I love Thy precepts; Revive me, O Yahweh, according to Thy lovingkindness. The sum of Thy word is truth, And every one of Thy righteous ordinances is everlasting.

Princes persecute me without cause, But my heart stands in awe of Thy words. I rejoice at Thy word, As one who finds great spoil. I hate and despise falsehood, But I love Thy law. Seven times a day I praise Thee, Because of Thy righteous ordinances. Those who love Thy law have great peace, And nothing causes them to stumble. I hope for Thy salvation, O Yahweh, And do Thy commandments. My soul keeps Thy testimonies, And I love them exceedingly. I keep Thy precepts and Thy testimonies, For all my ways are before Thee. Let my cry come before Thee, O Yahweh; Give me understanding according to Thy word. Let my supplication come before Thee; Deliver me according to Thy word. Let my lips utter praise, For Thou dost teach me Thy statutes. Let my tongue sing of Thy word, For all Thy commandments are righteousness. Let Thy hand be ready to help me, For I have chosen Thy precepts. I long for Thy salvation, O Yahweh, And Thy law is my delight. Let my soul live that it may praise Thee, And let Thine ordinances help me. I have gone astray like a lost sheep; seek Thy servant, For I do not forget Thy commandments.

## **Psalms 120**

In my trouble I cried to Yahweh, And He answered me. Deliver my soul, O Yahweh, from lying lips, From a deceitful tongue. What shall be given to you, and what more shall be done to you, You

deceitful tongue? Sharp arrows of the warrior, with the burning coals of the broom tree. Woe is me, for I sojourn in Meshech, For I dwell among the tents of Kedar! Too long has my soul had its dwelling with those who hate peace. I am for peace, but when I speak, They are for war.

### **Psalms 121**

I will lift up my eyes to the mountains; From whence shall my help come? My help comes from Yahweh, who made heaven and earth. He will not allow your foot to slip; He who keeps you will not slumber. Behold, He who keeps Israel Will neither slumber nor sleep. Yahweh is your keeper; Yahweh is your shade on your right hand. The sun will not smite you by day, Nor the moon by night. Yahweh will protect you from all evil; He will keep your soul. Yahweh will guard your going out and your coming in from this time forth and forever.

### **Psalms 122**

I was glad when they said to me, "Let us go to the house of Yahweh." Our feet are standing within your gates, O Jerusalem, Jerusalem, that is built as a city that is compact together; To which the tribes go up, even the tribes of Yahweh--An ordinance for Israel--To give thanks to the name of Yahweh. For there thrones were set for judgment, The thrones of the house of David.

Pray for the peace of Jerusalem: "May they prosper who love you. "May peace be within your walls, And prosperity within your palaces." For the sake of my brothers and my friends, I will now say, "May peace be within you." For the sake of the house of Yahweh our Elohim I will seek your good.

### **Psalms 123**

To Thee I lift up my eyes, O Thou who art enthroned in the heavens! Behold, as the eyes of servants look to the hand of their master, As the eyes of a maid to the hand of her mistress; So our eyes look to Yahweh our Elohim, Until He shall be gracious to us. Be gracious to us, O Yahweh, be gracious to us; For we are greatly filled with contempt. Our soul is greatly filled with the scoffing of those who are at ease, And with the contempt of the proud.

### **Psalms 124**

"Had it not been Yahweh who was on our side," Let Israel now say, "Had it not been Yahweh who was on our side, when men rose up against us; Then they would have swallowed us alive, when their anger was kindled against us; Then the waters would have engulfed us, The stream would have swept over our soul; Then the raging waters would have swept over our soul." Blessed be Yahweh, who has not given us to be torn by their teeth. Our soul has escaped as a bird out of the snare of the trapper; The snare is broken and we have escaped. Our help is in the name of Yahweh, who made heaven and earth.

### **Psalms 125**

Those who trust in Yahweh are as Mount Zion, which cannot be moved, but abides forever. As the mountains surround Jerusalem, So Yahweh surrounds His people from this time forth and forever. For the sceptre of wickedness shall not rest upon the land of the righteous; That the righteous may not put forth their hands to do wrong. Do good, O Yahweh, to those who are good, And to those who are upright in their hearts. But as for those who turn aside to their crooked ways, Yahweh will lead them away with the doers of iniquity. Peace be upon Israel.

### **Psalms 126**

When Yahweh brought back the captive ones of Zion, We were like those who dream. Then our mouth was filled with laughter, And our tongue with joyful shouting; Then they said among the nations, "Yahweh has done great things for them." Yahweh has done great things for us; We are glad. Restore our captivity, O Yahweh, As the streams in the South. Those who sow in tears shall reap with joyful shouting. He who goes to and fro weeping, carrying his bag of seed, Shall indeed come again with a shout of joy, bringing his sheaves with him.

### **Psalms 127**

Unless Yahweh builds the house, They labor in vain who build it; Unless Yahweh guards the city, The watchman keeps awake in vain. It is vain for you to rise up early, to retire late, to eat the bread of painful labors; For He gives to His beloved even in his sleep. Behold, children are a gift of Yahweh; The fruit of the womb is a reward. Like arrows in the hand of a warrior, so are the children of one's youth. How blessed is the man whose quiver is full of them; They shall not be ashamed, when they speak with their enemies in the gate.

### **Psalms 128**

How blessed is everyone who fears Yahweh, Who walks in His ways. When you shall eat of the fruit of your hands, you will be happy and it will be well with you. Your wife shall be like a fruitful vine, within your house, your children like olive plants around your table. Behold, for thus shall the man be blessed who fears Yahweh. Yahweh bless you from Zion, And may you see the prosperity of Jerusalem all the days of your life. Indeed, may you see your children's children. Peace be upon Israel!

### **Psalms 129**

"Many times they have persecuted me from my youth up," Let Israel now say, "Many times they have persecuted me from my youth up; Yet they have not prevailed against me. "The plow's plowed upon my back; They lengthened their furrows." Yahweh is righteous; He has cut in two the cords of the wicked. May all who hate Zion, Be put to shame and turned backward, Let them be like grass upon the housetops, Which withers before it grows up; With which the reaper does not fill his hand, Or the binder of sheaves his bosom; Nor do those who pass by say, "The blessing of Yahweh be upon you; We bless you in the name of Yahweh."

### **Psalms 130**

Out of the depths I have cried to Thee, O Yahweh. Yahweh, hear my voice! Let Thine ears be attentive to the voice of my supplications. If Thou, Yahweh, shouldst mark iniquities, O Yahweh, who could stand? But there is forgiveness with Thee, That Thou mayest be feared. I wait for Yahweh, my soul does wait, And in His word do I hope. My soul waits for Yahweh More than the watchmen for the morning; Indeed, more than the watchmen for the morning. O Israel, hope in Yahweh; For with Yahweh there is lovingkindness, And with Him is abundant redemption. And He will redeem Israel from all his iniquities.

### **Psalms 131**

O Yahweh, my heart is not proud, nor my eyes haughty; nor do I involve myself in great matters, Or in things too difficult for me. Surely I have composed and quieted my soul; Like a weaned child rests against his mother, My soul is like a weaned child within me. O Israel, hope in Yahweh from this time forth and forever.

### **Psalms 132**

Remember, O Yahweh, on David's behalf, All his affliction; How he swore to Yahweh, And vowed to the Mighty One of Jacob, "Surely I will not enter my house, Nor lie on my bed; I will not give sleep to my eyes, Or slumber to my eyelids; Until I find a place for Yahweh, A dwelling place for the Mighty One of Jacob." Behold, we heard of it in Ephrathah; We found it in the field of Jaar. Let us go into His dwelling place; Let us worship at His footstool. Arise, O Yahweh, to Thy resting place; Thou and the ark of Thy strength. Let Thy priests be clothed with righteousness; And let Thy righteous ones sing for joy. For the sake of David Thy servant, do not turn away the face of Thine anointed. Yahweh has sworn to David, A truth from which He will not turn back; "Of the fruit of your body I will set upon your throne. "If your sons will keep My covenant, And My testimony which I will teach them, Their sons also shall sit upon your throne forever." For Yahweh has chosen Zion; He has desired it for His habitation. "This is my resting place forever; Here I will dwell, for I have desired it. "I will abundantly bless her provision; I will satisfy her needy with bread. "Her priests also I will clothe with salvation; And her righteous ones will sing aloud for joy "There I will cause the horn of David to spring forth; I have prepared a lamp for Mine anointed. "His enemies I will clothe with shame; But upon himself his crown shall shine."

### **Psalms 133**

Behold, how good and how pleasant it is for brothers to dwell together in unity! It is like the precious oil upon the head, Coming down upon the beard, Even Aaron's beard, Coming down upon the edge of his robes. It is like the dew of Hermon, Coming down upon the mountains of Zion; For there Yahweh commanded the blessing-- life forever.

### **Psalms 134**

Behold, bless Yahweh, all servants of Yahweh, Who serve by night in the house of Yahweh! Lift up your hands to the sanctuary, And bless Yahweh. May Yahweh bless you from Zion, He who made heaven and earth.

### **Psalms 135**

Praise Yahweh! Praise the name of Yahweh; Praise Him, O servants of Yahweh, You who stand in the house of Yahweh, In the courts of the house of our Elohim! Praise Yahweh, for Yahweh is good; Sing praises to His name, for it is lovely. For Yahweh has chosen Jacob for Himself, Israel for His own possession. For I know that Yahweh is great, And that our Yahweh is above all Elohim. Whatever Yahweh pleases, He does, In heaven and in earth, in the seas and in all deeps. He causes the vapors to ascend from the ends of the earth; Who makes lightnings for the rain; Who brings forth the wind from His treasures. He smote the first-born of Egypt, both of man and beast. He sent signs and wonders into your midst, O Egypt, Upon Pharaoh and all his servants. He smote many nations, And slew mighty kings, Sihon, king of the Amorites, And Og, king of Bashan, And all the kingdoms of Canaan; And He gave their land as a heritage, A heritage to Israel His people. Thy name, O Yahweh, is everlasting, Thy remembrance, O Yahweh, throughout all generations. For Yahweh will judge His people, and will have compassion on His servants. The idols of the nations are but silver and gold, the work of man's hands. They have mouths, but they do not speak; They have eyes, but they do not see; They have ears, but they do not hear; Nor is there any breath in their mouths. Those who make them will be like them, Yes, everyone who trusts in them. O house of Israel, bless Yahweh; O house of Aaron, bless Yahweh; O house of Levi, bless Yahweh; You who revere Yahweh, bless Yahweh. Blessed be Yahweh from Zion, Who dwells in Jerusalem. Praise Yahweh!

### **Psalms 136**

Give thanks to Yahweh, for He is good; For His lovingkindness is everlasting. Give thanks to the Elohim of Elohims, For His lovingkindness is everlasting. Give thanks to Yahweh of Yahweh's, For His lovingkindness is everlasting. To Him who alone does great wonders, For His lovingkindness is everlasting; To Him who made the heavens with skill, For His lovingkindness is everlasting; To Him who spread out the earth above the waters, For His lovingkindness is everlasting; To Him who made the great lights, For His lovingkindness is everlasting: The sun to rule by day, For His lovingkindness is everlasting, The moon and stars to rule by night, For His lovingkindness is everlasting. To Him who smote the Egyptians in their first-born, For His lovingkindness is everlasting, And brought Israel out from their midst, For His lovingkindness is everlasting, With a strong hand and an outstretched arm, For His lovingkindness is everlasting; To Him who divided the Red Sea asunder, For His lovingkindness is everlasting, And made Israel pass through the midst of it, For His lovingkindness is everlasting; But He overthrew Pharaoh and his army in the Red Sea, For His lovingkindness is everlasting. To Him who led His people through the wilderness, For His lovingkindness is everlasting; To Him who smote great kings, For His lovingkindness is everlasting, And slew mighty kings, For His lovingkindness is everlasting: Sihon, king of the Amorites, For His lovingkindness is everlasting, And Og, king of Bashan, For His lovingkindness is everlasting, And gave their land as a heritage, For His lovingkindness is everlasting, Even a heritage to Israel His servant, For His lovingkindness is everlasting. Who remembered us in our low estate, For His lovingkindness is everlasting, And has rescued us from our adversaries, For His lovingkindness is everlasting; Who gives food to all flesh, For His lovingkindness is everlasting. Give thanks to the Elohim of heaven, For His lovingkindness is everlasting.

### **Psalms 137**

By the rivers of Babylon, There we sat down and wept, When we remembered Zion. Upon the willows in the midst of it we hung our harps. For there our captors demanded of us songs, And our tormentors mirth, saying, "Sing us one of the songs of Zion." How can we sing Yahweh's song in a foreign land? If I forget you, O Jerusalem, May my right hand forget her skill. May my tongue cleave to the roof of my mouth, if I do not remember you, if I do not exalt Jerusalem above my chief joy. Remember, O Yahweh, against the sons of Edom The day of Jerusalem, Who said, "Raze it, raze it, to its very foundation." O daughter of Babylon, you devastated one, How blessed will be the one who repays you with the recompense with which you have repaid us. How blessed will be the one who seizes and dashes your little ones against the rock.

### **Psalms 138**

I will give Thee thanks with all my heart; I will sing praises to Thee before Elohim. I will bow down toward Thy holy temple, and give thanks to Thy name for Thy lovingkindness and Thy truth; For Thou hast magnified Thy word according to all Thy name. On the day I called Thou didst answer me; Thou didst make me bold with strength in my soul. All the kings of the earth will give thanks to Thee, O Yahweh, when they have heard the words of Thy mouth. And they will sing of the ways of Yahweh. For great is the glory of Yahweh. For though Yahweh is exalted, Yet He regards the lowly; But the haughty He knows from afar. Though I walk in the midst of trouble, Thou wilt revive me; Thou wilt stretch forth Thy hand against the wrath of my enemies, And Thy right hand will save me. Yahweh will accomplish what concerns me; Thy lovingkindness, O Yahweh, is everlasting; Do not forsake the works of Thy hands.

### **Psalms 139**

O Yahweh, Thou hast searched me and known me Thou dost know when I sit down and when I rise up; Thou dost understand my thought from afar. Thou dost scrutinize my path and my lying down, and art intimately acquainted with all my ways. Even before there is a word on my tongue, Behold, O Yahweh, Thou dost know it all. Thou hast enclosed me behind and before, and laid Thy hand upon me. Such knowledge is too wonderful for me; It is too high, I cannot attain to it. Where can I go from Thy Spirit? Or where can I flee from Thy presence? If I ascend to heaven, Thou art there; If I make my bed in Sheol, behold, Thou art there. If I take the wings of the dawn, If I dwell in the remotest part of the sea, Even there Thy hand will lead me, And Thy right hand will lay hold of me. If I say, "Surely the darkness will overwhelm me, and the light around me will be night," Even the darkness is not dark to Thee, and the night is as bright as the day. Darkness and light are alike to Thee. For Thou didst form my inward parts; Thou didst weave me in my mother's womb. I will give thanks to Thee, for I am fearfully and wonderfully made; Wonderful are Thy works, and my soul knows it very well. My frame was not hidden from Thee, when I was made in secret, and skilfully wrought in the depths of the earth. Thine eyes have seen my unformed substance; And in Thy book they were all written, the days that were ordained for me, when as yet there was not one of them. How precious also are Thy thoughts to me, O Elohim! How vast is the sum of them! If I should count them, they would outnumber the sand. When I awake, I am still with Thee. O that Thou wouldst slay the wicked, O Elohim; Depart from me, therefore, men of bloodshed. For they speak against Thee wickedly, And Thine enemies take Thy name in vain. Do I not hate those who hate Thee, O Yahweh? And do I not loathe those who rise up against Thee? I hate them with the utmost hatred; They have become my enemies. Search me, O Elohim, and know my heart; Try me and know my anxious thoughts; and see if there be any hurtful way in me, and lead me in the everlasting way.

### **Psalms 140**

Rescue me, O Yahweh, from evil men; Preserve me from violent men, Who devise evil things in their hearts; They continually stir up wars. They sharpen their tongues as a serpent; Poison of a viper is under their lips. Keep me, O Yahweh, from the hands of the wicked; Preserve me from violent men, who have purposed to trip up my feet. The proud have hidden a trap for me, and cords; They have spread a net by the wayside; They have set snares for me. I said to Yahweh, "Thou art my Elohim; Give ear, O Yahweh, to the voice of my supplications. "O ELOHIM Yahweh, the strength of my salvation, Thou hast covered my head in the day of battle. "Do not grant, O Yahweh, the desires of the wicked; Do not promote his evil device, lest they be exalted." As for the head of those who surround me, May the mischief of their lips cover them. "May burning coals fall upon them; May they be cast into the fire, into deep pits from which they cannot rise. "May a slanderer not be established in the earth; May evil hunt the violent man speedily." I know that Yahweh will maintain the cause of the afflicted, and justice for the poor. Surely the righteous will give thanks to Thy name; The upright will dwell in Thy presence.

### **Psalms 141**

O Yahweh, I call upon Thee; hasten to me! Give ear to my voice when I call to Thee! May my prayer be counted as incense before Thee; The lifting up of my hands as the evening offering. Set a guard, O Yahweh, over my mouth; Keep watch over the door of my lips. Do not incline my heart to any evil thing, to practice deeds of wickedness with men who do iniquity; And do not let me eat of their delicacies. Let the righteous smite me in kindness and reprove me; It is oil upon the head; Do not let my head refuse it, for still my prayer is against their wicked deeds. Their judges are thrown down by



the sides of the rock, and they hear my words, for they are pleasant. As when one plows and breaks open the earth, our bones have been scattered at the mouth of Sheol. For my eyes are toward Thee, O ELOHIM, Yahweh; In Thee I take refuge; do not leave me defenseless. Keep me from the jaws of the trap which they have set for me, And from the snares of those who do iniquity. Let the wicked fall into their own nets, while I pass by safely.

### **Psalms 142**

I cry aloud with my voice to Yahweh; I make supplication with my voice to Yahweh. I pour out my complaint before Him; I declare my trouble before Him. When my spirit was overwhelmed within me, Thou didst know my path. In the way where I walk they have hidden a trap for me. Look to the right and see; For there is no one who regards me; There is no escape for me; No one cares for my soul. I cried out to Thee, O Yahweh; I said, "Thou art my refuge, My portion in the land of the living. "Give heed to my cry, For I am brought very low; Deliver me from my persecutors, For they are too strong for me. "Bring my soul out of prison, So that I may give thanks to Thy name the righteous will surround me, For Thou wilt deal bountifully with me."

### **Psalms 143**

Hear my prayer, O Yahweh, Give ear to my supplications! Answer me in Thy faithfulness, in Thy righteousness! And do not enter into judgment with Thy servant, for in Thy sight no man living is righteous. For the enemy has persecuted my soul; He has crushed my life to the ground; He has made me dwell in dark places, like those who have long been dead. Therefore my spirit is overwhelmed within me; My heart is appalled within me. I remember the days of old; I meditate on all Thy doings; I muse on the work of Thy hands. I stretch out my hands to Thee; My soul longs for Thee, as a parched land. Answer me quickly, O Yahweh, my spirit fails; Do not hide Thy face from me, Lest I become like those who go down to the pit. Let me hear Thy lovingkindness in the morning; For I trust in Thee; Teach me the way in which I should walk; For to Thee I lift up my soul. Deliver me, O Yahweh, from my enemies; I take refuge in Thee. Teach me to do Thy will, for Thou art my Elohim; Let Thy good Spirit lead me on level ground. For the sake of Thy name, O Yahweh, revive me. In Thy righteousness bring my soul out of trouble. And in Thy lovingkindness cut off my enemies, and destroy all those who afflict my soul; For I am Thy servant.

### **Psalms 144**

Blessed be Yahweh, my rock, who trains my hands for war, And my fingers for battle; My loving kindness and my fortress, My stronghold and my deliverer; My shield and He in whom I take refuge; Who subdues my people under me. O Yahweh, what is man, that Thou dost take knowledge of him? Or the son of man, that Thou dost think of him? Man is like a mere breath; His days are like a passing shadow. Bow Thy heavens, O Yahweh, and come down; Touch the mountains, that they may smoke. Flash forth lightning and scatter them; Send out Thine arrows and confuse them. Stretch forth Thy hand from on high; Rescue me and deliver me out of great waters, Out of the hand of aliens Whose mouths speak deceit, And whose right hand is a right hand of falsehood. I will sing a new song to Thee, O Elohim; Upon a harp of ten strings I will sing praises to Thee, Who dost give salvation to kings; Who dost rescue David His servant from the evil sword. Rescue me, and deliver me out of the hand of aliens, whose mouth speaks deceit, and whose right hand is a right hand of falsehood. Let our sons in their youth be as grown-up plants, And our daughters as corner pillars fashioned as for a palace; Let our garners be full, furnishing every kind of produce, And our flocks bring forth thousands and ten thousands in our fields; Let our cattle bear, Without mishap and without loss, Let there be no outcry

in our streets! How blessed are the people who are so situated; How blessed are the people whose Elohim is Yahweh!

### **Psalms 145**

I will extol Thee, my Elohim, O King; And I will bless Thy name forever and ever. Every day I will bless Thee, and I will praise Thy name forever and ever. Great is Yahweh, and highly to be praised; And His greatness is unsearchable. One generation shall praise Thy works to another, and shall declare Thy mighty acts. On the glorious splendor of Thy majesty, And on Thy wonderful works, I will meditate And men shall speak of the power of Thine awesome acts; And I will tell of Thy greatness They shall eagerly utter the memory of Thine abundant goodness, And shall shout joyfully of Thy righteousness.

Yahweh is gracious and merciful; Slow to anger and great in lovingkindness. Yahweh is good to all, And His mercies are over all His works. All Thy works shall give thanks to Thee, O Yahweh, And Thy righteous ones shall bless Thee. They shall speak of the glory of Thy kingdom, and talk of Thy power; To make known to the sons of men Thy mighty acts, and the glory of the majesty of Thy kingdom. Thy kingdom is an everlasting kingdom, And Thy dominion endures throughout all generations. Yahweh sustains all who fall, and raises up all who are bowed down. The eyes of all look to Thee, and Thou dost give them their food in due time. Thou dost open Thy hand, and dost satisfy the desire of every living thing. Yahweh is righteous in all His ways, And kind in all His deeds. Yahweh is near to all who call upon Him, to all who call upon Him in truth. He will fulfill the desire of those who fear Him; He will also hear their cry and will save them. Yahweh keeps all who love Him; But all the wicked, He will destroy. My mouth will speak the praise of Yahweh; And all flesh will bless His holy name forever and ever.

### **Psalms 146**

Praise Yahweh! Praise Yahweh, O my soul! I will praise Yahweh while I live; I will sing praises to my Elohim while I have my being. Do not trust in princes, in mortal man, in whom there is no salvation. His spirit departs, he returns to the earth; In that very day his thoughts perish. How blessed is he whose help is the Elohim of Jacob, Whose hope is in Yahweh his Elohim; Who made heaven and earth, The sea and all that is in them; Who keeps faith forever; Who executes justice for the oppressed; Who gives food to the hungry. Yahweh sets the prisoners free. Yahweh opens the eyes of the blind; Yahweh raises up those who are bowed down; Yahweh loves the righteous; Yahweh protects the strangers; He supports the fatherless and the widow; But He thwarts the way of the wicked Yahweh will reign forever, Thy Elohim, O Zion, to all generations. Praise Yahweh!

### **Psalms 147**

Praise Yahweh! For it is good to sing praises to our Elohim; For it is pleasant and praise is becoming Yahweh builds up Jerusalem; He gathers the outcasts of Israel. He heals the broken-hearted, and binds up their wounds. He counts the number of the stars; He gives names to all of them. Great is our Yahweh, and abundant in strength; His understanding is infinite. Yahweh supports the afflicted; He brings down the wicked to the ground. Sing to Yahweh with thanksgiving; Sing praises to our Elohim on the lyre, Who covers the heavens with clouds, Who provides rain for the earth, Who makes grass to grow on the mountains. He gives to the beast its food, and to the young ravens which cry. He does not delight in the strength of the horse; He does not take pleasure in the legs of a man. Yahweh favors those who fear Him, Those who wait for His lovingkindness.

Praise Yahweh, O Jerusalem! Praise your Elohim, O Zion! For He has strengthened the bars of your gates; He has blessed your sons within you. He makes peace in your borders; He satisfies you with the finest of the wheat. He sends forth His command to the earth; His word runs very swiftly. He gives snow like wool; He scatters the frost like ashes. He casts forth His ice as fragments; Who can stand before His cold? He sends forth His word and melts them; He causes His wind to blow and the waters to flow. He declares His words to Jacob, His statutes and His ordinances to Israel. He has not dealt thus with any nation; And as for His ordinances, they have not known them. Praise Yahweh!

### **Psalms 148**

Praise Yahweh! Praise Yahweh from the heavens; Praise Him in the heights! Praise Him, all His angels; Praise Him, all His hosts! Praise Him, sun and moon; Praise Him, all stars of light! Praise Him, highest heavens, and the waters that are above the heavens! Let them praise the name of Yahweh, For He commanded and they were created. He has also established them forever and ever; He has made a decree which will not pass away. Praise Yahweh from the earth, Sea monsters and all deeps; Fire and hail, snow and clouds; Stormy wind, fulfilling His word; Mountains and all hills; Fruit trees and all cedars; Beasts and all cattle; Creeping things and winged fowl; Kings of the earth and all peoples; Princes and all judges of the earth; Both young men and virgins; Old men and children.

Let them praise the name of Yahweh, For His name alone is exalted; His glory is above earth and heaven. And He has lifted up a horn for His people, Praise for all His righteous ones; Even for the sons of Israel, a people near to Him. Praise Yahweh!

### **Psalms 149**

Praise Yahweh! Sing to Yahweh a new song, And His praise in the congregation of the righteous ones. Let Israel be glad in his Maker; Let the sons of Zion rejoice in their King. Let them praise His name with dancing; Let them sing praises to Him with timbrel and lyre. For Yahweh takes pleasure in His people; He will beautify the afflicted ones with salvation. Let the righteous ones exult in glory; Let them sing for joy on their beds. Let the high praises of Elohim be in their mouth, And a two-edged sword in their hand, To execute vengeance on the nations, And punishment on the peoples; To bind their kings with chains, And their nobles with fetters of iron; To execute on them the judgment written; This is an honor for all His righteous ones. Praise Yahweh!

### **Psalms 150**

Praise Yahweh! Praise Elohim in His sanctuary; Praise Him in His mighty expanse. Praise Him for His mighty deeds; Praise Him according to His excellent greatness. Praise Him with trumpet sound; Praise Him with harp and lyre. Praise Him with timbrel and dancing; Praise Him with stringed instruments and pipe. Praise Him with loud cymbals; Praise Him with resounding cymbals. Let everything that has breath praise Yahweh. Praise Yahweh!