

### **Psalms 1**

How blessed is the man who does not walk in the counsel of the wicked, nor stand in the path of sinners, nor sit in the seat of scoffers! But his delight is in the law of Yahweh, and in His law he meditates day and night. And he will be like a tree firmly planted by streams of water, which yields its fruit in its season, and its leaf does not wither; and in whatever he does, he prospers. The wicked are not so, but they are like chaff which the wind drives away. Therefore the wicked will not stand in the judgment, nor sinners in the assembly of the righteous. For Yahweh knows the way of the righteous, but the way of the wicked will perish.

### **Psalms 2**

Why are the nations in an uproar, and the peoples devising a vain thing? The kings of the earth take their stand, and the rulers take counsel together against Yahweh and against His Anointed: "Let us tear their fetters apart, and cast away their cords from us!" He who sits in the heavens laughs, Yahweh scoffs at them. Then He will speak to them in His anger and terrify them in His fury: "But as for Me, I have installed My King Upon Zion, My holy mountain." "I will surely tell of the decree of Yahweh: He said to Me, 'Thou art My Son, today I have begotten Thee. 'Ask of Me, and I will surely give the nations as Thine inheritance, and the very ends of the earth as Thy possession. 'Thou shalt break them with a rod of iron, Thou shalt shatter them like earthenware.' "Now therefore, O kings, show discernment; take warning, O judges of the earth. Worship Yahweh with reverence, and rejoice with trembling. Do homage to the Son; lest He become angry, and you perish in the way, For His wrath may soon be kindled. How blessed are all who take refuge in Him!

### **Psalms 3**

O Yahweh, how my adversaries have increased! Many are rising up against me. Many are saying of my soul, "There is no deliverance for him in Elohim." But Thou, O Yahweh, art a shield about me, My glory, and the One who lifts my head. I was crying to Yahweh with my voice, and He answered me from His holy mountain. I lay down and slept; I awoke, for Yahweh sustains me. I will not be afraid of ten thousands of people who have set themselves against me round about. Arise, O Yahweh; save me, O my Elohim! For Thou hast smitten all my enemies on the cheek; Thou hast shattered the teeth of the wicked. Salvation belongs to Yahweh; Thy blessings be upon Thy people!

### **Psalms 4**

Answer me when I call, O Elohim of my righteousness! Thou hast relieved me in my distress; be gracious to me and hear my prayer. O sons of men, how long will my honour become a reproach? How long will you love what is worthless and aim at deception? But know that Yahweh has set apart the righteous man for Himself; Yahweh hears when I call to Him. Tremble, and do not sin; meditate in your heart upon your bed, and be still. Offer the sacrifices of righteousness, and trust in Yahweh. Many are saying, "Who will show us any good?" Lift up the light of Thy countenance upon us, O Yahweh! Thou hast put gladness in my heart, more than when their grain and new wine abound. In peace I will both lie down and sleep, for Thou alone, O Yahweh, dost make me to dwell in safety.

### **Psalms 5**

Give ear to my words, O Yahweh, consider my groaning. Heed the sound of my cry for help, my King and my Elohim, for to Thee do I pray. In the morning, O Yahweh, Thou wilt hear my voice; in the morning I will order my prayer to Thee and eagerly watch. For Thou art not an Elohim who takes

pleasure in wickedness; no evil dwells with Thee. The boastful shall not stand before Thine eyes; Thou dost hate all who do iniquity. Thou dost destroy those who speak falsehood; Yahweh abhors the man of bloodshed and deceit. But as for me, by Thine abundant lovingkindness I will enter Thy house, at Thy holy temple I will bow in reverence for Thee. O Yahweh, lead me in Thy righteousness because of my foes; make Thy way straight before me. There is nothing reliable in what they say; their inward part is destruction itself; their throat is an open grave; they flatter with their tongue. Hold them guilty, O Elohim; by their own devices let them fall! In the multitude of their transgressions thrust them out, for they are rebellious against Thee. But let all who take refuge in Thee be glad, let them ever sing for joy; and mayest Thou shelter them, that those who love Thy name may exult in Thee. For it is Thou who dost bless the righteous man, O Yahweh, Thou dost surround him with favor as with a shield.

### **Psalms 6**

O Yahweh, do not rebuke me in Thine anger, nor chasten me in Thy wrath Be gracious to me, O Yahweh, for I am pining away; heal me, O Yahweh, for my bones are dismayed And my soul is greatly dismayed; but Thou, O Yahweh-- how long? Return, O Yahweh, rescue my soul; save me because of Thy lovingkindness For there is no mention of Thee in death; in Sheol who will give Thee thanks? I am weary with my sighing; every night I make my bed swim, I dissolve my couch with my tears My eye has wasted away with grief; it has become old because of all my adversaries. Depart from me, all you who do iniquity, for Yahweh has heard the voice of my weeping. Yahweh has heard my supplication, Yahweh receives my prayer All my enemies shall be ashamed and greatly dismayed; they shall turn back, they shall suddenly be ashamed.

### **Psalms 7**

O Yahweh my Elohim, in Thee I have taken refuge; save me from all those who pursue me, and deliver me Lest he tear my soul like a lion, dragging me away, while there is none to deliver. O Yahweh my Elohim, if I have done this, if there is injustice in my hands If I have rewarded evil to my friend, or have plundered him who without cause was my adversary Let the enemy pursue my soul and overtake it; and let him trample my life down to the ground, and lay my glory in the dust. Arise, O Yahweh, in Thine anger; lift up Thyself against the rage of my adversaries, and arouse Thyself for me; Thou hast appointed judgment And let the assembly of the peoples encompass Thee; And over them return Thou on high Yahweh judges the peoples; vindicate me, O Yahweh, according to my righteousness and my integrity that is in me O let the evil of the wicked come to an end, but establish the righteous; for the righteous Elohim tries the hearts and mind My shield is with Elohim, who saves the upright in hear Elohim is a righteous judge, and an Elohim who has indignation every day. If a man does not repent, He will sharpen His sword; He has bent His bow and made it ready .He has also prepared for Himself deadly weapons; He makes His arrows fiery shaft Behold, he travails with wickedness, and he conceives mischief, and brings forth falsehood. He has dug a pit and hollowed it out, and has fallen into the hole which he made His mischief will return upon his own head, and his violence will descend upon his own pate. I will give thanks to Yahweh according to His righteousness, and will sing praise to the name of Yahweh Most High.

### **Psalms 8**

O Yahweh, our Yahweh, how majestic is Thy name in all the earth, who hast displayed Thy splendour above the heavens From the mouth of infants and nursing babes Thou hast established strength, because of Thine adversaries, to make the enemy and the revengeful cease. When I consider Thy

heavens, the work of Thy fingers, the moon and the stars, which Thou hast ordained What is man, that Thou dost take thought of him? And the son of man, that Thou dost care for him Yet Thou hast made him a little lower than Elohim, and dost crown him with glory and majesty Thou dost make him to rule over the works of Thy hands; Thou hast put all things under his feet, All sheep and oxen, and also the beasts of the field, The birds of the heavens, and the fish of the sea, whatever passes through the paths of the seas. O Yahweh, our Yahweh, how majestic is Thy name in all the earth!

### **Psalms 9**

I will give thanks to Yahweh with all my heart; I will tell of all Thy wonders I will be glad and exult in Thee; I will sing praise to Thy name, O Most High. When my enemies turn back, they stumble and perish before Thee. For Thou hast maintained my just cause; Thou dost sit on the throne judging righteously. Thou hast rebuked the nations; Thou hast destroyed the wicked; Thou hast blotted out their name forever and ever The enemy has come to an end in perpetual ruins, and Thou hast uprooted the cities; the very memory of them has perished. But Yahweh abides forever; He has established His throne for judgment, And He will judge the world in righteousness; He will execute judgment for the peoples with equity .Yahweh also will be a stronghold for the oppressed, a stronghold in times of trouble ,And those who know Thy name will put their trust in Thee; for Thou, O Yahweh, hast not forsaken those who seek Thee. Sing praises to Yahweh, who dwells in Zion; declare among the peoples His deeds. For He who requires blood remembers them; He does not forget the cry of the afflicted .Be gracious to me, O Yahweh; behold my affliction from those who hate me, Thou who dost lift me up from the gates of death; That I may tell of all Thy praises, that in the gates of the daughter of Zion I may rejoice in Thy salvation. The nations have sunk down in the pit which they have made; in the net which they hid, their own foot has been caught Yahweh has made Himself known; He has executed judgment. In the work of his own hands the wicked is snared. Higgai. The wicked will return to Sheol, even all the nations who forget Elohim For the needy will not always be forgotten, nor the hope of the afflicted perish forever. Arise, O Yahweh, do not let man prevail; let the nations be judged before Thee. 20 Put them in fear, O Yahweh; let the nations know that they are but men.

### **Psalms 10**

Why dost Thou stand afar off, O Yahweh? Why dost Thou hide Thyself in times of trouble? In pride of the wicked hotly pursue the afflicted; let them be caught in the plots which they have devised. For the wicked boasts of his heart's desire, and the greedy man curses and spurns Yahweh. The wicked, in the haughtiness of his countenance, does not seek Him. All his thoughts are, "There is no Elohim." His ways prosper at all times; Thy judgments are on high, out of his sight; as for all his adversaries, he snorts at them .He says to himself, "I shall not be moved; throughout all generations I shall not be in adversity." His mouth is full of curses and deceit and oppression; under his tongue is mischief and wickedness. He sits in the lurking places of the villages; in the hiding places he kills the innocent; His eyes stealthily watch for the unfortunate He lurks in a hiding place as a lion in his lair; He lurks to catch the afflicted; He catches the afflicted when he draws him into his net. He crouches, he bows down, and the unfortunate fall by his mighty ones. He says to himself, "Elohim has forgotten; He has hidden His face; He will never see it." Arise, O Yahweh; O Elohim, lift up Thy hand. Do not forget the afflicted. Why has the wicked spurned Elohim? He has said to himself, "Thou wilt not require it." Thou hast seen it, for Thou hast beheld mischief and vexation to take it into Thy hand. The unfortunate commits himself to Thee; Thou hast been the Break the arm of the wicked and the evildoer, seek out his wickedness until Thou dost find none. Yahweh is King forever and ever; nations have perished from His land O Yahweh, Thou hast heard the desire of the humble; Thou wilt strengthen their heart, Thou

wilt incline Thine ear To vindicate the orphan and the oppressed, that man who is of the earth may cause terror no more.

### **Psalms 11**

In Yahweh I take refuge; How can you say to my soul, "Flee as a bird to your mountain; For, behold, the wicked bend the bow, they make ready their arrow upon the string, to shoot in darkness at the upright in heart. If the foundations are destroyed, what can the righteous do?" Yahweh is in His holy temple; Yahweh's throne is in heaven; His eyes behold, His eyelids test the sons of men. Yahweh tests the righteous and the wicked, and the one who loves violence His soul hates. Upon the wicked He will rain snares; fire and brimstone and burning wind will be the portion of their cup. For Yahweh is righteous; He loves righteousness; the upright will behold His face.

### **Psalms 12**

Help, Yahweh, for the righteous man ceases to be, for the faithful disappear from among the sons of men. They speak falsehood to one another; with flattering lips and with a double heart they speak. May Yahweh cut off all flattering lips, the tongue that speaks great things; Who have said, "With our tongue we will prevail; our lips are our own; who is Yahweh over us?" "Because of the devastation of the afflicted, because of the groaning of the needy, now I will arise," says Yahweh; "I will set him in the safety for which he longs." Yahweh, wilt keep them; Thou wilt preserve him from this generation forever. The wicked strut about on every side, when vileness is exalted among the sons of men.

### **Psalms 13**

How long, O Yahweh? Wilt Thou forget me forever? How long wilt Thou hide Thy face from me? long shall I take counsel in my soul, having sorrow in my heart all the day? How long will How my enemy be exalted Consider and answer me, O Yahweh, my Elohim; enlighten my eyes, lest I sleep the sleep of death, Lest my enemy say, "I have overcome him," Lest my adversaries rejoice when I am shaken. But I have trusted in Thy lovingkindness; my heart shall rejoice in Thy salvation. I will sing to Yahweh, because He has dealt bountifully with me.

### **Psalms 14**

The fool has said in his heart, "There is no Yahweh." They are corrupt, they have committed abominable deeds; There is no one who does good. Yahweh has looked down from heaven upon the sons of men, To see if there are any who understand, who seek after Elohim. They have all turned aside; together they have become corrupt; there is no one who does good, not even one. Have all the workers of iniquity no knowledge? Who eat up my people as they eat bread and call not upon Yahweh. There were they in great fear: for Yahweh is in the generation of the righteous. Ye have shamed the counsel of the poor ,because Yahweh is his refuge. Oh that the salvation of Israel were come out of Zion! When Yahweh bringeth that the salvation of Israel were come out of Zion.! When Yahweh bringeth back the captivity of his people ,Jacob shall rejoice, and Israel shall be glad.

### **Psalms 15**

O Yahweh, who may abide in Thy tent? Who may dwell on Thy holy hill He who walks with integrity, and works righteousness, and speaks truth in his heart. He does not slander with his tongue, nor does evil to his neighbour, nor takes up a reproach against his friend; In whose eyes a reprobate is despised, but who honours those who fear Yahweh; He swears to his own hurt, and does not change; He does not

put out his money at interest, nor does he take a bribe against the innocent. He who does these things will never be shaken.

### **Psalms 16**

Preserve me, O Elohim, for I take refuge in Thee. I said to Yahweh, "Thou art my Yahweh; I have no good besides Thee." As for the saints who are in the earth, they are the majestic ones in whom is all my delight. The sorrows of those who have bartered for another Elohim will be multiplied; I shall not pour out their libations of blood, nor shall I take their names upon my lips. Yahweh is the portion of my inheritance and my cup; Thou dost support my lot. The lines have fallen to me in pleasant places; indeed, my heritage is beautiful to me. I will bless Yahweh who has counselled me; indeed, my mind instructs me in the night. I have set Yahweh continually before me; because He is at my right hand, I will not be shaken. Therefore my heart is glad, and my glory rejoices; my flesh also will dwell securely. For Thou wilt not abandon my soul to Sheol; neither wilt Thou allow Thy Holy One to undergo decay. Thou wilt make known to me the path of life; in Thy presence is fullness of joy; in Thy right hand there are pleasures forever.

### **Psalms 17**

Hear a just cause, O Yahweh, give heed to my cry; give ear to my prayer, which is not from deceitful lips. Let my judgment come forth from Thy presence; let Thine eyes look with equity. Thou hast tried my heart; Thou hast visited me by night; Thou hast tested me and dost find nothing; I have purposed that my mouth will not transgress. As for the deeds of men, by the word of Thy lips I have kept from the paths of the violent. My steps have held fast to Thy paths. My feet have not slipped. I have called upon Thee, for Thou wilt answer me, O Elohim; Incline Thine ear to me, hear my speech. Wondrously show Thy lovingkindness, O Savior of those who take refuge at Thy right hand from those who rise up against them. Keep me as the apple of the eye; hide me in the shadow of Thy wings, From the wicked who despoil me, my deadly enemies, who surround me. They have closed their unfeeling heart; with their mouth they speak proudly. They have now surrounded us in our steps; they set their eyes to cast us down to the ground. He is like a lion that is eager to tear, and as a young lion lurking in hiding places. Arise, O Yahweh, confront him, bring him low; deliver my soul from the wicked with Thy sword, From men with Thy hand, O Yahweh, from men of the world, whose portion is in this life; and whose belly Thou dost fill with Thy treasure; they are satisfied with children, and leave their abundance to their babes. As for me, I shall behold Thy face in righteousness; I will be satisfied with Thy likeness when I awake.

### **Psalms 18**

"I love Thee, O Yahweh, my strength." Yahweh is my rock and my fortress and my deliverer, My Elohim, my rock, in whom I take refuge; My shield and the horn of my salvation, my stronghold. I call upon Yahweh, who is worthy to be praised, and I am saved from my enemies. The cords of death encompassed me, and the torrents of unrighteousness terrified me. The cords of Sheol surrounded me; the snares of death confronted me. In my distress I called upon Yahweh, and cried to my Elohim for help; He heard my voice out of His temple, and my cry for help before Him came into His ears. Then the earth shook and quaked; and the foundations of the mountains were trembling and were shaken, because He was angry. Smoke went up out of His nostrils, and fire from His mouth devoured; coals were kindled by it. He bowed the heavens also, and came down with thick darkness under His feet. And He rode upon a cherub and flew; and He sped upon the wings of the wind. He made darkness His hiding place, His canopy around Him, darkness of waters, thick clouds of the skies. From the

brightness before Him passed His thick clouds, hailstones and coals of fire. Yahweh also thundered in the heavens, and the Most High uttered His voice, hailstones and coals of fire. And He sent out His arrows, and scattered them, and lightning flashes in abundance, and routed them. Then the channels of water appeared, and the foundations of the world were laid bare at Thy rebuke, O Yahweh, at the blast of the breath of Thy nostrils. He sent from on high, He took me; He drew me out of many waters. He delivered me from my strong enemy, and from those who hated me, for they were too mighty for me. They confronted me in the day of my calamity, but Yahweh was my stay. He brought me forth also into a broad place; He rescued me, because He delighted in me. Yahweh has rewarded me according to my righteousness; according to the cleanness of my hands He has recompensed me. For I have kept the ways of Yahweh, and have not wickedly departed from my Elohim. For all His ordinances were before me, and I did not put away His statutes from me. I was also blameless with Him, and I kept myself from my iniquity. Therefore Yahweh has recompensed me according my righteousness, according to the cleanness of my hands in His eyes. With the kind Thou dost show Thyself kind; with the blameless Thou dost show Thyself blameless; With the pure Thou dost show Thyself pure; and with the crooked Thou dost show Thyself astute. For Thou dost save an afflicted people; but haughty eyes Thou dost abase. For Thou dost light my lamp; Yahweh my Elohim illumines my darkness. For by Thee I can run upon a troop; and by my Elohim I can leap over a wall. As for Elohim, His way is blameless; the word of Yahweh is tried; He is a shield to all who take refuge in Him. For who is Elohim, but Yahweh? And who is a rock, except our Elohim? The Elohim who girds me with strength, and makes my way blameless? He makes my feet like hinds' feet, and sets me upon my high places. He trains my hands for battle, so that my arms can bend a bow of bronze. Thou hast also given me the shield of Thy salvation, and Thy right hand upholds me; and Thy gentleness makes me great. Thou dost enlarge my steps under me, and my feet have not slipped. I pursued my enemies and overtook them, and I did not turn back until they were consumed. I shattered them, so that they were not able to rise; they fell under my feet. For Thou hast girded me with strength for battle; Thou hast subdued under me those who rose up against me. Thou hast also made my enemies turn their backs to me, and I destroyed those who hated me. They cried for help, but there was none to save, even to Yahweh, but He did not answer them. Then I beat them fine as the dust before the wind; I emptied them out as the mire of the streets. Thou hast delivered me from the contentions of the people; Thou hast placed me as head of the nations; A people whom I have not known serve me. As soon as they hear, they obey me; foreigners submit to me. Foreigners fade away, and come trembling out of their fortresses. Yahweh lives, and blessed be my rock; and exalted be the Elohim of my salvation, The Elohim who executes vengeance for me, and subdues peoples under me. He delivers me from my enemies; surely Thou dost lift me above those who rise up against me; Thou dost rescue me from the violent man. Therefore I will give thanks to Thee among the nations, O Yahweh, and I will sing praises to Thy name. He gives great deliverance to His king, and shows lovingkindness to His anointed, to David and his descendants forever.

## **Psalms 19**

The heavens are telling of the glory of Elohim; and their expanse is declaring the work of His hands. Day to day pours forth speech, and night to night reveals knowledge. There is no speech, nor are there words; their voice is not heard. Their line has gone out through all the earth, and their utterances to the end of the world. In them He has placed a tent for the sun, Which is as a bridegroom coming out of his chamber; it rejoices as a strong man to run his course. Its rising is from one end of the heavens, and its circuit to the other end of them; and there is nothing hidden from its heat. The law of Yahweh is perfect, restoring the soul; the testimony of Yahweh is sure, making wise the simple. The precepts

of Yahweh are right, rejoicing the heart; the commandment of Yahweh is pure, enlightening the eyes. The fear of Yahweh is clean, enduring forever; the judgments of Yahweh are true; they are righteous altogether. They are more desirable than gold, yes, than much fine gold; sweeter also than honey and the drippings of the honeycomb. Moreover, by them Thy servant is warned; in keeping them there is great reward. Who can discern his errors? Acquit me of hidden faults. Also keep back Thy servant from presumptuous sins; let them not rule over me; then I shall be blameless, and I shall be acquitted of great transgression. Let the words of my mouth and the meditation of my heart be acceptable in Thy sight, O Yahweh, my rock and my Redeemer.

### **Psalms 20**

May Yahweh answer you in the day of trouble! May the name of the Elohim of Jacob set you securely on high! May He send you help from the sanctuary, and support you from Zion! May He remember all your meal offerings, and find your burnt offering acceptable! May He grant you your heart's desire, and fulfill all your counsel! We will sing for joy over your victory, and in the name of our Elohim we will set up our banners. May Yahweh fulfill all your petitions. Now I know that Yahweh saves His anointed; He will answer him from His holy heaven, with the saving strength of His right hand. Some boast in chariots, and some in horses; but we will boast in the name of Yahweh, our Elohim. They have bowed down and fallen; but we have risen and stood upright. Save, O Yahweh; may the King answer us in the day we call.

### **Psalms 21**

O Yahweh, in Thy strength the king will be glad, and in Thy salvation how greatly he will rejoice! Thou hast given him his heart's desire, and Thou hast not withheld the request of his lips. For Thou dost meet him with the blessings of good things; Thou dost set a crown of fine gold on his head. He asked life of Thee, Thou didst give it to him, length of days forever and ever. His glory is great through Thy salvation, splendour and majesty Thou dost place upon him. For Thou dost make him most blessed forever; Thou dost make him joyful with gladness in Thy presence. For the king trusts in Yahweh, and through the lovingkindness of the Most High he will not be shaken. Your hand will find out all your enemies; Your right hand will find out those who hate you. You will make them as a fiery oven in the time of your anger; Yahweh will swallow them up in His wrath, and fire will devour them. Their offspring Thou wilt destroy from the earth, and their descendants from among the sons of men. Though they intended evil against Thee, and devised a plot, they will not succeed. For Thou wilt make them turn their back; Thou wilt aim with Thy bowstrings at their faces. Be Thou exalted, O Yahweh, in Thy strength; we will sing and praise Thy power.

### **Psalms 22**

My Elohim, my Elohim, why hast Thou forsaken me? Far from my deliverance are the words of my groaning. O my Elohim, I cry by day, but Thou dost not answer; and by night, but I have no rest. Yet Thou art holy, O Thou who art enthroned upon the praises of Israel. In Thee our fathers trusted; they trusted, and Thou didst deliver them. To Thee they cried out, and were delivered; in Thee they trusted, and were not disappointed. But I am a worm, and not a man, a reproach of men, and despised by the people. All who see me sneer at me; they separate with the lip, they wag the head, saying, "Commit yourself to Yahweh; let Him deliver him; let Him rescue him, because He delights in him." Yet Thou art He who didst bring me forth from the womb; Thou didst make me trust when upon my mother's breasts. Upon Thee I was cast from birth; Thou hast been my Elohim from my mother's womb.

Be not far from me, for trouble is near; for there is none to help. Many bulls have surrounded me; strong bulls of Bashan have encircled me. They open wide their mouth at me, as a ravening and a roaring lion. I am poured out like water, and all my bones are out of joint; my heart is like wax; it is melted within me. My strength is dried up like a potsherd, and my tongue cleaves to my jaws; and Thou dost lay me in the dust of death. For dogs have surrounded me; a band of evildoers has encompassed me; they pierced my hands and my feet. I can count all my bones. They look, they stare at me; They divide my garments among them, and for my clothing they cast lots. But Thou, O Yahweh, be not far off; O Thou my help, hasten to my assistance. Deliver my soul from the sword, my only life from the power of the dog. Save me from the lion's mouth; and from the horns of the wild oxen Thou dost answer me. I will tell of Thy name to my brethren; in the midst of the assembly I will praise Thee. You who fear Yahweh, praise Him; all you descendants of Jacob, glorify Him, and stand in awe of Him, all you descendants of Israel. For He has not despised nor abhorred the affliction of the afflicted; neither has He hidden His face from him; but when he cried to Him for help, He heard. From Thee comes my praise in the great assembly; I shall pay my vows before those who fear Him. The afflicted shall eat and be satisfied; those who seek Him will praise Yahweh. Let your heart live forever! All the ends of the earth will remember and turn to Yahweh, and all the families of the nations will worship before Thee. For the kingdom is Yahweh's, and He rules over the nations. All the prosperous of the earth will eat and worship, all those who go down to the dust will bow before Him, even he who cannot keep his soul alive. Posterity will serve Him; it will be told of Yahweh to the coming generation. They will come and will declare His righteousness to a people who will be born, that He has performed it.

### **Psalms 23**

Yahweh is my shepherd, I shall not want. He makes me lie down in green pastures; He leads me beside quiet waters. He restores my soul; He guides me in the paths of righteousness For His name's sake. Even though I walk through the valley of the shadow of death, I fear no evil; for Thou art with me; Thy rod and Thy staff, they comfort me. Thou dost prepare a table before me in the presence of my enemies; Thou hast anointed my head with oil; my cup overflows. Surely goodness and lovingkindness will follow me all the days of my life, and I will dwell in the house of Yahweh forever.

### **Psalms 24**

The earth is Yahweh's, and all it contains, the world, and those who dwell in it. For He has founded it upon the seas, and established it upon the rivers. Who may ascend into the hill of Yahweh? And who may stand in His holy place? He who has clean hands and a pure heart, who has not lifted up his soul to falsehood, and has not sworn deceitfully. He shall receive a blessing from Yahweh and righteousness from the Elohim of his salvation. This is the generation of those who seek Him, who seek Thy face-- even Jacob. Lift up your heads, O gates, and be lifted up, O ancient doors, that the King of glory may come in! Who is the King of glory? Yahweh strong and mighty, Yahweh mighty in battle. Lift up your heads, O gates, and lift them up, O ancient doors, that the King of glory may come in! Who is this King of glory? Yahweh of hosts, He is the King of glory.

### **Psalms 25**

To Thee, O Yahweh, I lift up my soul. O my Elohim, in Thee I trust, do not let me be ashamed; do not let my enemies exult over me. Indeed, none of those who wait for Thee will be ashamed; those who deal treacherously without cause will be ashamed. Make me know Thy ways, O Yahweh; teach me Thy



paths. Lead me in Thy truth and teach me, for Thou art the Elohim of my salvation; for Thee I wait all the day. Remember, O Yahweh, Thy compassion and Thy lovingkindnesses, for they have been from of old. Do not remember the sins of my youth or my transgressions; according to Thy lovingkindness remember Thou me, for Thy goodness' sake, O Yahweh. Good and upright is Yahweh; therefore He instructs sinners in the way. He leads the humble in justice, and He teaches the humble His way. All the paths of Yahweh are lovingkindness and truth to those who keep His covenant and His testimonies. For Thy name's sake, O Yahweh, pardon my iniquity, for it is great. Who is the man who fears Yahweh? He will instruct him in the way he should choose. His soul will abide in prosperity, and his descendants will inherit the land. The secret of Yahweh is for those who fear Him, and He will make them know His covenant. My eyes are continually toward Yahweh, for He will pluck my feet out of the net. Turn to me and be gracious to me, for I am lonely and afflicted. The troubles of my heart are enlarged; bring me out of my distresses. Look upon my affliction and my trouble, and forgive all my sins. Look upon my enemies, for they are many; and they hate me with violent hatred. Guard my soul and deliver me; do not let me be ashamed, for I take refuge in Thee. Let integrity and uprightness preserve me, for I wait for Thee. Redeem Israel, O Elohim, out of all his troubles.

## **Psalms 26**

Vindicate me, O Yahweh, for I have walked in my integrity; and I have trusted in Yahweh without wavering. Examine me, O Yahweh, and try me; test my mind and my heart. For Thy lovingkindness is before my eyes, and I have walked in Thy truth. I do not sit with deceitful men, nor will I go with pretenders. I hate the assembly of evildoers, and I will not sit with the wicked. I shall wash my hands in innocence, and I will go about Thine altar, O Yahweh, That I may proclaim with the voice of thanksgiving, and declare all Thy wonders. O Yahweh, I love the habitation of Thy house, and the place where Thy glory dwells. Do not take my soul away along with sinners, nor my life with men of bloodshed, In whose hands is a wicked scheme, and whose right hand is full of bribes. But as for me, I shall walk in my integrity; redeem me, and be gracious to me. My foot stands on a level place; in the congregations I shall bless Yahweh.

## **Psalms 27**

Yahweh is my light and my salvation; whom shall I fear? Yahweh is the defense of my life; whom shall I dread? When evildoers came upon me to devour my flesh, my adversaries and my enemies, they stumbled and fell. Though a host encamp against me, my heart will not fear; though war arises against me, in spite of this I shall be confident. One thing I have asked from Yahweh, that I shall seek: that I may dwell in the house of Yahweh all the days of my life, to behold the beauty of Yahweh, and to meditate in His temple. For in the day of trouble He will conceal me in His tabernacle; in the secret place of His tent He will hide me; He will lift me up on a rock. And now my head will be lifted up above my enemies around me; and I will offer in His tent sacrifices with shouts of joy; I will sing, yes, I will sing praises to Yahweh. Hear, O Yahweh, when I cry with my voice, and be gracious to me and answer me. When Thou didst say, "Seek My face," my heart said to Thee, "Thy face, O Yahweh, I shall seek." Do not hide Thy face from me, do not turn Thy servant away in anger; Thou hast been my help; do not abandon me nor forsake me, O Elohim of my salvation! For my father and my mother have forsaken me, but Yahweh will take me up. Teach me Thy way, O Yahweh, and lead me in a level path, because of my foes. Do not deliver me over to the desire of my adversaries; for false witnesses have risen against me, and such as breathe out violence. I would have despaired unless I had believed that I would see the goodness of Yahweh in the land of the living. Wait for Yahweh; be strong, and let your heart take courage; Yes, wait for Yahweh.

## **Psalms 28**

To Thee, O Yahweh, I call; My rock, do not be deaf to me, lest, if Thou be silent to me, I become like those who go down to the pit. Hear the voice of my supplications when I cry to Thee for help, when I lift up my hands toward Thy holy sanctuary. Do not drag me away with the wicked and with those who work iniquity; who speak peace with their neighbours, while evil is in their hearts. Requite them according to their work and according to the evil of their practices; requite them according to the deeds of their hands; repay them their recompense. Because they do not regard the works of Yahweh nor the deeds of His hands, He will tear them down and not build them up. Blessed be Yahweh, because He has heard the voice of my supplication. Yahweh is my strength and my shield; my heart trusts in Him, and I am helped; therefore my heart exults, and with my song I shall thank Him. Yahweh is their strength, and He is a saving defense to His anointed. Save Thy people, and bless Thine inheritance; be their shepherd also, and carry them forever.

## **Psalms 29**

Ascribe to Yahweh, O sons of the mighty, Ascribe to Yahweh glory and strength. Ascribe to Yahweh the glory due to His name; Worship Yahweh in holy array. The voice of Yahweh is upon the waters; the Elohim of glory thunders, Yahweh is over many waters. The voice of Yahweh is powerful, the voice of Yahweh is majestic. The voice of Yahweh breaks the cedars; Yes, Yahweh breaks in pieces the cedars of Lebanon. And He makes Lebanon skip like a calf, and Sirion like a young wild ox. The voice of Yahweh hews out flames of fire. The voice of Yahweh shakes the wilderness; Yahweh shakes the wilderness of Kadesh. The voice of Yahweh makes the deer to calve, and strips the forests bare, and in His temple everything says, "Glory!" Yahweh sat as King at the flood; Yes, Yahweh sits as King forever. Yahweh will give strength to His people; Yahweh will bless His people with peace.

## **Psalms 30**

I will extol Thee, O Yahweh, for Thou hast lifted me up, and hast not let my enemies rejoice over me. O Yahweh my Elohim, I cried to Thee for help, and Thou didst heal me. O Yahweh, Thou hast brought up my soul from Sheol; Thou hast kept me alive, that I should not go down to the pit. Sing praise to Yahweh, you His righteous ones, and give thanks to His holy name. For His anger is but for a moment, His favor is for a lifetime; weeping may last for the night, but a shout of joy comes in the morning. Now as for me, I said in my prosperity, "I will never be moved." O Yahweh, by Thy favour thou hast made my mountain to stand strong; Thou didst hide Thy face, I was dismayed. To Thee, O Yahweh, I called, and to Yahweh I made supplication: 9 "What profit is there in my blood, if I go down to the pit? Will the dust praise Thee? Will it declare Thy faithfulness? "Hear, O Yahweh, and be gracious to me; O Yahweh, be Thou my helper." Thou hast turned for me my mourning into dancing; Thou hast loosed my sackcloth and girded me with gladness; That my soul may sing praise to Thee, and not be silent. O Yahweh my Elohim, I will give thanks to Thee forever.

## **Psalms 31**

In Thee, O Yahweh, I have taken refuge; let me never be ashamed; in Thy righteousness deliver me. Incline Thine ear to me, rescue me quickly; be Thou to me a rock of strength, a stronghold to save me. For Thou art my rock and my fortress; for Thy name's sake Thou wilt lead me and guide me. Thou wilt pull me out of the net which they have secretly laid for me; for Thou art my strength. Into Thy hand I commit my spirit; Thou hast ransomed me, O Yahweh, Elohim of truth. I hate those who regard vain idols; but I trust in Yahweh. I will rejoice and be glad in Thy lovingkindness, because Thou hast seen my affliction; Thou hast known the troubles of my soul, And Thou hast not given me over into the hand of the enemy; Thou hast set my feet in a large place. Be gracious to me, O Yahweh, for I am in distress; My eye is wasted away from grief, my soul and my body also. For my life is spent with sorrow, and my years with sighing; My strength has failed because of my iniquity, and my body has wasted away. Because of all my adversaries, I have become a reproach, especially to my neighbours, and an object of dread to my acquaintances; those who see me in the street flee from me. I am forgotten as a dead man, out of mind, I am like a broken vessel. For I have heard the slander of many, terror is on every side; while they took counsel together against me, they schemed to take away my life. But as for me, I trust in Thee, O Yahweh, I say, "Thou art my Elohim." My times are in Thy hand; deliver me from the hand of my enemies, and from those who persecute me. Make Thy face to shine upon Thy servant; save me in Thy lovingkindness. Let me not be put to shame, O Yahweh, for I call upon Thee; let the wicked be put to shame, let them be silent in Sheol. Let the lying lips be dumb, which speak arrogantly against the righteous with pride and contempt.

How great is Thy goodness, which Thou hast stored up for those who fear Thee, which Thou hast wrought for those who take refuge in Thee, before the sons of men! Thou dost hide them in the secret place of Thy presence from the conspiracies of man; Thou dost keep them secretly in a shelter from the strife of tongues. Blessed be Yahweh, for He has made marvellous His lovingkindness to me in a besieged city. As for me, I said in my alarm, "I am cut off from before Thine eyes"; nevertheless Thou didst hear the voice of my supplications when I cried to Thee. O love Yahweh, all you righteous ones! Yahweh preserves the faithful, and fully recompenses the proud doer. Be strong, and let your heart take courage, all you who hope in Yahweh.

### **Psalms 32**

How blessed is he whose transgression is forgiven, whose sin is covered! How blessed is the man to whom Yahweh does not impute iniquity, and in whose spirit there is no deceit! When I kept silent about my sin, my body wasted away through my groaning all day long. For day and night Thy hand was heavy upon me; my vitality was drained away as with the fever heat of summer. I acknowledged my sin to Thee, and my iniquity I did not hide; I said, "I will confess my transgressions to Yahweh"; and Thou didst forgive the guilt of my sin. Therefore, let everyone who is righteous pray to Thee in a time when Thou mayest be found; surely in a flood of great waters they shall not reach him. Thou art my hiding place; Thou dost preserve me from trouble; Thou dost surround me with songs of deliverance. I will instruct you and teach you in the way which you should go; I will counsel you with My eye upon you. Do not be as the horse or as the mule which have no understanding, whose trappings include bit and bridle to hold them in check, otherwise they will not come near to you. Many are the sorrows of the wicked; but he who trusts in Yahweh, lovingkindness shall surround him. Be glad in Yahweh and rejoice, you righteous ones, and shout for joy, all you who are upright in heart.

### **Psalms 33**

Sing for joy in Yahweh, O you righteous ones; praise is becoming to the upright. Give thanks to Yahweh with the lyre; sing praises to Him with a harp of ten strings. Sing to Him a new song; play skilfully with a shout of joy. For the word of Yahweh is upright; and all His work is done in faithfulness. He loves righteousness and justice; the earth is full of the lovingkindness of Yahweh. By the word of Yahweh the heavens were made, and by the breath of His mouth all their host. He gathers the waters of the sea together as a heap; He lays up the deeps in storehouses. Let all the earth fear Yahweh; let all the inhabitants of the world stand in awe of Him. For He spoke, and it was done; He commanded, and it stood fast. Yahweh nullifies the counsel of the nations; He frustrates the plans of the peoples. The counsel of Yahweh stands forever, the plans of His heart from generation to generation. Blessed is the nation whose Elohim is Yahweh, the people whom He has chosen for His own inheritance. Yahweh looks from heaven; He sees all the sons of men; From His dwelling place He looks out on all the inhabitants of the earth, He who fashions the hearts of them all, He who understands all their works. The king is not saved by a mighty army; a warrior is not delivered by great strength. A horse is a false hope for victory; nor does it deliver anyone by its great strength. Behold, the eye of Yahweh is on those who fear Him, on those who hope for His lovingkindness, To deliver their soul from death, and to keep them alive in famine. Our soul waits for Yahweh; He is our help and our shield. For our heart rejoices in Him, because we trust in His holy name. Let Thy lovingkindness, O Yahweh, be upon us, according as we have hoped in Thee.

## **Psalms 34**

I will bless Yahweh at all times; His praise shall continually be in my mouth. My soul shall make its boast in Yahweh; the humble shall hear it and rejoice. O magnify Yahweh with me, and let us exalt His name together. I sought Yahweh, and He answered me, and delivered me from all my fears. They looked to Him and were radiant, and their faces shall never be ashamed. This poor man cried and Yahweh heard him, and saved him out of all his troubles. The angel of Yahweh encamps around those who fear Him, and rescues them. O taste and see that Yahweh is good; how blessed is the man who takes refuge in Him! O fear Yahweh, you His saints; for to those who fear Him, there is no want. The young lions do lack and suffer hunger; but they who seek Yahweh shall not be in want of any good thing. Come, you children, listen to me; I will teach you the fear of Yahweh. Who is the man who desires life, and loves length of days that he may see good? Keep your tongue from evil, and your lips from speaking deceit. Depart from evil, and do good; seek peace, and pursue it. The eyes of Yahweh are toward the righteous, and His ears are open to their cry. The face of Yahweh is against evildoers, to cut off the memory of them from the earth. The righteous cry and Yahweh hears, and delivers them out of all their troubles. Yahweh is near to the broken hearted, and saves those who are crushed in spirit. Many are the afflictions of the righteous; but Yahweh delivers him out of them all. He keeps all his bones; not one of them is broken. Evil shall slay the wicked; and those who hate the righteous will be condemned. Yahweh redeems the soul of His servants; and none of those who take refuge in Him will be condemned.

## **Psalms 35**

Contend, O Yahweh, with those who contend with me; fight against those who fight against me. Take hold of buckler and shield, and rise up for my help. Draw also the spear and the battle-axe to meet those who pursue me; say to my soul, "I am your salvation." Let those be ashamed and dishonoured who seek my life; let those be turned back and humiliated who devise evil against me. Let them be like chaff before the wind, with the angel of Yahweh driving them on. Let their way be dark and slippery, with the angel of Yahweh pursuing them. For without cause they hid their net for me; without cause they dug a pit for my soul. Let destruction come upon him unawares; and let the net which he hid catch himself; into that very destruction let him fall. And my soul shall rejoice in Yahweh; it shall exult in His salvation. All my bones will say, "Yahweh, who is like Thee, who delivers the afflicted from him who is too strong for him, and the afflicted and the needy from him who robs him?" Malicious witnesses rise up; they ask me of things that I do not know. They repay me evil for good, to the bereavement of my soul. But as for me, when they were sick, my clothing was sackcloth; I humbled my soul with fasting; and my prayer kept returning to my bosom. I went about as though it were my friend or brother; I bowed down mourning, as one who sorrows for a mother. But at my stumbling they rejoiced, and gathered themselves together; the smiters whom I did not know gathered together against me, they slandered me without ceasing. Like unrighteous jesters at a feast, they gnashed at me with their teeth. Yahweh, how long wilt Thou look on? Rescue my soul from their ravages, my only life from the lions. I will give Thee thanks in the great congregation; I will praise Thee among a mighty throng. Do not let those who are wrongfully my enemies rejoice over me; neither let those who hate me without cause wink maliciously. For they do not speak peace, but they devise deceitful words against those who are quiet in the land. And they opened their mouth wide against me; they said, "Aha, aha, our eyes have seen it!" Thou hast seen it, O Yahweh, do not keep silent; O Yahweh, do not be far from me. Stir up thyself, and awake to my right, And to my cause, my Elohim and my Yahweh. Judge me, O Yahweh my Elohim, according to Thy righteousness; and do not let them rejoice over me. Do not let them say in their heart, "Aha, our desire!" Do not let them say,

"We have swallowed him up!" Let those be ashamed and humiliated altogether who rejoice at my distress; let those be clothed with shame and dishonour who magnify themselves over me. Let them shout for joy and rejoice, who favour my vindication; and let them say continually, "Yahweh be magnified, who delights in the prosperity of His servant." And my tongue shall declare Thy righteousness and Thy praise all day long.

### **Psalms 36**

Transgression speaks to the unrighteous within his heart; there is no fear of Elohim before his eyes. For it flatters him in his own eyes, concerning the discovery of his iniquity and the hatred of it. The words of his mouth are wickedness and deceit; He has ceased to be wise and to do good. He plans wickedness upon his bed; He sets himself on a path that is not good; He does not despise evil. Thy lovingkindness, O Yahweh, extends to the heavens; thy faithfulness reaches to the skies. Thy righteousness is like the mountains of Elohim; thy judgments are like a great deep. O Yahweh, Thou preservest man and beast. How precious is Thy lovingkindness, O Elohim! And the children of men take refuge in the shadow of Thy wings. They drink their fill of the abundance of Thy house; and Thou dost give them to drink of the river of Thy delights. For with Thee is the fountain of life; in Thy light we see light. O continue Thy lovingkindness to those who know Thee, and Thy righteousness to the upright in heart. Let not the foot of pride come upon me, and let not the hand of the wicked drive me away. There the doers of iniquity have fallen; they have been thrust down and cannot rise.

### **Psalms 37**

Do not fret because of evildoers, be not envious toward wrongdoers. For they will wither quickly like the grass, and fade like the green herb Trust in Yahweh, and do good; dwell in the land and cultivate faithfulness. Delight yourself in Yahweh; and He will give you the desires of your heart. Commit your way to Yahweh, trust also in Him, and He will do it. And He will bring forth your righteousness as the light, and your judgment as the noonday. Rest in Yahweh and wait patiently for Him; do not fret because of him who prospers in his way, because of the man who carries out wicked schemes. Cease from anger, and forsake wrath; do not fret, it leads only to evildoing. For evildoers will be cut off, but those who wait for Yahweh, they will inherit the land. Yet a little while and the wicked man will be no more; and you will look carefully for his place, and he will not be there. But the humble will inherit the land, and will delight themselves in abundant prosperity. The wicked plots against the righteous, and gnashes at him with his teeth Yahweh laughs at him; for He sees his day is coming. The wicked have drawn the sword and bent their bow, to cast down the afflicted and the needy, to slay those who are upright in conduct. Their sword will enter their own heart, and their bows will be broken. Better is the little of the righteous than the abundance of many wicked. For the arms of the wicked will be broken; but Yahweh sustains the righteous. Yahweh knows the days of the blameless; and their inheritance will be forever. They will not be ashamed in the time of evil; and in the days of famine they will have abundance. But the wicked will perish; and the enemies of Yahweh will be like the glory of the pastures, they vanish-- like smoke they vanish away. The wicked borrows and does not pay back, but the righteous are gracious and give. For those blessed by Him will inherit the land; but those cursed by Him will be cut off. The steps of a man are established by Yahweh; and He delights in his way. When he falls, he shall not be hurled headlong; because Yahweh is the One who holds his hand. I have been young, and now I am old; yet I have not seen the righteous forsaken, or his descendants begging bread. All day long he is gracious and lends; and his descendants are a blessing. Depart from evil, and do good, so you will abide forever. For Yahweh loves justice, and does not forsake His righteous ones; they are preserved forever; but the descendants of the wicked will be cut

off. The righteous will inherit the land, and dwell in it forever. The mouth of the righteous utters wisdom, and his tongue speaks justice. The law of his Elohim is in his heart; his steps do not slip. The wicked spies upon the righteous, and seeks to kill him. Yahweh will not leave him in his hand, or let him be condemned when he is judged. Wait for Yahweh, and keep His way, and He will exalt you to inherit the land; when the wicked are cut off, you will see it. I have seen a violent, wicked man spreading himself like a luxuriant tree in its native soil. Then he passed away, and lo, he was no more; I sought for him, but he could not be found. Mark the blameless man, and behold the upright; for the man of peace will have a posterity. But transgressors will be altogether destroyed; the posterity of the wicked will be cut off. But the salvation of the righteous is from Yahweh; He is their strength in time of trouble. And Yahweh helps them, and delivers them; He delivers them from the wicked, and saves them, because they take refuge in Him.

### **Psalms 38**

O Yahweh, rebuke me not in Thy wrath; and chasten me not in Thy burning anger. For thine arrows have sunk deep into me, and Thy hand has pressed down on me. There is no soundness in my flesh because of Thine indignation; there is no health in my bones because of my sin. For my iniquities are gone over my head; as a heavy burden they weigh too much for me. My wounds grow foul and fester. Because of my folly, I am bent over and greatly bowed down; I go mourning all day long. For my loins are filled with burning; and there is no soundness in my flesh. I am benumbed and badly crushed; I groan because of the agitation of my heart. Yahweh, all my desire is before Thee; and my sighing is not hidden from Thee. My heart throbs, my strength fails me; and the light of my eyes, even that has gone from me. My loved ones and my friends stand aloof from my plague; and my kinsmen stand afar off. Those who seek my life lay snares for me; and those who seek to injure me have threatened destruction, and they devise treachery all day long. But I, like a deaf man, do not hear; and I am like a dumb man who does not open his mouth. Yes, I am like a man who does not hear, and in whose mouth are no arguments. For I hope in Thee, O Yahweh; Thou wilt answer, O Yahweh my Elohim. For I said, "May they not rejoice over me, who, when my foot slips, would magnify themselves against me." For I am ready to fall, and my sorrow is continually before me. For I confess my iniquity; I am full of anxiety because of my sin. But my enemies are vigorous and strong; and many are those who hate me wrongfully. And those who repay evil for good, they oppose me, because I follow what is good. Do not forsake me, O Yahweh; O my Elohim, do not be far from me! Make haste to help me, O Yahweh, my salvation!

### **Psalms 39**

I said, "I will guard my ways, that I may not sin with my tongue; I will guard my mouth as with a muzzle, while the wicked are in my presence." I was dumb and silent, I refrained even from good; and my sorrow grew worse. My heart was hot within me; while I was musing the fire burned; then I spoke with my tongue: "Yahweh, make me to know my end, and what is the extent of my days, let me know how transient I am. "Behold, Thou hast made my days as handbreadths, and my lifetime as nothing in Thy sight, surely every man at his best is a mere breath. "Surely every man walks about as a phantom; surely they make an uproar for nothing; He amasses riches, and does not know who will gather them. "And now, Yahweh, for what do I wait? My hope is in Thee. "Deliver me from all my transgressions; make me not the reproach of the foolish. "I have become dumb, I do not open my mouth, because it is Thou who hast done it. "Remove Thy plague from me; because of the opposition of Thy hand, I am perishing. "With reproofs Thou dost chasten a man for iniquity; thou dost consume as a moth what is precious to him; surely every man is a mere breath. "Hear my prayer, O Yahweh, and give ear to my

cry; do not be silent at my tears; for I am a stranger with Thee, a sojourner like all my fathers. "Turn Thy gaze away from me, that I may smile again, before I depart and am no more."

### **Psalms 40**

I waited patiently for Yahweh; and He inclined to me, and heard my cry. He brought me up out of the pit of destruction, out of the miry clay; and He set my feet upon a rock making my footsteps firm. And He put a new song in my mouth, a song of praise to our Elohim; many will see and fear, and will trust in Yahweh. How blessed is the man who has made Yahweh his trust, and has not turned to the proud, nor to those who lapse into falsehood. Many, O Yahweh my Elohim, are the wonders which Thou hast done, and Thy thoughts toward us; there is none to compare with Thee; if I would declare and speak of them, they would be too numerous to count. Sacrifice and meal offering Thou hast not desired; my ears Thou hast opened; burnt offering and sin offering Thou hast not required. 7 Then I said, "Behold, I come; in the scroll of the book it is written of me; I delight to do Thy will, O my Elohim; Thy Law is within my heart." I have proclaimed glad tidings of righteousness in the great congregation; behold, I will not restrain my lips, O Yahweh, Thou knowest. I have not hidden Thy righteousness within my heart; I have spoken of Thy faithfulness and Thy salvation; I have not concealed Thy lovingkindness and Thy truth from the great congregation. Thou, O Yahweh, wilt not withhold Thy compassion from me; Thy lovingkindness and Thy truth will continually preserve me. For evils beyond number have surrounded me; my iniquities have overtaken me, so that I am not able to see; they are more numerous than the hairs of my head; and my heart has failed me. Be pleased, O Yahweh, to deliver me; make haste, O Yahweh, to help me. Let those be ashamed and humiliated together who seek my life to destroy it; let those be turned back and dishonoured who delight in my hurt. Let those be appalled because of their shame who say to me, "Aha, aha!" Let all who seek Thee rejoice and be glad in Thee; let those who love Thy salvation say continually, "Yahweh be magnified!" Since I am afflicted and needy, let Yahweh be mindful of me; Thou art my help and my deliverer; do not delay, O my Elohim.

### **Psalms 41**

How blessed is he who considers the helpless; Yahweh will deliver him in a day of trouble Yahweh will protect him, and keep him alive, and he shall be called blessed upon the earth; and do not give him over to the desire of his enemies Yahweh will sustain him upon his sickbed; in his illness, Thou dost restore him to health. As for me, I said, "O YAHWEH, be gracious to me; heal my soul, for I have sinned against Thee." My enemies speak evil against me, "When will he die, and his name perish?" And when he comes to see me, he speaks falsehood; his heart gathers wickedness to itself; when he goes outside, he tells it. All who hate me whisper together against me; against me they devise my hurt, saying, "A wicked thing is poured out upon him, that when he lies down, he will not rise up again." Even my close friend, in whom I trusted, who ate my bread, has lifted up his heel against me. But Thou, O YAHWEH, be gracious to me, and raise me up, that I may repay them. By this I know that Thou art pleased with me, because my enemy does not shout in triumph over me. As for me, Thou dost uphold me in my integrity, and Thou dost set me in Thy presence forever. Blessed be Yahweh, the Elohim of Israel, from everlasting to everlasting. Amen, and Amen.

### **Psalms 42**

As the deer pants for the water brooks, so my soul pants for Thee, O Elohim. My soul thirsts for Elohim, for the living Elohim; when shall I come and appear before Elohim? My tears have been my food day and night, while they say to me all day long, "Where is your Elohim?" These things I



remember, and I pour out my soul within me. For I used to go along with the throng and lead them in procession to the house of Elohim, with the voice of joy and thanksgiving, a multitude keeping festival. Why are you in despair, O my soul? And why have you become disturbed within me? Hope in Elohim, for I shall again praise Him for the help of His presence. O my Elohim, my soul is in despair within me; therefore I remember Thee from the land of the Jordan, and the peaks of Hermon, from Mount Mizar. Deep calls to deep at the sound of Thy waterfalls; all Thy breakers and Thy waves have rolled over me. Yahweh will command His lovingkindness in the daytime; and His song will be with me in the night, a prayer to the Elohim of my life. I will say to Elohim my rock, "Why hast Thou forgotten me? Why do I go mourning because of the oppression of the enemy?" As a shattering of my bones, my adversaries revile me, while they say to me all day long, "Where is your Elohim?" Why are you in despair, O my soul? And why have you become disturbed within me? Hope in Elohim, for I shall yet praise Him, the help of my countenance, and my Elohim.