**Psalm 6**

6:1 Yahweh, don’t rebuke me in your anger,

neither discipline me in your wrath.

6:2 Have mercy on me, Yahweh, for I am faint.

Yahweh, heal me, for my bones are troubled.

6:3 My soul is also in great anguish.

But you, Yahweh—how long?

6:4 Return, Yahweh. Deliver my soul,

and save me for your loving kindness’ sake.

6:5 For in death there is no memory of you.

In [Sheol](http://ebible.org/WEB/Psalms.htm" \l "N6), who shall give you thanks?

6:6 I am weary with my groaning.

Every night I flood my bed.

I drench my couch with my tears.

6:7 My eye wastes away because of grief.

It grows old because of all my adversaries.

6:8 Depart from me, all you workers of iniquity,

for Yahweh has heard the voice of my weeping.

6:9 Yahweh has heard my supplication.

Yahweh accepts my prayer.

6:10 May all my enemies be ashamed and dismayed.

They shall turn back, they shall be disgraced suddenly.

**Psalm 10**

10:1 Why do you stand far off, Yahweh?

Why do you hide yourself in times of trouble?

10:2 In arrogance, the wicked hunt down the weak.

They are caught in the schemes that they devise.

10:3 For the wicked boasts of his heart’s cravings.

He blesses the greedy, and condemns Yahweh.

10:4 The wicked, in the pride of his face,

has no room in his thoughts for God.

10:5 His ways are prosperous at all times.

He is haughty, and your laws are far from his sight.

As for all his adversaries, he sneers at them.

10:6 He says in his heart, “I shall not be shaken.

For generations I shall have no trouble.”

10:7 His mouth is full of cursing, deceit, and oppression.

Under his tongue is mischief and iniquity.

10:8 He lies in wait near the villages.

From ambushes, he murders the innocent.

His eyes are secretly set against the helpless.

10:9 He lurks in secret as a lion in his ambush.

He lies in wait to catch the helpless.

He catches the helpless, when he draws him in his net.

10:10 The helpless are crushed.

They collapse.

They fall under his strength.

10:11 He says in his heart, “God has forgotten.

He hides his face.

He will never see it.”

10:12 Arise, Yahweh!

God, lift up your hand!

Don’t forget the helpless.

**Psalm 20**

For the Chief Musician. A Psalm by David.

20:1 May Yahweh answer you in the day of trouble.

May the name of the God of Jacob set you up on high,

20:2 send you help from the sanctuary,

grant you support from Zion,

20:3 remember all your offerings,

and accept your burnt sacrifice.

Selah.

20:4 May He grant you your heart’s desire,

and fulfill all your counsel.

20:5 We will triumph in your salvation.

In the name of our God, we will set up our banners.

May Yahweh grant all your requests.

20:6 Now I know that Yahweh saves his anointed.

He will answer him from his holy heaven,

with the saving strength of his right hand.

20:7 Some trust in chariots, and some in horses,

but we trust the name of Yahweh our God.

20:8 They are bowed down and fallen,

but we rise up, and stand upright.

20:9 Save, Yahweh!

Let the King answer us when we call!

**Psalm 23**

A Psalm by David.

23:1 Yahweh is my shepherd:

I shall lack nothing.

23:2 He makes me lie down in green pastures.

He leads me beside still waters.

23:3 He restores my soul.

He guides me in the paths of righteousness for his name’s sake.

23:4 Even though I walk through the valley of the shadow of death,

I will fear no evil, for you are with me.

Your rod and your staff, they comfort me.

23:5 You prepare a table before me in the presence of my enemies.

You anoint my head with oil.

My cup runs over.

23:6 Surely goodness and loving kindness shall follow me all the days of my life,

and I will dwell in Yahweh’s house forever.

**Psalm 27**

27:1 Yahweh is my light and my salvation.

Whom shall I fear?

Yahweh is the strength of my life.

Of whom shall I be afraid?

27:2 When evildoers came at me to eat up my flesh,

even my adversaries and my foes, they stumbled and fell.

27:3 Though an army should encamp against me,

my heart shall not fear.

Though war should rise against me,

even then I will be confident.

27:4 One thing I have asked of Yahweh, that I will seek after,

that I may dwell in the house of Yahweh all the days of my life,

to see Yahweh’s beauty,

and to inquire in his temple.

27:5 For in the day of trouble he will keep me secretly in his pavilion.

In the covert of his tabernacle he will hide me.

He will lift me up on a rock.

27:6 Now my head will be lifted up above my enemies around me.

I will offer sacrifices of joy in his tent.

I will sing, yes, I will sing praises to Yahweh.

27:7 Hear, Yahweh, when I cry with my voice.

Have mercy also on me, and answer me.

27:8 When you said, “Seek my face,”

my heart said to you, “I will seek your face, Yahweh.”

27:9 Don’t hide your face from me.

Don’t put your servant away in anger.

You have been my help.

Don’t abandon me,

neither forsake me, God of my salvation.

27:10 When my father and my mother forsake me,

then Yahweh will take me up.

27:11 Teach me your way, Yahweh.

Lead me in a straight path, because of my enemies.

27:12 Don’t deliver me over to the desire of my adversaries,

for false witnesses have risen up against me,

such as breathe out cruelty.

27:13 I am still confident of this:

I will see the goodness of Yahweh in the land of the living.

27:14 Wait for Yahweh.

Be strong, and let your heart take courage.

Yes, wait for Yahweh.

**Psalm 30**

A Psalm. A Song for the Dedication of the Temple. By David.

30:1 I will extol you, Yahweh, for you have raised me up,

and have not made my foes to rejoice over me.

30:2 Yahweh my God, I cried to you,

and you have healed me.

30:3 Yahweh, you have brought up my soul from [Sheol](http://ebible.org/WEB/Psalms.htm" \l "N12).

You have kept me alive, that I should not go down to the pit.

30:4 Sing praise to Yahweh, you saints of his.

Give thanks to his holy name.

30:5 For his anger is but for a moment.

His favor is for a lifetime.

Weeping may stay for the night,

but joy comes in the morning.

30:6 As for me, I said in my prosperity,

“I shall never be moved.”

30:7 You, Yahweh, when you favored me, made my mountain stand strong;

but when you hid your face, I was troubled.

30:8 I cried to you, Yahweh.

To Yahweh I made supplication:

30:9 “What profit is there in my destruction, if I go down to the pit?

Shall the dust praise you?

Shall it declare your truth?

30:10 Hear, Yahweh, and have mercy on me.

Yahweh, be my helper.”

30:11 You have turned my mourning into dancing for me.

You have removed my sackcloth, and clothed me with gladness,

30:12 To the end that my heart may sing praise to you, and not be silent.

Yahweh my God, I will give thanks to you forever!

**Psalm 31**

31:1 In you, Yahweh, I take refuge.

Let me never be disappointed.

Deliver me in your righteousness.

31:2 Bow down your ear to me.

Deliver me speedily.

Be to me a strong rock,

a house of defense to save me.

31:3 For you are my rock and my fortress,

therefore for your name’s sake lead me and guide me.

31:4 Pluck me out of the net that they have laid secretly for me,

for you are my stronghold.

31:5 Into your hand I commend my spirit.

You redeem me, Yahweh, God of truth.

31:6 I hate those who regard lying vanities,

but I trust in Yahweh.

31:7 I will be glad and rejoice in your loving kindness,

for you have seen my affliction.

You have known my soul in adversities.

31:8 You have not shut me up into the hand of the enemy.

You have set my feet in a large place.

31:9 Have mercy on me, Yahweh, for I am in distress.

My eye, my soul, and my body waste away with grief.

31:10 For my life is spent with sorrow,

my years with sighing.

My strength fails because of my iniquity.

My bones are wasted away.

31:11 Because of all my adversaries I have become utterly contemptible to my neighbors,

A fear to my acquaintances.

Those who saw me on the street fled from me.

31:12 I am forgotten from their hearts like a dead man.

I am like broken pottery.

31:13 For I have heard the slander of many, terror on every side,

while they conspire together against me,

they plot to take away my life.

31:14 But I trust in you, Yahweh.

I said, “You are my God.”

31:15 My times are in your hand.

Deliver me from the hand of my enemies, and from those who persecute me.

31:16 Make your face to shine on your servant.

Save me in your loving kindness.

31:17 Let me not be disappointed, Yahweh, for I have called on you.

Let the wicked be disappointed.

Let them be silent in [Sheol](http://ebible.org/WEB/Psalms.htm" \l "N13).

## Psalm 34

34:6 This poor man cried, and Yahweh heard him,

and saved him out of all his troubles.

34:7 The angel of Yahweh encamps around those who fear him,

and delivers them.

34:8 Oh taste and see that Yahweh is good.

Blessed is the man who takes refuge in him.

34:9 Oh fear Yahweh, you his saints,

for there is no lack with those who fear him.

34:10 The young lions do lack, and suffer hunger,

but those who seek Yahweh shall not lack any good thing.

34:11 Come, you children, listen to me.

I will teach you the fear of Yahweh.

34:12 Who is someone who desires life,

and loves many days, that he may see good?

34:13 Keep your tongue from evil,

and your lips from speaking lies.

34:14 Depart from evil, and do good.

seek peace, and pursue it.

34:15 Yahweh’s eyes are toward the righteous.

His ears listen to their cry.

34:16 Yahweh’s face is against those who do evil,

to cut off their memory from the earth.

34:17 The righteous cry, and Yahweh hears,

and delivers them out of all their troubles.

34:18 Yahweh is near to those who have a broken heart,

and saves those who have a crushed spirit.

34:19 Many are the afflictions of the righteous,

but Yahweh delivers him out of them all.

34:20 He protects all of his bones.

Not one of them is broken.

34:21 Evil shall kill the wicked.

Those who hate the righteous shall be condemned.

34:22 Yahweh redeems the soul of his servants.

None of those who take refuge in him shall be condemned.

**Psalm 35**

By David.

35:1 Contend, Yahweh, with those who contend with me.

Fight against those who fight against me.

35:2 Take hold of shield and buckler,

and stand up for my help.

35:3 Brandish the spear and block those who pursue me.

Tell my soul, “I am your salvation.”

35:4 Let those who seek after my soul be disappointed and brought to dishonor.

Let those who plot my ruin be turned back and confounded.

35:5 Let them be as chaff before the wind,

Yahweh’s angel driving them on.

35:6 Let their way be dark and slippery,

Yahweh’s angel pursuing them.

35:7 For without cause they have hidden their net in a pit for me.

Without cause they have dug a pit for my soul.

35:8 Let destruction come on him unawares.

Let his net that he has hidden catch himself.

Let him fall into that destruction.

35:9 My soul shall be joyful in Yahweh.

It shall rejoice in his salvation.

35:10 All my bones shall say, “Yahweh, who is like you,

who delivers the poor from him who is too strong for him;

yes, the poor and the needy from him who robs him?”

35:11 Unrighteous witnesses rise up.

They ask me about things that I don’t know about.

35:12 They reward me evil for good,

to the bereaving of my soul.

**Psalm 37**

By David.

37:1 Don’t fret because of evildoers,

neither be envious against those who work unrighteousness.

37:2 For they shall soon be cut down like the grass,

and wither like the green herb.

37:3 Trust in Yahweh, and do good.

Dwell in the land, and enjoy safe pasture.

37:4 Also delight yourself in Yahweh,

and he will give you the desires of your heart.

37:5 Commit your way to Yahweh.

Trust also in him, and he will do this:

37:6 he will make your righteousness go forth as the light,

and your justice as the noon day sun.

37:7 Rest in Yahweh, and wait patiently for him.

Don’t fret because of him who prospers in his way,

because of the man who makes wicked plots happen.

37:8 Cease from anger, and forsake wrath.

Don’t fret, it leads only to evildoing.

37:9 For evildoers shall be cut off,

but those who wait for Yahweh shall inherit the land.

37:10 For yet a little while, and the wicked will be no more.

Yes, though you look for his place, he isn’t there.

37:11 But the humble shall inherit the land,

and shall delight themselves in the abundance of peace.

37:12 The wicked plots against the just,

and gnashes at him with his teeth.

37:13 The Lord will laugh at him,

for he sees that his day is coming.

37:39 But the salvation of the righteous is from Yahweh.

He is their stronghold in the time of trouble.

37:40 Yahweh helps them, and rescues them.

He rescues them from the wicked, and saves them,

because they have taken refuge in him.

**Psalm 38**

38:1 Yahweh, don’t rebuke me in your wrath,

neither chasten me in your hot displeasure.

38:2 For your arrows have pierced me,

your hand presses hard on me.

38:3 There is no soundness in my flesh because of your indignation,

neither is there any health in my bones because of my sin.

38:4 For my iniquities have gone over my head.

As a heavy burden, they are too heavy for me.

38:5 My wounds are loathsome and corrupt,

because of my foolishness.

38:6 I am pained and bowed down greatly.

I go mourning all day long.

38:7 For my waist is filled with burning.

There is no soundness in my flesh.

38:8 I am faint and severely bruised.

I have groaned by reason of the anguish of my heart.

38:9 Lord, all my desire is before you.

My groaning is not hidden from you.

38:10 My heart throbs.

My strength fails me.

As for the light of my eyes, it has also left me.

38:11 My lovers and my friends stand aloof from my plague.

My kinsmen stand far away.

38:17 For I am ready to fall.

My pain is continually before me.

38:18 For I will declare my iniquity.

I will be sorry for my sin.

38:21 Don’t forsake me, Yahweh.

My God, don’t be far from me.

38:22 Hurry to help me,

Lord, my salvation.

**Psalm 39**

39:1 I said, “I will watch my ways, so that I don’t sin with my tongue.

I will keep my mouth with a bridle while the wicked is before me.”

39:2 I was mute with silence.

I held my peace, even from good.

My sorrow was stirred.

39:3 My heart was hot within me.

While I meditated, the fire burned:

I spoke with my tongue:

39:4 “Yahweh, show me my end,

what is the measure of my days.

Let me know how frail I am.

39:5 Behold, you have made my days handbreadths.

My lifetime is as nothing before you.

Surely every man stands as a breath.”

Selah.

39:6 “Surely every man walks like a shadow.

Surely they busy themselves in vain.

He heaps up, and doesn’t know who shall gather.

39:7 Now, Lord, what do I wait for?

My hope is in you.

39:8 Deliver me from all my transgressions.

Don’t make me the reproach of the foolish.

39:9 I was mute.

I didn’t open my mouth,

because you did it.

39:10 Remove your scourge away from me.

I am overcome by the blow of your hand.

39:11 When you rebuke and correct man for iniquity,

You consume his wealth like a moth.

Surely every man is but a breath.”

Selah.

39:12 “Hear my prayer, Yahweh, and give ear to my cry.

Don’t be silent at my tears.

For I am a stranger with you,

a foreigner, as all my fathers were.

39:13 Oh spare me, that I may recover strength,

before I go away, and exist no more.”

**Psalm 41**

For the Chief Musician. A Psalm by David.

41:1 Blessed is he who considers the poor.

Yahweh will deliver him in the day of evil.

41:2 Yahweh will preserve him, and keep him alive.

He shall be blessed on the earth,

and he will not surrender him to the will of his enemies.

41:3 Yahweh will sustain him on his sickbed,

and restore him from his bed of illness.

41:4 I said, “Yahweh, have mercy on me!

Heal me, for I have sinned against you.”

41:5 My enemies speak evil against me:

“When will he die, and his name perish?”

41:6 If he comes to see me, he speaks falsehood.

His heart gathers iniquity to itself.

When he goes abroad, he tells it.

41:7 All who hate me whisper together against me.

They imagine the worst for me.

41:8 “An evil disease,” they say, “has afflicted him.

Now that he lies he shall rise up no more.”

41:9 Yes, my own familiar friend, in whom I trusted,

who ate bread with me,

has lifted up his heel against me.

41:10 But you, Yahweh, have mercy on me, and raise me up,

that I may repay them.

41:11 By this I know that you delight in me,

because my enemy doesn’t triumph over me.

41:12 As for me, you uphold me in my integrity,

and set me in your presence forever.

41:13 Blessed be Yahweh, the God of Israel,

from everlasting and to everlasting!

Amen and amen.