

# PRAYING THE PSALMS

ENCOUNTERING GOD IN THE BOOK OF PSALMS





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### Introduction

This booklet is a pilgrimage of prayer through the Book of Psalms.

It is intended as a useful aid to Christian devotion and quiet reflection.

The selections help us to understand and affirm the real nature of God.

As we pray through the Psalms we are led into a closer encounter with God, experiencing the reality of His presence.

These words are both a comfort and a strength and have been a source of great inspiration over the centuries.

The quotations are taken from the New International version of the Bible.

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*The Lord watches over the way of the righteous.* Psalm 1

*Blessed are all who take refuge in him.* Psalm 2

*Today I have become your Father.* Psalm 2

*You are a shield around me, O Lord.* Psalm 3

*Answer me when I call to you, O my righteous God. Give me relief from my distress; be merciful to me and hear my prayer.* Psalm 4

*Listen to my cry for help, my King and my God, for to you I pray.*  
Psalm 5

*Be merciful to me, Lord, for I am faint...* Psalm 6

*Turn, O Lord, and deliver me; save me because of your unfailing LOVE.* Psalm 6

*The Lord has heard my cry for mercy; the Lord accepts my prayer.*  
Psalm 6

*My shield is God Most High.* Psalm 7

*O Lord, our Lord, how majestic is your name in all the earth!*  
Psalm 8

*I will praise you, O Lord, with all my heart.* Psalm 9

*Arise, O Lord, let not man triumph.* Psalm 9

*For you, Lord, have never forsaken those who seek you.* Psalm 9

*Arise, Lord! Lift up your hand, O God. Do not forget the helpless.*  
Psalm 10

*You hear, O Lord, the desire of the afflicted; you encourage them, and you listen to their cry, defending the fatherless and the oppressed, in order that man who is of the earth, may terrify no more.* Psalm 10

*The Lord is in his holy temple; the Lord is on his heavenly throne. He observes the sons of men; his eyes examine them.*  
Psalm 11

*The Lord is righteous, he loves justice; upright men will see His face.* Psalm 11

*"Because of the oppression of the weak and the groaning of the needy, I will now arise" says the Lord. "I will protect them from those who malign them".* Psalm 12

*O Lord you will keep us safe...* Psalm 12

*I trust in your unfailing love; my heart rejoices in your salvation. I will sing to the Lord, for he has been good to me.* Psalm 13

*The fool says in his heart, "There is no God".* Psalm 14

*The Lord looks down from heaven on the sons of men to see if there are any who understand, any who seek God.* Psalm 14

*Lord, who may dwell in your sanctuary? Who may live on your holy hill? He whose walk is blameless and who does what is righteous, who speaks the truth from his heart and has no slander on his tongue, who does his neighbour no wrong and casts no slur on his fellow-man.* Psalm 15

*Keep me safe, O God, for in you I take refuge.* Psalm 16

*I said to the Lord, "You are my Lord; apart from you I have no good thing".* Psalm 16

*The sorrows of those will increase who run after other gods.*  
Psalm 16

*I will praise the Lord, who counsels me; even at night my heart instructs me. I have set the Lord always before me. Because he is at my right hand, I shall not be shaken. Therefore my heart is glad and my tongue rejoices; my body also will rest secure.* Psalm 16

*I call on you, O God, for you will answer me; give ear to me and hear my prayer. Show the wonder of your great love, you who save by your right hand those who take refuge in you from their foes.* Psalm 17

*I love you, O Lord, my strength.* Psalm 18

*The Lord is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge. He is my shield and the horn of my salvation, my stronghold. I call to the Lord who is worthy of praise, and I am saved from my enemies.* Psalm 18

*He reached down from on high and took hold of me; he drew me out of deep waters.* Psalm 18

*You, O Lord, keep my lamp burning; my God turns my darkness into light. With your help I can advance against a troop; with my God I can scale a wall.* Psalm 18

*You give me your shield of victory, and your right hand sustains me.* Psalm 18

*May the words of my mouth and the meditation of my heart be pleasing in your sight, O Lord, my Rock and my Redeemer.* Psalm 19

*We trust in the name of the Lord our God.* Psalm 20

*Be exalted, O Lord, in your strength; we will sing and praise your might.* Psalm 21

*But you, O Lord, be not far off; O my Strength, come quickly to help me.* Psalm 22

*He has not despised or disdained the suffering of the afflicted one; he has not hidden his face from him but has listened to his cry for help.* Psalm 22

*The poor will eat and be satisfied.* Psalm 22

*The Lord is my shepherd, I shall not be in want.* Psalm 23

*Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me.* Psalm 23

*The earth is the Lord's, and everything in it, the world and all who live in it.* Psalm 24

*Good and upright is the Lord; therefore he instructs sinners in his ways. He guides the humble in what is right and teaches them his way.* Psalm 25

*The Lord confides in those who fear him; he makes his covenant known to them.* Psalm 25

*I love the house where you live, O Lord, the place where your glory dwells.* Psalm 26

*The Lord is my light and my salvation - whom shall I fear? The Lord is the stronghold of my life - of whom shall I be afraid?* Psalm 27

*In the day of trouble he will keep me safe in his dwelling: he will hide me in the shelter of his tabernacle and set me high upon a rock.* Psalm 27

*Praise be to the Lord, for he has heard my cry for mercy. The Lord is my strength and my shield; my heart trusts in him, and I am helped.* Psalm 28

*The Lord is the strength of his people, a fortress of salvation for his anointed one. Save your people and bless your inheritance; be their shepherd and carry them for ever.* Psalm 28

*The Lord gives strength to his people; the Lord blesses his people with peace.* Psalm 29

*I will exalt you, O Lord, for you lifted me out of the depths and did not let my enemies gloat over me. O Lord my God, I called to you for help and you healed me.* Psalm 30

*You turned my wailing into dancing; you removed my sackcloth and clothed me with joy.* Psalm 30

*Turn your ear to me, come quickly to my rescue; be my rock of refuge, a strong fortress to save me. Since you are my rock and my fortress, for the sake of your name lead and guide me.* Psalm 31

*Into your hands I commit my spirit; deliver me, Lord, my faithful God.* Psalm 31

*You are my hiding-place; you will protect me from trouble and surround me with songs of deliverance. I will instruct you and teach you in the way you should go; I will counsel you and watch over you.* Psalm 32

*The Lord's unfailing love surrounds the man who trusts in him.*

Psalm 32

*From heaven the Lord looks down and sees all mankind; from his dwelling-place he watches all who live on earth - he who forms the hearts of all, who considers everything they do* Psalm 33

*The eyes of the Lord are on those who fear him, on those whose hope is in his unfailing love, to deliver them from death and keep them alive in famine.* Psalm 33

*We wait in hope for the Lord; he is our help and our shield.* Psalm 33

*I sought the Lord, and he answered me; he delivered me from all my fears. Those who look to him are radiant; their faces are never covered with shame. This poor man called, and the Lord heard him; he saved him out of all his troubles. The angel of the Lord encamps around those who fear him, and he delivers them.*

Psalm 34

*The righteous cry out, and the Lord hears them; he delivers them from all their troubles. The Lord is close to the broken-hearted and saves those who are crushed in spirit.* Psalm 34

*Say to my soul, 'I am your salvation'.* Psalm 35

*Your love, O Lord, reaches to the heavens, your faithfulness to the skies. Your righteousness is like the mighty mountains, your justice like the great deep.* Psalm 36

*In your light we see light.* Psalm 36

*Trust in the Lord and do good; dwell in the land and enjoy safe pasture.* Psalm 37

*Delight yourself in the Lord and he will give you the desires of your heart.* Psalm 37

*Commit your way to the Lord; trust in him and he will do this: he will make your righteousness shine like the dawn, the justice of your cause like the noonday sun.* Psalm 37

*Be still before the Lord and wait patiently for him.* Psalm 37

*The salvation of the righteous comes from the Lord; he is their stronghold in time of trouble. Psalm 37*

*All my longings lie open before you, O Lord: my sighing is not hidden from you. Psalm 38*

*Come quickly to help me, O Lord my Saviour. Psalm 38*

*My hope is in you. Save me from all my transgressions. Psalm 39*

*Hear my prayer, O Lord, listen to my cry for help; Psalm 39*

*I waited patiently for the Lord; he turned to me and heard my cry. He lifted me out of the slimy pit, out of the mud and mire; he set my feet on a rock and gave me a firm place to stand. He put a new song in my mouth, a hymn of praise to our God. Psalm 40*

*I am poor and needy; may the Lord think of me. You are my help and my deliverer; O my God, do not delay. Psalm 40*

*Blessed is he who has regard for the weak; the Lord delivers him in times of trouble. The Lord will protect him and preserve his life; he will bless him in the land and not surrender him to the desires of his foes. The Lord will sustain him on his sick-bed and restore him from his bed of illness. Psalm 41*

*As the deer pants for streams of water, so my soul pants for you, O God. My soul thirsts for God, for the living God. Psalm 42*

*Why are you so downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise Him, my Saviour and my God. Psalm 43*

*We are brought down to the dust; our bodies cling to the ground. Rise up and help us; redeem us because of your unfailing love.*

Psalm 44

*Your throne, O God, will last for ever and ever; a sceptre of justice will be the sceptre of your kingdom. Psalm 45*

*God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging. Psalm 46*

*Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.* Psalm 46

*How awesome is the Lord Most High, the great King over all the earth!* Psalm 47

*For this God is our God for ever and ever; he will be our guide even to the end.* Psalm 48

*God will redeem my life from the grave; he will surely take me to himself.* Psalm 49

*I am God, your God.* Psalm 50

*Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions. Wash away all my iniquity and cleanse me from my sin.* Psalm 51

*Create in me a pure heart, O God, and renew a steadfast spirit within me.* Psalm 51

*O Lord, open my lips, and my mouth will declare your praise.* Psalm 51

*I trust in God's unfailing love for ever and ever. I will praise you for ever for what you have done; in your name I will hope, for your name is good.* Psalm 52

*God looks down from heaven on the sons of men to see if there are any who understand, any who seek God.* Psalm 53

*Surely God is my help; the Lord is the one who sustains me.* Psalm 54

*Cast your cares on the Lord and he will sustain you; he will never let the righteous fall.* Psalm 55

*When I am afraid, I will trust in you. In God, whose word I praise, in God I trust; I will not be afraid.* Psalm 56

*For You have delivered me from death and my feet from stumbling, that I may walk before God in the light of life.* Psalm 56

*God sends his love and his faithfulness.* Psalm 57

*Great is your love, reaching to the heavens; your faithfulness reaches to the skies.* Psalm 57

*Men will say, "Surely the righteous still are rewarded; surely there is a God who judges the earth".* Psalm 58

*You are my fortress, my refuge in times of trouble.* Psalm 59

*With God we shall gain the victory.* Psalm 60

*Hear my cry, O God; listen to my prayer.* Psalm 61

*One thing God has spoken, two things have I heard: that you, O God, are strong and that you, O Lord, are loving.* Psalm 62

*O God, you are my God, earnestly I seek you; my soul thirsts for you, my body longs for you, in a dry and weary land where there is no water.* Psalm 63

*Let the righteous rejoice in the Lord and take refuge in him.*  
Psalm 64

*O you who hear prayer, to you all men will come.* Psalm 65

*You answer us with awesome deeds of righteousness, O God our Saviour, the hope of all the ends of the earth.* Psalm 65

*God has surely listened and heard my voice in prayer. Praise be to God, who has not rejected my prayer or withheld his love from me!* Psalm 66

*May God be gracious to us and bless us and make his face shine upon us.* Psalm 67

*A father to the fatherless, a defender of widows, is God in his holy dwelling. God sets the lonely in families, he leads forth the prisoners with singing.* Psalm 68

*Summon your power, O God; show us your strength, O God, as you have done before.* Psalm 68

*Save me, O God, for the waters have come up to my neck. I sink in the miry depths where there is no foothold. I have come into the deep waters; the floods engulf me.* Psalm 69

*I pray to you, O Lord, in the time of your favour; in your great love, O God, answer me with your sure salvation. Rescue me from the mire, do not let me sink; deliver me from those who hate me, from the deep waters. Do not let the floodwaters engulf me or the depths swallow me up or the pit close its mouth over me. Answer me, O Lord, out of the goodness of your love; in your great mercy turn to me. Do not hide your face from your servant; answer me quickly, for I am in trouble. Come near and rescue me.*

Psalm 69

*I am poor and needy; come quickly to me, O God. You are my help and my deliverer; O Lord, do not delay.* Psalm 70

*In you, O Lord, I have taken refuge.* Psalm 71

*Rescue me and deliver me in your righteousness; turn your ear to me and save me. Be my rock of refuge, to which I can always go; give the command to save me, for you are my rock and my fortress.* Psalm 71

*Be not far from me, O God; come quickly, O my God, to help me.*

Psalm 71

*He will deliver the needy who cry out, the afflicted who have no one to help. He will take pity on the weak and the needy and save the needy from death. He will rescue them from oppression and violence, for precious is their blood in his sight.* Psalm 72

*Yet I am always with you; you hold me by my right hand. You guide me with your counsel, and afterward you will take me into glory.* Psalm 73

*But as for me, it is good to be near God.* Psalm 73

*How long will the enemy mock you, O God? Will the foe revile your name for ever? Why do you hold back your hand, your right hand? Take it from the folds of your garment and destroy them!*

Psalm 74

*Rise up, O God, and defend your cause; remember how fools mock you all day long.* Psalm 74

*We give thanks to you, O God, we give thanks, for your Name is near; men tell of your wonderful deeds.* Psalm 75

*You alone are to be feared.* Psalm 76

*Your ways, O God, are holy. What god is so great as our God? You are the God who performs miracles; you display your power among the peoples.* Psalm 77

*They would flatter him with their mouths, lying to him with their tongues; their hearts were not loyal to him, they were not faithful to his covenant. Yet he was merciful; he forgave their iniquities and did not destroy them. Time after time he restrained his anger and did not stir up his full wrath. He remembered that they were but flesh.* Psalm 78

*He brought his people out like a flock; he led them like sheep through the desert. He guided them safely, so they were unafraid; but the sea engulfed their enemies.* Psalm 78

*May your mercy come quickly to meet us, for we are in desperate need.* Psalm 79

*Restore us, O Lord God Almighty; make your face shine upon us, that we maybe saved.* Psalm 80

*I am the Lord your God, who brought you up out of Egypt. Open wide your mouth and I will fill it.* Psalm 81

*If my people would but listen to me, if Israel would follow my ways, how quickly would I subdue their enemies and turn my hand against their foes!* Psalm 81

*Defend the cause of the weak and fatherless; maintain the rights of the poor and oppressed. Rescue the weak and needy; deliver them from the hand of the wicked.* Psalm 82

*Rise up, O God, judge the earth, for all the nations are your inheritance.* Psalm 82

*O God, do not keep silent; be not quiet, O God, be not still.*  
Psalm 83

*Let them know that you, whose name is the Lord - that you alone are the Most High over all the earth.* Psalm 83

*My heart and my flesh cry out for the living God.* Psalm 84

*Restore us again, O God our Saviour.* Psalm 85

*I will listen to what God the Lord will say; he promises peace to his people.* Psalm 85

*You are my God; save your servant who trusts in you.* Psalm 86

*You are forgiving and good, O Lord, abounding in love to all who call to you. Hear my prayer, O Lord; listen to my cry for mercy. In the day of my trouble I will call to you, for you will answer me.*

Psalm 86

*Teach me your way, LORD, that I may rely on your faithfulness; give me an undivided heart, that I may fear your name.* Psalm 86

*You, O Lord, are a compassionate and gracious God, slow to anger, abounding in love and faithfulness.* Psalm 86

*He has set his foundation on the holy mountain.* Psalm 87

*O Lord, the God who saves me, day and night I cry out before you. May my prayer come before you; turn your ear to my cry.* Psalm 88

*Your arm is endued with power; your hand is strong, your right hand exalted. Righteousness and justice are the foundation of your throne; love and faithfulness go before you.* Psalm 89

*Lord, you have been our dwelling-place throughout all generations.* Psalm 90

*He who dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the Lord, "He is my refuge and my fortress, my God, in whom I trust."* Psalm 91

*Surely he will save you from the fowler's snare and from the deadly pestilence. He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart. You will not fear the terror of night, nor the arrow that flies by day, nor the pestilence that stalks in the darkness, nor the plague that destroys at midday.* Psalm 91

*The LORD is my refuge and you make the Most High your dwelling, no harm will overtake you, no disaster will come near your tent.*

Psalm 91

*He will command his angels concerning you to guard you in all your ways; they will lift you up in their hands, so that you will not strike your foot against a stone.* Psalm 91

*You make me glad by your deeds, O Lord; I sing for joy at the work of your hands. How great are your works, O Lord, how profound your thoughts!* Psalm 92

*Mightier than the thunder of the great waters, mightier than the breakers of the sea - the Lord on high is mighty.* Psalm 93

*Does he who implanted the ear not hear? Does he who formed the eye not see? Does he who disciplines nations not punish? Does he who teaches man lack knowledge? The Lord knows the thoughts of man; he knows that they are futile.* Psalm 94

*The Lord will not reject his people; he will never forsake his inheritance.* Psalm 94

*When I said, "my foot is slipping", your love, O Lord, supported me. When anxiety was great within me, your consolation brought joy to my soul.* Psalm 94

*The Lord has become my fortress, and my God the rock in whom I take refuge.* Psalm 94

*Let us kneel before the Lord our Maker; for he is our God and we are the people of his pasture, the flock under his care.* Psalm 95

*He will judge the world in righteousness and the peoples in his faithfulness.* Psalm 96

*Fire goes before him and consumes his foes on every side. His lightning lights up the world; the earth sees and trembles. The mountains melt like wax before the Lord, before the Lord of all the earth.* Psalm 97

*The Lord has made his salvation known and revealed his righteousness to the nations. He has remembered his love and his faithfulness to the house of Israel; all the ends of the earth have seen the salvation of our God.* Psalm 98

*The Lord reigns, let the nations tremble.* Psalm 99

*The Lord is good and his love endures for ever; his faithfulness continues through all generations.* Psalm 100

*My eyes will be on the faithful in the land, that they may dwell with me.* Psalm 101

*Hear my prayer, O Lord; let my cry for help come to you. Do not hide your face from me when I am in distress. Turn your ear to me; when I call, answer me quickly.* Psalm 102

*The Lord works righteousness and justice for all the oppressed.* Psalm 103

*As high as the heavens are above the earth, so great is his love for those who fear him.* Psalm 103

*As a father has compassion on his children, so the Lord has compassion on those who fear him.* Psalm 103

*I will sing to the Lord all my life; I will sing praise to my God as long as I live. May my meditation be pleasing to him, as I rejoice in the Lord.* Psalm 104

*He spread out a cloud as a covering, and a fire to give light at night. They asked, and he brought them quail and satisfied them with the bread of heaven. He opened the rock, and water gushed out; like a river it flowed in the desert. For he remembered his holy promise.* Psalm 105

*Give thanks to the Lord, for he is good; his love endures for ever.* Psalm 106

*He satisfies the thirsty and fills the hungry with good things.* Psalm 107

*They cried to the Lord in their trouble, and he saved them from their distress. He brought them out of darkness, the utter darkness, and broke away their chains.* Psalm 107

*They cried to the Lord in their trouble, and he saved them from their distress. He sent forth his word and healed them; he rescued them from the grave.* Psalm 107

*He lifted the needy out of their affliction.* Psalm 107

*Great is your love, higher than the heavens; your faithfulness reaches to the skies.* Psalm 108

*O God, whom I praise, do not remain silent.* Psalm 109

*Help me, O Lord my God; save me in accordance with your love.*  
Psalm 109

*The Lord is at your right hand.* Psalm 110

*He has caused his wonders to be remembered; the Lord is gracious and compassionate. He provides food for those who fear him; he remembers his covenant for ever. He has shown his people the power of his works.* Psalm 111

*The works of his hands are faithful and just; all his precepts are trustworthy. They are steadfast for ever and ever, done in faithfulness and uprightness. He provided redemption for his people.* Psalm 111

*Even in darkness light dawns for the upright.* Psalm 112

*He has scattered abroad his gifts to the poor, his righteousness endures for ever.* Psalm 112

*He raises the poor from the dust and lifts the needy from the ash heap.* Psalm 113

*Tremble, O earth, at the presence of the Lord.* Psalm 114

*May you be blessed by the Lord, the Maker of heaven and earth.*  
Psalm 115

*I love the Lord, for he heard my voice; he heard my cry for mercy. Because he turned his ear to me, I will call on him as long as I live.*  
Psalm 116

*The Lord protects the simple - hearted; when I was in great need, he saved me.* Psalm 116

*Be at rest once more, O my soul, for the Lord has been good to you. For you, O Lord, have delivered my soul from death, my eyes from tears, my feet from stumbling, that I may walk before the Lord in the land of the living.* Psalm 116

*You have freed me from my chains.* Psalm 116

*Great is his love towards us and the faithfulness of the Lord endures for ever.* Psalm 117

*It is better to take refuge in the Lord than to trust in man. It is better to take refuge in the Lord than to trust in princes.*

Psalm 118

*You are my God, and I will give thanks; you are my God, and I will exalt you.* Psalm 118

*Open my eyes that I may see wonderful things in your law.*

Psalm 119

*I run in the path of your commands, for you have set my heart free.* Psalm 119

*Teach me, O Lord, to follow your decrees; then I will keep them to the end. Give me understanding, and I will keep your law and obey it with all my heart. Direct me in the path of your commands, for there I will find delight. Turn my heart towards your statutes and not towards selfish gain. Turn my eyes away from worthless things; preserve my life according to your word.*

Psalm 119

*It was good for me to be afflicted so that I might learn your decrees.* Psalm 119

*May your unfailing love be my comfort, according to your promise to your servant. Let your compassion come to me that I may live, for your law is my delight.* Psalm 119

*Your word, O Lord, is eternal; it stands firm in the heavens.*

Psalm 119

*Your word is a lamp to my feet and a light for my path.* Psalm 119

*You are my refuge and my shield; I have put my hope in your word.*

Psalm 119

*Your statutes are wonderful; therefore I obey them. The unfolding of your words give light; it gives understanding to the simple.* Psalm 119

*Those who devise wicked schemes are near, but they are far from your law. Yet you are near, O Lord, and all your commands are true.* Psalm 119

*May my supplication come before you; deliver me according to your promise.* Psalm 119

*I call on the Lord in my distress, and he answers me.* Psalm 120

*I lift up my eyes to the hills - where does my help come from? My help comes from the Lord, the Maker of heaven and earth. He will not let your foot slip - he who watches over you will not slumber.*  
Psalm 121

*The Lord watches over you - the Lord is your shade at your right hand; the sun will not harm you by day, nor the moon by night. The Lord will keep you from all harm - he will watch over your life; the Lord will watch over your coming and going both now and for evermore.* Psalm 121

*I rejoiced with those who said to me, "Let us go to the house of the Lord." Our feet are standing in your gates, O Jerusalem.*  
Psalm 122

*I lift up my eyes to you, to you whose throne is in heaven. As the eyes of slaves look to the hand of their master, so our eyes look to the Lord our God.* Psalm 123

*If the Lord had not been on our side when men attacked us, when their anger flared against us, they would have swallowed us alive.*  
Psalm 124

*We have escaped like a bird out of the fowler's snare; the snare has been broken, and we have escaped. Our help is in the name of the Lord, the Maker of heaven and earth.* Psalm 124

*As the mountains surround Jerusalem, so the Lord surrounds his people both now and for ever more.* Psalm 125

*The sceptre of the wicked will not remain over the land allotted to the righteous.* Psalm 125

*Those who sow in tears will reap with songs of joy.* Psalm 126

*Unless the Lord builds a house, its builders labour in vain. Unless the Lord watches over the city, the watchmen stand guard in vain.*

Psalm 127

*Blessed are all who fear the Lord, who walk in his ways.* Psalm 128

*Ploughmen have ploughed my back and made their furrows long. But the Lord is righteous; he has cut me free from the cords of the wicked.* Psalm 129

*Out of the depths I cry to you, O Lord; O Lord hear my voice. Let your ears be attentive to my cry for mercy.* Psalm 130

*My soul waits for the Lord, more than the watchmen wait for the morning.* Psalm 130

*With the Lord is unfailing love and with him is full redemption.*

Psalm 130

*I have stilled and quietened my soul; like a weaned child with its mother, like a weaned child is my soul within me.* Psalm 131

*The Lord has chosen Zion, he has desired it for his dwelling: "This is my resting place for ever and ever; here I will sit enthroned, for I have desired it - I will bless her with abundant provisions; her poor I will satisfy with food. I will clothe her priests with salvation, and her saints shall ever sing for joy."* Psalm 132

*How good and pleasant it is when brothers live together in unity! It is like precious oil poured on the head, running down on the beard, running down on Aaron's beard, down upon the collar of his robes.* Psalm 133

*May the Lord, The Maker of heaven and earth, bless you from Zion.* Psalm 134

*The Lord will vindicate his people and have compassion on his servants.* Psalm 135

*To the One who remembered us in our low estate His love endures for ever. And freed us from our enemies, His love endures for ever. And who gives food to every creature. His love endures for ever. Give thanks to the God of heaven. His love endures for ever.* Psalm 136

*May my tongue cling to the roof of my mouth if I do not remember YOU.* Psalm 137

*Though the Lord is on high, he looks upon the lowly, but the proud he knows from afar. Though I walk in the midst of trouble, you preserve my life.* Psalm 138

*The Lord will fulfil his purpose for me.* Psalm 138

*O Lord, you have searched me and you know me.* Psalm 139

*Where can I go from your Spirit? Where can I flee from your presence? If I go up to the heavens, you are there, if I make my bed in the depths, you are there. If I rise on the wings of the dawn, if I settle on the far side of the sea, even there your hand will guide me, your right hand will hold me fast. My frame was not hidden from you when I was made in the secret place. When I was woven together in the depths of the earth, your eyes saw my unformed body.* Psalm 139

*Search me, O God, and know my heart; test me and know my anxious thoughts.* Psalm 139

*Hear, O Lord, my cry for mercy. O Sovereign Lord, my strong deliverer, who shields my head in the day of battle - do not grant the wicked their desires, O Lord.* Psalm 140

*O Lord I call to you: come quickly to me. Hear my voice when I call to you. May my prayer be set before you like incense.*  
Psalm 141

*When my spirit grows faint within me, it is you who know my way.*  
Psalm 142

*O Lord, hear my prayer, listen to my cry for mercy; in your faithfulness and righteousness come to my relief.* Psalm 143

*Teach me to do your will, for you are my God; may your good Spirit lead me on level ground.* Psalm 143

*Praise be to the Lord my Rock, who trains my hands for war, my fingers for battle. He is my loving God and my fortress, my stronghold and my deliverer, my shield, in whom I take refuge.*  
Psalm 144

*Reach down your hand from on high; deliver me and rescue me from the mighty waters.* Psalm 144

*Blessed are the people whose God is the Lord.* Psalm 144

*The Lord is gracious and compassionate, slow to anger and rich in love. The Lord is good to all; he has compassion on all he has made.* Psalm 145

*The Lord is faithful to all his promises and loving to all he has made. The Lord upholds all those who fall and lifts up all who are bowed down.* Psalm 145

*The Lord is near to all who call on him, to all who call on him in truth.* Psalm 145

*The Lord watches over all who love him.* Psalm 145

*He upholds the cause of the oppressed and gives food to the hungry. The Lord sets prisoners free, the Lord gives sight to the blind, the Lord lifts up those who are bowed down, the Lord loves the righteous. The Lord watches over the alien and sustains the fatherless and the widow, but he frustrates the ways of the wicked.* Psalm 146

*He heals the broken-hearted and binds up their wounds.* Psalm 147

*The Lord delights in those that fear him, who put their hope in his unfailing love.* Psalm 147

*His name alone is exalted; his splendour is above the earth and the heavens.* Psalm 148

*The Lord takes delight in his people; he crowns the humble with salvation.* Psalm 149

*Praise him for his acts of power; praise him for his surpassing greatness.* Psalm 150

*Let everything that has breath praise the Lord.* Psalm 150





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