Psalm

Book One

Translation by

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Introduction

The translation here presented is a work in progress. We hope to get feedback from those who use this material. In this Introduction, we set forth how we are doing this and why.

The Structure of the Psalter

To begin with, the structure of the Psalter. The book of Psalms as we have it today is not the psalter used at Solomon's Temple, but the completed and reorganized psalter for the Second Temple, the Temple after the exile. This is clear from Psalm 137, which was written at the exile. It is also clear that psalms by David are found scattered throughout the whole psalter. The psalter used in Solomon's Temple may well have been arranged quite differently, but while that psalter was inspired and authoritative for that time, what we have today is a rearranged and completed psalter, equally inspired and authoritative, as well as final.

We don't know whom God inspired to produce the final psalter. We can guess at Ezra, since he was a priest, and much involved with setting up the Second Temple order right after the return from Babylon.

The psalter now consists of five books, each of which ends with a doxology.

I: 1-41 (41:13)
II: 42-72 (72:18-19)
III: 73-89 (89:52)
IV: 90-106 (106:48)
V: 107-150 (105:6)

It is likely that the doxology for a given book was sung at the end of all the psalms in that book, as the Gloria Patri is sung at the end of psalms in liturgical churches today. In our translation we have made that assumption and included the relevant doxology at the end of each psalm. Book V seems to have no brief doxology, so we anticipate using the Gloria Patri there.

Our Protestant English Bibles have 150 psalms in them, but there are in fact only 146 "whole psalms" in the psalter:

Psalms 9-10 are one psalm, an alphabetic acrostic moving through the
Hebrew alphabet from the beginning of Ps. 9 to the end of Ps. 10.

Psalms 42-43 are clearly one psalm in three stanzas, as the refrain makes clear.

Psalms 32-33 are one psalm, for there is no title in Psalm 33, and they are linked in that Ps. 32 says God will instruct, and then Ps. 33 provides the instruction in 22 lines -- the number of letters in the Hebrew alphabet.

Psalms 70-71 are one psalm: Ps. 70 is virtually identical to Ps. 40:13-17, and this duplication makes sense only if it is the first part of Ps. 71, which again has no title.

Our Protestant arrangement follows the Hebrew text. Catholic and Orthodox Bibles follow the order of the Greek translation of the Hebrew text called the Septuagint, which combines and breaks up the psalms differently, resulting in different numbers for many of them. Comparing the Hebrew and the Septuagint shows us that in actual Temple practice, sometimes only part of a psalm might be sung. From the Bible we can also see that psalms were sometimes combined and rearranged, something we see in the composite psalms in 2 Samuel 22 and 1 Chronicles 16.

Looking at the 146 whole psalms, we find that the books of the psalter are significantly structured in their numerical totals:

I: \[17 + 22\] (Hebrew alphabet)
II: \[17 + 12\] (3 x 4)
III: 17
IV: 17
V: \[17 + 27\] (3 x 3 x 3)
or V: \[22 + 22\] (two x alphabet)

Seventeen is the sum of the two numbers of fullness, 7 and 10, and in I, II, and V another number related to fullness completes the count.

If we look at the order of the psalms, the same significant numbers turn up in Book V:

Ps. 107-118 12
Ps. 119 22 sections (alphabet)
Ps. 120-136 17 (15 of ascent to Temple, and then two Temple praise)
Ps. 137-150 14 (2 x 7)

All of this makes it clear that the final psalter has been very carefully structured,
under divine inspiration.

Of the 146 whole psalms, the central two are 77 and 78. Psalm 77 ends with Moses and Aaron, and Ps. 78 ends with David. Each recounts history, first the history leading to the priestly covenant, and then the history leading to the kingly covenant. Both psalms focus on the exodus from Egypt, from an old world to a new. Psalm 77 ends in the wilderness. Psalm 78 ends at Mt. Zion, with David.

That this is the core of the psalter provides us a perspective on how the psalter begins. Psalm 1 is about priestly obedience, and Psalm 2 is about kingly reign. While these are two different psalms, they are designed to be read together on occasion, so that the righteous obedient man of Psalm 1 is, or becomes, the anointed king of Psalm 2.

Book 1 of the Psalter consists of 17 + 22 psalms, while Book 5 consists of 22 + 22. There are 22 letters in the Hebrew alphabet and this is significant for Biblical theology and poetry. The second Person of God is the Word of God and also the Alphabet of God. As He says in Revelation, "I am Alpha and Omega, the beginning and the end" (see Rev. 1:8; 21:6; 22:13). These are the first and last letters in the Greek alphabet. In Hebrew, they are 'aleph and tav.

In the Ark of the Covenant in the Holy of Holies was the Word of God made stone. Corresponding to this Ark-chest was a box on the chest of the High Priest, the pouch of the Ephod. Inside the pouch were stones called 'Urim and Thummim, two words that begin respectively with 'aleph and tav. These two letters summarize the alphabet, which in turn is a symbol of the whole word of God from beginning to end. Israel would consult God's Word either through the written Bible, or through the casting of the lots 'Urim and Thummim.

The Psalter begins with Psalm 1. Psalm 1 begins with the word "Blessed" (asher) and ends with the word "perish" (to'ber). The first word begins with 'aleph, and the last word begins with tav.

Spun out from this are several alphabetic-acrostic psalms. Psalms 25, 34, and 145 begin each line with a successive letter of the alphabet, for a total of 22 lines. (So does Proverbs 31:10-31.) Psalm 9-10 is also an alphabetic-acrostic, though a few letters are missing. Psalm 37 and Lamentations 4 assigns two lines to each successive letter. In Lamentations 1 and 2, three lines are given to each letter. In Lamentations 3, three successive lines are given to each letter, and in Psalm 119 we find eight lines per letter. Finally, Psalms 33 and 38 (and Lamentations 5) have exactly 22 lines, though not alphabetically ordered. This seems no accident. Nahum 1 also includes a broken alphabetic-acrostic.

Since Psalm 1 introduces not only the Psalter but also Book 1 of the Psalter, it may be significant that all but two of the alphabetic psalms occur in Book 1, to wit: alphabetic-
acrostic: Pss. 9-10, 25, and 34; non-acrostic: Pss. 33 and 38.

There are seven acrostic Psalms in the Psalter: Pss. 9-10, 25, 34, 111, 112, 119, and 145. Since Ps. 119 uses each letter eight times, the total with the other six single-use Psalms is fourteen (2x7) acrostic usages.

The Titles of the Psalms

We have translated and included the titles of each psalm, on the assumption that these are part of the God-given inspired text. We are aware that in some circles this is a disputed point, but we have chosen to err on the side of caution and tradition.

We have also, however, followed the research of James William Thirtle, in his book *The Titles of the Psalm: Their Nature and Meaning Explained* (Second Edition, New York: Henry Frowde, 1905), as regards these titles. Thirtle made a good case, building on Habakkuk 3, that “Prayer of Habakkuk the prophet, according to Shigionoth” comes at the head of the psalm, and “For the Director, upon my stringed instruments” comes at the end. While Thirtle’s book has often been overlooked, his thesis has met with some favor, and we have provisionally adopted it here.

http://tinyurl.com/ohxd5r8

Selah

While the meaning of the term “selah” continues to be disputed, we have found R. W. Landis’s essay “The Meaning and Use of Selah” in *The Danville Review* (June, 1864), pp. 214-247, to be of the most help. He argues rather convincingly that the word “selah” indicates that the first lines of the psalm are to be repeated as a kind of refrain. We are very largely convinced, and have followed his advice here.

http://tinyurl.com/nwtwfj8

Some Translational Decisions

‘Asher. The first word in the psalter is usually translated “blessed,” but this is confusing because *barakh* is also translated “word ‘asher also connotes “happy,” and that is why some translations use “happy.” The same is true of the Greek *makarios* in the Beatitudes. We have decided to use the phrase “blessed and merry.”

It would be nice if we could find one English word that would do, but we have not
found it thus far. We remember how Archbishop Thomas Cranmer, in translating the Latin prayers for the English Book of Common Prayer, often used two words for one Latin word. We have followed his principle.

Hesed. Here we have the word traditionally rendered “lovingkindness,” which today is often argued to be better rendered “covenant faithfulness” or even something like “kinship commitment.” We have stuck with the tradition, since many still argue for it, and it seems best to us.

Zamar. Usually translated something like “praise,” this is the word from which “psalm” is derived. It sounds like the playing of an instrument, and the word “psalm” in both Hebrew (mizmor) and Greek (psallo) means something sung with an instrument. In fact, there is no evidence anywhere in the Bible that anything was sung to God without instruments. We have rendered zamar as “play music.

We have rendered ‘elohim as “God,” ‘el as “Mighty One,” ‘adonai as “My Master,” ‘elyon as “Most High,” and ‘elohah as “Mighty Protector.” The Tetragrammaton YHWH we have put as “Yahweh.” We intend this for reading and singing the Psalms, not for Christian prayer, for the Name we have been given to use as a memorial name is Jesus, not Yahweh.

We invite those reading these efforts to write and ask about other words, so that we can expand this list. In time, discussions of particular psalms will be made available.

Those using these materials are free to download them and make any changes they see fit. If you do not wish to use “Yahweh” and to use LORD instead, make that change. If you want the colophon to be shifted into the title of the following psalm, make that change.

Verses or Lines?

In this first edition we have numbered the psalms in actual lines rather than in awkward verses. Often the verses group lines together curiously. The verses and chapter divisions in our Bibles are not infrequently infelicitous, and someday need to be changed. In future editions we intend to supply verse numbers as well for ease of studying.
Psalm 1

1Blest and merry is the man
2who walks not in the counsel of the wicked,

3And in the way of sinners does not stand,
4And in the seat of mockers does not sit;

5But rather in Yahweh's Instruction is his delight,
6And on His Instruction he meditates day and night.

7And he is like a tree planted by streams of waters,
8Who yields his fruit in his season,

9And his leaf does not wither,
10And whatever he does prospers.

11Not so the wicked!
12But rather they are like the chaff that Spirit-wind blows away.

13Therefore the wicked will not stand in the judgment,
14Nor sinners in the congregation of the righteous.

15For Yahweh knows the way of the righteous,
16But the way of the wicked shall perish.

Praise to Yahweh, the God of Israel!
From everlasting and unto everlasting.
Amen!
Yes! Amen!
Psalm 2

1 Why do nations conspire,
2 And peoples murmur a vain thing?

3 Arrayed are earth's kings,
4 And rulers take counsel together,

5 Against Yahweh,
6 And against His anointed;

7 Saying, "Let us break Their chains,
8 And throw off of us Their ropes!"

9 The One enthroned in the heavens laughs;
10 My Master scoffs at them!

11 Then He speaks to them in His wrath,
12 And in His burning anger He terrifies them.

13 Saying, "I Myself have installed My King,
14 On Zion, My holy hill."

15 I will declare the statute:
16 Yahweh said to Me,

17 "My Son You are,
18 I Myself today have begotten You.

19 Ask of Me and I will make nations Your inheritance,
20 And Your possession the ends of earth.

21 You will rule them with an iron scepter.
22 Like a vessel of clay will You smash them."

23 Now therefore, O kings, be wise;
24 Be warned, you judges of earth.

25 Serve Yahweh with fear,
26 And exult with trembling.
27 Kiss the Son, lest He be angry,
28 And you perish in the way,

29 For His wrath can flare up in a moment.
30 Blest and merry are all those who take refuge in Him.

Praise to Yahweh, the God of Israel!
From everlasting and unto everlasting.
Amen!
Yes! Amen!
Psalm 3

Psalm.
By David.
As he fled from the face of Absalom, his son.

1 Yahweh, how many are my foes!
2 How many are rising up against me!

3 How many are saying of my soul,
4 "There is no salvation for him in God!"

Selah. Yahweh, how many are my foes!
How many are rising up against me!

5 But it is You, Yahweh, who are a shield around me,
6 My Glory, and the One lifting up my head.

7 With loud voice to Yahweh I cry,
8 And He hears me from His holy mountain.

Selah. Yahweh, how many are my foes!
How many are rising up against me!

9 I myself lie down and sleep;
10 I awake because Yahweh sustains me.

11 I will not fear myriads of people,
12 Who on all sides are set against me.

13 Arise, Yahweh!
14 Save me, O my God!

15 For You have struck all my enemies on the jaw;
16 The teeth of the ungodly You have broken.

17 From Yahweh is the salvation!
18 On Your people is Your blessing.

Selah. Yahweh, how many are my foes!
How many are rising up against me!
Praise to Yahweh, the God of Israel!
From everlasting and unto everlasting.
Amen!
Yes! Amen!

\[\text{dFor the music director.}\]
\[\text{On stringed instruments.}\]
Psalm 4

aPsalm.
bBy David.

1When I call, answer me, my righteous God!
2From the distress give me relief.
3To me be merciful, and hear my prayer.

4You boys, how long will my glory be shamed?
5How long will you love worthlessness?
6How long will you seek falsehood?

Selah. When I call, answer me, my righteous God!
From the distress give me relief.
To me be merciful, and hear my prayer.

7Now know that Yahweh has separated the godly to Himself;
8Yahweh will hear when I call to Him.

9Be angry, and do not sin.
10Search within your heart when you are on your bed, and be still.

Selah. When I call, answer me, my righteous God!
From the distress give me relief.
To me be merciful, and hear my prayer.

11Sacrifice righteous communion meals,
12And trust Yahweh.

13Many are saying, "Who will show us good?
14Let light from Your countenance shine upon us, Yahweh!"

15You have put gladness in my heart,
16More than any season when their grain and wine increased.

17Peacefully composed I will lie down and sleep,
18For it is You, Yahweh, alone who make me dwell in safety.

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1"Sons of males."
2Possibly, “a fear.” Possibly a double entendre: teach them through fear.
Praise to Yahweh, the God of Israel!
From everlasting and unto everlasting.
Amen!
Yes! Amen!

\(^{c}\)For the director.
\(^{d}\)For flutes.
Psalm 5

Psalm.
By David.

1 To my words give ear, Yahweh;
2 Consider my groaning.

3 Listen to the sound of my plea, my King and my God,
4 For to You I pray.

5 Yahweh, it is morning; You hear my voice;
6 It is morning: I lay my request before You and wait.

7 For You are not a Mighty One who takes pleasure in wickedness.
8 The wicked may not dwell with You.

9 The arrogant will not stand before Your eyes.
10 You hate all who make trouble.

11 You destroy those who speak falsehood.
12 The man of blood and deceit Yahweh abhors.

13 But as for me, by Your abundant lovingkindness I will enter Your house.
14 I will bow toward Your holy temple in fear of You.
15 Yahweh, lead me in Your righteousness.
16 On account of those who lie in wait for me, make straight Your way before me.

17 Because in his mouth is nothing trustworthy.
18 Their inward part is destruction.

19 An open grave is their throat.
20 With their tongue they speak deceit.

21 Hold them guilty, O God!
22 Let them fall by their own intrigues!

23 For their multitudes of transgressions, banish them,
24 Because they are rebellious against You.

25 But let all who take refuge in You be glad;
Everlastingly let them sing for joy.

And spread Your protection over them,
That those who love Your Name may exult in You.

For it is You who bless the righteous man, Yahweh.
Like a shield, with favor You surround him.

Praise to Yahweh, the God of Israel!
From everlasting and unto everlasting.
Amen!
Yes! Amen!

For the director.
With stringed instruments.
On the Eight-string.
Psalm 6

Psalm.
By David.

1Yahweh, do not rebuke me in Your anger,
2Nor in Your wrath chasten me.

3Be gracious to me, Yahweh, for I am pining away;
4Heal me, Yahweh, for my bones are agonizing.

5And my soul is in great anguish;
6But You, Yahweh, how long?

7Turn, Yahweh! Rescue my soul!
8Save me because of Your lovingkindness!

9For in death there is no Memorial for You;
10In Sheol who will give You Thanks?

11I am weary with my sighing;
12All night long I flood my bed;
13With my tears I drench my couch.

14Weak with sorrow grows mine eye;
15It is becoming old because of all mine adversaries.

16Depart from me, all you who make trouble!
17For Yahweh has heard the sound of my weeping.

18Yahweh has heard my supplication;
19Yahweh accepts my prayer.

20Disgraced and greatly dismayed are all my enemies!
21They turn back, disgraced suddenly!

Praise to Yahweh, the God of Israel!
From everlasting and unto everlasting.
Amen!
Yes! Amen!
Psalm 7

a A Shiggaion [meaning unknown].
b By David.
c Which he sang to Yahweh concerning the words of Cush, a Benjamite [the person
slandering David; incident unknown].

1 Yahweh, my God, in You I take refuge;
2 Save me from all my pursuers, and deliver me.

3 Lest he tear my soul like a lion:
4 Ripping to pieces; no one delivering.

5 Yahweh, my God, if I did this:
6 If there is injustice in my palms,

7 If I did evil to one at peace with me,
8 Or plundered mine adversary without cause,

9 Let the enemy pursue my soul and overtake,
10 And let him trample to the earth my life,
11 And my glory in the dust cause to dwell.

And let the congregation of the peoples gather around You,
And over her on the high place take the seat!
Let Yahweh judge the peoples!
Judge me, Yahweh, according to my righteousness,
And according to mine integrity be it upon me.

Now let Him terminate the evil of the wicked and establish the righteous!
For a searcher of hearts and kidneys is the Righteous God.
My shield is the High God,
Saver of the upright in heart.

God is a righteous Judge,
And a Mighty One who expresses wrath every day.

If He does not turn, His sword He sharpens;
His bow He bends and He strings it;

And for Himself He prepares deadly weapons:
His flaming arrows He readies.

Behold! the evil man is in labor,
And he is pregnant with trouble,
And he gives birth to falsehood.

He digs a hole and scoops it out,
And falls into the destruction he has made.

His trouble recoils upon his own head,
And on his skull descends his own violence.

I will give thanks to Yahweh according to His righteousness,
And I will play music to the Name of Yahweh Most High.

Praise to Yahweh, the God of Israel!
From everlasting and unto everlasting.
Amen!
Yes! Amen!

dFor the director.
eAccording to the gittith [meaning unknown].
Psalm 8

Psalm.

By David.

1. Yahweh, our Master, how majestic is Your Name in all the earth,
2. Who have set Your splendor upon the heavens!
3. From the lips of children and infants You ordained strength because of Your enemies,
4. To silence foe and avenger.
5. When I consider Your heavens, the works of Your fingers,
   Moon and stars, which You have fixed,
6. What is needy-man, that You remember him,
7. And the son of Adam, that You visit him?
8. Indeed, you made him for a little while lower than the gods,
9. And with glory and majesty You crown him.
10. You make him ruler over the works of Your hands.
11. All things You put under his feet:
12. Sheep and oxen, all of them,
13. And also beasts of the field,
14. Bird of heaven and fish of the sea,
15. Whatever passes through paths of the seas.
16. Yahweh, our Master, how majestic is Your Name in all the earth!

Praise to Yahweh, the God of Israel!
From everlasting and unto everlasting.
Amen!
Yes! Amen!

For the musical director.
Upon [to the tune of] Muth-Labben [Death of/to a/the Son/Warrior (?)]
Psalm 9-10

\(^a\)Psalm.
\(^b\)By David.

\textit{'aleph}

1 I will give thanks to Yahweh with all my heart;
2 I will tell of all Your wonders.

3 I will rejoice and I will exult in You;
4 I will play music to Your Name, Most High.

\textit{beth}

5 When my enemies turn back,
6 They stumble and they perish before You.

7 For You maintain my right and my cause;
8 You sit enthroned, judging righteously.

\textit{gimel}

9 You have rebuked the nations;
10 You have destroyed the wicked.
11 Their name You have blotted out everlastingly and forever;

\textit{he}

12 The enemy: They are overtaken – endless ruins.
13 And cities You have uprooted – the very memory of them has perished.

14 But Yahweh sits everlastingly enthroned;
15 He has established His throne for judgment,

16 And it is He who will judge the world in righteousness;
17 He will execute judgment for the peoples with equity.

\textit{vav}

18 And He is Yahweh, a stronghold for the oppressed,
19 A stronghold in times of trouble,

20 They will trust in You, those who know Your Name,
21 For You have not forsaken those who seek You, Yahweh.
22 Play musics to Yahweh, the Enthroned of Zion;
23 Declare among the peoples His deeds.

24 For the Avenger of Blood remembers them;
25 He does not forget the cry of the afflicted.

heth
26 Be gracious to me, Yahweh;
27 Behold mine affliction from those who hate me, You who lift me up from the gates of death;

28 That I may tell of all Your praises,
29 That in the gates of Daughter Zion I may rejoice in Your salvation.

teth
30 The nations have sunk down in the destruction they made,
31 In the net they hid, their own foot has been caught.

32 Yahweh has made Himself known;
33 He has executed judgment by the work of His palms,
34 Striking down the wicked.

Selah. Consider this: I will give thanks to Yahweh with all my heart;
35 I will tell of all Your wonders.

I will rejoice and I will exult in You;
36 I will play music to Your Name, Most High.

yodh
37 The wicked will turn into the grave,
38 All nations who forget God.

kaph
39 For the needy will not always be forgotten,
40 Nor the hope of the afflicted perish forever.

41 Arise, Yahweh, do not let mere man prevail;
42 Let the nations be judged before Your face.
41 Appoint, Yahweh, a teaching\(^2\) for them;  
42 Let the nations know that they are but mere man.

Selah. I will give thanks to Yahweh with all my heart;  
I will tell of all Your wonders.

I will rejoice and I will exult in You;  
I will play music to Your Name, Most High.

\(^{\text{lamed}}\)

43 Why, Yahweh, do You stand far off?  
44 Why do You conceal Yourself in times of trouble?

45 In pride the wicked hunts the afflicted,  
46 Who are caught in the schemes they devise.

47 For the wicked boasts of his heart's desire;  
48 The greedy he blesses.\(^3\)

\(^{\text{nun}}\)

49 He reviles Yahweh, does the wicked, in the pride of his nose.  
50 “He does not call to account.”\(^4\) “No God over me!” – Such are all his thoughts.

51 His ways prosper at all times.

\(^{\text{mem}}\)

52 Your judgments are on high, far from him.  
53 All his enemies? he sneers at them.

54 He says to himself, “I shall not be moved;  
55 Generation after generation happy;  
56 Never in trouble.” – so has he sworn.\(^5\)

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\(^{\text{2}}\) Possibly, “a fear.” Possibly a double entendre: teach them through fear.

\(^{\text{3}}\) The last two words of v. 3 (ln. 48) begin v. 4 (ln. 49).

\(^{\text{4}}\) That this is a quotation, see ln. 72.

\(^{\text{5}}\) Taken from the \textit{rst} word in v. 7 (ln. 57).
His mouth is full of deceit and oppression;
Under his tongue is trouble and evil.

He lies in wait in the villages;
From the ambushes he murders the innocent.

His eyes secretly wait for the defenseless;
He lurks in the ambush like a lion in his thicket.

He lurks to catch the afflicted;
He catches the afflicted when he drags him off in his net.

And he crouches; he bows down;
And the defenseless fall into his claws.

He says to himself, “The Mighty One has forgotten;
He has hidden His face; He will never see it.”

Arise, Yahweh! Mighty One, lift up Your hand!
Do not forget the afflicted!

Why has the wicked reviled God?
He has said to himself, “You will not call to account.”

But You Yourself have seen it
Trouble and grief You consider, taking it into Your hand.

To You the defenseless one commits himself;
For the fatherless You Yourself are helper.

Break the arm of the wicked and the evildoer,
Call his wickedness to account; certainly You will find it.

Yahweh is King everlastingly and forever;
The nations will perish from His land.
The desire of the afflicted you hear, Yahweh.
You will strengthen their heart.

You will incline Your ear to judge the fatherless and the oppressed,
That mere earthly man may terrorize no more.

Praise to Yahweh, the God of Israel!
From everlasting and unto everlasting.
Amen!
Yes! Amen!

For the director.
Psalm 11

By David.

1 In Yahweh I take refuge;
2 How can you say to me:
3 "Flee to your mountain, bird."

4 "For look, the wicked bend the bow,
5 "They set their arrow upon the string,
6 "To shoot from the shadows at the upright in heart.

7 "When the foundations are being destroyed,
8 "What can a righteous one do?"

9 Yahweh is in His holy temple!
10 Yahweh is on His heavenly throne!

11 His eyes observe,
12 His eyelids examine the sons of Adam.
13 Yahweh examines the righteous one."

14 But the wicked and the lover of violence His soul hates.
15 He will rain upon the wicked fiery coals and sulfur,
16 And scorching wind will be the portion of their cup.

17 For righteous is Yahweh;
18 Righteousness He loves;
19 The upright will behold His face.

Praise to Yahweh, the God of Israel!
From everlasting and unto everlasting.
Amen!
Yes! Amen!

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6 Or, “Flee to your mountain like a bird”; or, “Flee, your mountain is a bird.”

7 Or, “What is the Righteous One doing?”

8 Or, “Yahweh, the Righteous One, examines.”
For the director.

On the Eight-string.
Psalm 12

Psalm.
By David.

1Help, Yahweh, for the godly person is no more;
2For the faithful disappear from among the sons of Adam.

3Emptiness they speak to one another.
4Flattering lips: With double heart they speak.

5May Yahweh cut off all flattering lips,
6The tongue that speaks great things;

7That say, “With our tongue we will prevail;
8“We own our lips – who is our master?”

9”Because of the oppression of the weak,
10“Because of the groaning of the needy

11”I will arise,” says Yahweh;
12“I will protect him from the one who maligns him.”

13Yahweh's sayings are pure sayings;
14Silver purified in an earthen furnace, refined sevenfold.

15You, Yahweh, will guard them;
16You will preserve us from this generation everlastingly.

17On every side the wicked strut about,
18When vileness is exalted among the sons of Adam.

Praise to Yahweh, the God of Israel!
From everlasting and unto everlasting.
Amen!
Yes! Amen!

For the director.
Psalm 13

aPsalm.
bBy David.

1How long, Yahweh? Will You forget me forever?
2How long will You hide Your face from me?

3How long must I wrestle thoughts in my soul,
4Sorrow in my heart all day?
5How long will mine enemy triumph over me?

6Look! Answer me, Yahweh, my God!
7Enlighten mine eyes, lest I sleep in death.

8Lest mine enemy say, “I have overcome him.”
9Lest mine adversaries rejoice when I am shaken.

10But as for me, in Your lovingkindness I trust;
11My heart rejoices in Your salvation.
12I will sing to Yahweh, because He dealt bountifully with me.

Praise to Yahweh, the God of Israel!
From everlasting and unto everlasting.
Amen!
Yes! Amen!

cFor the director.
Psalm 14

By David.

1 The fool said in his heart: “No God!”
2 They are destroyers.

3 They are abominable.
4 As for performance: “No doer of good!”

5 Yahweh looks down from heaven on the sons of Adam
6 To see if there be one who understands, one who seeks God.

7 All have turned aside;
8 Together they have become corrupt.
9 “No doer of good; not even one!”

10 Will they never learn,
11 All the evildoers who eat up my people?

12 They eat bread;
13 On Yahweh they do not call.

14 There they are, dreading what they dread,
15 For God is with the righteous generation.

16 “The counsel of the poor you would frustrate,
17 But Yahweh is his refuge!”

18 “Oh, let Him bring from Zion the salvation of Israel!”
19 When Yahweh brings back the captivity of His people!

20 Let Jacob rejoice,
21 Let Israel be glad!

Praise to Yahweh, the God of Israel!
From everlasting and unto everlasting.
Amen! Yes!
Amen!
Psalm 15

Psalm.
By David.

Yahweh, who may abide in Your tent?
Who may dwell on Your holy hill?

He who walks perfectly,
And who works righteousness,
And who speaks truth with his heart.

He does not trip up with his tongue.
He does no evil to his neighbor,
And a reproach he does not take up against his friend.

Despised in his eyes is a reprobate,
But the one who fears Yahweh he honors.

He swears to his own hurt and does not change.
His silver he does not give with interest,

And a bribe against the innocent he does not accept.
He who does these things will not be shaken everlastingly.

Praise to Yahweh, the God of Israel!
From everlasting and unto everlasting.
Amen!
Yes! Amen!
Psalm 16

aMikhtam.
bBy David.

1 Guard me, Mighty One,
2 For I take refuge in You.

3 I said to Yahweh:
4 "You are my Master,
5 "There is nothing good for me apart from You."

6 Of the saints who are in the land:
7 "They are also majestic ones;
8 All my delight is in them."

9 They multiply sorrows who ally with another.
10 I will not pour out their libations of blood,
11 Nor will I take their names upon my lips.

12 Yahweh is my assigned inheritance and my cup.
13 You are the one who secured my lot.

14 The boundary lines have fallen to me in pleasant places;
15 Surely I have a delightful heritage.

16 I will praise Yahweh, who has counseled me;
17 Even in darkest night my kidneys instruct me.

18 I have set Yahweh before me continually.
19 Because He is at my right hand, I will not be shaken.

20 Therefore my heart is glad,
21 And my glory rejoices.

22 Also, my flesh will rest securely.
23 For You will not abandon my soul to Sheol,
24 Nor will You allow Your saint to see destruction.
You will make known to me the path of life,
Fullness of joy is in Your presence,
And pleasures are at Your right hand forever.

Praise to Yahweh, the God of Israel!
From everlasting and unto everlasting.
Amen!
Yes! Amen!
Psalm 17

*a* Prayer.
*b* By David.

1 Hear a just cause, Yahweh,
2 Give heed to my cry;
3 Give ear to my prayer;
4 It is not from deceitful lips.
5 From Your face let my vindication come forth;
6 Let Your eyes look with equity.

7 You probe my heart;
8 You visit me by night;
9 You test me and find nothing;
10 I have resolved that my mouth will not transgress.

11 As for the deeds of mankind,
12 By the word of Your lips I have kept myself from the paths of the violent.

13 My steps have held fast to Your tracks.
14 My feet have not slipped.

15 I, even I, call upon You,
16 For You will answer me, Mighty One;

17 Incline Your ear to me,
18 Hear my speech.

19 Show the wonder of Your lovingkindness.
20 You who save by Your right hand those who take refuge from their foes,
21 Guard me like the pupil, the eye's daughter.

22 In the shadow of Your wings hide me
23 From the wicked who despoil me,
24 The enemies of my life, who surround me.

25 Their calloused hearts they close up,
With their mouth they speak proudly.

They have now surrounded us in our steps;
Their eyes are alert to cast us down to the ground.

He is like a lion that is eager to tear,
And like a strong lion lurking in hiding places.

Arise, Yahweh, confront him, bring him low.
Rescue my soul from the wicked with Your sword,

From men with Your hand, Yahweh,
From men of this passing world whose portion is in this life.

As for those You cherish, You fill their belly.
Their sons have plenty,
And leave their abundance to their babies.

And I, in righteousness I shall behold Your face;
I shall be satisfied with beholding Your form when I awake.
Praise to Yahweh, the God of Israel!
From everlasting and unto everlasting.
Amen!
Yes! Amen!

For the Director.
Psalm 18

*By the servant of Yahweh.*
*By David, who spoke to Yahweh the words of this song*
*On the day Yahweh snatched him away from the palm of all his enemies*
*And from the hand of Saul.*
*And he said:*

1. I love You, Yahweh, my Strength.
2. Yahweh is my Cliff and my Fortress and my Deliverer;
3. My Mighty One, my Rock, in whom I will trust;
4. My Shield and the Horn of my salvation, my praiseworthy Stronghold.
5. I call, “Yahweh!”
6. And from my enemies I am saved.
7. Entangling me were Cords of Death,
8. And Floods of Belial terrified me.
9. Cords of Sheol surrounded me;
10. Confronting me were Snares of Death.
11. In my distress I called, “Yahweh!”
12. And to my God I cried out.
13. He heard my voice from His temple,
14. And my cry came before Him, into His ears.
15. And the earth trembled and shook;
16. And the foundations of the mountains quaked;
17. And they trembled because He was angry.
18. Smoke rose from His nostrils,
19. And consuming fire from His mouth.
20. Coals blazed forth from Him.
21. And He bowed the heavens and came down,
22. And a dark cloud was under His feet.
23. And He mounted a cherub and flew;
And He soared upon the wings of the wind.

He made darkness His screen;

Around Him His booth was dark-watered thick clouds of the skies.

From the brightness before Him, His thick clouds advanced;

Hailstones and coals of fire.

And Yahweh thundered from heaven,

And the Most High uttered His voice.

Hailstones and coals of fire.

And He sent out His arrows and scattered them,

And great lightnings, and He vanquished them.

And the channels of the waters were seen,

And uncovered were the foundations of the world,

At Your rebuke, Yahweh,

At the blast of the breath of Your nostrils.

He reached down from on high and took me;

And drew me out from mighty waters.

He snatched me away from my fierce enemy,

And from those who hate me, for they were too strong for me.

They confronted me in the day of my calamity,

But Yahweh was my support.

And He brought me out into a broad place;

He rescued me because He delighted in me.

Yahweh rewarded me according to my righteousness;

According to the purity of my hands He recompensed me.

For I have guarded the ways of Yahweh,

And have not wickedly departed from my God.

For all His judgments were before me,

And His statutes I did not put away from me.
And I was also perfect before Him,
And I guarded myself in dealing with my liability.

And Yahweh has recompensed me according to my righteousness,
According to the purity of my hands in His sight.

With the merciful You show Yourself merciful;
With a perfect man-of-strength You show Yourself perfect;

With the pure You will Yourself pure;
And with the devious You show Yourself shrewd.

For it is You who save humble people,
And haughty eyes bring low.

For it is You who light my lamp;
Yahweh my God enlightens my darkness.

For with You I can run against a troop,
And with my God I can leap over a wall.

The Mighty One: Perfect is His way;
The word of Yahweh is proven;
A Shield is He for all who take refuge in Him.

For who is a Mighty Protector except Yahweh?
And who is a Rock except our God?

It is the Mighty One who arms me with strength,
And makes perfect my way.

He makes my feet like a deer's,
And on my own high places He establishes me.

He trained my hands for the battle,
And a bow of bronze was bent by my arms.
And You gave me the shield of Your salvation;

And Your right hand sustained me,
And Your bending down has made me great.
You broadened my marching path under me,
And my ankles did not slip.

I pursued my enemies and overtook them;
And I did not turn back until they were destroyed.

I shattered them, and they could not rise;
They fell beneath my feet.

And You armed me with strength for the battle;
You subdued my adversaries under me.

And You made my enemies turn tail before me,
And those who hated me I destroyed.

They cried out, but there was none to save;
To Yahweh, but He did not answer them.

And I beat them fine as dust wafted by wind;
Like mud in the streets I poured them out.

You delivered me from the strife of people;
You made me the head of the nations;
People not known to me must serve me.
When their ear hears, they obey me;

Foreigners cringe before me.
Foreigners sink down,
And emerge trembling from their hideouts.

Yahweh lives! And blessed be my Rock!
Exalted be my saving God!

The Mighty One who gives me vengeance,
And subdues peoples under me,
 Delivering me from my enemies.

You also exalt me up above those who rise against me;
From the violent man You snatch me away.
Therefore I will give thanks to You among the Gentiles, Yahweh,
And to Your Name play musics.

He magnifies victories for His king,
And shows lovingkindness to His anointed,
To David and his descendants forevermore.

Praise to Yahweh, the God of Israel!
From everlasting and unto everlasting.
Amen!
Yes! Amen!

For the music director.
Psalm 19

The heavens are declaring the Mighty One's glory;
And the work of His hands is proclaimed by the firmament.

Day after day it pours forth speech,
And night after night it displays knowledge.

There is no speech and there are no words;
Unheard is their sound.

Into all the earth goes their line,
And to the end of the world their utterances.

For the sun He has placed a tent in them,
And he is like a bridegroom coming forth from his pavilion;

He rejoices like a mighty man to run his course.
At the end of the heavens is his rising,

And his circuit is to their other end;
And there is nothing hid from his heat.

Yahweh's Instruction is perfect,
Restoring the soul.

Yahweh's testimonies are certain,
Making wise the simple.

Yahweh's precepts are right,
Rejoicing the heart.

Yahweh's commandments are radiant,
Enlightening the eyes.

The fear of Yahweh is clean,
Enduring forever.
25 Yahweh's laws are true,
26 Altogether righteous.

27 They are more precious than gold,
28 And more than much fine gold;

29 And sweeter than honey,
30 Even drippings from honeycombs.

31 Moreover, Your servant is illumined by them;
32 In guarding them is great reward.

33 Errors who can discern?
34 From hidden ones forgive me!

35 Also from presumptuous acts keep back your servant;
36 Let them not rule over me.

37 Then I shall be blameless,
38 And I shall be innocent of great transgression.

39 May they be pleasing – the words of my mouth and the meditation of my heart – before You, Yahweh,
40 My Rock and my Kinsman.

Praise to Yahweh, the God of Israel!
From everlasting and unto everlasting.
Amen!
Yes! Amen!

‘For the director.
Psalm 20

Psalm.
By David.

1 May Yahweh answer you in the day of trouble.
2 May He set you on high, the Name of the God of Jacob.

3 May He send you help from the sanctuary,
4 And from Zion may He support you.

5 May He remember all your Tributes,
6 And your Ascensions may He count as fat.

Selah
May Yahweh answer you in the day of trouble.
May He set you on high, the Name of the God of Jacob.

7 May He grant you your heart’s desire,
8 And to all your plans may He grant success.

9 We will sing for joy over your salvation [victory],
10 And in the Name of our God we will set up our banners.
11 May Yahweh fulfill all your petitions.

12 Now I know that Yahweh saves [gives victory to] His anointed;
13 He answers him from His holy heaven
14 With the saving [victorious] power of His right hand.

15 Some trust in chariots and some in horses,
16 But we, in the Name "Yahweh our God" we trust.

17 They are brought to their knees and fall;
18 But we rise up and stand firm.

19 Yahweh, save [grant victory to] the king!
20 May He answer us in the day we call.

Praise to Yahweh, the God of Israel!
From everlasting and unto everlasting.
Amen!
Yes! Amen!
For the director.
Psalm 21

Psalm.

By David.

1 Yahweh, in Your strength the king is glad,
2 And in Your salvation how greatly he rejoices!

3 The desire of his heart You granted him,
4 And the request of his lips You did not withhold.

Selah

Yahweh, in Your strength the king is glad,
And in Your salvation how greatly he rejoices!

5 Indeed You welcomed him with excellent blessings;
6 You set on his head a crown of fine gold.

7 Life he asked of You;
8 You gave him length of days everlastingly and forever.

9 Great is his glory through Your salvation,
10 Splendor and majesty You bestowed upon him.

11 Surely You have given him blessings forever;
12 You made him happy in the gladness of Your presence.

13 For the king trusts Yahweh,
14 And in the lovingkindness of the Most High he will not be shaken.

15 Your hand will find all your enemies;
16 Your right hand will find your foes.

17 You will make them like a fiery furnace
18 At the time of your manifestation.

19 Yahweh in His wrath will swallow them up,
20 And fire will consume them.

21 Their fruit will you destroy from the earth,
22 And their seed from the sons of Adam.
Though they stretch out evil against you;
They devise a plot; they will not succeed.

For you will make them turn back
When you ready your bowstrings at their faces.

Be exalted, Yahweh, in Your strength;
We will sing and play music to Your power.

Praise to Yahweh, the God of Israel!
From everlasting and unto everlasting.
Amen!
Yes! Amen!

For the Director.
Set to "The Doe of the Dawn."
Psalm 22

Psalm.
By David.

1 My Mighty One, my Mighty One, why have You forsaken me?
2 Being far from saving me!
3 Such are my groaning words.

4 My God, I cry by day, and You answer not;
5 And by night, and there is no quiet-rest for me.

6 And You -- The Holy One enthroned!
7 The Praises of Israel!

8 In You our fathers trusted.
9 They trusted and You delivered them.

10 To You they cried, and they escaped.
11 In You they trusted, and were not ashamed.

12 But I? a worm and not a man:
13 Scorn of mankind and despised by people.

14 All those who see me ridicule me.
15 They curl the lip; they shake the head.

16 Saying, "Roll yourself onto Yahweh! Let Him deliver him.
17 Let Him rescue him, since He delights in him!"

18 Yet You are the One who took me out of the womb;
19 You made me trust while on my mother's breasts.

20 Upon You I was cast from birth.
21 From my mother's womb my Mighty One was You.

22 Be not far from me, for trouble is near;
23 No one is helping.
24 Surrounded me have many bulls
25 Strong ones, of Bashan, have encircled me.
They open against me their mouths
Like a lion raging and roaring.

Like waters I am poured out;
And out of joint are all my bones.

My heart is like wax;
It has melted within me.

Dried up like a potsherd is my strength,
And my tongue cleaves to my palate;
To the dust of death you commit me.

For dogs have surrounded me;
A pack of evil men circles me like lions at my hands and my feet;
I can count all my bones.
They? they look on; they gloat at me.

They divide my garments among them,
And for my clothing they cast lots.

And You, Yahweh, do not be far off;
My Strength, hasten to help me!

Rescue my soul from the sword,
From the hand of the dog my life.

Save me from the lion's mouth;
And from the horns of the wild oxen answer me.

I will declare Your Name to my brethren;
In the midst of the assembly I will praise You.

Yahweh-fearers, praise Him!
All you seed of Jacob, glorify Him,
And fear Him, all you seed of Israel!

For He has not despised or detested the affliction of the afflicted;
And He has not hidden His face from him;
And when he cried to Him, He heard.
55 For you my praise will be in the great assembly.
56 My vows I will fulfill before those who fear Him.

57 The poor will eat and be satisfied;
58 They will praise Yahweh who seek Him.
59 Let your heart live forever!

60 They will remember and they will turn to Yahweh, all the ends of the earth,
61 And they will worship before You, all the families of the nations.

62 For Yahweh's is the kingdom,
63 And He is ruling over the nations.

64 They will eat and they will worship, all the vigorous of the earth,
65 Before Him they will kneel, all those going down to the dust,

66 And the soul who cannot keep himself alive.
67 A seed will serve Him.

68 It will be recounted of my Master to the [next] generation,
69 They will come and declare His righteousness to a people who will be born,
70 Because He acted.

Praise to Yahweh, the God of Israel!
From everlasting and unto everlasting.
Amen!
Yes! Amen!
Psalm 23

Psalm.  
By David.

1Yahweh is my Shepherd,  
2Nothing shall I lack.

3In green pastures He makes me lie down;  
4Beside quiet waters He leads me.

5My soul He restores;  
6He leads me in righteous paths for His Name's sake.

7Even though I walk in a valley of deep darkness, I will fear no evil;  
8For You are with me,

9Your rod and Your staff, they comfort me.  
10You prepare before me a table in the presence of mine enemies.

11You fatten my head with oil;  
12My cup overflows.

13Only goodness and mercy will follow me all the days of my life,  
14And I shall dwell in Yahweh's house to the end of days.

Praise to Yahweh, the God of Israel!  
From everlasting and unto everlasting.  
Amen!  
Yes! Amen!
Psalm 24

aBy David.
bPsalm.

1Yahweh's is the earth, and her fullness,
2The world, and those who dwell in her,
3For He founded her upon the seas,
4And upon the rivers He established her.

5Who may ascend to Yahweh's hill?
6And who may stand in His holy place?
7He who has clean hands and a pure heart,
8Who does not lift up his soul in vanity,
9And does not swear deceitfully.

10He will receive a blessing from Yahweh,
11And vindication from the God of his salvation.
12Such is the generation of those who seek Him,
13Who seek Your face—such is Jacob.

Selah

Yahweh's is the earth, and her fullness,
The world, and those who dwell in her,

14Lift up your heads, O gates,
15And be lifted up, portals of the future,
16That the King of the Glory may enter!
17Who is this King of the Glory?
18Yahweh, strong and mighty,
19Yahweh, mighty in battle.

20Lift up your heads, O gates,
21And lift them up, portals of the future,
22That the King of the Glory may enter!
23Who is this King of the Glory?
24 Yahweh of hosts!
25 He is the King of the Glory!

Selah Yahweh's is the earth, and her fullness,
The world, and those who dwell in her,

Praise to Yahweh, the God of Israel!
From everlasting and unto everlasting.
Amen!
Yes! Amen!
Psalm 25

a By David

'aleph
1 To You, Yahweh!
2 I lift up my soul, my God.

beth
3 In You I trust, do not let me be shamed;
4 Do not let my enemies triumph over me.

gimel
5 Indeed, none of those who wait for You will be shamed;
6 Those will be shamed who deal treacherously without cause.

daleth
7 Your ways, Yahweh, show me!
8 Your paths, teach me!

he
9 Lead me in Your faithfulness and teach me,
10 For You are the God of my salvation;
11 You are the one I await all the day.

zayin
12 Remember your mercies, Yahweh, and Your lovingkindnesses,
13 For they are everlasting.

heth
14 Sins of my youth and my transgressions do not remember;
15 According to Your lovingkindness remember me,
16 Because of Your goodness, Yahweh.

teth
17 Good and upright is Yahweh;
18 Therefore He instructs sinners in the way.

yodh
19 He leads the afflicted in justice,
20 And He teaches the afflicted His way.
All the paths of Yahweh are lovingkindness and faithfulness,
For those who guard His covenant and His testimonies.

For Your Name's sake, Yahweh,
Pardon my liability, 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 the good,
And his seed will inherit the land.
The secret counsel of Yahweh is for those who fear Him,
And His covenant He makes known to them.
My eyes are always turned to Yahweh,
For He will bring my feet out of the net.

Turn to me and be gracious to me,
For lonely and afflicted am I.
The troubles of my heart are enlarged;
From my distresses free me!

Look upon my affliction and my toil,
And forgive all my sins.
Look at my enemies, how they have increased!
And they hate me with violent hatred.
Guard my soul and deliver me;
42Do not let me be shamed, for I take refuge in You.

Let integrity and uprightness preserve me, for I wait for you.
Redeem Israel, O God, out of all his troubles.

Praise to Yahweh, the God of Israel!
From everlasting and unto everlasting.
Amen!
Yes! Amen!
Psalm 26

By David

1 Judge me, Yahweh,
2 For as for me, I have walked in my blamelessness;
3 Yes, in Yahweh I have trusted;
4 I have not wavered.

5 Examine me, Yahweh, and try me;
6 Test my inward parts and my heart.
7 For Your lovingkindness is before my eyes,
8 And I walk in Your truth.
9 I do not sit with men of falsehood,
10 And with hypocrites I do not consort.
11 I hate the assembly of evildoers,
12 And with the wicked I do not sit.
13 I wash my hands in innocence,
14 And I join the circle around Your communion-site, Yahweh,
15 To proclaim with a voice of thanksgiving,
16 And to declare all Your wonders.
17 Yahweh, I love the habitation of Your house,
18 And the place of the tabernacle of Your Glory.
19 Do not gather my soul away with sinners,
20 Or my life with men of bloodshed.
21 In whose hands is a scheme,
22 And whose right hand is full with a bribe.
But as for me, in my blamelessness I walk;
Redeem me and be gracious to me.

My foot stands on level ground;
In the assemblies I shall praise Yahweh.

Praise to Yahweh, the God of Israel!
From everlasting and unto everlasting.
Amen!
Yes! Amen!
Psalm 27

By David

1 Yahweh is my light and my salvation;
2 Whom shall I fear?

3 Yahweh is the stronghold of my life;
4 Whom shall I dread?

5 When evil men advance against me
6 To chew up my flesh,

7 My adversaries and my foes,
8 They will stumble and fall.

9 Though an army besiege me,
10 My heart will not fear;

11 Though war break out against me,
12 Even then will I be confident.

13 One thing I ask of Yahweh,
14 This is what I seek:

15 That I may dwell in Yahweh's house
16 All the days of my life,

17 To gaze upon Yahweh's beauty,
18 And to seek Him in His temple.

19 For He will keep me safe in His dwelling in the day of trouble;
20 He will hide me in the hiding place of His tent;

21 On a rock He will set me high.
22 And then my head will be exalted above my enemies gathered round;

23 I will sacrifice communion meals at His tent, joyfully shouting;
24 I will sing and play music to Yahweh.

25 Hear, Yahweh, my voice;
26 I call, "Be merciful to me and answer me," to You.

27 My heart reminds me: "Seek My face!"
28 Your face, Yahweh, I will seek.

29 Do not hide your face from me,
30 Do not turn your servant away in anger.

31 My Helper you are! Do not reject me!
32 Yes, do not forsake me, O God my salvation.

33 Though my father and my mother forsake me,
34 Yet Yahweh will receive me.

35 Teach me, Yahweh, your way;
36 And lead me in a straight path because of my oppressors.

37 Do not turn me over to the desire of my adversaries,
38 For they rise up against me, false witnesses and violence-breathers.

39 Regardless, I am certain to see Yahweh's goodness
40 In the land of the living.

41 Wait for Yahweh!
42 Be strong and encourage your heart and wait for Yahweh!

Praise to Yahweh, the God of Israel!
From everlasting and unto everlasting.
Amen!
Yes! Amen!
Psalm 28

By David

To You, Yahweh, I call; My Rock, do not be deaf to me;

For if You are silent to me, Then I will be like those who go down to the pit.

Hear the sound of my cries for mercy When I call to You for help,

When I lift up my hands Toward the holy room of Your enthroned word.

Do not drag me away with the wicked, And with those who make trouble;

Who speak peace with their neighbors, While evil is in their hearts.

Repay them according to their work, And according to the evil of their practices;

According to the deeds of their hands repay them; Bring what they deserve upon them.

Because they do not regard Yahweh's works, Nor the deeds of His hands,

He will tear them down, And not build them up.

Blessed be Yahweh, Because He has heard the sound of my cries for mercy.

Yahweh is my strength and my shield; In Him my heart trusts, And I am helped;
And my heart exults,
And with my song I shall thank Him.

Yahweh is their strength,
And a saving refuge to His anointed is He.

Save Your people,
And bless Your inheritance;

And be their shepherd,
And carry them into the everlasting time.

Praise to Yahweh, the God of Israel!
From everlasting and unto everlasting.
Amen!
Yes! Amen!
Psalm 29

Ascribe to Yahweh, O sons of mighty ones,
Ascribe to Yahweh glory and strength.

Ascribe to Yahweh His glorious Name;
Worship Yahweh in the majesty of holiness.

The voice of Yahweh is upon the waters;
The Mighty One of the glory thunders,
Yahweh is upon great waters.

The voice of Yahweh is powerful,
The voice of Yahweh is majestic,

The voice of Yahweh breaks cedars,
Yes, Yahweh shatters the cedars of Lebanon.

And He causes them to skip like a calf,
Lebanon and Sirion like a son of wild oxen.

The voice of Yahweh is striking with flashes of fire;
The voice of Yahweh causes the wilderness to whirl;
Yahweh causes the wilderness of Kadesh to whirl.

The voice of Yahweh causes does to give birth,
And uncovers honeycombs,
And in His temple everything says, "Glory!"

Yahweh sat enthroned at the flood;
And Yahweh sits as King forever.

Yahweh gives strength to His people.
Yahweh blesses His people with peace.

Praise to Yahweh, the God of Israel!
From everlasting and unto everlasting.
Amen!
Yes! Amen!
Psalm 30

Psalm.
A song for the dedication of the house.
By David.

I will lift You up, Yahweh, for You have drawn me up,
And have not let my enemies rejoice over me.

Yahweh, my God, I cried to You for help,
And You healed me.

Yahweh, You brought up my soul from Sheol;
You spared me from going down to the pit.

Play music to Yahweh, you His saints,
And give thanks to His holy memorial-name,

For but a moment lasts His anger;
Lifetimes lasts His favor.

In the night weeping lingers,
But in the morning, rejoicing.

Now as for me, I said in my prosperity,
"I shall never be moved."

Yahweh, it was through Your favor!
You made my mountain to stand strong!

You hid your face;
I was dismayed.

To You, Yahweh, I called,
And to my Master I made supplication:

"What profit is there in my blood,
In my going down to destruction?

Will dust praise You?
Will it declare Your faithfulness?
25"Hear, Yahweh, and be gracious to me;
26"Yahweh, be my Helper."

27You turned for me my mourning into dancing;
28You loosed my sackcloth and girded me with gladness;

29That my glory may play music to You and not be silent.
30Yahweh, my God, I will give thanks to You forever.

Praise to Yahweh, the God of Israel!
From everlasting and unto everlasting.
Amen!
Yes! Amen!

dTo the chief musician.
Psalm 31

Psalm.
By David.

1 In You, Yahweh, I have sought shelter.
2 Let me not be shamed forever.

3 In Your righteousness deliver me!
4 Turn to me Your ear!
5 Quickly rescue me!

6 Be for me a rock of refuge,
7 A house of strongholds to save me,

8 Because You are my Rock and my Stronghold,
9 And for Your Name's sake You lead me and guide me.

10 You will bring me out from the net which they hid for me,
11 Because You Yourself are my refuge.

12 Into Your hand I commit my spirit;
13 You have redeemed me, Yahweh, faithful Mighty One.

14 I hate those who cling to empty vapor;
15 And as for me, in Yahweh I trust.

16 I will shout for joy and rejoice in Your lovingkindness,
17 Because You who saw my affliction.

18 You have known the distresses of my soul,
19 And You have not shut me up in the hand of the enemy.
20 You have made my feet stand in a wide place.

21 Be gracious to me, Yahweh, for I am in distress!
22 Weakened by irritation is my eye,
23 My soul and my belly.

24 Indeed, wasted away in trouble is my life,
25 And my years in groaning.
26 My strength stumbles because of my liability,
27 And my bones are weak.

28 Because of all my adversaries I have become a reproach,
29 And to my neighbors especially,

30 And a terror to my acquaintances.
31 Those who see me in the streets flee from me.

32 I am forgotten, as dead from heart;
33 I have become like pottery broken,

34 Because I hear the slander of many —
35 Terror on every side! —

36 As they scheme together against me:
37 To take my life they plot.

38 As for me, upon You I trusted, Yahweh;
39 I said, "You are my God!"

40 In Your hand are my times;
41 Rescue me from my enemies' hand and from my pursuers.

42 Let Your face shine upon Your servant;
43 Save me in Your lovingkindness.

44 Yahweh, do not let me be shamed,
45 For I have called on You!

46 Let the wicked be shamed,
47 Lying still in Sheol!

48 Silenced be the lips of lying,
49 Which speak against a righteous man insolently, in pride and in scorn.

50 How great is Your goodness you bestow on those who fear You,
51 And work for those who find shelter in You before the sons of Adam!

52 You hide them in the hiding-place of Your face from the conspiracies of men.
53 You store them in Your shelter from the disputes of tongues.
54Blessed be Yahweh,
55Because he has made His lovingkindness wonderful to me in a besieged city.

56And as for me, I said in my haste, "I am cut off from before Your eyes."
57Nevertheless You heard the voice of my prayers when I cried to You.

58Love Yahweh, all you His loyal ones!
59A preserver of the faithful is Yahweh,
60Repaying abundantly the one who acts proudly.

61Be strong and let your heart be firm,
62All you who wait for Yahweh.

Praise to Yahweh, the God of Israel!
From everlasting and unto everlasting.
Amen!
Yes! Amen!
Psalm 32-33

By David.

Maskil.

Blest and merry is the person whose transgression is forgiven,
Whose impurity is covered up.

Blest and merry is the man to whom Yahweh does not impute liability,
And in whose spirit there is no deceit.

When I kept silent, my bones wasted away,
Through my groaning all day long.

For day and night Your hand was heavy upon me.
My best oil was turned into the drought of summer.

I acknowledged my impurity to You,
And my liability I did not cover up;

I said, "I will confess my transgressions to Yahweh";
And it was You who forgave the liability of my impurity.

Therefore, let everyone who is godly pray to You in a time when You may be found;
Surely when the many waters rise they will not reach him.

You are my hiding place; from trouble You preserve me;
With songs of deliverance You surround me.

I will instruct you and teach you in the way you should go;
I will counsel you with Mine eye upon you.
Do not be like a horse, like a mule, having no understanding.  
By bit and bridle he is harnessed for control; he does not come near you.

Many are the sorrows of the wicked;  
But he who trusts in Yahweh: Lovingkindness surrounds him.

Be glad in Yahweh and rejoice you righteous ones,  
And sing out all you who are upright in heart.

[Psalm 33]  
1Sing out, you righteous ones, in Yahweh!  
2For the upright ones, praise is fitting.

3Give thanks to Yahweh with a lyre;  
4With a harp, a ten-string, play to Him!

5Sing to Him a new song!  
6Pluck skillfully with a loud shout,

7Because upright is Yahweh's word,  
8And His every deed is in faithfulness.

9He loves righteousness and justice;  
10Yahweh's lovingkindness fills the earth.

11By the Word of Yahweh the heavens were made;  
12And by the Spirit of his mouth, all their host;

13Gathering as a heap the waters of the sea,  
14Putting in storehouses the deeps.

15Let them fear Yahweh — all the earth!  
16Of Him let them be afraid — all the inhabitants of the world,

17For He Himself spoke and it was;  
18He Himself commanded and it stood firm.

19Yahweh negates the counsel of the nations;  
20He frustrates the designs of the peoples.

21The counsel of Yahweh will stand firm everlastingly;
The designs of His heart generation after generation.

Blest and merry is the nation whose God is Yahweh, The people He chose for His inheritance.

From the heavens Yahweh looks; He sees all the sons of mankind.

From the place of His habitation he gazes At all the inhabitants of the earth.

It is He who fashions together their hearts, Who understands all their deeds.

No king can be saved by greatness of force; A warrior cannot be rescued by greatness of strength.

A false hope is the horse for victory, And by the greatness of his force he will not deliver.

Behold, Yahweh’s eye is on those who fear Him, On those hoping in His lovingkindness,

To rescue from death their soul And to keep them alive in famine.

Our soul waits for Yahweh; Our help and our shield is He, Because in Him our hearts rejoice; Because in His holy Name we trust.

Let your lovingkindness, Yahweh, be upon us, Even as our hope is toward You.

Praise to Yahweh, the God of Israel! From everlasting and unto everlasting. Amen!
Yes! Amen!
Psalm 34

a By David.
b When he changed his sense [feigned insanity] before Abimelech,
c And he drove him out,
d And he departed.

1 I bless Yahweh at every time;
2 Continually His praise is in my mouth.

3 In Yahweh my soul boasts.
4 The oppressed hear and rejoice.

5 Glorify Yahweh with me,
6 And let us exalt His Name together.

7 I sought Yahweh and He answered me;
8 And from all my terrors He delivered me.

9 They look to Him and shine;
10 And their faces are not shamed.

11 This oppressed man called and Yahweh heard,
12 And from all his distresses saved him.

13 Camping is the angel of Yahweh all around those who fear Him;
14 And He rescues them.

15 Taste and see that Yahweh is good!
16 Blest and merry is the mighty man who takes refuge in Him.

17 Fear Yahweh, his holy ones,
18 Because there is no lack for those who fear Him.

19 Young lions have grown poor and hungry;
20 But the seekers of Yahweh do not lack any good.

21 Come, sons! Listen to me!
22 The fear of Yahweh I will teach you.

23 Who is the man who desires life,
Who loves days in which to see good?

Preserve your tongue from evil
And your lips from speaking deceit.

Turn from evil and do good;
Seek peace and pursue it.

The eyes of Yahweh are upon the righteous,
And His ears are toward their cry.

The face of Yahweh is against those who do evil,
To cut off from the earth their memorial.

They cry out and Yahweh hears;
And from all their distresses delivers them.

Near is Yahweh to the broken of heart;
And the crushed of spirit He saves.

Many are the evils that befall the righteous,
And from them all Yahweh will deliver him,

Guarding all his bones:
Not one of them is broken.

Evil will slay the wicked,
And the haters of the righteous will be condemned.

Yahweh redeems the soul of His servants,
And all who take refuge in Him will not be condemned.

Praise to Yahweh, the God of Israel!
From everlasting and unto everlasting.
Amen!
Yes! Amen!
Psalm 35

aBy David.

1Dispute, Yahweh, against my disputers!
2Devour my devourers!

3Seize buckler and shield
4And arise for my help.

5And draw the spear and shield-block against my pursuers;
6Say to my soul, “Your salvation – I Myself.”

7Shamed and dismayed be the seekers of my soul;
8Turned back and humiliated be those who plan evil for me.

9Let them be like chaff before wind,
10And let the angel of Yahweh keep chasing them down.

11Let their path be dark and slippery;
12And let the angel of Yahweh keep pursuing them,

13Because without cause they hid for me a pit for their net;
14Without cause they dug it for my soul.

15Let destruction he does not know come upon him;
16And his net that he hid — let it take him;
17To his destruction let him fall into it.

18Then my soul will exult in Yahweh
19Exulting in His salvation.

20All my bones will say, “Yahweh, who is like You,
21Delivering the oppressed from the one stronger than himself,
22And the oppressed and the needy from his despoiler?”

23Accusatory witnesses take the stand,
24Questioning me on things I know nothing about.

25They repay me evil in the place of good –
A miscarriage for my soul.

And as for me, when they were sick my clothing was sackcloth;
I humbled my soul with fasting;
And my prayer kept returning into my bosom.

As if it were a friend, my own brother, I walked to and fro.
Like one mourning a mother, I was in a pit of gloom.

But when I stumbled they rejoiced and gathered together;
Wretches gathered together against me,
And I did not know it!

They tore without ceasing.
Like ungodly mockers at a pastry feast,
They gnashed their teeth against me.

My Master, how long will you look on?
Restore my soul from their ravagings,
From the young lions my precious life.

I will thank You in the great assembly;
Among the numerous people I will praise You!

Do not let them rejoice over me, my lying enemies;
Nor let those who hate me without cause narrow the eye;

Because they do not speak peace;
But against the quiet of the land they plan deceitful words,

And they have widened their mouth against me,
Saying, “Aha! Aha! Our eyes have seen.”

You have seen, Yahweh. Do not be silent.
My Master, do not be far from me.

Rouse Yourself and wake up for my judgment, my God!
And my Master, for my dispute!

Judge me according to Your righteousness, Yahweh my God,
And do not let them rejoice over me!
55Do not let them say in their heart, “Aha! Our soul's desire!”
56Do not let them say, “We have swallowed him up!”

57Let them be shamed and humiliated together —
58Those who rejoice in my evil day.

59Let them be clothed with shame and dismay —
60Those who magnify themselves against me.

61Let them shout and rejoice who desire my righteousness,
62And let them say continually,

63“Great is Yahweh,
64Who desires the peace of His servant.”

65And my tongue will declare your righteousness,
66Your praise all the day.

Praise to Yahweh, the God of Israel!
From everlasting and unto everlasting.
Amen!
Yes! Amen!

bFor the Director.
Psalm 36

a By the Servant of Yahweh.
b By David.
c An Oracle.

1 The transgression of the wicked person is my meditation:
2 There is no fear of God before his eyes.

3 For he flatters himself in his own eyes,
4 Hating to detect his liability.

5 The words of his mouth are trouble and deceitful.
6 He has ceased to be wise, to do good.

7 Trouble he plots on his bed.
8 He commits himself to a course not good;
9 Evil he does not reject.

10 Yahweh, in the heavens is Your lovingkindness,
11 Your faithfulness is up to the high clouds.

12 Your righteousness is like the mighty mountains;
13 Your justice like the great deep.
14 Both mankind and cattle You preserve, Yahweh.

15 How priceless is Your lovingkindness, O God!
16 Yes, the sons of Adam in the shadow of Your wings find refuge.

17 They feast on the abundance of Your house,
18 And the river of Your delights You give them to drink,

19 For with You is the fountain of life.
20 In Your light we see light.

21 Continue Your lovingkindness to those who know You,
22 And Your righteousness to the upright in heart.

23 May the foot of the proud not come against me.
24 And let not the hand of wicked persons drive me away.
Behold how they lie fallen, the troublemakers!
Thrown down, unable to rise!

Praise to Yahweh, the God of Israel!
From everlasting and unto everlasting.
Amen!
Yes! Amen!
Psalm 37

aBy David.

Aleph is for "not."
1Do not rage at evildoers;
2Do not be envious of the doers of unrighteousness,

3Because like grass they quickly dry out,
4And like a green plant they wither.

Beth is for "trust."
5Trust in Yahweh and do good!
6Inhabit the land and feed on trustworthiness.

7And delight in Yahweh
8And He will give you the requests of your heart.

Gimel is for "roll."
9Roll onto Yahweh your way,
10And rely on Him, and He Himself will do it.

11And He will bring out, like the light, your righteousness,
12And your justice like the noontime.

Daleth is for "be still."
13Be still before Yahweh
14And wait for Him.

15Do not rage at one who prospers in his way,
16At one who does what he plots.

He is for "desist."
17Desist from anger and abandon wrath.
18Do not rage only to do evil,

19Because evildoers will be cut off,
20But those who wait for Yahweh — they will possess the land.
21 And still a little while and there will be no wicked man,  
22 And you will look carefully upon his place but he will not be there.

23 But the humble will possess the land,  
24 And they will delight in abundance of peace.

25 Plotting is the wicked man against the righteous  
26 And gnashing at him with his teeth.

27 My Master laughs at him  
28 Because He sees that his day is coming.

29 A sword the wicked have drawn  
30 And they have bent their bow

31 To make the oppressed and poor fall,  
32 To slaughter the upright in way.

33 Their sword will enter into their heart,  
34 And their bows will be broken.

35 Better is a little belonging to a righteous man  
36 Than the wealth of many wicked men,

37 Because the arms of the wicked will be broken,  
38 But Yahweh supports the righteous.

39 Yahweh knows the days of the blameless,  
40 And their inheritance will be forever.

41 They will not be shamed in a time of evil,  
42 And in days of famine they will be satisfied.

43 But the wicked — they will perish,  
44 And the enemies of Yahweh;
45 Like the precious part of pastures they are finished;  
46 In smoke they are finished.

_Lamedh is for "borrows."

47 A wicked man borrows and does not repay.  
48 But a righteous man is gracious and gives,

49 Because his blessed ones will possess the land  
50 But his dishonored ones will be cut off.

_Mem is for "by."

51 By Yahweh the steps of a young man are established  
52 And in His way he delights.

53 Though he will fall he will not be thrown down  
54 Because Yahweh supports him by His hand.

_Nun is for "youth."

55 A youth I have been; now I am old.  
56 But I have not seen a righteous man abandoned,  
57 Or his seed begging bread.

58 All the day he is gracious and lending,  
59 And his seed is for blessing.

_Samekh is for "turn."

60 Turn from evil and do good  
61 And dwell forever,

62 Because Yahweh loves justice,  
63 And He does not abandon His loyal ones.

`Ayin is for "forever."

64 Forever they are guarded,  
65 But the seed of the wicked will be cut off.

66 The righteous will possess the land  
67 And dwell forever upon it.

_Pe is for "mouth."
The mouth of the righteous man proclaims wisdom,
And his tongue speaks judgment.

The Instruction of his God is in his heart.
His steps will not waver.

_Tsaddeh is for "watching."
The wicked are watching for the righteous
And are seeking to kill him.

_Yahweh will not abandon him in his hand
And will not declare him guilty in his judgment.

_Qoph is for "wait."
Wait upon Yahweh
And He will guard your way.

And He will exalt you to possess the land.
When the wicked are cut off you will see it.

_Resh is for "seeing."
I have seen the wicked man, a terrifying man
And spreading himself like a native green tree.

And he disappeared and — look! — he was not there.
And I looked for him and he was not found.

_Shin is for "observe."
Observe the blameless man and watch the upright,
Because there is a future for the man of peace.

But the rebels will be destroyed together.
The future of the wicked will be cut off.

_Taw is for "salvation."
But the salvation of the righteous is from Yahweh,
Their fortress in a time of trouble.
And Yahweh helps them and delivers them.

He delivers them from the wicked
And He saves them because they seek refuge in Him.
Praise to Yahweh, the God of Israel!
From everlasting and unto everlasting.
Amen!
Yes! Amen!
Psalm 38

Psalm.
By David.
For memorializing.

1Yahweh, do not, in Your wrath, reprove me,
2Nor in Your anger chastise me.

3Indeed, Your arrows have descended into me
4And Your hand has descended upon me.

5There is no sound place in my flesh because of Your indignation;
6There is no peace in my bones because of my sin.

7Indeed, my liabilities go over my head;
8Like a heavy burden they are too heavy for me.

9My wounds stink, they have putrefied,
10Because of my foolishness.

11I have been agitated, I have bowed down greatly;
12All the day I have gone about begrimed,

13Because my loins are filled with burning
14And there is no sound place in my flesh.

15I am numbed and crushed greatly;
16I roar from the groaning of my heart.

17My Master, before You is all my longing,
18And my sighing is not hidden from you.

19My heart pounds; my strength has abandoned me;
20And the light of my eyes — even they are not with me.

21My lovers and my friends stand away from my plague;
22And my neighbors stand afar off.

23Those who seek my soul lay snares for me,
24And those intent on my harm speak destructive words,
And deceits all the day they utter.

And I myself am like a deaf man who does not hear,
And like a mute man who will not open his mouth.

And I am like a man who does not hear
And there are in his mouth no objections.

Because for you, Yahweh, I wait.
You will answer, my Master, my God!

Because I said, “Lest they rejoice concerning me”;
When my foot slipped they magnified themselves against me.

Indeed, I myself am about to stumble,
And my suffering is before me continually.

Indeed, my liability I will declare;
I am anxious because of my impurity.

And my mortal enemies are strong,
And multiplied are my deceptive haters.

And those repaying evil for good —
They oppose me for my pursuit of good.

Do not abandon me, Yahweh!
My God, do not be far from me!

To my help make haste,
My Master, my Salvation!

Praise to Yahweh, the God of Israel!
From everlasting and unto everlasting.
Amen!
Yes! Amen!

dFor the director.
eFor Jeduthun.
Psalm 39

Psalm.
By David.

1 I said, “I will guard my way
2 Lest I defile with my tongue.

3 I will guard my mouth with a muzzle
4 While the wicked one is before me.”

5 I was mute with silence;
6 I was quiet even from good.

7 And my pain was stirred up.
8 Hot was my heart within me.

9 In my meditating the _re burned.
10 I spoke with my tongue:

11 Make me know, Yahweh, my end,
12 And the measure of my days what it is,
13 That I may know how frail I am.

14 Behold, as handbreadths You give my days,
15 And my passing life is as nothing before You.
16 Only vapor is every person who stands _rm.

Selah I said, “I will guard my way
Lest I defile with my tongue.

17 Only as a shadow does a man walk.
18 Only for vapor they clamor:
19 He heaps up and does not know who will gather them.

20 And now, what do I await, my Master?
21 As for my hope, it is in You.

22 From all my rebellions deliver me;
23 As the reproach of a fool do not set me up.
24 I am mute; I will not open my mouth
25 Because it was You who did it.

26 Remove from upon me Your touch;
27 From the opposition of Your hand I have come to an end.

28 With rebukes for liability You discipline a man,
29 And You melt, like a moth, his treasure.
30 Only vapor is every person.

Selah. I said, “I will guard my way
Lest I defile with my tongue.

31 Hear my prayer, Yahweh!
32 And to my cry give ear!

33 To my tears do not be deaf,
34 Because a resident alien I am with You,
35 A sojourner like all my fathers.

36 Turn Your gaze from me and let me be happy
37 Before I go and am no more.

Praise to Yahweh, the God of Israel!
From everlasting and unto everlasting.
Amen!
Yes! Amen!

c For the director.
Psalm 40

aBy David.
bPsalm.

1Waiting, I waited for Yahweh,
2And He bent down to me and heard my cry.

3And He brought me up from a roaring cistern,
4From the slimy mud,

5And He set upon a rock my feet;
6He established my footsteps.

7And He put in my mouth a new song,
8Praise to our God.

9Many will see and fear,
10And will trust in Yahweh.

11Blest and merry is the mighty man who has made Yahweh his trust,
12And has not turned to the proud and those turning aside to a lie.

13Many things have You done, Yahweh my God: Your wonders!
14And Your thoughts toward us: No one can list them to You.

15I will declare and speak:
16"They are too numerous to count!"

17Communion Sacrifice and Tribute You did not desire.
18My ears You have dug out for me.
19Ascension and Purification You did not ask.

20Then I said, “Behold, I come.
21In the scroll of the book it is written about me.

22To do Your will, my God, I delight;
23And Your Instruction is within my inward parts.”

24I announce Your righteousness in a great assembly.
25Behold, My lips I do not restrain.
26 Yahweh, You Yourself, You know!
27 Your righteousness I do not hide within my heart.

28 Your faithfulness and Your salvation I speak.
29 I do not conceal Your lovingkindness and Your trustworthiness from a great assembly.

30 You Yourself, Yahweh, will not hold back Your compassions from me.
31 Let Your lovingkindness and Your trustworthiness continually preserve me,

32 Because surrounding me are evils
33 Till there is no number.

34 Overtaking me are my liabilities
35 And I am not able to see.

36 More numerous are they than the hairs of my head,
37 And my heart has left me.

38 Be pleased, Yahweh, to deliver me!
39 Yahweh, to my help make haste!

40 Let them be shamed and confounded together
41 The ones seeking my soul to destroy it.

42 Let them be turned back and disgraced
43 Those who wish me evil.

44 Let them be desolate because of their shame
45 Those saying to me, “Ha, Ha!”

46 Let them be glad and rejoice in You – all those who seek You.
47 Let them say continually, “Great is Yahweh!” – those who love Your salvation.

48 But I? oppressed and needy!
49 My Master thinks about me.

50 My help and my deliverer are You.
51 My God, do not delay.

Praise to Yahweh, the God of Israel!
From everlasting and unto everlasting.
Amen!
Yes! Amen!

‘For the director.
Psalm 41

Psalm.
By David.

Blest and merry is the one who sympathizes with the poor.
In the day of evil, Yahweh will deliver him.

Yahweh will guard him and keep him alive;
He will be called blessed in the land,
And You will not give him to the desire of his enemies.

Yahweh will support him upon the couch of sickness.
His whole bed You transform in the midst of his illness.

As for me, I said, “Yahweh, be gracious to me.
Heal my soul, because I have sinned against You.”

My enemies say evil of me:
"When will he die and his name perish?"

And if he comes to see me, falsehood he speaks.
In his heart, he gathers troublemaking to himself.

He goes out; to the street he speaks it.
Together against me they whisper, all who hate me.
Against me they plot evil for me.

Saying, "A thing of Belial is poured into him,
And where he lies down he will never be able to get up."

Even my man of peace, in whom I trusted, who ate my bread,
Has lifted up his heel against me.

And You, Yahweh, be gracious to me and raise me up,
And I will repay them.
23By this I know that You are pleased with me,
24Because mine enemy does not shout triumphantly over me.

25And as for me, in my integrity You uphold me,
26And You establish me before Your face everlastingly.

Praise to Yahweh, the God of Israel!
From everlasting and unto everlasting,
Amen!
Yes! Amen!