

PSALMS Praises & Prayers

Look for **5** hidden messages in Psalms!

The book of Psalms contains songs of praise and prayers of all sorts. The psalms were written by people who

- **PRAISED GOD**
- **PLEADED WITH GOD**
- **PRAYED TO GOD**
- **PASSIONATELY LOVED GOD**

Name That Tune

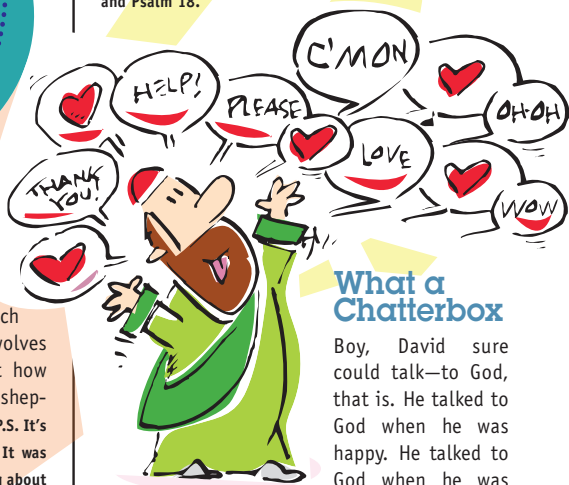


David wrote most of the psalms in the Bible, and the rest were written by a few other people. Besides being a shepherd, king, and giant slayer, David could also carry a tune! Remember how he played music for King Saul? (If not, better go back and read 1 Samuel 16:14-23.) Check out some of David's songs in Psalm 8 and Psalm 18.

Hey, Little Lamb!



Why do you suppose there's so much talk about sheep and shepherds in the Bible? Maybe it's because sheep are such helpless animals. They need a shepherd to watch over them and protect them from wolves and other scary problems. Find out how we're like sheep, and see who's our shepherd. Read Psalm 23 all the way through. (P.S. It's a great psalm to know when you're scared. It was written by David, who knew a little something about sheep, shepherds, and scary situations!)



What a Chatterbox

Boy, David sure could talk—to God, that is. He talked to God when he was happy. He talked to God when he was sad. Then when he was scared, what did he do? You got it—he talked to God some more! Look at Psalm 18:1-3 to see why David liked to talk so much (to God, that is).

How Low Can You Go?

You didn't have to be happy to write one of the psalms. Some of the psalm writers were really sad and upset. But they knew that God likes to hear from us no matter *how* we're feeling! Read how one person cried out to God in Psalm 130. (Then the next time you're upset, don't be afraid to go to God!)



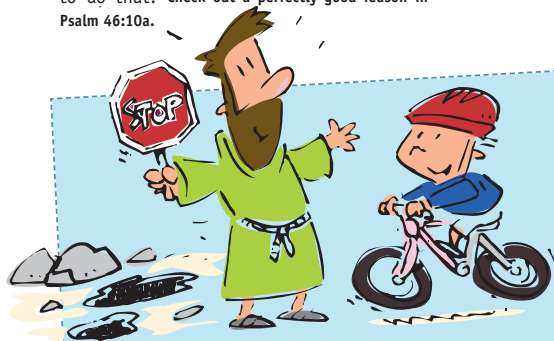


Shhhhh!

Soccer practice. Homework. Dishes. Friends. TV. Math test. Computer games. When's the last time you sat perfectly still for a few minutes? Why would you want to do that? Check out a perfectly good reason in Psalm 46:10a.

Help!

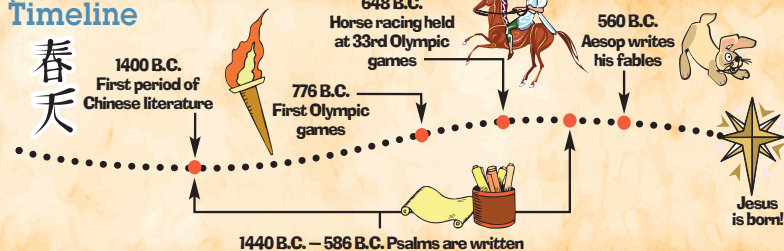
Where can you find help when you're in trouble? Read Psalm 121 to find out!



In God We Trust

Did you know that people who trust in God have extra protection? No way, you say? It's true! Check out Psalm 91:11 to see who's protecting you! (In fact, read all of Psalm 91. It'll make you feel good!)

Timeline



Jesus came from the same family as David. So it's not surprising that many of David's psalms told about things that would happen to Jesus. For example, Psalm 22:16-18 describes Jesus' crucifixion. And, believe it or not, Jesus quoted from Psalm 22 when he was on the cross! There's no such thing as coincidence in the Bible. **God's Word is real and true, and the whole thing points to one person: Jesus!**

BOOK ONE (Psalms 1–41)

PSALM 1

- 1 Oh, the joys of those who do not follow the advice of the wicked, or stand around with sinners, or join in with mockers.
- 2 But they delight in the law of the LORD, meditating on it day and night.
- 3 They are like trees planted along the riverbank, bearing fruit each season. Their leaves never wither, and they prosper in all they do.
- 4 But not the wicked! They are like worthless chaff, scattered by the wind.
- 5 They will be condemned at the time of judgment. Sinners will have no place among the godly.
- 6 For the LORD watches over the path of the godly, but the path of the wicked leads to destruction.

PSALM 2

- 1 Why are the nations so angry? Why do they waste their time with futile plans?
- 2 The kings of the earth prepare for battle; the rulers plot together against the LORD and against his anointed one.
- 3 "Let us break their chains," they cry, "and free ourselves from slavery to God."
- 4 But the one who rules in heaven laughs. The Lord scoffs at them.
- 5 Then in anger he rebukes them, terrifying them with his fierce fury.
- 6 For the Lord declares, "I have placed my chosen king on the throne in Jerusalem, on my holy mountain."
- 7 The king proclaims the LORD's decree: "The LORD said to me, 'You are my son. Today I have become your Father.
- 8 Only ask, and I will give you the nations as your inheritance, the whole earth as your possession.
- 9 You will break them with an iron rod and smash them like clay pots.'"
- 10 Now then, you kings, act wisely! Be warned, you rulers of the earth!

- 11 Serve the LORD with reverent fear, and rejoice with trembling.
- 12 Submit to God's royal son, or he will become angry, and you will be destroyed in the midst of all your activities— for his anger flares up in an instant. But what joy for all who take refuge in him!

PSALM 3

A psalm of David, regarding the time David fled from his son Absalom.

- 1 O LORD, I have so many enemies; so many are against me.
- 2 So many are saying, "God will never rescue him!" *Interlude*
- 3 But you, O LORD, are a shield around me; you are my glory, the one who holds my head high.
- 4 I cried out to the LORD, and he answered me from his holy mountain. *Interlude*
- 5 I lay down and slept, yet I woke up in safety, for the LORD was watching over me.
- 6 I am not afraid of ten thousand enemies who surround me on every side.
- 7 Arise, O LORD! Rescue me, my God! Slap all my enemies in the face! Shatter the teeth of the wicked!
- 8 Victory comes from you, O LORD. May you bless your people. *Interlude*

PSALM 4

For the choir director: A psalm of David, to be accompanied by stringed instruments.

- 1 Answer me when I call to you, O God who declares me innocent. Free me from my troubles. Have mercy on me and hear my prayer.
- 2 How long will you people ruin my reputation? How long will you make groundless accusations? How long will you continue your lies? *Interlude*
- 3 You can be sure of this: The LORD set apart the godly for himself. The LORD will answer when I call to him.



- 4 Don't sin by letting anger control you.
Think about it overnight and remain
silent. *Interlude*
- 5 Offer sacrifices in the right spirit,
and trust the LORD.
- 6 Many people say, "Who will show us better
times?"
Let your face smile on us, LORD.
- 7 You have given me greater joy
than those who have abundant harvests
of grain and new wine.
- 8 In peace I will lie down and sleep,
for you alone, O LORD, will keep me safe.

PSALM 5

For the choir director: A psalm of David, to be accompanied by the flute.

- 1 O LORD, hear me as I pray;
pay attention to my groaning.
- 2 Listen to my cry for help, my King and
my God,
for I pray to no one but you.
- 3 Listen to my voice in the morning, LORD.
Each morning I bring my requests to you
and wait expectantly.
- 4 O God, you take no pleasure in wickedness;
you cannot tolerate the sins of the wicked.
- 5 Therefore, the proud may not stand in your
presence,
for you hate all who do evil.
- 6 You will destroy those who tell lies.
The LORD detests murderers and
deceivers.
- 7 Because of your unfailing love, I can enter
your house;
I will worship at your Temple with
deepest awe.
- 8 Lead me in the right path, O LORD,
or my enemies will conquer me.
Make your way plain for me to follow.
- 9 My enemies cannot speak a truthful word.
Their deepest desire is to destroy others.
Their talk is foul, like the stench from an
open grave.
Their tongues are filled with flattery.
- 10 O God, declare them guilty.
Let them be caught in their own traps.
Drive them away because of their many
sins,
for they have rebelled against you.
- 11 But let all who take refuge in you rejoice;
let them sing joyful praises forever.

- Spread your protection over them,
that all who love your name may be filled
with joy.
- 12 For you bless the godly, O LORD;
you surround them with your shield
of love.

PSALM 6

For the choir director: A psalm of David, to be accompanied by an eight-stringed instrument.

- 1 O LORD, don't rebuke me in your anger
or discipline me in your rage.
- 2 Have compassion on me, LORD, for I am weak.
Heal me, LORD, for my bones are in agony.
- 3 I am sick at heart.
How long, O LORD, until you restore me?
- 4 Return, O LORD, and rescue me.
Save me because of your unfailing love.
- 5 For the dead do not remember you.
Who can praise you from the grave?
- 6 I am worn out from sobbing.
All night I flood my bed with weeping,
drenching it with my tears.
- 7 My vision is blurred by grief;
my eyes are worn out because of all
my enemies.
- 8 Go away, all you who do evil,
for the LORD has heard my weeping.
- 9 The LORD has heard my plea;
the LORD will answer my prayer.
- 10 May all my enemies be disgraced and
terrified.
May they suddenly turn back in shame.

PSALM 7

A psalm of David, which he sang to the LORD concerning Cush of the tribe of Benjamin.

- 1 I come to you for protection, O LORD my God.
Save me from my persecutors—rescue me!
- 2 If you don't, they will maul me like a lion,
tearing me to pieces with no one to
rescue me.
- 3 O LORD my God, if I have done wrong
or am guilty of injustice,
- 4 if I have betrayed a friend
or plundered my enemy without cause,
- 5 then let my enemies capture me.
Let them trample me into the ground
and drag my honor in the dust. *Interlude*
- 6 Arise, O LORD, in anger!
Stand up against the fury of my enemies!
Wake up, my God, and bring justice!



- 7 Gather the nations before you.
Rule over them from on high.
- 8 The LORD judges the nations.
Declare me righteous, O LORD,
for I am innocent, O Most High!
- 9 End the evil of those who are wicked,
and defend the righteous.
For you look deep within the mind and heart,
O righteous God.
- 10 God is my shield,
saving those whose hearts are true
and right.
- 11 God is an honest judge.
He is angry with the wicked every day.
- 12 If a person does not repent,
God will sharpen his sword;
he will bend and string his bow.
- 13 He will prepare his deadly weapons
and shoot his flaming arrows.
- 14 The wicked conceive evil;
they are pregnant with trouble
and give birth to lies.
- 15 They dig a deep pit to trap others,
then fall into it themselves.
- 16 The trouble they make for others backfires
on them.
The violence they plan falls on their
own heads.
- 17 I will thank the LORD because he is just;
I will sing praise to the name of the LORD
Most High.

PSALM 8

For the choir director: A psalm of David, to be accompanied by a stringed instrument.

- 1 O LORD, our Lord, your majestic name fills
the earth!
Your glory is higher than the heavens.
- 2 You have taught children and infants
to tell of your strength,
silencing your enemies
and all who oppose you.
- 3 When I look at the night sky and see the
work of your fingers—
the moon and the stars you set in place—
- 4 what are mere mortals that you should think
about them,
human beings that you should care
for them?
- 5 Yet you made them only a little lower
than God
and crowned them with glory and honor.

- 6 You gave them charge of everything you
made,
putting all things under their authority—
7 the flocks and the herds
and all the wild animals,
8 the birds in the sky, the fish in the sea,
and everything that swims the ocean
currents.
- 9 O LORD, our Lord, your majestic name fills
the earth!

PSALM 9

For the choir director: A psalm of David, to be sung to the tune "Death of the Son."

- 1 I will praise you, LORD, with all my heart;
I will tell of all the marvelous things you
have done.
- 2 I will be filled with joy because of you.
I will sing praises to your name, O Most
High.
- 3 My enemies retreated;
they staggered and died when you
appeared.
- 4 For you have judged in my favor;
from your throne you have judged with
fairness.
- 5 You have rebuked the nations and destroyed
the wicked;
you have erased their names forever.
- 6 The enemy is finished, in endless ruins;
the cities you uprooted are now
forgotten.
- 7 But the LORD reigns forever,
executing judgment from his throne.
- 8 He will judge the world with justice
and rule the nations with fairness.
- 9 The LORD is a shelter for the oppressed,
a refuge in times of trouble.
- 10 Those who know your name trust in you,
for you, O LORD, do not abandon those who
search for you.
- 11 Sing praises to the LORD who reigns in
Jerusalem.
Tell the world about his unforgettable
deeds.
- 12 For he who avenges murder cares for the
helpless.
He does not ignore the cries of those
who suffer.
- 13 LORD, have mercy on me.
See how my enemies torment me.
Snatch me back from the jaws of death.



Psalm 10... page 536

- 14 Save me so I can praise you publicly at Jerusalem's gates,
so I can rejoice that you have rescued me.
- 15 The nations have fallen into the pit they dug for others.
Their own feet have been caught in the trap they set.
- 16 The LORD is known for his justice.
The wicked are trapped by their own deeds. *Quiet Interlude*
- 17 The wicked will go down to the grave.
This is the fate of all the nations who ignore God.
- 18 But the needy will not be ignored forever;
the hopes of the poor will not always be crushed.
- 19 Arise, O LORD!
Do not let mere mortals defy you!
Judge the nations!
- 20 Make them tremble in fear, O LORD.
Let the nations know they are merely human. *Interlude*

PSALM 10

- 1 O LORD, why do you stand so far away?
Why do you hide when I am in trouble?
- 2 The wicked arrogantly hunt down the poor.
Let them be caught in the evil they plan for others.
- 3 For they brag about their evil desires;
they praise the greedy and curse the LORD.
- 4 The wicked are too proud to seek God.
They seem to think that God is dead.
- 5 Yet they succeed in everything they do.
They do not see your punishment awaiting them.
They sneer at all their enemies.
- 6 They think, "Nothing bad will ever happen to us!
We will be free of trouble forever!"
- 7 Their mouths are full of cursing, lies, and threats.
Trouble and evil are on the tips of their tongues.
- 8 They lurk in ambush in the villages,
waiting to murder innocent people.
They are always searching for helpless victims.
- 9 Like lions crouched in hiding,
they wait to pounce on the helpless.
Like hunters they capture the helpless
and drag them away in nets.

- 10 Their helpless victims are crushed;
they fall beneath the strength of the wicked.
- 11 The wicked think, "God isn't watching us!
He has closed his eyes and won't even see what we do!"
- 12 Arise, O LORD!
Punish the wicked, O God!
Do not ignore the helpless!
- 13 Why do the wicked get away with despising God?
They think, "God will never call us to account."
- 14 But you see the trouble and grief they cause.
You take note of it and punish them.
The helpless put their trust in you.
You defend the orphans.
- 15 Break the arms of these wicked, evil people!
Go after them until the last one is destroyed.
- 16 The LORD is king forever and ever!
The godless nations will vanish from the land.
- 17 LORD, you know the hopes of the helpless.
Surely you will hear their cries and comfort them.
- 18 You will bring justice to the orphans and the oppressed,
so mere people can no longer terrify them.

PSALM 11

For the choir director: A psalm of David.

- 1 I trust in the LORD for protection.
So why do you say to me,
"Fly like a bird to the mountains for safety!"
- 2 The wicked are stringing their bows
and fitting their arrows on the bowstrings.
They shoot from the shadows
at those whose hearts are right.
- 3 The foundations of law and order have collapsed.
What can the righteous do?"
- 4 But the LORD is in his holy Temple;
the LORD still rules from heaven.
He watches everyone closely,
examining every person on earth.
- 5 The LORD examines both the righteous and the wicked.
He hates those who love violence.
- 6 He will rain down blazing coals and burning sulfur on the wicked,
punishing them with scorching winds.



- 7 For the righteous LORD loves justice.
The virtuous will see his face.

PSALM 12

For the choir director: A psalm of David, to be accompanied by an eight-stringed instrument.

- 1 Help, O LORD, for the godly are fast disappearing!
The faithful have vanished from the earth!
- 2 Neighbors lie to each other,
speaking with flattering lips and deceitful hearts.
- 3 May the LORD cut off their flattering lips
and silence their boastful tongues.
- 4 They say, "We will lie to our hearts' content.
Our lips are our own—who can stop us?"
- 5 The LORD replies, "I have seen violence done
to the helpless,
and I have heard the groans of the poor.
Now I will rise up to rescue them,
as they have longed for me to do."
- 6 The LORD's promises are pure,
like silver refined in a furnace,
purified seven times over.
- 7 Therefore, LORD, we know you will protect
the oppressed,
preserving them forever from this lying
generation,
- 8 even though the wicked strut about,
and evil is praised throughout the land.

PSALM 13

For the choir director: A psalm of David.

- 1 O LORD, how long will you forget me?
Forever?
How long will you look the other way?
- 2 How long must I struggle with anguish in
my soul,
with sorrow in my heart every day?
How long will my enemy have the upper
hand?
- 3 Turn and answer me, O LORD my God!
Restore the sparkle to my eyes, or
I will die.
- 4 Don't let my enemies gloat, saying, "We
have defeated him!"
Don't let them rejoice at my downfall.
- 5 But I trust in your unfailing love.
I will rejoice because you have
rescued me.
- 6 I will sing to the LORD
because he is good to me.

PSALM 14

For the choir director: A psalm of David.

- 1 Only fools say in their hearts,
"There is no God."
They are corrupt, and their actions are
evil;
not one of them does good!
- 2 The LORD looks down from heaven
on the entire human race;
he looks to see if anyone is truly wise,
if anyone seeks God.
- 3 But no, all have turned away;
all have become corrupt.
No one does good,
not a single one!
- 4 Will those who do evil never learn?
They eat up my people like bread
and wouldn't think of praying to the LORD.
- 5 Terror will grip them,
for God is with those who obey him.
- 6 The wicked frustrate the plans of the
oppressed,
but the LORD will protect his people.
- 7 Who will come from Mount Zion to rescue
Israel?
When the LORD restores his people,
Jacob will shout with joy, and Israel will
rejoice.

PSALM 15

A psalm of David.

- 1 Who may worship in your sanctuary,
LORD?
Who may enter your presence on your
holy hill?
- 2 Those who lead blameless lives and do what
is right,
speaking the truth from sincere hearts.
- 3 Those who refuse to gossip
or harm their neighbors
or speak evil of their friends.
- 4 Those who despise flagrant sinners,
and honor the faithful followers of
the LORD,
and keep their promises even when
it hurts.
- 5 Those who lend money without charging
interest,
and who cannot be bribed to lie about
the innocent.
Such people will stand firm forever.



PSALM 16

A psalm of David.

- 1 Keep me safe, O God,
for I have come to you for refuge.
- 2 I said to the LORD, "You are my Master!
Every good thing I have comes from you."
- 3 The godly people in the land
are my true heroes!
I take pleasure in them!
- 4 Troubles multiply for those who chase after
other gods.
I will not take part in their sacrifices
of blood
or even speak the names of their gods.
- 5 LORD, you alone are my inheritance, my cup
of blessing.
You guard all that is mine.
- 6 The land you have given me is a pleasant
land.
What a wonderful inheritance!
- 7 I will bless the LORD who guides me;
even at night my heart instructs me.
- 8 I know the LORD is always with me.
I will not be shaken, for he is right
beside me.
- 9 No wonder my heart is glad, and I rejoice.
My body rests in safety.
- 10 For you will not leave my soul among
the dead
or allow your holy one to rot in the grave.
- 11 You will show me the way of life,
granting me the joy of your presence
and the pleasures of living with you
forever.

PSALM 17

A prayer of David.

- 1 O LORD, hear my plea for justice.
Listen to my cry for help.
Pay attention to my prayer,
for it comes from honest lips.
- 2 Declare me innocent,
for you see those who do right.
- 3 You have tested my thoughts and examined
my heart in the night.
You have scrutinized me and found
nothing wrong.
I am determined not to sin in what I say.
- 4 I have followed your commands,
which keep me from following cruel and
evil people.

- 5 My steps have stayed on your path;
I have not wavered from following you.
- 6 I am praying to you because I know you will
answer, O God.
Bend down and listen as I pray.
- 7 Show me your unfailing love in wonderful
ways.
By your mighty power you rescue
those who seek refuge from their
enemies.
- 8 Guard me as you would guard your own eyes.
Hide me in the shadow of your wings.
- 9 Protect me from wicked people who
attack me,
from murderous enemies who
surround me.
- 10 They are without pity.
Listen to their boasting!
- 11 They track me down and surround me,
watching for the chance to throw me
to the ground.
- 12 They are like hungry lions, eager to tear
me apart—
like young lions hiding in ambush.
- 13 Arise, O LORD!
Stand against them, and bring them
to their knees!
Rescue me from the wicked with your
sword!
- 14 By the power of your hand, O LORD,
destroy those who look to this world for
their reward.
But satisfy the hunger of your treasured
ones.
May their children have plenty,
leaving an inheritance for their
descendants.
- 15 Because I am righteous, I will see you.
When I awake, I will see you face to face
and be satisfied.

PSALM 18

For the choir director: A psalm of David, the servant of the LORD. He sang this song to the LORD on the day the LORD rescued him from all his enemies and from Saul. He sang:

- 1 I love you, LORD;
you are my strength.
- 2 The LORD is my rock, my fortress, and
my savior;
my God is my rock, in whom I find
protection.
He is my shield, the power that saves me,
and my place of safety.



ROCK SOLID!

Remember the three little pigs? Sticks and straw just couldn't stand against the wolf's bad breath. If they had tried solid rock, things would've gone a little better.

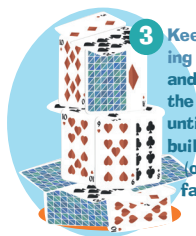
**It's Like This**

- 1 Get a set of cards, and stand two of them up about three inches apart. (You can bend them a little to get going.)

- 2 Set a card on top of the two cards.



- 3 Keep building around and on top of the cards until you've built a house (or until it falls down!)



- 4 Now build a house using blocks. See the difference?



TRYING TO LIVE WITHOUT GOD IS LIKE TRYING TO BUILD A HOUSE OF CARDS TO KEEP YOU SAFE.

But building a house out of blocks was a lot easier, right? Living with God is like living in a solid rock house.

Read **PSALM 18:1-36** to learn about God's rock-solid protection.

- 3 I called on the LORD, who is worthy of praise, and he saved me from my enemies.
- 4 The ropes of death entangled me; floods of destruction swept over me.
- 5 The grave wrapped its ropes around me; death laid a trap in my path.
- 6 But in my distress I cried out to the LORD; yes, I prayed to my God for help. He heard me from his sanctuary; my cry to him reached his ears.
- 7 Then the earth quaked and trembled. The foundations of the mountains shook; they quaked because of his anger.
- 8 Smoke poured from his nostrils; fierce flames leaped from his mouth. Glowing coals blazed forth from him.
- 9 He opened the heavens and came down; dark storm clouds were beneath his feet.
- 10 Mounted on a mighty angelic being, he flew, soaring on the wings of the wind.
- 11 He shrouded himself in darkness, veiling his approach with dark rain clouds.
- 12 Thick clouds shielded the brightness around him and rained down hail and burning coals.
- 13 The LORD thundered from heaven; the voice of the Most High resounded amid the hail and burning coals.
- 14 He shot his arrows and scattered his enemies; great bolts of lightning flashed, and they were confused.
- 15 Then at your command, O LORD, at the blast of your breath, the bottom of the sea could be seen, and the foundations of the earth were laid bare.
- 16 He reached down from heaven and rescued me; he drew me out of deep waters.
- 17 He rescued me from my powerful enemies, from those who hated me and were too strong for me.
- 18 They attacked me at a moment when I was in distress, but the LORD supported me.
- 19 He led me to a place of safety; he rescued me because he delights in me.
- 20 The LORD rewarded me for doing right; he restored me because of my innocence.
- 21 For I have kept the ways of the LORD; I have not turned from my God to follow evil.

Psalm 19... page 540

- 22 I have followed all his regulations;
I have never abandoned his decrees.
- 23 I am blameless before God;
I have kept myself from sin.
- 24 The LORD rewarded me for doing right.
He has seen my innocence.
- 25 To the faithful you show yourself faithful;
to those with integrity you show integrity.
- 26 To the pure you show yourself pure,
but to the crooked you show yourself
shrewd.
- 27 You rescue the humble,
but you humiliate the proud.
- 28 You light a lamp for me.
The LORD, my God, lights up my darkness.
- 29 In your strength I can crush an army;
with my God I can scale any wall.
- 30 God's way is perfect.
All the LORD's promises prove true.
He is a shield for all who look to him
for protection.
- 31 For who is God except the LORD?
Who but our God is a solid rock?
- 32 God arms me with strength,
and he makes my way perfect.
- 33 He makes me as surefooted as a deer,
enabling me to stand on mountain
heights.
- 34 He trains my hands for battle;
he strengthens my arm to draw a bronze
bow.
- 35 You have given me your shield of victory.
Your right hand supports me;
your help has made me great.
- 36 You have made a wide path for my feet
to keep them from slipping.
- 37 I chased my enemies and caught them;
I did not stop until they were conquered.
- 38 I struck them down so they could not
get up;
they fell beneath my feet.
- 39 You have armed me with strength for the
battle;
you have subdued my enemies under
my feet.
- 40 You placed my foot on their necks.
I have destroyed all who hated me.
- 41 They called for help, but no one came to
their rescue.
They even cried to the LORD, but he
refused to answer.
- 42 I ground them as fine as dust in the wind.
I swept them into the gutter like dirt.
- 43 You gave me victory over my accusers.
You appointed me ruler over nations;
people I don't even know now serve me.
- 44 As soon as they hear of me, they submit;
foreign nations cringe before me.
- 45 They all lose their courage
and come trembling from their
strongholds.
- 46 The LORD lives! Praise to my Rock!
May the God of my salvation be exalted!
- 47 He is the God who pays back those who
harm me;
he subdues the nations under me
- 48 and rescues me from my enemies.
You hold me safe beyond the reach of
my enemies;
you save me from violent opponents.
- 49 For this, O LORD, I will praise you among
the nations;
I will sing praises to your name.
- 50 You give great victories to your king;
you show unfailing love to your
anointed,
to David and all his descendants forever.

PSALM 19

For the choir director: A psalm of David.

- 1 The heavens proclaim the glory of God.
The skies display his craftsmanship.
- 2 Day after day they continue to speak;
night after night they make him known.
- 3 They speak without a sound or word;
their voice is never heard.
- 4 Yet their message has gone throughout
the earth,
and their words to all the world.
- God has made a home in the heavens for
the sun.
- 5 It bursts forth like a radiant bridegroom
after his wedding.
It rejoices like a great athlete eager
to run the race.
- 6 The sun rises at one end of the heavens
and follows its course to the other end.
Nothing can hide from its heat.
- 7 The instructions of the LORD are perfect,
reviving the soul.
The decrees of the LORD are trustworthy,
making wise the simple.
- 8 The commandments of the LORD are right,
bringing joy to the heart.
The commands of the LORD are clear,
giving insight for living.

- ⁹ Reverence for the LORD is pure,
lasting forever.
The laws of the LORD are true;
each one is fair.
- ¹⁰ They are more desirable than gold,
even the finest gold.
They are sweeter than honey,
even honey dripping from the comb.
- ¹¹ They are a warning to your servant,
a great reward for those who obey them.
- ¹² How can I know all the sins lurking in
my heart?
Cleanse me from these hidden faults.
- ¹³ Keep your servant from deliberate sins!
Don't let them control me.
Then I will be free of guilt
and innocent of great sin.
- ¹⁴ May the words of my mouth
and the meditation of my heart
be pleasing to you,
O LORD, my rock and my redeemer.

PSALM 20*For the choir director: A psalm of David.*

- ¹ In times of trouble, may the LORD answer
your cry.
May the name of the God of Jacob keep
you safe from all harm.
- ² May he send you help from his sanctuary
and strengthen you from Jerusalem.
- ³ May he remember all your gifts
and look favorably on your burnt
offerings. *Interlude*
- ⁴ May he grant your heart's desires
and make all your plans succeed.
- ⁵ May we shout for joy when we hear of your
victory
and raise a victory banner in the name
of our God.
May the LORD answer all your prayers.
- ⁶ Now I know that the LORD rescues his
anointed king.
He will answer him from his holy heaven
and rescue him by his great power.
- ⁷ Some nations boast of their chariots and
horses,
but we boast in the name of the LORD
our God.
- ⁸ Those nations will fall down and collapse,
but we will rise up and stand firm.
- ⁹ Give victory to our king, O LORD!
Answer our cry for help.

PSALM 21*For the choir director: A psalm of David.*

- ¹ How the king rejoices in your strength,
O LORD!
He shouts with joy because you give him
victory.
- ² For you have given him his heart's desire;
you have withheld nothing he requested. *Interlude*
- ³ You welcomed him back with success and
prosperity.
You placed a crown of finest gold on
his head.
- ⁴ He asked you to preserve his life,
and you granted his request.
The days of his life stretch on forever.
- ⁵ Your victory brings him great honor,
and you have clothed him with splendor
and majesty.
- ⁶ You have endowed him with eternal
blessings
and given him the joy of your presence.
- ⁷ For the king trusts in the LORD.
The unfailing love of the Most High will
keep him from stumbling.
- ⁸ You will capture all your enemies.
Your strong right hand will seize all who
hate you.
- ⁹ You will throw them in a flaming furnace
when you appear.
The LORD will consume them in his anger;
fire will devour them.
- ¹⁰ You will wipe their children from the face
of the earth;
they will never have descendants.
- ¹¹ Although they plot against you,
their evil schemes will never succeed.
- ¹² For they will turn and run
when they see your arrows aimed
at them.
- ¹³ Rise up, O LORD, in all your power.
With music and singing we celebrate
your mighty acts.

PSALM 22*For the choir director: A psalm of David, to be sung to the tune "Doe of the Dawn."*

- ¹ My God, my God, why have you
abandoned me?
Why are you so far away when I groan
for help?
- ² Every day I call to you, my God, but you do
not answer.



Psalm 23 . . .

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- Every night I lift my voice, but I find no relief.
- 3 Yet you are holy,
enthroned on the praises of Israel.
- 4 Our ancestors trusted in you,
and you rescued them.
- 5 They cried out to you and were saved.
They trusted in you and were never disgraced.
- 6 But I am a worm and not a man.
I am scorned and despised by all!
- 7 Everyone who sees me mocks me.
They sneer and shake their heads, saying,
- 8 "Is this the one who relies on the LORD?
Then let the LORD save him!
If the LORD loves him so much,
let the LORD rescue him!"
- 9 Yet you brought me safely from my mother's womb
and led me to trust you at my mother's breast.
- 10 I was thrust into your arms at my birth.
You have been my God from the moment
I was born.
- 11 Do not stay so far from me,
for trouble is near,
and no one else can help me.
- 12 My enemies surround me like a herd of bulls;
fierce bulls of Bashan have hemmed me in!
- 13 Like lions they open their jaws against me,
roaring and tearing into their prey.
- 14 My life is poured out like water,
and all my bones are out of joint.
My heart is like wax,
melting within me.
- 15 My strength has dried up like sunbaked clay.
My tongue sticks to the roof of my mouth.
You have laid me in the dust and left me
for dead.
- 16 My enemies surround me like a pack of dogs;
an evil gang closes in on me.
They have pierced my hands and feet.
- 17 I can count all my bones.
My enemies stare at me and gloat.
- 18 They divide my garments among themselves
and throw dice for my clothing.
- 19 O LORD, do not stay far away!
You are my strength; come quickly
to my aid!
- 20 Save me from the sword;
spare my precious life from these dogs.
- 21 Snatch me from the lion's jaws
and from the horns of these wild oxen.

- 22 I will proclaim your name to my brothers and sisters.
I will praise you among your assembled people.
- 23 Praise the LORD, all you who fear him!
Honor him, all you descendants of Jacob!
Show him reverence, all you descendants
of Israel!
- 24 For he has not ignored or belittled the
suffering of the needy.
He has not turned his back on them,
but has listened to their cries for help.
- 25 I will praise you in the great assembly.
I will fulfill my vows in the presence of
those who worship you.
- 26 The poor will eat and be satisfied.
All who seek the LORD will praise him.
Their hearts will rejoice with everlasting joy.
- 27 The whole earth will acknowledge the LORD
and return to him.
All the families of the nations will bow
down before him.
- 28 For royal power belongs to the LORD.
He rules all the nations.
- 29 Let the rich of the earth feast and worship.
Bow before him, all who are mortal,
all whose lives will end as dust.
- 30 Our children will also serve him.
Future generations will hear about the
wonders of the Lord.
- 31 His righteous acts will be told to those not
yet born.
They will hear about everything he
has done.

PSALM 23

A psalm of David.

- 1 The LORD is my shepherd;
I have all that I need.**
- 2 He lets me rest in green
meadows;
he leads me beside peaceful
streams.**
- 3 He renews my strength.
He guides me along right paths,
bringing honor to his name.**
- 4 Even when I walk
through the darkest valley,
I will not be afraid,
for you are close beside me.
Your rod and your staff
protect and comfort me.**

- 5 You prepare a feast for me
in the presence of my enemies.
You honor me by anointing my head
with oil.
My cup overflows with blessings.
- 6 Surely your goodness and unfailing love will
pursue me
all the days of my life,
and I will live in the house of the LORD
forever.

PSALM 24*A psalm of David.*

- 1 The earth is the LORD's, and everything in it.
The world and all its people belong
to him.
- 2 For he laid the earth's foundation on the seas
and built it on the ocean depths.
- 3 Who may climb the mountain of the
LORD?
Who may stand in his holy place?
- 4 Only those whose hands and hearts
are pure,
who do not worship idols
and never tell lies.
- 5 They will receive the LORD's blessing
and have a right relationship with God
their savior.
- 6 Such people may seek you
and worship in your presence, O God
of Jacob. *Interlude*
- 7 Open up, ancient gates!
Open up, ancient doors,
and let the King of glory enter.
- 8 Who is the King of glory?
The LORD, strong and mighty;
the LORD, invincible in battle.
- 9 Open up, ancient gates!
Open up, ancient doors,
and let the King of glory enter.
- 10 Who is the King of glory?
The LORD of Heaven's Armies—
he is the King of glory. *Interlude*
- but disgrace comes to those who try
to deceive others.
- 4 Show me the right path, O LORD;
point out the road for me to follow.
- 5 Lead me by your truth and teach me,
for you are the God who saves me.
All day long I put my hope in you.
- 6 Remember, O LORD, your compassion and
unfailing love,
which you have shown from long ages
past.
- 7 Do not remember the rebellious sins of
my youth.
Remember me in the light of your
unfailing love,
for you are merciful, O LORD.
- 8 The LORD is good and does what is right;
he shows the proper path to those who
go astray.
- 9 He leads the humble in doing right,
teaching them his way.
- 10 The LORD leads with unfailing love and
faithfulness
all who keep his covenant and obey
his demands.
- 11 For the honor of your name, O LORD,
forgive my many, many sins.
- 12 Who are those who fear the LORD?
He will show them the path they should
choose.
- 13 They will live in prosperity,
and their children will inherit the land.
- 14 The LORD is a friend to those who fear him.
He teaches them his covenant.
- 15 My eyes are always on the LORD,
for he rescues me from the traps of
my enemies.
- 16 Turn to me and have mercy,
for I am alone and in deep distress.
- 17 My problems go from bad to worse.
Oh, save me from them all!
- 18 Feel my pain and see my trouble.
Forgive all my sins.
- 19 See how many enemies I have
and how viciously they hate me!
- 20 Protect me! Rescue my life from them!
Do not let me be disgraced, for in you
I take refuge.
- 21 May integrity and honesty protect me,
for I put my hope in you.
- 22 O God, ransom Israel
from all its troubles.

PSALM 25*A psalm of David.*

- 1 O LORD, I give my life to you.
- 2 I trust in you, my God!
Do not let me be disgraced,
or let my enemies rejoice in my defeat.
- 3 No one who trusts in you will ever be
disgraced,



Psalm 26 ... page 544

PSALM 26

A psalm of David.

- 1 Declare me innocent, O LORD,
for I have acted with integrity;
I have trusted in the LORD without
wavering.
- 2 Put me on trial, LORD, and cross-examine me.
Test my motives and my heart.
- 3 For I am always aware of your unfailing love,
and I have lived according to your truth.
- 4 I do not spend time with liars
or go along with hypocrites.
- 5 I hate the gatherings of those who do evil,
and I refuse to join in with the wicked.
- 6 I wash my hands to declare my innocence.
I come to your altar, O LORD,
7 singing a song of thanksgiving
and telling of all your wonders.
- 8 I love your sanctuary, LORD,
the place where your glorious presence
dwells.
- 9 Don't let me suffer the fate of sinners.
Don't condemn me along with murderers.
- 10 Their hands are dirty with evil schemes,
and they constantly take bribes.
- 11 But I am not like that; I live with integrity.
So redeem me and show me mercy.
- 12 Now I stand on solid ground,
and I will publicly praise the LORD.

PSALM 27

A psalm of David.

- 1 The LORD is my light and my salvation—
so why should I be afraid?
The LORD is my fortress, protecting me
from danger,
so why should I tremble?
- 2 When evil people come to devour me,
when my enemies and foes attack me,
they will stumble and fall.
- 3 Though a mighty army surrounds me,
my heart will not be afraid.
Even if I am attacked,
I will remain confident.
- 4 The one thing I ask of the LORD—
the thing I seek most—
is to live in the house of the LORD all the days
of my life,
delighting in the LORD's perfections
and meditating in his Temple.
- 5 For he will conceal me there when troubles
come;
he will hide me in his sanctuary.



Clues
to the
Savior

Faithful people searched the Scriptures to learn more about the promised Messiah. Clues pointing to the promised Savior could be found in every book of the Old Testament. When Jesus began his public ministry, the Holy Spirit used these clues to help people realize that Jesus was the Messiah!

Check out these pairs of clues from the Old and New Testament, and see how they lead to Jesus:



**PSALM 16:8-10 and LUKE 24:5-7;
PSALM 22:1-21 and MATTHEW 27:46.**

YOU CAN LEAVE CLUES THAT WILL POINT OTHERS TO JESUS TOO!

Cut four strips of paper. On each one, draw or write something about Jesus' life. Fold the papers and hide them in the room. Invite a friend to search the room for clues to your mystery person. **See if your friend discovers that all the clues point to Jesus!**

He will place me out of reach on a high rock.

- 6 Then I will hold my head high
above my enemies who surround me.
At his sanctuary I will offer sacrifices with
shouts of joy,
singing and praising the LORD with music.
- 7 Hear me as I pray, O LORD.
Be merciful and answer me!

- 8 My heart has heard you say, "Come and talk with me."
And my heart responds, "LORD, I am coming."
- 9 Do not turn your back on me.
Do not reject your servant in anger.
You have always been my helper.
Don't leave me now; don't abandon me,
O God of my salvation!
- 10 Even if my father and mother abandon me,
the LORD will hold me close.
- 11 Teach me how to live, O LORD.
Lead me along the right path,
for my enemies are waiting for me.
- 12 Do not let me fall into their hands.
For they accuse me of things I've
never done;
with every breath they threaten me
with violence.
- 13 Yet I am confident I will see the LORD's
goodness
while I am here in the land of the living.
- 14 Wait patiently for the LORD.
Be brave and courageous.
Yes, wait patiently for the LORD.

PSALM 28*A psalm of David.*

- 1 I pray to you, O LORD, my rock.
Do not turn a deaf ear to me.
For if you are silent,
I might as well give up and die.
- 2 Listen to my prayer for mercy
as I cry out to you for help,
as I lift my hands toward your holy
sanctuary.
- 3 Do not drag me away with the wicked—
with those who do evil—
those who speak friendly words to their
neighbors
while planning evil in their hearts.
- 4 Give them the punishment they so richly
deserve!
Measure it out in proportion to their
wickedness.
Pay them back for all their evil deeds!
Give them a taste of what they have
done to others.
- 5 They care nothing for what the LORD
has done
or for what his hands have made.
So he will tear them down,
and they will never be rebuilt!

- 6 Praise the LORD!
For he has heard my cry for mercy.
- 7 The LORD is my strength and shield.
I trust him with all my heart.
He helps me, and my heart is filled with joy.
I burst out in songs of thanksgiving.
- 8 The LORD gives his people strength.
He is a safe fortress for his anointed
king.
- 9 Save your people!
Bless Israel, your special possession.
Lead them like a shepherd,
and carry them in your arms forever.

PSALM 29*A psalm of David.*

- 1 Honor the LORD, you heavenly beings;
honor the LORD for his glory and strength.
- 2 Honor the LORD for the glory of his name.
Worship the LORD in the splendor of his
holiness.
- 3 The voice of the LORD echoes above the sea.
The God of glory thunders.
The LORD thunders over the mighty sea.
- 4 The voice of the LORD is powerful;
the voice of the LORD is majestic.
- 5 The voice of the LORD splits the mighty
cedars;
the LORD shatters the cedars of Lebanon.
- 6 He makes Lebanon's mountains skip like
a calf;
he makes Mount Hermon leap like
a young wild ox.
- 7 The voice of the LORD strikes
with bolts of lightning.
- 8 The voice of the LORD makes the barren
wilderness quake;
the LORD shakes the wilderness
of Kadesh.
- 9 The voice of the LORD twists mighty oaks
and strips the forests bare.
In his Temple everyone shouts, "Glory!"
- 10 The LORD rules over the floodwaters.
The LORD reigns as king forever.
- 11 The LORD gives his people strength.
The LORD blesses them with peace.

PSALM 30*A psalm of David. A song for the dedication of the Temple.*

- 1 I will exalt you, LORD, for you rescued me.
You refused to let my enemies triumph
over me.



Psalm 31 ... page 546

- 2 O LORD my God, I cried to you for help,
and you restored my health.
- 3 You brought me up from the grave, O LORD.
You kept me from falling into the pit
of death.
- 4 Sing to the LORD, all you godly ones!
Praise his holy name.
- 5 For his anger lasts only a moment,
but his favor lasts a lifetime!
Weeping may last through the night,
but joy comes with the morning.
- 6 When I was prosperous, I said,
"Nothing can stop me now!"
- 7 Your favor, O LORD, made me as secure
as a mountain.
Then you turned away from me, and
I was shattered.
- 8 I cried out to you, O LORD.
I begged the Lord for mercy, saying,
9 "What will you gain if I die,
if I sink into the grave?
Can my dust praise you?
Can it tell of your faithfulness?"
- 10 Hear me, LORD, and have mercy on me.
Help me, O LORD."
- 11 You have turned my mourning into joyful
dancing.
You have taken away my clothes of
mourning and clothed me with joy,
- 12 that I might sing praises to you and not
be silent.
O LORD my God, I will give you thanks
forever!

PSALM 31

For the choir director: A psalm of David.

- 1 O LORD, I have come to you for protection;
don't let me be disgraced.
Save me, for you do what is right.
- 2 Turn your ear to listen to me;
rescue me quickly.
Be my rock of protection,
a fortress where I will be safe.
- 3 You are my rock and my fortress.
For the honor of your name, lead me out
of this danger.
- 4 Pull me from the trap my enemies set for me,
for I find protection in you alone.
- 5 I entrust my spirit into your hand.
Rescue me, LORD, for you are a faithful
God.
- 6 I hate those who worship worthless idols.
I trust in the LORD.
- 7 I will be glad and rejoice in your unfailing
love,
for you have seen my troubles,
and you care about the anguish of
my soul.
- 8 You have not handed me over to my enemies
but have set me in a safe place.
- 9 Have mercy on me, LORD, for I am in distress.
Tears blur my eyes.
My body and soul are withering away.
- 10 I am dying from grief;
my years are shortened by sadness.
Sin has drained my strength;
I am wasting away from within.
- 11 I am scorned by all my enemies
and despised by my neighbors—
even my friends are afraid to come
near me.
When they see me on the street,
they run the other way.
- 12 I am ignored as if I were dead,
as if I were a broken pot.
- 13 I have heard the many rumors about me,
and I am surrounded by terror.
My enemies conspire against me,
plotting to take my life.
- 14 But I am trusting you, O LORD,
saying, "You are my God!"
- 15 My future is in your hands.
Rescue me from those who hunt me
down relentlessly.
- 16 Let your favor shine on your servant.
In your unfailing love, rescue me.
- 17 Don't let me be disgraced, O LORD,
for I call out to you for help.
Let the wicked be disgraced;
let them lie silent in the grave.
- 18 Silence their lying lips—
those proud and arrogant lips that accuse
the godly.
- 19 How great is the goodness
you have stored up for those who fear you.
You lavish it on those who come to you for
protection,
blessing them before the watching world.
- 20 You hide them in the shelter of your
presence,
safe from those who conspire against
them.
You shelter them in your presence,
far from accusing tongues.



- 21 Praise the LORD,
for he has shown me the wonders of his
unfailing love.
He kept me safe when my city was under
attack.
- 22 In panic I cried out,
“I am cut off from the LORD!”
But you heard my cry for mercy
and answered my call for help.
- 23 Love the LORD, all you godly ones!
For the LORD protects those who are loyal
to him,
but he harshly punishes the arrogant.
- 24 So be strong and courageous,
all you who put your hope in the LORD!

PSALM 32*A psalm of David.*

- 1 Oh, what joy for those
whose disobedience is forgiven,
whose sin is put out of sight!
- 2 Yes, what joy for those
whose record the LORD has cleared
of guilt,
whose lives are lived in complete honesty!
- 3 When I refused to confess my sin,
my body wasted away,
and I groaned all day long.
- 4 Day and night your hand of discipline was
heavy on me.
My strength evaporated like water in the
summer heat. *Interlude*
- 5 Finally, I confessed all my sins to you
and stopped trying to hide my guilt.
I said to myself, “I will confess my rebellion
to the LORD.”
And you forgave me! All my guilt is gone.
Interlude
- 6 Therefore, let all the godly pray to you while
there is still time,
that they may not drown in the
floodwaters of judgment.
- 7 For you are my hiding place;
you protect me from trouble.
You surround me with songs of victory.
Interlude
- 8 The LORD says, “I will guide you along the
best pathway for your life.
I will advise you and watch over you.
- 9 Do not be like a senseless horse or mule
that needs a bit and bridle to keep it under
control.”
- 10 Many sorrows come to the wicked,
but unfailing love surrounds those who
trust the LORD.
- 11 So rejoice in the LORD and be glad, all you
who obey him!
Shout for joy, all you whose hearts are
pure!

PSALM 33

- 1 Let the godly sing for joy to the LORD;
it is fitting for the pure to praise him.
- 2 Praise the LORD with melodies on the lyre;
make music for him on the ten-stringed
harp.
- 3 Sing a new song of praise to him;
play skillfully on the harp, and sing
with joy.
- 4 For the word of the LORD holds true,
and we can trust everything he does.
- 5 He loves whatever is just and good;
the unfailing love of the LORD fills
the earth.
- 6 The LORD merely spoke,
and the heavens were created.
He breathed the word,
and all the stars were born.
- 7 He assigned the sea its boundaries
and locked the oceans in vast reservoirs.
- 8 Let the whole world fear the LORD,
and let everyone stand in awe of him.
- 9 For when he spoke, the world began!
It appeared at his command.
- 10 The LORD frustrates the plans of the nations
and thwarts all their schemes.
- 11 But the LORD’s plans stand firm forever;
his intentions can never be shaken.
- 12 What joy for the nation whose God is
the LORD,
whose people he has chosen as his
inheritance.
- 13 The LORD looks down from heaven
and sees the whole human race.
- 14 From his throne he observes
all who live on the earth.
- 15 He made their hearts,
so he understands everything they do.
- 16 The best-equipped army cannot save
a king,
nor is great strength enough to save
a warrior.
- 17 Don’t count on your warhorse to give you
victory—
for all its strength, it cannot save you.



Psalm 34 ... page 548

- 18 But the LORD watches over those who
fear him,
those who rely on his unfailing love.
19 He rescues them from death
and keeps them alive in times of famine.
20 We put our hope in the LORD.
He is our help and our shield.
21 In him our hearts rejoice,
for we trust in his holy name.
22 Let your unfailing love surround us, LORD,
for our hope is in you alone.

PSALM 34

A psalm of David, regarding the time he pretended to be insane in front of Abimelech, who sent him away.

- 1 I will praise the LORD at all times.
I will constantly speak his praises.
2 I will boast only in the LORD;
let all who are helpless take heart.
3 Come, let us tell of the LORD's greatness;
let us exalt his name together.
4 I prayed to the LORD, and he answered me.
He freed me from all my fears.
5 Those who look to him for help will be
radiant with joy;
no shadow of shame will darken
their faces.
6 In my desperation I prayed, and the LORD
listened;
he saved me from all my troubles.
7 For the angel of the LORD is a guard;
he surrounds and defends all who
fear him.
8 Taste and see that the LORD is good.
Oh, the joys of those who take refuge
in him!
9 Fear the LORD, you his godly people,
for those who fear him will have all
they need.
10 Even strong young lions sometimes
go hungry,
but those who trust in the LORD will lack
no good thing.
11 Come, my children, and listen to me,
and I will teach you to fear the LORD.
12 Does anyone want to live a life
that is long and prosperous?
13 Then keep your tongue from speaking evil
and your lips from telling lies!
14 Turn away from evil and do good.
Search for peace, and work to maintain it.

- 15 The eyes of the LORD watch over those who
do right;
his ears are open to their cries for help.
16 But the LORD turns his face against those who
do evil;
he will erase their memory from the earth.
17 The LORD hears his people when they call
to him for help.
He rescues them from all their troubles.
18 The LORD is close to the brokenhearted;
he rescues those whose spirits are
crushed.
19 The righteous person faces many troubles,
but the LORD comes to the rescue each
time.
20 For the LORD protects the bones of the
righteous;
not one of them is broken!
21 Calamity will surely destroy the wicked,
and those who hate the righteous will
be punished.
22 But the LORD will redeem those who serve
him.
No one who takes refuge in him will
be condemned.

PSALM 35

A psalm of David.

- 1 O LORD, oppose those who oppose me.
Fight those who fight against me.
2 Put on your armor, and take up your shield.
Prepare for battle, and come to my aid.
3 Lift up your spear and javelin
against those who pursue me.
Let me hear you say,
"I will give you victory!"
4 Bring shame and disgrace on those trying
to kill me;
turn them back and humiliate those who
want to harm me.
5 Blow them away like chaff in the wind—
a wind sent by the angel of the LORD.
6 Make their path dark and slippery,
with the angel of the LORD pursuing them.
7 I did them no wrong, but they laid a trap
for me.
I did them no wrong, but they dug a pit
to catch me.
8 So let sudden ruin come upon them!
Let them be caught in the trap they set
for me!
Let them be destroyed in the pit they dug
for me.



FUNfact**Talk It Over**

One of the best things about having really good friends is being able to tell them anything—



not just the great things about your life but the tough things too. God is that kind of friend. People in the Bible knew that God



was their friend, and they talked to God whether they were happy, sad, scared, or confused. (Remember David? He was a *big* talker to God!)



**PRAYER DOESN'T HAVE TO BE JUST TALK.
TRY PRAYING ON PAPER!**

Use a blank notebook to make a prayer journal. Use the left-hand pages to draw or write about the worst things that happened. On the right-hand pages, draw or write about the best things that happened. Talk to God about each situation. After a while, look back over your journal and see how God has listened to and helped you.



- ⁹ Then I will rejoice in the LORD.
I will be glad because he rescues me.
- ¹⁰ With every bone in my body I will praise him:
“LORD, who can compare with you?
Who else rescues the helpless from the strong?
Who else protects the helpless and poor from those who rob them?”
- ¹¹ Malicious witnesses testify against me.
They accuse me of crimes I know nothing about.
- ¹² They repay me evil for good.
I am sick with despair.
- ¹³ Yet when they were ill, I grieved for them.
I denied myself by fasting for them,
but my prayers returned unanswered.
- ¹⁴ I was sad, as though they were my friends or family,
as if I were grieving for my own mother.
- ¹⁵ But they are glad now that I am in trouble;
they gleefully join together against me.
I am attacked by people I don't even know;
they slander me constantly.
- ¹⁶ They mock me and call me names;
they snarl at me.
- ¹⁷ How long, O LORD, will you look on and do nothing?
Rescue me from their fierce attacks.
Protect my life from these lions!
- ¹⁸ Then I will thank you in front of the great assembly.
I will praise you before all the people.
- ¹⁹ Don't let my treacherous enemies rejoice over my defeat.
Don't let those who hate me without cause gloat over my sorrow.
- ²⁰ They don't talk of peace;
they plot against innocent people who mind their own business.
- ²¹ They shout, “Aha! Aha!
With our own eyes we saw him do it!”
- ²² O LORD, you know all about this.
Do not stay silent.
Do not abandon me now, O LORD.
- ²³ Wake up! Rise to my defense!
Take up my case, my God and my Lord.
- ²⁴ Declare me not guilty, O LORD my God, for you give justice.
Don't let my enemies laugh about me in my troubles.
- ²⁵ Don't let them say, “Look, we got what we wanted!
Now we will eat him alive!”

- 26 May those who rejoice at my troubles
be humiliated and disgraced.
May those who triumph over me
be covered with shame and dishonor.
- 27 But give great joy to those who came to
my defense.
Let them continually say, "Great is
the LORD,
who delights in blessing his servant
with peace!"
- 28 Then I will proclaim your justice,
and I will praise you all day long.

PSALM 36

*For the choir director: A psalm of David, the servant
of the LORD.*

- 1 Sin whispers to the wicked, deep within their
hearts.
They have no fear of God at all.
- 2 In their blind conceit,
they cannot see how wicked they
really are.
- 3 Everything they say is crooked and deceitful.
They refuse to act wisely or do good.
- 4 They lie awake at night, hatching sinful plots.
Their actions are never good.
They make no attempt to turn from evil.
- 5 Your unfailing love, O LORD, is as vast as
the heavens;
your faithfulness reaches beyond the
clouds.
- 6 Your righteousness is like the mighty
mountains,
your justice like the ocean depths.
You care for people and animals alike,
O LORD.
- 7 How precious is your unfailing love,
O God!
All humanity finds shelter
in the shadow of your wings.
- 8 You feed them from the abundance of your
own house,
letting them drink from your river
of delights.
- 9 For you are the fountain of life,
the light by which we see.
- 10 Pour out your unfailing love on those who
love you;
give justice to those with honest hearts.
- 11 Don't let the proud trample me
or the wicked push me around.
- 12 Look! Those who do evil have fallen!
They are thrown down, never to rise again.

PSALM 37

A psalm of David.

- 1 Don't worry about the wicked
or envy those who do wrong.
- 2 For like grass, they soon fade away.
Like spring flowers, they soon wither.
- 3 Trust in the LORD and do good.
Then you will live safely in the land and
prosper.
- 4 Take delight in the LORD,
and he will give you your heart's desires.
- 5 Commit everything you do to the LORD.
Trust him, and he will help you.
- 6 He will make your innocence radiate like
the dawn,
and the justice of your cause will shine
like the noonday sun.
- 7 Be still in the presence of the LORD,
and wait patiently for him to act.
Don't worry about evil people who prosper
or fret about their wicked schemes.
- 8 Stop being angry!
Turn from your rage!
Do not lose your temper—
it only leads to harm.
- 9 For the wicked will be destroyed,
but those who trust in the LORD will
possess the land.
- 10 Soon the wicked will disappear.
Though you look for them, they will
be gone.
- 11 The lowly will possess the land
and will live in peace and prosperity.
- 12 The wicked plot against the godly;
they snarl at them in defiance.
- 13 But the Lord just laughs,
for he sees their day of judgment coming.
- 14 The wicked draw their swords
and string their bows
to kill the poor and the oppressed,
to slaughter those who do right.
- 15 But their swords will stab their own hearts,
and their bows will be broken.
- 16 It is better to be godly and have little
than to be evil and rich.
- 17 For the strength of the wicked will be
shattered,
but the LORD takes care of the godly.
- 18 Day by day the LORD takes care of the
innocent,



- and they will receive an inheritance that lasts forever.
- 19 They will not be disgraced in hard times; even in famine they will have more than enough.
- 20 But the wicked will die.
The LORD's enemies are like flowers in a field— they will disappear like smoke.
- 21 The wicked borrow and never repay, but the godly are generous givers.
- 22 Those the LORD blesses will possess the land, but those he curses will die.
- 23 The LORD directs the steps of the godly. He delights in every detail of their lives.
- 24 Though they stumble, they will never fall, for the LORD holds them by the hand.
- 25 Once I was young, and now I am old. Yet I have never seen the godly abandoned or their children begging for bread.
- 26 The godly always give generous loans to others, and their children are a blessing.
- 27 Turn from evil and do good, and you will live in the land forever.
- 28 For the LORD loves justice, and he will never abandon the godly.
He will keep them safe forever, but the children of the wicked will die.
- 29 The godly will possess the land and will live there forever.
- 30 The godly offer good counsel; they teach right from wrong.
- 31 They have made God's law their own, so they will never slip from his path.
- 32 The wicked wait in ambush for the godly, looking for an excuse to kill them.
- 33 But the LORD will not let the wicked succeed or let the godly be condemned when they are put on trial.
- 34 Put your hope in the LORD.
Travel steadily along his path.
He will honor you by giving you the land. You will see the wicked destroyed.
- 35 I have seen wicked and ruthless people flourishing like a tree in its native soil.
- 36 But when I looked again, they were gone! Though I searched for them, I could not find them!
- 37 Look at those who are honest and good, for a wonderful future awaits those who love peace.
- 38 But the rebellious will be destroyed; they have no future.
- 39 The LORD rescues the godly; he is their fortress in times of trouble.
- 40 The LORD helps them, rescuing them from the wicked. He saves them, and they find shelter in him.

PSALM 38*A psalm of David, asking God to remember him.*

- 1 O LORD, don't rebuke me in your anger or discipline me in your rage!
- 2 Your arrows have struck deep, and your blows are crushing me.
- 3 Because of your anger, my whole body is sick; my health is broken because of my sins.
- 4 My guilt overwhelms me— it is a burden too heavy to bear.
- 5 My wounds fester and stink because of my foolish sins.
- 6 I am bent over and racked with pain. All day long I walk around filled with grief.
- 7 A raging fever burns within me, and my health is broken.
- 8 I am exhausted and completely crushed. My groans come from an anguished heart.
- 9 You know what I long for, Lord; you hear my every sigh.
- 10 My heart beats wildly, my strength fails, and I am going blind.
- 11 My loved ones and friends stay away, fearing my disease. Even my own family stands at a distance.
- 12 Meanwhile, my enemies lay traps to kill me. Those who wish me harm make plans to ruin me. All day long they plan their treachery.
- 13 But I am deaf to all their threats. I am silent before them as one who cannot speak.
- 14 I choose to hear nothing, and I make no reply.
- 15 For I am waiting for you, O LORD. You must answer for me, O Lord my God.
- 16 I prayed, "Don't let my enemies gloat over me or rejoice at my downfall."
- 17 I am on the verge of collapse, facing constant pain.



- 18 But I confess my sins;
I am deeply sorry for what I have done.
- 19 I have many aggressive enemies;
they hate me without reason.
- 20 They repay me evil for good
and oppose me for pursuing good.
- 21 Do not abandon me, O LORD.
Do not stand at a distance, my God.
- 22 Come quickly to help me,
O Lord my savior.

PSALM 39

For Jeduthun, the choir director: A psalm of David.

- 1 I said to myself, "I will watch what I do
and not sin in what I say.
I will hold my tongue
when the ungodly are around me."
- 2 But as I stood there in silence—
not even speaking of good things—
the turmoil within me grew worse.
- 3 The more I thought about it,
the hotter I got,
igniting a fire of words:
- 4 "LORD, remind me how brief my time on
earth will be.
Remind me that my days are numbered—
how fleeting my life is.
- 5 You have made my life no longer than the
width of my hand.
My entire lifetime is just a moment
to you;
at best, each of us is but a breath."
- Interlude*
- 6 We are merely moving shadows,
and all our busy rushing ends in nothing.
We heap up wealth,
not knowing who will spend it.
- 7 And so, Lord, where do I put my hope?
My only hope is in you.
- 8 Rescue me from my rebellion.
Do not let fools mock me.
- 9 I am silent before you; I won't say a word,
for my punishment is from you.
- 10 But please stop striking me!
I am exhausted by the blows from your
hand.
- 11 When you discipline us for our sins,
you consume like a moth what is precious
to us.
Each of us is but a breath. *Interlude*
- 12 Hear my prayer, O LORD!
Listen to my cries for help!
Don't ignore my tears.

- For I am your guest—
a traveler passing through,
as my ancestors were before me.
- 13 Leave me alone so I can smile again
before I am gone and exist no more.

PSALM 40

For the choir director: A psalm of David.

- 1 I waited patiently for the LORD to help me,
and he turned to me and heard my cry.
- 2 He lifted me out of the pit of despair,
out of the mud and the mire.
He set my feet on solid ground
and steadied me as I walked along.
- 3 He has given me a new song to sing,
a hymn of praise to our God.
Many will see what he has done and be
amazed.
They will put their trust in the LORD.
- 4 Oh, the joys of those who trust the LORD,
who have no confidence in the proud
or in those who worship idols.
- 5 O LORD my God, you have performed many
wonders for us.
Your plans for us are too numerous to list.
You have no equal.
If I tried to recite all your wonderful deeds,
I would never come to the end of them.
- 6 You take no delight in sacrifices or
offerings.
Now that you have made me listen,
I finally understand—
you don't require burnt offerings or sin
offerings.
- 7 Then I said, "Look, I have come.
As is written about me in the Scriptures:
- 8 I take joy in doing your will, my God,
for your instructions are written on
my heart."
- 9 I have told all your people about your justice.
I have not been afraid to speak out,
as you, O LORD, well know.
- 10 I have not kept the good news of your justice
hidden in my heart;
I have talked about your faithfulness and
saving power.
I have told everyone in the great assembly
of your unfailing love and faithfulness.
- 11 LORD, don't hold back your tender mercies
from me.
Let your unfailing love and faithfulness
always protect me.



- 12 For troubles surround me—
too many to count!
My sins pile up so high
I can't see my way out.
They outnumber the hairs on my head.
I have lost all courage.
- 13 Please, LORD, rescue me!
Come quickly, LORD, and help me.
- 14 May those who try to destroy me
be humiliated and put to shame.
May those who take delight in my trouble
be turned back in disgrace.
- 15 Let them be horrified by their shame,
for they said, "Aha! We've got him now!"
- 16 But may all who search for you
be filled with joy and gladness in you.
May those who love your salvation
repeatedly shout, "The LORD is great!"
- 17 As for me, since I am poor and needy,
let the Lord keep me in his thoughts.
You are my helper and my savior.
O my God, do not delay.

PSALM 41

For the choir director: A psalm of David.

- 1 Oh, the joys of those who are kind
to the poor!
The LORD rescues them when they
are in trouble.
- 2 The LORD protects them
and keeps them alive.
He gives them prosperity in the land
and rescues them from their enemies.
- 3 The LORD nurses them when they are sick
and restores them to health.
- 4 "O LORD," I prayed, "have mercy on me.
Heal me, for I have sinned against you."
- 5 But my enemies say nothing but evil
about me.
"How soon will he die and be forgotten?"
they ask.
- 6 They visit me as if they were my friends,
but all the while they gather gossip,
and when they leave, they spread it
everywhere.
- 7 All who hate me whisper about me,
imagining the worst.
- 8 "He has some fatal disease," they say.
"He will never get out of that bed!"
- 9 Even my best friend, the one I trusted
completely,
the one who shared my food, has turned
against me.

Waaaattttteeeerrrr



What do you think
that guy would
do for a nice big
glass of ice
water? **PSALM
42 talks all
about thirst...
for God, that
is.** We need to be with

God, to know God, and to learn from God
even more than we need water. **Check it
out as you read PSALM 42:1-8.**

Rain on Me

Try this experiment as a reminder of how
God gives us the things we need.

- 1** Cover a table with newspaper or an old towel. Tape a two-foot piece of yarn to the inside of a clear bowl.
- 2** Wet the yarn.
- 3** Add food coloring to a cup of water. Hold the yarn up and out from the bowl, and pour the colored water down the top of the string. See how far down and away from the bowl you can go.

John 7:37-38 to learn more about the love of water for you.

Just as the bowl filled up with water,
God fills us with everything we need. He
pours out his love for us in so many
ways! **We should thirst after God so
we can get closer and closer to him.**

- 10 LORD, have mercy on me.
Make me well again, so I can pay
them back!
- 11 I know you are pleased with me,
for you have not let my enemies triumph
over me.
- 12 You have preserved my life because I am
innocent;
you have brought me into your presence
forever.
- 13 Praise the LORD, the God of Israel,
who lives from everlasting to everlasting.
Amen and amen!

BOOK TWO (Psalms 42–72)

PSALM 42

*For the choir director: A psalm of the descendants
of Korah.*

**1 As the deer longs for streams
of water,
so I long for you, O God.**

- 2 I thirst for God, the living God.
When can I go and stand before him?
- 3 Day and night I have only tears for food,
while my enemies continually taunt me,
saying,
“Where is this God of yours?”
- 4 My heart is breaking
as I remember how it used to be:
I walked among the crowds of worshipers,
leading a great procession to the house
of God,
singing for joy and giving thanks
amid the sound of a great celebration!
- 5 Why am I discouraged?
Why is my heart so sad?
I will put my hope in God!
I will praise him again—
my Savior and my God!
- Now I am deeply discouraged,
but I will remember you—
even from distant Mount Hermon, the
source of the Jordan,
from the land of Mount Mizar.
- 7 I hear the tumult of the raging seas
as your waves and surging tides sweep
over me.
- 8 But each day the LORD pours his unflinching
love upon me,
and through each night I sing his
songs,
praying to God who gives me life.

- 9 “O God my rock,” I cry,
“Why have you forgotten me?
Why must I wander around in grief,
oppressed by my enemies?”
- 10 Their taunts break my bones.
They scoff, “Where is this God of yours?”
- 11 Why am I discouraged?
Why is my heart so sad?
I will put my hope in God!
I will praise him again—
my Savior and my God!

PSALM 43

- 1 Declare me innocent, O God!
Defend me against these ungodly people.
Rescue me from these unjust liars.
- 2 For you are God, my only safe haven.
Why have you tossed me aside?
Why must I wander around in grief,
oppressed by my enemies?
- 3 Send out your light and your truth;
let them guide me.
Let them lead me to your holy mountain,
to the place where you live.
- 4 There I will go to the altar of God,
to God—the source of all my joy.
I will praise you with my harp,
O God, my God!
- 5 Why am I discouraged?
Why is my heart so sad?
I will put my hope in God!
I will praise him again—
my Savior and my God!

PSALM 44

*For the choir director: A psalm of the descendants
of Korah.*

- 1 O God, we have heard it with our own ears—
our ancestors have told us
of all you did in their day,
in days long ago:
- 2 You drove out the pagan nations by your
power
and gave all the land to our ancestors.
You crushed their enemies
and set our ancestors free.
- 3 They did not conquer the land with their
swords;
it was not their own strong arm that gave
them victory.
It was your right hand and strong arm
and the blinding light from your face that
helped them,
for you loved them.

- 4 You are my King and my God.
You command victories for Israel.
- 5 Only by your power can we push back
our enemies;
only in your name can we trample
our foes.
- 6 I do not trust in my bow;
I do not count on my sword to save me.
- 7 You are the one who gives us victory over
our enemies;
you disgrace those who hate us.
- 8 O God, we give glory to you all day long
and constantly praise your name.

Interlude

- 9 But now you have tossed us aside in
dishonor.
You no longer lead our armies to battle.
- 10 You make us retreat from our enemies
and allow those who hate us to plunder
our land.
- 11 You have butchered us like sheep
and scattered us among the nations.
- 12 You sold your precious people for a
pittance,
making nothing on the sale.
- 13 You let our neighbors mock us.
We are an object of scorn and derision
to those around us.
- 14 You have made us the butt of their jokes;
they shake their heads at us in scorn.
- 15 We can't escape the constant humiliation;
shame is written across our faces.
- 16 All we hear are the taunts of our mockers.
All we see are our vengeful enemies.
- 17 All this has happened though we have not
forgotten you.
We have not violated your covenant.
- 18 Our hearts have not deserted you.
We have not strayed from your path.
- 19 Yet you have crushed us in the jackal's
desert home.
You have covered us with darkness
and death.
- 20 If we had forgotten the name of our God
or spread our hands in prayer to foreign
gods,
- 21 God would surely have known it,
for he knows the secrets of every heart.
- 22 But for your sake we are killed every day;
we are being slaughtered like sheep.
- 23 Wake up, O Lord! Why do you sleep?
Get up! Do not reject us forever.
- 24 Why do you look the other way?

Why do you ignore our suffering and
oppression?

- 25 We collapse in the dust,
lying face down in the dirt.
- 26 Rise up! Help us!
Ransom us because of your unfailing love.

PSALM 45

*For the choir director: A love song to be sung to the
tune "Lilies." A psalm of the descendants of Korah.*

- 1 Beautiful words stir my heart.
I will recite a lovely poem about the king,
for my tongue is like the pen of a skillful
poet.
- 2 You are the most handsome of all.
Gracious words stream from your lips.
God himself has blessed you forever.
- 3 Put on your sword, O mighty warrior!
You are so glorious, so majestic!
- 4 In your majesty, ride out to victory,
defending truth, humility, and justice.
Go forth to perform awe-inspiring deeds!
- 5 Your arrows are sharp, piercing your
enemies' hearts.
The nations fall beneath your feet.
- 6 Your throne, O God, endures forever
and ever.
You rule with a scepter of justice.
- 7 You love justice and hate evil.
Therefore God, your God, has anointed
you,
pouring out the oil of joy on you more
than on anyone else.
- 8 Myrrh, aloes, and cassia perfume your
robes.
In ivory palaces the music of strings
entertains you.
- 9 Kings' daughters are among your noble
women.
At your right side stands the queen,
wearing jewelry of finest gold from Ophir!
- 10 Listen to me, O royal daughter; take to heart
what I say.
Forget your people and your family
far away.
- 11 For your royal husband delights in your
beauty;
honor him, for he is your lord.
- 12 The princess of Tyre will shower you
with gifts.
The wealthy will beg your favor.
- 13 The bride, a princess, looks glorious
in her golden gown.



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- 14 In her beautiful robes, she is led to
the king,
accompanied by her bridesmaids.
- 15 What a joyful and enthusiastic procession
as they enter the king's palace!
- 16 Your sons will become kings like their
father.
You will make them rulers over many
lands.
- 17 I will bring honor to your name in every
generation.
Therefore, the nations will praise you
forever and ever.

PSALM 46

For the choir director: A song of the descendants of Korah, to be sung by soprano voices.

- 1 God is our refuge and strength,
always ready to help in times of trouble.
- 2 So we will not fear when earthquakes come
and the mountains crumble into the sea.
- 3 Let the oceans roar and foam.
Let the mountains tremble as the waters
surge! *Interlude*
- 4 A river brings joy to the city of our God,
the sacred home of the Most High.
- 5 God dwells in that city; it cannot be
destroyed.
From the very break of day, God will
protect it.
- 6 The nations are in chaos,
and their kingdoms crumble!
God's voice thunders,
and the earth melts!
- 7 The LORD of Heaven's Armies is here
among us;
the God of Israel is our fortress. *Interlude*
- 8 Come, see the glorious works of the LORD:
See how he brings destruction upon
the world.
- 9 He causes wars to end throughout the earth.
He breaks the bow and snaps the spear;
he burns the shields with fire.
- 10 **"Be still, and know that
I am God!**
I will be honored by every nation.
I will be honored throughout the world."
- 11 The LORD of Heaven's Armies is here
among us;
the God of Israel is our fortress. *Interlude*

PSALM 47

For the choir director: A psalm of the descendants of Korah.

- 1 Come, everyone! Clap your hands!
Shout to God with joyful praise!
- 2 For the LORD Most High is awesome.
He is the great King of all the earth.
- 3 He subdues the nations before us,
putting our enemies beneath our feet.
- 4 He chose the Promised Land as our
inheritance,
the proud possession of Jacob's
descendants, whom he loves.

Interlude

- 5 God has ascended with a mighty shout.
The LORD has ascended with trumpets
blaring.
- 6 Sing praises to God, sing praises;
sing praises to our King, sing praises!
- 7 For God is the King over all the earth.
Praise him with a psalm.
- 8 God reigns above the nations,
sitting on his holy throne.
- 9 The rulers of the world have gathered
together
with the people of the God of
Abraham.
For all the kings of the earth belong
to God.
He is highly honored everywhere.

PSALM 48

A song. A psalm of the descendants of Korah.

- 1 How great is the LORD,
how deserving of praise,
in the city of our God,
which sits on his holy mountain!
- 2 It is high and magnificent;
the whole earth rejoices to see it!
Mount Zion, the holy mountain,
is the city of the great King!
- 3 God himself is in Jerusalem's towers,
revealing himself as its defender.
- 4 The kings of the earth joined forces
and advanced against the city.
- 5 But when they saw it, they were stunned;
they were terrified and ran away.
- 6 They were gripped with terror
and writhed in pain like a woman
in labor.
- 7 You destroyed them like the mighty ships
of Tarshish
shattered by a powerful east wind.

Key Verse

**“Be still, and know
that I am God!”**

—PSALM 46:10a

There’s a lot of noise out there—TVs, radios, video games. They’re all making noise. There’s a lot of noise inside our hearts, too—worries, fears, hurts. They’re all making it hard to hear and trust God. Sometimes it’s good to just turn the noise off for a little while.

**HEY!
QUIET
DOWN!**

1 Sit still and just listen. What do you hear right now?

2 Listen a little more. Close your eyes and be really quiet.

Wait for about a minute. What did you hear that time that you didn’t hear before?

3 Read PSALM 46:10, pray for 30 seconds, just be still for the next 30 seconds, then pray some more.



Check out Isaiah 30:15 to learn more about being still.

How did being still help your hearing? your praying?

- What else happened while you were sitting quietly?
- What does it mean to be still before God?

- 8 We had heard of the city’s glory,
but now we have seen it ourselves—
the city of the LORD of Heaven’s Armies.
It is the city of our God;
he will make it safe forever. *Interlude*
- 9 O God, we meditate on your unfailing love
as we worship in your Temple.
- 10 As your name deserves, O God,
you will be praised to the ends of the
earth.
Your strong right hand is filled with
victory.
- 11 Let the people on Mount Zion rejoice.
Let all the towns of Judah be glad
because of your justice.
- 12 Go, inspect the city of Jerusalem.
Walk around and count the many towers.

- 13 Take note of the fortified walls,
and tour all the citadels,
that you may describe them
to future generations.
- 14 For that is what God is like.
He is our God forever and ever,
and he will guide us until we die.

PSALM 49

For the choir director: A psalm of the descendants of Korah.

- 1 Listen to this, all you people!
Pay attention, everyone in the world!
- 2 High and low,
rich and poor—listen!
- 3 For my words are wise,
and my thoughts are filled with
insight.
- 4 I listen carefully to many proverbs
and solve riddles with inspiration from
a harp.
- 5 Why should I fear when trouble comes,
when enemies surround me?
- 6 They trust in their wealth
and boast of great riches.
- 7 Yet they cannot redeem themselves from
death
by paying a ransom to God.
- 8 Redemption does not come so easily,
for no one can ever pay enough
9 to live forever
and never see the grave.
- 10 Those who are wise must finally die,
just like the foolish and senseless,
leaving all their wealth behind.
- 11 The grave is their eternal home,
where they will stay forever.
They may name their estates after
themselves,
12 but their fame will not last.
They will die, just like animals.
- 13 This is the fate of fools,
though they are remembered
as being wise. *Interlude*
- 14 Like sheep, they are led to the grave,
where death will be their shepherd.
In the morning the godly will rule over
them.
Their bodies will rot in the grave,
far from their grand estates.
- 15 But as for me, God will redeem my life.
He will snatch me from the power
of the grave. *Interlude*

- 16 So don't be dismayed when the wicked
grow rich
and their homes become ever more
splendid.
- 17 For when they die, they take nothing with
them.
Their wealth will not follow them into
the grave.
- 18 In this life they consider themselves
fortunate
and are applauded for their success.
- 19 But they will die like all before them
and never again see the light of day.
- 20 People who boast of their wealth don't
understand;
they will die, just like animals.

PSALM 50

A psalm of Asaph.

- 1 The LORD, the Mighty One, is God,
and he has spoken;
he has summoned all humanity
from where the sun rises to where it sets.
- 2 From Mount Zion, the perfection of beauty,
God shines in glorious radiance.
- 3 Our God approaches,
and he is not silent.
Fire devours everything in his way,
and a great storm rages around him.
- 4 He calls on the heavens above and earth
below
to witness the judgment of his people.
- 5 "Bring my faithful people to me—
those who made a covenant with me
by giving sacrifices."
- 6 Then let the heavens proclaim his justice,
for God himself will be the judge.

Interlude

- 7 "O my people, listen as I speak.
Here are my charges against you,
O Israel:
I am God, your God!
- 8 I have no complaint about your sacrifices
or the burnt offerings you constantly
offer.
- 9 But I do not need the bulls from your barns
or the goats from your pens.
- 10 For all the animals of the forest are mine,
and I own the cattle on a thousand hills.
- 11 I know every bird on the mountains,
and all the animals of the field are mine.
- 12 If I were hungry, I would not tell you,
for all the world is mine and everything
in it.

Key Verse

"Create in me a
clean heart, O God.
Renew a loyal spirit within me."

—PSALM 51:10

DEEP CLEANING

Even great
Bible heroes
like David
sinned. When
we sin, we can
either run away
from God and get mad or turn around and
repent. Repenting means we admit our
mistake, say we're sorry, and ask God to
help us change. When we repent, God
forgives us and makes us clean.



It's Kinda Like This

1 Find about five
old, dirty pennies.

2 Pour hot sauce on
one side of each
penny.

Let it sit for
about three minutes.
(Louisiana Hot Sauce
works great!)



3 Use a paper
towel to
clean off
the penny,
then clean
off the other side.



Your penny may be a little cleaner, but it's
not anywhere near as clean as we are when
we repent. God *completely* cleans us and
completely forgives us when we repent.
Learn all about it in **PSALM 51:1-17**. Next
time you sin, you know what to do!

- 13 Do I eat the meat of bulls?
Do I drink the blood of goats?
- 14 Make thankfulness your sacrifice to God,
and keep the vows you made to the Most High.
- 15 Then call on me when you are in trouble,
and I will rescue you,
and you will give me glory."
- 16 But God says to the wicked:
"Why bother reciting my decrees
and pretending to obey my covenant?"
- 17 For you refuse my discipline
and treat my words like trash.
- 18 When you see thieves, you approve
of them,
and you spend your time with adulterers.
- 19 Your mouth is filled with wickedness,
and your tongue is full of lies.
- 20 You sit around and slander your brother—
your own mother's son.
- 21 While you did all this, I remained silent,
and you thought I didn't care.
But now I will rebuke you,
listing all my charges against you.
- 22 Repent, all of you who forget me,
or I will tear you apart,
and no one will help you.
- 23 But giving thanks is a sacrifice that truly
honors me.
If you keep to my path,
I will reveal to you the salvation of God."

PSALM 51

For the choir director: A psalm of David, regarding the time Nathan the prophet came to him after David had committed adultery with Bathsheba.

- 1 Have mercy on me, O God,
because of your unfailing love.
Because of your great compassion,
blot out the stain of my sins.
- 2 Wash me clean from my guilt.
Purify me from my sin.
- 3 For I recognize my rebellion;
it haunts me day and night.
- 4 Against you, and you alone, have I sinned;
I have done what is evil in your sight.
You will be proved right in what you say,
and your judgment against me is just.
- 5 For I was born a sinner—
yes, from the moment my mother
conceived me.
- 6 But you desire honesty from the womb,
teaching me wisdom even there.

- 7 Purify me from my sins, and I will be clean;
wash me, and I will be whiter than snow.
- 8 Oh, give me back my joy again;
you have broken me—
now let me rejoice.

9 Don't keep looking at my sins.
Remove the stain of my guilt.

**10 Create in me a clean heart,
O God.
Renew a loyal spirit within me.**

- 11 Do not banish me from your presence,
and don't take your Holy Spirit
from me.
- 12 Restore to me the joy of your salvation,
and make me willing to obey you.
- 13 Then I will teach your ways to rebels,
and they will return to you.
- 14 Forgive me for shedding blood, O God
who saves;
then I will joyfully sing of your
forgiveness.
- 15 Unseal my lips, O Lord,
that my mouth may praise you.
- 16 You do not desire a sacrifice, or I would
offer one.
You do not want a burnt offering.
- 17 The sacrifice you desire is a broken spirit.
You will not reject a broken and repentant
heart, O God.
- 18 Look with favor on Zion and help her;
rebuild the walls of Jerusalem.
- 19 Then you will be pleased with sacrifices
offered in the right spirit—
with burnt offerings and whole burnt
offerings.
Then bulls will again be sacrificed on
your altar.

PSALM 52

For the choir director: A psalm of David, regarding the time Doeg the Edomite said to Saul, "David has gone to see Ahimelech."

- 1 Why do you boast about your crimes,
great warrior?
Don't you realize God's justice continues
forever?
- 2 All day long you plot destruction.
Your tongue cuts like a sharp razor;
you're an expert at telling lies.
- 3 You love evil more than good
and lies more than truth. *Interlude*
- 4 You love to destroy others with your words,
you liar!



5 But God will strike you down once and for all.
He will pull you from your home
and uproot you from the land of
the living.

Interlude

6 The righteous will see it and be amazed.

They will laugh and say,

7 "Look what happens to mighty warriors
who do not trust in God.

They trust their wealth instead
and grow more and more bold in their
wickedness."

8 But I am like an olive tree, thriving in the
house of God.

I will always trust in God's unfailing love.

9 I will praise you forever, O God,
for what you have done.

I will trust in your good name
in the presence of your faithful people.

PSALM 53

*For the choir director: A meditation; a psalm
of David.*

1 Only fools say in their hearts,
"There is no God."

They are corrupt, and their actions
are evil;
not one of them does good!

2 God looks down from heaven
on the entire human race;
he looks to see if anyone is truly wise,
if anyone seeks God.

3 But no, all have turned away;
all have become corrupt.
No one does good,
not a single one!

4 Will those who do evil never learn?
They eat up my people like bread
and wouldn't think of praying to God.

5 Terror will grip them,
terror like they have never known
before.
God will scatter the bones of your
enemies.
You will put them to shame, for God has
rejected them.

6 Who will come from Mount Zion to rescue
Israel?
When God restores his people,
Jacob will shout with joy, and Israel will
rejoice.

PSALM 54

*For the choir director: A psalm of David, regarding
the time the Ziphites came and said to Saul, "We
know where David is hiding." To be accompanied
by stringed instruments.*

1 Come with great power, O God, and
rescue me!

Defend me with your might.

2 Listen to my prayer, O God.
Pay attention to my plea.

3 For strangers are attacking me;
violent people are trying to kill me.
They care nothing for God. *Interlude*

4 But God is my helper.
The Lord keeps me alive!

5 May the evil plans of my enemies be turned
against them.
Do as you promised and put an end
to them.

6 I will sacrifice a voluntary offering to you;
I will praise your name, O LORD,
for it is good.

7 For you have rescued me from my troubles
and helped me to triumph over my
enemies.

PSALM 55

*For the choir director: A psalm of David, to be
accompanied by stringed instruments.*

1 Listen to my prayer, O God.
Do not ignore my cry for help!

2 Please listen and answer me,
for I am overwhelmed by my troubles.

3 My enemies shout at me,
making loud and wicked threats.
They bring trouble on me
and angrily hunt me down.

4 My heart pounds in my chest.
The terror of death assaults me.

5 Fear and trembling overwhelm me,
and I can't stop shaking.

6 Oh, that I had wings like a dove;
then I would fly away and rest!

7 I would fly far away
to the quiet of the wilderness. *Interlude*

8 How quickly I would escape—
far from this wild storm of hatred.

9 Confuse them, Lord, and frustrate their
plans,
for I see violence and conflict in the city.

10 Its walls are patrolled day and night against
invaders,



but the real danger is wickedness within
the city.

- 11 Everything is falling apart;
threats and cheating are rampant
in the streets.
- 12 It is not an enemy who taunts me—
I could bear that.
It is not my foes who so arrogantly
insult me—
I could have hidden from them.
- 13 Instead, it is you—my equal,
my companion and close friend.
- 14 What good fellowship we once enjoyed
as we walked together to the house of God.
- 15 Let death stalk my enemies;
let the grave swallow them alive,
for evil makes its home within them.
- 16 But I will call on God,
and the LORD will rescue me.
- 17 Morning, noon, and night
I cry out in my distress,
and the LORD hears my voice.
- 18 He ransoms me and keeps me safe
from the battle waged against me,
though many still oppose me.
- 19 God, who has ruled forever,
will hear me and humble them.

Interlude

For my enemies refuse to change their ways;
they do not fear God.

- 20 As for my companion, he betrayed his
friends;
he broke his promises.
- 21 His words are as smooth as butter,
but in his heart is war.
His words are as soothing as lotion,
but underneath are daggers!
- 22 Give your burdens to the LORD,
and he will take care of you.
He will not permit the godly to slip
and fall.
- 23 But you, O God, will send the wicked
down to the pit of destruction.
Murderers and liars will die young,
but I am trusting you to save me.

PSALM 56

For the choir director: A psalm of David, regarding the time the Philistines seized him in Gath. To be sung to the tune "Dove on Distant Oaks."

- 1 O God, have mercy on me,
for people are hounding me.

My foes attack me all day long.

- 2 I am constantly hounded by those who
slander me,
and many are boldly attacking me.
- 3 But when I am afraid,
I will put my trust in you.
- 4 I praise God for what he has promised.
I trust in God, so why should I be afraid?
What can mere mortals do to me?
- 5 They are always twisting what I say;
they spend their days plotting to
harm me.
- 6 They come together to spy on me—
watching my every step, eager to kill me.
- 7 Don't let them get away with their
wickedness;
in your anger, O God, bring them down.
- 8 You keep track of all my sorrows.
You have collected all my tears in your
bottle.
You have recorded each one in your book.
- 9 My enemies will retreat when I call to you for
help.
This I know: God is on my side!
- 10 I praise God for what he has promised;
yes, I praise the LORD for what he has
promised.
- 11 I trust in God, so why should I be afraid?
What can mere mortals do to me?
- 12 I will fulfill my vows to you, O God,
and will offer a sacrifice of thanks for your
help.
- 13 For you have rescued me from death;
you have kept my feet from slipping.
So now I can walk in your presence, O God,
in your life-giving light.

PSALM 57

For the choir director: A psalm of David, regarding the time he fled from Saul and went into the cave. To be sung to the tune "Do Not Destroy!"

- 1 Have mercy on me, O God, have mercy!
I look to you for protection.
I will hide beneath the shadow of your wings
until the danger passes by.
- 2 I cry out to God Most High,
to God who will fulfill his purpose
for me.
- 3 He will send help from heaven to rescue me,
disgracing those who hound me.

Interlude

My God will send forth his unfailing love and
faithfulness.



Psalm 58 . . . page 562

4 I am surrounded by fierce lions
who greedily devour human prey—
whose teeth pierce like spears and arrows,
and whose tongues cut like swords.

5 Be exalted, O God, above the highest
heavens!
May your glory shine over all the earth.

6 My enemies have set a trap for me.
I am weary from distress.
They have dug a deep pit in my path,
but they themselves have fallen into it.

Interlude

7 My heart is confident in you, O God;
my heart is confident.
No wonder I can sing your praises!

8 Wake up, my heart!
Wake up, O lyre and harp!
I will wake the dawn with my song.

9 I will thank you, Lord, among all the people.
I will sing your praises among the nations.

10 For your unfailing love is as high as the
heavens.
Your faithfulness reaches to the clouds.

11 Be exalted, O God, above the highest
heavens.
May your glory shine over all the earth.

PSALM 58

For the choir director: A psalm of David, to be sung to the tune "Do Not Destroy!"

1 Justice—do you rulers know the meaning
of the word?
Do you judge the people fairly?

2 No! You plot injustice in your hearts.
You spread violence throughout the land.

3 These wicked people are born sinners;
even from birth they have lied and gone
their own way.

4 They spit venom like deadly snakes;
they are like cobras that refuse to listen,

5 ignoring the tunes of the snake charmers,
no matter how skillfully they play.

6 Break off their fangs, O God!
Smash the jaws of these lions, O LORD!

7 May they disappear like water into thirsty
ground.

Make their weapons useless in their
hands.

8 May they be like snails that dissolve into
slime,
like a stillborn child who will never see
the sun.

9 God will sweep them away, both young
and old,
faster than a pot heats over burning thorns.

10 The godly will rejoice when they see
injustice avenged.
They will wash their feet in the blood
of the wicked.

11 Then at last everyone will say,
"There truly is a reward for those who
live for God;
surely there is a God who judges justly here
on earth."

PSALM 59

For the choir director: A psalm of David, regarding the time Saul sent soldiers to watch David's house in order to kill him. To be sung to the tune "Do Not Destroy!"

1 Rescue me from my enemies, O God.
Protect me from those who have come
to destroy me.

2 Rescue me from these criminals;
save me from these murderers.

3 They have set an ambush for me.
Fierce enemies are out there waiting, LORD,
though I have not sinned or offended
them.

4 I have done nothing wrong,
yet they prepare to attack me.
Wake up! See what is happening and
help me!

5 O LORD God of Heaven's Armies, the God
of Israel,
wake up and punish those hostile
nations.
Show no mercy to wicked traitors.

Interlude

6 They come out at night,
snarling like vicious dogs
as they prowl the streets.
7 Listen to the filth that comes from their
mouths;
their words cut like swords.
"After all, who can hear us?" they sneer.

8 But LORD, you laugh at them.
You scoff at all the hostile nations.

9 You are my strength; I wait for you to
rescue me,
for you, O God, are my fortress.

10 In his unfailing love, my God will stand
with me.
He will let me look down in triumph on
all my enemies.



11 Don't kill them, for my people soon forget
 such lessons;
 stagger them with your power, and bring
 them to their knees,
 O Lord our shield.

12 Because of the sinful things they say,
 because of the evil that is on their lips,
 let them be captured by their pride,
 their curses, and their lies.

13 Destroy them in your anger!
 Wipe them out completely!
 Then the whole world will know
 that God reigns in Israel.

Interlude

14 My enemies come out at night,
 snarling like vicious dogs
 as they prowl the streets.

15 They scavenge for food
 but go to sleep unsatisfied.

16 But as for me, I will sing about your power.
 Each morning I will sing with joy about
 your unfailing love.

For you have been my refuge,
 a place of safety when I am in distress.

17 O my Strength, to you I sing praises,
 for you, O God, are my refuge,
 the God who shows me unfailing love.

PSALM 60

For the choir director: A psalm of David useful for teaching, regarding the time David fought Aram-naharaim and Aram-zobah, and Joab returned and killed 12,000 Edomites in the Valley of Salt. To be sung to the tune "Lily of the Testimony."

1 You have rejected us, O God, and broken
 our defenses.

You have been angry with us; now restore
 us to your favor.

2 You have shaken our land and split it open.
 Seal the cracks, for the land trembles.

3 You have been very hard on us,
 making us drink wine that sent us
 reeling.

4 But you have raised a banner for those who
 fear you—
 a rallying point in the face of attack.

Interlude

5 Now rescue your beloved people.

Answer and save us by your power.

6 God has promised this by his holiness:
 "I will divide up Shechem with joy.

I will measure out the valley of Succoth.

7 Gilead is mine,
 and Manasseh, too.

Ephraim, my helmet, will produce my
 warriors,
 and Judah, my scepter, will produce
 my kings.

8 But Moab, my washbasin, will become
 my servant,
 and I will wipe my feet on Edom
 and shout in triumph over Philistia."

9 Who will bring me into the fortified city?
 Who will bring me victory over Edom?

10 Have you rejected us, O God?
 Will you no longer march with our
 armies?

11 Oh, please help us against our enemies,
 for all human help is useless.

12 With God's help we will do mighty things,
 for he will trample down our foes.

PSALM 61

For the choir director: A psalm of David, to be accompanied by stringed instruments.

1 O God, listen to my cry!
 Hear my prayer!

2 From the ends of the earth,
 I cry to you for help
 when my heart is overwhelmed.

Lead me to the towering rock of safety,
 3 for you are my safe refuge,
 a fortress where my enemies cannot
 reach me.

4 Let me live forever in your sanctuary,
 safe beneath the shelter of your wings!

Interlude

5 For you have heard my vows, O God.
 You have given me an inheritance
 reserved for those who fear your name.

6 Add many years to the life of the king!
 May his years span the generations!

7 May he reign under God's protection
 forever.
 May your unfailing love and faithfulness
 watch over him.

8 Then I will sing praises to your name forever
 as I fulfill my vows each day.

PSALM 62

For Jeduthun, the choir director: A psalm of David.

1 I wait quietly before God,
 for my victory comes from him.

2 He alone is my rock and my salvation,
 my fortress where I will never be shaken.

3 So many enemies against one man—
 all of them trying to kill me.



Psalm 63 . . . page 564

To them I'm just a broken-down wall
or a tottering fence.

4 They plan to topple me from my high
position.

They delight in telling lies about me.
They praise me to my face
but curse me in their hearts. *Interlude*

5 Let all that I am wait quietly before God,
for my hope is in him.

6 He alone is my rock and my salvation,
my fortress where I will not be shaken.

7 My victory and honor come from God alone.
He is my refuge, a rock where no enemy
can reach me.

8 O my people, trust in him at all times.
Pour out your heart to him,
for God is our refuge. *Interlude*

9 Common people are as worthless as a puff of
wind,
and the powerful are not what they
appear to be.

If you weigh them on the scales,
together they are lighter than a breath
of air.

10 Don't make your living by extortion
or put your hope in stealing.
And if your wealth increases,
don't make it the center of your life.

11 God has spoken plainly,
and I have heard it many times:
Power, O God, belongs to you;

12 unfailing love, O Lord, is yours.
Surely you repay all people
according to what they have done.

PSALM 63

*A psalm of David, regarding a time when David was
in the wilderness of Judah.*

1 O God, you are my God;
I earnestly search for you.
My soul thirsts for you;
my whole body longs for you
in this parched and weary land
where there is no water.

2 I have seen you in your sanctuary
and gazed upon your power and glory.

3 Your unfailing love is better than life itself;
how I praise you!

4 I will praise you as long as I live,
lifting up my hands to you in prayer.

5 You satisfy me more than the richest feast.
I will praise you with songs of joy.

6 I lie awake thinking of you,
meditating on you through the night.

7 Because you are my helper,
I sing for joy in the shadow of your wings.

8 I cling to you;
your strong right hand holds me securely.

9 But those plotting to destroy me will come
to ruin.
They will go down into the depths of the
earth.

10 They will die by the sword
and become the food of jackals.

11 But the king will rejoice in God.
All who swear to tell the truth will praise
him,
while liars will be silenced.

PSALM 64

For the choir director: A psalm of David.

1 O God, listen to my complaint.
Protect my life from my enemies' threats.

2 Hide me from the plots of this evil mob,
from this gang of wrongdoers.

3 They sharpen their tongues like swords
and aim their bitter words like arrows.

4 They shoot from ambush at the innocent,
attacking suddenly and fearlessly.

5 They encourage each other to do evil
and plan how to set their traps in secret.
"Who will ever notice?" they ask.

6 As they plot their crimes, they say,
"We have devised the perfect plan!"
Yes, the human heart and mind are cunning.

7 But God himself will shoot them with
his arrows,
suddenly striking them down.

8 Their own tongues will ruin them,
and all who see them will shake their
heads in scorn.

9 Then everyone will be afraid;
they will proclaim the mighty acts of God
and realize all the amazing things he does.

10 The godly will rejoice in the LORD
and find shelter in him.
And those who do what is right
will praise him.

PSALM 65

For the choir director: A song. A psalm of David.

1 What mighty praise, O God,
belongs to you in Zion.

We will fulfill our vows to you,
2 for you answer our prayers.



All of us must come to you.

- 3 Though we are overwhelmed by our sins,
you forgive them all.
- 4 What joy for those you choose to bring near,
those who live in your holy courts.
What festivities await us
inside your holy Temple.
- 5 You faithfully answer our prayers with
awesome deeds,
O God our savior.
You are the hope of everyone on earth,
even those who sail on distant seas.
- 6 You formed the mountains by your power
and armed yourself with mighty strength.
- 7 You quieted the raging oceans
with their pounding waves
and silenced the shouting of the nations.
- 8 Those who live at the ends of the earth
stand in awe of your wonders.
From where the sun rises to where it sets,
you inspire shouts of joy.
- 9 You take care of the earth and water it,
making it rich and fertile.
The river of God has plenty of water;
it provides a bountiful harvest of grain,
for you have ordered it so.
- 10 You drench the plowed ground with rain,
melting the clods and leveling the ridges.
You soften the earth with showers
and bless its abundant crops.
- 11 You crown the year with a bountiful harvest;
even the hard pathways overflow with
abundance.
- 12 The grasslands of the wilderness become
a lush pasture,
and the hillsides blossom with joy.
- 13 The meadows are clothed with flocks
of sheep,
and the valleys are carpeted with grain.
They all shout and sing for joy!

PSALM 66

For the choir director: A song. A psalm.

- 1 Shout joyful praises to God, all the earth!
- 2 Sing about the glory of his name!
Tell the world how glorious he is.
- 3 Say to God, "How awesome are your deeds!
Your enemies cringe before your mighty
power.
- 4 Everything on earth will worship you;
they will sing your praises,
shouting your name in glorious songs."

Interlude

5 Come and see what our God has done, what awesome miracles he performs for people!

- 6 He made a dry path through the Red Sea,
and his people went across on foot.
There we rejoiced in him.
- 7 For by his great power he rules forever.
He watches every movement of the
nations;
let no rebel rise in defiance. *Interlude*
- 8 Let the whole world bless our God
and loudly sing his praises.
- 9 Our lives are in his hands,
and he keeps our feet from stumbling.
- 10 You have tested us, O God;
you have purified us like silver.
- 11 You captured us in your net
and laid the burden of slavery on our backs.
- 12 Then you put a leader over us.
We went through fire and flood,
but you brought us to a place of great
abundance.
- 13 Now I come to your Temple with burnt
offerings
to fulfill the vows I made to you—
- 14 yes, the sacred vows that I made
when I was in deep trouble.
- 15 That is why I am sacrificing burnt offerings
to you—
the best of my rams as a pleasing aroma,
and a sacrifice of bulls and male goats.
Interlude
- 16 Come and listen, all you who fear God,
and I will tell you what he did for me.
- 17 For I cried out to him for help,
praising him as I spoke.
- 18 If I had not confessed the sin in my heart,
the Lord would not have listened.
- 19 But God did listen!
He paid attention to my prayer.
- 20 Praise God, who did not ignore my prayer
or withdraw his unfailing love from me.

PSALM 67

*For the choir director: A song. A psalm, to be
accompanied by stringed instruments.*

- 1 May God be merciful and bless us.
May his face smile with favor on us.

Interlude

- 2 May your ways be known throughout the
earth,



your saving power among people
everywhere.

- 3 May the nations praise you, O God.
Yes, may all the nations praise you.
- 4 Let the whole world sing for joy,
because you govern the nations with
justice
and guide the people of the whole world.
- 5 May the nations praise you, O God.
Yes, may all the nations praise you.
- 6 Then the earth will yield its harvests,
and God, our God, will richly bless us.
- 7 Yes, God will bless us,
and people all over the world will fear him.

Interlude

PSALM 68

For the choir director: A song. A psalm of David.

- 1 Rise up, O God, and scatter your enemies.
Let those who hate God run for their lives.
- 2 Blow them away like smoke.
Melt them like wax in a fire.
Let the wicked perish in the presence
of God.
- 3 But let the godly rejoice.
Let them be glad in God's presence.
Let them be filled with joy.
- 4 Sing praises to God and to his name!
Sing loud praises to him who rides
the clouds.
His name is the LORD—
rejoice in his presence!
- 5 Father to the fatherless, defender of
widows—
this is God, whose dwelling is holy.
- 6 God places the lonely in families;
he sets the prisoners free and gives
them joy.
But he makes the rebellious live in a sun-
scorched land.
- 7 O God, when you led your people out
from Egypt,
when you marched through the dry
wasteland,

Interlude

- 8 the earth trembled, and the heavens poured
down rain
before you, the God of Sinai,
before God, the God of Israel.
- 9 You sent abundant rain, O God,
to refresh the weary land.
- 10 There your people finally settled,
and with a bountiful harvest, O God,
you provided for your needy people.

- 11 The Lord gives the word,
and a great army brings the good news.
- 12 Enemy kings and their armies flee,
while the women of Israel divide the
plunder.
- 13 Even those who lived among the sheepfolds
found treasures—
doves with wings of silver
and feathers of gold.
- 14 The Almighty scattered the enemy kings
like a blowing snowstorm on Mount
Zalmon.
- 15 The mountains of Bashan are majestic,
with many peaks stretching high into
the sky.
- 16 Why do you look with envy, O rugged
mountains,
at Mount Zion, where God has chosen
to live,
where the LORD himself will live forever?
- 17 Surrounded by unnumbered thousands
of chariots,
the Lord came from Mount Sinai into his
sanctuary.
- 18 When you ascended to the heights,
you led a crowd of captives.
You received gifts from the people,
even from those who rebelled against you.
Now the LORD God will live among us
there.
- 19 Praise the Lord; praise God our savior!
For each day he carries us in his arms.
- 20 Our God is a God who saves!
The Sovereign LORD rescues us from
death.
- 21 But God will smash the heads of his enemies,
crushing the skulls of those who love their
guilty ways.
- 22 The Lord says, "I will bring my enemies down
from Bashan;
I will bring them up from the depths of the
sea.
- 23 You, my people, will wash your feet in their
blood,
and even your dogs will get their share!"
- 24 Your procession has come into view, O God—
the procession of my God and King as he
goes into the sanctuary.
- 25 Singers are in front, musicians behind;
between them are young women playing
tambourines.

Interlude



- 26 Praise God, all you people of Israel;
praise the LORD, the source of Israel's life.
- 27 Look, the little tribe of Benjamin leads
the way.
Then comes a great throng of rulers
from Judah
and all the rulers of Zebulun and Naphtali.
- 28 Summon your might, O God.
Display your power, O God, as you have
in the past.
- 29 The kings of the earth are bringing tribute
to your Temple in Jerusalem.
- 30 Rebuke these enemy nations—
these wild animals lurking in the reeds,
this herd of bulls among the weaker calves.
Make them bring bars of silver in humble
tribute.
Scatter the nations that delight in war.
- 31 Let Egypt come with gifts of precious metals;
let Ethiopia bring tribute to God.
- 32 Sing to God, you kingdoms of the earth.
Sing praises to the Lord. *Interlude*
- 33 Sing to the one who rides across the ancient
heavens,
his mighty voice thundering from the sky.
- 34 Tell everyone about God's power.
His majesty shines down on Israel;
his strength is mighty in the heavens.
- 35 God is awesome in his sanctuary.
The God of Israel gives power and strength
to his people.
- Praise be to God!
- PSALM 69**
*For the choir director: A psalm of David, to be sung
to the tune "Lilies."*
- 1 Save me, O God,
for the floodwaters are up to my neck.
2 Deeper and deeper I sink into the mire;
I can't find a foothold.
I am in deep water,
and the floods overwhelm me.
- 3 I am exhausted from crying for help;
my throat is parched.
My eyes are swollen with weeping,
waiting for my God to help me.
- 4 Those who hate me without cause
outnumber the hairs on my head.
Many enemies try to destroy me with lies,
demanding that I give back what I didn't
steal.
- 5 O God, you know how foolish I am;
my sins cannot be hidden from you.
- 6 Don't let those who trust in you be ashamed
because of me,
O Sovereign LORD of Heaven's Armies.
Don't let me cause them to be humiliated,
O God of Israel.
- 7 For I endure insults for your sake;
humiliation is written all over my face.
- 8 Even my own brothers pretend they don't
know me;
they treat me like a stranger.
- 9 Passion for your house has consumed me,
and the insults of those who insult you
have fallen on me.
- 10 When I weep and fast,
they scoff at me.
- 11 When I dress in burlap to show sorrow,
they make fun of me.
- 12 I am the favorite topic of town gossip,
and all the drunks sing about me.
- 13 But I keep praying to you, LORD,
hoping this time you will show me favor.
In your unfailing love, O God,
answer my prayer with your sure salvation.
- 14 Rescue me from the mud;
don't let me sink any deeper!
Save me from those who hate me,
and pull me from these deep waters.
- 15 Don't let the floods overwhelm me,
or the deep waters swallow me,
or the pit of death devour me.
- 16 Answer my prayers, O LORD,
for your unfailing love is wonderful.
Take care of me,
for your mercy is so plentiful.
- 17 Don't hide from your servant;
answer me quickly, for I am in deep
trouble!
- 18 Come and redeem me;
free me from my enemies.
- 19 You know of my shame, scorn, and disgrace.
You see all that my enemies are doing.
- 20 Their insults have broken my heart,
and I am in despair.
If only one person would show some pity;
if only one would turn and comfort me.
- 21 But instead, they give me poison for food;
they offer me sour wine for my thirst.
- 22 Let the bountiful table set before them
become a snare
and their prosperity become a trap.
- 23 Let their eyes go blind so they cannot see,
and make their bodies shake continually.



Psalm 70... page 568

- 24 Pour out your fury on them;
consume them with your burning anger.
- 25 Let their homes become desolate
and their tents be deserted.
- 26 To the one you have punished, they add
insult to injury;
they add to the pain of those you have
hurt.
- 27 Pile their sins up high,
and don't let them go free.
- 28 Erase their names from the Book of Life;
don't let them be counted among the
righteous.
- 29 I am suffering and in pain.
Rescue me, O God, by your saving power.
- 30 Then I will praise God's name with singing,
and I will honor him with thanksgiving.
- 31 For this will please the LORD more than
sacrificing cattle,
more than presenting a bull with its horns
and hooves.
- 32 The humble will see their God at work and
be glad.
Let all who seek God's help be encouraged.
- 33 For the LORD hears the cries of the needy;
he does not despise his imprisoned
people.
- 34 Praise him, O heaven and earth,
the seas and all that move in them.
- 35 For God will save Jerusalem
and rebuild the towns of Judah.
His people will live there
and settle in their own land.
- 36 The descendants of those who obey him
will inherit the land,
and those who love him will live there
in safety.

PSALM 70

For the choir director: A psalm of David, asking God to remember him.

- 1 Please, God, rescue me!
Come quickly, LORD, and help me.
- 2 May those who try to kill me
be humiliated and put to shame.
May those who take delight in my trouble
be turned back in disgrace.
- 3 Let them be horrified by their shame,
for they said, "Aha! We've got him now!"
- 4 But may all who search for you
be filled with joy and gladness in you.
May those who love your salvation
repeatedly shout, "God is great!"

- 5 But as for me, I am poor and needy;
please hurry to my aid, O God.
You are my helper and my savior;
O LORD, do not delay.

PSALM 71

- 1 O LORD, I have come to you for protection;
don't let me be disgraced.
- 2 Save me and rescue me,
for you do what is right.
Turn your ear to listen to me,
and set me free.
- 3 Be my rock of safety
where I can always hide.
Give the order to save me,
for you are my rock and my fortress.
- 4 My God, rescue me from the power of
the wicked,
from the clutches of cruel oppressors.
- 5 O Lord, you alone are my hope.
I've trusted you, O LORD, from childhood.
- 6 Yes, you have been with me from birth;
from my mother's womb you have cared
for me.
No wonder I am always praising you!
- 7 My life is an example to many,
because you have been my strength and
protection.
- 8 That is why I can never stop praising you;
I declare your glory all day long.
- 9 And now, in my old age, don't set me aside.
Don't abandon me when my strength
is failing.
- 10 For my enemies are whispering against me.
They are plotting together to kill me.
- 11 They say, "God has abandoned him.
Let's go and get him,
for no one will help him now."
- 12 O God, don't stay away.
My God, please hurry to help me.
- 13 Bring disgrace and destruction on my
accusers.
Humiliate and shame those who want
to harm me.
- 14 But I will keep on hoping for your help;
I will praise you more and more.
- 15 I will tell everyone about your righteousness.
All day long I will proclaim your saving
power,
though I am not skilled with words.
- 16 I will praise your mighty deeds, O Sovereign
LORD.
I will tell everyone that you alone
are just.



Hey! It's a A... Poem!



Hebrew poetry was fancy stuff!

**B... One
C... cool
D... type of
... poem was
an acrostic poem.**

The first line began with the first letter of the Hebrew alphabet. The second line started with the second letter, and so on.

One acrostic poem is PSALM 119, the longest chapter in the Bible! It doesn't look like it's in alphabetical order to us because the Hebrew words have been translated into English!

CREATE AN ACROSTIC POEM WITH YOUR NAME.

Write your name from top to bottom along the left side of a piece of lined paper, one letter per line.

Lord
Awesome
Unchanging
Real
Exiting
Nice

Kind
Yahweh
Loving
Extraordinary

Think of words describing God that begin with each of the letters. Write a word next to each letter of your name.

Read your acrostic poem to God, and praise him for how wonderful he is!

- 17 O God, you have taught me from my earliest childhood,
and I constantly tell others about the wonderful things you do.
- 18 Now that I am old and gray,
do not abandon me, O God.
Let me proclaim your power to this new generation,
your mighty miracles to all who come after me.
- 19 Your righteousness, O God, reaches to the highest heavens.
You have done such wonderful things.
Who can compare with you, O God?
- 20 You have allowed me to suffer much hardship,
but you will restore me to life again
and lift me up from the depths of the earth.
- 21 You will restore me to even greater honor
and comfort me once again.
- 22 Then I will praise you with music on the harp,
because you are faithful to your promises,
O my God.
I will sing praises to you with a lyre,
O Holy One of Israel.
- 23 I will shout for joy and sing your praises,
for you have ransomed me.
- 24 I will tell about your righteous deeds
all day long,
for everyone who tried to hurt me
has been shamed and humiliated.

PSALM 72

A psalm of Solomon.

- 1 Give your love of justice to the king, O God,
and righteousness to the king's son.
- 2 Help him judge your people in the right way;
let the poor always be treated fairly.
- 3 May the mountains yield prosperity for all,
and may the hills be fruitful.
- 4 Help him to defend the poor,
to rescue the children of the needy,
and to crush their oppressors.
- 5 May they fear you as long as the sun shines,
as long as the moon remains in the sky.
Yes, forever!
- 6 May the king's rule be refreshing like spring
rain on freshly cut grass,
like the showers that water the earth.
- 7 May all the godly flourish during his reign.

May there be abundant prosperity until
the moon is no more.

- 8 May he reign from sea to sea,
and from the Euphrates River to the ends
of the earth.
- 9 Desert nomads will bow before him;
his enemies will fall before him in the dust.
- 10 The western kings of Tarshish and other
distant lands
will bring him tribute.
The eastern kings of Sheba and Seba
will bring him gifts.
- 11 All kings will bow before him,
and all nations will serve him.
- 12 He will rescue the poor when they cry to him;
he will help the oppressed, who have no
one to defend them.
- 13 He feels pity for the weak and the needy,
and he will rescue them.
- 14 He will redeem them from oppression
and violence,
for their lives are precious to him.
- 15 Long live the king!
May the gold of Sheba be given to him.
May the people always pray for him
and bless him all day long.
- 16 May there be abundant grain throughout
the land,
flourishing even on the hilltops.
May the fruit trees flourish like the trees
of Lebanon,
and may the people thrive like grass
in a field.
- 17 May the king's name endure forever;
may it continue as long as the sun shines.
May all nations be blessed through him
and bring him praise.
- 18 Praise the LORD God, the God of Israel,
who alone does such wonderful things.
- 19 Praise his glorious name forever!
Let the whole earth be filled with his glory.
Amen and amen!
- 20 (This ends the prayers of David son of Jesse.)

BOOK THREE (Psalms 73–89)

PSALM 73

A psalm of Asaph.

- 1 Truly God is good to Israel,
to those whose hearts are pure.
- 2 But as for me, I almost lost my footing.
My feet were slipping, and I was
almost gone.
- 3 For I envied the proud
when I saw them prosper despite their
wickedness.
- 4 They seem to live such painless lives;
their bodies are so healthy and strong.
- 5 They don't have troubles like other people;
they're not plagued with problems like
everyone else.
- 6 They wear pride like a jeweled necklace
and clothe themselves with cruelty.
- 7 These fat cats have everything
their hearts could ever wish for!
- 8 They scoff and speak only evil;
in their pride they seek to crush others.
- 9 They boast against the very heavens,
and their words strut throughout the
earth.
- 10 And so the people are dismayed and
confused,
drinking in all their words.
- 11 "What does God know?" they ask.
"Does the Most High even know what's
happening?"
- 12 Look at these wicked people—
enjoying a life of ease while their riches
multiply.
- 13 Did I keep my heart pure for nothing?
Did I keep myself innocent for no reason?
- 14 I get nothing but trouble all day long;
every morning brings me pain.
- 15 If I had really spoken this way to others,
I would have been a traitor to your
people.
- 16 So I tried to understand why the wicked
prosper.
But what a difficult task it is!
- 17 Then I went into your sanctuary, O God,
and I finally understood the destiny
of the wicked.
- 18 Truly, you put them on a slippery path
and send them sliding over the cliff
to destruction.
- 19 In an instant they are destroyed,
completely swept away by terrors.
- 20 When you arise, O Lord,
you will laugh at their silly ideas
as a person laughs at dreams in the
morning.
- 21 Then I realized that my heart was bitter,
and I was all torn up inside.
- 22 I was so foolish and ignorant—
I must have seemed like a senseless
animal to you.



- 23 Yet I still belong to you;
you hold my right hand.
- 24 You guide me with your counsel,
leading me to a glorious destiny.
- 25 Whom have I in heaven but you?
I desire you more than anything on earth.
- 26 My health may fail, and my spirit may grow
weak,
but God remains the strength of my heart;
he is mine forever.
- 27 Those who desert him will perish,
for you destroy those who abandon you.
- 28 But as for me, how good it is to be near God!
I have made the Sovereign LORD my
shelter,
and I will tell everyone about the
wonderful things you do.

PSALM 74*A psalm of Asaph.*

- 1 O God, why have you rejected us so long?
Why is your anger so intense against the
sheep of your own pasture?
- 2 Remember that we are the people you chose
long ago,
the tribe you redeemed as your own
special possession!
And remember Jerusalem, your home
here on earth.
- 3 Walk through the awful ruins of the city;
see how the enemy has destroyed your
sanctuary.
- 4 There your enemies shouted their victorious
battle cries;
there they set up their battle standards.
- 5 They swung their axes
like woodcutters in a forest.
- 6 With axes and picks,
they smashed the carved paneling.
- 7 They burned your sanctuary to the ground.
They defiled the place that bears your
name.
- 8 Then they thought, "Let's destroy
everything!"
So they burned down all the places where
God was worshiped.
- 9 We no longer see your miraculous signs.
All the prophets are gone,
and no one can tell us when it will end.
- 10 How long, O God, will you allow our enemies
to insult you?
Will you let them dishonor your name
forever?

- 11 Why do you hold back your strong right
hand?
Unleash your powerful fist and destroy
them.
- 12 You, O God, are my king from ages past,
bringing salvation to the earth.
- 13 You split the sea by your strength
and smashed the heads of the sea
monsters.
- 14 You crushed the heads of Leviathan
and let the desert animals eat him.
- 15 You caused the springs and streams
to gush forth,
and you dried up rivers that never
run dry.
- 16 Both day and night belong to you;
you made the starlight and the sun.
- 17 You set the boundaries of the earth,
and you made both summer and winter.
- 18 See how these enemies insult you, LORD.
A foolish nation has dishonored your
name.
- 19 Don't let these wild beasts destroy your
turtledoves.
Don't forget your suffering people forever.
- 20 Remember your covenant promises,
for the land is full of darkness and
violence!
- 21 Don't let the downtrodden be humiliated
again.
Instead, let the poor and needy praise
your name.
- 22 Arise, O God, and defend your cause.
Remember how these fools insult you all
day long.
- 23 Don't overlook what your enemies have said
or their growing uproar.

PSALM 75*For the choir director: A psalm of Asaph. A song to be sung to the tune "Do Not Destroy!"*

- 1 We thank you, O God!
We give thanks because you are near.
People everywhere tell of your wonderful
deeds.
- 2 God says, "At the time I have planned,
I will bring justice against the wicked.
- 3 When the earth quakes and its people live
in turmoil,
I am the one who keeps its foundations
firm.

Interlude

Psalm 76 . . .

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- 4 "I warned the proud, 'Stop your boasting!'
I told the wicked, 'Don't raise your fists!'
5 Don't raise your fists in defiance at the
heavens
or speak with such arrogance."
6 For no one on earth—from east or west,
or even from the wilderness—
should raise a defiant fist.
7 It is God alone who judges;
he decides who will rise and who
will fall.
8 For the LORD holds a cup in his hand
that is full of foaming wine mixed
with spices.
He pours out the wine in judgment,
and all the wicked must drink it,
draining it to the dregs.
9 But as for me, I will always proclaim what
God has done;
I will sing praises to the God of Jacob.
10 For God says, "I will break the strength of the
wicked,
but I will increase the power of the
godly."

PSALM 76

For the choir director: A psalm of Asaph. A song to be accompanied by stringed instruments.

- 1 God is honored in Judah;
his name is great in Israel.
2 Jerusalem is where he lives;
Mount Zion is his home.
3 There he has broken the fiery arrows
of the enemy,
the shields and swords and weapons
of war. *Interlude*
4 You are glorious and more majestic
than the everlasting mountains.
5 Our boldest enemies have been plundered.
They lie before us in the sleep of death.
No warrior could lift a hand against us.
6 At the blast of your breath, O God of Jacob,
their horses and chariots lay still.
7 No wonder you are greatly feared!
Who can stand before you when your
anger explodes?
8 From heaven you sentenced your enemies;
the earth trembled and stood silent before
you.
9 You stand up to judge those who do evil,
O God,
and to rescue the oppressed of the earth.
Interlude

- 10 Human defiance only enhances your glory,
for you use it as a weapon.
11 Make vows to the LORD your God, and
keep them.
Let everyone bring tribute to the
Awesome One.
12 For he breaks the pride of princes,
and the kings of the earth fear him.

PSALM 77

For Jeduthun, the choir director: A psalm of Asaph.

- 1 I cry out to God; yes, I shout.
Oh, that God would listen to me!
2 When I was in deep trouble,
I searched for the Lord.
All night long I prayed, with hands lifted
toward heaven,
but my soul was not comforted.
3 I think of God, and I moan,
overwhelmed with longing for his help. *Interlude*
4 You don't let me sleep.
I am too distressed even to pray!
5 I think of the good old days,
long since ended,
6 when my nights were filled with joyful songs.
I search my soul and ponder the difference
now.
7 Has the Lord rejected me forever?
Will he never again be kind to me?
8 Is his unfailing love gone forever?
Have his promises permanently failed?
9 Has God forgotten to be gracious?
Has he slammed the door on his
compassion? *Interlude*
10 And I said, "This is my fate;
the Most High has turned his hand
against me."
11 But then I recall all you have done, O LORD;
I remember your wonderful deeds of
long ago.
12 They are constantly in my thoughts.
I cannot stop thinking about your mighty
works.
13 O God, your ways are holy.
Is there any god as mighty as you?
14 You are the God of great wonders!
You demonstrate your awesome power
among the nations.
15 By your strong arm, you redeemed your
people,
the descendants of Jacob and Joseph. *Interlude*



- 16 When the Red Sea saw you, O God,
its waters looked and trembled!
The sea quaked to its very depths.
- 17 The clouds poured down rain;
the thunder rumbled in the sky.
Your arrows of lightning flashed.
- 18 Your thunder roared from the whirlwind;
the lightning lit up the world!
The earth trembled and shook.
- 19 Your road led through the sea,
your pathway through the mighty
waters—
a pathway no one knew was there!
- 20 You led your people along that road like
a flock of sheep,
with Moses and Aaron as their shepherds.

PSALM 78*A psalm of Asaph.*

- 1 O my people, listen to my instructions.
Open your ears to what I am saying,
2 for I will speak to you in a parable.
I will teach you hidden lessons from
our past—
3 stories we have heard and known,
stories our ancestors handed down to us.
- 4 We will not hide these truths from our
children;
we will tell the next generation
about the glorious deeds of the LORD,
about his power and his mighty wonders.
- 5 For he issued his laws to Jacob;
he gave his instructions to Israel.
He commanded our ancestors
to teach them to their children,
6 so the next generation might know them—
even the children not yet born—
and they in turn will teach their own
children.
- 7 So each generation should set its hope anew
on God,
not forgetting his glorious miracles
and obeying his commands.
- 8 Then they will not be like their ancestors—
stubborn, rebellious, and unfaithful,
refusing to give their hearts to God.
- 9 The warriors of Ephraim, though armed with
bows,
turned their backs and fled on the day
of battle.
- 10 They did not keep God's covenant
and refused to live by his instructions.
- 11 They forgot what he had done—
the great wonders he had shown them,
12 the miracles he did for their ancestors
on the plain of Zoan in the land of Egypt.
- 13 For he divided the sea and led them through,
making the water stand up like walls!
- 14 In the daytime he led them by a cloud,
and all night by a pillar of fire.
- 15 He split open the rocks in the wilderness
to give them water, as from a gushing
spring.
- 16 He made streams pour from the rock,
making the waters flow down like a river!
- 17 Yet they kept on sinning against him,
rebellious against the Most High in the
desert.
- 18 They stubbornly tested God in their hearts,
demanding the foods they craved.
- 19 They even spoke against God himself,
saying,
“God can't give us food in the wilderness.
20 Yes, he can strike a rock so water gushes out,
but he can't give his people bread and
meat.”
- 21 When the LORD heard them, he was furious.
The fire of his wrath burned against Jacob.
Yes, his anger rose against Israel,
22 for they did not believe God
or trust him to care for them.
- 23 But he commanded the skies to open;
he opened the doors of heaven.
- 24 He rained down manna for them to eat;
he gave them bread from heaven.
- 25 They ate the food of angels!
God gave them all they could hold.
- 26 He released the east wind in the heavens
and guided the south wind by his mighty
power.
- 27 He rained down meat as thick as dust—
birds as plentiful as the sand on the
seashore!
- 28 He caused the birds to fall within their camp
and all around their tents.
- 29 The people ate their fill.
He gave them what they craved.
- 30 But before they satisfied their craving,
while the meat was yet in their mouths,
31 the anger of God rose against them,
and he killed their strongest men.
He struck down the finest of Israel's
young men.
- 32 But in spite of this, the people kept sinning.
Despite his wonders, they refused to
trust him.
- 33 So he ended their lives in failure,
their years in terror.



- 34 When God began killing them,
they finally sought him.
They repented and took God seriously.
- 35 Then they remembered that God was
their rock,
that God Most High was their redeemer.
- 36 But all they gave him was lip service;
they lied to him with their tongues.
- 37 Their hearts were not loyal to him.
They did not keep his covenant.
- 38 Yet he was merciful and forgave their sins
and did not destroy them all.
Many times he held back his anger
and did not unleash his fury!
- 39 For he remembered that they were merely
mortal,
gone like a breath of wind that never
returns.
- 40 Oh, how often they rebelled against him
in the wilderness
and grieved his heart in that dry
wasteland.
- 41 Again and again they tested God's
patience
and provoked the Holy One of Israel.
- 42 They did not remember his power
and how he rescued them from their
enemies.
- 43 They did not remember his miraculous
signs in Egypt,
his wonders on the plain of Zoan.
- 44 For he turned their rivers into blood,
so no one could drink from the streams.
- 45 He sent vast swarms of flies to consume
them
and hordes of frogs to ruin them.
- 46 He gave their crops to caterpillars;
their harvest was consumed by locusts.
- 47 He destroyed their grapevines with hail
and shattered their sycamore-figs
with sleet.
- 48 He abandoned their cattle to the hail,
their livestock to bolts of lightning.
- 49 He loosed on them his fierce anger—
all his fury, rage, and hostility.
He dispatched against them
a band of destroying angels.
- 50 He turned his anger against them;
he did not spare the Egyptians' lives
but ravaged them with the plague.
- 51 He killed the oldest son in each Egyptian
family,
the flower of youth throughout the land of
Egypt.
- 52 But he led his own people like a flock
of sheep,
guiding them safely through the
wilderness.
- 53 He kept them safe so they were not afraid;
but the sea covered their enemies.
- 54 He brought them to the border of his
holy land,
to this land of hills he had won for them.
- 55 He drove out the nations before them;
he gave them their inheritance by lot.
He settled the tribes of Israel into their
homes.
- 56 But they kept testing and rebelling against
God Most High.
They did not obey his laws.
- 57 They turned back and were as faithless
as their parents.
They were as undependable as a crooked
bow.
- 58 They angered God by building shrines
to other gods;
they made him jealous with their idols.
- 59 When God heard them, he was very angry,
and he completely rejected Israel.
- 60 Then he abandoned his dwelling at Shiloh,
the Tabernacle where he had lived among
the people.
- 61 He allowed the Ark of his might to be
captured;
he surrendered his glory into enemy hands.
- 62 He gave his people over to be butchered by
the sword,
because he was so angry with his own
people—his special possession.
- 63 Their young men were killed by fire;
their young women died before singing
their wedding songs.
- 64 Their priests were slaughtered,
and their widows could not mourn their
deaths.
- 65 Then the Lord rose up as though waking
from sleep,
like a warrior aroused from a drunken
stupor.
- 66 He routed his enemies
and sent them to eternal shame.
- 67 But he rejected Joseph's descendants;
he did not choose the tribe of Ephraim.
- 68 He chose instead the tribe of Judah,
and Mount Zion, which he loved.
- 69 There he built his sanctuary as high as
the heavens,
as solid and enduring as the earth.

BIBLE BIOS

Hear From the Heroes



Hi, my name is

ESTHER (queen)

Who would have thought that an orphan girl would one day become queen of the most powerful country in the world? I

certainly wouldn't have—but that's exactly what happened to me. After my parents died, my older cousin, Mordecai, took me in and raised me like his own daughter. Mordecai taught me to love God and live for God no matter how good or bad things got.

Mordecai worked in the king's palace. Check out how he saved the king's life as you read **ESTHER 2:21-23**.

We lived in Susa, where the great King Xerxes had his palace. The king had a bad temper, and he really didn't do things God's way. Once he got mad at his wife and just decided to get a new one. Guess how the king decided to find his new wife. He held a kind of beauty pageant. They took me to the king's palace and gave me a huge makeover! Of all the women, the king chose *me* to be his queen—I couldn't believe it.

Esther didn't tell the king right away. Check out **ESTHER 5:1-8** and **7:1-7** to find out how she made her request.

But Mordecai reminded me that God made me queen for a reason. It didn't take long to see why. A wicked man named Haman got permission from the king to kill all of my people, the Jews. I had to do something, but I knew that if I went to the king without being asked, he'd probably have me killed. I know that sounds weird since I was the queen. But that was the law, and like I said, the king had a temper.

Haman especially didn't like Mordecai. Read **ESTHER 3:1-6** to find out why.

Esther didn't tell the king right away. Check out **ESTHER 5:1-8** and **7:1-7** to find out how she made her request.

When I went to the king, I was so afraid that I could barely stand up. But the king held out his scepter (a gold rod) to me, which meant he would hear my request. I was given a chance to tell the king what the wicked Haman planned to do, and the king protected my people. Wherever you are and wherever you go, remember that God put you there. While you're there, find out what God wants you to do.

Who Is God Gonna Use?

For your safety: You probably should get permission from an adult before doing this one!

- 1 Find a few **DRY-ERASE** markers—*not* permanent ones. A **DRY-ERASE** marker should have the words **DRY-ERASE** on it. Did we mention that the markers should be **DRY-ERASE**?

- 2 Draw a little line in the corner of an old mirror. Test it to make sure it completely wipes off.

- 3 Write, "Who will God use?" at the top of the mirror. Decorate the mirror. If you know who will use the mirror next, write little notes of encouragement to that person.



WARNING! The longer you keep the marker on the mirror, the harder it is to get off. Use window cleaner if the marker won't erase. Don't leave it on too long or it might not completely erase!



Hi, my name is

JOB (wealthy farmer)

This may sound strange, but the only thing I'm famous for is having a rough life. Here's what happened. One day, I was minding my own business, taking care of my herds and flocks, enjoying all my children (seven sons and three daughters!), and trying to please God. And then it all started. In the blink of an eye, my animals were stolen and killed and all my children died. On top of that, I got a terrible disease and had sores all over my body! Talk about sad and miserable!

Why had such bad things happened? All I ever wanted to do was to lead a good life for God. What had I done to deserve all this misery? My three good friends told me it was *my* fault—that I'd sinned and this was my punishment. Even my wife told me to curse God and die. But I didn't believe any of them. I still trusted God, even though it was hard. Finally, God explained to me that he is the one in charge. He's the King of the universe. Only God is wise enough to understand why things happen. After I told God I believed him, he healed me and restored my herds and flocks and gave me more children. You can read my story in the Bible in the book of Job—yep, the whole book's about me!

Puzzle Pieces



Job was sure puzzled when his life seemed to be falling apart! But God knows all of the pieces to your life. He knows how all the pieces of your life will fit together!

On a piece of poster board, draw a scene from your life. Now cut the picture into puzzle pieces. Mix the pieces up, and ask a friend to put them together, but keep a few pieces out. Your friend can't see the whole picture because only you have all the pieces to the puzzle.

The next time you're puzzled about what's happening in your life, remember that God has control of all the pieces and knows what the whole picture will look like. So trust him, just like Job did!