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\_\_\_Psalm 31

1 I put my trust in you, O Lord, let me never be ashamed, deliver me in your righteousness.

2 Bow down your ear to me, deliver me speedily, be my strong rock, for a house of defense to save me.

3 For you are my rock and my fortress, therefore for your name's sake lead me, and guide me.

4 Pull me out of the net that they've secretly spread for me, for you are my strength.

5 Into your hand I commit my spirit, you've redeemed me, O Lord God of truth.

6 I've hated those who pay attention to lying vanities, but I trust in the Lord.

7 I'll be glad and rejoice in your mercy, for you've considered my trouble, you've known my soul in adversities,

8 And haven't put me into the hand of the enemy, you've set my feet in a large room.

9 Have mercy on me, O Lord, for I'm in trouble, my eye is consumed by grief, yes, my soul and my belly.

10 For my life is spent with grief, and my years with sighing, my strength fails because of my sin, and my bones are consumed.

11 I was a reproach among all my enemies, but especially among my neighbors, and a fear to my acquaintance, those who saw me in public fled from me.

12 I'm forgotten from memory like a dead man, I'm like a broken container.

13 For I've heard the slander of many, fear was on every side, while they plotted together against me, they devised to take away my life.

14 But I trusted in you, O Lord, I said, "You're my God."

15 My times are in your hand, deliver me from the hand of my enemies, and from those who persecute me.

16 Make your face shine on your servant, save me for your mercies' sake.

17 Don't let me not be ashamed, O Lord, for I've called on you, let the wicked be ashamed, and let them be silent in the grave.

18 Let the lying lips be put to silence, that speak grievous things proudly and contemptuously against the righteous.

19 Oh how great is your goodness, that you've laid up for those who fear you, that you've made for those who trust in you before the sons of men!

20 You'll hide them in the secret of your presence from the pride of man, you'll keep them secretly in a covered place from the strife of tongues.

21 Blessed be the Lord, for he has shown me his marvelous kindness in a strong city.

22 For I said in my haste, "I'm cut off from before your eyes," but you heard the voice of my prayers when I called to you.

23 O love the Lord, all you his saints, for the Lord preserves the faithful, and plentifully rewards the proud doer.

24 Be of good courage, and he'll strengthen your heart, all of you who hope in the Lord.

\_\_\_Psalm 32

1 Blessed is he whose transgression is forgiven, whose sin is covered.

2 Blessed is the man to whom the Lord doesn't hold guilty of sin, and in whose spirit there's no deceit.

3 When I kept silence, my bones grew old through my roaring all the day long.

4 For day and night your hand was heavy on me, my moisture has turned into the drought of summer. Selah.

5 I acknowledged my sin to you, and my iniquity I haven't hidden. I said, "I will confess my transgressions to the Lord," and you forgave the iniquity of my sin. Selah.

6 For this shall everyone that is godly pray to you in a time when you can be found, surely in the floods of great waters they won't come near him.

7 You're my hiding place, you'll preserve me from trouble, you'll surround me with songs of deliverance. Selah.

8 I'll instruct you and teach you in the way that you shall go, I'll guide you with my eye.

9 Don't be like the horse, or like the mule, that have no understanding, whose mouth must be held in with bit and bridle, so they don't come near you.

10 Many sorrows shall be to the wicked, but mercy shall surround the man who trusts in the Lord.

11 Be glad in the Lord, and rejoice, you righteous, and shout for joy, all of you that are upright in heart.

\_\_\_Psalm 33

1 Rejoice in the Lord, O you righteous, for praise looks good on the upright.

2 Praise the Lord with harp, sing to him with the psaltery and an instrument of ten strings.

3 Sing to him a new song, play skillfully with a loud noise.

4 For the word of the Lord is right, and all his works are done in truth.

5 He loves righteousness and justice, the earth is full of the goodness of the Lord.

6 The heavens were made by the word of the Lord, and all the host of them by the breath of his mouth.

7 He gathers the waters of the sea together like a heap, he lays up the depth in storehouses.

8 Let all the earth fear the Lord, let all the inhabitants of the world stand in awe of him.

9 For he spoke, and it was done, he commanded, and it stood firm.

10 The Lord brings the advice of the heathen to nothing, he makes the devices of the people not to work.

11 The advice of the Lord stands forever, the thoughts of his heart to all generations.

12 Blessed is the nation whose God is the Lord, and the people whom he has chosen for his own inheritance.

13 The Lord looks from heaven, he sees all the sons of men.

14 From the place of his habitation he looks at all the inhabitants of the earth.

15 He fashions their hearts alike, he considers all their works.

16 There is no king saved by the multitude of an army, a mighty man doesn't receive deliverance by much strength.

17 A horse is unreliable for safety, nor shall he give deliverance to anyone by his great strength.

18 See, the eye of the Lord is on those who fear him, on those who hope in his mercy,

19 To deliver their soul from death, and to keep them alive in famine.

20 Our soul waits for the Lord, he is our help and our shield.

21 For our heart shall rejoice in him, because we've trusted in his holy name.

22 Let your mercy be on us, O Lord, since we hope in you.

\_\_\_Psalm 34

1 I will bless the Lord at all times, his praise shall continually be in my mouth.

2 My soul shall make its boast in the Lord, the humble shall hear of it, and be glad.

3 O magnify the Lord with me, and let us exalt his name together.

4 I sought the Lord, and he heard me, and delivered me from all my fears.

5 They looked to him, and were illuminated, and their faces were not ashamed.

6 This poor man called to Him, and the Lord heard him, and saved him out of all his troubles.

7 The angel of the Lord camps around those who fear him, and gives them deliverance.

8 O taste and see that the Lord is good, blessed is the man that trusts in him.

9 O fear the Lord, you his saints, for there is no lacking what you need for those who fear him.

10 The young lions lack, and suffer hunger, but those who seek the Lord shall not lack any good thing.

11 Come, you children, listen to me, I will teach you the fear of the Lord.

12 What man is he that desires life, and loves many days, so that he can see good?

13 Keep your tongue from evil, and your lips from speaking deceit.

14 Depart from evil, and do good, seek peace, and pursue it.

15 The eyes of the Lord are on the righteous, and his ears are open to their prayer.

16 The face of the Lord is against those who do evil, to cut off the remembrance of them from the earth.

17 The righteous pray, and the Lord hears, and gives them deliverance out of all their troubles.

18 The Lord is near those who are of a broken heart, and saves such as are of a contrite spirit.

19 Many are the afflictions of the righteous, but the Lord delivers him out of them all.

20 He keeps all his bones, not one of them is broken.

21 Evil shall kill the wicked, and those who hate the righteous shall be desolate.

22 The Lord redeems the soul of his servants, and none of those who trust in him shall be desolate.

\_\_\_Psalm 35

1 Plead my cause, O Lord, with those who strive with me, fight against those who fight against me.

2 Take hold of shield and buckler, and stand up for my help.

3 Draw out also the spear, and stop the way against those who persecute me, say to my soul, "I am your salvation."

4 Let them be confused and put to shame that seek after my soul, let them be turned back and brought to confusion that devise my hurt.

5 Let them be like chaff before the wind, and let the angel of the Lord chase them.

6 Let their way be dark and slippery, and let the angel of the Lord persecute them.

7 For without good reason they've hidden their net in a pit for me, a pit that they've dug for my soul without good reason.

8 Let destruction come on him without warning, and let his net that he has hidden catch himself, into that very destruction let him fall.

9 And my soul shall be joyful in the Lord, it shall rejoice in his salvation.

10 All my bones shall say, "Lord, who is like you, who delivers the poor from him that is too strong for him, yes, the poor and the needy from him that spoils him?"

11 False witnesses rose up, they accused me of things that I didn't know.

12 They repaid me evil for good to the spoiling of my soul.

13 But as for me, when they were sick, my clothing was burlap, I humbled my soul with fasting, and my prayer returned into my own bosom.

14 I behaved myself as though he had been my friend or brother, I bowed down heavily, like someone that mourns for his mother.

15 But in my adversity they rejoiced, and gathered themselves together, yes, the abjects gathered themselves together against me, and I didn't know it, they tore me, and didn't stop,

16 With hypocritical mockers in feasts, they gnashed at me with their teeth.

17 Lord, how long will you look on? Rescue my soul from their destructions, my darling from the lions.

18 I will give you thanks in the great congregation, I will praise you among many people.

19 Don't let those who are my enemies wrongfully rejoice over me, and don't let them wink with the eye that hate me without good reason.

20 For they don't speak peace, but they devise deceitful matters against those who are quiet in the land.

21 Yes, they opened their mouth wide against me, and said, "Aha, aha, our eye has seen it."

22 You've seen this, O Lord, don't keep silence, O Lord, don't be far from me.

23 Stir up yourself, and awake for my judgment, for my cause, my God and my Lord.

24 Judge me, O Lord my God, according to your righteousness, and don't let them rejoice over me.

25 Don't let them say in their hearts, "Ah, so would we have it," don't let them say, "We've swallowed him up."

26 Let them be ashamed and brought to confusion together that rejoice at my hurt, let them be clothed with shame and dishonor that magnify themselves against me.

27 Let them shout for joy, and be glad, that favor my righteous cause, yes, let them say continually, "Let the Lord be magnified, who has pleasure in the prosperity of his servant."

28 And my tongue shall speak of your righteousness and of your praise all day long.

\_\_\_Psalm 36

1 The transgression of the wicked says inside my heart, that there is no fear of God before his eyes.

2 For he flatters himself in his own eyes, until his sin is found to be hateful.

3 The words of his mouth are sin and deceit, he has stopped being wise, and doing good.

4 He devises mischief on his bed, he sets himself in a way that is not good, he doesn't hate evil.

5 Your mercy, O Lord, is in the heavens, and your faithfulness reaches to the clouds.

6 Your righteousness is like the great mountains, your judgments are a great deep, O Lord, you preserve man and beast.

7 How excellent is your loving kindness, O God! Therefore the children of men put their trust under the shadow of your wings.

8 They shall be abundantly satisfied with the fatness of your house, and you'll make them drink of the river of your pleasures.

9 For with you is the fountain of life, in your light we shall see light.

10 O continue your loving kindness to those who know you, and your righteousness to the upright in heart.

11 Don't let the foot of pride come against me, and don't let the hand of the wicked remove me.

12 The workers of sin have fallen there, they've been thrown down, and won't be able to rise.

\_\_\_Psalm 37

1 Don't fret because of evildoers, and don't be envious against the doers of sin.

2 For they'll soon be cut down like the grass, and wither like the green herb.

3 Trust in the Lord and do good, so you'll live in the land, and truly you'll be fed.

4 Delight yourself also in the Lord, and he'll give you the desires of your heart.

5 Commit your way to the Lord, trust also in him, and he'll make it happen.

6 And he shall bring out your righteousness like the light, and your justice like the noonday.

7 Rest in the Lord, and wait patiently for him, don't fret because of him who prospers in his way, because of the man who makes wicked devices happen.

8 Don't be angry. Quit being angry. Don't fret in any way to do evil.

9 For evildoers shall be destroyed, but those who wait on the Lord shall inherit the earth.

10 For yet a little while, and the wicked shall not be, yes, you'll diligently consider his place, and it won't be.

11 But the meek shall inherit the earth, and shall delight themselves in the abundance of peace.

12 The wicked plots against the just, and gnashes at him with his teeth.

13 The Lord shall laugh at him, for he sees that his day is coming.

14 The wicked have drawn out the sword, and have bent their bow, to throw down the poor and needy, and to kill such as are of upright conversation.

15 Their sword shall enter into their own heart, and their bows shall be broken.

16 A little that a righteous man has is better than the riches of many wicked.

17 For the arms of the wicked shall be broken, but the Lord upholds the righteous.

18 The Lord knows the days of the upright, and their inheritance shall be forever.

19 They shall not be ashamed in the evil time, and in the days of famine they'll be satisfied.

20 But the wicked shall be destroyed, and the enemies of the Lord shall be like the fat of lambs, they'll be consumed, into smoke shall they consume away.

21 The wicked borrows, and doesn't pay back, but the righteous shows mercy, and gives.

22 For those who are blessed by him shall inherit the earth, and those who are cursed by him shall be cut off.

23 The steps of a good man are ordered by the Lord, and he delights in his way.

24 Though he falls, he won't be completely thrown down, for the Lord holds him up with his hand.

25 I've been young and now am old, yet I haven't seen the righteous forsaken, nor his children begging for bread.

26 He's always merciful, and lends, and his descendants are blessed.

27 Depart from evil, and do good, and live forever.

28 For the Lord loves judgment, and doesn't forsake his saints, they're preserved forever, but the descendants of the wicked shall be destroyed.

29 The righteous shall inherit the land, and live in it forever.

30 The mouth of the righteous speaks wisdom, and his tongue talks about justice.

31 The law of his God is in his heart, none of his steps shall slide.

32 The wicked watch the righteous, and seek to kill him.

33 The Lord will not leave him in his hand, nor condemn him when he is judged.

34 Wait on the Lord, and keep his way, and he'll exalt you to inherit the land, when the wicked are cut off, you'll see it.

35 I have seen the wicked in great power, and spreading himself like a green bay tree.

36 Yet he passed away, and see, he was not, yes, I sought him, but he couldn't be found.

37 Identify the perfect man, and observe the upright, for the end of that man is peace.

38 But the transgressors shall be destroyed together, the end of the wicked shall be cut off.

39 But the salvation of the righteous is of the Lord, he is their strength in the time of trouble.

40 And the Lord shall help them, and give them deliverance, he shall deliver them from the wicked, and save them, because they trust in him.

\_\_\_Psalm 38

1 O Lord, don't reprimand me in your anger, and don't punish me in your hot displeasure.

2 For your arrows stick fast in me, and your hand presses me severely.

3 There is no soundness in my flesh because of your anger, nor is there any rest in my bones because of my sin.

4 For my sins have gone over my head, like a heavy burden they are too heavy for me.

5 My wounds stink and are corrupt because of my foolishness.

6 I'm troubled, I'm bowed down greatly, I go mourning all day long.

7 For my loins are filled with a terrible disease, and there is no soundness in my flesh.

8 I am feeble and very broken, I have roared because of the disquietness of my heart.

9 Lord, all my desire is before you, and my groaning is not hidden from you.

10 My heart pants, my strength fails me, as for the light of my eyes, it also has gone from me.

11 My lovers and my friends stand aloof from my sore, and my kinsmen stand far off.

12 Also, those who seek after my life lay traps for me, and those who seek my hurt speak mischievous things, and imagine deceits all day long.

13 But like a deaf man, I didn't hear, and I was like a dumb man that doesn't open his mouth.

14 Thus I was like a man that doesn't hear, and in whose mouth are no reproofs.

15 For in you, O Lord, do I hope, you will hear, O Lord my God.

16 For I said, "Hear me, so that they won't rejoice over me," when my foot slips, they magnify themselves against me.

17 For I am ready to halt, and my sorrow is continually before me.

18 For I will declare my iniquity, I will be sorry for my sin.

19 But my enemies are lively, and they are strong, and those who hate me wrongfully have multiplied.

20 Those also that repay evil for good are my adversaries, because I follow the thing that is good.

21 Don't forsake me, O Lord, O my God, don't be far from me.

22 Hurry to help me, O Lord my salvation.

\_\_\_Psalm 39

1 I said, "I will take heed to my ways, so I don't sin with my tongue, I will keep my mouth with a bridle, while the wicked are before me."

2 I was dumb with silence, I kept quiet, even from good, and my sorrow was stirred.

3 My heart was hot inside me, while I was musing the fire burned, then I spoke with my tongue,

4 "Lord, make me to know my end, and the measure of my days, what it is, so I'll know how frail I am.

5 See, you've made my days like a hand breadth, and my age is like nothing before you, truly every man at his best state is completely vanity." Selah.

6 Surely every man walks in a vain show, surely they are disquieted in vain, he heaps up riches, and doesn’t know who shall gather them.

7 And now, Lord, what do I wait for? My hope is in you.

8 Deliver me from all my transgressions, don't make me the reproach of the foolish.

9 I was dumb, I didn't open my mouth, because you did it.

10 Remove your stroke away from me, I'm consumed by the blow of your hand.

11 When you correct man with reprimands for sin, you make his beauty to be consumed away like a moth, surely every man is vanity. Selah.

12 Hear my prayer, O Lord, and give ear to my cry, don't be silent at my tears, for I am a stranger with you, and a visitor, like all my ancestors were.

13 O spare me so I can recover strength, before I go from here, and be no more.

\_\_\_Psalm 40

1 I waited patiently for the Lord, and he inclined to me, and heard my cry.

2 He brought me up also out of a horrible pit, out of the miry clay, and set my feet on a rock, and established my goings.

3 And he has put a new song in my mouth: praise to our God, many shall see it, and fear, and shall trust in the Lord.

4 Blessed is the man that makes the Lord his trust, and doesn't respect the proud, nor those who turn aside to lies.

5 Many, O Lord my God, are your wonderful works that you've done, and your thoughts toward us. They can't be reckoned up in order to you, if I would declare and speak of them, they are more than can be numbered.

6 Sacrifice and offering you did not desire, you've opened my ears, burnt offering and sin offering you haven't required.

7 Then I said, "See, I come, in the volume of the book it is written about me,

8 I delight to do your will, O my God, yes, your law is in my heart."

9 I've preached righteousness in the great congregation, see, I haven't silenced my lips, O Lord, you know.

10 I haven't concealed your righteousness inside my heart, I've declared your faithfulness and your salvation, I haven't concealed your loving kindness and your truth from the great congregation.

11 Don't withhold you your tender mercies from me, O Lord, let your loving kindness and your truth continually preserve me.

12 For uncountable evils have surrounded me, my sins have taken hold on me, so that I'm not able to look up, they are more than the hairs of my head, therefore my heart fails me.

13 Be pleased, O Lord, to give me deliverance, O Lord, make haste to help me.

14 Let them be ashamed and confused together that seek after my soul to destroy it, let them be driven backward and put to shame that wish me evil.

15 Let them be desolate for a reward of their shame that say to me, "Aha, aha."

16 Let all those that seek you rejoice and be glad in you, let such as love your salvation say continually, "The Lord be magnified."

17 But I am poor and needy, yet the Lord thinks about me, you are my help and my deliverer, don't delay, O my God.