

Help Me, O LORD My God [Messianic] (c. 995 BC)

Psalm 109

For the choir director.

A Psalm of David.

- 1 O God of my praise,
Do not be silent!
- 2 For they have opened the wicked and deceitful mouth against me;
They have spoken against me with a lying tongue.
- 3 They have also surrounded me with words of hatred,
And fought against me without cause.
- 4 In return for my love they act as my accusers;
But I am *in* prayer.
- 5 Thus they have repaid me evil for good
And hatred for my love.
- 6 Appoint a wicked man over him,
And let an accuser stand at his right hand.
- 7 When he is judged, let him come forth guilty,
And let his prayer become sin.
- 8 Let his days be few;
Let another take his office. [[Acts 1:20](#)]
- 9 Let his children be fatherless
And his wife a widow.
- 10 Let his children wander about and beg;
And let them seek *sustenance* far from their ruined homes.
- 11 Let the creditor seize all that he has,
And let strangers plunder the product of his labor.
- 12 Let there be none to extend lovingkindness to him,
Nor any to be gracious to his fatherless children.
- 13 Let his posterity be cut off;
In a following generation let their name be blotted out.
- 14 Let the iniquity of his fathers be remembered before the LORD,
And do not let the sin of his mother be blotted out.
- 15 Let them be before the LORD continually,
That He may cut off their memory from the earth;
- 16 Because he did not remember to show lovingkindness,
But persecuted the afflicted and needy man,
And the despondent in heart, to put *them* to death.
- 17 He also loved cursing, so it came to him;
And he did not delight in blessing, so it was far from him.
- 18 But he clothed himself with cursing as with his garment,
And it entered into his body like water
And like oil into his bones.
- 19 Let it be to him as a garment with which he covers himself,
And for a belt with which he constantly girds himself.
- 20 Let this be the reward of my accusers from the LORD,
And of those who speak evil against my soul.
- 21 But You, O GOD, the Lord, deal *kindly* with me for Your name's sake;
Because Your lovingkindness is good, deliver me;

- 22 For I am afflicted and needy,
And my heart is wounded within me.
- 23 I am passing like a shadow when it lengthens;
I am shaken off like the locust.
- 24 My knees are weak from fasting,
And my flesh has grown lean, without fatness.
- 25 I also have become a reproach to them;
When they see me, they wag their head. [[Matt 27:39](#)]
- 26 Help me, O LORD my God;
Save me according to Your lovingkindness.
- 27 And let them know that this is Your hand;
You, LORD, have done it.
- 28 Let them curse, but You bless;
When they arise, they shall be ashamed,
But Your servant shall be glad.
- 29 Let my accusers be clothed with dishonor,
And let them cover themselves with their own shame as with a robe.
- 30 With my mouth I will give thanks abundantly to the LORD;
And in the midst of many I will praise Him.
- 31 For He stands at the right hand of the needy,
To save him from those who judge his soul.

Save Me, O God [Messianic] (c. 995 BC)

Psalm 69

For the choir director; according to Shoshannim.

A Psalm of David.

- 1 Save me, O God,
For the waters have threatened my life.
- 2 I have sunk in deep mire, and there is no foothold;
I have come into deep waters, and a flood overflows me.
- 3 I am weary with my crying; my throat is parched;
My eyes fail while I wait for my God.
- 4 Those who hate me without a cause are more than the hairs of my head; [[John 15:23–25](#)]
Those who would destroy me are powerful, being wrongfully my enemies;
What I did not steal, I then have to restore.
- 5 O God, it is You who knows my folly,
And my wrongs are not hidden from You.
- 6 May those who wait for You not be ashamed through me, O Lord GOD of hosts;
May those who seek You not be dishonored through me, O God of Israel,
- 7 Because for Your sake I have borne reproach;
Dishonor has covered my face.
- 8 I have become estranged from my brothers
And an alien to my mother's sons.
- 9 For zeal for Your house has consumed me, [[John 2:14–17](#)]
And the reproaches of those who reproach You have fallen on me. [[Rom 15:1–4](#)]
- 10 When I wept in my soul with fasting,
It became my reproach.
- 11 When I made sackcloth my clothing,

- I became a byword to them.
- 12 Those who sit in the gate talk about me,
And I *am* the song of the drunkards.
- 13 But as for me, my prayer is to You, O LORD, at an acceptable time;
O God, in the greatness of Your lovingkindness,
Answer me with Your saving truth.
- 14 Deliver me from the mire and do not let me sink;
May I be delivered from my foes and from the deep waters.
- 15 May the flood of water not overflow me
Nor the deep swallow me up,
Nor the pit shut its mouth on me.
- 16 Answer me, O LORD, for Your lovingkindness is good;
According to the greatness of Your compassion, turn to me,
- 17 And do not hide Your face from Your servant,
For I am in distress; answer me quickly.
- 18 Oh draw near to my soul *and* redeem it;
Ransom me because of my enemies!
- 19 You know my reproach and my shame and my dishonor;
All my adversaries are before You.
- 20 Reproach has broken my heart and I am so sick.
And I looked for sympathy, but there was none,
And for comforters, but I found none.
- 21 They also gave me gall for my food
And for my thirst they gave me vinegar to drink. [[Mark 15:36; Luke 23:36; John 19:28–29](#)]
- 22 May their table before them become a snare;
And when they are in peace, *may it become* a trap.
- 23 May their eyes grow dim so that they cannot see,
And make their loins shake continually. [[Rom 11:9–10](#)]
- 24 Pour out Your indignation on them,
And may Your burning anger overtake them.
- 25 May their camp be desolate;
May none dwell in their tents. [[Acts 1:20](#)]
- 26 For they have persecuted him whom You Yourself have smitten,
And they tell of the pain of those whom You have wounded.
- 27 Add iniquity to their iniquity,
And may they not come into Your righteousness.
- 28 May they be blotted out of the book of life
And may they not be recorded with the righteous.
- 29 But I am afflicted and in pain;
May Your salvation, O God, set me *securely* on high.
- 30 I will praise the name of God with song
And magnify Him with thanksgiving.
- 31 And it will please the LORD better than an ox
Or a young bull with horns and hoofs.
- 32 The humble have seen *it and* are glad;
You who seek God, let your heart revive.
- 33 For the LORD hears the needy
And does not despise His *who are* prisoners.
- 34 Let heaven and earth praise Him,

- The seas and everything that moves in them.
- 35 For God will save Zion and build the cities of Judah,
That they may dwell there and possess it.
- 36 The descendants of His servants will inherit it,
And those who love His name will dwell in it.

Why Have You Forsaken Me? [Messianic] (c. 995 BC)

Psalm 22

For the choir director; upon Aijeleth Hashshahar.

A Psalm of David.

- 1 My God, my God, why have You forsaken me?
Far from my deliverance are the words of my groaning. [[Matt 27:46; Mark 15:34](#)]
- 2 O my God, I cry by day, but You do not answer;
And by night, but I have no rest.
- 3 Yet You are holy,
O You who are enthroned upon the praises of Israel.
- 4 In You our fathers trusted;
They trusted and You delivered them.
- 5 To You they cried out and were delivered;
In You they trusted and were not disappointed.
- 6 But I am a worm and not a man,
A reproach of men and despised by the people.
- 7 All who see me sneer at me;
They separate with the lip, they wag the head, *saying*, [[Matt 27:39; Mark 15:29; Luke 23:35](#)]
- 8 “Commit *yourself* to the LORD; let Him deliver him;
Let Him rescue him, because He delights in him.” [[Matt 27:43](#)]
- 9 Yet You are He who brought me forth from the womb;
You made me trust *when* upon my mother’s breasts.
- 10 Upon You I was cast from birth;
You have been my God from my mother’s womb.
- 11 Be not far from me, for trouble is near;
For there is none to help.
- 12 Many bulls have surrounded me;
Strong *bulls* of Bashan have encircled me.
- 13 They open wide their mouth at me,
As a ravening and a roaring lion.
- 14 I am poured out like water,
And all my bones are out of joint;
My heart is like wax; It is melted within me.
- 15 My strength is dried up like a potsherd,
And my tongue cleaves to my jaws;
And You lay me in the dust of death.
- 16 For dogs have surrounded me;
A band of evildoers has encompassed me;
They pierced my hands and my feet.
- 17 I can count all my bones.
They look, they stare at me;
- 18 They divide my garments among them,

- And for my clothing they cast lots. [[John 19:24; Matt 27:35; Mark 15:24; Luke 23:34](#)]
- 19 But You, O LORD, be not far off;
O You my help, hasten to my assistance.
- 20 Deliver my soul from the sword,
My only *life* from the power of the dog.
- 21 Save me from the lion's mouth;
From the horns of the wild oxen You answer me.
- 22 I will tell of Your name to my brethren;
In the midst of the assembly I will praise You. [[Hebrews 2:10–12](#)]
- 23 You who fear the LORD, praise Him;
All you descendants of Jacob, glorify Him,
And stand in awe of Him, all you descendants of Israel.
- 24 For He has not despised nor abhorred the affliction of the afflicted;
Nor has He hidden His face from him;
But when he cried to Him for help, He heard.
- 25 From You *comes* my praise in the great assembly;
I shall pay my vows before those who fear Him.
- 26 The afflicted will eat and be satisfied;
Those who seek Him will praise the LORD.
Let your heart live forever!
- 27 All the ends of the earth will remember and turn to the LORD,
And all the families of the nations will worship before You.
- 28 For the kingdom is the LORD's
And He rules over the nations.
- 29 All the prosperous of the earth will eat and worship,
All those who go down to the dust will bow before Him,
Even he who cannot keep his soul alive.
- 30 Posterity will serve Him;
It will be told of the Lord to the *coming* generation.
- 31 They will come and will declare His righteousness
To a people who will be born, that He has performed *it*.

You Will Not Abandon My Soul [Messianic] (c. 995 BC)

Psalm 16

A Mikhtam of David.

- 1 Preserve me, O God, for I take refuge in You.
- 2 I said to the LORD, "You are my Lord;
I have no good besides You."
- 3 As for the saints who are in the earth,
They are the majestic ones in whom is all my delight.
- 4 The sorrows of those who have bartered for another *god* will be multiplied;
I shall not pour out their drink offerings of blood,
Nor will I take their names upon my lips.
- 5 The LORD is the portion of my inheritance and my cup;
You support my lot.
- 6 The lines have fallen to me in pleasant places;
Indeed, my heritage is beautiful to me.
- 7 I will bless the LORD who has counseled me;

Indeed, my mind instructs me in the night.

- 8 I have set the LORD continually before me;
Because He is at my right hand, I will not be shaken.
- 9 Therefore my heart is glad and my glory rejoices;
My flesh also will dwell securely.
- 10 For You will not abandon my soul to Sheol;
Nor will You allow Your Holy One to undergo decay.
- 11 You will make known to me the path of life;
In Your presence is fullness of joy;
In Your right hand there are pleasures forever. [[Acts 2:24–28; 13:34–37](#)]

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