

## Do Not Forsake Me, O Lord (c. 1022 – c. 969t BC)

Psalm 38

### A Psalm of David, to bring to remembrance.

- 1 O LORD, rebuke me not in thy wrath: neither chasten me in thy hot displeasure.
- 2 For thine arrows stick fast in me, and thy hand presseth me sore.
- 3 *There is* no soundness in my flesh because of thine anger; neither *is there any* rest in my bones because of my sin.
- 4 For mine iniquities are gone over mine head: as an heavy burden they are too heavy for me.
- 5 My wounds stink *and* are corrupt because of my foolishness.
- 6 I am troubled; I am bowed down greatly; I go mourning all the day long.
- 7 For my loins are filled with a loathsome *disease*: and *there is* no soundness in my flesh.
- 8 I am feeble and sore broken: I have roared by reason of the disquietness of my heart.
- 9 Lord, all my desire *is* before thee; and my groaning is not hid from thee.
- 10 My heart panteth, my strength faileth me: as for the light of mine eyes, it also is gone from me.
- 11 My lovers and my friends stand aloof from my sore; and my kinsmen stand afar off.
- 12 They also that seek after my life lay snares *for me*: and they that seek my hurt speak mischievous things, and imagine deceits all the day long.
- 13 But I, as a deaf *man*, heard not; and *I was* as a dumb man *that* openeth not his mouth.
- 14 Thus I was as a man that heareth not, and in whose mouth *are* no reproofs.
- 15 For in thee, O LORD, do I hope: thou wilt hear, O Lord my God.
- 16 For I said, *Hear me*, lest *otherwise* they should rejoice over me: when my foot slippeth, they magnify *themselves* against me.
- 17 For I *am* ready to halt, and my sorrow *is* continually before me.
- 18 For I will declare mine iniquity; I will be sorry for my sin.
- 19 But mine enemies *are* lively, *and* they are strong: and they that hate me wrongfully are multiplied.
- 20 They also that render evil for good are mine adversaries; because I follow *the thing that good is*.
- 21 Forsake me not, O LORD: O my God, be not far from me.
- 22 Make haste to help me, O Lord my salvation.

## What Is the Measure of My Days? (c. 1022 – c. 969t BC)

Psalm 39

*To the chief Musician, even to Jeduthun,*

### A Psalm of David.

- 1 I said, I will take heed to my ways, that I sin not with my tongue: I will keep my mouth with a bridle, while the wicked is before me.
- 2 I was dumb with silence, I held my peace, *even* from good; and my sorrow was stirred.
- 3 My heart was hot within me, while I was musing the fire burned: *then* spake I with my tongue,
- 4 LORD, make me to know mine end, and the measure of my days, what it *is*; *that* I may know how frail I *am*.
- 5 Behold, thou hast made my days *as* an handbreadth; and mine age *is* as nothing before thee: verily every man at his best state *is* altogether vanity. Selah.
- 6 Surely every man walketh in a vain shew: surely they are disquieted in vain: he heapeth up *riches*, and knoweth not who shall gather them.
- 7 And now, Lord, what wait I for? my hope *is* in thee.
- 8 Deliver me from all my transgressions: make me not the reproach of the foolish.
- 9 I was dumb, I opened not my mouth; because thou didst *it*.
- 10 Remove thy stroke away from me: I am consumed by the blow of thine hand.
- 11 When thou with rebukes dost correct man for iniquity, thou makest his beauty to consume away like a moth: surely every man *is* vanity. Selah.
- 12 Hear my prayer, O LORD, and give ear unto my cry; hold not thy peace at my tears: for I *am* a stranger with thee, *and* a sojourner, as all my fathers *were*.
- 13 O spare me, that I may recover strength, before I go hence, and be no more.

## My Help and My Deliverer [Messianic] (c. 1022 – c. 969t BC)

Psalm 40

*To the chief Musician,*

### A Psalm of David.

- 1 I waited patiently for the LORD; and he inclined unto me, and heard my cry.
- 2 He brought me up also out of an horrible pit, out of the miry clay, and set my feet upon a rock, *and* established my goings.

3 And he hath put a new song in my mouth, *even* praise unto our God: many shall see *it*, and fear, and shall trust in the LORD.  
 4 Blessed *is* that man that maketh the LORD his trust, and respecteth not the proud, nor such as turn aside to lies.  
 5 Many, O LORD my God, *are* thy wonderful works *which* thou hast done, and thy thoughts *which are* to us-ward: they cannot be reckoned up in order unto thee: *if* I would declare and speak *of them*, they are more than can be numbered.  
 6 Sacrifice and offering thou didst not desire; mine ears hast thou opened: [But a body you have prepared for me] (LXX) burnt offering and sin offering hast thou not required. [[Heb 10:5-6](#)]  
 7 Then said I, Lo, I come: in the volume of the book *it is* written of me,  
 8 I delight to do thy will, O my God: [[Heb 10:7-9](#)] yea, thy law *is* within my heart.  
 9 I have preached righteousness in the great congregation: lo, I have not refrained my lips, O LORD, thou knowest.  
 10 I have not hid thy righteousness within my heart; I have declared thy faithfulness and thy salvation: I have not concealed thy lovingkindness and thy truth from the great congregation.  
 11 Withhold not thou thy tender mercies from me, O LORD: let thy lovingkindness and thy truth continually preserve me.  
 12 For innumerable evils have compassed me about: mine iniquities have taken hold upon me, so that I am not able to look up; they are more than the hairs of mine head: therefore my heart faileth me.  
 13 Be pleased, O LORD, to deliver me: O LORD, make haste to help me.  
 14 Let them be ashamed and confounded 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 unto me, Aha, aha.  
 16 Let all those that seek thee rejoice and be glad in thee: let such as love thy salvation say continually, The LORD be magnified.  
 17 But I *am* poor and needy; *yet* the Lord thinketh upon me: thou *art* my help and my deliverer; make no tarrying, O my God.

### O Lord, Be Gracious to Me [Messianic] (c. 1022 – c. 969t BC)

Psalm 41

*To the chief Musician,*

**A Psalm of David.**

1 Blessed *is* he that considereth the poor: the LORD will deliver him in time of trouble.  
 2 The LORD will preserve him, and keep him alive; *and* he shall be blessed upon the earth: and thou wilt not deliver him unto the will of his enemies.  
 3 The LORD will strengthen him upon the bed of languishing: thou wilt make all his bed in his sickness.  
 4 I said, LORD, be merciful unto me: heal my soul; for I have sinned against thee.  
 5 Mine enemies speak evil of me, When shall he die, and his name perish?  
 6 And if he come to see *me*, he speaketh vanity: his heart gathereth iniquity to itself; *when* he goeth abroad, he telleth *it*.  
 7 All that hate me whisper together against me: against me do they devise my hurt.  
 8 An evil disease, *say they*, cleaveth fast unto him: and *now* that he lieth he shall rise up no more.  
 9 Yea, mine own familiar friend, in whom I trusted, which did eat of my bread, hath lifted up *his* heel against me. [[John 13:18](#)]  
 10 But thou, O LORD, be merciful unto me, and raise me up, that I may requite them.  
 11 By this I know that thou favorest me, because mine enemy doth not triumph over me.  
 12 And as for me, thou upholdest me in mine integrity, and settest me before thy face for ever.  
 13 Blessed *be* the LORD God of Israel from everlasting, and to everlasting. Amen, and Amen.

### There Is None Who Does Good (c. 1022 – c. 969t BC)

Psalm 53

*To the chief Musician upon Mahalath,*

**Maschil, A Psalm of David.**

1 The fool hath said in his heart, *There is* no God. Corrupt are they, and have done abominable iniquity: *there is* none that doeth good.  
 2 God looked down from heaven upon the children of men, to see if there were *any* that did understand, that did seek God.  
 3 Every one of them is gone back: they are altogether become filthy; *there is* none that doeth good, no, not one. [[Rom 3:10-12](#)]  
 4 Have the workers of iniquity no knowledge? who eat up my people *as* they eat bread: they have not called upon God.  
 5 There were they in great fear, *where* no fear was: for God hath scattered the bones of him that encampeth *against* thee: thou hast put *them* to shame, because God hath despised them.  
 6 Oh that the salvation of Israel *were come* out of Zion! When God bringeth back the captivity of his people, Jacob shall rejoice, *and* Israel shall be glad.