

Into Your Hand I Commit My Spirit (c. 1022 – c. 969t BC)

Psalm 31

For the music director;

A psalm of David.

- 1 In you, O Yahweh, I have taken refuge.
Let me not be put to shame ever.
Deliver me by your righteousness.
- 2 Incline your ear to me.
Quickly deliver me.
Become my rock of refuge,
a fortified keep to save me.
- 3 For you *are* my rock and my fortress.
So, for the sake of your name,
lead me and guide me.
- 4 Bring me out of *the* net that they have secretly set for me,
for you *are* my refuge.
- 5 Into your hand I commit my spirit. [[Luke 23:46](#)]
You have redeemed me, O Yahweh, faithful God.
- 6 I hate those devoted to useless idols,
but I trust Yahweh. [[Jonah 2:8](#)]
- 7 I will exult and rejoice in your loyal love.
Because you have seen my misery,
you know the distresses of my life.
- 8 And you have not delivered me
into *the* hand of *the* enemy.
You have set my feet in a broad place.
- 9 Be gracious *to* me, O Yahweh,
because I have distress.
My eye wastes away because of vexation,
along with my soul and my body.
- 10 For my life is at an end with sorrow,
and my years with sighing.
My strength stumbles because of my iniquity,
and my bones waste away.
- 11 Because of all my adversaries I have become a disgrace,
especially to my neighbors,
and a dread to my acquaintances.
Those who see me in the street flee from me.
- 12 I have become forgotten like *one* dead, out of mind.
I am like a destroyed vessel.
- 13 For I hear *the* rumor of many,
“Terror on every side!”
When conspiring together against me,
they have plotted to take my life. [[Jer 20:10](#)]
- 14 But as for me, I trust you, O Yahweh.
I say, “You *are* my God.”
- 15 My times *are* in your hand.
Deliver me from the hand of my enemies
and from *those who* pursue me.
- 16 Shine your face upon your servant.
Save me by your loyal love.
- 17 O Yahweh, let me not be put to shame, for I call on you.
Let the wicked be put to shame.
Let them *go* silently to Sheol.
- 18 Let lying lips be dumb,
that speak against *the* righteous unrestrained
with arrogance and contempt.
- 19 How abundant *is* your goodness

- that you have stored up for *those who* fear you,
that you perform for those who take refuge in you
before *the* children of humankind.
- 20 You will hide them in the protection of your presence
from *the* plots of man.
You will hide them in a shelter from *the* strife of tongues.
- 21 Blessed *is* Yahweh,
because he has worked marvelously his loyal love to me
in a besieged city.
- 22 As for me, I said in my alarm,
“I am cut off from before your eyes.”
However you heard the voice of my supplications
when I cried to you for help.
- 23 Love Yahweh, all you his faithful ones.
Yahweh preserves *the* faithful
but repays abundantly *the* one who acts arrogantly.
- 24 Be strong and let your heart show strength,
all *you* who wait for Yahweh.

Great Is the Lord (c. 1022 – c. 969t BC)

Psalm 35

Of David.

- 1 Contend, O Yahweh, with my contenders;
fight *those who* fight me.
- 2 Grasp buckler and shield
and rise to my aid.
- 3 And draw *the* spear and javelin to meet *those who* pursue me.
Say to my soul, “I *am* your salvation.”
- 4 Let those who seek my life be shamed and humiliated.
Let those who plot calamity against me be repulsed and ashamed.
- 5 Let them be like chaff before *the* wind,
with the angel of Yahweh driving them.
- 6 Let their way be dark and slippery,
with the angel of Yahweh pursuing them.
- 7 For without cause they secretly hide the pit with their net for me;
without cause they dug *it* for my life.
- 8 Let unforeseen ruin come on him,
and his net that he hid, let it catch him.
Let him fall into it in ruin.
- 9 Then my soul will rejoice in Yahweh;
it will rejoice in his salvation.
- 10 All of my bones shall say, “O Yahweh, who *is* like you,
who delivers *the* poor from *one* stronger than he
and *the* poor and needy from *the one who* robs him?”
- 11 Violent witnesses rise up;
they ask me *concerning* what I do not know.
- 12 They repay me evil in place of good.
It is bereavement to my soul.
- 13 But as for me, when they were sick, my clothing *was* sackcloth.
I weakened my soul with fasting,
and my prayer returned to me unanswered.
- 14 I behaved as *though he were* a friend *or* as a brother to me.
As one lamenting a mother, I was bowed down *in* mourning.
- 15 But at my stumbling they rejoiced and gathered together;
smite whom I did not know gathered against me.
They tore and did not cease.
- 16 Among *the* ungodly of the mockers at feasts,

- they* gnashed at me with their teeth.
- 17 My Lord, how long will you watch?
Restore my life from their ravages,
my only *life* from *the* young lions.
- 18 I will give thanks *to* you in *the* great assembly;
among *the* mighty people I will praise you.
- 19 Let not those who *are* wrongfully my enemies rejoice over me.
Nor let those who hate me without cause wink *the* eye. [[John 15:24–25](#)]
- 20 For they do not speak peace,
but against *the* quiet *ones of the* land
they plan deceitful words.
- 21 They also made wide their mouths against me.
They said, “Aha! Aha!
Our eyes have seen *it*.”
- 22 You have seen, O Yahweh. Do not be deaf.
O Lord, do not be far from me.
- 23 Wake up and rouse yourself for my right,
for my cause, O my God and my Lord.
- 24 Vindicate me according to your righteousness,
O Yahweh my God,
and do not let them rejoice over me.
- 25 Do not let them say in their hearts, “Aha, our desire.”
Let them not say, “We have swallowed him up.”
- 26 Let them be shamed and abashed altogether,
who rejoice at my misfortune.
Let them put on shame and insult,
who magnify themselves against me.
- 27 Let them shout for joy and be glad,
who delight in my vindication;
and let them say continually, “Yahweh is great,
who delights in the welfare of his servant.”
- 28 Then my tongue will proclaim your righteousness,
and your praise all day.

How Precious Is Your Steadfast Love (c. 1022 – c. 969t BC)

Psalm 36

For the music director.

Of David, the servant of Yahweh.

- 1 An oracle: the wicked has rebellion
in the midst of his heart.
There is no fear of God before his eyes. [[Rom 3:18](#)]
- 2 For he flatters himself in his eyes,
hating to detect his iniquity.
- 3 The words of his mouth *are* wickedness and deceit.
He has ceased to have insight *and* to do good.
- 4 He plans sin on his bed.
He puts himself on a way *that is* not good.
He does not reject evil.
- 5 O Yahweh, your loyal love *extends* into *the* heavens,
your faithfulness unto *the* clouds.
- 6 Your righteousness *is* like the mighty mountains,
your judgments *like the* great deep.
You save man and beast, O Yahweh.
- 7 How precious *is* your loyal love, O God,
and the children of humankind
take refuge in the shadow of your wings.
- 8 They are refreshed with the fullness of your house,

- and you give them drink *from* the river of your delights.
- 9 For with you is *the* fountain of life;
in your light we see light.
- 10 Prolong your loyal love to those who know you,
and your righteousness to *the* upright of heart.
- 11 Do not let a foot of pride come against me,
nor let a wicked hand make me to wander homeless.
- 12 There doers of evil have fallen;
they are thrust down and not able to rise.

He Will Not Forsake His Saints (c. 1022 – c. 969t BC)

Psalm 37

Of David.

- 1 Do not fret because of evildoers;
do not be envious of doers of wickedness.
- 2 For like the grass they will dry up quickly,
and like green vegetation they will wither.
- 3 Trust Yahweh and do good.
Abide *in the* land and feed on faithfulness.
- 4 Take pleasure in Yahweh as well,
and he will give to you the requests of your heart.
- 5 Commit to Yahweh your way;
Trust also on him and he will act.
- 6 Then he will bring forth your righteousness like the light,
and your justice like the noonday.
- 7 Be quiet before Yahweh and wait for him.
Do not fret about one who succeeds *in* his way,
about a man making plots.
- 8 Refrain from anger and forsake wrath.
Do not fret; *it* only brings evil.
- 9 For evildoers will be cut off,
but those who wait for Yahweh—
they will possess *the* land.
- 10 And yet a little *while* and the wicked will not be,
and you will look carefully upon his place, but he will not be.
- 11 But *the* afflicted will possess *the* land,
and they will take pleasure in an abundance of peace.
- 12 *The* wicked plans *evil* against the righteous,
and gnashes at him *with* his teeth.
- 13 *The* Lord laughs at him,
for he sees that his day is coming.
- 14 *The* wicked have drawn *the* sword and have bent their bow
to throw down *the* poor and *the* needy,
to kill *those* upright in *their* way.
- 15 Their sword will enter into their *own* heart,
and their bows shall be broken.
- 16 *The* little belonging to the righteous *is* better
than *the* wealth of many wicked.
- 17 For *the* arms of *the* wicked shall be broken,
but Yahweh supports *the* righteous.
- 18 Yahweh knows *the* days of *the* blameless,
and their inheritance will be forever.
- 19 They will not be put to shame in distressing times,
and in *the* days of famine they will be satisfied.
- 20 But *the* wicked will perish,
and the enemies of Yahweh *will be* like *the* splendor of *the* pastures.
They vanish; in smoke they vanish.

- 21 *The* wicked borrows and does not repay,
but *the* righteous *is* gracious and gives.
- 22 For those blessed *by* him shall possess *the* land,
but those cursed *by* him shall be cut off.
- 23 *The* steps of a man are established by Yahweh,
and he takes pleasure in his way.
- 24 Though he fall, he will not be cast headlong,
for Yahweh supports *him with* his hand.
- 25 I was a youth, but I am *now* old;
yet I have not seen *the* righteous forsaken
or his children begging for bread.
- 26 All the day he *is* gracious and lends,
and his children *are* a blessing.
- 27 Turn aside from evil and do good
and *so* abide forever.
- 28 For Yahweh loves justice
and will not forsake his faithful ones.
They are protected forever.
But *the* children of *the* wicked will be cut off.
- 29 *The* righteous will possess *the* land
and abide in it forever.
- 30 *The* mouth of *the* righteous utters wisdom,
and his tongue speaks justice.
- 31 The law of his God *is* in his heart.
His steps will not slip.
- 32 *The* wicked watches for the righteous
and seeks to kill him.
- 33 Yahweh will not abandon him into his hand,
and he will not let him be condemned when he is judged.
- 34 Wait for Yahweh and keep his way,
and he will exalt you to possess *the* land.
When *the* wicked are cut off, you will see *it*.
- 35 I have seen *the* wicked acting violently
and spreading himself out
like a luxuriant native tree.
- 36 Then he passed on and behold, he was not.
And I sought him, but he could not be found.
- 37 Observe *the* blameless and look at *the* upright,
for *there is* a future for a man of peace.
- 38 But transgressors shall be destroyed altogether.
The future of *the* wicked shall be cut off.
- 39 And *the* salvation of *the* righteous *is* from Yahweh,
their refuge in *the* time of trouble.
- 40 And Yahweh helps them and he rescues them.
He rescues them from *the* wicked and saves them,
because they take refuge in him.

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