

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

Psalm 38

**A psalm of David. To bring to remembrance.**

- 1 O Yahweh, do not rebuke me in your anger  
or chastise me in your wrath.
- 2 For your arrows have sunk into me,  
and your hand has pressed down on me.
- 3 There is no soundness in my flesh because of your indignation.  
There is no health in my bones because of my sin.
- 4 For my iniquities have passed over my head;  
like a heavy burden they are too heavy for me.
- 5 My wounds start to stink; they rot  
because of my foolishness.
- 6 I am bowed down; I am bent over greatly.  
All the day I go about mourning.
- 7 For my loins are full of burning,  
and there is no soundness in my flesh.
- 8 I am faint and crushed greatly;  
I groan because of the roaring of my heart.
- 9 O Lord, all my longing is before you,  
and my sighing is not hidden from you.
- 10 My heart throbs violently, my strength leaves me;  
and the light of my eyes, that also is not with me.
- 11 My friends and companions stand aloof from my affliction,  
and my relatives stand afar off.
- 12 Those who seek my life lay snares as well,  
and those intent on my harm speak threats.  
They also plot deceit all day.
- 13 But as for me, like *the* deaf I cannot hear,  
and *I am* like *the* mute *who* cannot open his mouth.
- 14 And so I am like a man who hears not,  
and in whose mouth there are no retorts.
- 15 Rather for you I wait, O Yahweh.  
You will answer, O Lord my God.
- 16 For I said, "*Help*, lest they rejoice over me,  
*lest* they boast against me when my foot slips."
- 17 For I *am* ready to stumble,  
and my pain *is* before me continually.
- 18 For my iniquity I confess;  
I am anxious because of my sin.
- 19 And my enemies without cause are numerous,  
and those who hate me wrongfully are many.
- 20 And those who repay evil in return for good  
accuse me in return for my pursuing good.
- 21 Do not forsake me, O Yahweh.  
O my God, do not be far from me.
- 22 Hurry to help me,  
O Lord, my salvation.

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

Psalm 39

*For the music director. For Jeduthun.***A psalm of David.**

- 1 I said, "I will guard my ways  
that I may not sin with my tongue.  
I will keep a muzzle over my mouth  
as long as *the* wicked *are* before me."

- 2 I was mute *with* silence. I was silent *even* from *saying* good *things*,  
and my pain was stirred up.
- 3 My heart grew hot inside me;  
in my sighing a fire burned.  
*Then* I spoke with my tongue,
- 4 “Let me know, O Yahweh, my end,  
and what is the measure of my days.  
Let me know how transient I *am*.”
- 5 Look, you have made my days *mere* handbreadths,  
and my lifespan as nothing next to you.  
Surely every person standing firm *is* complete vanity. *Selah*
- 6 Surely a man walks about as a *mere* shadow;  
surely in vain they bustle about.  
He heaps up *possessions* but does not know who *will* gather them *in*.
- 7 And now, O Lord, for what do I wait?  
My hope is for you.
- 8 From all my transgressions deliver me;  
do not make me *the* taunt of *the* fool.
- 9 I am mute. I do not open my mouth,  
for you, yourself, have done *it*.
- 10 Remove from me your affliction.  
By the opposition of your hand I perish.
- 11 *When* with rebukes you chastise a man for sin,  
you consume like a moth his delightful *things*.  
Surely everyone *is* a *mere* vapor. *Selah*
- 12 Hear my prayer, O Yahweh, and listen *to* my cry for help;  
do not be deaf to my tears.  
For I *am* an alien with you,  
a sojourner like all my ancestors.
- 13 Look *away* from me that I may be cheerful,  
before I depart and I am no more.

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

#### Psalm 40

*For the music director.*

**Of David. A psalm.**

- 1 I waited patiently for Yahweh,  
And he inclined to me  
and heard my cry for help.
- 2 And *so* he brought me up from *the* roaring pit,  
from the miry clay.  
And he put my feet upon a rock;  
he made my steps steady.
- 3 Then he put a new song in my mouth,  
a praise to our God.  
Many will see and fear,  
and will trust Yahweh.
- 4 Blessed *is* the man who makes Yahweh his trust  
and does not turn to *the* proud and *to those who* fall away to a lie.
- 5 Many things, O Yahweh my God, you have done—  
your wonderful deeds and your thoughts toward us.  
There is none to compare with you.  
If I *tried* to proclaim and tell *of them*,  
they would be too numerous to count.
- 6 A sacrifice and offering you do not desire.  
[But a body you have prepared for me] (LXX)  
Burnt offering and sin offering you have not demanded. [[Heb 10:5-6](#)]

- 7 Then I said, "Look, I come.  
In *the* scroll of *the* book  
it is written concerning me:
- 8 'I delight to do your will, O my God, [[Heb 10:7-9](#)]  
and your law *is* deep within me.'"
- 9 I have brought good tidings *of* righteousness in the great congregation.  
Look, I have not shut my lips.  
O Yahweh, you surely know that.
- 10 Your righteousness I have not hidden in the midst of my heart.  
I have spoken of your faithfulness and your salvation.  
I have not concealed your loyal love or your faithfulness  
from *the* great congregation.
- 11 As for you, O Yahweh, do not withhold your mercies from me.  
Let your loyal love and your faithfulness  
continually preserve me.
- 12 For evils without number have encompassed me.  
My iniquities have overtaken me, so that I am not able to see.  
They are more than the hairs of my head,  
and my heart fails me.
- 13 Be pleased, O Yahweh, to deliver me.  
O Yahweh, hurry to help me.
- 14 Let them be shamed and abashed altogether  
who seek to take away my life.  
Let them be repulsed and humiliated  
*who* desire my harm.
- 15 Let them be appalled because of their shame,  
those who say to me, "Aha! Aha!"
- 16 Let them rejoice and be glad in you,  
all those who seek you.  
Let them say continually, "Yahweh is great!"  
—those who love your salvation.
- 17 But I *am* poor and needy.  
Let my Lord consider me.  
You *are* my help and my deliverer.  
O my God, do not delay.

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

Psalm 41

*For the music director.*

#### A psalm of David.

- 1 Blessed *is the one who* has regard for *the* poor;  
in *the* day of disaster, Yahweh delivers him.
- 2 Yahweh protects him and keeps him alive;  
he is blessed in the land,  
and you do not give him  
into the will of his enemies.
- 3 Yahweh sustains him on *his* sick bed.  
In his illness, you restore to health.
- 4 As for me, I said, "O Yahweh, be gracious *to* me.  
Heal me, for I have sinned against you."
- 5 My enemies speak evil about me,  
"When will he die and his name perish?"
- 6 And when one comes to see *me*, he speaks falsely;  
his heart gathers disaster for itself.  
He goes out to the street; he speaks.
- 7 All who hate me speak together against me.  
Against me they assume the worst for me:

- 8 “A ruinous thing is poured out on him,  
and *now* that he lies down, he will not rise up again.”
- 9 Even my close friend, whom I trusted,  
*who* ate my bread,  
has lifted *his* heel against me. [[John 13:18](#)]
- 10 But you, O Yahweh, be gracious to me and raise me up  
that I may repay them.
- 11 By this I know that you delight in me:  
because my enemy has not shouted in triumph over me.
- 12 As for me, you have upheld me in my integrity,  
and you have set me in your presence forever.
- 13 Blessed *be* Yahweh, the God of Israel,  
from everlasting to everlasting.  
Amen and Amen.

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

#### Psalm 53

*For the music director, according to Mahalath.*

#### **A maskil of David.**

- 1 *The* fool says in his heart, “There is no God.”  
They are corrupt and they have done abominable iniquity.  
There is none who does good.
- 2 God looks down from heaven upon the children of humankind  
to see whether there is one who has insight,  
one who seeks God.
- 3 All of them have turned back.  
They are altogether corrupt.  
There is none who does good;  
there is not even one. [[Rom 3:10–12](#)]
- 4 Do not evildoers know,  
*they* who eat my people *as though* they were eating bread?  
They do not call on God.
- 5 There they are very fearful  
*where* no fear had been,  
because God has scattered the bones of him who encamps *against* you.  
You have put *them* to shame, because God has rejected them.
- 6 Oh, that from Zion would come salvation *for* Israel!  
When God returns the fortunes of his people,  
let Jacob rejoice, let Israel be glad.

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