

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

Psalm 31

For the choir director.

A Psalm of David.

- 1 In You, O LORD, I have taken refuge;
Let me never be ashamed;
In Your righteousness deliver me.
- 2 Incline Your ear to me, rescue me quickly;
Be to me a rock of strength,
A stronghold to save me.
- 3 For You are my rock and my fortress;
For Your name's sake You will lead me and guide me.
- 4 You will pull me out of the net which they have secretly laid for me,
For You are my strength.
- 5 Into Your hand I commit my spirit; [[Luke 23:46](#)]
You have ransomed me, O LORD, God of truth.
- 6 I hate those who regard vain idols,
But I trust in the LORD. [[Jonah 2:8](#)]
- 7 I will rejoice and be glad in Your lovingkindness,
Because You have seen my affliction;
You have known the troubles of my soul,
- 8 And You have not given me over into the hand of the enemy;
You have set my feet in a large place.
- 9 Be gracious to me, O LORD, for I am in distress;
My eye is wasted away from grief, my soul and my body *also*.
- 10 For my life is spent with sorrow
And my years with sighing;
My strength has failed because of my iniquity,
And my body has wasted away.
- 11 Because of all my adversaries, I have become a reproach,
Especially to my neighbors,
And an object of dread to my acquaintances;
Those who see me in the street flee from me.
- 12 I am forgotten as a dead man, out of mind;
I am like a broken vessel.
- 13 For I have heard the slander of many,
Terror is on every side;
While they took counsel together against me,
They schemed to take away my life. [[Jer 20:10](#)]
- 14 But as for me, I trust in You, O LORD,
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 persecute me.
- 16 Make Your face to shine upon Your servant;
Save me in Your lovingkindness.
- 17 Let me not be put to shame, O LORD, for I call upon You;
Let the wicked be put to shame, let them be silent in Sheol.
- 18 Let the lying lips be mute,
Which speak arrogantly against the righteous
With pride and contempt.
- 19 How great is Your goodness,
Which You have stored up for those who fear You,
Which You have wrought for those who take refuge in You,
Before the sons of men!
- 20 You hide them in the secret place of Your presence from the conspiracies of man;
You keep them secretly in a shelter from the strife of tongues.
- 21 Blessed be the LORD,
For He has made marvelous His lovingkindness to me in a besieged city.

- 22 As for me, I said in my alarm,
 “I am cut off from before Your eyes”;
 Nevertheless You heard the voice of my supplications
 When I cried to You.
- 23 O love the LORD, all you His godly ones!
 The LORD preserves the faithful
 And fully recompenses the proud doer.
- 24 Be strong and let your heart take courage,
 All you who hope in the LORD.

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

Psalm 35

A Psalm of David.

- 1 Contend, O LORD, with those who contend with me;
 Fight against those who fight against me.
- 2 Take hold of buckler and shield
 And rise up for my help.
- 3 Draw also the spear and the battle-axe to meet those who pursue me;
 Say to my soul, “I am your salvation.”
- 4 Let those be ashamed and dishonored who seek my life;
 Let those be turned back and humiliated who devise evil against me.
- 5 Let them be like chaff before the wind,
 With the angel of the LORD driving *them* on.
- 6 Let their way be dark and slippery,
 With the angel of the LORD pursuing them.
- 7 For without cause they hid their net for me;
 Without cause they dug a pit for my soul.
- 8 Let destruction come upon him unawares,
 And let the net which he hid catch himself;
 Into that very destruction let him fall.
- 9 And my soul shall rejoice in the LORD;
 It shall exult in His salvation.
- 10 All my bones will say, “LORD, who is like You,
 Who delivers the afflicted from him who is too strong for him,
 And the afflicted and the needy from him who robs him?”
- 11 Malicious witnesses rise up;
 They ask me of things that I do not know.
- 12 They repay me evil for good,
 To the bereavement of my soul.
- 13 But as for me, when they were sick, my clothing was sackcloth;
 I humbled my soul with fasting,
 And my prayer kept returning to my bosom.
- 14 I went about as though it were my friend or brother;
 I bowed down mourning, as one who sorrows for a mother.
- 15 But at my stumbling they rejoiced and gathered themselves together;
 The smiters whom I did not know gathered together against me,
 They slandered me without ceasing.
- 16 Like godless jesters at a feast,
 They gnashed at me with their teeth.
- 17 Lord, how long will You look on?
 Rescue my soul from their ravages,
 My only *life* from the lions.
- 18 I will give You thanks in the great congregation;
 I will praise You among a mighty throng.
- 19 Do not let those who are wrongfully my enemies rejoice over me;
 Nor let those who hate me without cause wink maliciously. [\[John 15:24-25\]](#)
- 20 For they do not speak peace,

- But they devise deceitful words against those who are quiet in the land.
- 21 They opened their mouth wide against me;
They said, "Aha, aha, our eyes have seen it!"
- 22 You have seen it, O LORD, do not keep silent;
O Lord, do not be far from me.
- 23 Stir up Yourself, and awake to my right
And to my cause, my God and my Lord.
- 24 Judge me, O LORD my God, according to Your righteousness,
And do not let them rejoice over me.
- 25 Do not let them say in their heart, "Aha, our desire!"
Do not let them say, "We have swallowed him up!"
- 26 Let those be ashamed and humiliated altogether who rejoice at my distress;
Let those be clothed with shame and dishonor who magnify themselves over me.
- 27 Let them shout for joy and rejoice, who favor my vindication;
And let them say continually, "The LORD be magnified,
Who delights in the prosperity of His servant."
- 28 And my tongue shall declare Your righteousness
And Your praise all day long.

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

Psalm 36

For the choir director.

A Psalm of David the servant of the LORD.

- 1 Transgression speaks to the ungodly within his heart;
There is no fear of God before his eyes. [[Rom 3:18](#)]
- 2 For it flatters him in his *own* eyes
Concerning the discovery of his iniquity *and* the hatred *of it*.
- 3 The words of his mouth are wickedness and deceit;
He has ceased to be wise *and* to do good.
- 4 He plans wickedness upon his bed;
He sets himself on a path that is not good;
He does not despise evil.
- 5 Your lovingkindness, O LORD, extends to the heavens,
Your faithfulness *reaches* to the skies.
- 6 Your righteousness is like the mountains of God;
Your judgments are *like* a great deep.
O LORD, You preserve man and beast.
- 7 How precious is Your lovingkindness, O God!
And the children of men take refuge in the shadow of Your wings.
- 8 They drink their fill of the abundance of Your house;
And You give them to drink of the river of Your delights.
- 9 For with You is the fountain of life;
In Your light we see light.
- 10 O continue Your lovingkindness to those who know You,
And Your righteousness to the upright in heart.
- 11 Let not the foot of pride come upon me,
And let not the hand of the wicked drive me away.
- 12 There the doers of iniquity have fallen;
They have been thrust down and cannot rise.

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

Psalm 37

A Psalm of David.

- 1 Do not fret because of evildoers,
Be not envious toward wrongdoers.
- 2 For they will wither quickly like the grass

- And fade like the green herb.
- 3 Trust in the LORD and do good;
Dwell in the land and cultivate faithfulness.
- 4 Delight yourself in the LORD;
And He will give you the desires of your heart.
- 5 Commit your way to the LORD,
Trust also in Him, and He will do it.
- 6 He will bring forth your righteousness as the light
And your judgment as the noonday.
- 7 Rest in the LORD and wait patiently for Him;
Do not fret because of him who prospers in his way,
Because of the man who carries out wicked schemes.
- 8 Cease from anger and forsake wrath;
Do not fret; *it leads* only to evildoing.
- 9 For evildoers will be cut off,
But those who wait for the LORD, they will inherit the land.
- 10 Yet a little while and the wicked man will be no more;
And you will look carefully for his place and he will not be *there*.
- 11 But the humble will inherit the land
And will delight themselves in abundant prosperity.
- 12 The wicked plots against the righteous
And gnashes at him with his teeth.
- 13 The Lord laughs at him,
For He sees his day is coming.
- 14 The wicked have drawn the sword and bent their bow
To cast down the afflicted and the needy,
To slay those who are upright in conduct.
- 15 Their sword will enter their own heart,
And their bows will be broken.
- 16 Better is the little of the righteous
Than the abundance of many wicked.
- 17 For the arms of the wicked will be broken,
But the LORD sustains the righteous.
- 18 The LORD knows the days of the blameless,
And their inheritance will be forever.
- 19 They will not be ashamed in the time of evil,
And in the days of famine they will have abundance.
- 20 But the wicked will perish;
And the enemies of the LORD will be like the glory of the pastures,
They vanish—like smoke they vanish away.
- 21 The wicked borrows and does not pay back,
But the righteous is gracious and gives.
- 22 For those blessed by Him will inherit the land,
But those cursed by Him will be cut off.
- 23 The steps of a man are established by the LORD,
And He delights in his way.
- 24 When he falls, he will not be hurled headlong,
Because the LORD is the One who holds his hand.
- 25 I have been young and now I am old,
Yet I have not seen the righteous forsaken
Or his descendants begging bread.
- 26 All day long he is gracious and lends,
And his descendants are a blessing.
- 27 Depart from evil and do good,
So you will abide forever.
- 28 For the LORD loves justice
And does not forsake His godly ones;
They are preserved forever,

- But the descendants of the wicked will be cut off.
- 29 The righteous will inherit the land
And dwell 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 do not slip.
- 32 The wicked spies upon the righteous
And seeks to kill him.
- 33 The LORD will not leave him in his hand
Or let him be condemned when he is judged.
- 34 Wait for the LORD and keep His way,
And He will exalt you to inherit the land;
When the wicked are cut off, you will see it.
- 35 I have seen a wicked, violent man
Spreading himself like a luxuriant tree in its native soil.
- 36 Then he passed away, and lo, he was no more;
I sought for him, but he could not be found.
- 37 Mark the blameless man, and behold the upright;
For the man of peace will have a posterity.
- 38 But transgressors will be altogether destroyed;
The posterity of the wicked will be cut off.
- 39 But the salvation of the righteous is from the LORD;
He is their strength in time of trouble.
- 40 The LORD helps them and delivers them;
He delivers them from the wicked and saves them,
Because they take refuge in Him.

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