

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

### Psalm 38

#### A Psalm of David, for a memorial.

- 1 O LORD, rebuke me not in Your wrath,  
And chasten me not in Your burning anger.
- 2 For Your arrows have sunk deep 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 are gone over my head;  
As a heavy burden they weigh too much for me.
- 5 My wounds grow foul *and* fester  
Because of my folly.
- 6 I am bent over and greatly bowed down;  
I go mourning all day long.
- 7 For my loins are filled with burning,  
And there is no soundness in my flesh.
- 8 I am benumbed and badly crushed;  
I groan because of the agitation of my heart.
- 9 Lord, all my desire is before You;  
And my sighing is not hidden from You.
- 10 My heart throbs, my strength fails me;  
And the light of my eyes, even that has gone from me.
- 11 My loved ones and my friends stand aloof from my plague;  
And my kinsmen stand afar off.
- 12 Those who seek my life lay snares *for me*;  
And those who seek to injure me have threatened destruction,  
And they devise treachery all day long.
- 13 But I, like a deaf man, do not hear;  
And *I am* like a mute man who does not open his mouth.
- 14 Yes, I am like a man who does not hear,  
And in whose mouth are no arguments.
- 15 For I hope in You, O LORD;  
You will answer, O Lord my God.
- 16 For I said, "May they not rejoice over me,  
*Who*, when my foot slips, would magnify themselves against me."
- 17 For I am ready to fall,  
And my sorrow is continually before me.
- 18 For I confess my iniquity;  
I am full of anxiety because of my sin.
- 19 But my enemies are vigorous *and* strong,  
And many are those who hate me wrongfully.
- 20 And those who repay evil for good,  
They oppose me, because I follow what is good.
- 21 Do not forsake me, O LORD;  
O my God, do not be 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

*For the choir 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 guard my mouth as with a muzzle  
While the wicked are in my presence."

- 2 I was mute and silent,  
I refrained *even* from good,  
And my sorrow grew worse.
- 3 My heart was hot within me,  
While I was musing the fire burned;  
*Then* I spoke with my tongue:
- 4 “LORD, make me to know my end  
And what is the extent of my days;  
Let me know how transient I am.
- 5 “Behold, You have made my days *as* handbreadths,  
And my lifetime as nothing in Your sight;  
Surely every man at his best is a mere breath. *Selah*.
- 6 “Surely every man walks about as a phantom;  
Surely they make an uproar for nothing;  
He amasses *riches* and does not know who will gather them.
- 7 “And now, Lord, for what do I wait?  
My hope is in You.
- 8 “Deliver me from all my transgressions;  
Make me not the reproach of the foolish.
- 9 “I have become mute, I do not open my mouth,  
Because it is You who have done *it*.
- 10 “Remove Your plague from me;  
Because of the opposition of Your hand I am perishing.
- 11 “With reproofs You chasten a man for iniquity;  
You consume as a moth what is precious to him;  
Surely every man is a mere breath. *Selah*.
- 12 “Hear my prayer, O LORD, and give ear to my cry;  
Do not be silent at my tears;  
For I am a stranger with You,  
A sojourner like all my fathers.
- 13 “Turn Your gaze away from me, that I may smile *again*  
Before I depart and am no more.”

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

Psalm 40

*For the choir director.*

### A Psalm of David.

- 1 I waited patiently for the LORD;  
And He inclined to me and heard my cry.
- 2 He brought me up out of the pit of destruction, out of the miry clay,  
And He set my feet upon a rock making my footsteps firm.
- 3 He put a new song in my mouth, a song of praise to our God;  
Many will see and fear  
And will trust in the LORD.
- 4 How blessed is the man who has made the LORD his trust,  
And has not turned to the proud, nor to those who lapse into falsehood.
- 5 Many, O LORD my God, are the wonders which You have done,  
And Your thoughts toward us;  
There is none to compare with You.  
If I would declare and speak of them,  
They would be too numerous to count.
- 6 Sacrifice and meal offering You have not desired;  
My ears You have opened; [or “But a body you have prepared for me” – LXX]  
Burnt offering and sin offering You have not required. [[Heb 10:5–6](#)]
- 7 Then I said, “Behold, I come;  
In the scroll of the book it is written of me.
- 8 I delight to do Your will, O my God; [[Heb 10:7–9](#)]

Your Law is within my heart.”

- 9 I have proclaimed glad tidings of righteousness in the great congregation;  
Behold, I will not restrain my lips,  
O LORD, You know.
- 10 I have not hidden Your righteousness within my heart;  
I have spoken of Your faithfulness and Your salvation;  
I have not concealed Your lovingkindness and Your truth from the great congregation.
- 11 You, O LORD, will not withhold Your compassion from me;  
Your lovingkindness and Your truth will continually preserve me.
- 12 For evils beyond number have surrounded me;  
My iniquities have overtaken me, so that I am not able to see;  
They are more numerous than the hairs of my head,  
And my heart has failed me.
- 13 Be pleased, O LORD, to deliver me;  
Make haste, O LORD, to help me.
- 14 Let those be ashamed and humiliated together  
Who seek my life to destroy it;  
Let those be turned back and dishonored  
Who delight in my hurt.
- 15 Let those be appalled because of their shame  
Who say to me, “Aha, aha!”
- 16 Let all who seek You rejoice and be glad in You;  
Let those who love Your salvation say continually,  
“The LORD be magnified!”
- 17 Since I am afflicted and needy,  
Let the Lord be mindful of me.  
You are my help and my deliverer;  
Do not delay, O my God.

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

### Psalm 41

*For the choir director.*

#### **A Psalm of David.**

- 1 How blessed is he who considers the helpless;  
The LORD will deliver him in a day of trouble.
- 2 The LORD will protect him and keep him alive,  
And he shall be called blessed upon the earth;  
And do not give him over to the desire of his enemies.
- 3 The LORD will sustain him upon his sickbed;  
In his illness, You restore him to health.
- 4 As for me, I said, “O LORD, be gracious to me;  
Heal my soul, for I have sinned against You.”
- 5 My enemies speak evil against me,  
“When will he die, and his name perish?”
- 6 And when he comes to see *me*, he speaks falsehood;  
His heart gathers wickedness to itself;  
When he goes outside, he tells it.
- 7 All who hate me whisper together against me;  
Against me they devise my hurt, *saying*,
- 8 “A wicked thing is poured out upon him,  
That when he lies down, he will not rise up again.”
- 9 Even my close friend in whom I trusted,  
Who ate my bread,  
Has lifted up his heel against me. [[John 13:18](#)]
- 10 But You, O LORD, be gracious to me and raise me up,  
That I may repay them.
- 11 By this I know that You are pleased with me,

- Because my enemy does not shout in triumph over me.
- 12 As for me, You uphold me in my integrity,  
And You set me in Your presence forever.
- 13 Blessed be the LORD, 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 choir director; according to Mahalath.*

**A Maskil of David.**

- 1 The fool has said in his heart, "There is no God,"  
They are corrupt, and have committed abominable injustice;  
There is no one who does good.
- 2 God has looked down from heaven upon the sons of men  
To see if there is anyone who understands,  
Who seeks after God.
- 3 Every one of them has turned aside; together they have become corrupt;  
There is no one who does good, not even one. [\[Rom 3:10–12\]](#)
- 4 Have the workers of wickedness no knowledge,  
Who eat up My people *as though* they ate bread  
And have not called upon God?
- 5 There they were in great fear *where* no fear had been;  
For God scattered the bones of him who encamped against you;  
You put *them* to shame, because God had rejected them.
- 6 Oh, that the salvation of Israel would come out of Zion!  
When God restores His captive people,  
Let Jacob rejoice, let Israel be glad.

*Scripture quotations are from the New American Standard Bible, Copyright © 1960, 1962, 1963, 1968, 1971, 1972, 1973, 1975, 1977, 1995 by The Lockman Foundation La Habra, Calif. Used by permission. All rights reserved. For Permission to Quote Information visit <http://www.lockman.org>.*