

## 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 LORD, I have taken shelter!  
Never let me be humiliated!  
Vindicate me by rescuing me!
- 2 Listen to me!  
Quickly deliver me!  
Be my protector and refuge,  
a stronghold where I can be safe!
- 3 For you are my high ridge and my stronghold;  
for the sake of your own reputation you lead me and guide me.
- 4 You will free me from the net they hid for me,  
for you are my place of refuge.
- 5 Into your hand I entrust my life; [\[Luke 23:46\]](#)  
you will rescue me, O LORD, the faithful God.
- 6 I hate those who serve worthless idols,  
but I trust in the LORD. [\[Jonah 2:8\]](#)
- 7 I will be happy and rejoice in your faithfulness,  
because you notice my pain  
and you are aware of how distressed I am.
- 8 You do not deliver me over to the power of the enemy;  
you enable me to stand in a wide open place.
- 9 Have mercy on me, for I am in distress!  
My eyes grow dim from suffering.  
I have lost my strength.
- 10 For my life nears its end in pain;  
my years draw to a close as I groan.  
My strength fails me because of my sin,  
and my bones become brittle.
- 11 Because of all my enemies, people disdain me;  
my neighbors are appalled by my suffering—  
those who know me are horrified by my condition;  
those who see me in the street run away from me.
- 12 I am forgotten, like a dead man no one thinks about;  
I am regarded as worthless, like a broken jar.
- 13 For I hear what so many are saying,  
the terrifying news that comes from every direction.  
When they plot together against me,  
they figure out how they can take my life. [\[Jer 20:10\]](#)
- 14 But I trust in you, O LORD!  
I declare, “You are my God!”
- 15 You determine my destiny!  
Rescue me from the power of my enemies and those who chase me.
- 16 Smile on your servant!  
Deliver me because of your faithfulness!
- 17 O LORD, do not let me be humiliated,  
for I call out to you!  
May evil men be humiliated!  
May they go wailing to the grave!
- 18 May lying lips be silenced—  
lips that speak defiantly against the innocent  
with arrogance and contempt!
- 19 How great is your favor,  
which you store up for your loyal followers!  
In plain sight of everyone you bestow it on those who take shelter in you.
- 20 You hide them with you, where they are safe from the attacks of men;

- you conceal them in a shelter, where they are safe from slanderous attacks.
- 21 The LORD deserves praise  
for he demonstrated his amazing faithfulness to me when I was besieged by enemies.
- 22 I jumped to conclusions and said,  
“I am cut off from your presence!”  
But you heard my plea for mercy when I cried out to you for help.
- 23 Love the LORD, all you faithful followers of his!  
The LORD protects those who have integrity,  
but he pays back in full the one who acts arrogantly.
- 24 Be strong and confident,  
all you who wait on the LORD!

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

### Psalm 35

#### By David.

- 1 O LORD, fight those who fight with me!  
Attack those who attack me!
- 2 Grab your small shield and large shield,  
and rise up to help me!
- 3 Use your spear and lance against those who chase me!  
Assure me with these words: “I am your deliverer!”
- 4 May those who seek my life be embarrassed and humiliated!  
May those who plan to harm me be turned back and ashamed!
- 5 May they be like wind-driven chaff,  
as the LORD’s angel attacks them!
- 6 May their path be dark and slippery,  
as the LORD’s angel chases them!
- 7 I did not harm them, but they hid a net to catch me  
and dug a pit to trap me.
- 8 Let destruction take them by surprise!  
Let the net they hid catch them!  
Let them fall into destruction!
- 9 Then I will rejoice in the LORD  
and be happy because of his deliverance.
- 10 With all my strength I will say,  
“O LORD, who can compare to you?  
You rescue the oppressed from those who try to overpower them;  
the oppressed and needy from those who try to rob them.”
- 11 Violent men perjure themselves,  
and falsely accuse me.
- 12 They repay me evil for the good I have done;  
I am overwhelmed with sorrow.
- 13 When they were sick, I wore sackcloth,  
and refrained from eating food.  
(If I am lying, may my prayers go unanswered!)
- 14 I mourned for them as I would for a friend or my brother.  
I bowed down in sorrow as if I were mourning for my mother.
- 15 But when I stumbled, they rejoiced and gathered together;  
they gathered together to ambush me.  
They tore at me without stopping to rest.
- 16 When I tripped, they taunted me relentlessly,  
and tried to bite me.
- 17 O Lord, how long are you going to just stand there and watch this?  
Rescue me from their destructive attacks;  
guard my life from the young lions!
- 18 Then I will give you thanks in the great assembly;  
I will praise you before a large crowd of people!

- 19 Do not let those who are my enemies for no reason gloat over me!  
Do not let those who hate me without cause carry out their wicked schemes! [[John 15:24–25](#)]
- 20 For they do not try to make peace with others,  
but plan ways to deceive those who are unsuspecting.
- 21 They are ready to devour me;  
they say, “Aha! Aha! We’ve got you!”
- 22 But you take notice, LORD!  
O Lord, do not remain far away from me!
- 23 Rouse yourself, wake up and vindicate me!  
My God and Lord, defend my just cause!
- 24 Vindicate me by your justice, O LORD my God!  
Do not let them gloat over me!
- 25 Do not let them say to themselves, “Aha! We have what we wanted!”  
Do not let them say, “We have devoured him!”
- 26 May those who want to harm me be totally embarrassed and ashamed!  
May those who arrogantly taunt me be covered with shame and humiliation!
- 27 May those who desire my vindication shout for joy and rejoice!  
May they continually say, “May the LORD be praised, for he wants his servant to be secure.”
- 28 Then I will tell others about your justice,  
and praise you all day long.

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

#### Psalm 36

*For the music director;*

**Written by the LORD’s servant, David; an oracle.**

- 1 An evil man is rebellious to the core.  
He does not fear God, [[Rom 3:18](#)]
- 2 for he is too proud  
to recognize and give up his sin.
- 3 The words he speaks are sinful and deceitful;  
he does not care about doing what is wise and right.
- 4 He plans ways to sin while he lies in bed;  
he is committed to a sinful lifestyle;  
he does not reject what is evil.
- 5 O LORD, your loyal love reaches to the sky;  
your faithfulness to the clouds.
- 6 Your justice is like the highest mountains,  
your fairness like the deepest sea;  
you preserve mankind and the animal kingdom.
- 7 How precious is your loyal love, O God!  
The human race finds shelter under your wings.
- 8 They are filled with food from your house,  
and you allow them to drink from the river of your delicacies.
- 9 For you are the one who gives  
and sustains life.
- 10 Extend your loyal love to your faithful followers,  
and vindicate the morally upright!
- 11 Do not let arrogant men overtake me,  
or let evil men make me homeless!
- 12 I can see the evildoers! They have fallen!  
They have been knocked down and are unable to get up!

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

## Psalm 37

**By David.**

- 1 Do not fret when wicked men seem to succeed!  
Do not envy evildoers!
- 2 For they will quickly dry up like grass,  
and wither away like plants.
- 3 Trust in the LORD and do what is right!  
Settle in the land and maintain your integrity!
- 4 Then you will take delight in the LORD,  
and he will answer your prayers.
- 5 Commit your future to the LORD!  
Trust in him, and he will act on your behalf.
- 6 He will vindicate you in broad daylight,  
and publicly defend your just cause.
- 7 Wait patiently for the LORD!  
Wait confidently for him!  
Do not fret over the apparent success of a sinner,  
a man who carries out wicked schemes!
- 8 Do not be angry and frustrated!  
Do not fret! That only leads to trouble!
- 9 Wicked men will be wiped out,  
but those who rely on the LORD are the ones who will possess the land.
- 10 Evil men will soon disappear;  
you will stare at the spot where they once were, but they will be gone.
- 11 But the oppressed will possess the land  
and enjoy great prosperity.
- 12 Evil men plot against the godly  
and viciously attack them.
- 13 The Lord laughs in disgust at them,  
for he knows that their day is coming.
- 14 Evil men draw their swords  
and prepare their bows,  
to bring down the oppressed and needy,  
and to slaughter those who are godly.
- 15 Their swords will pierce their own hearts,  
and their bows will be broken.
- 16 The little bit that a godly man owns is better than  
the wealth of many evil men,
- 17 for evil men will lose their power,  
but the LORD sustains the godly.
- 18 The LORD watches over the innocent day by day  
and they possess a permanent inheritance.
- 19 They will not be ashamed when hard times come;  
when famine comes they will have enough to eat.
- 20 But evil men will die;  
the LORD's enemies will be incinerated—  
they will go up in smoke.
- 21 Evil men borrow, but do not repay their debt,  
but the godly show compassion and are generous.
- 22 Surely those favored by the LORD will possess the land,  
but those rejected by him will be wiped out.
- 23 The LORD grants success to the one  
whose behavior he finds commendable.
- 24 Even if he trips, he will not fall headlong,  
for the LORD holds his hand.
- 25 I was once young, now I am old.  
I have never seen a godly man abandoned,

- or his children forced to search for food.
- 26 All day long he shows compassion and lends to others,  
and his children are blessed.
- 27 Turn away from evil! Do what is right!  
Then you will enjoy lasting security.
- 28 For the LORD promotes justice,  
and never abandons his faithful followers.  
They are permanently secure,  
but the children of evil men are wiped out.
- 29 The godly will possess the land  
and will dwell in it permanently.
- 30 The godly speak wise words  
and promote justice.
- 31 The law of their God controls their thinking;  
their feet do not slip.
- 32 Evil men set an ambush for the godly  
and try to kill them.
- 33 But the LORD does not surrender the godly,  
or allow them to be condemned in a court of law.
- 34 Rely on the LORD! Obey his commands!  
Then he will permit you to possess the land;  
you will see the demise of evil men.
- 35 I have seen ruthless evil men  
growing in influence, like a green tree grows in its native soil.
- 36 But then one passes by, and suddenly they have disappeared!  
I looked for them, but they could not be found.
- 37 Take note of the one who has integrity! Observe the godly!  
For the one who promotes peace has a future.
- 38 Sinful rebels are totally destroyed;  
evil men have no future.
- 39 But the LORD delivers the godly;  
he protects them in times of trouble.
- 40 The LORD helps them and rescues them;  
he rescues them from evil men and delivers them,  
for they seek his protection.

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