

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

Psalm 38

A psalm of David, written to get God's attention.

- 1 O LORD, do not continue to rebuke me in your anger!
Do not continue to punish me in your raging fury!
- 2 For your arrows pierce me,
and your hand presses me down.
- 3 My whole body is sick because of your judgment;
I am deprived of health because of my sin.
- 4 For my sins overwhelm me;
like a heavy load, they are too much for me to bear.
- 5 My wounds are infected and starting to smell,
because of my foolish sins.
- 6 I am dazed and completely humiliated;
all day long I walk around mourning.
- 7 For I am overcome with shame
and my whole body is sick.
- 8 I am numb with pain and severely battered;
I groan loudly because of the anxiety I feel.
- 9 O Lord, you understand my heart's desire;
my groaning is not hidden from you.
- 10 My heart beats quickly
my strength leaves me;
I can hardly see.
- 11 Because of my condition, even my friends and acquaintances keep their distance;
my neighbors stand far away.
- 12 Those who seek my life try to entrap me;
those who want to harm me speak destructive words;
all day long they say deceitful things.
- 13 But I am like a deaf man—I hear nothing;
I am like a mute who cannot speak.
- 14 I am like a man who cannot hear
and is incapable of arguing his defense.
- 15 Yet I wait for you, O LORD!
You will respond, O Lord, my God!
- 16 I have prayed for deliverance, because otherwise they will gloat over me;
when my foot slips they will arrogantly taunt me.
- 17 For I am about to stumble,
and I am in constant pain.
- 18 Yes, I confess my wrongdoing,
and I am concerned about my sins.
- 19 But those who are my enemies for no reason are numerous;
those who hate me without cause outnumber me.
- 20 They repay me evil for the good I have done;
though I have tried to do good to them, they hurl accusations at me.
- 21 Do not abandon me, O LORD!
My God, do not remain far away from me!
- 22 Hurry and help me, O Lord, my deliverer!

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

Psalm 39

For the music director, Jeduthun;

A psalm of David.

- 1 I decided, "I will watch what I say
and make sure I do not sin with my tongue.
I will put a muzzle over my mouth
while in the presence of an evil man."

- 2 I was stone silent;
I held back the urge to speak.
My frustration grew;
- 3 my anxiety intensified.
As I thought about it, I became impatient.
Finally I spoke these words:
- 4 “O LORD, help me understand my mortality
and the brevity of life!
Let me realize how quickly my life will pass!
- 5 Look, you make my days short-lived,
and my life span is nothing from your perspective.
Surely all people, even those who seem secure, are nothing but vapor.
- 6 Surely people go through life as mere ghosts.
Surely they accumulate worthless wealth
without knowing who will eventually haul it away.”
- 7 But now, O Lord, upon what am I relying?
You are my only hope!
- 8 Deliver me from all my sins of rebellion!
Do not make me the object of fools’ insults!
- 9 I am silent and cannot open my mouth
because of what you have done.
- 10 Please stop wounding me!
You have almost beaten me to death!
- 11 You severely discipline people for their sins;
like a moth you slowly devour their strength.
Surely all people are a mere vapor. (Selah)
- 12 Hear my prayer, O LORD!
Listen to my cry for help!
Do not ignore my sobbing!
For I am dependent on you, like one residing outside his native land;
I am at your mercy, just as all my ancestors were.
- 13 Turn your angry gaze away from me, so I can be happy
before I pass away.

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

Psalm 40

For the music director;

By David, a psalm.

- 1 I relied completely on the LORD,
and he turned toward me
and heard my cry for help.
- 2 He lifted me out of the watery pit,
out of the slimy mud.
He placed my feet on a rock
and gave me secure footing.
- 3 He gave me reason to sing a new song,
praising our God.
May many see what God has done,
so that they might swear allegiance to him and trust in the LORD!
- 4 How blessed is the one who trusts in the LORD
and does not seek help from the proud or from liars!
- 5 O LORD, my God, you have accomplished many things;
you have done amazing things and carried out your purposes for us.
No one can thwart you!
I want to declare them and talk about them,
but they are too numerous to recount!
- 6 Receiving sacrifices and offerings are not your primary concern.

[But a body you have prepared for me] (LXX)

You do not ask for burnt sacrifices and sin offerings. [[Heb 10:5–6](#)]

- 7 Then I say,
“Look! I come!
What is written in the scroll pertains to me.
- 8 I want to do what pleases you, my God. [[Heb 10:7–9](#)]
Your law dominates my thoughts.”
- 9 I have told the great assembly about your justice.
Look! I spare no words!
O LORD, you know this is true.
- 10 I have not failed to tell about your justice;
I spoke about your reliability and deliverance;
I have not neglected to tell the great assembly about your loyal love and faithfulness.
- 11 O LORD, you do not withhold your compassion from me.
May your loyal love and faithfulness continually protect me!
- 12 For innumerable dangers surround me.
My sins overtake me
so I am unable to see;
they outnumber the hairs of my head
so my strength fails me.
- 13 Please be willing, O LORD, to rescue me!
O LORD, hurry and help me!
- 14 May those who are trying to snatch away my life
be totally embarrassed and ashamed!
May those who want to harm me
be turned back and ashamed!
- 15 May those who say to me, “Aha! Aha!”
be humiliated and disgraced!
- 16 May all those who seek you be happy and rejoice in you!
May those who love to experience your deliverance say continually,
“May the LORD be praised!”
- 17 I am oppressed and needy!
May the Lord pay attention to me!
You are my helper 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 How blessed is the one who treats the poor properly!
When trouble comes, the LORD delivers him.
- 2 May the LORD protect him and save his life!
May he be blessed in the land!
Do not turn him over to his enemies!
- 3 The LORD supports him on his sickbed;
you completely heal him from his illness.
- 4 As for me, I said:
“O LORD, have mercy on me!
Heal me, for I have sinned against you!
- 5 My enemies ask this cruel question about me,
‘When will he finally die and be forgotten?’
- 6 When someone comes to visit, he pretends to be friendly;
he thinks of ways to defame me,
and when he leaves he slanders me.
- 7 All who hate me whisper insults about me to one another;
they plan ways to harm me.

- 8 They say,
'An awful disease overwhelms him,
and now that he is bed-ridden he will never recover.'
- 9 Even my close friend whom I trusted,
he who shared meals with me, has turned against me. [[John 13:18](#)]
- 10 As for you, O LORD, have mercy on me and raise me up,
so I can pay them back!"
- 11 By this I know that you are pleased with me,
for my enemy does not triumph over me.
- 12 As for me, you uphold me because of my integrity;
you allow me permanent access to your presence.
- 13 The LORD God of Israel deserves praise
in the future and forevermore!
We agree! We agree!

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

Psalm 53

For the music director; according to the machalath style;

A well-written song by David.

- 1 Fools say to themselves, "There is no God."
They sin and commit evil deeds;
none of them does what is right.
- 2 God looks down from heaven at the human race,
to see if there is anyone who is wise and seeks God.
- 3 Everyone rejects God;
they are all morally corrupt.
None of them does what is right,
not even one! [[Rom 3:10–12](#)]
- 4 All those who behave wickedly do not understand—
those who devour my people as if they were eating bread,
and do not call out to God.
- 5 They are absolutely terrified,
even by things that do not normally cause fear.
For God annihilates those who attack you.
You are able to humiliate them because God has rejected them.
- 6 I wish the deliverance of Israel would come from Zion!
When God restores the well-being of his people,
may Jacob rejoice,
may Israel be happy!

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