

Deliver Me, O LORD (c. David/Solomon/Divided Kingdom)

Psalm 120

A song of ascents.

- 1 In my distress I cried out
to the LORD and he answered me.
- 2 I said, "O LORD, rescue me
from those who lie with their lips
and those who deceive with their tongue.
- 3 How will he severely punish you,
you deceptive talker?
- 4 Here's how! With the sharp arrows of warriors,
with arrowheads forged over the hot coals.
- 5 How miserable I am!
For I have lived temporarily in Meshech;
I have resided among the tents of Kedar.
- 6 For too long I have had to reside
with those who hate peace.
- 7 I am committed to peace,
but when I speak, they want to make war.

My Help Comes from the LORD (c. David/Solomon/Divided Kingdom)

Psalm 121

A song of ascents.

- 1 I look up toward the hills.
From where does my help come?
- 2 My help comes from the LORD,
the Creator of heaven and earth!
- 3 May he not allow your foot to slip!
May your protector not sleep!
- 4 Look! Israel's protector
does not sleep or slumber!
- 5 The LORD is your protector;
the LORD is the shade at your right hand.
- 6 The sun will not harm you by day,
or the moon by night.
- 7 The LORD will protect you from all harm;
he will protect your life.
- 8 The LORD will protect you in all you do,
now and forevermore.

Our Eyes Look to the LORD Our God (c. David/Solomon/Divided Kingdom)

Psalm 123

A song of ascents.

- 1 I look up toward you,
the one enthroned in heaven.
- 2 Look, as the eyes of servants look to the hand of their master,
as the eyes of a female servant look to the hand of her mistress,
so my eyes will look to the LORD, our God, until he shows us favor.
- 3 Show us favor, O LORD, show us favor!
For we have had our fill of humiliation, and then some.
- 4 We have had our fill
of the taunts of the self-assured,
of the contempt of the proud.

The LORD Surrounds His People (c. David/Solomon/Divided Kingdom)

Psalm 125

A song of ascents.

- 1 Those who trust in the LORD are like Mount Zion;
it cannot be upended and will endure forever.
- 2 As the mountains surround Jerusalem,
so the LORD surrounds his people,
now and forevermore.
- 3 Indeed, the scepter of a wicked king will not settle
upon the allotted land of the godly.
Otherwise the godly might
do what is wrong.
- 4 Do good, O LORD, to those who are good,
to the morally upright!
- 5 As for those who are bent on traveling a sinful path,
may the LORD remove them, along with those who behave wickedly!
May Israel experience peace!

Blessed Is Everyone Who Fears the LORD (c. David/Solomon/Divided Kingdom)

Psalm 128

A song of ascents.

- 1 How blessed is every one of the LORD's loyal followers,
each one who keeps his commands!
- 2 You will eat what you worked so hard to grow.
You will be blessed and secure.
- 3 Your wife will be like a fruitful vine
in the inner rooms of your house;
your children will be like olive branches,
as they sit all around your table.
- 4 Yes indeed, the man who fears the LORD
will be blessed in this way.
- 5 May the LORD bless you from Zion,
that you might see Jerusalem prosper
all the days of your life,
- 6 and that you might see your grandchildren.
May Israel experience peace!

They Have Afflicted Me from My Youth (c. David/Solomon/Divided Kingdom)

Psalm 129

A song of ascents.

- 1 "Since my youth they have often attacked me,"
let Israel say.
- 2 "Since my youth they have often attacked me,
but they have not defeated me.
- 3 The plowers plowed my back;
they made their furrows long.
- 4 The LORD is just;
he cut the ropes of the wicked."
- 5 May all who hate Zion
be humiliated and turned back!
- 6 May they be like the grass on the rooftops
which withers before one can even pull it up,
7 which cannot fill the reaper's hand,
or the lap of the one who gathers the grain!
- 8 Those who pass by will not say,

“May you experience the LORD’s blessing!
We pronounce a blessing on you in the name of the LORD.”

My Soul Waits for the LORD (c. David/Solomon/Divided Kingdom)

Psalm 130

A song of ascents.

- 1 From the deep water I cry out to you, O LORD.
- 2 O Lord, listen to me!
Pay attention to my plea for mercy!
- 3 If you, O LORD, were to keep track of sins,
O Lord, who could stand before you?
- 4 But you are willing to forgive,
so that you might be honored.
- 5 I rely on the LORD,
I rely on him with my whole being;
I wait for his assuring word.
- 6 I yearn for the Lord,
more than watchmen do for the morning,
yes, more than watchmen do for the morning.
- 7 O Israel, hope in the LORD,
for the LORD exhibits loyal love,
and is more than willing to deliver.
- 8 He will deliver Israel
from all the consequences of their sins.

The LORD Has Chosen Zion (c. David/Solomon/Divided Kingdom)

Psalm 132

A song of ascents.

- 1 O LORD, for David’s sake remember
all his strenuous effort,
- 2 and how he made a vow to the LORD,
and swore an oath to the powerful ruler of Jacob.
- 3 He said, “I will not enter my own home,
or get into my bed.
- 4 I will not allow my eyes to sleep,
or my eyelids to slumber,
- 5 until I find a place for the LORD,
a fine dwelling place for the powerful ruler of Jacob.”
- 6 Look, we heard about it in Ephrathah,
we found it in the territory of Jaar.
- 7 Let us go to his dwelling place!
Let us worship before his footstool!
- 8 Ascend, O LORD, to your resting place,
you and the ark of your strength!
- 9 May your priests be clothed with integrity!
May your loyal followers shout for joy!
- 10 For the sake of David, your servant,
do not reject your chosen king!
- 11 The LORD made a reliable promise to David;
he will not go back on his word.
He said, “I will place one of your descendants on your throne.
- 12 If your sons keep my covenant
and the rules I teach them,
their sons will also sit on your throne forever.”
- 13 Certainly the LORD has chosen Zion;
he decided to make it his home.

- 14 He said, "This will be my resting place forever;
I will live here, for I have chosen it.
- 15 I will abundantly supply what she needs;
I will give her poor all the food they need.
- 16 I will protect her priests,
and her godly people will shout exuberantly.
- 17 There I will make David strong;
I have determined that my chosen king's dynasty will continue.
- 18 I will humiliate his enemies,
and his crown will shine.

Come, Bless the LORD (c. David/Solomon/Divided Kingdom)

Psalm 134

A song of ascents.

- 1 Attention! Praise the LORD,
all you servants of the LORD,
who serve in the LORD's temple during the night.
- 2 Lift your hands toward the sanctuary
and praise the LORD!
- 3 May the LORD, the Creator of heaven and earth,
bless you from Zion!

Your Name, O LORD, Endures Forever (c. David/Solomon/Divided Kingdom)

Psalm 135

- 1 Praise the LORD!
Praise the name of the LORD!
Offer praise, you servants of the LORD,
who serve in the LORD's temple,
in the courts of the temple of our God.
- 2 Praise the LORD, for the LORD is good!
Sing praises to his name, for it is pleasant!
- 3 Indeed, the LORD has chosen Jacob for himself,
Israel to be his special possession.
- 4 Yes, I know the LORD is great,
and our Lord is superior to all gods.
- 5 He does whatever he pleases
in heaven and on earth,
in the seas and all the ocean depths.
- 6 He causes the clouds to arise from the end of the earth,
makes lightning bolts accompany the rain,
and brings the wind out of his storehouses.
- 7 He struck down the firstborn of Egypt,
including both men and animals.
- 8 He performed awesome deeds and acts of judgment
in your midst, O Egypt,
against Pharaoh and all his servants.
- 9 He defeated many nations,
and killed mighty kings—
- 10 Sihon, king of the Amorites,
and Og, king of Bashan,
and all the kingdoms of Canaan.
- 11 He gave their land as an inheritance,
as an inheritance to Israel his people.
- 12 O LORD, your name endures,
your reputation, O LORD, lasts.
- 13 For the LORD vindicates his people,

- and has compassion on his servants.
- 15 The nations' idols are made of silver and gold,
they are man-made.
- 16 They have mouths, but cannot speak,
eyes, but cannot see,
17 and ears, but cannot hear.
Indeed, they cannot breathe.
- 18 Those who make them will end up like them,
as will everyone who trusts in them.
- 19 O family of Israel, praise the LORD!
O family of Aaron, praise the LORD!
- 20 O family of Levi, praise the LORD!
You loyal followers of the LORD, praise the LORD!
- 21 The LORD deserves praise in Zion—
he who dwells in Jerusalem.
Praise the LORD!

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