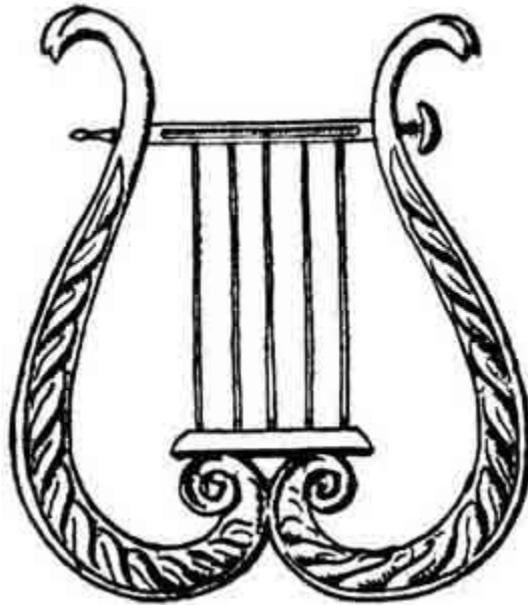


THE PSALMS



Paraphrased by David J Pohlmann PhD in 2011

© Pohlmann's Paraphrased Version ©
(PPV)

PARAPHRASES OF THE PSALMS
DAVID POHLMANN 2011

1ST PSALM

There's a real blessing in not listening to moral 'dropkicks';
And it's good for us when we don't copy those who've clearly got it wrong,
Just as its best if we don't catch the 'bug' from those that just try to discredit everything!
No the real blessing comes from doing what the Lord says,
Thinking deeply about His words when we get up and when we go to sleep;
His words help us put our roots down deep;
Tapped into streams of living water that ultimately brings about good results in us;
Not getting 'so far' then collapsing in a heap, but succeeding at everything we turn our hands to.
Those who are against God won't cope with God facing them with the truth;
There's no place for God's opponents among His friends.
God's relationship with His friends could not be closer,
But His enemies will end up with absolutely nothing.

2nd Psalm

Why do nations get angry and countries plan pointless schemes?
Governments take a point of view;
Leaders put their heads together;
Plotting against God and His chosen One...

'Let's throw caution to the wind – break all the rules!'

God above laughs at them;
He scoffs;
He will get angry and scare the living daylights out of them, saying...

'I put my chosen One on my holy mountain Zion'

I'll tell you what else God says to Him...

'You are my Son,
I begot You,
If you want the nations as an inheritance, just ask,
I'll give you the whole world as a present,
You'll smash them,
Shatter them like glass.'

So watch out politicians,
Pay attention leaders;
Give God His due, take joy mixed with fear;
Pay attention to the Son – don't get Him angry...you'll lose.

What would you rather – His anger or being safe and blessed in His arms?

3rd Psalm

LORD it looks like the number of those with a beef against me are growing;
More are turning up and saying 'God won't rescue him',
But You God protect me;
You give me victory, You lift my head;

I cried out to Him and He heard me...right where He lives!

Despite the threats I rested and woke up OK,
Sustained by the LORD.
In the light of this I'm not worried if 10,000 rise up against me.

God save me!
You punched my enemies in the face;
You broke all their teeth.

Salvation is God's business;
May You bless Your people!

4th Psalm

PSALMIST:

God (the only one who can make me OK) – please answer me when I call to You;
Just like You have relieved my distress in the past,
Please show Your grace to me by hearing my requests.

GOD:

How long will you turn up your nose at me and use my integrity as an insult?
How long will you invest in what's useless? And aim for what's deceptive?

PSALMIST:

The LORD claims godly people for himself;
The LORD hears me when I cry out to Him.
Respect Him and don't sin;
Lie on your bed, be still and consider Him deeply in your heart;
Let your sacrifice be right action and trust Him to help you.

Many say: Who will treat us well?

Shine the light of Your face on us LORD!

You put joy in my heart,
More than when I have plenty of 'stuff'.

I can rest and work in complete peace, knowing You alone LORD keep me safe.

5th Psalm

LORD please listen to me – take notice of my pleading;
Take notice of my heart-felt cry – You're my King & my God & I present all my requests to You.
In the morning LORD You'll hear from me;
I'll direct my prayers to You & then wait for what You will do.

You're not a God who likes evil – there's nothing evil in you.
People will boast in front of You but no-one can do that and stand – and You can't stand them when they do that!
You demolish those who talk such rubbish – violence & deceit are human traits You deplore.

My experience of You...because of Your great love You let me into Your house – In Your very presence I am able to bow in worship.
LORD You keep me on Your path to save me from my enemies;
Make Your way clear to me.

The words they say are totally unreliable;
Inside lays the seeds of their destruction;
Their voice is deadly.
God hold them accountable for this;
Let them feel the full consequences of their actions – crashing down and kicked out – because they are dead-set against You.

But for us who find refuge in You, let's sing for joy;
Keep sheltering us – those who love all You stand for stand in awe of You.
You are the One who blesses those doing Your acts, LORD;
You surround us with Your protection and Your grace.

6th Psalm

LORD please don't get upset with me while you're angry;
Don't deal with me while You're cranky.
Show Your grace to me because I'm dying away;
I'm aching to my bones & my soul is distressed.

How long will You take LORD?
Please come back & rescue me;
Save me because of Your great love.

The dead don't talk about You;
Who in the depths will say thanks to You?

I'm so tired, I cry myself to sleep;
My eyes are empty of tears;
They look old – just because of my enemies.
Clear out evil ones!

The LORD has heard my cries;
He's heard my requests;
He's accepted my prayers.

My enemies will be disappointed & put to shame;
So ashamed they'll turn back to You.

7th Psalm

LORD God – In You I hide;
Save me from those who are out to get me;
Or ‘he’ll’ get me and tear me apart...
He’ll destroy me ‘till there’s nothing left.

If I have done the things they accuse me of,
If I’m in the wrong,
If I’ve done evil to my friend,
Or attacked him without due cause,
Then let him get me;
Let him stomp on me and put an end to my reputation!

Get angry with my enemies;
Stand toe to toe with them.
Take my part in Your judgement;
Gather the people around You;
Return as King –
You judge everyone.

Vindicate me LORD – but only to the extent that I have done right;
To the extent that my integrity is intact...
Let the evil of those who oppose You, end!
Support those that do Your will.
Come LORD – You can see my innermost being – You know us humans better than we know ourselves.

God is my shield – You protected those who stand up for You;
You are ‘spot-on’ in all Your judgements – You see correctly when You see sin in us.

When someone refuses to see things Your way and turn around, he prepares himself for battle...
He gets his weapons ready;
He plans all sorts of evil;
And then just when he thinks he’s set a trap for You LORD...
He falls into it himself!!!
He reaps what he sows!!!

LORD – I really want to thank You...because of Your goodness to me.
I will sing songs of praise to You...LORD MOST HIGH!

8th Psalm

LORD...our LORD;

The whole earth shouts Your magnificent name.

Every inch of the sky has Your fingerprints...Your DNA – displayed all over it!

Even from the mouths of babes at their mothers' breast – do we hear of Your greatness;

These things make even Your enemies stop and think.

I stop to think of the heavens above, Your handiwork...the moon and stars that You set aside for Your purposes;

It's amazing that You take the time to think about us;

That You dare to care for the human race...

We're made a little lower than angels,

And yet You bless us with Your glory and majesty;

You set us up as stewards of Your world;

You have put us 'in charge' of the planet...

 Sheep & cattle

 Wild animals

 Birds in the sky, fish & other animals in the sea

LORD!

OUR LORD!!

The whole earth shouts Your magnificent name!!!

9th Psalm

LORD I'll thank You with everything I have;
I'll tell people about how wonderful You are;
My joy will overflow in You;
I will sing praise songs to You – Your name is higher than any other!

My enemies take one look, turn around
And fall over their own feet as they try and get away.

You have taken my part;
You judged rightly;
You've spoken against the people who oppose You;
Demolished the evil;
Taken away their reputation.
The enemy has come to a permanent end;
You removed his kingdoms...
Gone...forgotten!

But You LORD are with us forever;
You are the judge;
You judge rightly;
You judge equitably.
LORD You look after the oppressed;
We can rely on You in troubled times.
Those who know You, trust You;
You never abandon those who seek You.

Praise the LORD...who lives in Mt Zion!
Tell His people about His deeds;
The One who requires sacrifice doesn't forget about the downtrodden.

Show You grace to me LORD;
See how I am attacked by my enemies,
You who rescues me from death
So that I can praise You to others;
That with the faithful,
My joy will overflow at You salvation.

Your opponents have fallen into the hole they dug for others;
They were caught in their own trap.

The LORD has shown Himself to all!
He has judged!
At His hands the evil ones are caught;
The evil go to the place of the dead
Including those who forget about the Son.

But the needy aren't forgotten;

The downtrodden are not without hope.

Come LORD...don't let us humans have our own way...

Judge us all.

Help us to fear and respect You as God

And realise that we are just Your children.

10th Psalm

LORD why do You seem so far away?
Why does it seem like You're hiding when I'm in trouble?

Full of pride, the evil ones get stuck into the distressed;
I hope they get caught in their own evil plans!

The evil ones boast of the bad stuff in their hearts;
The greedy curse and shun the LORD;
The evil are so full of themselves that they don't give Him a second glance;
They just think 'There's no God'
And they seem to get away with it!
They think their judgements are beyond His view.
They scoff at their enemies 'We're not moving!'
'Whatever happens will be OK!'
They are full of mischief and evil;
They lurk in the town,
Hiding in order to spring up and kill the innocent,
Always on the lookout for the unfortunate,
Like a lion waiting for the catch.
They wait to catch the distressed;
They catch them and lure them into their net;
The crouch down and cause the unfortunate to fall;
They say to themselves 'God will forget all this!'
'He'll never notice.'

Come LORD God – do something!
Don't forget the distressed.

Why have the evil turned away from God?
The evil don't think God requires their allegiance.
But You have seen their mischief and evil – You will do something.
The unfortunate relies on You;
You help the orphan.

Disarm the evil ones!
Deal with their deeds until no evil can be found.

The LORD is King forever!
You can make nations disappear!!

You've heard the heart-felt desires of the humble,
You'll make their hearts stronger,
You'll listen to their cries,
You'll put right the situations of the oppressed and the orphans
So that no person will ever again cause that kind of terror on the earth!

11th Psalm

The LORD is my hiding place.
How can anyone say to me, 'Run away – go hide.'?

The evil ones get ready to attack,
They prepare to inflict pain and
Aim in the dark at the one who is true of heart.
If the ground on which we stand is destroyed,
What can we who follow God do?

The LORD is on His throne: He reigns from heaven.
He sees everything – He's checking us out.
He tests the good and the bad;
Those who love violence go against God's heart.
He will trip them up,
And bitter will be the consequences.

The LORD is good – He loves goodness;
Those who live upright lives will see Him.

12th Psalm

LORD...Help! All the godly people have gone!!
There are no more faithful people left!!!
Everyone tells lies to one another;
They butter each other up and act like hypocrites.

May the LORD shut those mouths permanently...
Voices that talk of 'great things'...
That say, 'Our voices are the most important'...
That say, 'We're independent – don't tell us what to say!'

'Because of the poor situation of the distressed, because the needy are speaking out
I am going to do something,' says the LORD.
'I will make sure they get the security they long for.'

The LORD's words are pure words,
As pure as silver that's been refined seven times.
LORD, You'll look after them;
You will make sure "He" from this generation is safe...
Even when evil ones strut around proudly at a time when evil is the done thing!

13th Psalm

How long's it gonna take LORD? You gonna forget about me forever?
How long are you gonna hide from me?
How long will I have to think about this all alone,
With sorrow inside all day?
How long will those who oppose me be able to have the upper hand?
LORD GOD...think about what I'm saying and answer me!

I need some light at the end of the tunnel, otherwise I feel like I'm gonna die down here.

Then my opponent will say, "Ha ha – we've got her".
My enemies will be happy to see me rattled.

But I have been trusting in Your love and kindness;
My heart leaps for joy that You've rescued me.
I'll sing to You LORD – because of how well you've treated me.

14th Psalm

You'd have to be a bit of a drongo, if you really believed, in your heart of hearts, that there was no God!
They're dishonest, completely wrong in all they do.

Is there anyone left who does the right thing?
The LORD looks down on us humans
To see if there's one of us left who truly gets it...
Who truly searches for God and His ways!
Everyone's got it 'base-over-apex'...we're all kidding ourselves;
There's no one who can say they get it right – no one!

Don't those who do evil know,
Who treat people like dirt
Without asking God to forgive them,
That they are in terrible danger?

God supports those who do what's right,
And will shame those who 'talk the talk' with the oppressed without 'walking the walk'.
But even so, the LORD provides a place of shelter for the downtrodden.

I can only wish that God would come now and sort it all out!
'Cause when He does come to the rescue
God's children will be overjoyed;
His kids will be ecstatically happy!!

15th Psalm

LORD...who can live with You?
Who can remain in Your presence?

The one with integrity...who does the right thing;
The one who's honest in their heart,
Who doesn't slander with their words,
And does no harm to their neighbour,
Nor sets out to harm their friend;
One who sees the scoundrel for who they are,
But honours and respects the LORD;
The one who's word is their bond, and remains true to that word.
These people give generously,
And don't take bribes nor do they harm the innocent.

If you behave in these positive ways, no person has any real power over you.

16th Psalm

Save my life God – I hide myself in You.
I told the LORD, "You're my Lord! There's no good in me but You!"
As far as the saintly people go – they reflect Your majesty on the earth...
I take great joy in them.
But those who have swapped You for some non-god will be extremely sorry;
I won't take part in their phoney religious celebrations;
I won't even utter the names of their 'gods'.

I've thrown my lot in with the LORD;
You look after me.
My family lines have led me to this place in which I now find myself;
I love my heritage of faith.
I thank the LORD that He has shown me the way to go;
The conscience You gave me guides me through the dark places.
I keep the LORD in view all the time;
He's right here with me...I won't be afraid.

My heart leaps for joy – in glorious gladness;
My future is secure.
You won't leave me in the place of the dead;
You especially won't let Your Holy One remain dead.
You show me the path to live;
Your presence with me continually fills me with joy.

17th Psalm

LORD, hear my just plea and my crying out to You;
Hear my words – they're honest.
I hope I get a judgement soon;
Hope that you decide fairly.
You've seen what's in my heart;
You were present with me through the night;
You checked me out and found nothing.
I decided to watch my words...
In terms of what others do, I have listened instead to what You say;
I stayed away from their type of actions;
I kept doing what You wanted...
I haven't strayed.

I called out to You – I know You'll answer me, God.
Lean down here...I want to tell you something.
You're a wonder when You show Your love and kindness
To those who look to You for safety
From those who want to hurt them.

Keep me as the 'apple of your eye';
Protect me in the 'shadow of your wings',
From the baddies who are out to get me.
My deadly opponents all around...
They have shut up their hearts;
They're full of pride;
They're all around me;
They want to destroy me
Like a lion on the prowl...
A young lion ready to pounce.

LORD – take them on – stop them!
Save me from their plans by Your strength;
From my neighbours, Oh God;
From people who see this world as their only goal;
Who You allow physical wealth;
Who delight in their kids
But are only interested in passing on all their 'stuff' to them when they die.

As for me, I want to see Your face.
I'll be happy if I can just look at You when I wake.

18th Psalm

I love You LORD – You enable me to keep going.
The LORD is my foundation, my shelter, my rescuer.
God is the rock who gives me shelter...
You protect me, You're the strength of my salvation, my strong safe place.

When I call out to the LORD, I am kept safe (He's the only one who's really praise-worthy).
I looked death in the face;
The horror of ungodliness confronted me;
The place of the dead seemed all around me;
Death was right there!
Distressed I called on the LORD;
I yelled 'Help!' to my God
And He heard me right where He lives...
And He understood what I was saying.

The earth shook;
The mountains trembled;
Everything shook in His anger.
Smoke rose (as if from His nostrils);
Fire poured out (as if from His mouth);
It was as if the sky bent down to the earth – with Him riding the clouds;
Flying with the angels on the wind;
Darkness hid Him...
Dark waters and skies.
Lightning flashed;
Hail rained down as did fire.
The LORD's voice sounded like thunder...
The Most High One speaks!
Hail rained down as did fire like arrows shooting everywhere;
My enemies ran confused in the midst of the storm;
Floods began,
Washing away the earth.
All because You are angry;
The winds flow as if from Your breath;
He scooped me up, picked me up;
Saved me from the flood;
And saved me from my enemies.
Those that hate me, the ones that were too strong for me;
They attacked me when I was down,
But the LORD was there!
He brought me out into an open space;
He rescued me 'cause he loves me.
He's rewarded me for sticking with Him;
I've kept my hands clean and He's given me a bonus.
I've done things His way...
I haven't gone off on my own tangent.
I know what He wants from me
And I didn't reject His plans for me away.

In that regard I was perfect...
I kept clear of sin;
I've stuck with Him and He's given me a bonus;
My hands are clean as far as He's concerned.

You're kind to those who are kind;
You demonstrate Yourself to be above suspicion to the innocent,
And pure to the pure,
But You are more clever than the crooked,
And You rescue the downtrodden.
You drop the proud 'down a peg or two',
But You brightly shine the way for me...
The LORD my God is a light in my darkness;
You enable me to negotiate life's obstacles;
God, You help me overcome barriers.

God's way is pure;
His words have proven true.
I can hide behind Him...there I'm safe.
Who else could be God but my LORD?
Who else is worth being my foundation?
This God strengthens me and keeps me on 'the straight and narrow';
He gives me a firm footing and lifts me up.
He prepares me to deal with whatever comes;
With Him I can do more than I can alone.
You shield me as You rescue me;
You stretch out a helping hand...a gentle hand;
You help me step out big-time and stop me from slipping.

I've overtaken my enemies;
Next minute they were gone;
I out-did them – they couldn't compete;
I stepped right over them.
You strengthened me;
You stopped those who were against me;
My enemies have turned away;
I demolished those who didn't like me.
They yelled, 'Help!' but who would help them?
Not even the LORD.
I 'ground' them up and 'blew them away'
Out to the dust of the streets.

You rescued me from the trouble-makers.
You placed me as a leader among the nations;
When I speak people follow...
They back off and stay there.

God is alive! Bless my foundation!
Lift up the God who saves!!
The God who takes my part,

Sorts out my enemies.
You lift me up in front of them;
You rescue me from violence,
That's why I want to thank You LORD in front of everyone...
I'll sing Your praise.

You save the King;
You show love to the one set apart in this way...
To David and all His descendents.

19th Psalm

Look at the sky – it speaks of God’s glory;
Its open expanse points to His creation.
Day after day it speaks...
Night after night it yells...
Not through audible words,
But never-the-less it speaks all around the world...
East to West, North to South.
There God has housed the Sun,
Like a groom on his wedding day
Ready and raring to make his appointment;
Each day it rises on one side and sets on the other,
Spreading its warmth across the earth.

The LORD’s laws are complete;
You can depend on what He says;
Those of us simple people became wise just by listening.
The LORD’s instructions are true – following Him makes the heart sing.
What He commands is clear – it illuminates the mind.
Respect for the LORD is good – lasting forever.
When the LORD judges He’s always right – always true and just;
His judgements are to be sought after – they’re more valuable than gold;
They’re sweeter than honey or honeycomb...mmm!
In this way You warn me, Your servant.
If I keep Your commands, I benefit!

No-one can pick errors in God’s ideas;
Please forgive me when I get things wrong.
LORD, keep me from stumbling into error;
Don’t let my mistakes rule me.
Then I will be clean,
Forgiven from my many sins.

Let everything I say, and all that I think on in my heart
Be the kind of stuff, of which You’d approve.
You LORD are my firm foundation...the One who brought me back when I didn’t have a hope!

20th Psalm

May the LORD answer you as you pray to Him when you hit troubles;
May Jacob's God keep you 'high and dry';
May He send you the help that you need from His home on high;
May He remember all the time You put Him first!
(stop and think about that for a while!)

May He give you your heart's desire,
And fulfil your plans.
We'll sing for joy when things work out;
We'll wave our banners to celebrate;
May the LORD do what you ask of Him!

Now I'm certain that the LORD saves the ones He's set apart;
He answers us from heaven;
He rescues us in His strength.
Some will boast in earthly strength,
But we will boast in the LORD God.
Others may have taken a tumble
But we're still on four feet – standing strong!

Rescue us LORD...
May the King answer us when we call.

21st Psalm

LORD, the king delights in Your strength;
He gets a real 'kick' just thinking about how You rescued him.
You gave him that for which his heart longed;
You didn't ignore his requests.

You bless him with good gifts;
You crown him with gold.
He asked You for life and
You gave it to him...
Life that goes on forever.

Because you saved him, he shares Your glory;
You give him splendour and majesty;
You've made him the most blessed man on earth!
Just being in Your presence makes him so glad and joyful...
This is because the king trusts the LORD and because of God's love he will remain unshaken.

God, You can see Your enemies...
You notice those that hate You.
Your anger will burn towards them;
The LORD will swallow them up;
Your fire will consume them.
Those who follow them will also be destroyed;
The ones that do the same – all gone.
Even though they were plotting against You,
They won't succeed.
You'll make them turn away;
They'll take one look at your weapons and they'll 'leg it'!

LORD – You alone are God...You demonstrate it by Your strength;
We'll sing about it and praise Your power.

22nd Psalm

God...my God – why have You turned Your back on me?
I groan with pain but You don't rescue me!
Oh my God! I call out to You in the daytime, but You don't respond;
I scream out at night but can't find any respite.

But...You are the Holy One;
You're the King on the throne of Israel's praises.
It was You our forefathers trusted;
Their trust was in the One who rescues;
They called out to You and they were saved;
They trusted You and their trust was well placed.

Look at me – I'm nothing!
Hated and despised by my fellow human beings;
They look at me with that look...they point their fingers and go 'tut tut' saying...
'You just need more faith...trust God more and He'll rescue you...make Him number 1 and He'll fix things...'

But You were there when I was born;
I trusted You as I fed at my mother's breasts;
I've been resting in You from birth;
You've been my God since before I was born!

Stay close Lord! Trouble is near
And no-one else can help me.
I'm surrounded by beasts;
Totally encircled by them
Baring their teeth
Like ravenous, roaring lions.
I'm being poured out;
My bones are all out of whack;
And my heart melts, like wax within my chest;
My strength is gone...all dried up...
So dry that my tongue sticks to the roof of my mouth.
You're sending me to my dusty grave;
Surrounded by faithless ones;
Encircled by evil ones.
See! They pierce my hands and feet;
You can see all my bones sticking out.
And they stand there staring at me and
Gamble for my clothes.

But You LORD are not too far away...
Come help me, quick!
Rescue me from death;
Don't let the faithless have power over me;
Save me from the lion.
Even when the beasts attack You're here!

I will stand again amongst my brothers;
And tell them about how wonderful You are.
If you respect the Lord, praise Him!
If you're a descendent of Jacob, tell everyone of His glory;
If you're a descendent of Israel, stand in awe of Him;
Because you're not seeing God despising the Afflicted One in front of you!
No – He hasn't actually turned His back on me...
When I called out He heard me!

You, God, cause my praise in the gathering;
I will fulfil my promises in front of those who respect Him!
I, the 'Afflicted One' will be given everything that I need.

If you seek Him out – you'll end up praising Him.
Let Your heart live on always!
Everyone, everywhere – remember and turn to the LORD.
All human families worship You;
You LORD are our Kingly Ruler;
We who prostrate at Your hands worship You;
When we die, we bow before You.

History...His story;
People will retell this story generation after generation;
They will declare how good and how great is our God!
Everyone born will discover that
He has done EVERYTHING that
He set out to do!!

23rd Psalm

The LORD takes care of me;
He gives me everything that I need.
I enjoy the rest that He gives...in grassy paddocks,
And alongside crystal clear creeks.
He sets my heart straight,
Gets me back on track for His sake.

Even when the spectre of death raises its ugly head
I won't be afraid because You're right here beside me;
I'm strengthened and encouraged by both Your protection and Your discipline.
You provide for me out in the open where even my enemies can see it;
You've set me apart and
Your blessings overflow in my life.

I'm certain that Your goodness and love will always be with me,
And that I'll live with You now and forever.

24th Psalm

The earth belongs to the LORD – everything in it and on it is His;
The whole world and all who live here;
It was he who built it amidst the seas and rivers.

Tell me...just who can approach a God who can do that?
Who could possibly stand in His presence?
Well it would take someone who had 'clean hands' and a pure heart;
Someone who hasn't sold out to a lie,
Or given up in favour of deception...
The LORD will bless One who has stayed pure.

God will give him His salvation, His righteousness...
This gift is people...a generation who love You with all their hearts,
And can't wait to see Your face.

[Stop for a while and think about that!]

O gates...swing wide!
O ancient doors...open up!!
So that the glorious King can come in!!!
You ask 'Who is this king?'
The LORD...strong and mighty;
The LORD...strong in battle.

O gates...swing wide!
O ancient doors...open up!!
So that the glorious King can come in!!!
You ask 'Who is this king?'
The LORD of all of us in the battle...
That's the King of Glory!

25th Psalm

LORD, I lift up my very being to You.
God, it's You I trust;
Please don't let me trip up,
Or let my opponents get the better of me.
The fact is...no-one who really trusts in You will be sorry,
But those who coldly and calculatingly do the wrong thing will be finished!

Show me Your way to live;
Teach me how it goes;
Demonstrate the way of truth...teach me.
You alone are the God who saves me and I hang on Your every word.

Don't forget how loving and kind You have been;
You've always been like that;
Please forget the mess I made of my life when I was younger;
No...remember me instead through the lens of Your love and kindness...
Through the eyes of Your goodness LORD.

The LORD is good and understanding;
He shows sinners how to live;
He leads humble people towards just acts...
Teaches them His way of living;
His way is the way of love, kindness and truth...
At least it is if you follow what He says.
For Your sake, LORD,
Forgive my messy life – I have well & truly stuffed up!

If a person respects the LORD
God will show him what to do;
His inner most being will do well;
His family will do well too.
The LORD shares his 'secrets' with those who respect Him;
He will make His promises come alive inside.

I always look to the LORD;
He stops me from tripping up.
God, please notice me and show me grace,
For I'm lonely and finding life tough;
My heart-ache is huge;
Rescue me from this distress;
Notice what I'm going through,
And forgive my sin.

Please notice my opponents too! There's lots of them...
They really hate me;
Don't let me suffer shame, I'm putting all my trust in You;
Let Your goodness protect me;
I'm depending on You.

Save Your people Oh God
From all their troubles.

26th Psalm

Tell me that I'm doing OK LORD...I've always tried to do what's right;
I trusted You without turning away;
Look carefully, check me out...
Take a good look at my mind and my heart.
I keep experiencing Your love and kindness,
As I have done what you say is good and true.

I don't get sucked in by liars or
End up following hypocrites.
I hate being with evil people;
I won't remain in the same place as those who oppose You.
My hands are clean
As I come to Your altar LORD
To thank You for all You've done,
And to tell everyone how wonderful You are.
LORD how I love being in Your house...
Being present where You are present.

Please don't treat my soul the way you would treat Your enemies;
I don't want to end up like those who are viole...
The evil schemers...
Whose lives are full of bribery and corruption.

Me?? I want to walk the right way in life;
Rescue me, show me Your grace.
You put my feet on level ground...
Among Your people I will be a blessing to You LORD.

27th Psalm

LORD You show me the way to go and You rescue me....so who am I going to be afraid of?
The LORD defends me!
Say again...who should I worry about?

When the bad-guys came and had a go at me,
Or when my enemies did the same...they all tripped up.
Even if a bunch of them ganged up on me all at once, I won't be afraid.
I could be at war with them,
And yet I'd remain confident in You.

There's one thing I would ask of the LORD...
That I can stay close to You all my life.
To look at the LORD's beauty;
To think about Him in His house...
In troubled times He will hide me;
In His presence He'll shield me,
And set my feet on solid ground.
There He lifts me up, despite my enemies.
In His presence I'll shout for joy;
I will sing my praise to the LORD.

Hear me LORD, when I cry out to You;
Show me grace and answer me.
When You said, "Desire to be with Me", my heart said, "There's nothing else I would want to do more."
So don't turn away from me;
Don't get angry and turn away.
You have always been my helper;
Don't turn Your back on me now.
You're MY God...the One who saves;
My parents have left me and You're my parent now.

28th Psalm

You're the One I call LORD;
You're my solid foundation – please don't act deaf!
If You give me the silent treatment I won't survive.
Hear my appeal to You when I call out for help.
When I worship You,
Don't allow me to end up like the 'bad guys',
Or those intent on doing evil;
Those who say all the 'right' things with their mouths,
While hiding dark evil thoughts in their hearts.

Give them back evil for evil;
Give them back according to their actions;
Give them what they deserve...
Because they don't 'give a rip' about the LORD's work,
Or about what He is doing...
He will destroy them and not rebuild them.

I bless the LORD
Because He heard my request;
His strength shields me,
And because of His help, I trust Him in my heart of hearts.
In fact my heart soars and erupts in songs of thankfulness to Him.

When we His people are weak, He's strong;
He saves and defends those he gathered to Himself.
Save Your people, bless their kids;
Be like a shepherd acts to a little lamb...LORD pick us up in Your arms and carry us always.

29th Psalm

Give to the LORD, children of the great and important;
Give to the LORD glory and strength!
Give to the LORD all the glory He is worth.
Worship Him in all His glory and splendour.

The LORD speaks in the waves;
God's glory is in the thunder;
The LORD hovers over the rivers, seas and oceans.
His voice is powerful;
His voice is majestic.
When the LORD speaks He shatters the trees...
Shatters the cedars of Lebanon.
When He speaks Lebanon turns into a baby calf,
And Sirion turns into a wild ox.
The LORD's voice is like chunks of fire;
When He speaks the earth shakes;
The wilderness shakes and quakes when it hears Him.
His voice makes the deer calve;
One word and the forest is bare.

Everything about His temple shouts 'Glory!'
The LORD is the king of the flood;
He's the King forever;
He gives strength to His people,
And blesses everyone with peace.

30th Psalm

I'll praise You LORD – You supported me when I was feeling down,
And You didn't let my enemies get the upper hand.
LORD God – I cried out to You and You healed me!
You literally saved my life;
You kept me alive.

Sing songs to the LORD, believers!
Give Him thanks for His holy name;
He shows me favour my whole life long.

I may weep but only overnight;
'Cause I'm able to shout for joy in the morning.
When everything was going well, I said, "I'll be OK" ...
In Your kindness You kept my world solid and stable.

Then You hid from me and I was sad;
I called out to You and made my requests.
"What's the point of me dying?
Can I praise You once I'm dead? Can I tell of Your faithfulness from the grave?"
Hear me LORD – cut me some slack;
LORD help me please!

You turned my sadness into a happy dance;
You removed my chains and clothed me in joy.
My soul WANTS to praise You...it just won't be quiet!
My LORD and my God – I will thank You forever!!

31st Psalm

I hide myself In You LORD;
Don't let me be ashamed.
You always do what's right...deliver me from this!
Please listen to what I pray...come to my rescue!!

Be my strength, a place of safety...
For You are my solid foundation – my haven.
You show me the path I should take for Your sake;
You come and gently rescue me from the enemy's trap;
You alone are the strong One in my life; I give myself completely to You.
I was lost but You bought me back LORD – the one true God;
I don't think much of those who put store in 'gods' other than You,
But I'll gain joy just thinking of Your love and kindness.

You HAVE seen how I've been afflicted by this thing;
You have known all the troubles I've gone through in recent times,
But You haven't taken Your hands off me...
No, You HAVE given me a strong foundation on which to stand.

Please LORD show me some grace now as this thing really hurts!
Grief overcomes me, body and soul;
I've spent so many years in sorrow, coming so close to the end of my tether;
Evil has sapped my strength;
It's depleted me of my energy, (and now this!!)

Those who have opposed me have tried to give me a bad name;
Sometimes I feel alone, forgotten, 'out of sight-out of mind';
I have faced opposition, terror, death threats,
But I'm going to stand firm LORD – You're my God!
My life's in Your hands – save me from all the troubles of my past!!
Make Your face to shine on me;
In Your love and kindness – save me.
Calling on You I won't be ashamed,
But those who opposed me WILL BE!
You will shut their lying mouths...
Those mouths that are full of arrogance, pride and contempt!

God, how great You are!
And You save up a reward for those who respect You;
In Your goodness I find a place of refuge;
You hide me in Your presence – safe from the schemes of people;
You even shelter me from the words of others.

Bless You heaps LORD!
You have me curled up safe and secure despite the evil that come upon me.
When it first hit me, I wondered if You'd abandoned me,
But then I realised that You DID hear me when I cried out to You.

C'mon all You who believe in the LORD...
Come to the realisation that he DOES look after those who trust Him!
Be strong – take heart!
Take courage everyone who puts their hope in the LORD!!

32nd Psalm

You are so blessed when you have your sins forgiven...
When they are dealt with.
You are so blessed when the LORD doesn't point the finger;
When in your heart you know you're not deceiving anyone.

When I kept silent about my sin it affected my health;
I groaned all day;
It felt like You were frowning all the time;
My energy was sapped like on a stinking hot summer's day.
(Think about that a while...)

I told You what I'd done;
I hid nothing;
I decided, "I will confess my sin to the LORD",
And you dealt with my guilt.
(Think about that a while...)

If you believe in God, pray to Him while you can;
There'll come a time when you won't want to.
You LORD are my hiding place-You save me from my troubles;
You surround me with songs of safety and peace.
(Think about that a while...)

GOD:
I'll show you how to live;
I'll keep a watchful eye on you;
Please don't act like some dumb animal
Who has to be kept in check by a bit and bridle,
And won't approach anything or anyone without them!

The ungodly have much to be sad about,
But those who trust in the LORD know they are surrounded by His love.
Be happy in God – rejoice in His righteousness;
Shout for joy those whose hearts have been restored!

33rd Psalm

Sing to the LORD for joy, all you who follow God;
Praising Him is the right thing to do.
Sing praise with guitars;
Sing Him a new song;
Play well, and with enthusiasm!

The word of the LORD is good;
Everything He does is done faithfully;
The whole world experiences the love and kindness of the LORD.
It was by His word that the universe was spoken into existence;
He breathed the stars into being;
He plonked the waters into their place in the sea;
He created the deep ocean places effortlessly.

Let everyone respect the LORD;
Let all on the planet look at His creation and go "Wow!"
He spoke and it happened...
One word from Him and "Pow!"

The LORD thinks in ways that neutralise national agendas;
He can undo their plans;
His thoughts remain when the rest have run out of ideas;
He shares what's on His heart with generation after generation.

If your nation follows God, you're blessed...
Blessed because He chose you.
The LORD looks down
And He sees us humans;
From His home He can see
Every single one of us on earth.
It was He who created the intricacies of your heart...
Is it any wonder He knows you inside out?

Armies don't save national leaders;
Soldiers don't survive because they're strong.
Put your hope in weapons and you're sadly mistaken...
Their strength won't save you.

Look! God watches out for those who respect Him;
He cares for those putting their hope in His love and kindness
To save them from death...
To keep them going when the hard times come.

We wait for the LORD;
He protects us – He's there for us.
In our heart of hearts we're happy
Because of Him and His holy name.

Let Your love and kindness LORD be with us!
Just as our hope in You says it is!!
34rd Psalm

I'll bless the LORD all the time;
I won't stop speaking His name;
The only one I'd dare to boast about is You Lord,
And those humble enough to face facts are happy to hear it.
Come let me tell you how wonderful the LORD is;
Let's praise God together.

I sought the LORD out and He answered me;
He helped me sort out all my fears;
The humble looked to Him and beamed with delight;
They would never be sorry.

A poor man cried out and the LORD heard him;
He came to rescue him from his troubles.
The LORD's messenger stays close by to those who respect the LORD
And rescues them.

C'mon check Him out! See the LORD is good!
How blessed you are if the LORD provides you with sanctuary.
Respect the LORD, those who follow Him;
Respect Him and you won't really want for anything.
Young animals may go hungry,
But stay focussed on the LORD and you won't need anything.
C'mon kids! Listen to what I say...
I'll show you how to trust the LORD;
How to be someone who loves life
And wants to live a long and good life:

Control your tongue;
Don't spread lies;
Turn your back on evil, do the right thing;
Go after 'shalom' with all your heart.
The LORD sees this and will show His favour to you;
He hears your cries;
He turns away from the wicked...
Turns away and forgets them;
But those doing the right thing...He remembers you and hears you...
He'll be there when trouble comes.
Broken hearted? He's right there.
Spirit crushed? He'll rescue you.

Lots of 'crappy' stuff happened to the Good One,
But the LORD saw Him through all that:
No bones broken – everything intact.
It's one thing for bad people to kill bad people
But you're looking for trouble when you despise the Righteous One.

The LORD always comes through in the end;
Don't be disappointed...you can always find a hiding place in Him.

35th Psalm

LORD deal with those dealing badly with me;
Fight those fighting me;
Pick up Your weapons and come help me;
Pick them up and go meet my opposition.
Tell me you'll rescue me;
Let those who are after me, be ashamed of themselves;
Let those who plot against me be rebuffed;
May the wind blow them away.
I gave them no cause, yet they tried to trap me;
I gave them no cause, yet they tried to destroy my soul.
May they get caught themselves...
In their own traps!

My soul is happy in You LORD;
I am excited that You saved me.
Deep down inside I'll say, "LORD there's no-one like You."
"Who's strong enough to snatch the disadvantaged from His hand?"
"Who could steal those in His care from His hands?"

Some people bear 'witness' in order to do me harm;
They pose questions I can't answer;
They repay my good actions with bad,
And effect me adversely deep down inside.
But when they were sick, I was sad...
I fasted,
And I prayed.
I treated them like a friend;
I mourned for them like family;
But when things went wrong for me they were happy.
Strangers gathered to attack me;
They kept on slandering me:
Like a graceless stand-up comic
They made fun of me.

LORD, how long will you just watch this and do nothing?
Come and help me!
Rescue me from this attack!
I will thank You in front of Your people;
I will praise You in Your mighty congregation.
Don't let those who hate me for no reason, laugh in my face;
Or make jokes behind my back.
They're not people of peace;
They speak out deceitfully against the peaceful;
They shouted, "Ha ha – look at you!!"
You've seen ALL this Lord...say something!
Please don't leave me alone now!
Wake up my LORD! Take my part my God!!

I want You to judge me LORD God...Your measure of my life is right and I trust You,
But I don't want them to stand in judgement laughing at me.
Don't let them say, "We're getting what we wanted!" OR
"We've got him now!"
Instead, let those who were happy at my troubles be completely humbled;
Let those who big-note themselves at any expense be ashamed of themselves!

But let those advocating for me be happy;
And let them keep saying, "The LORD is great! And He is on the side of His servant!"
And I will declare Your worthiness above all others;
I'll praise You day in and day out.

36th Psalm

Wicked ideas arise within the heart of those who oppose God;
They don't respect Him at all.
They look good in their own eyes;
They get a kick when others discover their bad deeds...they love 'pushing their buttons'.
Everything they say is rotten and deceitful;
They have no wisdom, no goodness;
They even plot evil in their sleep;
They plan a pathway of evil;
They embrace evil!

Your love and kindness LORD are never ending...reaching to the stars;
You are always faithful...Your trustworthiness extends to the sky;
You're responsible for a mountain of goodness...every decision is right;
Your decisions are well founded and as deep as the seas.

LORD You care for people and animals alike;
How precious is your love and kindness, O God.
We take refuge in You like little children;
We are satisfied from Your river of life;
You give us everything we need and more!
For You alone are the source of life itself;
We can see clearly only in the light of You!

Please continue to show Your love and kindness to those who know You;
Show Your goodness to those who are good at heart;
Please don't let me get proud;
Don't let the wicked distract me off the path I'm walking with You...
I don't want to end up where they end up...
No-one can recover from those depths!

37th Psalm

Don't let the drongos get your knickers in a knot;
And don't wish you were like them.
They come and go;
Here today, gone tomorrow...
No – trust the LORD and do what's right;
Live in His presence and learn faithfulness.
Make the LORD your number 1,
And He'll make what's in your heart a reality.
Commit yourself to go the LORD's way;
Trust Him and He'll look after the rest.
He'll shine a light on your good works,
And judge your actions in the clear light of day.
Relax in the LORD...wait patiently for Him to work things out;
Don't get your knickers in a knot when someone else does well,
Benefiting out of wrong action.
Don't get cranky, give up your seething anger;
Don't do a 'tanty' ...you'll end up just like one of those drongos.
They don't get anywhere in the end,
But those who wait patiently for the LORD to fix things will end up the richer;
Wait and see...won't be long before the bad-guys are gone;
You'll look and find no-one there.
The humble on the other hand, will win in the end;
They will have far more than they need, you're so generous.

Picture this: the baddies are getting all angry at the decent people, plotting their downfall,
While the LORD just kills Himself laughing, because He can see what's in store for them;
The baddies have got it all their plans to attack the decent folks;
To bash those in need;
To get rid of those doing the right thing,
But their plans will back-fire big-time and they will be thwarted!

It's better to be poor but doing right,
Than to be rich and doing wrong,
Because the evil will end up being destroyed,
While the LORD looks after the good.
The LORD has an inheritance in mind for the good,
One that goes on forever...
They have nothing to worry about when hard times come;
They'll have everything they need,
But the evil will disappear;
Those who oppose the LORD...hay today, gone tomorrow...
Poof...gone up in a puff of smoke.
Dishonest people borrow and don't repay;
Good people are gracious and give.
Those who the LORD blesses win;
Those who the LORD curses...epic fail!
The way a good person travels has already been planned by the LORD,
And they are pleased as punch to do it His way,

And if they stumble and fall along the way,
They won't remain there...
No the LORD picks them up and helps them stand and sends them on their way again.

I was young once (but now I'm old)...
I have never seen God forget the ones who follow Him;
His kids never dies of neglect...
God's constantly gracious,
And children are His blessing.
Abandon evil and do what's right,
So you can live forever,
Because the LORD loves justice,
He doesn't push His kids away...
He looks after them always!
Pity the same can't be said for the rest!!
The upright will get all their inheritance and enjoy it forever.

When they speak, they speak wisdom;
When they speak, they speak justice.
That's because God's ways are inside them;
Their steps are sure.
But the evil just can't wait to get their hands on decent folks...
To destroy them.
But the LORD won't let that happen...
When He judges the good they won't face condemnation!

Be patient and wait for the LORD to sort things out;
He will see you inherit;
But the drongos who don't follow God will be cut out of the will...you'll see!

Once I saw a wicked, violent person
Parading around so all could see...
Then he died...gone!
Nothing!!

Pay attention to the people doing the right thing;
People of peace have a real future.
That's not true for people who do wrong;
They have no future.

The upright find their safety in the LORD;
He strengthens them in times of trouble;
He sees them through difficult times,
Specifically because they go to Him for refuge.

38th Psalm

LORD, don't punish me while You're so cranky;
Don't discipline me while You're still really angry;
What You've already said already hurts,
And I've felt the full effects of Your actions.
When You feel this way, I feel sick inside;
My mistakes affect me physically.
I'm in water over my head;
The burden of what I've done is just too much!
My stupidity is making me 'crook' on the inside;
I'm feeling old...it's all getting to me.
Something burns within me;
I'm not feeling well at all...
Feeling numb and badly crushed;
I'm all stirred up in my heart.

Look LORD...You know me inside out;
None of what I'm going through is hidden from You.
My heart's pounding and I'm feeling weak;
My eyes are failing me (yes, even that's going!)

My loved ones and family are watching from a distance;
My extended family's not getting involved either.
Those who are out to get me set traps;
Those who want to hurt me threaten to destroy me
And plan devious plots all day.

And it's like I'm deaf and can't hear them;
I'm struck dumb and don't know how to respond.
(Yep...can't tell what's going on
And I just can't find the words)

But all my hope is in You LORD;
I know You'll answer me LORD God.
I once said to You, "Don't let them rejoice over my misfortunes, don't let people amuse themselves at my expense."

I'm ready to drop my bundle;
I'm sad and sorry all the time.
I readily accept what I've done wrong
And that that's the source of my anxiety.
But my enemies are so strong;
There are many who have judged me wrongly...unfairly.
There are those who repay my good actions with evil;
They attack me because I'm trying to do the right thing.

Don't leave me alone LORD;
God stay close!
Quick...help me...

LORD, You're my only saving grace!

39th Psalm

I said to myself,
“I’m gonna watch myself carefully,
So I don’t stuff everything up with my words;
I’ll watch what I say
When unbelievers are around.”

So I didn’t say anything...
Not even good words
And I became sad
And worked up inside.

As I thought about what was going on
I found myself saying...
“LORD, let me know how all this ends;
How long will I live?
Tell me how short my life is.
“I can see I don’t have long;
To You my lifetime is nothing;
We humans come and go...just like that!
(Think about that for a while!)

“We’re a fleeting image that comes and goes;
We carry on with a lot of nonsense;
We try to collect a bunch of ‘stuff’ that we can’t keep.
“And so LORD, what happens in the end?
I end up waiting in hope for you, don't I?

“Save me from my sins;
Spare me being ridiculed by the unwise.
“I’m silent...I say nothing;
You’re behind all this aren’t You?
“Please stop...
While You oppose me I shrivel.
“You correct a person when they sin;
And remove any pleasure in life.
Like I said, we come and go...just like that!
(Think about that for a while!)

Please hear what I’m saying LORD, pay attention to my cries;
Don’t my tears make You want to say something??
I am just getting to know You, just like my ancestors did.
Stop glaring at me so I can enjoy life again
Before I die!

40th Psalm

I waited for the LORD...patiently;
And He bent down to listen and He heard what I had to say;
He saved me from being destroyed, He saved from a very sticky situation;
He set me up and helped me get back on my feet;
He gave me a new song, a song of praise to God.
Many will see all this and will come to respect
And trust the LORD.
What a blessing it is to the person who puts all their trust in the LORD;
Who has not 'got all stuck up';
Who has not started telling lies.

There are so many wonders in this world that You have made!
Just like there are many times when You stop and think about us...amazing!
There's simply no-one like You.
I could never mention all Your wonderful characteristics...
There's just too many of them.
But in response You don't want religious sacrifice...
You've made that clear to me;
You're not after special offerings...
No...one day You showed me where it's written about me:
"I just love to do what You say my God;
Your way is written on the book of my heart."

I've told everyone about how true and upright You are;
I'm just not going to shut up about it!...You know that don't You Lord??
And I haven't locked up Your qualities in my heart,
But I've told people about how faithful You are...how You came to save me.
When talking to others, I've not hidden Your love, kindness and truth;
Neither do You hide Your compassion from me;
Your love, kindness and truth have literally saved me over and over again.
I've found myself in really bad situations;
And I've been faced with my many mistakes, and as a result it's been hard to see clearly.
So many times I've 'stuffed up' and I've failed to do what's in my heart.

Hopefully You want to get out of my current difficulties;
Hurry to my assistance LORD.
Let those who seek my downfall be humbled and ashamed;
Let those who 'get a kick' out of me hurting
Be stopped in their tracks and seen for what they've done;
Let the ones who keep pointing their finger at me angrily
Come to the sudden realisation of what they're doing.

Let everyone who really look for You, get excited when they see You;
Let those who love the way You rescue them keep on saying,
"Wow...the LORD really IS awesome!"

Since I do have a few things happening for me at the moment
I pray that You will remember me.

You LORD are my real partner...the One Who has gotten me out of many scrapes.
Please God...do hurry.

41st Psalm

Blessing comes to those who look after the needy...
The LORD will help them out when they get in a fix!
The LORD will protect and sustain them;
It will be obvious that people who care for others like that are being blessed...
And not left to the wiles of their enemies;
If they are sick, the LORD will make them better;
If they become ill, He'll make them better than new.

My story? I asked the LORD, "Show Your grace to me,"
"Fix my inner-most being...I know I've done wrong against You."
My enemies say stuff about me...
"Can't wait till he dies...wish he would just...disappear!"
Every time my enemy opens her mouth she lies;
Her heart gets blacker all the time;
And every time she leaves home, darkness pours from her lips.
Others who also hate me get together
And plot ways to hurt me saying,
"I hope he gets his!"
"Wish he'd go to sleep one night and just not wake up!"

Even some folks I've regarded as trusted friends;
People who sat with me and shared a meal
Are now dead-set against me.
But You LORD are different...
You showed me grace and help me stand
So I can answer them.
This shows me that You love me,
Because my enemies can't get the better of me.
As for me, You hold me together in one piece;
And You remind me that I'll be with You always.

Bless You LORD, God of Israel...
Bless You always!
Yes...that's absolutely what I want!!

42nd Psalm

Just like deer long for streams of cool life-giving water,
My soul longs for You God;
My soul thirsts for God...the one God...the living God!

When will I be allowed to stand in His presence?
I've been crying day and night...haven't felt like eating or drinking;
All the time people have asked, "So where's this God of yours?"

When I remember this I pour out what's in my heart;
I used to be in the fellowship, leading the people into the house of God;
Together, full of joy and thanks, we used to worship together.

Oh soul of mine, why are you in such despair?
Put your hope in God alone...I'll praise Him
For all the help He is to me!

God...my soul is in complete despair,
And I'm remembering You from the land of Jordan,
And Mt Hermon and Mt Mizar.
As I remember Your waterfalls, deep calls to deep;
Your breaking waves rolled right over the top of me.
The LORD speaks in the day and I am aware of His love and kindness;
He sings in the night and I am aware He is with me.

Here's my prayer to the one God of my life:
"Why have You forgotten me?"
"Why do I despair at the hands of my enemies?"

Their ugly words sink deep into my bones,
And all day long they taunt...
"So where is this God of yours?"

Oh soul of mine, why are you in such despair?
Put your hope in God alone...I'll praise Him!
For He puts a smile on my face...He IS my God!

43rd Psalm

God...show them I was right and be my advocate in front of those ungodly ones;
Save me from deceptive and unjust people.
You are my God when I'm strong...
So why have you given me the flick in my time of weakness?
Why am I stuck here sad, and at the hands of my enemies?

Lead me by the truth of Your light;
Lead me right to where You are.
Then I'll be in Your house
With a smile all over my face...
I'll break out my guitar and sing songs of praise to You God...my God

Oh soul of mine, why are you in such despair?
Put your hope in God alone...I'll praise Him!
For He puts a smile on my face...He is MY God!

44th Psalm

God, we've heard all the stories
Our forebears have told us...
All the things You did back then
In days long ago
You Yourself cleared the local people out
So that our ancestors could move in;
You made it uncomfortable for the original inhabitants to stay
So they moved out.
Our forebears didn't take over the land by themselves...
No it was Your will, strength and light that made it happen;
You showed Your favour to them simply by being with them.

You're my King, O God;
Make us descendents of Jacob victorious;
With You we can push our enemies back;
In Your name we can put down any who rise up against us.
But I won't depend on weapons...
They won't save me.
No...You saved me from my enemies;
You've shamed those who hate us;
We only dare boast in Your name,
And we give You thanks all day, every day!

[OK – stop there for a while and think]

And yet You seem to have forgotten us and now we've lost face;
You don't come with us into battle any more;
We had to retreat from our enemies,
And they took whatever they wanted for themselves.
You treated us like sheep to be slaughtered;
We've ended up scattered all over the world!
It's like we've been sold into slavery,
And what was achieved by that??
Our neighbours laugh at us...
We're a point of derision!!
I'm constantly a laughing stock...
I'm overwhelmed by the shame
Of those voices making fun of me...,
Of our enemy just being here all the time!!

So...we're stuck here, but we haven't forgotten You;
We haven't broken our part of Your covenant;
We haven't had a change of heart;
We've kept doing things Your way,
Yet you've allowed us to be crushed;
We seem to be constantly looking death in the eye.
If we forgot who You were,
Or if we went worshipping some other god,

God would know all about it 'cause He's God!
He knows the secrets of our hearts!!

For some reason...Your reason...we're being killed off,
Like sheep to the slaughter.
C'mon God...wake up! Are You going to push us away forever?
Why don't You show Yourself?
Why don't You notice what we're going through?
Come...please help us!
Let Your love and kindness break through and rescue us!!

45th Psalm

My heart overflows with good thoughts and words;
Each verse I create is for the King;
My tongue is like a pen ready to write...
You are more beautiful than any other;
Your lips are full of grace,
And God has blessed You forever.

You stand with Your weapon ready,
In all Your splendour and majesty!
And in that majesty You are victorious,
All in the cause of truth, gentleness and all that's right.
The power of Your hand amazes even You;
You cut right through;
People succumb to Your power,
And You pierce the hearts of Your enemies.

Your throne God, is eternal;
Your kingdom is marked by all that is right!
You love what's right and hate what's evil.
Therefore God, Your God has chosen You...
Pouring out on You more joy than anyone else has ever experienced.
Your clothes are beautifully fragrant;
In magnificent palaces, music from stringed instruments makes You happy.
Daughters of other kingdoms surround You,
And at Your side is the Queen arrayed in splendour and gold.

Listen daughter...listen carefully.
Put your nation and your parents behind you;
The King will look at your beauty and desire you;
He is your LORD...worship Him.

Tyre's daughter will come bearing gifts;
Society's 'well-to-do' will come to You looking for assistance.
The King's daughter is beautiful;
She's dressed in cloth interlaced with gold;
She'll be brought to you in embroidered clothes;
Her maids will be brought to you, also...
And they'll come singing and dancing,
As they come into the King's palace.
Your sons will replace Your ancestors,
As princes all over the earth.

I'll make sure Your name is well-known to generations to come.
That way people everywhere will be thankful to You forever and ever.

46th Psalm

God provides a place to rest as well as a way to be strong;
He's always there to support us when trouble comes.
That's why we won't be afraid even if the earth should change completely...
Like the mountains slipping into the middle of the ocean...
Or the waters roaring towards land
And the mountains shaking as they approach.

[OK stop and think about that for a while]

There's a river that brings joy to God's city
Where God Himself lives.
God wades into that river, her course won't be moved.

As morning comes, God will keep her safe...
Other countries got worried and nations were shaken to their core.
He shouted and the earth fell apart,
But the LORD mighty is with us;
Jacob's God is our strength.

[OK take another moment and consider all that]

Come on, pay attention to the LORD,
Who brought about these troubles.
He brings about the end of war everywhere;
He destroys all our weapons so they can never be used again.

Stop trying to do stuff all by yourself!
All nations will see Me in My glory;
People everywhere will see Me as I really am.
But the LORD mighty is with us;
Jacob's God is our strength.

[Take some time and think about all that!]

47th Psalm

Everybody applaud!
Shout to God full of joy!!
For the LORD is to be respected as God of the universe;
He is the absolute King over all the earth.
He makes us, who follow Him, leaders;
And puts others into their positions to follow us.
He plans out our inheritance...
All the wonderful things He promised Jacob because of His love for him!

[OK...think about all that for a while]

God's made a comeback!
Yes the LORD has returned with a trumpet fanfare!!
Sing praise to God, sing praise!
Sing praise to our King, sing praise!
Our God is King of the whole earth,
So sing spiritual songs to Him.
God is in charge of everything there is;
He is in ultimate power!
Everyone of the earth's leaders have gathered together as the people of Abraham's God,
Because the fact is that all the earth's leaders belong to Him,
And He is above them all!

48th Psalm

God's great isn't He? Certainly worth praising!
He inhabits His city on the Holy Mountain...
He's beautiful as He sits up there giving joy to all the earth...
That's Mount Zion way up north...it's the city of the great King.

There in the city's palaces,
God reveals Himself in strength.
National leaders get together...
Just passing through.
When they saw the city they went 'Wow!'
Scared stiff they scattered;
Seized with terror;
In pain and anguish.
You made the east wind
To destroy the warships of Tarshish.
What we saw and heard is this...
God will establish His residence forever.

[Stop and meditate on that]

We meditated on Your love and kindness, God;
Sitting in the middle of Your temple.
Just like Your name God,
Words praising You extend right around the world!
You stand for everything that's right;
Let Your Mountain resound with joy!
Let Your people be ecstatically happy
Because of the way You decide their case.

Go for a walk around Mount Zion;
Count her towers;
Look at her walls;
Walk through her palaces...
Then tell future generations all about it,
Because this city speaks of the kind of God we have...
Our God...always!
He will guide us all, our whole lives long.

49th Psalm

OK everyone...pay attention!
Listen up everybody, everywhere.
Important people...ordinary people
Rich people...poor people...it doesn't matter.
What I'm saying makes sense;
What I've been thinking about is deep.
I'll listen to wise sayings;
I'll express my deepest questions in music.

Why should I worry when trouble hits?
When the evil deeds of my enemies impact me?
...Even those who put all their trust their \$\$,
And boast about all their 'stuff'.
No one's rich enough to buy his brother's soul,
Or pay the ransom owing to God for him.
Redeeming souls is a costly business;
You might as well give up now!
Hoping he'll live forever;
Hoping he'll never die is a pipe dream.

Face facts...even the wisest people die,
(So do stupid, senseless people),
And they leave all their 'stuff' in their wills;
They think that their houses will last forever...
That they'll be able to pass their homes down from generation to generation.
They give their properties fancy names,
But how long will you be able to keep that up?
People like that just die like any other animal when the time comes...
Happens to the foolish
And the people who foolishly follow in their footsteps.

[Pause a while and consider what I've said so far...]

They're like a flock of sheep despatched not for the market but for Sheol...
Death is their shepherd.
Upright people will be left to take charge of what they leave behind (their 'stuff')
But Death will swallow them up,
And they'll have nowhere else to go.
But God won't leave me in Sheol...
He'll take me to Himself!

[Now let's think that through a while...]

Don't get worried when someone gets rich...
When they do their house up real fancy.
They can't take it with them!
Their riches can't go where they're going!!
While they're alive they think they're doing pretty well,

(But others praise me when I'm doing OK).
They'll go join their ancestors,
And together they won't see the light of day.

If you have a bunch of 'stuff' but lack wisdom,
You're going to lose it all one day!

50th Psalm

God, the LORD, the 'numero uno' has spoken;
He called the sun to rise and set on the earth.
From Mt Zion God's beauty shines all around...
My God...come and don't be quiet.
Fire is extinguished in His presence,
And the storm rages around Him.
He calls both the heavens and the earth to sit in judgement on us.

"Get all my people together;
Those who have entered into my covenant through sacrifice.
The skies above speak of God's truth and authenticity;
God Himself is the great judge."

[Stop and consider that for a while]

"Hear, my people, what I say;
Israel, I'll testify against you.
I'm God...your God;
I don't criticize you for your sacrifices;
Your offerings I can see all the time.
But I won't take any of your bulls;
I won't take one of your goats either,
I don't need them because every animal is already mine.
Look around at every hill in sight...all the cattle on every hill...mine.
I am aware of every bird in the forest...
And if I was hungry I certainly wouldn't need to tell you.
Why would I? The world and everything in it is mine.
Anyway, what makes you that I, God, need to eat beef,
Or consume the blood of goats??
No, your real sacrifice is giving thanks;
That's the way to make things right.
Call me when you get into trouble,
I'll rescue you and you'll show me how much you appreciate me."

"But to those of you who don't know God,
What right do you have to talk about my law?
Or speak about what is right?
You don't like correction,
And you ignore anything I say, whenever you feel like it.
You like to see people steal;
You hang out with the sexually immoral;
You speak utter garbage,
And you lie every time you open your mouth!
You sell out your brother,
And sell out your Mum's son."

"You did all this and I didn't say anything;
You thought I thought the way you do..."

But get ready... 'cause I'm gonna tell you what I really think and you're not gonna like it!!
You wanna ignore God, eh?
I'll destroy you...you'll be gone in the blink of an eye!"

"Give me thanks, and show me you care,
Sort your life out straight,
And I'll show you the safety that comes from truly knowing me."
51st Psalm

Take it easy on me God;
Show me Your love...love that doesn't fail;
In Your great compassion, treat my great mistakes as if they weren't there;
Take away the stain of my sin...make me clean again.

I know what a mess I have made...it's reality is always with me;
God, I sinned against You and You only;
You rightly name it as wrong (You're the only One who can rightly say that!)

At birth I had the propensity to sin;
Right from my conception this was so;
Even in the womb You were hoping for faithfulness from me;
In that same place you invested Your wisdom in me.

If You wash me I'll be clean...
Wash me and I'll be squeaky clean;
Let me be happy again...turn my pain into joy.
Look away from my wrong;
Treat my great mistakes as they weren't there.

Change me from the inside out;
Strengthen my spirit.
Please don't push me away;
Instead give me back the joy I had when first You rescued me.
Give me a spirit strengthened and intent to follow You;
Then I'll teach others to follow You too.

Take away my guilt...my God and saviour.
I'll sing of Your goodness;
I will open my mouth and praise You.

You're not interested in religious offerings and service;
My real service is my heart broken by the reality of what I've done;
A broken heart, forever changed, is something You just can't ignore.

52nd Psalm

OK mate! If you're so great, why do you get so excited about all the wrong stuff?
Look at God...His love and kindness keep going all day!
On the other hand, your tongue destroys people;
You deceive them or even worse cut them to shreds.
You actually prefer evil over good...
Lies over speaking the truth.
[For God's sake stop and think about that for a while!]

You love it when your words eat people up;
You deceive folk every time you open your mouth.
But God will bring about your undoing;
He'll grab you and separate your soul from your body;
You'll suddenly find yourself separated from the land of the living!
[Like I said...stop and think about that for a while!]

Those who do right will see all this and shudder;
They'll laugh at you and say,
"Look! That's what happens to people who do not rest in the LORD,
But instead trusted in the power of money,
And who wanted all the wrong things."

But as for me...I'm like a tree growing in the soil of God's presence;
I trust in God's love and kindness forever and ever.
I'll thank You for You alone have achieved all that's worth achieving in my life.
I'll relax and rely on You...it's so good to do that alongside others who love You too.

53rd Psalm

You're a fool if in your heart of hearts there's no room for even the possibility of God!

Some people are corrupt and incredibly unjust;

In fact, not one of us is perfect.

When God looks at humans from His vantage point,

He looks to see if anyone understands these facts...

If there's anyone who earnestly seeks Him.

But everyone He looks at has gone off in the wrong direction and been ruined;

No there's not one who does the right thing all the time...not one!

Have those who initiate evil no idea at all?

Those who devour My people without a second thought...

And who don't give the LORD a second thought?

Well prepare to be afraid...very afraid,

Because God will destroy You who blatantly oppose God's people;

You'll get yours! God has rejected your evil ways!

I just wish that God's salvation would come soon.

That God would come and set free His people who have been imprisoned.

Be happy God's people...be glad God's family!

54th Psalm

Help me God...let the very power of your name come to my rescue;
You alone have the power to defend me;
LORD, I hope You can hear my requests;
Bend down and hear my whispered pleas for help on my lips.
Folk that I don't even know seem to be against me;
Violent people seem to be trying to get rid of me;
And they certainly have not considered what God thinks about their actions!

[Take some time and meditate on those words]

Look! God is the One who helps me;
The LORD keeps my soul going when nothing else can;
He will make sure my enemies get what's coming to them;
I can rely on Your promise to demolish my opponents.

You don't have to twist my arm...I love to make my offerings to You;
I will always be thankful for Your wonderful name LORD...it's so good!
For He has saved me from all my difficulties;
And I am satisfied by the end-game my enemies have to face at His hand.

55th Psalm

Listen to my prayer God;
Don't pretend you can't hear me;
Listen to me...answer me!
I'm so restless and distracted waiting for some kind of resolution to my issues;
All because I can hear my enemy's voice nagging in my ear all the time;
Constant pressure from those bad ones...
Causing trouble for me...
Bearing a grudge against me...so full of hate;
My heart aches inside of me;
I'm overshadowed by a sick deathly feeling...
Afraid and shaking...
This feeling is horrible!
If only I had wings like a dove!
I only I could fly away to peace at last.

[OK – time out – need to process that]

I'd fly away to a place of refuge...
Away from the storms raging around me.
Confuse my enemies LORD and mess up their plans,
Because I've seen how violent and strife-ridden their town is.
They go around night and day,
Causing mayhem and mischief wherever they go...
Living there destroys people!
Folks are oppressed and deceived there!

But this is no ordinary enemy who faces me...
(I could cope with that!)
Nor is it someone who has always hated me...
(I could cope with that too!!)
But it's you...
The one I've shared so much with, shared my life with...
We who were so close...together...
I mean we even served in church together.

I wish you were dead!
Gone!!
Such is the evil that is being done in that place.
But...

I will call out to God;
The LORD will save me.
Evening, morning, or at noon...you'll find me making my requests known;
And I know He'll hear me.
He'll come rescue me from this battle I've been fighting...and I'll finally be at peace.
I have plenty of friends who are on my side...
God will hear their prayers too!

Even the 'King' has been interceding on my behalf!!

[Wow..that fact blows me away...need to process that too for a while!]

Meanwhile my enemies just keep going the way they have been going;
They show no respect for God at all!

And they strike out against those at peace with God,
And break their part of their covenant with God.

They're full of smooth words,
But they hide a warring heart;

They use soft words,
But are concealing daggers ready to be used in attack.

Just relax and give it all to God,
And he'll keep you going through all this.

He won't allow those who are right with Him to be shaken apart.

But as for Your enemies...You'll sort them out!

People with murderous and deceptive hearts will be cut-off in their prime,

But I'll keep trusting You!

56th Psalm

Give me a break, God...people have been stomping all over me;
I face opposition and a fight all day long.
Enemies walk all over me all the time,
And there are lots of people against me.

When I get scared,
I make a point of trusting You.
In God...the One whose words I love;
In God...the One I truly trust;
I won't be afraid...
I mean...what can mere humans do to me?

Well...all day long they twist my words;
Every one of their thoughts are hoping something bad will happen to me.
They attack me, they lurk in the dark looking carefully waiting for an opportunity...
Not satisfied, they want to take my life as well!
God...push them aside because of all their mischief;
Get angry on my behalf God, and stop them!

You watched me have to move from place to place;
And you collected every tear I cried during those times.
You kept a record of all those times,
And the day I call out to You, my enemies will turn back...
And there's one thing I know...that You God are for me!
In God...the One whose words I love;
In the LORD...the One whose words I love;
In God...the One I truly trust, I won't be afraid...
I mean...what can mere humans do to me?

When You promise me something You follow through God;
I wanna thank You in any way I can.
You released my soul from death;
You stopped me from slipping,
So now I can walk in Your presence,
With all the others to whom You have given life.

57th Psalm

Show me Your grace God, show me Your favour even though I don't deserve it;
I find a safe place in You;
You shelter me by wrapping Your loving arms around me until the immanent danger has passed.
I will call out to the most-high God & he'll sort everything out!
He sends a rescue party from heaven;
He puts my enemies back in their place.
[Take some time to meditate on that]

God sends me His love, kindness & truth.
I feel like I'm sitting here waiting to be the lion's dinner;
I'm stuck in the middle of a bunch of people who want to burn me;
People who want to chew me up either their words;
People who want to cut me down as they speak;
You God are higher than the heavens;
You are greater than the earth.

They are trying to set a trap for me;
I find myself all doubled up;
They hope I'm going to fall into the trap they have set,
But instead they fall into their own trap themselves.
[Take some time to consider all that]

But God, my heart is steadfast...it won't be moved;
I will praise you with my songs...yes I'll praise you.
I'll wake myself up...
I'll wake up my musical instruments...
And I'll wake up the neighbourhood!

I will thank you LORD...in front of everyone;
I will praise you...overseas even!
Your love and Your kindness are taller than the stars;
Your truth is more expansive than the sky!
You are so great God - greater than any other;
I just want everyone on earth to know how great You are.

58th Psalm

Ok you other 'gods'...do you say what's true and right?
Do you people always make the right judgements?
No! In your hearts boil the opposite values to these,
And we see the outcome in the violence you perpetrate.
The separation that occurred at your birth wasn't just separation from the womb...
It was one that made you go away from God from the day you were born.

You spray venom like a snake;
A deaf cobra that refuses to listen,
So that their charmer can't control them any more...
Not even a skilful magician could work his wonders with you!
God...snap the snake's fangs;
Break the teeth of these lions, LORD;
Let their teeth be washed away by water.
When the arrows come, let them have no arrow heads;
Let them melt away like a snail trail;
Let them never really live to have any effect.

God will whoosh them away faster than the time it takes for a billy to boil over an open fire.
Those who are right with God will be happy when they see the way He pays the evil ones back;
He will celebrate their destruction,
And people will say, 'Yep...there is a reward for those who do the right thing.'
'There certainly is a God who cares about things on earth to judge things here correctly.'

59th Psalm

Rescue me from my enemies God;
Sweep me up to the heights where I'm safe from those against me;
Save me from people who want to harm;
Rescue me from the violent ones.
Look they tried to set a trap for me...
Angry people start to attack me,
But not because of anything I've done wrong;
It's not because I'm guilty that they chase me down.
C'mon God...see what they're doing and help me!
You Lord have the power to intervene, You are God of Israel.
Punish the nations who don't honour You;
Don't show grace to the treacherous.
[Pause and meditate]

They turn up at night and growl,
And they go around the city.
Look...when they burp they burp daggers!
They reckon no-one is going to pay attention,
But You do LORD...you laugh at them...you make fun of ungodly nations.

Seeing my enemy out and about, pushes me back to You;
You God are my place of protection and safety.
God will reach out to me with love and kindness,
But He'll be victorious over my enemies.

Don't destroy them, though, or people will forget...
No...disrupt them instead in a public way so people will remember how You shielded us LORD.
Because of all the words they used,
May they be caught by their own pride;
Because of all the lies they uttered,
Stop them in their tracks as an example to show God rules from Jacob's homeland to the fullest extent of the earth.

They turn up at night and growl,
And they go around the city.
They look for someone to gobble up;
They growl when they're not satisfied.
As for me, I'll sing about Your strength...
Yep, I'll sing of Your love and kindness with joy in the morning after.
You've been my strength!
You've rescued me when I'm a mess!
You are my strength...I'll praise You...
You my strong, safe place...
My loving, kind, God!

60th Psalm

God...You've rejected us...You've taken us apart;
We understand You've been angry, but put us together again.
You've made our world shake and its starting to break apart;
Please put it together again.
You have given us hardships to face;
It's like You've got us walking around in a drunken stupor.
But even so, You have placed Your badge of ownership on all those who respect You.
When we demonstrate we belong to You, it displays Your truth for all to see.

[Pause for meditation]

Help the one You love out of trouble;
Save us with Your strength...answer us!
God has spoken from heaven:
"I will be overjoyed, I'll drink up Shechem and Succoth;
Gilead and Manasseh are mine."
"Ephraim is my crown and
Judah is my sign of office."
"I wash myself in Moab,
And I toss my shoes over near Edom."
"OK Philisia...make some noise when you think of me."

Who will take me to the city under siege?
Who will take me to Edom?
Isn't it true that You've rejected us God?
Are You going to come with our armies or not??

Assist us against our enemy...
There's no point relying on people to rescue us...no!
Through God we'll get through all this well...
He's the One who will sort out our enemies!

61st Psalm

I hope You're listening God!
Please hear what I'm saying.
I'm stuck here in what seems the ends of the earth, and I'm crying out to You...I'm just managing to hang on (& I'm running on empty).
Give me a glimpse of something better than this... more than I can come up with on my own.
You have been my place of safety...
My tower of strength when I face opposition.
Let me hang out with You all the time;
Wrap Your arms around me and keep me safe.
[Let me stop here for a while and meditate on those words for a while]

You've heard my promises to You, God;
You've given me all that comes to those who love and respect You.

May the King live forever!
Let Him live generation after generation,
Standing in God's presence forever,
And tell love, kindness and truth to protect Him.

I'll sing praise to You always...
I'll keep my promises to You day by day.

62nd Psalm

I wait silently for God;
Only He can save me in my current predicament.
He's the only one I can lean on...the only one who can rescue me;
He's my fortress...ultimately no-one can shake me when I'm with Him.

OK...how long are you people going to attack me?
All you people trying to kill me...
You're trying to knock me off balance...as if I was a teetering wall or a rickety fence.
They're conspiring to destroy any public standing I have;
They love telling lies!
They say nice things whenever someone's watching,
But in their hearts they say something very different.
[Stop for a moment]

I wait silently for God;
He's the only one in whom I place all my hope.
He's the only one I can lean on...the only one who can rescue me;
He's my fortress...ultimately no-one can shake me when I'm with Him.

Any hope of rescue or retaining any public standing rests entirely with You;
God is my solid, strong rescuer.
People...trust Him! Always!!
Pour out your hearts to Him;
He is a place of refuge for us!!
[Stop for a moment]

Ordinary people are fleeting and flimsy;
They can amount to almost nothing.
You don't ultimately get what you want by being a bully,
Nor do you succeed in life by stealing.
Even if money comes your way, don't think for one moment that it will solve all your problems.
(I know 'cause God said, and I've heard Him say it more than once!)

God is powerful...
(But He's also loving and kind),
But be sure of this...He repays people according to what they have done...

63rd Psalm

God...You're my God and I'll follow You with everything I've got;
My heart thirsts for You...my whole being longs for You...
Just like a parched and drought-riven land, longing for the rains.

That's why I stay in Your presence...
So that I can see Your power and glory!
Your love and kindness are better than life itself,
So I'll praise You all my life long;
I'll lift up my hands in praise to You.
You satisfy and nourish my inner being just as much as the food I eat nourishes my body;
When I praise You I do so with joy in my heart and a smile on my lips.
At night when I'm ready for bed,
I think about You...all the night.
You have been my help,
So it's within the protection of Your arms that I sing my joyful song.
I cling to You (there's no-one else like You,
And You pick me up and protect me.

Those who try to destroy my life
Will end up buried themselves.
They will feel the full force of the law;
They will fall prey to the little details,
But I'll be full of joy in You.
Those who swear by You will triumph,
But those who tell lies will be stopped in their tracks.

64th Psalm

God, can You hear the sound of my voice as I bring my requests to You?
Stop me from being so scared of my enemy;
Protect me...from my enemies as they collude and plot together;
...From the turbulent results of their evil actions;
...From those with the sharp tongue,
And bitter words;
Protect me from those who wait in hiding trying to knock off the innocent one by one;
They attack him suddenly with any signs of conscience;
They harden their hearts and just keep going with their evil plans;
They talk about laying secret traps,
“No one can see what I’m up to.”
They plan injustice saying,
“We’ve got it all together – it’ll work.”

Inner thoughts and heart attitudes sit deep inside them,
But God is taking aim at them;
He’ll hit them,
And they’ll stumble.
Their own tongues will trip them up,
And everyone who sees it will shake their heads in disbelief;
Everyone who witnesses this will be shaken,
And will talk about what God’s done.
They’ll tell others about His handiwork.

Those who are right in God’s sight will be glad in the LORD, and they’ll rest in Him.
Yes the good-hearted will be absolutely stoked!

65th Psalm

Even as we sit silently in Your presence, we praise You LORD;
We'll keep our promises to You.
You hear our prayers,
And draw us all to You.

Often overtaken by sin, I am wonderfully overtaken by Your forgiveness;
Anyone fortunate enough to be chosen by You, just to be with You, is blessed indeed!
To stay in Your presence is to be completely satisfied by the goodness of Your house...
Your Holy Temple.

God who saves us, You're amazing in the way You answer in Your perfect way;
You are the only hope for everyone in the world,
From the ends of the earth to the remotest part of the seas.
With incredible strength, You formed the mountains;
You stilled the seas;
And calmed the waves
(Along with all our fears).
People all over the world, from East to West, stand in awe when they see what You're doing.

You make the sun rise and set just for the joy of it;
You come to the planet and it overflows with Your endless riches.
You provide plenty of water in Your stream,
To make the grain grow and enrich the earth.
You fill the furrows in the field with water;
You settle each furrow ridge,
And soften the soil with gentle showers,
Each drop a blessing to make the grain grow.

The year ends well, crowned by the abundance You gave us;
Wherever You go You bring blessing.
The pastures and the bush alike drip with Your blessing;
The surrounding hills sing for joy;
The pasture is full of flocks,
And the valleys are covered in grain.
Together we all sing and shout for joy!

66th Psalm

Hey everyone! Shout to God...full of joy!
Sing all about the glory of His Name;
Send Him wonderful praise!
Say to Him, "Wow, everything You do is awesome;
Because You're so great and powerful, Your enemies will even pretend to obey You;
Everyone on earth will worship You;
They'll sing praise to You,
And to Your Name!"

[meditate on that]

Come see what God's doing;
He's awesome in everything he does for us.
He turned the sea into dry land,
So we could pass through the river on foot.
Let's rejoice in Him;
He always rules over the world by His power;
He keeps an eye on all nations,
So don't let the rebellious get too big for their boots.

[meditation time]

Bless God people!
Tell everyone how great He is!
He looks after us in life,
And doesn't let us fall.
You check us out God,
And bit by bit You test and refine us.
You caught us,
And put a very heavy burden on us;
People rode rough-shod over us;
We went through major tests of our endurance,
And yet You brought us out the other side to a place of blessing.
I will come to Your house to serve You;
I'll keep my promises to You...
Those things that I said...
Those promises I made when I was in the depths of my distress!
I'll give you my best;
Sacrificing to You
And giving You the things You deserve.

[time out for meditation]

If you respect God, come and hear...
I'll tell you what He's done for my soul.
I called out to Him;
I praised Him with my voice.
If I prefer and hang onto sin in my heart,

The LORD will ignore me.
But I know He has heard me,
And He took notice of my requests.
Bless God!
He hasn't turned away when I asked for His help,
Nor has He stopped showing me His love and His kindness!

67th Psalm

May God show us His grace and bless us;
May He shine on us as He looks at us and smiles.
[Pause and pray]

May everyone on earth know Your ways;
May every nation on the planet know, firsthand, how You save them.
Let's all praise You God;
Let all people praise You!
Let the nations of the earth be happy and sing full of joy!
Because You judge us correctly,
And guide us all in the way we should go.
[Pause and pray]

Let's all praise You God;
Let all people praise You!
The earth has given us it's bounty...
This is the way God...our God blesses us.
And He blesses us
So all of us on this planet will come to know and trust Him.

68th Psalm

May God become everything, and His enemies become nothing!
Let those who hate God disappear,
Just like a puff of smoke – blow them away;
Like candle wax melting on an open fire,
Let the evil skulk away;
But let those who are right with God be happy – let them rejoice in God's presence;
Let them jump for joy!

Sing to God full of praise for who he is;
Sing to the One who breaks through into our dry places;
(I mean the LORD of course!)
Revel in His presence.

He's a daddy to those who don't have one;
A favourable judge to those who are helpless and alone...
That's who God is, wherever He is present.
He gives lonely people a home;
Those who were imprisoned are now free and prospering.
Only those who rebel against Him end stranded up a dry gully'.
God You led your people,
And took them right through the wilderness of their lives.

[pause]

The earth shook!
The heavens opened at God's very presence.
Mt Sinai shook at the presence of Israel's God;
And You made it rain everywhere.
You showed that You cared for us while we were in the dry places;
Your creation settled there,
And You provided everything the poor needed.

The LORD commands;
And the women who tell His good news are a fantastic group!
National leaders flee;
But the women who stay behind collect all their loot.
When You lie down among the sheep folds,
You're like the wings of a silver dove,
It's wings glistening.
When the LORD rebuffed the armies there,
It was bitterly cold in Zalmon.

The mountain of Bashan is God's;
It has many peaks.
Why so envious mountain,
At the mountain God chose to live in?
Surely the LORD will always live there!
God has thousands and thousands of chariots,

And the LORD is right there in Sinai...Holy!
You've climbed the mountain; you even took your captives there;
You received human gifts...
Even from the rebellious – all so that God will live there...

Bless the LORD – everyday He bears our burdens.
This God is the One who saves.

[pause]

Our God rescues us;
We owe our escape from death to Him.
So God will smash His enemies,
He'll 'crown' the ones who keep going their own way.
The LORD says, "I'll bring them down from Bashan,
I'll get them from the most difficult places,
So that you can crush the enemy under your feet...
They'll be consumed!"

They saw You coming God.
God and King ...they saw You entering into Your temple.
First the singers and musicians,
Right there with the girls playing the tambourines.
Bless God amongst His people!!
Yes You LORD...the source and fountain for Israel
Young Benjamin ruling over them;
The princes of Judah in their number,
Along with the princes of Zebulun and Naphtali.

God has said you'll be strong, people;
Show us Your strength God – You who work for our good.
Because of Your temple in Jerusalem,
Kings will bring their gifts to You.
Speak out against the beasts hiding out there...
The bulls and calves belonging to the people;
Those beasts that are stomping treasure into the ground...
God has scattered the violent war-mongers.

Representatives will turn up from Egypt;
Ethiopia will reach out for God.
Sing to Him every nation on the earth...
Sing praise to God.

[pause]

Sing to God who has dwelt in highest heaven forever!
Look! When He speaks it's like thunder!
Who is greater than Him??
He reigns majestically over Israel;
His power extends to the sky!

God Your presence is awesome;
The God of Israel gives His strength and power to His people;
Bless You God!
69th Psalm

Save me God;
I'm drowning down here!
I'm in the quicksand and I can't get out;
I'm in deep water, taken by a flood,
And I'm so tired after crying, that my throat's dry from calling out,
And my eyes are bleary while I wait here for my God.

Those who hate me for no reason are numerous;
Those against me have power,
Even if they have no right to be my enemies,
And now I'm stuck repaying what I don't owe.
God You can see right through me and You know all the things I've done wrong.
May all who wait patiently for You, Mighty God, not be ashamed on my account;
May all who look for You, God of Israel, not lose honour on my account.
But on Your account I've been shamed!
I can't look people in the eye;
I'm disconnected from my brothers and sisters...
A stranger to them now...
My concern for the church consumes me.

Weeping deep down in my soul, the attacks come;
As I grieved I became the butt of their jokes;
I'm the subject of their gossip;
The target of derisive songs.

BUT as for me...I'm praying LORD that, at just the right time,
God in Your love and kindness,
You will answer me with Your truth that saves.
Rescue me from the quicksand;
Rescue me from being flooded by my enemies.
I don't want to be overcome;
I don't want to be swallowed up;
I don't want to be buried!
Answer me LORD...Your love and kindness are good;
I know You're full of compassion...turn towards me;
Please...I want to see Your face.
I'm in a mess down here – quick answer me!
Come close and buy me back;
Buy me back from my enemies.
You know the attacks, the shame, the dishonour;
You can see my enemies...they're right there.
These attacks have broken me, and I'm heart-sick.

I looked for sympathy but got none;

I looked for comfort but there was none.
Oh no...instead I got poison for food and
Vinegar to drink.
May the same table they served that up to me, become a trap;
When they least expect it...a trap.
May they become blind;
And may they become physically affected.
Tell them what You think of them;
Get angry with them.
May their companions leave,
No longer living with them.

They have attacked the one You've already punished;
They dredge up the pain of those You've already paid in full.
May You notice ALL their sin,
And not allow them access to Your goodness.
May they be removed from Your book of life;
May they miss out on Your salvation.
Meanwhile, I'm putting up with all this pain.

Save me God and keep me secure.
I'll praise You God with song;
I'll bombard You with my thanks.
That pleases You more than
Sacrificing Oxen
And young bulls!
You humble ones...you can see that can't you?
May all who seek God have their hearts renewed.
The LORD hears those in need;
He's kind to the prisoner.
Let everyone in heaven and on earth praise Him!
(Even the seas and everything in them).
For God can save His people and build His communities;
They will inherit His presence...
An inheritance that transcends generations.
Those who love God get to live with Him forever.

70th Psalm

Quick God...hurry up and rescue me;

LORD speed up Your program!

Let the people who are out to get me be ashamed of themselves;

Let them be stopped in their tracks...humiliated;

Make those who point the finger at me retreat because now everyone can see their shame.

Let everyone who follows You be full of joy...so glad because of You;

Let those who love the way You save us, keep saying,

“Let God become more and more important in our lives!”

But back to me...I’m sick and have needs ‘coming out my ears’;

Please be quick, God.

You’re the only One I can rely on to help me;

LORD please don’t delay.

71st PSALM

LORD I've found refuge in You,
Please don't let me be embarrassed.
You do what's right...rescue me;
Listen to me and save me.
Be the foundation to which I can always return;
You decided to save me;
You're my solid ground, my safe place.
Come help me God...keep me out of trouble;
Don't let the ruthless people get their hands on me.
You're my only hope;
LORD God...You've been the One I've had confidence in since I was young;
You've looked after me from birth...
Took me under your wing since I was born;
I always want to praise You.

People marvel at me
Because of how You look after me.
I'm full of Your praise;
I speak of Your glory all the time.
You don't spit me out just because I'm old;
You don't reject me because I'm weak.
My enemies plot against me;
Those waiting for me to die plan
Saying, "God's forgotten him
If we attack him no one will worry."

God stay close;
Quick, help me!
Let my enemies be ashamed;
Let them lose face and any honour they once had.

Me? I'll keep trusting;
I'll praise You more and more.
I'll tell of Your goodness,
And say all day how You saved me so many times;
Too many to count.
I'll tell all the wonderful things You've done LORD God;
I'll tell of Your goodness – just Yours.

God You taught me since I was young,
And I keep telling people about all the great stuff You do,
But now I'm old and grey don't forget me...
I need some time to tell this generation all about You;
You'll be strong and powerful to all generations to come.
Your goodness is so great it touches the sky;
You've done wonderful things;
There is no one like You, God!

Even though You've let me go through lots of tough stuff,
You revive me again;
You lift me up;
You build me up,
And You strengthen me.

I'll praise You with music,
For Your truth LORD;
I'll sing to You with my guitar,
Israel's Holy One;
I'll sing for Joy as I praise You;
My soul that You bought back
Will join my voice in telling people all about Your goodness all day.
But those trying to bring us down will be ashamed and humiliated.

72nd Psalm

Judge the King God;
Make the right judgements about his son,
And judge Your people correctly.
Act justly with those in pain;
Let peace roll down the mountains;
Let righteousness pour down the hills.
Defend those in pain;
Rescue the children in needy families,
And demolish their attackers.
As long as the sun shines, let those oppressors respect You, God...
As long as the moon beams, generation after generation.
May God pour out His goodness like the rain on newly mown grass;
Like showers that refresh the earth;
And make those who follow You flourish,
And enjoy 'oodles' of peace until the moon is no more.

May He rule from sea to sea;
From the head of the river to the very ends of the earth.
Let wandering nomads in the desert worship Him;
And His enemies bow before Him in the dust.
Let the leaders of far-flung nations bring Him gifts,
And may kings make their offerings.
Let all leaders bow before Him;
And all nations serve Him.

God will help the needy when they call to Him;
He'll rescue those in pain and those all alone.
He'll show His love to the poor and needy;
He'll save the lives of those who need help,
Because they are precious to Him.

So may He prosper...and may we want to give Him everything we treasure;
Let's pray for Him all the time,
And bless Him all day long.

May the mountains boast of an abundance of grain,
And fruit trees full of fruit;
May city dwellers prosper as does the country-side.
May His name continue forever,
And may His name be broadcast until the end of time.
Let people find blessing in Him;
Let all nations call Him blessed.
Blessed be the LORD God (the God of Israel);
He alone is a wonder worker;
Blessed be His glorious name forever.
The whole earth is full of His glory!
This is what I David (son of Jesse) really want.

73rd Psalm

God's good to his people;
To those who are pure in heart.
Me? I came really close to crashing down;
My feet almost slipped.
I envied the arrogant;
See how rich the wicked get.
They die peacefully,
And they want for nothing.
They don't get into the same kind of trouble we do;
They miss out on the ravages of us 'mere mortals'.
They wear pride like a badge of honour;
They put on violence like you'd put on a coat.
Their eyes bulge in their fat heads,
And the thoughts in their hearts run riot.
They mock others and wickedly speak as if they were oppressed,
And talk down to people in a haughty way from their height.
They speak against God,
And talk arrogantly as they go through life.

That's why God's people come back here
To drink His never-ending water,
But I ask, "Does God realise what's going on?
Does the Most High understand?"
Look...these guys are bad!
They're doing things 'easy' and getting richer;
Has doing the right thing and keeping my heart right achieved anything?
Every morning I'm reminded of my difficulties and each day I suffer.

If I'd just said what was on my mind;
I would not have done justice to this generation of Your children;
When I thought about it all, I was just filled with problems and questions.
It wasn't until I came back and rested in the presence of God,
That I saw the reality of their end.
You arranged for them to slip up,
And fall down to their ultimate destruction;
Gone in a moment!
Swept away in a sudden shocking moment.
It was like waking up...
When You woke up LORD, You wanted them gone from Your sight.

When my heart got bitter,
And pierced from within,
I was senseless and stupid;
Acting like a dumb animal.
But I know I'm always with You,
And You take me by the hand;
You counsel and guide me;
And one day You'll accept me into Your glorious presence.

Who do I have in heaven but You?
Besides You, there's no-one I truly desire.
My body and my heart may fail,
But God always keeps me going and gives me everything that I need.
Look...those who distance themselves from You end up nowhere,
But as for me, having God near only brings me good.
I've made the LORD God my resting place,
So I can tell everyone about all the good stuff You've done!

74th Psalm

God, why do You keep on rejecting us?
Why stay angry with us...Your kids?
Remember Your people You bought back long ago...
The ones You redeemed in order to be Your heirs.

On this mountain where You live,
Walk back to where the ruins are;
Where the enemy struck Your temple,
And Your opposition tore up Your meeting place;
They replaced Your standards with their own.
It's like someone came through the forest with their axe...
All the finely carved woodwork
Smashed to smithereens.
They burned the temple to the ground;
Spoilt the place where You live.
In their hearts they said, "We'll smash them!
We've smashed every one of God's meeting places."

Where are any signs for us?
Where are the prophets?
Can anyone tell how long all this mayhem will keep happening?
How long will the opposition continue?
And Your enemies ridicule Your name?
Why take Your hands off?
Especially when You could just stop them, like that?
You could just reach out and smash them!

Yet You've been in ultimate control forever;
You've saved people across the whole world.
You effortlessly divided the seas
And knocked out the monsters of the deep.
You stopped the ocean giant in His tracks,
And fed him to the others.
You liberated springs and rivers,
And totally dried up others.
Day and night belong to You;
The sun's light derives from You.
You divided up the earth,
And separated winter from summer.

Remember LORD how the enemy ridiculed You,
And idiots rejected Your name.
Don't let Your 'pet' be killed by the wild animal;
Don't keep on forgetting Your people in trouble.
Think about the promise You made,
'Cause there's violence lurking in the dark.
Honour the oppressed;
Give the needy something to be happy about.

C'mon God...speak up for Yourself!
Remember how the dumb guys pay You out all the time.
Don't forget what Your enemies are trying to do;
Your opposition keep rising up against You all the time.

75th Psalm

We thank You God, we thank You,
'Cause Your presence is so evident;
People will tell others of Your wonderful acts.

[God]

"When I decided the time was right,
My judgements were exactly what was needed.
The earth and everything on it melt;
I was the one who created everything in the first place."

[Meditate on that]

[God]

"I said to the proud, 'Stop boasting.'
And said to the evil, 'Stop your violence.'
'Don't stand there in your haughty way dealing out aggression.'
'So full of your insolent pride.'"

There's no joy on earth;
Look...north, south, east or west...nothing.
No – God is the judge;
He decides who succeeds or fails.
It's like God has a jug of wine in his hands...it foams on the top;
He prepares it there and pours the wine out.
And all the wicked will be made to drink it all down.

But as for me I will tell people about God always;
I'll sing praises to the God of Israel.
Any power, that the wicked have, will be removed;
But the righteous will be empowered.

76th Psalm

God's well known in Judah;
He's famous in Israel too.
He lives right here in Jerusalem;
Yep...on top of Mt Zion.
There He protected us from the enemy's weapons;
From the artifacts of warfare.
[sit a spell...take your shoes off...think on that a while]

You (God) are awesome;
More majestic than the mountains.
The tough-guys were overtaken,
And fell asleep,
And no soldiers could turn to them for help.
One word from You, Judah's God,
And both rider and horse fell asleep-POW!
If anyone is to be feared and respected it's You;
Who can stand in front of You when You're angry?
Your judgements reverberate all the way from heaven to earth,
And we on earth froze in our tracks,
When we heard God standing up to judge
In favour of all the humble people of the earth.
[sit a spell...think on that some more]

Even our human anger will praise You,
And You'll wrap Yourself with its leftovers.

Choose now to keep your promises to the LORD your God;
Let everybody around offer Him all He deserves...especially respect.
He'll remove the power source of the powerbrokers;
The world's leaders have a healthy respect for Him.

77th Psalm

I called out to God...I even yelled!
My cry wafted up and He heard me.
When I faced difficulties, I turned to the Lord;
During the night I reached out constantly,
But I couldn't find the comfort my soul yearned for.
I am disturbed each time I think of You God;
I sigh and my spirit sighs too.

[Stop and meditate]

You kept my eyes open;
I'm so upset I can't speak.
I thought about days gone by;
Things that happened long ago.
I'll remember that song during the night;
With my heart I will meditate,
And with my spirit I will ponder.

Will the LORD reject me forever?
Will He never look kindly on me again?
Has His love and kindness dried up permanently?
Have His promises evaporated once and for all?
Has He forgotten how to be gracious?
Or has he gotten so angry that all compassion is gone?

[Stop and meditate]

Then I said, "It's my grief that God has changed."

I'll remember what You did LORD;
Yep I can certainly recall the things You did a long time ago.
I'll think deeply on everything You've done,
And contemplate Your actions.
The way You do things, God, stands out from the rest;
Who is there who is as good as You?
You make wonderful things happen!
And You've demonstrated Your power across the world.
You powerfully bought back Your people...
The descendants of Joseph and Jacob.

[Stop and meditate]

The sea took one look at You God,
And when it saw You it got rather distressed.
It shook with fear;
Rain poured from the clouds;
The skies reverberated with thunder,
And the lightning flashed all over.

Your thunder swirled in the wind;
The bright light lit up the sky;
The earth shook
As You walked through the sea;
Your path hidden by the deep water...
Your footprints remaining invisible.
You led Your people like a mob of sheep,
Through Your servants Moses and Aaron.

78th Psalm

OK listen up people...
Really hear what I'm saying.
I'll tell you a story with a meaning behind;
I'll tell you a story that's been hidden (but that's been around for ages),
One we've known for a long time;
Passed onto us by our ancestors.
We won't hide this from our kids,
But instead pass on the praises we have for the LORD to the generations to come,
As well as the reports of all the wonderful things He's done in our lives.
In Jacob, God made promises,
He set laws in place with Israel,
That he taught our ancestors,
Which in turn, they were to teach to their kids,
So that the upcoming generation would know all about it, even those kids still in 'Mum's tummy',
So that they'd tell it to their kids (& so on)...
All so that they'd trust God with their lives,
Remember all the good stuff He's done,
And live life His way...
Not like their ancestors did
(all stubborn & rebellious),
Who did not keep their hearts soft & pliable
In order to be faithful to God.

Ephraim's sons were archers
Yet they turned away from God in battle.
They didn't keep their side of the bargain with God
And decided to do things their way, not His...
They even forgot all He'd done for them;
The miracles He's pulled off for them.
Think of the things He did for their ancestors
In Egypt, in the field of Zoan.
He parted the sea so they could escape,
And He made the water pile either side of their exit.
Then day by day He led them with a cloud,
And similarly with light at night.
He provided water out of the desert rocks
So that they'd have more than enough to drink;
Streams that flowed out of the substrata
That became like rivers!
And yet they still went their own way,
Rebelling against God there in the desert.
Deep in their hearts they set out to test God,
Even complaining to Him about the menu!
They spoke out against Him;
Second-guessing whether He could really provide for them out there:
"OK so He can make water come out of a rock,
So some streams overflowed – so what?
What about feeding us now?"

Is He really able to give us something to eat?"
When the LORD heard all that, He was really ticked!
He started getting hot under the collar towards Jacob;
He got angry with Israel,
Because after all He had done for them, they still didn't trust God...
They lacked the faith that He would save them.
BUT...He still gave the orders to the sky,
Opening Heaven's doors of blessing;
He made manna to rain down for them to eat...
Food from heaven to eat.
The people ate 'angel food cake'!
God sent them plenty.
He made the winds blow from the east,
With His power He made them blow from the south too.
Instead of a dust storm, he made it rain meat...
Birds brought on the wind right to where they were living...
Home delivery even!
They ate until they were stuffed
(He gave them what they wanted!)
But even as they were filling their stomachs,
(I mean their mouths were still full!)
God's anger returned (for the same reasons),
And He struck some of their leaders down,
Incapacitating others.
All because they started saying the same old stuff,
And continued to doubt that He could pull off His plan to save them.
So He stopped them in their tracks,
Pulling them up with terror.
When He struck some of them, they changed their tune,
And started to seek God again,
Remembering how they'd always been able to rely on God;
The God above all gods was the one who bought them back to Himself.

But then it started all over again,
They deceived Him with their lies.
Their heart wasn't in their hollow words,
And they broke their side of the bargain again.
BUT...at His core God is full of love, and so He forgave their sin and didn't punish them the way they deserved;
Many times He restrained Himself,
And He 'pulled His punches'.
He reminded Himself that these people were just human...
Here and gone like the wind.
But again and again they rebelled against Him in the desert,
And every time it cut God to the core!
Time & again they goaded God,
And struck out at Israel's Holy One.
They forgot His power,
That day when he saved them from their enemies,
When He did such wonders in Egypt,

And the marvels in the field of Zoan:
There were the rivers turned to blood
So no-one could drink;
There were the swarms of flies that attacked them,
And then the frogs that ate the flies.
Then there was the destruction of their crops,
As they saw their hard work end up in the mouth of a locust.
Then there was the hail-storm that destroyed their vines,
And the frost that killed their trees;
Cattle were felled by the hail,
And by the lightning strikes.
His anger burned,
Sending fury & judgement & trouble...
The destroying messengers
Delivered His anger,
Not even sparing people from death,
But they succumbed to the plague
That killed the first-born children in Egypt...
The first-born of the descendents of Ham...gone!
But He took His people by the hand,
Leading them out into the unknown like a shepherd leads his sheep;
He led them safely, so they had no need to be afraid;
And the sea swallowed up their opposition.
And He brought them to His holy land;
To this hill-country that he had secured for them.
He got rid of the previous inhabitants,
Giving the land to His people as an inheritance,
Allowing Israel to take their place.

Yet even then, they ridiculed God & rebelled against the God of gods,
Not keeping their side of the bargain,
And turning their back on Him just like their ancestors had!
Traitors the lot of them!!
They taunted Him by putting up altars to other gods
Complete with their idols.
Seeing this, God again got angry
And really started to hate Israel...
So He left Shiloh,
Where He had lived among the people,
And He relinquished His protection,
Allowing the enemy to act.
He allowed His people to be killed.
Filled with anger at His children,
His young men were consumed and destroyed,
And His young women no longer married.
His priests died in battle;
And His widows cried until they could cry no more.
Then suddenly it was as if God woke up,
(You know like a soldier waking up from a drunken stupor).
He drove His enemies away,

Sending them packing forever.
He ignored the line of Joseph,
Overlooking the line of Ephraim.
No...instead He chose the line of Judah,
And Mt Zion which He loved.
That's where he decided to stay...on the heights;
Solid and secure like the earth he created.
AND He chose David His servant,
Taking Him from His work as a shepherd,
Looking after ewes & lambs,
To instead shepherd Jacob (His people)...
To care for Israel, His family.

And so David looked after them with a good heart,
And steered their course in life with a great deal of skill.

79th Psalm

God – the other countries have tried to highjack Your inheritance;
They've desecrated Your Temple,
And destroyed Jerusalem.
They've left Your servants' bodies out in the open to be eaten by animals;
The bodies of Your godly ones relegated to 'pet-food'!
Their blood has been poured out around Jerusalem as if it was water,
And there was no-one left behind to bury them.
We (Jews) have become a 'dirty word' to our neighbouring countries;
Now we're a joke to those living around us.

C'mon God...how long will You be angry with us?
Is Your jealousy going to keep burning forever?
Why don't You turn your anger towards those people who are not in relationship with You?
Or to those who refuse to look to You for help?
They've come along and 'stomped' on Jacob,
And destroyed his homeland!
Please don't hold the sins of our ancestors against us!

Quick send Your compassion out to rescue us,
Because we're at such a low ebb.
Help us, God our saviour, for the sake of Your fame;
Rescue and forgive us for the sake of Your name.
Why should those godless countries have an excuse to say, 'Where's your God gone to?'"
Instead, let the nations see clearly
How You repay them for the blood-shed of Your servants.

Hear the groaning voices of Your people in captivity;
Save those in prison, condemned to death, in an amazing way commensurate with Your power!
Give our neighbouring countries
Seven times more disdain than they showed You, LORD!
So we, Your people, the sheep You shepherd
Will be thankful to You forever,
And tell generation after generation about how wonderful You are!

80th Psalm

Listen Israel's shepherd.

Yes You who lead Joseph's descendents.

You who are above all other heavenly beings – shine like a beacon!

Demonstrate Your power in front of Ephraim, Benjamin & Manasseh and rescue us!!

God heal us,

Smile on us and we will be saved.

Lord God of unlimited power, how long will you turn up your nose at your people's prayers.

You fed them with sorrow as if it were bread,

And gave them too many tears to drink.

You've made us a laughing stock to our neighbours,

and our enemies snigger behind our backs

God heal us,

Smile on us and we will be saved.

You picked up a grapevine from Egypt;

You cleared the soil of the nations to plant it;

You prepared the ground for planting,

And the vine put its roots down deep and spread everywhere.

Even the mountains were overshadowed by this vine;

Even God's cedars were overshadowed by it.

The vine sent its branches to the sea,

And its shoots into the river...

So now why have you put holes in its hedges,

So just anyone can pick its fruit?

Some wild boar comes along and pigs out on it;

Good grief! Anything with a pulse just wanders along and helps themselves!

God of power – turn back to us we plead;

See us from heaven and care for this vine (us) again.

Yes, us...the vine you yourself planted;

Your child who yourself parented to full strength.

It's been burned....it's been chopped down;

We shrink at the sight of your frown.

Let your authority rest on 'Your right hand man';

Upon the 'Son of man' that you empowered for your sake.

Then we will stick with you; breathe life back into us and we'll turn to you

God heal us,

Smile on us and we will be saved.

81st Psalm

Be happy and sing to God who makes us strong;
Start singing, play the tambourine,
As well as the beautiful music on guitars.
Get the brass playing on special occasions...
All those special holi-days!
Because that's what Israel's supposed to do!!
Instructions from Jacob's God:
He told Joseph to do it
When he travelled through Egypt.
In a language that I didn't know already were these words:
"I took the load off his back and freed his hands up.
"You called out to me and I came to the rescue;
"I answered you out of the thunder and tested you at Meribah.
[Meditate on that for a while]

"Hear what I'm saying people and I'll show you how to live...
If only you'd listen to me!
"There's no room for weird idols in your lives,
So don't go worshipping any gods from overseas.
"I'm the LORD your God;
I rescued you all the way out of Egypt.
"Open your mouths and I'll tell you what to say.
"But my kids didn't listen to me;
No Israel rejected my wisdom.
"So I let them run off doing their stubborn 'tanty';
To try and live under the 'own steam'.
"I just wish they'd pay attention,
And do things my way (It'd be heaps easier!).
"Then I'd stop their enemies;
And deal with their opposition.
"Those who hate the LORD just pay Him lip-service;
And their punishment won't ever stop.
"But I'll feed you guys with the finest food,
And top it off with the sweetest dessert!"

82nd Psalm

God speaks out among His people
And He judges right in front of the leaders.
So how long are You going to judge unjustly?
How long will you favour those in the wrong??
[Wow!]

Act for the weak and the fatherless;
Show justice to the sick and the poor.
Rescue those who are weak and needy;
Snatch them out of the hands of evil.

They don't know...they don't understand;
They're walking around in the dark.
The earth's foundations are shaken to their core.
I said, "I once regarded them as gods,
All sons of the Most High.
"Even so you'll die human deaths;
And keel over just like any other leader."

C'mon God! Get up and judge the earth!
For You are ultimately in charge of every nation on the planet!

83rd Psalm

God...don't be quiet;
Say something...God do something.
Look Your enemies are making a racket;
Those who hate You are big-noting themselves;
They are making sneaky plans against Your people,
And plotting together against those You love.
They said, "Let's wipe the nation off the map
So people will forget about Israel altogether."
They've plotted together as one,
Making a solemn agreement against You!

Edom and the Ishmaelites, Moab and the Hagarites;
Geba and Ammon and Amalek;
Philistia and those in Tyre;
Assyria has joined in too!
They've joined forces with Lot's descendents.

Sort them out like you did with Midian,
Or Sisera and Jabin at Kishon,
Who were destroyed at Endor...
Turned to 'poop'.
Make their leaders like Oreb and Zeeb;
Make them like Zebah and Zalmunna,
Who once said, "Let's take possession of God's Land."

God...make them like a whirly whirly;
Like chaff blown away by the wind;
Make them like fire taking off in the forest,
And like a fire engulfing the mountain.
Yeah...chase them with Your storm;
Give them a big fright;
Face them with their dishonour
So they'll turn around and seek You Lord.
Let them always be ashamed and upset;
Let them be humiliated and amount to nothing
So that they know once and for all that You're the 'boss'.
'Cause You're the real God of all the earth.

84TH Psalm

How beautiful are the places you live, LORD of all power;
My very being longed and yearned for Your temple;
My heart and my body join together in joyful song to the God who lives.
The birds found a place to live there,
And the swallows found a home for her and her chicks,
Here in Your house, LORD of all power...King...GOD!
How happy we all are living in Your house;
Continually praising You.
[Time for meditation]

What a blessing it is to find strength in You;
Whose heart always leads us back to Zion.
Passing through the Bacca Valley Your footsteps create a spring,
And blesses the land with early rain.
As we go, we get stronger,
Each of us ending up in God's presence in Zion.
LORD of all power, hear my prayers;
Listen God of Jacob.
[Time for meditation]

Look kindly on Your leaders, God;
Look kindly on the one You anointed.
One day with You is better than a thousand somewhere else;
I'd rather be just outside Your temple
Than to live amidst evil.
The LORD God is our light and our protection;
He's both graceful and glorious,
And He never stops blessing those living His way.
LORD of all power,
When we put all our trust in You, we're truly blessed.

85th Psalm

LORD You've been kind to Your land;
You returned Jacob from captivity.
You forgave Your people's sins...
Yep...You even protected them by covering their sin.
[Wow]

You turned away from Your anger
And changed Your mind about punishing them.
So bring us back, God who saves;
Stop how angry You are with us.
Will You always be angry with us?
Will You keep being angry from generation to generation?
Please...won't You revive us,
So that we can be happy in You?
Show us Your love and kindness, LORD,
And rescue us.

I'll hear what God the LORD is saying;
'Cause He will speak words of peace to His people...those who follow Him;
But don't let them slip up and head back into the trouble they were in before.

The safety of God is close to all those who respect Him,
So that His glory will be evident through all our land.
Love, kindness, and truth are working together;
Decency and truth flow together as one.
Truth can be seen across the earth,
And justice and virtue extend from heaven.
In fact, the LORD will give us good gifts,
And our land will grow and produce in abundance.
Truth, justice and virtue go ahead of Him,
And prepare the way for Him to walk.

86th Psalm

Please listen to me LORD
I have nothing & I need You!
Protect me because I've stayed faithful to You;
Rescue Your servant...I kept trusting You.
You're my God...take it easy on me, Lord
And I call Your name all day long.
Give me some joy again, Lord,
Because I have kept trusting You.

Lord, You are so good to me, and you forgive my sins...
Your love knows no bounds, especially for those who reach out to You.
Please hear my prayers to you LORD;
Listen when I call out for Your compassion.
When I'm in a mess, I reach out & call Your name
Because I know that You'll answer me.

Of all those regarded as 'gods', there's no one like You, Lord;
You outdo them all!
All the world's nations (that You made in the first place),
Will come and bow down before You, Lord;
They'll come and honour Your name.
Let's face it...You are the greatest and outstrip everyone else
Because You alone are G.O.D.

Teach me Your way of doing things LORD,
Help me to depend on Your faithful way of dealing with us;
Help me maintain undivided attention
On Your awesome name.
Lord God, I'll praise You with everything I have;
I'll tell others of Your glory, always.
Your love for me just blows me away;
You rescued me from the mess I got myself in,
That was ultimately leading to my own destruction.

Those 'stuck up' enemies are attacking me, God;
Cold-blooded people are trying to destroy me...
They don't give 'a rip' about You.
But You Lord, are a God who's full of compassion and grace,
You don't get angry quickly, and Your love & faithfulness keep overflowing.
Come here and show me some mercy;
Give me a demonstration of Your power;
Rescue me because I serve You
Just like my Mum did.
Show me some sign of Your goodness,
So that my enemies will be ashamed of themselves when they see it...
When they see how You've helped and strengthened me, LORD.

87th Psalm

His headquarters is in the holy mountains.
The LORD loves the entrance to Zion
More than all the other places Jacob's people have lived.
Wonderful things have been said about you...
City of God.
[Pause a moment in wonder]

"Rahab & Babylon will receive a mention among the people who are in relationship with Me;
Same with Philistia, Tyre and Ethiopia:
'This one was born there.'"
But when it comes to Zion, people will say, "This one & that one were born in her",
And the God who is above all gods will build her.
The LORD will take careful note of all the people who live there,
"This one was born THERE."
[Pause a moment in wonder]

Then everyone who sings or plays instruments will utter,
"All of my joy springs from you Zion."

88th Psalm

LORD, You are the God who saves me;
All day and all night I called out to You hoping that You'd hear me.
I hope You can hear this...
Please lean down to hear what I'm saying.
I've had just about all I can take;
There have been times when I felt so close to death...
Feels like 'the next bullet's got my name on it'.
The last skerricks of my strength are gone.
Gone and forgotten like those long dead;
You've forgotten all about us;
I feel totally disconnected from You.
It feels like I'm stuck in a dark pit...
Seems like I'm being hit by wave after wave of Your anger and judgement
[Time-out for meditation]

I'm cut off from my family and friends;
I'm the focus of their hatred and I'm stuck here unable to go anywhere or do anything.
All these worries are making my eyesight fail,
And yet everyday I call on You for help,
Everyday I reach out my hands to you, hoping that You'll rescue me...
Are You prepared to do a miracle for the dead?
Will the 'dead and gone' ever rise to praise You again?
[Time-out for some more meditation]

Will those stuck in the grave ever experience Your love and kindness again?
Will those of us in such a destructive place experience Your faithfulness once more?
Will we who are stuck in the dark see Your wondrous acts again?
Will we who are forgotten experience Your justice one last time?
You know I have called out to You for help LORD...
Every morning my pleading is there for You to hear.
LORD why is it You reject me?
Why is it that You pretend You can't see me?

I've always had so much trouble.
I've been dancing with death ever since I was young.
When I think of You I'm scared stiff.
When I get a glimpse of You it's too much for me to cope with.
Your anger has engulfed me like a bushfire.
The fearful reality of who You are, demolishes me!

I am like an island in the middle of a sea of enemies...
They're coming at me from every direction.
My lover and my friends are gone;
Even my acquaintances don't want to talk to me anymore.

89th Psalm

The love & kindness of the LORD makes me want to sing about Him every day of my life;
I'll tell my kids & my grandkids about Your faithfulness.
I have spoken about how Your love & kindness are built up layer upon layer;
You're setting up Your faithfulness to us from where You live.
"I have made a solemn promise to my chosen people;
I've given my word to David my servant.
Someone from Your line will rule forever;
The kingdom you establish will continue from generation to generation."
[Consider that for a while]

Heaven itself praises You, LORD;
There the holy beings will speak of Your faithfulness.
Is there one living in heaven who is comparable to the LORD?
Are any of God's sons comparable to Him?...No!
A God who instils respect among the heavenly beings...those who surround Him are simply awestruck.
LORD God, You have ultimate power. Is there anyone else like You...Mighty God?
From every vantage point You are faithful.
You rule the ocean waves;
And You calm the stormy seas.
You crush chaos,
And You get rid of Your enemies in Your power.
Your reign extends from heaven to earth;
Everything in the world is Yours because You made it all.
North-South...doesn't matter – You created it;
Mt Tabor & Mt Hermon praises You;
You're so powerful;
So mighty...so worthy of praise.
You base Your kingdom on righteousness and justice;
Your path is marked by love, kindness & truth.
How blessed are those who have experienced the sound of Your footsteps;
They walk life's road knowing You're watching over them...
Because of You, they rejoice constantly.
Your righteousness lifts them up;
LORD, our strength is a reflection of Your glory.
You're happy when we are strong in You;
You LORD, are our protection.
You Holy One of Israel, gave us our leader;
There was a time when You spoke in a vision to Your faithful people
And said, "I've helped a mighty man;
I've picked one up from among the people.
"I've chosen David my servant & anointed Him with holy oil.
He will be my instrument & I'll strengthen him.
"He'll rise above the enemy's deception
And withstand the wicked.
"I'll crush his enemies
And knock down his detractors.
"My love, kindness & faithfulness won't leave him
And his strength will rest on My Name.

“I’ll empower him on sea and river alike;
He’ll call me Father, God and the foundation of my safety.
“He’ll be like my first born;
The King over all others.
“My love & kindness will protect Him always,
And My promises will come to life in him.
“He will have descendents forever;
His reign will be unlimited.
“If his children walk away from me & abandon my words;
If they break my law & turn their backs on My ways,
I’ll punish them for what they did,
And discipline for their sin.
“But I won’t stop showing him love & kindness,
Nor stop my faithfulness to him.
“I won’t go back on my word,
I won’t change what I said.
“Once made, I won’t break my solemn vow to David.
“He’ll always have descendents;
He’ll always reign!
Established forever like the moon,
My faithful witness.
[Consider that for a while]

BUT You have rejected him;
You’re so angry with Your king.
You’ve gon back on Your promises
And tossed his crown in the dirt.
You destroyed his house,
And ruined his fortresses.
Even by-passers can just walk in & take what they want!
He’s an embarrassment to his neighbours;
You’ve given his enemies the upper hand.
His weapons are disabled,
And he can’t stand his ground in war.
He’s no longer splendid
And his rule is overturned.
He’s old before his time
And he’s totally shamed.
[Consider that for a while]

How long my LORD?
How long will You hide?
How long will You stay angry?
Remember I’m only human,
And how useless this life can be.
There is no-one alive who will not die;
No-one can escape death’s power.
[Consider that for a while]

Where’s Your love & kindness LORD?

Like You promised David?
See how Your people are disgraced...
I'm a laughing stock to so many.
Your enemies mock me;
They stand & laugh at me as I approach...Your anointed king!

Bless You LORD...always.
Yes! Yes!

90th Psalm

Lord, You are where we live, generation after generation.
Before all this existed...
The earth...the world...
There's never been a time you weren't God.

We revert to dust at the end of our lives,
And there You receive us saying, "Come...1000 years is like a day passing to You, or a just a portion of the
night going too quickly."
You sweep us away like a flood and we sleep;
In the morning we sprout like new grass,
But we droop by evening and are gone.

You're overtaken by Your anger;
When You got upset it affected us;
You look at our sin;
You even see the stuff we thought no-one knew.
We have been wasting away in Your anger
And our life is over as quickly as a sigh.

How long do we live...70 years?
Maybe at a pinch...80.
But those years are typically full of hard work and pain,
Then it's gone and we fly away.
Who can get their head around your anger...
The kind of anger you have?

So show us how to live our lives
In a way that shows You a wise heart.
Return to us LORD...how long will it take?
Show Your servants some sympathy;
Show us some love and kindness in the morning,
So that we can be joyful throughout our lives.

Make us happy at least as much as we've been sad;
As much as the years we've been adversely affected.

May we see what You are doing;
Let Your children see just how majestic You are.
Let Your favour, Lord God, be on us and let us know what we are to do with our lives...
Yes let us know that!

91st Psalm

If you allow yourself to live in God's protection,
You'll be sheltered by the Almighty Himself.
I'll tell the LORD, "You're the one in whom I am safe & secure – You're my God & I trust You completely!"
He rescues me from the traps of those out to get me,
And from deadly disease.

He'll wrap you in His arms;
You'll find safety in His embrace;
He faithfully protects you from harm.
You won't be afraid of danger in the dark,
Or those things that come against you in the daytime;
Or illness that comes in the night;
Or destructive forces at noon.
A 1000 may fall beside you;
Even 10000 right there,
But the same thing will leave you unscathed.

Instead, you'll look
And see the wicked 'get theirs'.
For You decided to live close to the LORD,
And He's become your place of safety.
Evil can't have its way with you;
Illness won't overcome your household.
He'll get His angels to look after you;
To care for you in everything.
They'll catch you,
And stop you from hurting yourself.
You'll be protected from the lion & the cobra;
"Because he loved Me, I'll see him through;
Because of our relationship, he'll be safe with Me.
"When he calls I'll answer,
And stay beside him in times of trouble.
"I'll rescue & honour him;
I'll grant him a long life...
Long enough to see the salvation I bring."

92nd Psalm

It's great to thank the LORD
To sing Your praise, God of all gods;
To tell everyone about Your love & kindness when we get up in the morning
And to speak up about Your faithfulness each night as we go to sleep,
Strumming our stringed instruments,
Accompanied by strummed music.

You've made me so glad by everything You've done,
I'll sing joyfully each time I see what You do.
You really do great things, LORD!
And You're thoughts are so much deeper than mine.

An idiot lacks knowledge,
A stupid person just doesn't get it...
That evil people prosper,
And sinners flourish,
But only on the way to being destroyed for good.
Because You LORD will rule always...
Look LORD, Your enemies...
Yes Your enemies will be destroyed;
Those who sin will be scattered like dust!

But You've given me the strength of a wild animal;
You've chosen me afresh.
When I look on my enemies, I can taste the victory,
Even though I can hear the baddies coming to get me.
People who do what's right will grow and flourish,
Grow as tall as one of the cedar's of Lebanon.
You planted them in Your house, LORD,
They can't help but flourish when they're close to You.
Firing on all cylinders until old age;
Young and full of energy on the inside,
Enough energy to keep saying how good God is...
He's my life's foundation - He's good through & through!!

93rd Psalm

The Lord is in charge of everything, He radiates Majesty;
He's strong through and through;
Yes, the world is safe & sound, and won't disappear.
You've reigned over the world;
You've done so since time began.

The flooding waters speak up, LORD,
They speak up with a loud voice,
They speak with their pounding waves.
Actually, they make more sound than the rush of water,
More than the mighty waves breaking on the beach,
Yes! Heaven's LORD is mighty!
Everything You say is true;
Your very presence is pure and holy,
And that'll be the case forever and ever.

94th Psalm

LORD You are the God who doesn't leave evil unpunished,
God of justice...show Yourself!
C'mon show Yourself Judge,
Even things up a bit – deal with their pride.
Just how long will the wicked, LORD...
How long with they get away with things?
With verbal diarrhea their arrogance spouts forth;
The wicked ones keep showing off.
They're destroying Your people, LORD,
Ruining Your next generation.
They kill helpless women, those who can't fend for themselves
And murder children with no-one to protect them.
They reckon, "not even the LORD can see what we do,
The God of Jacob doesn't notice anything".

OK People – pay attention!
When will you idiots finally understand?
Don't you think the One who designed the human ear, can't hear?
Don't you think the One whose brilliance came up with the eye, can't see??
Don't you realise the One who disciplines the other nations will do the same to us..to you?

I mean, He is the author of all knowledge.
The LORD understands how we humans think,
He knows we are just a breath away from death.
But your discipline is actually a blessing, LORD,
Those You teach how to live...
You give them a break from difficulties,
Until a trap is laid for the wicked.
The LORD won't leave us to our own devices,
He won't leave His kids stranded.
The judgements You make will be right,
Those upright will follow Your law.
Who is there to stand up for me against the evil ones?
Who will take my part against those who do the wrong thing?

If the LORD hadn't helped me,
I'd be stuck in that place where no-one can speak anymore.
If I was to say, "Whoops I slipped,"
Your love & kindness will be there to catch me, LORD.
When my anxiety swallows me up,
Your consoling word gives me real joy.

Do you have anything in common with destructive powers,
Powers that plan mischief through words?
They gang up against those doing the right thing,
And set out to kill the innocent.
But You LORD have provided support & strength,
My God...You're my safe place to rest.

He'll turn their evil deeds back on them...
He'll smash them in their evil ways;
The LORD God will obliterate them!

95th Psalm

OK Let's gather 'round the LORD to sing His praise;
Let's call out to our saviour who doesn't change.
Let's show Him how thankful we are,
And tell others about Him in music & song.

Because the LORD is GOD,
He's the god-King!
He made the depths of the earth
As well as the mountains.
The sea belongs to Him 'cause He made that too,
Along with all the dry land as well.

C'mon let's bow in worship,
Let's kneel down in front of our creator LORD;
After all He's our God!
And we're the sheep in His paddock,
The ones He looks after.

If only you'd only listen to what He's saying:
"Don't shut me out like you did at Meribah,
Or like you did in the desert at Massah
Where your ancestors tried to test me;
They sussed me out even though they had already seen me in action.
For 40 years I was cranky at them;
I told them, 'Their hearts go wandering off,
They haven't got a clue about my ways of doing things.'
So I made a solemn decision,
Never to allow them to access my shalom."

96th Psalm

Sing a new song to the LORD;
C'mon the whole earth sing to the LORD.
Bless the LORD with that song;
Telling everyone of the good news of the way He saves us day after day.
Tell the nations of the world about how glorious He is...
All about the wonderful things He does amidst us all.
Because the LORD is awesome...He's worth praising;
He's to be respected above any so called 'god'.
Anything else people call a god is simply an idol,
But only the LORD can make claim to making the sky.
He just oozes splendour and majesty,
His house is strong and beautiful.
When you look at the LORD, people:
...See His glory and strength.
...See how glorious His name is;
As you come to worship Him, make your offerings.
Worship Him in all His glory;
Stand shaking in absolute awe at Him.
Tell the world, "The LORD's still in charge;
The world is OK...it's safe;
And He will judge people justly."
Heaven...be glad – Earth...rejoice!
C'mon sea, roar when you think of God;
OK fields...revel when you consider Him.
Watch...the forest trees will sing a song of joy
As they see the LORD on His way,
'Cause He's on His way to judge us.
He'll judge the world justly because He's straight and true;
We can rely on His judgement of the people because He's trustworthy.

97th Psalm

The LORD's in complete control so get happy earth!
Islands...get excited!!

You can't always see Him clearly;
But His rule is founded on righteousness and justice.
A fire precedes Him wherever he goes,
Consuming His enemies as he moves.
His lightning lights up the world;
The earth looks on and shivers in its boots.
Mountain rocks melt like wax in the LORD's presence,
After all He is the LORD of the whole planet)!
The night sky screams about His righteousness,
So no one can say they haven't seen His glory.
Shame on you if you think worshipping some idol is useful,
Idols won't give you anything to boast about;
In fact every 'god' will one day bow and worship God.

When Zion heard this it was glad,
Judah's daughters jumped for joy
When they saw the way you judge things, LORD.
You're It...the highest LORD anywhere on the earth;
You're greater than any so-called 'god'.

All right you lot...if you say you love the LORD, hate what is wrong,
Because he's the One who saves the souls of the godly ones;
He rescues them from those who practice evil.
He scatters light for the righteous as if it were seed,
And He scatters joy for the ones whose hearts are right.
If you're right with God you can be really happy...
So give thanks to His holy name.

98th Psalm

C'mon sing the LORD a brand new song,
One that speaks of His wonderful acts...
In His mighty strength He won the battle.
He clearly showed us the way He saves us;
He showed us his righteousness clearly...where everyone in the world can see it.
He keeps showing how faithful, loving & kind He is to the people of Israel;
From one end of the earth to the other people can see how our God saves.

C'mon everyone...shout with joy to the LORD;
Let your defences down & praise Him joyfully in song.
Get the guitar out to accompany your songs...
Strumming strings, & soaring melody.
With trumpets & horns,
Call out joyfully to the LORD our King.

Look...even the sea and all its contents yell,
The world and all who live there call out!
The rivers clap their hands,
And the mountains all get together & sing for joy...
Right there in front of the LORD, because it won't be long before he comes to judge the earth;
But when He does come, it will be with righteousness...
Yes He'll judge the people with justice.

99th Psalm

The LORD is in charge...go ahead people shake in your boots;
He's high above other heavenly creatures...shake earth, shake!
The LORD is obviously great in Zion,
He's way above all nations.
May they praise Your great, awesome name;
He is Holy!
The King's strength is in the way He loves justice;
You set things up equitably;
You brought about justice & righteousness among Jacob's people.

Praise God our LORD
And sit at His feet and worship Him;
Because He is holy.
Moses and Aaron were some of His priests,
And Samuel was also one who called on God;
They called out to the LORD and He answered them.
He spoke right out of the middle of the cloud;
They stayed true to what He said...
What He told them to do.
LORD God...You answered them.
You proved Yourself a forgiving God,
Even though You didn't ignore it when they did wrong.
Praise God our LORD
Come to His house and worship Him,
For the LORD our God is holy.

100th Psalm

Shout with joy, earth, when you think of the LORD.
Serve the LORD happily;
Approach Him with joyful music.

Don't ever doubt that the LORD is God;
He created us...we're not self-made;
We're His people, like sheep looked after by the good shepherd.

When you come to worship, do it with thanks in your heart,
And with praise on your lips.
You've lots to be thankful for...bless His name.
'Cause the LORD's good;
His love and kindness just keep going and going,
And He'll stay trustworthy and true...always.

101st Psalm

I'll sing a song of love, kindness & justice,
Yes I'll sing praises to you LORD.
I'll pay attention to doing things Your blameless way.
But when will you notice me?
I'll live my life with integrity.
I won't waste my time looking at useless stuff;
I hate what people do, when they turn their backs on God;
I won't let that stuff get hold of me.
I'll distance myself from wicked thoughts;
And I won't entertain evil.

If people slander others on the sly, I'll destroy them;
I won't put up with arrogant looks or hearts.
I'll be keeping my eye out for the faithful ones – they have a place with Me;
If someone wants to serve Me, they need to 'keep their noses clean'.
I have no time or space for deceptive people;
And don't expect to stand with Me if you don't tell the truth.
Each day I will destroy the wicked,
So the LORD's city will be protected from those who do wrong.

102nd Psalm

Hear me when I pray LORD;
When I call out for help, I want to know you get it.
Don't look away
When I'm doing things tough.
Instead turn towards me;
Be quick to answer me when I pray.
My life's whizzing past;
My bones ache inside.
My heart is failing me;
And I don't feel hungry any more.
Distressed, I groan out loud;
My body's wasting away to skin & bones.
I feel like a lone owl in the desert,
Stuck in isolated ruins.
Lying here awake...just like
A bird stuck on a roof all alone.
My enemies continually poke fun at me;
Those pointing their fingers at me use my name as a swear word.
My life's ashes are on the menu,
And my drink is diluted by my tears
All because of Your anger,
Because You've discarded me.
I feel like I'm in the evening of my life;
Slipping away like dying grass.

But You LORD are always in charge;
You're famous generation after generation.
You'll come and show mercy on Zion,
It's time you did that;
Yes it's time for that now!
Your servants love Zion's buildings;
Even her ground moves them deeply.
Other nations will be awestruck by the LORD,
Their kings will bow down amidst Your glory.
Because the LORD will rebuild Zion,
And show just how glorious He is.
He'll hear the prayers of the poor;
He won't turn a blind eye to their request.

Write this down for future generations,
That people not even born yet will praise the LORD:
"The LORD looked down on us from heaven,
He saw the whole earth,
And saw those imprisoned groaning,
Releasing the condemned ones."
So the LORD's name is shouted out in Zion,
He's praised in Jerusalem,
As people from around the world

Come to worship the LORD.

During my life, He broke me;

He shortened my life.

I responded:

“Don’t let me die God, before it’s time to go;

You continue generation after generation.

At the start You laid the earth’s foundations,

You made the heavens with Your own hands.

One day they’ll be gone but You’ll still be here;

They’ll wear out like a pair of old jeans.

You’ll change them like your clothes

And toss them away.

But You stay the same,

Your life never ends.

Your servants’ kids will live with You;

And their kids will flourish in Your presence.”

103rd Psalm

C'mon soul...praise the LORD;
Praise His holy name...my very being.
Yes soul...praise the LORD,
Don't forget all He does for you:
He forgives all your sins
And He heals all your diseases,
He buys you back from the grave
And showers you with love & compassion,
He satisfies your deepest desires with only good things
So that you get your youthfulness refreshed (He gives you energy like a soaring eagle).
The LORD goes about creating righteousness
And justice for everyone who is oppressed.

He let Moses know what He was doing,
He let Israel in on the news too:
The LORD's full of compassion & grace,
He's slow to get angry & full of love.
He won't keep pointing the finger,
And He won't keep being angry forever;
He's like that...not treating us the way we deserve
Or paying us back (like He should) when we stuff up.
Think of how high the sky is above the earth...
That's how big His love is for everyone who respects Him;
Think of how far the east is from the west,
That's how far He's tossed our sins away.
Just like a Dad loves his kids,
That's how He loves everyone who respects Him;
Because He remembers how we were made,
He knows we're little more than dust.
Human life is like growing grass,
They spring up like flowers in a paddock;
But when the wind blows it away,
It's forgotten!
But forever and forever
The LORD's love continues for everyone who respects Him,
His righteousness continues to generations-
For all who keep their part of the covenant
And who do things His way.
The LORDs set up His kingly rule from heaven,
And rules over everything.
C'mon angels...praise the LORD...
Yes all you mighty beings who obey Him
And do what he says.
Yes praise the LORD all you heavenly beings,
You who serve You and follow Your instructions.
Yes praise the LORD, every part of His creation...
Every corner of His Kingdom.
Yes even you soul...c'mon & praise the LORD!

104th Psalm

C'mon soul...praise the LORD.

LORD God you are humungous;
You're resplendent in Your majesty.

The LORD wraps Himself in light;
And stretches out the heavens as if it were a tent,
Laying His bedroom in the sky.
He rides the clouds as if they were a chariot
Riding the wind itself.
The wind becomes His messengers
And fire serves His purposes.
It was he who planted the earth firmly;
So that it can't move.
You clothed it with oceans
So high they rose above the mountains.
When you gave the word the waters receded,
When your voice thundered they backed off;
They flowed down the mountains,
And headed down to the valleys,
Where they were always meant to go.
You created those boundaries that can't be crossed;
They'll never cover the earth again.

He pours spring water through the valleys;
Flowing between the mountains.
They water the animals of the field;
Even the wild donkeys get to drink.
The birds nest beside the waters;
They sing from the branches of the trees on the riverbanks.
From His house He waters the mountains;
He gives the land what it needs through His own actions:
He grows grass for the cattle,
And plants for us to harvest
So that we have food for us all to eat:
Wine to cheer us up,
Oil to brighten our faces
And bread that keeps us alive.
The LORD's trees are watered well,
Like the cedars of Lebanon that He planted.
Birds nest there;
And storks are at home in the junipers.
Wild goats own the high mountains;
Their craggy peaks are home for the hyrax.
He created the moon to show the seasons
And the sun goes down as if it knows exactly when.
You send the darkness and night comes,
So that the animals of the forest can come out.

Lions growl for their prey
Looking to God to feed them.
They disappear as the sun rises;
And they head back to their dens.
Then people head off to work
Until their work day concludes that evening.

You do so much LORD!
You wisely made each one;
The earth full of Your creation.
The vast enormous seas
Full of infinite creatures
Living things tiny and humungous.
Ships traverse the sea,
And the sea creatures you made frolic there.
And all the animals look to You
To feed them at the right time,
When you feed them,
They collect the food;
As You freely give it,
The goodness satisfies them.
But when you hide
They're all scared stiff;
When You remove their breath,
They die and return to dust.
When You sent Your Spirit,
They come alive
And change the entire face of the planet.

May the LORD's glory stay forever;
May the LORD be happy with all He's done...
Yes He who just has to look at the earth and it shakes,
Who just touches the mountains and they erupt.

I'll sing to the LORD all of my years;
While I'm alive I'll praise my God.
May all I think about please Him,
As I am filled with joy in the LORD.
I hope all the wicked disappear
Gone...poof!
Yes soul...praise the LORD
Praise the LORD.

105th Psalm

Praise the LORD, shout out His name;
Make sure the world knows what He's done!
Sing Him a song, sing Him praises;
Share all His wonderful acts with others.
Enjoy His holy name;
Hearts of those following the LORD...be excited!
Keep your eyes on the LORD and His strength;
Just keep your eyes on Him all the time.

Hey you...remember the great things He's done,
Miracles, and His judgements,
Yes you...Abraham's descendents,
The ones he chose...Jacob's kids.
He is the LORD our God;
And He makes good decisions across the earth.

He doesn't ever forget the promise He made;
The word He gave to a thousand generations,
The covenant he made with Abraham,
That he swore to Isaac.
He even confirmed what He said to Jacob,
As a promise that never runs out:
"To give you Canaan
As your inheritance."

When there were hardly any people,
Very few of them & all strangers in the land,
They wandered from country to country,
From one nation to another.
He never allowed others to give them a hard time;
He even held kings at bay:
"Don't touch my chosen ones;
Don't give my prophets a hard time."

He sent famine on the land
And destroyed their food supplies;
And then sent a man to lead them...
Joseph...the slave.
They bruised his feet with chains,
And put his neck in irons,
Until just the right time,
When the LORD's words were shown to be true.
That's when the king released him,
Yes...the ruler set him free.
He put him in charge of his own house,
In charge of everything he had,
To tell the country's leaders what to do,
And to teach his seniors what its like to be wise.

That's when Israel turned up in Egypt;
Jacob lived as a guest in the land of Ham.
The LORD made his people grow;
So many of them, they outnumbered his enemies,
Even those who he decided would hate his people,
Who were plotting against his people.
Then he sent Moses His servant
As well as Aaron, the one He chose.
They did the wonderful works of God,
Yes He dazzled Egypt through them.
He made it dark in that land,
After all they opposed His directions, didn't they?
He turned the river to blood,
Killing the fish.
But then there were too many frogs,
Even heading into the leaders' bedrooms.
At His word. the people were overcome by flies,
As well as gnats throughout the land.
Rain became hail,
And the lightning struck across the country;
Their vines and fruit trees died
And their vegetation was shattered.
At His beckoning, the locust plague came,
Wave upon wave of hoppers;
Eating everything in their path,
Consuming everything the fertile soil produced.
Then...he hits the firstborn,
Every first male child.
This enabled Israel to leave with silver & gold,
Everyone from every tribe got out.
And Egypt said 'good riddance'
Because of all the bad news Israel had been to them.

In their travels, God covered them with His cloud,
And illuminated their path with fire.
They asked Him for food & He gave them quail;
Yes He even gave them plenty of heavenly bread.
He unlocked the rock to give them plenty of fresh water,
So that it became a river in the middle of the desert.

All this because He remembered His promise
The one given to Abraham.
He lead His people out so happy,
The ones He chose were shouting for joy;
He even handed them the land that others lived in,
They inherited what others had worked for...
Just so that they could have the opportunity to be obedient
And follow His instructions.

Praise the LORD.

106th Psalm

Praise the LORD.

Thank the LORD, He's so good;
His love just keeps on going.
Who is there to truly tell all about the great things the LORD does,
To fully praise Him?
How happy are those who do the right thing,
Who always act correctly.

When You pour out good things to Your people, don't forget about me,
When You save them, rescue me too,
So that I can share in the prosperity that You give those You've chosen,
And so that I can enjoy being part of Your nation
And have a share in Your inheritance as I give You praise.

We've got it wrong, just as our forefathers did;
We've done badly and acted sinfully.
When our fathers lived in Egypt,
We didn't think for one moment You would do some miracles;
They didn't remember how many times you've been kind,
And instead did a 'tanty' down by the Red Sea.
Even so, He saved them for His own reasons,
In order to let people get a picture of His power.
He spoke to the Red Sea & it dried up;
And He led them right through as if it was dry land.
He rescued them from their enemies;
He bought them back right there.
Water flooded their enemies;
No-one survived.
That made them trust His promises
And sing His praise.

But it wasn't long before they forgot all about what He did,
And didn't wait for things to unfold according to His plan.
While in the desert they whinged;
And put God to the test in the wilderness.
He gave them what they wanted,
But gave them a disease that made them waste away.
As a group they envied Moses
And Aaron, the one who was set apart by the LORD.
The earth swallowed up Dathan;
And buried those with Abiram.
Fire blazed among their friends;
Those flames ate up the bad ones.

At Horeb they made a calf
And bowed down to a metal idol.
They switched their awesome God

For a picture of a bull that grazes in a paddock somewhere.
They lost sight of the God who saved them,
Who did incredible things in Egypt,
Miracles in Ham's land,
And amazing things down in the Red Sea.
So God said He'd get rid of them all...
But thanks go to Moses His chosen one,
Who represented them before Him,
In order to stop Him destroying them in His anger.

But when they got to good land they turned their noses up at it;
They refused to believe His promise to look after them.
They whinged & moaned while in their campsite
And didn't obey the LORD.
So He made a vow
To send them all into the wilderness to die,
So that their descendents would end up dying in someone else's country,
All scattered throughout the surrounding nations.

So they joined themselves with Baal at Peor
And worshipped through offering sacrifices to lifeless idols;
They got the LORD angry by their disobedience,
And they were plagued with a sickness as a result.
This time it was Phinehas who intervened with God,
And so the plague was stopped.
This act was seen as righteousness
By generation after generation.

Down at Meribah they upset the LORD too,
And Moses ended up in trouble as a result;
For they rebelled against God's Spirit,
And Moses spoke without thinking.

They refused to destroy the people of the lands they entered
As the LORD has instructed them,
Instead mingling with the people
And taking on their culture.
They worshipped foreign idols,
And that became a trap for them.
They sacrificed their sons
And their daughters to false gods.
They shed innocent blood,
Their kids' blood!
...All to these Canaanite idols!
And the land was marked devastatingly by their blood.
The people tainted themselves by their actions;
They prostituted themselves by what they did!

So the LORD was angry with His people
And was disgusted by what He was left with.

He let them go get swallowed up by other countries,
So that their enemies would now be in charge.
Enemy nations oppressed them
And held them through their power.
God intervened many times
But his people kept on rebelling
And their sin just kept wearing them away until there was nothing much left.
Even so, He noticed when they were in distress
When He heard their cries for help;
Because of them, He remembered His promises to them
And out of the great store-house of His love He relented.
He made their captors
Show them mercy.

Save us LORD God,
Bring us back from surrounding countries,
So that we can really thank Your holy Name
And rejoice in You as we praise.

Praise the LORD, Israel's God
Forever and ever.
May all the people agree & say 'Amen!'

Yes Praise the LORD.

107th Psalm

C'mon give thanks to the LORD...He's so good!
His love & kindness keep going forever.
Let all those He rescued agree,
Those He plucked from the hand of their enemies
And brought from across the world,
From the east to the west...
From the north to the south.
They wandered around in the desert;
They couldn't find their way to civilisation.
They were hungry & thirsty;
Their resolve was collapsing.
That's when they called out to the LORD...they were in trouble;
And he rescued them from their distress.
He led them out by the most direct route,
To a place where people lived.

C'mon be thankful to the LORD for His love & kindness,
For the wonderful way He treats us mere mortals!
He's satiated their thirsty souls,
And filled their hungry souls with only the best.
There were some who lived with darkness, with death lurking in the shadows,
They were prisoners locked up and miserable,
Because they went their own way against God...
They wouldn't listen to His advice.
That's why he gave them hard work...to humble them;
They tripped up but no-one was there to help.
That's when they called out to the LORD...they were in trouble;
And he rescued them from their distress.
He brought them out of the darkness & out of death's reach,
Breaking the chains that would imprison them.

C'mon be thankful to the LORD for His love & kindness,
For the wonderful way He treats us mere mortals!
He's broken down the metal gates
And split the bars asunder.
The foolish ones who rebelled against You,
Got themselves into deep water because of their sin.
They got so sick they couldn't even look at food,
And they got oh so close to death.
That's when they called out to the LORD...they were in trouble;
And he rescued them from their distress.
He spoke and His words healed them
And rescued them from the mess they had made of things

C'mon be thankful to the LORD for His love & kindness,
For the wonderful way He treats us mere mortals!
C'mon bring your thanks to him as a sacrifice
And share all He's done in songs.

All those who go to sea,
Who conduct business on the oceans;
They've seen just what the LORD can do,
Like the wonders of the deep.
With His voice He stirred up a stormy wind,
It lifted the waters into waves on the sea.
Seeming as high as the heavens and as deep as the depths;
They freaked out in their despair.
They couldn't stand up straight,
And were at their wit's end.
That's when they called out to the LORD...they were in trouble;
And he rescued them from their distress.
He calmed the storms,
He hushed the sea's waves.
There was so much joy as everything quietened.
And so He saw them safely to the port they sought.

C'mon be thankful to the LORD for His love & kindness,
For the wonderful way He treats us mere mortals!
Let them gather as a group to worship Him,
Praising Him where the elders gather.
He can change rivers into desert
And bring springs of water bubbling up from the parched ground;
He can change fruit groves into a salt pan;
All because of the sin of those who live there.
He changes a desert into a rock-pool
And dry land into springs of water;
And then says to the hungry...live there,
So they can start a city full of people,
Sowing fields & planting vines,
So they'll be overwhelmed by the harvest.
Not just that...He blesses them & they multiply,
The number of their cattle grow too.
When they are reduced in number, being humbled
By oppression, despair & sadness
He'll sort out the leaders
And send them off aimlessly.
But He takes the needy & sets them up safely out of harm's way,
And looks after his people like a shepherd looks after his sheep.
Those doing the right thing are happy;
Those doing wrong simply have no choice but to shut up!

If you're wise you'll pay attention to all these things,
And remember the love & kindness of the LORD.

108th Psalm

I am determined, God;
I WILL sing, I WILL sing Your praises...with my very being.
Get out the stringed instruments;
I'll play as the dawn breaks!
I'll even thank You LORD out in public,
And I'll sing praise to You across the world.
Your love & kindness extend to the heavens,
And there's no limit to Your truth.
You are glorious God, more glorious than the heavens,
And that glory extends across the whole earth.
And that glory is displayed to that those You love may be rescued,
Please save me...please answer my prayer.

God said in sacred words:
"I will get excited as I divide up Shechem,
And measure the valley of Succoth.
"Gilead is mine... & so is Manasseh;
Ephraim is the one who protects my head;
And Judah is the sign of my power.
"But I'll wash my hands in Moab;
I'll walk all over Edom;
And I'll shout in victory in Philistia."

So who will show me into this beleaguered city?
Who'll lead my way into Edom?
So God...haven't you rejected us?
Will You refuse to come with our armies, God?
C'mon – help us against our enemies,
By ourselves we've got two chances... (buckley's and none).
But having God with us we will win,
Because it's He who will beat our enemies.

109th Psalm

God...You're the One I praise,
Please talk to me,
'Cause people who can be so bad.
They have been shooting their mouths off about me;
They've spoken absolute lies about me.
They encompass me with words of hate;
And attack me without reason.
When I try to be a friend they accuse me,
But I would rather take my issues to the Lord in prayer.
They repay any acts of kindness on my part with evil,
And my friendship with hatred.

Get someone bad to deal with my enemy;
Let someone stand and accuse them.
When they're tried in court let them be found guilty,
And even let their own prayers condemn them.
May their lives be short,
And someone else take their place.
May they die,
Bereaving their family.
May their kids be severely affected;
Without a place to stay.
May the banks take their houses;
And strangers take what used to belong to them.
May no-one be kind to them,
Or take pity on their kids.
May they miss out on their inheritance,
And disappear from history.
May their father's sins be remembered by the LORD;
And may their mother's sins never be erased.
May the LORD always be aware of their sin,
To the point that He writes them off completely.

Because my enemy never thought of being kind,
But instead hounded the poor,
The needy & the broken-hearted.
They like to curse-
So let it reflect back on them.
They didn't enjoy blessing others-
So may they never enjoy blessing themselves.
They wore curses as if they were clothes;
It permeated their entire being,
Soaking into their bones.
Let these curses wrap them up,
Tying them up like a belt around their middle.
May this be the way the LORD repays my enemies,
Who tell such a pack of lies about me.

But You, LORD of all,
Help me for Your own sake;
Save me...all because of Your great love for me.
I'm poor and I need You,
My heart's broken.
I'm disappearing like a shadow;
And being discarded like a bug.
I'm so worn out from not eating;
I'm fading away.
My enemies point their fingers at me;
And shake their head at me when they see me.

Help me LORD God;
Rescue me through Your unending love.
Let people know that it's Your action they're seeing,
That it's You who's behind it.
While my enemies curse me, please bless me;
And may they be put to shame,
But allow me to be happy.
Disgrace my enemies,
And wrap them in shame.

I'll open my mouth to praise the LORD;
And I'll praise Him among those that worship Him.
He comes to the rescue of the needy,
In order to save them from the condemnation of their enemies.

110th Psalm

The LORD said to my lord:

“Come here & sit here by my right side
Until I organise for your enemies
To end up under your feet.”

The LORD will extend your rule starting from here on Zion, saying,
“Rule despite being surrounded by your enemies!”
Your soldiers will be rearing to go,
When the battle starts.
Set apart in majesty,
Your men will be drawn to you
Attracted like the dew drawn to each morning.

The LORD has solemnly promised something
And He’s not changing His mind:
“You’ll be a priest forever,
Just like Melchizedek.”

The Lord is right by your side,
And He’ll sort out your opposition permanently.
He’ll judge them, pushing their carcasses aside, &
Crushing those who would try and rule the earth.
And He’ll stop to grab a drink from a creek as He goes,
And then be able to stand proudly.

111st Psalm

Praise the LORD.

I'll worship the LORD with every inch of my being,
In the company of all those who do right.
You've done so many things LORD;
And those of us who delight in Your acts think about them all the time.
Your work is full of glory and majesty,
And His virtue will live forever.
He made sure that we'll never forget His wonderful acts;
The Lord's full of grace and compassion.
He provides food for all who respect Him;
He'll never forget what He promised us.

He showed his people how powerful He is,
Handing them other people's countries.
What He does is always faithful & honourable;
And all he teaches can be trusted absolutely.
When He spoke out His instructions, He set them up to live forever,
He stated them faithful & true.
He bought His people back;
He set out His promises to endure forever-
His name is holy & awesome.

When we respect the LORD, we are just starting to become wise;
If you follow His instructions, it all (finally) starts to make sense.
To Him alone is praise due forever & ever.

112th Psalm

Praise the LORD

How happy are those people who trust the LORD,
Who get a kick out of doing what He says to do.

Their descendents will grow in their country;
God will bless that righteous generation.
They will own more than enough to live,
And their right actions will always endure.
Even in the middle of the night, the righteous have light,
Light that extends to those who show grace, compassion and right living.
Good things will happen for those who lend freely or are generous,
Displaying justice as they live their lives.

It's certain that the righteous will survive;
They'll always be remembered.
They have no need to fear bad news;
They're solid & secure...trusting the LORD.
Their hearts are safe...no room for fear;
In the final analysis they will look into their enemies' eyes with victory.
They gave gifts freely to those who have little,
Their righteousness keeps living forever;
Their strength will honoured.

Evil people will see all this and get angry,
They'll grind their teeth and dissolve away;
But what they desire will never eventuate.

113th Psalm

Praise the LORD!

Everyone who serves the LORD, praise Him,
Praise the LORD's name!
May the LORD's name be special,
Now and always!
From the time the sun comes up in the morning, until it sets again in the evening
We should praise the LORD's name.

The LORD is greater than any nation or country,
He is more glorious than the sky above us.
Is there anyone like our LORD God,
The Lord who lives above,
But who stoops down to see
Everything here on earth, as well as above?

He lifts poor folks up from their squalor,
And rescues those trapped in the ashes,
So that they can take their place with 'important people' ...
The leaders of His nation.
He gives the childless woman a place to stay,
Looked after just like a mother would be by her children.

Praise the LORD!

114th Psalm

When Israel finally got free from Egypt,
Jacob got away from foreign speakers,
Judah became His safe place,
Israel, His Kingdom.
The sea took one look & ran away;
The Jordan did a u-turn.
The mountains danced around like sheep,
And the hills pranced like lambs.
What's the matter Sea...that you'd run away?
What's up Jordan...why are you turning around?
Mountains why dance around like sheep?
Hills why prance like lambs?
Earth...shake in your boots when you see the Lord,
When you're in front of Jacob's God,
Think...just who turned a rock into water,
The flint into a water fountain?

115th Psalm

We don't want to glorify ourselves, LORD
But instead we want to glorify You and Your name!
And all because of Your love and kindness...because of Your truth.
Why would other nations say about us,
"Where is their God?"
After all, our God is above all;
And does whatever He wants,
While their idols are made of silver & gold,
Made by humans.

So ok...they have: mouths, but they can't speak;
Eyes, but they can't see;
Ears, but they can't hear;
Noses, but can't smell;
Hands, but can't feel;
Feet, but can't walk;
They can't utter a sound with their throats.
And the makers of the idols will become like their handiwork,
If they put their trust in these fake gods.

C'mon Israel, trust in the LORD;
He is their one source of help & protection.
Aaron's house, trust in the LORD;
He is their one source of help & protection.
All you who respect the LORD, trust in the LORD;
He is their one source of help & protection.
The LORD hasn't forgotten us; He will bless us;
He'll bless Israel;
He'll bless Aaron.
He'll bless everyone who respects the LORD,
Great & small.

May the LORD build you up,
You & your children.
May you receive the blessings of the LORD,
The One who made heaven & earth.
Heaven belongs to the LORD,
But the earth He's given to us.
It's too late when we're dead...can't praise the LORD then,
Nup...those who go into the grave are silent;
But we...we can bless the LORD
Now and always.
Praise the LORD!

116th Psalm

I love the LORD 'cause He hears
When I call out to Him...
'Cause He leans over to hear me,
So now I'm confident to talk to Him all my life.
I nearly died
And the horror of the grave nearly encompassed me;
I was depressed & sad.
Then I called to the LORD by name:
"LORD I ask You to rescue me!"

The LORD shows grace as well as purity;
Oh...and He's compassionate as well.
The LORD looks after ordinary folk like me;
I found myself in a hole, but He rescued me.
Soul...you can rest now,
For the LORD's looked after you really well.
For You saved my soul from destruction,
You stopped my tears,
And You stopped me from going right off track.
Now I can stand in God's presence
Fully alive.

It was true when I said,
"I'm in a bad place."
In my despair I said,
"Everyone lies!"

So what can I give back to the LORD
For everything He's done for me?
I will point to the means of my rescue...
I'll call out the LORD by name.
I'll fulfill my promises to the LORD,
Oh please...let me do that in front of God's people.
The LORD counts the lives
Of all His godly ones precious.
LORD I am certainly Your servant,
Your servant and the son of Your servant,
You have broken my chains.
I'll make a sacrifice of thanksgiving to you,
And call out to the LORD by name.
I'll fulfill my promises to the LORD,
Oh please...let me do that in front of God's people,
Right there in the LORD's house,
In the middle of Jerusalem.

Praise the LORD!

117th Psalm

Hey everyone on the face of the earth...praise the LORD;
C'mon everyone...worship Him!
Worship Him because of the love & kindness He shows us all,
And you know that He always speaks truthfully.
C'mon everyone...let's praise the LORD!

118th Psalm

Thank the LORD...He's so good;
His love & kindness just keep going on & on!
May Israel say,
"His love & kindness just keep going on & on!"
Amy Aaron's family line say,
"His love & kindness just keep going on & on!"
And may everyone who respects the LORD say,
"His love & kindness just keep going on & on!"
In my misery I called out to the LORD;
The LORD answered me and set me free.
The LORD's on my side...why would I be afraid?
I mean...what can anybody really do to me?
The LORD assists me through those around me, who lend me a helping hand;
So when I see those who instead hate me, I am content.
It's so much better taking haven in the LORD
Than putting me trust in other people.
It's so much better taking haven in the LORD
Than putting me trust in 'important' people.
My opponents surrounded me;
But with the LORD's confidence I beat them.
Yes they completely surrounded me;
But with the LORD's authority I will overcome them.
They swarmed 'round me like bees;
They died as they drove the fiery barbs home;
But with the LORD's power I will certainly destroy them.
You knocked me over & I fell,
But the LORD rescued me.
The LORD keeps me strong & puts a song on my lips,
And He has become my liberator.
Shouts for joy at Your rescue of us, resounds around the houses of those You've saved;
The LORD has fearless strong hands.
There's no other hand as strong as the LORD's;
The LORD has fearless strong hands.
And I will live...not die,
Enabling me to tell others about what the LORD has done.
(OK...the LORD has disciplined me,
But He hasn't destroyed me.)
Let me walk through the gates of the upright;
I'll walk through & as I do give thanks to the LORD.
This is the LORD's gate;
And the upright walk through it.
I'll thank You, for you answered my cry,
You became my very rescue.
The One some wanted to discard
Has become the One on which we all stand.
It's the LORD's doing;
And it's a wonderful thing to see!
Today's the day that the LORD has made;

Let's celebrate in it...full of joy.
LORD save us;
LORD give us everything we need!
Bless the One who comes in the LORD's name;
We bless you from Your house.
The LORD is God...He has illuminated our way;
Take the sacrifice we bring on this festival, to Yourself.
You are my God, thank You;
You are my God, I praise You.
Thank the LORD...He's so good;
His love & kindness just keep going on & on!

119th Psalm - Aleph.

<Sigh>

How blessed we are when we live a righteous life,
When we live life Your way LORD.
How blessed are those that pay attention to His advice,
And who pursue Him with everything they've got.
They don't behave badly;
They live His way.
You've created Your principles,
So that we may follow them conscientiously.
May I establish life patterns
That follow Your instructions!
That way I won't be ashamed
When I compare my life against Your commandments.
I'll thank You with an honourable spirit,
As I learn Your way to do things.
I choose to keep Your laws;
Please don't leave me stranded!

119th Psalm – Beth.

But how can a young person remain untainted?
By living the way You show us.
I have pursued You with all my heart;
So keep me living in line with Your commandments.
I treasured everything You've said, in my heart,
In order that I won't sin against You.
Bless You Lord;
Teach me Your ways.
I personally spoke
Of all the things You decreed.
I've been so excited by all the things You have said,
Just as excited as I might be, if I found myself rich.
I will deeply consider Your teachings
And truly value the way You do things.
I'm pleased to follow Your rules;
I'll never forget what You've said.

119th Psalm – Gimel

Give me everything I need,
So that I may live following Your word.
Open my eyes so I can see
All the wonder and beauty of Your instructions.
I'm just visiting this planet;
Please don't hide your directions from me.
My heart constantly longs
To follow Your law.
You put arrogant people in their place,
You know...those who detour from Your way.
Take away any sense of embarrassment from me,
'Cause I'm following You.
Even if 'important' people speak out against me,
I will reflect on Your law.
I delight in Your words;
Those very words show me the way to go.

119th Psalm - Daleth.

Down here...I'm stuck in the dust;
Speak to me and bring me back to life.
I've told you all about me, and You spoke back;
Teach me how to do things Your way.
Help me understand a little of how You see things,
Then I'll ponder on how wonderful You are.

I am so grief stricken at the moment;
Strengthen me by speaking to me.
Help rid me of anything false,
And give me Your law as a gift.
I chose to be faithful to You;
I keep Your law in front of me all the time.
I cling to what You've said;
Please LORD see me right!
I'll keep doing life Your way,
And You'll build my spirit up.

119th Psalm - He.

Help me learn Your ways of living LORD,
And I'll follow them all my life.
Help me grasp Your ways so that I can live by Your Law
With my whole being.
Enable me follow Your instructions obediently...
Doing so actually gives joy!
Help me to desire Your instructions,
Rather than trying to get rich unscrupulously;
Guard my heart from wanting useless stuff...
Rekindle a love for Your ways.
Speak to me over & over,
'Cause that makes me stand in awe of You.
Don't punish me...the prospect of that frightens me,
Anyway - Your rules are good for me.
Actually I really desire Your lessons;
In Your holiness - please refresh & revive me.

119th Psalm – Vav.

Very much I pray that You show Your love & kindness to me LORD,
And demonstrate Your rescue – just say the word;
That way I will have a reply for the ones who criticize me,
'Cause I trust what You say entirely.

Please don't take Your truth from my lips,
'Cause I lean on Your law.
I'll do what Your instructions demand,
Always.
That way I'll walk completely free,
Carefully following Your directions.
I'll tell great leaders all about You,
And I won't be intimidated by them.

I get great joy out of Your commandments...
I love them!
I honour Your commandments...
Yes...I do love them!
And I'll spend my days contemplating what You've said to me.

119th Psalm - Zayin.

Zoom Your memory in onto the things You've told me,
That gave me some hope.
What gives me strength when things get tough...
That Your word breathed life back into me.

Those self-important people make fun of me,
But I don't walk away from where You've directed me.
I remembered Your instructions given so long ago, LORD,
Reassuring myself.
Righteous anger bubbles away in my being because of those who shun You,
Who abandon Your ways.

Your laws have become my songs
As I wend my way to You.
LORD Your name is always on my mind – even during the night,
And I follow Your directions.
If one thing can be said of me, it's this:
I follow Your instructions.

119th Psalm - Chet.

Characterising You as my everything, LORD;
I promised to follow everything that You've told me to do.
If I look to impress anyone, it's You;
Look kindly on me, just as You promised.
I thought about how I'd been doing life
And decided to turn to what You said.
I did it straight away...
Keeping Your commandments.

I've been tied up by those who oppose me,
But I haven't forgotten Your instructions.
In the middle of the night I got up to thank You
Just because of how good & right Your ways are.
People are only my friends if they respect You...
If they keep Your instructions.
The whole earth resonates with Your love and Your kindness, LORD...
Teach me to do life Your way.

119th Psalm – Teth.

Treated me well? Yep You have LORD!
And You kept Your word every step of the way.
Teach me how to discern well and know what's true,
As I put my trust in Your commandments.
Before I ended up in this mess I walked away from You,
But now I follow Your word carefully.
You ARE good & You DO good;
Teach me Your rules of life.

Self-important people come up with their lies about me;
But with my whole being, I will follow Your instructions.
Their hearts are hidden away where even they can't find them,
But Your law gives me joy.
Looking back, all the stuff I've gone through has been good for me,
It pointed me back to You & Your directions.
The words You speak to me are more valuable to me
Than any of the worldly goods I've accumulated over the years.

119th Psalm – Yodh.

Your hands made me the way I am;
Help me understand Your instructions for my life.
Let everyone who respects You be glad when they see me,
Because I hang on to every word You speak.
LORD I know that everything You decide is right,
And that I can trust You even when things become difficult.
May Your love & kindness strengthen me,
Just as You told me it would.
Let me know You can feel what I feel, so that I can keep going,
'Cause Your instructions bring me joy.

I hope the self-important people will be ashamed of themselves as they try & twist things with their lies;
As for me...I'll keep Your teachings foremost in my mind.
Let everyone who respects You look at me,
Including all those who already know what You say.
Keep my heart pure in line with Your law,
So that in the end, I won't be ashamed of my life.

119th Psalm – Kaph.

Can't You see – I long for Your rescue;
Waiting impatiently for You to speak to me.
I strain to see Your Law,
And say, "When will You strengthen me?"
Even though I've shrivelled up like a wineskin hung over a fire,
I don't forget Your word to me.
I'm not sure how long I have left in this life...
So answer me this: when will You judge those out to get me?
The self-righteous have laid their traps for me,
People who ignore Your instructions.
I know I can depend on everything You've said;
Not like their words...all lies – Oh help me please!
They've almost destroyed me here,
But I've never given up on Your instructions to me.
Restore me again by Your love & kindness,
So that I can keep demonstrating Your word in the world.

119th Psalm – Lamedh.

LORD, forever
Your word remains solid in heaven,
You are faithful from generation to generation;
Just as solid as the planet You made.
They are constant like Your laws,
Everything in the universe follows Your instructions.

If I hadn't delighted in Your instructions,
I would have crumpled in my sorrows.
I'll always remember Your teachings...
I've only survived this long by following them.

I belong completely to You...rescue me;
I have chased after Your instructions.
The crooked are just waiting to see me come undone;
But I'm always thinking about what you've told me.
Even what I think is perfect has its limits;
But Your ways are limitless.

119th Psalm – Mem.

Man oh man – do I love Your law!
I think about it all the time.
Having Your instructions with me gives me a head-start on my enemies,
Your law is always with me.
I can see more than my leaders,
'Cause what You say gives me food for thought.
You even grant me more wisdom than my elders,
Because I pay attention to Your principles.

I stop myself from heading in wrong 'life directions',
So that I can keep in check with Your way of doing things.
I keep my eyes firmly focussed on Your directions...
That's the way you've personally taught me.
Your words are sweet to taste!
Even sweeter than honey!
Your principles give me real understanding;
And I hate the alternative...anything else is counterfeit.

119th Psalm - Nun.

Now Your word always shows me the way
And illuminates my life.
I made a solemn promise that I will keep...
To follow Your instructions.

I am really doing things tough;
So bring me back to fullness of life by the power of Your word.
LORD please accept the words that I speak to You of my own free will,
And teach me Your ways.

My life is on shaky ground,
But I always remember how You've told me to live.
Bad people have tried to trap me,
But I've kept following Your instructions.

I have happily received Your eternal messages to me,
Because they give my heart joy.
I have decided to follow Your directions for my life
Forever...till the very end.

119th Psalm – Samekh.

Seriously! I hate it when people can't make up their minds!!
...But I love Your instructions.
You are my safe place...my protection;
I get hope from every word You speak.

I wish that evil-minded people would just...get lost,
But I'm gonna follow what God says.
LORD keep me going strong, like You promised;
Don't let my hopes be dashed.
Keep me going long enough to be rescued;
So that I can spend all day thinking about Your advice to me.

You've shunned those who refuse to follow You...
They're just fooling themselves.
You gather up the world's evil and get rid of them;
It's little wonder that I love Your instructions!
I stand in absolute awe of You;
Totally dumbstruck by Your wisdom.

119th Psalm - Ayin.

<sigh> I did the right thing;
Don't leave me at the mercy of my enemies.
Give me some sense that it'll all be ok;
Don't let the arrogant get the better of me.

I'm hanging out for You to save me...
For You to keep Your promise.
Treat me with Your love & kindness,
Teach me Your ways.
I am Yours...help me understand,
So that I can know Your stories!

It's time for You to do something, Lord,
They've broken Your law.
I love Your instructions...
More than anything.
Everything You teach is right;
I can't stand false-hood.

119th Psalm – Peh.

Perfect...wonderful is every word You say;
That's why my inner being follows them.
As each word unfolds it shines the way for me;
It helps simple folks like me understand what's really important in this life.

I'm like an animal panting,
Just longing to see Your instructions.
Look my way & show me grace,
The grace that You show all who love You.
Use Your word to show me how to walk in this life,
And don't let sin get the better of me.

Rescue me when others try to 'get' me,
So that I can keep going Your way.
Smile on me,
Teach me how to live.
I weep...
When I see how they have abandoned Your ways.

119th Psalm – Tsadhe.

T's true...You LORD are so good,
Every decision You make is right.
When You speak every word is right & true...
Not to forget trustworthy.

I lost myself for a while,
When my enemies ignored Your words.
You speak the pure truth,
And I, as Your servant, love it.

I may be small & unimportant,
But I don't forget Your instructions.
What You say is right, will always be right,
Your law will always be true.

I have seen my fair share of trouble & sadness,
Yet I get great joy from just doing what You say.
Every word You speak will always be true;
Help me to understand it all so that my life will be truly worth living.

119th Psalm – Qoph

Quick...answer me LORD...I'm praying with everything in me!
I'll do what You say.
I'm yelling out to You...rescue me!
So I can continue to follow Your ways.

I get up really early (it's still dark)
And I call out to You hoping Your words make a difference.
I stay awake all night,
Thinking about the promises You made.
I can trust Your love...hear me call out to You;
Refresh me as I follow Your directions.

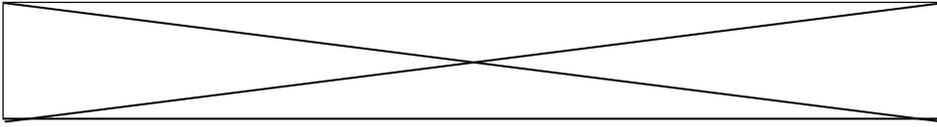
Those who've abandoned Your ways are out to get me;
They move in the opposite direction to You.
But I sense that You are always near me, LORD,
And everything You say is true.
Ever since I can remember
I've known that what You say will always be true.

119th Psalm – Resh

Rescue me...see me...notice me & come to my aid,
See...I haven't forgotten all You've taught me.
Take up MY side of the situation! Take my part in the argument!!
Look after me like You promised.
Those who don't do the right thing can't expect to be rescued,
They don't give Your perspective on life a second thought.

LORD...Your mercy keeps coming;
Give me new life as I do things Your way.
There are many who give me a hard time,
Yet I keep walking the way I believe I must go...Your way.
But seeing people go back on their professed beliefs just makes me sick,
They don't give a 'rats' about what You've said.

See how much I love Your commandments LORD.
Show Your love by giving me back my life.
If I distilled Your words I would have the very essence of perfect truth;
Your law will remain right & true forever.



119th Psalm - Shin

Shall I tremble at the harassment that comes from people who have the upper hand?

No – I tremble only at Your words.

And at the same time Your words give me great joy,

Because there I discover the greatest treasure.

I really can't stand lies,

But I love what You tell me.

Seven times a day I'll find an opportunity to praise You

Because Your law is totally just.

Those of us who love Your law have a real sense of peace

And don't stumble.

I can't wait until You get here to rescue me LORD,

And I keep following Your instructions.

I obeyed Your laws

Because I value them so much.

Yep...I follow what You've told me to do

Because You know me better than I know myself.

119th Psalm – Taw

Take notice of what I'm saying, LORD;
Give me wisdom like You promised.
Hear my requests;
Rescue me like You said You would.

May praise come from my lips,
'Cause You teach me Your ways.
May I sing about what You've told me...
All Your commandments are just right!

Please be ready to assist ...
I've decided to do things Your way.
I long to see the way You save me LORD,
I get such a buzz out of following Your law.

May I always live my life as a life of praise to You,
Help me along with Your instructions.
I got lost like a sheep wandering off – please come find ...
I don't forget what You've said to me

120th Psalm

When 'the proverbial hit the overhead rotating object' I called out to the LORD
And He answered me.
LORD rescue me from what liars say,
From words that set out to deceive.
What can be done about you? How can you be adequately dealt with...
...You fraud?
Line you up on a dart board?
Heap burning coals on your head?

Here I am stuck here in Meshech,
Living here in Kedar!
I've been living far too long
Among people who hate peace.
I love peace...but when I speak of peace
All they want is war.

121st Psalm

I'll keep looking up;
Wonder where my help is coming from?
The LORD provides all the help I need,
The One who made the universe.

He won't let you crash & burn;
He's not sleeping on the job.
Look - The One who looks after Israel
Doesn't sleep on the job.
The LORD looks after you;
The LORD shelters you.

You won't be affected by the sun during the day,
Or the moon during the night.
The LORD will protect you from every evil;
And He'll look after your soul.
As you come & go He'll protect you...
Both now & always.

122nd Psalm

I was so happy when they said,
"Let's up to the LORD's house."
We're standing
Right here inside Jerusalem...
Yes...Jerusalem that was built
As a city to gather
All the tribes go up there,
All the tribes of the LORD.
This is what Israel should do...
Give thanks to the LORD!

That's where thrones of judgement were set up,
Thrones belonging to the house of David.
Pray for Shalom in Jerusalem:
"May those who love you do well."
"May that peace & Wellbeing fill your city walls,"
"And may you thrive & prosper inside her palaces."

For the sake of my family & friends,
I'll say "Peace be with you."
For the sake of the LORD God's house,
I will always look to do you good, Jerusalem.

123rd Psalm

I'm keeping my eyes fixed on You,
Focussing on You as You reign in the heavens!
Just like a servant keeps his eyes on his master,
Or like a maid pays attention to her mistress,
That's the way we pay attention to the LORD our God,
As we wait to see the grace He shows us.

Please show us Your grace, LORD even though we don't deserve it,
We're copping so much contempt at the moment.
Deep inside we are filled
With the scoffing coming from those doing it easy,
And with contempt flowing from the 'stuck up'.

124th Psalm

"If the LORD hadn't been on our side,"
Said Israel.
"If the LORD hadn't been on our side,"
"When people attacked us,
"They would have swallowed us up,
"When they got all hot under the collar;
"We would have been washed away,
"Flooding our souls."

Bless God,
Because He hasn't left us stranded.
No...we escaped like a bird flying away from a trap;
The trap that would have caught us is broken,
& we're free.
The LORD rescued us,
The One who made the universe.

125th Psalm

Everybody who trusts the LORD
Are as rock solid as Mt Zion...
It can't be pushed around (neither will you).
Just like the mountains that surround Jerusalem,
That's the way that the Lord surrounds His people
From now until forever.

Those who are evil won't be able to exert their power among those doing the right thing,
Those who keep on doing right, won't suddenly start being evil.
LORD do good things for those who do good
And to those who have good hearts.
But those who've gone off the tracks to do wrong,
Will be treated just the same by the LORD as those who are bad through & through.
I pray for peace in Israel.

126th Psalm

When the LORD returned the captives to their home in Zion,
It was like a beautiful dream.
We laughed so much
And we shouted for joy;

The Gentiles looked & said,
"Look how the LORD has been good to them."
Yep it's true...the LORD has been really good to us,
And we're so glad!

Renew us after our captivity, LORD,
Just like happens to the streams in the south.
If we 'sow' in tears, we'll reap with shouts of joy.
Like someone who goes carrying their seed-bag crying,
Will be certain to shout with joy as they return with their harvest.

127th Psalm

If the LORD doesn't build it,
The workers might as well give up right now;
If it's not the LORD guarding it,
The guards are wasting their time staying awake.

What's the point of getting up so early,
Or staying up late,
To pay the price of hard work...
'Cause He gives gifts us even during sleeping hours.

Pay attention - kids are a gift from the LORD,
Every one born is a reward.
Like ammunition in the hands of a soldier,
Are the children who were born to you when we were young.
Anyone who has lots of kids is really blessed;
They'll never be ashamed
Whenever they talk with their enemies in public.

128th Psalm

Did you know that everybody who respects the LORD is blessed by Him?
Yep...everyone who follows His ways.

When you reap the results of your hard work,
You'll be happy...and feel good way down deep inside.
Your marriage will prosper
Along with your household.
Your kids will flourish
Around your dinner table.

Yep...this is how much you'll be blessed
If you respect the LORD & put Him first.
The LORD's sending His blessings to you from Zion...
May you live to see Jerusalem prosper all your life long.

129th Psalm

'Since I was young they persecuted me lots,'
And Israel can now say, 'Since I was young they persecuted me lots,
But they haven't won.'
My enemies were on my back;
They really got stuck in.'

The LORD is good through & through;
And He has severed the influence of the evil ones.
Everyone who hates Zion should be ashamed of themselves -they'll be repelled;
May they be like grass that grows where it shouldn't,
And just dies off;
So that they don't produce anything useful,
And don't amount to anything;
Acquaintances won't ask the LORD to bless them;
There's no 'Bless you in the LORD's name' for them.

130th Psalm

I felt I was out of my depth so I called out to You, LORD.
Please hear me!
Listen to what I'm saying...
...To what I'm asking You.

If You recorded everything we did wrong,
Lord who could remain standing?
But You forgive,
That's why I respect You.

I'm waiting for the LORD,
Yep...my soul's waiting,
I put my hope in what He says.
My soul waits for the Lord
More than look-outs;
Waiting for the morning.

Israel - put your trust in the LORD;
'Cause the LORD is full of love & kindness,
His redemption doesn't have boundaries.
And He'll redeem Israel no matter what he has done wrong.

131st Psalm

LORD I'm not full of myself;
And I'm not particularly important,
Nor do I do anything particularly difficult.

I've calmed myself;
Settled in like a small child on his mum's lap,
And my soul is safe & sound.

Israel...put your hope in the LORD
Now & always.

132nd Psalm

For David's sake LORD, remember
All His troubles;
How he promised the LORD
& vowed to Jacob's God,
"I won't go inside my house,
"Lie down on my bed;
"Go to sleep,
"Or close my eyes,
"Until I return the LORD to His rightful place...
"...A place for Jacob's God to live."

We heard His Ark was in Ephrathah,
In a field at Jaar.
Let's go there to where He is;
Let's worship Him there.
Come LORD, live in Your resting place again,
Along with Your Ark - Your strength.
May Your priests get dressed in their proper clothes,
And may those who follow God sing or joy.

For Your servant David's sake LORD,
Don't turn Your back on the one You chose.
The LORD promised David
Something that's the absolute truth:
"One of your children will follow you onto your throne.
"As long as they keep My covenant
And they allow my words to teach them,
They will always reign on your throne."

'Cause the LORD chose Mt Zion;
He chose it as His place to live.
"This is where I'll stay forever;
I'll live here because I really want to.
"I'll bless her so much;
I'll give her needy everything they need.
"I will rescue her priests,
And those who follow Me will sing for joy.
"And in that place I'll make David to grow strong;
I've illuminated a path for the one I chose.
"I'll shame his enemies,
But his reign will shine for all to see."

133rd Psalm

What a beautiful thing it is when brothers get along with each other!
Such harmony is as precious as the oil used to anoint Aaron as priest,
As it ran down his beard onto his robes.
Such harmony is as refreshing as the dew that starts on Mt
& extends all the way to Jerusalem on Mt Zion.
Where the LORD will give his blessing,
...Eternal life!

134th Psalm

PRAISE the LORD...everybody who serves the LORD,
Yes even you who serve at night in the LORD's house.
Keep your hands holy and lift them up in prayer,
Praising the LORD.
May the LORD who made the universe
Bless you from Jerusalem.

135th Psalm

Praise the LORD!
Praise His name!
Everybody who serves the LORD praise Him,
Even you who serve in the LORD's house,
Serving in the courts of God's house.
Praise the LORD...He's so good;
Use music to celebrate His name.
'Cause the LORD personally chose Jacob...
Israel was chosen as a treasured nation.

I know just how magnificent the LORD is...
He's greater than any so-called god.
The LORD doesn't have to ask anyone else for permission to do anything...
Wherever He wishes...in heaven or on the earth,
Or in the depths of the seas.
He sends clouds up into the sky above the earth.
He sends the lightning along with the rain storms.
And from His resources He sends the wind too.

He rescued us by killing the first-borns in Egypt...animal & human.
He did amazing things there against Pharaoh & his people.
He destroyed great nations & removed great kings (king Sihon of the Amorites,
King Og of Bashan, & all the Canaanite kings).
He gave their lands to Israel as their special inheritance.

LORD...Your name will always be heard;
LORD...You'll be famous among every generation.
'Cause the LORD will be just with His people
And care so well for His servants.

The 'gods' of these other countries are just made of silver & gold...made by human hands.
Their mouths can't speak,
Their eyes can't see,
Their ears can't hear,
And their noses can't smell.
And the idol makers are just the same,
Along with all who trust such false gods.

Israel...praise the LORD!
Priests from Aaron's clan...praise the LORD!
Levites...praise the LORD!
Everyone who respects the LORD...praise Him!

136th Psalm

Give thanks to the LORD, He's so good! His love & kindness just keeps on going.
Give thanks to THE God, His love & kindness just keeps on going.
Give thanks to THE Lord, His love & kindness just keeps on going.
To Him who is THE wonderful One, His love & kindness just keeps on going.
To the One who made the sky with consummate skill, His love & kindness just keeps on going.
To Him who arranged the land amidst the seas, His love & kindness just keeps on going.
To Him who made the sun, moon & stars, His love & kindness just keeps on going.
The sun in the day, His love & kindness just keeps on going.
The moon & stars by night, His love & kindness just keeps on going.
To the One who killed the Egyptian firstborns, His love & kindness just keeps on going.
And rescued Israel, His love & kindness just keeps on going.
He has such a strong arm, His love & kindness just keeps on going.
To Him who divided the Red Sea, His love & kindness just keeps on going.
So that Israel could escape right down the middle, His love & kindness just keeps on going.
He dumped Pharaoh & his army to drown in the sea, His love & kindness just keeps on going.
To the One who led his people through the desert, His love & kindness just keeps on going.
To Him who destroyed kings, His love & kindness just keeps on going.
Killed great kings, His love & kindness just keeps on going...
...Sihon, the Amorites king, His love & kindness just keeps on going.
...Og, the Bashan king, His love & kindness just keeps on going.
And gave their land as an inheritance, His love & kindness just keeps on going.
An inheritance for His people Israel, His love & kindness just keeps on going.
The One who kept us in mind when we were down, His love & kindness just keeps on going.
Scooped us up safely out of the way of our enemies, His love & kindness just keeps on going.
Who gives us everything we need, His love & kindness just keeps on going.
Give thanks to the God of heaven, His love & kindness just keeps on going.

137th Psalm

Down by the riverside in Babylon,
We sat & cried,
When we recalled Mt Zion.
On the willows there
We hung up our harps.
There our captors demanded that we sing...
And our tormentors told us to laugh, saying
"Sing us one of your Zion songs."
But how can we sing the LORD's song
Stuck here in a foreign land?

If I forget you Jerusalem,
I hope that my hands will lose their skill.
I hope that I'll lose my voice
If I fail to remember you Jerusalem...
If I don't put Jerusalem
Ahead of everything else in my life.

LORD, make sure you remember what the Edomites did
In Jerusalem
Saying, "Destroy it completely...
Nothing left but foundation stones."
Just wait, children of Babylon...
The ones who get to repay you will enjoy themselves
Doing to you, what you did to us.
Those who get to destroy everything you hold dear,
Will think they're blessed indeed.

138th Psalm

I will thank You with everything I've got;
I'll praise You right in front of those so-called 'gods'.
I'll face Your temple bowing in worship
And thank You for all Your love, kindness & truth;
You stand with authority by every word You've spoken.
When I called out, You answered;
You gave me courage way down deep inside.

The world's leaders will be grateful to You LORD,
When they really hear what You're saying.
They'll sing songs about the LORD,
'Cause the LORD is just wonderful.
Even though He is so huge,
He's actually got time for ordinary folk,
But He sees the self-important coming from a long way off.

Even though I'm walking through hard times, You will give me life;
You'll stop my enemies from giving me strife,
You'll reach out and rescue me.
The LORD'll look after me;
Your love & kindness LORD will keep on going;
Whatever You do, don't forget about us...the ones You made.

139th Psalm

LORD You know me inside out.
When I sit down down & when I get up;
You can tell what I'm thinking right from where You are.
You see every step I take & know everything about me as I sleep,
You know every part of me intimately.
LORD You even know what I'm going to say before I say it.
You surround me from every side & have chosen me.

Knowing that is simply too wonderful...
How can I live up to that?

Where can I go that Your Spirit's not there?
Where could I possibly run away hoping to escape from You?
If I went to heaven...You are there;
If I'm in the place of the dead, You're there too.
Even if I was rising in the sky like the dawn,
Or in the loneliest part of the sea,
You would be right there to guide me...
And you'd have me safe in the palm of Your hand.
If I say, "I'll be overwhelmed by darkness - its even dark in the daytime,"
There's no way it's it's dark to You,
To You even night-time is as bright as day.
Dark & light make no difference to You!

You made every little part of me,
Creating me step by step in my Mum's womb.
I am so grateful to You, because You made me wonderfully - I'm in awe;
Everything You make is wonderful,
And deep down in my soul I know it.
You saw every part of me,
As I was made hidden from everyone else,
Made skilfully away from prying eyes;
You saw me in my unfinished state;
My whole life was recorded...
Every day that has been planned for me,
And yet at that time I'd not lived one day yet.

Your thoughts are wonderful to me, God!
They are limitless!
If I tried to count them they'd outnumber all the grains of sand.
When I wake up, You're right there.

God I wish you'd get rid of the evil ones;
I wish the violent ones would just go away permanently;
They speak against You,
Treating Your name like dirt.

I hate those who hate You, LORD, don't I?
And despise those you rebel against You?
I hate them completely;
They are my enemies too.

Examine my heart, God...see my heart;
Check me out, see all my fears;
Tell me if I'm harbouring dangerous thoughts,
And keep leading me towards an eternity with You.

140th Psalm

LORD come rescue me from those who do evil;
Stop the effects of their schemes...
From those who plan evil things in their hearts;
Stirring up wars.
Like snake fangs;
Poison is on their lips. [pause & meditate]

LORD don't let those wicked ones get their hands on me;
Save me from violent people
Who are intent on seeing me fall.
Full of themselves, they try & trap me;
Trying to trip me up along the way;
Setting traps everywhere. [pause & meditate]

I said to the LORD, "You're my God;
Listen LORD to all my requests.
"Lord God...You're the One strong enough to rescue me,
You protected me while I was battling.
LORD, don't listen to the requests of the wicked;
Don't let their evil plans succeed,
Don't let them advance at all. [pause & meditate]

"As for the leaders of my opponents,
Let their bad behaviour come back & bite them.
"I hope things really heat up for them...
...That they'd really get burnt,
And end up in a hole.
"Let no slanderer succeed anywhere;
And may every violent person end badly & quick"

I'm certain that the LORD will take the part of those who've been hard-done by;
I know He'll ensure justice for the poor.
I'm certain that the upright will thank You;
That they'll always know that You're with them.

141st Psalm

Hey LORD...I'm calling You! Quickly!
Please listen when I'm speaking!
I'm hoping my prayers are like incense wafting up to You;
As I lift up my hands to worship You tonight.

Please keep an eye on my words, LORD;
Make sure that I don't open my big mouth the wrong way.
Help me steer my heart away from evil,
So that I don't do the wrong thing,
Or join others doing the wrong thing...
I don't want to be enticed into what's already distracted them.

I'm hoping that good people tell me kindly if I'm stuffing things up;
It's a blessing really...
And I never want to say 'no' to that,
But I'll keep praying against the actions of wicked people.

When their leaders fall,
Maybe the wicked will take notice of what I'm saying (because they're good words).
But as we go about our daily work,
We feel that we've had our lives scattered at death's door...
(...My eyes are always on You Lord God;
You're my safe place...don't leave undefended).

Stop me from falling into their clutches...
...From the traps that these reprobates have set for me.
Instead, let them fall into their own traps,
While I stay safe.

142nd Psalm

I screamed out to You LORD;
With my own voice I pleaded with You LORD.

I tell Him what's wrong;
I blurt out what's been troubling me.
When my spirit was nearly bursting,
You knew where I was heading.

The way I was going,
I was on track towards where 'they' were waiting to trap me.
If You look You'll see;
There's no one who gives a damn about me;
There's no way out for me;
No one who cares in the slightest for me.

I called out to You LORD;
I said, "You're my hiding place,
You're everything I need in this life."
"Please listen to me,
I'm feeling so low at the moment."
"Help me escape from my enemies,
They're just too strong for me."
"Set me free from this prison in which I find myself,
So I can really praise You;"
"Then I'll be surrounded by good people,
As You really bless my life."

143rd Psalm

Please hear me when I pray to You LORD,
Listen to my requests!
Answer me because You're faithful,
Answer me because You're righteous!
Please don't judge me,
Because no-one can measure up to Your standards.

The enemy keeps on attacking me;
He's crushed me completely;
He's left me in the dark,
As if I was dead for a long time.

My spirit is completely overwhelmed;
Inside I'm disgusted.
I remember how it used to be;
And I think about all You've done;
All the things You've made.

I reach out to You;
I long for You, like someone thirsty in the desert.
[stop & think]

Answer me quickly, LORD,
My spirit is failing;
Please don't hide from me,
Otherwise I'll end up like the dead.

Please show me Your love & kindness when I wake;
I trust that You will;
Show me the way I should live;
I hand my whole self over to You.

Rescue me from my enemies, LORD;
Let me hide in You.
Teach me to do what You want,
You are my God;
Lead me along safely, by Your Spirit.
Enliven me LORD, for Your sake.
You do what's right...save me from trouble.
In Your love & kindness, stop my enemies
Get rid of those who have been out to get me,
Because I will always serve You.

144th Psalm

Bless You LORD, You're my rock,
You get me ready for the war,
You prepare me for the battle ahead;
You are my love & kindness & my safe place,
The One who both keeps me safe & rescues me,
You protect me, giving me a place to hide,
And maintain order in my world.

LORD what are we humans that You even notice us?
Can't imagine why You continue to think about us?
People's lives are like a breath;
Like a fleeting shadow.

Touch the earth with Your heaven, LORD;
Touch the mountains...leave them smoking.
Scatter your enemies with lightning;
Confuse them with each bolt.
Reach down to me from the heights;
Rescue me from the deep water I'm in,
Scoop me away from my opposition...so full of lies,
Who's very nature is deceit.

God, I'll sing You a new song;
Strumming my guitar I'll praise You as I sing,
Yes to You who has rescued kings,
Who saved David His servant, from his enemy's weapons.

Scoop me away from my opposition...so full of lies,
Who's very nature is deceit.
Let our boys grow up fully,
Let our girls become absolute beauties;
May our kitchens be full of all kinds of food,
May we have our fields full of flocks;
May our cattle have no problems calving,
May our streets be peaceful!
That really blesses the people;
Anyone whose God is the LORD is blessed.

145th Psalm

I'll praise You my God & King,
I'll bless You always.
Every day I'm alive I'll bless You,
I'll praise Your name every day.
The Lord is great...and so praiseworthy,
His greatness is beyond measure.
This generation will tell all about You to the next,
Telling them all about how mighty You are.
I'll think about just how majestic You are...
How wonderful everything You do is.
People will speak of how powerful You are in everything You do,
I'll tell everyone of Your greatness.
They'll enthusiastically speak of all the memories of Your goodness...
Shouting about how good You are.

The Lord is full of grace & mercy;
Slow to get angry, full of love & kindness.
The Lord's good to all,
Showing mercy to all of creation.
And all of creation thanks You Lord,
And the godly ones bless You.
They'll tell of Your glorious kingdom
And about how powerful You are;
Telling people about the great things You've done
And Your glorious & majestic kingdom.
This kingdom lasts forever,
And You are in charge generation after generation.

The Lord keeps everyone going...
Lifting up the downcast.
Everyone looks to You,
And You meet all their needs at the right time.
You're generous
And provide for every living thing.

Everything the Lord does is good;
He's kind through & through.
The Lord's always close enough for us to get His attention,
When we call out to Him honestly.
He'll meet the heart's desires of those who respect Him;
He'll hear them call & rescue them.
The Lord will protect everyone who loves Him,

But will get rid of all those who are evil.

You'll find me constantly praising the Lord,
Every living thing will bless His holy name always.

146th Psalm

Praise the LORD!
Soul...do you hear? Praise the LORD!
I'll praise the LORD while I'm alive;
I'll sing praises to God while I can.

Don't trust in human leaders,
Mere mortals can't rescue you.
They die and are buried like the rest of us;
That's the day that they stop being able to do anything.

Our blessing really comes from Jacob's God,
We can put our hope completely in the LORD God,
The One who made everything there is.. in heaven & earth,
In the sea & everything in it;
The One who is always trustworthy;
Who judges justly for the oppressed;
Who gives the hungry food.

The LORD releases prisoners.
The LORD makes the blind see;
The LORD lifts up the depressed;
The LORD loves those who act properly;
The LORD protects visitors;
And looks after kids without dads, & wives without husbands,
But He 'stuffs up' the plans of those who oppose Him.

The LORD is permanently in charge,
Zion...your God will reign generation after generation.
Praise the LORD!

147th Psalm

Praise the LORD!

It's so good to sing praise to God;
Praising Him is a good thing to do (in more ways than one).

The LORD is growing Jerusalem;
He's bringing the Jews back to Israel.
He mends the broken hearted,
Dressing their wounds.

He counts all the stars;
And names every one.
Our God is great...He's so strong;
He understands more than anyone else in the universe.
The LORD supports the down-trodden;
But He brings the baddies to book.

Sing a song of thanks to the LORD;
Sing songs of praise on your guitar to God,
The One who spreads clouds across the sky,
Who gives rain to the land,
Who makes the grass grow on the mountain sides.
He feeds the animals,
Including the young ravens calling out to Him.

He doesn't get excited about horsepower;
He's not impressed by human strength either.
The LORD looks kindly on those who respect Him,
Those who depend on His love & kindness.

Praise the LORD, Jerusalem!
Praise God, Mt Zion!
He's strengthened your gates;
And blessed your children.
He's made peace with your neighbours;
And He fills your bellies with the finest wheat.

He speaks commandingly to the earth;
He's quick when He speaks.
He makes it snow (all fluffy & white)
Spreading frost like ashes.
He disperses ice as fragments;
No one can cope with the cold like He can.

And then He just speaks and it all melts;
He makes the wind blow & the waters flow.

He shares His word with Jacob,
His rules & regulations with Israel.
He never did that for the neighbouring countries;
He never shared His laws with them.
Praise the LORD!

148th Psalm

Praise the LORD!

Praise the LORD in the heavens; Praise Him from on high!

Praise Him angels; Praise Him all heavenly creatures!

Praise Him sun & moon; Praise Him stars!

Praise Him from the highest heavens, Praise Him in the clouds!

May they praise the LORD's name, 'Cause He spoke and they appeared.

And made them last forever; His word will always remain.

Praise the LORD from earth, Sea creatures in the depths too;

Fire & hail, snow & clouds; Stormy wind doing as He said;

Mountains & hills; Fruit trees & cedars;

Wild animals & cattle; Insects & birds;

World leaders & all their people; Politicians & judges of the world;

Young men & women; Old men & children.

May they all praise the LORD's name...Only His name is that important;

His glory exceeds the sky & heavens.

He'll make His people strong, showing honour to those who live His way;

Especially the Israelites, a people close to His heart.

Praise the LORD!

149th Psalm

Praise the LORD!
Sing a new song to Him,
Make sure you praise Him whenever His people get together.
May Israel enjoy his creator;
And the people of Zion be overjoyed by their King.
Praise Him in a dance;
Sing praise to Him accompanied by stringed music & tambourines.

The LORD gets such a 'kick' out of His people;
He'll save the struggling ones and in doing so make them beautiful again.
May the faithful be overjoyed because of His attention;
And may they keep singing for joy even as they go to sleep.
Let praise keep
rolling off their lips,
And their hands be ready for battle,
To 'take on' non-believers
And give them what's owing,
Putting their leaders 'in their place',
Restricting their attempts to oppose God,
Delivering the message of God's judgement;
Passing on this message is an honour for His people.
Praise the LORD!

150th Psalm

Praise the LORD!

Praise God in His glorious temple;

Praise Him right across heaven itself.

Praise Him for all the wonderful things He's done;

Praise Him for His absolute greatness.

Praise Him with trumpets;

Praise Him with guitars.

Praise Him with tambourines & dancing;

Praise Him with strings & woodwinds.

Praise Him with loud cymbals...

(I'm talking about really loud sounding cymbals.)

Let every living thing in the universe praise the LORD.

Praise the LORD!