

Meditative Psalms

For
Stress
and
Anxiety



Meditative Psalms for Stress and Anxiety



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with emphasis (*in italics*) added by the compiler.

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“Speaking to yourselves in psalms
and hymns and spiritual songs,
singing and making melody
in your heart to the Lord”

— Ephesians 5:19.

Of all the books in the Bible, the Psalms are especially suited to giving us hope and putting our anxiety into perspective. As you meditate on these excerpts from the Psalms, may you gain comfort as you identify with the writers and glimpse life from a Spirit-led divinely inspired perspective.

The Psalms:

And Thou, O Jehovah, art a shield for me, My honour, and lifter up of my head. My voice is unto Jehovah: *I call: And He answereth me* from his holy hill.... I have lain down, and I sleep, I have waked, for Jehovah sustaineth me. I am not afraid ... Rise, O Jehovah! save me, my God. (Psalm 3:3–7, Young’s Literal Translation)

“Answer me when I call, O God of my righteousness! Thou hast relieved me in my distress; be gracious to me and hear my prayer. But know that the Lord has set apart the godly man for Himself; *the Lord hears when I call to Him*. Tremble, and do not sin; meditate in your heart upon your bed, and be still. Offer the sacrifices of righteousness, and trust in the Lord. Many are saying, ‘Who will show us any good?’ Lift up the light of Thy countenance upon us, O Lord! Thou hast put gladness in my heart, more than when their grain and new wine abound. In peace I will both lie down and sleep, for Thou alone, O Lord, dost make me to dwell in safety” (Psalm 4:1, 3–8, Authorised [King James] Version).

“Give ear to my words, O Lord, consider my meditation. Hearken unto the voice of my cry, my King, and my God: for *unto Thee will I pray. My voice shalt Thou hear* in the morning, O Lord; in the morning will I direct my prayer unto Thee, and will look up....Let all those that put their trust in Thee rejoice: let them ever shout for joy, because Thou defendest them: let them also that love Thy name be joyful in Thee. For Thou, Lord, wilt bless the righteous; with favor wilt Thou compass him as with a shield” (Psalm 5:1–4, 11–12, Authorised [King James] Version).

“No, Lord! Don’t punish me in the heat of Your anger. Pity me, O Lord, for I am weak. Heal me, for my body is sick, and I am upset and disturbed. My mind is filled with apprehension and with gloom. Oh, restore me soon....I am worn out with pain; every night my pillow is wet with tears. My eyes are growing old and dim with grief....Go, leave me now, you men of evil deeds, for the Lord has heard my weeping and my pleading. *He will answer all my prayers*” (Psalm 6:1–3, 6–9, Today’s Living Bible).

“O Lord my God, I take refuge in You; save and deliver me...my shield is God Most High, who saves the upright in heart....I will give thanks to the Lord because of His righteousness and will sing praise to the name of the Lord Most High” (Psalm 7:1, 10, 17, New International Version).

“O Lord our Lord, how excellent is Thy name in all the earth! who hast set Thy glory above the heavens....When I consider Thy heavens, the work of Thy fingers, the moon and the stars, which Thou hast ordained; what is man, that Thou art mindful of him? and the son of man, that Thou visitest him? For Thou hast made him a little lower than the angels, and hast crowned him with glory and honor. Thou madest him to have dominion over the works of Thy hands; Thou hast put all things under his feet” (Psalm 8:1, 3–6, Authorised [King James] Version).

“I will give thanks to the Lord with all my heart; I will tell of all Thy wonders. I will be glad and exult in Thee; I will sing praise to Thy name, O Most High.... For Thou hast maintained my just cause; Thou dost sit on the throne judging righteously....The Lord...will execute judgment for the peoples with equity. The Lord also will be a stronghold for the oppressed, a stronghold in times of trouble, and those who know Thy name will put their trust in Thee; for Thou, O Lord, hast not forsaken those who seek Thee” (Psalm 9:1–2, 4, 7–10, Authorised [King James] Version).

“Why, O Lord, do You stand far off? Why do You hide Yourself in times of trouble?... But You, O God, do see trouble and grief; You consider it to take it in hand. The victim commits himself to You; You are the helper of the fatherless” (Psalm 10:1, 14, New International Version).

“In the Lord I take refuge. How then can you say to me: ‘Flee like a bird to your mountain....When the foundations are being destroyed, what can the righteous do?’” (Psalm 11:1, 3, New International Version)

“How long will You forget me, Lord? Forever? How long will You look the other way when I am in need? How long must I be hiding daily anguish in my heart? How long shall my enemy have the upper hand? Answer me, O Lord my God; give me light in my darkness lest I die....But I will always trust in You and in Your mercy and shall rejoice in Your salvation. I will sing to the Lord because He has blessed me so richly” (Psalm 13:1–3, 5–6, New International Version).

“Keep me safe, O God, for in You I take refuge. I said to the Lord, ‘You are my Lord; apart from You I have no good thing.’ ...Lord You have assigned me my portion and my cup; You have made my lot secure....I will praise the Lord, who counsels me; even at night my heart instructs me. I have set the Lord always before me. Because He is at my right hand, I will not be shaken. Therefore my heart is glad and my tongue rejoices; my body also will rest secure....You have made known to me the path of life; You will fill me with joy in Your presence, with eternal pleasures” (Psalm 16:1–2, 5, 7–9, 11, New International Version).

“I love Thee, O Lord, my strength. The Lord is my rock and my fortress and my deliverer, my God, my rock, in whom I take refuge....The cords of death encompassed me, and the torrents of ungodliness terrified me....In my distress I called upon the Lord, and...my cry for help...came into His ears....He sent from on high, He took me; He drew me out of many waters....He brought me forth also into a [spacious] place; He rescued me, because He delighted in me.... Thou dost light my lamp; the Lord my God illumines my darkness. For by Thee I can run upon a troop; and by my God I can leap over a wall. As for God, His way is blameless; the Word of the Lord is [flawless]... He is a shield to all who take refuge in Him....He makes my feet like hinds’ feet, and sets me upon my high places....The Lord lives, and blessed be my rock; and exalted be the God of my salvation” (Psalm 18:1–2, 4, 6, 16, 19, 28–30, 33, 46, Authorised [King James] Version).

“The law of the Lord is perfect, reviving the soul....The precepts of the Lord are right, giving joy to the heart....May the words of my mouth and the meditation of my heart be pleasing in Your sight, O Lord, my Rock and my Redeemer.” (Psalm 19:7–8, 14, New International Version).

“My God, my God, why have You forsaken me? Why do You refuse to help me or even to listen to my groans? Day and night I keep on weeping, crying for Your help, but there is no reply....The praises of our fathers surrounded Your throne; they trusted You and You delivered them. You heard their cries for help and saved them; they were never disappointed when they sought Your aid....O Lord, don’t stay away. O God my Strength, hurry to my aid. Rescue me from death; spare my precious life....I will stand up before the congregation and testify of the wonderful things You have done....I will say, ‘...He has not despised my cries of deep despair; He has not turned and walked away. When I cried to Him, He heard and came’” (Psalm 22:1–5, 19–20, 22–24, TLB).

“The Lord is my shepherd; I shall not want. He maketh me to lie down in green pastures: He leadeth me beside the still waters. He restoreth my soul: He leadeth me in the paths of righteousness for His name’s sake. Yea, though I walk through the valley of the shadow of death, I will fear no evil: for Thou art with me; Thy rod and Thy staff they comfort me....Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord forever” (Psalm 23:1–4, 6, Authorised [King James] Version).

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“To Thee, O Lord, I lift up my soul. O my God, in Thee I trust, do not let me be ashamedIndeed, none of those who wait for Thee will be ashamed....Make me know Thy ways, O Lord; teach me Thy paths. Lead me in Thy truth and teach me, for Thou art the God of my salvation; for Thee I wait all the day....Do not remember the sins of my youth or my transgressions; according to Thy loving-kindness remember Thou me, for Thy goodness’ sake, O Lord....My eyes are continually toward the Lord, for He will pluck my feet out of the net. Turn to me and be gracious to me, for I am lonely and afflicted. The troubles of my heart are enlarged; bring me out of my distresses. Look upon my affliction and my trouble....Guard my soul and deliver me...for I take refuge in Thee” (Psalm 25:1–5, 7, 15–18, 20, Authorised [King James] Version).

“Wait on the Lord: be of good courage, and He shall strengthen thine heart” (Psalm 27:14, Authorised [King James] Version).

“To You I call, O Lord my rock; do not turn a deaf ear to me....Praise be to the Lord, for He has heard my cry for mercy. The Lord is my strength and my shield; my heart trusts in Him, and I am helped. My heart leaps for joy and I will give thanks to Him in song” (Psalm 28:1, 6–7, New International Version).

“I will extol [*exult* - Young’s Literal Translation; *give you praise and honour* - Bible in Basic English] Thee, O Lord, for Thou hast lifted me up [*you have made me well* - Bible in Basic English]...O Lord my God, I cried to Thee for help, and Thou didst heal me. O Lord, Thou hast brought up my soul from [the grave]; Thou hast kept me alive, that I should not go down to the pit.... Weeping may last for the night, but a shout of joy comes in the morning. Now as for me, I said...‘I will never be moved. O Lord, by Thy favor Thou hast made my mountain to stand strong....Thou hast turned for me my mourning into dancing...that my soul may sing praise to Thee, and not be silent. O Lord my God, I will give thanks to Thee forever’” (Psalm 30:1–3, 5–7, 11–12, Authorised [King James] Version).

“In You, O Lord, I have taken refuge; let me never be put to shame....Turn Your ear to me, come quickly to my rescue; be my rock of refuge, a strong fortress to save me....Into Your hands I commit my spirit....I will be glad and rejoice in Your love, for You saw my affliction and knew the anguish of my soul....Be merciful to me, O Lord, for I am in distress; my eyes grow weak with sorrow, my soul and my body with grief. My life is consumed by anguish and my years by groaning; my strength fails because of my affliction, and my bones grow weak....But I trust in You, O Lord; I say, ‘You are my God.’ My times are in Your hands....Be strong and take heart, all you who hope in the Lord” (Psalm 31:1–2, 5, 7, 9–10, 14–15, 24, New International Version).

“When I kept silent about my sin, my body wasted away through my groaning all day long. For day and night Thy hand was heavy upon me; my vitality was drained away as with the fever-heat of summer. I acknowledged my sin to Thee, and my iniquity I did not

hide; I said, 'I will confess my transgressions to the Lord' ; and Thou didst forgive the guilt of my sin. Therefore, let everyone who is godly pray to Thee.... Surely...a flood of great waters...shall not reach him. Thou art my hiding place; Thou dost preserve me from trouble; Thou dost surround me with songs of deliverance" (Psalm 32:3-7, Authorised [King James] Version).

"I sought the Lord, and He answered me; He delivered me from all my fears. Those who look to Him are radiant; their faces are never covered with shame. This poor man called, and the Lord heard him; He saved him out of all his troubles. The angel of the Lord encamps around those who fear Him, and He delivers them....The righteous cry out, and the Lord hears them; He delivers them from all their troubles. The Lord is close to the brokenhearted and saves those who are crushed in spirit. A righteous man may have many troubles, but the Lord delivers him from them all" (Psalm 34:4-7, 17-19, New International Version).

"Do not fret....Trust in the Lord and do good....Delight yourself in the Lord and He will give you the desires of your heart. Commit your way to the Lord; trust in Him and He will...make your righteousness shine like the dawn, the justice of your cause like the noonday sun. Be still before the Lord and wait patiently for Him.... Do not fret—it leads only to evil....The Lord upholds the righteous...whose steps He has made firm; though he stumble, he will not fall, for the Lord upholds him with His hand....The Lord loves the just and will not forsake His faithful ones....He is their stronghold in time of trouble" (Psalm 37:1, 3-8, 17, 23-24, 28, 39, New International Version).

"I am benumbed and badly crushed; I groan because of the agitation of my heart. Lord, all my desire is before Thee; and my sighing is not hidden from Thee.... I am ready to fall, and my sorrow is continually before me. For I confess my iniquity; I am full of anxiety because of my sin....Do not forsake me....O my God, do not be far from me! Make haste to help me, O Lord, my salvation!" (Psalm 38:8-9, 17-18, 21-22, Authorised [King James] Version)

"I waited patiently for the Lord; He turned to me and heard my cry. He lifted me out of the slimy pit, out of the mud and mire; He set my feet on a rock and gave me a firm place to stand. He put a new song in my mouth, a hymn of praise to our God. Many will see and fear and put their trust in the Lord" (Psalm 40:1-3, New International Version).

"Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and 6) my God. My soul is downcast within me; therefore I will remember you." (Psalm 42:5-6, New International Version. In essence repeated in Psalm 42:11 and Psalm 43:5).

"God is our refuge and strength, a very present help in trouble. Therefore will not we fear, though the earth be removed.... Be still, and know that I am God" (Psalm 46:1-2, 10,

Authorised [King James] Version).

“Great is the Lord, and most worthy of praise....For this God is our God forever and ever; He will be our guide even to the end” (Psalm 48:1, 14, New International Version).

“Save me, O God, by Your name; vindicate me by Your might. Hear my prayer, O God; listen to the words of my mouth....Surely God is my help; the Lord is the One who sustains me....For He has delivered me from all my troubles” (Psalm 54:1–2, 4, 7, New International Version).

“Give ear to my prayer, O God; and do not hide Thyself from my supplication. Give heed to me, and answer me; I am restless in my complaint and am surely distracted....My heart is in anguish within me, and the terrors of death have fallen upon me. Fear and trembling come upon me; and horror has overwhelmed me....I said, ‘Oh that I had wings like a dove! I would fly away and be at rest....I would wander far away...from the stormy wind and tempest. ...I shall call upon God, and the Lord will save me....Cast your burden upon the Lord, and He will sustain you; He will never allow the righteous to be shaken.... I will trust in Thee’” (Psalm 55:1–2, 4–8, 16, 22–23, Authorised [King James] Version).

“When I am afraid, I will trust in You. In God, whose word I praise, in God I trust; I will not be afraid....You have delivered my soul from death and my feet from stumbling, that I may walk before God in the light of life” (Psalm 56:3–4, 13, New International Version).

“Have mercy on me, O God, have mercy on me, for in You my soul takes refuge. I will take refuge in the shadow of Your wings until the disaster has passed. I cry out to God Most High, to God, who fulfills His purpose for me.... My heart is steadfast, O God,...I will sing and make music....For great is Your love, reaching to the heavens; Your faithfulness reaches to the skies” (Psalm 57:1–2, 7, 10, New International Version).

“Hear my cry, O God; attend unto my prayer. From the end of the earth will I cry unto Thee, when my heart is overwhelmed: lead me to the rock that is higher than I” (Psalm 61:1–2, Authorised [King James] Version).

“My soul finds rest in God alone; my salvation comes from Him. He alone is my rock and my salvation; He is my fortress, I will never be shaken” (Psalm 62:1–2, New International Version).

“O God, You are my God, earnestly I seek You; my soul thirsts for You, my body longs for You, in a dry and weary land where there is no water.... On my bed I remember You; I think of You through the watches of the night. Because You are my help, I sing in the shadow of Your wings. I stay close to You; Your right hand upholds me” (Psalm 63:1–2, 6–8, New International Version).

“Praise be to the Lord, to God our Savior, who daily bears our burdens. Our God is a God who saves; from the Sovereign Lord comes escape from death” (Psalm 68:19–20, New International Version).

“Save me, O God, for the waters have come up to my soul. I have sunk in deep mire, and there is no foothold; I have come into deep waters, and a flood overflows me. I am weary with my crying; my throat is parched; my eyes fail while I wait for my God....O God, it is Thou who dost know my folly, and my wrongs are not hidden from Thee. May those who wait for Thee not be ashamed through me....But as for me, my prayer is to Thee....Deliver me from the mire, and do not let me sink....According to the greatness of Thy compassion, turn to me, and do not hide Thy face from Thy servant, for I am in distress; answer me quickly....I looked for sympathy, but there was none; and for comforters, but I found none....I am afflicted and in pain; may Thy salvation, O God, set me securely on high. I will praise the name of God with song, and shall magnify Him with thanksgiving....For the Lord hears the needy, and does not despise His who are prisoners” (Psalm 69:1–3, 5–6, 13–14, 16–17, 20, 29–30, 33, Authorised [King James] Version).

“Make haste, O God, to deliver me; make haste to help me, O Lord....Let all those that seek Thee rejoice and be glad in Thee: and let such as love Thy salvation say continually, Let God be magnified” (Psalm 70:1, 4, Authorised [King James] Version).

“In Thee, O Lord, I have taken refuge; Let me never be ashamed. In Thy righteousness deliver me, and rescue me; Incline Thine ear to me, and save me. Be Thou to me a rock of habitation, to which I may continually come; Thou hast given commandment to save me, For Thou art my rock and my fortress....I will hope continually, and will praise Thee yet more and more. My mouth shall tell of Thy righteousness, And of Thy salvation all day long....Even when I am old and gray, O God, do not forsake me, until I declare Thy strength to this generation, Thy power to all who are to come....Thou, who hast showed me many troubles and distresses, wilt revive me again....And turn to comfort me” (Psalm 71:1–3, 14–15, 18, 20–21, Authorised [King James] Version).

“When my heart was grieved and my spirit embittered, I was senseless and ignorant; I was a brute beast before You. Yet I am always with You; You hold me by my right hand. You guide me with Your counsel, and afterward You will take me into glory. Whom have I in heaven but You? And being with You, I desire nothing on earth. My flesh and my heart may fail, but God is the strength of my heart and my portion forever” (Psalm 73:21–26, New International Version).

“My voice rises to God, and I will cry aloud; my voice rises to God, and He will hear me. In the day of my trouble I sought the Lord; in the night my hand was stretched out without weariness; my soul refused to be comforted....Thou hast held my eyelids open; I am so troubled that I cannot speak. I have considered the...years of long ago.... My spirit

ponders.... Has God forgotten to be gracious? Or has He in anger withdrawn His compassion?...I shall remember the deeds of the Lord....I will meditate on all Thy work, and muse on Thy deeds. Thy way, O God, is holy; what god is great like our God?...Thou hast by Thy power redeemed Thy people” (Psalm 77:1–2, 4–6, 9, 11–13, 15, Authorised [King James] Version).

“Blessed are those whose strength is in You, who have set their hearts on pilgrimage....They go from strength to strength till each appears before God....The Lord God is a sun and shield; the Lord bestows favor and honor; no good thing does He withhold from those whose walk is blameless. O Lord Almighty, blessed is the man who trusts in You” (Psalm 84:5, 7, 11–12, New International Version).

“Hear, O Lord, and answer me, for I am poor and needy. Guard my life, for I am devoted to You. You are my God; save Your servant who trusts in You. Have mercy on me, O Lord, for I call to You all day long. Bring joy to Your servant, for to You, O Lord, I lift up my soul” (Psalm 86:1–4, New International Version).

“Blessed are those who have learned to acclaim You, who walk in the light of Your presence, O Lord. They rejoice in Your name all day long; they exult in Your righteousness. For You are their glory and strength” (Psalm 89:15–17, New International Version).

“Relent, O Lord! How long will it be? Have compassion on Your servants. Satisfy us in the morning with Your unfailing love, that we may sing for joy and be glad all our days. Make us glad for as many days as You have afflicted us, for as many years as we have seen trouble....May the favor of the Lord our God rest upon us; establish the work of our hands for us—yes, establish the work of our hands” (Psalm 90:13–15, 17, New International Version).

“He who dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the Lord, ‘He is my refuge and my fortress, my God, in whom I trust.’ ...‘Because he loves Me’, says the Lord, ‘I will rescue him; I will protect him, for he acknowledges My name. He will call upon Me, and I will answer him; I will be with him in trouble, I will deliver him and honor him’” (Psalm 91:1–2, 14–15, New International Version).

“When I said, ‘My foot is slipping, Your love, O Lord, supported me. When anxiety was great within me, Your consolation brought joy to my soul.... The Lord has become my fortress, and my God the rock in whom I take refuge” (Psalm 94:18–19, 22, New International Version).

“Serve the Lord with gladness: come before His presence with singing.... For the Lord is good; His mercy is everlasting; and His truth endureth to all generations” (Psalm

100:2, 5, Authorised [King James] Version).

“Hear my prayer, O Lord; let my cry for help come to You. Do not hide Your face from me when I am in distress. Turn Your ear to me; when I call, answer me quickly....My heart is blighted and withered like grass; I forget to eat my food. Because of my loud groaning I am reduced to skin and bones....I lie awake...because of Your great wrath, for You have taken me up and thrown me aside....[But the Lord] will respond to the prayer of the destitute; He will not despise their plea” (Psalm 102:1–2, 4–5, 7, 10, 17, New International Version).

“The Lord is compassionate and gracious, slow to anger and abounding in loving-kindness. He will not always strive with us; nor will He keep His anger forever. He has not dealt with us according to our sins, nor rewarded us according to our iniquities. For high as the heavens are above the earth, so great is His loving-kindness toward those who fear Him.... Just as a father has compassion on his children, so the Lord has compassion on those who fear Him. For He Himself knows our frame; He is mindful that we are but dust” (Psalm 103:8–11, 13–14, Authorised [King James] Version).

“Some sat in darkness and the deepest gloom...for they had rebelled against the words of God....Then they cried to the Lord in their trouble, and He saved them from their distress. ...Some became fools through their rebellious ways and suffered affliction because of their iniquities... and drew near the gates of death. Then they cried to the Lord in their trouble, and He saved them from their distress. He sent forth His word and healed them; He rescued them from the grave. Let them give thanks to the Lord for His unfailing love and His wonderful deeds for men.... He lifted the needy out of their affliction....Whoever is wise, let him heed these things and consider the great love of the Lord” (Psalm 107:10–11, 13, 17–21, 41, 43, New International Version).

“Blessed is the man who fears the Lord, who finds great delight in His commands....Surely he will never be shaken; a righteous man will be remembered forever. He will have no fear of bad news; his heart is steadfast, trusting in the Lord. His heart is secure, he will have no fear” (Psalm 112:1, 6–8, New International Version).

“I love the Lord, because He hears my voice and my supplications. ... Therefore I shall call upon Him as long as I live. The cords of death encompassed me....I found distress and sorrow....I was brought low, and He saved me. Return to your rest, O my soul, for the Lord has dealt bountifully with you....Thou hast rescued my soul from death, my eyes from tears, my feet from stumbling. I shall walk before the Lord in the land of the living” (Psalm 116:1–3, 6–9, Authorised [King James] Version).

“From my distress I called upon the Lord; the Lord answered me and set me in a large place. The Lord is for me; I will not fear; what can man do to me?...It is better to take refuge in the Lord than to trust in man....You pushed me violently so that I was falling,

but the Lord helped me. The Lord is my strength and song, and He has become my salvation....I shall not die, but live, and tell of the works of the Lord. The Lord has disciplined me severely, but He has not given me over to death” (Psalm 118:5–6, 8, 13–14, 17–18, Authorised [King James] Version).

“I am laid low in the dust; renew my life according to Your word.... My soul is weary with sorrow; strengthen me according to Your word.... My comfort in my suffering is this: Your promise renews my life.... Before I was afflicted I went astray, but now I obey Your Word. You are good, and what You do is good....It was good for me to be afflicted so that I might learn Your decrees....My soul faints with longing for Your salvation, but I have put my hope in Your Word. My eyes fail, looking for Your promise; I say, ‘When will You comfort me? ...If Your law had not been my delight, I would have perished in my affliction....I have suffered much; renew my life, O Lord, according to Your word.... Trouble and distress have come upon me, but Your commands are my delight....Great peace have they who love Your law, and nothing can make them stumble” (Psalm 119:25, 28, 50, 67–68, 71, 81–82, 92, 107, 143, 165, New International Version).

“I call on the Lord in my distress, and He answers me” (Psalm 120:1, New International Version). In my distress I cried to the Lord, and he heard me (Webster’s Bible).

“I will lift up mine eyes unto the hills, from whence cometh my help. My help cometh from the Lord, [who] made heaven and earth....He will not let your foot slip....The Lord watches over you....[He] will keep you from all harm—He will watch over your life; the Lord will watch over your coming and going both now and forevermore” (Psalm 121:1–2, 3, 5, 7–8, New International Version).

“As the eyes of servants look unto the hand of their masters ...so our eyes wait upon the Lord our God, until that He have mercy upon us” (Psalm 123:2, Authorised [King James] Version).

“He who goes out weeping, carrying seed to sow, will return with songs of joy, carrying sheaves with him” (Psalm 126:6, New International Version).

“Out of the depths I cry to You, O Lord....Let Your ears be attentive to my cry for mercy. If You, O Lord, kept a record of sins...who could stand? But with You there is forgiveness....I wait for the Lord, my soul waits, and in His word I put my hope” (Psalm 130:1–5, New International Version).

“O Lord, my heart is not proud, nor my eyes haughty; nor do I involve myself in great matters, or in things too difficult for me. Surely I have composed and quieted my soul...my soul is like a weaned child within me....Hope in the Lord from this time forth and forever” (Psalm 131:1–3, Authorised [King James] Version).

“When I called, You answered me; You made me bold and stouthearted.... Though the Lord is on high, He looks upon the lowly.... Though I walk in the midst of trouble, You preserve my life.... The Lord will fulfill His purpose for me; Your love, O Lord, endures forever” (Psalm 138:3, 6–8, New International Version).

“O Lord, You have searched me and You know me.... You perceive my thoughts from afar.... You are familiar with all my ways. Before a word is on my tongue You know it completely, O Lord.... Where can I go from Your Spirit? Where can I flee from Your presence?... If I rise on the wings of the dawn, if I settle on the far side of the sea, even there *Your hand will guide me, Your right hand will hold me fast*.... You created my inmost being.... I praise You because I am fearfully and wonderfully made; Your works are wonderful, I know that full well.... All the days ordained for me were written in Your book before one of them came to be.... Search me, O God, ... and lead me in the way everlasting” (Psalm 139:1–4, 7, 9–10, 13–14, 16, 23–24, New International Version).

“How I plead with God, how I implore His mercy, pouring out my troubles before Him. For I am overwhelmed and desperate, and you alone know which way I ought to turn” (Psalm 142:1–3, Today’s Living Bible).

“My spirit is overwhelmed within me; my heart is appalled within me. I remember the days of old; I meditate on all Thy doings; I muse on the work of Thy hands. I stretch out my hands to Thee; my soul longs for Thee, as a parched land. ... Let me hear Thy loving-kindness in the morning; for I trust in Thee; teach me the way in which I should walk; for to Thee I lift up my soul.... I take refuge in Thee. Teach me to do Thy will, for Thou art my God; let Thy good Spirit lead me on level ground” (Psalm 143:4–6, 8–10, Authorised [King James] Version).

“The Lord upholds all those who fall and lifts up all who are bowed down. The eyes of all look to You, and You give them their food at the proper time.... *The Lord is near... to all who call on Him in truth*” (Psalm 145:14–15, 18, New International Version).

“Praise the Lord, O my soul. I will praise the Lord all my life; I will sing praise to my God as long as I live” (Psalm 146:1–2, New International Version).

“How good it is to sing praises to our God, how pleasant and fitting to praise Him!... He heals the brokenhearted and binds up their wounds.... Great is our Lord and mighty in power; His understanding has no limit. The Lord sustains the humble.... [He] delights in those who... put their hope in His unfailing love” (Psalm 147:1, 3, 5–6, 11, New International Version).

“Praise ye the Lord... Praise him for his mighty acts: praise him according to his excellent greatness. ... Let every thing that hath breath praise the Lord. Praise ye the Lord (Psalm 150:1, 2, 6, Authorised [King James] Version).

