

# PSALMS OF COMFORT WHEN SUFFERING OPPRESSION AND MISTREATMENT

**T**he Psalms that follow are especially helpful in regaining confidence in God's love and justice when you are suffering under oppression or mistreatment at the hands of wickedness.

I have made adaptations to some Psalms so as to bring Old Testament expressions into harmony with New Testament theology.

If you find my work helpful, then it is fitting to send a donation to support my websites which are free of advertising and free from the corruption of liberalism or extreme traditionalism. I simply present the traditional Catholic truth necessary to fight the spiritual battle against evil and save souls.



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## Psalm 10

### I

Lord, why does it seem that You stand afar off  
and hide Yourself in times of distress?  
The faithful are devoured by the pride of the wicked:  
they are caught in the schemes that others have made.

For the wicked boast of their hearts' desires;  
the covetous blaspheme and spurn the Lord.  
In their pride the wicked say: "He will not punish.  
There is no God." Such are their thoughts.

Their path is ever untroubled;  
Your judgment is far from their minds.  
Their enemies they regard with contempt.  
They think: "Never shall we falter:  
misfortune shall never be our lot."

Their mouths are full of cursing, guile, oppression;  
mischief and deceit are under their tongues.  
They lie in wait among the reeds;  
the innocent they murder in riots and genocide.

Their eyes are on the watch for the helpless.  
They lurk in hiding like a lion in his lair;  
they lurk in hiding to seize their prey;  
they seize the faithful and drag them away.

They crouch, preparing to spring,  
and the helpless fall beneath their strength.  
They think in their hearts: "God forgets,  
He hides His face, He does not see."

### II

Arise then, Lord, lift up Your hand!  
O God, protect the faithful!  
Why should the wicked spurn the Lord  
and think in their hearts: "God will not punish"?

But You have seen the trouble and sorrow,  
You note it, you take it in hand.  
The helpless trust themselves to You;  
for You are the helper of the faithful.

Break the power of the wicked and the sinners!  
Rebuke their wickedness;  
they shall perish from the land they loot and burn.

Lord, hear the prayer of the faithful;  
strengthen their hearts; turn Your ear  
to protect their rights  
so that wickedness will strike terror no more.

### Psalm 3

How many are my foes, O Lord!  
How many are rising up against me!  
How many are saying about me  
that there is no help for me in God.

But You, Lord, are a shield about me,  
my glory, who lift up my head.  
I cry aloud to the Lord.  
He answers from His holy mountain.

I lie down to rest and I sleep;  
I wake, for the Lord upholds me.  
I will not fear even thousands of people  
who are ranged on every side against me.

Arise, Lord; save me, my God,  
You who judge all my foes,  
You who break the pride of the wicked!  
O Lord of salvation, bless Your people!

## Psalm 1

Blessed indeed are those  
who follow not the counsel of the wicked;  
nor linger in the way of sinners  
nor sit in the company of scorners,  
but whose delight is the law of the Lord  
and who ponder His law day and night.

They are like a tree that is planted  
beside the flowing waters,  
that yields its fruit in due season  
and whose leaves shall never fade;  
and all that they do shall prosper.  
Not so are the wicked, not so!

For they like winnowed chaff  
shall be driven away by the wind.  
When the wicked are judged they shall not stand,  
nor find room among those who are just;  
for the Lord guards the way of the just,  
but the way of the wicked leads to doom.

## Psalm 2

Why this tumult among nations,  
among peoples this useless murmuring?  
They arise, the kings of the earth,  
princes plot against the Lord and His Anointed.  
“Come, let us break their fetters,  
come, let us cast off their yoke.”

He who sits in the heavens laughs;  
the Lord is laughing them to scorn.  
Then He will speak in His glory,  
His majesty will strike them with terror:  
“It is I who have set up My king  
on Sion, My holy mountain.”

I will announce the decree of the Lord:  
The Lord said to me: “You are My Son.  
It is I who have begotten you this day.  
Ask and I shall bequeath you the nations,  
put the ends of the earth in your possession.  
With a rod of iron you will break them,  
shatter them like a potter’s jar.”

Now, O kings, understand,  
take warning, rulers of the earth;  
serve the Lord with awe  
and trembling, pay Him your homage,  
lest in your disobedience you perish,  
for suddenly His glory will blaze.

## Psalm 5

To my words give ear, O Lord,  
give heed to my groaning.  
Attend to the sound of my cries,  
my King and my God.

It is You whom I invoke, O Lord.  
In the morning You hear me;  
in the morning I offer You my prayer,  
watching and waiting.

You are no God Who loves evil;  
no sinner is Your guest.  
The boastful shall not stand their ground  
before Your face.

You hate all evil;  
all who lie are destroyed.  
The deceitful and the bloodthirsty  
bring doom upon themselves.

But I through the greatness of Your love  
have access to Your house.  
I bow down before Your holy temple,  
filled with awe.

Lead me, Lord, in Your justice,  
because of those who lie in wait;  
make clear Your way before me.

No truth can be found in their mouths;  
their heart is all mischief;  
their throat a wide-open grave;  
all honey their speech.

All those You protect shall be glad  
and ring out their joy.  
You shelter them; in You they rejoice,  
those who love Your Name.

It is You who bless the just ones, Lord;  
You surround them with favor as with a shield.

## Psalm 6

Lord, rescue me in Your mercy;  
save me in Your love.  
Have mercy on me, Lord, I have no strength;  
Lord, heal me, my body is racked;  
my soul is racked with anguish.

But You, O Lord . . . how long before You rebuke the wicked?  
Lord, rescue my soul.  
Save me in Your merciful love.

I am exhausted with my groaning;  
every night I drench my pillow with tears;  
I bedew my bed with weeping.  
My eyes waste away with grief;  
I am surrounded by foes.

Let the wicked flee before You;  
for You, O God, have heard my weeping.  
You have heard my plea.  
Accept my prayer,  
that my foes will turn away in confusion,  
foiled and confounded.

## Psalm 7

### I

Lord God, I take refuge in You.  
From my pursuers save me and rescue me,  
lest they tear me to pieces like a lion  
and drag me off with no one to rescue me.

Lord God, if my hands have done wrong,  
if I have paid back evil for good—  
I who saved my unjust oppressor—  
then let my foes pursue me and seize me,  
let them trample my life to the ground  
and lay my soul in the dust.

Lord, rise up in Your glory,  
rise against the fury of my foes;  
my God, awake! You will give judgement;  
Let the company of nations gather round You,  
taking Your seat above them on high.  
The Lord is judge of the peoples.

Give judgement for me, Lord; I desire to be just  
and innocent of heart.  
Put an end to the evil of the wicked!  
May the just stand firm;  
You who test mind and heart,  
O just God!

### II

God is the shield that protects me,  
Who saves the upright of heart.  
God is a just judge;  
He threatens the wicked every day,  
those who will not repent.

Here are those who are pregnant with malice,  
conceive evil and bring forth lies.  
They dig a pitfall, dig it deep;  
and in the trap they have made they will fall.  
Their malice will recoil on themselves;  
on their own heads their violence will fall.

I will thank the Lord for His justice:  
I will sing to the Lord, the Most High.



## Psalm 9A

### I

I will praise You, Lord, with all my heart;  
I will recount all Your wonders.  
I will rejoice in You and be glad,  
and sing psalms to Your Name, O Most High.

See how my enemies turn back,  
how they stumble and perish before You.  
You uphold the justice of my cause;  
You sit enthroned, judging with justice.

You check the nations;  
the wicked send themselves to their doom;  
their name is wiped out for ever and ever.  
The foe will be destroyed, eternally ruined.  
You will uproot their cities; their memory will perish.

The Lord sits enthroned forever.  
He has set up His throne for judgement;  
He will judge the world with justice,  
He will judge the peoples with His truth.

For the oppressed let the Lord be a stronghold,  
a stronghold in times of distress.  
Those who know Your Name will trust You;  
You will never forsake those who seek You.

### II

Have pity on me, Lord, see my sufferings,  
You who save me from the gates of death;  
that I may recount all Your praise  
at the gates of the city of Sion  
and rejoice in Your saving help.

The nations will fall in the pit which they made,  
their feet caught in the snare they laid.  
The Lord has revealed Himself, and will give judgement.  
The wicked will be snared in the work of their own hands.

The wicked will go down among the dead,  
all the nations forgetful of God;  
For the needy shall not always be forgotten,  
nor the hopes of the faithful be in vain.

Arise, Lord, let the wicked not prevail!  
Let the nations be judged before You.  
Lord, strike them with terror;  
let the nations know they are but fools.

## Psalm 11

In the Lord I have taken my refuge.  
How can you say to my soul:  
“Fly like a bird to its mountain.

See the wicked bracing their bow;  
they are fixing their arrows on the string  
to shoot the upright in the dark.  
Foundations once destroyed, what can the just do?”

The Lord is in His holy temple,  
the Lord, Whose throne is in Heaven.  
His eyes look down on the world;  
His gaze tests us mortals.

The Lord tests the just and the wicked;  
the lover of violence He hates.  
He sends fire and brimstone on the wicked;  
He sends a scorching wind as their lot.

The Lord is just and loves justice;  
the upright shall see His face.

## Psalm 12

Help, O Lord, for the good have vanished;  
truth has been cast off by the wicked.  
Falsehood they speak one to another,  
with lying lips, with a false heart.

May the Lord rebuke all lying lips,  
the tongue that speaks high-sounding words,  
those who say: "Our tongue is our strength;  
our lips are our own, who is our master?"

"For the faithful who are oppressed and the needy who groan  
I Myself will arise," says the Lord,  
"I will grant them the salvation for which they thirst."

The words of the Lord are words without alloy,  
silver from the furnace, seven times refined

It is You, O Lord, Who take us in Your care  
and protect us forever from this generation.  
See how the wicked prowl on every side,  
while worthless celebrities are prized highly.

## Psalm 17

### I

Lord, hear a cause that is just,  
pay heed to my cry.  
Turn Your ear to my prayer:  
no deceit is on my lips.

From You may my judgment come forth.  
Your eyes discern the truth.

You search my heart, You visit me by night.  
You test me and You find in me no wrong.  
My words are not sinful.

I kept from violence because of Your word,  
I kept my feet firmly in Your paths;  
there was no faltering in my steps.

I am here and I call, You will hear me, O God.  
Turn Your ear to me; hear my words.  
Display Your great love, You whose right hand saves  
Your friends from those who rebel against them.

Guard me as the apple of Your eye.  
Hide me in the shadow of Your wings  
from the violent attack of the wicked.

### II

My foes encircle me with deadly intent.  
Their hearts tight shut, their mouths speak proudly.  
They advance against me, and now they surround me.

Their eyes are watching to strike me to the ground,  
as though they were lions ready to claw,  
or like some young lion crouched in hiding.

Lord, arise, confront them, strike them down!  
Let Your sword rescue my soul from the wicked;  
let Your hand, O Lord, rescue me from them,  
from those whose reward is in this present life.

You give them their fill of your treasures;  
they rejoice in abundance of offspring  
and leave their wealth to their children.

As for me, in my justice I shall see your face  
and be filled, when I awake, with the sight of your glory.

## Psalm 25

### I

To You, O Lord, I lift up my soul.  
I trust You, let me not be disappointed;  
do not let my enemies triumph.  
Those who hope in You shall not be disappointed,  
but only those who wantonly break faith.

Lord, let me know Your ways.  
Lord, teach me your paths.  
Let me walk in Your truth, and teach me:  
for You are God my savior.

In You I hope all day long  
because of Your goodness, O Lord.  
Remember Your mercy, Lord,  
and the love You have shown from of old.  
Forgive the sins of my youth.  
In Your love remember me.

The Lord is good and upright.  
He shows the path to those who stray,  
He guides the humble in the right path,  
He teaches His way to the faithful.

His ways are faithfulness and love  
for those who keep His covenant and law.  
Lord, for the sake of Your Name  
forgive my guilt, for it is great.

### II

If there are any who fear the Lord  
He will show them the path they should choose.  
The Lord's friendship is for those who revere Him;  
to them He reveals His covenant.

My eyes are always on the Lord;  
for He rescues my feet from the snare.  
Turn to me and have mercy,  
for I am lonely and faithful.

Relieve the anguish of my heart  
and set me free from my distress.  
See my affliction and my toil.

See how many are my foes;  
how violent their hatred for me.  
Preserve my life and rescue me.  
May innocence and uprightness protect me:  
for my hope is in You, O Lord.

Psalm 27

I

The Lord is my light and my help;  
whom shall I fear?  
The Lord is the stronghold of my life;  
before whom shall I shrink?

When evildoers draw near to devour my flesh,  
it is they, my enemies and foes,  
who stumble and fall.

Though an army encamp against me,  
my heart would not fear.  
Though war break out against me,  
even then would I trust.

There is one thing I ask of the Lord,  
for this I long,  
to live in the house of the Lord,  
all the days of my life,  
to savor the sweetness of the Lord,  
to behold His temple.

For there He keeps me safe in the day of evil.  
He hides me in His shelter;  
on a rock He sets me safe.

And now my head shall be raised  
above my foes who surround me,  
and I shall offer to God a sacrifice of joy.

II

O Lord, hear my voice when I call;  
have mercy and answer.  
Of You my heart has spoken:  
“Seek His face.”

It is Your face, O Lord, that I seek;  
Show me Your love.  
Dismiss not Your servant in rebuke;  
You have been my help.

You will not abandon or forsake me,  
O God my help!  
Though father and mother forsake me,  
the Lord will receive me.

Instruct me, Lord, in Your way;  
on an even path lead me.  
When they lie in ambush,  
protect me from my enemys' greed.  
False witnesses rise against me,  
breathing out fury.

I am sure I shall see the Lord's goodness  
in the land of the living.  
Hope in Him, hold firm and take heart.  
Hope in the Lord!

I

In you, O Lord, I take refuge.  
Let me never be put to shame.  
In Your justice, set me free,  
hear me and speedily rescue me.

Be a rock of refuge for me,  
a mighty stronghold to save me,  
for You are my rock, my stronghold.  
For Your Name's sake, lead me and guide me.

Release me from the snares they have hidden,  
for You are my refuge, Lord.  
Into Your hands I commend my spirit.  
It is You who will redeem me, Lord.

O God of truth, You detest  
those who worship false and empty gods.  
As for me, I trust in You:  
let me be glad and rejoice in Your love.

You who have seen my affliction  
and taken heed of my soul's distress,  
have not handed me over to the enemy,  
but set my feet at large.

II

Have mercy on me, O Lord,  
for I am in distress.  
Tears have wasted my eyes,  
my throat and my heart.

For my life is spent with sorrow  
and my years with sighs.  
Affliction has broken down my strength,  
and my bones waste away.

In the face of all my foes  
I am a reproach,  
an object of scorn to my neighbors  
and of fear to my friends.

Those who see me in the street  
run far away from me.  
I am like the dead, forgotten,  
like a thing thrown away.

I have heard the slander of the crowd,  
fear is all around me,  
as they plot together against me,  
as they plan to take my life.

But as for me, I trust in You, Lord;  
I say: "You are my God."  
My life is in Your hands, deliver me  
from the hands of those who hate me.

Let Your face shine on Your servant.  
Save me in Your love.

III

How great is the goodness, Lord,  
that You keep for those who fear You,  
that You show to those who trust You  
in the face of opposition.

You hide them in the shelter of Your presence  
from malicious plotting;  
You keep them safe  
from disputing tongues.

Blessed be the Lord who has shown me  
the wonders of His love  
in His holy presence.

I am far removed from Your sight,  
I said in my alarm.  
Yet you heard the voice of my plea  
when I cried for help.

Love the Lord, all you saints.  
He guards His faithful,  
but the Lord will repay to the full  
those who act with pride.

Be strong, let your heart take courage,  
all who hope in the Lord.

I

O Lord, plead my cause against my foes;  
fight those who fight me.  
Take up Your buckler and shield;  
arise to help me.

O Lord, say to my soul:  
"I am your salvation."

Then my soul shall be joyful in the Lord  
and rejoice in His salvation.  
My whole being will say:  
"Lord, who is like You  
Who rescue the weak from the strong  
and the faithful from the oppressor?"

Lying witnesses arise  
and accuse me unjustly.  
They repay me evil for good:  
my soul is forlorn.

II

When they were sick I went into mourning,  
afflicted with fasting.  
My prayer was ever on my lips,  
as for a brother, a friend.  
I went as though mourning a mother,  
bowed down with grief.

Now that I am in trouble they gather,  
they gather and mock me.  
They take me by surprise and strike me  
and tear me to pieces.  
They provoke me with mockery on mockery  
and gnash their teeth.

III

O Lord, how long will You look on?  
Come to my rescue!  
Save my life from these raging beasts,  
my soul from these lions.

Do not let my lying foes  
rejoice over me.  
Do not let those who hate me unjustly  
wink eyes at each other.

O Lord, You have seen, do not be silent,  
do not stand afar off!  
Awake, stir to my defense,  
to my cause, O God!

Let there be joy for those who love my cause.  
Let them say without end:  
"Great is the Lord who delights  
in the peace of His servant."  
Then my tongue shall speak of Your justice,  
all day long of Your praise.



I

Do not fret because of the wicked;  
do not envy those who do evil,  
for they wither quickly like grass  
and fade like the green of the fields.

If you trust in the Lord and do good,  
then you will live in the land and be secure.  
Commit your life to the Lord,  
trust in Him and He will act,  
so that His justice breaks forth like the light,  
your cause like the noon-day sun.

Be still before the Lord and wait in patience;  
do not fret at those who prosper;  
those who make evil plots  
to bring down the needy and the faithful.

Calm your anger and forget your rage;  
do not fret, it only leads to evil.  
For those who do evil shall perish;  
the patient shall inherit the land.

A little longer—and the wicked shall have gone.  
Look at their place, they are not there.  
But the humble shall own the land  
and enjoy the fullness of peace.

II

The wicked plot against the just  
and gnash their teeth against them;  
but the Lord laughs at the wicked,  
for He sees that their day is at hand.

The swords of the wicked are drawn,  
their bows are bent to slaughter the upright.  
Their swords shall pierce their own hearts,  
and their bows shall be broken to pieces.

The few possessions of the just  
are better than the wealth of the wicked;  
for the power of the wicked shall be broken,  
and the Lord will support the just.

He protects the lives of the upright;  
their heritage will last forever.  
They shall not be put to shame in evil days;  
in time of famine their food shall not fail.

But all the wicked shall perish,  
and all the enemies of the Lord.  
They are like the beauty of the meadows;  
they shall vanish, they shall vanish like smoke.

The wicked borrow without repaying,  
but the just are generous and give.  
Those blessed by the Lord shall own the land,  
but those who have cursed the Lord shall be destroyed.

The Lord guides the steps of the just  
and makes safe the path of those He loves.  
Though they stumble they shall never fall,  
for the Lord holds them by the hand.

I was young and now I am old,  
but I have never seen the just forsaken  
nor their children begging for bread.  
All the day the just are generous and lend,  
and their children become a blessing.

Then turn away from evil and do good,  
and you shall have a home for ever;  
for the Lord loves justice  
and will never forsake His friends.

The unjust shall be wiped out for ever,  
and the children of the wicked destroyed.  
The just shall inherit the land;  
there they shall live forever.

III

The mouths of the just utter wisdom,  
and their lips speak what is right;  
the law of their God is in their hearts;  
their steps shall be saved from stumbling.

The wicked watch for the just  
and seek occasion to kill them.  
The Lord will not leave them in the power of their foes  
nor let them be condemned when they are judged.

Then wait for the Lord, keep to His way.  
It is He who will free you from the wicked,  
raise you up to possess the land  
and see the wicked destroyed.

I have seen the wicked triumphant,  
towering like a cedar of Lebanon.  
I passed by again; they were gone.  
I searched; they were nowhere to be found.

See the just, mark the upright,  
for the peaceful a future lies in store,  
but sinners shall all be destroyed.  
No future lies in store for the wicked.

The salvation of the just comes from the Lord,  
their stronghold in time of distress.  
The Lord helps them and delivers them  
and saves them: for their refuge is in Him.

## Psalm 53

Fools have said in their hearts:  
“There is no God above.”  
Their deeds are corrupt, depraved;  
no goodness is left.

God looks down from heaven  
on the children of men  
to see if any are wise,  
if any seek God.

All have left the right path;  
depraved, every one;  
There is no goodness left in them;  
no, not any.

Will the evil-doers not understand?  
They eat up the faithful  
as though they were eating bread;  
they never pray to God.

See how they tremble with fear  
without cause for fear,  
for God is with the just.  
You may mock the hope of the faithful,  
But their refuge is the Lord.

Psalm 54:1-6,8-9

O God, save me by Your Name;  
by Your power, uphold my cause.  
O God, hear my prayer;  
listen to the words of my mouth.

For the proud have risen against me,  
The ruthless seek my life.  
They have no regard for You, O God,  
But I have You for my help.  
The Lord upholds my life.

I will sacrifice to You with willing heart  
and praise Your Name for it is good:  
for You have rescued me from all distress,  
and my eyes will see the downfall of my foes.

I

O God, listen to my prayer;  
I will not hide my pleading from You;  
attend to me and reply;  
with my cares, I cannot rest.

I tremble at the shouts of the foe,  
at the cries of the wicked;  
for they bring down evil upon me.  
They assail me with fury.

My heart is stricken within me;  
death's terror is on me;  
trembling and fear fall upon me,  
and horror overwhelms me.

O that I had wings like a dove  
to fly away and be at rest.  
So I would escape far away  
and take refuge in the desert.

I would hasten to find a shelter  
from the raging wind,  
from the destructive storm, O Lord,  
and from their plotting tongues.

For I can see nothing  
but violence and strife in the city.  
Night and day they patrol  
high on the city walls.

It is full of wickedness and evil;  
it is full of sin.  
Its streets are never free  
from tyranny and deceit.

II

As for me, I will cry to God,  
and the Lord will save me.  
Evening, morning and at noon  
I will cry and lament.

He will deliver my soul in peace  
in the attack against me;  
for those who fight me are many,  
but He hears my voice.

God will hear and will humble them,  
the eternal judge;  
for they will not amend their ways.  
They have no fear of God.

The traitors have turned against their friends;  
They have broken their word.  
Their speech is softer than butter,  
but war is in their hearts;  
Their words are smoother than oil,  
but they are naked swords.

Entrust your cares to the Lord,  
and He will support you.  
He will never allow  
His servants to stumble.

But you, O God, will bring the wicked down  
to the pit of death.

Deceitful and bloodthirsty ones  
shall not live half their days.  
O Lord, I will trust in You.

Psalm 56:2-7b, 9-14

Have mercy on me, God, the wicked crush me;  
they fight me all day long and oppress me.  
My foes crush me all day long,  
for many fight proudly against me.

When I fear, I will trust in You,  
in God, Whose word I praise.  
In God I trust, I shall not fear;  
what can mortals do to me?

All day long they distort my words;  
all their thought is to harm me.  
They band together in ambush,  
track me down and seek my life.

You have kept an account of my wanderings;  
You have kept a record of my tears;  
are they not written in Your book?  
Then my foes will be put to flight  
on the day that I call to You.

This I know, that God is on my side.  
In God, Whose word I praise,  
in the Lord Whose word I praise,  
in God I trust; I shall not fear;  
what can mortals do to me?

I am bound by the vows I have made You.  
O God, I will offer You praise  
for You have rescued my soul from death;  
You kept my feet from stumbling  
that I may walk in the presence of God  
and enjoy the light of the living.

## Psalm 57

Have mercy on me, God, have mercy,  
for in You my soul has taken refuge.  
In the shadow of Your wings I take refuge  
till the storms of destruction pass by.

I call to You, God the Most High,  
to You who have always been my help.  
May You send help from Heaven and save me  
and shame those who assail me.

O God, send Your truth and Your love.

My soul lies down among lions,  
who would devour me.  
Their teeth are spears and arrows,  
their tongue a sharpened sword.

O God, arise above the heavens;  
may Your glory shine on earth!

They laid a snare for my steps;  
my soul was bowed down.  
They dug a pit in my path,  
but fell in it themselves.

My heart is ready, O God,  
my heart is ready.  
I will sing, I will sing Your praise.  
Awake, my soul;  
awake, lyre and harp,  
I will awake the dawn.

I will thank You, Lord, among the peoples,  
among the nations I will praise You,  
for Your love reaches to the heavens  
and Your truth to the skies.

O God, arise above the heavens;  
may Your glory shine on earth.

Psalm 59:2-5,10-11,17-18

Rescue me, God, from my foes;  
protect me from those who attack me.  
O rescue me from those who do evil,  
and save me from my blood-thirsty foes.

See, they lie in wait for my life;  
The powerful conspire together against me.  
For no offense, no sin of mine, Lord,  
for no guilt of mine they rush to take their stand.  
Awake, come to my aid and see!

O my Strength, it is You to whom I turn,  
for You, O God, are my stronghold,  
the God Who shows me love.

O God, come to my aid  
and let me see my foes humbled.

As for me, I will sing of Your strength  
and each morning acclaim Your love,  
for You have been my stronghold,  
a refuge in the day of my distress.

O my Strength, it is You to whom I turn,  
for You, O God, are my stronghold,  
the God Who shows me love.

## Psalm 64

Hear my voice, O God, as I complain,  
guard my life from dread of the foe.  
Hide me from the band of the wicked,  
from the throng of those who do evil.

They sharpen their tongues like swords;  
they aim bitter words like arrows  
to shoot at the innocent from ambush,  
shooting suddenly and recklessly.

They scheme their evil course;  
they conspire to lay secret snares.  
They say: "Who will see us?  
Who can search out our crimes?"

He will search Who searches the mind  
and knows the depths of the heart.  
God will shoot them with His arrow  
and deal them sudden wounds.  
Their own tongue will bring them to ruin,  
and all who see them will mock.

Then will everyone fear;  
they will tell what God has done.  
They will understand God's deeds.  
The just will rejoice in the Lord  
and fly to Him for refuge.  
All the upright hearts will glory.



## Psalm 70

O God, make haste to my rescue,  
Lord, come to my aid!  
Let there be shame and confusion  
on those who seek my life.

O let them turn back in confusion,  
who delight in my harm,  
let them retreat, covered with shame,  
who jeer at my lot.

Let there be rejoicing and gladness  
for all who seek You.  
Let them say forever: "God is great,"  
who love Your saving help.

As for me, wretched and faithful,  
come to me, O God.  
You are my rescuer, my help,  
O Lord, do not delay.

## Psalm 71

### I

In You, O Lord, I take refuge;  
let me never be put to shame.  
In Your justice rescue me, free me;  
pay heed to me and save me.

Be a rock where I can take refuge,  
a mighty stronghold to save me;  
for You are my rock, my stronghold.  
Free me from the hands of the wicked,  
from the grip of the unjust, of the oppressor.

It is You, O Lord, who are my hope,  
my trust, O Lord, from my youth.  
On You I have leaned from my birth;  
from my mother's womb You have been my help.  
My hope has always been in You.

You are my strong refuge.  
My lips are filled with Your praise,  
with Your glory all the day long.  
When my strength fails do not forsake me.

For my enemies are speaking about me;  
those who watch me take counsel together:  
Saying that God has forsaken me; to follow me,  
to seize me; that there is no one to save me.  
O God, do not stay far off;  
my God, make haste to help me!

Let them be put to shame,  
all those who seek my life.  
Let them be covered with shame and confusion,  
all those who seek to harm me.

### II

But as for me, I will always hope  
and praise You more and more.  
My lips will tell of Your justice  
and day by day of Your help  
though I can never tell it all.

Lord, I will declare Your mighty deeds,  
proclaiming Your justice, Yours alone.  
O God, You have taught me from my youth  
and I proclaim Your wonders still.

Let me tell of Your strength and justice to all ages,  
tell of You who have worked such wonders.  
O God, who is like You?

You have burdened me with bitter troubles,  
but You will give me back my life.  
You will raise me from the depths of the earth;  
You will exalt me and console me again.

So I will give You thanks  
for Your faithful love, O God.  
My lips shall rejoice,  
and my soul, which You have redeemed.

And all the day long my tongue  
shall tell the tale of Your justice:  
for they are put to shame and disgraced,  
all those who seek to harm me.

Psalm 73

I

How good God is to those who serve Him,  
to those who are pure of heart.  
Yet my feet came close to stumbling,  
my steps had almost slipped  
for I was filled with envy of the proud  
when I saw how the wicked prosper.

For them there are no pains;  
their bodies are sound and sleek.  
They do not share in sorrows;  
they are not stricken like others.

So they wear their pride like a necklace,  
they clothe themselves with violence.  
Their hearts overflow with malice,  
their minds seethe with plots.

They scoff; they speak with malice;  
from on high they plan oppression.  
They have set their mouths in the heavens,  
and their tongues dictate to the earth.

So the people turn to follow them  
and drink in all their words.  
They say: "How can God know?  
Does the Most High take any notice?"  
Look at them, such are the wicked;  
untroubled, they grow in wealth.

II

How useless to keep my heart pure  
and wash my hands in innocence,  
when I was stricken all day long,  
suffered punishment day after day.

Then I said: "If I should speak like that,  
I should betray the race of Your children."

I strove to fathom this problem,  
too hard for my mind to understand,  
until I pierced the mysteries of God  
and understood what becomes of the wicked.

How slippery the paths on which You set them;  
You make them slide to destruction.  
How suddenly they come to their ruin,  
wiped out, destroyed by terrors.  
Like a dream one wakes from, O Lord,  
when they are dismissed as phantoms.

III

And so when my heart grew embittered,  
and when I was cut to the quick,  
I was stupid and did not understand,  
no better than a beast in Your sight.

Yet I was always in Your presence;  
You were holding me by my right hand.  
You will guide me by Your counsel  
and so You will lead me to glory.

What else have I in heaven but You?  
Apart from You I want nothing on earth.  
My body and my heart faint for joy;  
God is my possession for ever.

All those who abandon You shall perish;  
All those who are faithless will be destroyed.  
To be near God is my joy.  
I have made the Lord God my refuge.

## Psalm 86

Turn Your ear, O Lord, and give answer,  
for I am poor and needy.  
Preserve my life, for I am faithful;  
save the servant who trusts in You.

You are my God, have mercy on me, Lord,  
for I cry to You all the day long.  
Give joy to Your servant, O Lord,  
for to You I lift up my soul.

O Lord, You are good and forgiving,  
full of love to all who call.  
Give heed, O Lord, to my prayer  
and attend to the sound of my voice.

In the day of distress I will call,  
and surely You will reply.  
Among the gods there is none like You, O Lord;  
nor work to compare with Yours.

All the nations shall come to adore You  
and glorify Your Name, O Lord:  
for You are great and do marvelous deeds,  
You Who alone are God.

Show me, Lord, Your way  
so that I may walk in Your truth.  
Guide my heart to revere Your name.

I will praise You, Lord my God, with all my heart  
and glorify Your Name for ever;  
for Your love to me has been great:  
You have saved me from the depths of doom.

The proud have risen against me;  
the ruthless seek my life;  
to You they pay no heed.

But You, God of mercy and compassion,  
abounding in love and truth,  
turn and take pity on me.

O give Your strength to Your servant  
and save Your handmaid's child.  
Show me the sign of Your favor  
that my foes may see to their shame  
that You console me and give me Your help.

## Psalm 94

### I

O Lord, God of justice, appear!  
Judge of the earth, arise;  
give the proud what they deserve!

How long, O Lord, shall the wicked,  
how long shall the wicked triumph?  
They bluster with arrogant speech;  
the evil-doers boast to each other.

They crush Your people, Lord;  
they afflict the ones You have chosen.  
They kill the widow and the stranger  
and murder the fatherless child.

And they say: "The Lord does not see;  
the God of Jacob pays no heed."  
Mark this, most senseless of people;  
fools, when will you understand?

Can He who made the ear, not hear?  
Can He who formed the eye, not see?  
Will He who trains nations not punish?  
Will He who instructs us not have knowledge?  
The Lord knows the thoughts of all.  
He knows they are no more than a breath.

### II

Blessed those whom You teach, O Lord,  
whom You train by means of Your law;  
to them You give peace in evil days  
while the pit is being dug for the wicked.

The Lord will not abandon His people  
nor forsake those who are His own;  
for judgment shall again be just  
and all true hearts shall uphold it.

Who will stand up for me against the wicked?  
Who will defend me from those who do evil?  
If the Lord were not to help me,  
I would soon go down into the silence.

When I think, "I have lost my foothold,"  
Your mercy, Lord, holds me up.  
When cares increase in my heart  
Your consolation calms my soul.

Can judges who do evil be Your friends?  
They do injustice under cover of law;  
they attack the life of the just  
and condemn innocent blood.

As for me, the Lord will be a stronghold;  
my God will be the rock where I take refuge.  
He will repay them for their evil wickedness,  
They will be destroyed for their evil deeds.  
The Lord, our God, will judge them.

Psalm 119:113-120

XV (Samech)

I have no love for the half-hearted;  
my love is for Your law.  
You are my shelter, my shield;  
I hope in Your word.

Leave me, you who do evil;  
I will keep God's command.  
If You uphold me by Your promise I shall live;  
let my hopes not be in vain.

Sustain me and I shall be saved  
and ever observe Your statutes.  
You spurn all who swerve from Your statutes;  
their cunning is in vain.

Before You the wicked are like dross;  
so I love Your will.  
I tremble before You in terror;  
I fear Your decrees.

Psalm 119:153-160

XX (Resh)

See my affliction and save me,  
for I remember Your law.  
Uphold my cause and defend me;  
by Your promise, give me life.

Salvation is far from the wicked  
who are heedless of Your statutes.  
Numberless, Lord, are Your mercies;  
with Your decrees give me life.

Though my foes and oppressors are countless,  
I have not swerved from Your will.  
I look at the faithless with disgust;  
they ignore your promise.

See how I love Your precepts;  
in Your mercy give me life.  
Your word is founded on truth;  
Your decrees are eternal.

## Psalm 140

Rescue me, Lord, from evil;  
from the violent keep me safe;  
from those who plan evil in their hearts  
and stir up strife every day;  
who sharpen their tongue like an adder's,  
with the poison of viper on their lips.

Lord, guard me from the hands of the wicked;  
from the violent keep me safe;  
they plan to make me stumble.  
The proud have hidden a trap,  
have spread out lines in a net,  
set snares across my path.

I have said to the Lord: "You are my God."  
Lord, hear the cry of my appeal!  
Lord my God, my mighty help,  
You shield my head in the battle.  
Do not grant the wicked their desire  
nor let their plots succeed.

I know that the Lord will protect the faithful,  
that He will do justice for the needy.  
Truly the just will praise Your Name;  
the upright shall live in Your presence.



Psalm 141: 1–9

I have called to You, Lord; hasten to help me!  
Hear my voice when I cry to You.  
Let my prayer arise before You like incense,  
the raising of my hands like an evening oblation.

Set, O Lord, a guard over my mouth;  
keep watch, O Lord, at the door of my lips!  
I refuse to turn my heart to things that are wrong,  
to evil deeds with those who are sinners.

I will not share in their feasting.  
If a good man strikes or reproves me it is kindness;  
but let the oil of the wicked not anoint my head.  
Let my prayer be ever against their malice.

To You, Lord God, my eyes are turned:  
in You I take refuge; spare my soul!  
From the trap they have laid for me keep me safe:  
keep me from the snares of those who do evil.

## Psalm 142

With all my voice I cry to the Lord,  
with all my voice I entreat the Lord.  
I pour out my trouble before Him;  
I tell Him all my distress  
while my spirit faints within me.  
But You, O Lord, know my path.

On the way where I shall walk  
they have hidden a snare to entrap me.  
Look on my right and see:  
there is no one who takes my part.  
I have no means of escape,  
not one who cares for my soul.

I cry to You, O Lord.  
I have said: "You are my refuge  
all I have in the land of the living."  
Listen, then, to my cry,  
for I am in the depths of distress.

Rescue me from those who pursue me,  
for they are stronger than I.  
Bring my soul out of this prison,  
and then I shall praise Your Name.  
Around me the just will assemble  
because of Your goodness to me.

