

Comfort from the Word

For I am certain that nothing can separate us from his love: neither death nor life, neither angels nor other heavenly rulers or powers, neither the present nor the future, neither the world above nor the world below — there is nothing in all creation that will ever be able to separate us from the love of God which is ours through Christ Jesus our Lord.

- Rom 8:38-39 -



E phatlaladitswe le ho ajwa ke Mokgatlo wa Bibe le wa Afrika Borwa.

www.biblesociety.co.za



BibleSA.co.za

BibleSA

Bibles and audio Bibles are
available on the BibleSA app.

Comfort from the Word

First digital edition 2016

Bible text is quoted from

Good News Translation® (Today's English Version, Second Edition)

© 1992 American Bible Society. All rights reserved.

Anglicisation © The British and Foreign Bible Society 1976, 1994, 2004

© Bible Society of South Africa 1989, 2016

All rights reserved. No part of this book may, without prior written permission of the publisher, be reproduced or transmitted in any form or by any means, electronic, mechanical or otherwise, either through photocopying, writing, audio recording, or any other system for information storage and retrieval.

Published by the Bible Society of South Africa, P O Box 5500, Tyger Valley 7536, Bellville

www.biblesociety.co.za

| | |
|-------------|------------------------|
| Epub-format | ISBN 978-0-7982-1969-3 |
| Mobi-format | ISBN 978-0-7982-1970-9 |
| PDF-format | ISBN 978-0-7982-1971-6 |

Preface

Dear Reader

When one is in distress and in need of the power and comfort of the Lord, one often feels rather helpless. These Scripture portions from the Psalms have been grouped together under headings to help you find verses of Scripture appropriate to your particular circumstances.

It is our prayer that believers in need of spiritual consolation or support will regain the God-given power to face life with renewed hope and vigour.

These Scripture portions point you to the only reliable place of refuge provided by our Heavenly Father for his children.

The Compilers

God is our shelter and strength,
always ready to help in times of trouble.



(Ps 46:1)

Contents

— *God's provision* —

| | |
|--------------------------|----|
| Consolation | 55 |
| Deliverance | 50 |
| Faith | 20 |
| Faithfulness | 45 |
| Forgiveness | 49 |
| God's will | 61 |
| Greatness | 21 |
| Hope | 23 |
| Joy | 13 |
| Love | 25 |
| Nearness | 29 |
| Omnipotence | 7 |
| Our only certainty | 24 |
| Prayer | 18 |
| Protection | 11 |
| Righteousness | 40 |
| Safety | 46 |
| Salvation | 39 |
| Songs of praise | 26 |
| Sovereignty | 22 |
| Support | 34 |
| Sympathy | 36 |
| Thankfulness | 15 |
| Trust | 56 |

| | |
|-------------------------------------|----|
| Anxiety | 9 |
| Confession of guilt | 41 |
| Death | 16 |
| Dejection and despondency | 28 |
| Dependency on God | 6 |
| Despondency | 28 |
| Despair | 60 |
| Disappointment | 44 |
| Doubt | 58 |
| Fear in affliction | 59 |
| Insignificance of man | 31 |
| Need | 32 |
| Obedience towards God | 19 |
| Old age | 37 |
| Ostracism | 54 |
| Rebellion | 61 |
| Serious illness or death | 16 |
| Struggling or rebellion | 61 |
| Temptation | 53 |
| Uncertainty | 35 |
| Unjust treatment | 52 |
| Worry | 8 |

Dependency on God

Ps 123:1-3a

LORD, I look up to you,
up to heaven, where you rule.
As a servant depends on his master,
as a maid depends on her mistress,
so we will keep looking to you, O LORD our God,
until you have mercy on us.

Be merciful to us, LORD, be merciful.

Ps 146:3-5

Don't put your trust in human leaders;
no human being can save you.
When they die, they return to the dust;
on that day all their plans come to an end.

Happy are those who have the God of Jacob to help them
and who depend on the LORD their God.

Ps 121:1-8

I look to the mountains;
where will my help come from?
My help will come from the LORD,
who made heaven and earth.

He will not let you fall;
your protector is always awake.
The protector of Israel
never dozes or sleeps.
The LORD will guard you;
he is by your side to protect you.
The sun will not hurt you during the day,
nor the moon during the night.

The LORD will protect you from all danger;
he will keep you safe.
He will protect you as you come and go
now and for ever.

Also read: Ps 146

Omnipotence

Ps 24:1-2,9-10

The world and all that is in it belong to the LORD;
the earth and all who live on it are his.
He built it on the deep waters beneath the earth
and laid its foundations in the ocean depths.

Fling wide the gates,
open the ancient doors,
and the great king will come in.
Who is this great king?
The triumphant LORD — he is the great king!

Praise the LORD, you heavenly beings;
praise his glory and power.
Praise the LORD's glorious name;
bow down before the Holy One when he appears.

The voice of the LORD is heard on the seas;
the glorious God thunders,
and his voice echoes over the ocean.
The voice of the LORD is heard
in all its might and majesty.

The LORD rules over the deep waters;
he rules as king for ever.
The LORD gives strength to his people
and blesses them with peace.

Worry

I am overcome by sorrow;
strengthen me, as you have promised.

Also read: Ps 42:3-5,8-10

Anxiety

Ps 116:1-6

I love the LORD, because he hears me;
he listens to my prayers.
He listens to me
every time I call to him.
The danger of death was all round me;
the horrors of the grave closed in on me;
I was filled with fear and anxiety.
Then I called to the LORD,
“I beg you, LORD, save me!”

The LORD is merciful and good;
our God is compassionate.
The LORD protects the helpless;
when I was in danger, he saved me.

Ps 22:1-3

My God, my God, why have you abandoned me?
I have cried desperately for help,
but still it does not come.
During the day I call to you, my God,
but you do not answer;
I call at night,
but get no rest.
But you are enthroned as the Holy One,
the one whom Israel praises.

“He does not neglect the poor or ignore their suffering;
he does not turn away from them,
but answers when they call for help.”

In the full assembly I will praise you for what you have done;
in the presence of those who worship you
I will offer the sacrifices I promised.

You are righteous, LORD,
and your laws are just.
The rules that you have given
are completely fair and right.
My anger burns in me like a fire,
because my enemies disregard your commands.
How certain your promise is!
How I love it!
I am unimportant and despised,
but I do not neglect your teachings.
Your righteousness will last for ever,
and your law is always true.
I am filled with trouble and anxiety,
but your commandments bring me joy.
Your instructions are always just;
give me understanding, and I shall live.

The oppressed look to him and are glad;
they will never be disappointed.
The helpless call to him, and he answers;
he saves them from all their troubles.
His angel guards those who honour the LORD
and rescues them from danger.

*Also read: Ps 25:16-22; 27:7-14;
31:10-14; 69:1-3,14-18,29-36*

Protection

O God, you are my God,
and I long for you.
My whole being desires you;
like a dry, worn-out, and waterless land,
my soul is thirsty for you.
Let me see you in the sanctuary;
let me see how mighty and glorious you are.
Your constant love is better than life itself,
and so I will praise you.
I will give you thanks as long as I live;
I will raise my hands to you in prayer.
My soul will feast and be satisfied,
and I will sing glad songs of praise to you.

As I lie in bed, I remember you;
 all night long I think of you,
 because you have always been my help.
 In the shadow of your wings I sing for joy.
 I cling to you,
 and your hand keeps me safe.

Ps 91:1-6,15 —

Whoever goes to the LORD for safety,
 whoever remains under the protection of the Almighty,
 can say to him,
 “You are my defender and protector.
 You are my God; in you I trust.”
 He will keep you safe from all hidden dangers
 and from all deadly diseases.
 He will cover you with his wings;
 you will be safe in his care;
 his faithfulness will protect and defend you.
 You need not fear any dangers at night
 or sudden attacks during the day
 or the plagues that strike in the dark
 or the evils that kill in daylight.

When they call to me, I will answer them;
 when they are in trouble, I will be with them.
 I will rescue them and honour them.

How I love your Temple, LORD Almighty!
How I want to be there!
I long to be in the LORD's Temple.
With my whole being I sing for joy
to the living God.
Even the sparrows have built a nest,
and the swallows have their own home;
they keep their young near your altars,
LORD Almighty, my king and my God.
How happy are those who live in your Temple,
always singing praise to you.

The LORD is our protector and glorious king,
blessing us with kindness and honour.
He does not refuse any good thing
to those who do what is right.
LORD Almighty, how happy are those who trust in you!

Also read: Ps 121; 92; 144; 139:5-10

Joy

I praise the LORD, because he guides me,
and in the night my conscience warns me.
I am always aware of the LORD's presence;
he is near, and nothing can shake me.

And so I am thankful and glad,
 and I feel completely secure,
 because you protect me from the power of death.
 I have served you faithfully,
 and you will not abandon me to the world of the dead.

You will show me the path that leads to life;
 your presence fills me with joy
 and brings me pleasure for ever.

— Ps 30:1-5 —

I praise you, LORD, because you have saved me
 and kept my enemies from gloating over me.
 I cried to you for help, O LORD my God,
 and you healed me;
 you kept me from the grave.
 I was on my way to the depths below,
 but you restored my life.

Sing praise to the LORD,
 all his faithful people!
 Remember what the Holy One has done,
 and give him thanks!
 His anger lasts only a moment,
 his goodness for a lifetime.
 Tears may flow in the night,
 but joy comes in the morning.

Also read: Ps 16; 147; 148; 30

Thankfulness

Ps 18:32-33,35-36 —

He is the God who makes me strong,
who makes my pathway safe.
He makes me sure-footed as a deer;
he keeps me safe on the mountains.

O LORD, you protect me and save me;
your care has made me great,
and your power has kept me safe.
You have kept me from being captured,
and I have never fallen.

Ps 103:1-5 —

Praise the LORD, my soul!
All my being, praise his holy name!
Praise the LORD, my soul,
and do not forget how kind he is.
He forgives all my sins
and heals all my diseases.
He keeps me from the grave
and blesses me with love and mercy.
He fills my life with good things,
so that I stay young and strong like an eagle.

I will praise you, LORD, with all my heart;
I will tell of all the wonderful things you have done.
I will sing with joy because of you.
I will sing praise to you, Almighty God.

Give praise to the LORD;
he has heard my cry for help.
The LORD protects and defends me;
I trust in him.
He gives me help and makes me glad;
I praise him with joyful songs.

The LORD protects his people;
he defends and saves his chosen king.
Save your people, LORD,
and bless those who are yours.
Be their shepherd,
and take care of them for ever.

Also read: Ps 66; 103; 116; 149; 150

Serious illness or death

“LORD, how long will I live?
When will I die?
Tell me how soon my life will end.”

How short you have made my life!

In your sight my lifetime seems nothing.

Indeed every living being is no more than a puff of wind,
no more than a shadow.

All they do is for nothing;

they gather wealth, but don't know who will get it.

What, then, can I hope for, Lord?

I put my hope in you.

— Ps 116:1-6 —

I love the LORD, because he hears me;

he listens to my prayers.

He listens to me

every time I call to him.

The danger of death was all round me;

the horrors of the grave closed in on me;

I was filled with fear and anxiety.

Then I called to the LORD,

“I beg you, LORD, save me!”

The LORD is merciful and good;

our God is compassionate.

The LORD protects the helpless;

when I was in danger, he saved me.

Also read: Ps 86:1-13; 88; 102; 142

Prayer

Ps 34:4-8

I prayed to the LORD, and he answered me;
he freed me from all my fears.
The oppressed look to him and are glad;
they will never be disappointed.
The helpless call to him, and he answers;
he saves them from all their troubles.
His angel guards those who honour the LORD
and rescues them from danger.

Find out for yourself how good the LORD is.
Happy are those who find safety with him.

Ps 71:1-3

LORD, I have come to you for protection;
never let me be defeated!
Because you are righteous, help me and rescue me.
Listen to me and save me!
Be my secure shelter
and a strong fortress to protect me;
you are my refuge and defence.

Ps 86:6-8

Listen, LORD, to my prayer;
hear my cries for help.
I call to you in times of trouble,
because you answer my prayers.

There is no god like you, O Lord,
not one has done what you have done.

Obedience towards God

— *Ps 119:33-34* —

Teach me, LORD, the meaning of your laws,
and I will obey them at all times.
Explain your law to me, and I will obey it;
I will keep it with all my heart.

— *Ps 119:129-133* —

Your teachings are wonderful;
I obey them with all my heart.
The explanation of your teachings gives light
and brings wisdom to the ignorant.
In my desire for your commands
I pant with open mouth.
Turn to me and have mercy on me
as you do on all those who love you.
As you have promised, keep me from falling;
don't let me be overcome by evil.

— *Ps 119:10-11* —

With all my heart I try to serve you;
keep me from disobeying your commandments.
I keep your law in my heart,
so that I will not sin against you.

Faith

Ps 31:14-16,22,24 —

But my trust is in you, O LORD;
you are my God.
I am always in your care;
save me from my enemies,
from those who persecute me.
Look on your servant with kindness;
save me in your constant love.

I was afraid and thought
that he had driven me out of his presence.
But he heard my cry,
when I called to him for help.

Be strong, be courageous,
all you that hope in the LORD.

Ps 33:18-22 —

The LORD watches over those who obey him,
those who trust in his constant love.
He saves them from death;
he keeps them alive in times of famine.

We put our hope in the LORD;
he is our protector and our help.
We are glad because of him;
we trust in his holy name.

May your constant love be with us, LORD,
as we put our hope in you.

Also read: Ps 69:29-36

Greatness

— Ps 89:5-9 —

The heavens sing of the wonderful things you do;
the holy ones sing of your faithfulness, LORD.
No one in heaven is like you, LORD;
none of the heavenly beings is your equal.
You are feared in the council of the holy ones;
and all of them stand in awe of you.

LORD God Almighty, none is as mighty as you;
in all things you are faithful, O LORD.
You rule over the powerful sea;
you calm its angry waves.

— Ps 8:1-4 —

O LORD, our Lord,
your greatness is seen in all the world!
Your praise reaches up to the heavens;
it is sung by children and babies.
You are safe and secure from all your enemies;
you stop anyone who opposes you.

When I look at the sky, which you have made,
at the moon and the stars, which you set
in their places —

what are human beings, that you think of them;
mere mortals, that you care for them?

Also read: Ps 19:1-6; 48:1,10-11

Sovereignty

Ps 96:10-13 —

Say to all the nations, "The LORD is king!
The earth is set firmly in place and cannot be moved;
he will judge the peoples with justice."
Be glad, earth and sky!
Roar, sea, and every creature in you;
be glad, fields, and everything in you!
The trees in the woods will shout for joy
when the LORD comes to rule the earth.
He will rule the peoples of the world
with justice and fairness.

Ps 98:1 —

Sing a new song to the LORD;
he has done wonderful things!
By his own power and holy strength
he has won the victory.

Ps 98:7-9 —

Roar, sea, and every creature in you;
sing, earth, and all who live on you!

Clap your hands, you rivers;
 you hills, sing together with joy before the LORD,
 because he comes to rule the earth.
 He will rule the peoples of the world
 with justice and fairness.

Also read: Ps 98

Hope

— *Ps 27:11-14* —

Teach me, LORD, what you want me to do,
 and lead me along a safe path,
 because I have many enemies.
 Don't abandon me to my enemies,
 who attack me with lies and threats.

I know that I will live to see
 the LORD's goodness in this present life.
 Trust in the LORD.
 Have faith, do not despair.
 Trust in the LORD.

— *Ps 37:23-26,39-40a* —

The LORD guides people in the way they should go
 and protects those who please him.
 If they fall, they will not stay down,
 because the LORD will help them up.

I am old now; I have lived a long time,
but I have never seen good people abandoned
by the LORD
or their children begging for food.
At all times they give freely and lend to others,
and their children are a blessing.

The LORD saves the righteous
and protects them in times of trouble.
He helps them and rescues them;
he saves them.

Our only certainty

— Ps 33:16-22 —

A king does not win because of his powerful army;
a soldier does not triumph because of his strength.
War horses are useless for victory;
their great strength cannot save.

The LORD watches over those who obey him,
those who trust in his constant love.
He saves them from death;
he keeps them alive in times of famine.

We put our hope in the LORD;
he is our protector and our help.
We are glad because of him;
we trust in his holy name.

May your constant love be with us, LORD,
as we put our hope in you.

How I love you, LORD!
You are my defender.

The LORD is my protector;
he is my strong fortress.
My God is my protection,
and with him I am safe.
He protects me like a shield;
he defends me and keeps me safe.

O LORD, you give me light;
you dispel my darkness.
You give me strength to attack my enemies
and power to overcome their defences.

This God — how perfect are his deeds!
How dependable his words!
He is like a shield
for all who seek his protection.
The LORD alone is God;
God alone is our defence.

Love

Give thanks to the LORD, because he is good,
and his love is eternal.
Let the people of Israel say,
“His love is eternal.”

Let the priests of God say,
“His love is eternal.”
Let all who worship him say,
“His love is eternal.”

In my distress I called to the LORD;
he answered me and set me free.

— Ps 136:1-4 —

Give thanks to the LORD, because he is good;
his love is eternal.
Give thanks to the greatest of all gods;
his love is eternal.
Give thanks to the mightiest of all lords;
his love is eternal.

He alone performs great miracles;
his love is eternal.

Also read: Ps 136; 103:8,13-18

Songs of praise

— Ps 89:1-2 —

O LORD, I will always sing of your constant love;
I will proclaim your faithfulness for ever.
I know that your love will last for all time,
that your faithfulness is as permanent as the sky.

The LORD is loving and merciful,
slow to become angry and full of constant love.

He is good to everyone
and has compassion on all he made.

He helps those who are in trouble;
he lifts those who have fallen.

All living things look hopefully to you,
and you give them food when they need it.

He is near to those who call to him,
who call to him with sincerity.

Praise the LORD!

It is good to sing praise to our God;
it is pleasant and right to praise him.

Sing hymns of praise to the LORD;
play music on the harp to our God.

He spreads clouds over the sky;
he provides rain for the earth
and makes grass grow on the hills.

He gives animals their food
and feeds the young ravens when they call.

His pleasure is not in strong horses,
nor his delight in brave soldiers;
but he takes pleasure in those who honour him,
in those who trust in his constant love.

Also read: Ps 103; 145; 146; 147

Dejection and despondency

Ps 22:1-2,4-5,24 —

My God, my God, why have you abandoned me?
I have cried desperately for help,
but still it does not come.
During the day I call to you, my God,
but you do not answer;
I call at night,
but get no rest.

Our ancestors put their trust in you;
they trusted you, and you saved them.
They called to you and escaped from danger;
they trusted you and were not disappointed.

“He does not neglect the poor or ignore their suffering;
he does not turn away from them,
but answers when they call for help.”

Ps 69:1-3,29-33 —

Save me, O God!
The water is up to my neck;

I am sinking in deep mud,
 and there is no solid ground;
 I am out in deep water,
 and the waves are about to drown me.
 I am worn out from calling for help,
 and my throat is aching.
 I have strained my eyes,
 looking for your help.

But I am in pain and despair;
 lift me up, O God, and save me!

I will praise God with a song;
 I will proclaim his greatness by giving him thanks.
 This will please the LORD more than offering him cattle,
 more than sacrificing a full-grown bull.
 When the oppressed see this, they will be glad;
 those who worship God will be encouraged.
 The LORD listens to those in need
 and does not forget his people in prison.

Also read: Ps 31:9-13; 130

Nearness

— *Ps 23:1-6* —

The LORD is my shepherd;
 I have everything I need.
 He lets me rest in fields of green grass
 and leads me to quiet pools of fresh water.

He gives me new strength.
He guides me in the right paths,
as he has promised.
Even if I go through the deepest darkness,
I will not be afraid, LORD,
for you are with me.
Your shepherd's rod and staff protect me.

You prepare a banquet for me,
where all my enemies can see me;
you welcome me as an honoured guest
and fill my cup to the brim.
I know that your goodness and love
will be with me all my life;
and your house will be my home as long as I live.

Ps 34:17-19 —

The righteous call to the LORD, and he listens;
he rescues them from all their troubles.
The LORD is near to those who are discouraged;
he saves those who have lost all hope.

Good people suffer many troubles,
but the LORD saves them from them all.

Also read: Ps 46:5-11; 139:5-10

Insignificance of man

Ps 62:9-12 —

Human beings are all like a puff of breath;
great and small alike are worthless.
Put them on the scales, and they weigh nothing;
they are lighter than a mere breath.
Don't put your trust in violence;
don't hope to gain anything by robbery;
even if your riches increase,
don't depend on them.

More than once I have heard God say
that power belongs to him
and that his love is constant.
You yourself, O Lord, reward everyone
according to his deeds.

Ps 90:3-6 —

You tell us to return to what we were;
you change us back to dust.
A thousand years to you are like one day;
they are like yesterday, already gone,
like a short hour in the night.
You carry us away like a flood;
we last no longer than a dream.
We are like weeds that sprout in the morning,
that grow and burst into bloom,
then dry up and die in the evening.

LORD, what are mortals, that you notice them;
mere mortals, that you pay attention to them?
They are like a puff of wind;
their days are like a passing shadow.

Need

Be merciful to me, LORD,
for I am in trouble;
my eyes are tired from so much crying;
I am completely worn out.
I am exhausted by sorrow,
and weeping has shortened my life.
I am weak from all my troubles;
even my bones are wasting away.

All my enemies, and especially my neighbours,
treat me with contempt;
those who know me are afraid of me;
when they see me in the street, they run away.
Everyone has forgotten me, as though I were dead;
I am like something thrown away.

I was afraid and thought
that he had driven me out of his presence.
But he heard my cry,
when I called to him for help.

Because I have been foolish,
my sores stink and rot.
I am bowed down, I am crushed;
I mourn all day long.
I am burning with fever
and I am near to death.
I am worn out and utterly crushed;
my heart is troubled, and I groan with pain.

O Lord, you know what I long for;
you hear all my groans.
My heart is pounding, my strength is gone,
and my eyes have lost their brightness.

Do not abandon me, O LORD;
do not stay away, my God!
Help me now, O Lord my saviour!

As a deer longs for a stream of cool water,
so I long for you, O God.
I thirst for you, the living God;
when can I go and worship in your presence?
Day and night I cry,
and tears are my only food;
all the time my enemies ask me,
“Where is your God?”

My heart breaks when I remember the past,
when I went with the crowds to the house of God
and led them as they walked along,
a happy crowd, singing and shouting praise to God.

Why am I so sad?

Why am I so troubled?

I will put my hope in God,
and once again I will praise him,
my saviour and my God.

Also read: Ps 39; 42; 43; 55:1-8

Support

Ps 46:1-3,7,10-11 —

God is our shelter and strength,
always ready to help in times of trouble.
So we will not be afraid, even if the earth is shaken
and mountains fall into the ocean depths;
even if the seas roar and rage,
and the hills are shaken by the violence.

The LORD Almighty is with us;
the God of Jacob is our refuge.

“Stop fighting,” he says, “and know that I am God,
supreme among the nations,
supreme over the world.”

The LORD Almighty is with us;
the God of Jacob is our refuge.

Happy are those who are concerned for the poor;
the LORD will help them when they are in trouble.
The LORD will protect them and preserve their lives;
he will make them happy in the land;
he will not abandon them to the power of their enemies.
The LORD will help them when they are sick
and will restore them to health.

Also read: Ps 18:1-2,28-31

Uncertainty

I wait patiently for God to save me;
I depend on him alone.
He alone protects and saves me;
he is my defender,
and I shall never be defeated.

I depend on God alone;
I put my hope in him.
He alone protects and saves me;
he is my defender,
and I shall never be defeated.
My salvation and honour depend on God;
he is my strong protector;
he is my shelter.

Trust in God at all times, my people.
Tell him all your troubles,
for he is our refuge.

Also read: Ps 121; 123

Sympathy

Ps 103:13-14

As a father is kind to his children,
so the LORD is kind to those who honour him.
He knows what we are made of;
he remembers that we are dust.

Ps 31:1-5

I come to you, LORD, for protection;
never let me be defeated.
You are a righteous God;
save me, I pray!
Hear me! Save me now!
Be my refuge to protect me;
my defence to save me.

You are my refuge and defence;
guide me and lead me as you have promised.
Keep me safe from the trap that has been set for me;
shelter me from danger.
I place myself in your care.
You will save me, LORD;
you are a faithful God.

You know how troubled I am;
you have kept a record of my tears.
Aren't they listed in your book?
The day I call to you,
my enemies will be turned back.
I know this: God is on my side.

Also read: Ps 40:1-3; 124

Old age

My God, rescue me from the wicked,
from the power of those who are cruel and evil.
Sovereign LORD, I put my hope in you;
I have trusted in you since I was young.
I have relied on you all my life;
you have protected me since the day I was born.
I will always praise you.

My life has been an example to many,
because you have been my strong defender.
All day long I praise you
and proclaim your glory.
Do not reject me now that I am old;
do not abandon me now that I am feeble.

The righteous will flourish like palm trees;
they will grow like the cedars of Lebanon.
They are like trees planted in the house of the LORD,
that flourish in the Temple of our God,
that still bear fruit in old age
and are always green and strong.
This shows that the LORD is just,
that there is no wrong in my protector.

I will go in the strength of the LORD God;
I will proclaim your goodness, yours alone.

You have taught me ever since I was young,
and I still tell of your wonderful acts.
Now that I am old and my hair is grey,
do not abandon me, O God!
Be with me while I proclaim your power and might
to all generations to come.

Your righteousness, God, reaches the skies.
You have done great things;
there is no one like you.
You have sent troubles and suffering on me,
but you will restore my strength;
you will keep me from the grave.

Also read: Ps 90

Salvation

Ps 31:1-5,15a —

I come to you, LORD, for protection;
never let me be defeated.

You are a righteous God;
save me, I pray!

Hear me! Save me now!

Be my refuge to protect me;
my defence to save me.

You are my refuge and defence;
guide me and lead me as you have promised.

Keep me safe from the trap that has been set for me;
shelter me from danger.

I place myself in your care.

You will save me, LORD;
you are a faithful God.

I am always in your care.

Ps 40:1-3 —

I waited patiently for the LORD's help;
then he listened to me and heard my cry.

He pulled me out of a dangerous pit,
out of the deadly quicksand.

He set me safely on a rock
and made me secure.

He taught me to sing a new song,
a song of praise to our God.
Many who see this will take warning
and will put their trust in the LORD.

— Ps 56:11-13 —

In him I trust, and I will not be afraid.
What can a mere human being do to me?

O God, I will offer you what I have promised;
I will give you my offering of thanksgiving,
because you have rescued me from death
and kept me from defeat.
And so I walk in the presence of God,
in the light that shines on the living.

Also read: Ps 86; 30

Righteousness

— Ps 94:17-22 —

If the LORD had not helped me,
I would have gone quickly to the land of silence.
I said, "I am falling";
but your constant love, O LORD, held me up.
Whenever I am anxious and worried,
you comfort me and make me glad.

You have nothing to do with corrupt judges,
who make injustice legal,
who plot against good people
and sentence the innocent to death.
But the LORD defends me;
my God protects me.

Ps 119:137-138 —

You are righteous, LORD,
and your laws are just.
The rules that you have given
are completely fair and right.

Also read: Ps 103:9-11

Confession of guilt

Ps 32:2-5 —

Happy is the one whom the LORD does not accuse
of doing wrong
and who is free from all deceit.

When I did not confess my sins,
I was worn out from crying all day long.
Day and night you punished me, LORD;
my strength was completely drained,
as moisture is dried up by the summer heat.

Then I confessed my sins to you;
I did not conceal my wrongdoings.
I decided to confess them to you,
and you forgave all my sins.

Ps 38:3-11,18,22 —

Because of your anger, I am in great pain;
my whole body is diseased because of my sins.
I am drowning in the flood of my sins;
they are a burden too heavy to bear.

Because I have been foolish,
my sores stink and rot.
I am bowed down, I am crushed;
I mourn all day long.
I am burning with fever
and I am near to death.
I am worn out and utterly crushed;
my heart is troubled, and I groan with pain.

O Lord, you know what I long for;
you hear all my groans.
My heart is pounding, my strength is gone,
and my eyes have lost their brightness.
My friends and neighbours will not come near me,
because of my sores;
even my family keeps away from me.

I confess my sins;
they fill me with anxiety.

Help me now, O Lord my saviour!

Be merciful to me, O God,
because of your constant love.
Because of your great mercy
wipe away my sins!
Wash away all my evil
and make me clean from my sin!

I recognise my faults;
I am always conscious of my sins.
I have sinned against you — only against you —
and done what you consider evil.

You do not want sacrifices,
or I would offer them;
you are not pleased with burnt offerings.
My sacrifice is a humble spirit, O God;
you will not reject a humble and repentant heart.

O God, it is right for us to praise you in Zion
and keep our promises to you,
because you answer prayers.
People everywhere will come to you
on account of their sins.
Our faults defeat us,
but you forgive them.

Disappointment

Ps 129:1-8

Israel, tell us how your enemies have persecuted you
ever since you were young.

“Ever since I was young,
my enemies have persecuted me cruelly,
but they have not overcome me.
They cut deep wounds in my back
and made it like a ploughed field.
But the LORD, the righteous one,
has freed me from slavery.”

May everyone who hates Zion
be defeated and driven back.
May they all be like grass growing on the housetops,
which dries up before it can grow;
no one gathers it up
or carries it away in bundles.
No one who passes by will say,
“May the LORD bless you!
We bless you in the name of the LORD.”

Ps 146:3-4

Don't put your trust in human leaders;
no human being can save you.
When they die, they return to the dust;
on that day all their plans come to an end.

When the LORD brought us back to Jerusalem,
it was like a dream!
How we laughed, how we sang for joy!
Then the other nations said about us,
“The LORD did great things for them.”
Indeed he did great things for us;
how happy we were!

LORD, make us prosperous again,
just as the rain brings water back to dry riverbeds.
Let those who wept as they sowed their seed,
gather the harvest with joy!

Those who wept as they went out carrying the seed
will come back singing for joy,
as they bring in the harvest.

Faithfulness

Your word, O LORD, will last for ever;
it is eternal in heaven.
Your faithfulness endures through all the ages;
you have set the earth in place, and it remains.
All things remain to this day because of your command,
because they are all your servants.

O LORD, I will always sing of your constant love;
I will proclaim your faithfulness for ever.
I know that your love will last for all time,
that your faithfulness is as permanent as the sky.
You said, "I have made a covenant with the man I chose;
I have promised my servant David,
'A descendant of yours will always be king;
I will preserve your dynasty for ever.' "

The heavens sing of the wonderful things you do;
the holy ones sing of your faithfulness, LORD.
No one in heaven is like you, LORD;
none of the heavenly beings is your equal.
You are feared in the council of the holy ones;
and all of them stand in awe of you.

LORD God Almighty, none is as mighty as you;
in all things you are faithful, O LORD.

Also read: Ps 48; 23; 89; 90:1-2,14-17

Safety

LORD, I have come to you for protection;
never let me be defeated!
Because you are righteous, help me and rescue me.
Listen to me and save me!

Be my secure shelter
and a strong fortress to protect me;
you are my refuge and defence.

Ps 139:1-5 —

LORD, you have examined me and you know me.
You know everything I do;
from far away you understand all my thoughts.
You see me, whether I am working or resting;
you know all my actions.
Even before I speak,
you already know what I will say.
You are all round me on every side;
you protect me with your power.

Ps 118:5-9 —

In my distress I called to the LORD;
he answered me and set me free.
The LORD is with me, I will not be afraid;
what can anyone do to me?
It is the LORD who helps me,
and I will see my enemies defeated.
It is better to trust in the LORD
than to depend on human beings.
It is better to trust in the LORD
than to depend on human leaders.

Be merciful to me, O God, be merciful,
because I come to you for safety.
In the shadow of your wings I find protection
until the raging storms are over.

I call to God, the Most High,
to God, who supplies my every need.
He will answer from heaven and save me;
he will defeat my oppressors.
God will show me his constant love and faithfulness.

I have complete confidence, O God;
I will sing and praise you!

God is our shelter and strength,
always ready to help in times of trouble.
So we will not be afraid, even if the earth is shaken
and mountains fall into the ocean depths;
even if the seas roar and rage,
and the hills are shaken by the violence.

“Stop fighting,” he says, “and know that I am God,
supreme among the nations,
supreme over the world.”

The LORD Almighty is with us;
the God of Jacob is our refuge.

Also read: Ps 131; 119:114; 34

Forgiveness

— *Ps 32:5-7* —

Then I confessed my sins to you;
I did not conceal my wrongdoings.
I decided to confess them to you,
and you forgave all my sins.

So all your loyal people should pray to you in times of need;
when a great flood of trouble comes rushing in,
it will not reach them.
You are my hiding place;
you will save me from trouble.
I sing aloud of your salvation,
because you protect me.

— *Ps 103:8-13* —

The LORD is merciful and loving,
slow to become angry and full of constant love.
He does not keep on rebuking;
he is not angry for ever.
He does not punish us as we deserve
or repay us according to our sins and wrongs.
As high as the sky is above the earth,
so great is his love for those who honour him.

As far as the east is from the west,
 so far does he remove our sins from us.
 As a father is kind to his children,
 so the LORD is kind to those who honour him.

— Ps 51:5-7 —

I have been evil from the day I was born;
 from the time I was conceived, I have been sinful.

Sincerity and truth are what you require;
 fill my mind with your wisdom.
 Remove my sin, and I will be clean;
 wash me, and I will be whiter than snow.

Also read: Ps 32

Deliverance

— Ps 39:11-12 —

You punish our sins by your rebukes,
 and like a moth you destroy what we love.
 Indeed we are no more than a puff of wind!

Hear my prayer, LORD,
 and listen to my cry;
 come to my aid when I weep.
 Like all my ancestors
 I am only your guest for a little while.

O God, it is right for us to praise you in Zion
and keep our promises to you,
because you answer prayers.
People everywhere will come to you
on account of their sins.
Our faults defeat us,
but you forgive them.
Happy are those whom you choose,
whom you bring to live in your sanctuary.
We shall be satisfied with the good things of your house,
the blessings of your sacred Temple.

You answer us by giving us victory
and you do wonderful things to save us.
People all over the world
and across the distant seas trust in you.

Praise the Lord,
who carries our burdens day after day;
he is the God who saves us.
Our God is a God who saves;
he is the LORD, our Lord,
who rescues us from death.

Unjust treatment

Ps 10:1,4-5,12,14,16-17 —

Why are you so far away, O LORD?

Why do you hide yourself when we are in trouble?

The wicked do not care about the LORD;

in their pride they think that God doesn't matter.

The wicked succeed in everything.

They cannot understand God's judgements;
they sneer at their enemies.

O LORD, punish those wicked people!

Remember those who are suffering!

But you do see; you take notice of trouble and suffering
and are always ready to help.

The helpless commit themselves to you;
you have always helped the needy.

The LORD is king for ever and ever.

Those who worship other gods
will vanish from his land.

You will listen, O LORD, to the prayers of the lowly;
you will give them courage.

God is indeed good to Israel,
to those who have pure hearts.
But I had nearly lost confidence;
my faith was almost gone
because I was jealous of the proud
when I saw that things go well for the wicked.

I tried to think this problem through,
but it was too difficult for me
until I went into your Temple.
Then I understood what will happen to the wicked.

Yet I always stay close to you,
and you hold me by the hand.
You guide me with your instruction
and at the end you will receive me with honour.
What else have I in heaven but you?
Since I have you, what else could I want on earth?

But as for me, how wonderful to be near God,
to find protection with the Sovereign LORD
and to proclaim all that he has done!

Temptation

LORD, place a guard at my mouth,
a sentry at the door of my lips.
Keep me from wanting to do wrong
and from joining evil people in their wickedness.
May I never take part in their feasts.

Good people may punish me and rebuke me in kindness,
but I will never accept honour from evil people,
because I am always praying against their evil deeds.

But I keep trusting in you, my Sovereign LORD.
I seek your protection;
don't let me die!

Ostracism

— Ps 74:1-2,12 —

Why have you abandoned us like this, O God?
Will you be angry with your own people for ever?
Remember your people, whom you chose
for yourself long ago,
whom you brought out of slavery to be your own tribe.
Remember Mount Zion, where once you lived.

But you have been our king from the beginning, O God;
you have saved us many times.

— Ps 44:23-26 —

Wake up, Lord! Why are you asleep?
Rouse yourself! Don't reject us for ever!
Why are you hiding from us?
Don't forget our suffering and trouble!

We fall crushed to the ground;
we lie defeated in the dust.
Come to our aid!
Because of your constant love save us!

Also read: Ps 22

Consolation

Ps 147:2-6

The LORD is restoring Jerusalem;
he is bringing back the exiles.
He heals the broken-hearted
and bandages their wounds.

He has decided the number of the stars
and calls each one by name.
Great and mighty is our Lord;
his wisdom cannot be measured.
He raises the humble,
but crushes the wicked to the ground.

Ps 119:49-50

Remember your promise to me, your servant;
it has given me hope.
Even in my suffering I was comforted
because your promise gave me life.

LORD, I have given up my pride
and turned away from my arrogance.
I am not concerned with great matters
or with subjects too difficult for me.
Instead, I am content and at peace.
As a child lies quietly in its mother's arms,
so my heart is quiet within me.
Israel, trust in the LORD
now and for ever!

Also read: Ps 126; 135; 23

Trust

The LORD is my light and my salvation;
I will fear no one.
The LORD protects me from all danger;
I will never be afraid.

When evil people attack me and try to kill me,
they stumble and fall.
Even if a whole army surrounds me,
I will not be afraid;
even if enemies attack me,
I will still trust God.

May the LORD answer you when you are in trouble!
May the God of Jacob protect you!
May he send you help from his Temple
and give you aid from Mount Zion.

Some trust in their war chariots
and others in their horses,
but we trust in the power of the LORD our God.
Such people will stumble and fall,
but we will rise and stand firm.

Give victory to the king, O LORD;
answer us when we call.

I wait patiently for God to save me;
I depend on him alone.
He alone protects and saves me;
he is my defender,
and I shall never be defeated.

I depend on God alone;
I put my hope in him.
He alone protects and saves me;
he is my defender,
and I shall never be defeated.
My salvation and honour depend on God;
he is my strong protector;
he is my shelter.

Trust in God at all times, my people.
Tell him all your troubles,
for he is our refuge.

Also read: Ps 56:3-4,8; 21; 63

Doubt

Ps 43:3-5

Send your light and your truth;
may they lead me
and bring me back to Zion, your sacred hill,
and to your Temple, where you live.
Then I will go to your altar, O God;
you are the source of my happiness.
I will play my harp and sing praise to you,
O God, my God.

Why am I so sad?
Why am I so troubled?
I will put my hope in God,
and once again I will praise him,
my saviour and my God.

Ps 125:1-2

Those who trust in the LORD are like Mount Zion,
which can never be shaken, never be moved.
As the mountains surround Jerusalem,
so the LORD surrounds his people
now and for ever.

Fear in affliction

Ps 55:1-8 —

Hear my prayer, O God;
don't turn away from my plea!
Listen to me and answer me;
I am worn out by my worries.
I am terrified by the threats of my enemies,
crushed by the oppression of the wicked.
They bring trouble on me;
they are angry with me and hate me.

I am terrified,
and the terrors of death crush me.
I am gripped by fear and trembling;
I am overcome with horror.
I wish I had wings, like a dove.
I would fly away and find rest.
I would fly far away
and make my home in the desert.
I would quickly find myself a shelter
from the raging wind and the storm.

Ps 55:16-18,22 —

But I call to the LORD God for help,
and he will save me.
Morning, noon, and night
my complaints and groans go up to him,
and he will hear my voice.

He will bring me safely back
from the battles that I fight
against so many enemies.

Leave your troubles with the LORD,
and he will defend you;
he never lets honest people be defeated.

Despair

Ps 61:1-5

Hear my cry, O God;
listen to my prayer!
In despair and far from home
I call to you!

Take me to a safe refuge,
for you are my protector,
my strong defence against my enemies.

Let me live in your sanctuary all my life;
let me find safety under your wings.
You have heard my promises, O God,
and you have given me what belongs to those
who honour you.

Also read: Ps 69; 77; 86

God's will

Ps 25:4-7

Teach me your ways, O LORD;
 make them known to me.
 Teach me to live according to your truth,
 for you are my God, who saves me.
 I always trust in you.

Remember, O LORD, your kindness and constant love
 which you have shown from long ago.
 Forgive the sins and errors of my youth.
 In your constant love and goodness,
 remember me, LORD!

Also read: Ps 119:5-16,105

Struggling or rebellion

Ps 13:1-6

How much longer will you forget me, LORD? For ever?
 How much longer will you hide yourself from me?
 How long must I endure trouble?
 How long will sorrow fill my heart day and night?
 How long will my enemies triumph over me?

Look at me, O LORD my God, and answer me.
 Restore my strength; don't let me die.
 Don't let my enemies say, "We have defeated him."
 Don't let them gloat over my downfall.

I rely on your constant love;
I will be glad, because you will rescue me.
I will sing to you, O LORD,
because you have been good to me.

Ps 130:1-8

From the depths of my despair I call to you, LORD.
Hear my cry, O Lord;
listen to my call for help!
If you kept a record of our sins,
who could escape being condemned?
But you forgive us,
so that we should stand in awe of you.

I wait eagerly for the LORD's help,
and in his word I trust.
I wait for the Lord
more eagerly than watchmen wait for the dawn —
than watchmen wait for the dawn.

Israel, trust in the LORD,
because his love is constant
and he is always willing to save.
He will save his people Israel
from all their sins.

O LORD, my defender, I call to you.
Listen to my cry!
If you do not answer me,
I will be among those who go down
to the world of the dead.
Hear me when I cry to you for help,
when I lift my hands towards your holy Temple.

Give praise to the LORD;
he has heard my cry for help.
The LORD protects and defends me;
I trust in him.
He gives me help and makes me glad;
I praise him with joyful songs.

The LORD protects his people;
he defends and saves his chosen king.

Also read: Ps 22; 88; 77