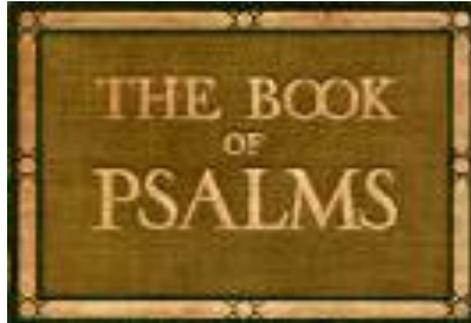


Selections



The Book of Psalms is a collection of five sets of books that were combined into a single biblical book. The psalms are primarily praises and prayers for temple worship or personal devotion.

The 150 psalms were composed over a period of about 1,000 years, starting in the time of Moses (1,400 BC) and stretching all the way to the Babylonian exile (586 BC). It seems that the Israelites were collecting and organizing individual psalms from the beginning of their organization as a nation.

Many of the psalms are linked to the name of David but his authorship is not universally accepted by modern Bible scholars. In total, at least eight authors are named, and other anonymous writers certainly would add to this total.

New Testament references show that the earliest Christians used the psalms in worship, and the psalms have remained an important part of worship in most Christian Churches. The psalms are popular for private devotion among many Protestants and still used in many churches for traditional worship.

It has been said that the psalms are “a school of prayer.” They not only provide us with models to follow, but inspire us to voice our own deepest feelings and aspirations.

(<https://en.wikipedia.org/wiki/Psalms>;<http://www.usccb.org/bible/psalms/0> <https://www.toughquestionsanswered.org/2015/11/06/commentary-on-psalms-23-27-psalms-of-david/>)



The translators of the New Living Translation set out to render the message of the original texts of Scripture into clear, contemporary English. As they did so, they kept the concerns of both formal-equivalence and dynamic-equivalence in mind. On the one hand, they translated as simply and literally as possible when that approach yielded an accurate, clear, and natural English text. Many words and phrases were rendered literally and consistently into English, preserving essential literary and rhetorical devices, ancient metaphors, and word choices that give structure to the text and provide echoes of meaning from one passage to the next.

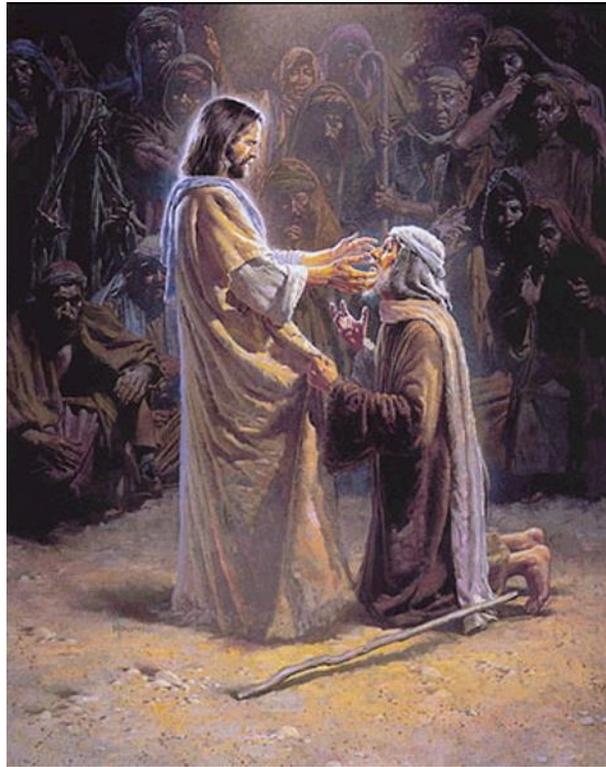
On the other hand, the NLT translators rendered the message more dynamically when the literal rendering was hard to understand, was misleading, or yielded archaic or foreign wording. They clarified difficult metaphors and terms to aid in the reader's understanding. The translators first struggled with the meaning of the words and phrases in the ancient context; then they rendered the message into clear, natural English. Their goal was to be both faithful to the ancient texts and eminently readable. The result is a translation that is both exegetically accurate and idiomatically powerful.

More than 90 Bible scholars, along with a group of accomplished English stylists, worked toward that goal. In the end, the NLT is the result of precise scholarship conveyed in living language. (<https://www.biblestudytools.com/nlt/>)



O Lord, hear me as I pray; pay attention to my groaning. Listen to my cry for help, my King and my God, for I pray to no one but you. Listen to my voice in the morning, Lord. Each morning I bring my requests to you and wait expectantly. (Psalm 5)

O Lord, don't rebuke me in your anger or discipline me in your rage. Have compassion on me, Lord, for I am weak. Heal me, Lord, for my bones are in agony. I am sick at heart. How long, O Lord, until you restore me? Return, O Lord, and rescue me. Save me because of your unfailing love. (6)



I will praise you, Lord, with all my heart; I will tell of all the marvelous things you have done. I will be filled with joy because of you. I will sing praises to your name, O Most High. (9)

The Lord is a shelter for the oppressed, a refuge in times of trouble. Those who know your name trust in you, for you, O Lord, do not abandon those who search for you. (9)

O Lord, how long will you forget me? Forever? How long will you look the other way? How long must I struggle with anguish in my soul, with sorrow in my heart every day? (13)

Who may worship in your sanctuary, Lord? Who may enter your presence on your holy hill? Those who lead blameless lives and do what is right, speaking the truth from sincere hearts. Those who refuse to gossip or harm their neighbors or speak evil of their friends. Those who despise flagrant sinners, and honor the faithful followers of the Lord, and keep their promises even when it hurts. Those who lend money without charging interest, and who cannot be bribed to lie about the innocent. Such people will stand firm forever. (15)

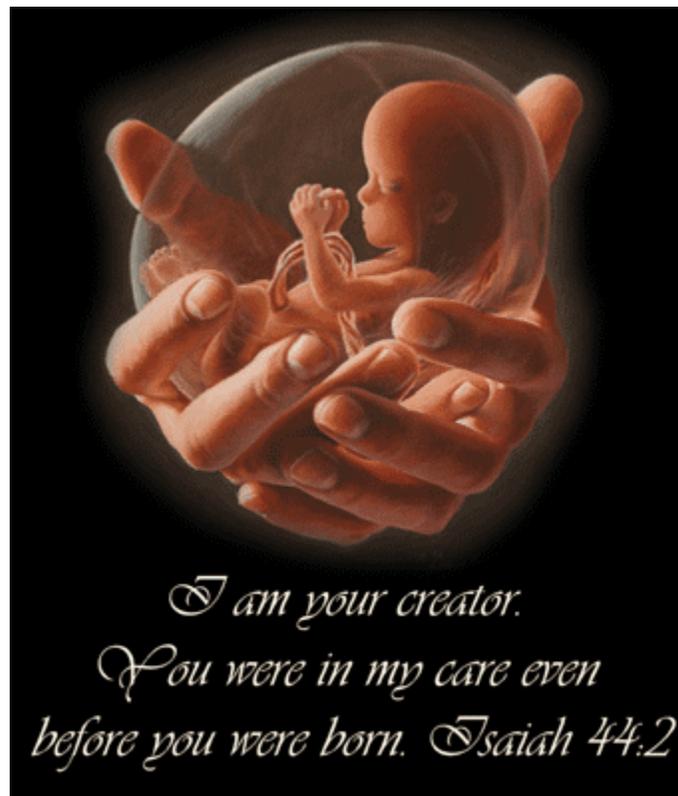
Keep me safe, O God, for I have come to you for refuge. I said to the Lord, “You are my Master! Every good thing I have comes from you.”...I will bless the Lord who guides me; even at night my heart instructs me. I know the Lord is always with me. I will not be shaken, for he is right beside me. No wonder my heart is glad, and I rejoice. My body rests in safety. For you will not leave my soul among the dead or allow your holy one to rot in the grave. You will show me the way of life, granting me the joy of your presence and the pleasures of living with you forever. (16)

I love you, Lord; you are my strength. The Lord is my rock, my fortress, and my savior; my God is my rock, in whom I find protection. He is my shield, the power that saves me, and my place of safety. (18)

You, Lord, keep my lamp burning; my God turns my darkness into light. (18)

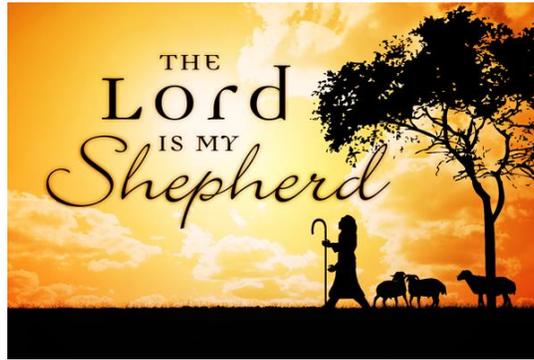
My God, my God, why have you abandoned me? Why are you so far away when I groan for help? Every day I call to you, my God, but you do not answer. Every night I lift my voice, but I find no relief. (22)

I was thrust into your arms at my birth. You have been my God from the moment I was born. Do not stay so far from me, for trouble is near, and no one else can help me. (22)



*I am your creator.
You were in my care even
before you were born. Isaiah 44:2*

The Lord is my shepherd; I shall not want. He lets me rest in green meadows; he leads me beside peaceful streams. He renews my strength. He guides me along right paths, bringing honor to his name. Even when I walk through the darkest valley, I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me. You prepare a feast for me in the presence of my enemies. You honor me by anointing my head with oil. My cup overflows with blessings. Surely your goodness and unfailing love will pursue me all the days of my life, and I will live in the house of the Lord forever. (23)



O Lord, I give my life to you. I trust in you, my God! Do not let me be disgraced, or let my enemies rejoice in my defeat. No one who trusts in you will ever be disgraced, but disgrace comes to those who try to deceive others. Show me the right path, O Lord; point out the road for me to follow. Lead me by your truth and teach me, for you are the God who saves me. All day long I put my hope in you. Remember, O Lord, your compassion and unfailing love, which you have shown from long ages past. Do not remember the rebellious sins of my youth. Remember me in the light of your unfailing love, for you are merciful, O Lord. The Lord is good and does what is right; he shows the proper path to those who go astray. He leads the humble in doing right, teaching them his way. The Lord leads with unfailing love and faithfulness all who keep his covenant and obey his demands. For the honor of your name, O Lord, forgive my many, many sins. (25)

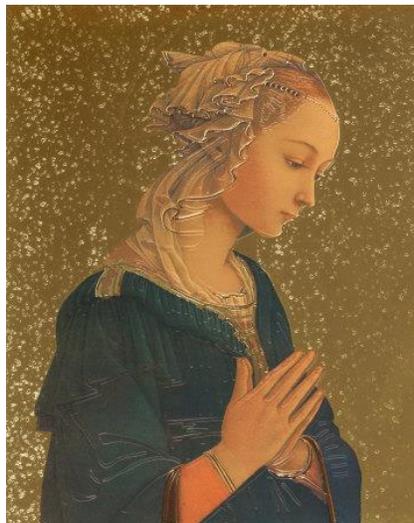
The Lord is my light and my salvation— so why should I be afraid? The Lord is my fortress, protecting me from danger, so why should I tremble? When evil people come to devour me, when my enemies and foes attack me, they will stumble and fall. Though a mighty army surrounds me, my heart will not be afraid. Even if I am attacked, I will remain confident. The one thing I ask of the Lord — the thing I seek most — is to live in the house of the Lord all the days of my life, delighting in the Lord's perfections and meditating in his Temple. For he will conceal me there when troubles come; he will hide me in his sanctuary. He will place me out of reach on a high rock. Then I will hold my head high above my enemies who surround me. At his sanctuary I will offer sacrifices with shouts of joy, singing and praising the Lord with music. Hear me as I pray, O Lord. Be merciful and answer me! My heart has heard you say, "Come and talk with me." And my heart responds, "Lord, I am coming." Do not turn your back on me. Do not reject your servant in anger. You have always been my helper. Don't leave me now; don't abandon me, O God of my salvation! Even if my father and mother abandon me, the Lord will hold me close. Teach me how to live, O Lord. Lead me along the right path, for my enemies are waiting for me. Do not let me fall into their hands. For they accuse me of things I've never done; with every breath they threaten me with violence. Yet I am confident I will see the Lord's goodness while I am here in the land of the living. Wait patiently for the Lord. Be brave and courageous. Yes, wait patiently for the Lord. (27)

I pray to you, O Lord, my rock. Do not turn a deaf ear to me. For if you are silent, I might as well give up and die. Listen to my prayer for mercy as I cry out to you for help, as I lift my hands toward your holy sanctuary. (28)

I will exalt you, Lord, for you rescued me. You refused to let my enemies triumph over me. O Lord my God, I cried to you for help, and you restored my health. You brought me up from the grave, O Lord. You kept me from falling into the pit of death. Sing to the Lord, all you godly ones! Praise his holy name. For his anger lasts only a moment, but his favor lasts a lifetime! Weeping may last through the night, but joy comes with the morning. When I was prosperous, I said, "Nothing can stop me now!" Your favor, O Lord, made me as secure as a mountain. Then you turned away from me, and I was shattered. I cried out to you, O Lord. I begged the Lord for mercy, saying, "What will you gain if I die, if I sink into the grave? Can my dust praise you? Can it tell of your faithfulness? Hear me, Lord, and have mercy on me. Help me, O Lord." You have turned my mourning into joyful dancing. You have taken away my clothes of mourning and clothed me with joy, that I might sing praises to you and not be silent. O Lord my God, I will give you thanks forever! (30)

Have mercy on me, Lord, for I am in distress. Tears blur my eyes. My body and soul are withering away. I am dying from grief; my years are shortened by sadness. Sin has drained my strength; I am wasting away from within. (31)

Oh, what joy for those whose disobedience is forgiven, whose sin is put out of sight! Yes, what joy for those whose record the Lord has cleared of guilt, whose lives are lived in complete honesty! When I refused to confess my sin, my body wasted away, and I groaned all day long. Day and night your hand of discipline was heavy on me. My strength evaporated like water in the summer heat. Finally, I confessed all my sins to you and stopped trying to hide my guilt. I said to myself, "I will confess my rebellion to the Lord." And you forgave me! All my guilt is gone. Therefore, let all the godly pray to you while there is still time, that they may not drown in the floodwaters of judgment. For you are my hiding place; you protect me from trouble. You surround me with songs of victory. The Lord says, "I will guide you along the best pathway for your life. I will advise you and watch over you. Do not be like a senseless horse or mule that needs a bit and bridle to keep it under control." Many sorrows come to the wicked, but unfailing love surrounds those who trust the Lord. So rejoice in the Lord and be glad, all you who obey him! Shout for joy, all you whose hearts are pure! (32)



Let the godly sing for joy to the Lord; it is fitting for the pure to praise him. Praise the Lord with melodies on the lyre; make music for him on the ten-stringed harp. Sing a new song of praise to him; play skillfully on the harp, and sing with joy. For the Word of the Lord holds true, and we can trust everything he does. He loves whatever is just and good; the unfailing love of the Lord fills the earth. The Lord merely spoke, and the heavens were created. He breathed the Word, and all the stars were born. He assigned the sea its boundaries and locked the oceans in vast reservoirs. Let the whole world fear the Lord, and let everyone stand in awe of him. For when he spoke, the world began! It appeared at his command. The Lord looks down from heaven and sees the whole human race. From his throne he observes all who live on the earth. He made their hearts, so he understands everything they do. The best-equipped army cannot save a king, nor is great strength enough to save a warrior. Don't count on your warhorse to give you victory — for all its strength, it cannot save you. But the Lord watches over those who fear him, those who rely on his unfailing love. He rescues them from death and keeps them alive in times of famine. We put our hope in the Lord. He is our help and our shield. In him our hearts rejoice, for we trust in his Holy Name. Let your unfailing love surround us, Lord, for our hope is in you alone. (33)



I will praise the Lord at all times. I will constantly speak his praises. I will boast only in the Lord; let all who are helpless take heart. Come, let us tell of the Lord's greatness; let us exalt his Name together. I prayed to the Lord, and he answered me. He freed me from all my fears. Those who look to him for help will be radiant with joy; no shadow of shame will darken their faces. In my desperation I prayed, and the Lord listened; he saved me from all my troubles. For the angel of the Lord is a guard; he surrounds and defends all who fear him. Taste and see that the Lord is good. Oh, the joys of those who take refuge in him! (34)

How precious is your unfailing love, O God! All humanity finds shelter in the shadow of your wings. You feed them from the abundance of your own house, letting them drink from your river of delights. For you are the fountain of life, the light by which we see. Pour out your unfailing love on those who love you; give justice to those with honest hearts. (36)

Trust in the Lord and do good. Then you will live safely in the land and prosper. Take delight in the Lord, and he will give you your heart's desires. Commit everything you do to the Lord. Trust him, and he will help you. He will make your innocence radiate like the dawn, and the justice of your cause will shine like the noonday sun. Be still in the presence of the Lord, and wait patiently for him to act. (37)

O Lord, don't rebuke me in your anger or discipline me in your rage! Your arrows have struck deep, and your blows are crushing me. Because of your anger, my whole body is sick; my health is broken because of my sins. My guilt overwhelms me — it is a burden too heavy to bear. My wounds fester and stink because of my foolish sins. I am bent over and racked with pain. All day long I walk around filled with grief. A raging fever burns within me, and my health is broken. I am exhausted and completely crushed. My groans come from an anguished heart.

You know what I long for, Lord; you hear my every sigh. My heart beats wildly, my strength fails, and I am going blind. My loved ones and friends stay away, fearing my disease. Even my own family stands at a distance. Meanwhile, my enemies lay traps to kill me. Those who wish me harm make plans to ruin me. All day long they plan their treachery. But I am deaf to all their threats. I am silent before them as one who cannot speak. I choose to hear nothing, and I make no reply. For I am waiting for you, O Lord. You must answer for me, O Lord my God. I prayed, "Don't let my enemies gloat over me or rejoice at my downfall." I am on the verge of collapse, facing constant pain. But I confess my sins; I am deeply sorry for what I have done. I have many aggressive enemies; they hate me without reason. They repay me evil for good and oppose me for pursuing good. Do not abandon me, O Lord. Do not stand at a distance, my God. Come quickly to help me, O Lord my savior. (38)



I said to myself, "I will watch what I do and not sin in what I say. I will hold my tongue when the ungodly are around me." But as I stood there in silence - not even speaking of good things - the turmoil within me grew worse. The more I thought about it, the hotter I got, igniting a fire of words:

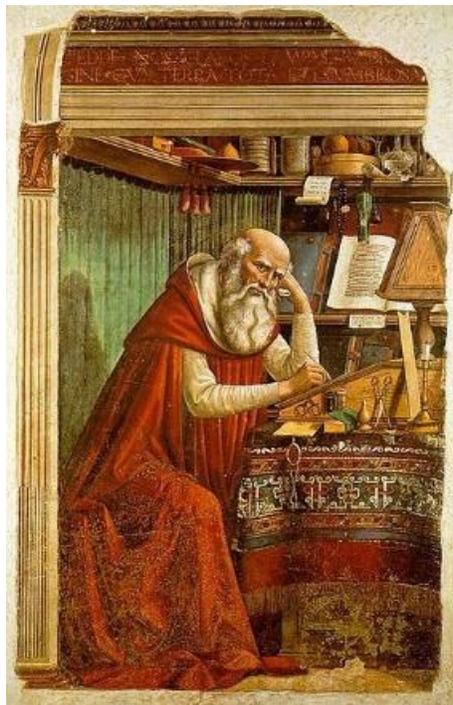
"Lord, remind me how brief my time on earth will be. Remind me that my days are numbered, and that my life is fleeing away. You have made my life no longer than the width of my hand. My entire lifetime is just a moment to you; at best, each of us is but a breath."

We are merely moving shadows, and all our busy rushing ends in nothing. We heap up wealth, not knowing who will spend it. And so, Lord, where do I put my hope? My only hope is in you. Rescue me from my rebellion...(39)

Lord, don't hold back your tender mercies from me. Let your unfailing love and faithfulness always protect me. For troubles surround me — too many to count! My sins pile up so high I can't see my way out. They outnumber the hairs on my head. I have lost all courage. Please, Lord, rescue me! Come quickly, Lord, and help me. (40)

As a deer longs for flowing streams, so my soul longs for you, O God. My soul thirst for God, the living God. When can I go and stand before him? Day and night I have only tears for food, while my enemies continually taunt me, saying, "Where is this God of yours?"

My heart is breaking as I remember how it used to be: I walked among the crowds of worshipers, leading a great procession to the house of God, singing for joy and giving thanks amid the sound of a great celebration! Why am I discouraged? Why is my heart so sad? I will put my hope in God! I will praise him again — my Savior and my God! Now I am deeply discouraged, but I will remember you — even from distant Mount Hermon, the source of the Jordan, from the land of Mount Mizar. I hear the tumult of the raging seas as your waves and surging tides sweep over me. But each day the Lord pours his unfailing love upon me, and through each night I sing his songs, praying to God who gives me life. "O God my rock," I cry, "Why have you forgotten me? Why must I wander around in grief, oppressed by my enemies?" (42)



Send out your light and your truth; let them guide me. Let them lead me to your holy mountain, to the place where you live. There I will go to the altar of God, to God — the source of all my joy. I will praise you with my harp, O God, my God! (43)

Do not banish me from your presence, and don't take your Holy Spirit from me. Restore to me the joy of your salvation, and make me willing to obey you. (51)

I wait quietly before God, for my victory comes from him. He alone is my rock and my salvation, my fortress where I will never be shaken. (62)

O God, you are my God; I earnestly search for you. My soul thirsts for you; my whole body longs for you in this parched and weary land where there is no water. I have seen you in your sanctuary and gazed upon your power and glory. Your unfailing love is better than life itself; how I praise you! I will praise you as long as I live, lifting up my hands to you in prayer. You satisfy me more than the richest feast. I will praise you with songs of joy. I lie awake thinking of you, meditating on you through the night. Because you are my helper, I sing for joy in the shadow of your wings. I cling to you; your strong right hand holds me securely. (63)



I cry out to God; yes, I shout. Oh, that God would listen to me! When I was in deep trouble, I searched for the Lord. All night long I prayed, with hands lifted toward heaven, but my soul was not comforted. I think of God, and I moan, overwhelmed with longing for his help. You don't let me sleep. I am too distressed even to pray! I think of the good old days, long since ended, when my nights were filled with joyful songs. I search my soul and ponder the difference now. Has the Lord rejected me forever? Will he never again be kind to me? Is his unfailing love gone forever? Have his promises permanently failed? Has God forgotten to be gracious? Has he slammed the door on his compassion? (77)

How lovely is your dwelling place, O Lord of Heaven's Armies. I long, yes, I faint with longing to enter the courts of the Lord. With my whole being, body and soul, I will shout joyfully to the living God. Even the sparrow finds a home, and the swallow builds her nest and raises her young at a place near your altar, O Lord of Heaven's Armies, my King and my God! What joy for those who can live in your house, always singing your praises. (84)

Bend down, O Lord, and hear my prayer; answer me, for I need your help. Protect me, for I am devoted to you. Save me, for I serve you and trust you. You are my God. Be merciful to me, O Lord, for I am calling on you constantly. Give me happiness, O Lord, for I give myself to you. O Lord, you are so good, so ready to forgive, so full of unfailing love for all who ask for your help. (86)

Teach me your ways, O Lord, that I may live according to your truth! Grant me purity of heart, so that I may honor you. With all my heart I will praise you, O Lord my God. I will give glory to your Name forever, for your love for me is very great. You have rescued me from the depths of death. (86)

O Lord, I cry out to you. I will keep on pleading day by day. O Lord, why do you reject me? Why do you turn your face from me? I have been sick and close to death since my youth. I stand helpless and desperate before your terrors. Your fierce anger has overwhelmed me. Your terrors have paralyzed me. They swirl around me like floodwaters all day long. They have engulfed me completely. You have taken away my companions and loved ones. Darkness is my closest friend. (88)



Lord, through all the generations you have been our home! Before the mountains were born, before you gave birth to the earth and the world, from beginning to end, you are God. You turn people back to dust, saying, “Return to dust, you mortals!” For you, a thousand years are as a passing day, as brief as a few night hours. You sweep people away like dreams that disappear. They are like grass that springs up in the morning. In the morning it blooms and flourishes, but by evening it is dry and withered. We wither beneath your anger; we are overwhelmed by your fury. You spread out our sins before you — our secret sins — and you see them all. We live our lives beneath your wrath, ending our years with a groan. Seventy years are given to us! Some even live to eighty. But even the best years are filled with pain and trouble; soon they disappear, and we fly away. Who can comprehend the power of your anger? Your wrath is as awesome as the fear you deserve. Teach us to realize the brevity of life, so that we may grow in wisdom.

O Lord, come back to us! How long will you delay? Take pity on your servants! Satisfy us each morning with your unfailing love, so we may sing for joy to the end of our lives. Give us gladness in proportion to our former misery! Replace the evil years with good. Let us, your servants, see you work again; let our children see your glory. And may the Lord our God show us his approval and make our efforts successful. Yes, make our efforts successful! (90)

It is good to give thanks to the Lord, to sing praises to the Most High. It is good to proclaim your unfailing love in the morning, your faithfulness in the evening, accompanied by a ten-stringed instrument, a harp, and the melody of a lyre. You thrill me, Lord, with all you have done for me! I sing for joy because of what you have done. (92)



Let all that I am praise the Lord; with my whole heart, I will praise his Holy Name. Let all that I am praise the Lord; may I never forget the good things he does for me. He forgives all my sins and heals all my diseases. He redeems me from death and crowns me with love and tender mercies. He fills my life with good things. My youth is renewed like the eagle's! (103)

The Lord is like a father to his children, tender and compassionate to those who fear him. For he knows how weak we are; he remembers we are only dust. Our days on earth are like grass; like wildflowers, we bloom and die. The wind blows, and we are gone — as though we had never been here. But the love of the Lord remains forever with those who fear him. (103)

Let all that I am praise the Lord. O Lord my God, how great you are! You are robed with honor and majesty. You are dressed in a robe of light. You stretch out the starry curtain of the heavens; you lay out the rafters of your home in the rain clouds. (104)

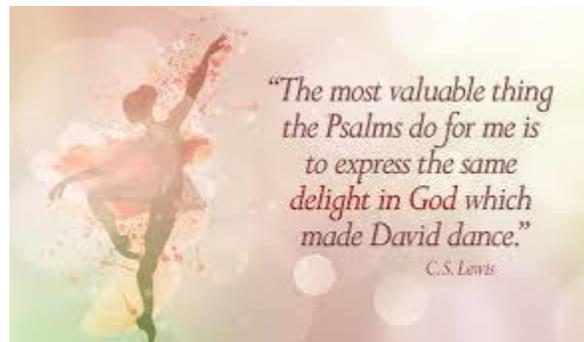
Lord, my mind is not noisy with desires, and my heart has satisfied its longing. I do not care about religion or anything that is not you. I have soothed and quieted my soul, like a child at its mother's breast. My soul is peaceful as a child sleeping in its mother's arms. (131)

O Lord, you have examined my heart and know everything about me. You know when I sit down or stand up. You know my thoughts even when I'm far away. You see me when I travel and when I rest at home. You know everything I do. You know what I am going to say even before I say it, Lord. You go before me and follow me. You place your hand of blessing on my head. Such knowledge is too wonderful for me, too great for me to understand! I can never escape from your Spirit! I can never get away from your presence! If I go up to heaven, you are there; if I go down to the grave, you are there. If I ride the wings of the morning, if I dwell by the farthest oceans, even there your hand will guide me, and your strength will support me. I could ask the darkness to hide me and the light around me to become night — but even in darkness I cannot hide from you. To you the night shines as bright as day. Darkness and light are the same to you.

You made all the delicate, inner parts of my body and knit me together in my mother's womb. Thank you for making me so wonderfully complex! Your workmanship is marvelous — how well I know it. You watched me as I was being formed in utter seclusion, as I was woven together in the dark of the womb. You saw me before I was born. Every day of my life was recorded in your book. Every moment was laid out before a single day had passed. How precious are your thoughts about me, O God. They cannot be numbered! I can't even count them; they outnumber the grains of sand! And when I wake up, you are still with me! (139)

I cry out to the Lord; I plead for the Lord's mercy. I pour out my complaints before him and tell him all my troubles. When I am overwhelmed, you alone know the way I should turn. Wherever I go, my enemies have set traps for me. I look for someone to come and help me, but no one gives me a passing thought! No one will help me; no one cares a bit what happens to me. Then I pray to you, O Lord. I say, "You are my place of refuge. You are all I really want in life. Hear my cry, for I am very low. Rescue me from my persecutors, for they are too strong for me. Bring me out of prison so I can thank you. The godly will crowd around me, for you are good to me." (142)

Praise the Lord! Praise God in his sanctuary; praise him in his mighty heaven! Praise him for his mighty works; praise his unequalled greatness! Praise him with a blast of the ram's horn; praise him with the lyre and harp! Praise him with the tambourine and dancing; praise him with strings and flutes! Praise him with a clash of cymbals; praise him with loud clanging cymbals. Let everything that breathes sing praises to the Lord! Praise the Lord! (150)





PSALMS
46:10

Be still, and know that I am God.

Kirpalct@yahoo.com

For more booklets go to: Kirpalsingh.org
(Spiritual Quotations for Lovers of God)