

# Psalm 6

O Lord, do not rebuke me in your anger  
or discipline me in your wrath.

Be merciful to me, Lord, for I am faint;

O Lord, heal me, for my bones are in agony.

My soul is in deep anguish.

How long, O Lord, how long?

Turn, O Lord, and deliver me;  
save me because of your unfailing love.

No one remembers you when he is dead.

Who praises you from the grave?

I am worn out from my groaning;

all night long I flood my bed with weeping

and drench my couch with tears.

My eyes grow weak with sorrow; they fail because of all my foes.

Away from me, all you who do evil,

for the Lord has heard my weeping.

The Lord has heard my cry for mercy;

the Lord accepts my prayer.

All my enemies will be

ashamed and dismayed;

they will turn back in sudden disgrace.

# Psalm 13

How long, O Lord? Will you forget me forever?  
How long will you hide your face from me?  
How long must I wrestle with my thoughts and every day have sorrow in my heart?  
How long will my enemy triumph over me?

Look on me and answer, O Lord my God.

Give light to my eyes, or I will sleep in death; my enemy will say, "I have overcome him," and my foes will rejoice when I fall.

But I trust in your unfailing love; my heart rejoices in your salvation.

I will sing to the Lord, for he has been good to me.

# Psalm 142

I cry aloud to the Lord;  
I lift up my voice to the Lord  
for mercy.

I pour out my complaint  
before him; before him I tell  
my trouble.

When my spirit grows faint  
within me,

it is you who know my way.

In the path where I walk  
men have hidden a snare  
for me.

Look to my right and see; no  
one is concerned for me.

I have no refuge; no one  
cares for my life.

I cry to you, O Lord;

I say, "You are my refuge,  
my portion in the land of the  
living."

Listen to my cry,  
for I am in desperate need,  
rescue me from those who  
pursue me,

for they are too strong for  
me.

Set me free from my prison,  
that I may praise your  
name.

Then the righteous will  
gather about me  
because of your goodness  
to me.

# Psalm 46

## verses 1-7

God is our refuge and strength,  
an ever-present help in trouble.

Therefore we will not fear, though the earth give way  
and the mountains fall into the heart of the sea,  
though its waters roar and foam  
and the mountains quake with their surging.

There is a river whose streams make glad the city of God,  
the holy place where the Most High dwells.

God is within her, she will not fall;

God will help her at break of day.

Nations are in uproar, kingdoms fall;

he lifts his voice, the earth melts.

The Lord Almighty is with us; the God of Jacob is our fortress.

# Psalm 55

*verses 4-8, 16 + 22-23*

My heart is in anguish within me;

the terrors of death assail me.

Fear and trembling have beset me;

horror has overwhelmed me.

I said, "Oh, that I had the wings of a dove! I would fly away and be at rest

-I would flee far away

and stay in the desert;

I would hurry to my place of shelter,

far from the tempest and storm."

But I call to God, and the Lord saves me.

Cast your cares on the Lord and he will sustain you;

he will never let the righteous fall.

But you, O God, will bring down the wicked into the pit of corruption;

bloodthirsty and deceitful men

will not live out half their days.

But as for me, I trust in you.

# Psalm 22

*verses 1-5*

My God, my God, why  
have you forsaken  
me?

Why are you so far  
from saving me,  
so far from the words  
of my groaning?

O my God, I cry out by  
day, but you do not  
answer,  
by night, and am not  
silent.

Yet you are enthroned  
as the Holy One;  
you are the praise of  
Israel.

In you our fathers put  
their trust;  
they trusted and you  
delivered them.

They cried to you and  
were saved;  
in you they trusted and  
were not disappointed.

# Psalm 27

verses 7-14

Hear my voice when I call, O Lord;

be merciful to me and answer me.

My heart says of you, "Seek his face!"

Your face, Lord, I will seek.

Do not hide your face from me,

do not turn your servant away in anger;

you have been my helper.

Do not reject me or forsake me,

O God my Savior.

Though my father and mother forsake me,

the Lord will receive me.

Teach me your way, O Lord;

lead me in a straight path because of my oppressors.

Do not turn me over to the desire of my foes,

for false witnesses rise up against me,

breathing out violence.

I am still confident of this:

I will see the goodness of the Lord in the land of the living.

Wait for the Lord; be strong and take heart and wait for the Lord.

# Psalm 69

*verses 1-3, 13 + 29*

Save me, O God,  
for the waters have  
come up to my neck.  
I sink in the miry  
depths,  
where there is no  
foothold.

I have come into the  
deep waters;  
the floods engulf me.  
I am worn out calling  
for help;  
my throat is parched.  
My eyes fail,  
looking for my God.

But I pray to you, O  
Lord,  
in the time of your  
favor;  
in your great love, O  
God,  
answer me with your  
sure salvation.

I am in pain and  
distress; may your  
salvation, O God,  
protect me.



# Psalm 91

## verses 1-7

He who dwells in the shelter of the Most High will rest in the shadow of the Almighty.

I will say of the Lord, "He is my refuge and my fortress, my God, in whom I trust."

Surely he will save you from the fowler's snare and from the deadly pestilence.

He will cover you with his feathers,

and under his wings you will find refuge;

his faithfulness will be your shield and rampart.

You will not fear the terror of night,

nor the arrow that flies by day,

nor the pestilence that stalks in the darkness,

nor the plague that destroys at midday.

A thousand may fall at your side, ten thousand at your right hand,

but it will not come near you.

# *Psalm* *61 + 62*

*61 verses 1-5;*  
*62 verses 1-2*

Hear my cry, O God;  
listen to my prayer.  
From the ends of the earth  
I call to you,  
I call as my heart grows  
faint;  
lead me to the rock that is  
higher than I.  
For you have been my  
refuge,  
a strong tower against the  
foe.

I long to dwell in your tent  
forever  
and take refuge in the  
shelter of your wings.  
For you have heard my  
vows, O god;  
you have given me the  
heritage of those who fear  
your name.

My soul finds rest in God  
alone;  
my salvation comes from  
him.  
He alone is my rock and  
my salvation;  
he is my fortress, I will  
never be shaken.