

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.