

## PSALM 1 (NASB)

<sup>1</sup> How blessed is the man

Who does not walk in the *counsel of the wicked*,    **Nor stand** in the *path of sinners*,

**Nor sit** in the *seat of scoffers*!

<sup>2</sup> **But** his delight is in the law of the LORD,    And in His law he meditates day and night.

<sup>3</sup> And he will be like a tree *firmly* planted    Which yields its fruit in its season,  
by streams of water,

And its leaf does not wither;    And in whatever he does, he prospers.

<sup>4</sup> The wicked are **not so**,    **But** they are like chaff which the wind drives away.

<sup>5</sup> **Therefore** the wicked will not **stand**    Nor sinners in the *assembly of the*  
in the *judgment*,    *righteous*.

<sup>6</sup> For the Lord knows the way    But the way of the wicked will perish  
of the righteous,

## PSALM 13 ESV

<sup>1</sup> **How long**, O Lord? Will you forget me forever?    **How long** will you hide your face from me?

<sup>2</sup> **How long** must I take counsel in my soul    and have sorrow in my heart all the day?  
**How long** shall my enemy be exalted over me?

<sup>3</sup> Consider and answer me, O Lord my God;    light up my eyes,  
**lest** I sleep the sleep of death,

<sup>4</sup> **lest** my enemy say, "I have prevailed over him,"    **lest** my foes rejoice because I am shaken.

<sup>5</sup> But I have trusted in your steadfast love;    my heart shall rejoice in your salvation.

<sup>6</sup> I will sing to the Lord,    because he has dealt bountifully with me.

## PSALM 57 (ESV) Of David when he fled from Saul into the Cave

<sup>1</sup> Be merciful to me, O God, be merciful to me,  
for in you my soul takes refuge; in the shadow of your wings I will take refuge,  
till the storms of destruction pass by.

<sup>2</sup> I cry out to God Most High, to God who fulfills his purpose for me.

<sup>3</sup> He will send from heaven and save me; he will put to shame him who tramples on me. *Selah*  
God will send out his steadfast love and his faithfulness!

<sup>4</sup> My soul is in the midst of lions; I lie down amid fiery beasts  
the children of man, whose teeth are whose tongues are sharp swords,  
spears and arrows,

<sup>5</sup> *Be exalted, O God, above the heavens! Let your glory be over all the earth!*

<sup>6</sup> They set a net for my steps; my soul was bowed down.  
They dug a pit in my way, but they have fallen into it themselves. *Selah*

<sup>7</sup> My heart is steadfast, O God, my heart is steadfast!  
I will sing and make melody! <sup>8</sup> Awake, my glory!  
Awake, O harp and lyre! I will awake the dawn!

<sup>9</sup> I will give thanks to you, O Lord, among the peoples;  
I will sing praises to you among the nations.

<sup>10</sup> For your steadfast love is great to, your faithfulness to the clouds.  
the heavens

<sup>11</sup> *Be exalted, O God, above the heavens! Let your glory be over all the earth!*



## PSALM 39 (ESV)

- <sup>1</sup> I said, "I will guard my ways, that I may not sin with my tongue;  
I will guard my mouth with a muzzle,  
so long as the wicked are in my presence."
- <sup>2</sup> I was mute and silent;  
and my distress grew worse.  
I held my peace to no avail,
- <sup>3</sup> My heart became hot within me.  
then I spoke with my tongue:  
As I mused, the fire burned;
- <sup>4</sup> "O Lord, make me know my end  
and what is the measure of my days;  
let me know how fleeting I am!
- <sup>5</sup> Behold, you have made my days a,  
few handbreadths  
and my lifetime is as nothing before you.  
Surely all mankind stands as a mere breath! *Selah*
- <sup>6</sup> Surely a man goes about as a shadow!  
man heaps up wealth and does not know who will gather!  
Surely for nothing they are in turmoil;
- <sup>7</sup> "And now, O Lord, for what do I wait?  
My hope is in you.
- <sup>8</sup> Deliver me from all my transgressions.  
Do not make me the scorn of the fool!
- <sup>9</sup> I am mute; I do not open my mouth,  
for it is you who have done it.
- <sup>10</sup> Remove your stroke from me;  
I am spent by the hostility of your hand.
- <sup>11</sup> When you discipline a man with rebukes  
for sin,  
you consume like a moth what is dear  
to him;  
surely all mankind is a mere breath! *Selah*
- <sup>12</sup> "Hear my prayer, O Lord,  
and give ear to my cry;  
hold not your peace at my tears!
- For I am a sojourner with you,  
a guest, like all my fathers.
- <sup>13</sup> Look away from me, that I may smile again,  
before I depart and am no more!"

