

**NEW TESTAMENT
AND PSALMS
FOR MEN**



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THE
PSALMS
OF THE OLD TESTAMENT

THE PSALMS

BOOK I

Psalm 1

The Two Ways

¹Blessed is the man
who walks not in the
counsel of the wicked,
nor stands in the way of
sinners,
nor sits in the seat of
scoffers;

²but his delight is in the
law of the LORD,
and on his law he
meditates day
and night.

³He is like a tree
planted by streams of
water,
that yields its fruit in its
season,
and its leaf does not
wither.
In all that he does, he
prosper.

⁴The wicked are not so,
but are like chaff which
the wind drives away.

⁵Therefore the wicked
will not stand in the
judgment,
nor sinners in the
congregation of the
righteous;

⁶for the LORD knows the
way of the righteous,
but the way of the
wicked will perish.

Psalm 2

God's Promise to His Anointed

¹Why do the nations
conspire,
and the peoples plot
in vain?

²The kings of the earth set
themselves,
and the rulers take
counsel together,

against the LORD and
his anointed, saying,
3“Let us burst their bonds
asunder,
and cast their cords
from us.”

4He who sits in the
heavens laughs;
the LORD has them in
derision.

5Then he will speak to
them in his wrath,
and terrify them in his
fury, saying,

6“I have set my king
on Zion, my holy hill.”

7I will tell of the decree of
the LORD:
He said to me, “You are
my son,
today I have
begotten you.

8Ask of me, and I will
make the nations
your heritage,
and the ends of
the earth your
possession.

9You shall break them with
a rod of iron,
and dash them in
pieces like a potter’s
vessel.”

10Now therefore, O kings,
be wise;
be warned, O rulers of
the earth.

11Serve the LORD with fear,
with trembling 12kiss
his feet,*
lest he be angry, and you
perish in the way;
for his wrath is quickly
kindled.

Blessed are all who take
refuge in him.

Psalm 3

Trust in God under Adversity

A Psalm of David, when he
fled from Absalom his son.

1O LORD, how many are
my foes!
Many are rising
against me;
2many are saying of me,
there is no help for him
in God. *Selah*

3But thou, O LORD, art a
shield about me,
my glory, and the lifter
of my head.

* 2:12 Cn: The Hebrew of 11b and 12a
is uncertain

⁴I cry aloud to the LORD,
and he answers me
from his holy hill.

Selah

⁵I lie down and sleep;
I wake again, for the
LORD sustains me.

⁶I am not afraid of ten
thousands of people
who have set
themselves against
me round about.

⁷Arise, O LORD!
Deliver me, O my God!
For thou dost smite all my
enemies on the cheek,
thou dost break the
teeth of the wicked.

⁸Deliverance belongs to
the LORD;
thy blessing be upon
thy people! *Selah*

Psalm 4

Confident Plea for Deliverance from Enemies

To the choirmaster: with
stringed instruments.
A Psalm of David.

¹Answer me when I call,
O God of my right!

Thou hast given me
room when I was in
distress.

Be gracious to me, and
hear my prayer.

²O men, how long shall my
honor suffer shame?
How long will you love
vain words, and
seek after lies?

Selah

³But know that the LORD
has set apart the
godly for himself;
the LORD hears when
I call to him.

⁴Be angry, but sin not;
commune with your
own hearts on your
beds, and be silent.
Selah

⁵Offer right sacrifices,
and put your trust in
the LORD.

⁶There are many who say,
“O that we might see
some good!
Lift up the light of thy
countenance upon
us, O LORD!”

⁷Thou hast put more joy in
my heart

than they have when
their grain and wine
abound.

⁸In peace I will both lie
down and sleep;
for thou alone, O LORD,
makest me dwell in
safety.

Psalm 5

Trust in God for Deliverance from Enemies

To the choirmaster: for the
flutes. A Psalm of David.

¹Give ear to my words,
O LORD;
give heed to my
groaning.

²Hearken to the sound of
my cry,
my King and my God,
for to thee do I pray.

³O LORD, in the morning
thou dost hear my
voice;
in the morning I
prepare a sacrifice
for thee, and watch.

⁴For thou art not a God
who delights in
wickedness;

evil may not sojourn
with thee.

⁵The boastful may not
stand before thy
eyes;
thou hatest all
evildoers.

⁶Thou destroyest those
who speak lies;
the LORD abhors
bloodthirsty and
deceitful men.

⁷But I through the
abundance of thy
steadfast love
will enter thy house,
I will worship toward thy
holy temple
in the fear of thee.

⁸Lead me, O LORD, in thy
righteousness
because of my enemies;
make thy way straight
before me.

⁹For there is no truth in
their mouth;
their heart is
destruction,
their throat is an open
sepulchre,
they flatter with their
tongue.

¹⁰Make them bear their
guilt, O God;

let them fall by their
own counsels;
because of their many
transgressions cast
them out,
for they have rebelled
against thee.

¹¹But let all who take refuge
in thee rejoice,
let them ever sing
for joy;
and do thou defend
them,
that those who love thy
name may exult
in thee.

¹²For thou dost bless the
righteous, O LORD;
thou dost cover him
with favor as with
a shield.

Psalm 6

Prayer for Recovery from Grave Illness

To the choirmaster: with
stringed instruments;
according to The Sheminith.
A Psalm of David.

¹O LORD, rebuke me not
in thy anger,
nor chasten me in
thy wrath.

²Be gracious to me,
O LORD, for I am
languishing;
O LORD, heal me,
for my bones are
troubled.

³My soul also is sorely
troubled.
But thou, O LORD—
how long?

⁴Turn, O LORD, save my life;
deliver me for the sake
of thy steadfast love.

⁵For in death there is no
remembrance of
thee;
in Sheol who can give
thee praise?

⁶I am weary with my
moaning;
every night I flood my
bed with tears;
I drench my couch with
my weeping.

⁷My eye wastes away
because of grief,
it grows weak because
of all my foes.

⁸Depart from me, all you
workers of evil;
for the LORD has heard
the sound of my
weeping.

⁹The LORD has heard my
supplication;
the LORD accepts my
prayer.
¹⁰All my enemies shall be
ashamed and sorely
troubled;
they shall turn back,
and be put to shame
in a moment.

Psalm 7

Plea for Help against Persecutors

A Shiggaion of David, which he
sang to the LORD concerning
Cush a Benjaminite.

¹O LORD my God, in thee
do I take refuge;
save me from all my
pursuers, and
deliver me,
²lest like a lion they rend me,
dragging me away,
with none to rescue.
³O LORD my God, if I have
done this,
if there is wrong in my
hands,
⁴if I have requited my
friend with evil
or plundered my enemy
without cause,

⁵let the enemy pursue me
and overtake me,
and let him trample my
life to the ground,
and lay my soul in
the dust. *Selah*

⁶Arise, O LORD, in thy
anger,
lift thyself up against
the fury of my
enemies;
awake, O my God;*
thou hast appointed
a judgment.

⁷Let the assembly of the
peoples be gathered
about thee;
and over it take thy
seat[†] on high.

⁸The LORD judges the
peoples;
judge me, O LORD,
according to my
righteousness
and according to the
integrity that is
in me.

⁹O let the evil of the
wicked come to
an end,
but establish thou the
righteous,

* 7:6 Or *for me*

† 7:7 Cn: Heb *return*

thou who triest the minds
and hearts,
thou righteous God.

¹⁰My shield is with God,
who saves the upright
in heart.

¹¹God is a righteous judge,
and a God who has
indignation
every day.

¹²If a man* does not repent,
God† will whet
his sword;

he has bent and strung
his bow;

¹³he has prepared his
deadly weapons,
making his arrows
fiery shafts.

¹⁴Behold, the wicked man
conceives evil,
and is pregnant with
mischief,
and brings forth lies.

¹⁵He makes a pit, digging
it out,
and falls into the hole
which he has made.

¹⁶His mischief returns upon
his own head,
and on his own pate his
violence descends.

¹⁷I will give to the LORD the
thanks due to his
righteousness,
and I will sing praise
to the name of the
LORD, the Most High.

Psalm 8

Divine Majesty and Human Dignity

To the choirmaster:
according to The Gittith.
A Psalm of David.

¹O LORD, OUR LORD,
how majestic is thy name
in all the earth!

Thou whose glory above
the heavens is
chanted

² by the mouth of babes
and infants,
thou hast founded a
bulwark because of
thy foes,
to still the enemy and
the avenger.

³When I look at thy
heavens, the work of
thy fingers,
the moon and the stars
which thou hast
established;

* 7:12 Heb *he*

† 7:12 Heb *he*

⁴what is man that thou art
mindful of him,
and the son of man
that thou dost care
for him?

⁵Yet thou hast made him
little less than God,
and dost crown him
with glory and honor.

⁶Thou hast given him
dominion over the
works of thy hands;
thou hast put all things
under his feet,

⁷all sheep and oxen,
and also the beasts of
the field,

⁸the birds of the air, and
the fish of the sea,
whatever passes along
the paths of the sea.

⁹O LORD, our Lord,
how majestic is thy
name in all the earth!

Psalm 9

God's Power and Justice

To the choirmaster: according to
Muthlabben. A Psalm of David.

¹I will give thanks to the
LORD with my
whole heart;

I will tell of all thy
wonderful deeds.

²I will be glad and exult
in thee,

I will sing praise to thy
name, O Most High.

³When my enemies turned
back,
they stumbled and
perished before
thee.

⁴For thou hast maintained
my just cause;
thou hast sat on the
throne giving
righteous judgment.

⁵Thou hast rebuked the
nations, thou hast
destroyed the
wicked;
thou hast blotted out
their name for ever
and ever.

⁶The enemy have vanished
in everlasting ruins;
their cities thou hast
rooted out;
the very memory of
them has perished.

⁷But the LORD sits
enthroned for ever,
he has established his
throne for judgment;

⁸and he judges the world
with righteousness,
he judges the peoples
with equity.

⁹The LORD is a stronghold
for the oppressed,
a stronghold in times
of trouble.

¹⁰And those who know thy
name put their trust
in thee,
for thou, O LORD, hast
not forsaken those
who seek thee.

¹¹Sing praises to the LORD,
who dwells in Zion!
Tell among the peoples
his deeds!

¹²For he who avenges blood
is mindful of them;
he does not forget the
cry of the afflicted.

¹³Be gracious to me,
O LORD!
Behold what I suffer from
those who hate me,
O thou who liftest me
up from the gates of
death,

¹⁴that I may recount all thy
praises,
that in the gates of the
daughter of Zion

I may rejoice in thy
deliverance.

¹⁵The nations have sunk in
the pit which they
made;
in the net which they
hid has their own
foot been caught.

¹⁶The LORD has made himself
known, he has
executed judgment;
the wicked are snared
in the work of
their own hands.

Higgaion. Selah

¹⁷The wicked shall depart to
Sheol,
all the nations that
forget God.

¹⁸For the needy shall not
always be forgotten,
and the hope of the
poor shall not perish
for ever.

¹⁹Arise, O LORD! Let not
man prevail;
let the nations be
judged before thee!

²⁰Put them in fear, O LORD!
Let the nations know
that they are but men!

Selah

Psalm 10*Prayer for Deliverance
from Enemies*

¹Why dost thou stand afar
off, O LORD?

Why dost thou hide
thyself in times of
trouble?

²In arrogance the wicked
hotly pursue the
poor;

let them be caught in
the schemes which
they have devised.

³For the wicked boasts of
the desires of his
heart,
and the man greedy
for gain curses and
renounces the LORD.

⁴In the pride of his
countenance the
wicked does not
seek him;
all his thoughts are,
“There is no God.”

⁵His ways prosper at all
times;
thy judgments are on
high, out of his sight;
as for all his foes, he
puffs at them.

⁶He thinks in his heart,
“I shall not be
moved;
throughout all
generations I shall
not meet adversity.”

⁷His mouth is filled with
cursing and deceit
and oppression;
under his tongue
are mischief and
iniquity.

⁸He sits in ambush in the
villages;
in hiding places
he murders the
innocent.

His eyes stealthily watch
for the hapless,
⁹ he lurks in secret like a
lion in his covert;
he lurks that he may seize
the poor,
he seizes the poor when
he draws him into
his net.

¹⁰The hapless is crushed,
sinks down,
and falls by his might.

¹¹He thinks in his heart,
“God has forgotten,
he has hidden his face,
he will never see it.”

¹²Arise, O LORD; O God, lift
up thy hand;
forget not the afflicted.

¹³Why does the wicked
renounce God,
and say in his heart,
“Thou wilt not call
to account”?

¹⁴Thou dost see; yea, thou
dost note trouble
and vexation,
that thou mayst take it
into thy hands;
the hapless commits
himself to thee;
thou hast been the
helper of the
fatherless.

¹⁵Break thou the arm of the
wicked and evildoer;
seek out his
wickedness till thou
find none.

¹⁶The LORD is king for ever
and ever;
the nations shall perish
from his land.

¹⁷O LORD, thou wilt hear
the desire of the
meek;
thou wilt strengthen
their heart, thou wilt
incline thy ear

¹⁸to do justice to the
fatherless and the
oppressed,
so that man who is of
the earth may strike
terror no more.

Psalm 11

Song of Trust in God

To the choirmaster. Of David.

¹In the LORD I take refuge;
how can you say to me,
“Flee like a bird to the
mountains;”

²for lo, the wicked bend
the bow,
they have fitted their
arrow to the string,
to shoot in the dark at
the upright in heart;

³if the foundations are
destroyed,
what can the
righteous do”?

⁴The LORD is in his holy
temple,
the LORD’s throne is in
heaven;
his eyes behold, his
eyelids test, the
children of men.

* 11:1 Gk Syr Jerome Tg: Heb *flee to
your mountain, O bird*