



# Selected Psalms

## Psalm Tones



## Psalm 1

Blessed 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;

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

He 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 prospers.

The wicked | are not so, \*  
but are like chaff that the wind | drives away.

Therefore the wicked will not stand | in the judgment, \*  
nor sinners in the congregation | of the righteous;

for the LORD knows the way | of the righteous, \*  
but the way of the wick- | ed will perish.

## Psalm 8

O LORD, our LORD, how majestic is your name in | all the earth! \*  
You have set your glory a- | bove the heavens.

Out of the mouth of ba- | bies and infants, \*  
you have established strength because of your foes,  
to still the enemy and | the avenger.

When I look at your heavens, the work | of your fingers, \*  
the moon and the stars, which you have | set in place,  
what is man that you are mind- | ful of him, \*  
and the son of man that you | care for him?

Yet you have made him a little lower than the heav- | enly beings \*  
and crowned him with glo- | ry and honor.

You have given him dominion over the works | of your hands; \*  
you have put all things un- | der his feet,

all | sheep and oxen, \*  
and also the beasts | of the field,

the birds of the heavens, and the fish | of the sea, \*  
whatever passes along the paths | of the seas.

O | LORD, our LORD, \*  
how majestic is your name in | all the earth!

## Psalm 19

The heavens declare the glory of God, \*  
and the sky above proclaims his handiwork.

Day to day it pours out speech, \*  
and night to night it reveals knowledge.

There is no speech, nor are there words, \*  
whose voice it is not heard.

Their voice goes out through all the earth,  
and their words to the end of the world. \*

In them he has set a tent for the sun,  
which comes out like a bridegroom leaving his chamber, \*  
and, like a strong man, runs its course with joy.

Its rising is from the end of the heavens, \*  
and its circuit to the end of them, and there is nothing hidden from its heat.

The law of the LORD is perfect, reviving the soul; \*  
the testimony of the LORD is sure, making wise the simple;

the precepts of the LORD are right, rejoicing the heart; \*  
the commandment of the LORD is pure, enlightening the eyes;

the fear of the LORD is clean, enduring forever; \*  
the rules of the LORD are true, and righteous altogether.

More to be desired are they than gold, even much fine gold; \*  
sweeter also than honey and drippings of the honeycomb.

Moreover, by them is your servant warned; \*  
in keeping them there is great reward.

Who can discern his errors? \*  
Declare me innocent from hidden faults.

Keep back your servant also from presumptuous sins;  
let them not have dominion over me! \*  
Then I shall be blameless, and innocent of great transgression.

Let the words of my mouth and the meditation of my heart  
be acceptable in your sight, \*  
O LORD, my rock and my redeemer.

## Psalm 23

The LORD I is my shepherd; \*  
I I shall not want.

He makes me lie down I in green pastures. \*  
He leads me be- I side still waters.

He re- I stores my soul. \*  
He leads me in paths of righteousness I for his name's sake.

Even though I walk through the valley of the shadow of death,  
I will I fear no evil, \*  
for you are with me; your rod and your staff, they I com-fort me.

You prepare a table before me in the presence I of my enemies; \*  
you anoint my head with oil; my cup I overflows.

Surely goodness and mercy shall follow me all the days I of my life, \*  
and I shall dwell in the house of the I LORD forever.

## Psalm 51

Have mercy on me, O God, according to your I steadfast love; \*  
according to your abundant mercy blot out I my transgressions.

Wash me thoroughly from I my iniquity, \*  
and cleanse me I from my sin!

For I know I my transgressions, \*  
and my sin is ev- I er before me.

Against you, you only, have I sinned and done what is evil I in your sight, \*  
so that you may be justified in your words and blameless I in your judgment.

Behold, I was brought forth I in iniquity, \*  
and in sin did my moth- I er conceive me.

Behold, you delight in truth in the I inward being, \*  
and you teach me wisdom in the I secret heart.

Purge me with hyssop, and I I shall be clean; \*  
wash me, and I shall be whi- I ter than snow.

Let me hear I joy and gladness; \*  
let the bones that you have bro- I ken rejoice.

→

Hide your face I from my sins, \*  
and blot out all I my iniquities.

Create in me a clean I heart, O God, \*  
and renew a right spir- I it within me.

Cast me not away I from your presence, \*  
and take not your Holy I Spirit from me.

Restore to me the joy of I your salvation, \*  
and uphold me with a I willing spirit.

Then I will teach transgres- I sors your ways, \*  
and sinners will re- I turn to you.

Deliver me from bloodguiltiness, O God, O God of I my salvation, \*  
and my tongue will sing aloud I of your righteousness.

O LORD, o- I pen my lips, \*  
and my mouth will de- I clare your praise.

For you will not delight in sacrifice, or I I would give it; \*  
you will not be pleased with I a burnt offering.

The sacrifices of God are a I broken spirit; \*  
a broken and contrite heart, O God, you will I not despise.

Do good to Zion in I your good pleasure; \*  
build up the walls I of Jerusalem;

then will you delight in right sacrifices,  
in burnt offerings and I whole burnt offerings; \*  
then bulls will be offered I on your altar.

## Psalm 84

How lovely is your | dwelling place, \*  
O | LORD of hosts!

My soul longs, yes, faints for the courts | of the LORD; \*  
my heart and flesh sing for joy to the | living God.

Even the sparrow finds a home, and the swallow a nest | for herself, \*  
where she may lay her young, at your altars,  
O LORD of hosts, my King | and my God.

Blessed are those who dwell | in your house, \*  
ever sing- | ing your praise!

Blessed are those whose | strength is in you, \*  
in whose heart are the high- | ways to Zion.

As they go through the Valley of Baca they make it a | place of springs; \*  
the early rain also covers | it with pools.

They go from | strength to strength; \*  
each one appears before | God in Zion.

O LORD God of hosts, | hear my prayer; \*  
give ear, O | God of Jacob!

Behold our | shield, O God; \*  
look on the face of | your anointed!

For a day in your courts is better than a | thousand elsewhere. \*  
I would rather be a doorkeeper in the house of my God  
than dwell in the | tents of wickedness.

For the LORD God is a sun and shield; the LORD bestows fa- | vor and honor. \*  
No good thing does he withhold from those who | walk uprightly.

O | LORD of hosts, \*  
blessed is the one who | trusts in you!

## Psalm 90

LORD, you have been our | dwelling place \*  
in all | generations.

Before the mountains were brought forth,  
or ever you had formed the earth | and the world, \*  
from everlasting to everlasting | you are God.

You return | man to dust \*  
and say, "Return, O child- | ren of man!"

For a thousand years in your sight are but as yesterday when | it is past, \*  
or as a watch | in the night.

You sweep them away as with a flood; they are | like a dream, \*  
like grass that is renewed | in the morning:

in the morning it flourishes and | is renewed; \*  
in the evening it | fades and withers.

For we are brought to an end | by your anger; \*  
by your wrath we | are dismayed.

You have set our iniqui- | ties before you, \*  
our secret sins in the light | of your presence.

For all our days pass away un- | der your wrath; \*  
we bring our years to an end | like a sigh.

The years of our life are seventy, or even by reason | of strength eighty; \*  
yet their span is but toil and trouble; they are soon gone, and we | fly away.

Who considers the power | of your anger, \*  
and your wrath according to the | fear of you?

So teach us to num- | ber our days \*  
that we may get a | heart of wisdom.

Return, O | LORD! How long? \*  
Have pity | on your servants!

Satisfy us in the morning with your | steadfast love, \*  
that we may rejoice and be glad | all our days.

Make us glad for as many days as you | have afflicted us, \*  
and for as many years as we | have seen evil.

Let your work be shown | to your servants, \*  
and your glorious power | to their children.

Let the favor of the LORD our God be upon us, \*  
and establish the work of our | hands upon us; \*  
yes, establish the work | of our hands!

## Psalm 103

Bless the LORD, | O my soul, \*  
and all that is within me, bless his | holy name!

Bless the LORD, | O my soul, \*  
and forget not | all his benefits,

who forgives all | your iniquity, \*  
who heals all | your diseases,

who redeems your life | from the pit, \*  
who crowns you with steadfast | love and mercy,

who satisfies | you with good \*  
so that your youth is renewed | like the eagle's.

The LORD works righteousness and justice for all who | are oppressed. \*  
He made known his ways to Moses, his acts to the peo- | ple of Israel.

The LORD is merci- | ful and gracious, \*  
slow to anger and abounding in | steadfast love.

He will not | always chide, \*  
nor will he keep his an- | ger forever.

He does not deal with us according | to our sins, \*  
nor repay us according to | our iniquities.

For as high as the heavens are a- | bove the earth, \*  
so great is his steadfast love toward | those who fear him;

as far as the east is | from the west, \*  
so far does he remove our transgres- | sions from us.

→



As a father shows compassion I to his children, \*  
so the LORD shows compassion to I those who fear him.

For he I knows our frame; \*  
he remembers that I we are dust.

As for man, his days I are like grass; \*  
he flourishes like a flower I of the field;

for the wind passes over it, and I it is gone, \*  
and its place knows I it no more.

But the steadfast love of the LORD is from everlasting  
to everlasting on I those who fear him, \*  
and his righteousness to their I children's children,

to those who I keep his covenant \*  
and remember to do I his commandments.

The LORD has established his throne I in the heavens, \*  
and his kingdom rules I over all.

Bless the LORD, O I you his angels, \*  
you mighty ones who do his word, obeying the voice I of his word!

Bless the LORD, I all his hosts, \*  
his ministers, who I do his will!

Bless the LORD, all his works, in all places of I his dominion. \*  
Bless the LORD, I O my soul!

## Psalm 121

I lift up my eyes I to the hills.\*  
 From where does I my help come?  
 My help comes I from the LORD, \*  
 who made heav- I en and earth.  
 He will not let your I foot be moved; \*  
 he who keeps you I will not slumber.  
 Behold, he I who keeps Israel\*  
 will neither slum- I ber nor sleep.  
 The LORD I is your keeper; \*  
 the LORD is your shade on I your right hand.  
 The sun shall not strike I you by day, \*  
 nor the I moon by night.  
 The LORD will keep you I from all evil; \*  
 he will I keep your life.  
 The LORD will keep your going out and your I coming in\*  
 from this time forth and for- I evermore.

## Psalm 126

When the LORD restored the for- I tunes of Zion,\*  
 we were like I those who dream.  
 Then our mouth was filled with laughter, and our tongue with I shouts of joy; \*  
 then they said among the nations, "The LORD has done great I things for them."  
 The LORD has done great things for us; I we are glad. \*  
 Restore our fortunes, O LORD, like streams I in the Negeb!  
 Those who I sow in tears \*  
 shall reap with I shouts of joy!  
 He who goes out weeping, bearing the I seed for sowing, \*  
 shall come home with shouts of joy, bringing his I sheaves with him.

## Psalm 139

O LORD, you have searched I me and known me! \*

You know when I sit down and when I rise up;  
you discern my thoughts I from afar.

You search out my path and my I lying down\*  
and are acquainted with I all my ways.

Even before a word is I on my tongue, \*  
behold, O LORD, you know it I altogether.

You hem me in, behind I and before, \*  
and lay your I hand upon me.

Such knowledge is too wonder- I ful for me; \*  
it is high; I can- I not attain it.

Where shall I go I from your Spirit? \*  
Or where shall I flee I from your presence?

If I ascend to heaven, I you are there! \*  
If I make my bed in Sheol, I you are there!

If I take the wings of the morning and dwell in the uttermost parts I of the sea, \*  
even there your hand shall lead me, and your right I hand shall hold me.

If I say, "Surely the darkness shall cover me, and the light about I me be night," \*  
even the darkness is not dark to you; the night is bright as the day,  
for darkness is as I light with you.

For you formed my I inward parts; \*  
you knitted me together in my I mother's womb.

I praise you, for I am fearfully and wonder- I fully made. \*  
Wonderful are your works; my soul knows it I very well.

My frame was not hidden from you, when I was being I made in secret, \*  
intricately woven in the depths I of the earth.

Your eyes saw my un- I formed substance; \*  
in your book were written, every one of them,  
the days that were formed for me, when as yet there was I none of them.

How precious to me are your I thoughts, O God! \*  
How vast is the I sum of them!

If I would count them, they are more I than the sand. \*

I awake, and I am I still with you.

Oh that you would slay the wick- I ed, O God! \*

O men of blood, de- I part from me!

They speak against you with mali- I cious intent; \*

your enemies take your I name in vain.

Do I not hate those who hate I you, O LORD? \*

And do I not loathe those who rise I up against you?

I hate them with com- I plete hatred; \*

I count I them my enemies.

Search me, O God, and I know my heart! \*

Try me and I know my thoughts!

And see if there be any grievous I way in me, \*

and lead me in the way I everlasting!

## Psalm 150

Praise the LORD! Praise God in his I sanctuary; \*

praise him in his I mighty heavens!

Praise him for his I mighty deeds; \*

praise him according to his ex- I cellent greatness!

Praise him with I trumpet sound; \*

praise him with I lute and harp!

Praise him with tambour- I ine and dance; \*

praise him with I strings and pipe!

Praise him with I sounding cymbals; \*

praise him with loud I clashing cymbals!

Let everything I that has breath \*

praise the LORD! I Praise the LORD!