

Psalms for Prayer and Meditation

Psalm 1:1-3

1 Blessed is the one
who does not walk in step with the wicked
or stand in the way that sinners take
or sit in the company of mockers,
2 but whose delight is in the law of the Lord,
and who meditates on his law day and
night.
3 That person is like a tree planted by
streams of water,
which yields its fruit in season
and whose leaf does not wither—
whatever they do prospers.

Psalm 9:1-4, 9-10

1 I will give thanks to you, Lord, with all my
heart;
I will tell of all your wonderful deeds.
2 I will be glad and rejoice in you;
I will sing the praises of your name, O
Most High.
3 My enemies turn back;
they stumble and perish before you.
4 For you have upheld my right and my
cause,
sitting enthroned as the righteous judge.
9 The Lord is a refuge for the oppressed,
a stronghold in times of trouble.
10 Those who know your name trust in you,
for you, Lord, have never forsaken those
who seek you.

Psalm 16:7-8

7 I will praise the Lord, who counsels me;
even at night my heart instructs me.
8 I keep my eyes always on the Lord.
With him at my right hand, I will not be
shaken.

Psalm 18:2-3

2 The Lord is my rock, my fortress and my
deliverer;
my God is my rock, in whom I take
refuge,
my shield and the horn of my salvation,
my stronghold.
3 I called to the Lord, who is worthy of
praise,
and I have been saved from my enemies.

Psalm 18:30

30 As for God, his way is perfect:
The Lord's word is flawless;
he shields all who take refuge in him.

Psalm 19:7-9

7 The law of the Lord is perfect,
refreshing the soul.
The statutes of the Lord are trustworthy,
making wise the simple.
8 The precepts of the Lord are right,
giving joy to the heart.
The commands of the Lord are radiant,
giving light to the eyes.
9 The fear of the Lord is pure,
enduring forever.
The decrees of the Lord are firm,
and all of them are righteous.

Psalm 20:4

4 May he give you the desire of your heart
and make all your plans succeed.

Psalm 20:4

27 All the ends of the earth
will remember and turn to the Lord,
and all the families of the nations
will bow down before him,
28 for dominion belongs to the Lord
and he rules over the nations.

Psalm 23:1-6

1 The Lord is my shepherd; I shall not want.
2 He makes me lie down in green pastures.
He leads me beside still waters.
3 He restores my soul.
He leads me in paths of righteousness
for his name's sake.
4 Even though I walk through the valley of
the shadow of death,
I will fear no evil,
for you are with me;
your rod and your staff,
they comfort me.
5 You prepare a table before me
in the presence of my enemies;

(Psalm 23 cont'd)

you anoint my head with oil;
my cup overflows.

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

Psalm 27:1,5,14

1 The Lord is my light and my salvation—
whom shall I fear?

The Lord is the stronghold of my life—
of whom shall I be afraid?

5 For in the day of trouble
he will keep me safe in his dwelling;
he will hide me in the shelter of his sacred
tent and set me high upon a rock.

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

Psalm 30:1-2

1 I will exalt you, Lord,
for you lifted me out of the depths
and did not let my enemies gloat over
me.

2 Lord my God, I called to you for help,
and you healed me.

Psalm 32:7-8

7 You are my hiding place;
you will protect me from trouble
and surround me with songs of
deliverance.

8 I will instruct you and teach you in the way
you should go;

I will counsel you with my loving eye on
you.

Psalm 34:17-18

17 The righteous cry out, and the Lord
hears them;

He delivers them from all their troubles.

18 The Lord is close to the brokenhearted
and saves those who are crushed in
spirit.

Psalm 37:4

4 Take delight in the Lord,
and he will give you the desires of your
heart.

Psalm 40:1

1 I waited patiently for the Lord;
he turned to me and heard my cry.

Psalm 46:1,10

1 God is our refuge and strength,
an ever-present help in trouble.
10 He says, "Be still, and know that I am
God;
I will be exalted among the nations,
I will be exalted in the earth."

Psalm 51:10-12

10 Create in me a pure heart, O God,
and renew a steadfast spirit within me.
11 Do not cast me from your presence
or take your Holy Spirit from me.
12 Restore to me the joy of your salvation
and grant me a willing spirit, to sustain
me.

Psalm 55:22

22 Cast your cares on the Lord
and he will sustain you;
he will never let
the righteous be shaken.

Psalm 56:4

4 In God, Whose Word I praise—
in God I trust and am not afraid.
What can mere mortals do to me?

Psalm 57:2-3

2 I cry out to God Most High,
to God, who vindicates me.
3 He sends from heaven and saves me,
rebuking those who hotly pursue me—
God sends forth his love and his
faithfulness.

Psalm 62:1-2

1 Truly my soul finds rest in God;
my salvation comes from him.
2 Truly he is my rock and my salvation;
he is my fortress, I will never be shaken.

Psalm 67:1-2

1 May God be gracious to us and bless us
and make his face shine on us—

(Psalm 67 cont'd)

2 so that your ways may be known on earth,
your salvation among all nations.

Psalm 84:12

12 Lord Almighty,
blessed is the one who trusts in you.

Psalm 86:5

5 You, Lord, are forgiving and good,
abounding in love to all who call to you.

Psalm 91:1-2,14-16

1 Whoever dwells in the shelter of the Most
High will rest in the shadow of the Almighty.

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

14 "Because he loves me," says the Lord, "I
will rescue him; I will protect him, for he
acknowledges my name.

15 He will call on me, and I will answer him;
I will be with him in trouble,
I will deliver him and honor him.

16 With long life I will satisfy him
and show him my salvation."

Psalm 107:19-21

19 Then they cried to the Lord in their
trouble, and he saved them from their
distress.

20 He sent out his word and healed them;
He rescued them from the grave.

21 Let them give thanks to the Lord for his
unfailing love and his wonderful deeds for
mankind.

Psalm 117:1-2

1 Praise the Lord, all you nations;
extol him, all you peoples.

2 For great is his love toward us,
and the faithfulness of the Lord endures
forever.

Praise the Lord.

Psalm 119:1-5

1 Blessed are those whose ways are
blameless, who walk according to the law of
the Lord.

2 Blessed are those who keep his statutes
and seek him with all their heart—

3 they do no wrong
but follow his ways.

4 You have laid down precepts
that are to be fully obeyed.

5 Oh, that my ways were steadfast
in obeying your decrees!

Psalm 121:1-3

1 I lift up my eyes to the mountains—
where does my help come from?

2 My help comes from the Lord,
the Maker of heaven and earth.

3 He will not let your foot slip—
he who watches over you will not
slumber;

Psalm 121:7-8

7 The Lord will keep you from all harm—
he will watch over your life;

8 the Lord will watch over your coming and
going both now and forevermore.

Psalm 136:1

1 Give thanks to the Lord, for he is good.
His love endures forever.

Psalm 138:7-8

7 Though I walk in the midst of trouble,
you preserve my life.

You stretch out your hand against the anger
of my foes;

with your right hand you save me.

8 The Lord will vindicate me;
your love, Lord, endures forever—
do not abandon the works of your hands.

Psalm 139:1-6, 13-14

1 You have searched me, Lord,
and you know me.

2 You know when I sit and when I rise;
you perceive my thoughts from afar.

3 You discern my going out and my lying
down; you are familiar with all my ways.

4 Before a word is on my tongue
you, Lord, know it completely.

5 You hem me in behind and before,
and you lay your hand upon me.

6 Such knowledge is too wonderful for me,
too lofty for me to attain.

13 For you created my inmost being;

(Psalm 139 cont'd)

you knit me together in my mother's womb.

14 I praise you because I am fearfully and
wonderfully made;

your works are wonderful,

I know that full well.