

## **Psalms for use in Counseling**

Guilt, 1  
Embarrassment, 3  
Revenge/Enemies, 4  
Grief, 15  
Despair, 17  
Abandonment/Betrayal, 18  
Anger, 19  
Fear, 21  
Anxiety, 22

### **GUILT**

#### **Psalm 32**

<sup>1</sup> Oh, what joy for those  
    whose disobedience is forgiven,  
    whose sin is put out of sight!  
<sup>2</sup> Yes, what joy for those  
    whose record the LORD has cleared of  
guilt,<sup>[b]</sup>  
    whose lives are lived in complete  
honesty!  
<sup>3</sup> When I refused to confess my sin,  
    my body wasted away,  
    and I groaned all day long.  
<sup>4</sup> Day and night your hand of discipline was  
heavy on me.  
    My strength evaporated like water in the  
summer heat. *Interlude*  
<sup>5</sup> Finally, I confessed all my sins to you  
    and stopped trying to hide my guilt.  
I said to myself, “I will confess my rebellion  
to the LORD.”  
    And you forgave me! All my guilt is  
gone. *Interlude*  
<sup>6</sup> Therefore, let all the godly pray to you  
while there is still time,

that they may not drown in the  
floodwaters of judgment.

<sup>7</sup> For you are my hiding place;  
    you protect me from trouble.  
    You surround me with songs of  
victory. *Interlude*

<sup>8</sup> The LORD says, “I will guide you along the  
best pathway for your life.

    I will advise you and watch over you.  
<sup>9</sup> Do not be like a senseless horse or mule  
    that needs a bit and bridle to keep it  
under control.”

<sup>10</sup> Many sorrows come to the wicked,  
    but unfailing love surrounds those who  
trust the LORD.

<sup>11</sup> So rejoice in the LORD and be glad, all you  
who obey him!  
    Shout for joy, all you whose hearts are  
pure!

#### **Psalm 51**

<sup>1</sup> Have mercy on me, O God,  
    because of your unfailing love.  
Because of your great compassion,  
    blot out the stain of my sins.  
<sup>2</sup> Wash me clean from my guilt.  
    Purify me from my sin.  
<sup>3</sup> For I recognize my rebellion;  
    it haunts me day and night.  
<sup>4</sup> Against you, and you alone, have I sinned;  
    I have done what is evil in your sight.  
You will be proved right in what you say,  
    and your judgment against me is just.<sup>[a]</sup>  
<sup>5</sup> For I was born a sinner—  
    yes, from the moment my mother

conceived me.

<sup>6</sup> But you desire honesty from the womb,<sup>[b]</sup>  
teaching me wisdom even there.

<sup>7</sup> Purify me from my sins,<sup>[c]</sup> and I will be  
clean;  
wash me, and I will be whiter than snow.

<sup>8</sup> Oh, give me back my joy again;  
you have broken me—  
now let me rejoice.

<sup>9</sup> Don't keep looking at my sins.  
Remove the stain of my guilt.

<sup>10</sup> Create in me a clean heart, O God.  
Renew a loyal spirit within me.

<sup>11</sup> Do not banish me from your presence,  
and don't take your Holy Spirit<sup>[d]</sup> from  
me.

<sup>12</sup> Restore to me the joy of your salvation,  
and make me willing to obey you.

<sup>13</sup> Then I will teach your ways to rebels,  
and they will return to you.

<sup>14</sup> Forgive me for shedding blood, O God  
who saves;  
then I will joyfully sing of your  
forgiveness.

<sup>15</sup> Unseal my lips, O Lord,  
that my mouth may praise you.

<sup>16</sup> You do not desire a sacrifice, or I would  
offer one.

You do not want a burnt offering.  
<sup>17</sup> The sacrifice you desire is a broken spirit.  
You will not reject a broken and  
repentant heart, O God.

<sup>18</sup> Look with favor on Zion and help her;  
rebuild the walls of Jerusalem.

<sup>19</sup> Then you will be pleased with sacrifices  
offered in the right spirit—

with burnt offerings and whole burnt  
offerings.

Then bulls will again be sacrificed on your  
altar.

## **EMBARRASSMENT**

### **Psalm 44:9-16**

But now you have tossed us aside in dishonor.

You no longer lead our armies to battle.

<sup>10</sup> You make us retreat from our enemies  
and allow those who hate us to plunder  
our land.

<sup>11</sup> You have butchered us like sheep  
and scattered us among the nations.

<sup>12</sup> You sold your precious people for a  
pittance,  
making nothing on the sale.

<sup>13</sup> You let our neighbors mock us.

We are an object of scorn and derision to  
those around us.

<sup>14</sup> You have made us the butt of their jokes;  
they shake their heads at us in scorn.

<sup>15</sup> We can't escape the constant humiliation;  
shame is written across our faces.

<sup>16</sup> All we hear are the taunts of our mockers.  
All we see are our vengeful enemies.

## **REVENGE/ENEMIES**

**5:9-**

My enemies cannot speak a truthful word.  
Their deepest desire is to destroy others.  
Their talk is foul, like the stench from an open grave.

Their tongues are filled with flattery.<sup>[a]</sup>  
<sup>10</sup> O God, declare them guilty.

Let them be caught in their own traps.  
Drive them away because of their many sins,  
for they have rebelled against you.

### **Psalm 7**

<sup>1</sup> I come to you for protection, O LORD my God.

Save me from my persecutors—rescue me!

<sup>2</sup> If you don't, they will maul me like a lion,  
tearing me to pieces with no one to rescue me.

<sup>3</sup> O LORD my God, if I have done wrong  
or am guilty of injustice,

<sup>4</sup> if I have betrayed a friend  
or plundered my enemy without cause,

<sup>5</sup> then let my enemies capture me.  
Let them trample me into the ground  
and drag my honor in the dust. *Interlude*

<sup>6</sup> Arise, O LORD, in anger!  
Stand up against the fury of my enemies!  
Wake up, my God, and bring justice!

<sup>7</sup> Gather the nations before you.  
Rule over them from on high.

<sup>8</sup> The LORD judges the nations.

Declare me righteous, O LORD,  
for I am innocent, O Most High!

<sup>9</sup> End the evil of those who are wicked,

and defend the righteous.

For you look deep within the mind and heart,

O righteous God.

**9:13-**

LORD, have mercy on me.

See how my enemies torment me.

Snatch me back from the jaws of death.

<sup>14</sup> Save me so I can praise you publicly at Jerusalem's gates,

so I can rejoice that you have rescued me.

<sup>15</sup> The nations have fallen into the pit they dug for others.

Their own feet have been caught in the trap they set.

<sup>16</sup> The LORD is known for his justice.

The wicked are trapped by their own deeds. *Quiet Interlude*<sup>[b]</sup>

<sup>17</sup> The wicked will go down to the grave.<sup>[c]</sup>

This is the fate of all the nations who ignore God.

<sup>18</sup> But the needy will not be ignored forever;  
the hopes of the poor will not always be crushed.

<sup>19</sup> Arise, O LORD!

Do not let mere mortals defy you!

Judge the nations!

<sup>20</sup> Make them tremble in fear, O LORD.

Let the nations know they are merely human.

### **Psalm 10**

1 O Lord, why do you stand so far away?

Why do you hide when I am in trouble?  
 2 The wicked arrogantly hunt down the poor.  
 Let them be caught in the evil they plan for others.  
 3 For they brag about their evil desires; they praise the greedy and curse the Lord.  
 4 The wicked are too proud to seek God. They seem to think that God is dead.  
 5 Yet they succeed in everything they do. They do not see your punishment awaiting them.  
 They sneer at all their enemies.  
 6 They think, "Nothing bad will ever happen to us!  
 We will be free of trouble forever!"  
 7 Their mouths are full of cursing, lies, and threats.[a]  
 Trouble and evil are on the tips of their tongues.  
 8 They lurk in ambush in the villages, waiting to murder innocent people.  
 They are always searching for helpless victims.  
 9 Like lions crouched in hiding, they wait to pounce on the helpless. Like hunters they capture the helpless and drag them away in nets.  
 10 Their helpless victims are crushed; they fall beneath the strength of the wicked.  
 11 The wicked think, "God isn't watching us!  
 He has closed his eyes and won't even see what we do!"  
 12 Arise, O Lord!  
 Punish the wicked, O God!  
 Do not ignore the helpless!  
 13 Why do the wicked get away with despising God?  
 They think, "God will never call us to account."

14 But you see the trouble and grief they cause.  
 You take note of it and punish them.  
 The helpless put their trust in you.  
 You defend the orphans.  
 15 Break the arms of these wicked, evil people!  
 Go after them until the last one is destroyed.  
 16 The Lord is king forever and ever!  
 The godless nations will vanish from the land.  
 17 Lord, you know the hopes of the helpless.  
 Surely you will hear their cries and comfort them.  
 18 You will bring justice to the orphans and the oppressed,  
 so mere people can no longer terrify them.

### **Psalms 13**

1 O Lord, how long will you forget me?  
 Forever?  
 How long will you look the other way?  
 2 How long must I struggle with anguish in my soul,  
 with sorrow in my heart every day?  
 How long will my enemy have the upper hand?  
 3 Turn and answer me, O Lord my God!  
 Restore the sparkle to my eyes, or I will die.  
 4 Don't let my enemies gloat, saying, "We have defeated him!"  
 Don't let them rejoice at my downfall.  
 5 But I trust in your unfailing love.  
 I will rejoice because you have rescued me.  
 6 I will sing to the Lord  
 because he is good to me.

### **Psalm 23**

1 The Lord is my shepherd;  
I have all that I need.  
2 He lets me rest in green meadows;  
he leads me beside peaceful streams.  
3 He renews my strength.  
He guides me along right paths,  
bringing honor to his name.  
4 Even when I walk  
through the darkest valley,[a]  
I will not be afraid,  
for you are close beside me.  
Your rod and your staff  
protect and comfort me.  
5 You prepare a feast for me  
in the presence of my enemies.  
You honor me by anointing my head with oil.  
My cup overflows with blessings.  
6 Surely your goodness and unfailing love  
will pursue me  
all the days of my life,  
and I will live in the house of the Lord  
forever.

### **Psalm 28**

1 I pray to you, O Lord, my rock.  
Do not turn a deaf ear to me.  
For if you are silent,  
I might as well give up and die.  
2 Listen to my prayer for mercy  
as I cry out to you for help,  
as I lift my hands toward your holy  
sanctuary.  
3 Do not drag me away with the wicked—  
with those who do evil—  
those who speak friendly words to their  
neighbors  
while planning evil in their hearts.  
4 Give them the punishment they so richly  
deserve!

Measure it out in proportion to their  
wickedness.

Pay them back for all their evil deeds!

Give them a taste of what they have done  
to others.

5 They care nothing for what the Lord has  
done

or for what his hands have made.  
So he will tear them down,  
and they will never be rebuilt!

6 Praise the Lord!

For he has heard my cry for mercy.

7 The Lord is my strength and shield.

I trust him with all my heart.

He helps me, and my heart is filled with joy.

I burst out in songs of thanksgiving.

8 The Lord gives his people strength.

He is a safe fortress for his anointed king.

9 Save your people!

Bless Israel, your special possession.[a]

Lead them like a shepherd,

and carry them in your arms forever.

### **Psalm 31**

1 O Lord, I have come to you for protection;  
don't let me be disgraced.

Save me, for you do what is right.

2 Turn your ear to listen to me;

rescue me quickly.

Be my rock of protection,

a fortress where I will be safe.

3 You are my rock and my fortress.

For the honor of your name, lead me out  
of this danger.

4 Pull me from the trap my enemies set for  
me,

for I find protection in you alone.

5 I entrust my spirit into your hand.

Rescue me, Lord, for you are a faithful  
God.

6 I hate those who worship worthless idols.

I trust in the Lord.

7 I will be glad and rejoice in your unfailing love,  
     for you have seen my troubles,  
     and you care about the anguish of my soul.  
 8 You have not handed me over to my enemies  
     but have set me in a safe place.  
 9 Have mercy on me, Lord, for I am in distress.  
     Tears blur my eyes.  
     My body and soul are withering away.  
 10 I am dying from grief;  
     my years are shortened by sadness.  
 Sin has drained my strength;  
     I am wasting away from within.  
 11 I am scorned by all my enemies  
     and despised by my neighbors—  
     even my friends are afraid to come near me.  
 When they see me on the street,  
     they run the other way.  
 12 I am ignored as if I were dead,  
     as if I were a broken pot.  
 13 I have heard the many rumors about me,  
     and I am surrounded by terror.  
 My enemies conspire against me,  
     plotting to take my life.  
 14 But I am trusting you, O Lord,  
     saying, “You are my God!”  
 15 My future is in your hands.  
     Rescue me from those who hunt me  
     down relentlessly.  
 16 Let your favor shine on your servant.  
     In your unfailing love, rescue me.  
 17 Don’t let me be disgraced, O Lord,  
     for I call out to you for help.  
 Let the wicked be disgraced;  
     let them lie silent in the grave.[a]  
 18 Silence their lying lips—  
     those proud and arrogant lips that accuse  
     the godly.  
 19 How great is the goodness

    you have stored up for those who fear  
     you.  
 You lavish it on those who come to you for  
 protection,  
     blessing them before the watching world.  
 20 You hide them in the shelter of your  
 presence,  
     safe from those who conspire against  
     them.  
 You shelter them in your presence,  
     far from accusing tongues.  
 21 Praise the Lord,  
     for he has shown me the wonders of his  
     unfailing love.  
     He kept me safe when my city was under  
     attack.  
 22 In panic I cried out,  
     “I am cut off from the Lord!”  
 But you heard my cry for mercy  
     and answered my call for help.  
 23 Love the Lord, all you godly ones!  
     For the Lord protects those who are loyal  
     to him,  
     but he harshly punishes the arrogant.  
 24 So be strong and courageous,  
     all you who put your hope in the Lord!

### **Psalms 35**

1 O Lord, oppose those who oppose me.  
     Fight those who fight against me.  
 2 Put on your armor, and take up your  
 shield.  
     Prepare for battle, and come to my aid.  
 3 Lift up your spear and javelin  
     against those who pursue me.  
 Let me hear you say,  
     “I will give you victory!”  
 4 Bring shame and disgrace on those trying  
 to kill me;  
     turn them back and humiliate those who  
     want to harm me.  
 5 Blow them away like chaff in the wind—

a wind sent by the angel of the Lord.  
6 Make their path dark and slippery,  
with the angel of the Lord pursuing them.  
7 I did them no wrong, but they laid a trap  
for me.

I did them no wrong, but they dug a pit to  
catch me.

8 So let sudden ruin come upon them!

Let them be caught in the trap they set  
for me!

Let them be destroyed in the pit they dug  
for me.

9 Then I will rejoice in the Lord.

I will be glad because he rescues me.

10 With every bone in my body I will praise  
him:

“Lord, who can compare with you?  
Who else rescues the helpless from the  
strong?

Who else protects the helpless and poor  
from those who rob them?”

### **Psalm 40**

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

2 He lifted me out of the pit of despair,  
out of the mud and the mire.

He set my feet on solid ground  
and steadied me as I walked along.

3 He has given me a new song to sing,  
a hymn of praise to our God.

Many will see what he has done and be  
amazed.

They will put their trust in the Lord.

4 Oh, the joys of those who trust the Lord,  
who have no confidence in the proud  
or in those who worship idols.

5 O Lord my God, you have performed  
many wonders for us.

Your plans for us are too numerous to  
list.

You have no equal.

If I tried to recite all your wonderful deeds,  
I would never come to the end of them.

6 You take no delight in sacrifices or  
offerings.

Now that you have made me listen, I  
finally understand[a]—

you don't require burnt offerings or sin  
offerings.

7 Then I said, “Look, I have come.

As is written about me in the Scriptures:

8 I take joy in doing your will, my God,  
for your instructions are written on my  
heart.”

9 I have told all your people about your  
justice.

I have not been afraid to speak out,  
as you, O Lord, well know.

10 I have not kept the good news of your  
justice hidden in my heart;

I have talked about your faithfulness and  
saving power.

I have told everyone in the great assembly  
of your unfailing love and faithfulness.

11 Lord, don't hold back your tender  
mercies from me.

Let your unfailing love and faithfulness  
always protect me.

12 For troubles surround me—  
too many to count!

My sins pile up so high

I can't see my way out.

They outnumber the hairs on my head.

I have lost all courage.

13 Please, Lord, rescue me!

Come quickly, Lord, and help me.

14 May those who try to destroy me  
be humiliated and put to shame.

May those who take delight in my trouble  
be turned back in disgrace.

15 Let them be horrified by their shame,  
for they said, “Aha! We've got him now!”

16 But may all who search for you  
be filled with joy and gladness in you.

May those who love your salvation



repeatedly shout, "The Lord is great!"  
17 As for me, since I am poor and needy,  
let the Lord keep me in his thoughts.  
You are my helper and my savior.  
O my God, do not delay.

**41:4-**

"O LORD," I prayed, "have mercy on me.  
Heal me, for I have sinned against you."  
5 But my enemies say nothing but evil about me.  
"How soon will he die and be forgotten?"  
they ask.  
6 They visit me as if they were my friends,  
but all the while they gather gossip,  
and when they leave, they spread it  
everywhere.  
7 All who hate me whisper about me,  
imagining the worst.  
8 "He has some fatal disease," they say.  
"He will never get out of that bed!"  
9 Even my best friend, the one I trusted  
completely,  
the one who shared my food, has turned  
against me.  
10 LORD, have mercy on me.  
Make me well again, so I can pay them  
back!  
11 I know you are pleased with me,  
for you have not let my enemies triumph  
over me.  
12 You have preserved my life because I am  
innocent;  
you have brought me into your presence  
forever.

**44:9-**

But now you have tossed us aside in  
dishonor.  
You no longer lead our armies to battle.  
10 You make us retreat from our enemies  
and allow those who hate us to plunder  
our land.  
11 You have butchered us like sheep  
and scattered us among the nations.  
12 You sold your precious people for a  
pittance,  
making nothing on the sale.  
13 You let our neighbors mock us.  
We are an object of scorn and derision to  
those around us.  
14 You have made us the butt of their jokes;  
they shake their heads at us in scorn.  
15 We can't escape the constant humiliation;  
shame is written across our faces.  
16 All we hear are the taunts of our mockers.  
All we see are our vengeful enemies.  
17 All this has happened though we have not  
forgotten you.  
We have not violated your covenant.  
18 Our hearts have not deserted you.  
We have not strayed from your path.  
19 Yet you have crushed us in the jackal's  
desert home.  
You have covered us with darkness and  
death.  
20 If we had forgotten the name of our God  
or spread our hands in prayer to foreign  
gods,  
21 God would surely have known it,

for he knows the secrets of every heart.  
<sup>22</sup> But for your sake we are killed every day;  
 we are being slaughtered like sheep.  
<sup>23</sup> Wake up, O Lord! Why do you sleep?  
 Get up! Do not reject us forever.  
<sup>24</sup> Why do you look the other way?  
 Why do you ignore our suffering and  
 oppression?  
<sup>25</sup> We collapse in the dust,  
 lying face down in the dirt.  
<sup>26</sup> Rise up! Help us!  
 Ransom us because of your unfailing love.

### **Psalms 55**

1 Listen to my prayer, O God.  
 Do not ignore my cry for help!  
 2 Please listen and answer me,  
 for I am overwhelmed by my troubles.  
 3 My enemies shout at me,  
 making loud and wicked threats.  
 They bring trouble on me  
 and angrily hunt me down.  
 4 My heart pounds in my chest.  
 The terror of death assaults me.  
 5 Fear and trembling overwhelm me,  
 and I can't stop shaking.  
 6 Oh, that I had wings like a dove;  
 then I would fly away and rest!  
 7 I would fly far away  
 to the quiet of the wilderness. Interlude  
 8 How quickly I would escape—  
 far from this wild storm of hatred.  
 9 Confuse them, Lord, and frustrate their  
 plans,  
 for I see violence and conflict in the city.  
 10 Its walls are patrolled day and night  
 against invaders,

but the real danger is wickedness within  
 the city.  
 11 Everything is falling apart;  
 threats and cheating are rampant in the  
 streets.  
 12 It is not an enemy who taunts me—  
 I could bear that.  
 It is not my foes who so arrogantly insult  
 me—  
 I could have hidden from them.  
 13 Instead, it is you—my equal,  
 my companion and close friend.  
 14 What good fellowship we once enjoyed  
 as we walked together to the house of  
 God.  
 15 Let death stalk my enemies;  
 let the grave[b] swallow them alive,  
 for evil makes its home within them.  
 16 But I will call on God,  
 and the Lord will rescue me.  
 17 Morning, noon, and night  
 I cry out in my distress,  
 and the Lord hears my voice.  
 18 He ransoms me and keeps me safe  
 from the battle waged against me,  
 though many still oppose me.  
 19 God, who has ruled forever,  
 will hear me and humble them. Interlude  
 For my enemies refuse to change their  
 ways;  
 they do not fear God.  
 20 As for my companion, he betrayed his  
 friends;  
 he broke his promises.  
 21 His words are as smooth as butter,  
 but in his heart is war.  
 His words are as soothing as lotion,  
 but underneath are daggers!  
 22 Give your burdens to the Lord,  
 and he will take care of you.  
 He will not permit the godly to slip and  
 fall.  
 23 But you, O God, will send the wicked  
 down to the pit of destruction.

Murderers and liars will die young,  
but I am trusting you to save me.

### **Psalms 58**

1 Justice—do you rulers[b] know the meaning of the word?  
Do you judge the people fairly?  
2 No! You plot injustice in your hearts.  
You spread violence throughout the land.  
3 These wicked people are born sinners;  
even from birth they have lied and gone their own way.  
4 They spit venom like deadly snakes;  
they are like cobras that refuse to listen,  
5 ignoring the tunes of the snake charmers,  
no matter how skillfully they play.  
6 Break off their fangs, O God!  
Smash the jaws of these lions, O Lord!  
7 May they disappear like water into thirsty ground.  
Make their weapons useless in their hands.[c]  
8 May they be like snails that dissolve into slime,  
like a stillborn child who will never see the sun.  
9 God will sweep them away, both young and old,  
faster than a pot heats over burning thorns.  
10 The godly will rejoice when they see injustice avenged.  
They will wash their feet in the blood of the wicked.  
11 Then at last everyone will say,  
“There truly is a reward for those who live for God;  
surely there is a God who judges justly here on earth.”

### **Psalms 59**

1 Rescue me from my enemies, O God.  
Protect me from those who have come to destroy me.  
2 Rescue me from these criminals;  
save me from these murderers.  
3 They have set an ambush for me.  
Fierce enemies are out there waiting, Lord,  
though I have not sinned or offended them.  
4 I have done nothing wrong,  
yet they prepare to attack me.  
Wake up! See what is happening and help me!  
5 O Lord God of Heaven’s Armies, the God of Israel,  
wake up and punish those hostile nations.  
Show no mercy to wicked traitors.  
Interlude  
6 They come out at night,  
snarling like vicious dogs  
as they prowl the streets.  
7 Listen to the filth that comes from their mouths;  
their words cut like swords.  
“After all, who can hear us?” they sneer.  
8 But Lord, you laugh at them.  
You scoff at all the hostile nations.  
9 You are my strength; I wait for you to rescue me,  
for you, O God, are my fortress.  
10 In his unfailing love, my God will stand with me.  
He will let me look down in triumph on all my enemies.  
11 Don’t kill them, for my people soon forget such lessons;  
stagger them with your power, and bring them to their knees,  
O Lord our shield.  
12 Because of the sinful things they say,  
because of the evil that is on their lips,

let them be captured by their pride,  
 their curses, and their lies.  
 13 Destroy them in your anger!  
 Wipe them out completely!  
 Then the whole world will know  
 that God reigns in Israel.[b] Interlude  
 14 My enemies come out at night,  
 snarling like vicious dogs  
 as they prowl the streets.  
 15 They scavenge for food  
 but go to sleep unsatisfied.[c]  
 16 But as for me, I will sing about your  
 power.  
 Each morning I will sing with joy about  
 your unfailing love.  
 For you have been my refuge,  
 a place of safety when I am in distress.  
 17 O my Strength, to you I sing praises,  
 for you, O God, are my refuge,  
 the God who shows me unfailing love.

### **Psalms 69**

1 Save me, O God,  
 for the floodwaters are up to my neck.  
 2 Deeper and deeper I sink into the mire;  
 I can't find a foothold.  
 I am in deep water,  
 and the floods overwhelm me.  
 3 I am exhausted from crying for help;  
 my throat is parched.  
 My eyes are swollen with weeping,  
 waiting for my God to help me.  
 4 Those who hate me without cause  
 outnumber the hairs on my head.  
 Many enemies try to destroy me with lies,  
 demanding that I give back what I didn't  
 steal.  
 5 O God, you know how foolish I am;  
 my sins cannot be hidden from you.  
 6 Don't let those who trust in you be  
 ashamed because of me,  
 O Sovereign Lord of Heaven's Armies.

Don't let me cause them to be humiliated,  
 O God of Israel.  
 7 For I endure insults for your sake;  
 humiliation is written all over my face.  
 8 Even my own brothers pretend they don't  
 know me;  
 they treat me like a stranger.  
 9 Passion for your house has consumed me,  
 and the insults of those who insult you  
 have fallen on me.  
 10 When I weep and fast,  
 they scoff at me.  
 11 When I dress in burlap to show sorrow,  
 they make fun of me.  
 12 I am the favorite topic of town gossip,  
 and all the drunks sing about me.  
 13 But I keep praying to you, Lord,  
 hoping this time you will show me favor.  
 In your unfailing love, O God,  
 answer my prayer with your sure  
 salvation.  
 14 Rescue me from the mud;  
 don't let me sink any deeper!  
 Save me from those who hate me,  
 and pull me from these deep waters.  
 15 Don't let the floods overwhelm me,  
 or the deep waters swallow me,  
 or the pit of death devour me.  
 16 Answer my prayers, O Lord,  
 for your unfailing love is wonderful.  
 Take care of me,  
 for your mercy is so plentiful.  
 17 Don't hide from your servant;  
 answer me quickly, for I am in deep  
 trouble!  
 18 Come and redeem me;  
 free me from my enemies.  
 19 You know of my shame, scorn, and  
 disgrace.  
 You see all that my enemies are doing.  
 20 Their insults have broken my heart,  
 and I am in despair.  
 If only one person would show some pity;  
 if only one would turn and comfort me.

21 But instead, they give me poison[a] for food;  
     they offer me sour wine for my thirst.  
 22 Let the bountiful table set before them become a snare  
     and their prosperity become a trap.[b]  
 23 Let their eyes go blind so they cannot see,  
     and make their bodies shake continually.[c]  
 24 Pour out your fury on them;  
     consume them with your burning anger.  
 25 Let their homes become desolate  
     and their tents be deserted.  
 26 To the one you have punished, they add insult to injury;  
     they add to the pain of those you have hurt.  
 27 Pile their sins up high,  
     and don't let them go free.  
 28 Erase their names from the Book of Life;  
     don't let them be counted among the righteous.  
 29 I am suffering and in pain.  
     Rescue me, O God, by your saving power.  
 30 Then I will praise God's name with singing,  
     and I will honor him with thanksgiving.  
 31 For this will please the Lord more than sacrificing cattle,  
     more than presenting a bull with its horns and hooves.  
 32 The humble will see their God at work and be glad.  
     Let all who seek God's help be encouraged.  
 33 For the Lord hears the cries of the needy;  
     he does not despise his imprisoned people.  
 34 Praise him, O heaven and earth,  
     the seas and all that move in them.  
 35 For God will save Jerusalem[d]  
     and rebuild the towns of Judah.

His people will live there  
     and settle in their own land.  
 36 The descendants of those who obey him will inherit the land,  
     and those who love him will live there in safety.

### **Psalms 70**

1 Please, God, rescue me!  
     Come quickly, Lord, and help me.  
 2 May those who try to kill me  
     be humiliated and put to shame.  
 May those who take delight in my trouble  
     be turned back in disgrace.  
 3 Let them be horrified by their shame,  
     for they said, "Aha! We've got him now!"  
 4 But may all who search for you  
     be filled with joy and gladness in you.  
 May those who love your salvation  
     repeatedly shout, "God is great!"  
 5 But as for me, I am poor and needy;  
     please hurry to my aid, O God.  
 You are my helper and my savior;  
     O Lord, do not delay.

### **Psalms 137**

1 Beside the rivers of Babylon, we sat and wept  
     as we thought of Jerusalem.[a]  
 2 We put away our harps,  
     hanging them on the branches of poplar trees.  
 3 For our captors demanded a song from us.  
     Our tormentors insisted on a joyful hymn:  
     "Sing us one of those songs of Jerusalem!"  
 4 But how can we sing the songs of the Lord  
     while in a pagan land?  
 5 If I forget you, O Jerusalem,  
     let my right hand forget how to play the harp.

6 May my tongue stick to the roof of my  
mouth  
    if I fail to remember you,  
    if I don't make Jerusalem my greatest joy.  
7 O Lord, remember what the Edomites did  
    on the day the armies of Babylon  
captured Jerusalem.  
"Destroy it!" they yelled.  
    "Level it to the ground!"  
8 O Babylon, you will be destroyed.  
    Happy is the one who pays you back  
    for what you have done to us.  
9 Happy is the one who takes your babies  
    and smashes them against the rocks!

## **GRIEF**

### **6:6-**

I am worn out from sobbing.

All night I flood my bed with weeping,  
drenching it with my tears.

<sup>7</sup> My vision is blurred by grief;  
my eyes are worn out because of all my  
enemies.

### **31:9-**

Have mercy on me, LORD, for I am in  
distress.

Tears blur my eyes.

My body and soul are withering away.

<sup>10</sup> I am dying from grief;  
my years are shortened by sadness.

Sin has drained my strength;  
I am wasting away from within.

<sup>11</sup> I am scorned by all my enemies  
and despised by my neighbors—  
even my friends are afraid to come near  
me.

When they see me on the street,  
they run the other way.

<sup>12</sup> I am ignored as if I were dead,  
as if I were a broken pot.

<sup>13</sup> I have heard the many rumors about me,  
and I am surrounded by terror.

My enemies conspire against me,  
plotting to take my life.

<sup>14</sup> But I am trusting you, O LORD,  
saying, "You are my God!"

<sup>15</sup> My future is in your hands.  
Rescue me from those who hunt me  
down relentlessly.

<sup>16</sup> Let your favor shine on your servant.  
In your unfailing love, rescue me.

<sup>17</sup> Don't let me be disgraced, O LORD,  
for I call out to you for help.

Let the wicked be disgraced;  
let them lie silent in the grave.<sup>[a]</sup>

<sup>18</sup> Silence their lying lips—  
those proud and arrogant lips that accuse  
the godly.

## **Psalm 38**

1 O Lord, don't rebuke me in your anger  
or discipline me in your rage!

2 Your arrows have struck deep,  
and your blows are crushing me.

3 Because of your anger, my whole body is  
sick;  
my health is broken because of my sins.

4 My guilt overwhelms me—  
it is a burden too heavy to bear.

5 My wounds fester and stink  
because of my foolish sins.

6 I am bent over and racked with pain.  
All day long I walk around filled with grief.

7 A raging fever burns within me,  
and my health is broken.

8 I am exhausted and completely crushed.  
My groans come from an anguished  
heart.

9 You know what I long for, Lord;  
you hear my every sigh.

10 My heart beats wildly, my strength fails,  
and I am going blind.

11 My loved ones and friends stay away,  
fearing my disease.

Even my own family stands at a distance.  
12 Meanwhile, my enemies lay traps to kill  
me.

Those who wish me harm make plans to  
ruin me.

All day long they plan their treachery.  
13 But I am deaf to all their threats.

I am silent before them as one who  
cannot speak.  
14 I choose to hear nothing,  
and I make no reply.  
15 For I am waiting for you, O Lord.  
You must answer for me, O Lord my God.  
16 I prayed, "Don't let my enemies gloat  
over me  
or rejoice at my downfall."  
17 I am on the verge of collapse,  
facing constant pain.  
18 But I confess my sins;  
I am deeply sorry for what I have done.  
19 I have many aggressive enemies;  
they hate me without reason.  
20 They repay me evil for good  
and oppose me for pursuing good.  
21 Do not abandon me, O Lord.  
Do not stand at a distance, my God.  
22 Come quickly to help me,  
O Lord my savior.



## **DESPAIR**

### **Psalm 42**

1 As the deer longs for streams of water,  
so I long for you, O God.  
2 I thirst for God, the living God.  
When can I go and stand before him?  
3 Day and night I have only tears for food,  
while my enemies continually taunt me,  
saying,  
“Where is this God of yours?”  
4 My heart is breaking  
as I remember how it used to be:  
I walked among the crowds of worshipers,  
leading a great procession to the house of  
God,  
singing for joy and giving thanks  
amid the sound of a great celebration!  
5 Why am I discouraged?  
Why is my heart so sad?  
I will put my hope in God!  
I will praise him again—  
my Savior and 6 my God!

### **Psalm 77**

1 I cry out to God; yes, I shout.  
Oh, that God would listen to me!  
2 When I was in deep trouble,  
I searched for the Lord.  
All night long I prayed, with hands lifted  
toward heaven,  
but my soul was not comforted.  
3 I think of God, and I moan,  
overwhelmed with longing for his help.

### **Psalm 116**

1 I love the Lord because he hears my voice  
and my prayer for mercy.  
2 Because he bends down to listen,  
I will pray as long as I have breath!  
3 Death wrapped its ropes around me;

the terrors of the grave[a] overtook me.  
I saw only trouble and sorrow.  
4 Then I called on the name of the Lord:  
“Please, Lord, save me!”  
5 How kind the Lord is! How good he is!  
So merciful, this God of ours!  
6 The Lord protects those of childlike faith;  
I was facing death, and he saved me.  
7 Let my soul be at rest again,  
for the Lord has been good to me.  
8 He has saved me from death,  
my eyes from tears,  
my feet from stumbling.  
9 And so I walk in the Lord’s presence  
as I live here on earth!  
10 I believed in you, so I said,  
“I am deeply troubled, Lord.”  
11 In my anxiety I cried out to you,  
“These people are all liars!”  
12 What can I offer the Lord  
for all he has done for me?  
13 I will lift up the cup of salvation  
and praise the Lord’s name for saving me.  
14 I will keep my promises to the Lord  
in the presence of all his people.  
15 The Lord cares deeply  
when his loved ones die.  
16 O Lord, I am your servant;  
yes, I am your servant, born into your  
household;  
you have freed me from my chains.  
17 I will offer you a sacrifice of thanksgiving  
and call on the name of the Lord.  
18 I will fulfill my vows to the Lord  
in the presence of all his people—  
19 in the house of the Lord  
in the heart of Jerusalem.  
Praise the Lord!

## **ABANDONMENT/BETRAYAL**

### **Psalm 13**

1 O Lord, how long will you forget me?  
Forever?  
    How long will you look the other way?  
2 How long must I struggle with anguish in  
my soul,  
    with sorrow in my heart every day?  
    How long will my enemy have the upper  
hand?  
3 Turn and answer me, O Lord my God!  
    Restore the sparkle to my eyes, or I will  
die.  
4 Don't let my enemies gloat, saying, "We  
have defeated him!"  
    Don't let them rejoice at my downfall.  
5 But I trust in your unfailing love.  
    I will rejoice because you have rescued  
me.  
6 I will sing to the Lord  
    because he is good to me.

### **Psalm 22**

1 My God, my God, why have you  
abandoned me?  
    Why are you so far away when I groan for  
help?  
2 Every day I call to you, my God, but you  
do not answer.  
    Every night I lift my voice, but I find no  
relief.  
3 Yet you are holy,  
    enthroned on the praises of Israel.  
4 Our ancestors trusted in you,  
    and you rescued them.  
5 They cried out to you and were saved.  
    They trusted in you and were never  
disgraced.  
6 But I am a worm and not a man.  
    I am scorned and despised by all!  
7 Everyone who sees me mocks me.  
    They sneer and shake their heads, saying,  
8 "Is this the one who relies on the Lord?  
    Then let the Lord save him!

If the Lord loves him so much,  
    let the Lord rescue him!"  
9 Yet you brought me safely from my  
mother's womb  
    and led me to trust you at my mother's  
breast.  
10 I was thrust into your arms at my birth.  
    You have been my God from the moment  
I was born.  
11 Do not stay so far from me,  
    for trouble is near,  
    and no one else can help me.

### **41:4-**

"O LORD," I prayed, "have mercy on me.  
    Heal me, for I have sinned against you."  
5 But my enemies say nothing but evil about  
me.  
    "How soon will he die and be forgotten?"  
they ask.  
6 They visit me as if they were my friends,  
    but all the while they gather gossip,  
    and when they leave, they spread it  
everywhere.  
7 All who hate me whisper about me,  
    imagining the worst.  
8 "He has some fatal disease," they say.  
    "He will never get out of that bed!"  
9 Even my best friend, the one I trusted  
completely,  
    the one who shared my food, has turned  
against me.

### **55:12**

It is not an enemy who taunts me—  
    I could bear that.  
It is not my foes who so arrogantly insult  
me—  
    I could have hidden from them.  
13 Instead, it is you—my equal,  
    my companion and close friend.  
14 What good fellowship we once enjoyed  
    as we walked together to the house of  
God.

## **ANGER**

### **5:8**

Lead me in the right path, O LORD,  
or my enemies will conquer me.  
Make your way plain for me to follow.  
<sup>9</sup> My enemies cannot speak a truthful word.  
Their deepest desire is to destroy others.  
Their talk is foul, like the stench from an  
open grave.  
Their tongues are filled with flattery.<sup>[a]</sup>  
<sup>10</sup> O God, declare them guilty.  
Let them be caught in their own traps.  
Drive them away because of their many  
sins,  
for they have rebelled against you.  
<sup>11</sup> But let all who take refuge in you rejoice;  
let them sing joyful praises forever.  
Spread your protection over them,  
that all who love your name may be filled  
with joy.

### **139:19-**

O God, if only you would destroy the  
wicked!  
Get out of my life, you murderers!  
<sup>20</sup> They blaspheme you;  
your enemies misuse your name.  
<sup>21</sup> O LORD, shouldn't I hate those who hate  
you?  
Shouldn't I despise those who oppose  
you?  
<sup>22</sup> Yes, I hate them with total hatred,  
for your enemies are my enemies.

### **69:19-**

You know of my shame, scorn, and disgrace.  
You see all that my enemies are doing.

<sup>20</sup> Their insults have broken my heart,  
and I am in despair.  
If only one person would show some pity;  
if only one would turn and comfort me.  
<sup>21</sup> But instead, they give me poison<sup>[a]</sup> for  
food;  
they offer me sour wine for my thirst.  
<sup>22</sup> Let the bountiful table set before them  
become a snare  
and their prosperity become a trap.<sup>[b]</sup>  
<sup>23</sup> Let their eyes go blind so they cannot see,  
and make their bodies shake  
continually.<sup>[c]</sup>  
<sup>24</sup> Pour out your fury on them;  
consume them with your burning anger.  
<sup>25</sup> Let their homes become desolate  
and their tents be deserted.  
<sup>26</sup> To the one you have punished, they add  
insult to injury;  
they add to the pain of those you have  
hurt.  
<sup>27</sup> Pile their sins up high,  
and don't let them go free.  
<sup>28</sup> Erase their names from the Book of Life;  
don't let them be counted among the  
righteous.

### **109:19-**

Now may his curses return and cling to him  
like clothing;  
may they be tied around him like a belt."  
<sup>20</sup> May those curses become the LORD's  
punishment  
for my accusers who speak evil of me.  
<sup>21</sup> But deal well with me, O Sovereign LORD,

for the sake of your own reputation!  
Rescue me  
because you are so faithful and good.  
<sup>22</sup> For I am poor and needy,  
and my heart is full of pain.  
<sup>23</sup> I am fading like a shadow at dusk;  
I am brushed off like a locust.  
<sup>24</sup> My knees are weak from fasting,  
and I am skin and bones.  
<sup>25</sup> I am a joke to people everywhere;  
when they see me, they shake their  
heads in scorn.

## **FEAR**

**55:4-**

My heart pounds in my chest.

The terror of death assaults me.

<sup>5</sup> Fear and trembling overwhelm me,  
and I can't stop shaking.

<sup>6</sup> Oh, that I had wings like a dove;  
then I would fly away and rest!

<sup>7</sup> I would fly far away  
to the quiet of the wilderness. *Interlude*

<sup>8</sup> How quickly I would escape—  
far from this wild storm of hatred.

## **Psalm 46**

1 God is our refuge and strength,  
always ready to help in times of trouble.

2 So we will not fear when earthquakes  
come  
and the mountains crumble into the sea.

3 Let the oceans roar and foam.  
Let the mountains tremble as the waters  
surge!

## **ANXIETY**

### **38:17-**

I am on the verge of collapse,  
facing constant pain.

<sup>18</sup> But I confess my sins;  
I am deeply sorry for what I have done.

<sup>19</sup> I have many aggressive enemies;  
they hate me without reason.

<sup>20</sup> They repay me evil for good  
and oppose me for pursuing good.

<sup>21</sup> Do not abandon me, O LORD.  
Do not stand at a distance, my God.

<sup>22</sup> Come quickly to help me,  
O Lord my savior.

### **94:16-**

Who will protect me from the wicked?  
Who will stand up for me against  
evildoers?

<sup>17</sup> Unless the LORD had helped me,  
I would soon have settled in the silence of  
the grave.

<sup>18</sup> I cried out, "I am slipping!"  
but your unfailing love, O LORD, supported  
me.

<sup>19</sup> When doubts filled my mind,  
your comfort gave me renewed hope and  
cheer.

### **139:23-**

Search me, O God, and know my heart;  
test me and know my anxious thoughts.

<sup>24</sup> Point out anything in me that offends  
you,  
and lead me along the path of everlasting  
life.