

## Psalms for Adults - Week 2

The psalms below all belong to the genre (type) called **trust psalms**. You could also call them **“I am holding on as tightly as I can God”** psalms. I encourage you to read one of these psalms each day this week. After you read it once, you may want to try reading it aloud to see if it feels any different. There are only five psalms, so if you read one a day, you will have to repeat some of them. That is intentional. I’ve chosen to use the Contemporary English Version for its simplicity and power. Enjoy! - *Pastor Mike*

### Psalm 16 - The Best Choice

<sup>1</sup> Protect me, Lord God!  
I run to you for safety,  
<sup>2</sup> and I have said,  
“Only you are my Lord!  
Every good thing I have  
is a gift from you.”

<sup>3</sup> Your people are wonderful,  
and they make me happy,  
<sup>4</sup> but worshipers of other gods  
will have much sorrow.  
I refuse to offer sacrifices  
of blood to those gods  
or worship in their name.

<sup>5</sup> You, Lord, are all I want!  
You are my choice,  
and you keep me safe.  
<sup>6</sup> You make my life pleasant,  
and my future is bright.

<sup>7</sup> I praise you, Lord,  
for being my guide.  
Even in the darkest night,  
your teachings fill my mind.  
<sup>8</sup> I will always look to you,  
as you stand beside me  
and protect me from fear.  
<sup>9</sup> With all my heart,  
I will celebrate,  
and I can safely rest.

<sup>10</sup> I am your chosen one.  
You won’t leave me in the grave

or let my body decay.  
<sup>11</sup> You have shown me  
the path to life,  
and you make me glad  
by being near to me.  
Sitting at your right side,  
I will always be joyful.

### Psalm 46 - God Is Our Mighty Fortress

<sup>1</sup> God is our mighty fortress,  
always ready to help  
in times of trouble.  
<sup>2</sup> And so, we won’t be afraid!  
Let the earth tremble  
and the mountains tumble  
into the deepest sea.  
<sup>3</sup> Let the ocean roar and foam,  
and its raging waves  
shake the mountains.

<sup>4</sup> A river and its streams  
bring joy to the city,  
which is the sacred home  
of God Most High.  
<sup>5</sup> God is in that city,  
and it won’t be shaken.  
He will help it at dawn.

<sup>6</sup> Nations rage! Kingdoms fall!  
But at the voice of God  
the earth itself melts.  
<sup>7</sup> The Lord All-Powerful  
is with us.  
The God of Jacob  
is our fortress.

## Psalms for Adults - Week 2

<sup>8</sup> Come! See the fearsome things  
the Lord has done on earth.

<sup>9</sup> God brings wars to an end  
all over the world.

He breaks the arrows,  
shatters the spears,  
and burns the shields.

<sup>10</sup> Our God says, "Calm down,  
and learn that I am God!  
All nations on earth  
will honor me."

<sup>11</sup> The Lord All-Powerful  
is with us.  
The God of Jacob  
is our fortress.

### **Psalm 91 - The Lord Is My Fortress**

<sup>1</sup> Live under the protection  
of God Most High  
and stay in the shadow  
of God All-Powerful.

<sup>2</sup> Then you will say to the Lord,  
"You are my fortress,  
my place of safety;  
you are my God,  
and I trust you."

<sup>3</sup> The Lord will keep you safe  
from secret traps  
and deadly diseases.

<sup>4</sup> He will spread his wings  
over you  
and keep you secure.  
His faithfulness is like  
a shield or a city wall. <sup>[a]</sup>

<sup>5</sup> You won't need to worry  
about dangers at night  
or arrows during the day.

<sup>6</sup> And you won't fear diseases  
that strike in the dark  
or sudden disaster at noon.

<sup>7</sup> You will not be harmed,  
though thousands fall  
all around you.

<sup>8</sup> And with your own eyes  
you will see  
the punishment  
of the wicked.

<sup>9</sup> The Lord Most High  
is your fortress.

Run to him for safety,  
<sup>10</sup> and no terrible disasters  
will strike you  
or your home.

<sup>11</sup> God will command his angels  
to protect you  
wherever you go.

<sup>12</sup> They will carry you  
in their arms,  
and you won't hurt your feet  
on the stones.

<sup>13</sup> You will overpower  
the strongest lions  
and the most deadly snakes.

<sup>14</sup> The Lord says,  
"If you love me  
and truly know who I am,  
I will rescue you  
and keep you safe.

<sup>15</sup> When you are in trouble,  
call out to me.  
I will answer and be there  
to protect and honor you.

<sup>16</sup> You will live a long life  
and see my saving power."

### **Psalm 121 - The Lord Will Protect His People**

<sup>1</sup> I look to the hills!  
Where will I find help?

<sup>2</sup> It will come from the Lord,  
who created the heavens  
and the earth.

## Psalms for Adults - Week 2

<sup>3</sup> The Lord is your protector,  
and he won't go to sleep  
or let you stumble.

<sup>4</sup> The protector of Israel  
doesn't doze  
or ever get drowsy.

<sup>5</sup> The Lord is your protector,  
there at your right side  
to shade you from the sun.

<sup>6</sup> You won't be harmed  
by the sun during the day  
or by the moon<sup>[a]</sup> at night.

<sup>7</sup> The Lord will protect you  
and keep you safe  
from all dangers.

<sup>8</sup> The Lord will protect you  
now and always  
wherever you go.

### **Psalm 131 - Trust the Lord!**

<sup>1</sup> I am not conceited, Lord,  
and I don't waste my time  
on impossible schemes.

<sup>2</sup> But I have learned to feel safe  
and satisfied,  
just like a young child  
on its mother's lap.

<sup>3</sup> People of Israel,  
you must trust the Lord  
now and forever.