

Psalms for Adults - Week 5

The psalms this week are not from any particular genre. I am offering you, instead, what I call "Pastor's Picks," my own personal favorite psalms. I hope you enjoy them as much as I have!

- *Pastor Mike*

Psalm 14 - No One Can Ignore the LORD

¹ Only a fool would say,
"There is no God!"
People like that are worthless;
they are heartless and cruel
and never do right.

² From heaven the LORD
looks down to see
if anyone is wise enough
to search for him.

³ But all of them are corrupt;
no one does right.

⁴ Won't you evil people learn?
You refuse to pray,
and you gobble down
the LORD's people.

⁵ But you will be frightened,
because God is on the side
of every good person.

⁶ You may spoil the plans
of the poor,
but the LORD protects them.

⁷ I long for someone from Zion
to come and save Israel!
Our LORD, when you bless
your people again,
Jacob's family will be glad,
and Israel will celebrate.

Psalm 15 - Who May Worship the LORD?

¹ Who may stay in God's temple
or live on the holy mountain
of the LORD?

² Only those who obey God
and do as they should.
They speak the truth
³ and don't spread gossip;
they treat others fairly
and don't say cruel things.

⁴ They hate worthless people,
but show respect for all
who worship the LORD.
And they keep their promises,
no matter what the cost.

⁵ They lend their money
without charging interest,
and they don't take bribes
to hurt the innocent.

Those who do these things
will always stand firm.

Psalm 19 - The Wonders of God and the Goodness of His Law

¹ The heavens keep telling
the wonders of God,
and the skies declare
what he has done.

² Each day informs
the following day;
each night announces
to the next.

³ They don't speak a word,
and there is never
the sound of a voice.

⁴ Yet their message reaches
all the earth,
and it travels
around the world.

In the heavens a tent
is set up for the sun.

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⁵ It rises like a bridegroom
and gets ready like a hero
eager to run a race.
⁶ It travels all the way
across the sky.
Nothing hides from its heat.

⁷ The Law of the LORD is perfect;
it gives us new life.
His teachings last forever,
and they give wisdom
to ordinary people.
⁸ The LORD's instruction is right;
it makes our hearts glad.
His commands shine brightly,
and they give us light.

⁹ Worshiping the LORD is sacred;
he will always be worshiped.
All of his decisions
are correct and fair.
¹⁰ They are worth more
than the finest gold
and are sweeter than honey
from a honeycomb.

¹¹ By your teachings, Lord,
I am warned;
by obeying them,
I am greatly rewarded.
¹² None of us know our faults.
Forgive me when I sin
without knowing it.
¹³ Don't let me do wrong
on purpose, Lord,
or let sin have control
over my life.
Then I will be innocent,
and not guilty
of some terrible fault.

¹⁴ Let my words and my thoughts
be pleasing to you, LORD,
because you are my mighty rock
and my protector.

Psalm 86 - An Undivided Heart

Please listen, Lord,
and answer my prayer!
I am poor and helpless.
² Protect me and save me
because you are my God.
I am your faithful servant,
and I trust you.
³ Be kind to me!
I pray to you all day.
⁴ Make my heart glad!
I serve you,
and my prayer is sincere.
⁵ You willingly forgive,
and your love is always there
for those who pray to you.
⁶ Please listen, Lord!
Answer my prayer for help.
⁷ When I am in trouble, I pray,
knowing you will listen.

⁸ No other gods are like you;
only you work miracles.
⁹ You created each nation,
and they will all bow down
to worship and honor you.
¹⁰ You perform great wonders
because you alone are God.

¹¹ Teach me to follow you,
and I will obey your truth.
Always keep me faithful.
¹² With all my heart I thank you.
I praise you, Lord God.
¹³ Your love for me is so great
that you protected me
from death and the grave.

¹⁴ Proud and violent enemies,
who don't care about you,
have ganged up to attack

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and kill me.
¹⁵ But you, the Lord God,
are kind and merciful.
You don't easily get angry,
and your love
can always be trusted.
¹⁶ I serve you, Lord,
and I am the child
of one of your servants.
Look on me with kindness.
Make me strong and save me.
¹⁷ Show that you approve of me!
Then my hateful enemies
will feel like fools,
because you have helped
and comforted me.

Psalm 139 -The LORD Is Always Near

¹ You have looked deep
into my heart, LORD,
and you know all about me.
² You know when I am resting
or when I am working,
and from heaven
you discover my thoughts.
³ You notice everything I do
and everywhere I go.
⁴ Before I even speak a word,
you know what I will say,
⁵ and with your powerful arm
you protect me
from every side.
⁶ I can't understand all of this!
Such wonderful knowledge
is far above me.
⁷ Where could I go to escape
from your Spirit
or from your sight?
⁸ If I were to climb up
to the highest heavens,
you would be there.
If I were to dig down

to the world of the dead
you would also be there.

⁹ Suppose I had wings
like the dawning day
and flew across the ocean.
¹⁰ Even then your powerful arm
would guide and protect me.
¹¹ Or suppose I said, "I'll hide
in the dark
until night comes
to cover me over."
¹² But you see in the dark
because daylight and dark
are all the same to you.

¹³ You are the one
who put me together
inside my mother's body,
¹⁴ and I praise you
because of
the wonderful way
you created me.
Everything you do is marvelous!
Of this I have no doubt.

¹⁵ Nothing about me
is hidden from you!
I was secretly woven together
deep in the earth below,
¹⁶ but with your own eyes
you saw
my body being formed.
Even before I was born,
you had written in your book
everything I would do.

¹⁷ Your thoughts are far beyond
my understanding,
much more than I
could ever imagine.
¹⁸ I try to count your thoughts,
but they outnumber the grains
of sand on the beach.
And when I awake,
I will find you nearby.

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¹⁹ How I wish that you would kill
all cruel and heartless people
and protect me from them!

²⁰ They are always rebelling
and speaking evil of you.

²¹ You know I hate anyone
who hates you, LORD,
and refuses to obey.

²² They are my enemies too,
and I truly hate them.

²³ Look deep into my heart, God,
and find out everything
I am thinking.

²⁴ Don't let me follow evil ways,
but lead me in the way
that time has proven true.