

## Psalms for Adults - Week 6

It's fitting to revisit the Psalms of Lament during Holy Week. May you experience solidarity with Christ and all His people as you pray these psalms. - *Pastor Mike*

### **Psalm 13 - A Prayer for the LORD's Help**

<sup>1</sup> How much longer, LORD,  
will you forget about me?  
Will it be forever?  
How long will you hide?  
<sup>2</sup> How long must I be confused  
and miserable all day?  
How long will my enemies  
keep beating me down?  
<sup>3</sup> Please listen, LORD God,  
and answer my prayers.  
Make my eyes sparkle again,  
or else I will fall  
into the sleep of death.  
<sup>4</sup> My enemies will say,  
"Now we've won!"  
They will be greatly pleased  
when I am defeated.  
<sup>5</sup> I trust your love,  
and I feel like celebrating  
because you rescued me.  
<sup>6</sup> You have been good to me, LORD,  
and I will sing about you.

### **Psalm 51-A Prayer for Forgiveness**

<sup>1</sup> You are kind, God!  
Please have pity on me.  
You are always merciful!  
Please wipe away my sins.  
<sup>2</sup> Wash me clean from all  
of my sin and guilt.  
<sup>3</sup> I know about my sins,  
and I cannot forget  
my terrible guilt.  
<sup>4</sup> You are really the one  
I have sinned against;  
I have disobeyed you  
and have done wrong.

So it is right and fair for you  
to correct and punish me.

<sup>5</sup> I have sinned and done wrong  
since the day I was born.  
<sup>6</sup> But you want complete honesty,  
so teach me true wisdom.  
<sup>7</sup> Wash me with hyssop  
until I am clean  
and whiter than snow.  
<sup>8</sup> Let me be happy and joyful!  
You crushed my bones,  
now let them celebrate.  
<sup>9</sup> Turn your eyes from my sin  
and cover my guilt.  
<sup>10</sup> Create pure thoughts in me  
and make me faithful again.  
<sup>11</sup> Don't chase me away from you  
or take your Holy Spirit  
away from me.  
<sup>12</sup> Make me as happy as you did  
when you saved me;  
make me want to obey!  
<sup>13</sup> I will teach sinners your Law,  
and they will return to you.  
<sup>14</sup> Keep me from any deadly sin.  
Only you can save me!  
Then I will shout and sing  
about your power to save.  
<sup>15</sup> Help me to speak,  
and I will praise you, Lord.  
<sup>16</sup> Offerings and sacrifices  
are not what you want.  
<sup>17</sup> The way to please you  
is to feel sorrow  
deep in our hearts.  
This is the kind of sacrifice  
you won't refuse.  
<sup>18</sup> Please be willing, Lord,  
to help the city of Zion  
and to rebuild its walls.

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<sup>19</sup> Then you will be pleased  
with the proper sacrifices,  
and we will offer bulls  
on your altar once again.

### Psalm 126 - Celebrating the Harvest

<sup>1</sup> It seemed like a dream  
when the LORD brought us back  
to the city of Zion.  
<sup>2</sup> We celebrated with laughter  
and joyful songs.  
In foreign nations it was said,  
“The LORD has worked miracles  
for his people.”  
<sup>3</sup> And so we celebrated  
because the LORD had indeed  
worked miracles for us.  
<sup>4</sup> Our LORD, we ask you to bless  
our people again,  
and let us be like streams  
in the Southern Desert.  
<sup>5</sup> We cried as we went out  
to plant our seeds.  
Now let us celebrate  
as we bring in the crops.  
<sup>6</sup> We cried on the way  
to plant our seeds,  
but we will celebrate and shout  
as we bring in the crops.

### Psalm 130 - Trusting the LORD in Times of Trouble

<sup>1</sup> From a sea of troubles  
I call out to you, LORD.  
<sup>2</sup> Won't you please listen  
as I beg for mercy?  
<sup>3</sup> If you kept record of our sins,  
no one could last long.  
<sup>4</sup> But you forgive us,  
and so we will worship you.  
<sup>5</sup> With all my heart,  
I am waiting, LORD, for you!  
I trust your promises.

<sup>6</sup> I wait for you more eagerly  
than a soldier on guard duty  
waits for the dawn.  
Yes, I wait more eagerly  
than a soldier on guard duty  
waits for the dawn.

<sup>7</sup> Israel, trust the LORD!  
He is always merciful,  
and he has the power  
to save you.  
<sup>8</sup> Israel, the LORD will save you  
from all of your sins.

### Psalm 22 - Suffering and Praise

(This is what Christ began to pray on the cross.)

<sup>1</sup> My God, my God, why have you  
deserted me?  
Why are you so far away?  
Won't you listen to my groans  
and come to my rescue?  
<sup>2</sup> I cry out day and night,  
but you don't answer,  
and I can never rest.  
<sup>3</sup> Yet you are the holy God,  
ruling from your throne  
and praised by Israel.  
<sup>4</sup> Our ancestors trusted you,  
and you rescued them.  
<sup>5</sup> When they cried out for help,  
you saved them,  
and you did not let them down  
when they depended on you.

<sup>6</sup> But I am merely a worm,  
far less than human,  
and I am hated and rejected  
by people everywhere.  
<sup>7</sup> Everyone who sees me  
makes fun and sneers.  
They shake their heads,  
<sup>8</sup> and say, “Trust the LORD!  
If you are his favorite,  
let him protect you  
and keep you safe.”

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<sup>9</sup> You, LORD, brought me  
safely through birth,  
and you protected me  
when I was a baby  
at my mother's breast.

<sup>10</sup> From the day I was born,  
I have been in your care,  
and from the time of my birth,  
you have been my God.

<sup>11</sup> Don't stay far off  
when I am in trouble  
with no one to help me.

<sup>12</sup> Enemies are all around  
like a herd of wild bulls.  
Powerful bulls from Bashan  
are everywhere.

<sup>13</sup> My enemies are like lions  
roaring and attacking  
with jaws open wide.

<sup>14</sup> I have no more strength  
than a few drops of water.  
All my bones are out of joint;  
my heart is like melted wax.

<sup>15</sup> My strength has dried up  
like a broken clay pot,  
and my tongue sticks  
to the roof of my mouth.  
You, God, have left me  
to die in the dirt.

<sup>16</sup> Brutal enemies attack me  
like a pack of dogs,  
tearing at my hands  
and my feet.

<sup>17</sup> I can count all my bones,  
and my enemies just stare  
and sneer at me.

<sup>18</sup> They took my clothes  
and gambled for them.

<sup>19</sup> Don't stay far away, LORD!  
My strength comes from you,  
so hurry and help.

<sup>20</sup> Rescue me from enemy swords  
and save me from those dogs.

<sup>21</sup> Don't let lions eat me.

You rescued me from the horns  
of wild bulls,  
<sup>22</sup> and when your people meet,  
I will praise you, LORD.

<sup>23</sup> All who worship the LORD,  
now praise him!  
You belong to Jacob's family  
and to the people of Israel,  
so fear and honor the LORD!

<sup>24</sup> The LORD doesn't hate  
or despise the helpless  
in all of their troubles.  
When I cried out, he listened  
and did not turn away.

<sup>25</sup> When your people meet,  
you will fill my heart  
with your praises, LORD,  
and everyone will see me  
keep my promises to you.

<sup>26</sup> The poor will eat and be full,  
and all who worship you  
will be thankful  
and live in hope.

<sup>27</sup> Everyone on this earth  
will remember you, LORD.  
People all over the world  
will turn and worship you,  
<sup>28</sup> because you are in control,  
the ruler of all nations.

<sup>29</sup> All who are rich  
and have more than enough  
will bow down to you, Lord.  
Even those who are dying  
and almost in the grave  
will come and bow down.

<sup>30</sup> In the future, everyone  
will worship and learn  
about you, our Lord.

<sup>31</sup> People not yet born  
will be told,  
"The Lord has saved us!"