

# The Book of Psalms



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A simplified ecumenical translation

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# Book 1

## Psalm 1 (LXX 1)

<sup>1</sup> Happy is the one who doesn't go along with the advice of the corrupt, or spend time with sinners, or join a group of mockers. <sup>2</sup> Such a person rather delights in God's law, and thinks about it day and night.

<sup>3</sup> He is like a tree planted by a stream. It yields fruit in season, and its leaves don't wither. He prospers in whatever he does.

<sup>4</sup> Not so the corrupt! They are like chaff that the wind blows away.

<sup>5</sup> The corrupt won't be able to defend themselves when judged. Sinners can't survive when the righteous make the rules. <sup>6</sup> God takes care of the righteous. Immoral ways lead only to ruin.

## Psalm 2 (LXX 2)

<sup>1</sup> Why are the nations giving in to their anger and making useless plans? <sup>2</sup> The rulers of the Earth join forces against God and his chosen one. <sup>3</sup> They wish to end their subordination and God's control.

<sup>4</sup> But God, who lives in heaven, laughs at them, because he finds it all funny. <sup>5</sup> Then he shows them what it means when he's angry, and frightens them with his fury.

<sup>6</sup> God has made me king on Zion, his holy mountain, to tell the world what he commands. <sup>7</sup> He said to me: "You are my son. I have become your father today. <sup>8</sup> Ask me, and I will let you conquer all the nations,

and the whole Earth will belong to you. <sup>9</sup> You will be able to rule them harshly, and break their resistance with no effort."

<sup>10</sup> Listen to this, rulers of the Earth! Learn and understand what this all means! <sup>11</sup> Serve the Lord with respect, and be glad you get to be his servants. <sup>12</sup> Accept his teaching, or he may become angry. Then you will be lost in your hopelessness.

<sup>13</sup> Blessed are all who trust in him when his anger flares up suddenly.

## Psalm 3 (LXX 3)

<sup>1</sup> A psalm of David, about the time he was fleeing from his son Absalom.

<sup>2</sup> Lord, why are so many people troubling me and fighting me?

<sup>3</sup> (interlude)

They think that you won't save me.

<sup>4</sup> But you are my protector and my glory. You are the one who gives me confidence.

<sup>5</sup> (interlude)

This is how I prayed. The Lord listened to my prayer from his holy mountain. <sup>6</sup> I lay down and fell asleep. I got to see the next morning, because God protects me. <sup>7</sup> I won't be afraid, even if thousands of people surround me.

<sup>8</sup> Rise, Lord! Save me, my God! You have defeated all who attack me for no reason. You have silenced the insults of the corrupt.

<sup>9</sup> (interlude)

You are my rescue. You are a blessing to your nation.

## Psalm 4 (LXX 4)

<sup>1</sup> A song of David, for the end.

<sup>2</sup> God, the source of my righteousness, I prayed, and you answered me. You helped me when I was in trouble. Please, grant my request: have mercy on me.

<sup>3</sup> (interlude)

People, how long will you be stubborn? Why do you love useless things and seek lies? <sup>4</sup> I am devoted to God. He has done amazing things for me. He listens to me when I pray to him.

<sup>5</sup> (interlude)

Even if you're angry, do not let yourself sin. Reflect on your emotions and calm down. <sup>6</sup> Offer a sacrifice of righteousness, and trust in God.

<sup>7</sup> Many seek goodness. God, you have given us the privilege of knowing about you. <sup>8</sup> You have filled me with joy. No amount of grain, wine, or oil could make me so happy. <sup>9</sup> I will be able to sleep in peace. I have hope in my life only thanks to you, God.

## Psalm 5 (LXX 5)

<sup>1</sup> For the director of music. A psalm of David.

<sup>2</sup> Please, listen to my cry, Lord!

<sup>3</sup> Pay attention to my prayer, my King and God. <sup>4</sup> I will wake up early and pray to you, Lord. <sup>5</sup> I will live without sin, because I know you watch all my moves, and that you don't want wrongdoing.

<sup>6</sup> No evil person can stand being with you. An unjust person can't hide his sins from you. <sup>7</sup> You hate all wrongdoing. You fight against all lies. You hate that people are violent and deceitful, Lord. <sup>8</sup> But I will follow you, because I know you have great mercy. I will worship in your holy temple and respect you.

<sup>9</sup> Please, Lord, let me find you and get to know you. Lead me, so I can know your righteousness, and protect me from my enemies.

<sup>10</sup> They don't have truth in their lives, and there is no goodness in them. <sup>11</sup> They spread death with the lies they say. Please, judge them, God! Let them fail because of their own plans. Get rid of them because of their many sins. They deserve it for making you so angry, Lord.

<sup>12</sup> May all who hope in you be glad! They will rejoice forever, and you will live among them. All who love your name will praise you,

<sup>13</sup> because you bless the righteous, Lord! Your goodwill is like a shield and a crown for us.

## Psalm 6 (LXX 6)

<sup>1</sup> A psalm of David for the end. Full octave.

<sup>2</sup> Please, God, don't punish me or discipline me even though you are angry with me. <sup>3</sup> Please, have mercy on me, because I am weak.

Please, heal me, because my whole body is sick. <sup>4</sup> I feel very anxious. Please, God, let me know how long this will last.

<sup>5</sup> Please, pay attention to me, and save my life. I know you are full of kindness. <sup>6</sup> The dead can't praise you in their realm, but I am still alive.

<sup>7</sup> I'm tired of crying. I go to sleep overwhelmed with sadness every night, and I soak my couch with tears. <sup>8</sup> I have cried so much that my vision is blurry. I have so many problems that I'm as weak as an old person.

<sup>9</sup> Go away from me, evildoers! God has heard my cry. <sup>10</sup> He has listened to my requests and has granted them. <sup>11</sup> Let all my enemies face failure and humiliation! They had better flee in panic now.

### **Psalm 7 (LXX 7)**

<sup>1</sup> A psalm of David. It concerns what was said by Cush, a man from the tribe of Benjamin.

<sup>2</sup> My Lord God, I trust you. Please, save me. Free me from all those who chase me. <sup>3</sup> Don't let them kill me. I'm like a lone boy facing a hungry lion.

<sup>4</sup> My Lord God, if I have done wrong, if I have resorted to evil, <sup>5</sup> if I have taken revenge on someone who wronged me, then leave me at the mercy of my enemies.

<sup>6</sup> Let my enemies chase me and catch me. Let them push me to the ground and kick me to death, and let my reputation be ruined.

(interlude)

<sup>7</sup> Rise and show your anger, Lord! Show my enemies who my defender is.

Wake up, my Lord God, and enact your justice. <sup>8</sup> Come and protect those who assemble for you from the heights. <sup>9</sup> You judge the nations, Lord. Judge me, so I can prove my righteousness and innocence.

<sup>10</sup> Let the corruption of the sinful end. Guide the just, God, because you know every action and every thought.

<sup>11</sup> My help comes from the righteous God. He saves those who live with integrity. <sup>12</sup> God is a just judge. He is strong and patient. He shows the corrupt his anger every day.

<sup>13</sup> Corrupt people! You had better turn away from evil immediately, because he is already sharpening his sword and preparing his arrows.

<sup>14</sup> He is preparing his deadly weapons. His flaming arrows will rain on you everywhere.

<sup>15</sup> But a corrupt person only knows how to do evil. He is like a pregnant demoness who's about to give birth to more trouble and sin.

<sup>16</sup> He digs a deep pit for someone else, but eventually falls into it himself. <sup>17</sup> The trouble he has caused will turn against him. He will suffer from his own violence.

<sup>18</sup> I will praise God for his righteousness. I will sing praises to the highest God, whose name is Yahweh.

### **Psalm 8 (LXX 8)**

<sup>1</sup> For the director. A psalm of David, for stringed instruments.

<sup>2</sup> Lord, our Lord! It's impossible to express how amazing your name is! Your glory is even greater than the sky.

<sup>3</sup> You show praise through the mouths of children and babies. You have given us praise as a defence against your enemies. It's capable of silencing all enemies and avengers.

<sup>4</sup> When I look at the sky you created, the Moon and the stars that you have set in place, I wonder:

<sup>5</sup> Although mankind is so tiny, you still notice and care for humans.

<sup>6</sup> Although you made them a little lower than the angels, you crowned them with glory and honour.

<sup>7</sup> You put them in charge of the world you created. <sup>8</sup> You put everything under man's control: all the sheep and cattle, all the wild animals, <sup>9</sup> the birds in the sky, and the fish that swim in the vast oceans.

<sup>10</sup> Lord, our Lord! It's impossible to express how amazing your name is!

### **Psalms 9 & 10 (LXX 9)**

<sup>1</sup> A psalm of David for the end, about the secrets of the son.

<sup>2</sup> Lord, I will make every effort to praise you. I will tell others about all your amazing deeds. <sup>3</sup> I will gladly sing for you and praise your name, because you are the highest God.

<sup>4</sup> When my enemies are finally defeated, they will be weak and die when they face you. <sup>5</sup> You know that I have done nothing wrong. You defend my cause. You judge fairly from your throne.

<sup>6</sup> You punish all nations, and you get rid of the corrupt. You make sure that only their infamy remains.

<sup>7</sup> They have no more weapons to use, and no more cities to hide in. The trouble they caused is gone, and so is their memory.

<sup>8</sup> But you live forever, Lord. You have prepared your throne to preside over the judgment.

<sup>9</sup> You will judge all the nations of the world fairly and justly. <sup>10</sup> You offer safety to the poor. You help them in times of trouble. <sup>11</sup> Those who know your name will trust in you, because you don't abandon those who seek you, Lord.

<sup>12</sup> Sing praises to the Lord who lives in Zion! Tell the whole world about what he's done. <sup>13</sup> He remembers those who suffer. He doesn't ignore the cries of the poor.

<sup>14</sup> Have mercy on me, Lord. Look at how much I've suffered because of my troubles. <sup>15</sup> I'm not far from death. Please, help me get up, so that I may praise you in public in the land of Zion. <sup>16</sup> Save me, and I will be happy. Those who don't follow you are setting themselves up for a catastrophic failure.

<sup>17</sup> Long interlude.

You are known for your just actions. The sinners are known for the failures they cause for themselves.

<sup>18</sup> Let sinners and those who ignore God meet their doom. <sup>19</sup> The poor won't be on their own forever. Their patience will be rewarded.

<sup>20</sup> Rise, Lord! Don't let humans pride themselves on their superficial strength. Judge all the nations you see. <sup>21</sup> Appoint a ruler over the whole world, so that the people realise they are only human. (interlude)

<sup>22</sup> <sup>1</sup> Lord, why are you so far? We need you. Please, don't hide from us.

<sup>23</sup> <sup>2</sup> The corrupt are arrogantly abusing the poor. Let them suffer from their own schemes.

<sup>24</sup> <sup>3</sup> The sinners take pride in their lust. They associate with other such sinners.

<sup>25</sup> <sup>4</sup> The sinners won't even try to look for God, which angers him greatly. They claim there is no God.

<sup>26</sup> <sup>5</sup> They live corrupt lives, ignore God's laws, and downplay the damage they cause. <sup>27</sup> <sup>6</sup> They believe that they are untouchable and that they will always be happy.

<sup>28</sup> <sup>7</sup> Their speech is full of curses, bitterness, and deceit. They cause only trouble and sorrow with their words. <sup>29</sup> <sup>8</sup> The corrupt work together in order to get richer while the poor get poorer. <sup>30</sup> <sup>9</sup> They are always looking for new ways to harm the helpless. They are very good at exploiting the weak.

<sup>31</sup> <sup>10</sup> They usurp more and more power for themselves, and their victims suffer because of it.

<sup>32</sup> <sup>11</sup> They claim that if there is a God, then he certainly doesn't care about what happens in the world.

<sup>33</sup> <sup>12</sup> Arise, Lord God! Use your power to protect those who need you. <sup>34</sup> <sup>13</sup> The sinners have angered you by claiming that you wouldn't punish them. <sup>35</sup> <sup>14</sup> But you see all the trouble and spite. You act. You help those who need you - those who have no one.

<sup>36</sup> <sup>15</sup> Defeat the sinners, even the most powerful ones. Let their sin end.

<sup>37</sup> <sup>16</sup> God's reign will never end. Those who don't follow him will be banished from his land.

<sup>38</sup> <sup>17</sup> God pays attention to the needs of the poor. He listens to their cries.

<sup>39</sup> <sup>18</sup> He will defend the orphans and the humble. He will protect them from oppressors.

## Psalm 11 (LXX 10)

<sup>1</sup> A psalm of David for the end.

I trust in God. Don't tell me to go into hiding. <sup>2</sup> I see that the corrupt are preparing an attack against the good. <sup>3</sup> If even the basic rules aren't followed in society, the good can't be blamed for its failures.

<sup>4</sup> God is in his holy temple.

He is sitting on his throne in heaven. He pays attention to the poor, and watches everyone's actions.

<sup>5</sup> He sees how righteous or corrupt everyone is. Still, there are many who choose evil - they must hate their own lives. <sup>6</sup> He will give them many opportunities to fail. They will be rewarded with complete ruin.

<sup>7</sup> This is how the good Lord enacts justice. He knows what real fairness is.

## Psalm 12 (LXX 11)

<sup>1</sup> A psalm of David for the end. Full octave.

<sup>2</sup> Please, God, save me, or another good person will disappear. People have abandoned truth. <sup>3</sup> Everyone lies even to his own neighbours, and flatters others with his lies.

<sup>4</sup> Please, God, don't let them continue with this fake flattery and real arrogance. <sup>5</sup> Everyone thinks that he can talk his way out of any problem, and that nobody can tell him what to do.

<sup>6</sup> Lord, you have said: "I will rise, because the misery of the weak is unacceptable. I will place them in the safety they long for."

<sup>7</sup> Your words are pure wisdom. They are like silver refined seven times in a furnace. <sup>8</sup> Lord, you will protect them. You won't let them disappear from society. <sup>9</sup> Stop the corrupt from celebrating the evil they spread.

### **Psalm 13 (LXX 12)**

<sup>1</sup> A psalm of David for the end.

<sup>2</sup> Lord! How long will you keep me out of your mind? How long will you look away from me? <sup>3</sup> How long must I endure all this sorrow and grief? How long will my enemy triumph over me?

<sup>4</sup> Please, my Lord God, look at me and answer. Guide me in this uncertain time. Don't let me die.

<sup>5</sup> Don't let my enemy think he's won. Don't let those who trouble me make fun of my weakened state.

<sup>6</sup> I trust in your mercy. I'm happy, because I know that you'll save me. I will sing to you, because you have been good to me. I will praise your name, because you are the highest God.

### **Psalm 14 (LXX 13)**

<sup>1</sup> A psalm of David for the end.

The people are corrupt. They do horrible things. No one among them does good. Those idiots think that there is no God. <sup>2</sup> Lord! Look down from heaven and see if there are any people who understand, any who seek you.

<sup>3</sup> They all have stopped living according to your will, which makes them useless to you. No one among them does good.

<sup>3a</sup> They lead others to doom with their words. They use flattery to get what they want, but they betray others. They only know how to spread curses and bitterness. They quickly resort to violence. They only know how to cause ruin and misery. They don't even understand that there are always peaceful solutions. They have no respect for God.

<sup>4</sup> They are so experienced in hurting the weak and relying on themselves instead of God. Yet they know so little. <sup>5</sup> They, and no one else, will be filled with dread. They will finally realise that God is on the side of the righteous. <sup>6</sup> They laughed at the poor for relying on God.

<sup>7</sup> The Lord will bring salvation to Israel out of Zion. The nation of Jacob will celebrate throughout Israel when it happens.

### **Psalm 15 (LXX 14)**

<sup>1</sup> A psalm of David.

Lord, people want to live in your tabernacle with you. They want to rest on your holy mountain.

<sup>2</sup> They live without fault and do what is right. <sup>3</sup> They speak sincerely and truthfully. They don't insult others. They don't spread gossip.

<sup>4</sup> They reject corruption, but honour those who respect you. They keep the promises they have made.

<sup>5</sup> They don't profit from usury. They don't take bribes to hurt the innocent. Those who do these things will enjoy stability.