



"blessed is the one
who does not walk in the step with the wicked or
stand in the way that sinners take or
sit in the company of mockers,
but whose delight is in the law of the LORD,
and who meditates on His law day and night..."

"That person is like a tree planted by streams of water,
which yields its fruit in season
and whose leaf does not wither
...whatever they do prospers"

Songs of Life: Intro to the Study Guide

The Psalms have long been beloved by Jews and Christians alike. Even those who claim neither of these traditions are often comforted by the familiar words "The Lord is my Shepherd, I shall not want." Perhaps the Psalms are so powerful because they portray the whole array of human emotions, from the heights of joy and gratitude to depths of pain and suffering.

The Psalms were written in the context of Jewish/Hebrew history as expressions of the relationship between God, who created and the people, who were created. As such, they still express the cry of our own hearts as we walk through the lives God has given us. In the Hebrew community, the Psalms were used in worship and prayer as songs; songs of life. We hope that this study will help us, also, to worship and pray our way through life.

This study guide is just that; a guide. It is a tool designed to help you and your group discover the richness and usefulness of the Psalms. The questions are designed to stimulate good discussion that will draw us further into God's intentions and love. Use the questions that are most helpful to your own group and life. Add other questions that help with experiencing the Psalm. And pray the Psalms at the end your study time, as expressions of your own hearts.

You will notice that some of the questions are followed by a + sign. Use this additional information to help with understanding the meaning of the Psalm. + includes original language information, cross references, historical or cultural information and other helpful comments.

As you approach the Psalms in this study, may the Spirit comfort, challenge and uphold you. And may you grow in your ability and desire to love the Lord your God with all your heart, soul, mind and strength and to love your neighbor as yourself.

Songs of Life Table of Contents

Session 1	Psalm 1	Wisdom
Session 2	Psalm 13	Lament
Session 3	Psalm 19	World and Word
Session 4	Psalm 23	Comfort
Session 5	Psalm 51	Repentance
Session 6	Psalm 103	Thanksgiving
Session 7	Psalm 121	Ascent
Session 8	Psalm 139	Providence

Session One: Psalm 1

Read Psalm 1

What does “walking in the counsel of the wicked” look like? What about “standing in the path of sinners”? “Sitting in the seat of scoffers”?

+ *Wicked* means ones who are guilty of hostility towards God and His people

How is the Psalmist’s response to the law different than how we usually respond to the Old Testament?

+ The word *law* in vs. 2 is translated from the Hebrew word *torah*, meaning *teaching*, and is the word used to commonly refer to the first five books of the Bible or to the Old Testament as a whole.

How can we meditate on the law of the Lord day and night? Is this possible? Is it practical?

+ *Meditate* can also be translated as *utter, imagine, or speak*

What does it mean to yield fruit in season? Can we still be firmly planted without yielding fruit?

What is the difference between the leaves not withering and the tree bearing fruit in its season?

Are there limits to “in whatever he does he prospers”? If we are delighting in and meditating on the law of the Lord, what will we be doing?

How is this different than our culture’s view of prosperity?

What does it mean to be like chaff?

+ Chaff is the dry, scaly protective casing of the seeds of grain that is removed from the grain because it is inedible. During a process called threshing, the chaff is loosened from the grain and prepared to be removed. The winnowing process then removes the chaff by throwing the newly loosened chaff and grain into the air so that the wind blows away the lighter chaff, while the heavier grains fall back down for recovery.

What do you make of the contrast between the tree and the chaff?

The words *walk*, *stand*, and *sit* in vs. 1 are common Hebrew words that describe everyday activities. Do you think this Psalm is addressing a daily way of living? What does this suggest about the things that influence us on a daily basis?

What do you sense God is calling you to change in your life in response on this Psalm?

Pray this Psalm together out loud. Have one person read the verses about the righteous man and another person read the verses about the wicked. End with someone asking God to help you delight in His law and meditate on it daily.

Person 1:

How blessed is the man who does not walk in the counsel of the wicked,

Nor stand in the path of sinners,

Nor sit in the seat of scoffers!

²But his delight is in the law of the LORD,

And in His law he meditates day and night.

³He will be like a tree firmly planted by streams of water,

Which yields its fruit in its season

And its leaf does not wither;

And in whatever he does, he prospers.

Person 2:

⁴The wicked are not so,

But they are like chaff which the wind drives away.

⁵Therefore the wicked will not stand in the judgment,

Nor sinners in the assembly of the righteous.

⁶For the LORD knows the way of the righteous,

But the way of the wicked will perish.

Session Two: *Psalm 13*

Read Psalm 13

What truth does this Psalm portray about what following God is like?

Why does God sometimes make us wait for His promises?

+ Read 1 Samuel 16:1, 12-13. When David wrote this Psalm, he was still waiting to become king over Israel, as God had promised long before.

Why do you think David seems more upset at God's apparent absence as opposed to the circumstances he finds himself in?

At the time when this Psalm was written, David was likely being pursued by Saul, and his life was in danger. What does this Psalm suggest about persecution since following God is obviously not always safe?

+ See 1 Samuel 27:1, 1 Peter 4:12-13

Why does God sometimes feel distant? Does this always depend on our actions?

+ See Job 1

What is significant about vs. 3? What does David expect?

+ See Psalm 118:5

Who is the enemy in vs. 2 and 4? Who or what can our enemies be?

What significance is the verb tense in vs. 5?

Notice the abrupt change in feelings to action. What does this tell you about living out our faith?

+ See Habakkuk 3:17-19, Matthew 26:38-39

Do you think the actions in verses 5 and 6 are necessarily happy ones?

Are there times when it's ok to just be sad and mourn?

Think of a time in your life when you would have prayed this Psalm. If comfortable, share with the group.

Why are prayers like this all right to pray? What actions or choices should we make after praying prayers like this one?

Do you think you can cross a line when praying prayers like this? Does it depend on how your relationship with God is?

Would anyone pray this prayer right now? Would you be willing to share why? What can we do for you as a group?

If someone in the group would like to pray this Psalm, allow them to do so. Otherwise, close by asking God for the strength to rejoice in His salvation even when times are hard.

- ¹How long, O LORD? Will You forget me forever?
How long will You hide Your face from me?
- ²How long shall I take counsel in my soul,
Having sorrow in my heart all the day?
How long will my enemy be exalted over me?
- ³Consider and answer me, O LORD my God;
Enlighten my eyes, or I will sleep the sleep of death,
- ⁴And my enemy will say, "I have overcome him,"
And my adversaries will rejoice when I am shaken.
- ⁵But I have trusted in Your lovingkindness;
My heart shall rejoice in Your salvation.
- ⁶I will sing to the LORD,
Because He has dealt bountifully with me.

Session Three: Psalm 19

Talk about a time when you saw the glory of God in the sky. Where were you? How did you feel? How did God speak to you?

Read (or recite) Psalm 19

What stands out to you in this reading?

How do the heavens (skies) tell the glory of God? Make a list + the word translated 'glory' also carries the meaning 'splendor, dignity, reputation, reverence, riches, abundance'

The word translated "declare" has the same root as the word for "story." It can also be translated 'recount, retell, relate, rehearse.' What is the 'story' the heavens are telling?

Why do the heavens (skies) tell the glory of God?
+ See Genesis 1:14-19

According to Genesis, what are the purposes of the sun, moon and stars?

Who, do you think, can see the story of God in the skies?
+ See Romans 1:20, Romans 10:18

What do you make of the word picture about the sun? (vs 4,5)

What can we gather about God from this Psalm? Make a list.

What is the connection between verses 1-6 and verses 7-15
+ See Psalm 33:6, Romans 10:17-18, Genesis 1:3

What is the Psalmist talking about when he speaks of the 'laws, ordinances, statutes, precepts, commands' of the Lord? Is it just the actual commandments or does it include more than that? What might it mean to us today?

What does the Psalmist claim that the Words of God can do?
Make a list

What is the fear of the Lord?

Talk about verse 10. Why might the Psalmist have chosen these things to compare the Word to? What has been your experience?

What do you make of verses 11-13? What might that mean in our lives?

Who does the Psalmist claim that God is in Verse 14? What do these words mean? To us?

+ some web definitions of redeem:

- To recover ownership of by paying a specified sum.
- To pay off (a promissory note, for example).
- To restore the honor, worth, or reputation of:
- To fulfill (a pledge, for example).
- To convert into cash: redeem stocks.
- To set free; rescue or ransom.
- To save from a state of sinfulness and its consequences.

How does this Psalm speak to you? How does it make you feel? How does this Psalm speak FOR you? How does it relate to your life?

Close by reading Psalm 19 together as follows.

Leader The heavens are telling the glory of God; and the firmament proclaims his handiwork.

People ²Day to day pours forth speech, and night to night declares knowledge.

Leader ³There is no speech, nor are there words; their voice is not heard;

People ⁴yet their voice goes out through all the earth, and their words to the end of the world. In them he has set a tent for the sun,

Leader ⁵which comes forth like a bridegroom leaving his chamber, and like a strong man runs its course with joy.

People ⁶Its rising is from the end of the heavens, and its circuit to the end of them; and there is nothing hid from its heat.

Leader ⁷The law of the LORD is perfect, reviving the soul; the testimony of the LORD is sure, making wise the simple;

People ⁸the precepts of the LORD are right, rejoicing the heart; the commandment of the LORD is pure, enlightening the eyes;

Leader ⁹the fear of the LORD is clean, enduring for ever; the ordinances of the LORD are true, and righteous altogether.

People ¹⁰More to be desired are they than gold, even much fine gold; sweeter also than honey and drippings of the honeycomb.

Leader ¹¹Moreover by them is thy servant warned; in keeping them there is great reward.

People ¹²But who can discern his errors? Clear thou me from hidden faults.

Leader ¹³Keep back thy servant also from presumptuous sins; let them not have dominion over me! Then I shall be blameless, and innocent of great transgression.

All ¹⁴Let the words of our mouths and the meditations of our hearts be acceptable in thy sight, O LORD, our rock and our redeemer.

Session Four: Psalm 23

Why do you think Psalm 23 is so popular and well-known?
What has it meant to you in your own life?

Read Psalm 23.

What sheep are like:¹

- They cannot take care of themselves. They require more constant and meticulous care than any other livestock.
- Sheep will lie down only if four criteria are met. 1. Free of fear 2. Free of friction with other sheep 3. Free of pests and parasites 4. Free of hunger
- Sheep can be quieted and reassured by the presence of their shepherd.
- Pregnant sheep and their unborn can die merely from running from a predator.
- Thirsty sheep become restless and panicky.
- A 'cast' sheep is one that has turned over on his back and cannot get up. It flails about frantically trying to turn back over. If the shepherd doesn't notice soon enough the sheep will die of exhaustion.
- Sheep are notorious creatures of habit – without direction, they walk the same trails into ruts and graze the same fields into waste lands.
- The shepherd's 'rod' is a club used to fend off predators AND to discipline the sheep.
- The shepherd's 'staff' is used to touch the side of the sheep to guide it through dangerous, difficult areas.

¹ Much of the information in this study came from Phillip Keller in "A Shepherd looks at Psalm 23." Keller spent many years raising sheep and living in sheep raising communities.

What might be the significance of "the Lord" being compared to a shepherd? What might be the significance of David calling the Lord, "MY" shepherd? (as opposed to "The Lord is a shepherd")

Why might David use this particular metaphor?
+ I Sam 17: 14, 15 and 34,35

What might it mean for the Psalmist to say, "I shall not want?"
+ the word translated 'want' means "lack, need, be lacking"

What do you think it looks like for a person to "lie down in green pastures?" How does "the Lord" make that possible?

What might be significant about "still waters"
+ "*still waters*" could be translated '*waters of rest*' or '*waters of quietness/refreshment*'
+ See Psalm 42:1, John 4:14, Revelation 22:17

Can you think of a time when God brought refreshment/rest to you? Can you think of a time when you longed for that?

What might it mean that the shepherd 'restores my soul?'
+ The word translated 'restore' means '*turn back* or '*return*'
+ The word translated 'soul' actually means *life, person, self, emotion, passion, appetite*
+ see "cast sheep" above

If sheep are creatures of habit, how is it significant that The Shepherd "leads me in paths of righteousness for his name's sake?" How might this look for us?
+ in the Bible '*name*' implies '*reputation/fame*'

Does the Psalmist say that if the Lord is our Shepherd everything will always be easy and carefree? What might be significant about this for our lives?

+ *'shadow of death'* can also be translated *darkness, distress, danger, deep shadows*

1 Why would the 'rod and staff' be a comfort to us?

What might it mean that the Shepherd "prepares a table before me in the presence of my enemies?"

What might it mean for our cup to overflow?

What might it mean to have goodness and mercy follow us?

Read John 10: 11-15. What is the significance of Jesus calling himself the good shepherd?

+ See also Ezekiel 34:12, Isaiah 40:10-11

How are we like sheep?

How could this Psalm influence how we relate to God?

What do you sense God saying to you through this Psalm?

Pray Psalm 23 together three times continuously, with each person saying a phrase, around the circle

Psalm 23

The LORD is my shepherd, I shall not be in want.

² He makes me lie down in green pastures,

he leads me beside quiet waters,

³ he restores my soul.

He guides me in paths of righteousness for his name's sake.

⁴ Even though I walk through the valley of the shadow of death, I will fear no evil,

for you are with me;

your rod and your staff, they comfort me.

⁵ You prepare a table before me

in the presence of my enemies.

You anoint my head with oil; my cup overflows.

⁶ Surely goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever.

Session Five: Psalm 51

Read Psalm 51

Look at the words used to describe God's character in verses 1 and 2. How does this description differ from the usual personality that many describe the God of the Old Testament as?

God is often portrayed in the Old Testament as a loving parent. Is this similar to your personal view of God? Is it difficult for you to think of God this way?

+ The word *compassion* in vs. 1 can also be translated *womb*, suggesting the idea of a mother's feeling of attachment to her child.

+ See Hosea 11:1-4, Psalm 103:13

Based on vs. 3, do you think we must be aware of our specific sins in order to truly repent or is it enough to simply know that we are sinful?

Read 2 Samuel 11. This Psalm was likely written after David was rebuked for this incident. How does this Psalm change for you now that you know the context?

How can David claim that he sinned against only God in vs. 4? What does this say about how our sin affects God?

What does vs. 8 suggest about God's role in our brokenness and conviction?

Read verses 10-13. Are our painful and sinful stories helpful in bringing about the result in vs. 13? How?

How would vs. 16-17 been surprising to the original hearers? What does it mean for us? How does it relate to vs. 19?

Is your heart ever broken by your sin? Based on vs. 17, should our hearts be broken sometimes?

How is this different than our usual thought process?

+ Quote from Ellen Davis in *Getting Involved With God*: "The psalmist understands that it is only broken hearts that are truly open toward God... So we might suppose that God waits to have mercy on us until we are good and devastated by our sins, but the hymn gives us a different picture. God's mercy flows constantly, like the sea, yet much of the time we are simply too hard-hearted to experience it. Contrition (finding the courage to let your heart break over sin) enables us to *feel* God's mercy toward us; to speak boldly, it puts God's mercy to work for us."

Read vs. 14-15 again. What is the result of being freed from our sins?

What do you sense God speaking to you through this Psalm?

Pray Psalm 51

Leader: ¹Be gracious to me, O God, according to Your lovingkindness;

Group: According to the greatness of Your compassion blot out my transgressions.

Leader: ²Wash me thoroughly from my iniquity

Group: And cleanse me from my sin.

Leader: ³For I know my transgressions,

Group: And my sin is ever before me.

Leader: ⁴Against You, You only, I have sinned

Group: And done what is evil in Your sight,

Leader: So that You are justified when You speak
Group: And blameless when You judge.
Leader: ⁵Behold, I was brought forth in iniquity,
Group: And in sin my mother conceived me.
Leader: ⁶Behold, You desire truth in the innermost being,
Group: And in the hidden part You will make me know

wisdom.

Leader: ⁷Purify me with hyssop, and I shall be clean;
Group: Wash me, and I shall be whiter than snow.
Leader: ⁸Make me to hear joy and gladness,
Group: Let the bones which You have broken rejoice.
Leader: ⁹Hide Your face from my sins
Group: And blot out all my iniquities.
Leader: ¹⁰Create in me a clean heart, O God,
Group: And renew a steadfast spirit within me.
Leader: ¹¹Do not cast me away from Your presence
Group: And do not take Your Holy Spirit from me.
Leader: ¹²Restore to me the joy of Your salvation
Group: And sustain me with a willing spirit.
Leader: ¹³Then I will teach transgressors Your ways,
Group: And sinners will be converted to You.
Leader: ¹⁴Deliver me from bloodguiltiness, O God, the God of

my salvation;

Group: Then my tongue will joyfully sing of Your
righteousness.

Leader: ¹⁵O Lord, open my lips,
That my mouth may declare Your praise.
¹⁶For You do not delight in sacrifice, otherwise I

would give it;

Group: You are not pleased with burnt offering.
¹⁷The sacrifices of God are a broken spirit;
A broken and a contrite heart, O God, You will

not despise.

All: ¹⁸By Your favor do good to Zion;
Build the walls of Jerusalem.

¹⁹Then You will delight in righteous sacrifices,
In burnt offering and whole burnt offering;
Then young bulls will be offered on Your altar.

Session Six: Psalm 103

Based on your own life and experience, write one line describing what God is like.

Read Psalm 103 aloud

Who is the psalmist addressing in this Psalm? What do you make of that?

+ The word translated “*soul*” actually carries a far broader and more concrete meaning than how we think of “*soul*” in English. It means “*soul, living being, life, self, person, desire, appetite, emotion, and passion*”

What is the psalmist telling himself to do? How would one do this?

+ The word “*bless*” in this case means *bless God, adore with bended knees*.
+ The word “*benefits*” also means *dealings*

List the things the Psalmist is telling his soul to recognize about God’s dealings with us and talk about what each might mean. Vs 3-7

+ Note the meaning of the following words
vs 4 The English word ‘*redeem*’ has many definitions including 1. *To recover ownership of by paying a specified sum.* 2. *To set free; rescue or ransom.* 3. *To restore the honor, worth, or reputation of:*
vs 4 The root of ‘*compassion*’ means ‘*womb.*’

Verse 8 is a formula frequently used of God in the Old Testament. How does this compare to what you wrote for question one? What do you make of the similarities and the differences?

+ See also Ex 34:5-8

+ Jonah 3:10-4:4

+ Joel 2:12,13

How does God deal with us in relation to sin? (vs 9-13)

Why does God have mercy on us? (vs 14) How does God know this about us?

+ See also Gen 2:7

+ The word translated ‘*formed*’ (in Psalm 103 & in Gen 2) is the same word used to talk about what a potter does with clay to make a pot

How does humankind compare to God? (vs 15-18) Are God and humankind peers? If not what is the relationship?

How might this Psalm affect the way we view God? Why might that matter? How might that affect the way we live? The way we relate to other people?

Psalm 103 , Of David.

Group One ¹ Bless the LORD, O my soul,

Group Two and all that is within me, bless his holy name.

Group One ² Bless the LORD, O my soul,

Group Two and do not forget all his benefits--

Group One ³ who forgives all your iniquity,

Group Two who heals all your diseases,

Group One ⁴ who redeems your life from the Pit,

Group Two who crowns you with steadfast love and mercy,

Group One ⁵ who satisfies you with good as long as you live so that your youth is renewed like the eagle's.

Group Two ⁶ The LORD works vindication and justice for all who are oppressed.

Group One ⁷ He made known his ways to Moses, his acts to the people of Israel.

Group Two ⁸The LORD is merciful and gracious, slow to anger and abounding in steadfast love.

Group One ⁹He will not always accuse, nor will he keep his anger forever.

Group Two ¹⁰He does not deal with us according to our sins,

Group One nor repay us according to our iniquities.

Group Two ¹¹For as the heavens are high above the earth, so great is his steadfast love toward those who fear him;

Group One ¹²as far as the east is from the west, so far he removes our transgressions from us.

Group Two ¹³As a father has compassion for his children, so the LORD has compassion for those who fear him.

Group One ¹⁴For he knows how we were made; he remembers that we are dust.

Group Two ¹⁵As for mortals, their days are like grass; they flourish like a flower of the field;

Group One ¹⁶for the wind passes over it, and it is gone, and its place knows it no more.

Group Two ¹⁷But the steadfast love of the LORD is from everlasting to everlasting on those who fear him,

Group One and his righteousness to children's children,

Group Two ¹⁸to those who keep his covenant and remember to do his commandments.

Group One ¹⁹The LORD has established his throne in the heavens,

Group Two and his kingdom rules over all.

Group One ²⁰Bless the LORD, O you his angels,

Group Two mighty ones who do his bidding, obedient to his spoken word.

Group One ²¹Bless the LORD, all his hosts,

Group Two his ministers that do his will.

ALL ²²Bless the LORD, all his works, in all places of his dominion. Bless the LORD

Session Seven: Psalm 121

When was a time you really needed help? What happened?

Read the Psalm through twice leaving a time of silence in between the two readings.

How did you feel hearing this Psalm?

What did you notice?

This Psalm was one of the songs that travelers to Jerusalem would sing on their way to the temple to celebrate the feast days. From any direction, the hills would be visible and some of the roads were dangerous to travel because of thieves. How does knowing the situation in which this Psalm was sung, influence your understanding of it?

Why does the psalmist talk about lifting up his eyes to the mountains? What could the mountains be compared to in our experience?

Why do you think the Psalmist asks 'Where does my help come from?' have you ever wondered where help would come from. When?

Who is it that helps according to verse 2? The mountains? What has this helper already done? How might that be an assurance to the ancient pilgrims? To us?

Why is it important that the Lord doesn't get drowsy?

The word translated '*keeps/watches over*' carries the meaning 'preserve, guard, tend.' Some form of this word appears 6 times in these eight verses. "*the Lord*" appears five times.

What do you think this Psalm is about? What might this mean for us?

In a land of desert, heat and endless sun, what might it mean that the Lord is a 'shade?' this word can also be translated as 'shadow.'

The word 'nephesh', which is usually translated 'soul' actually includes 'life, self, person.'

How and why might the Lord guard the nephesh? How is your nephesh?

What might it mean for the Lord to guard your going out and your coming in?

How does this Psalm speak TO you? How does this Psalm speak FOR you?

Close by praying Psalm 121 together as a group

¹I lift up my eyes to the hills-- where does my help come from?

²My help comes from the LORD, the Maker of heaven and earth.

³He will not let your foot slip-- he who watches over you will not slumber;

⁴indeed, he who watches over Israel will neither slumber nor sleep.

⁵The LORD watches over you-- the LORD is your shade at your right hand;

⁶the sun will not harm you by day, nor the moon by night.

⁷The LORD will keep you from all harm-- he will watch over your life;

⁸the LORD will watch over your coming and going both now and forevermore.

Session Eight: Psalm 139

Read Psalm 139

What are your first impressions about this Psalm?

How does it feel to know that God knows you this thoroughly? What does this say about grace?

In light of vs. 4, why do we pray? Do we pray for us or for God?

What does it mean to be “hemmed in behind and before”?

How do we try and flee from God? How does God lead us even when we try to flee from Him?

What do verses 11 and 12 tell us about God in the hard times of our life? Why is it significant that these verses come directly after 7-10?

What does this Psalm say about darkness? Why is it significant that God is present in the darkness?

Why is it significant that God never promises freedom from darkness?

Verse 14 claims that our soul knows the truths in verses 13 and 14 very well. Do we? Do you ever struggle believing these truths? Why?

What do you think vs. 16 says about God’s plan and control of our life? How does that make you feel?

Why the change from vs. 18 to vs. 19? Are the verses connected?

Is it ever ok to hate someone? What point do you think David was making here?

+ See Matthew 5:43-45

Look at the parallel between verse 1 and verse 23. What do you make of this?

What comfort or trouble does it bring you to know that God knows each of us this intimately? How can this truth influence our daily life?

Have everyone in your group pray this Psalm out loud at the same time. Have someone close by thanking God for being so intimately acquainted with us.

¹O LORD, You have searched me and known me.

²You know when I sit down and when I rise up;
You understand my thought from afar.

³You scrutinize my path and my lying down,
And are intimately acquainted with all my ways.

⁴Even before there is a word on my tongue,
Behold, O LORD, You know it all.

⁵You have enclosed me behind and before,
And laid Your hand upon me.

⁶Such knowledge is too wonderful for me;
It is too high, I cannot attain to it.

⁷Where can I go from Your Spirit?
Or where can I flee from Your presence?

⁸If I ascend to heaven, You are there;
If I make my bed in Sheol, behold, You are there.

⁹If I take the wings of the dawn,
If I dwell in the remotest part of the sea,

¹⁰Even there Your hand will lead me,

And Your right hand will lay hold of me.
¹¹If I say, "Surely the darkness will overwhelm me,
And the light around me will be night,"
¹²Even the darkness is not dark to You,
And the night is as bright as the day
Darkness and light are alike to You.
¹³For You formed my inward parts;
You wove me in my mother's womb.
¹⁴I will give thanks to You, for I am fearfully & wonderfully
made;
Wonderful are Your works,
And my soul knows it very well.
¹⁵My frame was not hidden from You,
When I was made in secret,
And skillfully wrought in the depths of the earth;
¹⁶Your eyes have seen my unformed substance;
And in Your book were all written
The days that were ordained for me,
When as yet there was not one of them.
¹⁷How precious also are Your thoughts to me, O God!
How vast is the sum of them!
¹⁸If I should count them, they would outnumber the sand
When I awake, I am still with You.
¹⁹O that You would slay the wicked, O God;
Depart from me, therefore, men of bloodshed.
²⁰For they speak against You wickedly,
And Your enemies take Your name in vain.
²¹Do I not hate those who hate You, O LORD?
And do I not loathe those who rise up against You?
²²I hate them with the utmost hatred;
They have become my enemies.
²³Search me, O God, and know my heart;
Try me and know my anxious thoughts;
²⁴And see if there be any hurtful way in me,
And lead me in the everlasting way.