

THE PSALMS PROJECT

Volume 4: Psalms 31-38 Lyrics



Psalm 31 (You Are My Refuge)

In You, O LORD, I take refuge
Don't let me be put to shame for trusting You
Do what's righteous and deliver me
Incline Your ear to me
And quickly come rescue me
Be a mighty rock that guards me
A fortress strong to save

For You are my rock and my fortress
For the sake of Your name You'll lead me and You'll guide me
You'll take me out of the net my enemies have hidden for me

For You are my refuge
O, You are my refuge

Into Your hand I commit my spirit
You have redeemed me, O Yahweh, God of truth
I hate those who trust in idols
But I have placed my hope in You, LORD
I will rejoice, I'll be happy in Your love
Because You have seen my pain

And You, Lord, have known the anguish of my soul
And You will not deliver me into the hand of the enemy
No, You will set my feet in a wide and peaceful place

For You are my refuge
O, You are my refuge

Be merciful to me, O LORD
This pain is killing me



I cry until my eyes are spent
My soul and body ache with grief
My life is consumed by anguish
And my years with groaning
My strength is gone because of all my sin
And my bones waste away

Because of all my enemies, my name has been disgraced
My friends and neighbors turn from me
They shun me in the streets
I'm forgotten like someone who's died
A shattered piece of clay
While I hear the whispers all around
Of violence planned for me
All around they gather
As they plot to take my life

But I trust in You, O LORD, and I say, "You are my God"
All my times are in Your hand
Rescue me from all my enemies
LORD, make Your face to shine upon me
Deliver me in Your never-ending love
Don't let me be put to shame

For I call on You, let the wicked be put to shame
Let them go down silently into the pit
Let the lying lips be mute
Which speak against the righteous with angry pride

O, how abundant is Your goodness
You store up for those who fear You
That You work for those who trust You
In the sight of the children of mankind
In the cover of Your presence



You hide them from the plots of men
You shield them in Your shelter from the war of violent tongues

O, blessed be the LORD for He has shown His love so wondrously
to me

When I was under siege, I said in my fear, "I'm cut off from Your
sight"

But You heard my plea for mercy when I cried to You for help

O, love the LORD All you his saints
For the LORD preserves the faithful
But abundantly repays the one who acts in pride

Be strong, let your heart be valiant
All you that wait upon the LORD
Be strong, let your heart be valiant
All you that wait upon the LORD
Be strong, let your heart be valiant
All you that wait upon the LORD
Be strong, let your heart be valiant
All you that wait upon the LORD



Psalm 32 (Blessed Is the One)

Blessed is the one
Whose transgression is forgiven
Whose transgression is forgiven
Whose sin is covered

Blessed is the one
To whom the Lord will not count sin
To whom the Lord will not count sin
In whose spirit is no deceit
In whose spirit is no deceit

When I kept silent
My bones wasted away
Through my groaning all day and all night
Your hand was heavy upon me
And my strength dried up as in the summer's heat
Then I acknowledged my sin to You
And I did not cover my iniquity
I said, "I'll confess my sins to the LORD"
And He forgave, yeah, He forgave
Yeah, He forgave the guilt of my sin, oh

Blessed is the one
Whose transgression is forgiven
To whom the LORD will not count sin
Whose sin is covered

Blessed is the one
Whose transgression is forgiven
To whom the LORD will not count sin
In whose spirit is no deceit



Therefore let everyone who's godly
Pray to You in a time You may be found
Surely in the midst of the deep and raging waters
He shall be shielded from them
They won't come near to the man of God
You are my hiding place
You always keep me safe
You surround me with songs of deliverance

You surround me
You surround me
You surround me with songs of deliverance

I will instruct you and teach you the way you should go
I will counsel you with my eye upon you
Do not be stubborn like the horse or the mule
Without understanding
Who must be pulled to follow
Curbed with bit and bridle
Or they will not draw near
Or they will not draw near their master

Many are the sorrows of the wicked
But steadfast love surrounds the one who trusts in the LORD

Be glad in the LORD and rejoice, O righteous
Shout for joy all you upright in heart

Blessed is the one
Whose transgression is forgiven
To whom the Lord will not count sin
Whose transgression is forgiven
Whose sin is covered



Psalm 33 (Shout for Joy)

Shout for joy in the Lord, all you saints
For praise from the godly is beautiful
Lift up praise to the LORD on the harp
Make melody to Him with an instrument of ten strings
Sing to Him a new song
Play skillfully with a loud noise
Sing to Him a new song
Play skillfully with loud noise

For the word of the LORD is right
And all of His work is done in truth
In faithfulness
He loves righteousness and justice
All of the earth is full of His goodness
Of His glory

By the word of the LORD all the heavens were made
And all of their host by the breath of His mouth
He heaps up the waters to fashion the seas
He stores up the ocean like treasure

Let all of the earth fear the LORD
Let all the inhabitants of the world stand in awe
Stand in awe

For He spoke, and it was done
He commanded and it stood firm
He brings the counsel of the nations to nothing
He thwarts the schemes of the peoples time and again
Only the purpose of the LORD will forever stand



The counsel of Yahweh stands forevermore
The plans of His heart to all generations
Blessed is the nation whose God is the LORD
The people He's chosen as His own

The LORD looks down from heaven
He sees all the sons of men
From His throne, He looks out
On everyone on earth
He who fashions every heart
He considers all their works
He who fashioned every heart
He considers all their works

No king is saved by an army
No warrior prevails by strength
A war horse provides no safety
Its might cannot deliver

No king is saved by an army
No warrior prevails by strength
A war horse provides no safety
Its might cannot deliver

No king is saved by an army
No warrior prevails by strength
A war horse provides no safety
Its might cannot deliver

No king is saved by an army
No warrior prevails by strength
A war horse provides no safety
Its might can't rescue



Behold, the eye of the LORD is on those
Who fear Him and hope in His unfailing love
He will deliver their soul from the grave
And keep them alive in the famine

Let all of the earth fear the LORD
Let all the inhabitants of the world stand in awe
Stand in awe

Our soul waits for the LORD alone
He is our hope, He is our shield
For our heart shall rejoice in Him
Because we have hoped in His holy name
Let Your love, O Yahweh, surround us as we hope in You
Let Your love, O Yahweh, surround us as we hope in You
Let Your love, O Yahweh, surround us as we hope in You



Psalm 34 (Taste and See That He Is Good)

I will bless the LORD at all times
His praise will always be on my lips
My soul glories in Yahweh
Let the humble hear and rejoice

O, magnify the LORD with me
Let us praise His name together
I sought the LORD, He answered me
Delivered me from all my fears

His saints will shine and not be shamed
This poor man cried, was saved from his trials
The angel of the LORD surrounds
His saints and delivers them

O, taste and see that He is good
Blessed is he who trusts in Him
O, taste and see that He is good
He is good, good to me

Fear the LORD, O you His saints
'Cause those who fear Him, they have no want
Young lions suffer hunger
But those who seek Him lack no good thing

Come, O children, listen to me
I'll counsel you in the fear of Yahweh
Which one of you wants to live a life
That's rich and long and full of good?
Keep your tongue from evil words
Hold back your lips from speaking lies



Depart from evil and do good
Seek peace and go after it

O, taste and see that He is good
Blessed is he who trusts in Him
O, taste and see that He is good
He is good, good to me

The eyes of the LORD are on the righteous
And His ears listen to their cry
The face of the LORD is against the wicked
Their legacy will fade away

When the saints cry out, the LORD hears
He saves them out of all their trials
He's near to the brokenhearted
And saves the crushed in spirit

Many are the afflictions of His faithful ones
But the LORD delivers them out of all, He preserves their bones
Not even one is broken

But sin will slay the wicked ones
Those who hate the saints will be condemned
The LORD redeems His servants' souls
And none of them will be condemned

O, taste and see that He is good
Blessed is he who trusts in Him
O, taste and see that He is good
He is good, good to me
He is good, good to me



Psalm 35 (Awake, O Lord)

Plead my cause, LORD, with those opposing me
Fight against those who fight against me
Pick up Your shield and armor, stand up and help me
Draw out Your spear, stop those pursuing me
And say to my soul, "I am your salvation"

Let those who hunt me down be put to disgrace
And those who plot against me be turned back in shame
May they be like the chaff blown away by the wind
The angel of the LORD driving them away
May their way be dark, slippery, empty, and vain
With Your angel pursuing them all the way
For they set traps to catch me, though I've done nothing wrong
Let them fall in their traps before they even know

Then my soul will joy in Yahweh
And I'll exalt in His salvation
All my bones will say, "Who is like You, saving the powerless from
those oppressing them?"

Violent witnesses rise up from everywhere
With accusations I've never heard before
And they repay me evil for doing good to them
Like one who's lost a loved one, my soul is overwhelmed
Though I when they were sick, I prayed and fasted for them
I put on mourning clothes, prayed with my head to my chest
I grieved as if they were my brother or my friend
As one who grieves his mother, I bowed myself down
But at my stumbling, they gathered and rejoiced
O, wretched men that I've never seen before



Their torture is relentless, their mockings never cease
They tear at me with words, they gnash at me with their teeth

How long, O Lord, will you watch this?
Deliver me from their endless violence
Save my precious life from these lions
Then I will praise You in the great assembly
I will give You praise in front of everyone

Don't let those wrongfully my foes rejoice over me
Nor those who hate me without cause wink with malice
They speak not peace, but lies against the faithful in the land
They open wide their mouths against me
They say, "Aha, our eyes have seen it"
You have seen it, LORD
Don't be silent to me, O Lord
Do not be far from me
Do not be far from me
Awake, O Lord

Awake, O Lord, and arise for my right and my cause, Lord, my God
O vindicate me according to Your righteousness
Don't let my foes rejoice

Don't let them say in their hearts, "We've achieved our desire
"We've devoured his very soul"
Let them be disgraced who rejoice at my pain
Let them be clothed with shame who exalt themselves against me
Let those who joy in my victory shout for joy and be glad
May they ever say, "Great is the LORD
Who delights in my prosperity"

Then my tongue shall declare Your righteousness
And Your praise all day long



Psalm 36 (Your Love, O Lord)

An oracle within my heart
Concerning the sin of man
There is no fear of God before His eyes

He tells himself his way are right
So his sin won't be found out and despised
With every word, he lies
He has no wisdom nor goodness

He plans sin even while he rests
He's given over to evil paths
He does not at all despise the evil way

Your love, O LORD
It extends to the highest heaven
Your faithfulness reaches to the skies
Your righteousness is like the mighty mountains
Your judgments reach to the ocean's deep
Your love, O LORD
You preserve all of creation

How precious is Your love, O Lord
Your children hide in the shadow of Your wings
They are satisfied with the fulness of Your house
You have given them to drink
From the river of Your delights
For with You, O Lord, is the fountain of life

Your love, O LORD
It extends to the highest heaven
Your faithfulness reaches to the skies



Your righteousness is like the mighty mountains
Your judgments reach to the ocean's deep
Your love, O LORD

In Your light, we see light
In Your light, we have life abundantly

Persist in love to those who know You
Give justice to the upright in heart
Don't let the foot of pride trample on me
And do not let the hand of the wicked have its way
I see the wicked fallen down
They have been cast down
Never to rise again

Your love, O LORD
It extends to the highest heaven
Your faithfulness reaches to the skies
Your righteousness is like the mighty mountains
Your judgments reach to the ocean's deep
Your love, O LORD



Psalm 37 (Delight Yourself in the Lord)

Don't worry about evildoers
Don't be envious of those who do wrong
For they will soon fade like the grass
And they will wither like a flower without rain
Trust in the LORD and do good
Dwell in the land and feast on the truth
Delight yourself in Yahweh
And He will give you the desires of your heart

Commit your way to the LORD
Trust in Him, and He will act
He will bring your vindication like the dawn
And your justice like the noonday
Be still before the LORD and wait with expectation

Delight yourself in the LORD
And He'll give you the desires of your heart
The desires of your heart
Delight yourself in the LORD
And He'll give you the desires of your heart
The desires of your heart

Don't worry about those who prosper
Nor the one who carries out evil schemes
Refrain from anger and flee from wrath
And do not worry, for it only leads to sin

The wicked will be cut off
But those who wait for the LORD
Will inherit and receive the land
But in just a little while



The wicked will be no more
Though you look closely at his place, he won't be there

Delight yourself in the LORD
And He'll give you the desires of your heart
The desires of your heart
Delight yourself in the LORD
And He'll give you the desires of your heart
The desires of your heart

O, the meek will inherit the land
And delight themselves in abundant peace
O, the meek will inherit the land
And delight themselves in abundant peace

The wicked plots against the just
And gnashes his teeth at him
But the LORD laughs at the wicked
For He sees that his day is near
The wicked draw the sword
And bend their bow to bring down the poor
To slay those whose way is right

But their sword shall enter into their own heart
And their bow shall be broken
Better is the little that the righteous have
Than the riches of many wicked
For the arms of the wicked shall be broken
But the LORD upholds the just
And day by day the LORD watches over His saints
And their inheritance is forever

They will not be ashamed when the dark trials come
In the famine they will be fed



The will not be ashamed when tragedy comes
In the famine they will be fed
They will be fed
They will be fed
They will be fed
They will be fed

But the wicked will pass away
The enemies of the LORD are like the glory of the meadows
They're here, then one day they're gone
They vanish into nothingness
Like smoke, they disappear
And no trace of them are left

Delight yourself in the LORD
And He'll give you the desires of your heart
The desires of your heart
Delight yourself in the LORD
And He'll give you the desires of your heart
The desires of your heart

The wicked borrow, but do not pay back
But the righteous give and give and give
Those blessed by God will receive the land
But those cursed by Him will be cut off

The steps of man are made sure
By the LORD when He delights in his way
Though he fall, he will not be ruined
For the LORD is the one who holds him up

I have been young, and now and am old
I haven't seen His saints disowned
Nor seen His children begging for a scrap of bread



Always he is gracious and giving
And his children are a blessing for generations

Turn yourself away from evil and do good
And you will dwell forever
For Yahweh loves justice, He will not forsake His saints
They're preserved forever
But the seed of the wicked shall not prosper
The righteous will receive the land
And they will dwell upon it forever and ever
Their inheritance is forever

The mouth of the righteous pours out wisdom
His tongue declares justice
The law of his God is in his heart
His steps do not slip
They do not slip
They will no slip
They do not slip
They will no slip

The wicked watch for the righteous
And seek a way to take him down
But the LORD will not abandon him to his power
Nor let him be condemned when he is brought to trial
No, the Lord will deliver him

Wait for the LORD
Keep His way
And He will exalt you
To inherit the land
And you will look on
When the wicked are cut off



I have seen a wicked, ruthless man
Prospering like a laurel tree
But he passed away, and was no more
When I looked for him, he could not be seen

Mark the blameless and behold the just
There's a future for the man of peace
But the wicked soon will be destroyed
His future suddenly will cease

The salvation of the saints
Is from the LORD, their stronghold
In the time of trouble, He rescues them
Because they trust in Him alone

The salvation of the saints
Is from the LORD, their stronghold
In the time of trouble, He rescues them
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Psalm 38 (You Will Answer)

O LORD, do not rebuke me
Nor chasten me in wrath
For Your arrows have sunk in me
And heavy is Your hand
There is no strength left in me
Because of Your jealous rage
There is no health in my bones
Because of my sins

They have piled over my head
Like a heavy burden they've become too much for me to take
My wounds, they reek and fester
From going my own way

I bow my all before You
All day my spirit grieves
For this pain within is burning
There is no strength in me
I'm weak and I am crushed, Lord
I groan from deep inside
O Lord, you know my longing
And I know that when I cry
You will answer
You will answer

My heart is pounding in me
No strength is left within
Even the light of my eyes
Is quickly growing dim
Even my friends and family
Are no longer by my side



Those who hate me seek to trap me
They plan for my demise

Like a deaf man, I can't hear
Like a mute man who can't say a word
Forsaken and ostracized
I am like one who can't hear
In whose mouth is no reply

I bow my all before You
All day my spirit grieves
For this pain within is burning
There is no strength in me
I'm weak and I am crushed, Lord
I groan from deep inside
O Lord, you know my longing
And I know that when I cry
You will answer
You will answer

All my hope is in You, Yahweh
Adonai Elohai, it is You who will answer
For I have prayed, "Don't give the victory
To my enemies, who rejoice when my foot slips"

For I am ready to fall
And my sorrow will not leave
I confess my sin before You
It's taken all my peace
For my enemies are mighty
Many hate me without cause
They repay me evil for good
For I stand for righteousness



Do not forsake me, LORD
Oh my God, do not be remote and far away
Oh, hurry to my help, Lord
You are the God who saves

I bow my all before You
All day my spirit grieves
For this pain within is burning
There is no strength in me
I'm weak and I am crushed, Lord
I groan from deep inside
O Lord, you know my longing
And I know that when I cry
You will answer
You will answer
You will answer
You will answer

