

THE PSALMS PROJECT

Volume 5: Psalms 39-46 Lyrics



Psalm 39 (Show Me My Life's End)

I said, "I will guard my ways
To keep from sinning with my tongue
With a muzzle I will guard my mouth
While the wicked linger near"

I was mute and silent
I held my peace to no avail
And my distress grew worse and worse
My heart became so hot within

And as I mused, the fire burned
And then I spoke with my tongue

O LORD, show me my life's end
And the number of my days
Show me how fleeting my existence is
You've made my life just inches long
It's nothing before You
Oh, at best, man is just a breath

Surely man is nothing more
Than a shadow whose work disappears
He heaps up wealth and doesn't know
Who will have it in the end

And now, O LORD, for what am I living?
All of my hope is in You
That You'll save me from all my sins
Do not let me be mocked by the fool
I'm mute, I don't open my mouth
For You've done this to me



O LORD, show me my life's end
And the number of my days
Show me how fleeting my existence is
You've made my life just inches long
It's nothing before You
Oh, at best, man is just a breath

All my hope
All my hope
All my hope is in You

Remove this punishment
I'm consumed by the anger You pour out
When you scourge a man for sin
You remove like a moth what is dear to him
Surely man is a breath
All mankind is a breath

Hear my prayer, O LORD
And listen to me
Do not be silent as a weep and cry out

O LORD, show me my life's end
And the number of my days
Show me how fleeting my existence is
You've made my life just inches long
It's nothing before You
Oh, at best, I am just a breath

All my hope
All my hope
All my hope is in You



For I'm a sojourner with You
Like my fathers, I'm just passing through
Look away from me so I can smile
Before I leave and am no more
Look away so I can smile again
Before I leave and am no more



Psalm 40 (He Raised Me Up)

I waited patiently for the LORD
He turned to me
He heard my cry
He raised me up from the pit
Out of the miry clay

He raised me up
He drew me out
He rescued me from the deepest and darkest pit
He raised me up
He drew me out
He reached His hand into the pit and raised me up
He raised me up

He set my feet upon a rock
He made my steps secure
Put a new song in my mouth of praise to God
Many will see and fear
And put their trust in Him
Blessed is the man who makes the LORD his trust
Who does not turn to the proud
To those who go astray after lies

You have multiplied, O LORD my God
Your wondrous works and thoughts toward us
None can compare with You
I will proclaim Your wonders
Yet they're more than can be told

He raised me up
He drew me out



He rescued me from the deepest and darkest pit
He raised me up
He drew me out
He reached His hand into the pit and raised me up
He raised me up

In sacrifice and offering
You've not delighted
But You've given me an open ear to hear
To hear and do Your will
Burnt offering and sin offering
You have not required
Then I said, "Behold, I have come
Within the scroll of the book it is written of me"

"I delight to do Your will, my God
Your law is within my heart"
I've told the happy news of deliverance among the saints
And I will tell it to everyone

I have not restrained my lips, O LORD
You know that I have not hidden Your deliverance within my heart
But I have spoken of Your faithfulness and salvation
I have not concealed Your love
Nor Your faithfulness from all the saints in the congregation

But as for you, O Yahweh
You won't withhold Your love from me
Your steadfast love and Your faithfulness will always
And forever guard me

For evils without number have gathered around me
And my iniquities have overtaken me
So that I cannot see



They are more than the hairs of my head
My heart fails me
Let it be Your will to deliver me, O LORD
Come quickly to my aid
Be pleased to deliver me, O LORD
Make haste to help me
Let them be ashamed and disappointed
Who seek to snatch my life away
Let them be turned back and disgraced
Who delight in my hurt
Let them be humiliated by their shame
Who accuse me night and day

But may all who seek You rejoice and be glad in You
And may those who love Your salvation say, "Great is the Lord"
As for me, I'm poor and needy
But the LORD takes thought for me
Your my help and my deliverer
Do not delay, O my God

'Cause You raised me up
You drew me out
You rescued me from the deepest and darkest pit
You raised me up
You drew me out
You reached Your hand into the pit and raised me up
You raised me up



Psalm 41 (In Your Presence Forever)

Blessed is the one who considers the poor
The LORD delivers him in a troubled time
The LORD protects him
Preserves his life
And he is called blessed in the land
For You do not give him up
To the will of his enemies

The LORD sustains him on his sickbed
In his illness, You restore him to health
As for me, I said, "O LORD, be gracious to me
Heal me, I've sinned against You"

My enemies say of me in malice,
"When will he die, and his name fade?"
And when he comes to see me
He speaks empty words
While his heart digs for dirt
And when he goes out, he tells it to everyone around

All who hate me whisper together about me
For they imagine the worst for me
They say, "An evil thing has been poured out on him"
"He will not rise from where he lies"

Even my close, trusted friend
Who shared my bread
Has lifted up his heel against me
Even my close, trusted friend
Who shared my bread
Has lifted up his heel against me



But You, O LORD, be gracious to me
And raise me up that I might repay them

By this I know You delight in me
The enemy won't triumph over me
You have upheld me because of my integrity
You set me in Your presence forever

O blessed be the LORD
The God of Israel
From everlasting to everlasting
Blessed be the LORD
The God of Israel
From everlasting to everlasting
Everlasting to everlasting
Everlasting to everlasting
Everlasting
Amen and amen
Amen and amen



Psalm 42 (Hope in God)

As the deer pants for the stream
So pants my soul for You, O God
My soul thirsts for the living God
When shall I come and meet with God

My tears have been my food day and night
While they say, "Where is your God?"
These things I remember
While I pour out my soul

How I used to go with the crowd
To the house of God
I used to lead the way
With shouts of joy and songs of praise
A multitude of saints in joyous celebration

Why are you cast down, my soul?
Why are you so sad within me?
Hope in God
For I will yet praise Him
Hope in God
My salvation and my God

My soul is in despair within me
Therefore I remember You
From this distant, lonely land
From these hills of exile

Deep calls to deep at the sound
Of Your waterfalls
All Your breakers and Your waves



They have gone over me

The LORD will command His love in the daytime
And His song will be with me at night
A prayer to the God of my life
I will say to God my rock,
“Why have You forgotten me?”

Why are you cast down, my soul?
Why are you so sad within me?
Hope in God
For I will yet praise Him
Hope in God
My salvation
And my God

Why do I mourn the oppression of my enemies?
Like a fatal wound in my bones, my adversaries taunt me
While they say all the day long,
“Where is your God now?”

Why are you cast down, my soul?
Why are you so sad within me?
Hope in God
For I will yet praise Him
Hope in God
My salvation
My salvation
My salvation and my God



Psalm 43 (Send Out Your Light)

Vindicate me, O God
And defend my cause against an ungodly people
From the deceitful and unjust man, deliver me
Deliver me, God

For You are the God in whom I take refuge
Why have You rejected me?
Why do I go mourning because of the oppression of the enemy?

Send out Your light and Your truth
Let them lead me to Your holy mountain
Send out Your light and Your truth
Let them bring me to the place where You dwell

Then I will go to the altar of God
To God, my exceeding joy
Then I will go to the altar of God
To God, my exceeding joy

Then I will praise You
I will praise You with the harp, O God my God
Then I will praise You
I will praise You with the harp, O God my God

Why are you cast down, O my soul?
And why are you disturbed within me?
Hope in God, for I'll praise Him again
I'll praise Him again
I will praise Him again
My salvation and my God



Psalm 44 (The Light of Your Face)

O God, we've heard with our ears
Our fathers have told us what You did in their days
In the days of old
You with Your own hand drove out the nations
And planted our fathers there

You afflicted the nations, but You made Your people glad and free
Their sword did not win the land
Nor was it their arm that delivered them

But it was Your hand
And Your arm
The light of Your face
For You delighted in them
Your hand
And Your arm
The light of Your face
It's all because of Your right hand
Because of Your right hand

O God, You are my King
Command victory for Jacob
Through Your name we tread down our foes
I don't trust in my bow, my sword can't save me
But it's You who saves us from our enemies

You have put them to shame who hate us
In God we boast all day long
And we will give thanks to Your name forevermore
Forevermore



Because of Your hand
And Your arm
The light of Your face
For You delight in us
Your hand
And Your arm
The light of Your face
It's all because of Your right hand
Because of Your right hand

But now You have rejected and disgraced us
You have not gone out with our armies
You have made us flee before the enemy
Now our adversaries have plundered us
You've given us up like sheep for slaughter
You have scattered us among the nations
You have sold Your people for a trifle
You didn't even make a profit from their sale

We are mocked by our neighbors
We are the ridicule of all around
You have made us a joke to our enemies
We're just a laughingstock

All day long my disgrace is before me
My face is covered in shame
At the sound of the taunter and revilers
At the sight of the enemy bent on revenge

All of this has come upon us
Even though we have not forgotten You
We have not dealt falsely with Your covenant
Our heart has not turned back, nor have our steps veered off



Yet You've broken us in the place of jackals
You have covered us with the shadow death
If we had forgotten the name of our God
Or lifted up our hands to a foreign idol

Wouldn't God have discovered it
For He knows the secrets of the heart
Yet for Your sake we're killed all day long
We've been regarded as sheep for slaughter

Awake
Why are you asleep, O LORD?
Awake
Do not reject us forever
Why do You hide Your face
And forget our affliction and oppression
Our soul is sinking into the dust

Our bodies cling to the ground
Rise up and be our help
Redeem us for the sake of Your unfailing love



Psalm 45 (Mighty Warrior)

My heart overflows with a pleasing theme
I address my verses to the king
My tongue is like the pen of a poet

You are the fairest of the sons of men
Grace is poured upon your lips
Therefore God has blessed you forever
Take up your sword upon your side
Mighty warrior

In your splendor and your majesty
Ride out victoriously
For the cause of truth and meekness and righteousness
May your power accomplish awesome things
May your arrows pierce the enemy
May the enemy fall down at your feet
May the enemy fall down at your feet

Your throne, O God, is forever and ever
You reign on high with a righteous scepter
You've loved righteousness and you have hated wickedness
Therefore God, your God has anointed you
With the oil of gladness beyond your companions
Your robes are fragrant with myrrh, aloes, and cassia

Strings from ivory palaces fill you with joy
Daughters of kings among your honored ladies
At your right hands stands your queen adorned in precious gold

Hear, O daughter, incline your ear
Leave behind the life you knew before



And the king will desire your beauty

He is your lord, so bow to him
The rich will seek your favor
The wealthiest of earth will bring you gifts

All glorious is the bride within her chamber
Her gown embroidered with the finest gold
In a gown of beauty she is led to the king
With her bridesmaids at her side

With rejoicing they are led along
As they enter with the throng
They come into the palace of the king
They come into the palace of the king

In place of your fathers will be your children
You'll make them princes in all the earth
I'll make your name remembered in all generations

Therefore all the nations
They will praise you forever and ever
Therefore every nation will praise you forever

Your throne, O God, is forever and ever
Your throne, O God is forever and ever
Your robes are fragrant with myrrh, aloes, and cassia



Psalm 46 (The Lord of Hosts Is With Us)

God is our refuge and strength
A very present help in trouble

Therefore we will not fear
Though the earth gives way
Though the mountains be removed
Into the heart of the sea
Though its waters roar and foam
Though the mountains tremble at its swelling

The LORD of hosts is with us
The God of Jacob is our fortress
The LORD of hosts is with us
The God of Jacob is our fortress

There is a river whose streams
Make glad the city of God

The holy dwelling of the Most High
God is in the midst of her
She shall not be moved
God will help her when the morning dawns
The nations rage
The kingdoms falter
He utters His voice, and the earth melts

The LORD of hosts is with us
The God of Jacob is our fortress
The LORD of hosts is with us
The God of Jacob is our fortress



Come behold the works of the LORD
How he has brought desolations on the earth
He makes the wars to cease through the end of the earth
He breaks the bow and shatters the spear
He burns the chariots with fire

Be still and know that I am God
I will be exalted among the nations
I will be exalted in the earth
I will be exalted in the earth

The LORD of hosts is with us
The God of Jacob is our fortress
The LORD of hosts is with us
The God of Jacob is our fortress



Psalm 39 (Orchestral Version)

I said, "I will guard my ways
To keep from sinning with my tongue
With a muzzle I will guard my mouth
While the wicked linger near"

I was mute and silent
I held my peace to no avail
And my distress grew worse and worse
My heart became so hot within

And as I mused, the fire burned
And then I spoke with my tongue

O LORD, show me my life's end
And the number of my days
Show me how fleeting my existence is
You've made my life just inches long
It's nothing before You
Oh, at best, man is just a breath

Surely man is nothing more
Than a shadow whose work disappears
He heaps up wealth and doesn't know
Who will have it in the end

And now, O LORD, for what am I living?
All of my hope is in You
That You'll save me from all my sins
Do not let me be mocked by the fool
I'm mute, I don't open my mouth
For You've done this to me



O LORD, show me my life's end
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I'm consumed by the anger You pour out
When you scourge a man for sin
You remove like a moth what is dear to him
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Hear my prayer, O LORD
And listen to me
Do not be silent as a weep and cry out

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For I'm a sojourner with You
Like my fathers, I'm just passing through
Look away from me so I can smile
Before I leave and am no more
Look away so I can smile again
Before I leave and am no more



Psalm 41 (Acoustic Version)

Blessed is the one who considers the poor
The LORD delivers him in a troubled time
The LORD protects him
Preserves his life
And he is called blessed in the land
For You do not give him up
To the will of his enemies

The LORD sustains him on his sickbed
In his illness, You restore him to health
As for me, I said, "O LORD, be gracious to me
Heal me, I've sinned against You"

My enemies say of me in malice,
"When will he die, and his name fade?"
And when he comes to see me
He speaks empty words
While his heart digs for dirt
And when he goes out, he tells it to everyone around

All who hate me whisper together about me
For they imagine the worst for me
They say, "An evil thing has been poured out on him"
"He will not rise from where he lies"

Even my close, trusted friend
Who shared my bread
Has lifted up his heel against me
Even my close, trusted friend
Who shared my bread
Has lifted up his heel against me



But You, O LORD, be gracious to me
And raise me up that I might repay them

By this I know You delight in me
The enemy won't triumph over me
You have upheld me because of my integrity
You set me in Your presence forever

O blessed be the LORD
The God of Israel
From everlasting to everlasting
Blessed be the LORD
The God of Israel
From everlasting to everlasting
Everlasting to everlasting
Everlasting to everlasting
Everlasting
Amen and amen
Amen and amen



Psalm 42 (Radio Remix)

As the deer pants for the stream
So pants my soul for You, O God
These things I remember
While I pour out my soul

How I used to go with the crowd
To the house of God
I used to lead the way
With shouts of joy and songs of praise
A multitude of saints in joyous celebration

Why are you cast down, my soul?
Why are you so sad within me?
Hope in God
For I will yet praise Him
Hope in God
My salvation and my God

Deep calls to deep at the sound
Of Your waterfalls
All Your breakers and Your waves
They have gone over me

The LORD will command His love in the daytime
And His song will be with me at night
A prayer to the God of my life
I will say to God my rock,
“Why have You forgotten me?”

Why are you cast down, my soul?
Why are you so sad within me?



Hope in God
For I will yet praise Him
Hope in God
My salvation

Why are you cast down, my soul?
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Our fathers have told us what You did in their days
In the days of old
You with Your own hand drove out the nations
And planted our fathers there

You afflicted the nations, but You made Your people glad and free
Their sword did not win the land
Nor was it their arm that delivered them

But it was Your hand
And Your arm
The light of Your face
For You delighted in them
Your hand
And Your arm
The light of Your face
It's all because of Your right hand
Because of Your right hand

O God, You are my King
Command victory for Jacob
Through Your name we tread down our foes
I don't trust in my bow, my sword can't save me
But it's You who saves us from our enemies

You have put them to shame who hate us
In God we boast all day long
And we will give thanks to Your name forevermore
Forevermore



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I address my verses to the king
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You are the fairest of the sons of men
Grace is poured upon your lips
Therefore God has blessed you forever
Take up your sword upon your side
Mighty warrior

In your splendor and your majesty
Ride out victoriously
For the cause of truth and meekness and righteousness
May your power accomplish awesome things
May your arrows pierce the enemy
May the enemy fall down at your feet
May the enemy fall down at your feet

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