

Examples of Psalms of Trust

11, 23, 27, 46,

Psalms of Ascent: 121, 126, 127, 128

Psalm 11:1 <To the leader. Of David.>

In the LORD I take refuge; how can you say to me,
"Flee like a bird to the mountains;

² for look, the wicked bend the bow, they have fitted
their arrow to the string, to shoot in the dark at the
upright in heart.

³ If the foundations are destroyed, what can the
righteous do?"

⁴ The LORD is in his holy temple; the LORD's throne is
in heaven. His eyes behold, his gaze examines
humankind.

⁵ The LORD tests the righteous and the wicked, and
his soul hates the lover of violence.

⁶ On the wicked he will rain coals of fire and sulfur; a
scorching wind shall be the portion of their cup.

⁷ For the LORD is righteous; he loves righteous deeds;
the upright shall behold his face.

Psalm 23:1 <A Psalm of David.>

The LORD is my shepherd, I shall not want.

² He makes me lie down in green pastures; he leads me beside still waters;

³ he restores my soul. He leads me in right paths for his name's sake.

⁴ Even though I walk through the darkest valley, I 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 mercy shall follow me all the days of my life, and I shall dwell in the house of the LORD my whole life long.

Psalm 27:1 <Of David.> The LORD is my light and my salvation; whom shall I fear? The LORD is the stronghold of my life; of whom shall I be afraid?

² When evildoers assail me to devour my flesh-- my adversaries and foes-- they shall stumble and fall.

³ Though an army encamp against me, my heart shall not fear; though war rise up against me, yet I will be confident.

⁴ One thing I asked of the LORD, that will I seek after: to live in the house of the LORD all the days of my life, to behold the beauty of the LORD, and to inquire in his temple.

⁵ For he will hide me in his shelter in the day of trouble; he will conceal me under the cover of his tent; he will set me high on a rock.

⁶ Now my head is lifted up above my enemies all around me, and I will offer in his tent sacrifices with shouts of joy; I will sing and make melody to the LORD.

⁷ Hear, O LORD, when I cry aloud, be gracious to me and answer me!

^{27:8} "Come," my heart says, "seek his face!" Your face, LORD, do I seek. ⁹ Do not hide your face from me. Do not turn your servant away in anger, you who have been my help. Do not cast me off, do not forsake me, O God of my salvation!

¹⁰ If my father and mother forsake me, the LORD will take me up. ¹¹ Teach me your way, O LORD, and lead me on a level path because of my enemies.

¹² Do not give me up to the will of my adversaries, for false witnesses have risen against me, and they are breathing out violence.

¹³ I believe that I shall see the goodness of the LORD in the land of the living.

¹⁴ Wait for the LORD; be strong, and let your heart take courage; wait for the LORD!

Psalm 46:1 <To the leader. Of the Korahites. According to Alamo. A Song.>

God is our refuge and strength, a very present help in trouble.

² Therefore we will not fear, though the earth should change, though the mountains shake in the heart of the sea;

³ though its waters roar and foam, though the mountains tremble with its tumult. Selah

⁴ There is a river whose streams make glad the city of God, the holy habitation of the Most High.

⁵ God is in the midst of the city; it shall not be moved; God will help it when the morning dawns.

⁶ The nations are in an uproar, the kingdoms totter; he utters his voice, the earth melts.

⁷ The LORD of hosts is with us; the God of Jacob is our refuge. Selah

⁸ Come, behold the works of the LORD; see what desolations he has brought on the earth.

⁹ He makes wars cease to the end of the earth; he breaks the bow, and shatters the spear; he burns the shields with fire.

¹⁰ "Be still, and know that I am God! I am exalted among the nations, I am exalted in the earth."

¹¹ The LORD of hosts is with us; the God of Jacob is our refuge. Selah

Psalm 121:1 <A Song of Ascents.>

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

² My help comes from the LORD, who made heaven and earth.

³ He will not let your foot be moved; he who keeps you will not slumber. ⁴ He who keeps Israel will neither slumber nor sleep.

⁵ The LORD is your keeper; the LORD is your shade at your right hand.

⁶ The sun shall not strike you by day, nor the moon by night.

⁷ The LORD will keep you from all evil; he will keep your life.

⁸ The LORD will keep your going out and your coming in from this time on and forevermore.

NRS **Psalm 126:1** <A Song of Ascents.>

When the LORD restored the fortunes of Zion, we were like those who dream.

² Then our mouth was filled with laughter, and our tongue with shouts of joy; then it was said among the nations, "The LORD has done great things for them."

³ The LORD has done great things for us, and we rejoiced.

⁴ Restore our fortunes, O LORD, like the watercourses in the Negeb.

⁵ May those who sow in tears reap with shouts of joy.

⁶ Those who go out weeping, bearing the seed for sowing, shall come home with shouts of joy, carrying their sheaves.

NRS **Psalm 127:1** <A Song of Ascents. Of Solomon.>

Unless the LORD builds the house, those who build it labor in vain. Unless the LORD guards the city, the guard keeps watch in vain.

² It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for he gives sleep to his beloved.

³ Sons are indeed a heritage from the LORD, the fruit of the womb a reward.

⁴ Like arrows in the hand of a warrior are the sons of one's youth.

⁵ Happy is the man who has his quiver full of them. He shall not be put to shame when he speaks with his enemies in the gate.

NRS **Psalm 128:1** <A Song of Ascents.>

Happy is everyone who fears the LORD, who walks in his ways.

² You shall eat the fruit of the labor of your hands; you shall be happy, and it shall go well with you.

³ Your wife will be like a fruitful vine within your house; your children will be like olive shoots around your table.

⁴ Thus shall the man be blessed who fears the LORD.

⁵ The LORD bless you from Zion. May you see the prosperity of Jerusalem all the days of your life.

⁶ May you see your children's children. Peace be upon Israel!