

Texts for “Praying with the Psalms” Presentation

New American Bible, Revised Edition (NABRE)

Laments:

Individual: Psalm 6

- ² Do not reprove me in your anger, Lord,
nor punish me in your wrath.
- ³ Have pity on me, Lord, for I am weak;
heal me, Lord, for my bones are shuddering.
- ⁴ My soul too is shuddering greatly—
and you, Lord, how long...?
- ⁵ Turn back, Lord, rescue my soul;
save me because of your mercy.
- ⁶ For in death there is no remembrance of you.
Who praises you in Sheol?
- ⁷ I am wearied with sighing;
all night long I drench my bed with tears;
I soak my couch with weeping.
- ⁸ My eyes are dimmed with sorrow,
worn out because of all my foes.
- ⁹ Away from me, all who do evil!
The Lord has heard the sound of my weeping.
- ¹⁰ The Lord has heard my plea;
the Lord will receive my prayer.
- ¹¹ My foes will all be disgraced and will shudder
greatly;
they will turn back in sudden disgrace.

Communal: Psalm 85

- ² You once favored, Lord, your land,
restored the captives of Jacob.
- ³ You forgave the guilt of your people,
pardoned all their sins.
- ⁴ You withdrew all your wrath,
turned back from your burning anger.
- ⁵ Restore us, God of our salvation;
let go of your displeasure with us.
- ⁶ Will you be angry with us forever,
prolong your anger for all generations?
- ⁷ Certainly you will again restore our life,
that your people may rejoice in you.
- ⁸ Show us, Lord, your mercy;
grant us your salvation.

- ⁹ I will listen for what God, the Lord, has to say;
surely he will speak of peace
To his people and to his faithful.
May they not turn to foolishness!
- ¹⁰ Near indeed is his salvation for those who fear
him;
glory will dwell in our land.
- ¹¹ Love and truth will meet;
justice and peace will kiss.
- ¹² Truth will spring from the earth;
justice will look down from heaven.
- ¹³ Yes, the Lord will grant his bounty;
our land will yield its produce.
- ¹⁴ Justice will march before him,
and make a way for his footsteps.

Penitential:

Psalm 51

- ³ Have mercy on me, God, in accord with your
merciful love;
in your abundant compassion blot out my
transgressions.
- ⁴ Thoroughly wash away my guilt;
and from my sin cleanse me.
- ⁵ For I know my transgressions;
my sin is always before me.
- ⁶ Against you, you alone have I sinned;
I have done what is evil in your eyes
So that you are just in your word,
and without reproach in your judgment.
- ⁷ Behold, I was born in guilt,
in sin my mother conceived me.
- ⁸ Behold, you desire true sincerity;
and secretly you teach me wisdom.
- ⁹ Cleanse me with hyssop, that I may be pure;
wash me, and I will be whiter than snow.
- ¹⁰ You will let me hear gladness and joy;
the bones you have crushed will rejoice.
- ¹¹ Turn away your face from my sins;
blot out all my iniquities.
- ¹² A clean heart create for me, God;
renew within me a steadfast spirit.

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¹³ Do not drive me from before your face,
nor take from me your holy spirit.
¹⁴ Restore to me the gladness of your salvation;
uphold me with a willing spirit.
¹⁵ I will teach the wicked your ways,
that sinners may return to you.
¹⁶ Rescue me from violent bloodshed, God, my
saving God,
and my tongue will sing joyfully of your justice.
¹⁷ Lord, you will open my lips;
and my mouth will proclaim your praise.
¹⁸ For you do not desire sacrifice or I would give it;
a burnt offering you would not accept.
¹⁹ My sacrifice, O God, is a contrite spirit;
a contrite, humbled heart, O God, you will not
scorn.

²⁰ Treat Zion kindly according to your good will;
build up the walls of Jerusalem.
²¹ Then you will desire the sacrifices of the just,
burnt offering and whole offerings;
then they will offer up young bulls on your altar.

Praise:

Psalm 146

¹ Hallelujah!
² Praise the Lord, my soul;
I will praise the Lord all my life,
sing praise to my God while I live.

³ Put no trust in princes,
in children of Adam powerless to save.
⁴ Who breathing his last, returns to the earth;
that day all his planning comes to nothing.

⁵ Blessed the one whose help is the God of Jacob,
whose hope is in the Lord, his God,
⁶ The maker of heaven and earth,
the seas and all that is in them,
Who keeps faith forever,
⁷ secures justice for the oppressed,
who gives bread to the hungry.
The Lord sets prisoners free;

⁸ the Lord gives sight to the blind.
The Lord raises up those who are bowed down;
the Lord loves the righteous.
⁹ The Lord protects the resident alien,
comes to the aid of the orphan and the widow,
but thwarts the way of the wicked.
¹⁰ The Lord shall reign forever,
your God, Zion, through all generations!
Hallelujah!

Psalm 117

¹ Praise the Lord, all you nations!
Extol him, all you peoples!
² His mercy for us is strong;
the faithfulness of the Lord is forever.
Hallelujah!

Thanksgiving:

Individual: Psalm 116

¹ I love the Lord, who listened
to my voice in supplication,
² Who turned an ear to me
on the day I called.
³ I was caught by the cords of death;
the snares of Sheol had seized me;
I felt agony and dread.
⁴ Then I called on the name of the Lord,
“O Lord, save my life!”

⁵ Gracious is the Lord and righteous;
yes, our God is merciful.
⁶ The Lord protects the simple;
I was helpless, but he saved me.
⁷ Return, my soul, to your rest;
the Lord has been very good to you.
⁸ For my soul has been freed from death,
my eyes from tears, my feet from stumbling.
⁹ I shall walk before the Lord
in the land of the living.

¹⁰ I kept faith, even when I said,
“I am greatly afflicted!”
¹¹ I said in my alarm,

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“All men are liars!”

- ¹² How can I repay the Lord
for all the great good done for me?
¹³ I will raise the cup of salvation
and call on the name of the Lord.
¹⁴ I will pay my vows to the Lord
in the presence of all his people.
¹⁵ Dear in the eyes of the Lord
is the death of his devoted.
¹⁶ Lord, I am your servant,
your servant, the child of your maidservant;
you have loosed my bonds.
¹⁷ I will offer a sacrifice of praise
and call on the name of the Lord.
¹⁸ I will pay my vows to the Lord
in the presence of all his people,
¹⁹ In the courts of the house of the Lord,
in your midst, O Jerusalem.
Hallelujah!

Communal: Psalm 124

- Had not the Lord been with us,
let Israel say,
² Had not the Lord been with us,
when people rose against us,
³ Then they would have swallowed us alive,
for their fury blazed against us.
⁴ Then the waters would have engulfed us,
the torrent overwhelmed us;
⁵ then seething water would have drowned us.
⁶ Blessed is the Lord, who did not leave us
to be torn by their teeth.
⁷ We escaped with our lives like a bird
from the fowler’s snare;
the snare was broken,
and we escaped.
⁸ Our help is in the name of the Lord,
the maker of heaven and earth.

Wisdom:

Psalm 1

- ¹ Blessed is the man who does not walk
in the counsel of the wicked,

- Nor stand in the way of sinners,
nor sit in company with scoffers.
² Rather, the law of the Lord is his joy;
and on his law he meditates day and night.
³ He is like a tree
planted near streams of water,
that yields its fruit in season;
Its leaves never wither;
whatever he does prospers.
⁴ But not so are the wicked, not so!
They are like chaff driven by the wind.
⁵ Therefore the wicked will not arise at the
judgment,
nor will sinners in the assembly of the just.
⁶ Because the Lord knows the way of the just,
but the way of the wicked leads to ruin.

Trust and confidence:

Psalm 121

- I raise my eyes toward the mountains.
From whence shall come my help?
² My help comes from the Lord,
the maker of heaven and earth.
³ He will not allow your foot to slip;
or your guardian to sleep.
⁴ Behold, the guardian of Israel
never slumbers nor sleeps.
⁵ The Lord is your guardian;
the Lord is your shade
at your right hand.
⁶ By day the sun will not strike you,
nor the moon by night.
⁷ The Lord will guard you from all evil;
he will guard your soul.
⁸ The Lord will guard your coming and going
both now and forever.

Psalm 62

- ² My soul rests in God alone,
from whom comes my salvation.
³ God alone is my rock and salvation,
my fortress; I shall never fall.

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⁴ How long will you set yourself against a man?

You shall all be destroyed,
Like a sagging wall
or a tumbled down fence!

⁵ Even highly placed people
plot to overthrow him.

They delight in lies;
they bless with their mouths,
but inwardly they curse.

⁶ My soul, be at rest in God alone,
from whom comes my hope.

⁷ God alone is my rock and my salvation,
my fortress; I shall not fall.

⁸ My deliverance and honor are with God,
my strong rock;
my refuge is with God.

⁹ Trust God at all times, my people!
Pour out your hearts to God our refuge!

¹⁰ Mortals are a mere breath,
the sons of man but an illusion;
On a balance they rise;
together they weigh nothing.

¹¹ Do not trust in extortion;
in plunder put no empty hope.

On wealth that increases,
do not set your heart.

¹² One thing God has said;
two things I have heard:

Strength belongs to God;

¹³ so too, my Lord, does mercy,
For you repay each man
according to his deeds.

Psalm 131

Lord, my heart is not proud;
nor are my eyes haughty.
I do not busy myself with great matters,
with things too sublime for me.

² Rather, I have stilled my soul,
Like a weaned child to its mother,
weaned is my soul.

³ Israel, hope in the Lord,
now and forever.

Psalm 11

In the Lord I take refuge;
how can you say to me,

“Flee like a bird to the mountains!

² See how the wicked string their bows,
fit their arrows to the string
to shoot from the shadows at the upright of
heart.

³ If foundations are destroyed,
what can the just one do?”

⁴ The Lord is in his holy temple;
the Lord’s throne is in heaven.

God’s eyes keep careful watch;
they test the children of Adam.

⁵ The Lord tests the righteous and the wicked,
hates those who love violence,

⁶ And rains upon the wicked
fiery coals and brimstone,
a scorching wind their allotted cup.

⁷ The Lord is just and loves just deeds;
the upright will see his face.

Psalm 23

The Lord is my shepherd;
there is nothing I lack.

² In green pastures he makes me lie down;
to still waters he leads me;

³ he restores my soul.

He guides me along right paths
for the sake of his name.

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 comfort me.

⁵ You set a table before me
in front of my enemies;
You anoint my head with oil;
my cup overflows.

⁶ Indeed, goodness and mercy will pursue me
all the days of my life;
I will dwell in the house of the Lord
for endless days.