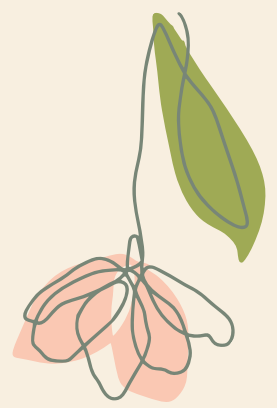


Psalm 40 My Help and My Deliverer

I waited patiently for the Lord; he turned to me and heard my cry. He lifted me out of the slimy pit, out of the mud and mire; he set my feet on a rock and gave me a firm place to stand. He put a new song in my mouth, a hymn of praise to our God. Many will see and fear the Lord and put their trust in him. Blessed is the one who trusts in the Lord, who does not look to the proud, to those who turn aside to false gods. Many, Lord my God, are the wonders you have done, the things you planned for us. None can compare with you; were I to speak and tell of your deeds, they would be too many to declare. Sacrifice and offering you did not desire—but my ears you have opened—burnt offerings and sin offerings you did not require. Then I said, “Here I am, I have come—it is written about me in the scroll. I desire to do your will, my God; your law is within my heart.” I proclaim your saving acts in the great assembly; I do not seal my lips, Lord, as you know.

I do not hide your righteousness in my heart; I speak of your faithfulness and your saving help. I do not conceal your love and your faithfulness from the great assembly. Do not withhold your mercy from me, Lord; may your love and faithfulness always protect me. For troubles without number surround me; my sins have overtaken me, and I cannot see. They are more than the hairs of my head, and my heart fails within me. Be pleased to save me, Lord; come quickly, Lord, to help me. May all who want to take my life be put to shame and confusion; may all who desire my ruin be turned back in disgrace. May those who say to me, “Aha! Aha!” be appalled at their own shame. But may all who seek you rejoice and be glad in you; may those who long for your saving help always say, “The Lord is great!” But as for me, I am poor and needy; may the Lord think of me. You are my help and my deliverer; you are my God, do not delay.

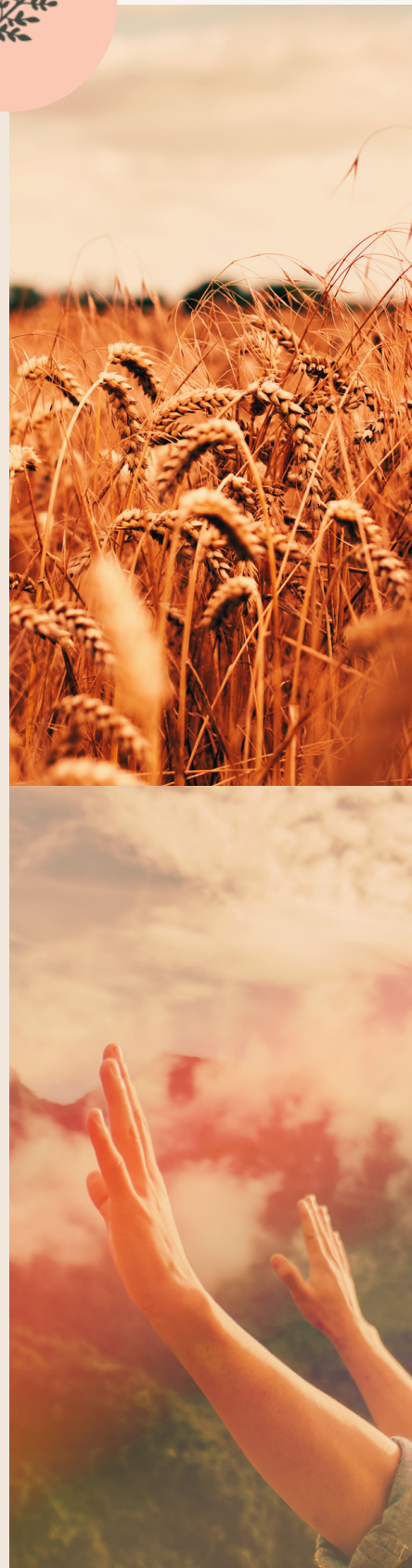


Psalm 86 - Great Is Your Steadfast Love



Hear me, LORD, and answer me, for I am poor and needy. Guard my life, for I am faithful to you; save your servant who trusts in you. You are my God; have mercy on me, Lord, for I call to you all day long. Bring joy to your servant, Lord, for I put my trust in you. You, Lord, are forgiving and good, abounding in love to all who call to you. Hear my prayer, LORD; listen to my cry for mercy. When I am in distress, I call to you, because you answer me. Among the gods there is none like you, Lord; no deeds can compare with yours. All the nations you have made will come and worship before you, Lord; they will bring glory to your name. For you are great and do marvelous deeds; you alone are God. Teach me your way, LORD, that I may rely on your

faithfulness; give me an undivided heart, that I may fear your name. I will praise you, Lord my God, with all my heart; I will glorify your name forever. For great is your love toward me; you have delivered me from the depths, from the realm of the dead. Arrogant foes are attacking me, O God; ruthless people are trying to kill me—they have no regard for you. But you, Lord, are a compassionate and gracious God, slow to anger, abounding in love and faithfulness. Turn to me and have mercy on me; show your strength in behalf of your servant; save me, because I serve you just as my mother did. Give me a sign of your goodness, that my enemies may see it and be put to shame, for you, LORD, have helped me and comforted me.

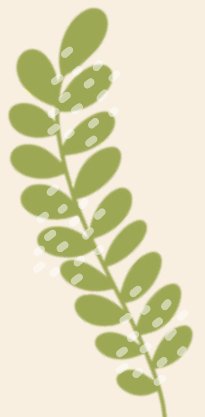


Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the Lord, "He is my refuge and my fortress, my God, in whom I trust." Surely he will save you from the fowler's snare and from the deadly pestilence. He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart. You will not fear the terror of night, nor the arrow that flies by day, nor the pestilence that stalks in the darkness, nor the plague that destroys at midday. A thousand may fall at your side, ten thousand at your right hand, but it will not come near you. You will only observe with your eyes and see the punishment of the wicked.

If you say, "The Lord is my refuge," and you make the Most High your dwelling, no harm will overtake you, no disaster will come near your tent. For he will command his angels concerning you to guard you in all your ways; they will lift you up in their hands, so that you will not strike your foot against a stone. You will tread on the lion and the cobra; you will trample the great lion and the serpent. "Because he loves me," says the Lord, "I will rescue him; I will protect him, for he acknowledges my name. He will call on me, and I will answer him; I will be with him in trouble, I will deliver him and honor him.

With long life I will satisfy him and show him my salvation."

PSALM 91 ~ MY REFUGE AND MY FORTRESS



Psalm 116 I Love the Lord

I love the Lord, for he heard my voice;
he heard my cry for mercy.
Because he turned his ear to me,
I will call on him as long as I live.
The cords of death entangled me,
the anguish of the grave came over me;
I was overcome by distress and sorrow.
Then I called on the name of the Lord:
"Lord, save me!"
The Lord is gracious and righteous;
our God is full of compassion.
The Lord protects the unwary;
when I was brought low, he saved me.
Return to your rest, my soul,
for the Lord has been good to you.
For you, Lord, have delivered me from death,
my eyes from tears,
my feet from stumbling,
that I may walk before the Lord
in the land of the living.
I trusted in the Lord when I said,
"I am greatly afflicted";
in my alarm I said,
"Everyone is a liar."
What shall I return to the Lord
for all his goodness to me?
I will lift up the cup of salvation
and call on the name of the Lord.
I will fulfill my vows to the Lord
in the presence of all his people.
Precious in the sight of the Lord
is the death of his faithful servants.
Truly I am your servant, Lord;
I serve you just as my mother did;
you have freed me from my chains.
I will sacrifice a thank offering to you
and call on the name of the Lord.
I will fulfill my vows to the Lord
in the presence of all his people,
in the courts of the house of the Lord—
in your midst, Jerusalem.
Praise the Lord.