

Counting the Omer

The following portions from the Psalms are to be read each day, and were compiled by Martha Zimmerman in her book, *Celebrate the Feasts of the Old Testament in Your Own Home or Church* (Minneapolis, Minnesota: Bethany House Publishers, 1981), pp. 100-102.

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1 - The Law of YHWH

Psa 119:1 Blessed are the perfect in the way, Who walk in the Torah of יְהוָה!

Psa 119:2 Blessed are those who observe His witnesses, Who seek Him with all the heart!

Psa 119:3 Yea, they shall do no unrighteousness; They shall walk in His ways.

Psa 119:4 You have commanded us To guard Your orders diligently.

Psa 119:5 Oh, that my ways were established To guard Your laws!

Psa 119:6 Then I would not be ashamed, When I look into all Your commands.

Psa 119:7 I thank You with uprightness of heart, When I learn the right-rulings of Your righteousness.

Psa 119:8 I guard Your laws; Oh, do not leave me entirely!

2 – Obedience to the Law of YHWH

Psa 119:9 How would a young man cleanse his path. To guard it according to Your word?

Psa 119:10 I have sought You with all my heart; Let me not stray from Your commands!

Psa 119:11 I have treasured up Your word in my heart, That I might not sin against You.

Psa 119:12 Blessed are You, O יְהוָה! Teach me Your laws.

Psa 119:13 With my lips I have recounted All the right-rulings of Your mouth.

Psa 119:14 I have rejoiced in the way of Your witnesses, As over all riches.

Psa 119:15 I meditate on Your orders, And regard Your ways.

Psa 119:16 I delight¹ myself in Your laws; I do not forget Your word. Footnote: ¹See also vv. 24, 35, 47, 70, 77, 92, 143, 174, Rom. 7:22.

3 – Happiness in the Law of YHWH

Psa 119:17 Do good to Your servant, Let me live and I guard Your word.

Psa 119:18 Open my eyes, that I might see Wonders from Your Torah.

Psa 119:19 I am a sojourner in the earth; Do not hide Your commands from me.

Psa 119:20 My being is crushed with longing For Your right-rulings at all times.

Psa 119:21 You rebuked the proud, cursed ones, Who are straying from Your commands.

Psa 119:22 Remove from me reproach and scorn, For I have observed Your witnesses.

Psa 119:23 Though princes sat, speaking against me, Your servant meditates on Your laws.

Psa 119:24 Your witnesses also are my delight, My counsellors.

4 – Determination to Obey the Law of YHWH

Psa 119:25 My being has been clinging to the dust; Revive me according to Your word.

Psa 119:26 I have recounted my ways and You answered me; Teach me Your laws.

Psa 119:27 Make me understand the way of Your orders; That I might meditate on Your wonders.

Psa 119:28 My being has wept from grief; Strengthen me according to Your word.

Psa 119:29 Remove from me the way of falsehood, And favour me with Your Torah.

Psa 119:30 I have chosen the way of truth; Your right-rulings I have held level.

Psa 119:31 I have clung to Your witnesses; O יְהוָה, do not put me to shame!

Psa 119:32 I run the way of Your commands, For You enlarge my heart.

5 – A Prayer for Understanding

Psa 119:33 Teach me, O יהוה, the way of Your laws, And I observe it to the end.
Psa 119:34 Make me understand, that I might observe Your Torah, And guard it with all my heart.
Psa 119:35 Make me walk in the path of Your commands, For I have delighted in it.
Psa 119:36 Incline my heart to Your witnesses, And not to own gain.
Psa 119:37 Turn away my eyes from looking at falsehood, And revive me in Your way.
Psa 119:38 Establish Your word to Your servant, Which leads to the fear of You.
Psa 119:39 Turn away my reproach which I dread, For Your right-rulings are good.
Psa 119:40 See, I have longed for Your orders; Revive me in Your righteousness.

6 – Trusting the Law of YHWH

Psa 119:41 And let Your kindnesses come to me, O יהוה; Your deliverance, according to Your word,
Psa 119:42 So that I answer my repressor, For I have trusted in Your word.
Psa 119:43 And do not take away from my mouth The word of truth entirely, For I have waited for Your right-rulings;
Psa 119:44 That I might guard Your Torah continually, Forever and ever;
Psa 119:45 That I might walk in a broad place, For I have sought Your orders;
Psa 119:46 That I might speak of Your witnesses before sovereigns, And not be ashamed;
Psa 119:47 That I might delight myself in Your commands, Which I have loved;
Psa 119:48 That I might lift up my hands to Your commands, Which I have loved; While I meditate on Your laws.

7 – Confidence in the Law of YHWH

Psa 119:49 Remember the word to Your servant, On which You have caused me to wait.
Psa 119:50 This is my comfort in my affliction, For Your word has given me life.
Psa 119:51 The proud have utterly scorned me, I did not turn aside from Your Torah.
Psa 119:52 I remembered Your right-rulings of old, O יהוה, And I comfort myself.
Psa 119:53 Rage has seized me because of the wrong Who forsake Your Torah.
Psa 119:54 Your laws have been my songs In the place of my sojournings.
Psa 119:55 I have remembered Your Name in the night, O יהוה, And I guard Your Torah.
Psa 119:56 This has become mine, Because I have observed Your orders.

8 – Devotion to the Law of YHWH

Psa 119:57 You are my portion, O יהוה; I have promised to guard Your words.
Psa 119:58 I have sought Your face with all my heart; Show me favour according to Your word.
Psa 119:59 I have thought upon my ways, And turned my feet to Your witnesses.
Psa 119:60 I have hurried, and did not delay To guard Your commands.
Psa 119:61 The cords of the wrong have surrounded me, Your Torah I have not forgotten.
Psa 119:62 At midnight I rise to give thanks to You, For Your righteous right-rulings.
Psa 119:63 I am a companion of all who fear You, And of those guarding Your orders.
Psa 119:64 O יהוה, Your kindness has filled the earth; Teach me Your laws.

9 – The Value of the Law of YHWH

Psa 119:65 You have done good to Your servant, O יְהָוָה,
According to Your word.
Psa 119:66 Teach me good sense and knowledge, For I
have trusted in Your commands.
Psa 119:67 Before I was afflicted I myself was going
astray, But now I have guarded Your word.
Psa 119:68 You are good, and do good; Teach me Your
laws.
Psa 119:69 The proud have forged a lie against me,
With all *my* heart I observe Your orders.
Psa 119:70 Their heart has become like fat, Without
feeling; I have delighted in Your Torah.
Psa 119:71 It was good for me that I was afflicted, That
I might learn Your laws.
Psa 119:72 The Torah of Your mouth is better to me
Than thousands of gold and silver pieces.

10 – The Justice of the Law of YHWH

Psa 119:73 Your hands have made me and formed me;
Make me understand, that I might learn Your
commands.
Psa 119:74 Those who fear You see me and rejoice, For
I have waited for Your Word.
Psa 119:75 I know, O יְהָוָה, That Your right-rulings are
righteous, And in trustworthiness You have
afflicted me.
Psa 119:76 Please let Your kindness be for my comfort,
According to Your word to Your servant.
Psa 119:77 Let Your compassions come to me, That I
might live, For Your Torah is my delight.
Psa 119:78 Let the proud be put to shame, For with lies
they perverted me; *But I study Your orders.*
Psa 119:79 Let those who fear You turn to me, And
those who know Your witnesses.
Psa 119:80 Let my heart be perfect in Your laws, So
that I am not put to shame.

11 – Prayer for Deliverance

Psa 119:81 For Your deliverance my being has pined
away, For I have waited for Your word.
Psa 119:82 My eyes have pined away for Your word,
Saying, “When would it comfort me?”
Psa 119:83 For I have become like a wineskin in the
smoke, Your laws I have not forgotten.
Psa 119:84 How many are the days of Your servant?
When do You execute right-ruling On those who
persecute me?
Psa 119:85 The proud have dug pits for me, Which is
not according to Your Torah.
Psa 119:86 All Your commands are trustworthy; They
have persecuted me with lies; Help me!
Psa 119:87 They almost made an end of me on earth,
But I, I did not forsake Your orders.
Psa 119:88 Revive me according to Your kindness,
That I might guard the witness of Your mouth.

12 – Faith in the Law of YHWH

Psa 119:89 Forever, O יְהָוָה, Your word stands firm in
the heavens.
Psa 119:90 Your trustworthiness is to all generations;
You established the earth, and it stands.
Psa 119:91 According to Your right-rulings They have
stood to this day, For all are Your servants.
Psa 119:92 If Your Torah had not been my delight, I
would have perished in my affliction.
Psa 119:93 Let me never forget Your orders, For by
them You have given me life.
Psa 119:94 I am Yours, save me; For I have sought
Your orders.
Psa 119:95 The wrong have waited for me to destroy
me; I understand Your witnesses.
Psa 119:96 I have seen an end of all perfection; Your
command is exceedingly broad.

13 – Love for the Law of YHWH

Psa 119:97 O how I love Your Torah¹! It is my study all day long. Footnote: ¹See also vv. 113, 119, 127, 163, 165, 167.
Psa 119:98 Your commands make me wiser than my enemies; For it is ever before me.
Psa 119:99 I have more understanding than all my teachers, For Your witnesses are my study.
Psa 119:100 I understand more than the aged, For I have observed Your orders.
Psa 119:101 I have restrained my feet from every evil way, That I might guard Your word.
Psa 119:102 I have not turned aside from Your right-rulings, For You Yourself have taught me.
Psa 119:103 How sweet to my taste has Your word been, More than honey to my mouth!
Psa 119:104 From Your orders I get understanding; Therefore I have hated every false way.

14 – Light from the Law of YHWH

Psa 119:105 Your word is a lamp to my feet And a light to my path.
Psa 119:106 I have sworn, and I confirm, To guard Your righteous right-rulings.
Psa 119:107 I have been afflicted very much; O יְהָוָה, revive me according to Your word.
Psa 119:108 Please accept the voluntary offerings Of my mouth, O יְהָוָה, And teach me Your right-rulings.
Psa 119:109 My life is in my hand continually, And Your Torah I have not forgotten.
Psa 119:110 The wrong have laid a snare for me, But I have not strayed from Your orders.
Psa 119:111 Your witnesses are my inheritance forever, For they are the joy of my heart.
Psa 119:112 I have inclined my heart to do Your laws Forever, to the end.

15 – Safety in the Law of YHWH

Psa 119:113 I have hated doubting thoughts, But I have loved Your Torah.
Psa 119:114 You are my hiding place and my shield; I have waited for Your word.
Psa 119:115 Turn away from me, you evil-doers, For I observe the commands of my Elohim!
Psa 119:116 Support me according to Your word, That I might live; And put me not to shame Because of my expectation.
Psa 119:117 Sustain me, that I might be saved, And always look to Your laws.
Psa 119:118 You have made light of all those Who stray from Your laws, For falsehood is their deceit.
Psa 119:119 You have made to cease All the wrong of the earth, like dross; Therefore I have loved Your witnesses.
Psa 119:120 My flesh has trembled for fear of You, And I am in awe of Your right-rulings.

16 – Obedience to the Law of YHWH

Psa 119:121 I have done right-ruling and righteousness; Leave me not to my oppressors.
Psa 119:122 Guarantee Your servant's well-being; Let not the proud oppress me.
Psa 119:123 My eyes have pined away for Your deliverance, And for the word of Your righteousness.
Psa 119:124 Do with Your servant according to Your kindness, And teach me Your laws.
Psa 119:125 I am Your servant – make me understand, That I might know Your witnesses.
Psa 119:126 It is time for יְהָוָה to act! For they have broken Your Torah.
Psa 119:127 Therefore I have loved Your commands More than gold, even fine gold!
Psa 119:128 Therefore all Your orders I count as right; I have hated every false way.

17 – Desire to Obey the Law of YHWH

Psa 119:129 Your witnesses are wonders; So my being observes them.

Psa 119:130 The opening up of Your words gives light, Giving understanding to the simple.

Psa 119:131 I have opened my mouth and panted, For I have longed for Your commands.

Psa 119:132 Turn to me and show me favour, According to Your right-ruling, toward those who love Your Name.

Psa 119:133 Establish my footsteps by Your word, And let no wickedness have rule over me.

Psa 119:134 Redeem me from the oppression of man, That I might guard Your orders.

Psa 119:135 Make Your face shine upon Your servant, And teach me Your laws.

Psa 119:136 Streams of water have run down from my eyes, Because they did not guard Your Torah.

18 – The Justice of the Law of YHWH

Psa 119:137 Righteous are You, O יהוה, And Your right-rulings are straight.

Psa 119:138 You have commanded Your witnesses In righteousness and truth, exceedingly.

Psa 119:139 My ardour has consumed me, For my adversaries have forgotten Your words.

Psa 119:140 Your word is tried, exceedingly; And Your servant has loved it.

Psa 119:141 I am small and despised; I have not forgotten Your orders.

Psa 119:142 Your righteousness is righteousness forever, And Your Torah is truth.

Psa 119:143 Distress and anguish have found me; Your commands are my delight.

Psa 119:144 The righteousness of Your witnesses is forever; Make me understand, that I might live.

19 – Prayer for Deliverance

Psa 119:145 I have called with all my heart; Answer me, O יהוה! I observe Your laws.

Psa 119:146 I have called upon You; Save me, that I might guard Your witnesses.

Psa 119:147 I rise before dawn, and cry for help; I have waited for Your word.

Psa 119:148 My eyes have gone before the night watches, To study Your word.

Psa 119:149 Hear my voice according to Your kindness; O יהוה, revive me according to Your right-ruling.

Psa 119:150 Those who pursue mischief have drawn near; They have been far from Your Torah.

Psa 119:151 You are near, O יהוה, And all Your commands are truth.

Psa 119:152 Of old I have known Your witnesses, That You have founded them forever.

20 – Plea for Salvation

Psa 119:153 See my affliction and deliver me, For I have not forgotten Your Torah.

Psa 119:154 Plead my cause and redeem me; Revive me according to Your word.

Psa 119:155 Deliverance is far from the wrong ones, For they have not sought Your laws.

Psa 119:156 Your compassions are many, O יהוה; Revive me according to Your right-rulings.

Psa 119:157 My persecutors and adversaries are many; I have not turned aside from Your witnesses.

Psa 119:158 I saw traitors and was grieved, Because they did not guard Your word.

Psa 119:159 See how I have loved Your orders, יהוה, revive me according to Your kindness.

Psa 119:160 The sum of Your word is truth, And all Your righteous right-rulings are forever.

21 – Dedication to the Law of YHWH

Psa 119:161 Rulers have persecuted me without a cause, But at Your word my heart stood in awe.
Psa 119:162 I rejoice at Your word As one who finds great treasure.
Psa 119:163 I have hated falsehood and loathe it, Your Torah I have loved.
Psa 119:164 I have praised You seven times a day, Because of Your righteous right-rulings.
Psa 119:165 Great peace have those loving Your Torah, And for them there is no stumbling-block.
Psa 119:166 יְהָוָה, I have waited for Your deliverance, And I have done Your commands.
Psa 119:167 My being has guarded Your witnesses, And I love them exceedingly.
Psa 119:168 I have guarded Your orders and Your witnesses, For all my ways are before You.

22 – A Prayer for Help

Psa 119:169 My cry comes before You, O יְהָוָה; Make me understand according to Your word.
Psa 119:170 Let my prayer come before You; Deliver me according to Your word.
Psa 119:171 My lips pour forth praise, For You teach me Your laws.
Psa 119:172 My tongue sings of Your word, For all Your commands are righteousness.
Psa 119:173 Your hand is a help to me, For I have chosen Your orders.
Psa 119:174 I have longed for Your deliverance, O יְהָוָה, And Your Torah is my delight.
Psa 119:175 My being lives, and it praises You; And Your right-rulings help me.
Psa 119:176 I have strayed like a lost sheep; Seek Your servant, For I have not forgotten Your commands.

23 – True Happiness

Psa 1:1 Blessed is the man who shall not walk in the counsel of the wrong, And shall not stand in the path of sinners, And shall not sit in the seat of scoffers,
Psa 1:2 But his delight is in the Torah of יְהָוָה, And he meditates in His Torah day and night.
Psa 1:3 For he shall be as a tree Planted by the rivers of water, That yields its fruit in its season, And whose leaf does not wither, And whatever he does prospers.
Psa 1:4 The wrong are not so, But are like the chaff which the wind blows away.
Psa 1:5 Therefore the wrong shall not rise in the judgment, Nor sinners in the congregation of the righteous.
Psa 1:6 For יְהָוָה knows the way of the righteous, But the way of the wrong comes to naught.

24 – Confidence in YHWH

Psa 11:1 In יְהָוָה I have taken refuge; Why do you say to me, “Flee to your mountain like a bird”?
Psa 11:2 For look! The wrong bend a bow, They set their arrow on the string, To shoot in darkness at the upright in heart.
Psa 11:3 When the foundations are destroyed, What shall the righteous do?
Psa 11:4 יְהָוָה is in His set-apart Hēkal, The throne of יְהָוָה is in the heavens. His eyes see, His eyelids examine the sons of men.
Psa 11:5 יְהָוָה tries the righteous, But His being shall hate the wrong And the one who loves violence.
Psa 11:6 Upon the wrong He rains snares, Fire and sulphur and a scorching wind Are the portion of their cup.
Psa 11:7 For יְהָוָה is righteous, He has loved righteousness; The upright shall see His face.

25 – What Elohim Requires

Psa 15:1 יְהָוָה, who does sojourn in Your Tent? Who does dwell in Your set-apart mountain?
Psa 15:2 He who walks blamelessly, And does righteousness, And speaks the truth in his heart.
Psa 15:3 He has not slandered with his tongue, He has not done evil to his neighbour, Nor lifted up a reproach against his friend;
Psa 15:4 In whose eyes a reprobate one is despised, But he esteems those who fear יְהָוָה; He who swears to his own hurt and does not change;
Psa 15:5 He has not put out his silver at interest, And has not taken a bribe against the innocent. He who does these is never moved.

26 – The Law of YHWH

Psa 19:7 The Torah of יְהָוָה is perfect, bringing back the being; The witness of יְהָוָה is trustworthy, making wise the simple;
Psa 19:8 The orders of יְהָוָה are straight, rejoicing the heart; The command of יְהָוָה is clear, enlightening the eyes;
Psa 19:9 The fear of יְהָוָה is clean, standing forever; The right-rulings of יְהָוָה are true, They are righteous altogether,
Psa 19:10 More desirable than gold, Than much fine gold; And sweeter than honey and the honeycomb.
Psa 19:11 Also, Your servant is warned by them, In guarding them there is great reward.
Psa 19:12 Who discerns mistakes? Declare me innocent from those that are secret,
Psa 19:13 Also keep Your servant back from presumptuous ones, Do not let them rule over me. Then shall I be perfect, and innocent of great transgression.
Psa 19:14 Let the words of my mouth and the meditation of my heart Be pleasing before You, O יְהָוָה, my rock and my redeemer.

27 – A Prayer for Guidance

Psa 25:4 Show me Your ways, O יְהָוָה; Teach me Your paths.
Psa 25:5 Lead me in Your truth and teach me, For You are the Elohim of my deliverance; On You I wait all the day.
Psa 25:6 Remember, O יְהָוָה, Your compassion and Your kindnesses, For they are from everlasting.
Psa 25:7 Do not remember the sins of my youth, and my transgressions; According to Your kindness remember me, For Your goodness' sake, O יְהָוָה.
Psa 25:8 Good and straight is יְהָוָה; Therefore He teaches sinners in the way.
Psa 25:9 He guides the meek ones in right-ruling, And He teaches the meek ones His way.
Psa 25:10 All the paths of יְהָוָה are kindness and truth, To those who guard His covenant and His witnesses.

28 - Longing for Elohim

Psa 63:1 O Elohim, You are my Ěl; I earnestly seek You; My being has thirsted for You; My flesh has longed for You In a dry and thirsty land without water.
Psa 63:2 Therefore I have had a vision of You In the set-apart place, To see Your power and Your esteem.
Psa 63:3 Because Your kindness is better than life, My lips do praise You.
Psa 63:4 Therefore I bless You while I live; In Your Name I lift up my hands.
Psa 63:5 My being is satisfied as with marrow and fat, And my mouth praises You with singing lips.
Psa 63:6 When I remember You on my bed, I meditate on You in the night watches.
Psa 63:7 For You have been my help, And in the shadow of Your wings I sing.
Psa 63:8 My being has closely followed You; Your right hand did uphold me.
Psa 63:9 But those who seek to destroy my life, Go into the lower parts of the earth.
Psa 63:10 They are handed over To the power of the sword; They become a portion for jackals.
Psa 63:11 But let the sovereign rejoice in Elohim; Let everyone who swears by Him exult; For the mouth of those speaking lies are stopped.

29 – A Song of Thanksgiving

Psa 67:1 Elohim does favour us and bless us, Cause His face to shine upon us. Selah.
Psa 67:2 For Your way to be known on earth, Your deliverance among all nations.
Psa 67:3 Let the peoples praise You, O Elohim, Let all the peoples praise You.
Psa 67:4 Let the nations be glad and sing for joy! For You judge the peoples uprightly, And lead the nations on earth. Selah.
Psa 67:5 Let the peoples praise You, O Elohim; Let all the peoples praise You.
Psa 67:6 The earth shall give her increase; Elohim, our own Elohim, blesses us!
Psa 67:7 Elohim blesses us! And all the ends of the earth fear Him!

30 – Elohim and His People

Psa 78:1 My people, give ear to my Torah¹, Incline your ears to the words of my mouth. Footnote: ¹In vv. 1-11 the words “teaching, words, witness, commands, covenant,” are used interchangeably, as parallels, almost synonymously. We find the same in Ps. 119.
Psa 78:2 I open my mouth in a parable; I utter riddles of old,
Psa 78:3 Which we have heard and known, For our fathers have related *them* to us.
Psa 78:4 We do not hide *them* from their children, Relating to the generation to come the praises of יהוה, And His strength and His wonders which He has done.
Psa 78:5 For He raised a witness in Ya'aqob, And set a Torah in Yisra'el, Which He commanded our fathers, To teach them to their children;
Psa 78:6 That it might be known to a generation to come, To children who would be born, To rise up and relate *them* to their children,
Psa 78:7 And place their trust in Elohim, And not forget the works of El, But watch over His commands,
Psa 78:8 And not be like their fathers, A stubborn and rebellious generation, A generation which did not prepare its heart, Whose spirit was not steadfast to El.
Psa 78:9 The children of Ephrayim, armed bowmen, Turned back in the day of battle.
Psa 78:10 They did not guard the covenant of Elohim, And they refused to walk in His Torah,
Psa 78:11 And they forgot His deeds And His wonders which He had shown them.
Psa 78:12 He did wonders in the sight of their fathers, In the land of Mitsrayim, in the field of Tso'an.
Psa 78:13 He split the sea and caused them to pass through, And He made the waters stand up like a heap,
Psa 78:14 And led them with the cloud by day, And all the night with a light of fire.
Psa 78:15 He split the rocks in the wilderness, And made them drink, as from the great depths,
Psa 78:16 And brought forth streams from the rock, And caused waters to come down as rivers.

31 – Elohim and His People

Psa 78:17 Yet they sinned still more against Him To rebel against the Most High in the desert.
Psa 78:18 And they tried Ěl in their heart By asking food according to their desire.
Psa 78:19 And they spoke against Elohim. They said, “Is Ěl able to set a table in the wilderness?”
Psa 78:20 “Look, He struck the rock, So that the waters gushed out, And the streams overflowed. Is He able to give bread also? Would He provide meat for His people?”
Psa 78:21 Therefore יְהוָה heard, and He was wroth; So a fire was kindled against Ya‘aqob, And displeasure also came up against Yisra’el,
Psa 78:22 Because they did not believe in Elohim, Neither did they trust in His deliverance.
Psa 78:23 Yet He had commanded the clouds above, And opened the doors of the heavens,
Psa 78:24 And He rained down manna on them to eat, And He gave them the grain of the heavens.
Psa 78:25 Men ate bread of the mighty; He sent them provisions to satisfaction.
Psa 78:26 He made an east wind blow in the heavens; And by His power He brought in the south wind.
Psa 78:27 And He rained meat on them like the dust, And winged birds like the sand of the seas,
Psa 78:28 And let them fall in the midst of His camp, All around His Dwelling Place.
Psa 78:29 So they ate and were completely satisfied, For He brought them what they desired.
Psa 78:30 They had not turned away from their desire, Their food was still in their mouths,
Psa 78:31 When the wrath of Elohim came against them, And He slew among their fat ones, And He struck down the choice ones of Yisra’el.

32 – Elohim and His People

Psa 78:32 In spite of all this they still sinned, And did not believe in His wonders.
Psa 78:33 So He ended their days in a breath, And their years in trouble.
Psa 78:34 When He slew them, then they sought Him, And they returned and did earnestly seek El.
Psa 78:35 And they remembered that Elohim was their rock, And the Most High Ěl their redeemer.
Psa 78:36 But they flattered Him with their mouth, And they lied to Him with their tongue,
Psa 78:37 For their heart was not steadfast with Him, And they were not true to His covenant.
Psa 78:38 But He, the Compassionate One, Pardoned crookedness, And did not destroy them. And many a time He turned His displeasure away, And did not stir up all His wrath.
Psa 78:39 For He remembered that they were but flesh, A passing breath that does not return.

Psa 78:40 How often they rebelled against Him in the wilderness, And grieved Him in the desert!
 Psa 78:41 And again and again they tried Ěl, And provoked the Set-apart One of Yisra’ēl.
 Psa 78:42 They did not remember His hand, The day when He redeemed them from the adversary,
 Psa 78:43 How He worked His signs in Mitsrayim, And His wonders in the field of Tso’ān.
 Psa 78:44 He turned their rivers into blood, And they could not drink their streams.
 Psa 78:45 He sent among them swarms of flies which devoured them, And frogs which destroyed them,
 Psa 78:46 And gave their crops to the caterpillar, And their labour to the locust.
 Psa 78:47 He destroyed their vines with hail, And their sycamore trees with frost,
 Psa 78:48 And gave their beasts over to the hail, And their livestock to bolts of fire.
 Psa 78:49 He sent on them the burning of His displeasure, Wrath, and rage, and distress, A deputation of messengers of evils.
 Psa 78:50 He made a path for His displeasure; He did not spare their being from death, But gave their life over to the plague.
 Psa 78:51 And He smote all the first-born in Mitsrayim, The first-fruits of strength in the tents of Ḥam,
 Psa 78:52 Then made His own people go forth like sheep, And led them in the wilderness like a flock.
 Psa 78:53 And He led them on safely, And they did not fear, But the sea covered their enemies.
 Psa 78:54 And He brought them to the border of His set-apart place, This mountain which His right hand had gained,
 Psa 78:55 And drove out nations before them, And allotted them a measured inheritance, And made the tribes of Yisra’ēl dwell in their tents.

Psa 78:56 Yet they tried and rebelled Against the Most High Elohim, And did not guard His witnesses,
 Psa 78:57 But they turned back And acted treacherously like their fathers; They twisted like a treacherous bow.
 Psa 78:58 For they enraged Him with their high places, And moved Him to jealousy with their carved images.
 Psa 78:59 When Elohim heard this, He was wroth, And greatly despised Yisra’ēl,
 Psa 78:60 And He left the Dwelling Place of Shiloh, The Tent which He had set up among men.
 Psa 78:61 And He gave His strength¹ into captivity, And His comeliness¹ into the hand of the adversary.
Footnote: “Strength” and “comeliness” are used as symbolic names for His Ark. See also Ps. 63:2, Ps. 132:8, and 2 Chr. 6:41.
 Psa 78:62 And He gave His people over to the sword, And He was wroth with His inheritance.
 Psa 78:63 His young men were consumed by fire, And His maidens were not praised.
 Psa 78:64 His priests fell by the sword, And their widows could not weep.
 Psa 78:65 Then נָהָר awoke as one asleep, As a mighty man who shouts because of wine.
 Psa 78:66 And He smote His adversaries backward, He put them to an everlasting reproach.
 Psa 78:67 Then He rejected the tent of Yoséph, And did not choose the tribe of Ephrayim,
 Psa 78:68 But chose the tribe of Yehudah, Mount Tsiyon, which He loved.
 Psa 78:69 And He built His set-apart place like the heights, Like the earth He founded it forever.
 Psa 78:70 And He chose Dawid His servant, And took him from the sheepfolds;
 Psa 78:71 He brought him in from tending the ewes, To shepherd Ya’aqob His people, And Yisra’ēl His inheritance.
 Psa 78:72 And he shepherded them According to the integrity of his heart, And led them by the skill of his hands.

35 – Elohim the King

Psa 93:1 יהוה shall reign, He shall put on excellency; יהוה shall put on strength; He shall gird Himself. Indeed, the world is established, immovable.
Psa 93:2 Your throne is established from of old; You are from everlasting.
Psa 93:3 Rivers shall lift up, O יהוה, Rivers shall lift up their voice; Rivers lift up their breakers.
Psa 93:4 יהוה on high is mightier Than the noise of many waters, The mighty breakers of the sea.
Psa 93:5 Your witnesses have been very trustworthy. Set-apartness befits Your house, O יהוה, forever.

36 – Elohim the Judge

Psa 94:12 Blessed is the man You discipline, O Yah, And instruct out of Your Torah,
Psa 94:13 To give him rest from the days of evil, Until the pit is dug for the wrong.
Psa 94:14 For יהוה does not leave His people, Nor does He forsake His inheritance.
Psa 94:15 For right-ruling returns *man* to righteousness, And all the upright in heart follow it.
Psa 94:16 Who would rise up for me against evil-doers? Who would stand up for me against workers of wickedness?
Psa 94:17 If יהוה had not been my help, My being would soon have settled in silence.
Psa 94:18 When I said, “My foot has slipped,” Your kindness, O יהוה, supported me.
Psa 94:19 When anxiety was great within me, Your comforts delighted my being.
Psa 94:20 Would a throne of destruction, Which devises trouble by decree, Be joined with You?
Psa 94:21 They band together against the life of the righteous, And declare innocent blood wrong.
Psa 94:22 But יהוה is my defence, And my Elohim the rock of my refuge,
Psa 94:23 And brings back on them their own wickedness, And cuts them off in their own wrongdoing; יהוה our Elohim does cut them off.

37 – A Song of Praise

Psa 95:1 Come, let us sing to יהוה! Let us raise a shout to the Rock of our deliverance.
Psa 95:2 Let us come before His face with thanksgiving; Let us raise a shout to Him in song.
Psa 95:3 For יהוה is a great Ěl, And a great Sovereign above all mighty ones.
Psa 95:4 In whose hand are the depths of the earth; The mountain peaks are His also.
Psa 95:5 His is the sea, for He made it; And His hands formed the dry land.
Psa 95:6 Come, let us bow down and bend low, Let us kneel before יהוה our Maker.
Psa 95:7 For He is our Elohim, And we are the people of His pasture, And the sheep of His hand. Today, if you would hear His voice:

38 - Elohim the Supreme King

Psa 96:1 Sing to יְהוָה a new song, Sing to יְהוָה, all the earth!

Psa 96:2 Sing to יְהוָה, bless His Name, Proclaim His deliverance from day to day.

Psa 96:3 Declare His esteem among the nations, His wonders among all peoples.

Psa 96:4 For great is יְהוָה and greatly to be praised, He is to be feared above all mighty ones.

Psa 96:5 For all the mighty ones of the peoples are matters of naught, But יְהוָה made the heavens.

Psa 96:6 Excellency and splendour are before Him, Strength and comeliness are in His set-apart place.

Psa 96:7 Ascribe to יְהוָה, O clans of the peoples, Ascribe to יְהוָה esteem and strength.

Psa 96:8 Ascribe to יְהוָה the esteem of His Name; Bring an offering, and come into His courts.

Psa 96:9 Bow yourselves to יְהוָה, In the splendour of set-apartness! Tremble before Him, all the earth.

Psa 96:10 Say among nations, “יְהוָה shall reign. The world also is established, immovable. He judges the peoples in straightness.”

Psa 96:11 Let the heavens rejoice, and let the earth be glad; Let the sea roar, and all that fills it;

Psa 96:12 Let the field exult, and all that is in it. Let all the trees of the forest then shout for joy,

Psa 96:13 At the presence of יְהוָה. For He shall come, For He shall come to judge the earth. He judges the world in righteousness¹, And the peoples with His truth. Footnote: ¹See also 98:9, Acts 17:31, Rev. 19:11.

39 – Elohim the Ruler of the World

Psa 98:1 Sing to יְהוָה a new song! For He has done wonders; His right hand and His set-apart arm Have brought Him deliverance.

Psa 98:2 יְהוָה has made known His deliverance; His righteousness He has openly shown Before the eyes of the nations.

Psa 98:3 He has remembered His kindness And His trustworthiness to the house of Yisra'el; All the ends of the earth have seen The deliverance of our Elohim.

Psa 98:4 Raise a shout to יְהוָה, all the earth; Break forth in song, rejoice, and sing praises.

Psa 98:5 Sing to יְהוָה with the lyre, With the lyre and the voice of a song,

Psa 98:6 With trumpets and the sound of a horn; Raise a shout before יְהוָה, the Sovereign.

Psa 98:7 Let the sea roar, and all that fills it, The world and those who dwell in it.

Psa 98:8 Let the rivers clap their hands, Let the mountains sing together for joy before יְהוָה,

Psa 98:9 For He shall come to judge the earth. He judges the world in righteousness, And the people in straightness.

Psa 99:1 יְהָוָה shall reign; Peoples tremble! He is enthroned on the kerubim; The earth shakes!

Psa 99:2 יְהָוָה is great in Tsiyon, And He is high above all the peoples.

Psa 99:3 They praise Your Name, great and awesome, It is set-apart.

Psa 99:4 And the strength of the Sovereign Shall love right-ruling; You Yourself shall establish straightness; You shall execute right-ruling And righteousness in Ya'aqob.

Psa 99:5 Exalt יְהָוָה our Elohim, And bow yourselves at His footstool, He is set-apart.

Psa 99:6 Mosheh and Aharon were among His priests, And Shemu'el was among those calling upon His Name. They called upon יְהָוָה, and He answered them.

Psa 99:7 He spoke to them in the column of cloud; They guarded His witnesses And the law He gave them.

Psa 99:8 You answered them, O יְהָוָה our Elohim. You were a forgiving Ěl to them, Though You took vengeance on their deeds.

Psa 99:9 Exalt יְהָוָה our Elohim, And bow down towards His set-apart mountain; For יְהָוָה our Elohim is set-apart.

Psa 103:1 Bless יְהָוָה, O my being, And all that is within me, Bless His set-apart Name!

Psa 103:2 Bless יְהָוָה, O my being, And do not forget all His dealings,

Psa 103:3 Who forgives all your crookednesses, Who heals all your diseases,

Psa 103:4 Who redeems your life from destruction, Who crowns you with kindness and compassion,

Psa 103:5 Who satisfies your desire with the good, Your youth is renewed like the eagle's.

Psa 103:6 יְהָוָה is doing righteousness And right-ruling for all the oppressed.

Psa 103:7 He made known His ways to Mosheh, His acts to the children of Yisra'el.

Psa 103:8 יְהָוָה is compassionate and showing favour, Patient, and great in kindness.

Psa 103:9 He does not always strive, nor maintain it forever.

Psa 103:10 He has not done to us according to our sins, Nor rewarded us according to our crookednesses.

Psa 103:11 For as the heavens are high above the earth, So great is His kindness toward those who fear Him;

Psa 103:12 As far as east is from west, So far has He removed our transgressions from us.

Psa 103:13 As a father has compassion for his children, So יְהָוָה has compassion for those who fear Him.

Psa 103:14 For He knows how we are made; He remembers that we are dust.

Psa 103:15 As a flower of the field, so he flourishes.

Psa 103:16 For the wind blows over it, and it is no more, And its place no longer remembers it.

Psa 103:17 But the kindness of יְהָוָה Is from everlasting to everlasting Upon those who fear Him, And His righteousness to children's children,

Psa 103:18 To those who guard His covenant, And to those who remember His orders to do them.

Psa 103:19 יְהָוָה has established His throne in the heavens, And His reign shall rule over all.

Psa 103:20 Bless יְהָוָה, you His messengers, Mighty in power, who do His Word, Listening to the voice of His Word.

Psa 103:21 Bless יְהָוָה, all you His hosts, You His servants, who do His pleasure.

Psa 103:22 Bless יְהָוָה, all His works, In all places of His rule. Bless יְהָוָה, O my being!

42 – Elohim and His People

Psa 105:1 Give thanks to יהוה! Call upon His Name,
 Make known His deeds among the peoples.
Psa 105:2 Sing to Him, sing praise to Him; Speak of all
 His wonders.
Psa 105:3 Make your boast in His set-apart Name; Let
 the hearts rejoice of those seeking יהוה.
Psa 105:4 Seek יהוה and His strength; Seek His face
 always.
Psa 105:5 Remember His wonders which He has done,
 His miracles, and the right-rulings of His mouth,
Psa 105:6 O seed of Abraham His servant, Children of
 Ya'aqob, His chosen ones!
Psa 105:7 He is יהוה our Elohim; His right-rulings are
 in all the earth.
Psa 105:8 He has remembered His covenant forever,
 The Word He commanded, for a thousand
 generations,
Psa 105:9 *The covenant* He made with Abraham, And
 His oath to Yitshaq,
Psa 105:10 And established it to Ya'aqob for a law, To
 Yisra'el – an everlasting covenant,
Psa 105:11 Saying, “To you I give the land of Kena'an,
 The portion of your inheritance.”

43 – YHWH's Goodness

Psa 106:1 Praise Yah! Oh, give thanks to יהוה, For He is
 good! For His kindness is everlasting.
Psa 106:2 Who does relate the mighty acts of יהוה? Or
 declare all His praise?
Psa 106:3 Blessed are those who guard right-ruling,
 Who do righteousness at all times!
Psa 106:4 Remember me, O יהוה, in the acceptance of
 Your people; Visit me with Your deliverance,
Psa 106:5 To see the good of Your chosen ones, To
 rejoice in the gladness of Your nation, To make my
 boast with Your inheritance.

44 – In Praise of YHWH

Psa 111:1 Praise Yah! I thank יהוה with all my heart, In
 the company of the straight, and of the
 congregation.
Psa 111:2 Great are the works of יהוה, Searched for by
 all who delight in them.
Psa 111:3 Splendour and greatness are His work, And
 His righteousness stands forever.
Psa 111:4 He has made His wonders to be
 remembered; יהוה shows favour and is
 compassionate.
Psa 111:5 He has given food to those who fear Him; He
 remembers His covenant forever.
Psa 111:6 He has shown His people the power of His
 works, To give to them the inheritance of the
 gentiles.
Psa 111:7 The works of His hands are truth and right-
 ruling, All His orders are trustworthy,
Psa 111:8 They are upheld forever and ever, Performed
 in truth and直ness.
Psa 111:9 He sent redemption to His people, He has
 commanded His covenant forever. Set-apart and
 awesome is His Name.
Psa 111:10 The fear of יהוה is the beginning of wisdom,
 All those doing them have a good understanding.
 His praise is standing forever.

45 – The Happiness of a Good Person

Psa 112:1 Praise Yah! Blessed is the man, Who fears
 יהוה, Who has greatly delighted in His commands.
Psa 112:2 Mighty in the earth shall be his seed, The
 generation of the straight ones shall be blessed.
Psa 112:3 Wealth and riches are in his house, And his
 righteousness is standing forever.
Psa 112:4 Light has risen in the darkness to the straight
 ones, Those showing favour, The compassionate,
 And the righteous.
Psa 112:5 Good is a man showing favour and lending,
 He sustains his matters in right-ruling.
Psa 112:6 For he is never shaken; The righteous is
 remembered forever.
Psa 112:7 He is not afraid of an evil report. His heart is
 steadfast, trusting in יהוה.
Psa 112:8 His heart is upheld, he is not afraid, While he
 looks on his adversaries.
Psa 112:9 He scattered abroad, He gave to the poor,
 His righteousness is standing forever. His horn is
 exalted with esteem.
Psa 112:10 The wrong one sees it and shall be vexed;
 He gnashes his teeth and shall melt. The desire of
 the wrong ones does perish.

46 – The Reward of Obedience

- Psa 128:1 Blessed are all who fear יהוה, Who walk in His ways.
- Psa 128:2 You shall eat the labour of your hands. Be blessed, and let it be well with you.
- Psa 128:3 Let your wife be As a fruit-bearing vine within your house, Your sons like olive plants all around your table.
- Psa 128:4 Look, so shall the man be blessed Who fears יהוה.
- Psa 128:5 יהוה shall bless you out of Tsiyon, And let you see the good of Yerushalayim All the days of your life,
- Psa 128:6 And let you see your children's children! Peace be upon Yisra'el!

47 – A Prayer for Help

- Psa 130:1 Out of the depths I have cried to You, O יהוה.
- Psa 130:2 O יהוה, hear my voice! Let Your ears be attentive To the voice of my prayers.
- Psa 130:3 O Yah, if You should watch crookednesses, O יהוה, who would stand?
- Psa 130:4 But with You there is forgiveness, That You might be feared.
- Psa 130:5 I looked to יהוה, My being has looked, And for His word I have waited.
- Psa 130:6 My being looks to יהוה More than those watching for morning, watching for morning.
- Psa 130:7 O Yisra'el, wait for יהוה; For with יהוה there is kindness. And with Him is much redemption,
- Psa 130:8 For He shall redeem Yisra'el From all his crookednesses.

- Psa 148:1 Praise Yah! Praise יהוה from the heavens, Praise Him in the heights!
- Psa 148:2 Praise Him, all His messengers; Praise Him, all His hosts!
- Psa 148:3 Praise Him, sun and moon; Praise Him, all you stars of light!
- Psa 148:4 Praise Him, heavens of heavens, And you waters above the heavens!
- Psa 148:5 Let them praise the Name of יהוה, For He commanded and they were created.
- Psa 148:6 And He established them forever and ever, He gave a law and they pass not beyond.
- Psa 148:7 Praise יהוה from the earth, You great sea creatures and all the depths,
- Psa 148:8 Fire and hail, snow and clouds, Stormy wind that does His word,
- Psa 148:9 The mountains and all hills, Fruit tree and all cedars,
- Psa 148:10 Wild beasts and all cattle, Creeping creatures and flying birds,
- Psa 148:11 Sovereigns of the earth and all peoples, Rulers and all judges of the earth,
- Psa 148:12 Both young men and maidens, Old men and children.
- Psa 148:13 Let them praise the Name of יהוה, For His Name alone is exalted, His splendour is above the earth and heavens.
- Psa 148:14 He also lifts up the horn of His people, The praise of all His kind ones; Of the children of Yisra'el, A people near to Him. Praise Yah!

49 – A Prayer of Thanksgiving

Psa 138:1 I give You thanks with all my heart; Before the mighty ones I sing praises to You.

Psa 138:2 I bow myself toward Your set-apart Hēkal,
And give thanks to Your Name For Your kindness
and for Your truth; For You have made great Your
Word, Your Name, above all.

Psa 138:3 On the day I called You did answer me, You
made me bold with strength in my being.

Psa 138:4 Let all the sovereigns of the earth Give
thanks to You, O יהוה, When they shall hear the
words of Your mouth.

Psa 138:5 And let them sing of the ways of יהוה, For
great is the esteem of יהוה.

Psa 138:6 Though יהוה is exalted, He looks on the
humble; But the proud He perceives from a
distance.

Psa 138:7 Though I walk in the midst of distress, You
revive me; You stretch out Your hand Against the
wrath of my enemies, And Your right hand saves
me.

Psa 138:8 יהוה does perfect for me. O יהוה, Your
kindness is everlasting. Do not forsake the works of
Your hands.

50 – Praise YHWH!

Psa 150:1 Praise Yah! Praise Ěl in His set-apart place;
Praise Him in His mighty expanse!

Psa 150:2 Praise Him for His mighty acts; Praise Him
according to His excellent greatness!

Psa 150:3 Praise Him with the blowing of the ram's
horn; Praise Him with the harp and lyre!

Psa 150:4 Praise Him with tambourine and dance;
Praise Him with stringed instruments and flutes!

Psa 150:5 Praise Him with sounding cymbals; Praise
Him with resounding cymbals!

Psa 150:6 Let all that have breath praise Yah. Praise
Yah!