

## **When discouraged or upset**

### **Psalm 4**

Answer me when I call, O God, defender of my cause; \*  
you set me free when I am hard-pressed;  
have mercy on me and hear my prayer.

"You mortals, how long will you dishonor my glory; \*  
how long will you worship dumb idols  
and run after false gods?"

Know that the LORD does wonders for the faithful; \*  
when I call upon the LORD, he will hear me.

Tremble, then, and do not sin; \*  
speak to your heart in silence upon your bed.

Offer the appointed sacrifices \*  
and put your trust in the LORD.

Many are saying, "Oh, that we might see better times!" \*  
Lift up the light of your countenance upon us, O LORD.

You have put gladness in my heart, \*  
more than when grain and wine and oil increase.

I lie down in peace; at once I fall asleep; \*  
for only you, LORD, make me dwell in safety.

### **Psalm 23**

Dominus regit me

The LORD is my shepherd; \*  
I shall not be in want.  
He makes me lie down in green pastures \*  
and leads me beside still waters.

He revives my soul \*  
and guides me along right pathways for his Name's sake.

Though I walk through the valley of the shadow of death,  
I shall fear no evil; \*  
for you are with me;  
your rod and your staff, they comfort me.

You spread a table before me in the presence of those  
who trouble me; \*  
you have anointed my head with oil,  
and my cup is running over.

Surely your goodness and mercy shall follow me all the days  
of my life, \*  
and I will dwell in the house of the LORD forever.

## Psalm 42

Quemadmodum

As the deer longs for the water-brooks, \*  
so longs my soul for you, O God.

My soul is athirst for God, athirst for the living God; \*  
when shall I come to appear before the presence of God?

My tears have been my food day and night, \*  
while all day long they say to me,  
"Where now is your God?"

I pour out my soul when I think on these things: \*  
how I went with the multitude and led them into the house of God,

With the voice of praise and thanksgiving, \*  
among those who keep holy day.

Why are you so full of heaviness, O my soul? \*  
and why are you so disquieted within me?

Put your trust in God; \*  
for I will yet give thanks to him,  
who is the help of my countenance, and my God.

My soul is heavy within me; \*  
therefore, I will remember you from the land of Jordan,  
and from the peak of Mizar among the heights of Hermon.

One deep calls to another in the noise of your cataracts; \*  
all your rapids and floods have gone over me.

The LORD grants his loving-kindness in the daytime; \*  
in the night season his song is with me,  
a prayer to the God of my life.

I will say to the God of my strength,  
"Why have you forgotten me? \*  
and why do I go so heavily while the enemy  
oppresses me?"

While my bones are being broken, \*  
my enemies mock me to my face;

All day long they mock me \*  
and say to me, "Where now is your God?"

Why are you so full of heaviness, O my soul? \*  
and why are you so disquieted within me?

Put your trust in God; \*  
for I will yet give thanks to him,  
who is the help of my countenance, and my God.

## Psalm 91

He who dwells in the secret place of the Most High,  
shall abide in the shadow of the Almighty,  
will say to the Lord, "My refuge and my fortress;  
my God, in whom I trust."

For he will deliver you from the snare of the fowler  
and from the deadly pestilence;  
he will cover you with his pinions,  
and under his wings you will find refuge;  
his faithfulness is a shield and buckler.  
You will not fear the terror of the night,  
nor the arrow that flies by day,  
nor the pestilence that stalks in darkness,  
nor the destruction that wastes at noonday.

A thousand may fall at your side,  
ten thousand at your right hand;  
but it will not come near you.  
You will only look with your eyes  
and see the recompense of the wicked.

Because you have made the Lord your refuge,  
the Most High your habitation,  
no evil shall befall you,  
no scourge come near your tent.

For he will give his angels charge of you  
to guard you in all your ways.  
On their hands they will bear you up,  
lest you dash your foot against a stone.  
You will tread on the lion and the adder,  
the young lion and the serpent you will trample under foot.

Because he cleaves to me in love, I will deliver him;  
I will protect him, because he knows my name.  
When he calls to me, I will answer him;  
I will be with him in trouble,  
I will rescue him and honor him.  
With long life I will satisfy him,  
and show him my salvation.