Contending with Trouble | Day 6: Psalms 35–38 Audio Bible for Courage & Healing

102 verses • 9:28 reading time • World English Bible

Psalm 35

1 By David. Contend, LORD, with those who contend with me. Fight against those who fight against me. 2 Take hold of shield and buckler, and stand up for my help. 3 Brandish the spear and block those who pursue me. Tell my soul, “I am your salvation.” 4 Let those who seek after my soul be disappointed and brought to dishonor. Let those who plot my ruin be turned back and confounded. 5 Let them be as chaff before the wind, the LORD’s angel driving them on. 6 Let their way be dark and slippery, the LORD’s angel pursuing them. 7 For without cause they have hidden their net in a pit for me. Without cause they have dug a pit for my soul. 8 Let destruction come on him unawares. Let his net that he has hidden catch himself. Let him fall into that destruction. 9 My soul shall be joyful in the LORD. It shall rejoice in his salvation. 10 All my bones shall say, “LORD, who is like you, who delivers the poor from him who is too strong for him; yes, the poor and the needy from him who robs him?” 11 Unrighteous witnesses rise up. They ask me about things that I don’t know about. 12 They reward me evil for good, to the bereaving of my soul. 13 But as for me, when they were sick, my clothing was sackcloth. I afflicted my soul with fasting. My prayer returned into my own bosom. 14 I behaved myself as though it had been my friend or my brother. I bowed down mourning, as one who mourns his mother. 15 But in my adversity, they rejoiced, and gathered themselves together. The attackers gathered themselves together against me, and I didn’t know it. They tore at me, and didn’t cease. 16 Like the profane mockers in feasts, they gnashed their teeth at me. 17 Lord, how long will you look on? Rescue my soul from their destruction, my precious life from the lions. 18 I will give you thanks in the great assembly. I will praise you among many people. 19 Don’t let those who are my enemies wrongfully rejoice over me; neither let those who hate me without a cause wink their eyes. 20 For they don’t speak peace, but they devise deceitful words against those who are quiet in the land. 21 Yes, they opened their mouth wide against me. They said, “Aha! Aha! Our eye has seen it!” 22 You have seen it, LORD. Don’t keep silent. Lord, don’t be far from me. 23 Wake up! Rise up to defend me, my God! My Lord, contend for me! 24 Vindicate me, LORD my God, according to your righteousness. Don’t let them gloat over me. 25 Don’t let them say in their heart, “Aha! That’s the way we want it!” Don’t let them say, “We have swallowed him up!” 26 Let them be disappointed and confounded together who rejoice at my calamity. Let them be clothed with shame and dishonor who magnify themselves against me. 27 Let those who favor my righteous cause shout for joy and be glad. Yes, let them say continually, “May the LORD be magnified, who has pleasure in the prosperity of his servant!” 28 My tongue shall talk about your righteousness and about your praise all day long.

Psalm 36

1 For the Chief Musician. By David, the servant of the LORD. A revelation is within my heart about the disobedience of the wicked: There is no fear of God before his eyes. 2 For he flatters himself in his own eyes, too much to detect and hate his sin. 3 The words of his mouth are iniquity and deceit. He has ceased to be wise and to do good. 4 He plots iniquity on his bed. He sets himself in a way that is not good. He doesn’t abhor evil. 5 Your loving kindness, LORD, is in the heavens. Your faithfulness reaches to the skies. 6 Your righteousness is like the mountains of God. Your judgments are like a great deep. LORD, you preserve man and animal. 7 How precious is your loving kindness, God! The children of men take refuge under the shadow of your wings. 8 They shall be abundantly satisfied with the abundance of your house. You will make them drink of the river of your pleasures. 9 For with you is

the spring of life. In your light we will see light. 10 Oh continue your loving kindness to those who know you, your righteousness to the upright in heart. 11 Don't let the foot of pride come against me. Don't let the hand of the wicked drive me away. 12 There the workers of iniquity are fallen. They are thrust down, and shall not be able to rise.

Psalm 37

1 By David. Don't fret because of evildoers, neither be envious against those who work unrighteousness. 2 For they shall soon be cut down like the grass, and wither like the green herb. 3 Trust in the LORD, and do good. Dwell in the land, and enjoy safe pasture. 4 Also delight yourself in the LORD, and he will give you the desires of your heart. 5 Commit your way to the LORD. Trust also in him, and he will do this: 6 he will make your righteousness shine out like light, and your justice as the noon day sun. 7 Rest in the LORD, and wait patiently for him. Don't fret because of him who prospers in his way, because of the man who makes wicked plots happen. 8 Cease from anger, and forsake wrath. Don't fret; it leads only to evildoing. 9 For evildoers shall be cut off, but those who wait for the LORD shall inherit the land. 10 For yet a little while, and the wicked will be no more. Yes, though you look for his place, he isn't there. 11 But the humble shall inherit the land, and shall delight themselves in the abundance of peace. 12 The wicked plots against the just, and gnashes at him with his teeth. 13 The Lord will laugh at him, for he sees that his day is coming. 14 The wicked have drawn out the sword, and have bent their bow, to cast down the poor and needy, to kill those who are upright on the path. 15 Their sword shall enter into their own heart. Their bows shall be broken. 16 Better is a little that the righteous has, than the abundance of many wicked. 17 For the arms of the wicked shall be broken, but the LORD upholds the righteous. 18 The LORD knows the days of the perfect. Their inheritance shall be forever. 19 They shall not be disappointed in the time of evil. In the days of famine they shall be satisfied. 20 But the wicked shall perish. The enemies of the LORD shall be like the beauty of the fields. They will vanish—vanish like smoke. 21 The wicked borrow, and don't pay back, but the righteous give generously. 22 For such as are blessed by him shall inherit the land. Those who are cursed by him shall be cut off. 23 A man's steps are established by the LORD. He delights in his way. 24 Though he stumble, he shall not fall, for the LORD holds him up with his hand. 25 I have been young, and now am old, yet I have not seen the righteous forsaken, nor his children begging for bread. 26 All day long he deals graciously, and lends. His offspring is blessed. 27 Depart from evil, and do good. Live securely forever. 28 For the LORD loves justice, and doesn't forsake his saints. They are preserved forever, but the children of the wicked shall be cut off. 29 The righteous shall inherit the land, and live in it forever. 30 The mouth of the righteous talks of wisdom. His tongue speaks justice. 31 The law of his God is in his heart. None of his steps shall slide. 32 The wicked watch the righteous, and seek to kill him. 33 The LORD will not leave him in his hand, nor condemn him when he is judged. 34 Wait for the LORD, and keep his way, and he will exalt you to inherit the land. When the wicked are cut off, you shall see it. 35 I have seen the wicked in great power, spreading himself like a green tree in its native soil. 36 But he passed away, and behold, he was not. Yes, I sought him, but he could not be found. 37 Mark the perfect man, and see the upright, for there is a future for the man of peace. 38 As for transgressors, they shall be destroyed together. The future of the wicked shall be cut off. 39 But the salvation of the righteous is from the LORD. He is their stronghold in the time of trouble. 40 The LORD helps them and rescues them. He rescues them from the wicked and saves them, because they have taken refuge in him.

Psalm 38

1 A Psalm by David, for a memorial. LORD, don't rebuke me in your wrath, neither chasten me in your hot displeasure. 2 For your arrows have pierced me, your hand presses hard on me. 3 There is no soundness in my flesh because of your indignation, neither is there any health in my bones because of my sin. 4 For my iniquities have gone over my head. As a heavy burden, they are too heavy for me. 5

My wounds are loathsome and corrupt because of my foolishness. 6 I am in pain and bowed down greatly. I go mourning all day long. 7 For my waist is filled with burning. There is no soundness in my flesh. 8 I am faint and severely bruised. I have groaned by reason of the anguish of my heart. 9 Lord, all my desire is before you. My groaning is not hidden from you. 10 My heart throbs. My strength fails me. As for the light of my eyes, it has also left me. 11 My lovers and my friends stand aloof from my plague. My kinsmen stand far away. 12 They also who seek after my life lay snares. Those who seek my hurt speak mischievous things, and meditate deceits all day long. 13 But I, as a deaf man, don't hear. I am as a mute man who doesn't open his mouth. 14 Yes, I am as a man who doesn't hear, in whose mouth are no reproofs. 15 For I hope in you, LORD. You will answer, Lord my God. 16 For I said, "Don't let them gloat over me, or exalt themselves over me when my foot slips." 17 For I am ready to fall. My pain is continually before me. 18 For I will declare my iniquity. I will be sorry for my sin. 19 But my enemies are vigorous and many. Those who hate me without reason are numerous. 20 They who give evil for good are also adversaries to me, because I follow what is good. 21 Don't forsake me, LORD. My God, don't be far from me. 22 Hurry to help me, Lord, my salvation.