

Rescue Me, O Lord | Day 29: Psalms 140–144 Audio Bible for Protection & Peace

57 verses • 5:53 reading time • World English Bible

Psalm 140

¹For the Chief Musician. A Psalm by David. Deliver me, LORD, from evil men. Preserve me from violent men: ²those who devise mischief in their hearts. They continually gather themselves together for war. ³They have sharpened their tongues like a serpent. Viper's poison is under their lips. Selah. ⁴LORD, keep me from the hands of the wicked. Preserve me from the violent men who have determined to trip my feet. ⁵The proud have hidden a snare for me, they have spread the cords of a net by the path. They have set traps for me. Selah. ⁶I said to the LORD, "You are my God." Listen to the cry of my petitions, LORD. ⁷LORD, the Lord, the strength of my salvation, you have covered my head in the day of battle. ⁸LORD, don't grant the desires of the wicked. Don't let their evil plans succeed, or they will become proud. Selah. ⁹As for the head of those who surround me, let the mischief of their own lips cover them. ¹⁰Let burning coals fall on them. Let them be thrown into the fire, into miry pits, from where they never rise. ¹¹An evil speaker won't be established in the earth. Evil will hunt the violent man to overthrow him. ¹²I know that the LORD will maintain the cause of the afflicted, and justice for the needy. ¹³Surely the righteous will give thanks to your name. The upright will dwell in your presence.

Psalm 141

¹A Psalm by David. LORD, I have called on you. Come to me quickly! Listen to my voice when I call to you. ²Let my prayer be set before you like incense; the lifting up of my hands like the evening sacrifice. ³Set a watch, LORD, before my mouth. Keep the door of my lips. ⁴Don't incline my heart to any evil thing, to practice deeds of wickedness with men who work iniquity. Don't let me eat of their delicacies. ⁵Let the righteous strike me, it is kindness; let him reprove me, it is like oil on the head; don't let my head refuse it; Yet my prayer is always against evil deeds. ⁶Their judges are thrown down by the sides of the rock. They will hear my words, for they are well spoken. ⁷"As when one plows and breaks up the earth, our bones are scattered at the mouth of Sheol." ⁸For my eyes are on you, LORD, the Lord. I take refuge in you. Don't leave my soul destitute. ⁹Keep me from the snare which they have laid for me, from the traps of the workers of iniquity. ¹⁰Let the wicked fall together into their own nets while I pass by.

Psalm 142

¹A contemplation by David, when he was in the cave. A Prayer. I cry with my voice to the LORD. With my voice, I ask the LORD for mercy. ²I pour out my complaint before him. I tell him my troubles. ³When my spirit was overwhelmed within me, you knew my route. On the path in which I walk, they have hidden a snare for me. ⁴Look on my right, and see; for there is no one who is concerned for me. Refuge has fled from me. No one cares for my soul. ⁵I cried to you, LORD. I said, "You are my refuge, my portion in the land of the living." ⁶Listen to my cry, for I am in desperate need. Deliver me from my persecutors, for they are too strong for me. ⁷Bring my soul out of prison, that I may give thanks to your name. The righteous will surround me, for you will be good to me.

Psalm 143

¹A Psalm by David. Hear my prayer, LORD. Listen to my petitions. In your faithfulness and righteousness, relieve me. ²Don't enter into judgment with your servant, for in your sight no man

living is righteous. ³ For the enemy pursues my soul. He has struck my life down to the ground. He has made me live in dark places, as those who have been long dead. ⁴ Therefore my spirit is overwhelmed within me. My heart within me is desolate. ⁵ I remember the days of old. I meditate on all your doings. I contemplate the work of your hands. ⁶ I spread out my hands to you. My soul thirsts for you, like a parched land. Selah. ⁷ Hurry to answer me, LORD. My spirit fails. Don't hide your face from me, so that I don't become like those who go down into the pit. ⁸ Cause me to hear your loving kindness in the morning, for I trust in you. Cause me to know the way in which I should walk, for I lift up my soul to you. ⁹ Deliver me, LORD, from my enemies. I flee to you to hide me. ¹⁰ Teach me to do your will, for you are my God. Your Spirit is good. Lead me in the land of uprightness. ¹¹ Revive me, LORD, for your name's sake. In your righteousness, bring my soul out of trouble. ¹² In your loving kindness, cut off my enemies, and destroy all those who afflict my soul, for I am your servant.

Psalm 144

¹ By David. Blessed be the LORD, my rock, who trains my hands to war, and my fingers to battle— ² my loving kindness, my fortress, my high tower, my deliverer, my shield, and he in whom I take refuge, who subdues my people under me. ³ LORD, what is man, that you care for him? Or the son of man, that you think of him? ⁴ Man is like a breath. His days are like a shadow that passes away. ⁵ Part your heavens, LORD, and come down. Touch the mountains, and they will smoke. ⁶ Throw out lightning, and scatter them. Send out your arrows, and rout them. ⁷ Stretch out your hand from above, rescue me, and deliver me out of great waters, out of the hands of foreigners, ⁸ whose mouths speak deceit, whose right hand is a right hand of falsehood. ⁹ I will sing a new song to you, God. On a ten-stringed lyre, I will sing praises to you. ¹⁰ You are he who gives salvation to kings, who rescues David, his servant, from the deadly sword. ¹¹ Rescue me, and deliver me out of the hands of foreigners, whose mouths speak deceit, whose right hand is a right hand of falsehood. ¹² Then our sons will be like well-nurtured plants, our daughters like pillars carved to adorn a palace. ¹³ Our barns are full, filled with all kinds of provision. Our sheep produce thousands and ten thousands in our fields. ¹⁴ Our oxen will pull heavy loads. There is no breaking in, and no going away, and no outcry in our streets. ¹⁵ Happy are the people who are in such a situation. Happy are the people whose God is the LORD.