The Lord Is My Rock | Day 3: Psalms 18–22 Audio Bible for Strength & Rescue

117 verses • 11:07 reading time • World English Bible

Psalm 18

1 For the Chief Musician. By David the servant of the LORD, who spoke to the LORD the words of this
song in the day that the LORD delivered him from the hand of all his enemies, and from the hand of
Saul. He said, I love you, LORD, my strength. 2 The LORD is my rock, my fortress, and my deliverer;
my God, my rock, in whom I take refuge; my shield, and the horn of my salvation, my high tower. 3 I
call on the LORD, who is worthy to be praised; and I am saved from my enemies. 4 The cords of death
surrounded me. The floods of ungodliness made me afraid. 5 The cords of Sheol were around me. The
snares of death came on me. 6 In my distress I called on the LORD, and cried to my God. He heard my
voice out of his temple. My cry before him came into his ears. 7 Then the earth shook and trembled.
The foundations also of the mountains quaked and were shaken, because he was angry. 8 Smoke went
out of his nostrils. Consuming fire came out of his mouth. Coals were kindled by it. 9 He bowed the
heavens also, and came down. Thick darkness was under his feet. 10 He rode on a cherub, and flew.
Yes, he soared on the wings of the wind. 11 He made darkness his hiding place, his pavilion around
him, darkness of waters, thick clouds of the skies. 12 At the brightness before him his thick clouds
passed, hailstones and coals of fire. 13 The LORD also thundered in the sky. The Most High uttered his
voice: hailstones and coals of fire. 14 He sent out his arrows, and scattered them. He routed them with
great lightning bolts. 15 Then the channels of waters appeared. The foundations of the world were laid
bare at your rebuke, LORD, at the blast of the breath of your nostrils. 16 He sent from on high. He took
me. He drew me out of many waters. 17 He delivered me from my strong enemy, from those who hated
me; for they were too mighty for me. 18 They came on me in the day of my calamity, but the LORD
was my support. 19 He brought me out also into a large place. He delivered me, because he delighted in
me. 20 The LORD has rewarded me according to my righteousness. According to the cleanness of my
hands, he has recompensed me. 21 For I have kept the ways of the LORD, and have not wickedly
departed from my God. 22 For all his ordinances were before me. I didn’t put away his statutes from
me. 23 I was also blameless with him. I kept myself from my iniquity. 24 Therefore the LORD has
rewarded me according to my righteousness, according to the cleanness of my hands in his eyesight. 25
With the merciful you will show yourself merciful. With the perfect man, you will show yourself
perfect. 26 With the pure, you will show yourself pure. With the crooked you will show yourself
shrewd. 27 For you will save the afflicted people, but the arrogant eyes you will bring down. 28 For you
will light my lamp, LORD. My God will light up my darkness. 29 For by you, I advance through a
troop. By my God, I leap over a wall. 30 As for God, his way is perfect. The LORD’s word is tried. He
is a shield to all those who take refuge in him. 31 For who is God, except the LORD? Who is a rock,
besides our God, 32 the God who arms me with strength, and makes my way perfect? 33 He makes my
feet like deer’s feet, and sets me on my high places. 34 He teaches my hands to war, so that my arms
bend a bow of bronze. 35 You have also given me the shield of your salvation. Your right hand sustains
me. Your gentleness has made me great. 36 You have enlarged my steps under me, My feet have not
slipped. 37 I will pursue my enemies, and overtake them. I won’t turn away until they are consumed.
38 I will strike them through, so that they will not be able to rise. They shall fall under my feet. 39 For
you have armed me with strength to the battle. You have subdued under me those who rose up against
me. 40 You have also made my enemies turn their backs to me, that I might cut off those who hate me.
41 They cried, but there was no one to save; even to the LORD, but he didn’t answer them. 42 Then I
beat them small as the dust before the wind. I cast them out as the mire of the streets. 43 You have

delivered me from the strivings of the people. You have made me the head of the nations. A people whom I have not known shall serve me. 44 As soon as they hear of me they shall obey me. The foreigners shall submit themselves to me. 45 The foreigners shall fade away, and shall come trembling out of their strongholds. 46 The LORD lives! Blessed be my rock. Exalted be the God of my salvation, 47 even the God who executes vengeance for me, and subdues peoples under me. 48 He rescues me from my enemies. Yes, you lift me up above those who rise up against me. You deliver me from the violent man. 49 Therefore I will give thanks to you, LORD, among the nations, and will sing praises to your name. 50 He gives great deliverance to his king, and shows loving kindness to his anointed, to David and to his offspring, forever more.

Psalm 19

1 For the Chief Musician. A Psalm by David. The heavens declare the glory of God. The expanse shows his handiwork. 2 Day after day they pour out speech, and night after night they display knowledge. 3 There is no speech nor language where their voice is not heard. 4 Their voice has gone out through all the earth, their words to the end of the world. In them he has set a tent for the sun, 5 which is as a bridegroom coming out of his room, like a strong man rejoicing to run his course. 6 His going out is from the end of the heavens, his circuit to its ends. There is nothing hidden from its heat. 7 The LORD's law is perfect, restoring the soul. The LORD's covenant is sure, making wise the simple. 8 The LORD's precepts are right, rejoicing the heart. The LORD's commandment is pure, enlightening the eyes. 9 The fear of the LORD is clean, enduring forever. The LORD's ordinances are true, and righteous altogether. 10 They are more to be desired than gold, yes, than much fine gold, sweeter also than honey and the extract of the honeycomb. 11 Moreover your servant is warned by them. In keeping them there is great reward. 12 Who can discern his errors? Forgive me from hidden errors. 13 Keep back your servant also from presumptuous sins. Let them not have dominion over me. Then I will be upright. I will be blameless and innocent of great transgression. 14 Let the words of my mouth and the meditation of my heart be acceptable in your sight, LORD, my rock, and my redeemer.

Psalm 20

1 For the Chief Musician. A Psalm by David. May the LORD answer you in the day of trouble. May the name of the God of Jacob set you up on high, 2 send you help from the sanctuary, grant you support from Zion, 3 remember all your offerings, and accept your burned sacrifice. Selah. 4 May he grant you your heart's desire, and fulfill all your counsel. 5 We will triumph in your salvation. In the name of our God, we will set up our banners. May the LORD grant all your requests. 6 Now I know that the LORD saves his anointed. He will answer him from his holy heaven, with the saving strength of his right hand. 7 Some trust in chariots, and some in horses, but we trust in the name of the LORD our God. 8 They are bowed down and fallen, but we rise up, and stand upright. 9 Save, LORD! Let the King answer us when we call!

Psalm 21

1 For the Chief Musician. A Psalm by David. The king rejoices in your strength, LORD! How greatly he rejoices in your salvation! 2 You have given him his heart's desire, and have not withheld the request of his lips. Selah. 3 For you meet him with the blessings of goodness. You set a crown of fine gold on his head. 4 He asked life of you and you gave it to him, even length of days forever and ever. 5 His glory is great in your salvation. You lay honor and majesty on him. 6 For you make him most blessed forever. You make him glad with joy in your presence. 7 For the king trusts in the LORD. Through the loving kindness of the Most High, he shall not be moved. 8 Your hand will find out all of your enemies. Your right hand will find out those who hate you. 9 You will make them as a fiery furnace in the time of your anger. The LORD will swallow them up in his wrath. The fire shall devour them. 10 You will destroy

their descendants from the earth, their posterity from among the children of men. 11 For they intended evil against you. They plotted evil against you which cannot succeed. 12 For you will make them turn their back, when you aim drawn bows at their face. 13 Be exalted, LORD, in your strength, so we will sing and praise your power.

Psalm 22

1 For the Chief Musician; set to “The Doe of the Morning.” A Psalm by David. My God, my God, why have you forsaken me? Why are you so far from helping me, and from the words of my groaning? 2 My God, I cry in the daytime, but you don’t answer; in the night season, and am not silent. 3 But you are holy, you who inhabit the praises of Israel. 4 Our fathers trusted in you. They trusted, and you delivered them. 5 They cried to you, and were delivered. They trusted in you, and were not disappointed. 6 But I am a worm, and no man; a reproach of men, and despised by the people. 7 All those who see me mock me. They insult me with their lips. They shake their heads, saying, 8 “He trusts in the LORD. Let him deliver him. Let him rescue him, since he delights in him.” 9 But you brought me out of the womb. You made me trust while at my mother’s breasts. 10 I was thrown on you from my mother’s womb. You are my God since my mother bore me. 11 Don’t be far from me, for trouble is near. For there is no one to help. 12 Many bulls have surrounded me. Strong bulls of Bashan have encircled me. 13 They open their mouths wide against me, lions tearing prey and roaring. 14 I am poured out like water. All my bones are out of joint. My heart is like wax. It is melted within me. 15 My strength is dried up like a potsherd. My tongue sticks to the roof of my mouth. You have brought me into the dust of death. 16 For dogs have surrounded me. A company of evildoers have enclosed me. They have pierced my hands and feet. 17 I can count all of my bones. They look and stare at me. 18 They divide my garments among them. They cast lots for my clothing. 19 But don’t be far off, LORD. You are my help. Hurry to help me! 20 Deliver my soul from the sword, my precious life from the power of the dog. 21 Save me from the lion’s mouth! Yes, you have rescued me from the horns of the wild oxen. 22 I will declare your name to my brothers. Among the assembly, I will praise you. 23 You who fear the LORD, praise him! All you descendants of Jacob, glorify him! Stand in awe of him, all you descendants of Israel! 24 For he has not despised nor abhorred the affliction of the afflicted, neither has he hidden his face from him; but when he cried to him, he heard. 25 My praise of you comes in the great assembly. I will pay my vows before those who fear him. 26 The humble shall eat and be satisfied. They shall praise the LORD who seek after him. Let your hearts live forever. 27 All the ends of the earth shall remember and turn to the LORD. All the relatives of the nations shall worship before you. 28 For the kingdom is the LORD’s. He is the ruler over the nations. 29 All the rich ones of the earth shall eat and worship. All those who go down to the dust shall bow before him, even he who can’t keep his soul alive. 30 Posterity shall serve him. Future generations shall be told about the Lord. 31 They shall come and shall declare his righteousness to a people that shall be born, for he has done it.