My Hope Is in You | Day 7: Psalms 39–43 Audio Bible for Honesty & Longing

59 verses • 6:40 reading time • World English Bible

Psalm 39

1 For the Chief Musician. For Jeduthun. A Psalm by David. I said, “I will watch my ways, so that I don’t
sin with my tongue. I will keep my mouth with a bridle while the wicked is before me.” 2 I was mute
with silence. I held my peace, even from good. My sorrow was stirred. 3 My heart was hot within me.
While I meditated, the fire burned. I spoke with my tongue: 4 “LORD, show me my end, what is the
measure of my days. Let me know how frail I am. 5 Behold, you have made my days hand widths. My
lifetime is as nothing before you. Surely every man stands as a breath.” Selah. 6 “Surely every man
walks like a shadow. Surely they busy themselves in vain. He heaps up, and doesn’t know who shall
gather. 7 Now, Lord, what do I wait for? My hope is in you. 8 Deliver me from all my transgressions.
Don’t make me the reproach of the foolish. 9 I was mute. I didn’t open my mouth, because you did it.
10 Remove your scourge away from me. I am overcome by the blow of your hand. 11 When you rebuke
and correct man for iniquity, you consume his wealth like a moth. Surely every man is but a breath.”
Selah. 12 “Hear my prayer, LORD, and give ear to my cry. Don’t be silent at my tears. For I am a
stranger with you, a foreigner, as all my fathers were. 13 Oh spare me, that I may recover strength,
before I go away and exist no more.”

Psalm 40

1 For the Chief Musician. A Psalm by David. I waited patiently for the LORD. He turned to me, and
heard my cry. 2 He brought me up also out of a horrible pit, out of the miry clay. He set my feet on a
rock, and gave me a firm place to stand. 3 He has put a new song in my mouth, even praise to our God.
Many shall see it, and fear, and shall trust in the LORD. 4 Blessed is the man who makes the LORD his
trust, and doesn’t respect the proud, nor such as turn away to lies. 5 Many, LORD, my God, are the
wonderful works which you have done, and your thoughts which are toward us. They can’t be declared
back to you. If I would declare and speak of them, they are more than can be counted. 6 Sacrifice and
offering you didn’t desire. You have opened my ears. You have not required burnt offering and sin
offering. 7 Then I said, “Behold, I have come. It is written about me in the book in the scroll. 8 I
delight to do your will, my God. Yes, your law is within my heart.” 9 I have proclaimed glad news of
righteousness in the great assembly. Behold, I will not seal my lips, LORD, you know. 10 I have not
hidden your righteousness within my heart. I have declared your faithfulness and your salvation. I have
not concealed your loving kindness and your truth from the great assembly. 11 Don’t withhold your
tender mercies from me, LORD. Let your loving kindness and your truth continually preserve me. 12
For innumerable evils have surrounded me. My iniquities have overtaken me, so that I am not able to
look up. They are more than the hairs of my head. My heart has failed me. 13 Be pleased, LORD, to
deliver me. Hurry to help me, LORD. 14 Let them be disappointed and confounded together who seek
after my soul to destroy it. Let them be turned backward and brought to dishonor who delight in my
hurt. 15 Let them be desolate by reason of their shame that tell me, “Aha! Aha!” 16 Let all those who
seek you rejoice and be glad in you. Let such as love your salvation say continually, “Let the LORD be
exalted!” 17 But I am poor and needy. May the Lord think about me. You are my help and my deliverer.
Don’t delay, my God.

Psalm 41

1 For the Chief Musician. A Psalm by David. Blessed is he who considers the poor. The LORD will
deliver him in the day of evil. 2 The LORD will preserve him, and keep him alive. He shall be blessed
on the earth, and he will not surrender him to the will of his enemies. 3 The LORD will sustain him on
his sickbed, and restore him from his bed of illness. 4 I said, “LORD, have mercy on me! Heal me, for I
have sinned against you.” 5 My enemies speak evil against me: “When will he die, and his name
perish?” 6 If he comes to see me, he speaks falsehood. His heart gathers iniquity to itself. When he goes
abroad, he tells it. 7 All who hate me whisper together against me. They imagine the worst for me. 8
“An evil disease”, they say, “has afflicted him. Now that he lies he shall rise up no more.” 9 Yes, my
own familiar friend, in whom I trusted, who ate bread with me, has lifted up his heel against me. 10 But
you, LORD, have mercy on me, and raise me up, that I may repay them. 11 By this I know that you
delight in me, because my enemy doesn’t triumph over me. 12 As for me, you uphold me in my
integrity, and set me in your presence forever. 13 Blessed be the LORD, the God of Israel, from
everlasting and to everlasting! Amen and amen.

Psalm 42

1 For the Chief Musician. A contemplation by the sons of Korah. As the deer pants for the water brooks,
so my soul pants after you, God. 2 My soul thirsts for God, for the living God. When shall I come and
appear before God? 3 My tears have been my food day and night, while they continually ask me,
“Where is your God?” 4 These things I remember, and pour out my soul within me, how I used to go
with the crowd, and led them to God’s house, with the voice of joy and praise, a multitude keeping a
holy day. 5 Why are you in despair, my soul? Why are you disturbed within me? Hope in God! For I
shall still praise him for the saving help of his presence. 6 My God, my soul is in despair within me.
Therefore I remember you from the land of the Jordan, the heights of Hermon, from the hill Mizar. 7
Deep calls to deep at the noise of your waterfalls. All your waves and your billows have swept over me.
8 The LORD will command his loving kindness in the daytime. In the night his song shall be with me: a
prayer to the God of my life. 9 I will ask God, my rock, “Why have you forgotten me? Why do I go
mourning because of the oppression of the enemy?” 10 As with a sword in my bones, my adversaries
reproach me, while they continually ask me, “Where is your God?” 11 Why are you in despair, my
soul? Why are you disturbed within me? Hope in God! For I shall still praise him, the saving help of my
countenance, and my God.

Psalm 43

1 Vindicate me, God, and plead my cause against an ungodly nation. Oh, deliver me from deceitful and
wicked men. 2 For you are the God of my strength. Why have you rejected me? Why do I go mourning
because of the oppression of the enemy? 3 Oh, send out your light and your truth. Let them lead me.
Let them bring me to your holy hill, to your tents. 4 Then I will go to the altar of God, to God, my
exceeding joy. I will praise you on the harp, God, my God. 5 Why are you in despair, my soul? Why
are you disturbed within me? Hope in God! For I shall still praise him: my Savior, my helper, and my
God.