

Psalm 69 – NIV

- ¹ Save me, O God,
for the waters have come up to my neck.
- ² I sink in the miry depths,
where there is no foothold.
I have come into the deep waters;
the floods engulf me.
- ³ I am worn out calling for help;
my throat is parched.
My eyes fail,
looking for my God.
- ⁴ Those who hate me without reason
outnumber the hairs of my head;
many are my enemies without cause,
those who seek to destroy me.
I am forced to restore
what I did not steal.
- ⁵ You know my folly, O God;
my guilt is not hidden from you.
- ⁶ May those who hope in you
not be disgraced because of me,
O Lord, the LORD Almighty;
may those who seek you
not be put to shame because of me,
O God of Israel.
- ⁷ For I endure scorn for your sake,
and shame covers my face.
- ⁸ I am a stranger to my brothers,
an alien to my own mother's sons;
⁹ for zeal for your house consumes me,
and the insults of those who insult you fall on me.
- ¹⁰ When I weep and fast,
I must endure scorn;
¹¹ when I put on sackcloth,
people make sport of me.
- ¹² Those who sit at the gate mock me,
and I am the song of the drunkards.
- ¹³ But I pray to you, O LORD,
in the time of your favor;
in your great love, O God,
answer me with your sure salvation.
- ¹⁴ Rescue me from the mire,
do not let me sink;
deliver me from those who hate me,
from the deep waters.
- ¹⁵ Do not let the floodwaters engulf me
or the depths swallow me up
or the pit close its mouth over me.
- ¹⁶ Answer me, O LORD, out of the goodness of your love;
in your great mercy turn to me.

Psalm 69 –NLT

- ¹ Save me, O God,
for the floodwaters are up to my neck.
- ² Deeper and deeper I sink into the mire;
I can't find a foothold.
I am in deep water,
and the floods overwhelm me.
- ³ I am exhausted from crying for help;
my throat is parched.
My eyes are swollen with weeping,
waiting for my God to help me.
- ⁴ Those who hate me without cause
outnumber the hairs on my head.
Many enemies try to destroy me with lies,
demanding that I give back what I didn't steal.
- ⁵ O God, you know how foolish I am;
my sins cannot be hidden from you.
- ⁶ Don't let those who trust in you be ashamed because of
me,
O Sovereign LORD of Heaven's Armies.
Don't let me cause them to be humiliated,
O God of Israel.
- ⁷ For I endure insults for your sake;
humiliation is written all over my face.
- ⁸ Even my own brothers pretend they don't know me;
they treat me like a stranger.
- ⁹ Passion for your house has consumed me,
and the insults of those who insult you have fallen on
me.
- ¹⁰ When I weep and fast,
they scoff at me.
- ¹¹ When I dress in burlap to show sorrow,
they make fun of me.
- ¹² I am the favorite topic of town gossip,
and all the drunks sing about me.
- ¹³ But I keep praying to you, LORD,
hoping this time you will show me favor.
In your unfailing love, O God,
answer my prayer with your sure salvation.
- ¹⁴ Rescue me from the mud;
don't let me sink any deeper!
Save me from those who hate me,
and pull me from these deep waters.
- ¹⁵ Don't let the floods overwhelm me,
or the deep waters swallow me,
or the pit of death devour me.
- ¹⁶ Answer my prayers, O LORD,
for your unfailing love is wonderful.
Take care of me,
for your mercy is so plentiful.

¹⁷ **Do not hide your face from your servant;
answer me quickly, for I am in trouble.**

¹⁸ **Come near and rescue me;
redeem me because of my foes.**

¹⁹ **You know how I am scorned, disgraced and shamed;
all my enemies are before you.**

²⁰ **Scorn has broken my heart
and has left me helpless;
I looked for sympathy, but there was none,
for comforters, but I found none.**

²¹ **They put gall in my food
and gave me vinegar for my thirst.**

²² **May the table set before them become a snare;
may it become retribution and a trap.**

²³ **May their eyes be darkened so they cannot see,
and their backs be bent forever.**

²⁴ **Pour out your wrath on them;
let your fierce anger overtake them.**

²⁵ **May their place be deserted;
let there be no one to dwell in their tents.**

²⁶ **For they persecute those you wound
and talk about the pain of those you hurt.**

²⁷ **Charge them with crime upon crime;
do not let them share in your salvation.**

²⁸ **May they be blotted out of the book of life
and not be listed with the righteous.**

²⁹ **I am in pain and distress;
may your salvation, O God, protect me.**

³⁰ **I will praise God's name in song
and glorify him with thanksgiving.**

³¹ **This will please the LORD more than an ox,
more than a bull with its horns and hoofs.**

³² **The poor will see and be glad—
you who seek God, may your hearts live!**

³³ **The LORD hears the needy
and does not despise his captive people.**

³⁴ **Let heaven and earth praise him,
the seas and all that move in them,**

³⁵ **for God will save Zion
and rebuild the cities of Judah.
Then people will settle there and possess it;**

³⁶ **the children of his servants will inherit it,
and those who love his name will dwell there.**

¹⁷ Don't hide from your servant;
answer me quickly, for I am in deep trouble!

¹⁸ Come and redeem me;
free me from my enemies.

¹⁹ You know of my shame, scorn, and disgrace.
You see all that my enemies are doing.

²⁰ Their insults have broken my heart,
and I am in despair.
If only one person would show some pity;
if only one would turn and comfort me.

²¹ But instead, they give me poison for food;
they offer me sour wine for my thirst.

²² Let the bountiful table set before them become a snare
and their prosperity become a trap.

²³ Let their eyes go blind so they cannot see,
and make their bodies shake continually.

²⁴ Pour out your fury on them;
consume them with your burning anger.

²⁵ Let their homes become desolate
and their tents be deserted.

²⁶ To the one you have punished, they add insult to injury;
they add to the pain of those you have hurt.

²⁷ Pile their sins up high,
and don't let them go free.

²⁸ Erase their names from the Book of Life;
don't let them be counted among the righteous.

²⁹ I am suffering and in pain.
Rescue me, O God, by your saving power.

³⁰ Then I will praise God's name with singing,
and I will honor him with thanksgiving.

³¹ For this will please the LORD more than sacrificing cattle,
more than presenting a bull with its horns and hooves.

³² The humble will see their God at work and be glad.
Let all who seek God's help be encouraged.

³³ For the LORD hears the cries of the needy;
he does not despise his imprisoned people.

³⁴ Praise him, O heaven and earth,
the seas and all that move in them.

³⁵ For God will save Jerusalem
and rebuild the towns of Judah.
His people will live there
and settle in their own land.

³⁶ The descendants of those who obey him will
inherit the land,
and those who love him will live there in safety.

Psalm 22 – NIV

- ¹ **My God, my God, why have you forsaken me?**
Why are you so far from saving me,
so far from the words of my groaning?
- ² **O my God, I cry out by day, but you do not answer,
by night, and am not silent.**
- ³ **Yet you are enthroned as the Holy One;**
you are the praise of Israel.
- ⁴ **In you our fathers put their trust;**
they trusted and you delivered them.
- ⁵ **They cried to you and were saved;**
in you they trusted and were not disappointed.
- ⁶ **But I am a worm and not a man,
scorned by men and despised by the people.**
- ⁷ **All who see me mock me;**
they hurl insults, shaking their heads:
- ⁸ **"He trusts in the LORD;**
let the LORD rescue him.
Let him deliver him,
since he delights in him."
- ⁹ **Yet you brought me out of the womb;**
you made me trust in you
even at my mother's breast.
- ¹⁰ **From birth I was cast upon you;**
from my mother's womb you have been my God.
- ¹¹ **Do not be far from me,
for trouble is near
and there is no one to help.**
- ¹² **Many bulls surround me;**
strong bulls of Bashan encircle me.
- ¹³ **Roaring lions tearing their prey
open their mouths wide against me.**
- ¹⁴ **I am poured out like water,
and all my bones are out of joint.
My heart has turned to wax;
it has melted away within me.**
- ¹⁵ **My strength is dried up like a potsherd,
and my tongue sticks to the roof of my mouth;
you lay me in the dust of death.**
- ¹⁶ **Dogs have surrounded me;**
a band of evil men has encircled me,
they have pierced my hands and my feet.
- ¹⁷ **I can count all my bones;**
people stare and gloat over me.
- ¹⁸ **They divide my garments among them
and cast lots for my clothing.**
- ¹⁹ **But you, O LORD, be not far off;
O my Strength, come quickly to help me.**
- ²⁰ **Deliver my life from the sword,
my precious life from the power of the dogs.**

Psalm 22 – NLT

- ¹ My God, my God, why have you abandoned me?
Why are you so far away when I groan for help?
- ² Every day I call to you, my God, but you do not answer.
Every night you hear my voice, but I find no relief.
- ³ Yet you are holy,
enthroned on the praises of Israel.
- ⁴ Our ancestors trusted in you,
and you rescued them.
- ⁵ They cried out to you and were saved.
They trusted in you and were never disgraced.
- ⁶ But I am a worm and not a man.
I am scorned and despised by all!
- ⁷ Everyone who sees me mocks me.
They sneer and shake their heads, saying,
- ⁸ "Is this the one who relies on the LORD?
Then let the LORD save him!
If the LORD loves him so much,
let the LORD rescue him!"
- ⁹ Yet you brought me safely from my mother's womb
and led me to trust you at my mother's breast.
- ¹⁰ I was thrust into your arms at my birth.
You have been my God from the moment I was born.
- ¹¹ Do not stay so far from me,
for trouble is near,
and no one else can help me.
- ¹² My enemies surround me like a herd of bulls;
fierce bulls of Bashan have hemmed me in!
- ¹³ Like lions they open their jaws against me,
roaring and tearing into their prey.
- ¹⁴ My life is poured out like water,
and all my bones are out of joint.
My heart is like wax,
melting within me.
- ¹⁵ My strength has dried up like sunbaked clay.
My tongue sticks to the roof of my mouth.
You have laid me in the dust and left me for dead.
- ¹⁶ My enemies surround me like a pack of dogs;
an evil gang closes in on me.
They have pierced my hands and feet.
- ¹⁷ I can count all my bones.
My enemies stare at me and gloat.
- ¹⁸ They divide my garments among themselves
and throw dice for my clothing.
- ¹⁹ O LORD, do not stay far away!
You are my strength; come quickly to my aid!
- ²⁰ Save me from the sword;
spare my precious life from these dogs.

²¹ **Rescue me from the mouth of the lions;
save me from the horns of the wild oxen.**

²² **I will declare your name to my brothers;
in the congregation I will praise you.**

²³ **You who fear the LORD, praise him!
All you descendants of Jacob, honor him!
Revere him, all you descendants of Israel!**

²⁴ **For he has not despised or disdained
the suffering of the afflicted one;
he has not hidden his face from him
but has listened to his cry for help.**

²⁵ **From you comes the theme of my praise in the great assembly;
before those who fear you will I fulfill my vows.**

²⁶ **The poor will eat and be satisfied;
they who seek the LORD will praise him—
may your hearts live forever!**

²⁷ **All the ends of the earth
will remember and turn to the LORD,
and all the families of the nations
will bow down before him,**

²⁸ **for dominion belongs to the LORD
and he rules over the nations.**

²⁹ **All the rich of the earth will feast and worship;
all who go down to the dust will kneel before him—
those who cannot keep themselves alive.**

³⁰ **Posterity will serve him;
future generations will be told about the Lord.**

³¹ **They will proclaim his righteousness
to a people yet unborn—
for he has done it.**

²¹ Snatch me from the lion's jaws
and from the horns of these wild oxen.

²² I will proclaim your name to my brothers and sisters.
I will praise you among your assembled people.

²³ Praise the LORD, all you who fear him!
Honor him, all you descendants of Jacob!
Show him reverence, all you descendants of Israel!

²⁴ For he has not ignored or belittled the suffering of the
needy.
He has not turned his back on them,
but has listened to their cries for help.

²⁵ I will praise you in the great assembly.
I will fulfill my vows in the presence of those who
worship you.

²⁶ The poor will eat and be satisfied.
All who seek the LORD will praise him.
Their hearts will rejoice with everlasting joy.

²⁷ The whole earth will acknowledge the LORD and return
to him.
All the families of the nations will bow down before
him.

²⁸ For royal power belongs to the LORD.
He rules all the nations.

²⁹ Let the rich of the earth feast and worship.
Bow before him, all who are mortal,
all whose lives will end as dust.

³⁰ Our children will also serve him.
Future generations will hear about the wonders of the
LORD.

³¹ His righteous acts will be told to those not yet born.
They will hear about everything he has done.