

# Praying the Psalms All Day Long

Week of September 20, 2020



## For the morning

### Psalm 31:1-10, 19-24

In you, Lord, I have taken refuge;  
let me never be put to shame;  
deliver me in your righteousness.

<sup>2</sup>Turn your ear to me,  
come quickly to my rescue;  
be my rock of refuge,  
a strong fortress to save me.

<sup>3</sup>Since you are my rock and my fortress,  
for the sake of your name lead and guide me.

<sup>4</sup>Keep me free from the trap that is set for me,  
for you are my refuge.

<sup>5</sup>Into your hands I commit my spirit;  
deliver me, Lord, my faithful God.

<sup>6</sup>I hate those who cling to worthless idols;  
as for me, I trust in the Lord.

<sup>7</sup>I will be glad and rejoice in your love,  
for you saw my affliction  
and knew the anguish of my soul.

<sup>8</sup>You have not given me into the hands of the  
enemy  
but have set my feet in a spacious place.

<sup>9</sup>Be merciful to me, Lord, for I am in distress;  
my eyes grow weak with sorrow,  
my soul and body with grief.

<sup>10</sup>My life is consumed by anguish  
and my years by groaning;  
my strength fails because of my affliction,  
and my bones grow weak.

<sup>19</sup>How abundant are the good things  
that you have stored up for those who fear you,  
that you bestow in the sight of all,  
on those who take refuge in you.

<sup>20</sup>In the shelter of your presence you hide them  
from all human intrigues;  
you keep them safe in your dwelling  
from accusing tongues.

<sup>21</sup>Praise be to the Lord,  
for he showed me the wonders of his love  
when I was in a city under siege.

<sup>22</sup>In my alarm I said,  
"I am cut off from your sight!"  
Yet you heard my cry for mercy  
when I called to you for help.

<sup>23</sup>Love the Lord, all his faithful people!  
The Lord preserves those who are true to him,  
but the proud he pays back in full.

<sup>24</sup>Be strong and take heart,  
all you who hope in the Lord

## For the evening

### Psalm 63:1-8

<sup>1</sup>O God, you are my God, I seek you,  
my soul thirsts for you;  
my flesh faints for you,  
as in a dry and weary land where there is no  
water.

<sup>2</sup>So I have looked upon you in the sanctuary,  
beholding your power and glory.

<sup>3</sup>Because your steadfast love is better than life,  
my lips will praise you.

<sup>4</sup>So I will bless you as long as I live;  
I will lift up my hands and call on your name.

<sup>5</sup>My soul is satisfied as with a rich feast,<sup>1a</sup>  
and my mouth praises you with joyful lips

<sup>6</sup>when I think of you on my bed,  
and meditate on you in the watches of the night;

<sup>7</sup>for you have been my help,  
and in the shadow of your wings I sing for joy.

<sup>8</sup>My soul clings to you;  
your right hand upholds me.