

Powerful Psalms for Troubled Times | 13 Psalms To Pray When You Have Anxiety, Worry & Distress

179 verses • 15:33 reading time • World English Bible

Psalm 16

¹ A Poem by David. Preserve me, God, for I take refuge in you. ² My soul, you have said to the LORD, “You are my Lord. Apart from you I have no good thing.” ³ As for the saints who are in the earth, they are the excellent ones in whom is all my delight. ⁴ Their sorrows shall be multiplied who give gifts to another god. Their drink offerings of blood I will not offer, nor take their names on my lips. ⁵ The LORD assigned my portion and my cup. You made my lot secure. ⁶ The lines have fallen to me in pleasant places. Yes, I have a good inheritance. ⁷ I will bless the LORD, who has given me counsel. Yes, my heart instructs me in the night seasons. ⁸ I have set the LORD always before me. Because he is at my right hand, I shall not be moved. ⁹ Therefore my heart is glad, and my tongue rejoices. My body shall also dwell in safety. ¹⁰ For you will not leave my soul in Sheol, neither will you allow your holy one to see corruption. ¹¹ You will show me the path of life. In your presence is fullness of joy. In your right hand there are pleasures forever more.

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 25

¹ By David. To you, LORD, I lift up my soul. ² My God, I have trusted in you. Don’t let me be shamed. Don’t let my enemies triumph over me. ³ Yes, no one who waits for you will be shamed. They will be shamed who deal treacherously without cause. ⁴ Show me your ways, LORD. Teach me your paths. ⁵ Guide me in your truth, and teach me, for you are the God of my salvation. I wait for you all day long. ⁶ LORD, remember your tender mercies and your loving kindness, for they are from old times. ⁷ Don’t remember the sins of my youth, nor my transgressions. Remember me according to your loving kindness, for your goodness’ sake, LORD. ⁸ Good and upright is the LORD, therefore he will instruct sinners in the way. ⁹ He will guide the humble in justice. He will teach the humble his way. ¹⁰ All the paths of the LORD are loving kindness and truth to such as keep his covenant and his testimonies. ¹¹ For your name’s sake, LORD, pardon my iniquity, for it is great. ¹² What man is he who fears the LORD? He shall instruct him in the way that he shall choose. ¹³ His soul will dwell at ease. His offspring will inherit the land. ¹⁴ The friendship of the LORD is with those who fear him. He will show them his covenant. ¹⁵ My eyes are ever on the LORD, for he will pluck my feet out of the net. ¹⁶ Turn to me, and have mercy on me, for I am desolate and afflicted. ¹⁷ The troubles of my heart are enlarged. Oh bring me out of my distresses. ¹⁸ Consider my affliction and my travail. Forgive all my sins. ¹⁹ Consider my enemies, for they are many. They hate me with cruel hatred. ²⁰ Oh keep my soul, and deliver me. Let me not be disappointed, for I take refuge in you. ²¹ Let integrity and uprightness

preserve me, for I wait for you. ²² God, redeem Israel out of all his troubles.

Psalm 26

¹ By David. Judge me, LORD, for I have walked in my integrity. I have trusted also in the LORD without wavering. ² Examine me, LORD, and prove me. Try my heart and my mind. ³ For your loving kindness is before my eyes. I have walked in your truth. ⁴ I have not sat with deceitful men, neither will I go in with hypocrites. ⁵ I hate the assembly of evildoers, and will not sit with the wicked. ⁶ I will wash my hands in innocence, so I will go about your altar, LORD, ⁷ that I may make the voice of thanksgiving to be heard and tell of all your wondrous deeds. ⁸ LORD, I love the habitation of your house, the place where your glory dwells. ⁹ Don't gather my soul with sinners, nor my life with bloodthirsty men ¹⁰ in whose hands is wickedness; their right hand is full of bribes. ¹¹ But as for me, I will walk in my integrity. Redeem me, and be merciful to me. ¹² My foot stands in an even place. In the congregations I will bless the LORD.

Psalm 38

¹ A Psalm by David, for a memorial. LORD, don't rebuke me in your wrath, neither chasten me in your hot displeasure. ² For your arrows have pierced me, your hand presses hard on me. ³ There is no soundness in my flesh because of your indignation, neither is there any health in my bones because of my sin. ⁴ For my iniquities have gone over my head. As a heavy burden, they are too heavy for me. ⁵ My wounds are loathsome and corrupt because of my foolishness. ⁶ I am in pain and bowed down greatly. I go mourning all day long. ⁷ For my waist is filled with burning. There is no soundness in my flesh. ⁸ I am faint and severely bruised. I have groaned by reason of the anguish of my heart. ⁹ Lord, all my desire is before you. My groaning is not hidden from you. ¹⁰ My heart throbs. My strength fails me. As for the light of my eyes, it has also left me. ¹¹ My lovers and my friends stand aloof from my plague. My kinsmen stand far away. ¹² They also who seek after my life lay snares. Those who seek my hurt speak mischievous things, and meditate deceits all day long. ¹³ But I, as a deaf man, don't hear. I am as a mute man who doesn't open his mouth. ¹⁴ Yes, I am as a man who doesn't hear, in whose mouth are no reproofs. ¹⁵ For I hope in you, LORD. You will answer, Lord my God. ¹⁶ For I said, "Don't let them gloat over me, or exalt themselves over me when my foot slips." ¹⁷ For I am ready to fall. My pain is continually before me. ¹⁸ For I will declare my iniquity. I will be sorry for my sin. ¹⁹ But my enemies are vigorous and many. Those who hate me without reason are numerous. ²⁰ They who give evil for good are also adversaries to me, because I follow what is good. ²¹ Don't forsake me, LORD. My God, don't be far from me. ²² Hurry to help me, Lord, my salvation.

Psalm 54

¹ For the Chief Musician. On stringed instruments. A contemplation by David, when the Ziphites came and said to Saul, "Isn't David hiding himself among us?" Save me, God, by your name. Vindicate me in your might. ² Hear my prayer, God. Listen to the words of my mouth. ³ For strangers have risen up against me. Violent men have sought after my soul. They haven't set God before them. Selah. ⁴ Behold, God is my helper. The Lord is the one who sustains my soul. ⁵ He will repay the evil to my enemies. Destroy them in your truth. ⁶ With a free will offering, I will sacrifice to you. I will give thanks to your name, LORD, for it is good. ⁷ For he has delivered me out of all trouble. My eye has seen triumph over my enemies.

Psalm 81

¹ For the Chief Musician. On an instrument of Gath. By Asaph. Sing aloud to God, our strength! Make a joyful shout to the God of Jacob! ² Raise a song, and bring here the tambourine, the pleasant lyre with the harp. ³ Blow the trumpet at the New Moon, at the full moon, on our feast day. ⁴ For it is a statute

for Israel, an ordinance of the God of Jacob. ⁵He appointed it in Joseph for a covenant, when he went out over the land of Egypt, I heard a language that I didn't know. ⁶"I removed his shoulder from the burden. His hands were freed from the basket. ⁷You called in trouble, and I delivered you. I answered you in the secret place of thunder. I tested you at the waters of Meribah." Selah. ⁸"Hear, my people, and I will testify to you, Israel, if you would listen to me! ⁹There shall be no strange god in you, neither shall you worship any foreign god. ¹⁰I am the LORD, your God, who brought you up out of the land of Egypt. Open your mouth wide, and I will fill it. ¹¹But my people didn't listen to my voice. Israel desired none of me. ¹²So I let them go after the stubbornness of their hearts, that they might walk in their own counsels. ¹³Oh that my people would listen to me, that Israel would walk in my ways! ¹⁴I would soon subdue their enemies, and turn my hand against their adversaries. ¹⁵The haters of the LORD would cringe before him, and their punishment would last forever. ¹⁶But he would have also fed them with the finest of the wheat. I will satisfy you with honey out of the rock."

Psalm 85

¹For the Chief Musician. A Psalm by the sons of Korah. LORD, you have been favorable to your land. You have restored the fortunes of Jacob. ²You have forgiven the iniquity of your people. You have covered all their sin. Selah. ³You have taken away all your wrath. You have turned from the fierceness of your anger. ⁴Turn us, God of our salvation, and cause your indignation toward us to cease. ⁵Will you be angry with us forever? Will you draw out your anger to all generations? ⁶Won't you revive us again, that your people may rejoice in you? ⁷Show us your loving kindness, LORD. Grant us your salvation. ⁸I will hear what God, the LORD, will speak, for he will speak peace to his people, his saints; but let them not turn again to folly. ⁹Surely his salvation is near those who fear him, that glory may dwell in our land. ¹⁰Mercy and truth meet together. Righteousness and peace have kissed each other. ¹¹Truth springs out of the earth. Righteousness has looked down from heaven. ¹²Yes, the LORD will give that which is good. Our land will yield its increase. ¹³Righteousness goes before him, and prepares the way for his steps.

Psalm 86

¹A Prayer by David. Hear, LORD, and answer me, for I am poor and needy. ²Preserve my soul, for I am godly. You, my God, save your servant who trusts in you. ³Be merciful to me, Lord, for I call to you all day long. ⁴Bring joy to the soul of your servant, for to you, Lord, do I lift up my soul. ⁵For you, Lord, are good, and ready to forgive, abundant in loving kindness to all those who call on you. ⁶Hear, LORD, my prayer. Listen to the voice of my petitions. ⁷In the day of my trouble I will call on you, for you will answer me. ⁸There is no one like you among the gods, Lord, nor any deeds like your deeds. ⁹All nations you have made will come and worship before you, Lord. They shall glorify your name. ¹⁰For you are great, and do wondrous things. You are God alone. ¹¹Teach me your way, LORD. I will walk in your truth. Make my heart undivided to fear your name. ¹²I will praise you, Lord my God, with my whole heart. I will glorify your name forever more. ¹³For your loving kindness is great toward me. You have delivered my soul from the lowest Sheol. ¹⁴God, the proud have risen up against me. A company of violent men have sought after my soul, and they don't hold regard for you before them. ¹⁵But you, Lord, are a merciful and gracious God, slow to anger, and abundant in loving kindness and truth. ¹⁶Turn to me, and have mercy on me! Give your strength to your servant. Save the son of your servant. ¹⁷Show me a sign of your goodness, that those who hate me may see it, and be shamed, because you, LORD, have helped me, and comforted me.

Psalm 87

¹A Psalm by the sons of Korah; a Song. His foundation is in the holy mountains. ²The LORD loves the gates of Zion more than all the dwellings of Jacob. ³Glorious things are spoken about you, city of

God. Selah. ⁴ I will record Rahab and Babylon among those who acknowledge me. Behold, Philistia, Tyre, and also Ethiopia: “This one was born there.” ⁵ Yes, of Zion it will be said, “This one and that one was born in her;” the Most High himself will establish her. ⁶ The LORD will count, when he writes up the peoples, “This one was born there.” Selah. ⁷ Those who sing as well as those who dance say, “All my springs are in you.”

Psalm 102

¹ A Prayer of the afflicted, when he is overwhelmed and pours out his complaint before the LORD. Hear my prayer, LORD! Let my cry come to you. ² Don't hide your face from me in the day of my distress. Turn your ear to me. Answer me quickly in the day when I call. ³ For my days consume away like smoke. My bones are burned as a torch. ⁴ My heart is blighted like grass, and withered, for I forget to eat my bread. ⁵ By reason of the voice of my groaning, my bones stick to my skin. ⁶ I am like a pelican of the wilderness. I have become as an owl of the waste places. ⁷ I watch, and have become like a sparrow that is alone on the housetop. ⁸ My enemies reproach me all day. Those who are mad at me use my name as a curse. ⁹ For I have eaten ashes like bread, and mixed my drink with tears, ¹⁰ because of your indignation and your wrath; for you have taken me up and thrown me away. ¹¹ My days are like a long shadow. I have withered like grass. ¹² But you, LORD, will remain forever; your renown endures to all generations. ¹³ You will arise and have mercy on Zion, for it is time to have pity on her. Yes, the set time has come. ¹⁴ For your servants take pleasure in her stones, and have pity on her dust. ¹⁵ So the nations will fear the LORD's name, all the kings of the earth your glory. ¹⁶ For the LORD has built up Zion. He has appeared in his glory. ¹⁷ He has responded to the prayer of the destitute, and has not despised their prayer. ¹⁸ This will be written for the generation to come. A people which will be created will praise the LORD, ¹⁹ for he has looked down from the height of his sanctuary. From heaven, the LORD saw the earth, ²⁰ to hear the groans of the prisoner, to free those who are condemned to death, ²¹ that men may declare the LORD's name in Zion, and his praise in Jerusalem, ²² when the peoples are gathered together, the kingdoms, to serve the LORD. ²³ He weakened my strength along the course. He shortened my days. ²⁴ I said, “My God, don't take me away in the middle of my days. Your years are throughout all generations. ²⁵ Of old, you laid the foundation of the earth. The heavens are the work of your hands. ²⁶ They will perish, but you will endure. Yes, all of them will wear out like a garment. You will change them like a cloak, and they will be changed. ²⁷ But you are the same. Your years will have no end. ²⁸ The children of your servants will continue. Their offspring will be established before you.”

Psalm 130

¹ A Song of Ascents. Out of the depths I have cried to you, LORD. ² Lord, hear my voice. Let your ears be attentive to the voice of my petitions. ³ If you, LORD, kept a record of sins, Lord, who could stand? ⁴ But there is forgiveness with you, therefore you are feared. ⁵ I wait for the LORD. My soul waits. I hope in his word. ⁶ My soul longs for the Lord more than watchmen long for the morning, more than watchmen for the morning. ⁷ Israel, hope in the LORD, for there is loving kindness with the LORD. Abundant redemption is with him. ⁸ He will redeem Israel from all their sins.

Psalm 142

¹ A 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. ² I pour out my complaint before him. I tell him my troubles. ³ When my spirit was overwhelmed within me, you knew my route. On the path in which I walk, they have hidden a snare for me. ⁴ Look 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. ⁵ I cried to you, LORD. I said, “You are my refuge, my portion in the land of the living.” ⁶ Listen 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.