

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

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

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## Psalm 39

<sup>1</sup>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.” <sup>2</sup>I was mute with silence. I held my peace, even from good. My sorrow was stirred. <sup>3</sup>My heart was hot within me. While I meditated, the fire burned. I spoke with my tongue: <sup>4</sup>“LORD, show me my end, what is the measure of my days. Let me know how frail I am. <sup>5</sup>Behold, you have made my days hand widths. My lifetime is as nothing before you. Surely every man stands as a breath.” Selah. <sup>6</sup>“Surely every man walks like a shadow. Surely they busy themselves in vain. He heaps up, and doesn’t know who shall gather. <sup>7</sup>Now, Lord, what do I wait for? My hope is in you. <sup>8</sup>Deliver me from all my transgressions. Don’t make me the reproach of the foolish. <sup>9</sup>I was mute. I didn’t open my mouth, because you did it. <sup>10</sup>Remove your scourge away from me. I am overcome by the blow of your hand. <sup>11</sup>When you rebuke and correct man for iniquity, you consume his wealth like a moth. Surely every man is but a breath.” Selah. <sup>12</sup>“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. <sup>13</sup>Oh spare me, that I may recover strength, before I go away and exist no more.”

## Psalm 40

<sup>1</sup>For the Chief Musician. A Psalm by David. I waited patiently for the LORD. He turned to me, and heard my cry. <sup>2</sup>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. <sup>3</sup>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. <sup>4</sup>Blessed is the man who makes the LORD his trust, and doesn’t respect the proud, nor such as turn away to lies. <sup>5</sup>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. <sup>6</sup>Sacrifice and offering you didn’t desire. You have opened my ears. You have not required burnt offering and sin offering. <sup>7</sup>Then I said, “Behold, I have come. It is written about me in the book in the scroll. <sup>8</sup>I delight to do your will, my God. Yes, your law is within my heart.” <sup>9</sup>I have proclaimed glad news of righteousness in the great assembly. Behold, I will not seal my lips, LORD, you know. <sup>10</sup>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. <sup>11</sup>Don’t withhold your tender mercies from me, LORD. Let your loving kindness and your truth continually preserve me. <sup>12</sup>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. <sup>13</sup>Be pleased, LORD, to deliver me. Hurry to help me, LORD. <sup>14</sup>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. <sup>15</sup>Let them be desolate by reason of their shame that tell me, “Aha! Aha!” <sup>16</sup>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!” <sup>17</sup>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

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

## Psalm 42

<sup>1</sup>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. <sup>2</sup>My soul thirsts for God, for the living God. When shall I come and appear before God? <sup>3</sup>My tears have been my food day and night, while they continually ask me, "Where is your God?" <sup>4</sup>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. <sup>5</sup>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. <sup>6</sup>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. <sup>7</sup>Deep calls to deep at the noise of your waterfalls. All your waves and your billows have swept over me. <sup>8</sup>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. <sup>9</sup>I will ask God, my rock, "Why have you forgotten me? Why do I go mourning because of the oppression of the enemy?" <sup>10</sup>As with a sword in my bones, my adversaries reproach me, while they continually ask me, "Where is your God?" <sup>11</sup>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

<sup>1</sup>Vindicate me, God, and plead my cause against an ungodly nation. Oh, deliver me from deceitful and wicked men. <sup>2</sup>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? <sup>3</sup>Oh, send out your light and your truth. Let them lead me. Let them bring me to your holy hill, to your tents. <sup>4</sup>Then I will go to the altar of God, to God, my exceeding joy. I will praise you on the harp, God, my God. <sup>5</sup>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.