

PSALMS

to revive



MASTRU

PSALMS

to

revive

aesthetics, ethics, faith

by Mario Mandras

Mastru

*To all those people who want
to live intensely emotions,
projects, the knowledge of God*

May 2008

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S.V. Taniga san Giacomo Medas 4

07100 SASSARI (Italy)

tel. 3384290960

translated by Donatella Sanna

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I - REQUEST TO GOD

Note:

- *The numbers on the right side of the page point out the various psalms;*
- *the numbers, as apexes, at the beginning of the line point out the verses of the psalms;*
- *the titles in capital letters with the numbers in roman characters point out the divisions of the themes (5 altogether);*
- *the titles in capital letters point out the groups of themes (41 altogether);*
- *the titles in small letters make reference to the content of the psalms.*

I - REQUEST TO GOD

La preghiera è la relazione fondamentale dell'anima che riconosce, ascolta e dialoga con Dio.

Preghiera è superamento dell'angoscia della propria solitudine; è liberarsi dal terrore dell'oppressione e della morte; è capacità di affrontare difficoltà, di stabilire relazioni di collaborazione costruttiva con gli altri.

Pregare è sentire la grandezza, la giustizia, la bontà di Dio, che è interessato ad ogni persona e vuole stabilire un'alleanza, un patto con noi, che siamo fragili, incostanti, non di rado traditori, ma estremamente bisognosi della sua amicizia, del suo perdono, del suo costante intervento di liberazione.

La preghiera a Dio sgorga dal nostro profondo, è richiesta di salvezza, è desiderio di stare sempre al sicuro vicino a Dio, è scelta definitiva di seguire con gioia e realizzare i suoi progetti di vita.

La preghiera impegnata non conosce sosta e mira alla nostra salvezza e a quella delle persone che incontriamo.

La prima condizione per guarire, per ritrovare la serenità è quella di iniziare a pregare.

1. PRAYER, INVOCATION

1. Request of salvation

psalm 3

⁷ Rise. Yahweh!

Save me, my God!

4

¹ God, guardian of my rights,
you answer when I call,

5

¹ Yahweh, let my words come to your ears,
spare a thought for my sighs.

6

⁴ Come back, Yahweh, rescue my soul,
save me, if you love me;

10

³² Rise, Yahweh, God raise your hand,
do not forget the poor!

17

⁶ I invoke you, God, and you answer me;
turn your ear to me, hear what I say,

¹³ Rise, Yahweh, subdue him face to face,
rescue my soul from the wicked with your sword,
¹⁴ with your hand, Yahweh, rescue me from men,
from the sort of men whose tot is here and now.

2. Living in the house of the Lord

18

³ He is to be praised; on Yahweh I call
and am saved from my enemies.

⁶ In my distress I called to Yahweh
and to my God I cried;

19

¹⁴ May the words of my mouth always' find favour,
and the whispering of my heart, in your presence,
Yahweh, my Rock, my Redeemer!

27

⁴ One thing I ask of Yahweh, one thing I seek :
to live in the house of Yahweh
all the days of my life,

⁷ Yahweh, hear my voice as I cry!
Pity me! Answer me!

28

² Hear my voice, raised in petition,
as I cry to you for help, as I raise my hands, Yahweh,
toward your Holy of Holies.

³ Do not drag me away with the wicked,
away with the evil men

30

⁸ Yahweh, I call to you,
I beg my God to pity me,

¹⁰ 'Hear, Yahweh, take pity on m ;
Yahweh, help me!'

32

⁶ That is why each of your servants prays to you
in time of trouble;

3. Overcoming hostility

35

¹⁹ Do not let my lying enemies gloat over me,
do not let those who hate me for no reason
exchange sly glances.

36

¹¹ Do not let arrogant feet crush me
or wicked hands expel me.

38

²¹ Yahweh, do not desert me,
do not stand aside, my God!

²² Come quickly to my help,
Lord, my saviour!

39

¹⁰ Lay your scourge aside,
I am worn out with the blows you deal me .

¹² Yahweh, hear my prayer,
listen to my cry for help,
do not stay deaf to my crying .
I am your guest, and only for a time,
a nomad like all my ancestors .

42

⁶ When my soul is downcast within me,
I think of you,

⁹ Let me say to God my Rock,
Why do you forget me?

50

¹⁵ then you can invoke me in your troubles
and I will rescue you, and you shall honour me.

54

¹ God, save me by your name,
by your power see justice done to me;

² God, hear my prayer,
listen to what I am saying!

4. Finding a shelter

55

¹ God, hear my prayer,
do not hide from my petition,
² give me a hearing, answer me,

⁶ And I say, 'Oh for the wings of a dove
to fly away and find rest' .

⁷ How far I would take my flight,
and make a new home in the desert!

⁸ here I should soon find shelter
from the raging wind,

¹⁶ I, for myself, appeal to God
and Yahweh saves me;

57

² I call on God the Most High,
on God who has done everything for me:

59

⁴ Wake up, stand by me and look,

60

⁵ To bring rescue to those you love,
save with your right hand and answer us!

- ¹¹ Help us in this hour of crisis,
the help that man can give is worthless. 61
- ¹ God, hear my cry for help,
listen to my prayer!
- ² From the end of the earth I call to you,
with sinking heart.
To the rock too high for me, lead me! 62
- ⁸ In God, I find shelter; rely on him
people, at all times;
unburden your hearts to him, God is a shelter for us. 63
- ⁶ On my bed I think of you,
I meditate on you all night long,
⁷ for you have always helped me. 69
- ¹³ For my part, I pray to you, Yahweh,
at the time you wish;
in your great love, answer me, Gad,
faithful in saving power.
- ¹⁴ Pull me out of this swamp; let me sink no further,
let me escape those who hate me, 70
- ¹ Oh come and rescue me, God,
Yahweh come quickly and help me!

³ Pick your steps over these endless ruins:
the enemy have sacked everything in the sanctuary.

5. Insistent prayer

¹ Loudly I cry to God,
loudly to God who hears me.

² When in trouble I sought the Lord,
all night long I stretched out my hands,

¹ Shepherd of Israel, listen,

¹ God, do not remain silent;
do not be unmoved, O God, or unresponsive!

⁸ Yahweh Sabaoth, hear my prayer,
listen, God of Jacob;

¹ Listen to me, Yahweh, and answer me,
poor and needy as I am;

⁶ Yahweh, hear my prayer,
listen to me as I plead.

88

⁹ Yahweh, I invoke you all day,
I stretch out my hands to you:

¹³ But I am here, calling for your help,
praying to you every morning:

94

¹⁸ I need only say, 'I am slipping',
and your love, Yahweh, immediately supports me;

99

⁶ Moses, Aaron one of his priests, and Samuel
his votary, all invoked Yahweh:
and he answered them.

102

¹ Yahweh, hear my prayer,
let my cry for help reach you;

² when I call, be quick to answer me!

106

⁴⁷ Yahweh our God and saviour,
gather us from among the pagans,

109

²¹ Yahweh, defend me for the sake of your name,
rescue me, since your love is generous!

116

⁴ I invoked the name of Yahweh
'Yahweh, rescue me!'

6. Praying and devoting to the others

119

⁵ Oh, may my behaviour be constant
in keeping your statutes.

¹⁰⁸ Yahweh, accept the homage that I offer,
teach me your rulings.

¹⁶⁹ Yahweh, may my cry approach your presence ;
let your word endow me with perception!

7. Praying from the depth

130

¹ From the depths I call to you, Yahweh,
² Lord, listen to my cry for help!
Listen compassionately
to my pleading!

140

⁶ I have told Yahweh, 'You are my God' .
Yahweh, listen to my cry for help.

¹ To Yahweh, my cry! I plead.

To Yahweh, my cry! I entreat.

² I pour out my supplications.

I unfold all my troubles;

⁵ I invoke you, Yahweh,

I affirm that you are my refuge,
my heritage in the land of the living.

⁶ Listen to my cries for help,

I can hardly be crushed lower.

8. To tense hands

¹ Yahweh, hear my prayer,

listen to my pleading,

answer me faithfully, righteously ;

⁶ I stretch out my hands,

like thirsty ground I yearn for you.

⁷ Quick, Yahweh, answer me

before my spirit fails;

if you hide your face much longer,

I shall go down to the Pit like the rest .

¹⁷ Righteous in all that he does

Yahweh acts only out of love,

¹⁸ standing close to all who invoke him,
close to all who invoke Yahweh faithfully.

2. INTERCESSION

17

¹ Yahweh, hear the plea of virtue,
listen to my appeal,
lend an ear to my prayer,
my lips free from dishonesty.

1. For tried people

20

¹ May Yahweh answer you in time of
may the name of the God of Jacob
² May he send you help from the sanctuary,
give you support from Zion,

2. For believers

69

⁶ but let those who hope in you not blush for me,
Yahweh Sabaoth!

74

² Remember the people
you long since made your own,

3. For those who have to change life

83

¹⁶ cover their faces with shame,
until they seek your name, Yahweh .

85

⁸ I am listening. What is Yahweh saying?
What God is saying means peace
for his people, for his friends,
if only they renounce their folly;

89

⁴⁹ Lord, where are those earlier signs of your love?
You swore your oath to David on your faithfulness!

4. To be blessed

128

^{5a} May Yahweh bless you from Zion
^{5c} all the days of your life!
^{5b} May you see Jerusalem prosperous
⁶ and live to see your children's children!
Peace to Israel !

134

³ May Yahweh bless you from Zion,
he who made heaven and earth!

II – NEGATIVE STATES OF MIND

Attraverso la preghiera è possibile comprendere, trovare rimedio e superare ostacoli esterni, problemi interni a noi, che ci affliggono, ci rendono tristi, ci tolgono le energie di vita e la gioia di vivere.

Pregare con i versetti di dolore, solitudine, angoscia, tradimento, senso di abbandono, persecuzione, sconfitta dei salmi, dà forza, energia per superare le prove del corpo e dell'anima, perché scopriamo che non siamo abbandonati nei momenti di sofferenza e soprattutto ci rendiamo conto che Dio ci è vicino, accoglie il nostro pianto, sostiene la nostra speranza.

La preghiera ci illumina soprattutto nei momenti drammatici della nostra esistenza; la solitudine, l'abbandono, l'angoscia che stritolano la nostra anima sono anche connessi con il mondo esterno a noi, ma hanno origine nel nostro intimo bisognoso di luce, di calore e di energia di vita che risiedono in Dio.

La persecuzione e il tradimento che spesso dilaga nel mondo esterno, nella preghiera sembra non esistere perché Dio è sempre fedele, è la bontà

3. SUFFERING

1. Our pain in his hands

5

² Listen to my cry for help,
my King and my God!
I say this prayer to you, Yahweh,

6

⁶ I am worn out with groaning,
every night I drench my pillow
and soak my bed with tears;

10

³⁴ You yourself have seen the distress
and the grief,
you watch and then take them into your hands;

2. Suffering in the body

22

¹⁴ I am like water draining away,
my bones are all disjointed,
my heart is like wax,
melting inside me;

^{15a} my palate is drier than a potsherd

^{15b} and my tongue is stuck to my jaw.

22
^{16c} they tie me hand and foot
^{17a} I can count every one of my bones,
25
¹⁸ See my misery and pain,

3. Feeling innocent

26
² Test me, Yahweh, and probe me,
put me to the trial, loins and heart;
27
⁷ Yahweh, hear my voice as I cry!
Pity me! Answer me!
28
^{1a} I cry to you, Yahweh,
my Rock! Do not be deaf to me,
² Hear my voice, raised in petition,
as I cry to you for help, as I raise my hands, Yahweh,

4. After the weeping the joy

30
⁵ in the evening, a spell of tears,
in the morning, shouts of joy.
⁸ Yahweh, I call to you,
I beg my God to pity me,

5. *A life of suffering*

31

¹⁰ For my life is worn out with sorrow,
my years with sighs;
my strength yields under misery,
my bones are wasting away.

32

³ All the time I kept silent,
my bones were wasting away
with groans, day in, day out;

38

⁶ bowed down, bent double, overcome,
⁷ My loins are burnt up with fever,
there is no soundness in my flesh :
⁸ numbed and crushed and overcome,
my heart groans, I moan aloud.

¹⁰ my heart is throbbing,
my strength deserting me,
the light of my eyes itself has left me.

39

¹² Yahweh, hear my prayer,
listen to my cry for help,
do not stay deaf to my crying.
I am your guest, and only for a time,

6. So much pain, but there you are

40

¹¹ For your part, Yahweh, do not withhold
your kindness from me!
May your love and faithfulness
constantly preserve me.

^{12a} More misfortunes beset me than I can count.

42

³ I have no food but tears, day and night;

55

^{5a} fear and trembling descend on me,

¹⁷ evening, morning, noon, I complain, I groan;
he will hear me calling.

56

⁸ You have noted my agitation,
now collect my tears in your wineskin!

7. The moment of pain

60

³ You have allowed your people to suffer,

61

¹ God, hear my cry for help,

64

¹ God, hear me as I make my plea,

	66
¹⁰ You tested us, God, you refined us like silver, ¹⁷ when I uttered my cry to him	
	69
³ Worn out with calling, my throat is hoarse, my eyes are strained, looking for my God.	
²⁹ For myself, wounded wretch that I am,	73
¹⁴ if you plague me all day long and discipline me every morning?	
	80
⁵ Having fed us on the bread of tears, having made us drink them in such measure,	86
³ You are my God, -take pity on use, Lord, I invoke you all day long;	
	88
¹ Yahweh my God, I call for help all day, I weep to you all night; ² may my prayer reach you hear my cries for help;	

⁹ my eyes are worn out with suffering.
Yahweh, I invoke you all day,
I stretch out my hands to you :

8. Life, brief, but full of pain

90

¹⁰ our life lasts for seventy years,
eighty with good health,
but they all add up to anxiety and trouble
over in a trice, and then we are gone .

102

¹ Yahweh, hear my prayer,
let my cry for help reach you;

³ For my days are vanishing like smoke,
my bones smouldering like logs,

⁵ whenever I heave a sigh,
my bones stick through my skin .

⁷ I stay awake, lamenting
like a lone bird on the roof;

119

²⁸ I am sleepless with grief:
raise me as your word has guaranteed.

9. The hope in your word

119
¹⁰⁷ Yahweh, though my suffering is acute,
revive me as your word has guaranteed.

126
⁵ Those who went sowing in tears
now sing as they reap.

141
¹ Yahweh, I am calling, hurry to me,
listen to me, I am invoking you.

142
¹ To Yahweh, my cry! I plead.
To Yahweh, my cry! I entreat.

² I pour out my supplications.
I unfold all my troubles;

4. LONELINESS

1. Also God seems to be far!

10

²¹ Yahweh, why do you stand aside,
why hide from us now the times are hard?

13

² How much longer must I endure grief
in my soul,
and sorrow in my heart by day and by night?

31

²² In my alarm I exclaimed,
'I have been snatched out of your sight!'

38

⁶ bowed down, bent double, overcome,
I go mourning all the day.

2. Everybody shrinks from my wounds

38

¹¹ My friends and my companions
shrink from my wounds,
even the dearest of them keep their distance;

39

¹² Yahweh, hear my prayer,
listen to my cry for help,
do not stay deaf to my crying.

I am your guest, and only for a time,
a nomad like all my ancestors.

3. Even friends go away from me

41

⁹ Even my closest and most trusted friend,
who shared my table,
rebels against me.

42

⁵ Why so downcast, my soul,
why do you sigh within me?

69

¹¹ if I dress myself in sackcloth,
I become their laughing-stock,

^{20b} I had hoped for sympathy, but in vain,

^{20c} I found no one to console me .

4. At least you stand by me

71

¹⁸ Now that I am old and grey,
God, do not desert me;

77

⁸ Is his love over for good
and the promise void for all time?

¹⁰ 'This' I said then `is what distresses me:
that the power of the Most High
is no longer what it was

84

² How my soul yearns and pines
for Yahweh's courts!

5. A life of loneliness

88

⁸ You have turned my friends against me
and made me repulsive to them;
in prison and unable to escape,

¹⁵ Wretched, slowly dying since my youth,
I bore your terrors-now I am exhausted ;

6. I am also anorexic

102

⁴ my heart shrivelling like scorched grass
and my appetite has gone;

⁷ I stay awake, lamenting
like a lone bird on the roof;

115

⁴ whereas their idols, in silver and gold,
 products of human skill,
⁵ have mouths, but never speak,
 eyes, but never see,
⁶ ears, but never hear,
 noses, but never smell,

7. I feel as a foreigner

120

⁵ This is worse than a life in Meshech,
 or camping in Kedar!
⁶ Too long have I lived
 among people who hate peace,

8. I am looking forward to serenity

126

⁶ They went away, went away weeping,
 carrying the seed ;
 they come back, come back singing,
 carrying their sheaves.

132

¹ Yahweh, remember David
 and all the hardships he suffered,

5. BETRAYAL

1. Betrayed by the friend

55

¹² Were it an enemy who insulted me,
i could put up with that ;
had a rival got the better of me,
I could hide from him.

¹³ But you, a man of my own rank,
a colleague and a friend,
¹⁴ to whom sweet conversation bound me
in the house of God!

2. They have given me vinegar

69

²¹ They gave me poison to eat instead,
when I was thirsty they gave me vinegar to drink.

78

⁸ and not becoming, like their ancestors,
a stubborn and unruly generation,
a generation with no sincerity of heart,
in spirit unfaithful to God

3. They make me bad for well

109

⁴ In return for my friendship, they denounce me,
though all I had done was pray for them ;

⁵ hey pay me back evil for kindness
and hatred for friendship .

4. The faith that overcomes the betrayal

116

¹⁰ I have faith, even when say,
'I am completely crushed' .

¹¹ In my alarm, I declared,
'No man can be relied on'.

118

¹³ I was pressed, pressed, about to fall,
but Yahweh came to my help;

119

¹⁵⁰ My cruel persecutors are closing in,
how remote they are from your Law!

142

³ On the path I follow
they have concealed a trap.

6. FEELING OF SURRENDER

1. They have given me for done

3

² more and more saying about me,
'There is no help for him in his God'.

12

¹ Save us, Yahweh! There are no devout men left,
fidelity has vanished from mankind.

13

¹ How much longer will you forget me, Yahweh?
For ever?

How much longer will you hide your face
from me?

2. My God, why do you desert me ?

22

¹ My God, my God, why have you deserted me?
How far from saving me, the words I groan!

¹¹ Do not stand aside:
trouble is near,
I have no one to help me!

3. Abandoned by my parents

27

¹⁰ If my father and mother desert me,
Yahweh will care for me still.

4. Make me feel your voice

28

¹ I cry to you, Yahweh,
my Rock! Do not be deaf to me,
for if you are silent, I shall go
down to the Pit like the rest.

31

¹¹ To every one of my oppressors I am contemptible,
loathsome, to my neighbours,
to my friends a thing of fear.

These who see me in the street hurry past me ;

¹² I am forgotten, as good as dead in their hearts,
something discarded .

41

⁹ Even my closest and most trusted friend,
who shared my table,
rebels against me.

42

⁹ Let me say to God my Rock,
`Why do you forget me? Why must I walk

so mournfully, oppressed by the enemy?'

¹⁰ as all day long they ask me, 'Where is your God?'
43

² It is you, God, who are my shelter:
why do you abandon me?
Why must I walk
so mournfully, oppressed by the enemy?

44

⁹ Yet now you abandon and scorn us,
you no longer march with our armies,

¹² you sell your people for next to nothing,
and make no profit from the bargain.

55

¹² Were it an enemy who insulted me,
i could put up with that ;
had a rival got the better of me,
I could hide from him.

¹³ But you, a man of my own rank,
a colleague and a friend,

¹⁴ to whom sweet conversation bound me
in the house of God!

57

⁶ They laid a net where I was walking
when I was bowed with care;

5. Don't leave me alone in my life

- 60
⁹ Who is there now to take me into the fortified
city, to lead me into Edom?
- 69
⁸ that make me a stranger to my brothers,
an alien to my mother's other sons;
- 71
¹¹ 'Hound him down now
that God has deserted him,
seize him, there is no one to rescue him!'
- 74
¹ God, have you finally rejected us,
raging at the flock you used to pasture?
- 77
¹⁰ How much longer, God,
is the oppressor to blaspheme,
is the enemy to insult your name for ever?
- ⁷ 'If the Lord has rejected you, is this final?
If he withholds his favour, is this for ever?
⁸ Is his love over for good
and the promise void for all time?

6. *Existential loneliness*

88

⁴ I am numbered among those who go down
to the Pit,
a man bereft of strength:

¹⁴ why do you reject me?
Why do you hide your face from me?

¹⁸ You have turned my friends and neighbours
against me,
now darkness is my one companion left .

102

⁶ I live in a desert like the pelican,
in a ruin like the screech owl,

108

¹¹ God, can you really have rejected us?
You no longer march with our armies .

109

¹ God whom I praise, break your silence,

115

⁵ have mouths, but never speak,
eyes, but never see,

III - POSITIVE STATES OF MIND

Sentirsi contenti, pieni di energia, desiderosi di lavorare, interessati a dare una mano a chi ne ha bisogno, contribuire a realizzare un mondo migliore..., sono indicatori di una vita piena, di equilibrio e di maturità emotiva ed esistenziale.

I sentimenti e gli stati d'animo positivi e costruttivi indicano una storia evolutiva riuscita e adeguata alle possibilità dell'essere umano.

Coraggio, capacità di saper attendere si basano su una profonda fiducia nella vita che fluisce in noi. Richiede presa d'atto realistica e insieme superamento del *limite* che ogni giorno incontriamo attorno a noi e dentro di noi.

Sapersi *pentire* per gli errori commessi, genera energie, ci svela il vero volto degli altri, ci dona la gioia del perdono, il calore dello stare insieme, la pace nel profondo.

L'aver posto in Dio il nostro *rifugio* fa sorgere in noi il profondo bisogno di *ringraziamento*, che esprimiamo con la nostra *continua lode* a Dio e con uno stile di vite che si esprime con *la gioia*

10. FORTUNE

1. The one who is far from you seems fortunate

10

²⁵ At every moment his course is assured,
your rulings are too lofty for his notice
his rivals? He sneers at them all.

2. Preferring God to earthly goods

17

¹⁴ Cram their bellies from your stores,
give them all the sons that they could wish for,
let them have a surplus to leave their children!

¹⁵ For me the reward of virtue is to see your face,
and, on waking, to gaze my fill on your likeness.

3. When the fortune of the other is envied

39

² I stayed dumb, silent, speechless,
though the sight of him thriving made
torment increase.

4. The prosperity that blinds

49

- ¹¹ though they owned estates that bore their names .
¹² Man when he prospers forfeits intelligence :
he is one with the cattle doomed to slaughter .
¹³ So on they go with their self-assurance,
with men to run after them when they raise their voice.

5. Don't envy the wealth

49

- ¹⁶ Do not be afraid when a man grows rich,
when the glory of his House increases;
¹⁷ when he dies he can take nothing with him,
his glory cannot follow him down.

¹⁸ The soul he made so happy while he lived
- 'look after yourself and men will praise you' -
¹⁹ will join the company of his ancestors
who will never see the light of day again.

6. Don't envy the arrogant persons

73

- ² My feet were on the point of stumbling,
a little further and I should have slipped,

³ envying the arrogant as I did,
and watching the wicked get rich.

⁴ For them, no such thing as pain,
their bodies are healthy and strong,
⁵ they do not suffer as other men do,
no human afflictions for them!

⁹ they think their mouth is heaven
and their tongue can dictate on earth.

¹⁰ This is why my people turn to them
and lap up all they say,

¹¹ asking, 'Flow will God find out?
Does the Most High know everything?

¹² Look at them: these are the wicked,
well-off and still getting richer,

7. Winning the discouragement

73

¹³ After all, why should I keep my own heart pure,
and wash my hands in innocence,
¹⁴ if you plague me all day long
and discipline me every morning?

11. COURAGE, STRENGTH

1. Holding your head high

³ But, Yahweh, my encircling shield,
my glory, you help me hold up my head.

⁵ Now I can lie down and go to sleep
and then awake, for Yahweh has hold of me:
⁶ no fear now of those tens of thousands
posted against me wherever I turn.

³⁷ Yahweh, you listen to the wants of the humble,
you bring strength to their hearts,
you grant them a hearing,
³⁸ judging in favour of the orphaned and exploited,
so that earthborn man may strike fear no longer.

⁹ So my heart exults,
my very soul rejoices,
my body, too, wilt rest securely,

2. *Winning the fear*

18

²⁹ with you I storm the barbican,
with my God I leap the rampart.

³¹ Who else is God but Yahweh,
who else a rock save our God?

³² This God who girds me with strength
and makes my way without blame,

³³ who makes my feet like the hinds'
and holds me from falling on the heights,

³⁴ who trains my hands for battle,
my arms to bend a bow of bronze.

⁴³ You deliver me from a people in revolt,
you place me at the head of the nations,

a people I did not know are now my servants,

⁴⁴ foreigners come wooing my favour,
no sooner do they hear than they obey me,

⁴⁵ foreigners grow faint of heart,
they come trembling out of their fastnesses.

20

⁴ may he grant you your heart's desire,
and crown all your plans with success;

⁷ Some boast of chariots, some of horses,
but we boast about the name of Yahweh our God;
⁸ theirs to crumple and fall,
but we shall stand, and stand firm!

23

⁴ Though I pass through a gloomy valley,
I fear no harm;

27

¹ Yahweh is my light and my salvation,
whom need I fear?

Yahweh is the fortress of my life,
of whom should I be afraid?

² When evil men advance against me
to devour my flesh,
they, my opponents, my enemies,
are the ones who stumble and fall

³ Though an army pitched camp against me,
my heart would not fear;
though war were waged against me,
my trust would still be firm.

⁶ And now my head is held high
over the enemies who surround me,

28

⁷ Yahweh is my strength, my shield,
my heart puts its trust in him;

	29
¹¹ Yahweh gives strength to his people,	
	31
²⁴ Be strong, let your heart be bold, all you hope in Yahweh!	
	37
¹ Do not worry about the wicked, do not envy those who do wrong.	
	45
³ your lips are moist with grace, for God has blessed you for ever . Hero, strap your sword at your side,	
⁴ Stretch the bowstring tight, lending terror to your right hand.	
⁵ Your arrows are sharp; nations lie at your mercy, the king's enemies are losing heart.	
	46
² so we shall not be afraid when the earth gives way, when mountains tumble into the depths of the sea,	
³ and its waters roar and seethe, the mountains tottering as it heaves.	
	51
¹² Be my saviour again, renew my joy, keep my spirit steady and willing;	

54
⁷ He has rescued me from all my troubles,
and let me see my enemies defeated.

57
⁷ My heart is ready, God, my heart is ready;
I mean to sing and play for you,

3. Supported by the grace of God

59
¹⁰ the God who loves me is conning,
God will show me my enemies defeated.

60
¹² With God among us we shall fight like heroes,
he will trample on our enemies.

68
³⁵ He, the God of Israel,
gives power and strength to his people.

78
⁷² who did this with unselfish care
and led them with a sensitive hand.

84
⁷ Thence they make their way from height to height,
soon to be seen before God on Zion,

89
¹⁷ You are their glory and their strength,
you, by your kindness, raise our fortunes,

¹⁰ You raise my horn as if I were a wild ox,
you pours fresh oil on my head;

4. The strength of the good conscience

101

⁴ perverted hearts must keep their distance,
the wicked I disregard.

⁵ The man who secretly slanders his neighbour
I reduce to silence;
haughty looks, proud heart,
I cannot tolerate these.

⁷ There is no room in my house
for any hypocrite;
no liar keeps his post where I can see him.

110

⁷ Drinking from the stream as he goes,
he can hold his head high in victory.

118

⁶ With Yahweh on my side, I fear nothing;
what can man do to me?

- ⁷ With Yahweh on my side, best help of all,
I can triumph over my enemies. 119
- ³² I run the way of your commandments,
since you have set me free.
- ¹³³ Direct my steps as you have promised,
let evil win no power over me. 120
- ⁴ With war arrows hardened
over red-hot charcoal! 125
- ¹ Those who trust in Yahweh are like Mount Zion,
unshakeable, standing for ever. 127
- ⁴ like the arrows in a hero's hand
are the sons you father when young. 128
- ² You will eat what your hands have worked for, 132
- ¹¹ Yahweh swore to David
and will remain true to his word,
'I promise that your own son
shall succeed you on the throne.

¹⁸ whose enemies I shall clothe in shame,
while his crown bursts into flower.'

138

³ The day I called for help, you heard me
and you increased my strength,

144

¹ Blessed be Yahweh, my rock,
who trains my hands for war
and my fingers for battle,

147

¹³ for strengthening the bars of your gates,

149

⁶ with panegyrics on their lips,
and a two-edged sword in their hands

⁷ to exact vengeance on the pagans,
to inflict punishment on the heathen,

⁸ to shackle their kings with chains
and their nobles with fetters,

⁹ to execute the preordained sentence.

12. LIMIT

1. Brevity of life

- 8
⁴ ah, what is man that you should spare a thought for
him.
the son of man that you should care for him? 9
- ²⁰ Strike terror into them, Yahweh,
let the nations know they are only men! 39
- ⁴ Tell me, Yahweh, when my end will be,
how many days are allowed me,
show me how frail I am.
- ¹¹ man is indeed only a puff of wind! 49
- ⁷ But man could never redeem himself
or pay his ransom to God:
⁸ it costs so much to redeem his life,
⁹ it is beyond him;
how then could he live on for ever
and never see the Pit.
- ¹⁷ when he dies he can take nothing with him,
his glory cannot follow him down.

2. Oppressed by our guilt

- 51
⁵ You know I was born guilty,
a sinner from the moment of conception.
- 62
⁹ Ordinary men are only a puff of wind,
important men' delusion;
put both in the scales and up they go,
lighter than a puff of wind.
- 78
39 remembering they were creatures of flesh,
a puts of wind that passes and does not return.
- 89
⁴⁷ Remember me, the short time I have left
and the void to which you destine mankind .
⁴⁸ What man can cling to life and not see death?
Who can evade the clutches of Sheol?

3. Marked by our pain

- 90
⁹ Our days dwindle under your wrath,
our lives are over in a breath
¹⁰ our life lasts for seventy years,
eighty with good health,
but they all add up to anxiety and trouble
over in a trice, and then we are gone.

¹² Teach us to count how few days we have
and so gain wisdom of heart.

94

¹¹ knows exactly how men think,
how their thoughts are a puff of wind

102

¹¹ my days dwindle away like a shadow,
I am as dry as hay.

²⁶ all will vanish, though you remain,
all wear out like a garment,
like clothes that need changing
you will change them;

4. A fragile existence

103

¹⁴ he knows what we are made of,
he remembers we are dust.

¹⁵ Man lasts no longer than grass,
no longer than a wild flower he lives,

¹⁶ one gust of wind, and he is gone,
never to be seen there again;

105

¹¹ 'I give you a land, he said
'Canaan, your allotted heritage.

¹² 'There where you were easily counted,
few in number, strangers to the country.

109

²³ I am dwindling away like a shadow,
they have brushed me off like a locust.

5. God chooses the weak

115

¹ Not by us, Yahweh, not by us,
by you alone is glory deserved,

118

²² it was the stone rejected by the builders
that proved to be the keystone;

119

¹⁴¹ Puny and despised as I am,
I do not forget your precepts.

127

² In vain you get up earlier,
and put off going to bed,
sweating to make a living,
since he provides for his beloved as they sleep.

131

¹ Yahweh, my heart has no lofty ambitions,
my eyes do not look too high.
I am not concerned with great affairs
or marvels beyond my scope.

139

⁶ Such knowledge is beyond my understanding,
a height to which my mind cannot attain.

⁷ Where could I go to escape your spirit?
Where could I flee from your presence?

144

³ Yahweh, what is man, that you should notice him?
A human being, that you should think about him?

⁴ Man's life, a mere puff of wind,
his days, as fugitive as shadows.

6. What counts is only the grace of God

146

³ Do not put your trust in men in power,
or in any mortal man he cannot save,

⁴ he yields his breath
and goes back to the earth he came from,
and on that day all his schemes perish.

147

¹⁰ The strength of the war horse means nothing to him,
it is not infantry that interests him.

¹¹ Yahweh is interested only in those who fear him,
in those who rely on his love.

13. REPENTANCE

1. Fruit of the true wisdom

- 2
- ¹⁰ So now, you kings, learn wisdom,
earthly rulers, be warned:
- ¹¹ serve Yahweh, fear him,
- ¹² tremble and kiss his feet,
- 4
- ¹ now be good to me and hear my prayer
- ⁴ Tremble: give up sinning,
spend your night in quiet meditation'
- 6
- ¹ Yahweh, do not punish me in your rage,
- ² Pity me, Yahweh, I have no strength left,
- 9
- ¹³ Take pity on me, Yahweh,
- 17
- ³ You probe my heart, examine me at night,
you test me yet find nothing, no murmuring from me:
- 19
- ¹³ Rise, Yahweh, subdue him face to face,
rescue my soul from the wicked with your sword,

2. Repentance, point of arrival life and history

22

²⁷ The whole earth, from end to end, will remember
and come back to Yahweh;
all the families of the nations
will bow down before him.

25

^{7a} Do not remember the sins of my youth;

¹¹ Lamed For the sake of your name, Yahweh,
forgive my guilt, for it is great.

¹⁸ See my misery and pain,
forgive all my sins!

32

¹ Happy the man whose fault is forgiven,
whose sin is blotted out.

⁵ At last I admitted to you had sinned;
no longer concealing my guilt,
I said, I will go to Yahweh and confess my fault'.
And you, you have forgiven the wrong I did,
have pardoned my sin.

⁸ Let the whole world fear Yahweh,
let all who live on earth revere him!

3. Detesting sin

¹ Yahweh, do not punish me in your rage,
or reprove me in the heat of anger.

⁴ My guilt is overwhelming me,
it is too heavy a burden;
⁵ my wounds stink and are festering,
the result of my folly;

¹⁷ And now my fall is upon me,
there is no relief from my pains
¹⁸ yes, I admit my guilt,
I am sorry for having sinned .

⁸ Free me from all my sins,
do not make me the butt of idiots.

¹¹ For your part, Yahweh, do not withhold
your kindness from me!
May your love and faithfulness constantly preserve me.
¹² More misfortunes beset me than I can count.

my sins close in on me
until I can hardly see,
they outnumber the hairs on my head;
my courage is running out.

4. The offence to God

41
⁴ I for my part said, 'Yahweh, take pity on me!
Cure me, for I have sinned against you.'

46
¹⁰ 'Pause a while and know that I am God,
exalted among the nations, exalted over the earth!'
50

¹⁴ No, let thanksgiving be your sacrifice to God,
fulfil the vows you make to the Most High;

^{21c} I charge, I indict you to your face,
51

¹ Have mercy on me, O God, in your goodness,
in your great tenderness wipe away my faults

² wash me clean of my guilt,
purify me from my sin.

³ For I am well aware of my faults,
I have my sin constantly in mind,

⁴ having sinned against none other than you,

having done what you regard as wrong.
You are just when you pass sentence on me,
blameless when you give judgement.

⁵ You know I was born guilty,
a sinner from the moment of conception.

⁶ Yet, since you love sincerity of heart,
teach me the secrets of wisdom.

⁷ Purify me with hyssop until I am clean;
wash me until I am whiter than snow.

⁸ Instil some joy and gladness into me,
let the bones you have crushed rejoice again.

⁹ Hide your face from my sins,
wipe out all my guilt.

¹⁰ God, create a clean heart in me,
put into me a new and constant spirit,

¹¹ do not banish me from your presence,
do not deprive me of your holy spirit .

¹² Be my saviour again, renew my joy,
keep my spirit steady and willing;

¹³ and I shall teach transgressors the way to you,
and to you the sinners will return.

¹⁴ Save the from death, God my saviour,
and my tongue will acclaim your righteousness;

¹⁵ Lord, open my lips,
and my mouth will speak out your praise.

¹⁶ Sacrifice gives you no pleasure,
were I to offer holocaust, you would not have it.

¹⁷ My sacrifice is this broken spirit,
you will not scorn this crushed and broken heart. 56

¹ Take pity on me, God, as they harry me, 57

¹ Take pity on me. God, take pity on me,

5. Return to God

¹ God, you have rejected us, broken us ; 60
you have been angry, come back to us!

⁹ Then all wilt feel afraid, 64
will tell others what God has done;
they will understand why he has done it.

	65
³ though our faults overpower us, you blot them out.	
	67
¹ May God show kindness and bless us,	
	68
¹⁸ yes, taken rebels to your dwelling, Yahweh!	
	69
⁵ God, you know how foolish I have been, my offences are not hidden from you,	
	73
²¹ When my heart had been growing sourer with pains shooting through my loins, ²² I had simply failed to understand, my stupid attitude to you was brutish.	
	76
¹⁰ Man's wrath only adds to your glory; the survivors of your wrath you will draw like a girdle around you;	
	78
³⁴ Whenever he slaughtered them they sought him, they came to their senses and sought him earnestly ³⁵ remembering that God was their rock, God the Most High, their redeemer.	

⁸ Do not hold our ancestors crimes against us,
in tenderness quickly intervene,
we can hardly be crushed lower;

⁹ help us, God our saviour,
for the honour of your name;
Yahweh, blot out our sins,
rescue us for the sake of your name.

6. Towards the life, the light, the joy

80

³ Yahweh Sabaoth, bring us back,
let your face smile on us and we shall be safe.

84

⁶ As they go through the Valley of the Weeper,
they make it a place of springs,

85

⁴ Bring us back, God our saviour,
master your resentment against us.

⁵ Do you mean to be angry with us for ever,
to prolong your wrath age after age?

⁶ Will you not give us life again,
for your people to rejoice in you?

⁷ Yahweh, show us your love,

grant us your saving help.

86

⁵ Lord, you are good and forgiving,

102

¹⁵ Then will the nations fear the name of Yahweh
and all kings on earth respect your glory;

103

³ in forgiving all your offences,
in curing all your diseases,

⁴ in redeeming your life from the Pit,

¹¹ No less than the height of heaven over earth
is the greatness of his love for those who fear him;

¹² he takes our sins farther away
than the east is from the west.

106

⁶ We have sinned quite as much as our fathers,
we have been wicked, we are guilty;

107

¹ Give thanks to Yahweh, for he is good,
his love is everlasting:

² let these be the words of Yahweh's redeemed,
those he has redeemed from the oppressor's clutches,

¹³ Then they called to Yahweh in their trouble
and he rescued them from their sufferings;

¹⁴ releasing them from gloom and darkness,
shattering their chains.

¹⁹ Then they called to Yahweh in their trouble
and he rescued them from their sufferings;

7. Objective: serving God

116

¹⁴ I will pay what I vowed to Yahweh;
may his whole nation be present!

119

¹⁵³ Take note of my suffering and rescue me,

123

² eyes like the eyes of slaves
fixed on their master's hand;

like the eyes of a slave-girl
fixed on the hand of her mistress,
so our eyes are fixed on Yahweh our God,
for him to take pity on us;

³ pity us, Yahweh, take pity on us,

	130
³ If you never overlooked our sins, Yahweh, Lord, could anyone survive?	
⁸ it is he who redeems Israel from all their sins.	139
²³ God, examine me and know my heart, probe me and know my thoughts;	141
⁵ A virtuous man may strike me in reproof, for my own good,	143
² do not put your servant on trial, no one is virtuous by your standards.	

14. EXPECTATION

1. The time as expectation of God

5

³ for at daybreak you listen for my voice
and at dawn I hold myself in readiness for you,
I watch for you.

6

³ my soul is in utter torment.
Yahweh, how long will you be?

⁸ Away from me, all you evil men!
For Yahweh has heard the sound of my weeping;
⁹ Yahweh has heard my petition,
Yahweh will accept my prayer.

9

¹⁸ For the needy is not always forgotten,
the hope of the poor is never brought to nothing.

13

³ Look and answer me, Yahweh my God!
Give my eyes light,
or I shall sleep in death,

25

⁵ Set me in the way of your truth, and teach me,
for you are the God who saves me.

All day long I hope in you.

27

¹³ This I believe: I shall see the goodness of Yahweh,
in the land of the living.

2. Trust in the grace of God

31

¹⁷ I invoke you, Yahweh;
do not let me be disgraced,

33

¹⁸ But see how the eye of Yahweh is on those
who fear him,
on those who rely on his love,

²⁰ Our soul awaits Yahweh,
he is our help and shield;

35

¹⁷ How much longer, Lord, will you look on?

37

⁷ Be quiet before Yahweh, and wait patiently for him,

38

¹⁵ For I put my trust in you, Yahweh,
and leave you to answer for me, Lord my God.

39

⁷ So tell me, Lord, what can I expect?
My hope is in you.

¹ I waited and waited for Yahweh,
now at last he has stooped to me
and heard my cry for help.

² He has pulled me out of the horrible pit,
out of the slough of the marsh,

¹⁷ To me, poor wretch,
come quickly, Lord!

⁹ and put my hope in your name,
that is so full of kindness,

⁶ Who will bring Israel salvation from Zion?

⁷ How far I would take my flight,
and make a new home in the desert!

3. Overcoming the fear, the pain

³ Raise me up when I am most afraid,
I put my trust in you;

⁴ in God, whose word I praise,
in God I put my trust, fearing nothing;
what can men do to me?

⁹ Then my enemies will have to fall back
as soon as I call for help.

This I know: that God is on my side.

62

⁵ Rest in God alone, my soul!
He is the source of my hope;

⁸ In God, I find shelter; rely on him
people, at all times;

63

¹ my soul is thirsting for you,
my flesh is longing for you,
a land parched, weary and waterless;

64

¹⁰ The virtuous will rejoice in Yahweh,
will make him their refuge;

67

¹ May God show kindness and bless us,
and make his face smile on us!

69

³ Worn out with calling, my throat is hoarse,
my eyes are strained, looking for my God.

¹⁴ Pull me out of this swamp ; let me sink no further,

¹⁷ do not hide your face from your servant,
quick, I am in trouble, answer me;

4. The salvation of the poor man and the unhappy

70

⁵ To me, poor wretch,
come quickly, God!
My helper, my saviour, Yahweh,
come without delay!

71

⁵ For you alone are my hope, Lord,
Yahweh, I have trusted you since my youth,

¹⁴ I promise that, ever hopeful,

74

21 Do not let the hard-pressed retreat in confusion,
give the poor and needy cause to praise your name.

86

⁴ give your servant reason to rejoice,

⁷ Lord, in trouble I invoke you,
and you answer my prayer,

¹⁷ give me one proof of your goodness.

- 102
- ¹³ Rise, take pity on Zion!-
- 108
- ¹⁰ Who is there now to take me into the fortified city,
to lead me into Edom?
- ¹¹ God, can you really have rejected us?
You no longer march with our armies.
- 109
- ²⁶ Help me, Yahweh my God,
save me since you love me,
- 116
- ¹⁰ I have faith, even when say,
'I am completely crushed'
- 119
- ²⁸ I am sleepless with grief:
raise me as your word has guaranteed.
- ³¹ I cling to your decrees:
Yahweh, do not disappoint me.
- ⁸¹ Keeping my hope in your word,
I have worn myself out waiting for you to save me,
- ¹²³ My eyes are worn out looking
for your saving help
for your promise of righteousness to come.

121

¹ I lift my eyes to the mountains:
where is help to come from?

² Help comes to me from Yahweh,
who made heaven and earth.

130

⁵ I wait for Yahweh, my soul waits for him,
I rely on his promise,
⁶ my soul relies on the Lord
more than a watchman on the coming of dawn.

131

³ Israel, rely on Yahweh,
now and for always!

142

⁷ Free me from this imprisonment,

145

¹⁵ Patiently all creatures look to you

147

¹¹ Yahweh is interested only in those who fear him,
in those who rely on his love.

15. SHELTER IN GOD

1. In the oppression

¹² Happy all who take shelter in him. 2

¹ Yahweh my God, I take shelter in you; 7

⁹ May Yahweh be a stronghold for the oppressed,
a stronghold when times are hard. 9

³⁴ the luckless man commits himself to you,
you, the orphan's certain help. 11

¹ In Yahweh I take shelter. How can you say to me,
'Bird, fly back to your mountain: 14

⁶ deride as you may the poor man's hopes,
Yahweh is his shelter. 16

¹ Look after me, God, I take shelter in you .

² To Yahweh you' say, 'My Lord,
you are my fortune, nothing else but you',

⁵ you, and you only, hold my lot secure;

- 17
- ⁷ display your marvellous kindness,
saviour of fugitives!
From those who revolt against you
- 18
- ² Yahweh is my rock and my bastion,
- ³⁰ This God, his way is blameless ;
the word of Yahweh is without dross.
He it is who is the shield
of all who take shelter in him.
- 22
- ⁴ in you our fathers put their trust,
they trusted and you rescued them;
- 25
- ² O my God. I rely on you, do not let me be shamed,
- ²⁰ Watch over my soul, rescue me;
let me not be shamed: I take shelter in you.
- 26
- ¹ My trust in Yahweh never wavers.

2. In the abandonment

- 27
- ¹ Yahweh is my light and my salvation,
whom need I fear?

⁵ For he shelters me under his awning
in times of trouble;

¹⁰ If my father and mother desert me,
Yahweh will care for me still.

¹⁴ Put your hope in Yahweh, be strong,
let your heart be bold, put your hope in Yahweh.

28

⁸ Yahweh is the strength of his people,
a saving fortress for his anointed.

30

⁷ Your favour, Yahweh,
stood me on a peak impregnable;

31

¹ In you, Yahweh, I take shelter;
never let me be disgraced.

² Be a sheltering rock for me,
a waited fortress to save me!

⁴ Pull me out of the net they have spread for me,
for you are my refuge;

⁶ God of truth, you hate those who serve
worthless idols;
but I put my trust in Yahweh:

¹⁴ But I put my trust in you, Yahweh,
I say, 'You are my God'.

²⁰ Safe in your presence you hide them
far from the wiles of men;
inside your tent you shelter them
far from the war of tongues.

3. In dangers

⁷ You are a hiding place for me,
you guard me when in trouble,
you surround me with songs of deliverance.

32

we trust in his holy name .

²² Yahweh, let your love rest on us
as our hope has rested in you .

33

⁸ How good Yahweh is only taste and see!
Happy the man who takes shelter in him.

34

²² while Yahweh himself ransoms
the souls of his servants,
and those who take shelter in him
have nothing to pay.

36

⁷ how precious, God, your love!
Hence the sons of men
take shelter in the shadow of your wings.

37

³⁹ The salvation of the virtuous comes from Yahweh,
he is their shelter when trouble comes;

38

hatching treacherous plots all day.

¹³ But I am like the deaf, I do not hear,
like the dumb man who does not open his mouth;

¹⁴ I am like the man who, hearing nothing,
gives no sharp answer in return,

¹⁵ For I put my trust in you, Yahweh,

40

¹ I waited and waited for Yahweh,
now at last he has stooped to me
and heard my cry for help .

² He has pulled me out of the horrible pit,
out of the slough of the marsh,
has settled my feet on a rock and steadied my steps.

42

⁵ Why so downcast, my soul,
why do you sigh within me?
Put your hope in God: I shall praise him yet,
⁶ my saviour, my God.

46

¹ God is our shelter, our strength,
ever ready to help in time of trouble,

⁷ Yahweh Sabaoth is on our side,
our citadel, the God of Jacob!

52

⁸ I, for my part, like an olive tree
growing in the house of God,
put my trust in God's love for ever and ever.

54

⁴ But now God himself comes to help me,
the Lord, supporter of my life.

4. In the worry, in the fear

55

¹⁶ I, for myself, appeal to God
and Yahweh saves me;

²² Unload your burden on to Yahweh,
and he will support you;
he will never permit the virtuous to falter.

²³ As for these murderous, these treacherous men,
you, God, will push them down to the deepest Pit

before half their days are out .
For my part, I put my trust in you.

56

³ Raise me up when I am most afraid,
I put my trust in you;

¹¹ in God I put my trust, fearing nothing;
what can man do to me?

57

¹ Take pity on me. God, take pity on me,
in you my soul takes shelter;
I take shelter in the shadow of your wings
until the destroying storm is over.

59

¹ protect me from those attacking me,

⁹ My Strength, I look to you.
My citadel is God himself,

¹⁶ I, for my part, celebrate your strength,
I sing of your love morning by morning;
you have always been my citadel,
a shelter when I am in trouble.

61

³ For you are my refuge,
a strong tower against the enemy.

5. God, the only shelter

62

¹ In God alone there is rest for my soul,
from him comes my safety;

⁷ rest in God, my safety, glory,
the rock of my strength.

⁸ In God, I find shelter; rely on him
people, at all times;

66

¹² you let people drive over our heads;
but now the ordeal by fire and water is over,
and you allow us once more to draw breath.

71

¹ In you, Yahweh, I take shelter;
never let me be disgraced.

³ Be a sheltering rock for me,
a waked fortress to save me!
For you are my rock, my fortress.

73

²³ Even so, I stayed in your presence,
you held my right hand;

²⁶ My flesh and my heart are pining with love,
my heart's Rock,
my own, God for ever!

²⁸ whereas my joy lies in being close to God.
I have taken shelter in the Lord,

6. Trust and fidelity in God

78

⁶ the next generation was to learn it,
the children still to be born,
and these in their turn were to tell their own children
⁷ so that they too would put their confidence in God,
never forgetting God's achievements,
and always keeping his commandments,

80

¹⁷ May your hand protect the man at your right,
the son of man who has been authorised by you

84

¹² happy the man who puts his trust in you!

86

² keep my soul : I am your devoted one,

90

¹ Lord, you have been
our refuge age after age.

91

² you can say to Yahweh, 'My refuge, my fortress,
my God in whom I trust!'

^{4a} he covers you with his feathers,
^{4b} and you find shelter underneath his wings.

⁹ you who can say, 'Yahweh my refuge',
and make Elyon your fortress.

94

¹² Yahweh, happy the man whom you instruct,
the man whom you teach through your law
¹³ his mind is at peace though times are bad,

²² No! Yahweh is still my citadel,
my God is a rock where I take shelter;

112

⁷ with constant heart, and confidence in Yahweh,
he need never fear bad news.

115

⁹ House of Israel, rely on Yahweh .
on him, our help and shield!

¹⁰ House of Aaron, rely on Yahweh,
on him, our help and shield!

¹¹ You who fear Yahweh, rely on Yahweh,
on him, our help and shield!

116
¹³ I will offer libations to my saviour,
invoking the name of Yahweh!

118
⁸ I would rather take refuge in Yahweh
than rely on men;

125
¹ Those who trust in Yahweh are like Mount Zion,
unshakeable, standing for ever.

7. Total abandonment to God

131
² Enough for me to keep my soul tranquil and quiet
like a child in its mother's arms,
as content as a child that has been weaned .

140
⁴ Yahweh, guard me from attacks by the wicked,
defend me from those who love force,

141
⁸ To you, Yahweh my Lord, I turn my eyes.
I take shelter in you, do not leave me exposed!

142
⁵ I invoke you, Yahweh,
I affirm that you are my refuge,
my heritage in the land of the living.

143

⁸ Let dawn bring proof of your love,
for one who relies on you;

144

¹ Blessed be Yahweh, my rock,

146

⁵ Happy the man
who has the God of Jacob to help him,
whose hope is fixed on Yahweh his God,
⁶ maker of heaven and earth,
and the sea, and all that these hold!
Yahweh, forever faithful,

IV – ETHICAL RULES

La manifestazione e la qualità dei sentimenti è conseguenza di un determinato orientamento del nostro comportamento sia nelle scelte interiori che nelle realizzazioni esteriori. La vita sentimentale ha come base le scelte etiche.

Le norme etiche vengono considerate guide di vita, di crescita interiore e sociale, di conseguimento della *libertà interiore*

L'etica è *desiderio di bene e di Dio*, si manifesta nell'impegno a compiere *azioni buone*, indicate dai *comandamenti*.

L'etica è mettere Dio tra noi e gli altri.

La forza dell'etica è l'amicizia con Dio, considerato sommo bene e nostro premio.

Attraverso l'etica desideriamo presentarci a Dio insieme ai giusti, vogliamo scoprire e amare la nostra povertà, abbiamo la forza di sentirci oppressi pur di rimanere uniti a Dio.

L'etica è lotta senza quartiere al male e al peccato, è opposizione netta al malvagio, al prepotente. L'etica è certezza di un premio.

20. GOD'S DESIRE

1. Looking for the light of God

4

⁶ Show us the light of your face, turned towards us!

9

¹⁰ Those who acknowledge your name can rely on you,
you never desert those who seek you, Yahweh

16

⁵ Yahweh, my heritage, my cup,
you, and you only, hold my lot secure;

⁸ I keep Yahweh before me always,
for with him at my right hand nothing
can shake me.

18

¹ I love you, Yahweh, my strength
(my saviour, you rescue me from violence.)

² Yahweh is my rock and my bastion,

19

⁹ The fear of Yahweh is pure, lasting for ever;

¹³ And from pride preserve your servant,
never let it dominate me.

So shall I be above reproach,
free from grave sin.

2. Living for him

- 22
³⁰ And my soul will live for him,
my children will serve him;
- 24
⁶ Such are the people who seek him,
who seek your presence. God of Jacob!
- 25
¹ To you, Yahweh, I lift up my soul,
- ¹² Everyone who fears Yahweh
will be taught the course a man should choose;
¹³ his soul will live in prosperity,
his children have the land for their own.
- ¹⁵ My eyes are always on Yahweh,
for he releases my feet from the net.
- 26
⁶ I wash my hands in innocence
and join the procession round your altar,
- 27
⁸ My heart has said of you, 'Seek his face' .
Yahweh, I do seek your face;

3. Trusting in him

31

¹⁴ But I put my trust in you, Yahweh,
I say, 'You are my God'.

¹⁵ My days are in your hand, rescue me
from the hands of my enemies and persecutors;

²³ Love Yahweh, all you devout.

33

¹² Happy the nation whose God is Yahweh,
the people he has chosen for his heritage.

34

⁵ Every face turned to him grows brighter
and is never ashamed.

⁹ Fear Yahweh, you his holy ones:
those who fear him want for nothing.

¹¹ Come, my sons. listen to me,
I will teach you the fear of Yahweh

37

³ Trust in Yahweh and do what is good,
make your home in the lands and live in peace;

⁴ make Yahweh your only joy
and he will give you what your heart desires.

4. Seeking his will

40

⁴ Happy the man who puts his trust in Yahweh,
and does not side with rebels
who stray after false gods.

⁶ You, who wanted no sacrifice or oblation,
opened my ear,
you asked no holocaust or sacrifice for sin;
⁷ then I said, 'Here I am! I am coming!
in the scroll of the book am I not commanded
⁸ to obey your will?
My God, I have always loved your Law
from the depths of my being.

42

¹ As a doe, longs for running streams,
so longs my soul for you, my God.

44

²⁴ Why do you hide your face,
and forget we are wretched and exploited?

49

³ My lips have wisdom to utter,
my heart whispers sound sense;

50

¹⁴ No, let thanksgiving be your sacrifice to God,
fulfil the vows you make to the Most High;

51

⁶ Yet, since you love sincerity of heart,
teach me the secrets of wisdom.

¹⁰ God, create a clean heart in me,
put into me a new and constant spirit,

5. Thirsting for God

63

¹ God, you are my God, I am seeking you,
my soul is thirsting for you,
my flesh is longing for you,
a land parched, weary and waterless;

69

³² Then, seeing this, the humble can rejoice:
long life to your hearts, all you who seek for God!

73

¹ God is indeed god to Israel,
the Lord is good to pure hearts.

²⁵ I look to no one else in heaven,
I delight in nothing else on earth.

81

⁸ Listen, you are my people, let me warn you.
Israel, if you would only listen to me!

¹³ 'If only my people would listen,
if Israel would follow my ways,

6. Deciding the holy journey

⁵ and happy the pilgrims inspired by you
with courage to make the Ascents! 84

⁴ give your servant reason to rejoice,
for to you, Lord, I lift my soul. 86

¹¹ Yahweh, teach me your way,
how to walk beside you faithfully,
make use single-hearted in fearing your name. 87

¹ Yahweh loves his city
founded on the holy mountain; 89

⁴⁶ Yahweh, how much longer will you hide?
For ever?
How much longer must your anger
smoulder like a fire? 95

⁷ If only you would listen to him today,
⁸ 'Do not harden your hearts as at Meribah,

7. Walking with pure heart

101

² In my household, I will advance
in purity of heart;

105

⁴ Seek Yahweh and his strength,
seek his face untiringly;

106

¹² Then, having faith in his promises,
they immediately sang his praises.

111

¹⁰ This fear of Yahweh is the beginning of wisdom,

112

¹ Alleluia!

Happy the man who fears Yahweh
by joyfully keeping his commandments!

116

¹ I love! For Yahweh listens
to my entreaty;
he bends down to listen

8. Observing his law

119

² How happy those who respect his decrees,
and seek him with their whole heart,

¹³ With my lips I have repeated them,
all these rulings from your own mouth.

³⁰ I have chosen the way of fidelity,
I have set my heart/ on your rulings.

³¹ I cling to your decrees:
Yahweh, do not disappoint me.

⁵⁵ All night, Yahweh, I remember your name
and observe your Law.

¹²⁷ Yes, I love your commandments
more than gold, than purest gold.

123

¹ I lift my eyes to you,
to you who have your home in heaven,

128

¹ Happy, all those who fear Yahweh
and follow in his paths.

132

¹² 'If your sons observe my covenant,
the decrees that I have taught them,
their sons too shall succeed you
on the throne for evermore.'

137

⁴ How could we sing one of Yahweh's hymns
in a pagan country?

139

¹⁹ Men of blood, away from me!

141

⁵ A virtuous man may strike me in reproof,
for my own good,
but a wicked one shall never anoint my head with oil!
Daily I counter their malice with prayer.

⁸ To you, Yahweh my Lord, I turn my eyes.

143

⁶ I stretch out my hands,
like thirsty ground I yearn for you.

⁸ let it show the right road,
to one who lifts up his soul to you.

144

⁵ Yahweh, lower your heavens, come down to us!

¹⁵ Happy the nation of whom this is true,
happy the nation whose God is Yahweh!

147

¹¹ Yahweh is interested only in those who fear him,
in those who rely on his love.

21. COMMANDMENT

1. Murmuring day and night his law

² but finds his pleasure in the Law of Yahweh,
and murmurs his law day and night.

⁶ The words of Yahweh are without alloy,
nature's silver" coming from the earth
seven times refined.

⁴ my mouth has never sinned as most men's do.
No, I have treasured the words from your lips;
⁵ in the path prescribed walking deliberately
in your footsteps, so that my feet do not slip

²² His judgements are all before me,
his statutes I have not put from me;

²³ I am blameless in his presence,
I keep sin at arm's length.

²⁴ And Yahweh repays me as I act justly,
as my purity is in his sight.

³⁰ This God, his way is blameless;
the word of Yahweh is without dross.

V - SPEECH ON GOD

La vita etica riempie l'esistenza di forti sentimenti e spinge ad una profonda conoscenza di Dio, fondamento della vita etica.

La conoscenza di Dio è la motivazione più forte della mente non soggiogata dagli impulsi egoistici e che lotta per tenere sotto controllo le spinte aggressive e di dominio sessuale.

La ricerca di Dio procede di pari passo con la consapevolezza dei propri limiti, della propria fragilità, con l'irresistibile bisogno di andare oltre la morte.

La fede in Dio è un cammino lungo, impegnativo, che consente di trovare la verità oltre le cose, di conoscere le persone superando la dipendenza e sperimentando la libertà interiore.

Nella vita di fede la relazione tra l'io e gli altri trova in Dio il vertice e la motivazione fondamentale. Dio mi porta agli altri. Gli altri sono mezzi per giungere a Dio.

Dio diventa il tutto: colore nella vita; calore nel rapporto con gli altri; sicura protezione nei pericoli; forza nell'azione; gioia nel cuore

29. GOD'S JUSTICE

1. He takes care of the way where the virtuous go

1

⁶ For Yahweh takes care of the way the virtuous go,
but the way of the wicked is doomed.

5

⁴ You are not a God who is pleased with wickedness,
you have no room for the wicked;

⁵ boasters collapse under your scrutiny.

7

⁸ (Yahweh is arbiter of nations.)

Give judgement for me, Yahweh: as my virtue
and my integrity deserve.

⁹ Bring the maliciousness of evil men to an end,
set the virtuous on his feet,
you righteous God, assessor of mind and heart.

2. God as a just judge

7

¹¹ God the righteous judge
is slow to show his anger,
but he is a God who is always enraged

² by the mouths of children, babes in arms.
 You set your strongholds firm against your foes
 to subdue enemies and rebels.

³ My enemies are in retreat,
 stumbling, perishing as you confront them:
⁴ you have upheld the justice of my cause
 from the throne where you sit as righteous judge.

⁷ See, Yahweh is enthroned for ever,
 he sets up his throne for judgement;
⁸ he is going to judge the world with justice,
 and pronounce a true verdict on the nations.

3. He doesn't forget the cry of wretched

¹² he, the avenger of blood, remembers them,
 he does not ignore the cry of the wretched.

¹⁶ Yahweh has made himself known,
 has given judgement, he has trapped the wicked
 in the work of their own hands.

¹⁹ Rise, Yahweh, let not man have the upper hand,
 let the nations stand trial before you!

³⁷ Yahweh, you listen to the wants of the humble,
 you bring strength to their hearts,
 you grant them a hearing,
³⁸ judging in favour of the orphaned and exploited,
 so that earthborn man may strike fear no longer.

4. God loves the correct things

	11
⁷ Yahweh is righteous, he loves virtue, upright men will contemplate his face.	
	14
² Yahweh is looking down from heaven at the sons of men, to see if a single one is wise, if a single one is seeking God.	
	17
² From your presence will my sentence come, your eyes are fixed on what is right.	
	18
²⁰ Yahweh requites me as I act justly, as my hands are pure so he repays me,	
	19
⁹ the judgements of Yahweh are true, righteous, every one,	
	22
men will proclaim the Lord to generations still to come,	

his righteousness to a people yet unborn.
All this he has done.

5. He leads the humble

⁹ in all that is right he guides the humble,
and instructs the poor in his way. 25

¹ Yahweh, be my judge!
I go my way in my innocence, 26

⁴ The word of Yahweh is integrity itself,
all he does is done faithfully;
⁵ he loves virtue and justice,
Yahweh's love fills the earth. 33

¹ Accuse my accusers, Yahweh,
attack my attackers;
²³ up, wake up, come to my defence,
Lord my God side with me! 35

⁶ your righteousness is like the mountains of God,
your judgements like the mighty deep.
Yahweh, protector of man and beast, 36

¹³ but the Lord only laughs at the man,
knowing his end is in sight. 37

²⁸ for Yahweh loves what is right,
and never deserts the devout.

***6. He doesn't abandon the virtuous
in the hands of the wicked***

37

³² The wicked man spies on the virtuous,
seeking to kill him ;

³³ Yahweh will never leave him in those clutches,
or let him be condemned under trial.

38

² Your arrows have pierced deep,
your hand has pressed down on me;

41

¹¹ and by this I shall know that I enjoy your favour,
if my enemy fails to triumph over me;

43

¹ Defend me, take up my cause
against people who have no pity;

48

God, your praise, like your name,
reaches to the ends of the world.
Your right hand holds the victory;

⁴ he summons the heavens above
and the earth, to his people's trial:

⁵ `Assemble my faithful before me
who sealed my covenant by sacrifice!'

⁶ Let the heavens proclaim his righteousness
when God himself is judge!

7. God judges in the intimate

⁴ having sinned against none other than you,
having done what you regard as wrong.
You are just when you pass sentence on me,
blameless when you give judgement.

² God is looking down from heaven
at the sons of men,
to see if a single one is wise,
if a single one is seeking God

¹ God, save me by your name,
by your power see justice done to me;

¹¹ 'So' people will say
`the virtuous do have their harvest;

so there is a God who dispenses justice on earth!"

62

¹² and you yourself repay
man as his works deserve.

66

⁷ who rules for ever by his power
his eyes keep watch on the nations,
let no rebel raise his head!

67

⁴ Let the nations shout and sing for joy,
since you dispense true justice to the world;
you dispense strict justice, to the peoples,
on earth you rule the nations.

71

² In your righteousness rescue me, deliver me,
turn your ear to me and save me!

¹⁵ my lips shall proclaim your righteousness
and power to save, all day long.

¹⁹ about your heavenly righteousness, God.
You have done great things;
who, God, is comparable to you?

²⁴ And all day long, my tongue
shall be talking of your righteousness.

Shame and disgrace on those
whose aim is to hurt me!

8. Imitating the justice of God

72

¹ God, give your own justice to the king,
your own righteousness to the royal son,
² so that he may rule your people rightly
and your poor with justice.

³ Let the mountains and hills
bring a message of peace for the people.

74

²² Rise, God, say something on your own behalf,
do not forget the madman's day-long blaspheming,

75

² 'At the moment I decide
I will dispense strict justice;

³ the earth shall quake and all its inhabitants,
it is I who poised its columns .

⁴ 'I said to the boastful: Enough of boasting!
and to the wicked: How dare you raise your horn,
⁵ how dare you raise your horn like that,
how dare you speak so boldly! '

9. *God's a supreme judge*

75

⁶ Not from the east, nor from the west,
not from the desert, nor from the mountains,
⁷ but from God the judgement comes,
lowering one, raising another .

76

⁸ When your verdicts thunder from heaven,
earth stays silent with dread;
⁹ when God stands up to give judgement
and to save all the humble of the earth.

82

¹ God stands in the divine assembly,
among the gods he dispenses justice:

⁸ Rise, God, dispense justice throughout the world,
since no nation is excluded from your ownership.

85

¹³ Righteousness always preceding him
and Peace following his footsteps.

89

¹⁴ Righteousness and Justice support your throne,
Love and Faithfulness are your attendants .

94

¹ Yahweh, God of revenge,
God of revenge, appear!

² Rise, judge of the world,
give the proud their deserts!

¹⁴ For Yahweh has not abandoned
or deserted his hereditary people;

¹⁵ or verdict will return to righteousness again,
and, in its wake, all upright hearts.

96

¹⁰ Say among the nations, 'Yahweh is king!'
Firm has he made the world, and unshakeable;
he will judge each nation with strict justice.

¹¹ Let the heavens be glad, let earth rejoice,
let the sea thunder and all that it holds,

¹² let the fields exult and all that is in them,
let all the woodland trees cry out for joy,

¹³ at the presence of Yahweh, for he comes,
he comes to judge the earth,
to judge the world with justice
and the nations with his truth.

97

² Cloud and Darkness surround him,
Righteousness and Justice support his throne.

² Yahweh has displayed his power ;
has revealed his righteousness to the nations,

⁷ Let the sea thunder and all that it holds,
and the world, with all who live in it;

⁸¹ et all the rivers clap their hands
and the mountains shout for joy,

⁹ at the presence of Yahweh, for he comes
to judge the earth,
to judge the world with righteousness
and the nations with strict justice.

³ may they praise your great and terrible name,

⁴ 'Holy is be, and mighty!

You are a king who loves justice,
insisting on honesty, justice, virtue,
as you have done for Jacob.

10. Patient and merciful judge

⁸ Yahweh our God, you responded to them,
a God of forgiveness for them,
in spite of punishing their sins.

	103
⁶ Yahweh, who does what is right, is always on the side of the oppressed;	
	109
²⁰ May Yahweh pay all my accusers, all my detractors like this!	
	111
³ Every work that he does is full of glory and majesty, and his righteousness can never change.	
	116
⁵ Yahweh is righteous and merciful, our God is tenderhearted;	
	119
¹³⁷ Righteous, indeed, Yahweh! And all your rulings correct!	
¹³⁸ he decrees you impose, how righteous, how absolutely faithful!	

11. The eternal justice

	119
¹⁴² Your righteousness is eternal righteousness, your Law holds true for ever.	
	122
⁵ here where the tribunals of justice are, the royal tribunals of David.	

129

⁴ but now Yahweh the Righteous has shattered
the yoke of the wicked.

132

⁹ Your priests are vesting in virtue
and your devout are shouting for joy.

140

¹² I know Yahweh will avenge the wretched,
and see justice done for the poor .

143

¹ Yahweh, hear my prayer,
listen to my pleading,
answer me faithfully,
righteously;

² do not put your servant on trial,
no one is virtuous by your standards.

¹¹ Yahweh, for the sake of your name,
keep your promise to save me;
protect me from oppression,

145

⁷ they will celebrate your generous kindness
and joyfully acclaim your righteousness.

¹⁷ Righteous in all that he does,
Yahweh acts only out of love,

146

⁶ Yahweh, forever faithful,

⁷ gives justice to those denied it,
gives food to the hungry,
gives liberty to prisoners

30. MERCIFUL GOD

1. He welcomes in his house

5

⁷ But I, so great is your love,
may come to your house, and bow down
before your holy Temple in reverence to you.

6

⁴ Come back, Yahweh, rescue my soul,
save me, if you love me;

13

⁵ But I for my part rely on your love, Yahweh;

22

²⁴ has not hidden his face from him,
but has answered him when he called.

25

^{7a} Do not remember the sins of my youth;
^{7b} but rather, with your love remember me.

¹⁶ Turn to me, take pity
on alone and wretched as I am!

26

³ for your love is before my eyes,
and I live my life in loyalty to you

¹¹ But I live my life in innocence,
redeem me, Yahweh, take pity on me;

27

⁹ do not hide your face from me.
Do not repulse your servant in anger;
you are my help .Never leave me,
never desert me, God, my saviour!

30

⁴ Play music in Yahweh's honour, you devout,
remember his holiness, and praise him.

⁵ His anger lasts a moment, his favour a lifetime;

¹⁰ ' Hear, Yahweh, take pity on me;
Yahweh, help me!"

31

¹⁶ let your face smile on your servant,
save me in your love.

2. The confession of guilts

32

⁵¹ I said, I will go to Yahweh and confess my fault'.
And you, you have forgiven the wrong I did,
have pardoned my sin.

36

⁵ Your love, Yahweh, reaches to the heavens,
your faithfulness to the clouds;

39

¹³ Your love, Yahweh, reaches to the heavens,
your faithfulness to the clouds;

40

¹¹ For your part, Yahweh, do not withhold
your kindness from me!
May your love and faithfulness constantly preserve me.

44

²⁶ Rise! Come to our help!
Redeem us for the sake of your love.

48

⁹ God, in your Temple
we reflect on your love:

51

¹ Have mercy on me, O God, in your goodness,
in your great tenderness wipe away my faults;
² wash me clean of my guilt,
purify me from my sin.

57

⁹ Lord, I mean to thank you among the peoples,
to play music to you among the nations;
¹⁰ your love is high as heaven,
your faithfulness as the clouds.

3. God's our mercy

59

¹⁷ the God who loves me.

66

²⁰ Blessed be God,
who neither ignored my prayer
nor deprived to of his love.

69

³³ Yahweh wilt always hear those who are in need,
will never scorn his captive people.

73

¹ God is indeed god to Israel,
the Lord is good to pure hearts.

74

¹⁹ Do not betray your turtledove to the beast,
do not forget your wretched people for good.

78

³⁸ Compassionately, however,
he forgave their guilt instead of killing them,
repeatedly repressing his anger

instead of rousing his full wrath,
³⁹ remembering they were creatures of flesh,
a puts of wind that passes and does not return.

79

⁸ Do not hold our ancestors crimes against us,
in tenderness quickly intervene,
we can hardly be crushed lower;

85

² you take your people's guilt away,
you blot out all their sins,
³ you retract all your anger,
you abjure your fiery rage.

4. God: mercy and truth

85

⁷ Yahweh, show us your love,
grant us your saving help.

¹⁰ Love and Loyalty now meet,
Righteousness and Peace now embrace;

86

⁵ Lord, you are good and forgiving,
most loving to all who invoke you;

¹² I thank you with all my heart, Lord my God,
I glorify your name for ever,

¹³ your love for me has been so great,
you have rescued me from the depths of Sheol.

¹⁵ Lord God, you who are always merciful
and tender-hearted,
slow to anger, always loving, always loyal,
¹⁶ turn to me and pity me.
Give me your strength, your saving help,

90

¹³ Relent, Yahweh! How much longer do we have?
Take pity on your servants!

¹⁷ May the sweetness of the Lord be on us?
Make all we do succeed.

94

¹⁴ For Yahweh has not abandoned
or deserted his hereditary people;

100

⁴ give thanks to him, bless his name!
⁵ Yes, Yahweh is good
his love is everlasting,
his faithfulness endures from age to age.

102

¹³ Rise, take pity on Zion!
the time has come to have mercy on her,
the hour has come;

4. God mercy and truth

103

⁸ Yahweh is tender and compassionate,
slow to anger, most loving;

⁹ his indignation does not last for ever,
his resentment exists a short time only;

¹⁰ he never treats us, never punishes us,
as our guilt and our sins deserve.

¹¹ No less than the height of heaven over earth
is the greatness of his love for those who fear him;

¹² he takes our sins farther away
than the east is from the west.

¹³ As tenderly as a father treats his children,
so Yahweh treats those who fear him;

106

⁴⁴ even so, he took pity on their distress
each time he heard them calling.

⁴⁵ For their sake, he remembered his covenant,
he relented in his great love,

⁴⁶ making their captors mitigate
the harshness of their treatment.

107

¹ Give thanks to Yahweh, for he is good,
his love is everlasting:

⁴¹ But now, he lifts the needy out of their misery.
and gives them a flock of new families;

6. Pity and tenderness is the Lord

111

⁴ He allows us to commemorate his marvels.
Yahweh is merciful and tenderhearted,

116

⁵ our God is tenderhearted;

⁶ Yahweh defends the simple,
he saved me when I was brought to my knees.

118

¹ Give thanks to Yahweh,
for he is good,

² his love is everlasting!

Let the Houses of Israel say it,
'His love is everlasting!'

119

⁷⁷ Treat me tenderly, and I shall live,
since your Law is my delight,

¹³² Turn to me please, pity me.
as you should those who love your name.

¹⁵⁶ but many are your mercies to me, Yahweh,
by your rulings give me life.

7. Near the Lord is the forgiveness

130

⁴ But you do forgive us:
and for that we revere you.

⁷ Let Israel rely on Yahweh
as much as the watchman on the dawn!
For it is with Yahweh that mercy is to be found,

132

¹⁰ For the sake of your servant David,
do not banish your anointed.

135

³ Praise Yahweh, for Yahweh is good.
Play for his name, for he inspires love;

8. His mercy is eternal

136

¹ Give thanks to Yahweh, for he is god,
his love is everlasting!

² Give thanks to the God of gods,
his love is everlasting!

³ Give thanks to the Lord of lords,
his love is everlasting!

⁴ He alone performs great marvels,
his love is everlasting!

⁵ His wisdom made the heavens,
his love is everlasting!

⁶ He set the earth on the waters,
his love is everlasting!

⁷ He made the great lights,
his love is everlasting!

⁸ The sun to govern the day,
his love is everlasting!

⁹ moon and stars to govern the night,
his love is everlasting!

¹⁰ He struck down the first-born of Egypt,
his love is everlasting!

¹¹ And brought Israel out,
his love is everlasting!

¹² With mighty hand and outstretched arm,
his love is everlasting!

¹³ He split the Sea of Reeds,
his love is everlasting!

- ¹⁴ Led Israel through the middle,
his love is everlasting!
- ¹⁵ Drowned Pharaoh and his army,
his love is everlasting!
- ¹⁶ He led his people through the wilderness,
his love is everlasting!
- ¹⁷ He struck down mighty kings,
his love is everlasting!
- ¹⁸ He slaughtered famous kings,
his love is everlasting!
- ¹⁹ Sihon, king of the Amorites,
his love is everlasting!
- ²⁰ And Og, the king of Bashan,
his love is everlasting!
- ²¹ He gave their lands as a legacy,
his love is everlasting!
- ²² A legacy to his servant Israel,
his love is everlasting!
- ²³ He remembered us when we were down,
his love is everlasting!

²⁴ And snatched us from our oppressors,
his love is everlasting!

²⁵ He provides for all living creatures,
his love is everlasting!

²⁶ Give thanks to the God of Heaven,
his love is everlasting!

138

² I give thanks to your name
for your love and faithfulness;

145

⁸ He, Yahweh, is merciful, tenderhearted,
slow to anger, very loving,

⁷ to exact vengeance on the pagans,
to inflict punishment on the heathen,

⁸ to shackle their kings with chains
and their nobles with fetters,

⁹ to execute the preordained sentence.
Thus gloriously are the faithful rewarded!

INDEX FOR MATTERS

Note: the number points out the page

A fragile existence 76
A life of loneliness 25
A life of persecution 52
A life of suffering 18
Abandoned by my parents 30
Absence of the fear of God 203
Acting with justice and loyalty 396
After the defeat darkness and death 58
After the weeping the joy 17
All against me 40
Also God seems to be far! 23
Also the elderly takes fruits in your house 391
An existence in the anger 232
An existence of terror 221
Around me lie 35
As verdant olive tree in the house of God 399
At least you stand by me 24
At the table of God 397
Being bridge between the friends and God 239
BETRAYAL 27
Betrayed by the friend 27

Blinded by the prosperity 260
 Brevity of life 74
 COMMANDMENT 170
 Conducting the friend to God 246
 Conspiring against the chosen by God 198
 COURAGE, STRENGTH 66
 Crushed by the divine anger 380
 Cultivating good friendship 244
 Cultivating holy friendships 235
 Death in the heart 226
 Death's terrors 50
 Deciding the holy journey 166
 DEFEAT 55
 Defeated in the friendship 56
 Denying the existence of God 204
 Destroyed by their own hands 222
 Detesting sin 82
 Doing the good, living with faith 185
 Don't envy the arrogant persons 64
 Don't envy the wealth 64
 Don't hide your face to me 53
 Don't leave me alone in my life 32
 Don't listen to the voice of God 211
 Educating to life 338
 Educating to the praise 127
 Enjoying of the fall of the others 203

Entering his house with full hands 388
 Envyng the powerful 208
 ETHICAL RULES 160
 Even friends go away from me 24
 Everybody shrinks from my wounds 23
 Existential loneliness 33
 EXPECTATION 91
 Experiences to tell to our friends 238
 Faithful to God in the persecution 45
 Falsehood, adulation 198
 Feeling as a worm 55
 Feeling blessed by God 193
 Feeling innocent 17
 Feeling makers of the environment 193
 FEELING OF SURRENDER 29
 Feeling productive 195
 Feeling the life that flows in us 192
 Finding a shelter 6
 Following the path of life and joy 397
 Following with joy the commandments 190
 For the believers 13
 For the elderly friend 243
 For the friend consecrated to God 242
 For the one who has established the alliance
 with the sacrifice 406
 For the one who shares the project of God 405

For those who have to change life 14
 For tried people 13
 FORTUNE 63
 Free me! 38
 FRIENDSHIP IN GOD 235
 Fruit of ethics 158
 Fruit of the true wisdom 80
 Giving largely to the poor 189
 GOD ACTS FOR US 295
 God acts in our silence 295
 God as a just judge 269
 GOD AS LEADER, GUIDE 358
 God as source of life 323
 God breaks our chains 314
 God chooses the weak 77
 God creates life 320
 God dawn and dew 316
 God directs existence 331
 God disperses the cruel 263
 God doesn't reject the old 325
 God giver of life 320
 God grants us the revenge 301
 God guard of life 335
 God infuses safety 369
 God judges in the intimate 274
 God leads with his advice 361

God listens to his friends 235
 God listens to the poor 250
 God listens to the prayer 372
 God loves the correct things 271
 God makes man part of life 332
 God master of life 324
 God: mercy and truth 287
 God nourishes his creatures 329
 God nourishes us 371
 God protects his children 375
 God protects life 321
 God protects life 327
 God punishes the cruel 375
 God punishes the cruel, but he saves the poor 234
 God's a supreme judge 277
 God's our mercy 286
 God saves the creation 305
 God saves the upright hearts 300
 God saves those who fear him 304
 God saves those who invoke him 301
 God takes care of life 333
 GOD SAVIOR 300
 God welcomes the humble,
 but He rejects the superb 257
 God welcomes us from the maternal womb 321
 God will make wars stop 323

God, our guide 360
 God, source of ethical life 334
 God, the immense 354
 God, the only shelter 105
 GOD'S ANGER 375
 GOD'S DESIRE 161
 GOD'S GLORY 414
 GOD'S JUSTICE 269
 God's law, melody of the soul 177
 God's omnipotence 348
 GOD'S POWER 340
 GOD'S PRESENCE 369
 God's priest 402
 GOD'S PROMISE 404
 God's punishment 378
 GOD'S TEMPLE 384
 God's works: truth and justice 352
 Good and compassionate is the Lord 289
 GOOD DEEDS 183
 Guide for the correct path 359
 Hardening our heart 213
 Hated by my brothers without reason 42
 Having a farsighted look 265
 He doesn't abandon the virtuous in the hands
 of the wicked 273
 He doesn't forget the cry of wretched 270

He drives us a flock 362
He has lighted up my darkness 110
He has realized my desires 111
He leads with justice 358
He leads the humble 272
He restores to health my wounds 55
He takes care of the way where the virtuous go 269
He visits his vineyard 364
He welcomes in his house 283
He welcomes the wretched and he frees
the oppressed 325
His goodness makes us grow 358
His mercy is eternal 291
Hoarding wealths 209
Holding your head high 66
House of blessing 393
House of holiness 391
House of justice 392
House of prayer also in the night 394
I am also anorexic 25
I am hated by many 37
I am looking forward to serenity 26
I am near the grave 52
I feel as a foreigner 26
I find myself in hard fight: 35
I have always sought honesty 57

I Have been recovered 111
 I have fallen in deep waters 50
 I offer you gifts 113
 Ignoring the presence of God 200
 Imitating the justice of God 276
 In dangers 101
 In the abandonment 99
 In the hands of the enemies 55
 In the oppression 98
 In the sin, without fear of God 258
 In the traps 36
 In the trouble and in pain 369
 In the worry and in the pain 48
 In the worry, in the fear 103
 In trouble crying to the Lord 314
 In your will my joy 153
 Insistent prayer 8
 INTERCESSION 13
 Intimacy with God 174
 INTIMACY WITH GOD 396
 Invocation to God in bad luck 415
 Invoking God's mercy 382
 Invoking him in poverty and in unhappiness 311
 Invoking him with the water up to the throat 310
 Involvement in the depth and testimony 172
 Jesus Christ realizes the promise 411

Joy among friends 248
 JOY 142
 Just like a lost sheep 34
 JUST, POOR, OPPRESSED 250
 Justice, loyalty 183
 Keeping faithful to the alliance 410
 Leaving a good memory 196
 Liars 36
 Liberation 158
 Life lost in the wind 219
 Life, brief, but full of pain 21
 Light on the path 180
 Lighted up by his face 402
 LIMIT 74
 Listen to me, God 49
 Living correctly 252
 Living for him 162
 Living for peace 158
 Living in the house of the Lord 3
 Living in the house of the Lord 397
 Living in the innocence for always having
 a house 171
 Living in the violence and in the quarrels 205
 Living with joy in the house of God 390
 Living with rectitude 187
 LONELINESS 23

Looking for God with pure heart 317
 Looking for the light of God 161
 Looking for the will of the Lord 315
 Maintaining the trust in ourselves 47
 Make me feel your voice 30
 Make me go up again from the abyss 51
 Making free from the lie 316
 Manufacturing idols 214
 Marked by our pain 75
 MERCIFUL GOD 283
 Murmuring against God 210
 Murmuring day and night his law 170
 My enemies are losers 37
 My exile 60
 My God, why do you desert me ? 29
 My people's defeat 56
 Near the Lord is the forgiveness 291
 NEGATIVE STATES OF MIND 15
 Nobody helps me 47
 Nostalgia of the house of God 394
 Nourishment of the soul 386
 Objective: serving God 89
 Observing his law 167
 Old age hails the power of God 346
 On the cliff of God 303
 On the threshold of the death 46

Only Good builds the house 299
Only you can guard me 36
Oppressed by guilt 49
Oppressed by our guilt 75
Our knowledge of God 418
Our pain in his hands 16
Our thirst for God 398
Overcoming hostility 4
Overcoming the fear, the pain 93
Pain 35
Patient and merciful judge 279
Paying for the friend 235
PEACE 156
Peace in the lips, malice in the heart 201
Peace, the becoming of the humanity 157
Perceiving the presence of God 194
Perfection, light and joy of the law 171
Persecuted 35
PERSECUTION 35
Pity and tenderness is the Lord 290
Place of joy 387
Place of praise and exultation 384
Poor and miserable, but with God 252
POSITIVE STATES OF MIND 62
PRAISE 119
Praise of the creation 138

Praising God among friends 245
 Praising him in the heart of the night 134
 Praising his mercy 136
 Praising the word of God 124
 PRAYER, INVOCATION pag. 2
 Praying and devoting to the others 10
 Praying from the depth 10
 Preferring God to earthly goods 63
 Preferring God to the powerful 266
 Preparing tools of death 199
 PRIZE 192
 Proclaiming friends the fidelity to God 237
 PUNISHMENT 219
 Punishment as correction 224
 Putting roots in the house of the Lord 388
 Recognizing the hand of God 296
 REPENTANCE 80
 Repentance, point of arrival in life and history 81
 Request of salvation 2
 REQUEST TO GOD 1
 Residing in the sepulchres 225
 Residing with God 373
 Return to God 85
 Saved by the persecutors 308
 Saved by the swamp of the death 306
 Saved from bad luck and from pain 307

Searching after justice 175
Seeking his will 164
Sent out from the house of God 230
Serenity in life 156
Serving idols 202
Serving the Lord in the joy 188
SHELTER IN GOD 98
Sign of his presence 384
SIN, EVIL 198
Singing 126
So much pain, but there you are 19
SPEECH ON GOD 268
Stamping and killing 213
Strong in the name of the Lord 44
Struck by God 228
Stunned 46
SUFFERING 16
Suffering in the body 16
Supported by the grace of God 70
Taking care of the weak 186
Taking shelter under the wings of God 313
Talking to deception 217
Teaching friends the fear of God 236
Telling closeness to God 240
Thankful to God 328
Thanksgivng prayer 115

Thanks for salvation 309
 Thanks for the liberation 365
 THANKSGIVING 110
 The bless of the Lord 156
 The cheerful quiver of the creation 414
 The commandments, refusal of the lie 181
 The confession of guilts 285
 The cosmic praise 421
 The creation as work of God 340
 The decrees of the Lord are our guide 366
 The desire of living in his house 385
 The divine life in us 326
 The eternal justice 280
 The eternal power of God 351
 The faith that overcomes the betrayal 28
 The family, God's house 395
 The family, solid friendship in God 247
 The fidelity to God has a price 40
 The finality of the creation
 and of the redemption 420
 The God of heaven is close to us 372
 The goodness of God 121
 The grace of God 145
 The great plans of God for his friends 248
 The greatness of God 119
 The history of Israel: work of God 346

The history of the people: work of God 343
 The holy fear of God 176
 The hope in your word 22
 The house for a long time desired 393
 The joy of salvation 149
 The joy of the creation 148
 The joy of the return 147
 The joy that overcomes the possession 142
 The joy to belong to Jerusalem 155
 The joy to have children 154
 The man whom he defends 414
 The merry welcoming of God 415
 The moment of pain 19
 The new song 130
 The offence to God 83
 The one who is far from you seems fortunate 63
 The path of the life found again 143
 The people's return to God 418
 The persecution of the just 38
 The praise of the one who is saved 414
 The promise for all the people 407
 The promise to Abraham 407
 The prosperity that blinds 64
 The request of forgiveness 417
 The salvation of the poor man
 and the unhappy 95

The strength of the good conscience 71
 The time as expectation of God 91
 The truth of the commandments 179
 The universal praise 131
 The zeal for the house of God 389
 They are a pack of dogs 37
 They are merciless 260
 They boast and they despise God 255
 They boast of the evil 261
 They confide only in their strength 260
 They consider God absent 256
 They don't fear God 262
 They have given me for done 29
 They have given me vinegar 27
 They kill 259
 They live of frauds and of deception 255
 They make me bad for well 28
 They persist in making the evil 262
 They steal 259
 They want my death 39
 Thirsting for God 165
 Those friends who will come 240
 Those sores which don't heal 48
 Those who belong to his people 404
 Those who do not use mercy 216
 Those who look for the Lord don't miss
 of anything 251

To be blessed 14
 To be near to him 400
 To tense hands 11
 Tormented night and day 46
 Total abandonment to God 108
 Towards the life, the light, the joy 87
 TROUBLE 46
 Trust and fidelity in God 106
 Trust in the grace of God 92
 Trusting in God protects us in the test 43
 Trusting in him 163
 Victims of their own plots 220
 Walking along his paths to be saved 312
 Walking in the paths of the Lord 191
 Walking with pure heart 167
 War in the heart 206
 What counts is only the grace of God 79
 When the fortune of the other is envied 63
 Why envying the wicked ? 263
 WICKED, BOSSY, CRUEL 255
 Winning the discouragement 65
 Winning the fear 67
 Wisdom, fruit of the observance 179
 Wishes for the job of the friend 239
 Wishes to the friend 237

With God we will make great things 298
With the sin we hurt us 377
Without future 223
You are my shelter 38
You give me life 61
You love me 37
Your hand weighs on me 48

INDEX OF THE THEMES

Note: the final number points out the page

I - REQUEST TO GOD pag. 1

1. PRAYER, INVOCATION pag. 2

1. Request of salvation pag 2

2. Living in the house of the Lord pag 3

3. Overcoming hostility pag 4

4. Finding a shelter 6

5. Insistent prayer 8

6. Praying and devoting to the others 10

7. Praying from the depth 10

8. To tense hands 11

2. INTERCESSION 13

1. For tried people 13

2. For the believers 13

3. For those who have to change life 14

4. To be blessed 14

II – NEGATIVE STATES OF MIND 15

3. SUFFERING 16

1. Our pain in his hands 16

2. Suffering in the body 16

3. Feeling innocent 17

4. After the weeping the joy 17

5. A life of suffering 18

6. So much pain, but there you are 19

7. The moment of pain 19

8. Life, brief, but full of pain 21

9. The hope in your word 22

4. LONELINESS 23

1. Also God seems to be far! 23

2. Everybody shrinks from my wounds 23

3. Even friends go away from me 24

4. At least you stand by me 24

5. A life of loneliness 25

6. I am also anorexic 25

7. I feel as a foreigner 26

8. I am looking forward to serenity 26

5. BETRAYAL 27

1. Betrayed by the friend 27

2. They have given me vinegar 27

3. They make me bad for well 28

4. The faith that overcomes the betrayal 28

6. FEELING OF SURRENDER 29

1. They have given me for done 29

2. My God, why do you desert me ? 29

3. Abandoned by my parents 30

4. Make me feel your voice 30

5. Don't leave me alone in my life 32

6. Existential loneliness 33

7. Just like a lost sheep 34

7. PERSECUTION 35

1. I find myself in hard fight: 35

a. around me lie 35

b. pain 35

c. persecuted 35

d. in the traps 36

e. liars 36

f. only you can guard me 36

h. you love me 37

i. they are a pack of dogs 37

l. I am hated by many 37

m. my enemies are losers 37

n. you are my shelter 38

o. free me! 38

2. The persecution of the just 38

3. They want my death 39

4. The fidelity to God has a price 40

5. All against me 40

6. Hated by my brothers without reason 42

7. Trusting in God protects us in the test 43

8. Strong in the name of the Lord 44

9. Faithful to God in the persecution 45

8. TROUBLE 46

1. Stunned 46

2. *On the threshold of the death* 46
3. *Tormented night and day* 46
4. *Nobody helps me* 47
5. *Maintaining the trust in ourselves* 47
6. *In the worry and in the pain* 48
7. *Your hand weighs on me* 48
8. *Those sores which don't heal* 48
9. *Oppressed by guilt* 49
10. *Listen to me, God* 49
11. *Death's terrors* 50
12. *I have fallen in deep waters* 50
13. *Make me go up again from the abyss* 51
14. *I am near the grave* 52
15. *A life of persecution* 52
16. *Don't hide your face to me* 53

9. DEFEAT 55

1. *Feeling as a worm* 55
2. *In the hands of the enemies* 55
3. *He restores to health my wounds* 55
4. *My people's defeat* 56
5. *Defeated in the friendship* 56
6. *I have always sought honesty* 57
7. *After the defeat darkness and death* 58
8. *My exile* 60
9. *You give me life* 61

III- POSITIVE STATES OF MIND 62

10. FORTUNE 63

- 1. The one who is far from you seems fortunate 63**
- 2. Preferring God to earthly goods 63**
- 3. When the fortune of the other is envied 63**
- 4. The prosperity that blinds 64**
- 5. Don't envy the wealth 64**
- 6. Don't envy the arrogant persons 64**
- 7. Winning the discouragement 65**

11. COURAGE, STRENGTH 66

- 1. Holding your head high 66**
- 2. Winning the fear 67**
- 3. Supported by the grace of God 70**
- 4. The strength of the good conscience 71**

12. LIMIT 74

- 1. Brevity of life 74**
- 2. Oppressed by our guilt 75**
- 3. Marked by our pain 75**
- 4. A fragile existence 76**
- 5. God chooses the weak 77**
- 6. What counts is only the grace of God 79**

13. REPENTANCE 80

- 1. Fruit of the true wisdom 80**
- 2. Repentance, point of arrival in life
and history 81**

3. *Detesting sin* 82
4. *The offence to God* 83
5. *Return to God* 85
6. *Towards the life, the light, the joy* 87
7. *Objective: serving God* 89

14. EXPECTATION 91

1. *The time as expectation of God* 91
2. *Trust in the grace of God* 92
3. *Overcoming the fear, the pain* 93
4. *The salvation of the poor man and the unhappy* 95

15. SHELTER IN GOD 98

1. *In the oppression* 98
2. *In the abandonment* 99
3. *In dangers* 101
4. *In the worry, in the fear* 103
5. *God, the only shelter* 105
6. *Trust and fidelity in God* 106
7. *Total abandonment to God* 108

16. THANKSGIVING 110

1. *He has lighted up my darkness* 110
2. *He has realized my desires* 111
3. *I Have been recovered* 111
4. *I offer you gifts* 113
5. *Thanksgiving prayer* 115

17. PRAISE 119

1. *The greatness of God* 119
2. *The goodness of God* 121
3. *Praising the word of God* 124
4. *Singing* 126
5. *Educating to the praise* 127
6. *The new song* 130
7. *The universal praise* 131
8. *Praising him in the heart of the night* 134
9. *Praising his mercy* 136
10. *Praise of the creation* 138

18. JOY 142

1. *The joy that overcomes the possession* 142
2. *The path of the life found again* 143
3. *The grace of God* 145
4. *The joy of the return* 147
5. *The joy of the creation* 148
6. *The joy of salvation* 149
7. *In your will my joy* 153
8. *The joy to have children* 154
9. *The joy to belong to Jerusalem* 155

19. PEACE 156

1. *Serenity in life* 156
2. *The bless of the Lord* 156
3. *Peace, the becoming of the humanity* 157
4. *Liberation* 158

5. Fruit of ethics 158

6. Living for peace 158

IV –ETHICAL RULES 160

20. GOD'S DESIRE 161

1. Looking for the light of God 161

2. Living for him 162

3. Trusting in him 163

4. Seeking his will 164

5. Thirsting for God 165

6. Deciding the holy journey 166

7. Walking with pure heart 167

8. Observing his law 167

21. COMMANDMENT 170

1. Murmuring day and night his law 170

2. Perfection, light and joy of the law 171

3. Living in the innocence

for always having a house 171

4. Involvement in the depth and testimony 172

5. Intimacy with God 174

6. Searching after justice 175

7. The holy fear of God 176

8. God's law, melody of the soul 177

9. The truth of the commandments 179

10. Wisdom, fruit of the observance 179

11. Light on the path 180

12. The commandments, refusal of the lie 181

22. GOOD DEEDS 183

- 1. Justice, loyalty 183*
- 2. Doing the good, living with faith 185*
- 3. Taking care of the weak 186*
- 4. Living with rectitude 187*
- 5. Serving the Lord in the joy 188*
- 6. Giving largely to the poor 189*
- 7. Following with joy the commandments 190*
- 8. Walking in the paths of the Lord 191*

23. PRIZE 192

- 1. Feeling the life that flows in us 192*
- 2. Feeling blessed by God 193*
- 3. Feeling makers of the environment 193*
- 4. Perceiving the presence of God 194*
- 5. Feeling productive 195*
- 6. Leaving a good memory 196*

24. SIN, EVIL 198

- 1. Conspiring against the chosen by God 198*
- 2. Falsehood, adulation 198*
- 3. Preparing tools of death 199*
- 4. Ignoring the presence of God 200*
- 5. Peace in the lips, malice in the heart 201*
- 6. Serving idols 202*
- 7. Enjoying of the fall of the others 203*

8. *Absence of the fear of God* 203
9. *Denying the existence of God* 204
10. *Living in the violence and in the quarrels* 205
11. *War in the heart* 206
12. *Envy of the powerful* 208
13. *Hoarding wealths* 209
14. *Murmuring against God* 210
15. *Don't listen to the voice of God* 211
16. *Stamping and t killing* 213
17. *Hardening our heart* 213
18. *Manufacturing idols* 214
19. *Those who do not use mercy* 216
20. *Talking to deception* 217
25. PUNISHMENT 219

1. *Life lost in the wind* 219
2. *Victims of their own plots* 220
3. *An existence of terror* 221
4. *Destroyed by their own hands* 222
5. *Without future* 223
6. *Punishment as correction* 224
7. *Residing in the sepulchres* 225
8. *Death in the heart* 226
9. *Struck by God* 228
10. *Sent out from the house of God* 230
11. *An existence in the anger* 232

*12. God punishes the cruel,
but he saves the poor 234*

26. FRIENDSHIP IN GOD 235

- 1. God listens to his friends 235*
- 2. Cultivating holy friendships 235*
- 3. Paying for the friend 235*
- 4. Teaching friends the fear of God 236*
- 5. Proclaiming friends the fidelity to God 237*
- 6. Wishes to the friend 237*
- 7. Experiences to tell to our friends 238*
- 8. Being bridge between the friends and God 239*
- 9. Wishes for the job of the friend 239*
- 10. Telling closeness to God 240*
- 11. Those friends who will come 240*
- 12. For the friend consecrated to God 242*
- 13. For the elderly friend 243*
- 14. Cultivating good friendship 244*
- 15. Praising God among friends 245*
- 16. Conducting the friend to God 246*
- 17. The family, solid friendship in God 247*
- 18. The great plans of God for his friends 248*
- 19. Joy among friends 248*

27. JUST, POOR, OPPRESSED 250

- 1. God listens to the poor 250*
- 2. Those who look for the Lord*

don't miss of anything 251

3. Living correctly 252

4. Poor and miserable, but with God 252

28. WICKED, BOSSY, CRUEL 255

1. They boast and they despise God 255

2. They live of frauds and of deception 255

3. They consider God absent 256

*4. God welcomes the humble,
but He rejects the superb 257*

5. In the sin, without fear of God 258

- they kill 259

- they steal 259

- they are merciless 260

- they confide only in their strength 260

- blinded by the prosperity 260

- they boast of the evil 261

- they don't fear God 262

- they persist in making the evil 262

6. God disperses the cruel 263

7. Why envying the wicked ? 263

8. Having a farsighted look 265

9. Preferring God to the powerful 266

V - SPEECH ON GOD 268

29. GOD'S JUSTICE 269

1. He takes care of the way where the virtuous go 269

2. *God as a just judge* 269
3. *He doesn't forget the cry of wretched* 270
4. *God loves the correct things* 271
5. *He leads the humble* 272
6. *He doesn't abandon the virtuous
in the hands of the wicked* 273
7. *God judges in the intimate* 274
8. *Imitating the justice of God* 276
9. *God's a supreme judge* 277
10. *Patient and merciful judge* 279
11. *The eternal justice* 280
30. MERCIFUL GOD 283
 1. *He welcomes in his house* 283
 2. *The confession of guilts* 285
 3. *God's our mercy* 286
 4. *God: mercy and truth* 287
 5. *Good and compassionate is the Lord* 289
 6. *Pity and tenderness is the Lord* 290
 7. *Near the Lord is the forgiveness* 291
 8. *His mercy is eternal* 291
31. GOD ACTS FOR US 295
 1. *God acts in our silence* 295
 2. *Recognizing the hand of God* 296
 3. *With God we will make great things* 298
 4. *Only Good builds the house* 299
32. GOD SAVIOR 300

- 1. God saves the upright hearts 300*
- 2. God saves those who invoke him 301*
- d grants us the revenge 301*
- the cliff of God 303*
- 5. God saves those who fear him 304*
- 6. God saves the creation 305*
- 7. Saved by the swamp of the death 306*
- 8. Saved from bad luck and from pain 307*
- 9. Saved by the persecutors 308*
- 10. Thanks for salvation 309*
- 11. Invoking him with the water up to the throat 310*
- 12. Invoking him in poverty and in unhappiness 311*
- 13. Walking along his paths to be saved 312*
- 14. Taking shelter under the wings of God 313*
- 15. In trouble crying to the Lord 314*
- 16. God breaks our chains 314*
- 17. Looking for the will of the Lord 315*
- 18. Making free from the lie 316*
- 19. God dawn and dew 316*
- 20. Looking for God with pure heart 317*
- 33. GOD GIVER OF LIFE 320*

- 1. God creates life 320*
- 2. God protects life 321*
- 3. God welcomes us from the maternal womb 321*

4. *God as source of life* 323
5. *God will make wars stop* 323
6. *God master of life* 324
7. *He welcomes the wretched*
 and he frees the oppressed 325
8. *God doesn't reject the old* 325
9. *The divine life in us* 326
10. *God protects life* 327
11. *Thankful to God* 328
12. *God nourishes his creatures* 329
13. *God directs existence* 331
14. *God makes man part of life* 332
15. *God takes care of life* 333
16. *God, source of ethical life* 334
17. *God guard of life* 335
18. *Educating to life* 338

34. GOD'S POWER 340

1. *The creation as work of God* 340
2. *The history of the people: work of God* 343
3. *Old age hails the power of God* 346
4. *The history of Israel: work of God* 346
5. *God's omnipotence* 348
6. *The eternal power of God* 351
7. *God's works: truth and justice* 352
8. *God, the immense* 354

35. GOD AS LEADER, GUIDE 358

1. *He leads with justice* 358
2. *His goodness makes us grow* 358
3. *Guide for the correct path* 359
4. *God, our guide* 360
5. *God leads with his advice* 361
6. *He drives us a flock* 362
7. *He visits his vineyard* 364
8. *Thanks for the liberation* 365
9. *The decrees of the Lord are our guide* 366

36. GOD'S PRESENCE 369

1. *In the trouble and in pain* 369
2. *God infuses safety* 369
3. *God nourishes us* 371
4. *God listens to the prayer* 372
5. *The God of heaven is close to us* 372
6. *Residing with God* 373

37. GOD'S ANGER 375

1. *God protects his children* 375
2. *God punishes the cruel* 375
3. *With the sin we hurt us* 377
4. *God's punishment* 378
5. *Crushed by the divine anger* 380
6. *Invoking God's mercy* 382

38. GOD'S TEMPLE 384

1. *Sign of his presence* 384

2. *Place of praise and exultation* 384
3. *The desire of living in his house* 385
4. *Nourishment of the soul* 386
5. *Place of joy* 387
6. *Putting roots in the house of the Lord* 388
7. *Entering his house with full hands* 388
8. *The zeal for the house of God* 389
9. *Living with joy in the house of God* 390
10. *Also the elderly takes fruits
in your house* 391
11. *House of holiness* 391
12. *House of justice* 392
13. *House of blessing* 393
14. *The house for a long time desired* 393
15. *House of prayer also in the night* 394
16. *Nostalgia of the house of God* 394
17. *The family, God's house* 395
39. *INTIMACY WITH GOD* 396
 1. *Acting with justice and loyalty* 396
 2. *Following the path of life and joy* 397
 3. *At the table of God* 397
 4. *Living in the house of the Lord* 397
 5. *Our thirst for God* 398

6. As verdant olive tree in the house of God 399

7. To be near to him 400

8. God's priest 402

9. Lighted up by his face 402

40. GOD'S PROMISE 404

1. Those who belong to his people 404

2. For the one who shares the project of God 405

*3. For the one who has established the alliance
with the sacrifice 406*

4. The promise for all the people 407

5. The promise to Abraham 407

6. Keeping faithful to the alliance 410

7. Jesus Christ realizes the promise 411

41 GOD'S GLORY 414

1. The man whom he defends 414

2. The cheerful quiver of the creation 414

3. The praise of the one who is saved 414

4. The merry welcoming of God 415

5. Invocation to God in bad luck 415

6. The request of forgiveness 417

7. The people's return to God 418

8. Our knowledge of God 418

*9. The finality of the creation
and of the redemption 420*

10. The cosmic praise 421

Listing of the psalms in the Vulgate (= liturgical use)

text	<i>vulgate</i>	text	<i>vulgate</i>	text	<i>vulgate</i>
1	1	33	32	65	64
2	2	34	33	66	65
3	3	35	34	67	66
4	4	36	35	68	67
5	5	37	36	69	68
6	6	38	37	70	69
7	7	39	38	71	70
8	8	40	39	72	71
9-10	9	41	40	73	72
11	10	42-43	41-42	74	73
12	11	44	43	75	74
13	12	45	44	76	75
14	13	46	45	77	76
15	14	47	46	78	77
16	15	48	47	79	78
17	16	49	48	80	79
18	17	50	49	81	80
19	18	51	50	82	81
20	19	52	51	83	82
21	20	53	52	84	83
22	21	54	53	85	84
23	22	55	54	86	85
24	23	56	55	87	86
25	24	57	56	88	87
26	25	58	57	89	88
27	26	59	58	90	89
28	27	60	59	91	90
29	28	61	60	92	91
30	29	62	61	93	92
31	30	63	62	94	93
32	31	64	63	95	94

Listing of the psalms in the Vulgate (= liturgical use)

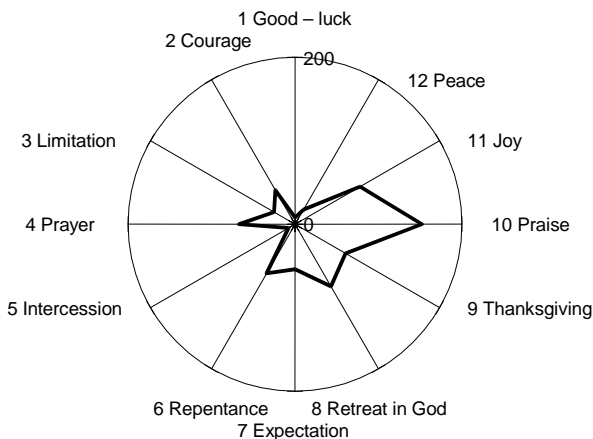
text	<i>vulgate</i>	text	<i>vulgate</i>
96	95	126	125
97	96	127	126
98	97	128	127
99	98	129	128
100	99	130	129
101	100	131	130
102	101	132	131
103	102	133	132
104	103	134	133
105	104	135	134
106	105	136	135
107	106	137	136
108	107	138	137
109	108	139	138
110	109	140	139
111	110	141	140
112	111	142	141
113	112	143	142
114	113A	144	143
115	113B	145	144
116	114-115	146	145
117	116	147	146-147
118	117	148	148
119	118	149	149
120	119	150	150
121	120		
122	121		
123	122		
124	123		
125	124		

Themes in the Psalms

The orientation in the reading of the psalms requires, first of all, the identification of the topics presented in the text, which will be elaborated, heard and owned by the reader.

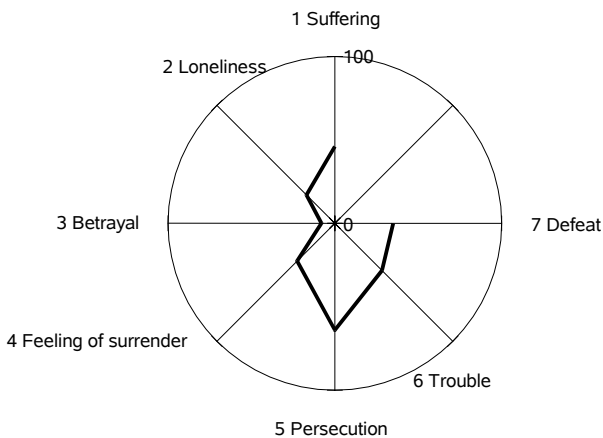
To such end we consider useful to provide, as follows, some simple graphs related to the themes presented in the psalms.

POSITIVE STATES OF MIND



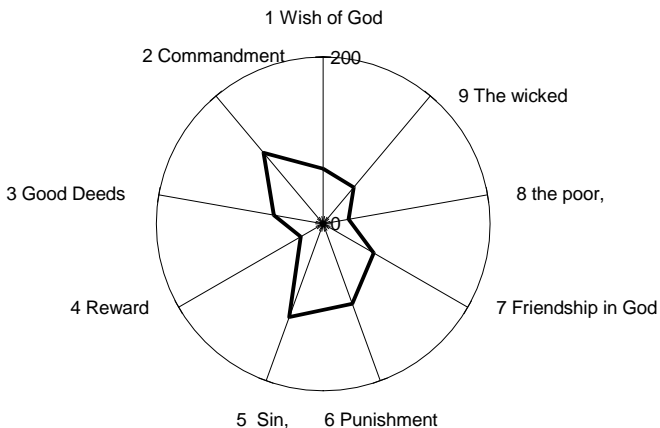
*Graphs 1: Positive states of mind
in the psalms*

Negative states of mind



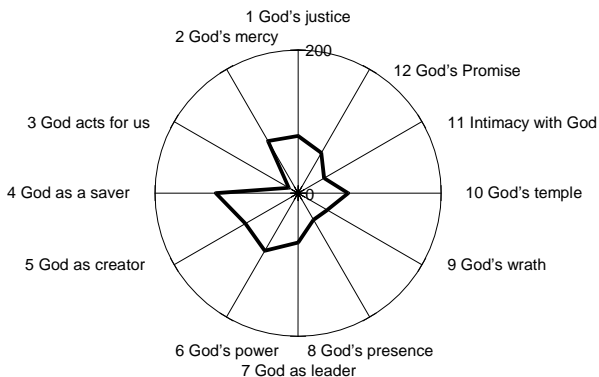
Graphs 2: Negative states of mind
in the psalms

BEHAVIOR AND ETHICAL RULES



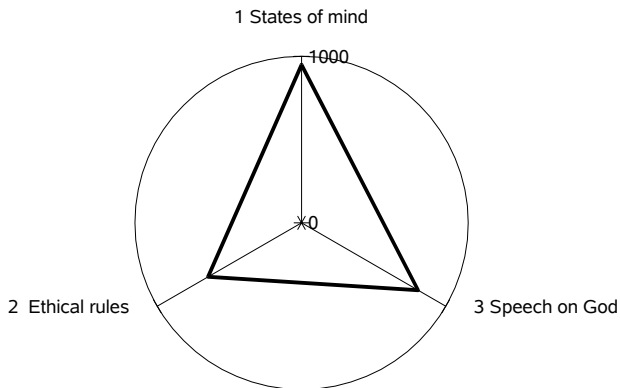
Graphs 3: Behavior and ethical rules in the psalms

SPEECH ON GOD - THEOLOGY



Graphs 4: Speech on God – Theology in the psalms

PSALM TOPICS



*Graphs 5: Allocation of the subjects
in the Psalms*

Learning from the psalms

It's useful to make reference to 4 types of learning:

1. Education of feeling
2. Ethical debate
3. Religious path
4. Landing to Christ.

Of every psalm there should be underlined the themes present to an existential and dialogical deeping of the 4 types of learning.

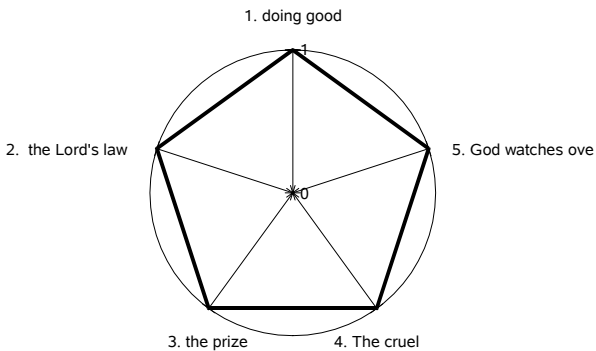
So in psalm 1, to deepen the development of religiosity, it will be possible to face the following topics:

1. doing good
2. the Lord's law
3. the prize
4. the cruel
5. God watches over the path of the virtuous

In psalm 2 it will be possible to face the following topics:

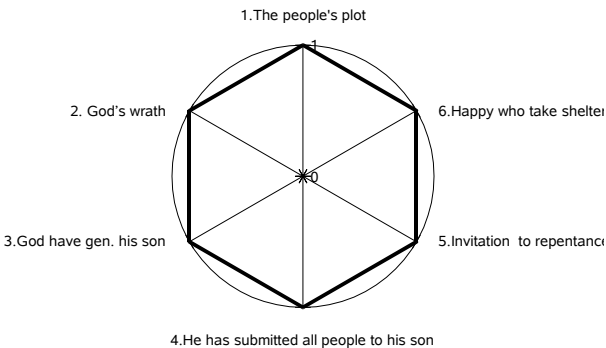
- 1.the people's plot
- 2.God's wrath
- 3.God has generated his son
- 4.He has submitted all people to his son
- 5.Invitation to repentance
- 6.Happy the one who takes shelter in him

Themes of Psalm 1



Graphs 6: Themes of psalm 1

Themes of Psalm 2



Graphs 7: Themes of psalm 2

GENERAL INDEX

Presentation

- The psalms for topics pag 1
 - I-Request to God pag 1
 - II-Negative states of mind pag 15
 - III-Positive states of Mind pag 62
 - IV-Ethical rules pag 160
 - V-Speech on God 268
- Index for matters pag 423
- Index of the themes pag 442
- Themes in the psalms pag 463
- Learning from the psalms pag 469
- General Index pag 473

Publications by Mastru:

- *The psalms read in Tarsis*
- *Psalms to revive*
- *The pictographs of Tarsis*