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Introduction

A psalm is a song that we sing to God.

The songs in this book were first sung thousands of years ago, by ancient musicians who sang in Hebrew. Today, the Psalms are known in almost every language that humans speak. But something happened as these songs moved around the world: they lost their music. In some places, the Psalms are still sung, but many people today think of Psalms as a book. They may know the words, but not the melodies.

The poems in this book were written to help us remember that the Psalms are songs. They aren't set to music, but they have music in them: rhymes and rhythm that make them easy to recall. But these poems are also faithful to the language of the Psalms themselves, drawing from the Hebrew and respected English translations and taking inspiration from poets who have brought the Psalms into English through the ages. The poems stick close to the original language, so that anyone who hears them can recognize these psalms when they encounter them again, anywhere else in life.

One of the most important things these songs show us is how many different ways there are to talk to God. Sometimes the writers of the Psalms are full of joy. Sometimes they have no hope at all. Sometimes they're angry, at the world or at God. Sometimes they're dazzled by the



beauty of God's world. Sometimes they hurt so much that all they can do is cry. Sometimes they call out to God about all the things they need. Sometimes the thought of God's love overwhelms them. But no matter how the writers of the Psalms feel, or what's happening to them, they bring it all to God: their mess and their trouble, their joy and their pain.

And they go to God together. Some of the psalms describe feelings so deep that when we feel that way, we might try to hide it, even from our friends and families. But the psalms were gathered into a book so that people could sing these songs together. They show us that it is good to tell each other the truth about our lives, and to share each other's joys and burdens.

We might feel like we need to know just what to say or do before we try to talk with God. But the Psalms help us see that we can go to God when we're scared or angry, lonely or confused, when we've done something wrong, when we need help, when we don't know what to do—and when we're full of love or hope.

And the Psalms tell us something else: no matter how we feel or what we're going through, God is always the same. God cares about the big and small things we face every day, from the tears we cry to the songs we sing.

And when we bring everything we have to God, God can turn all of it—our mess and our trouble, our joy and our pain—into beautiful songs that bless the whole world.



Psalm 19

The skies tell God's glory all over the world.

By day they speak,
by night they teach,
without a word.

But there isn't any place their voice isn't heard.

God built a home in heaven for the sun,
who comes out like a groom or a hero who loves to run.
From end to end of the sky, it sheds warmth on everyone.
God's teaching is perfect: it brings our souls back to life.
And we can trust God's word to make the simple wise.
God's ways are fair and make our hearts delight.
God shows us what to do and fills our eyes with light.

Awe for God is pure
and outlasts all time.
God's justice is true,
and all God's laws are right.
They're better than the purest gold
or honey straight from the comb.
Sometimes they warn us.
Sometimes they lead us to great rewards.

But can anybody see
all their own mistakes?
Keep me from the hidden ones
I don't know I make.
Don't let me choose to break your law.
Don't let evil rule me.
Then I will be innocent of great crimes,
wholehearted and complete.

May these words from my mouth and the music that rings through my heart please you when you see them, O God, who rescues me, my sheltering rock.



