

## **THE PSALMS in Metre**

Adapted from the 1640 Bay Psalm Book  
by A. D. Aardsma

PSALM 1 3-23-2016

The benefit of following the Lord.

- 1 O blessed man, that in the counsel  
of the wicked does not walk;  
nor stands in sinners way, nor sits  
in seat of scornful folk.
- 2 But in the Law of God, his Lord,  
is his longing and delight;  
and in this Law he meditates,  
by day as well as night.
- 3 And he shall be like to a tree  
planted beside a river;  
that in his season yields his fruit;  
his leaf shall never wither;
- 4 And all he does shall prosper well.  
The wicked are not so:  
but they are like unto the chaff  
which wind drives to and fro.
- 5 Therefore shall not ungodly men  
stand in the day of doom,  
nor shall the sinners with the just  
in their assembly come.
- 6 For of the righteous, God, Himself,  
acknowledges the way;  
but any way the ungodly go,

leads surely to decay.

PSALM 2 3-24-2016

A prophecy of coming judgment and justice by Christ upon those who hate Him.

- 1 Why rage the heathen furiously;  
muse vain things, as they do?
- 2 Kings of the earth do set themselves;  
Princes consult, too . . .

with one consent against the Lord  
and his Anointed One.

- 3 “Let us asunder break these bands;  
their cords be from us thrown.”

- 4 Seated in heaven, God shall laugh  
and mock them; then will he
- 5 in ire and wrath speak to them  
and vex them suddenly.

- 6 But on my holy hill of Zion,  
have I my King anointed.

- 7 And on this hill will I declare  
the things that are appointed:

God spake to me, “Thou art my Son:  
this day I thee begot.

- 8 Ask thou of me, and I will give  
the Heathen for thy lot.

And of the earth thou shalt possess  
the utmost coasts abroad.

- 9 Thou shalt them break as potters’ shards  
and crush with iron rod.”

- 10 And know, ye Kings; be wise, be learn'd;  
Ye judges of earth, hear:  
11 Serve ye the Lord with reverence.  
Rejoice in him with fear.
- 12 Kiss ye the Son, lest he be wroth  
and ye fall in your way;  
for quickly burns his wrath. Oh, blessed  
are all that on him stay!

PSALM 3 3-24-2016

*A psalm of David when he fled from the face of Absalom, his son.*

Trusting in God when pursued by enemies.

- 1 O Lord, how many are my foes!  
How many against me stand!  
2 Many say of my soul, "No help  
in God for him is at hand".
- 3 But thou, Lord, art my shield, my glory,  
and the uplifter of my head.  
4 With voice to God I called, who from  
his holy hill me answered.
- 5 I laid me down, I slept, I waked,  
for the Lord my soul upheld.  
6 Ten-thousand foemen may surround;  
of them my fears I've quelled.
- 7 Arise, O Lord! Save me, my God:  
all mine enemies thou hast stroke  
upon the cheekbone: and the teeth

of the ungodly thou hast broke.

- 8 This, and all such salvation,  
belongeth to Jehovah.  
Thy blessing is, and let it be  
upon thine own. Selah.

PSALM 4 3-25-2016

*To the chief Musician on Neginoth, a psalm of David.*

Trusting God at all times.

- 1 God of my justice, when I call,  
answer me when distressed.  
Thou hast relieved me: show me grace,  
and hear thou my request.
- 2 Ye sons of men, my glory turn  
to shame how long will you?  
How long will ye love vanity,  
and still deceit pursue?
- 3 But know, the Lord doth for himself  
set apart his gracious saint:  
the Lord will hear when I to him  
do pour out my complaint.
- 4 In your anger, do not sin.  
Confide seriously  
within your heart upon your bed  
and wholly silent be.
- 5 Let sacrifices of righteousness  
for sacrifices be,  
and confidently put your trust  
on Jehovah, so do ye.

- 6 Many there be that say, "O who  
will cause us good to see?"  
The light, Lord, of thy countenance  
let on us lifted be.
- 7 Thou hast put gladness in my heart  
more than the time wherein  
their corn and also their new wine  
have much increased been.
- 8 In peace with him I will lie down,  
and take my sleep will I:  
for thou, Lord, mak'st me dwell alone  
in confident safety.

PSALM 5 3-26-2016

*To the chief Musician upon Nehiloth, a psalm of David.*

Walking uprightly before God and trusting Him for deliverance.

- 1 Hear thou my words and understand  
my meditation, Jehovah.
- 2 My King, my God, attend the voice  
of my cry: for to thee I pray.
- 3 At morn, Jehovah, thou shalt hear  
my voice: to thee I will address
- 4 at morn, I will look up. For thou  
art not a God lov'st wickedness.  
Neither shall evil with thee dwell.
- 5 Vain glorious fools before thine eyes  
shall never stand: for thou hatest

all them that work iniquities.

- 6 Thou wilt bring to destruction  
the speakers of lying falsehood.  
The Lord will make to be abhorred  
the man deceitful and of blood.
- 7 But I will come into thine house  
in multitude of thy mercy:  
and will in fear of thee bow down  
in temple of thy sanctity.
- 8 Lead me forth in thy righteousness.  
Because of mine observing spies,  
O Jehovah, do thou thy ways make straight,  
and plain before mine eyes.
- 9 For there no truth is in his mouth;  
their inward part - iniquities;  
their throat an open sepulcher;  
their tongue is bent to flatteries.
- 10 O God make thou them desolate;  
from their own plots let them fall far.  
cast them out in their heaps of sins  
for they against thee rebels are.
- 11 And all that trust in thee shall joy  
and shout for joy eternally  
and thou shalt them protect: and they  
that love thy name shall joy in thee.
- 12 For thou Jehovah wilt bestow  
a blessing on the righteous one  
and wilt him crown as with a shield  
with gracious acceptance.

PSALM 6 3-27-2016

*To the chief Musician on Neginoth upon Sheminith, a psalm of David.*

A cry to God in great weakness for healing.

- 1 Lord, in thy wrath rebuke me not,  
nor in thy hot wrath chasten me.
- 2 Pity me, Lord, for I am weak.  
Lord heal me, for my bones vexed be.
- 3 Also, my soul is troubled, for  
how long, Lord, wilt thou me forsake?
- 4 Return, O Lord, my soul release.  
O, save me for thy mercy's sake!
- 5 In death no memory is of thee,  
and who shall praise thee in the grave?
- 6 I faint with groans, all night my bed  
swims, I with tears my couch washed have.
- 7 Mine eye with grief is dim and old  
because of all mine enemies.
- 8 But now depart away from me,  
all ye that work iniquities:  
  
For Jehovah even now hath heard  
the voice of these my weeping tears;
- 9 Jehovah hears my humble suit;  
Jehovah doth receive my prayers.
- 10 Let all mine enemies be ashamed  
and greatly troubled let them be;  
yea, let them be returned back,

and be ashamed suddenly.

PSALM 7 3-29-2016

*Shiggaion of David which he sang to Jehovah upon the words of Cush, the Benjamin.*

Trusting God for help against a powerful enemy.

- 1 O, Lord, my God, in thee  
I do my trust repose.  
Save and deliver me from all  
my persecuting foes.
- 2 Lest like a lion he  
my soul in pieces tears;  
rending asunder, while there is  
not one deliverer.
- 3 Jehovah, O, my God,  
if this thing done have I:  
If so there be within my hands  
wrongful iniquity;
- 4 If I requited ill  
the man with me at peace,  
(yea I have him delivered  
that was my foe, causeless)
- 5 Let foe pursue my soul,  
and take, and tread to clay  
my life: and honor in the dust  
there let him wholly lay.
- 6 Arise, Lord, in thy wrath,  
for th' enemies' fiercedness  
be thou lift up, and wake to me  
judgement thou didst express.**
- 7 So, thee encompass round  
shall peoples' assembly;**

**and for the same do thou return  
unto the place on high.**

8 The Lord shall judge the folk;  
Jehovah, judge thou me  
according to my righteousness,  
and mine integrity.

9 Let all mens' malice cease,  
but do the just confirm.

For thou who art the righteous God  
dost heart and reins discern.

10 For God, my shield, the right  
in heart he saved hath.

11 The God that doth the righteous judge  
yet daily kindleth wrath.

12 If he do not return,  
his sword he sharp will whet:

His bow he bended hath, and he  
the same hath ready set.

13 For him he hath prepared  
the instruments of death;

For them that holy be secure,  
his arrows he sharpeneth.

14 Behold he travaileth  
of vain iniquity:

a toilsome mischief he conceived,  
but shall bring forth a lie.

15 A pit he digged hath,  
and delved deep the same:

but fall'n he is into the ditch,  
that he himself did frame.

16 His mischievous labour  
shall on his head turn down:

and his injurious violence  
shall fall upon his crown.

17 Jehovah I will praise  
for his just equity;

and I will sing unto the name  
of Jehovah most high.

PSALM 8 3-31-2016

*To the chief Musician upon Gittith, a psalm of David.*

Praising God for His goodness to mere man.

- 1 O, Lord, our God in all the earth,  
how's your name wondrous great!  
who has your glorious majesty  
above the heavens set.
- 2 Out of the mouth of sucking babes  
your strength you did ordain,  
that you might still the enemy  
and them that you disdain.
- 3 When I your fingers' work — your heavens,  
the moon and stars — consider,
- 4 which thou hast set, What's wretched man  
that thou dost him remember?  
or what's the son of man, that thus  
him visited thou hast?
- 5 For next to angels, thou hast him  
a little lower placed,  
and hast with glory crowned him,  
and comely majesty:
- 6 And on they works hast given him,  
lordly authority.
- 7 All hast thou put under his feet;  
all sheep and oxen, yea
- 8 and beasts of field, fowls of the air,  
and fishes of the sea,  
and all that pass through paths of seas.
- 9 O, Jehovah, our Lord,

how wondrously magnificent  
is thy name through the world!

PSALM 9 4-1-2016

*To the chief Musician upon Muth-Labben, a psalm of David.*

A song of thanks to God for great victory.

- 1 Lord, I'll praise you, with all my heart;  
your wonders, I'll proclaim.
- 2 I will be glad and joy in you;  
Most High, I'll sing your name.
- 3 In turning back my foes, they'll fall  
and perish at your sight;
- 4 For you maintained my right and cause:  
Inthroned, sat judging right.
- 5 The heathen and the wicked,  
you have checked and have destroyed;  
their names you've razed forever.
- 6 Your ruins, foe, for aye are done-  
who made their towns decay.  
Their memory with them is lost.
- 7 Yet ever sits the Lord:  
his throne to judgment he prepares;
- 8 With right he'll judge the world.  
He to the folk shall minister  
judgment in uprightness.
- 9 The Lord is for the oppressed a fort:  
a fort in times of stress.
- 10 Who knows your name will trust in you,  
nor do you, Lord, forsake,
- 11 them that seek you. Psalms to the Lord  
that dwells in Zion, make:  
declare among the folk his works.

- 12 For blood, when he does seek,  
he them remembers: nor forgets  
the crying of the meek.
- 13 Jehovah, mercy on me have,  
from them that do me hate.  
Mark mine afflictions that arise;  
Lift me from death's gate.
- 14 That I may tell in the gates of  
the Daughter of Zion  
your praises, all, and may rejoice  
in your wonderful salvation.
- 15 The heathen are sunk down into  
the pit that they had made:  
their own foot is taken in the net  
which secretly they laid.
- 16 By judgment which he executes  
Jehovah is made known:  
the wicked is snared by his own hand.  
[Let there be deep meditation.]
- 17 The wicked shall be turned to Hell,  
and all who God forget.
- 18 Forgot - the needy shall never be;  
the poor's hope ne'er failed him yet.
- 19 Arise, O Lord, lest men prevail.  
Judge the heathen in thy sight.
- 20 That they may know they be but men,  
the nations, Lord, affright.      Selah

PSALM 10 4-4-2016

A plea to God for help against unjust persecutors.

1 Why do you stand afar off, Lord?

- Why hide in times of strait?
- 2 In pride the wicked persecutes  
the poor afflicted wight.  
Snare them in their contrived plots:
  - 3 for of his heart's desire  
the wicked boasts, and the covetous he blesses,  
stirring up God's ire.
  - 4 The wicked one by reason of  
his countenances's pride  
will not seek after God: no God  
in all his thoughts abides.
  - 5 His ways do always bring forth grief.  
On high, your judgments be  
above his sight. His pressing foes -  
puff at them, all, will he.
  - 6 Within his heart he so has said,  
"I moved shall not be  
from aye to aye, because I am  
not in adversity."
  - 7 His mouth with cursing filled is;  
with deceits and fallacy:  
under his tongue perverseness is;  
also iniquity.
  - 8 In the close places of the towns  
he sits, in secret dens.  
He slays the harmless; against the poor  
slyly his eye down bends.
  - 9 He closely lurks as the lion lurks  
in order the poor to catch.  
He lurks, and trapping them in his net,  
the afflicted poor doth snatch.
  - 10 Down doth he crouch, and to the dust  
humbly he bows, withal:  
so that a multitude of poor  
in his strong paws may fall.
  - 11 He says in his heart, "God has forgot;

- he hides his face away,  
so that he will not see this thing  
unto eternal aye.”
- 12 Arise, O Lord! Rise up, O God!  
Lift up your hand on high!  
Let not the meek afflicted one  
be out of memory.
- 13 Wherefore should the ungodly man  
condemn the Almighty One?  
He says in his heart, “You will not  
make inquisition.”
- 14 You see, for you mark wrong and spite,  
with your hand to repay.  
The poor leaves it to you. You are  
of fatherless the stay.
- 15 So, break the arm of the wicked  
and, of the evil doer,  
search out all his impiety,  
until you find no more.
- 16 Jehovah, King forever is,  
and to eternal aye.  
Out of his land the heathen folk  
are perished away.
- 17 The meek, afflicted man’s desire,  
Jehovah, you do hear;  
you will surely strengthen their heart;  
and make attend thine ear:
- 18 To judge the fatherless and distressed,  
that the ungodly of this world  
may no longer be allowed  
to terrify or oppress.

PSALM 11 4-6-2016

*To the chief Musician, a psalm of David.*

A declaration of maintaining integrity and faith in God.

- 1 I in the Lord do trust, how then  
to my soul do you say,  
“As does a little bird, unto  
your mountain fly away”?
- 2 For, lo, the wicked bend their bow,  
their arrows they prepare  
on string; to shoot in dark at them  
in heart that upright are.
- 3 If that the firm foundations  
utterly ruined be,  
as for the man that righteous is,  
what then perform can he?
- 4 The Lord in his holy temple is;  
the Lord’s throne in heaven.  
His eyes will view, and his eyelids  
will prove the sons of men.
- 5 The man that truly righteous is,  
even him the Lord will prove;  
his soul the wicked hates, and him  
that violence doth love.
- 6 Snares, fire, and brimstone he will rain  
ungodly men upon:  
and burning tempest; of their cup  
shall be their portion.
- 7 For Jehovah that righteous is,  
all righteousness does love:  
his countenance the upright one,  
beholding, does approve.

PSALM 12 4-10-2016

*To the chief Musician upon Sheminith, a psalm of David.*

- 1 Help, Lord, for godly men do cease;

- faithful fail men among.
- 2 Each to his friend speaks vanity;  
with flattering lips and tongue  
and with a double heart they speak.
  - 3 All flattering lips, the Lord  
shall cut them off, with every tongue  
that speaketh boasting word.
  - 4 Thus have they said, "We, with our tongue,  
prevailing power shall get.  
Are not our lips our own, for Lord -  
who - over us is set?"
  - 5 Thus saith the Lord, "For sighs of them  
that want, for poor oppressed,  
I'll now arise. From such as puff,  
will set him safe at rest."
  - 6 Pure are the words the Lord doth speak,  
as silver that is tried  
in earthen furnace seven times,  
that hath been purified.
  - 7 Thou shalt them keep, O Lord, thou shalt  
preserve them, every one,  
forevermore in safety from  
this generation.
  - 8 The wicked men on every side  
do walk presumptuously  
when as the vilest sons of men  
exalted are on high.

PSALM 13 4-10-2016

*To the chief Musician, a psalm of David.*

Calling upon God for rescue.

- 1 O, Jehovah, how long  
wilt thou forget me, aye?

- How long wilt thou thy countenance  
hide from me far away?
- 2 How long shall I counsel  
in my soul take; sorrow  
in my heart daily over me set?  
How long shall be my foe?
- 3 Jehovah, O my God,  
behold me! Answer make!  
Illuminate mine eyes, lest I  
the sleep of death do take;
- 4 Lest my foes say "I have  
prevailed against him!" and me  
those who do trouble do rejoice  
when I shall moved be.
- 5 But, I assured, trust  
have put in thy mercy.  
My heart in thy salvation  
shall joy exceedingly.
- 6 Unto Jehovah I  
will sing, because that he  
for evil bountifully hath  
rewarded good to me.

PSALM 14 4-10-2016

*To the chief Musician, a psalm of David.*

The foolishness of turning from God.

- 1 The fool in his heart saith, "There is no God!"  
They are corrupt; have done  
abominable practices.  
That doeth good, there is none.
- 2 The Lord from heaven looked down  
on sons of men to see  
if any that do understand  
that seeketh God there be.

- 3 All are gone back together; they  
even filthy are become,  
and there is none that doeth good  
no, not so much as one.
- 4 The workers of iniquities -  
have they no knowledge, all,  
that eat my people as they eat bread,  
and on God do not call?
- 5 Therewith, a very grievous fear  
affrighted sore, they were,  
for God in the generation is  
of such as righteous are.
- 6 The counsel you would make, of him  
that poor afflicted is,  
to be ashamed, and that because  
the Lord his refuge is.
- 7 Who - Israel's health - from Zion gives?  
his folks' captivity -  
when God shall turn - Jacob shall joy;  
glad Israel shall be.

PSALM 15 4-10-2016

*A psalm of David.*

A meditation on being close to God.

- 1 Jehovah, who shall in thy tent  
sojourn? And who is he  
shall dwell within thy holy mount?
- 2 He that walks uprightly;  
and works justice; and speaks truth
- 3 In his heart; and with his tongue

he does not slander; neither does  
unto his neighbor wrong;  
and, against his neighbor, that does not  
take up reproachful lies;  
4 He, that an abject person is,  
condemned is in his eyes.  
But he will highly honor them  
that do Jehovah fear;  
And changeth not, though to his loss,  
if that he once do swear;  
5 Nor gives his coin to usury;  
and bribe he doth not take  
against the harmless. He that does  
these things shall never shake.

PSALM 16 4-11-2016

*Michtam of David*

Trusting God for future deliverance.

1 Oh, mighty God, preserve thou me,  
for on thee do I rest.  
2 Thou art my God, unto the Lord,  
my soul, thou hast professed:  
“My goodness reacheth not to thee,  
3 but to the saints upon  
the earth and to the excellent,  
whom all my joy is on.”  
4 They who give gifts to a strange God,  
their sorrows multiply:  
their drink oblations of blood  
offer up will not I.  
Neither, will I into my lips  
the names of them take up.  
5 Jehovah is the portion

of my part, and my cup.  
Thou art maintainer of my lot.  
6 To me the lines fallen be  
in pleasant places: yea, sure is  
the heritage for me.  
7 I will Jehovah humbly bless,  
who hath me counseled.  
Yea, in the night my reins have me  
chastising nurtured.  
8 Jehovah I have always set  
as present before me:  
because he is at my right hand  
I shall not moved be.  
9 Wherefore my heart rejoiced hath,  
and glad is my glory.  
Moreover, also, my flesh shall  
in hope lodge securely.  
10 Because thou wilt not leave my soul  
within the grave to be,  
nor wilt thou give thine holy one  
corruption for to see.  
11 Thou wilt show me the path of life,  
of joys abundant store;  
before thy face, at thy right hand,  
are pleasures evermore.

PSALM 17 4-11-2016

*A prayer of David*

A declaration of steadfastness in God despite impending trouble.

1 Harken, O Lord, unto the right;  
attend unto my cry.  
Give ear unto my prayer that goes  
from lips that do not lie.

2 From thy face, let my judgment come:  
    thine eyes, the right, let see.

3 Thou provest mine heart, thou visitest  
    by night, and triest me -  
    yet nothing findest. I have resolved:  
    my mouth shall not offend.

4 From men's works, by word of thy lips,  
    I spoilers' paths attend.

5 Stay my feet in thy paths, lest my  
6     steps slip. I called on thee,  
    for thou wilt hear. God, hear my speech;  
    incline thine ear to me.

7 O, thou that savest by thy right hand,  
    thy marvelous mercies  
    show unto them that trust in thee,  
    from such as against them rise.

8 As the apple of thine eye, me, keep;  
    in thy wings' shade. Me hide

9 from wicked who me waste. My foes  
    in heart are on each side.

10 Enclosed in their fat they are, and they  
    speak with their mouth proudly.

11 They surround us in our steps. They set  
    on earth their bowed-down eye.

12 His likeness as a lion is  
    that greedy is to tear,  
    in secret places lurking as  
    he a young lion were.

13 Him in his fight, rise! Disappoint!  
    Make him bow down, O Lord!  
    Do thou my soul deliver from  
    the wicked, by thy sword;

14 from mortal men, by thine hand, O Lord;  
    from men that mortal are,  
    and of this passing world, who have  
    within this life their share.

With thy hid treasure, furthermore,  
whose belly thou fillest.

Their sons are filled, and to their babes,  
of wealth, they leave the rest.

15 In righteousness, thy favor, I  
shall very clearly see;  
and waking with thine image, I  
shall satisfied be.