

# **Psalms of Lament**

**Prayers, reflections,  
new hymns, and scripture  
for  
public worship and  
personal devotions**

**from the series:  
Fresh Views of  
Timeless Truths**

**Ken Bible**

**LNW** *hymns*.COM

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## **Psalm 4**

(NASB)

Answer me when I call, O God of my righteousness!  
You have relieved me in my distress;  
Be gracious to me and hear my prayer.

O sons of men, how long will my honor become a reproach?  
How long will you love what is worthless and aim at deception?  
But know that the Lord has set apart the godly man for Himself;  
The Lord hears when I call to Him.

Tremble, and do not sin;  
Meditate in your heart upon your bed, and be still.  
Offer the sacrifices of righteousness,  
And trust in the Lord.

Many are saying, "Who will show us any good?"  
Lift up the light of Your countenance upon us, O Lord!  
You have put gladness in my heart,  
More than when their grain and new wine abound.  
In peace I will both lie down and sleep,  
For You alone, O Lord, make me to dwell in safety.

## Christ in Psalm 4

Sovereign God,  
You have  
    chosen  
    me.

You called me in Christ Jesus.  
You loved me in Christ Jesus.  
You set me apart entirely for Yourself  
    as Your personal treasure  
    in Christ Jesus. (Titus 2:14; 1 Peter 2:9)  
Because I am in Christ Jesus,  
    the evil world hates me  
    as it hated Him. (John 15:18-19)

But You protect me  
    in Him.  
You keep me safe  
    in Him.  
Through every change and  
every circumstance, I am  
    joyful and  
    at peace  
as I trust  
    in Him,  
    Jesus Christ.

Hymn recording: [Christ in Psalm 4](#)

# Christ in Psalm 4

*Psalm 4; John 8:44; 11:25-26; 14:6; Ephesians 1:3-14; Colossians 3:1-4*

♩ = 84    E $\flat$     B $\flat$   
D    D $^7$     G $m$  G $sus$  B $\flat$   
F    C $m$  C $m^9$  F    F $^7$     B $\flat$     B $\flat$  $^6$

*Unison*  
E $\flat$     F    B $\flat$     B $\flat$   
A    E $\flat$     F    B $\flat$ add $^9$     B $\flat$     B $\flat$   
A

1. An - swer when I call,      God, my strong pro - tec - tor.  
2. E - vil is a lie,      Hol - low dis - ap - point-ment,  
3. Hid - den here in You,      Christ, my might - y for - tress,

G $m$     E  
A    F    G $m$     G $m^9$     G $m$     B $\flat$     C $m^7$     C $^7sus$     E $\flat$  $^6$     F $sus$     F $sus$   
C    F

E - vil pulls and pres - sures me, But I am Yours a - lone.  
Mak - ing emp - ty prom - is - es It knows it can - not keep.  
Joy is flow - ing sure and strong From what is al - ways true:

E $\flat$     F    B $\flat$     B $\flat$   
A    E $\flat$     E  
A    F    G $m$     G $m$   
F

You have cho - sen me.      I am in Christ Je - sus,  
Je - sus, You are truth,      Light and love and beau - ty,  
Glo - rious, sov - 'reign God,      Lov - ing friend and Fa - ther.

WORDS & MUSIC: Ken Bible

REARDON  
5.5.7.6.D.

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E $\flat$	B $\flat$ D	D <sup>7</sup>	G $\flat$ m	G <sup>sus</sup>	B $\flat$ F	C $\flat$ m <sup>7</sup>	C $\flat$ m <sup>9</sup>	F	F <sup>7</sup>	1, 2 B $\flat$	D.S.	3 B $\flat$
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Called, for - giv - en, set a - part, Pro - tect - ed as Your own.  
 Full and ev - er - last - ing life So rich and real and deep!  
 Peace en - dures thro' ev - 'ry change, For peace is trust - ing You!



## Psalm 13

(NASB)

How long, O Lord? Will You forget me forever?  
How long will You hide Your face from me?  
How long shall I take counsel in my soul,  
Having sorrow in my heart all the day?  
How long will my enemy be exalted over me?

Consider and answer me, O Lord my God;  
Enlighten my eyes, or I will sleep the sleep of death,  
And my enemy will say, "I have overcome him,"  
And my adversaries will rejoice when I am shaken.

But I have trusted in Your lovingkindness;  
My heart shall rejoice in Your salvation.  
I will sing to the Lord,  
Because He has dealt bountifully with me.

## Reflection on Psalm 13

*“How long, O Lord?  
Will You forget me forever?  
How long will You hide Your face from me?”* (Psalm 13:1, NASB)

I pray, but I sense no response.  
I feel engulfed in darkness,  
    ignored,  
    abandoned,  
    alone.  
How long, Lord?  
How long?

But Jesus felt this way, too.  
He was fully, perfectly one with You,  
    perfectly pleasing to You,  
    perfectly holy.  
Yet in the garden, on the night of His arrest,  
    He told His disciples,  
    “My soul is deeply grieved, to the point of death.” (Matthew 26:38, NASB)  
He was in deepest need.  
But when He reached out for human support,  
    He received none.  
When He prayed,  
    You gave Him no way out –  
    only a way through.

Father, when I can’t see You acting or  
    sense Your presence,  
I trust Your power.  
    I trust Your wisdom.  
    I trust Your love.  
I pray with Your Son,  
    “Not my will, but Yours be done.” (Matthew 26:39, para.)

I trust You, Lord.

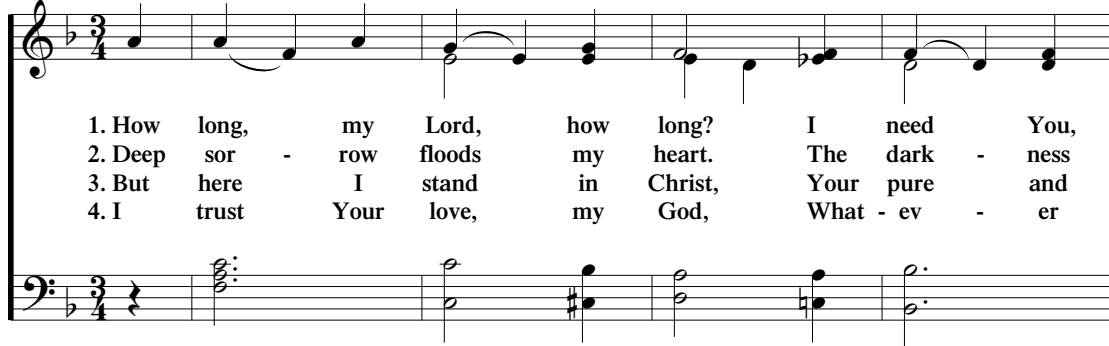
Hymn recording: [Psalm 13](#)

# Psalm 13

Tune: Blest Be the Tie That Binds (DENNIS)  
*Psalm 13; Matthew 26:36-44*

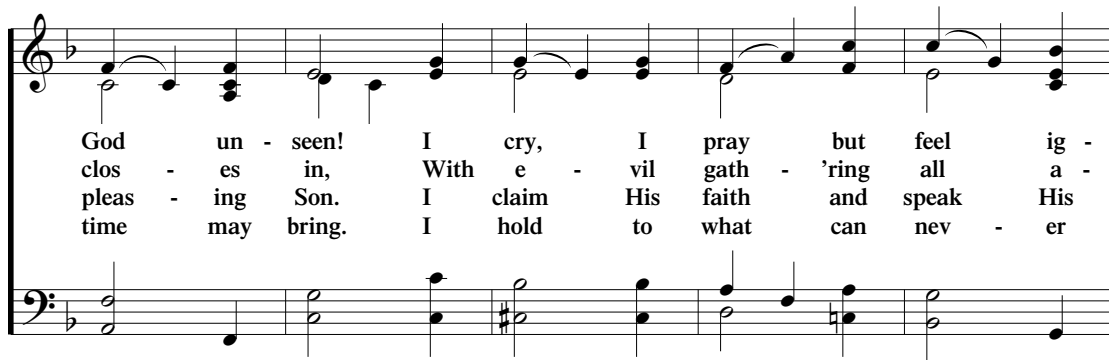
♩ = 80

Unison F C C<sup>♯</sup>7 Dm<sup>9</sup> Dm  $\frac{F7}{C}$  B $\flat$



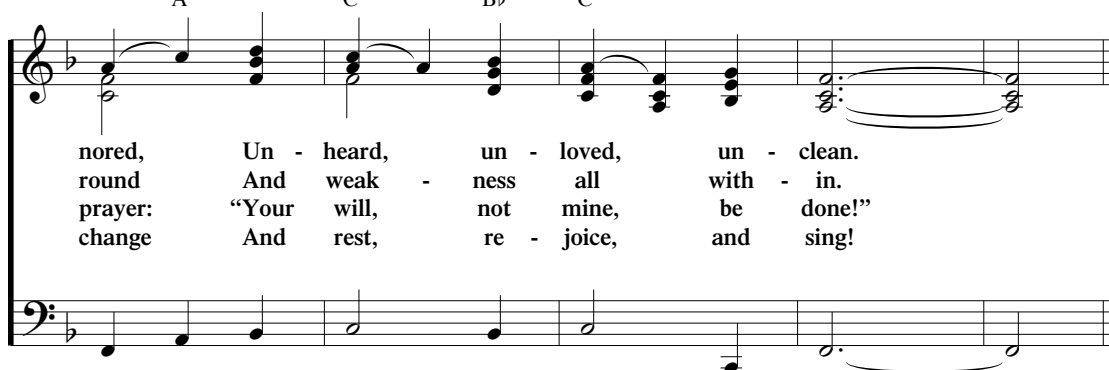
1. How long, my Lord, how long? I need You,  
2. Deep sor - row floods my heart. The dark - ness  
3. But here I stand in Christ, Your pure and  
4. I trust Your love, my God, What - ev - er

$\frac{F}{A}$  F Cadd<sup>9</sup> C C<sup>♯</sup>7 Dm  $\frac{F7}{C}$  C $\flat$   $\frac{C7}{G}$



God un - seen! I cry, I pray but feel ig -  
clos - es in, With e - vil gath - 'ring all a -  
pleas - ing Son. I claim His faith and speak His  
time may bring. I hold to what can nev - er

F  $\frac{F}{A}$  B $\flat$   $\frac{F}{C}$   $\frac{Gm}{B\flat}$   $\frac{F}{C}$  C<sup>7</sup> F



nored, Un - heard, un - loved, un - clean.  
round And weak - ness all with - in.  
prayer: "Your will, not mine, be done!"  
change And rest, re - joice, and sing!

WORDS: Ken Bible

MUSIC: Johann G. Naegeli (1773-1836); arr. by Ken Bible

DENNIS  
S.M.

Alt. Tune: BOYLSTON

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## Psalm 16

(NASB)

Preserve me, O God, for I take refuge in You.  
I said to the Lord, "You are my Lord;  
I have no good besides You."  
As for the saints who are in the earth,  
They are the majestic ones in whom is all my delight.  
The sorrows of those who have bartered for another god will be multiplied;  
I shall not pour out their drink offerings of blood,  
Nor will I take their names upon my lips.

The Lord is the portion of my inheritance and my cup;  
You support my lot.  
The lines have fallen to me in pleasant places;  
Indeed, my heritage is beautiful to me.

I will bless the Lord who has counseled me;  
Indeed, my mind instructs me in the night.  
I have set the Lord continually before me;  
Because He is at my right hand, I will not be shaken.  
Therefore my heart is glad and my glory rejoices;  
My flesh also will dwell securely.  
For You will not abandon my soul to Sheol;  
Nor will You allow Your Holy One to undergo decay.  
You will make known to me the path of life;  
In Your presence is fullness of joy;  
In Your right hand there are pleasures forever.

## Reflection on Psalm 16

Almighty,  
eternal,  
all-encompassing God,  
my Father,

You are my hiding place.  
You are my only God,  
    my only good,  
    my one delight.  
Seeking other gods and  
    other “goods”  
only multiplies trouble.  
I choose You,  
    all-wise,  
    all-loving,  
    all-sovereign Lord.  
My present and eternal welfare is  
    entirely in You.

In *You*, Father –  
    what a wonderful place to be!  
You teach me and guide me with Your  
    perfect wisdom and understanding.  
I listen for Your voice.  
You are my focus.  
Your personal presence  
    comforts,  
    protects,  
    sustains, and  
    inspires me.  
You are my unshakable security.  
You are the fullness of joy.  
You are the pleasure that  
    satisfies and delights me,  
    completely and forever.

Hymn recording: [Psalm 16](#)

# Psalm 16

TUNE: Nearer, My God, to Thee (BETHANY)

♩ = 80

F C<sup>7</sup> D<sup>m</sup> B<sup>b</sup> F  $\frac{E}{A}$  F C




1. Hide me, Al - might - y God! Fierce storms a - rise.  
2. You are my high - est good, O glo - rious Lord!  
3. Bless You, my guard, my guide, Heav - en's pure light!

F C<sup>7</sup> D<sup>m</sup> B<sup>b</sup>  $\frac{E}{C}$  C C<sup>7</sup> F




Clouds gath - 'ring all a - round Dark - en the skies.  
Life's great in - her - i - tance! Love's rich re - ward!  
You bless and shep - herd me All through the night.

F  $\frac{B^b}{F}$  F F F B<sup>b</sup> F  $\frac{C}{E}$  F C



You are my hid - ing place, My safe, se - clud - ed space.  
Shal - low and pass - ing joys Shout out their emp - ty noise.  
Full - ness of love di - vine, Pleas - ures pro - found are mine,

F C<sup>7</sup> D<sup>m</sup> B<sup>b</sup>  $\frac{E}{C}$  C C<sup>7</sup> F



How peace is shin - ing through Here, Lord, in You!  
All that is good and true Flows, Lord, from You.  
Joys ev - er fresh and new Here, Lord, in You.

WORDS: Ken Bible

MUSIC: Lowell Mason (1792-1872)

BETHANY  
6.4.6.4.6.6.6.4.

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## **Psalm 26**

(NASB)

Vindicate me, O Lord, for I have walked in my integrity,  
And I have trusted in the Lord without wavering.  
Examine me, O Lord, and try me;  
Test my mind and my heart.  
For Your lovingkindness is before my eyes,  
And I have walked in Your truth.  
I do not sit with deceitful men,  
Nor will I go with pretenders.  
I hate the assembly of evil doers,  
And I will not sit with the wicked.  
I shall wash my hands in innocence,  
And I will go about Your altar, O Lord,  
That I may proclaim with the voice of thanksgiving  
And declare all Your wonders.

O Lord, I love the habitation of Your house  
And the place where Your glory dwells.  
Do not take my soul away along with sinners,  
Nor my life with men of bloodshed,  
In whose hands is a wicked scheme,  
And whose right hand is full of bribes.  
But as for me, I shall walk in my integrity;  
Redeem me, and be gracious to me.  
My foot stands on a level place;  
In the congregations I shall bless the Lord.

## Reflection on Psalm 26

Father, You know my current situation.

You understand it in a way

I cannot.

Examine me.

Test me.

If any of the problem is in me,

purify me.

In Your mercy,

refine away anything that is not

You.

I am opposed and pressured in this evil world, but

I trust

You.

I desire

You.

I love

You.

I praise

You!

I am surrounded by those who choose

evil and

self,

lies and

vanity,

glory and

gold.

But Holy Father, I choose

You.

I choose Your people.

I take my stand with them.

No matter what comes,

we fix our eyes on You!

We follow You!

We trust You!

Hymn recording: [Psalm 26](#)



# Psalm 26

♩ = 56

Unison N.C. Cm A<sup>b</sup> (5) Cm A<sup>b</sup>M7

1. I stand ex - posed, all - see - ing God. You see my  
 2. O Lord, Your truth is my de - light! The world is  
 3. With all Your Church I take my stand. Your whis - pered

E<sup>b</sup>/<sub>G</sub> F<sup>m</sup>/<sub>A<sup>b</sup></sub> A<sup>b</sup> G sus Gm Gm7 A<sup>b</sup> B<sup>b</sup>

need, so deep, so broad. So test my heart, each thought un -  
 wrong. I choose the right. So much is vain. I love Your  
 Word is our com - mand. Your glo - rious Son we keep in

Cm C<sup>m</sup>/<sub>E<sup>b</sup></sub> Fm Gm7 (4) Cm

heard. I trust Your love. I trust Your Word.  
 ways! My joy, Your will; my breath, Your praise.  
 view. We fol - low Him. We trust in You.

WORDS: Ken Bible  
 MUSIC: Ken Bible, inspired by a traditional folk tune

PSALM 26  
 L.M.

Alt. Tunes: GERMANY; O WALY WALY  
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## **Psalm 27:13-14**

(NASB)

I would have despaired unless I had believed that I would see the goodness of the Lord  
In the land of the living.

Wait for the Lord;

Be strong and let your heart take courage;

Yes, wait for the Lord.

## Nine Months Pregnant

*“Do I bring to the moment of birth and not give delivery?” says the Lord.*  
(Isaiah 66:9, NIV)

I remember when my wife, Gloria, was pregnant with Jason, our first child. As we attended childbirth classes, she felt the insecurities that I’m sure most mothers-to-be share: Will I be able to do it? Will something go wrong? Even though I was only a coach and hand-holder, I too was apprehensive about the whole process.

I remember the teacher repeating to the class the same basic assurances over and over: childbirth is a natural function, and one way or another, the baby will be born. Unless you’ve been through it, that probably sounds laughable. But during the long months of waiting and wondering, we clung to those statements. And even when the day came, as Gloria’s intense pain gnawed relentlessly, and the hospital staff seemed so unhurried, we wondered if the delivery would ever really happen.

I’ve been through those times in my life. The relief that I desperately need, or the dream I cherish as deeply as life itself, doesn’t come for years...or decades. Most of us endure times when, in some important area, we feel nine months pregnant, with discomfort and pressure that won’t quit, but no relief in sight. We feel full term, but God is in no hurry.

During my “labor”, Isaiah 66:9 brings me assurance that helps me not only endure, but rejoice.

*“Do I bring to the moment of birth and not give delivery?” says the Lord. (NIV)*

I can testify that God never begins anything in our lives that He won’t finish – beautifully, completely, and perfectly. All that His love has conceived, He will deliver, and at the right time.

If you’re feeling nine months pregnant, learn to rest in Him more constantly and completely. He is drawing you to Himself. Even as you wait, He is working all things for your good and for the blessing of those around you.

**Hymn recording: [Wait on the Lord](#)**

# Wait on the Lord

Psalm 37

♩ = 76

C G<sup>sus</sup> G C G<sup>7</sup><sub>sus</sub> D C<sub>E</sub> F D<sup>m7</sup><sub>F</sub> G<sup>sus</sup> G C<sub>E</sub>

1, 3. Wait on the Lord. Chil-dren, wait on the Lord. When your  
2. Rest in the Lord. Chil-dren, rest in the Lord. You can

F C C<sub>E</sub> F

sor - rows press you, And their voice is strong, When your dark - ness deep - ens And the  
trust your Fa - ther - He is with you still. He can work His pur - pose, And you

C G<sup>9</sup><sub>B</sub> A<sup>m</sup> F C<sub>G</sub> G<sup>sus</sup> G<sup>7</sup> A<sup>m</sup> F F<sup>add 9</sup> C<sub>G</sub> G<sup>sus</sup> G<sup>7</sup>

pain is long, Just wait on the Lord. Chil-dren, wait on the Lord.  
know He will, So rest in the Lord. Chil-dren, rest in the Lord.

1, 3 1st time: D.C.  
2nd time: Fine  
C<sup>sus</sup> C

2 C<sup>sus</sup> C C<sub>E</sub> F F<sup>M7</sup> F<sup>6</sup> C<sub>E</sub> C<sup>sus</sup><sub>D</sub> C A<sup>m</sup><sub>C</sub>

Lord. Yet a lit - tle while, Just a lit - tle while, You will

WORDS & MUSIC: Ken Bible

PSALM 37  
Irregular

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D<sub>m</sub><sup>7</sup> F G<sup>7</sup> G<sup>9</sup> G<sup>7</sup> C G<sub>sus</sub><sub>D</sub> C<sub>E</sub> C<sub>E</sub> F F<sub>M</sub><sup>7</sup> F<sup>6</sup>

see, You will see. For He knows you, Tru - ly

C<sub>E</sub> C<sub>sus</sub><sub>D</sub> C C<sub>B</sub> A<sub>m</sub><sup>7</sup> E<sub>m</sub><sub>G</sub> F E<sub>C</sub> F<sup>6</sup> F G<sup>7</sup><sub>sus</sub> G<sup>7</sup> D.C. al Fine

knows you, and He is love, Al - ways love.

## Psalm 28

(NASB)

To You, O Lord, I call;  
My rock, do not be deaf to me,  
For if You are silent to me,  
I will become like those who go down to the pit.  
Hear the voice of my supplications when I cry to You for help,  
When I lift up my hands toward Your holy sanctuary.  
Do not drag me away with the wicked  
And with those who work iniquity,  
Who speak peace with their neighbors,  
While evil is in their hearts.  
Requite them according to their work and according to the evil of their practices;  
Requite them according to the deeds of their hands;  
Repay them their recompense.  
Because they do not regard the works of the Lord  
Nor the deeds of His hands,  
He will tear them down and not build them up.

Blessed be the Lord,  
Because He has heard the voice of my supplication.  
The Lord is my strength and my shield;  
My heart trusts in Him, and I am helped;  
Therefore my heart exults,  
And with my song I shall thank Him.  
The Lord is their strength,  
And He is a saving defense to His anointed.  
Save Your people and bless Your inheritance;  
Be their shepherd also, and carry them forever.

## Reflection on Psalm 28

Father, I call to You.  
Listen, please!  
I need You!  
I have no hope but You!

I am surrounded by people who  
    are servants of evil  
    without even knowing it.  
They deceive,  
    they threaten,  
    they entice.  
They do all they can to  
    drag me down to destruction with them.  
They see don't see You or know You,  
    so they don't see themselves as they truly are.

But Almighty God, I look to You.  
You are the truth.  
You are my strength,  
    my joy,  
    my protection!  
I trust in You!

Hymn recording: [Psalm 28](#)

# Psalm 28

TUNE: Let Us with a Gladsome Mind (MONKLAND)

*Gently, unison*

♩ = 66    B $\flat$  B $\flat$  F B $\flat$     F A F B $\flat$  B $\flat$  A    E $\flat$  G F 7 B $\flat$  sus B $\flat$  sus F B $\flat$  B $\flat$  A G m D 7 G m

1. Death and dark - ness, fear pro - found,      Lur - ing, threat - 'ning  
 2. Lord, to You a - lone I turn,      Ask - ing help I  
 3. I am blind, and You are sight.      I am shad - ow,  
 4. Sav - ing, bless - ing, lov - ing Lord,      Shep - herd, sov - 'reign,

F C E A C    C B $\flat$  F A E sus B $\flat$  F A G    F F E $\flat$     B $\flat$  D B $\flat$  C B $\flat$  F F G F E $\flat$

all a - round,      Emp - ty claims and      self - ish lies,  
 can - not earn.      You will lis - ten,      You will hear  
 You are light.      I am weak - ness      through and through;  
 feared, a - dored,      Al - ways right in      all You do,

B $\flat$  D B $\flat$  B $\flat$  add<sup>9</sup> C B $\flat$  D    D F $\sharp$  D G m    C m 7 E $\flat$  C m 7 F 7    B $\flat$  sus B $\flat$  sus F B $\flat$

An - gry, lost - and - des - p'rate cries.  
 Faith im - per - fect, yet sin - cere.  
 You, the strength that I pur - sue.  
 Might - y God, I trust in You!

WORDS: Ken Bible  
 MUSIC: John Antes (1740-1811); arr. by Ken Bible

MONKLAND  
 7.7.7.7.

Alt. Tune: HENDON

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## Psalm 39

(NASB)

I said, "I will guard my ways  
That I may not sin with my tongue;  
I will guard my mouth as with a muzzle  
While the wicked are in my presence."  
I was mute and silent,  
I refrained even from good,  
And my sorrow grew worse.  
My heart was hot within me,  
While I was musing the fire burned;  
Then I spoke with my tongue:  
"Lord, make me to know my end  
And what is the extent of my days;  
Let me know how transient I am.  
Behold You have made my days as handbreadths,  
And my lifetime as nothing in Your sight;  
Surely every man at his best is a mere breath.  
Surely every man walks about as a phantom;  
Surely they make an uproar for nothing;  
He amasses riches and does not know who will gather them.

"And now, Lord, for what do I wait?  
My hope is in You.  
Deliver me from all my transgressions;  
Make me not the reproach of the foolish.  
I have become mute, I do not open my mouth,  
Because it is You who have done it.  
Remove Your plague from me;  
Because of the opposition of Your hand I am perishing.  
With reproofs You chasten a man for iniquity;  
You consume as a moth what is precious to him;  
Surely every man is a mere breath.

"Hear my prayer, O Lord, and give ear to my cry;  
Do not be silent at my tears;  
For I am a stranger with You,  
A sojourner like all my fathers.  
Turn Your gaze away from me, that I may smile again  
Before I depart and am no more."

## Reflection on Psalm 39

My life here is a single breath.

I am a mist,

a shadow,

a sigh,

a passing breeze.

I live but a few inches in this vast universe.

My possessions then go to another or  
are discarded.

All my grand plans and pretensions  
come to nothing.

They are as powerless and passing  
as the breath in my nostrils.

I am a brief noise,  
a minor disturbance, and then...  
silence.

But Almighty God,

You are the fountain of being itself.

You are all wisdom,

all knowing,

all power,

all perfection.

You are eternity.

You are life without boundaries,  
without beginning or end.

And as I trust in You, our Lord,

I share in You and

all You are –

*me*, though I am less than nothing.

I share Your glory,

Your excellence,

Your life,

Your holiness.

Almighty Father, all my hope,

all my future

is in You!

Hymn recording: [Psalm 39](#)

# Psalm 39

♩ = 84

Unison  $\text{A}^\flat/\text{B}^\flat$   $\text{E}^\flat$   $\text{E}^\flat/\text{G}$   $\text{A}^\flat$   $\text{Gm}$   $\text{G}^\flat/\text{D}$   $\text{Gm}$

1. My life on earth is but a breath, So quick - ly  
 2. O God, how small and brief I am! My strength is  
 3. In You a - lone I hope and wait, O God my  
 4. I share in You and all You are, God ev - er -

$\text{A}^\flat$   $\text{Fm}$   $\text{B}^\flat7$   $\text{Cm}$   $\text{A}^\flat$   $\text{E}^\flat/\text{G}$   $\text{G}$   $\text{Cm}$   $\text{Gm}$   $\text{A}^\flat\text{M}7$   $\text{A}^\flat6$

pass - ing, A mist, a sigh from birth to death,  
 noth - ing, My plans, a dream, my pride, a sham -  
 Fa - ther! I love, I trust, I cel - e - brate  
 last - ing, Be - yond, a - bove, so high, so far -

$\text{E}^\flat/\text{B}^\flat$   $\text{E}^\flat/\text{G}$   $\text{Fm}/\text{A}^\flat$   $\text{Fm}^9/\text{A}^\flat$   $\text{Fm}7$   $\text{Fm}/\text{B}^\flat$   $\text{A}^\flat/\text{E}^\flat$   $\text{E}^\flat$

So quick - ly pass - ing. All this is pass - ing.  
 All these are noth - ing. All fi - n'ly noth - ing.  
 You, ho - ly Fa - ther! Great, gra - cious Fa - ther!  
 Life ev - er - last - ing! You ev - er - last - ing!

WORDS: Ken Bible  
 MUSIC: Ken Bible, inspired by an Appalachian folk tune

PSALM 39  
 8.5.8.5.5.

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## **Psalms 42–43**

(NASB)

As the deer pants for the water brooks,  
So my soul pants for You, O God.  
My soul thirsts for God, for the living God;  
When shall I come and appear before God?  
My tears have been my food day and night,  
While they say to me all day long, “Where is your God?”  
These things I remember and I pour out my soul within me.  
For I used to go along with the throng and lead them in procession to the house of God,  
With the voice of joy and thanksgiving, a multitude keeping festival.

Why are you in despair, O my soul?  
And why have you become disturbed within me?  
Hope in God, for I shall again praise Him  
For the help of His presence.  
O my God, my soul is in despair within me;  
Therefore I remember You from the land of the Jordan  
And the peaks of Hermon, from Mount Mizar.  
Deep calls to deep at the sound of Your waterfalls;  
All Your breakers and Your waves have rolled over me.  
The Lord will command His lovingkindness in the daytime;  
And His song will be with me in the night,  
A prayer to the God of my life.

I will say to God my rock, “Why have You forgotten me?  
Why do I go mourning because of the oppression of the enemy?”  
As a shattering of my bones, my adversaries revile me,  
While they say to me all day long, “Where is your God?”  
Why are you in despair, O my soul?  
And why have you become disturbed within me?  
Hope in God, for I shall yet praise Him,  
The help of my countenance and my God.

Vindicate me, O God, and plead my case against an ungodly nation;  
O deliver me from the deceitful and unjust man!  
For You are the God of my strength; why have You rejected me?  
Why do I go mourning because of the oppression of the enemy?

O send out Your light and Your truth, let them lead me;  
Let them bring me to Your holy hill  
And to Your dwelling places.

Then I will go to the altar of God,  
To God my exceeding joy;  
And upon the lyre I shall praise You, O God, my God.

Why are you in despair, O my soul?  
And why are you disturbed within me?  
Hope in God, for I shall again praise Him,  
The help of my countenance and my God.

## Reflection on Psalms 42-43

Father, my life is a tug-of-war between  
the voice of worry and  
the voice of faith,  
between  
the brutal reality of my needs and  
the beautiful reality of Your promises.  
Life daily challenges my trust in You.

But in You,  
even these challenges  
become blessings.  
I am weak,  
but You are my strength.  
Life is grief and sorrow,  
but You are my unchanging joy.  
Life is turmoil,  
but You are unshakable peace.  
The world is noise,  
but You are my song.  
In the darkness of my ignorance,  
You are the Light.  
In my anxious grasping for security,  
You are my daily bread.

O my Father,  
Fountain of Life,  
Living Water,  
nothing else satisfies.  
Nothing else gives me what I need.  
Nothing else makes me who I need to be.  
Nothing else lasts.  
I thirst for  
You.

Hymn recording: [Psalms 42-43](#)

# Psalms 42-43

Tune: Jesus Calls Us (GALILEE, alt.)

*Unison*  
♩ = 60 N.C. D Em Em/D

1. As Your crea - tures thirst for wa - ter, O my  
2. When dis - tract - ed, when dis - cour - aged, O the  
3. Lord, You see each dai - ly chal - lenge As my  
4. Thro' the day - light, thro' the dark - ness, Tho' the

C C/G C Em/B Am7 Am B sus B Em7 A A/E A7 D7

God, I thirst for You! How I long to drink Your  
hours I drift a - way! O the fears and fruit - less  
faith con - fronts my fear. Help me trust You, God my  
wait may seem so long, I will praise You, I will

G G/D G G/F C/E Am7 Bm/D D G G/D G

pres - ence Thro' the day, in all I do!  
wor - ry When my heart for - gets to pray!  
Fa - ther, Al - ways faith - ful, al - ways here.  
trust You, God my light, my hope, my song!

WORDS: Ken Bible  
MUSIC: William H. Jude (1887) and Ken Bible

GALILEE 2  
8.7.8.7.

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## Psalm 56

(NASB)

Be gracious to me, O God, for man has trampled upon me;  
Fighting all day long he oppresses me.  
My foes have trampled upon me all day long,  
For they are many who fight proudly against me.  
When I am afraid,  
I will put my trust in You.  
In God, whose word I praise,  
In God I have put my trust;  
I shall not be afraid.  
What can mere man do to me?  
All day long they distort my words;  
All their thoughts are against me for evil.  
They attack, they lurk,  
They watch my steps,  
As they have waited to take my life.  
Because of wickedness, cast them forth,  
In anger put down the peoples, O God!

You have taken account of my wanderings;  
Put my tears in Your bottle.  
Are they not in Your book?  
Then my enemies will turn back in the day when I call;  
This I know, that God is for me.  
In God, whose word I praise,  
In the Lord, whose word I praise,  
In God I have put my trust, I shall not be afraid.  
What can man do to me?  
Your vows are binding upon me, O God;  
I will render thank offerings to You.  
For You have delivered my soul from death,  
Indeed my feet from stumbling,  
So that I may walk before God  
In the light of the living.



## Trust Your Father

Have you ever listened to children when they're on an outing? It doesn't matter what magnificent sights they could be seeing. Their requests are, "I'm thirsty...", "Do we have to...?" "I'm tired...", "I wish we could..." They react out of temporary desires. They speak out of pain, fatigue, or false expectations. They don't know what's best for them. They can't see the whole picture.

I think about our Heavenly Father listening to our desires and requests. He's listened for thousands of years. He knows that what we want often has nothing to do with our happiness. We react out of pain or fatigue or false expectations. We don't know what's best. We can't see the whole picture.

No wonder God sometimes seems to ignore our fervent requests and desires.

Think of it this way:

If you're married, you know what it takes for two very-different people to live happily together.

So imagine what is necessary for beings like us – who are focused on the moment and on our own comfort - to have a long-term relationship with a Being like God – who sees all of time at once and is all-wise and all-loving.

For such a relationship to endure the hard times, we must keep trusting Him. We must keep our hands in His and stay committed to Him, no matter what. For it's inevitable that much of the time, we won't understand where He is leading or how He is working.

We are His children. We can't see the whole picture. We don't know what's best. We must keep trusting our Father's love.

*Sometimes faith leads us to  
patiently stand back and let  
God do what  
only He can do.*

Hymn recording: [When I Am Afraid](#)

# When I Am Afraid

Psalm 56:3

♩ = ca. 64

*E♭ E♭add<sup>9</sup> E♭/G A♭add<sup>9</sup> Fm Fm<sup>9</sup> B♭<sup>7</sup> B♭<sup>13</sup> E♭ B♭<sup>7</sup>/F*

1. When I am a - fraid, I will trust in You.  
 2. When my life is pain, I will look to You.  
 3. God of all my life, I will trust in You.

*E♭ E♭add<sup>9</sup> E♭/G A♭add<sup>9</sup> A♭ Fm Fm<sup>9</sup> B♭<sup>7</sup> B♭<sup>13</sup> E♭ E♭sus/F E♭/G*

Wor - ries fill my heart; I will trust in You. O  
 Dark - ness all a - round; I will look to You. O  
 Al - ways, on - ly love, I will trust in You. Thro'

*A♭ E♭/G E♭ Fm Fm<sup>9</sup> E♭/G A♭ B♭<sup>7</sup>*

God my Fa - ther, Come do Your work in me.  
 God my Fa - ther, Come do Your work in me.  
 joy and pain, Lord, You form Your - self in me.

*E♭ E♭add<sup>9</sup> E♭/G A♭add<sup>9</sup> A♭ Fm Fm<sup>9</sup> B♭<sup>7</sup> B♭<sup>13</sup> E♭*

When I am a - fraid; I will trust in You.  
 When my life is pain, I will look to You.  
 God of all my life, I will trust in You.

8

WORDS and MUSIC: Ken Bible

CHILDLIKE FAITH  
5.5.5.5.5.6.5.5.

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## Psalm 60

(NASB)

O God, You have rejected us. You have broken us;  
You have been angry; O, restore us.  
You have made the land quake, You have split it open;  
Heal its breaches, for it totters.  
You have made Your people experience hardship;  
You have given us wine to drink that makes us stagger.  
You have given a banner to those who fear You,  
That it may be displayed because of the truth.  
That Your beloved may be delivered,  
Save with Your right hand, and answer us!

God has spoken in His holiness:  
“I will exult, I will portion out Shechem and measure out the valley of Succoth.  
Gilead is Mine, and Manasseh is Mine;  
Ephraim also is the helmet of My head;  
Judah is My scepter.  
Moab is My washbowl;  
Over Edom I shall throw My shoe;  
Shout loud, O Philistia, because of Me!”

Who will bring me into the besieged city?  
Who will lead me to Edom?  
Have not You Yourself, O God, rejected us?  
And will You not go forth with our armies, O God?  
O give us help against the adversary,  
For deliverance by man is in vain.  
Through God we shall do valiantly,  
And it is He who will tread down our adversaries.

## Secure

*The eternal God is your refuge,  
and underneath are the everlasting arms. (Deuteronomy 33:27, NIV)*

We go our own way.  
We make our own plans  
    for our own reasons,  
    pursuing our own goals.  
Then we build walls,  
    protecting ourselves from every interference.  
We are secure.  
We are self-sufficient.  
We can handle whatever comes.

But the unforeseen happens —  
    it always does — and  
    we discover that no walls can keep out  
    the evil that floods this world.  
No matter how strong we are,  
    we are vulnerable.  
No matter how watchful we are,  
    we are insecure.  
We cannot control the reality that engulfs us.

But when our false security is stripped away,  
    we can rediscover the security on which creation itself rests—  
    the security that keeps the days and seasons revolving,  
    untouched and unthreatened by human hatred or pride.  
We can rediscover that no matter what knowledge we accumulate,  
    God is our only wisdom.  
No matter much power we try to harness,  
    God is sovereign.

He is love, and we are His children.  
That is the only security we will ever have and  
    the only security we will ever need.

*Father, salvation is always something  
    You do.  
All I do is bow and allow  
    God to be God in me.*

Hymn recording: [Back to You](#)

# Back to You

TUNE: Hallelujah! What a Savior!

*Psalm 39:7; 60; 62:5-8; 123; Lamentations 3:22-23; Luke 23:33-46*

♩ = 76

B $\flat$  F $\flat$ 7 C B $\flat$  D $\flat$ 7 F $\sharp$  Gm Gm Gm Gm D $\flat$  sus D E $\flat$  Cm $\flat$  B $\flat$  D B $\flat$  F C D E $\flat$  F F $\flat$

1. Need has called us back to You, Back to what is al - ways true.  
2. Need has crushed our hearts a - gain, Pain we can - not com - pre - hend.  
3. Blind with grief, we ask You why Till we see You lift - ed high,  
4. Need has blessed us once a - gain, Love we can - not com - pre - hend.

B $\flat$  D F $\flat$ 7 C B $\flat$  Dm $\flat$ 7 A Gm E $\flat$  B $\flat$  B $\flat$  D F B $\flat$  F $\flat$ 7 Gm E $\flat$  B $\flat$

All we have is on - ly due To Your good - ness and Your mer - cy.  
All our proud de - lus - ions end, Lov - ing Fa - ther, in Your mer - cy!  
Groan - ing, giv - ing as You die. We are si - lent. Christ, have mer - cy!  
Sav - ior, Sov - 'reign, Fa - ther, Friend, We are rest - ing in Your mer - cy.

WORDS: Ken Bible  
MUSIC: Philip P. Bliss; arr. by Ken Bible

HALLELUJAH! WHAT A SAVIOR!  
7.7.7.8.

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## **Psalm 61**

(NASB)

Hear my cry, O God;  
Give heed to my prayer.  
From the end of the earth I call to You when my heart is faint;  
Lead me to the rock that is higher than I.  
For You have been a refuge for me,  
A tower of strength against the enemy.  
Let me dwell in Your tent forever;  
Let me take refuge in the shelter of Your wings.

For You have heard my vows, O God;  
You have given me the inheritance of those who fear Your name.  
You will prolong the king's life;  
His years will be as many generations.  
He will abide before God forever;  
Appoint lovingkindness and truth that they may preserve him.  
So I will sing praise to Your name forever,  
That I may pay my vows day by day.

## Reflection on Psalm 61

Father, I pray desperately,  
    pressured and pursued by an urgent need.  
But the more desperately I pray,  
    the farther away You feel.

I remember, Lord –  
I remember the times You answered me and  
    met my need.  
I knew You did.  
    I knew it was You.  
I remember the smile of relief and  
    the glow of joy  
when I realized that You, Almighty God,  
    had answered my little prayer.

That memory reminds me to trust You now,  
    even when I can't feel You or  
    see You acting.  
It reminds me that You do not change.  
You are always my Father,  
    all-knowing and  
    all-controlling.  
You are always my Brother, Jesus Christ,  
    who came from so far away to save me.  
You are always the Holy Spirit,  
    the Wind of God,  
    the Breath of God,  
    surrounding me and  
    filling me with all You are.

O my God,  
even when You feel so far away,  
    I am engulfed in You  
    completely,  
    every moment.  
Praise to You!

Hymn recording: [Psalm 61](#)



# Psalm 61

*Unison*  
♩ = 92

C G<sup>13</sup> A<sup>m</sup> F<sup>M7</sup> C D<sup>m11</sup>  $\frac{C}{E}$  F  $\frac{C}{G}$  G<sup>7</sup> C  $\frac{C_{sus}}{G}$

1. God, my God, lis - ten to me pray! Lord, You feel so far a - way!  
 2. Prob - lems mount, fears are mul - ti - plied - Be the place that I can hide.  
 3. You are here - Fa - ther all a - bove, Je - sus, broth - er, O what love!

C G<sup>13</sup> A<sup>m</sup> F<sup>M7</sup> C D<sup>m11</sup>  $\frac{C}{E}$  F  $\frac{C}{G}$  G<sup>7</sup> C  $\frac{C_{sus}}{G}$

Bow Your ear. Hear my lit - tle cry. I'm so low, and You so high.  
 Though a - lone, none to un - der - stand, Moun - tains move at Your com - mand.  
 Breath of God, pow - er - ful and free, Breath - ing all You are in me.

C G<sup>m7</sup> C G<sup>m7</sup> C  $\frac{G^7}{D}$   $\frac{C}{E}$  F<sup>6</sup> F G

Small and weak, I drown in need. O my God, be God in - deed!  
 You, O God, are pres - ent peace, Love's em - brace and sweet re - lease.  
 Though I feel so far a - way, You en - gulf me as I pray.

C G<sup>13</sup> A<sup>m</sup> F<sup>M7</sup> C D<sup>m11</sup>  $\frac{C}{E}$  F  $\frac{C}{G}$  G<sup>7</sup> C

Might - y Rock, be a rock for me. Be the strength that I can't be.  
 Trust - ing You, how my soul can sing In the shad - ow of Your wing!  
 Life and joy, good in all You do, God my Sav - ior, praise to You!

WORDS: Ken Bible  
 MUSIC: Traditional Folk Tune and Ken Bible

THREE RAVENS  
 8.7.8.7.7.8.7.

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## Psalm 77

(NASB)

My voice rises to God, and I will cry aloud;  
My voice rises to God, and He will hear me.  
In the day of my trouble I sought the Lord;  
In the night my hand was stretched out without weariness;  
My soul refused to be comforted.  
When I remember God, then I am disturbed;  
When I sigh, then my spirit grows faint.  
You have held my eyelids open;  
I am so troubled that I cannot speak.  
I have considered the days of old,  
The years of long ago.  
I will remember my song in the night;  
I will meditate with my heart,  
And my spirit ponders.

Will the Lord reject forever?  
And will He never be favorable again?  
Has His lovingkindness ceased forever?  
Has His promise come to an end forever?  
Has God forgotten to be gracious,  
Or has He in anger withdrawn His compassion?  
Then I said, "It is my grief,  
That the right hand of the Most High has changed."

I shall remember the deeds of the Lord;  
Surely I will remember Your wonders of old.  
I will meditate on all Your work  
And muse on Your deeds.  
Your way, O God, is holy;  
What god is great like our God?  
You are the God who works wonders;  
You have made known Your strength among the peoples.  
You have by Your power redeemed Your people,  
The sons of Jacob and Joseph.

The waters saw You, O God;  
The waters saw You, they were in anguish;  
The deeps also trembled.  
The clouds poured out water;  
The skies gave forth a sound;

Your arrows flashed here and there.  
The sound of Your thunder was in the whirlwind;  
The lightnings lit up the world;  
The earth trembled and shook.  
Your way was in the sea  
And Your paths in the mighty waters,  
And Your footprints may not be known.  
You led Your people like a flock  
By the hand of Moses and Aaron.

## Reflection on Psalm 77

My God, You never change.

My body,  
my emotions,  
my world

are blown about on a  
sea of change.

You see all reality.

You see and

know and  
are only

complete, absolute truth.

I tend to see and feel through  
small and self-centered eyes.

What I see and feel is often  
not reality.

So when I pray to You,

transcendent,  
all-knowing,  
almighty God,

help me to keep my eyes focused always on

You,  
not me.

Keep me trusting You,

loving You, and  
praising You.

Keep me patiently waiting and  
rejoicing in

Your perfect will and  
Your perfect timing.

Hymn recording: [Psalm 77](#)

# Psalm 77

TUNE: Dear Lord and Father of Mankind (REST, alt.)

♩ = 80

Unison C C° C C<sub>E</sub> Dm<sup>7</sup> G<sub>B</sub> C A m D<sup>7</sup><sub>A</sub>

1. I try to pray as prob - lems press, But noth - ing seems to  
 2. O God, You seem for - ev - er gone. My world is not the  
 3. But in the si - lence I re - cite The truth of all You've  
 4. So in this dark - ness, Lord, I rest, As - sured of what is

G G<sub>D</sub> G C C<sub>D</sub><sup>sus</sup> C<sub>E</sub> E<sup>+</sup> E<sup>7</sup> A m A<sub>G</sub><sup>m</sup>

change. The sol - id faith my words pro - fess Now  
 same. The hope I built my life up - on And  
 done - Your part - ed seas, Your gra - cious might, Your  
 true: Through ev - 'ry trau - ma, ev - 'ry test Your

F A<sub>E</sub><sup>m7</sup> Dm<sup>7</sup> D<sub>C</sub> G<sub>B</sub> G<sup>7</sup> C C<sup>7</sup> F<sub>sus</sub> F Dm<sup>7</sup> D<sup>o7</sup> C C<sub>G</sub> C

ech - oes with my emp - ti - ness, And joy - ful songs feel strange.  
 all its glo - ries feel with-drawn And mock the faith I claim.  
 ac - tions, al - ways good and right, Your bat - tles al - ways won.  
 love can on - ly give the best. I wait, I trust in You.

WORDS: Ken Bible  
 MUSIC: Frederick C. Maker (1887) and Ken Bible

REST 2  
 8.6.8.8.6.

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