

Psalms to Use in Times of Grieving and Loss

Ps 4

You are my God and protector. Please answer my prayer. I was in terrible distress, but you set me free. Now have pity and listen as I pray. Let your kindness, LORD, shine brightly on us. ⁷You brought me more happiness than a rich harvest of grain and grapes. ⁸I can lie down and sleep soundly because you, LORD, will keep me safe.

Ps 5

Listen, LORD, as I pray! Pay attention when I cry out to you. ^[a] ²You are my King and my God. Answer my cry for help because I pray to you. ³Each morning you listen to my prayer, as I bring my requests ^[b] to you and wait for your reply.

Psalm 6:

My bones tremble with fear, ³and I am in deep distress. How long will it be? ⁴Turn and come to my rescue. Show your wonderful love and save me, LORD. 6-7 My groaning has worn me out. At night my bed and pillow are soaked with tears.

Psalm 10

Why are you far away, LORD? Why do you hide yourself when I am in trouble? ¹²Do something, LORD God, and use your powerful arm to help those in need. ¹⁴But you see the trouble and the distress, and you will do something. ¹⁷You listen to the longings of those who suffer. You offer them hope, and you pay attention to their cries for help.

Ps 13

¹How much longer, LORD, will you forget about me? Will it be forever? How long will you hide? ²How long must I be confused and miserable all day? ³Please listen, LORD God, and answer my prayers. Make my eyes sparkle again, or else I will fall into the sleep of death. ⁵I trust your love, and I feel like celebrating because you rescued me. ⁶You have been good to me, LORD, and I will sing about you.

Psalm 16

Protect me, LORD God! I run to you for safety, ²and I have said, "Only you are my Lord! Every good thing I have is a gift from you." ⁷I praise you, LORD, for being my guide. Even in the darkest night, your teachings fill my mind. ⁸I will always look to you, as you stand beside me and protect me from fear. ⁹With all my heart, I will celebrate, and I can safely rest. ¹⁰I am your chosen one. You won't leave me in the grave or let my body decay. ¹¹You have shown me the path to life, and you make me glad by being near to me. Sitting at your right side, ^[c] I will always be joyful.

Ps 18

¹I love you, LORD God, and you make me strong. ²You are my mighty rock, ^[a] my fortress, my protector, the rock where I am safe, my shield, my powerful weapon, ^[b] and my place of shelter. ³I praise you, LORD! I prayed, and you rescued me from my enemies. ⁴Death had wrapped its ropes around me, and I was almost swallowed by its flooding waters. Ropes from the world of the dead had coiled around me, and death had set a trap in my path. ⁶I was in terrible trouble when I called out to you, but from your temple you heard me and answered my prayer.

Ps 20

I pray that the LORD will listen when you are in trouble, and that the God of Jacob will keep you safe. You will answer my prayers from your holy place in heaven, and you will save me with your mighty arm. ⁷Some people trust the power of chariots or horses, but we trust you, LORD God. ⁸Others will stumble and fall, but we will be strong and stand firm.

Ps 22

¹My God, my God, why have you deserted me? Why are you so far away? Won't you listen to my groans and come to my rescue? ²I cry out day and night, but you don't answer, and I can never rest. Our ancestors trusted you, and you rescued them. ⁵When they cried out for help, you saved them, and you did not let them down when they depended

on you. ⁹You, LORD, brought me safely through birth, and you protected me when I was a baby at my mother's breast. ¹⁰From the day I was born, I have been in your care, and from the time of my birth, you have been my God. ¹¹Don't stay far off when I am in trouble with no one to help me. ⁹Don't stay far away, LORD! My strength comes from you, so hurry and help.

Ps 28

¹Only you, LORD, are a mighty rock! ^[a] Don't refuse to help me when I pray. If you don't answer me, I will soon be dead. ²Please listen to my prayer and my cry for help, as I lift my hands toward your holy temple. ⁶I praise you, LORD, for answering my prayers. ⁷You are my strong shield, and I trust you completely. You have helped me, and I will celebrate and thank you in song. ⁸You give strength to your people, LORD, and you save and protect your chosen ones. ⁹Come save us and bless us. Be our shepherd and always carry us in your arms.

Ps 30

⁷You, LORD, were my friend, and you made me strong as a mighty mountain. But when you hid your face, I was crushed. ⁸I prayed to you, LORD, and in my prayer I said, "What good will it do you if I am in the grave? Once I have turned to dust, how can I praise you or tell how loyal you are?" ¹⁰Have pity, LORD! Help!" ¹¹You have turned my sorrow into joyful dancing. No longer am I sad and wearing sackcloth. ^[a] ¹²I thank you from my heart, and I will never stop singing your praises, my LORD and my God.

Ps 31

¹I come to you, LORD, for protection. Don't let me be ashamed. Do as you have promised and rescue me. ²Listen to my prayer and hurry to save me. Be my mighty rock ^[a] and the fortress where I am safe. ³You, LORD God, are my mighty rock and my fortress. Lead me and guide me, so that your name will be honoured. ⁷I celebrate and shout because you are kind. You saw all my suffering, and you cared for me. ⁹Have pity, LORD! I am hurting and almost blind. My whole body aches. ¹⁰I have known only sorrow all my life long, and I suffer year after year. ¹⁶Smile on me, your servant. Have pity and rescue me. ¹⁷I pray only to you. Don't disappoint me.

Ps 38

²¹You are the LORD God! Stay nearby and don't desert me. ²²You are the one who saves me. Please hurry and help.

Ps 40

¹I patiently waited, LORD, for you to hear my prayer. You listened ²and pulled me from a lonely pit full of mud and mire. You let me stand on a rock with my feet firm, ³and you gave me a new song, a song of praise to you. ⁷I am poor and needy, but, LORD God, you care about me, and you come to my rescue. Please hurry and help.

Ps 42

¹As a deer gets thirsty for streams of water, I truly am thirsty for you, my God. ²In my heart, I am thirsty for you, the living God. When will I see your face? ³Day and night my tears are my only food, as everyone keeps asking, "Where is your God?" ⁴Sorrow floods my heart, Why am I discouraged? Why am I restless? I trust you! And I will praise you again because you help me, ⁶and you are my God. ⁹You are my mighty rock. ^[c] Why have you forgotten me? ¹⁰Even my bones are in pain, while all day long my enemies sneer and ask, "Where is your God?" ¹¹Why am I discouraged? Why am I restless? I trust you! And I will praise you again because you help me, and you are my God.

Ps 50

⁷My people, I am God! ¹⁴I am God Most High! The only sacrifice I want is for you to be thankful and to keep your word. ¹⁵Pray to me in time of trouble. I will rescue you, and you will honour me.

Ps 55

¹Listen, God, to my prayer! Don't reject my request. ²Please listen and help me. My thoughts are troubled, and I keep groaning I wish I had wings like a dove, so I could fly far away and be at peace. ⁷I would go and live in some distant desert. ⁶I ask for your help, LORD God, and you will keep me safe. ¹⁷Morning, noon and night you hear my concerns and my complaints.

Ps 57

¹God Most High, have pity on me! Have mercy. I run to you for safety. In the shadow of your wings, I seek protection
²I pray to you, my protector. ³You will send help from heaven and save me, ¹May you, my God, be honoured above the heavens; may your glory be seen everywhere on earth.

Ps 61

¹Please listen, God, and answer my prayer! ²I feel hopeless, and I cry out to you from a faraway land. ⁴Let me live with you forever and find protection under your wings, my God. ⁵You heard my promises, and you have blessed me, just as you bless everyone who worships you.

Ps 62

⁵Only God gives inward peace, and I depend on him. ⁶God alone is the mighty rock that keeps me safe, and he is the fortress where I feel secure. ⁷God saves me and honours me. He is that mighty rock where I find safety. ⁸Trust God, my friends, and always tell him each one of your concerns. God is our place of safety. ⁹We humans are only a breath; none of us are truly great. All of us together weigh less than a puff of air. I heard God say two things: I am powerful, ¹²and I am very kind." The Lord rewards each of us according to what we do.

Ps 63

¹You are my God. I worship you. In my heart, I long for you, as I would long for a stream in a scorching desert. ²I have seen your power and your glory in the place of worship. ³Your love means more than life to me, and I praise you. ⁴As long as I live, I will pray to you.

Ps 69

¹Save me, God! I am about to drown. ²I am sinking deep in the mud, and my feet are slipping. I am about to be swept under by a mighty flood. ³I am worn out from crying, and my throat is dry. I have waited for you till my eyes are blurred. ³But I pray to you, LORD. So when the time is right, answer me and help me with your wonderful love. ¹⁴Don't let me sink in the mud, ¹⁵Don't let me be swept away by a flood or drowned in the ocean or swallowed by death. ¹⁶Answer me, LORD! You are kind and good. Pay attention to me! You are truly merciful. ¹⁷Don't turn away from me. I am your servant, and I am in trouble. Please hurry and help!

Ps 70

⁵I am poor and needy, but you, the LORD God, care about me. You are the one who saves me. Please hurry and help!

Ps 73

²¹Once I was bitter and broken hearted. ²²I was stupid and ignorant, ²³But I never really left you, and you hold my right hand. ²⁴Your advice has been my guide, and later you will welcome me in glory. ^[d] ²⁵In heaven I have only you, and on this earth you are all I want. ²⁶My body and mind may fail, but you are my strength and my choice forever.

Ps 77

¹I pray to you, Lord God, and I beg you to listen. ²In days filled with trouble, I search for you. And at night I tirelessly lift my hands in prayer, refusing comfort. ³When I think of you, I feel restless and weak. ⁴Because of you, Lord God, I can't sleep. I am restless and can't even talk. ⁵I think of times gone by, of those years long ago. ⁶Each night my mind is flooded with questions: ^[a] ⁷"Have you rejected me forever? Won't you be kind again? ⁸Is this the end of your love and your promises? ⁹Have you forgotten how to have pity? Do you refuse to show mercy because of your anger?" ¹⁰Then I said, "God Most High, what hurts me most is that you no longer help us with your mighty arm." ¹¹Our LORD, I will remember the things you have done, your miracles of long ago. ¹²I will think about each one of your mighty deeds. ¹³Everything you do is right, and no other god compares with you. ¹⁴You alone work miracles, and you have let nations see your mighty power. ¹⁵With your own arm you rescued your people, the descendants of Jacob and Joseph. ¹⁶The ocean looked at you, God, and it trembled deep down with fear. ¹⁷Water flowed from the clouds. Thunder was heard above as your arrows of lightning flashed about. ¹⁸Your thunder roared like chariot wheels. The world was made bright by lightning, and all the earth trembled. ¹⁹You walked through the water of the mighty sea, but your footprints were never seen. ²⁰You guided your people like a flock of sheep, and you chose Moses and Aaron to be their leaders.

Ps 84

⁸LORD God All-Powerful, the God of Jacob, please answer my prayer! ⁹You are the shield that protects your people, and I am your chosen one. Won't you smile on me?

Ps 86

¹Please listen, LORD, and answer my prayer! I am poor and helpless. ²Protect me and save me because you are my God. I am your faithful servant, and I trust you. ³Be kind to me! I pray to you all day. ⁴Make my heart glad!

Ps 88

¹You keep me safe, LORD God. So when I pray at night, ²please listen carefully to each of my concerns. ³I am deeply troubled and close to death; ⁴I am as good as dead and completely helpless. ⁵I am no better off than those in the grave, those you have forgotten and no longer help. ⁶You have put me in the deepest and darkest grave; ⁷your anger rolls over me like ocean waves. I am a prisoner ⁹and I am almost blind because of my sorrow. Each day I lift my hands in prayer to you, LORD. ¹⁰Do you work miracles for the dead? Do they stand up and praise you? ¹¹Are your love and loyalty announced in the world of the dead? ¹²Do they know of your miracles or your saving power in the dark world below where all is forgotten? ¹³Each morning I pray to you, LORD. ¹⁴Why do you reject me? Why do you turn from me? ¹⁸My friends and neighbours have turned against me because of you, and now darkness is my only companion.

Ps 90

¹Our Lord, in all generations you have been our home. ²You have always been God long before the birth of the mountains, even before you created the earth and the world. ³At your command we die and turn back to dust, ⁴but a thousand years mean nothing to you! They are merely a day gone by or a few hours in the night. ⁵You bring our lives to an end just like a dream. We are merely tender grass ⁶that sprouts and grows in the morning, but dries up by evening. ⁹We can expect seventy years, or maybe eighty, if we are healthy, but even our best years bring trouble and sorrow. Suddenly our time is up, and we disappear. ¹²Teach us to use wisely all the time we have. ¹³Help us, LORD! Don't wait! Pity your servants. ¹⁴When morning comes, let your love satisfy all our needs. Then we can celebrate and be glad for what time we have left. ¹⁵Make us happy for as long as you caused us trouble and sorrow. ¹⁶Do wonderful things for us, your servants, and show your mighty power to our children. ¹⁷Our Lord and our God, treat us with kindness and let all go well for us. Please let all go well!

Ps 91

¹Live under the protection of God Most High and stay in the shadow of God All-Powerful. ²Then you will say to the LORD, "You are my fortress, my place of safety; you are my God, and I trust you." ³The Lord will keep you safe from secret traps and deadly diseases. ⁴He will spread his wings over you and keep you secure. His faithfulness is like a shield or a city wall. ^[a] ⁵You won't need to worry about dangers at night or arrows during the day. ⁶And you won't fear diseases that strike in the dark or sudden disaster at noon. ⁷You will not be harmed, though thousands fall all round you. ⁸And with your own eyes you will see the punishment of the wicked. ⁹The LORD Most High is your fortress. Run to him for safety, ¹⁰and no terrible disasters will strike you or your home. ¹¹God will command his angels to protect you wherever you go. ¹²They will carry you in their arms, and you won't hurt your feet on the stones. ¹³You will overpower the strongest lions and the most deadly snakes. ¹⁴The Lord says, "If you love me and truly know who I am, I will rescue you and keep you safe. ¹⁵When you are in trouble, call out to me. I will answer and be there to protect and honour you. ¹⁶You will live a long life and see my saving power."

Ps 94

¹⁷If you had not helped me, LORD, I would soon have gone to the land of silence. ^[a] ¹⁸When I felt my feet slipping, you came with your love and kept me steady. ¹⁹And when I was burdened with worries, you comforted me and made me feel secure.

Ps 102

¹I pray to you, LORD! Please listen. ²Don't hide from me in my time of trouble. Pay attention to my prayer and quickly give an answer. ³My days disappear like smoke, and my bones are burning as though in a furnace. ⁴I am wasting away like grass, and my appetite is gone. ⁵My groaning never stops, and my bones can be seen through my skin. ⁶I am like a lonely owl in the desert ⁷or a restless sparrow alone on a roof. ¹My life fades like a shadow at the end of day and withers like grass.

Ps 109

²¹Be true to your name, LORD God! Show your great kindness and rescue me. ²²I am poor and helpless, and I have lost all hope. ²³I am fading away like an evening shadow; I am tossed aside like a crawling insect. ²⁶Please help me, LORD God! Come and save me because of your love.

Ps 116

¹I love you, LORD! You answered my prayers. ²You paid attention to me, and so I will pray to you as long as I live. ³Death attacked from all sides, and I was captured by its painful chains. But when I was really hurting, ⁴I prayed and said, "LORD, please don't let me die!" ⁵You are kind, LORD, so good and merciful. ⁶You protect ordinary people, and when I was helpless, you saved me ⁷and treated me so kindly that I don't need to worry anymore. ⁸You, LORD, have saved my life from death, my eyes from tears, my feet from stumbling. ⁹Now I will walk at your side in this land of the living. ¹⁰I was faithful to you when I was suffering, ¹¹though in my confusion I said, "I can't trust anyone!" ¹²What must I give you, LORD, for being so good to me? ¹³I will pour out an offering of wine to you, and I will pray in your name because you have saved me. ¹⁴I will keep my promise to you when your people meet. ¹⁵You are deeply concerned when one of your loyal people faces death. ¹⁶I worship you, LORD, just as my mother did, and you have rescued me from the chains of death. ¹⁷I will offer you a sacrifice to show how grateful I am, and I will pray. ¹⁸I will keep my promise to you when your people ¹⁹gather at your temple in Jerusalem. Shout praises to the LORD!

Ps 119

²⁵I am at the point of death. Let your teachings breathe new life into me. ²⁶When I told you my troubles, you answered my prayers. Now teach me your laws. ²⁷Help me to understand your teachings, and I will think about your marvellous deeds. ²⁸I am overcome with sorrow. Encourage me, as you have promised to do. ¹I long for you to rescue me! Your word is my only hope. ⁸²I am worn out from waiting for you to keep your word. When will you have mercy? ⁸³My life is wasting away like a dried-up wineskin, ^[a] but I have not forgotten your teachings. ⁸⁴I am your servant! How long must I suffer? ⁸Show that you love me and let me live, so that I may obey all of your commands.

Ps 121

¹I look to the hills! Where will I find help? ²It will come from the LORD, who created the heavens and the earth. ³The LORD is your protector, and he won't go to sleep or let you stumble. ⁴The protector of Israel doesn't doze or ever get drowsy. ⁵The LORD is your protector, there at your right side to shade you from the sun. ⁶You won't be harmed by the sun during the day or by the moon ^[a] at night. ⁷The LORD will protect you and keep you safe from all dangers. ⁸The LORD will protect you now and always wherever you go.

Ps 130

¹From a sea of troubles I call out to you, LORD. ²Won't you please listen as I beg for mercy? Israel, trust the LORD! He is always merciful, and he has the power to save you.

Ps 131

¹I am not conceited, LORD, and I don't waste my time on impossible schemes. ²But I have learned to feel safe and satisfied, just like a young child on its mother's lap. ³People of Israel, you must trust the LORD now and forever.

Ps 136

¹Praise the LORD! He is good. God's love never fails. ²Praise the God of all gods. God's love never fails. ³Praise the Lord of lords. God's love never fails. ⁴Only God works great miracles. ^[a] God's love never fails. ⁵With wisdom he made the sky. God's love never fails. ⁶The Lord stretched the earth over the ocean. God's love never fails. ⁷He made the bright lights in the sky. God's love never fails. ⁸He lets the sun rule each day. God's love never fails. ⁹He lets the moon and the stars rule each night. God's love never fails.

Ps 138

¹With all my heart I praise you, LORD. In the presence of angels ^[a] I sing your praises. ²I worship at your holy temple and praise you for your love and your faithfulness. You were true to your word ³When I asked for your help, you answered my prayer and gave me courage. With your own powerful arm you keep me safe. ⁸You, LORD, will always treat me with kindness. Your love never fails. You have made us what we are. Don't give up on us now! ^[d]

Ps 139

¹You have looked deep into my heart, LORD, and you know all about me. ²You know when I am resting or when I am working, and from heaven you discover my thoughts. ³You notice everything I do and everywhere I go. ⁴Before I even speak a word, you know what I will say, ⁵and with your powerful arm you protect me from every side. Where could I go to escape from your Spirit or from your sight? ⁸If I were to climb up to the highest heavens, you would be there. If I were to dig down to the world of the dead you would also be there. ⁹Suppose I had wings like the dawning day and flew across the ocean. ¹⁰Even then your powerful arm would guide and protect me. ¹¹Or suppose I said, "I'll hide in the dark until night comes to cover me over." ¹²But you see in the dark because daylight and dark are all the same to you. ¹³You are the one who put me together inside my mother's body, ¹⁴and I praise you because of the wonderful way you created me. Everything you do is marvellous! Of this I have no doubt. ¹⁵Nothing about me is hidden from you! I was secretly woven together deep in the earth below, ¹⁶but with your own eyes you saw my body being formed. Even before I was born, you had written in your book everything I would do. ¹⁷Your thoughts are far beyond my understanding, much more than I could ever imagine. ¹⁸I try to count your thoughts, but they outnumber the grains of sand on the beach. And when I awake, I will find you nearby.

Ps 140

⁶You, LORD, are my God! Please listen to my prayer. ⁷You have the power to save me, and you keep me safe in every battle.

Ps 141

¹I pray to you, LORD! Please listen when I pray and hurry to help me. ⁸You are my LORD and God, and I look to you for safety. Don't let me be harmed.

Ps 143

¹Listen, LORD, as I pray! You are faithful and honest and will answer my prayer. I am in total darkness, like someone long dead. ⁴I have given up all hope, and I feel numb all over. ⁵I remember to think about the many things you did in years gone by. ⁶Then I lift my hands in prayer, because my soul is a desert, thirsty for water from you. ⁷Please hurry, LORD, and answer my prayer. I feel hopeless. Don't turn away and leave me here to die. ⁸Each morning let me learn more about your love because I trust you. I come to you in prayer, asking for your guidance. I come to you for safety. ^[a] ¹⁰You are my God. Show me what you want me to do, and let your gentle Spirit lead me in the right path.