

## **Psalms for Comfort**

### **Psalm 16**

Protect me, Eternal One, for I seek refuge in You.  
I say to God: "You are Adonai, there is none beyond You."  
Adonai is my allotted share and portion.  
I bless Adonai who has guided me; my conscience admonishes me at night.  
I am ever mindful of the Divine Presence who is at my right hand; I shall never be shaken.  
So my heart rejoices; my whole being exults, and my body rests secure.

### **Psalm 32**

Happy is he whose transgression is forgiven, whose sin is covered.  
Happy is the man to whom the Eternal does not impute iniquity,  
and in whose spirit there is no guile.  
When I kept silence, my bones wasted away through my groaning all day long.  
For day and night Your hand was heavy on me;  
my moisture is turned into the drought of summer. Selah.  
I acknowledged my sin to You, and I did not hide my iniquity.  
I said, I will confess my transgressions to the Eternal;  
and You forgave the iniquity of my sin. Selah.  
For this shall every one who is pious pray to You in a time when You may be found;  
then surely the floods of great waters shall not come near him.  
You are my hiding place; You shall preserve me from trouble;  
You shall surround me with songs of deliverance. Selah.  
I will instruct You and teach You in the way which You shall go;  
I will counsel You with my eye upon You.  
Do not be like the horse, or like the mule, which have no understanding;  
whose mouth must be held in with bit and bridle, lest they do not come near You.  
Many are the sorrows of the wicked;  
but loving kindness shall surround him who trusts in the Eternal.  
Be glad in the Eternal, and rejoice, You righteous; and shout for joy,  
all You who are upright in heart.

### **Psalm 34:19**

Adonai is close to the brokenhearted, And helps those crushed in spirit.

### **Psalm 90**

O God, You have been our refuge in every generation.  
Before the mountains came into being, before You brought forth the earth and the world, from  
eternity to eternity You are God.  
You return us to dust; Your decree: "Return, you mortals!"  
For in Your sight a thousand years are as yesterday when it has passed, as a watch in the night.  
You engulf us in sleep; we are like grass that renews itself; at daybreak it flourishes anew; at dusk it  
withers and dries up. The span of our life is threescore years and ten, or, given strength, fourscore

years; But the best of those years have trouble and sorrow.  
They pass by speedily, and we are in darkness.  
Teach us, therefore, so to number our days that we may attain a heart of wisdom,  
Turn to us, O God!  
Show mercy to Your servants.  
Satisfy us at daybreak with Your steadfast love That we may sing for joy all our days.  
Let Your deeds be seen by Your servants, Your glory by their children.  
May Your favor, O God, be upon us.  
Establish the work of our hands that it may long endure.

### **Psalm 91**

You Who dwells in the shelter of the Most High, Who abides in the shadow of the Omnipotent,  
I say [to you] of the Eternal Who is my refuge and my stronghold, my God in Whom I trust,  
that God will save you from the ensnaring trap, from the destructive pestilence.  
God will cover you with God's pinions and you will find refuge under God's wings; God's truth is a  
shield and an armor.  
You will not fear the terror of the night, nor the arrow that flies by day,  
the pestilence that prowls in the darkness, nor the destruction that ravages at noon.  
A thousand may fall at your [left] side, and ten thousand at your right, but it shall not reach you.  
You need only look with your eyes, and you will see the retribution of the wicked.  
Because you [have said,] "The Eternal is my shelter," and you have made the Most High your haven,  
no evil will befall you, no plague will come near your tent.  
For God will instruct God's angels in your behalf, to guard you in all your ways.  
They will carry you in their hands, lest you hurt your foot on a rock.  
You will tread upon the lion and the viper; you will trample upon the young lion and the serpent.  
Because he desires Me, I will deliver him; I will fortify him for he knows My Name.  
When he calls on Me, I will answer him; I am with him in distress, I will deliver him and honor him.  
I will satisfy him with long life, and show him My deliverance.

### **Psalm 121**

I lift my eyes to the mountains; What is the source of my help?  
My help comes from Adonai, Maker of heaven and earth.  
God will not let your foot give way; your Protector will not slumber.  
See, the Protector of Israel neither slumbers nor sleeps!  
God is your Guardian, God is your protection at your right hand.  
The sun will not strike you by day, nor the moon by night.  
God will guard you from all harm God will guard your soul, your going and coming, now and  
forever.