

## Session 1 Psalm 37 (ESV)

“Blessed are the meek, for they shall inherit the earth” (Mt.5:5)

1 Peter 2:18-23

**Of David**

Aleph

**<sup>1</sup>Fret not yourself because of evildoers;**

**be not envious of wrongdoers!**

Prov.24:19

**<sup>2</sup>For they will soon fade like the grass**

**and wither like the green herb.**

Jas.1:10,11

Beth

**<sup>3</sup>Trust in the LORD, and do good;**

**dwell in the land and befriend faithfulness.**

**<sup>4</sup>Delight yourself in the LORD,**

**and he will give you the desires of your heart.**

Ps.1:2

Gimel

**<sup>5</sup>Commit your way to the LORD;**

**trust in him, and he will act.**

Prov.16:3; 1 Pet.5:7

**<sup>6</sup>He will bring forth your righteousness as the light,**

**and your justice as the noonday.**

Mt.13:43; Dan.12:3;

(Jn.12:31)

Daleth

**<sup>7</sup>Be still before the LORD and wait patiently for him;**

**fret not yourself over the one who prospers in his way,**

**over the man who carries out evil devices!**

Ex.14:13

He

**<sup>8</sup>Refrain from anger, and forsake wrath!**

**Fret not yourself; it tends only to evil.**

**<sup>9</sup>For the evildoers shall be cut off,**

**but those who wait for the LORD shall inherit the land.**

Waw

**<sup>10</sup>In just a little while, the wicked will be no more;**

**though you look carefully at his place, he will not be there.**

**<sup>11</sup>But the meek shall inherit the land**

**and delight themselves in abundant peace.**

Zayin

<sup>12</sup> **The wicked plots against the righteous  
and gnashes his teeth at him,** Ps.35:16  
<sup>13</sup> **but the Lord laughs at the wicked,** Ps.2:4  
**for he sees that his day is coming.**

Heth

<sup>14</sup> **The wicked draw the sword and bend their bows  
to bring down the poor and needy,  
to slay those whose way is upright;**  
<sup>15</sup> **their sword shall enter their own heart,  
and their bows shall be broken.** Ps.7:12-16

Teth

<sup>16</sup> **Better is the little that the righteous has  
than the abundance of many wicked.** Prov.15:16; 16:8,16,19  
<sup>17</sup> **For the arms of the wicked shall be broken,  
but the LORD upholds the righteous.**

Yodh

<sup>18</sup> **The LORD knows the days of the blameless,  
and their heritage will remain forever;** Mt.6:8  
<sup>19</sup> **they are not put to shame in evil times;  
in the days of famine they have abundance.**

Kaph

<sup>20</sup> **But the wicked will perish;  
the enemies of the LORD are like the glory of the pastures;  
they vanish—like smoke they vanish away.**

Lamed

<sup>21</sup> **The wicked borrows but does not pay back,  
but the righteous is generous and gives;** Dt.15:6  
<sup>22</sup> **for those blessed by the LORD shall inherit the land,  
but those cursed by him shall be cut off.** Prov.3:33; Mt.25:34,41

Mem

<sup>23</sup> **The steps of a man are established by the LORD,  
when he delights in his way;**  
<sup>24</sup> **though he fall, he shall not be cast headlong,  
for the LORD upholds his hand.** Prov.24:16

## Nun

<sup>25</sup> I have been young, and now am old,  
yet I have not seen the righteous forsaken  
or his children begging for bread.

<sup>26</sup> He is ever lending generously,  
and his children become a blessing.

## Samekh

<sup>27</sup> Turn away from evil and do good;  
so shall you dwell forever.

<sup>28</sup> For the LORD loves justice;  
he will not forsake his saints.

## Ayin

They are preserved forever,  
but the children of the wicked shall be cut off.

<sup>29</sup> The righteous shall inherit the land  
and dwell upon it forever.

Prov.2:21,22

## Pe

<sup>30</sup> The mouth of the righteous utters wisdom,  
and his tongue speaks justice.

Prov.10:31,32

<sup>31</sup> The law of his God is in his heart;  
his steps do not slip.

Ps.1:2

## Tsadhe

<sup>32</sup> The wicked watches for the righteous  
and seeks to put him to death.

<sup>33</sup> The LORD will not abandon him to his power  
or let him be condemned when he is brought to trial.

## Qoph

<sup>34</sup> Wait for the LORD and keep his way,  
and he will exalt you to inherit the land;  
you will look on when the wicked are cut off.

Heb.10:35

## Resh

<sup>35</sup> I have seen a wicked, ruthless man,  
spreading himself like a green laurel tree.

Ps.1:3; Dan.4:10,11

<sup>36</sup> But he passed away, and behold, he was no more;  
though I sought him, he could not be found.

Sin/Shin

<sup>37</sup> **Mark the blameless and behold the upright,  
for there is a future for the man of peace.**

<sup>38</sup> **But transgressors shall be altogether destroyed;  
the future of the wicked shall be cut off.**

Prov.23:18

Taw

<sup>39</sup> **The salvation of the righteous is from the LORD;  
he is their stronghold in the time of trouble.**

<sup>40</sup> **The LORD helps them and delivers them;  
he delivers them from the wicked and saves them,  
because they take refuge in him.**

## Session 2 Psalm 69 (ESV)

His disciples remembered that it was written,  
"Zeal for your house will consume me" (John 2:17)

To the choirmaster: according to Lilies. Of David.

<sup>1</sup> Save me, O God!

For the waters have come up to my neck.

<sup>2</sup> I sink in deep mire,

where there is no foothold;

I have come into deep waters,

and the flood sweeps over me.

<sup>3</sup> I am weary with my crying out;

my throat is parched.

My eyes grow dim

with waiting for my God.

<sup>4</sup> More in number than the hairs of my head

are those who hate me without cause;

Jn.15:25

mighty are those who would destroy me,

those who attack me with lies.

What I did not steal

must I now restore?

<sup>5</sup> O God, you know my folly;

the wrongs I have done are not hidden from you.

<sup>6</sup> Let not those who hope in you be put to shame through me,

O Lord GOD of hosts;

let not those who seek you be brought to dishonour through me,

O God of Israel.

<sup>7</sup> For it is for your sake that I have borne reproach,

that dishonour has covered my face.

<sup>8</sup> I have become a stranger to my brothers,

an alien to my mother's sons.

<sup>9</sup> For zeal for your house has consumed me,

Jn.2:17

and the reproaches of those who reproach you have fallen on me.

Rom.15:3

<sup>10</sup> When I wept and humbled my soul with fasting,

it became my reproach.

<sup>11</sup> When I made sackcloth my clothing,

I became a byword to them.

- <sup>12</sup> I am the talk of those who sit in the gate,  
and the drunkards make songs about me. Mt.27:27-30
- <sup>13</sup> But as for me, my prayer is to you, O LORD.  
At an acceptable time, O God,  
in the abundance of your steadfast love answer me in your saving faithfulness.
- <sup>14</sup> Deliver me  
from sinking in the mire;  
let me be delivered from my enemies  
and from the deep waters.
- <sup>15</sup> Let not the flood sweep over me,  
or the deep swallow me up,  
or the pit close its mouth over me.
- <sup>16</sup> Answer me, O LORD, for your steadfast love is good;  
according to your abundant mercy, turn to me.
- <sup>17</sup> Hide not your face from your servant;  
for I am in distress; make haste to answer me.
- <sup>18</sup> Draw near to my soul, redeem me;  
ransom me because of my enemies!
- <sup>19</sup> You know my reproach,  
and my shame and my dishonour;  
my foes are all known to you.
- <sup>20</sup> Reproaches have broken my heart,  
so that I am in despair.  
I looked for pity, but there was none,  
and for comforters, but I found none.
- <sup>21</sup> They gave me poison for food,  
and for my thirst they gave me sour wine to drink. Mt.27:34,48 etc
- <sup>22</sup> Let their own table before them become a snare;  
and when they are at peace, let it become a trap.
- <sup>23</sup> Let their eyes be darkened, so that they cannot see,  
and make their loins tremble continually. Rom.11:9,10
- <sup>24</sup> Pour out your indignation upon them,  
and let your burning anger overtake them.
- <sup>25</sup> May their camp be a desolation;  
let no one dwell in their tents. Acts 1:20
- <sup>26</sup> For they persecute him whom you have struck down,  
and they recount the pain of those you have wounded.
- <sup>27</sup> Add to them punishment upon punishment;

may they have no acquittal from you.

<sup>28</sup> Let them be blotted out of the book of the living;  
let them not be enrolled among the righteous.

Ex.32:32; Dan.12:1; Phil.4:3; Rev.3:5

<sup>29</sup> But I am afflicted and in pain;  
let your salvation, O God, set me on high!

Ps.68:18; Eph.4:8

<sup>30</sup> I will praise the name of God with a song;  
I will magnify him with thanksgiving.

<sup>31</sup> This will please the LORD more than an ox  
or a bull with horns and hoofs.

<sup>32</sup> When the humble see it they will be glad;  
you who seek God, let your hearts revive.

<sup>33</sup> For the LORD hears the needy  
and does not despise his own people who are prisoners.

<sup>34</sup> Let heaven and earth praise him,  
the seas and everything that moves in them.

<sup>35</sup> For God will save Zion  
and build up the cities of Judah,  
and people shall dwell there and possess it;

<sup>36</sup> the offspring of his servants shall inherit it,  
and those who love his name shall dwell in it.

## Session 3 Psalm 109 (ESV)

Acts 1:15-20

To the choirmaster. A Psalm of David.

<sup>1</sup> Be not silent, O God of my praise!

<sup>2</sup> For wicked and deceitful mouths are opened against me,  
speaking against me with lying tongues.

<sup>3</sup> They encircle me with words of hate,  
and attack me without cause.

<sup>4</sup> In return for my love they accuse me,  
but I give myself to prayer.

Ps.35:13

<sup>5</sup> So they reward me evil for good,  
and hatred for my love.

<sup>6</sup> Appoint a wicked man against him;  
let an accuser stand at his right hand.

<sup>7</sup> When he is tried, let him come forth guilty;  
let his prayer be counted as sin!

Dt.32:35; Rom.12:19

<sup>8</sup> May his days be few;  
may another take his office!

Acts 1:20; Lam.4:20

<sup>9</sup> May his children be fatherless  
and his wife a widow!

<sup>10</sup> May his children wander about and beg,  
seeking food far from the ruins they inhabit!

<sup>11</sup> May the creditor seize all that he has;  
may strangers plunder the fruits of his toil!

<sup>12</sup> Let there be none to extend kindness to him,  
nor any to pity his fatherless children!

<sup>13</sup> May his posterity be cut off;  
may his name be blotted out in the second generation!

<sup>14</sup> May the iniquity of his fathers be remembered before the LORD,  
and let not the sin of his mother be blotted out!

<sup>15</sup> Let them be before the LORD continually,  
that he may cut off the memory of them from the earth!

<sup>16</sup> For he did not remember to show kindness,  
but pursued the poor and needy  
and the broken-hearted, to put them to death.

<sup>17</sup> He loved to curse; let curses come upon him!  
He did not delight in blessing; may it be far from him!

<sup>18</sup> He clothed himself with cursing as his coat;  
may it soak into his body like water,  
like oil into his bones!

<sup>19</sup> May it be like a garment that he wraps round him,  
like a belt that he puts on every day!

<sup>20</sup> May this be the reward of my accusers from the LORD,  
of those who speak evil against my life!

<sup>21</sup> But you, O God my Lord,  
deal on my behalf for your name's sake;  
because your steadfast love is good, deliver me!

<sup>22</sup> For I am poor and needy,  
and my heart is stricken within me.

<sup>23</sup> I am gone like a shadow at evening;  
I am shaken off like a locust.

<sup>24</sup> My knees are weak through fasting;  
my body has become gaunt, with no fat.

<sup>25</sup> I am an object of scorn to my accusers;  
when they see me, they wag their heads.

<sup>26</sup> Help me, O LORD my God!  
Save me according to your steadfast love!

<sup>27</sup> Let them know that this is your hand;  
you, O LORD, have done it!

<sup>28</sup> Let them curse, but you will bless!  
They arise and are put to shame, but your servant will be glad!

<sup>29</sup> May my accusers be clothed with dishonour;  
may they be wrapped in their own shame as in a cloak!

<sup>30</sup> With my mouth I will give great thanks to the LORD;  
I will praise him in the midst of the throng.

<sup>31</sup> For he stands at the right hand of the needy one,  
to save him from those who condemn his soul to death.

Gen.12:3

## Session 4 Psalm 137 (ESV)

"So will Babylon the great city be thrown down with great violence, and will be found no more  
...no more...no more" (Revelation 18:21-24)

**<sup>1</sup> By the waters of Babylon,**

**there we sat down and wept,**

**when we remembered Zion.**

**<sup>2</sup> On the willows there**

**we hung up our lyres.**

**<sup>3</sup> For there our captors**

Isa.14:2

**required of us songs,**

**and our tormentors, mirth, saying,**

**"Sing us one of the songs of Zion!"**

e.g. Pss.46:4,5; 48:2; 50:2; 84:1; 87:1-3

**<sup>4</sup> How shall we sing the Lord's song**

**in a foreign land?**

Lam.2:15

**<sup>5</sup> If I forget you, O Jerusalem,**

**let my right hand forget its skill!**

**<sup>6</sup> Let my tongue stick to the roof of my mouth,**

**if I do not remember you,**

**if I do not set Jerusalem**

**above my highest joy!**

**<sup>7</sup> Remember, O Lord, against the Edomites**

Lam.4:21,22; Ezek.25:12; 35:5; Obadiah

**the day of Jerusalem,**

**how they said, "Lay it bare, lay it bare,**

**down to its foundations!"**

**<sup>8</sup> O daughter of Babylon, doomed to be destroyed,** Isa.47; Jer.50,51

**blessed shall he be who repays you**

**with what you have done to us!**

**<sup>9</sup> Blessed shall he be who takes your little ones**

**and dashes them against the rock!**

2 Kgs.8:12; Hos.10:14; 13:16; Lk.19:44