

Part I

***Prayers for Help, Strength
& Hope from the Bible's
Book of Psalms***

A gift for you from



Simsbury United Methodist Church
799 Hopmeadow Street Simsbury, CT 06070
860.651.3356

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Psalm 4:1 Answer me when I call, O God of my right! You gave me room when I was in distress. Be gracious to me, and hear my prayer.

Psalm 5:2 Listen to the sound of my cry, my King and my God, for to you I pray.

Psalm 6:9 The LORD has heard my supplication; the LORD accepts my prayer.

Psalm 17:1 (of David). Hear a just cause, O LORD; attend to my cry; give ear to my prayer from lips free of deceit.

Psalm 18:28 You light a lamp for me. The LORD, my God, lights up my darkness

Psalm 25:16-22 Turn to me and be gracious to me, for I am lonely and afflicted. (17) Relieve the troubles of my heart, and bring me out of my distress. (18) Consider my affliction and my trouble, and forgive all my sins. (19) Consider how many are my foes, and with what violent hatred they hate me. (20) O guard my life, and deliver me; do not let me be put to shame, for I take refuge in you. (21) May integrity and uprightness preserve me, for I wait for you. (22) Redeem Israel, O God, out of all its troubles.

Psalm 26:1-8 Vindicate me, O LORD, for I have walked in my integrity, and I have trusted in the LORD without wavering. (2) Prove me, O LORD, and try me; test my heart and mind. (3) For your steadfast love is before my eyes, and I walk in faithfulness to you... (6) I wash my hands in innocence, and go around your altar, O LORD, (7) singing aloud a song of thanksgiving, and telling all your wondrous deeds. (8) O LORD, I love the house in which you dwell, and the place where your glory abides.

Psalm 35:1-3 (Of David). Contend, O LORD, with those who contend with me; fight against those who fight against me! (2) Take hold of shield and buckler, and rise up to help me! (3) Draw the spear and javelin against my pursuers; say to my soul, "I am your salvation."

Psalm 39:12 "Hear my prayer, O LORD, and give ear to my cry; do not hold your peace at my tears.

Psalm 43:1-5 Vindicate me, O God, and defend my cause against an ungodly people; from those who are deceitful and unjust deliver me! (2) For you are the God in whom I take refuge; why have you cast me off? Why must I walk about mournfully because of the oppression of the enemy? (3) O send out your light and your truth; let them lead me; let them bring me to your holy hill and to your dwelling. (4) Then I will go to the altar of God, to God my exceeding joy; and I will praise you | with the harp, O God, my God. (5) Why are you cast down, O my soul, and why are you disquieted within me? Hope in God; for I shall again praise him, my help and my God.

Psalm 44:23-26 Why do you sleep, O Lord? Awake, do not cast us off forever! (24) Why do you hide your face? Why do you forget our affliction and oppression? (25) For we sink down to the dust; our bodies cling to the ground. (26) Rise up, come to our help. Redeem us for the sake of your steadfast love.

Psalm 54:6-7 With a freewill offering I will sacrifice to you; I will give thanks to your name, O LORD, for it is good. (7) For he has delivered me from every trouble...

Psalm 55:1-8. Give ear to my prayer, O God; do not hide yourself from my supplication. (2) Attend to me, and answer me; I am troubled in my complaint. I am distraught... (4) My heart is in anguish within me, the terrors of death have fallen upon me. (5) Fear and trembling come upon me, and horror overwhelms me. (6) And I say, "O that I had wings like a dove! I would fly away and be at rest; (7) truly, I would flee far away; I would lodge in the wilderness; (8) I would hurry to find a shelter for myself from the raging wind and tempest."

Psalm 69:1-3 , 13-17, 29 Save me, O God, for the waters have come up to my neck. (2) I sink in deep mire, where there is no foothold; I have come into deep waters, and the flood sweeps over me. (3) I am weary with my crying; my throat is parched. My eyes grow dim with waiting for my God... 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. With your faithful help (14) rescue me from sinking in the mire; let me be delivered from my enemies and from the deep waters. (15) Do not let the flood sweep over me, or the deep swallow me up, or the Pit close its mouth over me. (16) Answer me, O LORD, for your steadfast love is good; according to your abundant mercy, turn to me. (17) Do not hide your face from your servant, for I am in distress--make haste to answer me. (29) But I am lowly and in pain; let your salvation, O God, protect me.

Psalm 80:3-7 Restore us, O God; let your face shine, that we may be saved. (4) O LORD God of hosts, how long will you be angry with your people's prayers? (5) You have fed them with the bread of tears, and given them tears to drink in full measure. (6) You make us the scorn of our neighbors; our enemies laugh among themselves. (7) Restore us, O God of hosts; let your face shine, that we may be saved.

Psalm 86:1-12 Incline your ear, O LORD, and answer me, for I am poor and needy. (2) Preserve my life, for I am devoted to you; save your servant who trusts in you. You are my God; (3) be gracious to me, O Lord, for to you do I cry all day long. (4) Gladden the soul of your servant, for to you, O Lord, I lift up my soul. (5) For you, O Lord, are good and forgiving, abounding in steadfast love to all who call on you. (6) Give ear, O LORD, to my prayer; listen to my cry of supplication. (7) In the day of my trouble I call on you, for you will answer me. (8) There is none like you among the gods, O Lord, nor are there any works like yours.

(9) All the nations you have made shall come and bow down before you, O Lord, and shall glorify your name. (10) For you are great and do wondrous things; you alone are God. (11) Teach me your way, O LORD, that I may walk in your truth; give me an undivided heart to revere your name. (12) I give thanks to you, O Lord my God, with my whole heart, and I will glorify your name forever.

Psalm 88:1-3 O LORD, God of my salvation, when, at night, I cry out in your presence, (2) let my prayer come before you; incline your ear to my cry. (3) For my soul is full of troubles, and my life draws near the grave.

Psalm 94:19 When doubts filled my mind, your comfort gave me renewed hope and cheer.

Psalm 102:1-5 (A prayer of one afflicted, when faint and pleading before the LORD). Hear my prayer, O LORD; let my cry come to you. (2) Do not hide your face from me in the day of my distress. Incline your ear to me; answer me speedily in the day when I call. (3) For my days pass away like smoke, and my bones burn like a furnace. (4) My heart is stricken and withered like grass; I am too wasted to eat my bread. (5) Because of my loud groaning my bones cling to my skin.

Psalm 116:1-10 I love the LORD, because he has heard my voice and my supplications. (2) Because he inclined his ear to me, therefore I will call on him as long as I live. (3) The snares of death encompassed me; the pangs of Sheol laid hold on me; I suffered distress and anguish. (4) Then I called on the name of the LORD: "O LORD, I pray, save my life!" (5) Gracious is the LORD, and righteous; our God is merciful. (6) The LORD protects the simple; when I was brought low, he saved me. (7) Return, O my soul, to your rest, for the LORD has dealt bountifully with you. (8) For you have delivered my soul from death, my eyes from tears, my feet from stumbling. (9) I walk before the LORD in the land of the living. (10) I kept my faith, even when I said, "I am greatly afflicted"

Psalms 119:28 My soul melts away for sorrow; strengthen me according to your word.

Psalm 119:49-50 Remember your word to your servant, in which you have made me hope. (50) This is my comfort in my distress, that your promise gives me life.

Psalms 139:17-18 How weighty to me are your thoughts, O God! How vast is the sum of them! (18) I try to count them--they are more than the sand; I come to the end--I am still with you.

Psalms 130:1-6 Out of the depths I cry to you, O LORD. (2) Lord, hear my voice! Let your ears be attentive to the voice of my supplications! (3) If you, O LORD, should mark iniquities, Lord, who could stand? (4) But there is forgiveness with you, so that you may be revered. (5) I wait for the LORD, my soul waits, and in his word I hope; (6) my soul waits for the Lord more than those who watch for the morning, more than those who watch for the morning.

Psalm 141:1-2 I call upon you, O LORD; come quickly to me; give ear to my voice when I call to you. Let my prayer be counted as incense before you, and the lifting up of my hands as an evening sacrifice.

Psalm 142:1,5-7 With my voice I cry to the LORD; with my voice I make supplication to the LORD... I cry to you, O LORD; I say, "You are my refuge, my portion in the land of the living." Give heed to my cry, for I am brought very low. Save me from my persecutors, for they are too strong for me. Bring me out of prison, so that I may give thanks to your name. The righteous will surround me, for you will deal bountifully with me.

Psalm 143:1-11 Hear my prayer, O LORD; give ear to my supplications in your faithfulness; answer me in your righteousness. Do not enter into judgment with your servant, for no one living is righteous before you. For the enemy has pursued me, crushing my life to the ground, making me sit in darkness like those long dead. Therefore my spirit faints within me; my heart within me is appalled. I remember the days of old, I think about all your deeds, I meditate on the works of your hands. I stretch out my hands to you; my soul thirsts for you like a parched land. Answer me quickly, O LORD; my spirit fails. Do not hide your face from me, or I shall be like those who go down to the Pit. Let me hear of your steadfast love in the morning, for in you I put my trust. Teach me the way I should go, for to you I lift up my soul. Save me, O LORD, from my enemies; I have fled to you for refuge. Teach me to do your will, for you are my God. Let your good spirit lead me on a level path. For your name's sake, O LORD, preserve my life. In your righteousness bring me out of trouble.