

The Essentials: The Psalms

Session 1: Psalm 1

Opening Collect

Together: Blessed Lord, who caused all holy Scriptures to be written for our learning: Grant us so to hear them, read, mark, learn, and inwardly digest them, that we may embrace and ever hold fast the blessed hope of everlasting life, which you have given us in our Savior Jesus Christ; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Watch: Video 1

Read: Psalm 1 (out loud)

Discussion:

1. What is your delight? What brings you joy? What energizes you?
2. Notice, the proper response to following God is not exact performance of the law, but is “delighting in the law” (v. 2). What might it mean or look like to delight in the law of the Lord?
3. The psalmist characterizes the “unrighteous” as wayward; they are like chaff (v. 4). Do you relate to this image? Have there been times in your life that you have felt dislocated and easily disrupted?
4. We were created to receive our strength and nourishment from God. The reason the tree in this psalm (v. 3) flourishes at all times and yields its fruit in season is because the roots go down to a steady source of water, providing the nutrients it needs even in dry times. Outside of God, where does our society try to find strength and nourishment?
5. Sometimes it seems that unrighteous people “succeed,” and that righteous people suffer. However, the Psalm says that the righteous prosper in all that they do (v. 3). What might that mean? How does this Psalm challenge us to think about prosperity and success?
6. How does Jesus shed light on Psalm 1, and how does Psalm 1 shed light on the person and work of Jesus?

Check in and closing prayers

Psalm 1

¹Happy are those

who do not follow the advice of the wicked,

or take the path that sinners tread,

or sit in the seat of scoffers;

²but their delight is in the law of the LORD,

and on his law they meditate day and night.

³They are like trees

planted by streams of water,

which yield their fruit in its season,

and their leaves do not wither.

In all that they do, they prosper.

⁴The wicked are not so,

but are like chaff that the wind drives away.

⁵Therefore the wicked will not stand in the judgment,

nor sinners in the congregation of the righteous;

⁶for the LORD watches over the way of the righteous,

but the way of the wicked will perish.

The Essentials: The Psalms

Session 2

Pray:

Blessed Lord, who caused all holy Scriptures to be written for our learning: Grant us so to hear them, read, mark, learn, and inwardly digest them, that we may embrace and ever hold fast the blessed hope of everlasting life, which you have given us in our Savior Jesus Christ; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Read: Psalm 5 (aloud)

1. The video noted how many of us might not have actual enemies, and yet we all face adversarial situations. In v. 3 the Psalmist says he will plead his case before God. Share a time when you felt that you needed to plead to God?
2. If God knows all things why do we need to plead our case before him?
3. In vv. 7 and 8 the Psalmists response to facing adversity is entering into worship. How might this example help us in our times of adversity?
4. Vv. 9 and 10 detail the characteristics of the wicked. What are some of these characteristics? Did you notice any commonalities? What does this say about where evil tends to reside?
5. Do you believe God defends the righteous?
6. What does Psalm 5 tell us about Jesus and what does Jesus tell us about Psalm 5?

Concluding Prayer

Psalm 5

To the leader: for the flutes. A Psalm of David.

- ¹ Give ear to my words, O Lord;
give heed to my sighing.
- ² Listen to the sound of my cry,
my King and my God,
for to you I pray.
- ³ O Lord, in the morning you hear my voice;
in the morning I plead my case to you, and watch.
- ⁴ For you are not a God who delights in wickedness;
evil will not sojourn with you.
- ⁵ The boastful will not stand before your eyes;
you hate all evildoers.
- ⁶ You destroy those who speak lies;
the Lord abhors the bloodthirsty and deceitful.
- ⁷ But I, through the abundance of your steadfast love,
will enter your house,
I will bow down toward your holy temple
in awe of you.
- ⁸ Lead me, O Lord, in your righteousness
because of my enemies;
make your way straight before me.
- ⁹ For there is no truth in their mouths;
their hearts are destruction;
their throats are open graves;
they flatter with their tongues.
- ¹⁰ Make them bear their guilt, O God;
let them fall by their own counsels;
because of their many transgressions cast them out,
for they have rebelled against you.
- ¹¹ But let all who take refuge in you rejoice;
let them ever sing for joy.
Spread your protection over them,
so that those who love your name may exult in you.
- ¹² For you bless the righteous, O Lord;
you cover them with favor as with a shield.

The Essentials: The Psalms

Session 3: Psalm 19

Opening Collect

Together: Blessed Lord, who caused all holy Scriptures to be written for our learning: Grant us so to hear them, read, mark, learn, and inwardly digest them, that we may embrace and ever hold fast the blessed hope of everlasting life, which you have given us in our Savior Jesus Christ; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Watch Video

Read: Psalm 19 (out loud)

Discussion:

1. Where do you experience the glory of God?
2. Read vv. 2-4. These passages detail the way each day is a wordless speech about the glory of God. How can the experience of a day be a communication from God?
3. Many people say their church is spending time in nature. However, the Psalmist, beginning in v. 7, speaks of a second kind of revelation—the law of the Lord. Why is it important that God reveals himself in nature and his Word?
4. Read vv. 7-10 and circle the adjectives describing God's law. Which of these descriptions is most striking to you?
5. V. 11 describes how there is great reward in keeping God's law. Read vv. 12 and 13. Describe that reward.
6. Read v. 14. How can you make the meditation of your heart acceptable in God's sight?
7. What does Psalm 19 tell us about Jesus, and what does Jesus tell us about Psalm 19?

Check in and closing prayers

Psalm 19

To the choirmaster. A Psalm of David.

[1] The heavens declare the glory of God, and the sky above proclaims his handiwork.

[2] Day to day pours out speech, and night to night reveals knowledge.

[3] There is no speech, nor are there words, whose voice is not heard.

[4] Their voice goes out through all the earth, and their words to the end of the world.

In them he has set a tent for the sun,

[5] which comes out like a bridegroom leaving his chamber, and, like a strong man, runs its course with joy.

[6] Its rising is from the end of the heavens, and its circuit to the end of them,
and there is nothing hidden from its heat.

[7] The law of the LORD is perfect, reviving the soul;
the testimony of the LORD is sure, making wise the simple;

[8] the precepts of the LORD are right, rejoicing the heart;
the commandment of the LORD is pure, enlightening the eyes;

[9] the fear of the LORD is clean, enduring forever;
the rules of the LORD are true, and righteous altogether.

[10] More to be desired are they than gold, even much fine gold;
sweeter also than honey and drippings of the honeycomb.

[11] Moreover, by them is your servant warned; in keeping them there is great reward.

[12] Who can discern his errors? Declare me innocent from hidden faults.

[13] Keep back your servant also from presumptuous sins;
let them not have dominion over me!

Then I shall be blameless, and innocent of great transgression.

[14] Let the words of my mouth and the meditation of my heart
be acceptable in your sight,

O LORD, my rock and my redeemer. (ESV)

The Essentials: The Psalms

Session 4: Psalm 32

Opening Collect

Together: Blessed Lord, who caused all holy Scriptures to be written for our learning: Grant us so to hear them, read, mark, learn, and inwardly digest them, that we may embrace and ever hold fast the blessed hope of everlasting life, which you have given us in our Savior Jesus Christ; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Watch: Video 4

Read: Psalm 32 (out loud)

Discussion:

1. Describe the steps that David experiences as he moves toward confession and absolution.
2. Explore v. 3. Why does keeping silence cause David to waste away with groaning?
3. In vv. 6 and 7, David experiences forgiveness. What else does he experience?
4. David turns his attention to the reader in vv. 8 and 9, telling us not to learn the hard way. What is David trying to teach us in v. 9?
5. In v. 10 David uses the phrase steadfast love (*hesed* in Hebrew). This word is used 129 times in the Psalms and is a key-word for the entire Old Testament. It suggests an ongoing, loyal, never-ending form of covenantal love that God has for his people. It is a precondition for repentance. How does it change the way we repent?
6. The Psalm begins and ends on the topic of joy. Are you willing to share a time when confession led to an experience of joy or happiness?
7. What does this Psalm tell us about Jesus, and what does Jesus tell us about this Psalm?

Check in and closing prayers

Psalm 32

A Maskil of David.

- [1] Blessed is the one whose transgression is forgiven,
whose sin is covered.
- [2] Blessed is the man against whom the LORD counts no iniquity,
and in whose spirit there is no deceit.
- [3] For when I kept silent, my bones wasted away
through my groaning all day long.
- [4] For day and night your hand was heavy upon me;
my strength was dried up as by the heat of summer. Selah
- [5] I acknowledged my sin to you,
and I did not cover my iniquity;
I said, "I will confess my transgressions to the LORD,"
and you forgave the iniquity of my sin. Selah
- [6] Therefore let everyone who is godly
offer prayer to you at a time when you may be found;
surely in the rush of great waters,
they shall not reach him.
- [7] You are a hiding place for me;
you preserve me from trouble;
you surround me with shouts of deliverance. Selah
- [8] I will instruct you and teach you in the way you should go;
I will counsel you with my eye upon you.
- [9] Be not like a horse or a mule, without understanding,
which must be curbed with bit and bridle,
or it will not stay near you.
- [10] Many are the sorrows of the wicked,
but steadfast love surrounds the one who trusts in the LORD.
- [11] Be glad in the LORD, and rejoice, O righteous,
and shout for joy, all you upright in heart! (ESV)

The Essentials: The Psalms

Session 5: Psalm 46

Pray:

Blessed Lord, who caused all holy Scriptures to be written for our learning: Grant us so to hear them, read, mark, learn, and inwardly digest them, that we may embrace and ever hold fast the blessed hope of everlasting life, which you have given us in our Savior Jesus Christ; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Read: Psalm 46 (aloud)

1. In vv. 2-3, Colin says the Psalmist presents worst-case scenarios in natural and political terms. One might even think of contemporary conflicts like in Ukraine. Name other ways we experience being shaken.
2. V. 1 says God is our refuge. Explore what it means for God to be a refuge. What is a refuge?
3. Read vv. 4-6. Describe the city of God.
4. Historically speaking, the city of God, Jerusalem, was overthrown by its enemies. It tottered and fell. Colin says it was not Jerusalem itself that protects us, but rather the God who dwelt in the city. Where does God dwell now?
5. Describe the claim made in v. 9. In what ways do you struggle to believe this claim?
6. Read v. 10. In what ways are you trying to achieve your own security?
7. What does Psalm 5 tell us about Jesus and what does Jesus tell us about Psalm 5?

Concluding Prayer

Psalm 46

To the choirmaster. Of the Sons of Korah. According to Alamo^[a]. A Song.

¹God is our refuge and strength,
a very present^[b] help in trouble.

²Therefore we will not fear though the earth gives way,
though the mountains be moved into the heart of the sea,

³though its waters roar and foam,
though the mountains tremble at its swelling. *Selah*

⁴There is a river whose streams make glad the city of God,
the holy habitation of the Most High.

⁵God is in the midst of her; she shall not be moved;
God will help her when morning dawns.

⁶The nations rage, the kingdoms totter;
he utters his voice, the earth melts.

⁷The Lord of hosts is with us;
the God of Jacob is our fortress. *Selah*

⁸Come, behold the works of the Lord,
how he has brought desolations on the earth.

⁹He makes wars cease to the end of the earth;
he breaks the bow and shatters the spear;
he burns the chariots with fire.

¹⁰“Be still, and know that I am God.
I will be exalted among the nations,
I will be exalted in the earth!”

¹¹The Lord of hosts is with us;
the God of Jacob is our fortress. *Selah*

The Essentials: The Psalms

Session 6: Psalm 51

Opening Collect

Together: Blessed Lord, who caused all holy Scriptures to be written for our learning: Grant us so to hear them, read, mark, learn, and inwardly digest them, that we may embrace and ever hold fast the blessed hope of everlasting life, which you have given us in our Savior Jesus Christ; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Watch Video

Read: Psalm 51 (out loud)

Discussion:

1. When we compare ourselves to others we can easily minimize our sins. Discuss how coming into the presence of God reveals our sins to us.
2. When you confess to God, have you ever struggled in believing God's mercy and loving kindness? How has that impacted the way you confess your sins to him?
3. Why does David claim that he has sinned only against God when he has clearly also sinned against other people? Does those imply that David does not need to seek forgiveness against all of those he has sinned against?
4. Read vv. 1-5. Often when we seek forgiveness with God and others we seek to explain away our sins. Compare making excuses with what David says in vv. 1-5.
5. Read v. 11. David realizes he needs more than simply being cleaned. He asks God to create in him a new heart. How does this compare to when Jesus says we must be born again?
6. Read vv. 16-20. Only after David gives God his brokenness can he enter into the temple. Discuss why the Book of Common Prayer places the confession immediately before the Eucharist.
7. What does Psalm 51 teach us about Jesus and what does Jesus teach us about Psalm 51?

Check in and closing prayers

Psalm 51

To the choirmaster. A Psalm of David, when Nathan the prophet went to him, after he had gone in to Bathsheba.

- ¹ Have mercy on me,^[a] O God,
according to your steadfast love;
according to your abundant mercy
blot out my transgressions.
- ² Wash me thoroughly from my iniquity,
and cleanse me from my sin!
- ³ For I know my transgressions,
and my sin is ever before me.
- ⁴ Against you, you only, have I sinned
and done what is evil in your sight,
so that you may be justified in your words
and blameless in your judgment.
- ⁵ Behold, I was brought forth in iniquity,
and in sin did my mother conceive me.
- ⁶ Behold, you delight in truth in the inward being,
and you teach me wisdom in the secret heart.
- ⁷ Purge me with hyssop, and I shall be clean;
wash me, and I shall be whiter than snow.
- ⁸ Let me hear joy and gladness;
let the bones that you have broken rejoice.
- ⁹ Hide your face from my sins,
and blot out all my iniquities.
- ¹⁰ Create in me a clean heart, O God,
and renew a right^[b] spirit within me.
- ¹¹ Cast me not away from your presence,
and take not your Holy Spirit from me.
- ¹² Restore to me the joy of your salvation,
and uphold me with a willing spirit.
- ¹³ Then I will teach transgressors your ways,
and sinners will return to you.
- ¹⁴ Deliver me from bloodguiltiness, O God,
O God of my salvation,
and my tongue will sing aloud of your righteousness.
- ¹⁵ O Lord, open my lips,
and my mouth will declare your praise.
- ¹⁶ For you will not delight in sacrifice, or I would give it;
you will not be pleased with a burnt offering.
- ¹⁷ The sacrifices of God are a broken spirit;
a broken and contrite heart, O God, you will not despise.
- ¹⁸ Do good to Zion in your good pleasure;
build up the walls of Jerusalem;
- ¹⁹ then will you delight in right sacrifices,
in burnt offerings and whole burnt offerings;
then bulls will be offered on your altar.

The Essentials: The Psalms

Session 7: Psalm 80

Opening Collect

Together: Blessed Lord, who caused all holy Scriptures to be written for our learning: Grant us so to hear them, read, mark, learn, and inwardly digest them, that we may embrace and ever hold fast the blessed hope of everlasting life, which you have given us in our Savior Jesus Christ; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Watch: Video 4

Read: Psalm 32 (out loud)

Discussion:

1. As the video notes, Psalm 80 begins by naming what God has done for Israel in the past (v. 1). Do you have a portion of Scripture or an event in your life that you can turn back to for ongoing encouragement? Share with your group if you are willing.
2. In vv. 4-6 the Psalmist is honest—even confrontational—with God. What might this suggest about what prayer should look like in our times of affliction? Do you feel comfortable praying that way to God?
3. A primary component of Psalm 80 is the way it details God’s actions within history. For instance, “the boar from the forest (vv. 12 and 13)” is meant to represent Babylon’s invasion of Israel. How does this truth change the way you pray for current events?
4. Read vv. 8-11. Notice the primary metaphor for Israel is a vine, with God being both the vinedresser and the source of life, like the sun (“let your face *shine*, that we may be saved”). What does this suggest we need in order to grow?
5. What would it look like to pursue God’s face?
6. Vv. 17 and 18 are difficult to make sense of historically, as the one who “rescued” Israel from Babylon, was a brutal Persian emperor who was not exactly a man of God’s right hand. How might Jesus more perfectly reconstitute the “vine” of Israel? How does the redemption he brings look like God’s redemption of Israel from Babylon?
7. What are other ways Psalm 80 tells us about Jesus? And what does Jesus reveal about Psalm 80?

Check in and closing prayers

Psalm 80

To the choirmaster: according to Lilies. A Testimony. Of Asaph, a Psalm.

- 1 Give ear, O Shepherd of Israel,
you who lead Joseph like a flock.
You who are enthroned upon the cherubim, shine forth.
- ² Before Ephraim and Benjamin and Manasseh,
stir up your might
and come to save us!
- ³ 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 an object of contention for our neighbors,
and our enemies laugh among themselves.
- ⁷ Restore us, O God of hosts;
let your face shine, that we may be saved!
- ⁸ You brought a vine out of Egypt;
you drove out the nations and planted it.
- ⁹ You cleared the ground for it;
it took deep root and filled the land.
- ¹⁰ The mountains were covered with its shade,
the mighty cedars with its branches.
- ¹¹ It sent out its branches to the sea
and its shoots to the River.
- ¹² Why then have you broken down its walls,
so that all who pass along the way pluck its fruit?
- ¹³ The boar from the forest ravages it,
and all that move in the field feed on it.
- ¹⁴ Turn again, O God of hosts!
Look down from heaven, and see;
have regard for this vine,
- ¹⁵ the stock that your right hand planted,
and for the son whom you made strong for yourself.
- ¹⁶ They have burned it with fire; they have cut it down;
may they perish at the rebuke of your face!
- ¹⁷ But let your hand be on the man of your right hand,
the son of man whom you have made strong for yourself!
- ¹⁸ Then we shall not turn back from you;
give us life, and we will call upon your name!

¹⁹Restore us, O LORD God of hosts!
Let your face shine, that we may be saved!

The Essentials: The Psalms

Session 8: Psalm 88

Opening Collect

Together: Blessed Lord, who caused all holy Scriptures to be written for our learning: Grant us so to hear them, read, mark, learn, and inwardly digest them, that we may embrace and ever hold fast the blessed hope of everlasting life, which you have given us in our Savior Jesus Christ; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Watch Video

Read: Psalm 88 (out loud)

Discussion:

1. Psalm 88 includes one of the most dramatic expressions of hopelessness in the Bible. It's language teaches us the way we *should* express our strongest language and emotions to God. What happens when we express our emotions to God? What happens when we do not express our emotions to God?
2. Read vv. 1 and 2. In comparison with the rest of the Psalm, what is different about these verses?
3. In vv. 3-9 the Psalmist describes his context in striking terms. Which of these descriptions resonates with you the most?
4. The litany of complaints culminates with a description of absolute isolation and loneliness (v. 8 and 9). Why do you think the Psalmist's most dramatic complaint is loneliness? Have you ever experienced of severe loneliness?
5. Read vv. 10-12. After the Psalmist ends his complaints, he argues with God. Do you think it is acceptable to argue with God?
6. Once again, vv. 13-18 describe a series of complaints that culminate not in death, but in isolation. And yet, it is a prayer; there is a dialogue partner. What word of hope does this say to us in our times of loneliness and dread?
7. Read this Psalm as a prayer of Jesus. What might it reveal about Jesus experience of forsakenness on the cross?

Check in and closing prayers

Psalm 88

- 1 O LORD, God of my salvation,
I cry out day and night before you.
- 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 to Sheol.
- 4 I am counted among those who go down to the pit;
I am a man who has no strength,
- 5 like one set loose among the dead,
like the slain that lie in the grave,
like those whom you remember no more,
for they are cut off from your hand.
- 6 You have put me in the depths of the pit,
in the regions dark and deep.
- 7 Your wrath lies heavy upon me,
and you overwhelm me with all your waves. *Selah*
- 8 You have caused my companions to shun me;
you have made me a horror^u to them.
I am shut in so that I cannot escape;
- 9 my eye grows dim through sorrow.
Every day I call upon you, O LORD;
I spread out my hands to you.
- 10 Do you work wonders for the dead?
Do the departed rise up to praise you? *Selah*
- 11 Is your steadfast love declared in the grave,
or your faithfulness in Abaddon?
- 12 Are your wonders known in the darkness,
or your righteousness in the land of forgetfulness?
- 13 But I, O LORD, cry to you;
in the morning my prayer comes before you.
- 14 O LORD, why do you cast my soul away?
Why do you hide your face from me?
- 15 Afflicted and close to death from my youth up,
I suffer your terrors; I am helpless.^u
- 16 Your wrath has swept over me;
your dreadful assaults destroy me.
- 17 They surround me like a flood all day long;
they close in on me together.
- 18 You have caused my beloved and my friend to shun me;
my companions have become darkness.

The Essentials: The Psalms

Session 9: Psalm 126

Opening Collect

Together: Blessed Lord, who caused all holy Scriptures to be written for our learning: Grant us so to hear them, read, mark, learn, and inwardly digest them, that we may embrace and ever hold fast the blessed hope of everlasting life, which you have given us in our Savior Jesus Christ; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Watch: Video 4

Read: Psalm 126 (out loud)

Discussion:

1. The Psalmist details a time of profound restoration after a time of suffering. Have you ever experienced a time of incredible restoration, healing, or renewal?
2. V. 2 says that other nations respond to God's favor on Israel. Why was it important that other nations see what God has done to Israel? Why would it be important that we testify to God's restorative goodness in our own lives?
3. In our video David describes the seasonal renewal of streams of the Negev (v. 4). How might this seasonal quality change your experience of dry seasons? How does this image instruct you regarding seasons of suffering?
4. What would it look like for you to "sow" your tears?
5. In vv. 6 and 7 we see the fruit (the sheaves) that comes from investing our sorrows; what might the sheaves symbolize?
6. We are almost in Holy Week. How might this depiction of sowing our sorrows illuminate Jesus' own work?

Check in and closing prayers

Psalm 126

¹When the LORD restored the fortunes of Zion,
we were like those who dream.

²Then our mouth was filled with laughter,
and our tongue with shouts of joy;

then they said among the nations,

“The LORD has done great things for them.”

³The LORD has done great things for us; we are glad.

⁴Restore our fortunes, O LORD,
like streams in the Negeb!

⁵Those who sow in tears
shall reap with shouts of joy!

⁶He who goes out weeping,
bearing the seed for sowing,
shall come home with shouts of joy,
bringing his sheaves with him.

The Essentials: The Psalms

Session 10: Psalm 148

Opening Collect

Together: Blessed Lord, who caused all holy Scriptures to be written for our learning: Grant us so to hear them, read, mark, learn, and inwardly digest them, that we may embrace and ever hold fast the blessed hope of everlasting life, which you have given us in our Savior Jesus Christ; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Watch: Video 10

Read: Psalm 148 (out loud)

Discussion:

1. Give examples of how you praise God.
2. In v. 2 the Psalmist asks the angels and the heavenly host to praise God. Have you ever contemplated that the heavens are constantly praising God? How does that make you feel?
3. Read vv. 5 and 6. Not only did God create the heavens and the earth, but he upholds them and therefore they will not pass away. Discuss the comfort that comes in knowing that God supports and sustains all of creation.
4. Read v. 8. How do you think the weather fulfills God's command?
5. As David mentioned in our video, the world witnesses to the glory of God. How do we practice experiencing creation as pointing to God?
6. One translation of v. 14 describes Israel as the people "close to his heart." Reflect on the way the Psalmist moves through all levels of the cosmic order, and yet the community of Israel is described as closest to God's own heart.
7. How does Jesus teach us how to praise God?

Check in and closing prayers

Psalm 148

¹ Praise the LORD!

Praise the LORD from the heavens;
praise him in the heights!

² Praise him, all his angels;
praise him, all his host!

³ Praise him, sun and moon;
praise him, all you shining stars!

⁴ Praise him, you highest heavens,
and you waters above the heavens!

⁵ Let them praise the name of the LORD,
for he commanded and they were created.

⁶ He established them forever and ever;
he fixed their bounds, which cannot be passed.[Ⓜ]

⁷ Praise the LORD from the earth,
you sea monsters and all deeps,

⁸ fire and hail, snow and frost,
stormy wind fulfilling his command!

⁹ Mountains and all hills,
fruit trees and all cedars!

¹⁰ Wild animals and all cattle,
creeping things and flying birds!

¹¹ Kings of the earth and all peoples,
princes and all rulers of the earth!

¹² Young men and women alike,
old and young together!

¹³ Let them praise the name of the LORD,
for his name alone is exalted;
his glory is above earth and heaven.

¹⁴ He has raised up a horn for his people,
praise for all his faithful,
for the people of Israel who are close to him.
Praise the LORD!