

Pro Life Psalter
A collection of Psalms that pertain especially to the bearing of
life and healing from sin.
Twelve Psalms divided into Three stasis

PSALM 8	2
For the End: A Psalm of David Concerning the Winepresses.....	2
PSALM 18	2
For the End: A Psalm of David.....	2
PSALM 21	3
For the End: A Psalm of David concerning Help That Cometh in the Morning.....	3
PSALM 22	6
A Psalm of David.....	6
PSALM 24	6
A Psalm of David.....	6
PSALM 31	7
David's. Concerning Instruction.	7
PSALM 41	8
For the End: For the Instruction to the Sons of Kore, a Psalm of David, Without Superscription among the Hebrews.	8
PSALM 50	9
For the End: A Psalm of David. When Nathan the Prophet Came unto Him. When He Went in unto Bersabee, the Wife of Urias.	9
PSALM 70	11
David's. A Psalm of the Sons of Jonadab and the First That Were Taken Away Captive. Without Superscription among the Hebrews.	11
PSALM 112	13
Alleluia.....	13
PSALM 114	13
Alleluia.....	13
PSALM 138	14
For the End. David's. A Psalm of Zacharias in the Dispersion.	14

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[St Nicholas Orthodox Church, McKinney Texas](#)

PSALM 8

For the End: A Psalm of David Concerning the Winepresses.

8:1 O Lord, our Lord, how wonderful is Thy name in all the earth! For Thy magnificence is lifted high above the heavens.

8:2 Out of the mouths of babes and sucklings hast Thou perfected praise, because of Thine enemies, to destroy the enemy and avenger.

8:3 For I will behold the heavens, the works of Thy fingers, the moon and the stars, which Thou hast founded.

8:4 What is man, that Thou art mindful of him? Or the son of man, that Thou visitest him? Thou hast made him a little lower than the angels; with glory and honour hast Thou crowned him, and Thou hast set him over the works of Thy hands.

8:5 All things hast Thou subjected under his feet, sheep, and all oxen, yea, and the beasts of the field, The birds of the air, and the fish of the sea, the things that pass through the paths of the sea.

8:6 O Lord, our Lord, how wonderful is Thy name in all the earth!

PSALM 18

For the End: A Psalm of David.

18:1 The heavens declare the glory of God, and the firmament proclaimeth the work of His hands.

18:2 Day unto day poureth forth speech, and night unto night proclaimeth knowledge.

18:3 There are no tongues nor words in which their voices are not heard.

18:4 Their sound hath gone forth into all the earth, and their words unto the ends of the world.

18:5 In the sun hath He set His tabernacle; and He, like a bridegroom coming forth from his chamber, will rejoice like a giant to run his course.

18:6 From the outermost border of heaven is His going forth, and His goal is unto the outermost part of heaven, and there shall no man hide himself from His heat.

18:7 The law of the Lord is blameless, converting souls; the testimony of the Lord is trustworthy, bringing wisdom to infants.

18:8 The statutes of the Lord are upright, gladdening the heart; the commandment of the Lord is far-shining, enlightening the eyes.

18:9 The fear of the Lord is pure, enduring for ever and ever; the judgements of the Lord are true, altogether justified, More to be desired than gold and much precious stone, and sweeter than honey and the honeycomb.

18:10 Yea, for Thy servant keepeth them; in keeping them there is much reward.

18:11 As for transgressions, who will understand them? From my secret sins cleanse me, and from those of others spare Thy servant.

18:12 If they have not dominion over me, then blameless shall I be, and I shall be cleansed from great sin.

18:13 And the sayings of my mouth shall be unto Thy good pleasure, and the meditation of my heart shall be before Thee for ever, O Lord, my helper and redeemer.

PSALM 21

For the End: A Psalm of David concerning Help That Cometh in the Morning.

21:1 O God, my God, attend to me; why hast Thou forsaken me? Far from my salvation are the words of my transgressions.

21:2 My God, I will cry by day, and wilt Thou not hearken? and by night, and it shall not be unto folly for me.

21:3 But as for Thee, Thou dwellest in the sanctuary, O Praise of Israel.

21:4 In Thee have our fathers hoped; they hoped, and Thou didst deliver them.

21:5 Unto Thee they cried, and were saved; in Thee they hoped, and were not brought to shame.

21:6 But as for me, I am a worm, and not a man, a reproach of men, and the outcast of the people.

21:7 All that look upon me have laughed me to scorn; they have spoken with their lips and have wagged their heads: He hoped in the Lord; let Him deliver him, let Him save him, for He desireth him.

21:8 For Thou art He that drewest me forth from the womb; my hope from the breasts of my mother.

21:9 On Thee was I cast from the womb; from my mother's womb, Thou art my God.

21:10 Depart not from me, for tribulation is nigh, for there is none to help me.

21:11 Many bullocks have encircled me, fat bulls have surrounded me.

21:12 They have opened their mouth against me, as might a lion ravenous and roaring.

21:13 I have been poured out like water, and scattered are all my bones; my heart is become like wax melting in the midst of my bowels.

21:14 My strength is dried up like a potsherd, and my tongue hath cleaved to my throat, and into the dust of death hast Thou brought me down.

21:15 For many dogs have encircled me, the congregation of evil doers hath surrounded me; they have pierced my hands and my feet.

21:16 They have numbered all my bones, and they themselves have looked and stared upon me.

21:17 They have parted my garments amongst themselves, and for my vesture have they cast lots.

21:18 But Thou, O Lord, remove not Thy help far from me;

attend unto mine aid.

21:19 Rescue my soul from the sword, even this only-begotten one of mine from the hand of the dog.

21:20 Save me from the mouth of the lion, and my lowliness from the horns of the unicorns.

21:21 I will declare Thy name unto my brethren, in the midst of the church will I hymn Thee.

21:22 Ye that fear the Lord, praise Him; all ye that are of the seed of Jacob, glorify Him; let all fear Him that are of the seed of Israel.

21:23 For He hath not set at naught nor abhorred the supplications of the pauper, nor hath He turned His face from me; and when I cried unto Him, He hearkened unto me.

21:24 From Thee is my praise; in the great church will I confess Thee; my vows will I pay before them that fear Thee.

21:25 The poor shall eat and be filled, and they that seek the Lord shall praise Him; their hearts shall live for ever and ever.

21:26 All the ends of the earth shall remember and shall turn unto the Lord, and all the kindreds of the nations shall worship before Him.

21:27 For the kingdom is the Lord's and He Himself is sovereign of the nations.

21:28 All they that be fat upon the earth have eaten and worshipped; all they that go down into the earth shall fall down before Him.

21:29 Yea, my soul liveth for Him, and my seed shall serve Him.

21:30 The generation that cometh shall be told of the Lord, and they shall proclaim His righteousness to a people that shall be born, which the Lord hath made.

PSALM 22

A Psalm of David.

22:1 The Lord is my shepherd, and I shall not want.

22:2 In a place of green pasture, there hath He made me to dwell; beside the water of rest hath He nurtured me.

22:3 He hath converted my soul, He hath led me on the paths of righteousness for His name's sake.

22:4 For though I should walk in the midst of the shadow of death, I will fear no evil, for Thou art with me; Thy rod and Thy staff, they have comforted me.

22:5 Thou hast prepared a table for me in the presence of them that afflict me.

22:6 Thou hast anointed my head with oil, and Thy cup which filleth me, how excellent it is! And Thy mercy shall pursue me all the days of my life, and I will dwell in the house of the Lord unto length of days.

Glory. Both Now. Alleluia.

PSALM 24

A Psalm of David.

24:1 Unto Thee, O Lord, have I lifted up my soul.

24:2 O my God, in Thee have I trusted; let me never be put to shame, nor let mine enemies laugh me to scorn.

24:3 Yea, let none that wait on Thee be put to shame; let them be ashamed which are lawless without a cause.

24:4 Make Thy ways, O Lord, known unto me and teach me Thy paths.

24:5 Lead me in Thy truth and teach me, for Thou art God my Saviour; for on Thee have I waited all the day long.

24:6 Remember Thy compassions; O Lord, and Thy mercies, for they are from everlasting.

24:7 The sins of my youth and mine ignorances remember not; according to Thy mercy remember Thou me, for the sake of Thy goodness, O Lord.

24:8 Good and upright is the Lord; therefore will He set a law for them that sin in the way.

24:9 He will guide the meek in judgement, He will teach the meek His ways.

24:10 All the ways of the Lord are mercy and truth, unto them that seek after His covenant and His testimonies.

24:11 For the sake of Thy name, O Lord, be gracious unto my sin; for it is great.

24:12 Who is the man that feareth the Lord? He will set him a law in the way which He hath chosen.

24:13 His soul shall dwell among good things, and his seed shall inherit the earth.

24:14 The Lord is the strength of them that fear Him, and His covenant shall be manifested unto them.

24:15 Mine eyes are ever toward the Lord, for He it is that will draw my feet out of the snare.

24:16 Look upon me, and have mercy on me; for I am one only-begotten and poor.

24:17 The afflictions of my heart are multiplied; bring me out from my necessities.

24:18 Behold my lowliness and my toil, and forgive all my sins.

24:19 Look upon my enemies, for they are multiplied, and with an unjust hatred they have hated me.

24:20 Keep my soul and rescue me; let me not be put to shame, for I have hoped in Thee.

24:21 The innocent and the upright have cleaved unto me, for I waited on Thee, O Lord.

24:22 Redeem Israel, O God, out of all his afflictions.

PSALM 31

David's. Concerning Instruction.

31:1 Blessed are they whose iniquities are forgiven, and whose sins are covered.

31:2 Blessed is the man unto whom the Lord imputeth not

sin, and in whose mouth there is no guile.

31:3 Because I kept silence, my bones are waxed old through my crying all the day long.

31:4 For day and night Thy hand was heavy upon me, I was reduced to misery whilst the thorn stuck fast in me.

31:5 Mine iniquity have I acknowledged, and my sin have I not hid.

31:6 I said: I will confess mine iniquities before the Lord against myself.

31:7 And Thou forgavest the ungodliness of my heart.

31:8 For this shall every one that is holy pray unto Thee in a seasonable time; moreover, in a flood of many waters shall they not come nigh unto him.

31:9 Thou art my refuge from the affliction which surroundeth me; O my Rejoicing, deliver me from them which have encircled me.

31:10 *(Diapsalm)* I will instruct thee and teach thee in this way which thou shalt go; I will fix Mine eyes upon thee.

31:11 Be ye not as the horse or as the mule which have no understanding; whose jaws thou must hold with bit and bridle, lest they come nigh unto thee.

31:12 Many are the scourges of the sinner, but mercy shall encircle him that hopeth in the Lord.

31:13 Be glad in the Lord, and rejoice, ye righteous; and glory, all ye that are upright of heart.

PSALM 41

For the End: For the Instruction to the Sons of Kore, a Psalm of David, Without Superscription among the Hebrews.

41:1 As the hart panteth after the fountains of water, so panteth my soul after Thee, O God.

41:2 My soul thirsted for God, the mighty, the living; when shall I come, and appear before the face of God? My tears

have been my bread by day and by night, whilst it is said to me daily: Where is thy God? These things have I remembered, and I poured out my soul within me, for I shall go to the place of the wondrous tabernacle, even to the house of God, with a voice of rejoicing and thanksgiving, yea, of the sound of them that keep festival.

41:3 Why art thou cast down, O my soul? And why dost thou disquiet me? Hope in God, for I will give thanks unto Him; He is the salvation of my countenance, and my God.

41:4 Within me my soul hath been troubled; therefore will I remember Thee from the land of Jordan and Hermoniem, from the little mountain.

41:5 Deep calleth unto deep, at the voice of Thy cataracts; all Thy billows and Thy waves have passed over me.

41:6 By day the Lord will command His mercy, and by night His ode shall be with me, my prayer unto the God of my life.

41:7 I will say unto God: Thou art my helper.

41:8 Why hast Thou forgotten me? And wherefore go I with downcast face whilst mine enemy afflicteth me? Whilst my bones were broken, mine enemies reproached me; whilst they said to me daily: Where is thy God? Why art thou cast down, O my soul? And why dost thou disquiet me? Hope in God, for I will give thanks unto Him; He is the salvation of my countenance, and my God.

PSALM 50

For the End: A Psalm of David. When Nathan the Prophet Came unto Him. When He Went in unto Bersabee, the Wife of Urias.

50:1 Have mercy on me, O God, according to Thy great mercy; and according to the multitude of Thy compassions blot out my transgression.

50:2 Wash me thoroughly from mine iniquity, and cleanse me from my sin.

50:3 For I know mine iniquity, and my sin is ever before

me.

50:4 Against Thee only have I sinned and done this evil before Thee, that Thou mightest be justified in Thy words, and prevail when Thou art judged.

50:5 For behold, I was conceived in iniquities, and in sins did my mother bear me.

50:6 For behold, Thou hast loved truth; the hidden and secret things of Thy wisdom hast Thou made manifest unto me.

50:7 Thou shalt sprinkle me with hyssop, and I shall be made clean; Thou shalt wash me, and I shall be made whiter than snow.

50:8 Thou shalt make me to hear joy and gladness; the bones that be humbled, they shall rejoice.

50:9 Turn Thy face away from my sins, and blot out all mine iniquities.

50:10 Create in me a clean heart, O God, and renew a right spirit within me.

50:11 Cast me not away from Thy presence, and take not Thy Holy Spirit from me.

50:12 Restore unto me the joy of Thy salvation, and with Thy governing Spirit establish me.

50:13 I shall teach transgressors Thy ways, and the ungodly shall turn back unto Thee.

50:14 Deliver me from blood-guiltiness, O God, Thou God of my salvation; my tongue shall rejoice in Thy righteousness.

50:15 O Lord, Thou shalt open my lips, and my mouth shall declare Thy praise.

50:16 For if Thou hadst desired sacrifice, I had given it; with whole-burnt offerings Thou shalt not be pleased.

50:17 A sacrifice unto God is a broken spirit; a heart that is broken and humbled God will not despise.

50:18 Do good, O Lord, in Thy good pleasure unto Sion, and let the walls of Jerusalem be builded.

50:19 Then shalt Thou be pleased with a sacrifice of

righteousness, with oblation and whole-burnt offerings.
50:20 Then shall they offer bullocks upon Thine altar.

Glory. Both Now. Alleluia.

PSALM 70

David's. A Psalm of the Sons of Jonadab and the First That Were Taken Away Captive. Without Superscription among the Hebrews.

70:1 In Thee, O Lord, have I hoped, let me not be put to shame in the age to come; in Thy righteousness deliver me and rescue me; incline Thine ear unto me and save me.

70:2 Be Thou unto me a God that is my defender and a place of strength that Thou mayest save me, for Thou art my foundation and refuge.

70:3 O my God, deliver me out of the hand of the sinner, out of the hand of the transgressor and the unrighteous man.

70:4 For Thou art my patience, O Lord; O Lord, Thou art my hope from my youth.

70:5 On Thee have I been made fast from the womb; from my mother's womb Thou art my protector.

70:6 In Thee continually is my singing of praise; I am become as a wonder to many, and Thou art my strong helper.

70:7 Let my mouth be filled with praise, that I may hymn Thy glory and Thy majesty all the day long.

70:8 Cast me not away in the time of mine old age; when my strength faileth, forsake me not.

70:9 For mine enemies have spoken against me, and they that watch my soul took counsel together, saying: God hath forsaken him; pursue him and take him for there is none to deliver him.

70:10 My God, be not far off from me; my God, be attentive unto helping me.

70:11 Let them be put to shame and brought to nought that falsely accuse my soul; let them be covered with shame and confusion, they that seek evils for me.

70:12 But as for me, I will ever hope in Thee, and I will add to all Thy praise.

70:13 My mouth shall declare Thy righteousness, all the day long Thy salvation; for I know not the reckoning thereof.

70:14 I will commence in the might of the Lord; O Lord, I will make mention of the righteousness which is Thine alone.

70:15 O my God, Thou hast taught me from my youth, and till now will I declare Thy wondrous works.

70:16 Yea, even unto old age and the dignity of years, my God, forsake me not, Until I declare Thy mighty arm to every generation that is to come, Yea, Thy sovereignty and Thy righteousness, O God, and declare even to the heights the great things which Thou hast done for me.

70:17 O God, who is like unto Thee? How great are the many and evil afflictions which Thou hast showed unto me; yet, having returned, Thou madest me to live, and out of the depths of the earth Thou broughtest me up.

70:18 Thou hast multiplied Thy magnificence over me; and having returned, Thou hast comforted me, and out of the depths of the earth Thou broughtest me up.

70:19 Thou hast multiplied Thy magnificence over me; and having returned, Thou hast comforted me, and out of the depths of the earth again Thou broughtest me up.

70:20 Therefore also will I confess Thee among the peoples, O Lord, with instruments of psalmody; with the harp I will chant of Thy truth unto Thee, O God, O Holy One of Israel.

70:21 My lips shall rejoice when I chant unto Thee, yea, even my soul which Thou hast redeemed.

70:22 Moreover my tongue will meditate on Thy righteousness all the day long, when they be put to shame and confounded which seek evils for me.

PSALM 112

Alleluia.

112:1 Praise the Lord, O ye servants, praise ye the name of the Lord.

112:2 Blessed be the name of the Lord from henceforth and for evermore.

112:3 From the rising of the sun unto the going down of the same, the name of the Lord is to be praised.

112:4 High above all the nations is the Lord, above the heavens is His glory.

112:5 Who is like unto the Lord our God? Who dwelleth on high and looketh down on things that are lowly, in heaven and on the earth,

112:6 Who raiseth up the poor man from the earth, and from the dunghill lifteth up the pauper,

112:7 That He may seat him with princes, with the princes of His people,

112:8 Who maketh the barren woman to dwell in a house and be a mother rejoicing over children.

PSALM 114

Alleluia.

114:1 I am filled with love, for the Lord will hear the voice of my supplication.

114:2 For He hath inclined His ear unto me, and in my days will I call upon Him.

114:3 The pangs of death have encompassed me, the perils of hades have found me.

114:4 Tribulation and sorrow have I found, and I called upon the name of the Lord: O Lord, deliver my soul.

114:5 Merciful is the Lord and righteous, and our God hath

mercy.

114:6 The Lord preserveth the infants; I was brought low and He saved me.

114:7 Return, O my soul, unto thy rest, for the Lord hath dealt bountifully with thee.

114:8 For He hath delivered my soul from death, mine eyes from tears, and my feet from sliding.

114:9 I will be well-pleasing before the Lord in the land of the living.

PSALM 138

For the End. David's. A Psalm of Zacharias in the Dispersion.

138:1 O Lord, Thou hast proved me and Thou knowest me; Thou knowest my down-sitting and mine uprising.

138:2 Thou hast discerned my thoughts from afar; my path and my lot hast Thou traced out,

138:3 And hast foreseen all my ways, for there is no guile in my tongue.

138:4 Behold, Lord, Thou knowest all things, the last and the first; Thou hast fashioned me and hast laid Thy hand upon me.

138:5 Thy knowledge is too wonderful for me; it is mighty, I cannot attain unto it.

138:6 Whither shall I go from Thy Spirit? And from Thy presence whither shall I flee?

138:7 If I go up into heaven, Thou art there; if I go down into hades, Thou art present there.

138:8 If I take up my wings toward the dawn, and make mine abode in the uttermost parts of the sea,

138:9 Even there shall Thy hand guide me, and Thy right hand shall hold me.

138:10 And I said: Surely darkness shall tread me down, and the night shall be turned into light in my delight.

138:11 For darkness will not be darkness with Thee, and

night shall be bright as the day; as is the darkness thereof, even so shall the light thereof be.

138:12 For Thou hast possessed my reins; O Lord, Thou hast holpen me from my mother's womb.

138:13 I will confess Thee, for awesomely art Thou wondrous, marvelous are Thy works, and my soul knoweth it right well.

138:14 My bone is not hid from Thee, which Thou madest in secret; nor my substance in the nethermost parts of the earth.

138:15 My being while it was still unformed Thine eyes did see, and in Thy book shall all men be written; day by day they are formed, when as yet there be none of them.

138:16 But to me, exceedingly honourable are Thy friends, O Lord; their principalities are made exceeding strong.

138:17 I will count them, and they shall be multiplied more than the sand; I awoke and I am still with Thee.

138:18 Surely Thou wilt slay the sinners, O God. Ye men of blood, depart from me.

138:19 For Thou wilt say concerning their thoughts that in vain shall they take Thy cities.

138:20 As for them that hate Thee, O Lord, have I not hated them? And because of Thine enemies have I not pined away?

138:21 With perfect hatred have I hated them; they are reckoned enemies with me.

138:22 Prove me, O God, and know my heart; examine me and know my paths.

138:23 And see if the way of iniquity be in me, and guide me in the way everlasting.

Glory. Both Now. Alleluia.