

The background of the image is a dark green marbled paper with intricate, swirling patterns in shades of olive, forest green, and black. The text is overlaid on this background.

Praying Our Feelings

PSALM 39

1 I said, "I will guard my ways,
that I may not sin with my tongue;
I will guard my mouth with a muzzle,
so long as the wicked are in my presence."

2 I was mute and silent;
I held my peace to no avail,
and my distress grew worse.

3 My heart became hot within me.
As I mused, the fire burned;
then I spoke with my tongue:

4 “O LORD, make me know my end
and what is the measure of my days;
let me know how fleeting I am!

5 Behold, you have made my days a few handbreadths,
and my lifetime is as nothing before you.
Surely all mankind stands as a mere breath!

6 Surely a man goes about as a shadow!
Surely for nothing they are in turmoil;
man heaps up wealth and does not know who
will gather!

7 “And now, O Lord, for what do I wait?

My hope is in you.

8 Deliver me from all my transgressions.

Do not make me the scorn of the fool!

9 I am mute; I do not open my mouth,
for it is you who have done it.

10 Remove your stroke from me;

I am spent by the hostility of your hand.

11 When you discipline a man
with rebukes for sin,

you consume like a moth what is dear to him;
surely all mankind is a mere breath!

12 “Hear my prayer, O LORD,
and give ear to my cry;
hold not your peace at my tears!

For I am a sojourner with you,
a guest, like all my fathers.

13 Look away from me, that I may smile again,
before I depart and am no more!”

- 1 I waited patiently for the LORD;
he inclined to me and heard my cry.
- 2 He drew me up from the pit of destruction,
out of the miry bog,
and set my feet upon a rock,
making my steps secure.
- 3 He put a new song in my mouth,
a song of praise to our God.
Many will see and fear,
and put their trust in the LORD.

4 Blessed is the man who makes
the LORD his trust,
who does not turn to the proud,
to those who go astray after a lie!

5 You have multiplied, O LORD my God,
your wondrous deeds and your thoughts
toward us;
none can compare with you!
I will proclaim and tell of them,
yet they are more than can be told.