

Psalm 31

Have mercy on me, O Lord, for I am in distress.
My eyes are full of tears, my heart full of sorrow.

Everyone makes fun of me.
My friends don't want to know me.
Save me, Lord, from this mess.

I praise you Lord, for you protect those who trust you.
You keep them safe from slander and lies.

Be strong, let your heart take courage,
all you who trust in the Lord.

I trust in you, Lord. My life is in your hands

Psalm 32

Happy is the person whose sin is forgiven.

For a while I refused to ask for forgiveness,
and my body paid the penalty.

But then I said "Lord, forgive me"
and my spirit and body revived.

Lord, when I do wrong,
please give me the grace to say sorry
and ask forgiveness

Psalm 33

Ring out your joy to the Lord, all good people,
for praise is fitting for loyal hearts.

For the Lord loves justice and right;
he fills the earth with his love.