

Psalms 69 – 70

Save me, O God, for the waters have risen to my neck.
I am sinking fast and can't keep afloat much longer.
So many people hate me without cause.
I have no more strength to resist them.
May my situation not cause anyone to lose faith in you.
May people realize that it is for your sake that I am taunted.
Taunts have broken my heart.
No one shows me any compassion.
For food they give me poison.
In my thirst they give me vinegar to drink.
Lord, do not hide your face from your servant.
Answer quickly for I am in distress.
You are my rescuer, my help, O God.
O Lord, do not delay to help me.

O God come to our assistance.

Lord make haste to help us

Psalm 71

In you, O Lord, I take refuge. Please hear me and help me.
Be a rock where I can take refuge.
Rescue me from people who want to hurt me.
It is you, O Lord, who are my hope.
In you I have trusted since I was young.
From my mother's womb you have been my help.
My hope has always been in you.
Now that I am old, please do not forget me.
Now that my strength fails, do not abandon me.
Now that I am old and grey-headed,
may I continue to trust in you and proclaim your help.
To you I will sing with the harp.
All day long my tongue will tell of your goodness to me.