PSALM 57:4

56 For the choir director: A psalm of David, regarding the time the Philistines seized him in Gath. To be sung to the tune “Dove on Distant Oaks.”

1 O God, have mercy on me,
   for people are hounding me.
   My foes attack me day and night.
2 I am constantly hounded by those who slander me,
   and many are boldly attacking me.
3 But when I am afraid,
   I will put my trust in you.
4 I praise God for what he has promised.
   I trust in God, so why should I be afraid?
   What can mere mortals do to me?
5 They are always twisting what I say,
   they spend their days plotting to harm me.
6 They come together to spy on me—
   watching my every step, eager to kill me.
7 Don’t let them get away with their wickedness;
   in your anger, O God, bring them down.

8 You keep track of all my sorrows.*
   You have collected all my tears in your bottle.
   You have recorded each one in your book.
9 My enemies will retreat when I call to you for help.
   This I know: God is on my side!
10 I praise God for what he has promised;
   yes, I praise the Lord for what he has promised.
11 I trust in God, so why should I be afraid?
   What can mere mortals do to me?
12 I will fulfill my vows to you, O God,
   and will offer a sacrifice of thanks for your help.
13 For you have rescued me from death;
   you have kept my feet from slipping.
   So now I can walk in your presence, O God,
   in your life-giving light.

57 For the choir director: A psalm of David, regarding the time he fled from Saul and went into the cave. To be sung to the tune “Do Not Destroy!”

1 Have mercy on me, O God, have mercy!
   I look to you for protection.
   I will hide beneath the shadow of your wings
   until the danger passes by.
2 I cry out to God Most High,*
   to God who will fulfill his purpose for me.
3 He will send help from heaven to rescue me,
   he will come to his people.
   My God will send forth his unfailing love and faithfulness.
4 I am surrounded by fierce lions
   who greedily devour human prey—
   whose teeth pierce like spears and arrows,
   and whose tongues cut like swords.

--- Interlude ---

PSALM 56:8

56:8 Or my wanderings.
57:2 Hebrew Fishin-Efyon.