



PSALM 57:4

| 689

**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 all day long.
- 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,  
disgracing those who hound me.  
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.

56:11 Hebrew *miktam*. This may be a literary or musical term.  
57:1 Hebrew *miktam*. This may be a literary or musical term.

56:8 Or my wanderings.  
57:2 Hebrew *Elohim-Elyon*.

Interlude

YOU KEEP TRACK OF ALL  
MY SORROWS. YOU HAVE COLLECTED

ALL MY  
TEARS

YOUR  
BOTTLE  
YOU HAVE  
recorded each one

IN YOUR  
BOOK

PSALM 56:8



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