
Praying the Psalms

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Introduction

An acquaintance came to me asking for help in prayer, and so I said he should find psalms that express his heart and pray them. Thus I got the idea that I could study the psalms myself and make a topical index for what psalms to pray when you are feeling various ways. Thus, this work was born, and is dedicated to my acquaintance and friend Tre Jackson.

Some psalms are not direct prayers but can be turned into prayers, thanking Elohim for certain truths, such as that the man who delights in Elohim's instruction will prosper in whatever he does. (Psalm 1).

I hope this little volume helps you draw near to the Almighty and express yourself better to Him. May He answer your cry for help and reveal Himself to you.

A difficulty I had in examining the psalms was how to treat the psalms asking for destruction of enemies. In light of Messiah's command to love and pray for our enemies, perhaps David's and others' prayers against enemies were just for the time they lived in, or as David was the head of Israel's government, he could carry out vengeance on enemies and foreign nations that opposed Elohim (God). In the end, justice will be served against the enemies of Elohim, but He still desires that they be saved and repent instead. Thus, I have not included the judgment prayers against enemies in light of Messiah's commands.

I will also say, with David's prayers of victory over enemies, just remember that now our struggle is "not against flesh and blood, but against principalities, authorities, world rulers of the darkness of this age, and against spiritual wickedness in the heavens;" and Yahweh might allow us to suffer at the hand of physical enemies – even by martyred. We are to forgive and pray for them.

Also, if you're walking contrary to Yahweh, don't expect to be able to claim promises. Instead, become contrite and repentant and then He will hear you.

I hope this reference volume will help you find hearty prayers to express yourself and promises to thank Yahweh for.

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Section 1: Promises to thank Yahweh for

1. **Psalm 1:1-3** – Prosperity (not necessarily physical) and fruitfulness for those who don't go with sinners and do delight in the instruction of Yahweh and meditate on it day and night.
2. **Psalm 15** – Promise of dwelling with Elohim if we walk uprightly
3. **Psalm 16:5-6** – Yahweh is the portion of your inheritance
4. **Psalm 16:8-9, 11** – Yahweh is near
5. **Psalm 18:2-3** – Yahweh is my rock and my fortress
6. **Psalm 18:25-30, 35-36** – Yahweh's help
7. **Psalm 19:7-11** – The result of following Yahweh – thank Him for this
8. **Psalm 23** – “Yahweh is my shepherd”
9. **Psalm 24:3-5** – Conditions for dwelling near Elohim and receiving blessing and righteousness
10. **Psalm 25:8-15** – “Yahweh will teach the humble and the Elohim-fearer and the sinner who is contrite”
11. **Psalm 27:1** – “Yahweh is my light and my salvation”
12. **Psalm 27:5** – Protection in time of trouble
13. **Psalm 27:10** – Yahweh will care for you when father and mother are gone
14. **Psalm 27:14** – Wait on Yahweh and He will strengthen your heart
15. **Psalm 28:6-8** – Yahweh's help
16. **Psalm 29:10-11** – Yahweh the king will give strength to His people and bless them with peace.
17. **Psalm 31:19-22** – “How great is Your goodness for those who fear You”
18. **Psalm 31:24** – “Be of good courage, you who hope in HaShem – He shall strengthen your heart.”

19. **Psalm 32:1-2** – Through the gospel, we can claim this blessedness of YHWH not imputing iniquity to us (quoted in Romans 4:7-8)
20. **Psalm 33:18-22** – YHWH's eye is on those who fear Him, who hope in His mercy...
21. **Psalm 34** – Declaring Elohim's goodness towards believers – thank Him for it.
22. **Psalm 73:23-26** – “I am continually with You”
23. **Psalm 74:12** – Elohim is my King – working deliverance
24. **Psalm 102:17** – He shall turn unto the prayer of the destitute, and shall not despise their prayer.
25. **Psalm 103** – Do not forget all His benefits

Section 2: Cries for Help & Comfort from YHWH

1. Psalm 3 – “Yahweh, how they have increased who trouble me!”
2. Psalm 4 – “Hear me when I call, O Elohim of my righteousness!”
3. Psalm 5 – “Give ear to my words, O Yahweh”
4. Psalm 7 – “Save me from all those who persecute me”
5. Psalm 9:13-14, 19-20 – “Have mercy,” “Arise, O lah’ueh (Yahweh)”
6. Psalm 10, esp. vs. 1, 12 – A prayer against the wicked
7. Psalm 12 – “Help, Yahweh, for the godly man ceases”
8. Psalm 13 – “How long, O Yahweh?”
9. Psalm 16:1-3 – “Preserve me, Oh Elohim”
10. Psalm 17 – “Hear a just cause, Oh Yahweh”
11. Psalm 18:4-24 – “I Cried, He Heard”
12. Psalm 22 – “My El My El, why have you forsaken me?”
13. Psalm 25:1-7, 16-22 – “To you, YHWH, I lift up my soul”
14. Psalm 26 – “Vindicate me, Oh Yahweh”
15. Psalm 27:7-9, 11-12 – “Hear when I cry”
16. Psalm 28:1-5 – “To you, I will cry, O Yahweh my rock”
17. Psalm 31:2-4 – “Bow down your ear”
18. Psalm 31:9-13 – “Have mercy on me – I’ve sinned”
19. Psalm 31:15-18 – “Bless me and save me!”
20. Psalm 32:3-11 – Confession of sin and HaShem’s forgiveness and guidance
21. Psalm 35:1-3 – “Plead, HaShem, with those who strive with me”
22. Psalm 35:11-28 – “Awake to my vindication”

23. **Psalm 36:10-12** – “Oh, continue your lovingkindness to those who know you”
24. **Psalm 38** – “Oh YHWH, do not rebuke me in your wrath”
25. **Psalm 39:7-13** – “Deliver me from all my transgressions”
26. **Psalm 40:11-17** – “Do not withhold your tender mercies from me, Oh HaShem”
27. **Psalm 41:4-13** – Prayer for mercy because of sin, and victory over enemies
28. **Psalm 43** – “Vindicate me, Oh Elohim”
29. **Psalm 44:23-26** – “Arise for our help!”
30. **Psalm 54** – A cry for salvation and affirmation of His help
31. **Psalm 55** – Prayer for deliverance from enemies
32. **Psalm 56** – Prayer for victory over enemies
33. **Psalm 57** – “Be merciful to me, Oh Elohim (God), be merciful to me!”
34. **Psalm 59** – Prayer for deliverance from enemies and judgment for them
35. **Psalm 60:1-5, 11-12** – Prayer for restoration and help
36. **Psalm 61** – “Lead me to the rock that is higher than I”
37. **Psalm 64** – Preserve my life from the enemy
38. **Psalm 67:1-2** – “Elohim (God) be merciful to us and bless us, cause His face to shine upon us...”
39. **Psalm 69** – Crying out for help in trouble
40. **Psalm 70:1,5** – Cry for help and deliverance
41. **Psalm 71:2-24** – “Do not cast me off in the time of old age”
42. **Psalm 77:1-10** – “My voice is to Elohim and I cry”
43. **Psalm 79:8-13** – “Let Your compassion speedily meet us”
44. **Psalm 80:3-7, 19** – “Cause us to turn back, O Elohim, and cause Your face to shine, that we might be saved!”

45. **Psalm 85:4-7** – “Turn back to us, O Elohim of our deliverance”
46. **Psalm 86:1-7** – “Show favor to me, Oh HaShem”
47. **Psalm 86:16-17** – “Show me a sign for good”
48. **Psalm 88** – Prayer for help in time of affliction
49. **Psalm 90:13-17** – Return, O HaShem! How long?
50. **Psalm 102:1-11** – “Let my cry come to you – I am cast down!”
51. **Psalm 102:24-28** – “Oh my El, do not take me away in the midst of my days”
52. **Psalm 109:1-5, 21-31** – Cry for help from attackers and accusers
53. **Psalm 118:17** – “Let me not die, but live, and declare the works of Yah!”
54. **Psalm 118:25** – “I pray, Oh Yahweh, please save!”
55. **Psalm 120** – “Yahweh, deliver my soul from false lips”
56. **Psalm 121** – I lift up my eyes to the hills; where does my help come from? My help comes from YHWH, maker of the shamayim (heavens) and earth.
57. **Psalm 123** – As the eyes of servants are toward the hand of their masters, our eyes are toward YHWH our Elohim
58. **Psalm 130** – My being has waited for Yahweh, more than those watching for morning
59. **Psalm 140** – “Rescue me, Oh YHWH, from men of evil; preserve me from men of violence”
60. **Psalm 141:1, 8-10** – “YHWH, I have cried to you, guard me from their trap”
61. **Psalm 142** – “I cry out – no one is concerned for me”
62. **Psalm 143** – “Do not enter into judgment with Your servant, for before You no one living is in the right”

Section 3: Repentant Prayers

1. **Psalm 6** – “O Yahweh, do not rebuke me in your anger”
2. **Psalm 38:18** – “For I will declare my iniquity; I will be in anguish over my sin”
3. **Psalm 51** – Restore Me!

Section 4: Prayers of Praise

1. **Psalm 8** – “How excellent is your name!”
2. **Psalm 9:1-2, 11** – “I will praise Yahweh”
3. **Psalm 29:1-2** – Give unto Yahweh glory and strength. Worship Him in the beauty of holiness.
4. **Psalm 30** – “I will extol you, O Yahweh, for you have lifted me up!”
5. **Psalm 34** – Blessing and praising Yahweh, and declaring His goodness
6. **Psalm 47:6-7** – “Sing praises!” – (do this with heart and soul!)
7. **Psalm 57:7-11** – “I will awaken the dawn!”
8. **Psalm 61:8** – Singing praise and performing vows
9. **Psalm 66:1-12, 16-20** – “Make His praise glorious” (follow instructions and pray the prayers)
10. **Psalm 67:3-7** – “Let the nations be glad and sing for joy!”
11. **Psalm 86:12-13** – “I praise You with all my heart”
12. **Psalm 92:1-5** – “It is good to give thanks to HaShem and to sing praises to Your name, O most high”
13. **Psalm 101:1** – I sing of kindness and right-ruling; to You, O HaShem, I sing praises!
14. **Psalm 104** – Bless HaShem, O my soul, along with all creation
15. **Psalm 105** – Praise HaShem for His deeds
16. **Psalm 108:1-6** – I awake the dawn!
17. **Psalm 111** – Praise Yah for His works!
18. **Psalm 113** – From the rising of the sun to its going down, the name of יהוה is to be praised
19. **Psalm 115:1** – Not to us, but to Your name give esteem

20. Psalm 117 – Hallelu-YAH all you nations!
21. Psalm 118:28 – You are my El, and I praise You; You are my Elohim, I exalt you!
22. Psalm 134 – Come, bless YHWH, all you servants of YHWH
23. Psalm 135 – Praise the name of Yahweh, you servants of YHWH
24. Psalm 138 – I will praise YHWH with all my heart
25. Psalm 145:1-2 – I exalt you, my Elohim, the king...
26. Psalm 146:1-2 – Praise YHWH, Oh my soul!
27. Psalm 147 – Extol YHWH, Oh Yerushalayim! Praise your Elohim, O Tsiyon!
28. Psalm 148 – Praise Yah, all His works!
29. Psalm 149 – Hallelu-Yah! Sing to YHWH a new song... !
30. Psalm 150 – Praise Yah with all instruments!

Section 5: Prayers of Trust

1. **Psalm 11:1a** – “In Yahweh I put my trust”
2. **Psalm 31:1** – “In you, Yahweh, I put my trust; let me never be ashamed...”
3. **Psalm 31:5** – “Into Your hand I commit my spirit...”
4. **Psalm 31:14** – “I trust in You, Yahweh – you are my Elohim”
5. **Psalm 52:8-9** – Trust in His mercy and wait on His name
6. **Psalm 56:3-4** – “Whenever I am afraid, I will trust in You”
7. **Psalm 57:1b** – “For my soul trusts in you; and in the shadow of your wings I will make my refuge, until calamities have passed by.”
8. **Psalm 62:8** – “Trust in Him at all times, you people”
9. **Psalm 71:1** – “In You, Yah, I put my trust; let me never be put to shame.
10. **Psalm 73:28** – “I have made my refuge in the Adon (the Lord) Yahweh”

Section 6: Prayers of Thanks

1. **Psalm 16:7** – Blessing Yahweh for His counsel
2. **Psalm 92:1-5** – “It is good to give thanks to HaShem, and to sing praises to Your name, O Most High” (give thanks)
3. **Psalm 95:1-7a** – “Let us come before His face with thanksgiving” (give thanks)
4. **Psalm 100** – “Enter into His gates with thanksgiving and into His courts with praise!” (do it!)
5. **Psalm 105:1** – “Give thanks to יהוה! Call upon His name, make known His deeds among the peoples.”
6. **Psalm 106** – “Oh, give thanks to HaShem, for He is good!”
7. **Psalm 107** – Giving thanks for His deliverance
8. **Psalm 118:1, 29** – “Give thanks, for He is good, because His kindness is everlasting” (do it)
9. **Psalm 118:21** – I thank You, for You have answered me, and have become my deliverance.
10. **Psalm 136** – Give thanks to YHWH, for He is good! For His kindness is everlasting.
11. **Psalm 139:14** – I give thanks to You, for I am awesomely and wondrously made

Section 7: Prayers of Devotion and Love

1. **Psalm 18:1** – “I will love you, Oh Yahweh, my strength”
2. **Psalm 19:12-14** – “Cleanse me and let my words and meditation be acceptable in your sight”
3. **Psalm 31:23** – “Oh, love Yahweh, all You His saints!” (do it!)
4. **Psalm 48:9-10** – Thinking on His love, and declaring His praise to the ends of the earth
5. **Psalm 63** – “O Elohim, you are my Elohim, early I will seek You.”
6. **Psalm 76:7** – You are to be revered!
7. **Psalm 77:11-20** – “I remember the deeds of Yah”
8. **Psalm 86:11** – “Teach me Your way”
9. **Psalm 101:2-4** – “I act wisely – when do you come to me?”
10. ***Psalm 119** – “Oh how I love your Torah!”
11. **Psalm 131** – Oh Yahweh, my heart has not been proud, nor my eyes haughty
12. **Psalm 139** – “You know me”
13. **Psalm 141:2-7** – “Place a guard for my mouth; let not my heart be inclined to evil; let the righteous reprove me.”

Section 8: Asking Yahweh for things

1. **Psalm 27:4** – “One thing I have desired – to dwell in the house of Yahweh and behold His beauty and inquire in His temple”
2. **Psalm 28:9** – A prayer for Yahweh to save His people and bless His inheritance, and shepherd His people and bear them up forever.
3. **Psalm 39:4-6** – “HaShem, make me to know my end”
4. **Psalm 94** – “O El of vengeance, shine forth! Render punishment to the proud.”
5. **Psalm 122:6-9** – Pray for the peace of Jerusalem
6. **Psalm 144:13-15** – Let our storehouses be filled, no breaking in, no going out...

Section 9: Prayers of Rejoicing!

1. **Psalm 31:7-8** – “I will be glad and rejoice in your mercy”
2. **Psalm 33:1-17** – “Rejoice in Yahweh, Oh you righteous!” (express reasons for rejoicing to Yahweh)
3. **Psalm 35:9-10** – “My soul shall be joyful in HaShem!” (say this to Yahweh)
4. **Psalm 47:1** – “Oh clap your hands; shout to Elohim!” (do what it says! Perhaps with praise music)
5. **Psalm 70:4** – Rejoice if you seek Him – be glad in Him
6. **Psalm 81:1-4** – Shout for joy
7. **Psalm 96** – “Sing to HaShem a new song! For He shall come to judge the earth.”
8. **Psalm 97** – Yahweh shall reign! Rejoice in Yahweh, you righteous, and give thanks at the remembrance of His set-apartness.
9. **Psalm 98** – Break forth in song, rejoice, and sing praises! (do it!)
10. **Psalm 122** – I was glad when they said to me, let us go into the house of YHWH!

Section 10: Declarations

1. **Psalm 36:5-9** – “Your mercy, HaShem, is in the heavens”
2. **Psalm 37** – Contrast of the righteous and the wicked. (pray the truths or commands to Yahweh)
3. **Psalm 40:5** – “Many, O HaShem my Elohim, are Your wonderful works”
4. **Psalm 40:6-10** – “I delight to do Your will, Oh my Elohim”
5. **Psalm 45:6-9** – “Declaring the Son’s royalty”
6. **Psalm 46:1-3** – “Elohim is our refuge and strength” (address to Elohim (God) and personalize it for yourself)
7. **Psalm 46:10-11** – “Be still, and know that I am Elohim” (declare that you will do this, to Elohim, and the personalize the rest).
8. **Psalm 62:5-7** – “My soul, wait silently for Elohim alone.”
9. **Psalm 68** – “Let Elohim arise!” (declare it!)
10. **Psalm 72:18-19** – “Blessed be YHWH Elohim, the El of Yisrael”
11. **Psalm 86:8-10, 15** – “There is none like you”
12. **Psalm 89:1-2, 5-18** – “Who is mighty like you, Oh Yah?”
13. **Psalm 90:1-12** – The days of our lives are seventy years, or if due to strength, eighty years...
14. **Psalm 91** – He who dwells in the secret place of the Most High, who abides under the shadow of El Shaddai (God Almighty)...
15. **Psalm 92:6-15** – the wicked versus the righteous
16. **Psalm 93** – Yahweh shall reign!
17. **Psalm 99** – He is kadosh!
18. **Psalm 102:12** – But You, HaShem, shall be enthroned forever...
19. **Psalm 111** – Great are the works of Yahweh

20. **Psalm 112** – Blessed is the man who reveres HaShem
21. **Psalm 114:7-8** – Tremble, Oh earth, from the face of the Adon
22. **Psalm 115:9-18** – He is their help and their shield
23. **Psalm 116** – “I love YHWH, because He has heard my voice.” (direct the psalm to YHWH in prayer)
24. **Psalm 118:2-9** – “Yah is on my side” (if you follow Him!)
25. **Psalm 118:18** – Yah has punished me severely, but did not give me over to death.
26. **Psalm 118:19-20** – Going through the gates of righteousness
27. **Psalm 118:22-23** – The chief cornerstone
28. **Psalm 118:24** – “This is the day Yahweh has made, let us rejoice and be glad in it!”
29. **Psalm 118:26** – Blessed is He who is coming in the Name of YHWH!
30. **Psalm 118:27** – YHWH is El, and He gave us light...
31. **Psalm 124** – “Barukh be YHWH, who did not give us a prey to their teeth”
32. **Psalm 125** – Those who trust in YHWH are like Mount Tsiyon – It is not shaken, it remains forever.
33. **Psalm 126** – “Those sowing in tears shall reap with songs of joy!”
34. **Psalm 127** – “If Yahweh does not build the house, its builders have labored in vain.
35. **Psalm 128** – Barukh are all who revere YHWH
36. **Psalm 129** – “Often they have distressed me from my youth...”
37. **Psalm 133** – See how good and how pleasant it is for brothers to dwell together in unity.
38. **Psalm 145:3-21** – Yahweh’s character
39. **Psalm 146:3-10** – Barukh (blessed) is he who has the El of Ya’akov for his help!

Section 11: Prayers of Longing

1. **Psalm 42** – “As the deer longs for the water streams, so my being longs for You, O Elohim.”
2. **Psalm 62:8b** – “Pour out your heart before Him”
3. **Psalm 63** – “My flesh longs for You”
4. **Psalm 84:1-2, 8-12** – “My being has longed and even fainted for the courts of Yahweh”