

## Comforting Psalms

Psalms 3, 13, 32, 34, 38, 39, 40, 42, 51, 56, 69, 90, 91, 102, 103, 130, 146  
New Revised Standard Version Catholic Edition (NRSVCE)

Bk #	Ps.	Subject	Verses for reflection
I	3	Trust in God under Adversity	3 But you, O Lord, are a shield around me, my glory, and the One who lifts up my head.
I	13	Prayer for Deliverance from Enemies	5 But I trusted in Your steadfast love; my heart shall rejoice in Your salvation.
I	32	The Joy of Forgiveness	5 Then I acknowledged my sin to You, and I did not hide my iniquity; I said, "I will confess my transgressions to the Lord," and You forgave the guilt of my sin.
I	34	Praise for Deliverance from Trouble	4 I sought the Lord, and He answered me, and delivered me from all my fears. 14 Depart from evil, and do good; seek peace, and pursue it. 22 The Lord redeems the life of His servants; none of those who take refuge in Him will be condemned.
I	38	A Penitent Sufferer's Plea for Healing	15 But it is for You, O Lord, that I wait; it is You, O Lord my God, who will answer. 16 For I pray, "Only do not let them rejoice over me, those who boast against me when my foot slips."
I	39	Prayer for Wisdom and Forgiveness	7 And now, O Lord, what do I wait for? My hope is in You. 8 Deliver me from all my transgressions. Do not make me the scorn of the fool.
I	40	Thanksgiving for Deliverance and Prayer for Help	16 But may all who seek You rejoice and be glad in You; may those who love Your salvation say continually, "Great is the Lord!" 17 As for me, I am poor and needy, but the Lord takes thought for me. You are my help and my deliverer; do not delay, O my God.
II	42	Longing for God and His Help in Distress	5 Why are you cast down, O my soul, and why are you disquieted within me? Hope in God; for I shall again praise him, my help and my God.
II	51	Prayer for Cleansing and Pardon	10 Create in me a clean heart, O God, and put a new and right spirit within me. 11 Do not cast me away from Your presence, and do not take Your Holy Spirit from me. 12 Restore to me the joy of Your salvation, and sustain in me a willing spirit.
II	56	Trust in God under Persecution	4 In God, whose word I praise, in God I trust; I am not afraid; what can flesh do to me? 12 My vows to You I must perform, O God; I will render thank offerings to You. 13 For You have delivered my soul from death, and my feet from falling, so that I may walk before God in the Light of life.
II	69	Prayer for Deliverance from Persecution	5 O God, you know my folly; the wrongs I have done are not hidden from You 13 But as for me, my prayer is to You, O Lord. At an acceptable time, O God, in the abundance of Your steadfast love, answer me.
IV	90	God's Eternity and Human Frailty	11 Who considers the power of Your anger? Your wrath is as great as the fear that is due You. 13 Turn, O Lord! How long? Have compassion on your servants! 14 Satisfy us in the morning with Your steadfast love, so that we may rejoice and be glad all our days.
IV	91	Assurance of God's Protection	14 Those who love Me, I will deliver; I will protect those who know My name. 15 When they call to Me, I will answer them; I will be with them in trouble, I will rescue them and honor them.
IV	102	Prayer to the Eternal King for Help	1 Hear my prayer, O Lord; let my cry come to you. 2 Do not hide your face from me in the day of my distress. Incline your ear to me; answer me speedily in the day when I call. 18 Let this be recorded for a generation to come, so that a people yet unborn may praise the Lord: 19 that He looked down from His holy height, from heaven the Lord looked at the earth, 20 to hear the groans of the prisoners, to set free those who were doomed to die; 21 so that the name of the Lord may be declared in Zion, and His praise in Jerusalem, 22 when peoples gather together, and kingdoms, to worship the Lord.
IV	103	Thanksgiving for God's Goodness	10 He does not deal with us according to our sins, nor repay us according to our iniquities. 11 For as the heavens are high above the earth, so great is his steadfast love toward those who fear him;
V	130	Waiting for Divine Redemption	1 Out of the depths I cry to you, O Lord. 2 Lord, hear my voice! Let your ears be attentive to the voice of my supplications! 3 If you, O Lord, should mark iniquities, Lord, who could stand? 4 But there is forgiveness with you, so that you may be revered. 5 I wait for the Lord, my soul waits, and in His word I hope; 6 my soul waits for the Lord more than those who watch for the morning, more than those who watch for the morning. 7 O Israel, hope in the Lord! For with the Lord there is steadfast love, and with him is great power to redeem. 8 It is He who will redeem Israel from all its iniquities.
V	146	Praise for God's Help	5 Happy are those whose help is the God of Jacob, whose hope is in the Lord their God, 7 who executes justice for the oppressed; who gives food to the hungry. The Lord sets the prisoners free; 8 the Lord opens the eyes of the blind. The Lord lifts up those who are bowed down; the Lord loves the righteous. 9 The Lord watches over the strangers; he upholds the orphan and the widow, but the