**Psalms to Use in Times of Grieving and Loss**

**Ps 4**

You are my God and protector. Please answer my prayer. I was in terrible distress, but you set me free. Now have pity and listen as I pray. Let your kindness, LORD, shine brightly on us. **7**You brought me more happiness than a rich harvest of grain and grapes. **8**I can lie down  and sleep soundly  because you, LORD,  will keep me safe.

**Ps 5**

Listen, LORD, as I pray! Pay attention when I cry out to you. [[a](http://www.biblegateway.com/passage/?search=Psalm+5&version=CEV#fen-CEV-10848a)] **2**You are my King and my God. Answer my cry for help because I pray to you. **3**Each morning you listen to my prayer, as I bring my requests [[b](http://www.biblegateway.com/passage/?search=Psalm+5&version=CEV#fen-CEV-10850b)] to you and wait for your reply.

**Psalm 6:**

My bones tremble with fear, **3**and I am in deep distress. How long will it be? **4**Turn and come to my rescue.  Show your wonderful love and save me, LORD. 6-7 My groaning has worn me out. At night my bed and pillow are soaked with tears.

**Psalm 10**

Why are you far away, LORD? Why do you hide yourself when I am in trouble? **12**Do something, LORD God, and use your powerful arm to help those in need. **14**But you see the trouble and the distress, and you will do something. **17**You listen to the longings of those who suffer. You offer them hope, and you pay attention to their cries for help.

**Ps 13**

**1**How much longer, LORD, will you forget about me? Will it be forever?  How long will you hide? **2**How long must I be confused and miserable all day? **3**Please listen, LORD God, and answer my prayers. Make my eyes sparkle again, or else I will fall  into the sleep of death. **5**I trust your love, and I feel like celebrating because you rescued me. **6**You have been good to me, LORD, and I will sing about you.

**Psalm 16**

Protect me, LORD God! I run to you for safety, **2**and I have said, "Only you are my Lord! Every good thing I have is a gift from you." **7**I praise you, LORD, for being my guide. Even in the darkest night, your teachings fill my mind. **8**I will always look to you, as you stand beside me and protect me from fear. **9**With all my heart, I will celebrate, and I can safely rest.   **10**I am your chosen one.  You won't leave me in the grave or let my body decay. **11**You have shown me the path to life, and you make me glad by being near to me. Sitting at your right side, [[c](http://www.biblegateway.com/passage/?search=Psalm+16&version=CEV#fen-CEV-10977c)] I will always be joyful.

**Ps 18**

**1**I love you, LORD God, and you make me strong. **2**You are my mighty rock, [[a](http://www.biblegateway.com/passage/?search=Psalm+18&version=CEV#fen-CEV-10994a)] my fortress, my protector, the rock where I am safe, my shield, my powerful weapon, [[b](http://www.biblegateway.com/passage/?search=Psalm+18&version=CEV#fen-CEV-10994b)] and my place of shelter. **3**I praise you, LORD! I prayed, and you rescued me from my enemies. **4**Death had wrapped its ropes around me, and I was almost swallowed by its flooding waters. Ropes from the world of the dead had coiled around me, and death had set a trap in my path. **6**I was in terrible trouble when I called out to you, but from your temple you heard me and answered my prayer.

**Ps 20**

I pray that the LORD will listen when you are in trouble, and that the God of Jacob will keep you safe. You will answer my prayers from your holy place in heaven, and you will save me with your mighty arm. **7**Some people trust the power of chariots or horses, but we trust you, LORD God. **8**Others will stumble and fall, but we will be strong and stand firm.

**Ps 22**

**1**My God, my God, why have you deserted me? Why are you so far away? Won't you listen to my groans and come to my rescue? **2**I cry out day and night, but you don't answer, and I can never rest. Our ancestors trusted you, and you rescued them. **5**When they cried out for help, you saved them, and you did not let them down when they depended on you. **9**You, LORD, brought me safely through birth, and you protected me when I was a baby at my mother's breast. **10**From the day I was born, I have been in your care, and from the time of my birth, you have been my God. **11**Don't stay far off when I am in trouble with no one to help me. **9**Don't stay far away, LORD!  My strength comes from you, so hurry and help.

**Ps 28**

**1**Only you, LORD, are a mighty rock! [[a](http://www.biblegateway.com/passage/?search=Psalm+28&version=CEV#fen-CEV-11174a)] Don't refuse to help me when I pray. If you don't answer me, I will soon be dead.**2**Please listen to my prayer and my cry for help, as I lift my hands  toward your holy temple. **6**I praise you, LORD, for answering my prayers. **7**You are my strong shield, and I trust you completely. You have helped me, and I will celebrate and thank you in song. **8**You give strength to your people, LORD, and you save and protect your chosen ones. **9**Come save us and bless us. Be our shepherd and always carry us in your arms.

**Ps 30**

**7**You, LORD, were my friend, and you made me strong as a mighty mountain. But when you hid your face, I was crushed. **8**I prayed to you, LORD, and in my prayer I said, "What good will it do you if I am in the grave? Once I have turned to dust, how can I praise you or tell how loyal you are? **10**Have pity, LORD! Help!" **11**You have turned my sorrow into joyful dancing. No longer am I sad and wearing sackcloth. [[a](http://www.biblegateway.com/passage/?search=Psalm+30&version=CEV#fen-CEV-11204a)] **12**I thank you from my heart, and I will never stop singing your praises, my LORD and my God.

**Ps 31**

**1**I come to you, LORD, for protection. Don't let me be ashamed. Do as you have promised and rescue me. **2**Listen to my prayer and hurry to save me. Be my mighty rock [[a](http://www.biblegateway.com/passage/?search=Psalm+31&version=CEV#fen-CEV-11207a)] and the fortress where I am safe. **3**You, LORD God, are my mighty rock and my fortress. Lead me and guide me, so that your name will be honoured. **7**I celebrate and shout because you are kind. You saw all my suffering,  and you cared for me. **9**Have pity, LORD!  I am hurting and almost blind.  My whole body aches. **10**I have known only sorrow all my life long,  and I suffer year after year. **16**Smile on me, your servant. Have pity and rescue me. **17**I pray only to you. Don't disappoint me.

**Ps 38**

**21**You are the LORD God!  Stay nearby and don't desert me. **22**You are the one who saves me. Please hurry and help.

**Ps 40**

**1**I patiently waited, LORD, for you to hear my prayer. You listened **2**and pulled me from a lonely pit full of mud and mire.  You let me stand on a rock with my feet firm,**3**and you gave me a new song, a song of praise to you. **7**I am poor and needy,  but, LORD God, you care about me, and you come to my rescue. Please hurry and help.

**Ps 42**

**1**As a deer gets thirsty for streams of water, I truly am thirsty for you, my God. **2**In my heart, I am thirsty for you, the living God. When will I see your face? **3**Day and night my tears are my only food, as everyone keeps asking, “Where is your God?" **4**Sorrow floods my heart, Why am I discouraged? Why am I restless? I trust you! And I will praise you again because you help me, **6**and you are my God. **9**You are my mighty rock. [[c](http://www.biblegateway.com/passage/?search=Psalm+42&version=CEV#fen-CEV-11438c)] Why have you forgotten me? **10**Even my bones are in pain, while all day long my enemies sneer and ask, "Where is your God?" **11**Why am I discouraged? Why am I restless? I trust you! And I will praise you again because you help me, and you are my God.

**Ps 50**

**7**My people, I am God!**14**I am God Most High! The only sacrifice I want    is for you to be thankful and to keep your word. **15**Pray to me in time of trouble. I will rescue you, and you will honour me.

**Ps 55**

**1**Listen, God, to my prayer! Don't reject my request. **2**Please listen and help me. My thoughts are troubled, and I keep groaning I wish I had wings like a dove, so I could fly far away and be at peace. **7**I would go and live in some distant desert. **6**I ask for your help, LORD God, and you will keep me safe. **17**Morning, noon and night you hear my concerns and my complaints.

**Ps 57**

**1**God Most High, have pity on me! Have mercy. I run to you for safety. In the shadow of your wings, I seek protection **2**I pray to you, my protector. **3**You will send help from heaven and save me, **1**May you, my God, be honoured above the heavens; may your glory be seen everywhere on earth.

**Ps 61**

**1**Please listen, God, and answer my prayer! **2**I feel hopeless, and I cry out to you from a faraway land. **4**Let me live with you forever and find protection under your wings, my God. **5**You heard my promises, and you have blessed me, just as you bless everyone who worships you.

**Ps 62**

**5**Only God gives inward peace, and I depend on him. **6**God alone is the mighty rock that keeps me safe, and he is the fortress where I feel secure. **7**God saves me and honours me. He is that mighty rock where I find safety. **8**Trust God, my friends, and always tell him each one of your concerns. God is our place of safety. **9**We humans are only a breath; none of us are truly great. All of us together weigh less than a puff of air. I heard God say two things: I am powerful, **12**and I am very kind." The Lord rewards each of us according to what we do.

**Ps 63**

**1**You are my God. I worship you. In my heart, I long for you,  as I would long for a stream in a scorching desert. **2**I have seen your power and your glory in the place of worship.**3**Your love means more than life to me, and I praise you. **4**As long as I live, I will pray to you.

**Ps 69**

**1**Save me, God! I am about to drown. **2**I am sinking deep in the mud, and my feet are slipping. I am about to be swept under by a mighty flood. **3**I am worn out from crying, and my throat is dry. I have waited for you till my eyes are blurred. **3**But I pray to you, LORD. So when the time is right, answer me and help me with your wonderful love. **14**Don't let me sink in the mud, **15**Don't let me be swept away by a flood or drowned in the ocean or swallowed by death. **16**Answer me, LORD! You are kind and good. Pay attention to me! You are truly merciful.**17**Don't turn away from me. I am your servant, and I am in trouble.   Please hurry and help!

**Ps 70**

**5**I am poor and needy, but you, the LORD God, care about me. You are the one who saves me. Please hurry and help!

**Ps 73**

**21**Once I was bitter and broken hearted. **22**I was stupid and ignorant, **23**But I never really left you, and you hold my right hand. **24**Your advice has been my guide, and later you will welcome me in glory. [[d](http://www.biblegateway.com/passage/?search=Psalm+73&version=CEV#fen-CEV-11918d)] **25**In heaven I have only you, and on this earth you are all I want. **26**My body and mind may fail, but you are my strength and my choice forever.

**Ps 77**

**1**I pray to you, Lord God, and I beg you to listen. **2**In days filled with trouble, I search for you. And at night I tirelessly lift my hands in prayer, refusing comfort. **3**When I think of you, I feel restless and weak. **4**Because of you, Lord God, I can't sleep. I am restless and can't even talk. **5**I think of times gone by, of those years long ago. **6**Each night my mind is flooded with questions: [[a](http://www.biblegateway.com/passage/?search=Psalm+77&version=CEV#fen-CEV-11973a)] **7**"Have you rejected me forever? Won't you be kind again? **8**Is this the end of your love and your promises? **9**Have you forgotten how to have pity? Do you refuse to show mercy because of your anger?" **10**Then I said, "God Most High, what hurts me most is that you no longer help us with your mighty arm." **11**Our LORD, I will remember the things you have done, your miracles of long ago. **12**I will think about each one of your mighty deeds. **13**Everything you do is right, and no other god compares with you. **14**You alone work miracles, and you have let nations see your mighty power. **15**With your own arm you rescued your people, the descendants of Jacob and Joseph. **16**The ocean looked at you, God, and it trembled deep down with fear. **17**Water flowed from the clouds. Thunder was heard above as your arrows of lightning flashed about.    **18**Your thunder roared like chariot wheels. The world was made bright by lightning, and all the earth trembled. **19**You walked through the water of the mighty sea, but your footprints were never seen. **20**You guided your people like a flock of sheep, and you chose Moses and Aaron to be their leaders.

**Ps 84**

**8**LORD God All-Powerful, the God of Jacob, please answer my prayer!     **9**You are the shield that protects your people, and I am your chosen one.   Won't you smile on me?

**Ps 86**

**1**Please listen, LORD, and answer my prayer! I am poor and helpless.    **2**Protect me and save me because you are my God. I am your faithful servant, and I trust you. **3**Be kind to me! I pray to you all day. **4**Make my heart glad!

**Ps 88**

**1**You keep me safe, LORD God. So when I pray at night, **2**please listen carefully to each of my concerns. **3**I am deeply troubled and close to death; **4**I am as good as dead and completely helpless. **5**I am no better off than those in the grave, those you have forgotten and no longer help.   **6**You have put me in the deepest and darkest grave; **7**your anger rolls over me like ocean waves. I am a prisoner **9**and I am almost blind  because of my sorrow. Each day I lift my hands in prayer to you, LORD. **10**Do you work miracles for the dead? Do they stand up and praise you? **11**Are your love and loyalty announced  in the world of the dead? **12**Do they know of your miracles or your saving power in the dark world below where all is forgotten? **13**Each morning I pray to you, LORD. **14**Why do you reject me? Why do you turn from me? **18**My friends and neighbours  have turned against me because of you, and now darkness is my only companion.

**Ps 90**

**1**Our Lord, in all generations you have been our home. **2**You have always been God long before the birth f the mountains, even before you created the earth and the world. **3**At your command we die and turn back to dust, **4**but a thousand years mean nothing to you! They are merely a day gone by or a few hours in the night. **5**You bring our lives to an end just like a dream. We are merely tender grass **6**that sprouts and grows in the morning, but dries up by evening. **0**We can expect seventy years, or maybe eighty, if we are healthy, but even our best years bring trouble and sorrow. Suddenly our time is up, and we disappear. **12**Teach us to use wisely all the time we have. **13**Help us, LORD! Don't wait!  Pity your servants. **14**When morning comes, let your love satisfy all our needs. Then we can celebrate and be glad for what time we have left. **15**Make us happy for as long as you caused us trouble and sorrow. **16**Do wonderful things for us, your servants, and show your mighty power to our children. **17**Our Lord and our God, treat us with kindness  and let all go well for us.  Please let all go well!

**Ps 91**

**1**Live under the protection of God Most High and stay in the shadow of God All-Powerful. **2**Then you will say to the LORD, "You are my fortress, my place of safety; you are my God, and I trust you." **3**The Lord will keep you safe from secret traps and deadly diseases. **4**He will spread his wings over you and keep you secure. His faithfulness is like a shield or a city wall. [[a](http://www.biblegateway.com/passage/?search=Psalm+91&version=CEV#fen-CEV-12273a)] **5**You won't need to worry about dangers at night or arrows during the day. **6**And you won't fear diseases that strike in the dark or sudden disaster at noon. **7**You will not be harmed, though thousands fall all round you. **8**And with your own eyes you will see the punishment of the wicked. **9**The LORD Most High is your fortress. Run to him for safety, **10**and no terrible disasters will strike you or your home. **11**God will command his angels to protect you wherever you go. **12**They will carry you in their arms, and you won't hurt your feet on the stones. **13**You will overpower the strongest lions and the most deadly snakes. **14**The Lord says, "If you love me and truly know who I am, I will rescue you and keep you safe. **15**When you are in trouble, call out to me. I will answer and be there to protect and honour you. **16**You will live a long life and see my saving power."

**Ps 94**

**17**If you had not helped me, LORD, I would soon have gone to the land of silence. [[a](http://www.biblegateway.com/passage/?search=Psalm+94&version=CEV#fen-CEV-12322a)] **18**When I felt my feet slipping, you came with your love and kept me steady. **19**And when I was burdened with worries, you comforted me  and made me feel secure.

**Ps 102**

**1**I pray to you, LORD! Please listen. **2**Don't hide from me in my time of trouble. Pay attention to my prayer and quickly give an answer. **3**My days disappear like smoke, and my bones are burning as though in a furnace. **4**I am wasting away like grass, and my appetite is gone. **5**My groaning never stops, and my bones can be seen through my skin. **6**I am like a lonely owl in the desert **7**or a restless sparrow alone on a roof. **1**My life fades like a shadow at the end of day and withers like grass.

**Ps 109**

**21**Be true to your name, LORD God! Show your great kindness and rescue me. **22**I am poor and helpless, and I have lost all hope. **23**I am fading away like an evening shadow; I am tossed aside like a crawling insect. **26**Please help me, LORD God! Come and save me because of your love.

**Ps 116**

**1**I love you, LORD! You answered my prayers. **2**You paid attention to me, and so I will pray to you as long as I live.**3**Death attacked from all sides, and I was captured by its painful chains. But when I was really hurting,    **4**I prayed and said, "LORD, please don't let me die!" **5**You are kind, LORD,   so good and merciful. **6**You protect ordinary people, and when I was helpless, you saved me **7**and treated me so kindly that I don't need to worry anymore. **8**You, LORD, have saved my life from death, my eyes from tears, my feet from stumbling. **9**Now I will walk at your side in this land of the living. **10**I was faithful to you when I was suffering, **11**though in my confusion I said, “I can't trust anyone!" **12**What must I give you, LORD, for being so good to me? **13**I will pour out an offering of wine to you, and I will pray in your name because you have saved me. **14**I will keep my promise to you when your people meet. **15**You are deeply concerned when one of your loyal people faces death. **16**I worship you, LORD, just as my mother did, and you have rescued me from the chains of death. **17**I will offer you a sacrifice to show how grateful I am, and I will pray. **18**I will keep my promise to you when your people **19**gather at your temple  in Jerusalem. Shout praises to the LORD!

**Ps 119**

**25**I am at the point of death. Let your teachings breathe new life into me. **26**When I told you my troubles, you answered my prayers. Now teach me your laws. **27**Help me to understand your teachings, and I will think about your marvellous deeds. **28**I am overcome with sorrow. Encourage me, as you have promised to do. **1**I long for you to rescue me! Your word is my only hope. **82**I am worn out from waiting for you to keep your word. When will you have mercy? **83**My life is wasting away like a dried-up wineskin, [[a](http://www.biblegateway.com/passage/?search=Psalm+119&version=CEV#fen-CEV-12855a)] but I have not forgotten your teachings. **84**I am your servant! How long must I suffer? **8**Show that you love me and let me live,  so that I may obey all of your commands.

**Ps 121**

**1**I look to the hills! Where will I find help? **2**It will come from the LORD, who created the heavens and the earth. **3**The LORD is your protector, and he won't go to sleep or let you stumble. **4**The protector of Israel    doesn't doze or ever get drowsy. **5**The LORD is your protector, there at your right side to shade you from the sun. **6**You won't be harmed by the sun during the day or by the moon [[a](http://www.biblegateway.com/passage/?search=Psalm+121&version=CEV#fen-CEV-12961a)] at night. **7**The LORD will protect you and keep you safe from all dangers. **8**The LORD will protect you now and always wherever you go.

**Ps 130**

**1**From a sea of troubles I call out to you, LORD. **2**Won't you please listen as I beg for mercy? Israel, trust the LORD! He is always merciful, and he has the power to save you.

**Ps 131**

**1**I am not conceited, LORD, and I don't waste my time on impossible schemes. **2**But I have learned to feel safe and satisfied, just like a young child on its mother's lap. **3**People of Israel, you must trust the LORD now and forever.

**Ps 136**

**1**Praise the LORD! He is good. God's love never fails.**2**Praise the God of all gods. God's love never fails. **3**Praise the Lord of lords. God's love never fails. **4**Only God works great miracles. [[a](http://www.biblegateway.com/passage/?search=Psalm+136&version=CEV#fen-CEV-13074a)] God's love never fails. **5**With wisdom he made the sky. God's love never fails. **6**The Lord stretched the earth over the ocean. God's love never fails. **7**He made the bright lights in the sky.  God's love never fails. **8**He lets the sun rule each day. God's love never fails. **9**He lets the moon and the stars rule each night. God's love never fails.

**Ps 138**

**1**With all my heart I praise you, LORD. In the presence of angels [[a](http://www.biblegateway.com/passage/?search=Psalm+138&version=CEV#fen-CEV-13106a)] I sing your praises. **2**I worship at your holy temple and praise you for your love and your faithfulness. You were true to your word **3**When I asked for your help, you answered my prayer and gave me courage. With your own powerful arm you keep me safe. **8**You, LORD, will always treat me with kindness. Your love never fails. You have made us what we are. Don't give up on us now! [[d](http://www.biblegateway.com/passage/?search=Psalm+138&version=CEV#fen-CEV-13113d)]

**Ps 139**

**1**You have looked deep into my heart, LORD, and you know all about me. **2**You know when I am resting or when I am working, and from heaven you discover my thoughts. **3**You notice everything I do and everywhere I go.    **4**Before I even speak a word, you know what I will say, **5**and with your powerful arm you protect me from every side. Where could I go to escape from your Spirit or from your sight? **8**If I were to climb up to the highest heavens, you would be there. If I were to dig down to the world of the dead you would also be there. **9**Suppose I had wings like the dawning day and flew across the ocean. **10**Even then your powerful arm would guide and protect me. **11**Or suppose I said, "I'll hide in the dark until night comes to cover me over." **12**But you see in the dark because daylight and dark are all the same to you. **13**You are the one who put me together inside my mother's body, **14**and I praise you because of the wonderful way you created me. Everything you do is marvellous! Of this I have no doubt. **15**Nothing about me is hidden from you! I was secretly woven together  deep in the earth below, **16**but with your own eyes you saw my body being formed. Even before I was born, you had written in your book  everything I would do. **17**Your thoughts are far beyond my understanding, much more than I  could ever imagine. **18**I try to count your thoughts, but they outnumber the grains of sand on the beach. And when I awake,  I will find you nearby.

**Ps 140**

**6**You, LORD, are my God! Please listen to my prayer. **7**You have the power to save me, and you keep me safe in every battle.

**Ps 141**

**1**I pray to you, LORD! Please listen when I pray and hurry to help me. **8**You are my LORD and God, and I look to you for safety. Don't let me be harmed.

**Ps 143**

**1**Listen, LORD, as I pray! You are faithful and honest and will answer my prayer. I am in total darkness, like someone long dead. **4**I have given up all hope, and I feel numb all over. **5**I remember to think about the many things  you did  in years gone by. **6**Then I lift my hands in prayer, because my soul is a desert, thirsty for water from you. **7**Please hurry, LORD, and answer my prayer. I feel hopeless. Don't turn away and leave me here to die. **8**Each morning let me learn more about your love because I trust you. I come to you in prayer, asking for your guidance. I come to you for safety. [[a](http://www.biblegateway.com/passage/?search=Psalm+143&version=CEV#fen-CEV-13176a)] **10**You are my God. Show me  what you want me to do, and let your gentle Spirit lead me in the right path.