

Psalm 140

Prayer during the Day Friday Week 4

This is a conventional supplication (see Psalm 137 and 139), pleading for YHWH's protection. The use of Hebrew *bal* [בֹּל] as a negative ('no more' in verse 10) indicates that the psalm originated in the northern kingdom. The title reads: 'To the leader. A Psalm* of David.'

¹Deliver me, YHWH*, from evildoers;
protect me from those who are violent,
²who plan evil things in their hearts*
and are always provoking conflict.
³They make their tongue as sharp as a snake's,
and under their lips is the venom of vipers. [Selah*]

[the last line is quoted by Paul in Romans 3:13].

⁴Guard me, YHWH, from the hands of the wicked;
protect me from the violent who have planned my downfall.

⁵The arrogant have hidden a trap for me,
and with cords they have spread a net,
they have set snares for me on the road. [Selah*]

⁶I say to YHWH, 'You are my God;
listen, YHWH, to the voice of my supplications.'

⁷YHWH, my Lord, my strong deliverer,
you have been a cover over my head in the day of battle.

⁸YHWH, do not grant the desires of the wicked;
do not further their evil plot. [Selah*]

⁹Let not those who surround me lift up their heads;
let the mischief of their lips overwhelm them!

¹⁰Let burning coals fall on them!
Let them be flung into pits, no more to rise!

¹¹Do not let the slanderer be established in the land;
let evil speedily hunt down the violent!

¹²I know that YHWH maintains the cause of the needy*,
and executes justice* for the poor*.

¹³Surely the righteous* will give thanks to your name;
surely the upright will live in your presence.

My heart is glad. I experience a profound joy in the depths of my being.
Even my flesh rests secure.

– Psalm 16:9

Those who love me will be loved by my Father, and I will love them and reveal myself to them.

– John 14:21

Blessed are the pure in heart, for they will see God.

– Matthew 5:8