

Scripture

Psalm 55 (NLT)

A psalm of David.

- 1 Listen to my prayer, O God.
Do not ignore my cry for help!
- 2 Please listen and answer me,
for I am overwhelmed by my troubles.
- 3 My enemies shout at me,
making loud and wicked threats.
They bring trouble on me
and angrily hunt me down.

- 4 My heart pounds in my chest.
The terror of death assaults me.
- 5 Fear and trembling overwhelm me,
and I can't stop shaking.
- 6 Oh, that I had wings like a dove;
then I would fly away and rest!
- 7 I would fly far away
to the quiet of the wilderness.
- 8 How quickly I would escape—
far from this wild storm of hatred.
- 9 Confuse them, Lord, and frustrate their
plans, for I see violence and conflict in
the city.

- 10 Its walls are patrolled day and night
against invaders, but the real danger is
wickedness within the city.
- 11 Everything is falling apart;
threats and cheating are rampant in the
streets.
- 12 It is not an enemy who taunts me—
I could bear that.
It is not my foes who so arrogantly insult
me—I could have hidden from them.
- 13 Instead, it is you—my equal,
my companion and close friend.
- 14 What good fellowship we once enjoyed
as we walked together to the house of God.

- 15** Let death stalk my enemies;
let the grave swallow them alive,
for evil makes its home within them.
- 16** But I will call on God,
and the Lord will rescue me.
- 17** Morning, noon, and night
I cry out in my distress,
and the Lord hears my voice.
- 18** He ransoms me and keeps me safe
from the battle waged against me,
though many still oppose me.
- 19** God, who has ruled forever,
will hear me and humble them.
For my enemies refuse to change their ways;
they do not fear God.

- 20** As for my companion, he betrayed his friends;
he broke his promises.
- 21** His words are as smooth as butter,
but in his heart is war.
His words are as soothing as lotion,
but underneath are daggers!
- 22** Give your burdens to the Lord,
and he will take care of you.
He will not permit the godly to slip and fall.
- 23** But you, O God, will send the wicked
down to the pit of destruction.
Murderers and liars will die young,
but I am trusting you to save me.