



## Passage results

### [English Standard Version \(ESV\)](#)

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## Psalm 120-134 (English Standard Version)

### Psalm 120

**Deliver Me, O LORD**

**A Song of Ascents.**

- <sup>1</sup>In my distress I called to the LORD,  
and he answered me.  
<sup>2</sup>Deliver me, O LORD,  
from lying lips,  
from a deceitful tongue.  
<sup>3</sup>What shall be given to you,  
and what more shall be done to you,  
you deceitful tongue?  
<sup>4</sup> A warrior's sharp arrows,  
with glowing coals of the broom tree!  
<sup>5</sup>Woe to me, that I sojourn in Meshech,  
that I dwell among the tents of Kedar!  
<sup>6</sup>Too long have I had my dwelling  
among those who hate peace.  
<sup>7</sup> I am for peace,  
but when I speak, they are for war!

### Psalm 121

**My Help Comes from the LORD**

**A Song of Ascents.**

- <sup>1</sup>I lift up my eyes to the hills.  
From where does my help come?
- <sup>2</sup>My help comes from the LORD,  
who made heaven and earth.
- <sup>3</sup>He will not let your foot be moved;  
he who keeps you will not slumber.
- <sup>4</sup>Behold, he who keeps Israel  
will neither slumber nor sleep.
- <sup>5</sup>The LORD is your keeper;  
the LORD is your shade on your right hand.
- <sup>6</sup>The sun shall not strike you by day,  
nor the moon by night.
- <sup>7</sup>The LORD will keep you from all evil;  
he will keep your life.
- <sup>8</sup>The LORD will keep  
your going out and your coming in  
from this time forth and forevermore.

## **Psalm 122**

### **Let Us Go to the House of the LORD**

#### **A Song of Ascents. Of David.**

- <sup>1</sup>I was glad when they said to me,  
"Let us go to the house of the LORD!"
- <sup>2</sup>Our feet have been standing  
within your gates, O Jerusalem!
- <sup>3</sup>Jerusalem— built as a city  
that is bound firmly together,  
<sup>4</sup>to which the tribes go up,  
the tribes of the LORD,  
as was decreed for Israel,  
to give thanks to the name of the LORD.
- <sup>5</sup>There thrones for judgment were set,  
the thrones of the house of David.
- <sup>6</sup>Pray for the peace of Jerusalem!  
"May they be secure who love you!"
- <sup>7</sup>Peace be within your walls

and security within your towers!"

<sup>8</sup>For my brothers and companions' sake  
I will say, "Peace be within you!"

<sup>9</sup>For the sake of the house of the LORD our God,  
I will seek your good.

## **Psalm 123**

### **Our Eyes Look to the LORD Our God**

#### **A Song of Ascents.**

<sup>1</sup>To you I lift up my eyes,  
O you who are enthroned in the heavens!

<sup>2</sup>Behold, as the eyes of servants  
look to the hand of their master,  
as the eyes of a maidservant  
to the hand of her mistress,  
so our eyes look to the LORD our God,  
till he has mercy upon us.

<sup>3</sup> Have mercy upon us, O LORD, have mercy upon us,  
for we have had more than enough of contempt.

<sup>4</sup>Our soul has had more than enough  
of the scorn of those who are at ease,  
of the contempt of the proud.

## **Psalm 124**

### **Our Help Is in the Name of the LORD**

#### **A Song of Ascents. Of David.**

<sup>1</sup> If it had not been the LORD who was on our side—  
let Israel now say—

<sup>2</sup>if it had not been the LORD who was on our side  
when people rose up against us,

<sup>3</sup>then they would have swallowed us up alive,  
when their anger was kindled against us;

<sup>4</sup>then the flood would have swept us away,  
the torrent would have gone over us;

<sup>5</sup>then over us would have gone  
the raging waters.

- <sup>6</sup>Blessed be the LORD,  
who has not given us  
as prey to their teeth!
- <sup>7</sup>We have escaped like a bird  
from the snare of the fowlers;  
the snare is broken,  
and we have escaped!
- <sup>8</sup> Our help is in the name of the LORD,  
who made heaven and earth.

## **Psalm 125**

### **The LORD Surrounds His People**

#### **A Song of Ascents.**

- <sup>1</sup>Those who trust in the LORD are like Mount Zion,  
which cannot be moved, but abides forever.
- <sup>2</sup>As the mountains surround Jerusalem,  
so the LORD surrounds his people,  
from this time forth and forevermore.
- <sup>3</sup>For the scepter of wickedness shall not rest  
on the land allotted to the righteous,  
lest the righteous stretch out  
their hands to do wrong.
- <sup>4</sup> Do good, O LORD, to those who are good,  
and to those who are upright in their hearts!
- <sup>5</sup>But those who turn aside to their crooked ways  
the LORD will lead away with evildoers!  
Peace be upon Israel!

## **Psalm 126**

### **Restore Our Fortunes, O LORD**

#### **A Song of Ascents.**

- <sup>1</sup>When the LORD restored the fortunes of Zion,  
we were like those who dream.
- <sup>2</sup>Then our mouth was filled with laughter,  
and our tongue with shouts of joy;  
then they said among the nations,  
"The LORD has done great things for them."

<sup>3</sup>The LORD has done great things for us;  
we are glad.

<sup>4</sup>Restore our fortunes, O LORD,  
like streams in the Negeb!

<sup>5</sup> Those who sow in tears  
shall reap with shouts of joy!

<sup>6</sup>He who goes out weeping,  
bearing the seed for sowing,  
shall come home with shouts of joy,  
bringing his sheaves with him.

## **Psalm 127**

### **Unless the LORD Builds the House**

#### **A Song of Ascents. Of Solomon.**

<sup>1</sup>Unless the LORD builds the house,  
those who build it labor in vain.  
Unless the LORD watches over the city,  
the watchman stays awake in vain.

<sup>2</sup>It is in vain that you rise up early  
and go late to rest,  
eating the bread of anxious toil;  
for he gives to his beloved sleep.

<sup>3</sup>Behold, children are a heritage from the LORD,  
the fruit of the womb a reward.

<sup>4</sup>Like arrows in the hand of a warrior  
are the children of one's youth.

<sup>5</sup>Blessed is the man  
who fills his quiver with them!  
He shall not be put to shame  
when he speaks with his enemies in the gate.

## **Psalm 128**

### **Blessed Is Everyone Who Fears the LORD**

#### **A Song of Ascents.**

<sup>1</sup> Blessed is everyone who fears the LORD,  
who walks in his ways!

<sup>2</sup>You shall eat the fruit of the labor of your hands;  
you shall be blessed, and it shall be well with you.

<sup>3</sup>Your wife will be like a fruitful vine  
within your house;  
your children will be like olive shoots  
around your table.

<sup>4</sup>Behold, thus shall the man be blessed  
who fears the LORD.

<sup>5</sup> The LORD bless you from Zion!  
May you see the prosperity of Jerusalem  
all the days of your life!

<sup>6</sup>May you see your children's children!  
Peace be upon Israel!

## **Psalm 129**

### **They Have Afflicted Me from My Youth**

#### **A Song of Ascents.**

<sup>1</sup>"Greatly have they afflicted me from my youth"—  
let Israel now say—

<sup>2</sup>"Greatly have they afflicted me from my youth,  
yet they have not prevailed against me.

<sup>3</sup> The plowers plowed upon my back;  
they made long their furrows."

<sup>4</sup>The LORD is righteous;  
he has cut the cords of the wicked.

<sup>5</sup>May all who hate Zion  
be put to shame and turned backward!

<sup>6</sup>Let them be like the grass on the housetops,  
which withers before it grows up,

<sup>7</sup>with which the reaper does not fill his hand  
nor the binder of sheaves his arms,

<sup>8</sup>nor do those who pass by say,  
"The blessing of the LORD be upon you!  
We bless you in the name of the LORD!"

## **Psalm 130**

### **My Soul Waits for the Lord**

#### **A Song of Ascents.**

<sup>1</sup>Out of the depths I cry to you, O LORD!

<sup>2</sup>O Lord, hear my voice!

Let your ears be attentive  
to the voice of my pleas for mercy!

<sup>3</sup>If you, O LORD, should mark iniquities,  
O Lord, who could stand?

<sup>4</sup>But with you there is forgiveness,  
that you may be feared.

<sup>5</sup>I wait for the LORD, my soul waits,  
and in his word I hope;

<sup>6</sup>my soul waits for the Lord  
more than watchmen for the morning,  
more than watchmen for the morning.

<sup>7</sup>O Israel, hope in the LORD!  
For with the LORD there is steadfast love,  
and with him is plentiful redemption.

<sup>8</sup>And he will redeem Israel  
from all his iniquities.

## **Psalm 131**

### **I Have Calmed and Quieted My Soul**

#### **A Song of Ascents. Of David.**

<sup>1</sup>O LORD, my heart is not lifted up;  
my eyes are not raised too high;  
I do not occupy myself with things  
too great and too marvelous for me.

<sup>2</sup>But I have calmed and quieted my soul,  
like a weaned child with its mother;  
like a weaned child is my soul within me.

<sup>3</sup> O Israel, hope in the LORD  
from this time forth and forevermore.

## **Psalm 132**

### **The LORD Has Chosen Zion**

#### **A Song of Ascents.**

<sup>1</sup>Remember, O LORD, in David's favor,  
all the hardships he endured,  
<sup>2</sup>how he swore to the LORD  
and vowed to the Mighty One of Jacob,  
<sup>3</sup>"I will not enter my house  
or get into my bed,  
<sup>4</sup>I will not give sleep to my eyes  
or slumber to my eyelids,  
<sup>5</sup>until I find a place for the LORD,  
a dwelling place for the Mighty One of Jacob."

<sup>6</sup>Behold, we heard of it in Ephrathah;  
we found it in the fields of Jaar.  
<sup>7</sup>"Let us go to his dwelling place;  
let us worship at his footstool!"

<sup>8</sup> Arise, O LORD, and go to your resting place,  
you and the ark of your might.  
<sup>9</sup>Let your priests be clothed with righteousness,  
and let your saints shout for joy.  
<sup>10</sup>For the sake of your servant David,  
do not turn away the face of your anointed one.

<sup>11</sup> The LORD swore to David a sure oath  
from which he will not turn back:  
"One of the sons of your body  
I will set on your throne.  
<sup>12</sup>If your sons keep my covenant  
and my testimonies that I shall teach them,  
their sons also forever  
shall sit on your throne."

<sup>13</sup>For the LORD has chosen Zion;  
he has desired it for his dwelling place:  
<sup>14</sup>"This is my resting place forever;  
here I will dwell, for I have desired it.  
<sup>15</sup>I will abundantly bless her provisions;  
I will satisfy her poor with bread.  
<sup>16</sup>Her priests I will clothe with salvation,  
and her saints will shout for joy.  
<sup>17</sup>There I will make a horn to sprout for David;  
I have prepared a lamp for my anointed.  
<sup>18</sup>His enemies I will clothe with shame,  
but on him his crown will shine."

## **Psalm 133**

### **When Brothers Dwell in Unity**

#### **A Song of Ascents. Of David.**

<sup>1</sup>Behold, how good and pleasant it is  
when brothers dwell in unity!  
<sup>2</sup>It is like the precious oil on the head,  
running down on the beard,  
on the beard of Aaron,  
running down on the collar of his robes!  
<sup>3</sup>It is like the dew of Hermon,  
which falls on the mountains of Zion!  
For there the LORD has commanded the blessing,  
life forevermore.

## **Psalm 134**

### **Come, Bless the LORD**

#### **A Song of Ascents.**

<sup>1</sup>Come, bless the LORD, all you servants of the LORD,  
who stand by night in the house of the LORD!  
<sup>2</sup> Lift up your hands to the holy place  
and bless the LORD!  
  
<sup>3</sup>May the LORD bless you from Zion,  
he who made heaven and earth!

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