

## 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* [לֹא] 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.'

**<sup>1</sup>Deliver me, YHWH\*, from evildoers;  
protect me from those who are violent,  
<sup>2</sup>who plan evil things in their hearts\*  
and are always provoking conflict.  
<sup>3</sup>They 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].

**<sup>4</sup>Guard me, YHWH, from the hands of the wicked;  
protect me from the violent who have planned my downfall.  
<sup>5</sup>The 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\*]**

**<sup>6</sup>I say to YHWH, 'You are my God;  
listen, YHWH, to the voice of my supplications.'  
<sup>7</sup>YHWH, my Lord, my strong deliverer,  
you have been a cover over my head in the day of battle.**

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

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

**<sup>10</sup>Let burning coals fall on them!**

**Let them be flung into pits, no more to rise!**

**<sup>11</sup>Do not let the slanderer be established in the land;  
let evil speedily hunt down the violent!**

**<sup>12</sup>I know that YHWH maintains the cause of the needy\*,  
and executes justice\* for the poor\*.**

**<sup>13</sup>Surely 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