





Published by Christian Art Publishers, PO Box 1599, Vereeniging, 1930, RSA.

Distributed by Tyndale House Publishers, Inc.

Extrabiblical artwork, cover design, and product design copyright © 2016 by Christian Art Publishers.

Images used under license from Shutterstock.com. All rights reserved.

Illustrations by Annabelle Grobler

This edition of Inspire®: Psalms is taken from the Holy Bible, New Living Translation, copyright © 1996, 2004, 2015 by Tyndale House Foundation. All rights reserved.

The text of the *Holy Bible*, New Living Translation, may be quoted in any form (written, visual, electronic, or audio) up to and inclusive of five hundred (500) verses without express written permission of the publisher, provided that the verses quoted do not account for more than twenty-five percent (25%) of the work in which they are quoted, and provided that a complete book of the Bible is not quoted.

When the Holy Bible, New Living Translation, is quoted, one of the following credit lines must appear on the copyright page or title page of the work:

Scripture quotations are taken from the *Holy Bible*, New Living Translation, copyright © 1996, 2004, 2015 by Tyndale House Foundation. Used by permission of Tyndale House Publishers, Inc., Carol Stream, Illinois 60188. All rights reserved.

Unless otherwise indicated, all Scripture quotations are taken from the *Holy Bible*, New Living Translation, copyright © 1996, 2004, 2015 by Tyndale House Foundation. Used by permission of Tyndale House Publishers, Inc., Carol Stream, Illinois 60188. All rights reserved.

Scripture quotations marked NLT are taken from the *Holy Bible*, New Living Translation, copyright © 1996, 2004, 2015 by Tyndale House Foundation. Used by permission of Tyndale House Publishers, Inc., Carol Stream, Illinois 60188. All rights reserved.

When quotations from the NLT text are used in nonsalable media, such as church bulletins, orders of service, newsletters, transparencies, or similar media, a complete copyright notice is not required, but the initials *NLT* must appear at the end of each quotation.

Quotations in excess of five hundred (500) verses or twenty-five percent (25%) of the work, or other permission requests, must be approved in writing by Tyndale House Publishers, Inc. Send requests by e-mail to: permission@tyndale.com or call 630-668-8300, ext. 5023.

Publication of any commentary or other Bible reference work produced for commercial sale that uses the New Living Translation requires written permission for use of the NLT text.

TYNDALE, New Living Translation, NLT, and the New Living Translation logo are registered trademarks of Tyndale House Publishers, Inc. Inspire is a registered trademark of Tyndale House Publishers, Inc.

Visit Tyndale online at www.inspirebible.com, www.newlivingtranslation.com, and www.tyndale.com.

A full introduction to the NLT can be found at www.TheNLT.com/NLTIntro.

A complete list of the translators can be found at www.TheNLT.com/scholars.

ISBN 978-1-4964-1987-3 Softcover

Printed in China

Tyndale House Publishers and Wycliffe Bible Translators share the vision for an understandable, accurate translation of the Bible for every person in the world. Each sale of the *Holy Bible*, New Living Translation, benefits Wycliffe Bible Translators. Wycliffe is working with partners around the world to accomplish Vision 2025—an initiative to start a Bible translation program in every language group that needs it by the year 2025.





Welcome to Inspire®: Psalms!

The book of Psalms is filled with heartfelt praise and worship—as well as prayers of joy, heartache, and despair. *Inspire*: Psalms* offers creative space right alongside the biblical text for you to interact with Scripture in a unique, life-giving, hope-filled, and healing way—wherever you are in your faith journey! Scripture is God's inspired Word, and it leads us to a better understanding of him. It also teaches us about our identity and reveals God's intended purpose for our lives. It is fresh and relevant and powerful! Time spent in God's Word is time spent with God—and Bible journaling is breathing all-new life into Scripture reading.

Lingering in God's Word through coloring and art journaling not only plants his inspired words more deeply in our hearts and draws us closer to God; it also makes it easier to remember Scripture because we've made it personal through our art on the page. The process of coloring and art journaling engages our imaginations and invites us to reflect on Scripture as we envision how to express the key truths a passage teaches us about God. Our worshipful coloring and creative journaling reflects our faith journey and becomes a personal expression of God's movement in our lives. It is an expressive, artistic way of studying God's Word where the art becomes a reminder of how we are growing in our faith journey. When we journal in this way, we are creating a visual representation of what God is writing on our heart through his Word. It becomes a way to remember and share with others what God is teaching us.

If you are new to Bible journaling, you may find this process helpful:

Pray

Ask the Holy Spirit to be present in your time in God's Word.

Read

Read a portion of Scripture.

Ask

What stands out in this passage? What does this passage say about God? How does this passage inform how I live?

Respond

Use the margins to create an image as a response to what you learned through these three questions:

What images come to mind?

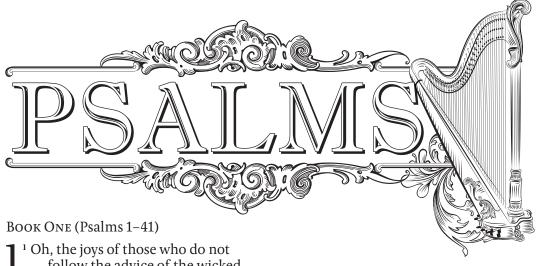
What phrase or verse will you highlight?

What colors come to mind?

There is no wrong way to be creative with your application of God's Word. So grab your favorite tools and get started!

May God bless you richly as you linger in the Psalms and create a beautiful collection of your praise and worship on the pages of this book. It is sure to become a spiritual heirloom you will treasure for many years to come!





1 Oh, the joys of those who do not follow the advice of the wicked, or stand around with sinners, or join in with mockers.

they I meditating on it day Enight.

 They are like trees planted along the riverbank, bearing fruit each season.
 Their leaves never wither, and they prosper in all they do.

⁴ But not the wicked!

They are like worthless chaff, scattered by the wind.

⁵ They will be condemned at the time of judgment. Sinners will have no place among the godly.

⁶ For the **Solution** watches

over the path of the globut the path of the wicked

leads to destruction.

2 Why are the nations so angry?
Why do they waste their time with futile plans?
The kings of the earth prepare for battle;
the rulers plot together
against the LORD
and against his anointed one.

3 "Let us break their chains," they cry,
"and free ourselves from slavery to God."

⁴ But the one who rules in heaven laughs.

The Lord scoffs at them.

⁵ Then in anger he rebukes them, terrifying them with his fierce fury.

⁶ For the Lord declares, "I have placed my chosen king on the throne in Jerusalem, on my holy mountain."

	•



⁷ The king proclaims the LORD's decree: "The LORD said to me, 'You are my son.

Today I have become your Father.

⁸ Only ask, and I will give you the nations as your inheritance, the whole earth as your possession.

⁹ You will break them with an iron rod and smash them like clay pots.'"

¹⁰ Now then, you kings, act wisely! Be warned, you rulers of the earth!

Serve the Lond with reverent fear, me with trembling.

¹² Submit to God's royal son, or he will become angry, and you will be destroyed in the midst of all your activities—

for his anger flares up in an instant.
But what joy for all who take refuge in him!

3 A psalm of David, regarding the time David fled from his son Absalom.

¹ O LORD, I have so many enemies; so many are against me.

² So many are saying, "God will never rescue him!"

Interlude

³ But you, O LORD, are a shield around me; you are my glory, the one who holds my head high.

⁴ I cried out to the LORD, and he answered me from his holy mountain.

Interlude

*I lay down and slept, yet I woke up in SQ

for the was watching

over me.

⁶ I am not afraid of ten thousand enemies who surround me on every side.

⁷ Arise, O LORD! Rescue me, my God! Slap all my enemies in the face! Shatter the teeth of the wicked!

⁸ Victory comes from you, O LORD. May you bless your people.

Interlude

4 For the choir director: A psalm of David, to be accompanied by stringed instruments.	py	
Answer me when I call to you, O God who declares me innocent. Free me from my troubles.		
Have mercy on me and hear my prayer. 2 How long will you people ruin my reputation? How long will you make groundless accusations?		
How long will you continue your lies? 3 Con be Sure of this:	Interlude	
The Lord set apart the godly for himself.		
The Lord will answer when I call to him.		
 Don't sin by letting anger control you. Think about it overnight and remain silent. Offer sacrifices in the right spirit, and trust the LORD. 	Interlude	
6 Many people say, "Who will show us better times?" Let your face smile on us, LORD. 7 You have given me greater joy		
than those who have abundant harvests of grain and new wi		
* In Secret I will lie down & sleep, for you alone, O Lord, will keep me Safe,		
5 For the choir director: A psalm of David, to be accompanied by the flute.		
 O LORD, hear me as I pray; pay attention to my groaning. Listen to my cry for help, my King and my God, for I pray to no one but you. Listen to my voice in the morning, LORD. Each morning I bring my requests to you and wait expectant 	tly.	
 O God, you take no pleasure in wickedness; you cannot tolerate the sins of the wicked. Therefore, the proud may not stand in your presence, for you hate all who do evil. You will destroy those who tell lies. The LORD detests murderers and deceivers. 		
⁷ Because of your unfailing love, I can enter your house; I will worship at your Temple with deepest awe.		



*Lead me in the right path, Derdo, or my enemies will conquer me.

Make your way plain for me to follow.

My enemies cannot speak a truthful word.
 Their deepest desire is to destroy others.
 Their talk is foul, like the stench from an open grave.
 Their tongues are filled with flattery.

¹⁰ O God, declare them guilty.

Let them be caught in their own traps. Drive them away because of their many sins, for they have rebelled against you.

¹¹ But let all who take refuge in you rejoice; let them sing joyful praises forever. Spread your protection over them,

that all who love your name may be filled with joy.

¹² For you bless the godly, O LORD; you surround them with your shield of love.

- $6\,$ For the choir director: A psalm of David, to be accompanied by an eight-stringed instrument.
- ¹ O LORD, don't rebuke me in your anger or discipline me in your rage.
- ² Have compassion on me, LORD, for I am weak. Heal me, LORD, for my bones are in agony.
- ³ I am sick at heart. How long, O LORD, until you restore me?
- ⁴ Return, O LORD, and rescue me. Save me because of your unfailing love.
- ⁵ For the dead do not remember you. Who can praise you from the grave?
- ⁶ I am worn out from sobbing. All night I flood my bed with weeping, drenching it with my tears.

⁷ My vision is blurred by grief; my eyes are worn out because of all my enemies.

has heard my weeping. The LORD has heard my plea;

the Word will answer MMII / MANUAR

¹⁰ May all my enemies be disgraced and terrified. May they suddenly turn back in shame.

$7^{\hspace{-0.1cm}A}$ psalm of David, which he sang to the LORD concerning Cush of Benjamin.	f the tribe	
 ¹ I come to you for protection, O LORD my God. Save me from my persecutors—rescue me! ² If you don't, they will maul me like a lion, tearing me to pieces with no one to rescue me. ³ O LORD my God, if I have done wrong or am guilty of injustice, ⁴ if I have betrayed a friend or plundered my enemy without cause, ⁵ then let my enemies capture me. Let them trample me into the ground and drag my honor in the dust. 	Interlude	
 ⁶ Arise, O LORD, in anger! Stand up against the fury of my enemies! Wake up, my God, and bring justice! ⁷ Gather the nations before you. Rule over them from on high. ⁸ The LORD judges the nations. Declare me righteous, O LORD, for I am innocent, O Most High! ⁹ End the evil of those who are wicked, and defend the righteous. For you look deep within the mind and heart, O righteous God. 		
saving those whose heavy saving those whose heavy saving those whose heavy saving the saving those whose heavy saving the saving those whose heavy saving the sav		
12 If a person does not repent, God will sharpen his sword; he will bend and string his bow. 13 He will prepare his deadly weapons and shoot his flaming arrows.		
 The wicked conceive evil; they are pregnant with trouble and give birth to lies. They dig a deep pit to trap others, then fall into it themselves. The trouble they make for others backfires on them. The violence they plan falls on their own heads. 		
¹⁷ I will thank the LORD because he is just; I will sing praise to the name of the LORD Most High.		



For the choir director: A psalm of David, to be accompanied by a stringed instrument.

your majestic name

fills the earth!

Your glory is higher than the heavens.

² You have taught children and infants to tell of your strength, silencing your enemies and all who oppose you.

3 When I look at the Might Sky see the work of your fingers —

the *moon* and the *stars* you set in place –

- ⁴ what are mere mortals that you should think about them, human beings that you should care for them?
- ⁵ Yet you made them only a little lower than God and crowned them with glory and honor.
- ⁶ You gave them charge of everything you made, putting all things under their authority—
- ⁷ the flocks and the herds and all the wild animals,
- 8 the birds in the sky, the fish in the sea, and everything that swims the ocean currents.
- ⁹ O LORD, our Lord, your majestic name fills the earth!
- **9** For the choir director: A psalm of David, to be sung to the tune "Death of the Son."

with all my / Bankly I will tell of all the marvelous things you have done.

² I will be filled with joy because of you. I will sing praises to your name, O Most High.

³ My enemies retreated;

they staggered and died when you appeared.

⁴ For you have judged in my favor;

from your throne you have judged with fairness.

- ⁵ You have rebuked the nations and destroyed the wicked; you have erased their names forever.
- ⁶ The enemy is finished, in endless ruins; the cities you uprooted are now forgotten.

		1.
⁷ But the LORD reigns forever, executing judgment from his throne. ⁸ He will judge the world with justice and rule the nations with fairness. ⁹ The Toron is a shellow		
for the oppressed, a refuge in times of trouble.		
10 Those who know your name trust in you, for you, O LORD, do not abandon those who search for you.		
 Sing praises to the LORD who reigns in Jerusalem. Tell the world about his unforgettable deeds. For he who avenges murder cares for the helpless. He does not ignore the cries of those who suffer. 		
 LORD, have mercy on me. See how my enemies torment me. Snatch me back from the jaws of death. Save me so I can praise you publicly at Jerusalem's gates, so I can rejoice that you have rescued me. 		
 The nations have fallen into the pit they dug for others. Their own feet have been caught in the trap they set. The LORD is known for his justice. The wicked are trapped by their own deeds. 	Quiet Interlude	
The wicked will go down to the grave. This is the fate of all the nations who ignore God. But the needy will not be ignored forever; the of the poor will not always be crushed.		
 Arise, O LORD! Do not let mere mortals defy you! Judge the nations! Make them tremble in fear, O LORD. Let the nations know they are merely human. 	Interlude	
10 O LORD, why do you stand so far away? Why do you hide when I am in trouble? The wicked arrogantly hunt down the poor. Let them be caught in the evil they plan for others. For they brag about their evil desires; they praise the greedy and curse the LORD.		
 ⁴ The wicked are too proud to seek God. They seem to think that God is dead. ⁵ Yet they succeed in everything they do. They do not see your punishment awaiting them. They sneer at all their enemies. 		

 ⁶ They think, "Nothing bad will ever happen to us! We will be free of trouble forever!"
 ⁷ Their mouths are full of cursing, lies, and threats. Trouble and evil are on the tips of their tongues. ⁸ They lurk in ambush in the villages, waiting to murder innocent people. They are always searching for helpless victims. ⁹ Like lions crouched in hiding, they wait to pounce on the helpless. Like hunters they capture the helpless and drag them away in nets. ¹⁰ Their helpless victims are crushed; they fall beneath the strength of the wicked. ¹¹ The wicked think, "God isn't watching us! He has closed his eyes and won't even see what we do!"
 ¹² Arise, O LORD! Punish the wicked, O God! Do not ignore the helpless! ¹³ Why do the wicked get away with despising God? They think, "God will never call us to account." ¹⁴ But you see the trouble and grief they cause. You take note of it and punish them. The helpless put their trust in you. You defend the orphans.
15 Break the arms of these wicked, evil people! Go after them until the last one is destroyed. 16 The LORD is king forever and ever! The godless nations will vanish from the land. 17
¹⁸ You will bring justice to the orphans and the oppressed, so mere people can no longer terrify them.
11 For the choir director: A psalm of David. for protection. So why do you say to me,
"Fly like a bird to the mountains for safety! The wicked are stringing their bows and fitting their arrows on the bowstrings. They shoot from the shadows at those whose hearts are right.

³ The foundations of law and order have collapsed.

What can the righteous do?"

⁴But the Lord is in his *holy Temple;* the Lord still rules from He watches everyone closely, examining every person on

⁵ The LORD examines both the righteous and the wicked. He hates those who love violence.

⁶ He will rain down blazing coals and burning sulfur on the wicked, punishing them with scorching winds.

The virtuous will see his face.

2 For the choir director: A psalm of David, to be accompanied by an eight-stringed instrument.

- ¹ Help, O LORD, for the godly are fast disappearing! The faithful have vanished from the earth!
- ² Neighbors lie to each other, speaking with flattering lips and deceitful hearts.
- ³ May the LORD cut off their flattering lips and silence their boastful tongues.
- ⁴ They say, "We will lie to our hearts' content. Our lips are our own—who can stop us?"
- ⁵ The LORD replies, "I have seen violence done to the helpless, and I have heard the groans of the poor. Now I will rise up to rescue them, as they have longed for me to do."

like Silver refined in a furnace,

purified seven times over.

⁷ Therefore, LORD, we know you will protect the oppressed, preserving them forever from this lying generation, ⁸ even though the wicked strut about,

and evil is praised throughout the land.

13 For the choir director: A psalm of David.

¹ O Lord, how long will you forget me? Forever? How long will you look the other way?

² How long must I struggle with anguish in my soul, with sorrow in my heart every day? How long will my enemy have the upper hand?





³ Turn and answer me, O LORD my God! Restore the sparkle to my eyes, or I will die.

⁴ Don't let my enemies gloat, saying, "We have defeated him!" Don't let them rejoice at my downfall.

⁵But I *UVUSU* in your unfailing *UVU*.

I will Me because you have

⁶I will sings to the Lord because he is a word to me.

14 For the choir director: A psalm of David.

Only fools say in their hearts, "There is no God."
They are corrupt, and their actions are evil; not one of them does good!

² The LORD looks down from heaven on the entire human race; he looks to see if anyone is truly wise, if anyone seeks God.

³ But no, all have turned away; all have become corrupt.No one does good, not a single one!

⁴ Will those who do evil never learn? They eat up my people like bread and wouldn't think of praying to the LORD.

⁵ Terror will grip them, for God is with those who obey him.

⁶ The wicked frustrate the plans of the oppressed, but the LORD will protect his people.

⁷ Who will come from Mount Zion to rescue Israel? When the LORD restores his people, Jacob will shout with joy, and Israel will rejoice.

15 A psalm of David.

Who may Workship in your sanctuary,

Who may enter your presence on your holy hill?

Those who lead blameless lives and do what is right, speaking the truth from sincere hearts.

