

Lord, you alone are my

portion and my cup;
you make my lot secure.

The boundary lines have fallen for me in

pleasant palaces;
surely I have a delightful inheritance.

I will praise the Lord,
who counsels me;
even at night my heart instructs me.

I keep my eyes always on the Lord.

With him at my right hand, I will not be shaken.

Therefore my heart
is glad and my tongue rejoices;
my body also will rest secure, because you will not
abandon me to the realm of the dead,
nor will you let your faithful one see decay.

You make known to me the path of life;
you will fill me with joy in your presence, with

eternal pleasures
at your right hand.

He heals the
brokenhearted
and binds up their wounds.

He determines the number of the stars
and calls them each by name.

great is our Lord and mighty in power;
his understanding has no limit.
The Lord sustains the humble

but casts the wicked to the ground.

Sing to the Lord with grateful praise;
make music to our God on the harp.

He covers the sky with clouds;
he supplies the earth
with rain and makes grass grow on the hills.

He provides food for the cattle
and for the young ravens

when they call.

And this
is my prayer:
that your
love may abound more and more in
knowledge and depth of insight,
so that you may be able to
discern what is best and may be pure and
blameless for the day
of Christ,
filled with the fruit of
righteousness
that comes through Jesus Christ—
to the glory and praise of God.

Philippians 1:9-11

I cry aloud to the Lord;
I lift up my voice to the Lord for mercy.
I pour out before him my complaint;
before him I tell my trouble.
When my spirit grows faint within me,
it is you who watch over my way.
In the path where I walk
people have hidden a snare for me.
look & see, there is no one
at my right hand;
no one is concerned for me.
I have no refuge; no one cares for my life.
I cry to you, Lord;
I say, "You are my refuge,
my portion in the land of the living."

Psalm 142:1-5

May the Lord answer
you when you are in **distress;**
may the name of the God of Jacob protect you.
May he send you help from the sanctuary and grant you
support from Zion.
May he remember all your
sacrifices and accept your burnt offerings.
May he give you the desire of your heart
and make all your plans succeed.
May we shout for joy over
your victory and lift up our **banners**
in the name of our God.
May the Lord grant all your requests. Now this I know:
the Lord gives victory to his anointed.
He answers him from his
heavenly sanctuary with the victorious power of his
right hand.
Some trust in chariots and some
in horses, but we trust in the name of the Lord our God.
They are brought to their knees and fall,
but we rise up and stand firm.
Lord, give victory to the king!
answer
when we call!

yes, my soul,
find rest in God;
my hope comes from him.

Truly he is my rock and my salvation;
he is my fortress, I will not be shaken.

My salvation and my honor depend on God;
he is my mighty rock, my refuge.

Trust in him at all times, you people;
pour out your hearts
to him, for God is our
refuge.

praise be to the God and
Father of our Lord Jesus Christ, the Father of
compassion and the God
of all comfort,
who comforts us in all our troubles,
so that
we can comfort
those in any trouble with the comfort we ourselves
receive from
God.

2 Corinthians 1:3-4

When I kept silent, my bones
wasted away through my groaning
all day long. For your hand was heavy on me;
my strength was sapped in the heat of summer.
Then I acknowledged my sin to you and did not cover up my iniquity.
I said, "I will confess my transgressions to the Lord." And you forgave the guilt of my sin.

Psalm 32:3-5

teach me your way, Lord,
that I may rely on your faithfulness;
give me an undivided heart,
that I may fear your name. I will praise you, Lord my
God, with all my heart; I will glorify your name
forever.

Psalm 86:11-12

May the God of hope fill you with all
joy & peace
as you trust in him,
so that you may
overflow with hope
by the power of the Holy Spirit.

Romans 15:13

Create
in me a pure heart, O God,
and renew a steadfast spirit within me.

Do not cast
me from your presence
or take your Holy Spirit from me.

Restore to me the joy
of your salvation
and grant me a willing spirit, to
sustain me.

Psalm 51:10-12

In you, Lord my God,
I trust in you; I put my trust.
do not let me be put to shame,
nor let my enemies triumph over me.

No one who hopes in
you will ever be put to shame,
but shame will come on those who are treacherous

without cause.

Show me your ways, Lord, teach me your paths.

guide me in your truth and teach me,
for you are God my Savior,
and my hope is in you all day long.

Remember, Lord,
your great mercy & love,
for they are from of old. Do not remember
the sins of my youth and my rebellious ways;
according to your love

remember me,

for you, Lord, are good.