

Psalm 9

To the choirmaster: according to Muthlabben. A Psalm of David.

9 I will give thanks to the LORD with my whole heart; I will recount all of your wonderful deeds. **2** I will be glad and exult in you; I will sing praise to your name, O Most High. **3** When my enemies turn back, they stumble and perish before your presence. **4** For you have maintained my just cause; you have sat on the throne, giving righteous judgement. **5** You have rebuked the nations; you have made the wicked perish; you have blotted out their name for ever and ever. **6** The enemy came to an end in everlasting ruins; their cities you rooted out; the very memory of them has perished.

7 But the LORD sits enthroned for ever; he has established his throne for justice, **8** and he judges the world with righteousness; he judges the peoples with uprightness. **9** The LORD is a stronghold for the oppressed, a stronghold in times of trouble. **10** And those who know your name put their trust in you, for you, O LORD, have not forsaken those who seek you. **11** Sing praises to the LORD, who sits enthroned in Zion! Tell among the peoples his deeds! **12** For he who avenges blood is mindful of them; he does not forget the cry of the afflicted.

13 Be gracious to me, O LORD! See my affliction from those who hate me, O you who lift me up from the gates of death, **14** that I may recount all your praises, that in the gates of the daughter of Zion I may rejoice in your salvation.

15 The nations have sunk in the pit that they made; in the net that they hid, their own foot has been caught. **16** The LORD has made himself known; he has executed judgement; the wicked are snared in the work of their own hands. *Higgaion. Selah*

17 The wicked shall return to Sheol, all the nations that forget God. **18** For the needy shall not always be forgotten, and the hope of the poor shall not perish for ever. **19** Arise, O LORD! Let not man prevail; let the nations be judged before you! **20** Put them in fear, O LORD! Let the nations know that they are but men! *Selah*

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PSALM 9

How to stay spiritually healthy

- have you got the rhythm?

PRAISE (v1-12)

- praise the LORD who rescues (v1-6)
 - o wholehearted thanks
 - o wonderful deeds
 - o joyful songs
- praise the LORD who rules (v7-12)
 - o throne for justice
 - o stronghold in trouble

PRAYER (v13-20)

- pray for fresh deliverance (v13-14)
- pray for final judgment (v15-20)



Discussion questions

Do you have the rhythm? Which do you tend most towards – praise or prayer?