

## Psalm 39

To the choirmaster: to Jeduthun. A Psalm of David.

I said, "I will guard my ways,  
that I may not sin with my tongue;  
I will guard my mouth with a muzzle,  
so long as the wicked are in my presence."

I was mute and silent;  
I held my peace to no avail,  
and my distress grew worse.  
My heart became hot within me.

As I mused, the fire burned;  
then I spoke with my tongue:

"O LORD, make me know my end  
and what is the measure of my days;  
let me know how fleeting I am!  
Behold, you have made my days a few handbreadths,  
and my lifetime is as nothing before you.

Surely all mankind stands as a mere breath! *Selah*

Surely a man goes about as a shadow!

Surely for nothing they are in turmoil;  
man heaps up wealth and does not know who will gather!

“And now, O Lord, for what do I wait?

My hope is in you.

Deliver me from all my transgressions.

Do not make me the scorn of the fool!

I am mute; I do not open my mouth,

for it is you who have done it.

Remove your stroke from me;

I am spent by the hostility of your hand.

When you discipline a man

with rebukes for sin,

you consume like a moth what is dear to him;

surely all mankind is a mere breath!

*Selah*

“Hear my prayer, O LORD,

and give ear to my cry;

hold not your peace at my tears!

For I am a sojourner with you,

a guest, like all my fathers.

Look away from me, that I may smile again,

before I depart and am no more!”