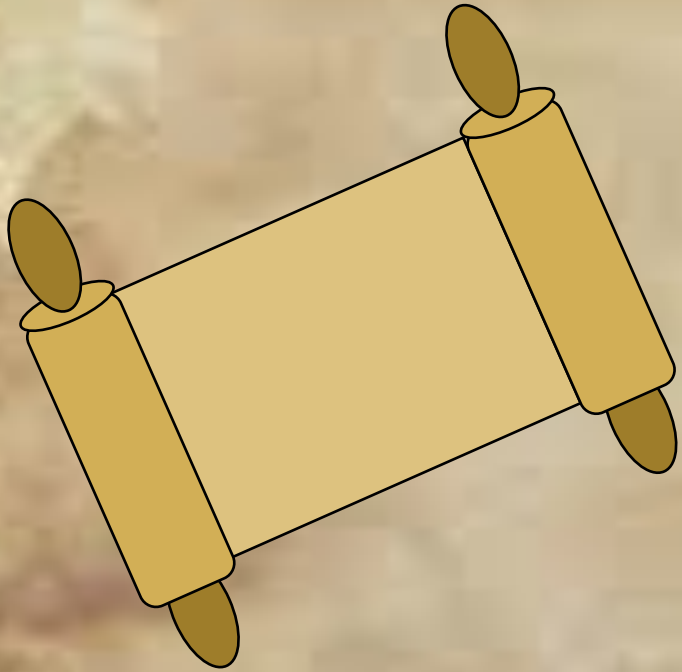
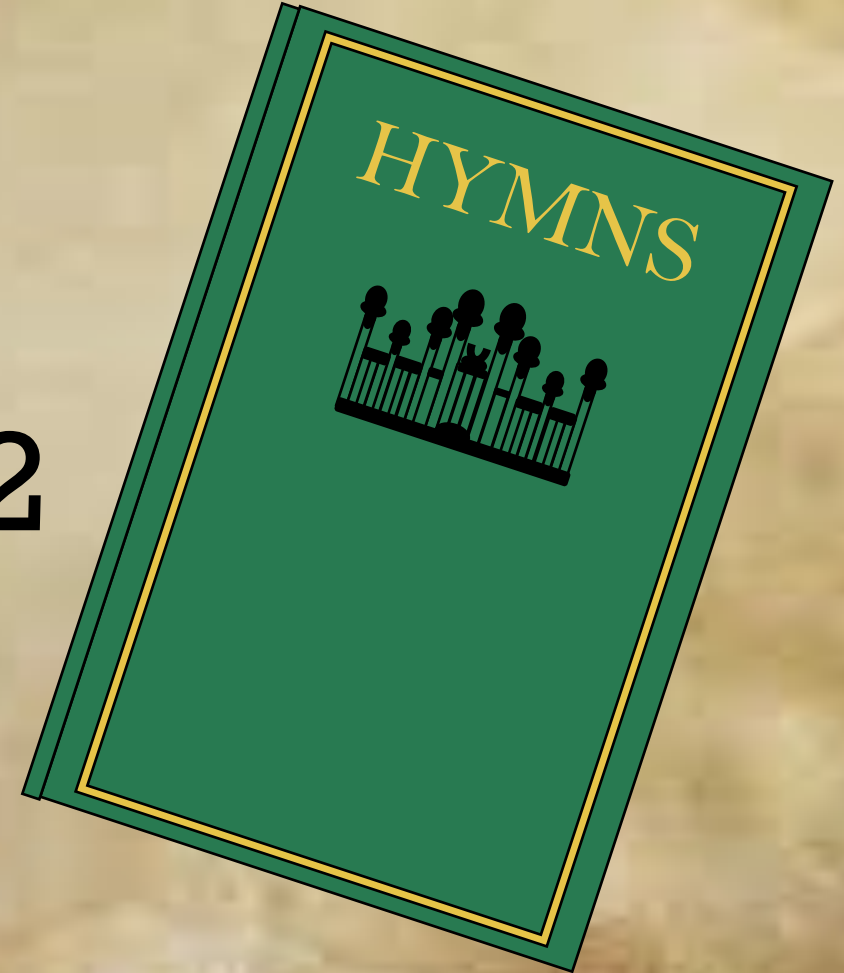


# Sacred Songs, Poems, and Prayers



## Psalms Part 2

Psalms 18, 51-150



# Worshipping the Lord

Many psalms are the poetic, prayerful expressions of the sacred thoughts, feelings, hopes, and desires of the writers. While many scriptures record the Lord's words to us, the psalms frequently reflect the writers' words to Him.

**The Lord is my  
strength  
Psalm 18:1**

**The Lord is my rock,  
fortress, deliverer,  
God, Strength buckler,  
horn of salvation, or  
high tower  
Psalm 18:2**

**The Lord is  
worthy to be  
praised  
Psalm 18:3**

**The Lord hears  
our cries to Him  
Psalm 18:6**



**To worship God is to give Him our love, reverence, service, and devotion. The Lord commanded Moses, “Worship God, for him only shalt thou serve”.**

**He has also commanded, “Thou shalt love the Lord thy God with all thy heart, with all thy might, mind, and strength; and in the name of Jesus Christ thou shalt serve him.”**

**Worship not only shows our love for God and commitment to Him, it gives us strength to keep His commandments.**



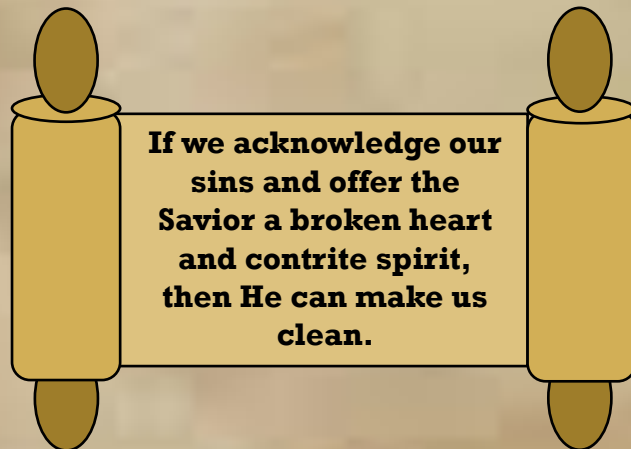
**Through worship we grow in knowledge and faithfulness. (8)**

# Plea For Forgiveness

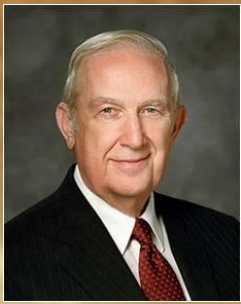
Although David “hath fallen from his exaltation” because he had planned the death of Uriah, he received a promise that his soul would not be left in hell. (3)

see also: Psalm 16:8–10

David’s humility and heartfelt desire to be restored to God’s grace and acceptance are examples of true principles of repentance (4)



**As we understand the merciful character of God, we will have confidence to turn to Him to seek forgiveness of our sins and help with our troubles.**

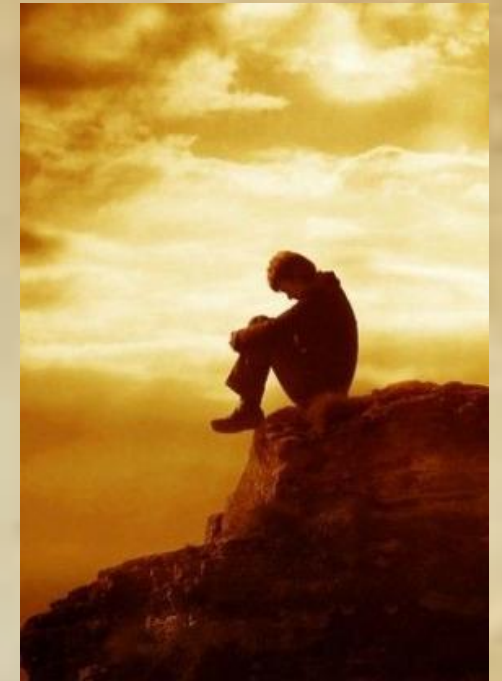


If you are suffering the disheartening effects of transgression, please recognize that the only path to permanent relief from sadness is sincere repentance with a broken heart and a contrite spirit.

Realize your full dependence upon the Lord and your need to align your life with His teachings.

There is really no other way to get lasting healing and peace. Postponing humble repentance will delay or prevent your receiving relief.

Admit to yourself your mistakes and seek help now. Your bishop is a friend with keys of authority to help you find peace of mind and contentment. The way will be opened for you to have strength to repent and be forgiven.





“Those who have a broken heart and a contrite spirit are willing to do anything and everything that God asks of them, without resistance or resentment.



We cease doing things our way and learn to do them God's way instead.

In such a condition of submissiveness, the Atonement can take effect and true repentance can occur.”

# The Middle of the Bible

**Middle Chapter:** Psalm 118

**Middle Verse:** Psalm 118:8

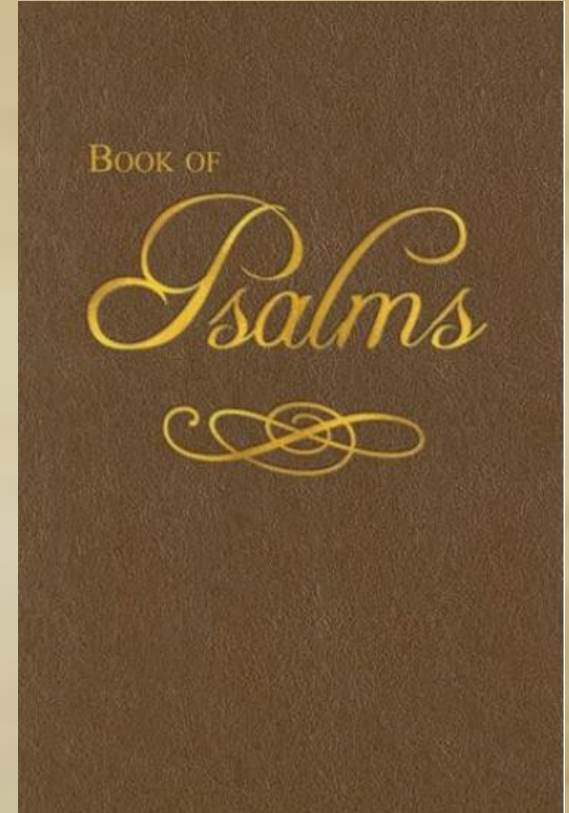
The middle of the Bible, by chapter and verse count, is Psalm 118:8:

***"It is better to trust in the LORD than to put confidence in man"***

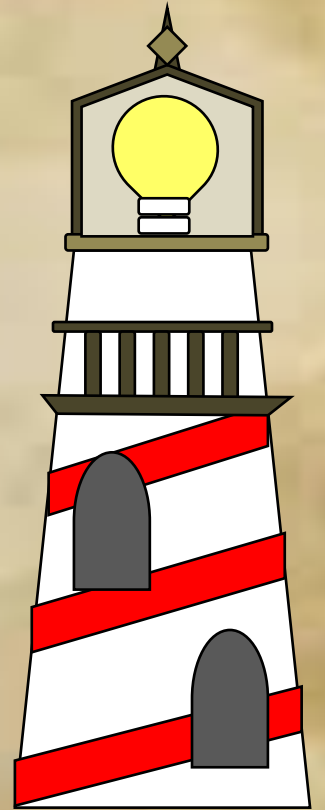
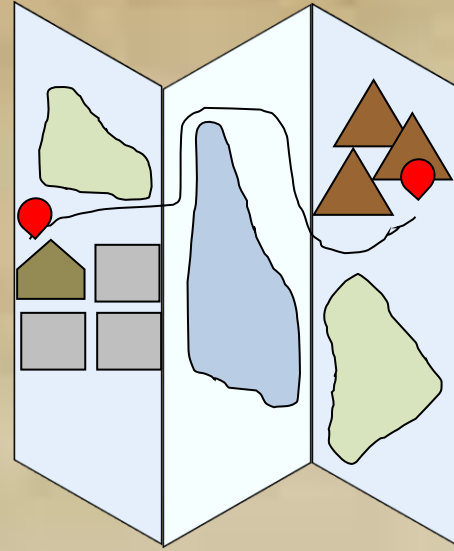
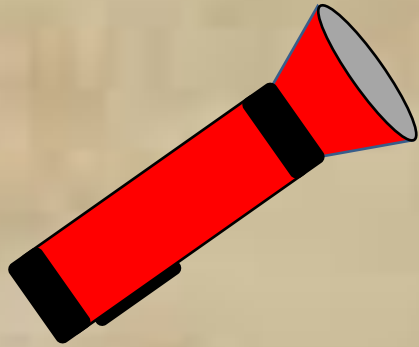
Psalm 118 is considered the middle chapter, and this verse is the central verse because it is preceded and followed by an equal number of chapters and verses.

There are 594 chapters before Psalm 118 and 594 chapters after it, making it the central chapter.

Psalm 118:8 is the middle verse of the 31,174 verses in the Bible, with Psalm 118:9 being the verse immediately following it.



# What Do These Objects Have In Common?



# Psalm 119

Psalm 119 is a poem containing eight verses of scripture for each of the 22 letters of the Hebrew alphabet



Remember you are reading right to left

# Psalm 119

ה He  
O Lord, teach us  
Thy statutes, Thy  
law, and Thy  
commandments.

ד Daleth  
O Lord, grant us Thy  
law, and make us to  
understand Thy  
precepts.

ג Gimel  
O Lord, open our eyes,  
that we may behold  
wondrous things out of  
Thy law

ב Beth  
Ponder the  
precepts  
and ways of  
the Lord.

א Aleph  
Blessed are they  
who keep the  
commandments.

י Jod  
O Lord, let Thy  
tender mercies  
come upon us.

ט Teth  
O Lord, teach  
us Thy  
statutes.

ח Cheth  
Make faithful  
people our  
companions.

ז Zain  
The Lord's statutes and  
judgments comfort us  
during our pilgrimage.

ו Vau  
O Lord, give us  
mercy, truth, and  
salvation.

ס Samech  
Depart from evildoers  
and keep the  
commandments of  
God.

נ Nun  
The Lord's word  
is a lamp unto  
our feet.

מ Mem  
The Lord's law and His  
testimonies should be our  
meditation all the day.

ל Lamed  
O Lord, save us, for  
we have sought Thy  
precepts.

כ Caph  
All the Lord's  
commandments  
are faithful.

ר Resh  
Great are Thy tender  
mercies, O Lord.

ק Koph  
O Lord, hear the voice of  
Thy servants according to  
Thy loving kindness.

צ Tzaddi  
The Lord's  
law is the  
truth.

פ Pe  
The Lord's  
testimonies are  
wonderful.

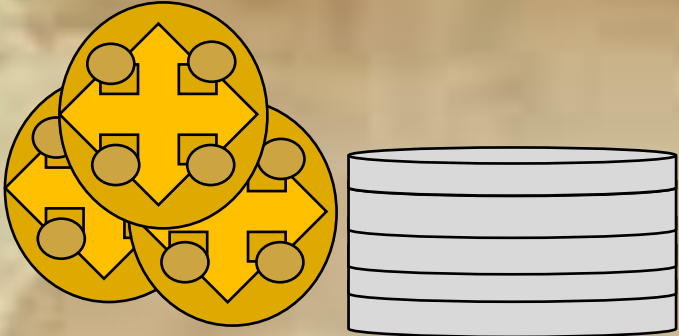
ע Ain  
O Lord, we are Thy  
servants; give us  
understanding.

ט Tau  
All the Lord's commandments are  
righteousness.

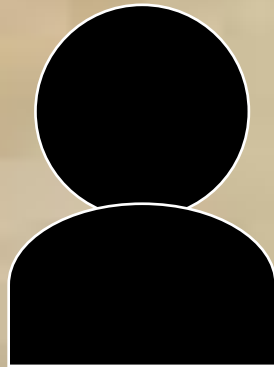
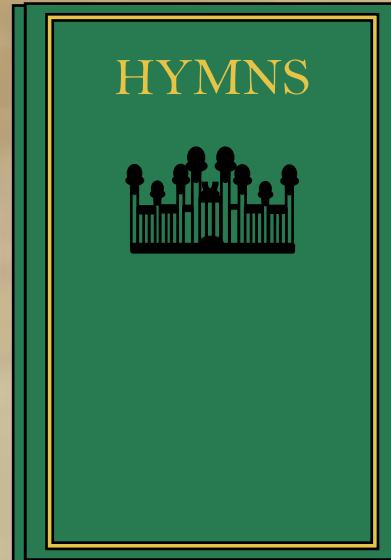
ש Schin  
Those who love the Lord's  
law have peace.

# Symbols of Psalm 119

Psalm: 119: 14,72,127

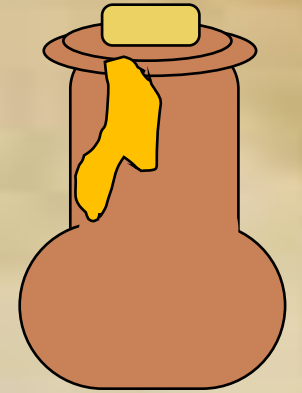


Psalm 119:54



Psalm 119:24

Psalm 119:35



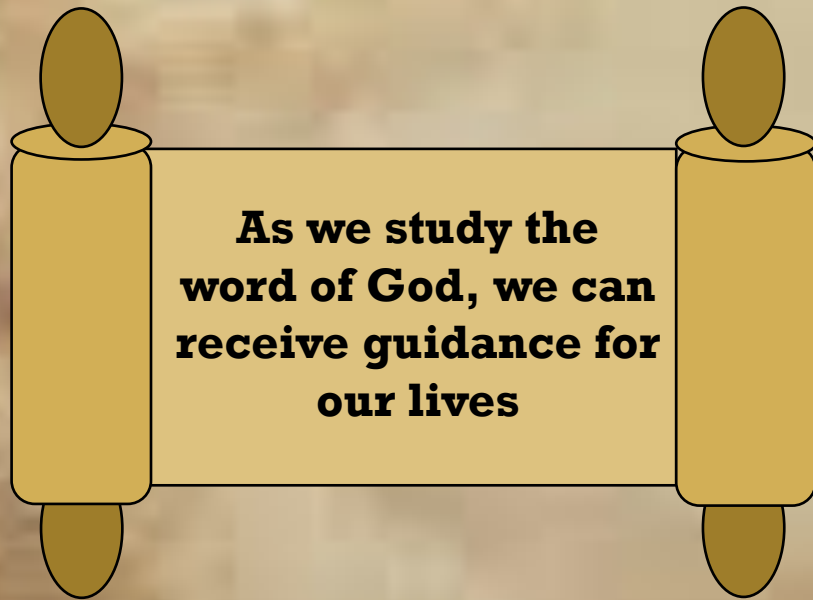
Psalm 119:103



The Lord used symbols to describe his love for the word of God and the blessings that can come through diligently studying and obeying His words.

# Lamp

*Thy word is a lamp unto my feet,  
and a light unto my path.  
Psalms 119:105*



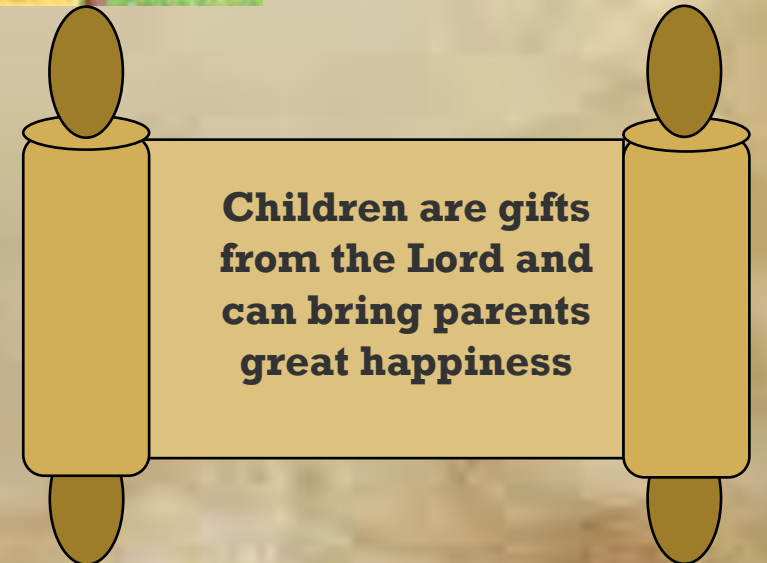
# Children are a cherished gift from the Lord

Heritage--an inheritance, possession, or gift from the Lord.

Quiver—a case for holding arrows



Joseph F. Smith Family



**“It is a crowning privilege of a husband and wife who are able to bear children to provide mortal bodies for [the] spirit children of God. We believe in families, and we believe in children.**



**“When a child is born to a husband and wife, they are fulfilling part of our Heavenly Father’s plan to bring children to earth. ...**



**“Families are central to God’s eternal plan. I testify of the great blessing of children and of the happiness they will bring us in this life and in the eternities.”**



# David's Prayers

Psalms  
140:1,4

*Deliver me, O LORD, from  
the evil man: preserve me  
from the violent man;*

*Keep me, O LORD, from the  
hands of the wicked;  
preserve me from the  
violent man; who have  
purposed to overthrow my  
goings.*

Psalms  
141:4


Incline not my heart  
to *any* evil thing, to practise  
wicked works with men that  
work iniquity: and let me not  
eat of their dainties.

Psalms  
142:5-6


**I cried unto thee, O LORD: I said,  
Thou *art* my refuge *and* my  
portion in the land of the living.**

**Attend unto my cry; for I am  
brought very low: deliver me  
from my persecutors; for they are  
stronger than I.**


# David's Prayers




Psalm  
143:8-10



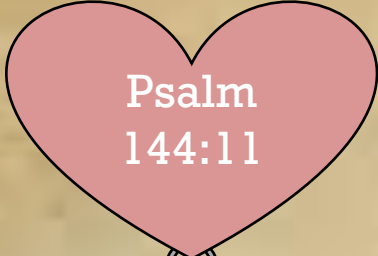
Cause me to hear thy lovingkindness in the morning; for in thee do I trust: cause me to know the way wherein I should walk; for I lift up my soul unto thee.




Deliver me, O LORD, from mine enemies: I flee unto thee to hide me.




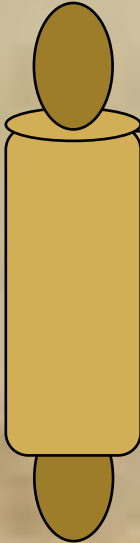
Teach me to do thy will; for thou art my God: thy spirit is good; lead me into the land of uprightness.



Psalm  
144:11



Rid me, and deliver me from the hand of strange children, whose mouth speaketh vanity, and their right hand is a right hand of falsehood:



**As we pray to God in sincerity and truth, He will be near us and if we love God, He will spiritually preserve us**

# Other Psalms

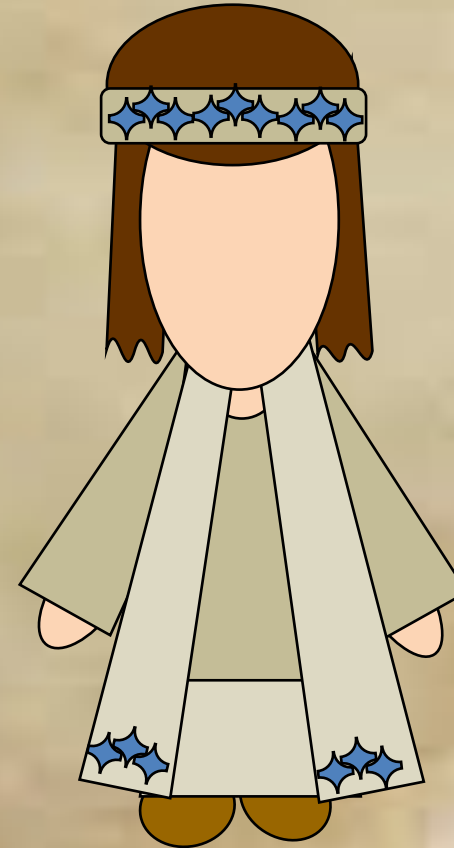
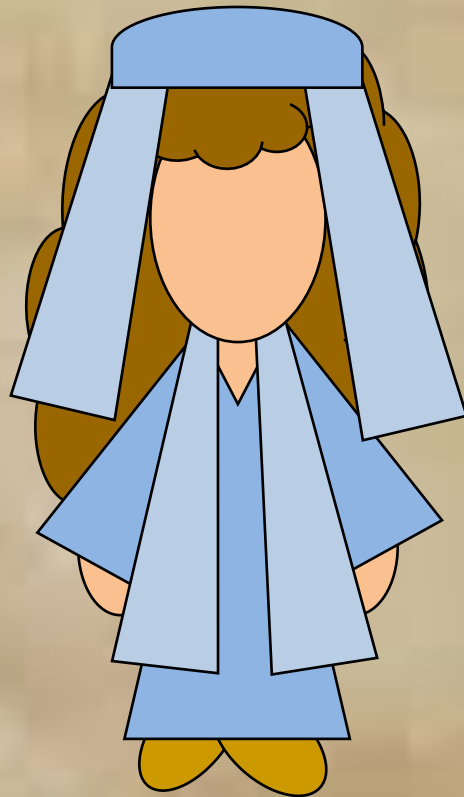
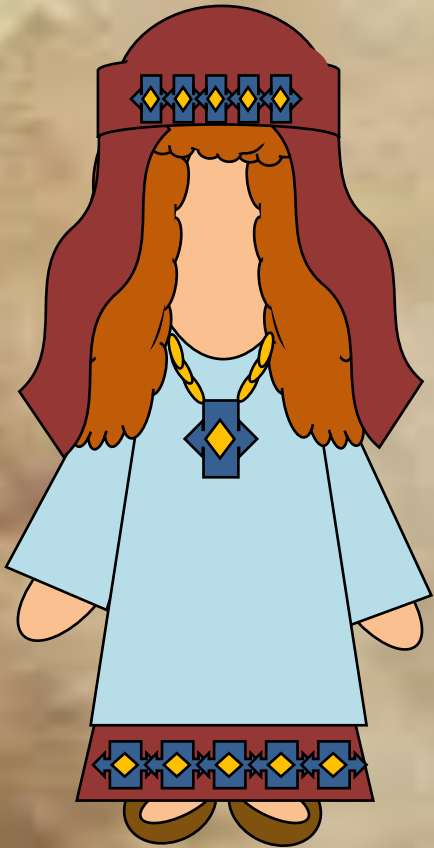
Hannah  
1 Samuel 2:1-10

Mary  
Luke 1:46-55

Nephi  
2 Nephi 4:16-25

Nephi  
2 Nephi 4:26-35

Ammon  
Alma 26:8-20



## Sources:

Suggested Hymn: #72 *Praise to the Lord, the Almighty*

Videos: Our Spiritual Purpose (3:00)

Laie Hawaii Temple Cultural Celebration (3:13)

A Broken Heart and a Contrite Spirit (0:34)

Origin (4:57)

Having Children in Faith (2:25)

“Trust in the Lord: Music Video” (4:11)



1. Elder David A. Bednar (“Clean Hands and a Pure Heart,” *Ensign* or *Liahona*, Nov. 2007, 82).
2. Question’s and Answers...June 1975 *Ensign*
3. *History of the Church*, 6:253 and D&C 132:9.
4. Bible Dictionary “David”
5. Richard G. Scott (“Trust in the Lord,” *Ensign*, Nov. 1995, 16)
6. Elder Bruce D. Porter (“A Broken Heart and a Contrite Spirit,” *Ensign* or *Liahona*, Nov. 2007, 32)
7. Elder Neil L. Andersen (“Children,” *Ensign* or *Liahona*, Nov. 2011, 28, 31).

Presentation by <http://fashionsbylynda.com/blog/>

8. Gospel Topics, “Worship,” Gospel Library

# A Family Proclamation To The World

We, the First Presidency and the Council of the Twelve Apostles of The Church of Jesus Christ of Latter-day Saints, solemnly proclaim that marriage between a man and a woman is ordained of God and that the family is central to the Creator's plan for the eternal destiny of His children.

All human beings—male and female—are created in the image of God. Each is a beloved spirit son or daughter of heavenly parents, and, as such, each has a divine nature and destiny. Gender is an essential characteristic of individual premortal, mortal, and eternal identity and purpose.

In the premortal realm, spirit sons and daughters knew and worshipped God as their Eternal Father and accepted His plan by which His children could obtain a physical body and gain earthly experience to progress toward perfection and ultimately realize their divine destiny as heirs of eternal life. The divine plan of happiness enables family relationships to be perpetuated beyond the grave. Sacred ordinances and covenants available in holy temples make it possible for individuals to return to the presence of God and for families to be united eternally.

The first commandment that God gave to Adam and Eve pertained to their potential for parenthood as husband and wife. We declare that God's commandment for His children to multiply and replenish the earth remains in force. We further declare that God has commanded that the sacred powers of procreation are to be employed only between man and woman, lawfully wedded as husband and wife.

We declare the means by which mortal life is created to be divinely appointed. We affirm the sanctity of life and of its importance in God's eternal plan.

Husband and wife have a solemn responsibility to love and care for each other and for their children. "Children are an heritage of the Lord" (Psalm 127:3).

Parents have a sacred duty to rear their children in love and righteousness, to provide for their physical and spiritual needs, and to teach them to love and serve one another, observe the commandments of God, and be law-abiding citizens wherever they live. Husbands and wives—mothers and fathers—will be held accountable before God for the discharge of these obligations.

The family is ordained of God. Marriage between man and woman is essential to His eternal plan. Children are entitled to birth within the bonds of matrimony, and to be reared by a father and a mother who honor marital vows with complete fidelity. Happiness in family life is most likely to be achieved when founded upon the teachings of the Lord Jesus Christ. Successful marriages and families are established and maintained on principles of faith, prayer, repentance, forgiveness, respect, love, compassion, work, and wholesome recreational activities. By divine design, fathers are to preside over their families in love and righteousness and are responsible to provide the necessities of life and protection for their families. Mothers are primarily responsible for the nurture of their children. In these sacred responsibilities, fathers and mothers are obligated to help one another as equal partners. Disability, death, or other circumstances may necessitate individual adaptation. Extended families should lend support when needed.

We warn that individuals who violate covenants of chastity, who abuse spouse or offspring, or who fail to fulfill family responsibilities will one day stand accountable before God. Further, we warn that the disintegration of the family will bring upon individuals, communities, and nations the calamities foretold by ancient and modern prophets.

We call upon responsible citizens and officers of government everywhere to promote those measures designed to maintain and strengthen the family as the fundamental unit of society.

*This proclamation was read by President Gordon B. Hinckley as part of his message at the General Relief Society Meeting held September 23, 1995, in Salt Lake City, Utah.*

## Color Chart

Jesus Christ, The King (portrayed in Matthew)
Jesus Christ, The Servant (portrayed in Mark)
Jesus Christ, the Son of God (portrayed by Luke)
Jesus Christ, the Son of God (portrayed by John)

Psalms	Prophecy	Fulfillment
2:7	God will declare Him to be His Son	Matthew 3:17
8:6	All things will be put under His feet	Hebrews 2:8
16:10	He will be resurrected from the dead	Mark 16:6-7
22:1	God will forsake Him in His hour of need	Matthew 27:46
22:7-8	He will be scorned and mocked	Luke 23:35
22:16	His hands and feet will be pierced	John 20:25,27
22:18	Others will gamble for His clothes	Matthew 27:35-36
34:20	Not one of His bones will be broken	John 19:32-33, 36
35:11	He will be accused by false witnesses	Mark 14:57
35:19	He will be hated without a cause	John 15:25
40:7-8	He will come to do God's will	Hebrews 10:7
41:9	He will be betrayed by a friend	Luke 22:47
45:6	His throne will be forever	Hebrews 8:1
68:18	He will ascend to God's right hand	Mark 16:19
69:9	Zeal for God's house will consume Him	John 2:17
69:21	He will be given vinegar and gall to drink	Matthew 27:34
109:4	He will pray for His enemies	Luke 23:34
109:8	His betrayer's office will be fulfilled by another	Acts 1:20
110:1	His enemies will be made subject to Him	Matthew 22:44
110:4	He will be a priest like Melchizedek	Hebrews 5:6
118:22	He will be the chief cornerstone	Matthew 21:42
118:26	He will come in the name of the LORD	Matthew 21:9

Jesus Prophesied in Psalms

# Psalm 1-41

1. Two ways of Life	2. Coronation of the Lord's Anointed	3. Victory in the Face of Defeat	4. Evening Prayer for Deliverance	5. Morning Prayer for Guidance	6. Prayer for God's Mercy
7. Wickedness Justly Rewarded	8. God's Glory and Man's Dominion	9. Praise for Victory over Enemies	10. Petition for God's Judgment	11. God Tests the Sons of Men	12. The Pure Words of the LORD
13. The Prayer for God's Answer—Now	14. The Characteristics of the Godless	15. The Characteristics of the Godly	16. Eternal Life for One Who Trusts	17. "Hide Me Under the Shadow of Your Wings"	18. Thanksgiving for Deliverance by God
19. The Works and Word of God	20. Trust Not in Chariots and Horses but in God	21. Triumph of the King	22. Psalm of the Cross, "The LORD is my Shepherd"	23. Psalm of the Divine Shepherd	24. Psalm of the King of Glory
25. Prayer for Instruction	26. "Examine Me, O Lord, and Prove Me?"	27. Trust in the Lord and Be Not Afraid	28. Rejoice Because of Answered Prayer	29. The Powerful Voice of God	30. Praise for Dramatic Deliverance
31. "Be of Good Courage"	32. The Blessedness of Forgiveness	33. God Considers All Man's Works	34. Seek the Lord	35. Petition for God's Intervention	36. The Loving Kindness of God
37. "Rest in the Lord"	38. The Heavy Burden of Sin	39. Know the Measure of Man's Day	40. Delight to Do God's Will	41. The Blessedness of Helping the Poor	

The book of Psalms begins with a contrast between the godly and the ungodly.

Some of these psalms put great emphasis on trusting God rather than earthly objects or people and remind us that we need not fear because God is with us.

Another psalm reminds us that God will judge our hearts and that we should seek after God's mercy.

# Psalms 42-72

42. Seek After the Lord	43. "Hope in God"	44. Prayer for Deliverance by God	45. The Psalm of the Great King	46. "God is Our Refuge and Strength"	47. The LORD Shall Subdue All Nations
48. Praise of Mount Zion	49. Riches Cannot Redeem	50. The Lord Shall Judge All people	51. Confession and Forgiveness of Sin	52. The LORD Shall Judge the Deceitful	53. A Portrait of the Godless
54. The LORD Is Our Helper	55. "Cast Your Burden Upon the LORD"	56. Fears in the Midst of Trials	57. Prayers in the Midst of Perils	58. Wicked Judges Will Be Judged	59. Petition for Deliverance from Violent Men
60. Prayer for Deliverance of the Nation	61. Prayer When Overwhelmed	62. Wait for God	63. Thirst for God	64. Prayer for God's Protection	65. God's Provision through Nature
66. Remember What God Has Done	67. God Shall Govern the Earth	68. God is the Father of the Fatherless	69. Petition for God to Draw Near	70. Prayer for the Poor and Needy	71. Prayer for the Aged
72. The Reign of the Messiah	<b>Psalms 42-72</b>				

These psalms could be summarized with the phrase "God is our refuge and strength" (Psalm 46:1).

One psalm reminds us to cast our burdens upon the Lord in every challenge or trial.

Another encourages us to wait patiently upon God in all things.

# Psalm 73-89

73. Perspective of Eternity	74. Request for God to Remember His Covenant	75. "God Is the Judge"	76. The Glorious Might of God	77. When Overwhelmed, Remember God's Greatness	78. God's Continued Guidance in Spite of Unbelief
79. Avenge the Defilement of Jerusalem	80. Israel's Plea for God's Mercy	81. God's Plea for Israel's Obedience	82. Rebuke of Israel's Urgent Judges	83. Plea for God to Destroy Israel's Enemies	84. The Joy of Dwelling with God
85. Prayer for Revival	86. "Teach Me Your Way, O LORD"	87. Glorious Zion, City of God	88. Crying from Deepest Affliction	89. Claiming God's Promises in Affliction	

These psalms encompass several themes and frequently describe God as a judge who can rebuke wicked earthly judges and destroy Israel's enemies.

In Psalm 86, King David records a plea that God teach us His way so we can walk in truth

# Psalm 90-106

90. "Teach Us to Number Our Days"	91. Abiding in "The Shadow of the Almighty"	92. It is Good to Praise the LORD	93. The Majesty of God	94. Vengeance Belongs only to God	95. Call to Worship the LORD
96. Declare the Glory of God	97. Rejoice! The LORD Reigns!	98. Sing a New Song to the LORD	99. "Exalt the LORD Our God"	100. "Serve the LORD with Gladness"	101. Commitment of a Holy Life
102. Prayer of an Overwhelmed Saint	103. Bless the LORD, All you People!	104. Psalm Rehearsing Creation	105. Remember, God Keeps His Promises	106. "We Have Sinned"	

Many of these psalms encourage us to praise the Lord, remember that vengeance belongs to Him, declare His glory, and serve Him with gladness

# Psalms 107-150

107. God Satisfies the Longing Soul	108. Awake Early and Praise the LORD	109. Song of the Slandered	110. The Coming of the Priest-King-Judge	111. Praise for God's Tender Care	112. The Blessings of Those Who Fear God
113. The Condescending Grace of God	114. In Praise for the Exodus	115. To God Alone Be the Glory	116. Love the LORD for What He Has Done	117. Praise of All	118. Better to Trust God Than Man
119. Praise of the Scriptures	120. A Cry in Distress	121. God is Our Keeper	122. Pray for the Peace of Jerusalem"	123. Plea for the Mercy of God	124. God is on Our Side
125. Trust in the LORD and Abide Forever	126. "Sow in Tears, Reap in Joy"	127. Children are God's Heritage	128. Blessing on the House of the God-fearing	129. Plea of the Persecuted	130. "My Soul Waits for the Lord"
131. A Childlike Faith	132. Trust in the God of David	133. Beauty of the Unity of the Brethren	134. Praise the LORD in the Evening	135. God Has Done Great Things!	136. God's Mercy Endure Forever
137. Tears in Exile	138. God Answered My Prayer	139. "Search Me, O God"	140. Preserve Me from Violence	141. Set a Guard, O LORD, over My Mouth	142. "No One Cares for My Soul"
143. "Teach Me to Do Your Will"	144. "What Is Man?"	145. Testify to God's Great Acts	146. "Do Not Put Your Trust in Prince"	147. God Heals the Brokenhearted	148. All Creation Praises the LORD
149. "The Lord Take Pleasure in His People"	150. "Praise the LORD"				

These psalms recognize that "children are an heritage of the Lord" (Psalm 127:3) and that they are an eternal blessing for righteous parents. One psalm near the end of the book offers a heartfelt plea that the Lord will deliver us and keep us from the evil and violent practices of wicked men.

## Some excerpts from Psalms

Psalm 24	Read at the dedication of the Kirtland temple by Sidney Rigdon	At nine o'clock a. m. [March 27, 1836] President Sidney Rigdon commenced the services of the day by reading the 96th and 24th Psalms... President Rigdon then read the 18th, 19th and 20th verses of the 18th chapter of Matthew, and preached more particularly from the 20th verse
Psalm 24:3-4	Who shall ascend into the hill of the Lord?... He that hath clean hands, and a pure heart	In my mind, "clean hands" suggests a cleanliness of body; a "pure heart" suggests a purity of motive; a soul not lifted up unto vanity is one who retains humility; and one who has not sworn deceitfully is one who enters the temple honorably and fully qualified to receive the blessings of the temple. Carlos E. Asay ( <i>Family Pecan Trees: Planting a Legacy of Faith at Home</i> [Salt Lake City: Deseret Book Co., 1992], 215)
Psalm 30:5	weeping may endure for a night, but joy cometh in the morning	It may safely be assumed that no person has ever lived entirely free of suffering and tribulation, nor has there ever been a period in human history that did not have its full share of turmoil, ruin, and misery. To all who so despair, may I offer the assurance found in the psalm "Weeping may endure for a night, but joy cometh in the morning." Thomas S. Monson "Look to God and Live," <i>Ensign</i> , May 1998, 52
Psalm 35	Read at the First Continental Congress	Reverend Duché opened the second session on September 7th, 1774 with prayer. It was not a perfunctory prayer, but one that was a time of profound prayer. Opening the session he read the 35th Psalm, and then broke into extemporaneous prayer.
Psalm 40	I waited patiently for the LORD; and he inclined unto me, and heard my cry.	<i>The Messiah will come and preach righteousness—He will declare salvation—The righteous will say, The Lord be magnified. Heading of Psalm 40</i>
Psalm 51	thy tender mercies	I have reflected repeatedly upon the phrase "the tender mercies of the Lord." Through personal study, observation, pondering, and prayer, I believe I have come to better understand that the Lord's tender mercies are the very personal and individualized blessings, strength, protection, assurances, guidance, loving-kindnesses, consolation, support, and spiritual gifts which we receive from and because of and through the Lord Jesus Christ. Truly, the Lord suits "his mercies according to the conditions of the children of men" Elder David A. Bednar "The Tender Mercies of the Lord," <i>Ensign</i> , May 2005, 99

**Psalm 51:5 I was shapen in iniquity; and in sin did my mother conceive me**

**Joseph Fielding Smith**

*Question: "In a discussion with a gentleman of another faith, he made the statement that a child is born in sin. That the conceiving of a child even in lawful wedlock is a sin. Of course I have been taught differently and voiced our teachings on the original sin of Adam and Eve, and then made the statement, 'To my knowledge, there is not any scripture in the Bible that states that a child which is born in lawful wedlock is born in sin, thus making the child guilty of sin.' This person showed me a statement in Psalm 51:5, which reads: 'Behold, I was shapen in iniquity; and in sin did my mother conceive me.'*

*"I have studied the scriptures, have read the numerous other literature which strengthened my testimony in relation to original sin, but I cannot explain the statement of David in this passage, when he was the youngest of several children. Several of the non-members are waiting for me to prove I am right. I have satisfied them as to our belief on original sin. They also refer to the fact that it was a Jewish belief that the woman had to go through a purification period and ceremony after childbirth, and if it is not a sin why was it necessary for this purification?"*

Answer: No matter what David said, he was not born in sin. The opening verses of this psalm give us the key to the nature of David's remark.

**Psalm 51:11 take not thy holy spirit from me**

**Rulon G. Wells**

It is a terrible thing to get the gift of the Holy Ghost and then lose it. We can only do that through transgression. If we have only kept ourselves clean, we have it still... It is a terrible thing to lose it, and that is what some people have done. I call attention to one historical instance of it. There was David... O how full and overflowing was he with that faith and confidence in God, in whom he believed to the bottom of his soul. But David sinned against God, and in the agony of his soul and in his repentant mood, he cried out to the Lord, "Create in me a clean heart, O God, and renew a right spirit within me. Cast me not away from thy presence; and take not thy holy Spirit from me." O, Latter-day Saints, it is a terrible thing to have it taken away. David obtained a promise before he died that the Lord would not leave his soul in hell, and I like to think that he will yet receive compensation for all that he has done in upbuilding the faith of mankind in those unstinted words of his wherein he expresses his devotion and faith in God. (*Conference Report*, April 1926, Afternoon Session 78 - 79)

**A Broken Heart and A Contrite Spirit:**

"In ancient times when people wanted to worship the Lord and seek His blessings, they often brought a gift. For example, when they went to the temple, they brought a sacrifice to place on the altar. After His Atonement and Resurrection, the Savior said He would no longer accept burnt offerings of animals. The gift or sacrifice He will accept now is 'a broken heart and a contrite spirit' [3 Nephi 9:20]. As you seek the blessing of conversion, you can offer the Lord the gift of your broken, or repentant, heart and your contrite, or obedient, spirit. In reality, it is the gift of yourself—what you are and what you are becoming" Elder D. Todd Christofferson ("When Thou Art Converted," *Ensign* or *Liahona*, May 2004, 12).

**A Broken Heart and A Contrite Spirit:**

"Godly sorrow is a gift of the Spirit. It is a deep realization that our actions have offended our Father and our God. It is the sharp and keen awareness that our behavior caused the Savior, He who knew no sin, even the greatest of all, to endure agony and suffering. Our sins caused Him to bleed at every pore. This very real mental and spiritual anguish is what the scriptures refer to as having 'a broken heart and a contrite spirit.' Such a spirit is the absolute prerequisite for true repentance" President Ezra Taft Benson ("A Mighty Change of Heart," *Ensign*, Oct. 1989, 4).

So then we had this slightly unusual piece of music and we said, 'OK, what are we going to do with it?' Bono said, 'Let's do a psalm.' Opened up the bible and found Psalm 40. 'This is it. Let's do it.' And within forty minutes we had worked out the last few elements for the tune, Bono had sung it, and we mixed it. And literally, after finishing the mix, we walked out through the door and the next band walked in." - The Edge, U2 By U2 2006

The portion of Psalm 40 that inspired Bono's lyrics:

I waited patiently for the Lord  
And He inclined to me and heard my cry  
He brought me up out of the pit of destruction  
Out of the miry clay  
And He set my feet upon a rock, making my  
footsteps firm  
He put a new song in my mouth  
A song of praise to our God  
Many will see and fear and will trust in the Lord

I waited patiently for the Lord  
He inclined and heard my cry  
He brought me up out of the pit  
Out of the miry clay

I will sing, sing a new song  
I will sing, sing a new song

How long to sing this song  
How long to sing this song  
How long, how long, how long  
How long to sing this song

He set my feet upon a rock  
And made my footsteps firm  
Many will see  
Many will see and hear

I will sing, sing a new song  
I will sing, sing a new song  
I will sing, sing a new song  
I will sing, sing a new song

How long to sing this song  
How long to sing this song  
How long, how long, how long  
How long to sing this song

## Something of Interest

U 2 "40"  
Psalm 40:1-4

[https://www.youtube.com/watch?v=1XzHlySYR\\_Y](https://www.youtube.com/watch?v=1XzHlySYR_Y)

Psalm 119 is “an acrostic poem with eight verses for each of the twenty-two letters of the Hebrew alphabet. ... One Hebrew letter and its name appears above each eight-verse segment” (Ellis T. Rasmussen, *A Latter-day Saint Commentary on the Old Testament*[1993], 455).

Each eight-verse segment of the psalm begins with its corresponding letter of the Hebrew alphabet.

In “The Family: A Proclamation to the World” we learn:  
“The family is central to the Creator’s plan for the eternal destiny of His children. ...  
“Husband and wife have a solemn responsibility to love and care for each other and for their children. ‘Children are an heritage of the Lord’ (Psalm 127:3). Parents have a sacred duty to rear their children in love and righteousness, to provide for their physical and spiritual needs, and to teach them to love and serve one another, observe the commandments of God, and be law-abiding citizens wherever they live” (“The Family: A Proclamation to the World,” *Ensign*, Nov. 2010, 129).

“The rising generation need to understand that the command to ‘multiply, and replenish the earth’ [Genesis 1:28; Moses 2:28] remains in force. Bearing children is a faith-based work. ... Motherhood and fatherhood are eternal roles. Each carries the responsibility for either the male or the female half of the plan. Youth is the time to prepare for those eternal roles and responsibilities” (“Teaching the Doctrine of the Family,” *Ensign*, March 2011, 15). Sister Julie S. Beck

## Some excerpts from Psalms

Psalm 82:6	<b>I have said, Ye are gods; and all of you are children of the most High</b>	<p>"THE DOCTRINE OF A PREMORTAL LIFE, once common to the faith of Jews and Christians alike, is now the exclusive province of Latter-day Saints. Joseph Fielding McConkie <i>Answers: Straightforward Answers to Tough Gospel Questions</i> [Salt Lake City: Deseret Book Co., 1998], 80)</p> <p>"The revelations of the Restoration plainly teach that we are God's children and thus were created in his image and likeness. We approach such declarations with a sense of sacred reverence, for they are chief among those plain and precious truths that were taken from the scriptures by evil and designing men. Joseph Fielding McConkie, <i>Joseph Smith: The Choice Seer</i> [Salt Lake City: Bookcraft, 1996], chap. 11)</p>
Psalms 113-118	<b>Read or Sung at the Passover Meal</b>	<p>Use the special Passover Hallel. All 6 Psalms of the Hallel are recited in their entirety, but in 2 parts. Conduct the Passover Seder. This is a ritual feast conducted on the first night of Passover. The Hallel recited during the Seder is unique in that it is recited during the day on all other occasions. Raise and hold the second cup at Magid, the fifth part of the Seder. The first part of the Hallel is introduced with 10 expressions of praise. These expressions represent the 10 plagues of Egypt. Recite Psalms 113 and 114 just before the drinking of the second cup of wine while sitting down. This is the only time the Hallel is recited in 2 parts. Women are obligated to recite the Hallel at this time unlike other occasions. The leader of the Seder recites the first part of each Psalm and the other attendants recite the last part of each Psalm in response. Recite Psalms 115 through 118 during the 13th part of the Seder, also while sitting down. This part of the Seder is actually called the Hallel and is done just before drinking the fourth cup of wine (<a href="http://www.ehow.com/how_2145844_recite-hallel-passover.html">http://www.ehow.com/how_2145844_recite-hallel-passover.html</a>(link is external))</p>
Psalm 115-118	<b>During the Last Supper</b>	<p>Their recitation must have been especially poignant to the Master. He probably was the only one at the table who knew how literally, and how immediately, they would be fulfilled.</p>
Psalm 127:3-5	<b>Children are an heritage of the Lord</b>	<p>May the Lord bless you, my beloved sisters. You are the guardians of the hearth. You are the bearers of the children. You are they who nurture them and establish within them the habits of their lives. No other work reaches so close to divinity as does the nurturing of the sons and daughters of God. May you be strengthened for the challenges of the day. May you be endowed with wisdom beyond your own in dealing with the problems you constantly face. May your prayers and your pleadings be answered with blessings upon your heads and upon the heads of your loved ones. We leave with you our love and our blessing, that your lives may be filled with peace and gladness. President Gordon B. Hinckley ("Stand Strong against the Wiles of the World," <i>Ensign</i>, Nov. 1995, 101)</p>

## Psalm 119

<p><i>ה He</i> O Lord, teach us Thy statutes, Thy law, and Thy commandments.</p>	<p><i>ד Daleth</i> O Lord, grant us Thy law, and make us to understand Thy precepts.</p>	<p><i>ג Gimel</i> O Lord, open our eyes, that we may behold wondrous things out of Thy law</p>	<p><i>ב Beth</i> Ponder the precepts and ways of the Lord.</p>	<p><i>א Aleph</i> Blessed are they who keep the commandments.</p>
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<p><i>י Jod</i> O Lord, let Thy tender mercies come upon us.</p>	<p><i>ט Teth</i> O Lord, teach us Thy statutes.</p>	<p><i>ח Cheth</i> Make faithful people our companions.</p>	<p><i>ז Zain</i> The Lord's statutes and judgments comfort us during our pilgrimage.</p>	<p><i>ו Vau</i> O Lord, give us mercy, truth, and salvation.</p>
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<p><i>ס Samech</i> Depart from evildoers and keep the commandments of God.</p>	<p><i>נ Nun</i> The Lord's word is a lamp unto our feet.</p>	<p><i>מ Mem</i> The Lord's law and His testimonies should be our meditation all the day.</p>	<p><i>ל Lamed</i> O Lord, save us, for we have sought Thy precepts.</p>	<p><i>כ Caph</i> All the Lord's commandments are faithful.</p>
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<p><i>ר Resh</i> Great are Thy tender mercies, O Lord.</p>	<p><i>ק Koph</i> O Lord, hear the voice of Thy servants according to Thy loving kindness.</p>	<p><i>צ Tzaddi</i> The Lord's law is the truth.</p>	<p><i>פ Pe</i> The Lord's testimonies are wonderful.</p>	<p><i>ע Ain</i> O Lord, we are Thy servants; give us understanding.</p>
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<p><i>ט Tau</i> All the Lord's commandments are righteousness.</p>	<p><i>ש Schin</i> Those who love the Lord's law have peace.</p>
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## Nephi's Psalm

### 2 Nephi 4:16-35

Behold, my soul delighteth in the things of the Lord; and my heart pondereth continually upon the things which I have seen and heard.

Nevertheless, notwithstanding the great goodness of the Lord, in showing me his great and marvelous works, my heart exclaimeth:

O wretched man that I am! Yea, my heart sorroweth because of my flesh; my soul grieveth because of mine iniquities.

I am encompassed about, because of the temptations and the sins which do so easily beset me.

And when I desire to rejoice, my heart groaneth because of my sins; nevertheless, I know in whom I have trusted.

My God hath been my support; he hath led me through mine afflictions in the wilderness; and he hath preserved me upon the waters of the great deep.

He hath filled me with his love, even unto the consuming of my flesh.

He hath confounded mine enemies, unto the causing of them to quake before me.

Behold, he hath heard my cry by day, and he hath given me knowledge by visions in the night-time.

And by day have I waxed bold in mighty prayer before him; yea, my voice have I sent up on high; and angels came down and ministered unto me.

And upon the wings of his Spirit hath my body been carried away upon exceedingly high mountains. And mine eyes have beheld great things, yea, even too great for man; therefore I was bidden that I should not write them.

O then, if I have seen so great things, if the Lord in his condescension unto the children of men hath visited men in so much mercy, why should my heart weep and my soul linger in the valley of sorrow, and my flesh waste away, and my strength slacken, because of mine afflictions?

And why should I yield to sin, because of my flesh? Yea, why should I give way to temptations, that the evil one have place in my heart to destroy my peace and afflict my soul? Why am I angry because of mine enemy?

Awake, my soul! No longer droop in sin. Rejoice, O my heart, and give place no more for the enemy of my soul.

Do not anger again because of mine enemies. Do not slacken my strength because of mine afflictions.

Rejoice, O my heart, and cry unto the Lord, and say: O Lord, I will praise thee forever; yea, my soul will rejoice in thee, my God, and the rock of my salvation.

O Lord, wilt thou redeem my soul? Wilt thou deliver me out of the hands of mine enemies? Wilt thou make me that I may shake at the appearance of sin?

May the gates of hell be shut continually before me, because that my heart is broken and my spirit is contrite! O Lord, wilt thou not shut the gates of thy righteousness before me, that I may walk in the path of the low valley, that I may be strict in the plain road!

O Lord, wilt thou encircle me around in the robe of thy righteousness! O Lord, wilt thou make a way for mine escape before mine enemies! Wilt thou make my path straight before me! Wilt thou not place a stumbling block in my way—but that thou wouldst clear my way before me, and hedge not up my way, but the ways of mine enemy.

O Lord, I have trusted in thee, and I will trust in thee forever. I will not put my trust in the arm of flesh; for I know that cursed is he that putteth his trust in the arm of flesh. Yea, cursed is he that putteth his trust in man or maketh flesh his arm.

Yea, I know that God will give liberally to him that asketh. Yea, my God will give me, if I ask not amiss; therefore I will lift up my voice unto thee; yea, I will cry unto thee, my God, the rock of my righteousness. Behold, my voice shall forever ascend up unto thee, my rock and mine everlasting God. Amen.

There is no question about the course Nephi charted. He chose, through his faith, to lift himself toward the things of righteousness. "Awake, my soul!" he exclaimed. "No longer droop in sin. Rejoice, O my heart, and give place no more for the enemy of my soul" (2 Nephi 4:28).

"My Soul Delighteth in the Things of the Lord"  
Stephen Jones April 29, 2004