

THE TRIBULATION PSALM

With Verse References

DAY ONE

1) Psalm 8:1

O Lord, our Lord,

How excellent is Your name in all the earth,

Who have set Your glory above the heavens!

2) Psalm 97:9

For You, Lord,

are most high above all the earth;

You are exalted far above all gods.

3) Psalm 89:11

The heavens are Yours, the earth also is Yours;

The world and all its fullness,

You have founded them.

4) Psalm 102:25

Of old You laid the foundation of the earth,

And the heavens are the work of Your hands.

DAY TWO

5) Psalm 77:11

*I will remember the works of the Lord;
Surely I will remember Your wonders of old.*

6) Psalm 93:2

*Your throne is established from of old;
You are from everlasting.*

7) Psalm 75:1

*We give thanks to You, O God, we give thanks!
For Your wondrous works declare that Your
name is near.*

8) Psalm 48:10

*According to Your name, O God,
So is Your praise to the ends of the earth;
Your right hand is full of righteousness.*

DAY THREE

9) Psalm 92:1-2

*It is good to give thanks to the Lord,
And to sing praises to Your name, O Most High;
To declare Your lovingkindness in the morning,
And Your faithfulness every night.*

10) Psalm 143:8

*Cause me to hear Your lovingkindness
in the morning, For in You do I trust;
Cause me to know the way
in which I should walk,
For I lift up my soul to You.*

11) Psalm 43:3

*Oh, send out Your light and Your truth!
Let them lead me;
Let them bring me to Your holy hill
and to Your tabernacle.*

12) Psalm 36:9

*For with You is the fountain of life;
In Your light we see light.*

DAY FOUR

13) Psalm 104:1-2

Bless the Lord, O my soul!

O Lord my God, You are very great:

You are clothed with honor and majesty,

Who cover Yourself with light

as with a garment,

Who stretch out the heavens like a curtain.

14) Psalm 123:1

Unto You I lift up my eyes,

O You who dwell in the heavens.

15) Psalm 115:1

Not unto us, O Lord, not unto us,

But to Your name give glory,

Because of Your mercy, Because of Your truth.

16) Psalm 86:5

For You, Lord, are good, and ready to forgive,

And abundant in mercy

to all those who call upon You.

DAY FIVE

17) Psalm 130:3-4

If You, Lord, should mark iniquities,
O Lord, who could stand?
But there is forgiveness with You,
That You may be feared.

18) Psalm 85:2

You have forgiven the iniquity of Your people;
You have covered all their sin.

Selah

19) Psalm 144:3

Lord, what is man,
that You take knowledge of him?
Or the son of man,
that You are mindful of him?

20) Psalm 35:10

All my bones shall say,
"Lord, who is like You, Delivering the poor
from him who is too strong for him,
Yes, the poor and the needy
from him who plunders him?"

DAY SIX

21) Psalm 66:3

Say to God, "How awesome are Your works!
Through the greatness of Your power
Your enemies shall submit themselves to You.

22) Psalm 76:7

You, Yourself, are to be feared;
And who may stand in Your presence
when once You are angry?

23) Psalm 62:12

Also to You, O Lord, belongs mercy;
For You render to each one
according to his work.

24) Psalm 138:7-8

Though I walk in the midst of trouble,
You will revive me; You will stretch out Your
hand against the wrath of my enemies,
And Your right hand will save me.
The Lord will perfect that which concerns me;
Your mercy, O Lord, endures forever;
Do not forsake the works of Your hands.

DAY SEVEN

25) Psalm 65:5

*By awesome deeds in righteousness
You will answer us, O God of our salvation,
You who are the confidence
of all the ends of the earth,
And of the far-off seas;*

26) Psalm 145:15-16

*The eyes of all look expectantly to You,
And You give them their food in due season.
You open Your hand and satisfy
the desire of every living thing.*

27) Psalm 119:68

*You are good, and do good;
Teach me Your statutes.*

28) Psalm 119:156

*Great are Your tender mercies, O Lord;
Revive me according to Your judgments.*

DAY EIGHT

29) Psalm 101:1

*I will sing of mercy and justice;
To You, O Lord, I will sing praises.*

30) Psalm 32:7

*You are my hiding place;
You shall preserve me from trouble;
You shall surround me with songs of deliverance.*

Selah

31) Psalm 3:3

*You, O Lord, are a shield for me,
My glory and the One who lifts up my head.*

32) Psalm 84:5

*Blessed is the man whose strength is in You,
Whose heart is set on pilgrimage.*

DAY NINE

33) Psalm 108:3

*I will praise You, O Lord , among the peoples,
And I will sing praises to You
among the nations.*

34) Psalm 99:2-3

*The Lord is great in Zion,
And He is high above all the peoples.
Let them praise*

Your great and awesome name-He is holy.

35) Psalm 135:13

*Your name, O Lord, endures forever,
Your fame, O Lord, throughout all generations.*

36) Psalm 9:10

*And those who know Your name
will put their trust in You;
For You, Lord, have not forsaken
those who seek You.*

DAY TEN

37) Psalm 40:16

Let all those who seek You
rejoice and be glad in You;
Let such as love Your salvation say continually,
“The Lord be magnified!”

38) Psalm 138:1

I will praise You with my whole heart;
Before the gods I will sing praises to You.

39) Psalm 118:28

You are my God, and I will praise You;
You are my God, I will exalt You.

40) Psalm 63:1

O God, You are my God;
Early will I seek You;
My soul thirsts for You;
My flesh longs for You
In a dry and thirsty land
Where there is no water.

DAY ELEVEN

41) Psalm 16:11

You will show me the path of life;
In Your presence is fullness of joy;
At Your right hand are pleasures forevermore.

42) Psalm 45:6

Your throne, O God, is forever and ever;
A scepter of righteousness
is the scepter of Your kingdom.

43) Psalm 119:128

Therefore all Your precepts concerning all things
I consider to be right;
I hate every false way.

44) Psalm 119:165

Great peace have those who love Your law, And
nothing causes them to stumble.

DAY TWELVE

45) Psalm 119:18

*Open my eyes, that I may see
Wondrous things from Your law.*

46) Psalm 119:98

*You, through Your commandments,
make me wiser than my enemies;
For they are ever with me.*

47) Psalm 6:10

*Let all my enemies
be ashamed and greatly troubled;
Let them turn back and be ashamed suddenly.*

48) Psalm 109:28

*Let them curse, but You bless;
When they arise, let them be ashamed,
But let Your servant rejoice.*

DAY THIRTEEN

49) Psalm 83:16

Fill their faces with shame,
That they may seek Your name, O Lord.

50) Psalm 140:4

Keep me, O Lord, from the hands of the wicked;
Preserve me from violent men,
Who have purposed to make my steps stumble.

51) Psalm 10:2

The wicked in his pride persecutes the poor;
Let them be caught in the plots
which they have devised.

52) Psalm 64:2

Hide me from the secret plots of the wicked,
From the rebellion of the workers of iniquity.

DAY FOURTEEN

53) Psalm 25:20

*Keep my soul, and deliver me;
Let me not be ashamed,
for I put my trust in You.*

54) Psalm 57:1

*Be merciful to me, O God, be merciful to me!
For my soul trusts in You;
And in the shadow of Your wings
I will make my refuge,
Until these calamities have passed by.*

55) Psalm 119:116

*Uphold me according to Your word,
that I may live;
And do not let me be ashamed of my hope.*

56) Psalm 119:28

*My soul melts from heaviness;
Strengthen me according to Your word.*

DAY FIFTEEN

57) Psalm 61:1-2

Hear my cry, O God; Attend to my prayer.
From the end of the earth I will cry to You,
When my heart is overwhelmed;
Lead me to the rock that is higher than I.

58) Psalm 119:133

Direct my steps by Your word,
And let no iniquity have dominion over me.

59) Psalm 119:169

Let my cry come before You, O Lord;
Give me understanding according to Your word.

60) Psalm 119:94

I am Yours, save me;
For I have sought Your precepts.

DAY SIXTEEN

61) Psalm 119:76

Let, I pray,

Your merciful kindness be for my comfort,
According to Your word to Your servant.

62) Psalm 22:11

Be not far from Me,

For trouble is near;

For there is none to help.

63) Psalm 119:58

I entreated Your favor with my whole heart;
Be merciful to me according to Your word.

64) Psalm 119:147

I rise before the dawning of the morning,

And cry for help;

I hope in Your word.

DAY SEVENTEEN

65) Psalm 54:2

Hear my prayer, O God;
Give ear to the words of my mouth.

66) Psalm 19:14

Let the words of my mouth
and the meditation of my heart
Be acceptable in Your sight,
O Lord, my strength and my Redeemer.

67) Psalm 139:23-24

Search me, O God, and know my heart;
Try me, and know my anxieties;
And see if there is any wicked way in me,
And lead me in the way everlasting.

68) Psalm 119:37

Turn away my eyes
from looking at worthless things,
And revive me in Your way.

DAY EIGHTEEN

69) Psalm 26:2

*Examine me, O Lord, and prove me;
Try my mind and my heart.*

70) Psalm 141:3-4

*Set a guard, O Lord, over my mouth;
Keep watch over the door of my lips.
Do not incline my heart to any evil thing,
To practice wicked works
With men who work iniquity;
And do not let me eat of their delicacies.*

71) Psalm 51:10

*Create in me a clean heart, O God,
And renew a steadfast spirit within me.*

72) Psalm 90:12

*So teach us to number our days,
That we may gain a heart of wisdom.*

DAY NINETEEN

73) Psalm 119:4

You have commanded us
To keep Your precepts diligently.

74) Psalm 24:6

This is Jacob,
the generation of those who seek Him,
Who seek Your face.

Selah

75) Psalm 46:11

The Lord of hosts is with us;
The God of Jacob is our refuge.

Selah

76) Psalm 67:1-2

God be merciful to us and bless us,
And cause His face to shine upon us,

Selah

That Your way may be known on earth,
Your salvation among all nations.

DAY TWENTY

77) Psalm 60:4

*You have given a banner to those who fear You,
That it may be displayed because of the truth.*

Selah

78) Psalm 44:22

*Yet for Your sake we are killed all day long;
We are accounted as sheep for the slaughter.*

79) Psalm 59:16

*But I will sing of Your power;
Yes, I will sing aloud of Your mercy
in the morning;*

*For You have been my defense and refuge
in the day of my trouble.*

80) Psalm 116:17

*I will offer to You the sacrifice of thanksgiving,
And will call upon the name of the Lord.*

DAY TWENTY-ONE

81) Psalm 28:9

Save Your people,
And bless Your inheritance;
Shepherd them also,
And bear them up forever.

82) Psalm 79:11

Let the groaning of the prisoner
come before You;
According to the greatness of Your power
preserve those who are appointed to die;

83) Psalm 23:4

Yea, though I walk through the valley
of the shadow of death,
I will fear no evil; For You are with me;
Your rod and Your staff, they comfort me.

84) Psalm 94:19

In the multitude of my anxieties within me,
Your comforts delight my soul.

DAY TWENTY-TWO

85) Psalm 142:3

*When my spirit was overwhelmed within me,
then You knew my path.*

*In the way in which I walk they have secretly
set a snare for me.*

86) Psalm 119:143

*Trouble and anguish have overtaken me,
Yet Your commandments are my delights.*

87) Psalm 74:22

*Arise, O God, plead Your own cause;
Remember how the foolish man
reproaches You daily.*

88) Psalm 21:8

*Your hand will find all Your enemies;
Your right hand will find those who hate You.*

DAY TWENTY-THREE

89) Psalm 5:5

The boastful shall not stand in Your sight;
You hate all workers of iniquity.

90) Psalm 12:1

Help, Lord, for the godly man ceases!
For the faithful disappear
from among the sons of men.

91) Psalm 39:5

Indeed, You have made my days
as handbreadths,
And my age is as nothing before You;
Certainly every man at his best state
is but vapor.

Selah

92) Psalm 88:13

But to You I have cried out, O Lord,
And in the morning
my prayer comes before You.

DAY TWENTY-FOUR

93) Psalm 38:9

Lord, all my desire is before You;
And my sighing is not hidden from You.

94) Psalm 70:5

But I am poor and needy;
Make haste to me, O God!
You are my help and my deliverer;
O Lord, do not delay.

95) Psalm 42:6

O my God, my soul is cast down within me;
Therefore I will remember You
from the land of the Jordan,
And from the heights of Hermon,
From the Hill Mizar.

96) Psalm 30:3

O Lord, You brought my soul up from the grave;
You have kept me alive,
that I should not go down to the pit.

DAY TWENTY-FIVE

97) Psalm 56:3

Whenever I am afraid,

I will trust in You.

98) Psalm 119:11

Your word I have hidden in my heart,

That I might not sin against You.

DAY TWENTY-SIX

99) Psalm 15:1-3

Lord, who may abide in Your tabernacle?

Who may dwell in Your holy hill?

He who walks uprightly,

And works righteousness,

And speaks the truth in his heart;

He who does not backbite with his tongue,

Nor does evil to his neighbor,

Nor does he take up a reproach

against his friend;

100) Psalm 119:112

I have inclined my heart

to perform Your statutes forever,

to the very end.

DAY TWENTY-SEVEN

101) Psalm 18:29

For by You I can run against a troop,

By my God I can leap over a wall.

102) Psalm 119:46

I will speak of Your testimonies also before kings,

And will not be ashamed.

DAY TWENTY-EIGHT

103) Psalm 71:20

You, who have shown me
great and severe troubles,
shall revive me again,
and bring me up again
from the depths of the earth.

104) Psalm 73:24

You will guide me with Your counsel,
And afterward receive me to glory.

DAY TWENTY-NINE

105) Psalm 31:5

*Into Your hand I commit my spirit;
You have redeemed me, O Lord God of truth.*

106) Psalm 52:9

*I will praise You forever,
Because You have done it;
And in the presence of Your saints
I will wait on Your name, for it is good.*

DAY THIRTY

107) Psalm 4:8

*I will both lie down in peace, and sleep;
For You alone, O Lord, make me dwell in safety.*

108) Psalm 17:15

*I will see Your face in righteousness;
I shall be satisfied when I awake in Your likeness.*

DAY THIRTY-ONE

109) Psalm 13:5

*I have trusted in Your mercy;
My heart shall rejoice in Your salvation.*

110) Psalm 33:22

*Let Your mercy, O Lord, be upon us,
Just as we hope in You. AMEN*