**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**