Life-Giving Words
from
Book 1 of the Psalms

New American Standard Version

You will make known to me the path of life;
In Your presence is fullness of joy;
In Your right hand
there are pleasures forever.

Psalm 16:11

Memory groups will meet weekly to recite each assignment. The booklet contains selected Bible verses to be memorized each week. The assignment number and Bible reference should be memorized and recited with each assignment.

Those who prefer a shorter assignment may memorize the three verses in each assignment which are marked with the symbol: ∗.

There is a companion book for small children containing one verse per week. The verses found in the children’s book are marked in this book with the symbol: +.
Assignment 1

Psalm 1

1 How blessed is the man
   who does not walk
   in the counsel of the wicked,
   Nor stand in the path of sinners,
   Nor sit in the seat of scoffers!

2 But his delight
   is in the law of the L ORD,
   And in His law
   he meditates day and night.

3 He will be like a tree
   firmly planted by streams of water,
   Which yields its fruit in its season
   And its leaf does not wither;
   And in whatever he does,
   he prospers.

4 The wicked are not so,
   But they are like chaff
   which the wind drives away.

5 Therefore the wicked
   will not stand in the judgment,
   Nor sinners in the assembly
   of the righteous.

6 For the L ORD knows
   the way of the righteous,
   But the way of the wicked will perish.

Psalm 2:1

Why are the nations in an uproar
And the peoples devising a vain thing?
Psalm 2:2-8

2 The kings of the earth take their stand
And the rulers take counsel together
Against the LORD
and against His Anointed, saying,

3 “Let us tear their fetters apart
And cast away their cords from us!”

4 He who sits in the heavens laughs,
The LORD scoffs at them.

5 Then He will speak to them in His anger
And terrify them in His fury,
saying,

6 “But as for Me,
I have installed My King Upon Zion,
My holy mountain.”

7 “I will surely tell of the decree of the LORD:
He said to Me, ‘You are My Son,
Today I have begotten You.

8 ‘Ask of Me,
and I will surely give the nations
as Your inheritance,
And the very ends of the earth
as Your possession.’”
Assignment 3

Psalm 2:9-12

9 “You shall break them with a rod of iron, You shall shatter them like earthenware.”

10 Now therefore, O kings, show discernment; Take warning, O judges of the earth.

11 Worship the LORD with reverence And rejoice with trembling.

12 Do homage to the Son, that He not become angry, and you perish in the way, For His wrath may soon be kindled. How blessed are all who take refuge in Him!

Psalm 5:11-12

11 But let all who take refuge in You be glad, Let them ever sing for joy; And may You shelter them, That those who love Your name may exult in You.

12 For it is You who blesses the righteous man, O LORD, You surround him with favor as with a shield.

Psalm 8:1

† For the choir director; on the Gittith. A Psalm of David.

‡ * O LORD, our Lord, How majestic is Your name in all the earth, Who have displayed Your splendor above the heavens!
Psalm 8:2-8

2 From the mouth of infants and nursing babes, You have established strength,
Because of Your adversaries, To make the enemy and the revengeful cease.

3 When I consider Your heavens, the work of Your fingers, The moon and the stars, which You have ordained;

4 What is man that You take thought of him, And the son of man that You care for him?

5 Yet You have made him a little lower than God, And You crown him with glory and majesty!

6 You make him to rule over the works of Your hands; You have put all things under his feet,

7 All sheep and oxen, And also the beasts of the field,

8 The birds of the heavens and the fish of the sea, Whatever passes through the paths of the seas.
Assignment 5

Psalm 8:9
O LORD, our Lord,  
How majestic is Your name  
in all the earth!

Psalm 14:1-3

1 The fool has said in his heart,  
   “There is no God.”  
   They are corrupt,  
   they have committed abominable deeds;  
   There is no one who does good.

2 The LORD has looked down from heaven  
   upon the sons of men  
   To see if there are any who understand,  
   Who seek after God.

3 They have all turned aside,  
   together they have become corrupt;  
   There is no one who does good,  
   not even one.

Psalm 16:10
For You will not abandon  
my soul to Sheol;  
Nor will You allow Your Holy One  
to undergo decay.

Psalm 18:1-2

1 “I love You, O LORD, my strength.”

2 The LORD is my rock and my fortress  
and my deliverer,  
My God, my rock,  
in whom I take refuge; My shield  
and the horn of my salvation,  
my stronghold.
Assignment 6

Psalm 18:3

I call upon the LORD, who is worthy to be praised, And I am saved from my enemies.

Psalm 23

A Psalm of David.

1 The LORD is my shepherd, I shall not want.

2 He makes me lie down in green pastures; He leads me beside quiet waters.

3 He restores my soul; He guides me in the paths of righteousness For His name’s sake.

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

5 You prepare a table before me in the presence of my enemies; You have anointed my head with oil; My cup overflows.

6 Surely goodness and lovingkindness will follow me all the days of my life, And I will dwell in the house of the LORD forever.
Assignment 7

Psalm 24:1

The earth is the Lord’s, and all it contains, The world, and those who dwell in it.

Psalm 25:8

Good and upright is the Lord; Therefore He instructs sinners in the way.

Psalm 27:1-5

A Psalm of David.

The Lord is my light and my salvation; Whom shall I fear?
The Lord is the defense of my life; Whom shall I dread?

When evildoers came upon me to devour my flesh, My adversaries and my enemies, they stumbled and fell.

Though a host encamp against me, My heart will not fear; Though war arise against me, In spite of this I shall be confident.

One thing I have asked from the Lord, that I shall seek: That I may dwell in the house of the Lord all the days of my life, To behold the beauty of the Lord And to meditate in His temple.

For in the day of trouble He will conceal me in His tabernacle; In the secret place of His tent He will hide me; He will lift me up on a rock.
Assignment 8

Psalm 27:6-12

6 And now my head will be lifted up above my enemies around me, And I will offer in His tent sacrifices with shouts of joy; I will sing, yes, I will sing praises to the \( \text{LORD} \).

* 7 Hear, \( \text{LORD} \), when I cry with my voice, And be gracious to me and answer me.

+ * 8 When You said, “Seek My face,” my heart said to You, “Your face, \( \text{LORD} \), I shall seek.”

* 9 Do not hide Your face from me, Do not turn Your servant away in anger; You have been my help; Do not abandon me nor forsake me, O God of my salvation!

10 For my father and my mother have forsaken me, But the \( \text{LORD} \) will take me up.

11 Teach me Your way, \( \text{LORD} \), And lead me in a level path Because of my foes.

12 Do not deliver me over to the desire of my adversaries, For false witnesses have risen against me, And such as breathe out violence.
Assignment 9

Psalm 27:13-14

13 I would have despared
   unless I had believed that
   I would see the goodness of the L ord
   In the land of the living.

14 Wait for the L ord;
   Be strong
   and let your heart take courage;
   Yes, wait for the L ord.

Psalm 30:4-5

4 Sing praise to the L ord,
   you His godly ones,
   And give thanks to His holy name.

5 For His anger is but for a moment,
   His favor is for a lifetime;
   Weeping may last for the night,
   But a shout of joy comes in the morning.

Psalm 31:21

Blessed be the L ord,
   For He has made marvelous
   His lovingkindness to me
   in a besieged city.

Psalm 31:23

* O love the L ord,
   all you His godly ones!
   The L ord preserves the faithful
   And fully recompenses the proud doer.

Psalm 32:1

† A Psalm of David. A Maskil.

‡ * How blessed is he
   whose transgression is forgiven,
   Whose sin is covered!
Psalm 32:2-8

2 How blessed is the man to whom the LORD does not impute iniquity, And in whose spirit there is no deceit!

3 When I kept silent about my sin, my body wasted away Through my groaning all day long.

4 For day and night Your hand was heavy upon me; My vitality was drained away as with the fever heat of summer. Selah.

5 I acknowledged my sin to You, And my iniquity I did not hide; I said, “I will confess my transgressions to the LORD”; And You forgave the guilt of my sin. Selah.

6 Therefore, let everyone who is godly pray to You in a time when You may be found; Surely in a flood of great waters they will not reach him.

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

8 I will instruct you and teach you in the way which you should go; I will counsel you with My eye upon you.
Psalm 32:9-11

9 **Do not be as the horse or as the mule which have no understanding,**
   Whose trappings include bit and bridle to hold them in check,
   Otherwise they will not come near to you.

10 Many are the sorrows of the wicked,
   But he who trusts in the **LORD**,
   lovingkindness shall surround him.

11 Be glad in the **LORD** and rejoice,
    you righteous ones;
    And shout for joy,
    all you who are upright in heart.

Psalm 34:1-3

1 I will bless the **LORD** at all times;
   His praise shall continually be in my mouth.

2 My soul will make its boast in the **LORD**;
   The humble will hear it and rejoice.

3 **O magnify the LORD with me,**
   And let us exalt His name together.

Psalm 34:8

O taste and see that the **LORD** is good;
   How blessed is the man who takes refuge in Him!
Assignment 12

Psalm 34:10
The young lions do lack
and suffer hunger;
But they who seek the LORD
shall not be in want of any good thing.

Psalm 34:18
* The Lord is near to the brokenhearted
  And saves those
  who are crushed in spirit.

Psalm 40:1-3
* 1 I waited patiently for the Lord;
   And He inclined to me
   and heard my cry.
* 2 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.

  3 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.

Psalm 40:9-10
  9 I have proclaimed glad tidings
     of righteousness
     in the great congregation;
     Behold, I will not restrain my lips,
     O Lord, You know.
  10 I have not hidden
     Your righteousness within my heart;
     I have spoken of Your faithfulness
     and Your salvation;
     I have not concealed
     Your lovingkindness and Your truth
     from the great congregation.