1 O Lord my God, in you I take refuge; save me from all who pursue me, and deliver me,

2 Lest they rend me like a lion and tear me in pieces while there is no one to help me.

3 O Lord my God, if I have done these things: if there is any wickedness in my hands,

4 If I have repaid my friend with evil, or plundered my enemy without a cause,

5 Then let my enemy pursue me and overtake me; trample my life to the ground,

6 Rise up, O Lord, in your wrath; lift yourself up against the fury of my enemies. Awake, my God, the judgement that you have commanded.

7 Let the assembly of the peoples gather round you; be seated high above them: O Lord, judge the nations.

8 Give judgement for me according to my righteousness, O Lord, and according to the innocence that is in me.

9 Let the malice of the wicked come to an end, but establish the righteous;
for you test the mind and heart, O righteous God.

10 God is my shield that is over me; he saves the true of heart.

he saves the true of heart.

11 God is a righteous judge; he is provoked all day long.

he is provoked all day long.

12 If they will not repent, God will whet his sword; he has bent his bow and made it ready.

he has bent his bow and made it ready.

13 He has prepared the weapons of death; he makes his arrows shafts of fire.

he makes his arrows shafts of fire.

14 Behold those who are in labour with wickedness, who conceive evil and give birth to lies.

who conceive evil and give birth to lies.

15 They dig a pit and make it deep and fall into the hole that they have made for others.

and fall into the hole that they have made for others.

16 Their mischief rebounds on their own head; their violence falls on their own scalp.

their violence falls on their own scalp.

17 I will give thanks to the Lord for his righteousness and I will make music to the name of the Lord Most High.

and I will make music to the name of the Lord Most High.

Common Worship: Services and Prayers for the Church of England, material from which is included here, is copyright © The Archbishops’ Council 2000 and published by Church House Publishing.
Related Resources

Texts and Resources for A Service of the Word

Main Volume

Buy the Book

Common Worship: Main Volume is available from Church House Publishing

Download the Reflections on the Psalms app

Source URL: https://www.churchofengland.org/prayer-and-worship/worship-texts-and-resources/common-worship/common-material/psalter/psalm-7