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## **This Book Contains 107 Prayers**

The prayers associated with this book, and the thousands of sample prayers on the website are being added to, and their wording is under review. We may add verses and alter the wording of sample prayers at any time. The newest version of this book, with additions, and possible wording updates should be available on the HelpToPray Website.

### Book or Sections Included:

Psalms 131-140

**Lord, search me, and know my heart:  
try me and know my thoughts.  
Determine if there is any offensive way  
in me, and lead me in the way of  
everlasting.**

**Search me, O God, and know my heart: try me,  
and know my thoughts: And see if there be any  
wicked way in me, and lead me in the way  
everlasting.**

**Psalm 139: 23-24**

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## Psalms Chapters 131-140

### Chapter 131

Lord God, thank You for Your truth, that it is good to not have a proud heart.

Lord God, thank You for Your truth, that it is good to not have proud eyes.

Lord God, thank You for Your truth, that it is good to think of higher of ourselves.

Lord God, thank You for Your truth, that it is not good to get involved in things that are too great for us.

Lord God, cause me to not have a proud heart.

Lord God, cause me to not have proud look.

Lord God, cause me to not think higher of myself than I should.

Lord God, cause me to not get involved in things that are too lofty for me.

**LORD, my heart is not haughty, nor mine eyes lofty: neither do I exercise myself in great matters, or in things too high for me.**

**Psalm 131: 1**

**Lord God, thank You for Your truth, that it is good to behave, and to quiet ourselves, as a child that is weaned of his mother.**

**Lord God, thank You for Your truth, that it is good to have a soul that is quieted, and as a child weaned of his mother.**

**Lord God, cause me to be quiet demeanor.**

**Lord God, cause my soul me to be quieted.**

**Surely I have behaved and quieted myself, as a child that is weaned of his mother: my soul is even as a weaned child.**

**Psalm 131: 2**

**Lord God, thank You for Your truth, that it is good for Israel to hope in You, now and forever.**

**Lord God, cause me to have my hope in You, now, and forever.**

**Let Israel hope in the LORD from henceforth and for ever.**

**Psalm 131: 3**

## Chapter 132

Lord God, thank You for Your truth, that You are able to clothe priests with Your salvation.

Lord God, thank You for Your truth, that Your Saints shall shout aloud for joy.

Lord God, clothe me with Your salvation, and cause me to forever sing with joy.

**I will also clothe her priests with salvation: and her saints shall shout aloud for joy.**

**Psalm 132: 16**

## Chapter 133

Lord God, thank You for Your truth, that it is pleasant for brethren to dwell together in unity.

Lord God, cause me to dwell with my brethren in unity.

**Behold, how good and how pleasant it is for brethren to dwell together in unity!**

**Psalm 133: 1**

Lord God, thank You for Your truth, dwelling pleasantly with brethren, is like precious ointment on one's head.

Lord God, thank You for Your truth, that dwelling pleasantly with the brethren is like precious ointment on one's head, running down their face, onto their garments.

Lord God, cause me to dwell with my brethren in unity.

It is like the precious ointment upon the head, that ran down upon the beard, even Aaron's beard: that went down to the skirts of his garments;

Psalm 133: 2

Lord God, thank You for Your truth, dwelling pleasantly with brethren, is like the dew of Hermon.

Lord God, thank You for Your truth, dwelling pleasantly with brethren, is like the dew that descended on the mountains of Zion.

Lord God, thank You for Your truth, that the Lord commanded the blessing, of life evermore, on the mountains of Zion.

Lord God, cause me to dwell with my brethren in unity.

As the dew of Hermon, and as the dew that descended upon the mountains of Zion: for there the LORD commanded the blessing, even life for evermore.

Psalm 133: 3

## Chapter 134

Lord God, thank You for Your instruction, that all Your servants which stand by night in Your house, should bless You.

Lord God, cause me to be Your servant, which are like those who stand by night in Your house.

Lord God, cause me to bless You.

Behold, bless ye the LORD, all ye servants of the LORD, which by night stand in the house of the LORD.

Psalm 134: 1

Lord God, thank You for Your instruction, to lift up our hands in the sanctuary, and bless You.

Lord God, cause me to lift up my hands in the sanctuary, and bless You.

Lift up your hands in the sanctuary, and bless the LORD.

Psalm 134: 2

Lord God, thank You for this promise, that You will bless Your servants who stand by night in Your house, and lift up their hands in the sanctuary.

Lord God, bless me out of Zion.

The LORD that made heaven and earth bless thee out of Zion.

Psalm 134: 3

## Chapter 135

Lord God, thank You for Your instruction, that Your servants should praise You.

Lord God, thank You for Your instruction, that Your servants should praise Your name.

Lord God, cause me to be your servant.

Lord God, cause me to praise You.

Lord God, I praise You.

Lord God, I praise Your name.

Lord God, Your name is magnificent.

**Praise ye the LORD. Praise ye the name of the LORD; praise him, O ye servants of the LORD.**

**Psalm 135: 1**



Lord God, thank You for Your instruction to praise You.

Lord God, thank You for Your truth, that You are good.

Lord God, thank You for Your instruction to sing praises to Your name.

Lord God, thank You for Your truth, that singing praises to Your name is pleasant.

Lord God, cause me to praise You.

Lord God, cause me to sing praises to Your name.

Lord God, cause me to increasingly understand Your goodness.

**Praise the LORD; for the LORD is good: sing praises unto his name; for it is pleasant.**

**Psalm 135: 3**

Lord God, thank You for Your truth, that You will give justice to Your people, and will have compassion on Your servants.

Lord God, cause me to be Your servant.

Lord God, have compassion on me.

**For the LORD will judge his people, and he will repent himself concerning his servants.**

**Psalm 135: 14**

## Chapter 136

Lord God, thank You for Your instruction, to give thanks to You, because You are good.

Lord God, thank You for Your instruction, to give thanks to You, because Your mercy endures forever.

Lord God, thank You for Your goodness.

Lord God, thank You, for Your mercy which endures forever.

**O give thanks unto the LORD; for he is good: for his mercy endureth for ever.**

**Psalm 136: 1**

## Chapter 137

Lord God, do not let me be taken from You, for how could I sing Your song in a strange place

**How shall we sing the LORD'S song in a strange land?**

**Psalm 137: 4**

## Chapter 138

Lord God, when I cry, please answer me.

Lord God, when I cry, strengthen me with strength in my soul.

**In the day when I cried thou answeredst me, and strengthenedst me with strength in my soul.**

**Psalm 138: 3**

Lord God, thank You for Your truth, that You are Supreme.

Lord God, thank You for Your truth, that although You are Supreme, You have respect for the lowly.

Lord God, thank You for Your truth, that although You are Supreme, the proud You know from afar.

Lord God, cause me to be lowly, and have respect and look after me

Lord God, keep me from being proud.

Though the LORD be high, yet hath he respect unto the lowly: but the proud he knoweth afar off.

Psalm 138: 6

Lord God, thank You for Your truth, that You are the one who is able to perfect things that concern me.

Lord God, thank You for Your truth, that Your mercy endures for ever.

Lord God, hear my plea, to not forsake the works of Your own hands.

Lord God, perfect those things that concern me.

Lord God, thank You for Your mercy, which endures forever.

The LORD will perfect that which concerneth me: thy mercy, O LORD, endureth for ever: forsake not the works of thine own hands.

Psalm 138: 8

## Chapter 139

Lord God, thank You for Your truth, that You are able to search us.

Lord God, thank You for Your truth, that You are able to know us.

Lord God, search me, and know me.

**O LORD, thou hast searched me, and known me.**

**Psalm 139: 1**

Lord God, thank You for Your truth, that You know when we sit down.

Lord God, thank You for Your truth, that You know when we get up.

Lord God, thank You for Your truth, that You understand our thoughts from afar off.

Lord God, You know when I sit down, also when I get up, and understand all my thoughts.

**Thou knowest my downsitting and mine uprising, thou understandest my thought afar off.**

**Psalm 139: 2**

Lord God, You search my path, know my lying down, and are familiar with all my ways.

**Thou compassest my path and my lying down, and art acquainted with all my ways.**

**Psalm 139: 3**

Lord God, thank You for Your truth, that before a word leaves our mouth, You know it completely.

For there is not a word in my tongue, but, lo, O LORD, thou knowest it altogether.

Psalm 139: 4

Lord God, thank You for Your truth, that You are able to box us in.

Lord God, thank You for Your truth, that Your hand is able to be on us.

Lord God, box me in, and cause Your hand to be on me.

Thou hast beset me behind and before, and laid thine hand upon me.

Psalm 139: 5

Lord God, thank You for Your truth, that the knowledge You have is too wonderful for me, and is too great for me to understand.

Such knowledge is too wonderful for me; it is high, I cannot attain unto it.

Psalm 139: 6

Lord God, thank You for Your truth, that I can not go anywhere that Your spirit will not be there. On the land, or in the sea, Your hand is able to lead me, and Your right hand is able to hold me.

Lord God, cause Your hand to lead me.

Lord God, cause Your right hand to hold me.

Whither shall I go from thy spirit? or whither shall I flee from thy presence? If I ascend up into heaven, thou art there: if I make my bed in hell, behold, thou art there. If I take the wings of the morning, and dwell in the uttermost parts of the sea; Even there shall thy hand lead me, and thy right hand shall hold me.

Psalm 139: 7-10

Lord God, thank You for Your truth, that darkness can not hide me from You, as darkness and light are both alike to You, and the night shines as the day.

If I say, Surely the darkness shall cover me; even the night shall be light about me. Yea, the darkness hideth not from thee; but the night shineth as the day: the darkness and the light are both alike to thee.

Psalm 139: 11-12

Lord God, thank You for Your truth, that You created my inmost being, and you knit me together in my mother's womb.

For thou hast possessed my reins: thou hast covered me in my mother's womb.

Psalm 139: 13

**Lord God, I praise You, as I was fearfully and wonderfully made, and I know of Your marvelous works.**

**I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well.**

**Psalm 139: 14**

**Lord God, thank You for revealing, that I was not hidden from You when I was made in the secret place.**

**My substance was not hid from thee, when I was made in secret, and curiously wrought in the lowest parts of the earth.**

**Psalm 139: 15**

**Lord God, thank You for Your truth, that Your eyes saw my unformed body in the womb, and all the days ordained for me were written in Your book, before even one of them came to be.**

**Thine eyes did see my substance, yet being unperfect; and in thy book all my members were written, which in continuance were fashioned, when as yet there was none of them.**

**Psalm 139: 16**

**Lord God, Your thoughts about me are precious, and outnumber the grains of sand. And when I wake up, You are still with me.**

**How precious also are thy thoughts unto me, O God! how great is the sum of them! If I should count them, they are more in number than the sand: when I awake, I am still with thee.**

**Psalm 139: 17-18**

Lord God, cause me to hate those that hate You.

Lord God, cause me to hate those that rise up against You

Lord God, cause me count as my enemies, those that hate You, and rise up against You

Do not I hate them, O LORD, that hate thee? and am not I grieved with those that rise up against thee? I hate them with perfect hatred: I count them mine enemies.

Psalm 139: 21-22

Lord God, thank You for Your truth, that You are able to search us, and know our hearts.

Lord God, thank You for Your truth, that You are able to try us, and know our hearts.

Lord God, thank You for Your truth, that You are able to know if there is any offensive way in us.

Lord God, thank You for Your truth, that You are able to lead us in the way of everlasting.

Lord God, search me, and know my heart.

Lord God, try me and know my thoughts.

Lord God, determine if there is any offensive way in me, and lead me in the way of everlasting.

Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting.

Psalm 139: 23-24



## Chapter 140

Lord God, thank You for Your truth, that You are able to deliver us from the evil man, and preserve me from the violent man.

Lord God, thank You for Your truth, that You are able to deliver preserve us from the violent man.

Lord God, deliver me from the evil man.

Lord God, preserve me from the violent man.

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

**Psalm 140: 1**

Lord God, thank You for Your truth, that You will maintain the cause of the afflicted.

Lord God, thank You for Your truth, that You will maintain the right of the poor.

Lord God, I praise You for maintaining the cause of the afflicted.

Lord God, I praise You for maintaining the right of the poor.

**I know that the LORD will maintain the cause of the afflicted, and the right of the poor.**

**Psalm 140: 12**

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