Psalms

10 songs and poems from the Holy Bible

Plain English Version

Psalms: 10 songs and poems from the Holy Bible (Plain English Version)
Translated for speakers of Australian Indigenous languages

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Psalms

10 songs and poems from the Holy Bible

Psalm 1

People that live the right way are really happy

[1] People that live the right way are really happy.
If people tell them to do bad things, they don't listen.
And they don't copy the things that bad people do.
And they don't rubbish God the way bad people do.
[2] They love God's word, and they listen to it.
They think about God's word in the day time and in the night time.
[3] Those people are like trees that grow right next to a river.
Those trees grow fruit every year.
Their leaves never go brown and dry up.
People that live the right way, they are like those trees.
Everything that they do always goes well.

4 But bad people are not like that.
They are like the rubbish bits of a plant that the wind blows away.
5 Later, on the day when God will judge everybody,
God will say that those bad people are guilty,
and they will not be with the people that live God's way.

6 You see, God knows the people that always live his way.
He watches them, and he takes care of them.
But those bad people go their own way,
and God will finish them up.

Psalm 2

God picked a special boss

1 The people from different countries are really angry,
and they are talking about doing something stupid, something that will not work.
2 Their bosses and leaders are getting ready to fight.
They get together to fight against God,
and against the man that God picked to be the special boss.
They say,
3 "We don't want God and his special man to be boss over us.
We want to be free."

4 But God just looks down from heaven and laughs at
them.
He is the true boss. He knows that their plans are
stupid.
5 God is angry with those bosses, and he talks to them.
He talks in a big, angry voice, so that they get really
frightened.
God says,
6 "I already picked somebody to be boss over all people.
I made him the big boss,
and I gave him the most important seat.
That seat is on my special hill called Zion."

7 God's special boss said,
"I will tell you this important thing that God said to
me. He said,
'You are my son.
Now people will know that I am your father.
8 You can ask me for anything.
Ask me for all the countries in the world, and I will
give them to you.
Yes, the whole world will belong to you.
9 You will win against all those other countries.
You will finish them up, like somebody breaking a
bowl into little pieces.' "

10 So listen, all you bosses of different countries.
You have to think about what you are doing.

You leaders all around the world, you have to be careful.
11 You have to do what God says, and show him proper respect.
Be happy that God is your boss,
but be frightened too, because he is really powerful.
12 Yes, you have to show him proper respect.
If you don't respect God, he will quickly get angry,
and he will suddenly finish you up.
But God looks after everyone that trusts him.
He will keep them safe, and they will be really happy.

Psalm 15

Only people that live in a good way can visit God's ceremony house

This is one of David's songs for God.

1 God, who do you let visit your ceremony house to show you respect?
Who do you let live there on your special hill?

2 I know the sort of people that God lets in his ceremony house.
You can visit God's ceremony house, if you are like this.
You always live in a good way,
and always do the right thing,

and only say true things.
3 You don't tell lies about people,
and you don't do bad things to people,
and you don't say bad things about people to shame them.
4 You never respect really bad people,
but you respect people that properly respect God.
You always keep your promises.
Maybe it will be hard,
maybe it will hurt you to keep those promises,
but you still keep them.
5 And whenever somebody needs help,
you let them borrow your money.
And later on, when they pay you back that money,
you only take that same money that they borrowed from you,
you don't make them pay you any more money on top of that.
And another thing. If somebody says to you,
"I want you to go to court and tell lies about good people.
I will pay you money to tell those lies."
You always say, "No, I can't tell lies about people."

All of those things that I just talked about in this song,
everybody that lives that way will always be really strong for God.

Psalm 22

God, please don't be far away

This is one of David's songs for God. The music leader can use the music called, "The deer in the early morning."

[1] My God, my God, why did you go away and leave me
all by myself?
You are far away, and it feels like you will never save
me.
I yell out to you, but it is like you don't hear me.
[2] My God, I call out to you in the day time, but you
don't answer me.
And I call out in the night time too, but you don't let
me rest.

[3] But God, you are properly good.
You are the big boss of the Israel mob,
and all the Israel mob praise you and say that you
are great.
[4] Our grand-fathers trusted you.
Yes, they trusted you, and you saved them from their
trouble.
[5] They called out to you, and you helped them.
They trusted you to help them, and you saved them.

[6] But everybody hates me.
They shame me and say bad things about me.
They treat me like I am a worm, not a human being.
[7] People see me, and they all make fun of me.

They laugh at me, and they shake their heads to
shame me.
8 They say, "That man trusts God, so why doesn't God
save him?
If God is really happy with him, why doesn't God
help him?"

9-10 But you have cared for me all my life.
You were my God even when I was inside my mother.
You kept me safe when I was born,
and you made me feel safe in my mother's arms.

11 But now trouble is near me,
and there is nobody to help me.
Please don't be far away from me, God.
12 My enemies are all around me.
They are like a mob of big strong bulls, and I am in
the middle.
13 My enemies want to attack me.
They are like lions that roar and kill other animals.
14 I am very weak, and I feel like I am dying.
I feel like my bones are not joined together any more.
I used to be strong and brave, but now I am
frightened.
I don't feel strong inside any more.
15 My mouth is really dry,
and my tongue is sticking to the top of my mouth.
It's like God already put me in the grave.
16 There's a mob of bad people all around me.

They are like wild dogs coming towards me,
and they hurt my hands and feet.
17 I am so thin that my bones are sticking out.
My enemies look at me and laugh.
18 They split up my clothes among each other,
and they gamble for my shirt.

19 God, please don't be far away from me.
You are the one that makes me strong, so please come
quickly to help me.
20 Don't let my enemies kill me with their long knives.
They are like wild dogs trying to kill me.
21 They are like hungry lions that want to eat me,
like wild cows that try to hurt me with their horns.
Please save me from all my enemies.
Yes, I prayed like that, and you listened to me.

22 God, I will tell my people all about you.
Every time we get together at your ceremony house,
I will say, "God, you are really great."
23 Listen, all you people that respect God. You have to
praise him.
All you Israel mob, you family of Jacob, you have to
tell God that he is really great.
God is really powerful, so you have to respect him.
24 God doesn't forget people that have trouble,
and he doesn't leave them all alone.
I had trouble, and I called to God for help.
He listened and answered me.

25 Back when I had that trouble, I said,
"God will save me,
and then I promise to take an animal to God's
ceremony house.
I will give that animal to God to say *thank you*,
and I will have a special lunch there and eat some of
that animal."
You know, God saved me,
so I will keep that promise,
and I will praise him in front of all his people.
26 I will invite people to eat that lunch with me.
I will invite lots of people that have trouble,
and they will eat until they are full.
Some people trust God to help them,
and they will all praise him.
I pray that God looks after them for ever.

27-28 God is the boss of everybody,
and he has power over all the nations and tribes in
the world.
People from all over the world will know about the
things God does,
and they will turn to God and follow him.
And tribes from every country will show respect to God.
29 Even people that have lots of food and good things in
this life,
they will show respect to God.
Everybody that's dying and can't keep themselves alive,
they will get down on their knees to show respect to God.

30 And our children will listen to God and work for him,
and they will tell their children about God too.
31 And later on, they will tell people that are not even
born yet.
They will say, "God saved his people. Yes, he really
helped us."

Psalm 23

God looks after me properly

This is one of David's songs for God.

1 God looks after me properly,
he gives me everything that I need.
You know about people that properly look after sheep
all the time, called shepherds.
Well, God looks after me like that.
He is a good shepherd for me.
2 God gives me a good place to rest,
just like a shepherd finds a good place for his sheep
to rest,
a place where there is green grass for them to eat
and clean water for them to drink.*
3 When I get tired, God makes me feel good and strong
again.
He leads me on the right track,
so that people will know that he is good.

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* **23:2** Revelation 7:17

[4] You know, God is with me when I have trouble too.
Sometimes I have a lot of trouble,
and I feel like I am walking in a really dark valley,
and something might kill me,
but even then, God is with me.
I will not be frightened at that time.
I know that God is stopping my enemies from hurting me,
just like a shepherd uses his stick and stops wild dogs
from hurting his sheep.
When I remember that he does that,
I feel safe.

[5] God does good things for me even when people are
giving me trouble,
and he makes my enemies watch him do those good
things.
It is like I am a visitor at his house,
and he cooks a big dinner for me,
and I sit down and eat it.
And he makes my enemies watch me eat it.
It is like he fills my cup with good drink,
right to the top.
And it is like he shows everyone that I am his friend,
by putting olive oil on my head.

[6] I am sure that God will always love me,
he will be good to me all of my life.
And I will always be in God's house,
and I will respect him properly for ever.

Psalm 34

Find out for yourself that God is really good

This is one of David's songs for God. It's from the time when David pretended he was crazy in front of big boss Abimelek, so Abimelek sent David away.

1 I will always say, "God is good."
Yes, I will keep on saying good things about God.
2 I will tell people, "God has all the power."
I want everybody that has a hard life to hear that and be happy.
3 Come here everybody. I want us all to say, "God is great."
Let's come together and say, "God is really powerful."

4 You see, I prayed to God, and he listened to me.
He took away everything that frightened me.
5 People that trust God are really happy.
They will never feel shame.
6 I had a lot of trouble, but I prayed to God, and he listened to me.
He saved me from all my troubles.
7 Some people know that God is powerful,
so they have strong respect for him.
God sends his special angel spirit to be with those people,
and that angel keeps those people safe from trouble.

8 Find out for yourself that God is really good.*
Look at all the things he does.
Whenever you get trouble, ask God to look after you.
He will do that, and he will make you really happy.
9 You are God's special people.
You know that he is powerful, so you have to really respect him.
If you really respect God,
he will give you everything that you need.
10 Sometimes even strong young lions can't find food and they go hungry,
but people that trust God, they have all the good things that they need.

11 Come here everyone, and listen to me.
I will teach you to respect God properly.
12 Do you want to live well?*
Do you want a long and happy life?
13 If that's what you want,
don't say bad things about other people,
and don't lie to them.
14 Turn away from doing bad things, and do good things.
Don't fight with people or make trouble.
Try very hard to live happily with other people.

15 God looks after people that live the right way.
And if they ask him for help, he listens to them.

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* **34:8** 1 Peter 2:3 * **34:12-16** 1 Peter 3:10-12

16 But God punishes people that do bad things.
After they die, God doesn't want anybody in the world
to remember those bad people.
So God will make everybody forget them.
17 But some people live the right way,
and whenever they ask God for help, he listens to them.
He saves them from all their troubles.
18 Some people are really sad and feel hurt inside.
God stays really close to those people.
And some people think nothing good will happen to
them.
God helps those people too.

19 If somebody lives the right way,
that person might still have a lot of troubles.
But God will save that person from all those troubles.
20 God will keep that person safe,
and nobody will break any of that person's bones. *
21 But people that do bad things,
they will get trouble and die.
And if somebody hates people that live the right way,
God will punish that person.
22 But if people work hard for God,
he will keep them safe.
And if people trust God and if they ask him to look
after them,
God will not punish them.

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* **34:20** John 19:36

Psalm 40

If people trust God, he makes them happy

This is one of David's songs for God. The music leader can use it in God's ceremony house.

[1-2] I had really bad trouble.
It's like I was in a deep hole that people die in.
It's like I was stuck in a bad place,
like my legs were stuck in sticky mud.
But I trusted God,
and I waited for him to help me.
I cried out to him,
and he listened to me.
God helped me.
He saved me from that trouble.
It's like he lifted me out of that mud,
and put my feet on good hard ground.
God kept me safe.
It's like he gave me a safe path to walk on.
[3] Then God gave me a new song to sing to him.
That song says that God is great.
Lots of people will hear about everything that God did,
and they will know that he has all the power.
Then they will only trust him.

[4] If people trust God properly,
God makes those people happy.
Whenever they have trouble, they trust God to help them.

They don't go to people that think they are great, or
people that tell lies.

5 God, my God, you have done lots of powerful things
for us.
And you have lots and lots of good plans for us.
Nobody is like you.
You do so many great things that I can't say them all.
If I try to say them all,
I'll talk for ever and never stop talking.

6 Some people kill animals to pay you for the bad things
they did.
And they give you animals and food as gifts.
But that does not really make you happy.
You don't need people to burn animals for you.
You don't need people to give you gifts.
You taught me all of this. *
7 So I said to you, "Here I am. I came."
Your book tells me the things that I should do.
8 God, it makes me really happy to do everything that
you want.
I always think about your laws and obey them.

9 Whenever your people come together to respect you,
I tell them, "God helps his people."
I always talk like that, I don't keep my mouth shut.

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* **40:6-8** Hebrews 10:5-7

You know that's true, God.
[10] I know that you always do what is right.
I don't keep it a secret inside of me.
I tell everyone, "We can trust God. He saves us."
I don't hide the true story from your people.
I tell them, "God always loves us. We can always trust him."

[11] Whenever I have troubles, God,
you feel sorry for me, and you are good to me.
You always love me, and I can always trust you.
You keep me safe.
[12] And I have lots of troubles now.
It feels like there are troubles all around me,
lots of troubles, so I can't count them all.
It's like all the bad things I did are here with me,
and I don't know the right thing to do.
I did lots of bad things,
more bad things than the number of hairs on my head,
so now I feel weak inside.

[13] God, please save me from all this trouble.
God, please come quickly, and help me.
[14] Some people want to kill me.
God, please make them feel shame and make them confused.
Those people are happy whenever I get hurt.
God, please make them run away and be sad.

15 Those people make fun of me, and they laugh at me.
God, please make them shamed, so that they feel really sad.

16 But there are some people that always come to you God.
Please make those people really happy.
They say, "God, thank you for saving us."
And I pray that they always say, "God is great."

17 But what about me?
I have lots of trouble and I need help,
so I want God to think about me.

God, you are the one that helps me and saves me.
God, my God, please come and help me now and don't wait.

Psalm 46

God will help us

This is one of the songs of the Korah mob. The music leader can use it in God's ceremony house.

1 God is strong, and he is always ready to help us when we get trouble.
He is like a safe place for us to hide.
Whenever we get trouble,
he is the one that can help us.
2 So we will never get frightened.

Even if there is a big earthquake,
and the mountains start to break up and fall into the sea,
even then we will not be frightened.
3 Even if the waves in the sea get really big and loud,
and if the mountains shake,
even then we will not be frightened.

4 There is a river in God's city,
and it makes the people there happy.
That place is God's home.
He is the greatest one of all.
5 God lives in that city.
Nothing can ever knock it down.
God will stop anybody from hurting the people in that city.
He will look after them all the time,
right from the start of every day.
6 You see, God is powerful,
and he frightens the nations that don't follow him.
So they go wild and don't think properly,
and they get weak and useless.
It's like God just yells at those people and they finish up,
like ice that melts in the hot sun.

7 God is the boss of everything,
and he is with us and helps us.
He is the God of us Israel people,
and he will stop anyone from hurting us.

[8] Come and look at what God does.
He does things on the earth that will shock you.
[9] He stops wars all over the world.
It's like he breaks all the things that people use to fight with,
like their spears and bows,
and it's like he burns all the shields with fire.
[10] God says, "Stop, you mob. Keep still, and think,
and you will know that I am the only one that really is God.
The people in every nation will respect me.
People all over the world will respect me."

[11] God is the boss of everything,
and he is with us and helps us.
He is the God of us Israel people,
and he will stop anyone from hurting us.

Psalm 118

God will keep on loving us for ever

[1] Say *thank you* to God, because he is good.
God will keep on loving us for ever, just like he promised.

[2] All you Israel people, you have to say,
"God will keep on loving us for ever, just like he promised."

3 All you people in Aaron's family, you people that help
with God's ceremonies, you have to say,
"That's right, God will keep on loving us for ever,
just like he promised."
4 All you people that love God and respect him, you
have to say,
"That's right, God will keep on loving us for ever,
just like he promised."

5 I had lots of trouble, so I cried out to God to help me.
He heard me, and he took away that trouble from
me.
6 God is with me, so I will not be frightened.
God is looking after me, so people can't do anything
to hurt me.
7 God is with me. He always helps me.
So I will win against my enemies.

8 We cannot always trust other people to keep us safe.
But we can always trust God to keep us safe.
9 We cannot always trust big bosses to keep us safe.
But we can always trust God to keep us safe.

10 People from all different countries were in a circle
around me,
they were ready to attack me.
But God gave me power,
and I finished them up.

11 Yes, they were all around me on every side.
But God gave me power, and I finished them up.
12 They were like angry bees flying all around me.
But God gave me power, and I finished them up quickly,
just like a fire quickly finishes up dry grass.
13 My enemies were attacking me.
They nearly beat me, but God helped me.

14 God makes me strong. He is the one that keeps me safe.
He saved me from my enemies.
15 God's people yell out and sing happy songs all around their camp.
They sing about God saving them.
They shout, "God does really powerful things.
16 He wins against his enemies.
God does really powerful things."

17 My enemies will not kill me. I will keep on living,
and I will tell people about the good things that God does.
18 God let me have big trouble, so that he can teach me good things,
but he did not let me die.

19 Now I am going to God's ceremony house.
I want to say *thank you* to God.
Please open the doors so that I can come in.

20 Those doors are the way into God's house.
Only people that live God's way go through those doors.

21 Thank you God.
You listened to me, and you saved me.

22 It is like some workers built a house out of big stones,
but those workers thought one of those stones was rubbish,
so they chucked it away.
But they were wrong. That stone was properly good,
and now God made it the most important stone of all.
23 Yes, God did that, and we are really happy about it.
We reckon he did something great.
24 Today God won against our enemies, so we are really happy.
Let's have a party and sing about it.

25 We pray to you God, please save us.
We pray to you God, please make everything work out good for us.

26 God, we want you to look after the man that you send.
Make him strong and happy.
God, we are in your ceremony house,
and we want you to look after all these people here.
Make them strong and happy.
27 God's name is Yahweh. He is the true God.

He is really good to us.
Come and join God's ceremony today.
Bring palm branches and wave them, as you walk
around the special table in God's ceremony house.

28 You are my God. I will thank you.
You are my God. I will praise you.
29 Say *thank you* to God, because he is good.
God will keep on loving us for ever, just like he
promised.

Psalm 121

God is the one that helps us

**This song is for people to sing as they walk
up to God's house to show him respect.**

1 I look up at all the hills,
and I ask myself, "Who is the one that helps me?"
2 Then I say, "God is the one that helps me.
He is the one that made the earth and the sky."

3 He will always look after you so that you don't get
trouble.
He is watching you all the time, to keep you safe.
He never goes to sleep.
4 That's right. He always watches the Israel people,
and he never sleeps.

5 God is the one that looks after you properly.

When the sun is really hot,
you know how good it is to rest under a shady tree.
Well, when life gets tough for you,
God will be close to you and help you,
like he is a shady tree for you.

6-7 Yes, God will always look after you,
in the day time and in the night time.
He will always keep you safe.
He will stop anything from hurting you.
Not even the hot sun or the moon will hurt you.
He will not let anything finish you.

8 Whenever you go anywhere,
God will go with you all the way,
and he will keep you safe.
He will do that now,
and he will keep doing that all the time, for ever.

About this translation

This booklet uses the ***Plain English Version*** (PEV) of the Scriptures, an English translation of the Bible designed for Indigenous Australians whose first language is an Indigenous language. Its purpose is to convey the meaning of the original Scripture in English that is easy to understand and natural for them. We have, as much as possible, limited its grammar, semantic and rhetorical features to those common in Aboriginal languages, and its vocabulary to the English that is most widely used.

We have applied the principles of meaning-based translation, wherein we have sought to convey the same meaning that the original authors conveyed to the original readers. That means not just considering individual words, but also the message of the whole passage.

The following are some of the more common modifications that have been made:

- Where the grammar of the original has used the passive voice, we have used the active voice, since the grammars of most Indigenous Australian languages do not have passive voice.
- Where the original text has used an abstract noun to express a concept that is fundamentally an action or a quality, we have usually used a verb or adjective to translate that concept, since abstract nouns are comparatively rare in Indigenous Australian languages.
- Where the grammar of the original has used long and complicated sentences, we have conformed to the grammars of Indigenous Australian languages by using shorter sentences, making other adjustments as necessary to retain the meaning carried by the grammar of the original.
- Where the original text has implicit or background information that would not be obvious to our target audience, we have made that information explicit.
- Where the original text has used a word or phrase, the literal translation of which would not be understood by our target audience, we have used an explanatory rendering to convey the same meaning, whether or not it involved more words.
- Where the original text has used figurative language that would be taken as literal by our target audience, we have stated the meaning of the figure rather than its literal form.
- Where the original text is not in chronological or logical order, we have usually adjusted the order of information.

At any one place in our translation we may have used a combination of the above.

PEV Translation Team