



# the GOLDEN OLDIES

WPC PSALM BOOK

PSALMS

&

SONGS

WPC SPRING SERIES  
[www.woodstownchurch.com](http://www.woodstownchurch.com)



Easter Season 2020

## THE GOLDEN OLDIES

### WPC Psalm Book

Brothers & Sisters,

We hope you and your family will enjoy this collection of Psalms during this Easter Season. Remember, Easter is not just one day but an entire season! It celebrates the RESURRECTION, Victory, & Life in Jesus Christ. Below are some creative ways you can celebrate Easter amidst the current circumstances:

1. **Read the Psalms:** Use this book to read the Psalm of the Week (Sunday's Message coincides with it). Spread it out over 7 days with a few lines each day or read it from a different version each day. HAVE KIDS or TEENS? Have them pick out themes and words and write their own Psalms - adults you can enjoy it too!
2. **Virtual Cross Walk:** On Good Friday, we will host a virtual Cross Walk with other churches in town via Facebook. On Friday, April 10th at 12pm look for a video to help walk the cross virtually across Facebook- tag and share to participate!
3. **Kids Sunday School Lesson:** Miss Aly is preparing a fun resurrection lesson for kids - look for some special guest appearances!
4. **Woodstown Community Easter Egg Hunt:** Woodstown Community will do an egg and cross hunt (similar to the Bear Hunt) throughout Holy Week. While you are out as a family count all the eggs and crosses that Woodstown residents have placed in windows/doors. ALSO, on EASTER, Get dressed up and take a picture and share it with us so we can share on social media. Put on your Easter Sunday Best!
5. **Holy Week Online:**
  1. **Wednesday 7PM:** Online prayer and communion service with multiple New Jersey churches - Live on Facebook!
  2. **Thursday 8PM:** A Tenebrae Service with song and scripture Live on Facebook!
6. **Pray & Worship Daily:** Be sure to incorporate worship and prayer into your daily schedule. Set the tone now as you are home together more than ever! While things are hectic and so different, I encourage you to pause in God's presence every day, on your own or/and as a family.

Now Church - Remember, **"Faith over Fear, Peace over Panic, Worship over Worry"**  
*This will carry us through together!*

**Happy Easter, HE IS RISEN!**

*Pastor Eryn*



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## WEEK ONE

### Psalm 91: My Refuge and My Fortress

1 He who dwells in the shelter of the Most High will abide in the shadow of the Almighty.

2 I will say to the Lord, "My refuge and my fortress, my God, in whom I trust."

3 For he will deliver you from the snare of the fowler and from the deadly pestilence.

4 He will cover you with his pinions, and under his wings you will find refuge; his faithfulness is a shield and buckler.

5 You will not fear the terror of the night, nor the arrow that flies by day,

6 nor the pestilence that stalks in darkness, nor the destruction that wastes at noonday.

7 A thousand may fall at your side, ten thousand at your right hand, but it will not come near you.

8 You will only look with your eyes and see the recompense of the wicked.

9 Because you have made the Lord your dwelling place—

the Most High, who is my refuge —

10 no evil shall be allowed to befall you, no plague come near your tent.

11 For he will command his angels concerning you to guard you in all your ways.

12 On their hands they will bear you up, lest you strike your foot against a stone.

13 You will tread on the lion and the adder; the young lion and the serpent you will trample underfoot.

14 Because he holds fast to me in love, I will deliver him; I will protect him, because he knows my name.

15 When he calls to me, I will answer him; I will be with him in trouble; I will rescue him and honor him.

16 With long life I will satisfy him and show him my salvation

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## WEEK TWO

### PSALM 84: My Soul Longs for the Courts of the Lord

1 How lovely is your dwelling place,  
O Lord of hosts!

2 My soul longs, yes, faints  
for the courts of the Lord;  
my heart and flesh sing for joy  
to the living God.

3 Even the sparrow finds a home,  
and the swallow a nest for herself,  
where she may lay her young,  
at your altars, O Lord of hosts,  
my King and my God.

4 Blessed are those who dwell in your  
house, ever singing your praise! Selah

5 Blessed are those whose strength is in  
you in whose heart are the highways to  
Zion.

6 As they go through the Valley of Baca  
they make it a place of springs;  
the early rain also covers it with pools.

7 They go from strength to strength;  
each one appears before God in Zion.

8 O Lord God of hosts, hear my prayer;  
give ear, O God of Jacob! Selah

9 Behold our shield, O God;  
look on the face of your anointed!

10 For a day in your courts is better  
than a thousand elsewhere.

I would rather be a doorkeeper in the  
house of my God than dwell in the  
tents of wickedness.

11 For the Lord God is a sun and shield;  
the Lord bestows favor and honor.

No good thing does he withhold  
from those who walk uprightly.

12 O Lord of hosts,  
blessed is the one who trusts in you!

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## WEEK THREE

### PSALM 77: In The Day of Trouble I Seek the Lord

- 1 I cry aloud to God,  
aloud to God, and he will hear me.
- 2 In the day of my trouble I seek the Lord;  
in the night my hand is stretched out  
without wearying;  
my soul refuses to be comforted.
- 3 When I remember God, I moan;  
when I meditate, my spirit faints. Selah
- 4 You hold my eyelids open;  
I am so troubled that I cannot speak.
- 5 I consider the days of old,  
the years long ago.
- 6 I said, "Let me remember my song in  
the night;  
let me meditate in my heart."  
Then my spirit made a diligent search:
- 7 "Will the Lord spurn forever,  
and never again be favorable?
- 8 Has his steadfast love forever ceased?  
Are his promises at an end for all time?
- 9 Has God forgotten to be gracious?  
Has he in anger shut up his compassion? " Selah
- 10 Then I said, "I will appeal to this,  
to the years of the right hand of the  
Most High."
- 11 I will remember the deeds of the Lord;  
yes, I will remember your wonders of old.
- 12 I will ponder all your work,  
and meditate on your mighty deeds.
- 13 Your way, O God, is holy.  
What god is great like our God?
- 14 You are the God who works wonders;  
you have made known your might among  
the peoples.
- 15 You with your arm redeemed your  
people, the children of Jacob and Joseph.  
Selah
- 16 When the waters saw you, O God,  
when the waters saw you, they were  
afraid;  
indeed, the deep trembled.
- 17 The clouds poured out water;  
the skies gave forth thunder;  
your arrows flashed on every side.
- 18 The crash of your thunder was in the  
whirlwind;  
your lightning's lighted up the world;  
the earth trembled and shook.
- 19 Your way was through the sea,  
your path through the great waters;  
yet your footprints were unseen.
- 20 You led your people like a flock  
by the hand of Moses and Aaron.

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## **WEEK FOUR (2 pages)**

### PSALM 69: Save Me, O God

1 Save me, O God!

For the waters have come up to my neck.

2 I sink in deep mire,

where there is no foothold;

I have come into deep waters,  
and the flood sweeps over me.

3 I am weary with my crying out;  
my throat is parched.

My eyes grow dim

with waiting for my God.

4 More in number than the hairs of my head  
are those who hate me without cause;

mighty are those who would destroy me,  
those who attack me with lies.

What I did not steal

must I now restore?

5 O God, you know my folly;

the wrongs I have done are not hidden  
from you.

6 Let not those who hope in you be put to  
shame through me,

O Lord God of hosts;

let not those who seek you be brought to  
dishonor through me,

O God of Israel.

7 For it is for your sake that I have borne  
reproach, that dishonor has covered my face.

8 I have become a stranger to my

brothers, an alien to my mother's sons.

9 For zeal for your house has consumed  
me, and the reproaches of those who  
reproach you have fallen on me.

10 When I wept and humbled my soul  
with fasting, it became my reproach.

11 When I made sackcloth my clothing,  
I became a byword to them.

12 I am the talk of those who sit in the  
gate, and the drunkards make songs  
about me.

13 But as for me, my prayer is to you, O  
Lord.

At an acceptable time, O God,

in the abundance of your steadfast love  
answer me in your saving faithfulness.

14 Deliver me

from sinking in the mire;

let me be delivered from my enemies  
and from the deep waters.

15 Let not the flood sweep over me,  
or the deep swallow me up,  
or the pit close its mouth over me.

16 Answer me, O Lord, for your steadfast  
love is good;

according to your abundant mercy,  
turn to me.

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## WEEK FOUR

### PSALM 69: Save Me, O God

17 Hide not your face from your servant,  
for I am in distress; make haste to answer  
me.

18 Draw near to my soul, redeem me;  
ransom me because of my enemies!

19 You know my reproach,  
and my shame and my dishonor;  
my foes are all known to you.

20 Reproaches have broken my heart,  
so that I am in despair.

I looked for pity, but there was none,  
and for comforters, but I found none.

21 They gave me poison for food, and for  
my thirst they gave me sour wine to drink.

22 Let their own table before them  
become a snare;  
and when they are at peace, let it  
become a trap.

23 Let their eyes be darkened, so that  
they cannot see, and make their loins  
tremble continually.

24 Pour out your indignation upon them,  
and let your burning anger overtake them.

25 May their camp be a desolation;  
let no one dwell in their tents.

26 For they persecute him whom you have  
struck down, and they recount the pain  
of those you have wounded.

27 Add to them punishment upon  
punishment;

may they have no acquittal from you.

28 Let them be blotted out of the book of  
the living;

let them not be enrolled among the  
righteous.

29 But I am afflicted and in pain;

let your salvation, O God, set me on high!

30 I will praise the name of God with a song;  
I will magnify him with thanksgiving.

31 This will please the Lord more than an ox  
or a bull with horns and hoofs.

32 When the humble see it they will be glad;  
you who seek God, let your hearts revive.

33 For the Lord hears the needy  
and does not despise his own people who  
are prisoners.

34 Let heaven and earth praise him,  
the seas and everything that moves in  
them.

35 For God will save Zion  
and build up the cities of Judah,  
and people shall dwell there and possess it;

36 The offspring of his servants shall inherit  
it, and those who love his name shall dwell  
in it.

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## WEEK FIVE

### Psalm 57: Let Your Glory Be All Over the Earth

- 1 Be merciful to me, O God, be merciful to me,  
for in you my soul takes refuge;  
in the shadow of your wings I will take refuge,  
till the storms of destruction pass by.
- 2 I cry out to God Most High,  
to God who fulfills his purpose for me.
- 3 He will send from heaven and save me;  
he will put to shame him who tramples on me. Selah  
God will send out his steadfast love  
and his faithfulness!
- 4 My soul is in the midst of lions;  
I lie down amid fiery beasts—  
the children of man, whose teeth are spears  
and arrows,  
whose tongues are sharp swords.
- 5 Be exalted, O God, above the heavens!  
Let your glory be over all the earth!
- 6 They set a net for my steps;  
my soul was bowed down.  
They dug a pit in my way,  
but they have fallen into it themselves.  
Selah
- 7 My heart is steadfast, O God,  
my heart is steadfast!  
I will sing and make melody!
- 8 Awake, my glory!  
Awake, O harp and lyre!  
I will awake the dawn!
- 9 I will give thanks to you, O Lord, among  
the peoples;  
I will sing praises to you among the  
nations.
- 10 For your steadfast love is great to  
the heavens,  
your faithfulness to the clouds.
- 11 Be exalted, O God, above the heavens!  
Let your glory be over all the earth



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## WEEK SIX

### Psalm 46: God is Our Fortress

- 1 God is our refuge and strength,  
a very present help in trouble.
- 2 Therefore we will not fear though the  
earth gives way,  
though the mountains be moved into  
the heart of the sea,
- 3 though its waters roar and foam,  
though the mountains tremble at its  
swelling. Selah
- 4 There is a river whose streams make glad  
the city of God,  
the holy habitation of the Most High.
- 5 God is in the midst of her; she shall not  
be moved;  
God will help her when morning dawns.
- 6 The nations rage, the kingdoms totter;  
he utters his voice, the earth melts.
- 7 The Lord of hosts is with us;  
the God of Jacob is our fortress. Selah
- 8 Come, behold the works of the Lord,  
how he has brought desolations on the  
earth.
- 9 He makes wars cease to the end of the  
earth;  
he breaks the bow and shatters the  
spear;  
he burns the chariots with fire.
- 10 "Be still, and know that I am God.  
I will be exalted among the nations,  
I will be exalted in the earth!"
- 11 The Lord of hosts is with us;  
the God of Jacob is our fortress. Selah

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## WEEK SEVEN

### Psalm 30: Joy Comes With the Morning

- 1 I will extol you, O Lord, for you have  
drawn me up  
and have not let my foes rejoice over me.
- 2 O Lord my God, I cried to you for help,  
and you have healed me.
- 3 O Lord, you have brought up my soul  
from Sheol;  
you restored me to life from among  
those who go down to the pit.
- 4 Sing praises to the Lord, O you his saints,  
and give thanks to his holy name.
- 5 For his anger is but for a moment,  
and his favor is for a lifetime.  
Weeping may tarry for the night,  
but joy comes with the morning.
- 6 As for me, I said in my prosperity,  
"I shall never be moved."
- 7 By your favor, O Lord,  
you made my mountain stand strong;  
you hid your face;  
I was dismayed.
- 8 To you, O Lord, I cry,  
and to the Lord I plead for mercy:
- 9 "What profit is there in my death,  
if I go down to the pit?  
Will the dust praise you?  
Will it tell of your faithfulness?
- 10 Hear, O Lord, and be merciful to me!  
O Lord, be my helper!"
- 11 You have turned for me my mourning  
into dancing;  
you have loosed my sackcloth  
and clothed me with gladness,
- 12 that my glory may sing your praise and  
not be silent.  
O Lord my God, I will give thanks to you  
forever!

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## **WEEK EIGHT**

### Psalm 121: My Help Comes From the Lord

- 1 I lift up my eyes to the hills.  
From where does my help come?
- 2 My help comes from the Lord,  
who made heaven and earth.
- 3 He will not let your foot be moved;  
he who keeps you will not slumber.
- 4 Behold, he who keeps Israel  
will neither slumber nor sleep.
- 5 The Lord is your keeper;  
the Lord is your shade on your right  
hand.
- 6 The sun shall not strike you by day,  
nor the moon by night.
- 7 The Lord will keep you from all evil;  
he will keep your life.
- 8 The Lord will keep  
your going out and your coming in  
from this time forth and forevermore.