- v0: A Psalm of David. A Maskil poem to instruct ar teach by poetry.
- v1: Happinesses to the person, the transgression, rebellion, trespass, all sin from Old Sin Nature lifted up and carried or borne away, sin is concealed or covered in Salvation Adjustment to the Justice of God through faith in the substitutionary spiritual death of Jesus of Nazareth, The Christ on the cross and sin through rebound. (1John 1:9)
- v2: Happinesses to the believer to whom the LORD does not imputes punishment from Divine Discipline, and in whose spirit no negligence or carelessness or apathy or indifference in the learning of Bible Doctrine (use of rebound and staying out of the Interlocking System of Arrogance).
- v3: When I kept silent about my sin neglecting rebound, my bodily functions wasted away, my mental health deteriorated or I was under incredible disciplinary pressures, causing my groaning or screaming all the day long.
- v4: For Day and Night your Divine Discipline was heavy on me, my strength, vitality or nervous energy was sapped as in the heat of summer. Selah, NOW BREAK and THINK ABOUT IT
- v5: I will acknowledge or name or cite or cause to make know my sin to you God the Father and my guilt or sin I opened up to you OR I did not or WILL NOT cover up or hide my guilt or sin or depraved action, and I have decided or said to myself "I have been caused to acknowledge or cite or name my transgression to the Lord", and YOU completely forgave or lifted up and carried away the Guilt or Depravity of my sin in Interlocking System of Arrogance. Selah, NOW REST and THINK ABOUT IT while GOD acts in Logistical Grace.
- v6: Therefore or for this principle of Grace in rebound, let the Grace Oriented Mature Believer pray for themselves to you, God; at a time of attainment, when grace can be found when out of fellowship or during disaster or adversity, therefore, surely, a point of doctrine, in the time of great disaster or terrorism, the mature Believer ONLY with maximum Metabolized Bible Doctrine in the Stream of Consciousness of the Soul who rebounds and uses the Grace of God shall not be shaken nor disturbed nor fall apart.
- v7: You, oh God the Father, and your doctrine, are my veil of protection and orientation to grace and relaxed Mental Attitude and you Oh God will guard, preserve, and protect me from the pressures of disaster, you Oh God will surround me with shouts of victory and deliverance. Selah, NOW REST in Faith Rest Drill 4 Stages and THINK ABOUT IT while Logistical Grace takes over.
- v8: I (God) will teach you through Grace Apparatus for Perception and instruct you through intensification of pressure to the point of total inculcation so as you are not able to forget Bible Doctrine and thus gain wisdom for application of Bible Doctrine to life, and I will repeat your instruction over and over, again and again so you cannot forget it so that you can march under self discipline and concentration and fulfill the plan of God for your life, I will guide you with my Metabolized Bible Doctrine in the Stream of Consciousness of your Soul and Logistical Grace provision.
- v9: To not become like a horse or a mule, which have no understanding nor brains, whose mouth must be controlled with a bit and bridle, otherwise they will not come near you or you cannot teach, train or use them.
- v10: Many are the sufferings, woes and disciplines of the believer guilty of degeneration involved in arrogance or reversionism of persistent carnality or both thus guilty of evil, controlled by the Old Sin Nature who resists Bible Doctrine and are under intensive Divine Discipline; but steadfast love or GRACE surrounds him who trusts in or slams his problems onto the LORD.
- v11: Rejoice and possess inner happiness in noncompetitive relaxation without arrogance in the LORD, and be caused to have overt happiness and celebrate, believers with integrity of the Right Lobe of the Stream of Consciousness of the Soul, and shout for joy or celebrate, all you spiritually self sustaining believers with Metabolized Bible Doctrine in the Stream of Consciousness of the Soul!