- v0: To the chief musician: according to Do Not Destroy doctrine . A Miktam of David, when he fled from Saul, in the cave of adullum and ingade.
- v1: Be gracious or Give Grace to me, O God, be gracious to me, for my soul finds refuge in you; yes in the shadow of your wings of protection and defense while offensively moving I will make my refuge, until these storms of destruction or catastrophes pass over.
- v2: I call for help to Elohim the Most High, to El the one who brings total victory to me.
- v3: He will send from heaven and cause to deliver me from Eternity Past, he will put to shame those who try to destroy me. [Selah] God will send forth to us his Grace or steadfast love and give his doctrine as provision!
- 4: I lie in the midst of lions that greedily devour the sons of men; their teeth are spears and arrows, their tongues sharp swords
- 5: Be exalted, O God, above the heavens! Let thy 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]
- v7: My Right Lobe of the Stream of Consciousness of the Soul is Stabilized by Metabolized Bible Doctrine, Oh Elohim, I will sing praise and concentrate in playing music on the psaltry (a result of victory)!
- v8: Awake, my soul! Awake, O harp and lyre! I will awaken the dawn!
- v9: I will give thanks to You, Oh Jehovah, In the midst of the Army; I will sing praises to thee among the nations.
- v10: For Great above the heavens is your steadfast love or GRACE Policy or Mercy, thy faithfulness to the clouds.
- v11: Be exalted above the heavens, Oh Elohim! Surrounding all around the earth is your glory or Bible Doctrine!