

+ THE PSALTER +



I *Beatus vir qui non abiit*

- 1 Happy are they who have not walked
in the counsel *of the wicked*, *
nor lingered in the way of sinners,
nor sat in the seats *of the scornful*!
- 2 Their delight is in the *law of the LORD*, *
and they meditate on his *law day and night*.
- 3 They are like trees planted by streams of water,
bearing fruit in due season, with leaves that *do not wither*, *
everything they *do shall prosper*.
- 4 It is not so *with the wicked*; *
they are like chaff which the *wind blows away*.
- 5 Therefore the wicked shall not stand upright
when judgment comes, *
nor the sinner in the council *of the righteous*.
- 6 For the LORD knows the way *of the righteous*, *
but the way of the *wicked is doomed*.

2 *Quare fremuerunt gentes?*

- 1 Why are the nations *in an uproar*? *
Why do the peoples mutter *empty threats*?
- 2 Why do the kings of the earth rise up in revolt,
and the princes *plot together*, *
against the LORD and against *his Anointed*?
- 3 “Let us break *their yoke*,” *they say*; *
“let us cast off *their bonds from us*.”
- 4 He whose throne is in heaven *is laughing*; *
the Lord has them *in derision*.

- 5 Then he speaks to *them* in **his wrath**, *
and his rage fills *them* with **terror**.
- 6 “I myself *have set my king* *
upon my holy *hill of Zion*.”
- 7 Let me announce the decree of **the LORD**: *
he said to me, “You are my Son;
this day have I *begotten you*.
- 8 Ask of me, and I will give you the nations
for your **inheritance** *
and the ends of the earth for *your possession*.
- 9 You shall crush them with *an iron rod* *
and shatter them like a piece of *pottery*.”
- 10 And now, *you kings*, **be wise**; *
be warned, *you rulers of the earth*.
- 11 Submit to *the LORD with fear*, *
and with trembling *bow before him*;
- 12 Lest he be angry *and you perish*; *
for his wrath is *quickly kindled*.
- 13 Happy are **they all** *
who take *refuge in him*!

3 *Domine, quid multiplicati*

- 1 LORD, how many adversaries **I have**! *
how many there are who rise *up against me*!
- 2 How many there are *who say of me*, *
“There is no help for *him in his God*.”
- 3 But you, O LORD, are a **shield about me**; *
you are my glory, the one who *lifts up my head*.
- 4 I call aloud *upon the LORD*, *
and he answers me from *his holy hill*;
- 5 I lie down *and go to sleep*; *
I wake again, because the **LORD sustains me**.
- 6 I do not fear the multitudes of **people** *
who set themselves against *me all around*.

- 7 Rise up, O LORD; set me *free*, *O my God*; *
surely, you will strike all my enemies across the face,
you will break the teeth *of the wicked*.
- 8 Deliverance *belongs to the LORD*. *
Your blessing be upon *your people*!

4 *Cum invocarem*

- 1 Answer me when I call, O God, defender *of my cause*; *
you set me free when I am hard-pressed;
have mercy on me *and hear my prayer*.
- 2 “You mortals, how long will you dishonor *my glory*; *
how long will you worship dumb idols
and run *after false gods*?”
- 3 Know that the LORD does wonders *for the faithful*; *
when I call upon the LORD, *he will hear me*.
- 4 Tremble, then, *and do not sin*; *
speak to your heart in silence *upon your bed*.
- 5 Offer the appointed *sacrifices* *
and put your *trust in the LORD*.
- 6 Many are saying,
“Oh, that we might *see better times*!” *
Lift up the light of your countenance upon *us, O LORD*.
- 7 You have put gladness *in my heart*, *
more than when grain and wine *and oil increase*.
- 8 I lie down in peace; at once *I fall asleep*; *
for only you, LORD, make me *dwell in safety*.

5 *Verba mea auribus*

- 1 Give ear to *my words, O LORD*; *
consider my *meditation*.
- 2 Hearken to my cry for help, my *King and my God*, *
for I make *my prayer to you*.

- 3 In the morning, LORD, *you hear my voice*; *
early in the morning I make my appeal *and watch for you*.
- 4 For you are not a God who takes pleasure *in wickedness*, *
and evil cannot dwell *with you*.
- 5 Braggarts cannot *stand in your sight*; *
you hate all those who *work wickedness*.
- 6 You destroy *those who speak lies*; *
the bloodthirsty and deceitful, O LORD, *you abhor*.
- 7 But as for me, through the greatness of your mercy
I will go *into your house*; *
I will bow down toward your holy temple *in awe of you*.
- 8 Lead me, O LORD, in your righteousness,
because of those who lie *in wait for me*; *
make your way *straight before me*.
- 9 For there is no *truth in their mouth*; *
there is destruction *in their heart*;
- 10 Their throat is *an open grave*; *
they flatter *with their tongue*.
- 11 Declare them *guilty, O God*; *
let them fall, *because of their schemes*.
- 12 Because of their many transgressions *cast them out*, *
for they have rebelled *against you*.
- 13 But all who take refuge in *you will be glad*; *
they will sing out their *joy for ever*.
- 14 *You will shelter them*, *
so that those who love your Name / may *exult in you*.
- 15 For you, O LORD, will *bless the righteous*; *
you will defend them with your favor *as with a shield*.

6 Domine, ne in furore

- 1 LORD, do not rebuke me *in your anger*; *
do not punish *me in your wrath*.
- 2 Have pity on me, LORD, *for I am weak*; *
heal me, LORD, for *my bones are racked*.

- 3 My spirit *shakes with terror*; *
how long, O LORD, *how long*?
- 4 Turn, O LORD, and *deliver me*; *
save me for *your mercy's sake*.
- 5 For in death no one *remembers you*; *
and who will give you *thanks in the grave*?
- 6 I grow weary because of my *groaning*; *
every night I drench my bed
and flood my couch *with tears*.
- 7 My eyes are *wasted with grief*; *
and worn away because of all my *enemies*.
- 8 Depart from me, all *evildoers*; *
for the LORD has heard the sound of my *weeping*.
- 9 The LORD has heard my *supplication*; *
the LORD *accepts my prayer*.
- 10 All my enemies shall be confounded and quake *with fear*; *
they shall turn back / and suddenly be put *to shame*.

7 Domine, Deus meus

- 1 O LORD my God, I take *refuge in you*; *
save and deliver me from all *who pursue me*;
- 2 Lest like a lion they tear *me in pieces* *
and snatch me away with none to *deliver me*.
- 3 O LORD my God, if I *have done these things*; *
if there is any wickedness *in my hands*,
- 4 If I have repaid my *friend with evil*; *
or plundered him who without cause is my *enemy*;
- 5 Then let my enemy pursue and *overtake me*; *
trample my life into the ground,
and lay my honor *in the dust*.
- 6 Stand up, O LORD, *in your wrath*; *
rise up against the fury of my *enemies*.
- 7 Awake, O my God, *decree justice*; *
let the assembly of the peoples *gather round you*.

- 8 Be seated on your lofty *throne*, **O Most High**; *
O LORD, *judge the nations*.
- 9 Give judgment for me
according to my *righteousness*, **O LORD**, *
and according to my *innocence*, **O Most High**.
- 10 Let the malice of the wicked come to an end,
but *establish the righteous*; *
for you test the mind and heart, **O righteous God**.
- 11 God is my *shield and defense*; *
he is the savior of *the true in heart*.
- 12 God is *a righteous judge*; *
God sits in judgment *every day*.
- 13 If they will not repent, God *will whet his sword*; *
he will bend his bow and *make it ready*.
- 14 He has prepared his *weapons of death*; *
he makes his arrows *shafts of fire*.
- 15 Look at those who are in labor *with wickedness*, *
who conceive evil, and give *birth to a lie*.
- 16 They dig a pit *and make it deep* *
and fall into the hole *that they have made*.
- 17 Their malice turns back upon *their own head*; *
their violence falls *on their own scalp*.
- 18 I will bear witness that the **LORD is righteous**; *
I will praise the Name of *the LORD Most High*.

8 *Domine, Dominus noster*

- 1 O LORD *our Governor*, *
how exalted is your Name *in all the world*!
- 2 Out of the mouths of *infants and children* *
your majesty is praised *above the heavens*.
- 3 You have set up a stronghold against your *adversaries*, *
to quell the enemy and *the avenger*.
- 4 When I consider your heavens, the work *of your fingers*, *
the moon and the stars you have set *in their courses*,

- 5 What is man that you should be *mindful of him*? *
the son of man that you *should seek him out* ?
- 6 You have made him but little lower *than the angels*; *
you adorn him with glory *and honor*;
- 7 You give him mastery over the *works of your hands*; *
you put all things *under his feet*.
- 8 All *sheep and oxen*, *
even the wild *beasts of the field*,
- 9 The birds of the air, the *fish of the sea*, *
and whatsoever walks in the *paths of the sea*.
- 10 O LORD *our Governor*, *
how exalted is your Name *in all the world*!

9 *Confitebor tibi*

- 1 I will give thanks to you, O LORD, *with my whole heart*; *
I will tell of all your *marvelous works*.
- 2 I will be glad and *rejoice in you*; *
I will sing to your *Name, O Most High*.
- 3 When my enemies *are driven back*, *
they will stumble and perish *at your presence*.
- 4 For you have maintained my *right and my cause*; *
you sit upon your *throne judging right*.
- 5 You have rebuked the ungodly and *destroyed the wicked*; *
you have blotted out their name for ever *and ever*.
- 6 As for the enemy, they are finished, in perpetual *ruin*, *
their cities plowed under, the memory *of them perished*;
- 7 But the LORD is *enthroned for ever*; *
he has set up this *throne for judgment*.
- 8 It is he who rules the world *with righteousness*; *
he judges the peoples *with equity*.
- 9 The LORD will be a refuge *for the oppressed*, *
a refuge in *time of trouble*.
- 10 Those who know your Name will put *their trust in you*, *
for you never forsake those who *seek you, O LORD*.

- 11 Sing praise to the LORD who *dwells in Zion*; *
proclaim to the peoples the *things he has done*.
- 12 The Avenger of blood will *remember them*; *
he will not forget the cry of *the afflicted*.
- 13 Have pity *on me, O LORD*; *
see the misery I suffer from those who hate me,
O you who lift me up from *the gate of death*;
- 14 So that I may tell of all your praises
and rejoice in *your salvation* *
in the gates of the city *of Zion*.
- 15 The ungodly have fallen into *the pit they dug*, *
and in the snare they set is *their own foot caught*.
- 16 The LORD is known by his *acts of justice*; *
the wicked are trapped in the works *of their own hands*.
- 17 The wicked shall be given over *to the grave*, *
and also all the people *that forget God*.
- 18 For the needy shall not always *be forgotten*, *
and the hope of the poor shall not *perish for ever*.
- 19 Rise up, O LORD, let not the ungodly have *the upper hand*; *
let them be *judged before you*.
- 20 Put fear *upon them, O LORD*; *
let the ungodly know they *are but mortal*.

10 *Ut quid, Domine?*

- 1 Why do you stand so *far off, O LORD*, *
and hide yourself in *time of trouble*?
- 2 The wicked arrogantly persecute *the poor*, *
but they are trapped in the schemes *they have devised*.
- 3 The wicked boast of *their heart's desire*; *
the covetous curse and *revile the LORD*.
- 4 The wicked are so proud that they *care not for God*; *
their only thought is, "God *does not matter*."

- 5 Their ways are devious at all times;
your judgments are far above *out of their sight*; *
they defy all *their enemies*.
- 6 They say in their heart, "I shall *not be shaken*; *
no harm shall happen *to me ever*."
- 7 Their mouth is full of cursing, deceit, and *oppression*; *
under their tongue are *mischief and wrong*.
- 8 They lurk in ambush in public squares
and in secret places they murder *the innocent*; *
they spy out *the helpless*.
- 9 They lie in wait, like a lion in a covert;
they lie in wait to seize *upon the lowly*; *
they seize the lowly and drag them away *in their net*.
- 10 The innocent are broken and humbled *before them*; *
the helpless fall *before their power*.
- 11 They say in their heart, "God *has forgotten*; *
he hides his face; he will *never notice*."
- 12 Rise up, O LORD;
lift up *your hand, O God*; *
do not forget *the afflicted*.
- 13 Why should the wicked *revile God*? *
why should they say in their heart, "*You do not care*"?
- 14 Surely, you behold trouble *and misery*; *
you see it and take it into *your own hand*.
- 15 The helpless commit *themselves to you*, *
for you are the helper *of orphans*.
- 16 Break the power of the wicked *and evil*; *
search out their wickedness until you *find none*.
- 17 The LORD is King for ever *and ever*; *
the ungodly shall perish from *his land*.
- 18 The LORD will hear the desire *of the humble*; *
you will strengthen their heart and *your ears shall hear*;
- 19 To give justice to the orphan *and oppressed*, *
so that mere mortals may strike *terror no more*.

11 *In Domino confido*

- 1 In the LORD have I *taken refuge*; *
how then can you say to me,
“Fly away like a bird *to the hilltop*;
- 2 For see how the wicked bend the bow
and fit their *arrows to the string*, *
to shoot from ambush at *the true of heart*.
- 3 When the foundations are *being destroyed*, *
what can *the righteous do*?”
- 4 The LORD is in his *holy temple*; *
the LORD’S throne *is in heaven*.
- 5 His eyes behold the *inhabited world*; *
his piercing *eye weighs our worth*.
- 6 The LORD weighs the righteous as well *as the wicked*, *
but those who delight in violence *he abhors*.
- 7 Upon the wicked he shall rain coals of fire
and *burning sulphur*; *
a scorching wind *shall be their lot*.
- 8 For the LORD is righteous;
he delights *in righteous deeds*; *
and the just *shall see his face*.

12 *Salvum me fac*

- 1 Help me, LORD, for there is no *godly one left*; *
the faithful have vanished *from among us*.
- 2 Everyone speaks falsely *with his neighbor*; *
with a smooth tongue they speak from *a double heart*.
- 3 Oh, that the LORD would cut *off all smooth tongues*, *
and close the lips that *utter proud boasts*!
- 4 Those who say, “With our tongue *will we prevail*; *
our lips are our own; who is *lord over us*?”

- 5 “Because the needy are oppressed,
and the poor cry out *in misery*, *
I will rise up,” says the LORD,
“and give them the *help they long for*.”
- 6 The words of the *LORD are pure words*, *
like silver refined from ore
and purified seven *times in the fire*.
- 7 O LORD, *watch over us* *
and save us from this generation *for ever*.
- 8 The wicked prowl *on every side*, *
and that which is worthless is highly prized *by everyone*.

13 *Usquequo, Domine?*

- 1 How long, O LORD?
will you forget *me forever*? *
how long will you hide *your face from me*?
- 2 How long shall I have perplexity in my mind,
and grief in my heart, *day after day*? *
how long shall my enemy *triumph over me*?
- 3 Look upon me and answer me, *O LORD my God*; *
give light to my eyes, lest *I sleep in death*;
- 4 Lest my enemy say, “I have prevailed *over him*,” *
and my foes rejoice that *I have fallen*.
- 5 But I put my trust *in your mercy*; *
my heart is joyful because of *your saving help*.
- 6 I will sing to the LORD, for he has dealt *with me richly*; *
I will praise the Name of *the Lord Most High*.

14 *Dixit insipiens*

- 1 The fool has said in his heart, “*There is no God*.” *
All are corrupt and commit abominable acts;
there is none who *does any good*.

- 2 The LORD looks down from heaven *upon us all*, *
to see if there is any who is wise,
if there is one who *seeks after God*.
- 3 Every one has proved faithless;
all alike have *turned bad*; *
there is none who does *good*; no, *not one*.
- 4 Have they no knowledge, all those *evildoers* *
who eat up my people like bread
and do not call *upon the LORD*?
- 5 See how they *tremble with fear*, *
because God is in the company *of the righteous*.
- 6 Their aim is to confound the plans of *the afflicted*, *
but the LORD *is their refuge*.
- 7 Oh, that Israel's deliverance would come *out of Zion*! *
When the LORD restores the fortunes of his people,
Jacob will rejoice and Israel *be glad*.

15 *Domine, quis habitabit?*

- 1 LORD, who may dwell in your *tabernacle*? *
who may abide upon *your holy hill*?
- 2 Whoever leads a blameless life and *does what is right*, *
who speaks the *truth from his heart*.
- 3 There is no guile upon his tongue;
he does no *evil to his friend*; *
he does not heap contempt upon *his neighbor*.
- 4 In his sight the wicked *is rejected*, *
but he honors those *who fear the LORD*.
- 5 He has sworn *to do no wrong* *
and does not *take back his word*.
- 6 He does not give his money *in hope of gain*, *
nor does he take a bribe against *the innocent*.
- 7 Whoever *does these things* *
shall never *be overthrown*.

16 *Conserva me, Domine*

- 1 Protect me, O God, for I take *refuge in you*; *
I have said to the LORD, “You are my Lord,
my good *above all other*.”
- 2 All my delight is upon the godly that *are in the land*, *
upon those who are noble *among the people*.
- 3 But those who run *after other gods* *
shall have their troubles *multiplied*.
- 4 Their libations of blood I *will not offer*, *
nor take the names of their gods *upon my lips*.
- 5 O LORD, you are my portion *and my cup*; *
it is you who *uphold my lot*.
- 6 My boundaries enclose *a pleasant land*; *
indeed, I have a goodly *heritage*.
- 7 I will bless the LORD who *gives me counsel*; *
my heart teaches me, *night after night*.
- 8 I have set the LORD always *before me*; *
because he is at my right hand *I shall not fall*.
- 9 My heart, therefore, is glad, and my spirit *rejoices*; *
my body also *shall rest in hope*.
- 10 For you will not abandon *me to the grave*, *
nor let your holy *one see the Pit*.
- 11 You will show me *the path of life*; *
in your presence there is fullness of joy,
and in your right hand are pleasures *for evermore*.

17 *Exaudi, Domine*

- 1 Hear my plea of innocence, O LORD;
give *heed to my cry*; *
listen to my prayer, which does not come *from lying lips*.
- 2 Let my vindication come forth *from your presence*; *
let your eyes be *fixed on justice*.

- 3 Weigh my heart, *summon me by night*, *
melt me down; you will find no impurity *in me*.
- 4 I give no offense with my mouth *as others do*; *
I have heeded the *words of your lips*.
- 5 My footsteps hold fast to the *ways of your law*; *
in your paths my feet *shall not stumble*.
- 6 I call upon you, O God, for you *will answer me*; *
incline your ear to me *and hear my words*.
- 7 Show me your marvelous *loving-kindness*, *
O Savior of those who take refuge at your right hand
from those who rise *up against them*.
- 8 Keep me as the *apple of your eye*; *
hide me under the shadow *of your wings*,
- 9 From the wicked *who assault me*, *
from my deadly enemies *who surround me*.
- 10 They have closed their *heart to pity*, *
and their *mouth speaks proud things*.
- 11 They press me hard,
now *they surround me*, *
watching how they may cast *me to the ground*,
- 12 Like a lion, greedy *for its prey*, *
and like a young lion lurking in *secret places*.
- 13 Arise, O LORD; confront them *and bring them down*; *
deliver me from the wicked *by your sword*.
- 14 Deliver me, O LORD, *by your hand* *
from those whose portion in *life is this world*;
- 15 Whose bellies you fill *with your treasure*, *
who are well supplied with children
and leave their wealth to *their little ones*.
- 16 But at my vindication I *shall see your face*; *
when I awake, I shall be satisfied,
beholding your *likeness*.

Part I *Diligam te, Domine.*

- 1 I love you, *O LORD my strength*, *
O LORD my stronghold, my crag, *and my haven*.
- 2 My God, my rock in whom *I put my trust*, *
my shield, the horn of my salvation, and my refuge;
you are *worthy of praise*.
- 3 I will call *upon the LORD*, *
and so shall I be saved from *my enemies*.
- 4 The breakers of death *rolled over me*, *
and the torrents of oblivion *made me afraid*.
- 5 The cords of hell *entangled me*, *
and the snares of death *were set for me*.
- 6 I called upon the LORD *in my distress* *
and cried out to *my God for help*.
- 7 He heard my voice from his heavenly *dwelling*; *
my cry of anguish *came to his ears*.
- 8 The *earth reeled and rocked*; *
the roots of the mountains shook;
they reeled because *of his anger*.
- 9 Smoke rose from his nostrils
and a consuming fire *out of his mouth*; *
hot burning coals *blazed forth from him*.
- 10 He parted the heavens *and came down* *
with a storm cloud *under his feet*.
- 11 He mounted on cherubim *and flew*; *
he swooped on the *wings of the wind*.
- 12 He wrapped darkness *about him*; *
he made dark waters and thick clouds *his pavilion*.
- 13 From the brightness of his presence, *through the clouds*, *
burst hailstones *and coals of fire*.
- 14 The LORD thundered *out of heaven*; *
the Most High *uttered his voice*.
- 15 He loosed his arrows *and scattered them*; *
he hurled thunderbolts *and routed them*.

- 16 The beds of the seas were uncovered,
and the foundations of *the world laid bare*, *
at your battle cry, O LORD,
at the blast of the breath *of your nostrils*.
- 17 He reached down from on *high and grasped me*; *
he drew me out *of great waters*.
- 18 He delivered me from my strong enemies
and from those *who hated me*; *
for they were too *mighty for me*.
- 19 They confronted me in the day of *my disaster*; *
but the LORD *was my support*.
- 20 He brought me out into *an open place*; *
he rescued me because he *delighted in me*.

Psalm 18: Part II *Et retribuet mihi*

- 21 The LORD rewarded me because of my *righteous dealing*; *
because my hands were clean he *rewarded me*;
- 22 For I have kept the *ways of the LORD* *
and have not offended *against my God*;
- 23 For all his judgments are *before my eyes*, *
and his decrees I have not put *away from me*;
- 24 For I have been *blameless with him* *
and have kept myself from *iniquity*;
- 25 Therefore the LORD rewarded me
according to my *righteous dealing*, *
because of the cleanness of my *hands in his sight*.
- 26 With the faithful you show yourself *faithful, O God*; *
with the forthright you show yourself *forthright*.
- 27 With the pure you *show yourself pure*, *
but with the crooked you *are wily*.
- 28 You will save a *lowly people*, *
but you will humble *the haughty eyes*.
- 29 You, O LORD, *are my lamp*; *
my God, you make *my darkness bright*.

- 30 With you I will break down *an enclosure*; *
with the help of my God I will *scale any wall*.
- 31 As for God, his ways are perfect;
the words of the LORD are *tried in the fire*; *
he is a shield to all *who trust in him*.
- 32 For who is *God, but the LORD*? *
who is the Rock, *except our God*?
- 33 It is God who girds me *about with strength* *
and makes *my way secure*.
- 34 He makes me sure-footed *like a deer* *
and lets me stand *firm on the heights*.
- 35 He trains my *hands for battle* *
and my arms for bending even *a bow of bronze*.
- 36 You have given me your shield *of victory*; *
your right hand also sustains me;
your loving *care makes me great*.
- 37 You lengthen my *stride beneath me*, *
and my ankles *do not give way*.
- 38 I pursue my enemies and *overtake them*; *
I will not turn back till I *have destroyed them*.
- 39 I strike them down, and *they cannot rise*; *
they fall defeated *at my feet*.
- 40 You have girded me with strength *for the battle*; *
you have cast down my adversaries beneath me;
you have put my *enemies to flight*.
- 41 I destroy those who hate me;
they cry out, but there is *none to help them*; *
they cry to the LORD, but he *does not answer*.
- 42 I beat them small like dust *before the wind*; *
I trample them like *mud in the streets*.
- 43 You deliver me from the strife *of the peoples*; *
you put me at the head *of the nations*.
- 44 A people I have not known shall serve me;
no sooner shall they hear than they *shall obey me*; *
strangers will *cringe before me*.

- 45 The foreign peoples will *lose heart*; *
they shall come trembling out of *their strongholds*.
- 46 The LORD lives! Blessed is *my Rock*! *
Exalted is the God of *my salvation*!
- 47 He is the God who gave *me victory* *
and cast down the peoples *beneath me*.
- 48 You rescued me from the fury of my enemies;
you exalted me above those who *rose against me*; *
you saved me from *my deadly foe*.
- 49 Therefore will I extol you among the *nations*, *O LORD*, *
and sing praises to *your Name*.
- 50 He multiplies the victories of *his king*; *
he shows loving-kindness to his anointed,
to David and his descendants for *ever*.

19 *Caeli enarrant*

- 1 The heavens declare the *glory of God*, *
and the firmament shows *his handiwork*.
- 2 One day tells its tale to *another*, *
and one night imparts knowledge to *another*.
- 3 Although they have no words or *language*, *
and their voices are *not heard*,
- 4 Their sound has gone out into *all lands*, *
and their message to the *ends of the world*.
- 5 In the deep has he set a pavilion for *the sun*; *
it comes forth like a bridegroom out of his chamber;
it rejoices like a champion to run *its course*.
- 6 It goes forth from the uttermost edge of the heavens
and runs about to the end of it *again*; *
nothing is hidden from *its burning heat*.
- 7 The law of the LORD is perfect
and revives *the soul*; *
the testimony of the LORD is sure
and gives wisdom to *the innocent*.

- 8 The statutes of the LORD are just
and *rejoice the heart*; *
the commandment of the LORD is clear
and gives *light to the eyes*.
- 9 The fear of the LORD is clean
and *endures for ever*; *
the judgments of the LORD are true
and righteous *altogether*.
- 10 More to be desired are they than gold,
more *than much fine gold*, *
sweeter far than honey,
than honey *in the comb*.
- 11 By them also is your servant *enlightened*, *
and in keeping them there *is great reward*.
- 12 Who can tell how often *he offends*? *
cleanse me from *my secret faults*.
- 13 Above all, keep your servant from presumptuous sins;
let them not get dominion *over me*; *
then shall I be whole and sound,
and innocent of *a great offense*.
- 14 Let the words of my mouth and the meditation of my heart
be acceptable *in your sight*, *
O LORD, my strength and *my redeemer*.

20 *Exaudiat te Dominus*

- 1 May the LORD answer you in the *day of trouble*, *
the Name of the God of Jacob *defend you*;
- 2 Send you help from *his holy place* *
and strengthen you *out of Zion*;
- 3 Remember all *your offerings* *
and accept your *burnt sacrifice*;
- 4 Grant you *your heart's desire* *
and prosper *all your plans*.
- 5 We will shout for joy at your victory
and triumph in the *Name of our God*; *
may the LORD grant *all your requests*.

- 6 Now I know that the LORD gives victory to *his anointed*; *
he will answer him out of his holy heaven,
with the victorious strength of *his right hand*.
- 7 Some put their trust in chariots and *some in horses*, *
but we will call upon the Name of *the LORD our God*.
- 8 They *collapse and fall down*, *
but we will arise *and stand upright*.
- 9 O LORD, give victory to *the king* *
and answer *us when we call*.

21 *Domine, in virtute tua*

- 1 The king rejoices in *your strength, O LORD*; *
how greatly he exults in *your victory*!
- 2 You have given him *his heart's desire*; *
you have not denied him the request of *his lips*.
- 3 For you meet him with blessings of *prosperity*, *
and set a crown of fine gold upon *his head*.
- 4 He asked you for life, and you *gave it to him*: *
length of days, for ever *and ever*.
- 5 His honor is great, because of *your victory*; *
splendor and majesty have you bestowed upon *him*.
- 6 For you will give him everlasting *felicity* *
and will make him glad with the joy of *your presence*.
- 7 For the king puts his trust in *the LORD*; *
because of the loving-kindness of the Most High,
he will not fall.
- 8 Your hand will lay hold upon all *your enemies*; *
your right hand will seize all *those who hate you*.
- 9 You will make them like a *fiery furnace* *
at the time of your appearing, *O LORD*;
- 10 You will swallow them up in *your wrath*, *
and fire shall consume *them*.
- 11 You will destroy their offspring from *the land* *
and their descendants from among the peoples of *the earth*.

- 12 Though they intend evil against you
and devise *wicked schemes*, *
yet they *shall not prevail*.
- 13 For you will *put them to flight* *
and aim your *arrows at them*.
- 14 Be exalted, O *LORD*, in *your might*; *
we will sing and *praise your power*.

22 *Deus, Deus meus*

- 1 My God, my God, why have you *forsaken me*? *
and are so far from my cry
and from the words *of my distress*?
- 2 O my God, I cry in the daytime, but you *do not answer*; *
by night as well, but *I find no rest*.
- 3 Yet you are *the Holy One*, *
enthroned upon the praises *of Israel*.
- 4 Our forefathers put *their trust in you*; *
they trusted, and you *delivered them*.
- 5 They cried out to you and *were delivered*; *
they trusted in you and were *not put to shame*.
- 6 But as for me, I am a *worm and no man*, *
scorned by all and despised *by the people*.
- 7 All who see me *laugh me to scorn*; *
they curl their lips and wag *their heads, saying*,
- 8 “He trusted in the LORD; let him *deliver him*; *
let him rescue him, if he *delights in him*.”
- 9 Yet you are he who took me *out of the womb*, *
and kept me safe upon *my mother’s breast*.
- 10 I have been entrusted to you ever *since I was born*; *
you were my God when I was still
in *my mother’s womb*.
- 11 Be not far from me, for *trouble is near*, *
and there *is none to help*.

- 12 Many young bulls *encircle me*; *
strong bulls of Bashan *surround me*.
- 13 They open wide *their jaws at me*; *
like a ravener and a *roaring lion*.
- 14 I am poured out like water;
all my bones *are out of joint*; *
my heart within my breast *is melting wax*.
- 15 My mouth is dried out like a pot-sherd;
my tongue sticks to the *roof of my mouth*; *
and you have laid me in the *dust of the grave*.
- 16 Packs of dogs close me in,
and gangs of evildoers *circle around me*; *
they pierce my hands and my feet;
I can *count all my bones*.
- 17 They stare and *gloat over me*; *
they divide my garments among them;
they cast lots *for my clothing*.
- 18 Be not far *away, O LORD*; *
you are my strength; *hasten to help me*.
- 19 Save *me from the sword*; *
my life from the power *of the dog*.
- 20 Save me from *the lion's mouth*; *
my wretched body from the *horns of wild bulls*.
- 21 I will declare your Name *to my brethren*; *
in the midst of the congregation *I will praise you*.
- 22 Praise the LORD, *you that fear him*; *
stand in awe of him, O offspring of Israel;
all you of Jacob's *line, give glory*.
- 23 For he does not despise nor abhor the poor in their poverty;
neither does he hide *his face from them*; *
but when they cry to *him he hears them*.
- 24 My praise is of him in the *great assembly*; *
I will perform my vows
in the presence of those *who worship him*.
- 25 The poor shall eat and be satisfied,
and those who seek the LORD *shall praise him*: *
"May your heart *live for ever*!"

- 26 All the ends of the earth shall remember
and *turn to the LORD*, *
and all the families of the nations *bow before him*.
- 27 For kingship belongs to *the LORD*; *
he rules over *the nations*.
- 28 To him alone all who sleep in the earth
bow down in worship; *
all who go down to the dust *fall before him*.
- 29 My soul shall live for him;
my descendants shall *serve him*; *
they shall be known as the *LORD'S for ever*.
- 30 They shall come and make known to a people yet *unborn* *
the saving deeds *that he has done*.

23 *Dominus regit me*

- 1 The LORD is my *shepherd*; *
I shall *not be in want*.
- 2 He makes me lie down *in green pastures* *
and leads me beside *still waters*.
- 3 He *revives my soul* *
and guides me along right pathways *for his Name's sake*.
- 4 Though I walk through the valley of the shadow of death,
I shall *fear no evil*; *
for you are with me;
your rod and your staff, *they comfort me*.
- 5 You spread a table before me in the presence of those *who trouble me*; *
you have anointed my head with oil,
and my cup is *running over*.
- 6 Surely your goodness and mercy shall follow me all the *days of my life*, *
and I will dwell in the house of the *LORD for ever*.

24 *Domini est terra*

- 1 The earth is the LORD'S and all *that is in it*, *
the world and all *who dwell therein*.

- 2 For it is he who founded it *upon the seas* *
and made it firm upon the rivers *of the deep*.
- 3 "Who can ascend the *hill of the LORD*? *
and who can stand in *his holy place*?"
- 4 "Those who have clean hands *and a pure heart*, *
who have not pledged themselves to falsehood,
nor sworn by *what is a fraud*.
- 5 They shall receive a blessing *from the LORD* *
and a just reward from the God of *their salvation*."
- 6 Such is the generation of *those who seek him*, *
of those who seek your face, O God of *Jacob*.
- 7 Lift up your heads, O gates;
lift them high, O *everlasting doors*; *
and the King of glory *shall come in*.
- 8 "Who is this *King of glory*?" *
"The LORD, strong and mighty,
the LORD, mighty *in battle*."
- 9 Lift up your heads, O gates;
lift them high, O *everlasting doors*; *
and the King of glory *shall come in*.
- 10 "Who is he, this *King of glory*?" *
"The LORD of hosts,
he is the *King of glory*."

25 *Ad te, Domine, levavi*

- 1 To you, O LORD, I lift up my soul;
my God, I put *my trust in you*; *
let me not be humiliated,
nor let my enemies *triumph over me*.
- 2 Let none who look to you *be put to shame*; *
let the treacherous be disappointed *in their schemes*.
- 3 Show me *your ways*, **O LORD**, *
and *teach me your paths*.
- 4 Lead me in your *truth and teach me*, *
for you are the God of my salvation;
in you have I trusted *all the day long*.

- 5 Remember, O LORD, your *compassion and love*, *
for they are from *everlasting*.
- 6 Remember not the sins of my youth and *my transgressions*; *
remember me according to your love
and for the sake of your *goodness, O LORD*.
- 7 Gracious and upright is *the LORD*; *
therefore he teaches sinners *in his way*.
- 8 He guides the humble *in doing right* *
and teaches his way *to the lowly*.
- 9 All the paths of the LORD are love and *faithfulness* *
to those who keep his covenant and his *testimonies*.
- 10 For your *Name's sake, O LORD*, *
forgive my sin, *for it is great*.
- 11 Who are they *who fear the LORD*? *
he will teach them the way *that they should choose*.
- 12 They shall dwell in *prosperity*, *
and their offspring shall inherit *the land*.
- 13 The LORD is a friend to *those who fear him* *
and will show them *his covenant*.
- 14 My eyes are ever looking to *the LORD*, *
for he shall pluck my feet *out of the net*.
- 15 Turn to me and have *pity on me*, *
for I am left alone and *in misery*.
- 16 The sorrows of my *heart have increased*; *
bring me out *of my troubles*.
- 17 Look upon my adversity and *misery* *
and forgive me *all my sin*.
- 18 Look upon my enemies, for *they are many*, *
and they bear a violent hatred *against me*.
- 19 Protect my life and *deliver me*; *
let me not be put to shame, for I have *trusted in you*.
- 20 Let integrity and uprightness *preserve me*, *
for my hope *has been in you*.
- 21 Deliver Israel, *O God*, *
out of *all his troubles*.

26 *Judica me, Domine*

- 1 Give judgment for me, O LORD,
for I have lived with *integrity*; *
I have trusted in the Lord and *have not faltered*.
- 2 Test me, O LORD, and *try me*; *
examine my *heart and my mind*.
- 3 For your love is *before my eyes*; *
I have walked faithfully *with you*.
- 4 I have not sat *with the worthless*, *
nor do I consort with *the deceitful*.
- 5 I have hated the company of *evildoers*; *
I will not sit down *with the wicked*.
- 6 I will wash my hands in *innocence, O LORD*, *
that I may go in procession *round your altar*,
- 7 Singing aloud a song of *thanksgiving* *
and recounting all your *wonderful deeds*.
- 8 LORD, I love the house *in which you dwell* *
and the place where your *glory abides*.
- 9 Do not sweep me away *with sinners*, *
nor my life with those *who thirst for blood*,
- 10 Whose hands are full of *evil plots*, *
and their right *hand full of bribes*.
- 11 As for me, I will live with *integrity*; *
redeem me, O LORD, and have *pity on me*.
- 12 My foot stands *on level ground*; *
in the full assembly I *will bless the LORD*.

27 *Dominus illuminatio*

- 1 The LORD is my light and my salvation;
whom *then shall I fear*? *
the LORD is the strength of my life;
of whom then shall *I be afraid*?

- 2 When evildoers came upon me to *eat up my flesh*, *
it was they, my foes and my adversaries, who *stumbled and fell*.
- 3 Though an army should encamp *against me*, *
yet my heart shall *not be afraid*;
- 4 And though war should rise *up against me*, *
yet will I put *my trust in him*.
- 5 One thing have I asked of the LORD;
one thing I seek; *
that I may dwell in the house of the LORD all the *days of my life*;
- 6 To behold the fair beauty of *the LORD* *
and to seek him *in his temple*.
- 7 For in the day of trouble he shall keep me safe *in his shelter*; *
he shall hide me in the secrecy of his dwelling
and set me high *upon a rock*.
- 8 Even now he *lifts up my head* *
above my enemies *round about me*.
- 9 Therefore I will offer in his dwelling an oblation
with sounds of *great gladness*; *
I will sing and make music *to the LORD*.
- 10 Hearken to my voice, O LORD, *when I call*; *
have mercy on me *and answer me*.
- 11 You speak in my heart and say, "*Seek my face*." *
Your face, LORD, *will I seek*.
- 12 Hide not *your face from me*, *
nor turn away your servant *in displeasure*.
- 13 You have been my helper;
cast *me not away*; *
do not forsake me, O God of *my salvation*.
- 14 Though my father and my mother *forsake me*, *
the LORD *will sustain me*.
- 15 Show me *your way, O LORD*; *
lead me on a level path, because of *my enemies*.
- 16 Deliver me not into the hand of my *adversaries*, *
for false witnesses have risen up against me,
and also those *who speak malice*.

- 17 What if I had not believed
that I should see the goodness *of the LORD* *
in the land *of the living*!
- 18 O tarry and await the LORD'S pleasure;
be strong, and he shall *comfort your heart*; *
wait patiently *for the LORD*.

28 *Ad te, Domine*

- 1 O LORD, I call to you;
my Rock, do not be *deaf to my cry*; *
lest, if you do not hear me,
I become like those who go *down to the Pit*.
- 2 Hear the voice of my prayer when I *cry out to you*, *
when I lift up my hands to your holy *of holies*.
- 3 Do not snatch me away with the wicked or with the *evildoers*, *
who speak peaceably with their neighbors,
while strife *is in their hearts*.
- 4 Repay them according to *their deeds*, *
and according to the wickedness *of their actions*.
- 5 According to the work of their *hands repay them*, *
and give them *their just deserts*.
- 6 They have no understanding of the LORD'S doings,
nor of the *works of his hands*; *
therefore he will break them down and *not build them up*.
- 7 Blessed *is the LORD*! *
for he has heard the *voice of my prayer*.
- 8 The LORD is my *strength and my shield*; *
my heart trusts in him, and *I have been helped*;
- 9 Therefore my heart *dances for joy*, *
and in my song *will I praise him*.
- 10 The LORD is the strength *of his people*, *
a safe refuge for *his anointed*.
- 11 Save your people and bless your *inheritance*; *
shepherd them and carry *them for ever*.

29 *Afferte Domino*

- 1 Ascribe to *the LORD, you gods*, *
ascribe to the LORD *glory and strength*.
- 2 Ascribe to the LORD the glory *due his Name*; *
worship the LORD in the beauty *of holiness*.
- 3 The voice of the LORD is upon the waters;
the God of *glory thunders*; *
the LORD is upon the *mighty waters*.
- 4 The voice of the LORD is a *powerful voice*; *
the voice of the LORD is a *voice of splendor*.
- 5 The voice of the LORD breaks *the cedar trees*; *
the LORD breaks the cedars *of Lebanon*;
- 6 He makes Lebanon *skip like a calf*, *
and Mount Hermon like *a young wild ox*.
- 7 The voice of the LORD splits the flames of fire;
the voice of the LORD shakes *the wilderness*; *
the LORD shakes the wilderness *of Kadesh*.
- 8 The voice of the LORD makes *the oak trees writhe* *
and strips *the forests bare*.
- 9 And in the temple *of the LORD* *
all are *crying, "Glory!"*
- 10 The LORD sits enthroned *above the flood*; *
the LORD sits enthroned as King *for evermore*.
- 11 The LORD shall give strength *to his people*; *
the LORD shall give his people the *blessing of peace*.

30 *Exaltabo te, Domine*

- 1 I will exalt you, O LORD,
because you have *lifted me up* *
and have not let my enemies *triumph over me*.
- 2 O LORD my God, I *cried out to you*, *
and you restored me *to health*.

- 3 You brought me up, O *LORD*, *from the dead*; *
you restored my life as I was going *down to the grave*.
- 4 Sing to the LORD, you *servants of his*; *
give thanks for the remembrance of *his holiness*.
- 5 For his wrath endures but the twinkling of *an eye*, *
his favor *for a lifetime*.
- 6 Weeping *may spend the night*, *
but joy comes *in the morning*.
- 7 While I felt secure, I said,
I shall never *be disturbed*. *
You, LORD, with your favor, made me as strong *as the mountains*."
- 8 Then you *hid your face*, *
and I was *filled with fear*.
- 9 I cried *to you, O LORD*; *
I pleaded with *the Lord, saying*,
- 10 "What profit is there in my blood, if I go *down to the Pit*? *
will the dust praise you or declare *your faithfulness*?
- 11 Hear, O LORD, and have mercy *upon me*; *
O LORD, *be my helper*."
- 12 You have turned my wailing *into dancing*; *
you have put off my sack-cloth and *clothed me with joy*.
- 13 Therefore my heart sings to you *without ceasing*; *
O LORD my God, I will give you *thanks for ever*.

31 *In te, Domine, speravi*

- 1 In you, O LORD, have I taken refuge;
let me never *be put to shame*; *
deliver me in *your righteousness*.
- 2 Incline *your ear to me*; *
make haste to *deliver me*.
- 3 Be my strong rock, a castle to keep me safe,
for you are my crag *and my stronghold*; *
for the sake of your Name, lead *me and guide me*.

- 4 Take me out of the net that they have secretly *set for me*, *
 for you are my *tower of strength*.
- 5 Into your hands I commend my *spirit*, *
 for you have redeemed me,
 O LORD, *O God of truth*.
- 6 I hate those who cling to *worthless idols*, *
 and I put my *trust in the LORD*.
- 7 I will rejoice and be glad because *of your mercy*, *
 for you have seen my affliction;
 you *know my distress*.
- 8 You have not shut me up in the power of *the enemy*; *
 you have set my feet in *an open place*.
- 9 Have mercy on me, O LORD, for I *am in trouble*; *
 my eye is consumed with sorrow,
 and also my throat *and my belly*.
- 10 For my life is wasted with grief,
 and my *years with sighing*; *
 my strength fails me because of affliction,
 and my *bones are consumed*.
- 11 I have become a reproach to all my enemies and even to my neighbors,
 a dismay to those of *my acquaintance*; *
 when they see me in the street *they avoid me*.
- 12 I am forgotten like a dead *man, out of mind*; *
 I am as useless as *a broken pot*.
- 13 For I have heard the whispering of the crowd;
 fear is all around; *
 they put their heads together against me;
 they plot *to take my life*.
- 14 But as for me, I have trusted *in you, O LORD*. *
 I have said, "*You are my God*."
- 15 My times *are in your hand*; *
 rescue me from the hand of my enemies,
 and from those who *persecute me*.
- 16 Make your face to shine upon *your servant*, *
 and in your loving-kindness *save me*."

- 17 LORD, let me not be ashamed for having *called upon you*; *
rather, let the wicked be put to shame;
let them be *silent in the grave*.
- 18 Let the lying lips be silenced which speak against *the righteous*, *
haughtily, disdainfully, and with *contempt*.
- 19 How great is your goodness, O LORD!
which you have laid up for *those who fear you*; *
which you have done in the sight of all
for those who put *their trust in you*.
- 20 You hide them in the covert of your presence from those *who slander them*; *
you keep them in your shelter from *the strife of tongues*.
- 21 Blessed be *the LORD*! *
for he has shown me the wonders of his love in a *besieged city*.
- 22 Yet I said in my alarm,
I have been cut off from the *sight of your eyes*." *
Nevertheless, you heard the sound of my entreaty
when I *cried out to you*.
- 23 Love the LORD, all you *who worship him*; *
the LORD protects the faithful,
but repays to the full those who *act haughtily*.
- 24 Be strong and let your *heart take courage*, *
all you who *wait for the LORD*.

32 *Beati quorum*

- 1 Happy are they whose transgressions *are forgiven*, *
and whose sin *is put away*!
- 2 Happy are they to whom the LORD *imputes no guilt*, *
and in whose spirit *there is no guile*!
- 3 While I held my tongue, my bones *withered away*, *
because of my groaning *all day long*.
- 4 For your hand was heavy upon *me day and night*, *
my moisture was dried up as in the *heat of summer*.
- 5 Then I acknowledged *my sin to you*, *
and did not *conceal my guilt*.

- 6 I said, "I will confess my transgressions to *the LORD*." *
Then you forgave me the *guilt of my sin*.
- 7 Therefore all the faithful will make their prayers to you in *time of trouble*; *
when the great waters overflow, they *shall not reach them*.
- 8 You are my hiding-place;
you preserve *me from trouble*; *
you surround me with shouts of *deliverance*.
- 9 "I will instruct you and teach you in the way *that you should go*; *
I will guide *you with my eye*.
- 10 Do not be like horse or mule, which have no *understanding*; *
who must be fitted with bit and bridle,
or else they will *not stay near you*."
- 11 Great are the tribulations of *the wicked*; *
but mercy embraces those who *trust in the LORD*.
- 12 Be glad, you righteous, and rejoice in *the LORD*; *
shout for joy, all who *are true of heart*.

33 *Exultate, justi*

- 1 Rejoice in the *LORD*, you *righteous*; *
it is good for the just to sing *praises*.
- 2 Praise the *LORD* with *the harp*; *
play to him upon the psaltery *and lyre*.
- 3 Sing for *him a new song*; *
sound a fanfare with all your skill upon *the trumpet*.
- 4 For the word of *the LORD is right*, *
and all *his works are sure*.
- 5 He loves righteousness and *justice*; *
the loving-kindness of the LORD *fills the whole earth*.
- 6 By the word of the LORD were *the heavens made*, *
by the breath of his mouth all the *heavenly hosts*.
- 7 He gathers up the waters of the ocean as in a *water-skin* *
and stores up the *depths of the sea*.
- 8 Let all the *earth fear the LORD*; *
let all who dwell in the world stand *in awe of him*.

- 9 For he spoke, and *it came to pass*; *
he commanded, *and it stood fast*.
- 10 The LORD brings the will of the *nations to naught*; *
he thwarts the designs *of the peoples*.
- 11 But the LORD'S will stands *fast for ever*; *
and the designs of his heart *from age to age*.
- 12 Happy is the nation whose *God is the LORD!* *
happy the people he has chosen *to be his own!*
- 13 The LORD looks *down from heaven*; *
and beholds all the people *in the world*.
- 14 From where he sits enthroned *he turns his gaze* *
on all who *dwell on the earth*.
- 15 He fashions all *the hearts of them* *
and understands *all their works*.
- 16 There is no king that can be saved by a *mighty army*; *
a strong man is not delivered *by his great strength*.
- 17 The horse is a vain hope for *deliverance*; *
for all its strength *it cannot save*.
- 18 Behold, the eye of the LORD is upon *those who fear him*; *
on those who wait *upon his love*,
- 19 To pluck *their lives from death*; *
and to feed them in *time of famine*.
- 20 Our soul *waits for the LORD*; *
he is our *help and our shield*.
- 21 Indeed, our heart *rejoices in him*; *
for in his holy Name *we put our trust*.
- 22 Let your loving-kindness, O LORD, *be upon us*; *
as we have put *our trust in you*.

34 *Benedicam Dominum*

- 1 I will bless the *LORD at all times*; *
his praise shall ever *be in my mouth*.
- 2 I will glory *in the LORD*; *
let the humble *hear and rejoice*.

- 3 Proclaim with me the greatness of *the LORD*; *
let us exalt his *Name together*.
- 4 I sought the LORD, and *he answered me* *
and delivered me out of *all my terror*.
- 5 Look upon him and *be radiant*, *
and let not your faces *be ashamed*.
- 6 I called in my affliction and *the LORD heard me* *
and saved me from *all my troubles*.
- 7 The angel of the LORD encompasses *those who fear him*, *
and he will *deliver them*.
- 8 Taste and see that *the LORD is good*; *
happy are they *who trust in him*!
- 9 Fear the LORD, you *that are his saints*, *
for those who fear him *lack nothing*.
- 10 The young lions lack and *suffer hunger*, *
but those who seek the LORD *lack nothing that is good*.
- 11 Come, children, and *listen to me*; *
I will teach you the *fear of the LORD*.
- 12 Who *among you loves life* *
and desires long life to enjoy *prosperity*?
- 13 Keep your tongue from *evil-speaking* *
and your lips *from lying words*.
- 14 Turn from evil and *do good*; *
seek peace and *pursue it*.
- 15 The eyes of the LORD are upon *the righteous*, *
and his ears are open to *their cry*.
- 16 The face of the LORD is against those *who do evil*, *
to root out the remembrance of *them from the earth*.
- 17 The righteous cry, and *the LORD hears them* *
and delivers them from *all their troubles*.
- 18 The LORD is near to the *brokenhearted* *
and will save those whose *spirits are crushed*.
- 19 Many are the troubles of *the righteous*, *
but the LORD will deliver him *out of them all*.

- 20 He will keep *safe all his bones*; *
not one of them *shall be broken*.
- 21 Evil shall *slay the wicked*, *
and those who hate the righteous *will be punished*.
- 22 The LORD ransoms the life *of his servants*, *
and none will be punished *who trust in him*.

35 *Judica, Domine*

- 1 Fight those who *fight me, O LORD*; *
attack those who are *attacking me*.
- 2 Take up *shield and armor* *
and rise *up to help me*.
- 3 Draw the sword and bar the way against those *who pursue me*; *
say to my soul, "I am *your salvation*."
- 4 Let those who seek after my life be *shamed and humbled*; *
let those who plot my ruin fall back *and be dismayed*.
- 5 Let them be like chaff *before the wind*, *
and let the angel of the LORD *drive them away*.
- 6 Let their way be dark *and slippery*, *
and let the angel of the LORD *pursue them*.
- 7 For they have secretly spread a net for me *without a cause*; *
without a cause they have dug a pit to *take me alive*.
- 8 Let ruin come upon *them unawares*; *
let them be caught in the net they hid;
let them fall into *the pit they dug*.
- 9 Then I will be joyful *in the LORD*; *
I will glory in *his victory*.
- 10 My very bones will say, "LORD, *who is like you?* *
You deliver the poor from those who are too strong for them,
the poor and needy from *those who rob them*."
- 11 Malicious witnesses rise *up against me*; *
they charge me with matters I know *nothing about*.
- 12 They pay me evil in *exchange for good*; *
my soul is *full of despair*.

- 13 But when they were sick I *dressed in sack-cloth* *
and humbled myself by *fasting*.
- 14 I prayed with my whole heart,
as one would for a friend *or a brother*; *
I behaved like one who mourns for his mother,
bowed *down and grieving*.
- 15 But when I stumbled, they were glad and gathered together;
they *gathered against me*; *
strangers whom I did not know tore me to pieces *and would not stop*.
- 16 They put me to the *test and mocked me*; *
they gnashed at *me with their teeth*.
- 17 O Lord, how long *will you look on?* *
rescue me from the roaring beasts,
and my life from *the young lions*.
- 18 I will give you thanks in the great *congregation*; *
I will praise you in *the mighty throng*.
- 19 Do not let my treacherous foes *rejoice over me*, *
nor let those who hate me without a cause wink *at each other*.
- 20 For they do *not plan for peace*, *
but invent deceitful schemes against the quiet *in the land*.
- 21 They opened their mouths *at me and said*, *
"Aha! we saw it *with our own eyes*."
- 22 You saw it, O LORD; do *not be silent*; *
O Lord, be *not far from me*.
- 23 Awake, *arise, to my cause!* *
to my defense, my *God and my Lord!*
- 24 Give me justice, O LORD my God,
according to *your righteousness*; *
do not let them triumph *over me*.
- 25 Do not let them say in their hearts,
"Aha! *just what we want!*" *
Do not let them say, "We have *swallowed him up*."
- 26 Let all who rejoice at my ruin be *ashamed and disgraced*; *
let those who boast against me be clothed with *dismay and shame*.
- 27 Let those who favor my cause sing out with *joy and be glad*; *
let them say always, "Great is the LORD,
who desires the prosperity *of his servant*."

- 28 And my tongue shall be talking of *your righteousness* *
and of your praise *all the day long*.

36 *Dixit injustus*

- 1 There is a voice of rebellion deep in the heart *of the wicked*; *
there is no fear of God *before his eyes*.
- 2 He flatters himself *in his own eyes* *
that his hateful sin will *not be found out*.
- 3 The words of his mouth are wicked *and deceitful*; *
he has left off acting wisely *and doing good*.
- 4 He thinks up wickedness upon his bed
and has set himself *in no good way*; *
he does not abhor that *which is evil*.
- 5 Your love, O LORD, reaches *to the heavens*, *
and your faithfulness *to the clouds*.
- 6 Your righteousness is like the strong mountains,
your justice *like the great deep*; *
you save both man *and beast, O LORD*.
- 7 How priceless is *your love, O God!* *
your people take refuge under the shadow *of your wings*.
- 8 They feast upon the abundance *of your house*; *
you give them drink from the river *of your delights*.
- 9 For with you is *the well of life*, *
and in your *light we see light*.
- 10 Continue your loving-kindness to *those who know you*, *
and your favor to those who *are true of heart*.
- 11 Let not the foot of the *proud come near me*, *
nor the hand of the wicked *push me aside*.
- 12 See how they are fallen, those who *work wickedness!* *
they are cast down and shall not be *able to rise*.

37

Part I *Noli aemulari*

- 1 Do not fret yourself because of *evildoers*; *
 do not be jealous of *those who do wrong*.
- 2 For they shall soon *wither like the grass*, *
 and like the green *grass fade away*.
- 3 Put your trust in the *LORD and do good*; *
 dwell in the land and feed *on its riches*.
- 4 Take *delight in the LORD*, *
 and he shall give you *your heart's desire*.
- 5 Commit your way to the LORD and put *your trust in him*, *
 and he will *bring it to pass*.
- 6 He will make your righteousness as *clear as the light* *
 and your just dealing as *the noonday*.
- 7 Be still *before the LORD* *
 and wait *patiently for him*.
- 8 Do not fret yourself over the *one who prospers*, *
 the one who succeeds *in evil schemes*.
- 9 Refrain from anger, *leave rage alone*; *
 do not fret yourself; it leads *only to evil*.
- 10 For evildoers *shall be cut off*, *
 but those who wait upon the LORD shall *possess the land*.
- 11 In a little while the wicked *shall be no more*; *
 you shall search out their place, but they *will not be there*.
- 12 But the lowly shall *possess the land*; *
 they will delight in *abundance of peace*.
- 13 The wicked plot against the *righteous* *
 and gnash at *them with their teeth*.
- 14 The Lord laughs *at the wicked*, *
 because he sees that *their day will come*.
- 15 The wicked draw their sword and bend their bow
 to strike down the *poor and needy*, *
 to slaughter those who are upright *in their ways*.
- 16 Their sword shall go *through their own heart*, *
 and their bow *shall be broken*.

- 17 The little that *the righteous has* *
is better than great riches *of the wicked*.
- 18 For the power of the wicked *shall be broken*, *
but the LORD *upholds the righteous*.

Psalm 37: Part II *Novit Dominus*

- 19 The LORD cares for the lives *of the godly*, *
and their inheritance shall *last for ever*.
- 20 They shall not be *ashamed in bad times*, *
and in days of famine they *shall have enough*.
- 21 As for the wicked, *they shall perish*, *
and the enemies of the LORD, like the glory of the meadows, shall vanish;
they shall *vanish like smoke*.
- 22 The wicked borrow and *do not repay*, *
but the righteous are generous *in giving*.
- 23 Those who are blessed by God shall *possess the land*, *
but those who are cursed by him *shall be destroyed*.
- 24 Our steps are directed *by the LORD*; *
he strengthens those in whose way *he delights*.
- 25 If they stumble, they shall *not fall headlong*, *
for the LORD holds *them by the hand*.
- 26 I have been young and *now I am old*, *
but never have I seen the righteous forsaken,
or their children *begging bread*.
- 27 The righteous are always generous *in their lending*, *
and their children shall *be a blessing*.
- 28 Turn from evil, *and do good*, *
and dwell in the *land for ever*.
- 29 For the LORD loves *justice*; *
he does not forsake *his faithful ones*.
- 30 They shall be kept *safe for ever*, *
but the offspring of the wicked *shall be destroyed*.
- 31 The righteous shall *possess the land* *
and dwell in *it for ever*.

- 32 The mouth of the righteous *utters wisdom*, *
and their tongue *speaks what is right*.
- 33 The law of their God *is in their heart*, *
and their footsteps *shall not falter*.
- 34 The wicked spy *on the righteous* *
and seek occasion *to kill them*.
- 35 The LORD will not abandon *them to their hand*, *
nor let them be found guilty when *brought to trial*.
- 36 Wait upon the LORD *and keep his way*; *
he will raise you up to possess the land,
and when the wicked are cut off, *you will see it*.
- 37 I have seen the wicked in *their arrogance*, *
flourishing like a *tree in full leaf*.
- 38 I went by, and behold, *they were not there*; *
I searched for them, but they *could not be found*.
- 39 Mark those who are honest;
observe *the upright*; *
for there is a future for *the peaceable*.
- 40 Transgressors shall be destroyed, *one and all*; *
the future of the wicked *is cut off*.
- 41 But the deliverance of the righteous *comes from the LORD*; *
he is their stronghold in *time of trouble*.
- 42 The LORD will help them *and rescue them*; *
he will rescue them from the wicked and deliver them,
because they seek *refuge in him*.

38 *Domine, ne in furore*

- 1 O LORD, do not rebuke me *in your anger*; *
do not punish *me in your wrath*.
- 2 For your arrows have already *pierced me*, *
and your hand presses *hard upon me*.
- 3 There is no health in my flesh,
because of your *indignation*; *
there is no soundness in my body, *because of my sin*.

- 4 For my iniquities *overwhelm me*; *
like a heavy burden they are too much *for me to bear*.
- 5 My wounds *stink and fester* *
by reason of *my foolishness*.
- 6 I am utterly bowed *down and prostrate*; *
I go about in mourning *all the day long*.
- 7 My loins are filled *with searing pain*; *
there is no health *in my body*.
- 8 I am utterly *numb and crushed*; *
I wail, because of the groaning *of my heart*.
- 9 O Lord, you know *all my desires*, *
and my sighing is not *hidden from you*.
- 10 My heart is pounding, my *strength has failed me*, *
and the brightness of my eyes *is gone from me*.
- 11 My friends and companions draw back from *my affliction*; *
my neighbors *stand afar off*.
- 12 Those who seek after my life *lay snares for me*; *
those who strive to hurt me speak of my ruin
and plot treachery *all the day long*.
- 13 But I am like the deaf *who do not hear*, *
like those who are mute and who do not *open their mouth*.
- 14 I have become like one *who does not hear* *
and from whose mouth *comes no defense*.
- 15 For in you, O LORD, have I *fixed my hope*; *
you will answer me, *O Lord my God*.
- 16 For I said, "Do not let them rejoice *at my expense*, *
those who gloat over me *when my foot slips*."
- 17 Truly, I am on the *verge of falling*, *
and my pain is *always with me*.
- 18 I will confess my *iniquity* *
and be sorry *for my sin*.
- 19 Those who are my enemies without *cause are mighty*, *
and many in number are those who *wrongfully hate me*.
- 20 Those who repay evil for *good slander me*, *
because I follow the *course that is right*.

- 21 O LORD, do *not forsake me*; *
be not far from *me, O my God*.
- 22 Make *haste to help me*, *
O Lord of *my salvation*.

39 *Dixi, Custodiam*

- 1 I said, "I will keep watch *upon my ways*, *
so that I do not offend with *my tongue*.
- 2 I will put a muzzle on *my mouth* *
while the wicked are *in my presence*."
- 3 So I held my tongue and said *nothing*; *
I refrained from rash words;
but my pain became *unbearable*.
- 4 My heart was hot within me;
while I pondered, the fire *burst into flame*; *
I spoke out with *my tongue*:
- 5 LORD, let me know my end and the number of *my days*, *
so that I may know how *short my life is*.
- 6 You have given me a mere handful of days,
and my lifetime is as *nothing in your sight*; *
truly, even those who stand erect are but *a puff of wind*.
- 7 We walk about like a shadow,
and in vain we *are in turmoil*; *
we heap up riches and cannot tell who *will gather them*.
- 8 And now, *what is my hope*? *
O Lord, my *hope is in you*.
- 9 Deliver me from all *my transgressions* *
and do not make me the *taunt of the fool*.
- 10 I fell silent and did not *open my mouth*, *
for surely it was *you that did it*.
- 11 Take your affliction *from me*; *
I am worn down by the *blows of your hand*.
- 12 With rebukes for sin you punish us;
like a moth you eat away all that *is dear to us*; *
truly, everyone is but *a puff of wind*.

- 13 Hear my prayer, O LORD,
and give *ear to my cry*; *
hold not your *peace at my tears*.
- 14 For I am but a sojourner *with you*, *
a wayfarer, as all *my forebears were*.
- 15 Turn your gaze from me, that I may *be glad again*, *
before I go my way *and am no more*.

40 *Expectans, expectavi*

- 1 I waited patiently *upon the LORD*; *
he stooped to me *and heard my cry*.
- 2 He lifted me out of the desolate pit, out of *the mire and clay*; *
he set my feet upon a high cliff and made *my footing sure*.
- 3 He put a new song in my mouth,
a song of *praise to our God*; *
many shall see, and stand in awe,
and put their *trust in the LORD*.
- 4 Happy are they who *trust in the LORD*! *
they do not resort to evil spirits or *turn to false gods*.
- 5 Great things are they that you have done, O LORD my God!
how great your wonders and *your plans for us*! *
there is none who can be *compared with you*.
- 6 Oh, that I could make them *known and tell them*! *
but they are more *than I can count*.
- 7 In sacrifice and offering you *take no pleasure* *
(you have given me *ears to hear you*);
- 8 Burnt-offering and sin-offering you *have not required*, *
and so I said, "*Behold, I come*."
- 9 In the roll of the book it is written *concerning me*: *
'I love to do your will, O my God;
your law is *deep in my heart*.'"
- 10 I proclaimed righteousness in the great *congregation*; *
behold, I did not restrain my lips;
and that, *O LORD, you know*.

- 11 Your righteousness have I not hidden in my heart;
I have spoken of your faithfulness and your *deliverance*; *
I have not concealed your love and faithfulness from the great *congregation*.
- 12 You are the LORD;
do not withhold your *compassion from me*; *
let your love and your faithfulness keep me *safe for ever*,
- 13 For innumerable troubles have crowded upon me;
my sins have overtaken me, and *I cannot see*; *
they are more in number than the hairs of my head,
and *my heart fails me*.
- 14 Be pleased, O LORD, to *deliver me*; *
O LORD, make *haste to help me*.
- 15 Let them be ashamed and altogether dismayed
who seek after my life *to destroy it*; *
let them draw back and be disgraced
who take pleasure in *my misfortune*.
- 16 Let those who say "Aha!" and gloat over me *be confounded*, *
because *they are ashamed*.
- 17 Let all who seek you rejoice in *you and be glad*; *
let those who love your salvation continually say,
Great is the LORD!"
- 18 Though I am poor *and afflicted*, *
the Lord will have *regard for me*.
- 19 You are my helper and my *deliverer*; *
do not tarry, *O my God*.

41 *Beatus qui intelligit*

- 1 Happy are they who consider the *poor and needy*! *
the LORD will deliver them in the *time of trouble*.
- 2 The LORD preserves them and keeps them alive,
so that they may be happy *in the land*; *
he does not hand them over to the will of *their enemies*.
- 3 The LORD sustains them *on their sickbed* *
and ministers to them *in their illness*.
- 4 I said, "LORD, be merciful *to me*; *
heal me, for I have *sinned against you*."

- 5 My enemies are saying wicked *things about me*; *
When will he die, and *his name perish*?"
- 6 Even if they come to see me, they *speak empty words*; *
their heart collects false rumors;
they go *outside and spread them*.
- 7 All my enemies whisper *together about me* *
and devise *evil against me*.
- 8 "A deadly thing," they say, "has *fastened on him*; *
he has taken to his bed and will never *get up again*."
- 9 Even my best friend, whom I trusted,
who *broke bread with me*, *
has lifted up his heel and *turned against me*.
- 10 But you, O LORD, be merciful to me *and raise me up*, *
and I *shall repay them*.
- 11 By this I know you *are pleased with me*, *
that my enemy does not *triumph over me*.
- 12 In my integrity you *hold me fast*, *
and shall set me before your *face for ever*.
- 13 Blessed be the LORD God *of Israel*, *
from age to age. *Amen. Amen*.

42 *Quemadmodum*

- 1 As the deer longs for *the water-brooks*, *
so longs my soul *for you, O God*.
- 2 My soul is athirst for God, athirst for *the living God*; *
when shall I come to appear before the *presence of God*?
- 3 My tears have been my *food day and night*, *
while all day long they say to me,
Where *now is your God*?"
- 4 I pour out my soul when I *think on these things*; *
how I went with the multitude and led them into *the house of God*,
- 5 With the voice of praise *and thanksgiving*, *
among those who *keep holy-day*.

- 6 Why are you so full of heaviness, *O my soul?* *
and why are you so disquieted *within me?*
- 7 Put *your trust in God*; *
for I will yet give thanks to him,
who is the help of my countenance, *and my God.*
- 8 My soul is heavy *within me*; *
therefore I will remember you from the land of Jordan,
and from the peak of Mizar among the *heights of Hermon.*
- 9 One deep calls to another in the noise of *your cataracts*; *
all your rapids and floods have *gone over me.*
- 10 The LORD grants his loving-kindness *in the daytime*; *
in the night season his song is with me,
a prayer to the *God of my life.*
- 11 I will say to the God of my strength,
"Why have you *forgotten me?* *
and why do I go so heavily while the enemy *oppresses me?*"
- 12 While my bones are *being broken*, *
my enemies mock *me to my face*;
- 13 All day long *they mock me* *
and say to me, "Where *now is your God?*"
- 14 Why are you so full of heaviness, *O my soul?* *
and why are you so disquieted *within me?*
- 15 Put *your trust in God*; *
for I will yet give thanks to him,
who is the help of my countenance, *and my God.*

43 *Judica me, Deus*

- 1 Give judgment for me, O God,
and defend my cause against an ungodly *people*; *
deliver me from the deceitful *and the wicked.*
- 2 For you are the God of my strength;
why have you *put me from you?* *
and why do I go so heavily while the enemy *oppresses me?*
- 3 Send out your light and your truth, that *they may lead me*, *
and bring me to your holy hill
and *to your dwelling*;

- 4 That I may go to the altar of God,
to the God of my *joy and gladness*; *
and on the harp I will give thanks to you, *O God my God*.
- 5 Why are you so full of heaviness, *O my soul*? *
and why are you so disquieted *within me*?
- 6 Put *your trust in God*; *
for I will yet give thanks to him,
who is the help of my countenance, *and my God*.

44 *Deus, auribus*

- 1 We have heard with our ears, O God,
our forefathers *have told us*, *
the deeds you did in their days,
in *the days of old*.
- 2 How with your hand you drove the peoples out
and planted our forefathers in *the land*; *
how you destroyed nations and made your *people flourish*.
- 3 For they did not take the land by their sword,
nor did their arm win the *victory for them*; *
but your right hand, your arm, and the light of your countenance,
because *you favored them*.
- 4 You are my *King and my God*; *
you command victories *for Jacob*.
- 5 Through you we pushed back our *adversaries*; *
through your Name we trampled on those who rose *up against us*.
- 6 For I do not rely *on my bow*, *
and my sword does not give me *the victory*.
- 7 Surely, you gave us victory over our *adversaries* *
and put those who *hate us to shame*.
- 8 Every day we *gloried in God*, *
and we will praise your *Name for ever*.
- 9 Nevertheless, you have rejected *and humbled us* *
and do not go forth *with our armies*.
- 10 You have made us fall back before our *adversary*, *
and our enemies *have plundered us*.

- 11 You have made us like sheep *to be eaten* *
and have scattered us *among the nations*.
- 12 You are selling your people *for a trifle* *
and are making no profit on *the sale of them*.
- 13 You have made us the scorn *of our neighbors*, *
a mockery and derision to *those around us*.
- 14 You have made us a byword *among the nations*, *
a laughing-stock *among the peoples*.
- 15 My humiliation is daily *before me*, *
and shame has *covered my face*;
- 16 Because of the taunts of the mockers *and blasphemers*, *
because of the enemy *and avenger*.
- 17 All this has *come upon us*; *
yet we have not forgotten you,
nor have we betrayed *your covenant*.
- 18 Our heart *never turned back*, *
nor did our footsteps *stray from your path*;
- 19 Though you thrust us down into a place *of misery*, *
and covered us over *with deep darkness*.
- 20 If we have forgotten the *Name of our God*, *
or stretched out our hands *to some strange god*,
- 21 Will not *God find it out*? *
for he knows the *secrets of the heart*.
- 22 Indeed, for your sake we are killed *all the day long*; *
we are accounted as sheep *for the slaughter*.
- 23 Awake, O Lord! why *are you sleeping*? *
Arise! do not reject *us for ever*.
- 24 Why have you *hidden your face* *
and forgotten our affliction *and oppression*?
- 25 We sink down *into the dust*; *
our body *cleaves to the ground*.
- 26 Rise *up, and help us*, *
and save us, for the sake of *your steadfast love*.

45 *Eructavit cor meum*

- 1 My heart is stirring with a noble song;
let me recite what I have fashioned *for the king*; *
my tongue shall be the pen of *a skilled writer*.
- 2 You are the *fairest of men*; *
grace flows from your lips,
because God has blessed *you for ever*.
- 3 Strap your sword upon your thigh, O *mighty warrior*; *
in your pride and in *your majesty*.
- 4 Ride out and conquer in *the cause of truth* *
and for the *sake of justice*.
- 5 Your right hand will show you *marvelous things*; *
your arrows are very sharp, O *mighty warrior*.
- 6 The peoples are *falling at your feet*; *
and the king's enemies *are losing heart*.
- 7 Your throne, O God, endures for *ever and ever*; *
a scepter of righteousness is the scepter of your kingdom;
you love righteousness and hate *iniquity*.
- 8 Therefore God, your God, has *anointed you* *
with the oil of gladness *above your fellows*.
- 9 All your garments are fragrant with myrrh, aloes, *and cassia*; *
and the music of strings from ivory palaces *makes you glad*.
- 10 Kings' daughters stand among the ladies *of the court*; *
on your right hand is the queen,
adorned with the *gold of Ophir*.
- 11 "Hear, O daughter; consider and *listen closely*; *
forget your people and *your father's house*.
- 12 The king will have pleasure *in your beauty*; *
he is your master; therefore *do him honor*.
- 13 The people of Tyre are *here with a gift*; *
the rich among the people *seek your favor*."
- 14 All glorious is the princess *as she enters*; *
her gown *is cloth-of-gold*.
- 15 In embroidered apparel she is *brought to the king*; *
after her the bridesmaids follow *in procession*.

- 16 With joy and gladness *they are brought*, *
and enter into the palace *of the king*.
- 17 "In place of fathers, O king, *you shall have sons*; *
you shall make them princes over *all the earth*.
- 18 I will make your name to be remembered
from one generation *to another*; *
therefore nations will praise you for ever *and ever*."

46 *Deus noster refugium*

- 1 God is our *refuge and strength*, *
a very present *help in trouble*.
- 2 Therefore we will not fear, though *the earth be moved*, *
and though the mountains be toppled into the *depths of the sea*;
- 3 Though its *waters rage and foam*, *
and though the mountains tremble *at its tumult*.
- 4 The LORD of *hosts is with us*; *
the God of Jacob *is our stronghold*.
- 5 There is a river whose streams make glad the *city of God*, *
the holy habitation *of the Most High*.
- 6 God is in the midst of her;
she shall not *be overthrown*; *
God shall help her at *the break of day*.
- 7 The nations make much ado, and the *kingdoms are shaken*; *
God has spoken, and the earth *shall melt away*.
- 8 The LORD of *hosts is with us*; *
the God of Jacob *is our stronghold*.
- 9 Come now and look upon the *works of the LORD*, *
what awesome things he *has done on earth*.
- 10 It is he who makes war to cease *in all the world*; *
he breaks the bow, and shatters the spear,
and burns *the shields with fire*.
- 11 "Be still, then, and know *that I am God*; *
I will be exalted among the nations;
I will be exalted *in the earth*."

- 12 The LORD of *hosts* is ***with us***; *
the God of Jacob is *our stronghold*.

47 *Omnes gentes, plaudite*

- 1 Clap your hands, *all you peoples*; *
shout to God with *a cry of joy*.
- 2 For the LORD Most High is *to be feared*; *
he is the great King over *all the earth*.
- 3 He subdues the peoples *under us*, *
and the nations *under our feet*.
- 4 He chooses our inheritance *for us*, *
the pride of Jacob *whom he loves*.
- 5 God has gone *up with a shout*, *
the LORD with the sound *of the ram's-horn*.
- 6 Sing praises to *God, sing praises*; *
sing praises to our *King, sing praises*.
- 7 For God is King *of all the earth*; *
sing praises *with all your skill*.
- 8 God reigns over *the nations*; *
God sits upon *his holy throne*.
- 9 The nobles of the peoples have *gathered together* *
with the people of the God *of Abraham*.
- 10 The rulers of the earth *belong to God*, *
and he is highly *exalted*.

48 *Magnus Dominus*

- 1 Great is the LORD, and highly *to be praised*; *
in the city of our God is *his holy hill*.
- 2 Beautiful and lofty, the joy of all the earth, is the *hill of Zion*, *
the very center of the world and the city *of the great King*.
- 3 God is in *her citadels*; *
he is known to be *her sure refuge*.

- 4 Behold, the kings of the *earth assembled* *
and marched forward *together*.
- 5 They looked and *were astounded*; *
they retreated and *fled in terror*.
- 6 Trembling seized *them there*; *
they writhed like a woman in childbirth,
like ships of the sea when the east wind *shatters them*.
- 7 As we have heard, so have we seen,
in the city of the LORD of hosts, in the city *of our God*; *
God has established *her for ever*.
- 8 We have waited in silence on your loving-kindness, *O God*, *
in the midst *of your temple*.
- 9 Your praise, like your Name, O God, reaches *to the world's end*; *
your right hand is *full of justice*.
- 10 Let Mount Zion be glad
and the cities of *Judah rejoice*, *
because *of your judgments*.
- 11 Make the circuit of Zion;
walk *round about her*; *
count the number *of her towers*.
- 12 Consider well her bulwarks;
examine her *strongholds*; *
that you may tell those *who come after*.
- 13 This God is our God for ever *and ever*; *
he shall be our guide *for evermore*.

49 *Audite haec, omnes*

- 1 Hear this, all you peoples;
hearken, all you who *dwell in the world*, *
you of high degree and low, rich and *poor together*.
- 2 My mouth shall *speak of wisdom*, *
and my heart shall meditate on *understanding*.
- 3 I will incline my ear *to a proverb* *
and set forth my riddle *upon the harp*.

- 4 Why should I be afraid *in evil days*, *
 when the wickedness of those at my *heels surrounds me*,
- 5 The wickedness of those who put their *trust in their goods*, *
 and boast of *their great riches*?
- 6 We can never *ransom ourselves*, *
 or deliver to God the *price of our life*;
- 7 For the ransom of our *life is so great*, *
 that we should never have *enough to pay it*,
- 8 In order to live for *ever and ever*, *
 and never see *the grave*.
- 9 For we see that the wise die also;
 like the dull and *stupid they perish* *
 and leave their wealth to those who *come after them*.
- 10 Their graves shall be their homes for ever,
 their dwelling places from generation to *generation*, *
 though they call the lands after *their own names*.
- 11 Even though honored, they cannot *live for ever*; *
 they are like the *beasts that perish*.
- 12 Such is the way of those who foolishly *trust in themselves*, *
 and the end of those who delight in *their own words*.
- 13 Like a flock of sheep they are destined to die;
 Death is *their shepherd*; *
 they go down straightway to *the grave*.
- 14 Their form *shall waste away*, *
 and the land of the dead *shall be their home*.
- 15 But God will *ransom my life*; *
 he will snatch me from *the grasp of death*.
- 16 Do not be envious when *some become rich*, *
 or when the grandeur of their *house increases*;
- 17 For they will carry nothing away at *their death*, *
 nor will their grandeur *follow them*.
- 18 Though they thought highly of themselves while *they lived*, *
 and were praised for *their success*,
- 19 They shall join the company of *their forebears*, *
 who will never see *the light again*.

- 20 Those who are honored, but have no *understanding*, *
are like the *beasts that perish*.

50 *Deus deorum*

- 1 The LORD, the God of *gods*, has *spoken*; *
he has called the earth from the rising of the sun *to its setting*.
- 2 Out of Zion, perfect *in its beauty*, *
God reveals himself *in glory*.
- 3 Our God will come and will *not keep silence*; *
before him there is a consuming flame,
and round about him *a raging storm*.
- 4 He calls the heavens and the *earth from above* *
to witness the judgment *of his people*.
- 5 "Gather before me my loyal *followers*, *
those who have made a covenant with me
and sealed it *with sacrifice*."
- 6 Let the heavens declare the rightness *of his cause*; *
for God *himself is judge*.
- 7 Hear, O my people, and I will speak:
"O Israel, I will bear witness *against you*; *
for I *am God, your God*.
- 8 I do not accuse you because of your *sacrifices*; *
your offerings are always *before me*.
- 9 I will take no bull-*calf from your stalls*, *
nor he-goats *out of your pens*;
- 10 For all the beasts of the *forest are mine*, *
the herds in their thousands *upon the hills*.
- 11 I know every *bird in the sky*, *
and the creatures of the fields *are in my sight*.
- 12 If I were hungry, I *would not tell you*, *
for the whole world is mine and all *that is in it*.
- 13 Do you think I eat *the flesh of bulls*, *
or drink *the blood of goats*?

- 14 Offer to God a sacrifice *of thanksgiving* *
and make good your vows *to the Most High*.
- 15 Call upon me in the *day of trouble*; *
I will deliver you, and you *shall honor me*."
- 16 But to the *wicked God says*: *
Why do you recite my statutes,
and take my covenant *upon your lips*;
- 17 Since you *refuse discipline*, *
and toss my words *behind your back*?
- 18 When you see a thief, you *make him your friend*, *
and you cast in your lot with *adulterers*.
- 19 You have loosed your *lips for evil*, *
and harnessed your *tongue to a lie*.
- 20 You are always speaking evil *of your brother* *
and slandering your *own mother's son*.
- 21 These things you have done, *and I kept still*, *
and you thought that *I am like you*."
- 22 "I have made my *accusation*; *
I have put my case in order *before your eyes*.
- 23 Consider this well, you *who forget God*, *
lest I rend you and there be none to *deliver you*.
- 24 Whoever offers me the sacrifice of thanksgiving *honors me*; *
but to those who keep in my way will I show the salvation *of God*."

51 *Miserere mei, Deus*

- 1 Have mercy on me, O God, according to your *loving-kindness*; *
in your great compassion blot out *my offenses*.
- 2 Wash me through and through from *my wickedness* *
and cleanse *me from my sin*.
- 3 For I know *my transgressions*, *
and my sin is ever *before me*.
- 4 Against you only *have I sinned* *
and done what is *evil in your sight*.

- 5 And so you are justified *when you speak* *
and upright *in your judgment*.
- 6 Indeed, I have been wicked *from my birth*, *
a sinner from *my mother's womb*.
- 7 For behold, you look for truth *deep within me*, *
and will make me understand wisdom *secretly*
- 8 Purge me from my sin, and *I shall be pure*; *
wash me, and I shall *be clean indeed*.
- 9 Make me hear of *joy and gladness*, *
that the body you have broken *may rejoice*.
- 10 Hide your *face from my sins* *
and blot out all my *iniquities*.
- 11 Create in me a *clean heart, O God*, *
and renew a right spirit *within me*.
- 12 Cast me not away *from your presence* *
and take not your holy *Spirit from me*.
- 13 Give me the joy of your saving *help again* *
and sustain me with your bountiful *Spirit*.
- 14 I shall teach your ways *to the wicked*, *
and sinners shall *return to you*.
- 15 Deliver me *from death, O God*, *
and my tongue shall sing of your righteousness,
O God of *my salvation*.
- 16 Open *my lips, O Lord*, *
and my mouth shall *proclaim your praise*.
- 17 Had you desired it, I would have offered *sacrifice*, *
but you take no delight in *burnt-offerings*.
- 18 The sacrifice of God is a *troubled spirit*, *
a broken and contrite heart, O God, you *will not despise*.
- 19 Be favorable and gracious *to Zion*, *
and rebuild the walls of *Jerusalem*.
- 20 Then you will be pleased with the appointed sacrifices,
with burnt-offerings *and oblations*; *
then shall they offer young bullocks upon *your altar*.

52 *Quid gloriaris?*

- 1 You tyrant, why do you boast *of wickedness* *
against the godly *all day long*?
- 2 You plot ruin;
your tongue is like a *sharpened razor*, *
O worker *of deception*.
- 3 You love *evil more than good* *
and lying more than *speaking the truth*.
- 4 You love *all words that hurt*, *
O you *deceitful tongue*.
- 5 Oh, that God would demolish *you utterly*, *
topple you, and snatch you from your dwelling,
and root you out of the land *of the living*!
- 6 The righteous shall *see and tremble*, *
and they shall laugh *at him, saying*,
- 7 "This is the one who did not take God *for a refuge*, *
but trusted in great wealth
and relied upon *wickedness*."
- 8 But I am like a green olive tree in *the house of God*; *
I trust in the mercy of God for *ever and ever*.
- 9 I will give you thanks for *what you have done* *
and declare the goodness of your Name in the presence *of the godly*.

53 *Dixit insipiens*

- 1 The fool has said in his heart, "*There is no God*." *
All are corrupt and commit abominable acts;
there is none who *does any good*.
- 2 God looks down from heaven *upon us all*, *
to see if there is any who is wise,
if there is one who *seeks after God*.
- 3 Every one has proved faithless;
all alike have *turned bad*; *
there is none who does *good*; no, *not one*.

- 4 Have they no knowledge, those *evildoers* *
who eat up my people like bread
and do not *call upon God*?
- 5 See how greatly they tremble,
such trembling *as never was*; *
for God has scattered the bones of the enemy;
they are put to shame, because God has *rejected them*.
- 6 Oh, that Israel's deliverance would come *out of Zion*! *
when God restores the fortunes of his people
Jacob will rejoice and Israel *be glad*.

54 *Deus, in nomine*

- 1 Save me, O God, by *your Name*; *
in your might, *defend my cause*.
- 2 Hear *my prayer, O God*; *
give ear to the *words of my mouth*.
- 3 For the arrogant have risen up against me,
and the ruthless *have sought my life*, *
those who have no *regard for God*.
- 4 Behold, God *is my helper*; *
it is the Lord who *sustains my life*.
- 5 Render evil to those *who spy on me*; *
in your faithfulness, *destroy them*.
- 6 I will offer you a freewill *sacrifice* *
and praise your Name, O LORD, *for it is good*.
- 7 For you have rescued me from *every trouble*, *
and my eye has seen the *ruin of my foes*.

55 *Exaudi, Deus*

- 1 Hear *my prayer, O God*; *
do not hide yourself from *my petition*.
- 2 Listen to me *and answer me*; *
I have no peace, because of *my cares*.

- 3 I am shaken by the noise of *the enemy* *
and by the pressure of *the wicked*;
- 4 For they have cast an evil *spell upon me* *
and are set against *me in fury*.
- 5 My heart *quakes within me*, *
and the terrors of death have *fallen upon me*.
- 6 Fear and trembling have *come over me*, *
and horror *overwhelms me*.
- 7 And I said, "Oh, that I had *wings like a dove*! *
I would fly away *and be at rest*.
- 8 I would flee to *a far-off place* *
and make my lodging in *the wilderness*.
- 9 I would hasten to *escape* *
from the stormy *wind and tempest*."
- 10 Swallow them up, O Lord;
confound their speech; *
for I have seen violence and strife *in the city*.
- 11 Day and night the watchmen make their rounds *upon her walls*, *
but trouble and misery are in *the midst of her*.
- 12 There is corruption *at her heart*; *
her streets are never free of oppression *and deceit*.
- 13 For had it been an adversary who taunted me,
then I *could have borne it*; *
or had it been an enemy who vaunted himself against me,
then I could have *hidden from him*.
- 14 But it was you, a man after *my own heart*, *
my companion, my own *familiar friend*.
- 15 We took sweet counsel *together*, *
and walked with the throng in *the house of God*.
- 16 Let death come upon them suddenly;
let them go down *alive to the grave*; *
for wickedness is in their dwellings, in *their very midst*.
- 17 But I will *call upon God*, *
and the LORD will *deliver me*.

- 18 In the evening, in the morning, and at noonday,
I will *complain and lament*, *
and he *will hear my voice*.
- 19 He will bring me safely back from the battle *waged against me*; *
for there are many *who fight me*.
- 20 God, who is enthroned of old, will hear me *and bring them down*; *
they never change; they *do not fear God*.
- 21 My companion stretched forth his hand *against his comrade*; *
he has broken *his covenant*.
- 22 His speech is *softer than butter*, *
but war *is in his heart*.
- 23 His words are *smoother than oil*, *
but *they are drawn swords*.
- 24 Cast your burden upon the LORD,
and he *will sustain you*; *
he will never let the *righteous stumble*.
- 25 For you will bring the bloodthirsty *and deceitful* *
down to the pit of destruction, *O God*.
- 26 They shall not live *out half their days*, *
but I will put *my trust in you*.

56 *Miserere mei, Deus*

- 1 Have mercy on me, O God,
for my enemies *are hounding me*; *
all day long they assault *and oppress me*.
- 2 They hound me *all the day long*; *
truly there are many who fight against *me, O Most High*.
- 3 Whenever *I am afraid*, *
I will put *my trust in you*.
- 4 In God, whose word I praise,
in God I trust and will *not be afraid*, *
for what can *flesh do to me*?
- 5 All day long they *damage my cause*; *
their only thought is to *do me evil*.

- 6 They band together; *they lie in wait*; *
they spy upon my footsteps;
because *they seek my life*.
- 7 Shall they escape despite *their wickedness*? *
O God, in your anger, cast *down the peoples*.
- 8 You have noted my lamentation;
put my tears into *your bottle*; *
are they not recorded in *your book*?
- 9 Whenever I call upon you, my enemies will *be put to flight*; *
this I know, for God *is on my side*.
- 10 In God the LORD, whose word I praise,
in God I trust and will *not be afraid*; *
for what can mortals *do to me*?
- 11 I am bound by the vow I made *to you, O God*; *
I will present to you *thank-offerings*;
- 12 For you have rescued my soul from death and my *feet*
from stumbling; *
that I may walk before God in the light of *the living*.

57 *Miserere mei, Deus*

- 1 Be merciful to me, O God, be merciful,
for I have taken *refuge in you*; *
in the shadow of your wings will I take refuge
until this time of trouble *has gone by*.
- 2 I will call upon *the Most High God*; *
the God who *maintains my cause*.
- 3 He will send from heaven and save me;
he will confound those who *trample upon me*; *
God will send forth his love and *his faithfulness*.
- 4 I lie in the midst of lions that devour *the people*; *
their teeth are spears and arrows,
their *tongue a sharp sword*.
- 5 They have laid a net for my feet,
and *I am bowed low*; *
they have dug a pit before me,
but have fallen into *it themselves*.

- 6 Exalt yourself above the *heavens*, **O God**, *
and your glory over *all the earth*.
- 7 My heart is firmly fixed, O God, *my heart is fixed*; *
I will sing and *make melody*.
- 8 Wake up, my spirit;
awake, lute and harp; *
I myself will *waken the dawn*.
- 9 I will confess you among the *peoples*, **O LORD**; *
I will sing praise to you *among the nations*.
- 10 For your loving-kindness is greater *than the heavens*, *
and your faithfulness *reaches to the clouds*.
- 11 Exalt yourself above the *heavens*, **O God**, *
and your glory over *all the earth*.

58 *Si vere utique*

- 1 Do you indeed decree righteousness, *you rulers*? *
do you judge the peoples *with equity*?
- 2 No; you devise *evil in your hearts*, *
and your hands deal out violence *in the land*.
- 3 The wicked are perverse *from the womb*; *
liars go astray *from their birth*.
- 4 They are as venomous *as a serpent*, *
they are like the deaf adder *which stops its ears*,
- 5 Which does not heed the voice *of the charmer*, *
no matter how skillful *his charming*.
- 6 O God, break their *teeth in their mouths*; *
pull the fangs of the young *lions*, **O LORD**.
- 7 Let them vanish like water *that runs off*; *
let them wither *like trodden grass*.
- 8 Let them be like the snail *that melts away*, *
like a stillborn child that never *sees the sun*.
- 9 Before they bear fruit, let them be cut down *like a brier*; *
like thorns and thistles let them *be swept away*.

- 10 The righteous will be glad when they *see the vengeance*; *
they will bathe their feet in the blood *of the wicked*.
- 11 And they will say,
"Surely, there is a reward *for the righteous*; *
surely, there is a God who *rules in the earth*."

59 *Eripe me de inimicis*

- 1 Rescue me from my enemies, **O God**; *
protect me from those who rise *up against me*.
- 2 Rescue me from *evildoers* *
and save me from those who *thirst for my blood*.
- 3 See how they lie in wait for my life,
how the mighty gather *together against me*; *
not for any offense or fault *of mine, O LORD*.
- 4 Not because of any *guilt of mine* *
they run and prepare themselves *for battle*.
- 5 Rouse yourself, come to *my side, and see*; *
for you, LORD God of hosts, are *Israel's God*.
- 6 Awake, and punish all *the ungodly*; *
show no mercy to those who are faithless *and evil*.
- 7 They go to and fro *in the evening*; *
they snarl like dogs and run *about the city*.
- 8 Behold, they boast with their mouths,
and taunts *are on their lips*; *
"For who," they *say, "will hear us?"*
- 9 But you, O LORD, *you laugh at them*; *
you laugh all the ungodly *to scorn*.
- 10 My eyes are fixed on *you, O my Strength*; *
for you, O God, *are my stronghold*.
- 11 My merciful God *comes to meet me*; *
God will let me look in triumph on *my enemies*.
- 12 Slay them, O God, lest my *people forget*; *
send them reeling by your might
and put them down, *O Lord our shield*.

- 13 For the sins of their mouths, for the words of their lips,
for the cursing and lies *that they utter*, *
let them be *caught in their pride*.
- 14 Make an end of *them in your wrath*; *
make an end of them, and they *shall be no more*.
- 15 Let everyone know that God *rules in Jacob*, *
and to the *ends of the earth*.
- 16 They go to and fro *in the evening*; *
they snarl like dogs and run *about the city*.
- 17 They *forage for food*, *
and if they are *not filled, they howl*.
- 18 For my part, I will *sing of your strength*; *
I will celebrate your love *in the morning*;
- 19 For you have become my *stronghold*, *
a refuge in the day *of my trouble*.
- 20 To you, O my *Strength, will I sing*; *
for you, O God, are my stronghold and my *merciful God*.

60 *Deus, repulisti nos*

- 1 O God, you have cast us off *and broken us*; *
you have been angry;
oh, take us back *to you again*.
- 2 You have shaken the earth and *split it open*; *
repair the cracks in it, *for it totters*.
- 3 You have made your people know *hardship*; *
you have given us wine that *makes us stagger*.
- 4 You have set up a banner for *those who fear you*, *
to be a refuge from the power *of the bow*.
- 5 Save us by your right hand *and answer us*, *
that those who are dear to you may *be delivered*.
- 6 God spoke from his holy place *and said*: *
"I will exult and parcel out Shechem;
I will divide the valley *of Succoth*."

- 7 Gilead is mine and Manasseh *is mine*; *
Ephraim is my helmet and Judah my *scepter*.
- 8 Moab is my wash-basin,
on Edom I throw down my sandal to *claim it*, *
and over Philistia will I *shout in triumph*."
- 9 Who will lead me into *the strong city*? *
who will bring *me to Edom*?
- 10 Have you not cast *us off*, **O God**? *
you no longer go out, O God, *with our armies*.
- 11 Grant us your help against *the enemy*, *
for vain is *the help of man*.
- 12 With God we will *do valiant deeds*, *
and he shall tread our enemies *under foot*.

61 *Exaudi, Deus*

- 1 Hear *my cry*, **O God**, *
and listen to *my prayer*.
- 2 I call upon you from the ends of the earth
with heaviness in *my heart*, *
set me upon the rock that is *higher than I*.
- 3 For you have *been my refuge*, *
a strong tower against *the enemy*.
- 4 I will dwell in your *house for ever*; *
I will take refuge under the cover of *your wings*.
- 5 For you, O God, *have heard my vows*; *
you have granted me the heritage of those *who fear your Name*.
- 6 Add length of days to *the king's life*; *
let his years extend over many *generations*.
- 7 Let him sit enthroned before *God for ever*; *
bid love and faithfulness *watch over him*.
- 8 So will I always sing the *praise of your Name*, *
and day by day I will *fulfill my vows*.

62 *Nonne Deo?*

- 1 For God alone my soul *in silence waits*; *
from him comes *my salvation*.
- 2 He alone is my rock and *my salvation*, *
my stronghold, so that I shall not be *greatly shaken*.
- 3 How long will you assail me to crush me,
all of *you together*, *
as if you were a leaning fence, *a toppling wall*?
- 4 They seek only to bring me down from my *place of honor*; *
lies are *their chief delight*.
- 5 They *bless with their lips*, *
but in *their hearts they curse*.
- 6 For God alone my soul *in silence waits*; *
truly, my *hope is in him*.
- 7 He alone is my rock and *my salvation*, *
my stronghold, so that I shall *not be shaken*.
- 8 In God is my safety *and my honor*; *
God is my strong rock *and my refuge*.
- 9 Put your trust in him always, *O people*, *
pour out your hearts before him, for God *is our refuge*.
- 10 Those of high degree are but *a fleeting breath*, *
even those of low estate *cannot be trusted*.
- 11 On the scales they are lighter *than a breath*, *
all of *them together*.
- 12 Put no trust in extortion;
in robbery take *no empty pride*; *
though wealth increase, set not your *heart upon it*.
- 13 God has spoken once, twice *have I heard it*, *
that power *belongs to God*.
- 14 Steadfast love *is yours, O Lord*, *
for you repay everyone according *to his deeds*.

63 *Deus, Deus meus*

- 1 O God, you are my God; eagerly *I seek you*; *
my soul thirsts for you, my flesh faints for you,
as in a barren and dry land where there *is no water*.
- 2 Therefore I have gazed upon you in *your holy place*, *
that I might behold your power *and your glory*.
- 3 For your loving-kindness is better *than life itself*; *
my lips *shall give you praise*.
- 4 So will I bless you as *long as I live* *
and lift up my *hands in your Name*.
- 5 My soul is content, as with marrow *and fatness*, *
and my mouth praises you *with joyful lips*,
- 6 When I remember you *upon my bed*, *
and meditate on you in *the night watches*.
- 7 For you have *been my helper*, *
and under the shadow of your wings *I will rejoice*.
- 8 My *soul clings to you*; *
your right *hand holds me fast*.
- 9 May those who seek my life *to destroy it* *
go down into the *depths of the earth*;
- 10 Let them fall upon the *edge of the sword*, *
and let them be *food for jackals*.
- 11 But the king will rejoice in God;
all those who swear by *him will be glad*; *
for the mouth of those who speak *lies shall be stopped*.

64 *Exaudi, Deus*

- 1 Hear my voice, O God, *when I complain*; *
protect my life from fear of *the enemy*.
- 2 Hide me from the conspiracy *of the wicked*, *
from the mob of *evildoers*.
- 3 They sharpen their *tongue like a sword*, *
and aim their bitter words *like arrows*,
- 4 That they may shoot down the blameless *from ambush*; *
they shoot without warning and *are not afraid*.

- 5 They hold fast to *their evil course*; *
they plan how they *may hide their snares*.
- 6 They say, "Who will see us?
who will *find out our crimes*? *
we have thought out *a perfect plot*."
- 7 The human mind and heart are *a mystery*; *
but God will loose an arrow at them,
and suddenly they *will be wounded*.
- 8 He will make them trip *over their tongues*, *
and all who see them *will shake their heads*.
- 9 Everyone will stand in awe and *declare God's deeds*; *
they will *recognize his works*.
- 10 The righteous will rejoice in the LORD and put *their trust in him*, *
and all who are true of *heart will glory*.

65 *Te decet hymnus*

- 1 You are to be praised, O *God, in Zion*; *
to you shall vows be performed in *Jerusalem*.
- 2 To you that hear prayer *shall all flesh come*, *
because of *their transgressions*.
- 3 Our sins are stronger *than we are*, *
but you *will blot them out*.
- 4 Happy are they whom you choose
and draw to your *courts to dwell there*! *
they will be satisfied by the beauty of your house,
by the holiness *of your temple*.
- 5 Awesome things will you show us in your righteousness,
O God of *our salvation*, *
O Hope of all the ends of the earth
and of the seas that *are far away*.
- 6 You make fast the mountains *by your power*; *
they are girded *about with might*.
- 7 You still the roaring *of the seas*, *
the roaring of their waves,
and the clamor *of the peoples*.

- 8 Those who dwell at the ends of the earth will tremble at your *marvelous signs*; *
you make the dawn and the dusk *to sing for joy*.
- 9 You visit the earth and water it abundantly;
you make it very *plenteous*; *
the river of God is *full of water*.
- 10 You *prepare the grain*, *
for so you provide for *the earth*.
- 11 You drench the furrows and smooth out the *ridges*; *
with heavy rain you soften the ground and *bless its increase*.
- 12 You crown the year with your *goodness*, *
and your paths overflow with *plenty*.
- 13 May the fields of the wilderness be *rich for grazing*, *
and the hills *be clothed with joy*.
- 14 May the meadows cover themselves with flocks,
and the valleys cloak *themselves with grain*; *
let them shout *for joy and sing*.

66 *Jubilate Deo*

- 1 Be joyful in *God, all you lands*; *
sing the glory of his Name;
sing the glory of *his praise*.
- 2 Say to God, "How awesome are *your deeds*! *
because of your great strength your enemies *cringe before you*.
- 3 All the earth bows down *before you*, *
sings to you, *sings out your Name*."
- 4 Come now and see *the works of God*, *
how wonderful he is in his doing toward all *people*.
- 5 He turned the sea into dry land,
so that they went through the *water on foot*, *
and there we *rejoiced in him*.
- 6 In his might he rules for ever;
his eyes keep watch over *the nations*; *
let no rebel rise up *against him*.
- 7 Bless our *God, you peoples*; *
make the voice of his *praise to be heard*;

- 8 Who holds *our souls in life*, *
and will not allow *our feet to slip*.
- 9 For you, O *God*, have *proved us*; *
you have tried us just as *silver is tried*.
- 10 You brought us *into the snare*; *
you laid heavy burdens *upon our backs*.
- 11 You let enemies ride over our heads;
we went through *fire and water*; *
but you brought us out into a place *of refreshment*.
- 12 I will enter your house with burnt-offerings
and will *pay you my vows*, *
which I promised with my lips
and spoke with my mouth when I was *in trouble*.
- 13 I will offer you sacrifices of fat beasts
with *the smoke of rams*; *
I will give you *oxen and goats*.
- 14 Come and listen, all *you who fear God*, *
and I will tell you what he *has done for me*.
- 15 I called out to *him with my mouth*, *
and his praise was *on my tongue*.
- 16 If I had found *evil in my heart*, *
the Lord would *not have heard me*;
- 17 But in truth *God has heard me*; *
he has attended to the *voice of my prayer*.
- 18 Blessed be God, who has not *rejected my prayer*, *
nor withheld *his love from me*.

67 *Deus misereatur*

- 1 May God be merciful to *us and bless us*, *
show us the light of his countenance *and come to us*.
- 2 Let your ways be *known upon earth*, *
your saving health *among all nations*.
- 3 Let the peoples *praise you, O God*; *
let all the peoples *praise you*.

- 4 Let the nations be glad *and sing for joy*, *
for you judge the peoples with equity
and guide all the *nations upon earth*.
- 5 Let the peoples *praise you, O God*; *
let all the *peoples praise you*.
- 6 The earth has brought *forth her increase*; *
may God, our own God, give *us his blessing*.
- 7 May God give *us his blessing*, *
and may all the ends of the earth stand *in awe of him*.

68 *Exsurgat Deus*

- 1 Let God arise, and let his *enemies be scattered*; *
let those who hate him *flee before him*.
- 2 Let them vanish like smoke when the wind *drives it away*; *
as the wax melts at the fire, so let the wicked perish at the *presence of God*.
- 3 But let the righteous be glad and rejoice *before God*; *
let them also be merry *and joyful*.
- 4 Sing to God, sing praises to his Name;
exalt him who rides upon *the heavens*; *
YAHWEH is his Name, rejoice *before him*!
- 5 Father of orphans, defender of *widows*, *
God in his holy *habitation*!
- 6 God gives the solitary a home and brings forth prisoners *into freedom*; *
but the rebels shall live *in dry places*.
- 7 O God, when you went forth *before your people*, *
when you marched through *the wilderness*,
- 8 The earth shook, and the skies poured down rain,
at the presence of God, the *God of Sinai*, *
at the presence of God, the *God of Israel*.
- 9 You sent a gracious rain, O God, upon your *inheritance*; *
you refreshed the land when *it was weary*.
- 10 Your people found *their home in it*, *
in your goodness, O God, you have made provision *for the poor*.

- 11 The Lord gave *the word*; *
great was the company of women who bore the *tidings*:
- 12 "Kings with their armies are *fleeing away*; *
the women at home are dividing *the spoils*."
- 13 Though you lingered among the *sheepfolds*, *
you shall be like a dove whose wings are covered with silver,
whose feathers are like *green gold*.
- 14 When the Almighty *scattered kings*, *
it was like snow falling in *Zalmon*.
- 15 O mighty mountain, O *hill of Bashan*! *
O rugged mountain, O *hill of Bashan*!
- 16 Why do you look with envy, O rugged mountain,
at the hill which God chose for *his resting place*? *
truly, the LORD will dwell *there for ever*.
- 17 The chariots of God are twenty thousand,
even *thousands of thousands*; *
the Lord comes in holiness from *Sinai*.
- 18 You have gone up on high and led captivity captive;
you have received gifts even from *your enemies*, *
that the LORD God might dwell *among them*.
- 19 Blessed be the Lord day *by day*, *
the God of our salvation, who bears our *burdens*.
- 20 He is our God, the God of *our salvation*; *
God is the LORD, by whom we *escape death*.
- 21 God shall crush the heads of *his enemies*, *
and the hairy scalp of those who go on still in *their wickedness*.
- 22 The Lord has said, "I will bring them back from *Bashan*"; *
I will bring them back from the *depths of the sea*;
- 23 That your foot may be dipped in *blood*, *
the tongues of your dogs in the blood of *your enemies*."
- 24 They see your procession, *O God*, *
your procession into the sanctuary, my God and my King.
- 25 The singers go before, musicians follow *after*, *
in the midst of maidens playing upon the *hand-drums*.
- 26 Bless God in the *congregation*; *
bless the LORD, you that are of the fountain of *Israel*.

- 27 There is Benjamin, least of the tribes, at the head;
the princes of Judah in *a company*; *
and the princes of Zebulon *and Naphtali*.
- 28 Send forth *your strength*, **O God**; *
establish, O God, what you *have wrought for us*.
- 29 Kings shall *bring gifts to you*, *
for your temple's sake at *Jerusalem*.
- 30 Rebuke the wild *beast of the reeds*, *
and the peoples, a herd of wild *bulls with its calves*.
- 31 Trample down those who lust *after silver*; *
scatter the peoples that *delight in war*.
- 32 Let tribute be brought *out of Egypt*; *
let Ethiopia stretch out *her hands to God*.
- 33 Sing to God, O kingdoms *of the earth*; *
sing praises *to the Lord*.
- 34 He rides in the heavens, the *ancient heavens*; *
he sends forth his voice, *his mighty voice*.
- 35 Ascribe *power to God*; *
his majesty is over Israel;
his strength *is in the skies*.
- 36 How wonderful is God in his *holy places*! *
the God of Israel giving strength and power to his people!
Blessed be God!

69 *Salvum me fac*

- 1 *Save me, O God*, *
for the waters have risen *up to my neck*.
- 2 I am sinking *in deep mire*, *
and there is no firm *ground for my feet*.
- 3 I have come into *deep waters*, *
and the torrent washes *over me*.
- 4 I have grown weary with my crying;
my *throat is inflamed*; *
my eyes have failed from looking *for my God*.

- 5 Those who hate me without a cause are more than the hairs of my head;
my lying foes who would destroy *me are mighty*. *
Must I then give back what *I never stole*?
- 6 O God, you know *my foolishness*, *
and my faults are not *hidden from you*.
- 7 Let not those who hope in you be put to shame through me, *Lord GOD of hosts*; *
let not those who seek you be disgraced because of me, O God *of Israel*.
- 8 Surely, for your sake have I *suffered reproach*, *
and shame has *covered my face*.
- 9 I have become a stranger to *my own kindred*, *
an alien to my *mother's children*.
- 10 Zeal for your house has *eaten me up*; *
the scorn of those who scorn you has *fallen upon me*.
- 11 I humbled myself *with fasting*, *
but that was turned *to my reproach*.
- 12 I put on *sack-cloth also*, *
and became a byword *among them*.
- 13 Those who sit at the gate murmur *against me*, *
and the drunkards make *songs about me*.
- 14 But as for me, this is *my prayer to you*, *
at the time you *have set, O LORD*:
- 15 "In your great *mercy, O God*, *
answer me with your *unfailing help*.
- 16 Save me from the mire; *do not let me sink*; *
let me be rescued from those who hate me
and out of *the deep waters*.
- 17 Let not the torrent of waters wash over me,
neither let the deep *swallow me up*; *
do not let the Pit shut its *mouth upon me*.
- 18 Answer me, O LORD, for *your love is kind*; *
in your great compassion, *turn to me*."
- 19 "Hide not your face *from your servant*, *
be swift and answer me, for I *am in distress*.
- 20 Draw near to me *and redeem me*; *
because of my enemies *deliver me*.

- 21 You know my reproach, my shame, and *my dishonor*; *
my adversaries are *all in your sight*."
- 22 Reproach has broken my heart, and it *cannot be healed*; *
I looked for sympathy, but there was none,
for comforters, but I *could find no one*.
- 23 They gave *me gall to eat*, *
and when I was thirsty, they gave me vinegar *to drink*.
- 24 Let the table before *them be a trap* *
and their *sacred feasts a snare*.
- 25 Let their eyes be darkened, that *they may not see*, *
and give them continual trembling in *their loins*.
- 26 Pour out your indignation *upon them*, *
and let the fierceness of your anger *overtake them*.
- 27 Let their camp *be desolate*, *
and let there be none to *dwell in their tents*.
- 28 For they persecute him whom *you have stricken* *
and add to the pain of those *whom you have pierced*.
- 29 Lay to their charge *guilt upon guilt*, *
and let them not receive your *vindication*.
- 30 Let them be wiped out of the book *of the living* *
and not be written *among the righteous*.
- 31 As for me, I am afflicted *and in pain*; *
your help, O God, will lift *me up on high*.
- 32 I will praise the Name *of God in song*; *
I will proclaim his greatness *with thanksgiving*.
- 33 This will please the LORD more than an offering *of oxen*, *
more than bullocks *with horns and hoofs*.
- 34 The afflicted shall *see and be glad*; *
you who seek God, *your heart shall live*.
- 35 For the LORD listens *to the needy*, *
and his prisoners he *does not despise*.
- 36 Let the heavens and *the earth praise him*, *
the seas and all *that moves in them*;
- 37 For God will save Zion and rebuild the *cities of Judah*; *
they shall live there and have it *in possession*.

- 38 The children of his servants will *inherit it*, *
and those who love his Name *will dwell therein*.

70 *Deus, in adjutorium*

- 1 Be pleased, O God, to *deliver me*; *
O LORD, make *haste to help me*.
- 2 Let those who seek my life be ashamed
and altogether *dismayed*; *
let those who take pleasure in my misfortune
draw back *and be disgraced*.
- 3 Let those who say to me "Aha!" and gloat over *me turn back*, *
because *they are ashamed*.
- 4 Let all who seek you rejoice and *be glad in you*; *
let those who love your salvation say for ever,
"*Great is the LORD!*"
- 5 But as for me, I am *poor and needy*; *
come to me *speedily, O God*.
- 6 You are my helper and my *deliverer*; *
O LORD, *do not tarry*.

71 *In te, Domine, speravi*

- 1 In you, O LORD, have I *taken refuge*; *
let me never *be ashamed*.
- 2 In your righteousness, deliver me *and set me free*; *
incline your ear to *me and save me*.
- 3 Be my strong rock, a castle *to keep me safe*; *
you are my crag *and my stronghold*.
- 4 Deliver me, my God, from the hand *of the wicked*, *
from the clutches of the evildoer and *the oppressor*.
- 5 For you are my *hope, O LORD God*, *
my confidence *since I was young*.

- 6 I have been sustained by you ever since I was born;
from my mother's womb you *have been my strength*; *
my praise shall be *always of you*.
- 7 I have become a portent to *many*; *
but you are my refuge and *my strength*.
- 8 Let my mouth be *full of your praise* *
and your glory *all the day long*.
- 9 Do not cast me off *in my old age*; *
forsake me not *when my strength fails*.
- 10 For my enemies are talking *against me*; *
and those who lie in wait for my life take counsel *together*.
- 11 They say, "God has forsaken him;
go after *him and seize him*; *
because there is *none who will save*."
- 12 O God, be *not far from me*; *
come quickly to help me, *O my God*.
- 13 Let those who set themselves against me be put to shame and be *disgraced*; *
let those who seek to do me evil be covered with *scorn and reproach*.
- 14 But I shall always wait in *patience*; *
and shall praise you more and more.
- 15 My mouth shall recount your mighty acts
and saving *deeds all day long*; *
though I cannot know the *number of them*.
- 16 I will begin with the mighty works of the *Lord GOD*; *
I will recall your righteousness, yours *alone*.
- 17 O God, you have taught me *since I was young*; *
and to this day I tell of your *wonderful works*.
- 18 And now that I am old and gray-headed, O God, do *not forsake me*; *
till I make known your strength to this generation
and your power to all *who are to come*.
- 19 Your righteousness, O God, reaches to the *heavens*; *
you have done great things;
who is *like you, O God*?
- 20 You have showed me great troubles and *adversities*; *
but you will restore my life
and bring me up again from the deep places of *the earth*.

- 21 You strengthen *me more and more*; *
you enfold *and comfort me*,
- 22 Therefore I will praise you upon the lyre for your faithfulness, *O my God*; *
I will sing to you with the harp, O Holy One *of Israel*.
- 23 My lips will sing with joy when *I play to you*, *
and so will my soul, which *you have redeemed*.
- 24 My tongue will proclaim your righteousness *all day long*, *
for they are ashamed and disgraced who sought *to do me harm*.

72 *Deus, judicium*

- 1 Give the King your *justice, O God*, *
and your righteousness *to the King's son*;
- 2 That he may rule your people *righteously* *
and the *poor with justice*.
- 3 That the mountains may bring prosperity *to the people*, *
and the little hills *bring righteousness*.
- 4 He shall defend the needy *among the people*; *
he shall rescue the poor and crush *the oppressor*.
- 5 He shall live as long as the sun *and moon endure*, *
from one generation *to another*.
- 6 He shall come down like rain upon *the mown field*, *
like showers that *water the earth*.
- 7 In his time shall the *righteous flourish*; *
there shall be abundance of peace till the moon *shall be no more*.
- 8 He shall rule *from sea to sea*, *
and from the River to the *ends of the earth*.
- 9 His foes shall bow *down before him*, *
and his *enemies lick the dust*.
- 10 The kings of Tarshish and of the isles *shall pay tribute*, *
and the kings of Arabia and Saba *offer gifts*.
- 11 All kings shall bow *down before him*, *
and all the nations *do him service*.
- 12 For he shall deliver the poor who cries *out in distress*, *
and the oppressed who *has no helper*.

- 13 He shall have pity on the *lowly and poor*; *
he shall preserve the lives *of the needy*.
- 14 He shall redeem their lives from oppression and *violence*, *
and dear shall their blood *be in his sight*.
- 15 Long may he live!
and may there be given to him gold from *Arabia*; *
may prayer be made for him always,
and may they bless him *all the day long*.
- 16 May there be abundance of grain on the earth,
growing thick even *on the hilltops*; *
may its fruit flourish like Lebanon,
and its grain like grass *upon the earth*.
- 17 May his Name remain for ever
and be established as long as *the sun endures*; *
may all the nations bless themselves in him and *call him blessed*.
- 18 Blessed be the Lord GOD, the God *of Israel*, *
who alone *does wondrous deeds*!
- 19 And blessed be his glorious *Name for ever*! *
and may all the earth be filled with his glory.
Amen. Amen.

73 *Quam bonus Israel!*

- 1 Truly, God is good *to Israel*, *
to those who *are pure in heart*.
- 2 But as for me, my feet *had nearly slipped*; *
I had almost *tripped and fallen*;
- 3 Because I *envied the proud* *
and saw the prosperity *of the wicked*:
- 4 For they *suffer no pain*, *
and their bodies *are sleek and sound*;
- 5 In the misfortunes of others *they have no share*; *
they are not afflicted *as others are*;
- 6 Therefore they wear their pride *like a necklace* *
and wrap their violence about *them like a cloak*.

- 7 Their iniquity *comes from gross minds*, *
and their hearts overflow *with wicked thoughts*.
- 8 They scoff and speak *maliciously*; *
out of their haughtiness they *plan oppression*.
- 9 They set their mouths *against the heavens*, *
and their evil speech *runs through the world*.
- 10 And so the people *turn to them* *
and find *in them no fault*.
- 11 They say, "*How should God know?* *
is there knowledge *in the Most High?*"
- 12 So then, these *are the wicked*; *
always at ease, they *increase their wealth*.
- 13 In vain have I *kept my heart clean*, *
and washed my hands *in innocence*.
- 14 I have been afflicted *all day long*, *
and punished *every morning*.
- 15 Had I gone on *speaking this way*, *
I should have betrayed the generation *of your children*.
- 16 When I tried to understand *these things*, *
it was *too hard for me*;
- 17 Until I entered the sanctuary *of God* *
and discerned the end *of the wicked*.
- 18 Surely, you set them in slippery *places*; *
you cast *them down in ruin*.
- 19 Oh, how suddenly do they come *to destruction*, *
come to an end, and *perish from terror*!
- 20 Like a dream when one awakens, *O Lord*, *
when you arise you will make their *image vanish*.
- 21 When my mind became *embittered*, *
I was sorely wounded *in my heart*.
- 22 I was stupid and had no *understanding*; *
I was like a brute beast *in your presence*.
- 23 Yet I am *always with you*; *
you hold me *by my right hand*.

- 24 You will guide me *by your counsel*, *
and afterwards receive *me with glory*.
- 25 Whom have I in *heaven but you*? *
and having you I desire *nothing upon earth*.
- 26 Though my flesh and my heart *should waste away*, *
God is the strength of my heart and my *portion for ever*.
- 27 Truly, those who forsake *you will perish*; *
you destroy all who *are unfaithful*.
- 28 But it is good for me *to be near God*; *
I have made the Lord *GOD my refuge*.
- 29 I will speak *of all your works* *
in the gates of the city *of Zion*.

74 *Ut quid, Deus?*

- 1 O God, why have you utterly *cast us off*? *
why is your wrath so hot against the sheep *of your pasture*?
- 2 Remember your congregation that you purchased *long ago*, *
the tribe you redeemed to be your inheritance,
and Mount Zion *where you dwell*.
- 3 Turn your steps toward *the endless ruins*; *
the enemy has laid waste everything in your *sanctuary*.
- 4 Your adversaries roared in *your holy place*; *
they set up their banners as tokens *of victory*.
- 5 They were like men coming up with axes to *a grove of trees*; *
they broke down all your carved work with hatchets *and hammers*.
- 6 They set fire to *your holy place*; *
they defiled the dwelling-place of your Name
and razed *it to the ground*.
- 7 They said to themselves, "Let us destroy them *altogether*." *
They burned down all the meeting-places of *God in the land*.
- 8 There are no signs for us to see;
there is *no prophet left*; *
there is not one among us *who knows how long*.

- 9 How long, O God, will the *adversary scoff*? *
will the enemy blaspheme your *Name for ever*?
- 10 Why do you *draw back your hand*? *
why is your right hand hidden *in your bosom*?
- 11 Yet God is my King *from ancient times*, *
victorious in the *midst of the earth*.
- 12 You divided the *sea by your might* *
and shattered the heads of the dragons upon *the waters*;
- 13 You crushed the heads of *Leviathan* *
and gave him to the people of the *desert for food*.
- 14 You split open *spring and torrent*; *
you dried up ever-flowing *rivers*.
- 15 Yours is the day, yours *also the night*; *
you established the *moon and the sun*.
- 16 You fixed all the boundaries *of the earth*; *
you made both *summer and winter*.
- 17 Remember, O LORD, how the *enemy scoffed*, *
how a foolish people *despised your Name*.
- 18 Do not hand over the life of your *dove to wild beasts*; *
never forget the *lives of your poor*.
- 19 Look upon *your covenant*; *
the dark places of the earth are *haunts of violence*.
- 20 Let not the oppressed turn *away ashamed*; *
let the poor and needy *praise your Name*.
- 21 Arise, O God, *maintain your cause*; *
remember how fools revile *you all day long*.
- 22 Forget not the clamor of your *adversaries*, *
the unending tumult of those who rise *up against you*.

75 *Confitebimur tibi*

- 1 We give you thanks, O God, *we give you thanks*, *
calling upon your Name and declaring all your *wonderful deeds*.
- 2 "I will appoint *a time*," *says God*; *
"I will judge *with equity*."

- 3 Though the earth and all its inhabitants *are quaking*, *
 I will make *its pillars fast*.
- 4 I will say to the boasters, '*Boast no more*,' *
 and to the wicked, 'Do *not toss your horns*;
- 5 Do not toss *your horns so high*, *
 nor speak *with a proud neck*.'"
- 6 For judgment is neither from the east *nor from the west*, *
 nor yet from the wilderness *or the mountains*.
- 7 It is *God who judges*; *
 he puts down one and lifts *up another*.
- 8 For in the LORD'S hand there is a cup,
 full of spiced and foaming wine, *which he pours out*, *
 and all the wicked of the earth shall drink *and drain the dregs*.
- 9 But I will rejoice *for ever*; *
 I will sing praises to the *God of Jacob*.
- 10 He shall break off all the horns *of the wicked*; *
 but the horns of the righteous shall *be exalted*.

76 *Notus in Judæa*

- 1 In Judah is *God known*; *
 his Name is great *in Israel*.
- 2 At Salem is his *tabernacle*, *
 and his dwelling *is in Zion*.
- 3 There he broke the *flashing arrows*, *
 the shield, the sword, and the *weapons of battle*.
- 4 How *glorious you are*! *
 more splendid than the everlasting *mountains*!
- 5 The strong of heart have been despoiled;
 they *sink into sleep*; *
 none of the warriors *can lift a hand*.
- 6 At your rebuke, O *God of Jacob*, *
 both horse and rider *lie stunned*.
- 7 What terror you *inspire*! *
 who can stand before you when you are *angry*?

- 8 From heaven you *pronounced judgment*; *
the earth was *afraid and was still*;
- 9 When God rose *up to judgment* *
and to save all the oppressed *of the earth*.
- 10 Truly, wrathful Edom *will give you thanks*, *
and the remnant of Hamath *will keep your feasts*.
- 11 Make a vow to the LORD your *God and keep it*; *
let all around him bring gifts to him who is worthy *to be feared*.
- 12 He breaks the *spirit of princes*, *
and strikes terror in the *kings of the earth*.

77 *Voce mea ad Dominum*

- 1 I will cry *aloud to God*; *
I will cry aloud, and *he will hear me*.
- 2 In the day of my trouble *I sought the Lord*; *
my hands were stretched out by night and did not tire;
I refused to *be comforted*.
- 3 I think of God, *I am restless*, *
I ponder, and *my spirit faints*.
- 4 You will not let *my eyelids close*; *
I am troubled and *I cannot speak*.
- 5 I consider *the days of old*; *
I remember *the years long past*;
- 6 I commune with my *heart in the night*; *
I ponder *and search my mind*.
- 7 Will the Lord cast me *off for ever*? *
will he no more *show his favor*?
- 8 Has his loving-kindness come to an *end for ever*? *
has his promise failed *for evermore*?
- 9 Has God forgotten *to be gracious*? *
has he, in his anger, withheld *his compassion*?
- 10 And I said, "*My grief is this*: *
the right hand of the Most High has *lost its power*."

- 11 I will remember the *works of **the LORD***, *
and call to mind your wonders *of **old time***.
- 12 I will meditate *on **all your acts*** *
and ponder *your **mighty deeds***.
- 13 Your way, O God, is ***holy***; *
who is so great a *god as **our God***?
- 14 You are the God *who works **wonders*** *
and have declared your power *among the **peoples***.
- 15 By your strength you have *redeemed your **people***, *
the children of Jacob *and **Joseph***.
- 16 The waters saw you, O God;
the waters saw *you and **trembled***; *
the very *depths were **shaken***.
- 17 The clouds poured out water;
*the skies **thundered***; *
your arrows *flashed to and fro*;
- 18 The sound of your thunder was in the whirlwind;
your lightnings *lit up **the world***; *
the earth *trembled and shook*.
- 19 Your way was in the sea,
and your paths in *the great **waters***, *
yet your footsteps *were **not seen***.
- 20 You led your people *like a **flock*** *
by the hand of Moses *and **Aaron***.

78

Part I *Attendite, popule*

- 1 Hear my teaching, *O my **people***; *
incline your ears to the *words of **my mouth***.
- 2 I will open my mouth in *a **parable***; *
I will declare the mysteries *of **ancient times***.
- 3 That which we have heard and known,
and what our forefathers *have **told us***, *
we will not hide *from their **children***.

- 4 We will recount to generations to come
the praiseworthy deeds and the power of *the LORD*, *
and the wonderful *works he has done*.
- 5 He gave his decrees to Jacob
and established a law *for Israel*, *
which he commanded them to *teach their children*;
- 6 That the generations to come might know,
and the children yet *unborn*; *
that they in their turn might tell it *to their children*;
- 7 So that they might put *their trust in God*, *
and not forget the deeds of God,
but keep *his commandments*;
- 8 And not be like their forefathers,
a stubborn and rebellious *generation*, *
a generation whose heart was not steadfast,
and whose spirit was not *faithful to God*.
- 9 The people of Ephraim, *armed with the bow*, *
turned back in the *day of battle*;
- 10 They did not keep the *covenant of God*, *
and refused to *walk in his law*;
- 11 They forgot *what he had done*, *
and the wonders *he had shown them*.
- 12 He worked marvels in the sight of *their forefathers*, *
in the land of Egypt, in the *field of Zoan*.
- 13 He split open the sea and *let them pass through*; *
he made the waters *stand up like walls*.
- 14 He led them with *a cloud by day*, *
and all the night through with *a glow of fire*.
- 15 He split the hard rocks in *the wilderness* *
and gave them drink as *from the great deep*.
- 16 He brought streams *out of the cliff*, *
and the waters gushed *out like rivers*.
- 17 But they went on *sinning against him*, *
rebellious in the desert *against the Most High*.
- 18 They tested *God in their hearts*, *
demanding food *for their craving*.

- 19 They railed *against God* **and said**, *
"Can God set a table in *the wilderness*?"
- 20 True, he struck the rock, the waters gushed out, and the gullies *overflowed*; *
but is he able to give bread
or to provide meat *for his people*?"
- 21 When the LORD heard this, he *was full of wrath*; *
a fire was kindled against Jacob,
and his anger mounted *against Israel*;
- 22 For they had *no faith in God*, *
nor did they put their trust in his *saving power*.
- 23 So he commanded *the clouds above* *
and opened the *doors of heaven*.
- 24 He rained down manna upon *them to eat* *
and gave them *grain from heaven*.
- 25 So mortals ate the *bread of angels*; *
he provided for *them food enough*.
- 26 He caused the east wind to blow *in the heavens* *
and led out the south *wind by his might*.
- 27 He rained down flesh upon *them like dust* *
and wingèd birds like the *sand of the sea*.
- 28 He let it fall in the *midst of their camp* *
and round *about their dwellings*.
- 29 So they ate *and were well filled*, *
for he gave *them what they craved*.
- 30 But they did not *stop their craving*, *
though the food was *still in their mouths*.
- 31 So God's anger mounted *against them*; *
he slew their strongest men
and laid low the youth *of Israel*.
- 32 In spite of all this, they *went on sinning* *
and had no faith in his *wonderful works*.
- 33 So he brought their days to an *end like a breath* *
and their years in *sudden terror*.
- 34 Whenever he slew them, *they would seek him*, *
and repent, and diligently *search for God*.

- 35 They would remember that *God was **their rock**, **
and the Most High God *their redeemer*.
- 36 But they flattered *him with **their mouths** **
and lied to *him with **their tongues***.
- 37 Their heart was not *steadfast **toward him**, **
and they were not faithful to *his covenant*.
- 38 But he was so merciful that he forgave their sins
and did *not **destroy them**, **
many times he held back his anger
and did not permit his *wrath to **be roused***.
- 39 For he remembered that *they were **but flesh**, **
a breath that goes forth and *does not **return***.

Psalm 78: Part II *Quoties exacerbaverunt*

- 40 How often the people disobeyed him in *the wilderness **
and offended him *in the **desert!***
- 41 Again and again *they tempted **God** **
and provoked the Holy One *of Israel*.
- 42 They did not remember *his **power** **
in the day when he ransomed them from *the enemy*;
- 43 How he wrought his *signs in **Egypt** **
and his omens in the *field of **Zoan***.
- 44 He turned their rivers *into **blood**, **
so that they could not *drink of **their streams***.
- 45 He sent swarms of flies among them, *which ate **them up**, **
and frogs, *which **destroyed them***.
- 46 He gave their crops to the *caterpillar, **
the fruit of their toil *to the **locust***.
- 47 He killed *their vines **with hail** **
and their sycamores ***with frost***.
- 48 He delivered their cattle *to **hailstones** **
and their livestock to *hot **thunderbolts***.
- 49 He poured out upon them his *blazing **anger**: **
fury, indignation, and distress,
a troop of *destroying **angels***.

- 50 He gave full rein to his anger;
he did not spare *their souls* **from death**; *
but delivered their *lives* to **the plague**.
- 51 He struck down all the firstborn of **Egypt**, *
the flower of manhood in the *dwellings* of **Ham**.
- 52 He led out his *people* **like sheep** *
and guided them in the wilderness **like a flock**.
- 53 He led them to safety, and they *were not* **afraid**; *
but the sea overwhelmed *their enemies*.
- 54 He brought them to *his holy land*, *
the mountain his *right hand* **had won**.
- 55 He drove out the Canaanites before them
and apportioned an inheritance *to them* **by lot**; *
he made the tribes of Israel to *dwell in* **their tents**.
- 56 But they tested the Most High God, *and defied him*, *
and did not keep *his commandments*.
- 57 They turned away and were disloyal *like their fathers*; *
they were undependable *like a warped bow*.
- 58 They grieved him with *their hill-altars* *
they provoked his displeasure *with their idols*.
- 59 When God heard this, *he was* **angry** *
and utterly rejected *Israel*.
- 60 He forsook the *shrine* at **Shiloh**, *
the tabernacle where he had lived *among his people*.
- 61 He delivered the ark into *captivity*, *
his glory into the *adversary's* **hand**.
- 62 He gave his people to **the sword** *
and was angered against his *inheritance*.
- 63 The fire consumed *their young men*; *
there were no wedding songs *for their maidens*.
- 64 Their priests *fell by* **the sword**, *
and their widows made no *lamentation*.
- 65 Then the LORD woke *as though* **from sleep**, *
like a warrior *refreshed* **with wine**.

- 66 He struck his enemies *on the **backside*** *
and put them to *perpetual **shame***.
- 67 He rejected the *tent of **Joseph*** *
and did not choose the tribe *of **Ephraim***;
- 68 He chose instead the *tribe of **Judah*** *
and Mount Zion, *which **he loved***.
- 69 He built his sanctuary like the *heights of **heaven***, *
like the earth which he founded *for **ever***.
- 70 He chose David *his **servant***, *
and took him away *from the **sheepfolds***.
- 71 He brought him from following ***the ewes***, *
to be a shepherd over Jacob his people
and over Israel his ***inheritance***.
- 72 So he shepherded them with a *faithful and **true heart*** *
and guided them with the *skillfulness of **his hands***.

79 *Deus, venerunt*

- 1 O God, the heathen have come into your inheritance;
they have profaned your *holy **temple***; *
they have made Jerusalem a *heap of **rubble***.
- 2 They have given the bodies of your servants as food for the *birds of **the air***, *
and the flesh of your faithful ones to the *beasts of **the field***.
- 3 They have shed their blood like water on every side of *Jerusalem*, *
and there was no one *to **bury them***.
- 4 We have become a reproach *to our **neighbors***, *
an object of scorn and derision to *those around us*.
- 5 How long will you be *angry, **O LORD***? *
will your fury blaze like *fire for **ever***?
- 6 Pour out your wrath upon the heathen who *have not **known you*** *
and upon the kingdoms that have not called *upon your **Name***.
- 7 For they have *devoured **Jacob*** *
and made his *dwelling a **ruin***.

- 8 Remember not our past sins;
let your compassion be *swift to meet us*; *
for we have been *brought very low*.
- 9 Help us, O God our Savior, for the glory *of your Name*; *
deliver us and forgive us our sins, *for your Name's sake*.
- 10 Why should the heathen say, "*Where is their God?*" *
Let it be known among the heathen and in our sight
that you avenge the shedding of *your servants' blood*.
- 11 Let the sorrowful sighing of the prisoners *come before you*, *
and by your great might spare those who are *condemned to die*.
- 12 May the revilings with which they reviled you, **O Lord**, *
return seven-fold into *their bosoms*.
- 13 For we are your people and the sheep *of your pasture*; *
we will give you thanks for ever
and show forth your praise *from age to age*.

80 *Qui regis Israel*

- 1 Hear, O Shepherd of Israel, leading Joseph like *a flock*; *
shine forth, you that are enthroned upon *the cherubim*.
- 2 In the presence of Ephraim, Benjamin, *and Manasseh*, *
stir up your strength and *come to help us*.
- 3 Restore us, *O God of hosts*; *
show the light of your countenance, and *we shall be saved*.
- 4 *O LORD God of hosts*, *
how long will you be angered
despite the prayers *of your people?*
- 5 You have fed them with *the bread of tears*; *
you have given them bowls *of tears to drink*.
- 6 You have made us the derision *of our neighbors*, *
and our enemies *laugh us to scorn*.
- 7 Restore us, *O God of hosts*; *
show the light of your countenance, and *we shall be saved*.
- 8 You have brought a vine *out of Egypt*; *
you cast out the nations *and planted it*.

- 9 You prepared *the ground for it*, *
it took root *and filled the land*.
- 10 The mountains were covered *by its shadow* *
and the towering cedar *trees by its boughs*.
- 11 You stretched out its tendrils *to the Sea* *
and its branches *to the River*.
- 12 Why have you broken down *its wall*, *
so that all who pass by *pluck off its grapes*?
- 13 The wild boar of the forest *has ravaged it*, *
and the beasts of the field have *grazed upon it*.
- 14 Turn now, O God of hosts, look down from heaven;
behold *and tend this vine*; *
preserve what your right *hand has planted*.
- 15 They burn it with *fire like rubbish*; *
at the rebuke of your countenance *let them perish*.
- 16 Let your hand be upon the man *of your right hand*, *
the son of man you have made so *strong for yourself*.
- 17 And so will we never turn *away from you*; *
give us life, that we may call *upon your Name*.
- 18 Restore us, O *LORD God of hosts*; *
show the light of your countenance, and *we shall be saved*.

81 *Exultate Deo*

- 1 Sing with joy *to God our strength* *
and raise a loud shout to the *God of Jacob*.
- 2 Raise a song and *sound the timbrel*, *
the merry *harp, and the lyre*.
- 3 Blow the ram's-horn *at the new moon*, *
and at the full moon, the *day of our feast*.
- 4 For this is a statute *for Israel*, *
a law of the *God of Jacob*.
- 5 He laid it as a solemn charge *upon Joseph*, *
when he came out of the *land of Egypt*.

- 6 I heard an unfamiliar voice *saying*, *
"I eased his shoulder from the burden;
his hands were set free from *bearing the load*."
- 7 You called on me in trouble, *and I saved you*; *
I answered you from the secret place of thunder
and tested you at the waters of *Meribah*.
- 8 Hear, O my people, and I will *admonish you*; *
O Israel, if you would but *listen to me*!
- 9 There shall be no strange god *among you*; *
you shall not worship a *foreign god*.
- 10 I am the LORD your God,
who brought you out of the land of *Egypt and said*, *
"Open your mouth wide, and *I will fill it*."
- 11 And yet my people did *not hear my voice*, *
and Israel would *not obey me*.
- 12 So I gave them over to the stubbornness of *their hearts*, *
to follow their *own devices*.
- 13 Oh, that my people would *listen to me*! *
that Israel would *walk in my ways*!
- 14 I should soon subdue *their enemies* *
and turn my hand *against their foes*.
- 15 Those who hate the LORD would *cringe before him*, *
and their punishment would *last for ever*.
- 16 But Israel would I feed with *the finest wheat* *
and satisfy him with honey from *the rock*.

82 *Deus stetit*

- 1 God takes his stand in the council of *heaven*; *
he gives judgment in the *midst of the gods*:
- 2 "How long will you *judge unjustly*, *
and show favor to the *wicked*?"
- 3 Save the weak *and the orphan*; *
defend the humble and *needy*;

- 4 Rescue the *weak and the poor*; *
deliver them from the power of *the wicked*.
- 5 They do not know, neither do they understand;
they go about in *darkness*; *
all the foundations of the *earth are shaken*.
- 6 Now I say to you, '*You are gods*, *
and all of you children of *the Most High*;
- 7 Nevertheless, you shall *die like mortals*, *
and fall like *any prince*.'"
- 8 Arise, O God, *and rule the earth*, *
for you shall take all nations *for your own*.

83 *Deus, quis similis?*

- 1 O God, do *not be silent*; *
do not keep still nor hold *your peace, O God*;
- 2 For your enemies *are in tumult*, *
and those who hate you have *lifted up their heads*.
- 3 They take secret counsel *against your people* *
and plot against those *whom you protect*.
- 4 They have said, "Come, let us wipe them out from *among the nations*; *
let the name of Israel be *remembered no more*."
- 5 They have *conspired together*; *
they have made an alliance *against you*:
- 6 The tents of Edom and the *Ishmaelites*; *
the Moabites and *the Hagarenes*;
- 7 Gebal, and Ammon, *and Amalek*; *
the Philistines and those *who dwell in Tyre*.
- 8 The Assyrians also *have joined them*, *
and have come to help the *people of Lot*.
- 9 Do to them as you did *to Midian*, *
to Sisera, and to Jabin at the river of *Kishon*:
- 10 They were *destroyed at Endor*; *
they became like dung *upon the ground*.

- 11 Make their leaders like *Oreb and Zeëb*, *
and all their commanders like Zebah and Zalmunna,
- 12 Who said, "Let us *take for ourselves* *
the fields of God as *our possession*."
- 13 O my God, make them *like whirling dust* *
and like chaff *before the wind*;
- 14 Like fire that burns *down a forest*, *
like the flame that sets *mountains ablaze*.
- 15 Drive them *with your tempest* *
and terrify *them with your storm*;
- 16 Cover their faces *with shame, O LORD*, *
that they *may seek your Name*.
- 17 Let them be disgraced and terrified *for ever*; *
let them be put to confusion *and perish*.
- 18 Let them know that you, whose *Name is YAHWEH*, *
you alone are the Most High over *all the earth*.

84 *Quam dilecta!*

- 1 How dear to me is your dwelling, *O LORD of hosts*! *
My soul has a desire and longing for the courts of the LORD;
my heart and my flesh rejoice in *the living God*.
- 2 The sparrow has found her a house
and the swallow a nest where she *may lay her young*; *
by the side of your altars, O LORD of hosts,
my *King and my God*.
- 3 Happy are they who *dwell in your house*! *
they will always *be praising you*.
- 4 Happy are the people whose *strength is in you*! *
whose hearts are set on *the pilgrims' way*.
- 5 Those who go through the desolate valley will find it *a place of springs*, *
for the early rains have covered it with *pools of water*.
- 6 They will climb *from height to height*, *
and the God of gods will reveal himself *in Zion*.

- 7 LORD God of *hosts*, *hear my prayer*; *
hearken, O *God of Jacob*.
- 8 Behold our defender, *O God*; *
and look upon the face of *your Anointed*.
- 9 For one day in your courts is better than a thousand *in my own room*, *
and to stand at the threshold of the house of my God
than to dwell in the tents *of the wicked*.
- 10 For the LORD God is *both sun and shield*; *
he will give *grace and glory*;
- 11 No good thing will *the LORD withhold* *
from those who walk with *integrity*.
- 12 *O LORD of hosts*, *
happy are they who put *their trust in you*!

85 *Benedixisti, Domine*

- 1 You have been gracious to *your land*, *O LORD*, *
you have restored the good fortune *of Jacob*.
- 2 You have forgiven the iniquity *of your people* *
and blotted out *all their sins*.
- 3 You have withdrawn *all your fury* *
and turned yourself from your wrathful *indignation*.
- 4 Restore us then, O *God our Savior*; *
let your anger *depart from us*.
- 5 Will you be displeased with *us for ever*? *
will you prolong your anger *from age to age*?
- 6 Will you not give *us life again*, *
that your people may *rejoice in you*?
- 7 Show us your *mercy*, *O LORD*, *
and grant us *your salvation*.
- 8 I will listen to what the LORD *God is saying*, *
for he is speaking peace to his faithful people
and to those who turn *their hearts to him*.
- 9 Truly, his salvation is very near to *those who fear him*, *
that his glory may *dwell in our land*.

- 10 Mercy and truth have *met together*; *
righteousness and peace have *kissed each other*.
- 11 Truth shall spring *up from the earth*, *
and righteousness shall look *down from heaven*.
- 12 The LORD will indeed grant *prosperity*, *
and our land will *yield its increase*.
- 13 Righteousness shall *go before him*, *
and peace shall be a pathway *for his feet*.

86 *Inclina, Domine*

- 1 Bow down your ear, O LORD, *and answer me*, *
for I am poor and *in misery*.
- 2 Keep watch over my life, for *I am faithful*; *
save your servant who puts *his trust in you*.
- 3 Be merciful to me, O LORD, for *you are my God*; *
I call upon you *all the day long*.
- 4 Gladden the soul *of your servant*, *
for to you, O LORD, I *lift up my soul*.
- 5 For you, O LORD, are good *and forgiving*, *
and great is your love toward all who *call upon you*.
- 6 Give ear, O LORD, *to my prayer*, *
and attend to the voice of my *supplications*.
- 7 In the time of my trouble I will *call upon you*, *
for you *will answer me*.
- 8 Among the gods there is none *like you, O LORD*, *
nor *anything like your works*.
- 9 All the nations you have made will come and worship you, *O LORD*, *
and glorify *your Name*.
- 10 For you are great;
you *do wondrous things*; *
and you *alone are God*.
- 11 Teach me your way, O LORD,
and I will *walk in your truth*; *
knit my heart to you that I *may fear your Name*.

- 12 I will thank you, O LORD my God, *with all my heart*, *
and glorify your Name *for evermore*.
- 13 For great is *your love toward me*; *
you have delivered me from the *nethermost Pit*.
- 14 The arrogant rise up against me, O God,
and a band of violent *men seeks my life*; *
they have not set you *before their eyes*.
- 15 But you, O LORD, are gracious and full *of compassion*, *
slow to anger, and full of *kindness and truth*.
- 16 Turn to me and have mercy *upon me*; *
give your strength to your servant;
and save the child *of your handmaid*.
- 17 Show me a sign of your favor,
so that those who hate me may see it *and be ashamed*; *
because you, O LORD, have helped me and *comforted me*.

87 *Fundamenta ejus*

- 1 On the holy mountain stands the city *he has founded*; *
the LORD loves the gates of Zion
more than all the *dwellings of Jacob*.
- 2 Glorious things are *spoken of you*, *
O city *of our God*.
- 3 I count Egypt and Babylon among *those who know me*; *
behold Philistia, Tyre, and Ethiopia:
in Zion *were they born*.
- 4 Of Zion it shall be said, "Everyone was *born in her*, *
and the Most High himself *shall sustain her*."
- 5 The LORD will record as he enrolls *the peoples*, *
"These also *were born there*."
- 6 The singers and the *dancers will say*, *
"All my fresh *springs are in you*."

88 *Domine, Deus*

- 1 O LORD, my *God*, my **Savior**, *
by day and night *I cry to you*.
- 2 Let my prayer enter into your **presence**; *
incline your ear to my *lamentation*.
- 3 For I am *full of trouble*; *
my life is at the *brink of the grave*.
- 4 I am counted among those who go *down to the Pit*; *
I have become like one *who has no strength*;
- 5 Lost *among the dead*, *
like the slain who *lie in the grave*,
- 6 Whom you remember **no more**, *
for they are cut *off from your hand*.
- 7 You have laid me in the *depths of the Pit*, *
in dark places, and *in the abyss*.
- 8 Your anger weighs upon *me heavily*, *
and all your great waves **overwhelm me**.
- 9 You have put my friends far from me;
you have made me to be **abhorred by them**; *
I am in prison and *cannot get free*.
- 10 My sight has failed me *because of trouble*; *
LORD, I have called upon you daily;
I have stretched out *my hands to you*.
- 11 Do you work wonders *for the dead*? *
will those who have died stand up *and give you thanks*?
- 12 Will your loving-kindness be declared *in the grave*? *
your faithfulness in the land *of destruction*?
- 13 Will your wonders be *known in the dark*? *
or your righteousness in the country where all *is forgotten*?
- 14 But as for me, O LORD, I cry *to you for help*; *
in the morning my prayer *comes before you*.
- 15 LORD, why have you **rejected me**? *
why have you hidden *your face from me*?
- 16 Ever since my youth, I have been wretched and at *the point of death*; *
I have borne your terrors with *a troubled mind*.

- 17 Your blazing anger has *swept over me*; *
your terrors *have destroyed me*;
- 18 They surround me all day *long like a flood*; *
they encompass me *on every side*.
- 19 My friend and my neighbor you have put *away from me*, *
and darkness is my only *companion*.

89

Part I *Misericordias Domini*

- 1 Your love, O LORD, for ever will *I sing*; *
from age to age my mouth will proclaim *your faithfulness*.
- 2 For I am persuaded that your love is established for *ever*; *
you have set your faithfulness firmly *in the heavens*.
- 3 "I have made a covenant with *my chosen one*; *
I have sworn an oath to David *my servant*:
- 4 I will establish your *line for ever*, *
and preserve your throne for all *generations*."
- 5 The heavens bear witness to your *wonders, O LORD*, *
and to your faithfulness in the assembly of *the holy ones*;
- 6 For who in the skies can be compared to *the LORD*? *
who is like the LORD *among the gods*?
- 7 God is much to be feared in the council of *the holy ones*, *
great and terrible to all those *round about him*.
- 8 Who is like you, *LORD God of hosts*? *
O mighty LORD, your faithfulness is *all around you*.
- 9 You rule the raging of *the sea* *
and still the surging of *its waves*.
- 10 You have crushed Rahab of the deep with *a deadly wound*; *
you have scattered your enemies with *your mighty arm*.
- 11 Yours are the heavens; the earth *also is yours*; *
you laid the foundations of the world and all *that is in it*.
- 12 You have made the *north and the south*; *
Tabor and Hermon rejoice in *your Name*.

- 13 You have *a mighty arm*; *
strong is your hand and high *is your right hand*.
- 14 Righteousness and justice are the foundations *of your throne*; *
love and truth go *before your face*.
- 15 Happy are the people who know *the festal shout*! *
they walk, O LORD, in the light *of your presence*.
- 16 They rejoice daily *in your Name*; *
they are jubilant in *your righteousness*.
- 17 For you are the glory *of their strength*, *
and by your favor our might *is exalted*.
- 18 Truly, the LORD *is our ruler*; *
The Holy One of Israel *is our King*.

Psalm 89: Part II *Tunc locutus es*

- 19 You spoke once in vision and said to your *faithful people*: *
"I have set the crown upon a warrior
and have exalted one chosen out *of the people*."
- 20 I have found David *my servant*; *
with my holy oil have I *anointed him*.
- 21 My hand *will hold him fast* *
and my arm *will make him strong*.
- 22 No enemy *shall deceive him*, *
nor any wicked man *bring him down*.
- 23 I will crush his *foes before him* *
and strike down *those who hate him*.
- 24 My faithfulness and love *shall be with him*, *
and he shall be victorious *through my Name*.
- 25 I shall make his dominion *extend* *
from the Great Sea *to the River*.
- 26 He will say to me, 'You are my *Father*, *
my God, and the rock of *my salvation*.'
- 27 I will make *him my firstborn* *
and higher than the *kings of the earth*.
- 28 I will keep my love for *him for ever*, *
and my covenant will *stand firm for him*.

- 29 I will establish his *line for ever* *
and his throne as the *days of heaven*."
- 30 "If his children *forsake my law* *
and do not walk according to my *judgments*;
- 31 If they *break my statutes* *
and do not keep my *commandments*;
- 32 I will punish their transgressions with *a rod* *
and their iniquities with *the lash*;
- 33 But I will not take my love *from him*, *
nor let my faithfulness *prove false*.
- 34 I will not break my *covenant*, *
nor change what has gone *out of my lips*.
- 35 Once for all I have sworn by my *holiness*: *
'I will not *lie to David*.
- 36 His line shall endure for *ever* *
and his throne as the *sun before me*;
- 37 It shall stand fast for evermore like *the moon*, *
the abiding witness in *the sky*."
- 38 But you have cast off and rejected your *anointed*; *
you have become *enraged at him*.
- 39 You have broken your covenant with your *servant*, *
defiled his crown, and hurled it to *the ground*.
- 40 You have *breached all his walls* *
and laid his *strongholds in ruins*.
- 41 All who pass by *despoil him*; *
he has become the scorn of his *neighbors*.
- 42 You have exalted the right hand of *his foes* *
and made all his enemies *rejoice*.
- 43 You have turned back the *edge of his sword* *
and have not sustained him in *battle*.
- 44 You have put an end to his *splendor* *
and cast his *throne to the ground*.
- 45 You have cut short the *days of his youth* *
and have covered him *with shame*.

- 46 How long will you hide yourself, O LORD?
will you hide yourself *for ever*? *
how long will your anger *burn like fire*?
- 47 Remember, LORD, *how short life is*, *
how frail you *have made all flesh*.
- 48 Who can live *and not see death*? *
who can save himself from the power *of the grave*?
- 49 Where, Lord, are your loving-kindnesses *of old*, *
which you promised David in *your faithfulness*?
- 50 Remember, Lord, how your *servant is mocked*, *
how I carry in my bosom the taunts of *many peoples*,
- 51 The taunts your enemies *have hurled, O LORD*, *
which they hurled at the heels of *your anointed*.
- 52 Blessed be the LORD *for evermore*! *
Amen, *I say, Amen*.

90 *Domine, refugium*

- 1 Lord, you have *been our refuge* *
from one generation *to another*.
- 2 Before the mountains were brought forth,
or the land and *the earth were born*, *
from age to age you *are God*.
- 3 You turn us back to *the dust and say*, *
"Go back, *O child of earth*."
- 4 For a thousand years in your sight are like yesterday *when it is past* *
and like a *watch in the night*.
- 5 You sweep us away *like a dream*; *
we fade away suddenly *like the grass*.
- 6 In the morning it is green *and flourishes*; *
in the evening it is dried up *and withered*.
- 7 For we consume away in *your displeasure*; *
we are afraid because of your wrathful *indignation*.
- 8 Our iniquities you have *set before you*, *
and our secret sins in the light of *your countenance*.

- 9 When you are angry, all *our days are gone*; *
we bring our years to an *end like a sigh*.
- 10 The span of our life is seventy years,
perhaps in strength *even eighty*; *
yet the sum of them is but labor and sorrow,
for they pass away quickly *and we are gone*.
- 11 Who regards the power *of your wrath*? *
who rightly fears your *indignation*?
- 12 So teach us to *number our days* *
that we may apply our *hearts to wisdom*.
- 13 Return, O LORD; how long *will you tarry*? *
be gracious *to your servants*.
- 14 Satisfy us by your loving-kindness *in the morning*; *
so shall we rejoice and be glad all the *days of our life*.
- 15 Make us glad by the measure of the days that you *afflicted us* *
and the years in which we suffered *adversity*.
- 16 Show your *servants your works* *
and your splendor *to their children*.
- 17 May the graciousness of the LORD our God *be upon us*; *
prosper the work of our hands;
prosper *our handiwork*.

91 *Qui habitat*

- 1 He who dwells in the shelter *of the Most High*, *
abides under the shadow of *the Almighty*.
- 2 He shall say to the LORD,
"You are my refuge *and my stronghold*, *
my God in whom *I put my trust*."
- 3 He shall deliver you from the snare *of the hunter* *
and from the deadly *pestilence*.
- 4 He shall cover you with his pinions,
and you shall find refuge *under his wings*; *
his faithfulness shall be a *shield and buckler*.
- 5 You shall not be afraid of any *terror by night*, *
nor of the arrow *that flies by day*;

- 6 Of the plague that stalks *in the darkness*, *
nor of the sickness that lays *waste at mid-day*.
- 7 A thousand shall fall at your side
and ten thousand *at your right hand*, *
but it shall *not come near you*.
- 8 Your eyes have only *to behold* *
to see the reward *of the wicked*.
- 9 Because you have made the *LORD your refuge*, *
and the Most High your *habitation*,
- 10 There shall no evil *happen to you*, *
neither shall any plague come *near your dwelling*.
- 11 For he shall give his angels *charge over you*, *
to keep you *in all your ways*.
- 12 They shall bear *you in their hands*, *
lest you dash your foot *against a stone*.
- 13 You shall tread upon the lion *and the adder*; *
you shall trample the young lion and the serpent *under your feet*.
- 14 Because he is bound to me in love,
therefore will I *deliver him*; *
I will protect him, because *he knows my Name*.
- 15 He shall call upon me, and I *will answer him*; *
I am with him in trouble;
I will rescue him and bring *him to honor*.
- 16 With long life will I *satisfy him*, *
and show him *my salvation*.

92 *Bonum est confiteri*

- 1 It is a good thing to give *thanks to the LORD*, *
and to sing praises to your *Name, O Most High*;
- 2 To tell of your loving-kindness early *in the morning* *
and of your faithfulness in *the night season*;
- 3 On the psaltery, *and on the lyre*, *
and to the melody *of the harp*.

- 4 For you have made me glad by *your acts*, **O LORD**; *
and I shout for joy because of the *works of your hands*.
- 5 LORD, how *great are your works*! *
your thoughts *are very deep*.
- 6 The dullard does not know,
nor does the *fool understand*, *
that though the wicked grow like weeds,
and all the workers of iniquity *flourish*,
- 7 They flourish only to be *destroyed for ever*; *
but you, O LORD, are exalted *for evermore*.
- 8 For lo, your enemies, O LORD,
lo, your enemies *shall perish*, *
and all the workers of iniquity *shall be scattered*.
- 9 But my horn you have exalted like the *horns of wild bulls*; *
I am anointed *with fresh oil*.
- 10 My eyes also gloat over *my enemies*, *
and my ears rejoice to hear the doom of the wicked who rise *up against me*.
- 11 The righteous shall flourish *like a palm tree*, *
and shall spread abroad like a cedar *of Lebanon*.
- 12 Those who are planted in the *house of the LORD* *
shall flourish in the *courts of our God*;
- 13 They shall still bear *fruit in old age*; *
they shall be green *and succulent*;
- 14 That they may show how upright *the LORD is*, *
my Rock, in whom *there is no fault*.

93 *Dominus regnavit*

- 1 The LORD is King;
he has put on *splendid apparel*; *
the LORD has put on his apparel
and girded *himself with strength*.
- 2 He has made the *whole world so sure* *
that it *cannot be moved*;
- 3 Ever since the world began, your throne has *been established*; *
you are from *everlasting*.

- 4 The waters have lifted up, O LORD,
the waters have lifted up *their voice*; *
the waters have lifted up *their pounding waves*.
- 5 Mightier than the sound of many waters,
mightier than the breakers of *the sea*, *
mightier is the LORD *who dwells on high*.
- 6 Your testimonies *are very sure*, *
and holiness adorns your house, O LORD,
for ever and *for evermore*.

94 *Deus ultionum*

- 1 O LORD *God of vengeance*, *
O God of vengeance, show *yourself*.
- 2 Rise up, O *Judge of the world*; *
give the arrogant *their just deserts*.
- 3 How long shall the *wicked, O LORD*, *
how long shall the *wicked triumph*?
- 4 They bluster in *their insolence*; *
all evildoers are *full of boasting*.
- 5 They crush your *people, O LORD*, *
and afflict your *chosen nation*.
- 6 They murder the widow *and the stranger* *
and put the *orphans to death*.
- 7 Yet they say, "The *LORD does not see*, *
the God of Jacob *takes no notice*."
- 8 Consider well, you dullards *among the people*; *
when will you *fools understand*?
- 9 He that planted the ear, *does he not hear*? *
he that formed the eye, *does he not see*?
- 10 He who admonishes the nations, will *he not punish*? *
he who teaches all the world, has *he no knowledge*?
- 11 The LORD knows *our human thoughts*; *
how like a puff of wind *they are*.

- 12 Happy are they whom you *instruct*, **O Lord!** *
whom you teach *out of your law*;
- 13 To give them rest *in evil days*, *
until a pit is dug *for the wicked*.
- 14 For the LORD will not abandon *his people*, *
nor will he *forsake his own*.
- 15 For judgment will *again be just*, *
and all the true of heart *will follow it*.
- 16 Who rose up for me *against the wicked?* *
who took my part against the *evildoers?*
- 17 If the LORD had not *come to my help*, *
I should soon have dwelt in the *land of silence*.
- 18 As often as I said, "*My foot has slipped*," *
your love, O LORD, *upheld me*.
- 19 When many *cares fill my mind*, *
your consolations *cheer my soul*.
- 20 Can a corrupt tribunal have *any part with you*, *
one which frames *evil into law?*
- 21 They conspire against the *life of the just* *
and condemn the *innocent to death*.
- 22 But the LORD has become *my stronghold*, *
and my God the *rock of my trust*.
- 23 He will turn their wickedness back upon them
and destroy them in *their own malice*; *
the LORD our God *will destroy them*.

95 *Venite, exultemus*

- 1 Come, let us *sing to the LORD*; *
let us shout for joy to the Rock of *our salvation*.
- 2 Let us come before his presence *with thanksgiving* *
and raise a loud shout *to him with psalms*.
- 3 For the LORD *is a great God*, *
and a great King *above all gods*.

- 4 In his hand are the caverns of *the earth*, *
and the heights of the hills *are his also*.
- 5 The sea is his, *for he made it*, *
and his hands have molded *the dry land*.
- 6 Come, let us bow down, *and bend the knee*, *
and kneel before the *LORD our Maker*.
- 7 For he is our God,
and we are the people of his pasture and the *sheep of his hand*. *
Oh, that today you would *hearken to his voice*!
- 8 Harden not your hearts,
as your forebears did in *the wilderness*, *
at Meribah, and on that day at Massah,
when *they tempted me*.
- 9 They put *me to the test*, *
though they *had seen my works*.
- 10 Forty years long I detested that generation *and said*, *
"This people are wayward in their hearts;
they do *not know my ways*."
- 11 So I *swore in my wrath*, *
"They shall not enter *into my rest*."

96 *Cantate Domino*

- 1 Sing to the *LORD a new song*; *
sing to the LORD, *all the whole earth*.
- 2 Sing to the LORD *and bless his Name*; *
proclaim the good news of his salvation *from day to day*.
- 3 Declare his glory *among the nations* *
and his wonders *among all peoples*.
- 4 For great is the LORD and greatly *to be praised*; *
he is more to be *feared than all gods*.
- 5 As for all the gods of the nations, they *are but idols*; *
but it is the LORD who *made the heavens*.
- 6 Oh, the majesty and magnificence *of his presence*! *
Oh, the power and the splendor of his *sanctuary*!

- 7 Ascribe to the LORD, you families *of the peoples*; *
ascribe to the LORD *honor and power*.
- 8 Ascribe to the LORD the honor *due his Name*; *
bring offerings and come *into his courts*.
- 9 Worship the LORD in the beauty *of holiness*; *
let the whole earth tremble *before him*.
- 10 Tell it out among the nations: "*The LORD is King!* *
he has made the world so firm that it cannot be moved;
he will judge the peoples *with equity*."
- 11 Let the heavens rejoice, and let the earth be glad;
let the sea thunder and all *that is in it*; *
let the field be joyful and all *that is therein*.
- 12 Then shall all the trees of the wood shout for joy
before the LORD *when he comes*, *
when he comes *to judge the earth*.
- 13 He will judge the world *with righteousness* *
and the peoples *with his truth*.

97 *Dominus regnavit*

- 1 The LORD is King;
let *the earth rejoice*; *
let the multitude of *the isles be glad*.
- 2 Clouds and darkness are *round about him*, *
righteousness and justice are the foundations *of his throne*.
- 3 A fire *goes before him* *
and burns up his enemies *on every side*.
- 4 His lightnings *light up the world*; *
the earth sees it *and is afraid*.
- 5 The mountains melt like wax at the presence *of the LORD*, *
at the presence of the Lord *of the whole earth*.
- 6 The heavens declare *his righteousness*, *
and all the peoples *see his glory*.
- 7 Confounded be all who worship carved images
and delight in *false gods*! *
Bow down before *him, all you gods*.

- 8 Zion hears and is glad, and the cities of *Judah rejoice*, *
because of your *judgments*, **O LORD**.
- 9 For you are the LORD,
most high over *all the earth*; *
you are exalted far *above all gods*.
- 10 The LORD loves those *who hate evil*; *
he preserves the lives of his saints
and delivers them from the hand *of the wicked*.
- 11 Light has sprung up *for the righteous*, *
and joyful gladness for those who *are truehearted*.
- 12 Rejoice in the *LORD*, you *righteous*, *
and give thanks to *his holy Name*.

98 *Cantate Domino*

- 1 Sing to the *LORD* a *new song*, *
for he has done *marvelous things*.
- 2 With his right hand and *his holy arm* *
has he won for himself *the victory*.
- 3 The LORD has made known *his victory*; *
his righteousness has he openly shown in the sight *of the nations*.
- 4 He remembers his mercy and faithfulness to the house *of Israel*, *
and all the ends of the earth have seen the victory *of our God*.
- 5 Shout with joy to the *LORD*, *all you lands*; *
lift up your voice, *rejoice, and sing*.
- 6 Sing to the *LORD* with *the harp*, *
with the harp and *the voice of song*.
- 7 With trumpets and the *sound of the horn* *
shout with joy before *the King, the LORD*.
- 8 Let the sea make a noise and all *that is in it*, *
the lands and those *who dwell therein*.
- 9 Let the rivers *clap their hands*, *
and let the hills ring out with joy before the LORD,
when he comes *to judge the earth*.

- 10 In righteousness shall *he judge the world* *
and the peoples *with equity*.

99 *Dominus regnavit*

- 1 The LORD is King;
let the *people tremble*; *
he is enthroned upon the cherubim;
let the earth shake.
- 2 The LORD is *great in Zion*; *
he is high above *all peoples*.
- 3 Let them confess his Name, which is *great and awesome*; *
he is *the Holy One*.
- 4 "O mighty King, lover of justice,
you have established *equity*; *
you have executed justice and righteousness in *Jacob*."
- 5 Proclaim the greatness of the LORD our God
and fall down before *his footstool*; *
he is *the Holy One*.
- 6 Moses and Aaron among his priests,
and Samuel among those who call *upon his Name*, *
they called upon the LORD, and *he answered them*.
- 7 He spoke to them out of the *pillar of cloud*; *
they kept his testimonies and the decree *that he gave them*.
- 8 "O LORD our God, you answered them *indeed*; *
you were a God who forgave them,
yet punished them for *their evil deeds*."
- 9 Proclaim the greatness of the LORD our God
and worship him upon *his holy hill*; *
for the LORD our God is *the Holy One*.

100 *Jubilate Deo*

- 1 Be joyful in the LORD, *all you lands*; *
serve the LORD with gladness
and come before his presence *with a song*.

- 2 Know this: The LORD *himself is God*; *
he himself has made us, and we are his;
we are his people and the sheep *of his pasture*.
- 3 Enter his gates with thanksgiving;
go into *his courts with praise*; *
give thanks to him and call *upon his Name*.
- 4 For the LORD is good;
his mercy is *everlasting*; *
and his faithfulness endures *from age to age*.

101 *Misericordiam et iudicium*

- 1 I will sing of mercy *and justice*; *
to you, O LORD, will *I sing praises*.
- 2 I will strive to follow a blameless course;
oh, when will *you come to me*? *
I will walk with sincerity of heart *within my house*.
- 3 I will set no worthless thing *before my eyes*; *
I hate the doers of evil deeds;
they shall not *remain with me*.
- 4 A crooked heart shall *be far from me*; *
I will *not know evil*.
- 5 Those who in secret slander their neighbors *I will destroy*; *
those who have a haughty look and a proud heart I *cannot abide*.
- 6 My eyes are upon the faithful in the land, that they *may dwell with me*, *
and only those who lead a blameless life shall *be my servants*.
- 7 Those who act deceitfully shall not *dwell in my house*, *
and those who tell lies shall not *continue in my sight*.
- 8 I will soon destroy all the wicked *in the land*, *
that I may root out all evildoers from the city *of the LORD*.

102 *Domine, exaudi*

- 1 LORD, hear my prayer, and let my cry *come before you*; *
hide not your face from me in the day *of my trouble*.

- 2 Incline *your ear to me*; *
when I call, make haste *to answer me*,
- 3 For my days drift *away like smoke*, *
and my bones are hot *as burning coals*.
- 4 My heart is smitten like *grass and withered*, *
so that I forget *to eat my bread*.
- 5 Because of the voice *of my groaning* *
I am *but skin and bones*.
- 6 I have become like a vulture in *the wilderness*, *
like an owl *among the ruins*.
- 7 I lie *awake and groan*; *
I am like a sparrow, lonely *on a house-top*.
- 8 My enemies revile *me all day long*, *
and those who scoff at me have taken an *oath against me*.
- 9 For I have eaten *ashes for bread* *
and mingled my *drink with weeping*.
- 10 Because of your indignation *and wrath* *
you have lifted me up and *thrown me away*.
- 11 My days pass away *like a shadow*, *
and I *wither like the grass*.
- 12 But you, O LORD, endure *for ever*, *
and your Name *from age to age*.
- 13 You will arise and have compassion on Zion,
for it is time to have mercy *upon her*; *
indeed, the appointed *time has come*.
- 14 For your servants love her very *ruddle*, *
and are moved to pity *even for her dust*.
- 15 The nations shall fear *your Name, O LORD*, *
and all the kings of the *earth your glory*.
- 16 For the LORD will *build up Zion*, *
and his glory *will appear*.
- 17 He will look with favor on the prayer *of the homeless*; *
he will not *despise their plea*.
- 18 Let this be written for a future *generation*, *
so that a people yet unborn *may praise the LORD*.

- 19 For the LORD looked down from his holy *place on high*; *
from the heavens he *beheld the earth*;
- 20 That he might hear the groan *of the captive* *
and set free those *condemned to die*;
- 21 That they may declare in Zion the *Name of the LORD*, *
and his praise in *Jerusalem*;
- 22 When the peoples are *gathered together*, *
and the kingdoms also, *to serve the LORD*.
- 23 He has brought down my strength *before my time*; *
he has shortened the number *of my days*;
- 24 And I said, "O my God,
do not take me away in the *midst of my days*; *
your years endure throughout all *generations*."
- 25 In the beginning, O LORD, you laid the foundations *of the earth*, *
and the heavens are the *work of your hands*;
- 26 They shall perish, but you will endure;
they all shall wear out *like a garment*; *
as clothing you will change them,
and *they shall be changed*;
- 27 But you are *always the same*, *
and your years *will never end*.
- 28 The children of your servants *shall continue*, *
and their offspring shall stand *fast in your sight*."

103 *Benedic, anima mea*

- 1 Bless the *LORD, O my soul*, *
and all that is within me, bless *his holy Name*.
- 2 Bless the *LORD, O my soul*, *
and forget not all *his benefits*.
- 3 He forgives *all your sins* *
and heals all your *infirmities*;
- 4 He redeems your *life from the grave* *
and crowns you with mercy and *loving-kindness*;

- 5 He satisfies *you with good things*, *
and your youth is renewed *like an eagle's*.
- 6 The LORD executes *righteousness* *
and judgment for all *who are oppressed*.
- 7 He made his ways *known to Moses* *
and his works to the children *of Israel*.
- 8 The LORD is full of compassion and *mercy*, *
slow to anger and *of great kindness*.
- 9 He will not always *accuse us*, *
nor will he keep his anger *for ever*.
- 10 He has not dealt with us according to *our sins*, *
nor rewarded us according to *our wickedness*.
- 11 For as the heavens are high *above the earth*, *
so is his mercy great upon *those who fear him*.
- 12 As far as the east is *from the west*, *
so far has he removed *our sins from us*.
- 13 As a father cares *for his children*, *
so does the LORD care for *those who fear him*.
- 14 For he himself knows whereof *we are made*; *
he remembers that *we are but dust*.
- 15 Our days *are like the grass*; *
we flourish like a flower *of the field*;
- 16 When the wind goes over *it, it is gone*, *
and its place shall *know it no more*.
- 17 But the merciful goodness of the LORD endures for ever on *those who fear him*, *
and his righteousness on *children's children*;
- 18 On those who keep *his covenant* *
and remember his commandments and *do them*.
- 19 The LORD has set his *throne in heaven*, *
and his kingship has dominion *over all*.
- 20 Bless the LORD, you angels of his,
you mighty ones who *do his bidding*, *
and hearken to the voice *of his word*.
- 21 Bless the LORD, *all you his hosts*, *
you ministers of his *who do his will*.

- 22 Bless the LORD, all you works of his,
in all places of *his dominion*; *
bless the LORD, *O my soul*.

104 *Benedic, anima mea*

- 1 Bless the LORD, *O my soul*; *
O LORD my God, how excellent is your greatness!
you are clothed with majesty *and splendor*.
- 2 You wrap yourself with light *as with a cloak* *
and spread out the heavens *like a curtain*.
- 3 You lay the beams of your chambers in the waters *above*; *
you make the clouds your chariot;
you ride on the wings of *the wind*.
- 4 You make the winds *your messengers* *
and flames of fire your *servants*.
- 5 You have set the earth upon *its foundations*, *
so that it never shall move *at any time*.
- 6 You covered it with the Deep as *with a mantle*; *
the waters stood higher *than the mountains*.
- 7 At your rebuke *they fled*; *
at the voice of your thunder they *hastened away*.
- 8 They went up into the hills and down to the valleys *beneath*, *
to the places you had appointed *for them*.
- 9 You set the limits that *they should not pass*; *
they shall not again cover *the earth*.
- 10 You send the springs into the valleys; *
they flow between the *mountains*.
- 11 All the beasts of the field drink *their fill from them*, *
and the wild asses quench *their thirst*.
- 12 Beside them the birds of the air make *their nests* *
and sing among the *branches*.
- 13 You water the mountains from your dwelling *on high*; *
the earth is fully satisfied by the fruit of *your works*.

- 14 You make grass grow *for flocks and herds* *
and plants *to serve mankind*;
- 15 That they may bring forth *food from the earth*, *
and wine to *gladden our hearts*,
- 16 Oil to make a *cheerful countenance*, *
and bread to *strengthen the heart*.
- 17 The trees of the LORD *are full of sap*, *
the cedars of Lebanon *which he planted*,
- 18 In which the *birds build their nests*, *
and in whose tops the stork *makes his dwelling*.
- 19 The high hills are a refuge for *the mountain goats*, *
and the stony cliffs for *the rock badgers*.
- 20 You appointed the moon to *mark the seasons*, *
and the sun knows the time *of its setting*.
- 21 You make darkness that *it may be night*, *
in which all the beasts of *the forest prowl*.
- 22 The lions roar *after their prey* *
and seek *their food from God*.
- 23 The sun rises, and *they slip away* *
and lay themselves *down in their dens*.
- 24 Man goes *forth to his work* *
and to his labor *until the evening*.
- 25 O LORD, how *manifold are your works*! *
in wisdom you have made them all;
the earth is full *of your creatures*.
- 26 Yonder is the great and wide sea
with its living things too many *to number*, *
creatures *both small and great*.
- 27 There move the ships,
and there is that *Leviathan*, *
which you have made for *the sport of it*.
- 28 All of *them look to you* *
to give them their food *in due season*.
- 29 You give it to them; *they gather it*, *
you open your hand, and they are *filled with good things*.

- 30 You hide your face, and they *are terrified*; *
you take away their breath,
and they die and return to *their dust*.
- 31 You send forth your Spirit, and they *are created*; *
and so you renew the *face of the earth*.
- 32 May the glory of the LORD endure for *ever*; *
may the LORD rejoice in all *his works*.
- 33 He looks at the earth *and it trembles*; *
he touches the mountains *and they smoke*.
- 34 I will sing to the LORD as long as *I live*; *
I will praise my God while I *have my being*.
- 35 May these words *of mine please him*; *
I will rejoice in *the LORD*.
- 36 Let sinners be consumed *out of the earth*, *
and the wicked be *no more*.
- 37 Bless the *LORD, O my soul*. *
Hallelujah!

105

Part I *Confitemini Domino*

- 1 Give thanks to the LORD and call *upon his Name*; *
make known his deeds *among the peoples*.
- 2 Sing to him, sing *praises to him*, *
and speak of all his *marvelous works*.
- 3 Glory in *his holy Name*; *
let the hearts of those who seek *the LORD rejoice*.
- 4 Search for the *LORD and his strength*; *
continually seek *his face*.
- 5 Remember the marvels *he has done*, *
his wonders and the judgments *of his mouth*,
- 6 O offspring of Abraham *his servant*, *
O children of Jacob *his chosen*.

- 7 He is *the LORD our God*; *
his judgments prevail *in all the world*.
- 8 He has always been mindful of *his covenant*, *
the promise he made for a thousand *generations*:
- 9 The covenant he made *with Abraham*, *
the oath that he *swore to Isaac*,
- 10 Which he established as a statute *for Jacob*, *
an everlasting covenant *for Israel*,
- 11 Saying, "To you will I give the *land of Canaan* *
to be your allotted *inheritance*."
- 12 When they were *few in number*, *
of little account, and sojourners *in the land*,
- 13 Wandering from *nation to nation* *
and from one kingdom *to another*,
- 14 He let no *one oppress them* *
and rebuked *kings for their sake*,
- 15 Saying, "Do not touch my *anointed* *
and do my *prophets no harm*."
- 16 Then he called for a famine *in the land* *
and destroyed the *supply of bread*.
- 17 He sent a *man before them*, *
Joseph, who was *sold as a slave*.
- 18 They bruised his *feet in fetters*; *
his neck they put in an *iron collar*.
- 19 Until his prediction *came to pass*, *
the word of the *LORD tested him*.
- 20 The king sent *and released him*; *
the ruler of the peoples *set him free*.
- 21 He set him as a master over *his household*, *
as a ruler over all *his possessions*,
- 22 To instruct his princes according to *his will* *
and to teach his *elders wisdom*.

- 23 Israel came *into Egypt*, *
and Jacob became a sojourner in *the land of Ham*.
- 24 The LORD made his people exceedingly *fruitful*; *
he made them stronger than *their enemies*;
- 25 Whose heart he turned, so that they hated *his people*, *
and dealt unjustly *with his servants*.
- 26 He sent Moses *his servant*, *
and Aaron whom *he had chosen*.
- 27 They worked his *signs among them*, *
and portents in *the land of Ham*.
- 28 He sent darkness, *and it grew dark*; *
but the Egyptians rebelled *against his words*.
- 29 He turned their *waters into blood* *
and caused *their fish to die*.
- 30 Their land was overrun *by frogs*, *
in the very chambers of *their kings*.
- 31 He spoke, and there came *swarms of insects* *
and gnats within *all their borders*.
- 32 He gave them hailstones *instead of rain*, *
and flames of fire *throughout their land*.
- 33 He blasted their vines *and their fig trees* *
and shattered every tree *in their country*.
- 34 He spoke, and *the locust came*, *
and young locusts *without number*,
- 35 Which ate up all the green *plants in their land* *
and devoured the *fruit of their soil*.
- 36 He struck down the firstborn of *their land*, *
the firstfruits of *all their strength*.
- 37 He led out his people with *silver and gold*; *
in all their tribes there was not *one that stumbled*.
- 38 Egypt was glad of *their going*, *
because they were *afraid of them*.
- 39 He spread out a cloud for *a covering* *
and a fire to give light in *the night season*.

- 40 They asked, *and quails appeared*, *
and he satisfied them with *bread from heaven*.
- 41 He opened the rock, *and water flowed*, *
so the river ran in *the dry places*.
- 42 For God remembered *his holy word* *
and Abraham *his servant*.
- 43 So he led forth his people with *gladness*, *
his chosen with *shouts of joy*.
- 44 He gave his people the lands *of the nations*, *
and they took the fruit *of others' toil*,
- 45 That they might *keep his statutes* *
and observe his laws.
Hallelujah!

106

Part I *Confitemini Domino*

- 1 Hallelujah!
Give thanks to the LORD, *for he is good*, *
for his mercy endures *for ever*.
- 2 Who can declare the mighty *acts of the LORD* *
or show *forth all his praise*?
- 3 Happy are those who *act with justice* *
and always *do what is right*!
- 4 Remember me, O LORD, with the favor you have *for your people*, *
and visit me with *your saving help*;
- 5 That I may see the prosperity of your elect
and be glad with the gladness *of your people*, *
that I may glory with your *inheritance*.
- 6 We have sinned as *our forebears did*; *
we have done wrong and *dealt wickedly*.
- 7 In Egypt they did not consider your marvelous works,
nor remember the abundance *of your love*; *
they defied the Most High *at the Red Sea*.

- 8 But he saved them *for his Name's sake*, *
to make *his power known*.
- 9 He rebuked the Red Sea, *and it dried up*, *
and he led them through the deep as *through a desert*.
- 10 He saved them from the hand of those *who hated them* *
and redeemed them from the hand of *the enemy*.
- 11 The waters covered *their oppressors*; *
not one *of them was left*.
- 12 Then they *believed his words* *
and sang *him songs of praise*.
- 13 But they soon *forgot his deeds* *
and did not wait *for his counsel*.
- 14 A craving seized them in *the wilderness*, *
and they put God to the test *in the desert*.
- 15 He gave *them what they asked*, *
but sent leanness *into their soul*.
- 16 They envied Moses *in the camp*, *
and Aaron, the holy *one of the LORD*.
- 17 The earth opened and *swallowed Dathan* *
and covered the company *of Abiram*.
- 18 Fire blazed up against *their company*, *
and flames devoured *the wicked*.

Psalm 106: Part II *Et fecerunt vitulum*

- 19 Israel made a bull-calf *at Horeb* *
and worshiped a *molten image*;
- 20 And so they exchanged *their Glory* *
for the image of an ox *that feeds on grass*.
- 21 They forgot *God their Savior*, *
who had done great *things in Egypt*,
- 22 Wonderful deeds in *the land of Ham*, *
and fearful things *at the Red Sea*.
- 23 So he would have destroyed them,
had not Moses his chosen stood before *him in the breach*, *
to turn away his wrath from *consuming them*.

- 24 They refused *the pleasant land* *
and would not believe *his promise*.
- 25 They grumbled in *their tents* *
and would not listen to the *voice of the LORD*.
- 26 So he lifted his *hand against them*, *
to overthrow them in *the wilderness*,
- 27 To cast out their seed *among the nations*, *
and to scatter them *throughout the lands*.
- 28 They joined themselves to *Baal-Peor* *
and ate sacrifices offered to *the dead*.
- 29 They provoked him to anger *with their actions*, *
and a plague broke out *among them*.
- 30 Then Phinehas stood up and *interceded*, *
and the plague *came to an end*.
- 31 This was reckoned to him *as righteousness* *
throughout all generations *for ever*.
- 32 Again they provoked his anger at the waters of *Meribah*, *
so that he punished Moses *because of them*;
- 33 For they so embittered *his spirit* *
that he spoke rash words *with his lips*.
- 34 They did not destroy *the peoples* *
as the LORD had *commanded them*.
- 35 They intermingled *with the heathen* *
and learned *their pagan ways*,
- 36 So that they worshiped *their idols*, *
which became *a snare to them*.
- 37 They sacrificed *their sons* *
and their daughters to *evil spirits*.
- 38 They shed innocent blood,
the blood of their *sons and daughters*, *
which they offered to the idols of Canaan,
and the land was *defiled with blood*.
- 39 Thus they were polluted *by their actions* *
and went whoring in *their evil deeds*.

- 40 Therefore the wrath of the LORD was kindled *against his people* *
and he abhorred his *inheritance*.
- 41 He gave them over to the hand *of the heathen*, *
and those who hated them *ruled over them*.
- 42 Their enemies *oppressed them*, *
and they were humbled *under their hand*.
- 43 Many a time did he deliver them,
but they rebelled through their *own devices*, *
and were brought down in their *iniquity*.
- 44 Nevertheless, he *saw their distress*, *
when he heard their *lamentation*.
- 45 He remembered his covenant *with them* *
and relented in accordance with *his great mercy*.
- 46 He caused them *to be pitied* *
by those who *held them captive*.
- 47 Save us, O LORD our God,
and gather us from *among the nations*, *
that we may give thanks to your holy Name
and glory *in your praise*.
- 48 Blessed be the LORD, the God of Israel,
from everlasting to *everlasting*; *
and let all the people say, "Amen!"
Hallelujah!

107

Part I *Confitemini Domino*

- 1 Give thanks to the LORD, *for he is good*, *
and his mercy *endures for ever*.
- 2 Let all those whom the LORD has *redeemed proclaim* *
that he redeemed them from the *hand of the foe*.
- 3 He gathered them *out of the lands*; *
from the east and from the west,
from the north *and from the south*.
- 4 Some wandered *in desert wastes*; *
they found no way to a city *where they might dwell*.

- 5 They were hungry *and thirsty*; *
their spirits languished *within them*.
- 6 Then they cried to the LORD *in their trouble*, *
and he delivered them *from their distress*.
- 7 He put their feet *on a straight path* *
to go to a city *where they might dwell*.
- 8 Let them give thanks to the LORD *for his mercy* *
and the wonders he does *for his children*.
- 9 For he satisfies *the thirsty* *
and fills the hungry *with good things*.
- 10 Some sat in darkness *and deep gloom*, *
bound fast in misery *and iron*;
- 11 Because they rebelled against *the words of God* *
and despised the counsel *of the Most High*.
- 12 So he humbled their spirits *with hard labor*; *
they stumbled, and there *was none to help*.
- 13 Then they cried to the LORD *in their trouble*, *
and he delivered them *from their distress*.
- 14 He led them out of darkness *and deep gloom* *
and broke their *bonds asunder*.
- 15 Let them give thanks to the LORD *for his mercy* *
and the wonders he does *for his children*.
- 16 For he shatters *the doors of bronze* *
and breaks in two *the iron bars*.
- 17 Some were fools and took to *rebellious ways*; *
they were afflicted because *of their sins*.
- 18 They abhorred all *manner of food* *
and drew *near to death's door*.
- 19 Then they cried to the LORD *in their trouble*, *
and he delivered them *from their distress*.
- 20 He sent forth his word *and healed them* *
and saved *them from the grave*.
- 21 Let them give thanks to the LORD *for his mercy* *
and the wonders he does *for his children*.

- 22 Let them offer a sacrifice *of thanks**giving*** *
and tell of his acts *with shouts of joy*.
- 23 Some went down to *the sea in ships* *
and plied their trade *in deep waters*;
- 24 They beheld the *works of **the LORD*** *
and his wonders *in the deep*.
- 25 Then he spoke, and a stormy wind *arose*, *
which tossed high the waves *of the sea*.
- 26 They mounted up to the heavens and fell *back to the depths*; *
their hearts melted because *of their peril*.
- 27 They reeled and staggered *like drunkards* *
and were *at their wits' end*.
- 28 Then they cried to the LORD *in their trouble*, *
and he delivered them *from their distress*.
- 29 He stilled the storm *to a whisper* *
and quieted the waves *of the sea*.
- 30 Then were they glad *because of the calm*, *
and he brought them to the harbor *they were bound for*.
- 31 Let them give thanks to the LORD *for his mercy* *
and the wonders he does *for his children*.
- 32 Let them exalt him in the congregation *of the people* *
and praise him in the council *of the elders*.

Psalm 107: Part II *Posuit flumina*

- 33 The LORD changed rivers *into deserts*, *
and water-springs into *thirsty ground*,
- 34 A fruitful land *into salt flats*, *
because of the wickedness of *those who dwell there*.
- 35 He changed deserts into *pools of water* *
and dry land into *water-springs*.
- 36 He settled *the hungry there*, *
and they founded a city *to dwell in*.
- 37 They sowed fields, and *planted vineyards*, *
and brought in a *fruitful harvest*.

- 38 He blessed them, so that they *increased greatly*; *
he did not let *their herds decrease*.
- 39 Yet when they were *diminished and brought low*, *
through stress of adversity *and sorrow*,
- 40 (He pours *contempt on princes* *
and makes them wander *in trackless wastes*)
- 41 He lifted up the poor out of *misery* *
and multiplied their families *like flocks of sheep*.
- 42 The upright will see *this and rejoice*, *
but all wickedness *will shut its mouth*.
- 43 Whoever is wise will *ponder these things*, *
and consider well the *mercies of the LORD*.

108 *Paratum cor meum*

- 1 My heart is firmly fixed, O God, *my heart is fixed*; *
I will sing and *make melody*.
- 2 Wake up, my spirit;
awake, lute and harp; *
I myself will *waken the dawn*.
- 3 I will confess you among the *peoples, O LORD*; *
I will sing praises to you *among the nations*.
- 4 For your loving-kindness is greater *than the heavens*, *
and your faithfulness reaches *to the clouds*.
- 5 Exalt yourself above the *heavens, O God*, *
and your glory over *all the earth*.
- 6 So that those who are dear to you may *be delivered*, *
save with your right hand *and answer me*.
- 7 God spoke from his holy *place and said*, *
"I will exult and parcel out Shechem;
I will divide the valley of *Succoth*.
- 8 Gilead is mine and Manasseh *is mine*; *
Ephraim is my helmet and Judah *my scepter*.

- 9 Moab is my washbasin,
on Edom I throw down my sandal to *claim it*, *
and over Philistia will I *shout in triumph*."
- 10 Who will lead me into *the strong city*? *
who will bring me *into Edom*?
- 11 Have you not cast *us off*, *O God*? *
you no longer go out, O God, *with our armies*.
- 12 Grant us your help against *the enemy*, *
for vain is *the help of man*.
- 13 With God we will *do valiant deeds*, *
and he shall tread our *enemies under foot*.

109 *Deus, laudem*

- 1 Hold not your tongue, O *God of my praise*; *
for the mouth of the wicked,
the mouth of the deceitful, is *opened against me*.
- 2 They speak to me with *a lying tongue*; *
they encompass me with hateful words
and fight against me *without a cause*.
- 3 Despite my love, *they accuse me*; *
but as for me, *I pray for them*.
- 4 They repay *evil for good*, *
and hatred *for my love*.
- 5 Set a wicked *man against him*, *
and let an accuser stand *at his right hand*.
- 6 When he is judged, let him *be found guilty*, *
and let his appeal *be in vain*.
- 7 Let *his days be few*, *
and let another *take his office*.
- 8 Let his children *be fatherless*, *
and his wife become *a widow*.
- 9 Let his children be *waifs and beggars*; *
let them be driven from the *ruins of their homes*.

- 10 Let the creditor seize everything *he has*; *
let strangers *plunder his gains*.
- 11 Let there be no one to *show him kindness*, *
and none to pity his fatherless *children*.
- 12 Let his descendants *be destroyed*, *
and his name be blotted out in the next *generation*.
- 13 Let the wickedness of his fathers be remembered *before the LORD*, *
and his mother's sin not *be blotted out*;
- 14 Let their sin be always *before the LORD*; *
but let him root out their *names from the earth*;
- 15 Because he did not remember *to show mercy*, *
but persecuted the poor and needy
and sought to kill the *brokenhearted*.
- 16 He loved cursing,
let it *come upon him*; *
he took no delight in blessing,
let it *depart from him*.
- 17 He put on cursing *like a garment*, *
let it soak into his body like water
and into *his bones like oil*;
- 18 Let it be to him like the cloak which he wraps *around himself*, *
and like the belt that he wears *continually*.
- 19 Let this be the recompense from the LORD to *my accusers*, *
and to those who speak evil *against me*.
- 20 But you, O Lord my God,
oh, deal with me according to *your Name*; *
for your tender mercy's sake, *deliver me*.
- 21 For I am *poor and needy*, *
and my heart is wounded *within me*.
- 22 I have faded away like a shadow *when it lengthens*; *
I am shaken off *like a locust*.
- 23 My knees are *weak through fasting*, *
and my flesh is *wasted and gaunt*.
- 24 I have become a *reproach to them*; *
they see and shake *their heads*.

- 25 Help me, *O LORD my God*; *
save me for *your mercy's sake*.
- 26 Let them know that *this is your hand*, *
that you, O LORD, have *done it*.
- 27 They may curse, *but you will bless*; *
let those who rise up against me be put to shame,
and your servant *will rejoice*.
- 28 Let my accusers be *clothed with disgrace* *
and wrap themselves in their shame *as in a cloak*.
- 29 I will give great thanks to the LORD with *my mouth*; *
in the midst of the multitude *will I praise him*;
- 30 Because he stands at the right hand *of the needy*, *
to save his life from those who *would condemn him*.

110 *Dixit Dominus*

- 1 The LORD said to my Lord, "Sit at my *right hand*, *
until I make your enemies your *footstool*."
- 2 The LORD will send the scepter of your power *out of Zion*, *
saying, "Rule over your enemies *round about you*."
- 3 Princely state has been yours from the *day of your birth*; *
in the beauty of holiness have I begotten you,
like dew from the womb *of the morning*."
- 4 The LORD has sworn and he *will not recant*: *
"You are a priest for ever after the order of *Melchizedek*."
- 5 The Lord who is at your right hand
will smite kings in the *day of his wrath*; *
he will rule over *the nations*.
- 6 He will heap *high the corpses*; *
he will smash heads over *the wide earth*.
- 7 He will drink from the brook *beside the road*; *
therefore he will *lift high his head*.

111 *Confitebor tibi*

- 1 Hallelujah!
I will give thanks to the LORD *with my whole heart*, *
in the assembly of the upright, in the *congregation*.
- 2 Great are the *deeds of the LORD*! *
they are studied by all who *delight in them*.
- 3 His work is full of majesty *and splendor*, *
and his righteousness endures *for ever*.
- 4 He makes his marvelous works to *be remembered*; *
the LORD is gracious and full *of compassion*.
- 5 He gives food to *those who fear him*; *
he is ever mindful of *his covenant*.
- 6 He has shown his people the power *of his works* *
in giving them the lands *of the nations*.
- 7 The works of his hands are faithfulness *and justice*; *
all his commandments *are sure*.
- 8 They stand fast for ever *and ever*, *
because they are done in truth *and equity*.
- 9 He sent redemption to his people;
he commanded his covenant *for ever*; *
holy and awesome is *his Name*.
- 10 The fear of the LORD is the beginning *of wisdom*; *
those who act accordingly have a good understanding;
his praise endures *for ever*.

112 *Beatus vir*

- 1 Hallelujah!
Happy are they *who fear the Lord* *
and have great delight in *his commandments*!
- 2 Their descendants will be mighty *in the land*; *
the generation of the upright *will be blessed*.
- 3 Wealth and riches will *be in their house*, *
and their righteousness will *last for ever*.
- 4 Light shines in the darkness *for the upright*; *
the righteous are merciful and full *of compassion*.

- 5 It is good for them to be generous *in lending* *
and to manage their affairs *with justice*.
- 6 For they will never *be shaken*; *
the righteous will be kept in everlasting *remembrance*.
- 7 They will not be afraid of any *evil rumors*; *
their heart is right;
they put their *trust in the Lord*.
- 8 Their heart is established *and will not shrink*, *
until they see their desire upon *their enemies*.
- 9 They have given freely to *the poor*, *
and their righteousness stands fast for ever;
they will hold up their *head with honor*.
- 10 The wicked will see it and be angry;
they will gnash their teeth *and pine away*; *
the desires of the wicked *will perish*.

113 *Laudate, pueri*

- 1 Hallelujah!
Give praise, you servants of *the LORD*; *
praise the *Name of the LORD*.
- 2 Let the Name of *the LORD be blessed*, *
from this time forth *for evermore*.
- 3 From the rising of the sun to *its going down* *
let the Name of *the LORD be praised*.
- 4 The LORD is high *above all nations*, *
and his glory *above the heavens*.
- 5 Who is like the LORD our God, who sits *enthroned on high*, *
but stoops to behold the heavens *and the earth*?
- 6 He takes up the weak *out of the dust* *
and lifts up the poor *from the ashes*.
- 7 He sets them *with the princes*, *
with the princes *of his people*.
- 8 He makes the woman of a *childless house* *
to be a joyful mother *of children*.

114 *In exitu Israel*

- 1 Hallelujah!
When Israel came *out of Egypt*, *
the house of Jacob from a people of *strange speech*,
- 2 Judah became God's *sanctuary* *
and Israel *his dominion*.
- 3 The sea beheld it *and fled*; *
Jordan *turned and went back*.
- 4 The mountains *skipped like rams*, *
and the little *hills like young sheep*.
- 5 What ailed you, O sea, *that you fled*? *
O Jordan, *that you turned back*?
- 6 You mountains, *that you skipped like rams*? *
you little *hills like young sheep*?
- 7 Tremble, O earth, at the presence of *the Lord*, *
at the presence of the *God of Jacob*,
- 8 Who turned the hard rock into a *pool of water* *
and flint-stone into a *flowing spring*.

115 *Non nobis, Domine*

- 1 Not to us, O LORD, not to us,
but to your *Name give glory*; *
because of your love and because of your *faithfulness*.
- 2 Why should *the heathen say*, *
"Where *then is their God*?"
- 3 Our God *is in heaven*; *
whatever he wills *to do he does*.
- 4 Their idols are *silver and gold*, *
the work of *human hands*.
- 5 They have mouths, but *they cannot speak*; *
eyes have they, but *they cannot see*;

- 6 They have ears but *they cannot hear*; *
noses, but *they cannot smell*;
- 7 They have hands, but they cannot feel;
feet, but *they cannot walk*; *
they make no sound with *their throat*.
- 8 Those who make *them are like them*, *
and so are all who put *their trust in them*.
- 9 O Israel, *trust in the LORD*; *
he is their *help and their shield*.
- 10 O house of Aaron, *trust in the LORD*; *
he is their *help and their shield*.
- 11 You who fear the LORD, *trust in the LORD*; *
he is their *help and their shield*.
- 12 The LORD has been mindful of us, and *he will bless us*; *
he will bless the house of Israel;
he will bless the *house of Aaron*;
- 13 He will bless those *who fear the LORD*, *
both small and *great together*.
- 14 May the LORD increase *you more and more*, *
you and your children *after you*.
- 15 May you be *blessed by the LORD*, *
the maker of *heaven and earth*.
- 16 The heaven of heavens *is the LORD'S*, *
but he entrusted the earth *to its peoples*.
- 17 The dead do *not praise the LORD*, *
nor all those who go down *into silence*;
- 18 But we *will bless the LORD*, *
from this time forth for evermore.
Hallelujah!

116 *Dilexi, quoniam*

- 1 I love the LORD, because he has heard the voice of my *supplication*, *
because he has inclined his ear to me whenever I *called upon him*.

- 2 The cords of death entangled me;
the grip of the grave *took hold of me*; *
I came to *grief and sorrow*.
- 3 Then I called upon the *Name of the LORD*: *
"O LORD, I pray you, save *my life*."
- 4 Gracious is the *LORD and righteous*; *
our God is full of *compassion*.
- 5 The LORD watches over *the innocent*; *
I was brought very low, and he *helped me*.
- 6 Turn again to your *rest, O my soul*. *
for the LORD has *treated you well*.
- 7 For you have rescued *my life from death*, *
my eyes from tears, and my *feet from stumbling*.
- 8 I will walk in the presence of *the LORD* *
in the land of *the living*.
- 9 I believed, even when I said,
"I have been *brought very low*." *
In my distress I said, "No one *can be trusted*."
- 10 How shall I *repay the LORD* *
for all the good things he *has done for me*?
- 11 I will lift up the cup of *salvation* *
and call upon the *Name of the LORD*.
- 12 I will fulfill my vows to *the LORD* *
in the presence of *all his people*.
- 13 Precious in the *sight of the LORD* *
is the death of *his servants*.
- 14 O LORD, I *am your servant*; *
I am your servant and the child of your handmaid;
you have freed *me from my bonds*.
- 15 I will offer you the sacrifice of *thanksgiving* *
and call upon the *Name of the LORD*.
- 16 I will fulfill my vows to *the LORD* *
in the presence of *all his people*,
- 17 In the courts of *the LORD'S house*, *
in the midst of you, O Jerusalem.
Hallelujah!

117 *Laudate Dominum*

- 1 Praise the LORD, *all you nations*; *
laud him, *all you peoples*.
- 2 For his loving-kindness *toward us is great*, *
and the faithfulness of the LORD endures for ever.
Hallelujah!

118 *Confitemini Domino*

- 1 Give thanks to the LORD, *for he is good*; *
his mercy endures *for ever*.
- 2 Let Israel *now proclaim*, *
"His mercy endures *for ever*."
- 3 Let the house of Aaron *now proclaim*, *
"His mercy endures *for ever*."
- 4 Let those who fear the LORD *now proclaim*, *
"His mercy endures *for ever*."
- 5 I called to the LORD *in my distress*; *
the LORD answered by *setting me free*.
- 6 The LORD is at my side, therefore *I will not fear*; *
what can anyone *do to me*?
- 7 The LORD is at my *side to help me*; *
I will triumph over *those who hate me*.
- 8 It is better to *rely on the LORD* *
than to put any *trust in flesh*.
- 9 It is better to *rely on the LORD* *
than to put any *trust in rulers*.
- 10 All the ungodly *encompass me*; *
in the Name of the LORD I *will repel them*.
- 11 They hem me in, they hem me in *on every side*; *
in the name of the LORD I *will repel them*.

- 12 They swarm about me like bees;
they blaze like *a fire of thorns*; *
in the name of the LORD I *will repel them*.
- 13 I was pressed so hard that *I almost fell*, *
but the LORD *came to my help*.
- 14 The LORD is my *strength and my song*, *
and he has become *my salvation*.
- 15 There is a sound of exultation *and victory* *
in the tents *of the righteous*:
- 16 "The right hand of the LORD *has triumphed!* *
the right hand of the LORD is exalted!
the right hand of the LORD *has triumphed!*"
- 17 I shall *not die, but live*, *
and declare the *works of the LORD*.
- 18 The LORD has punished me *sorely*, *
but he did not hand me *over to death*.
- 19 Open for me the gates *of righteousness*; *
I will enter them;
I will offer *thanks to the LORD*.
- 20 "This is the *gate of the LORD*; *
he who is righteous may *enter*."
- 21 I will give thanks to you, for *you answered me* *
and have become *my salvation*.
- 22 The same stone which the builders *rejected* *
has become the *chief cornerstone*.
- 23 This is *the LORD'S doing*, *
and it is marvelous *in our eyes*.
- 24 On this day the LORD *has acted*; *
we will rejoice and *be glad in it*.
- 25 Hosanna, LORD, *hosanna!* *
LORD, send *us now success*.
- 26 Blessed is he who comes in the *name of the LORD*; *
we bless you from the *house of the LORD*.
- 27 God is the LORD; he has *shined upon us*; *
form a procession with branches up to the horns *of the altar*.

- 28 "You are my God, and *I will **thank you***; *
you are my God, and I *will exalt you*."
- 29 Give thanks to the LORD, *for he is good*; *
his mercy endures *for ever*.

119

℟ Aleph *Beati immaculati*

- 1 Happy are they whose way is *blameless*, *
who walk in the *law of the LORD*!
- 2 Happy are they who observe *his decrees* *
and seek him *with all their hearts*!
- 3 Who never *do any wrong*, *
but always *walk in his ways*.
- 4 You laid down *your commandments*, *
that we should *fully keep them*.
- 5 Oh, that my ways were *made so direct* *
that I might *keep your statutes*!
- 6 Then I should not *be put to shame*, *
when I regard all *your commandments*.
- 7 I will thank you with *an unfeigned heart*, *
when I have learned your *righteous judgments*.
- 8 I will *keep your statutes*; *
do not utterly *forsake me*.

℣ Beth *In quo corrigit?*

- 9 How shall a young *man cleanse his way*? *
By keeping to *your words*.
- 10 With my whole *heart I seek you*; *
let me not stray from *your commandments*.
- 11 I treasure your promise in *my heart*, *
that I may not *sin against you*.

- 12 Blessed *are you, **O LORD***; *
instruct me *in your statutes*.
- 13 With my lips *will I recite* *
all the judgments *of your mouth*.
- 14 I have taken greater delight in the way *of your decrees* *
than in all manner *of riches*.
- 15 I will meditate on *your commandments* *
and give attention *to your ways*.
- 16 My delight is *in your statutes*; *
I will not *forget your word*.

λ **Gimel** *Retribue servo tuo*

- 17 Deal bountifully *with your servant*, *
that I may live *and keep your word*.
- 18 Open my eyes, *that I may see* *
the wonders *of your law*.
- 19 I am a stranger *here on earth*; *
do not hide your commandments *from me*.
- 20 My soul is consumed *at all times* *
with longing *for your judgments*.
- 21 You have rebuked *the insolent*; *
cursed are they who stray from *your commandments*!
- 22 Turn from me *shame and rebuke*, *
for I have *kept your decrees*.
- 23 Even though rulers sit and *plot against me*, *
I will meditate *on your statutes*.
- 24 For your decrees *are my delight*, *
and they are *my counselors*.

7 **Daleth** *Adhæsit pavimento*

- 25 My soul *cleaves to the dust*; *
give me life according *to your word*.

- 26 I have confessed my ways, and *you answered me*; *
instruct me *in your statutes*.
- 27 Make me understand the way of *your commandments*, *
that I may meditate on your *marvelous works*.
- 28 My soul melts away *for sorrow*; *
strengthen me according to *your word*.
- 29 Take from me the way of *lying*; *
let me find *grace through your law*.
- 30 I have chosen the way of *faithfulness*; *
I have set your judgments *before me*.
- 31 I hold fast to *your decrees*; *
O LORD, let me not *be put to shame*.
- 32 I will run the way of *your commandments*, *
for you have set my heart *at liberty*.

7 He *Legem pone*

- 33 Teach me, O LORD, the way of *your statutes*, *
and I shall keep it to *the end*.
- 34 Give me understanding, and I *shall keep your law*; *
I shall keep it *with all my heart*.
- 35 Make me go in the path of *your commandments*, *
for that is *my desire*.
- 36 Incline my heart to *your decrees* *
and not to *unjust gain*.
- 37 Turn my eyes from watching *what is worthless*; *
give me *life in your ways*.
- 38 Fulfill your promise to *your servant*, *
which you make to *those who fear you*.
- 39 Turn away the reproach which *I dread*, *
because your judgments *are good*.
- 40 Behold, I long for *your commandments*; *
in your righteousness *preserve my life*.

י **Waw** *Et veniat super me*

- 41 Let your loving-kindness come *to me*, **O LORD**, *
and your salvation, according *to your promise*.
- 42 Then shall I have a word for *those who taunt me*, *
because I *trust in your words*.
- 43 Do not take the word of truth *out of my mouth*, *
for my hope is *in your judgments*.
- 44 I shall continue *to keep your law*; *
I shall keep it for ever *and ever*.
- 45 I will walk *at liberty*, *
because I study *your commandments*.
- 46 I will tell of your decrees *before kings* *
and will *not be ashamed*.
- 47 I delight in *your commandments*, *
which I *have always loved*.
- 48 I will lift up my hands to *your commandments*, *
and I will meditate *on your statutes*.

י **Zayin** *Memor esto verbi tui*

- 49 Remember your word *to your servant*, *
because you have *given me hope*.
- 50 This is my comfort *in my trouble*, *
that your promise *gives me life*.
- 51 The proud have derided *me cruelly*, *
but I have not *turned from your law*.
- 52 When I remember your judgments *of old*, *
O LORD, I *take great comfort*.
- 53 I am filled with *a burning rage*, *
because of the wicked who *forsake your law*.
- 54 Your statutes have been *like songs to me* *
wherever I have lived *as a stranger*.

- 55 I remember your Name in *the night*, **O LORD**, *
and dwell *upon your law*.
- 56 This is how it *has been* **with me**, *
because I have kept *your commandments*.

7 Heth *Portio mea, Domine*

- 57 You only are my *portion*, **O LORD**; *
I have promised *to keep your words*.
- 58 I entreat you *with all my heart*, *
be merciful to me according *to your promise*.
- 59 I have considered **my ways** *
and turned my feet *toward your decrees*.
- 60 I hasten and *do not tarry* *
to keep *your commandments*.
- 61 Though the cords of the wicked *entangle me*, *
I do not *forget your law*.
- 62 At midnight I will rise *to give you thanks*, *
because of your *righteous judgments*.
- 63 I am a companion of *all who fear you* *
and of those who keep *your commandments*.
- 64 The earth, O LORD, is *full of your love*; *
instruct me *in your statutes*.

8 Teth *Bonitatem fecisti*

- 65 O LORD, you have dealt graciously *with your servant*, *
according *to your word*.
- 66 Teach me discernment *and knowledge*, *
for I have believed in *your commandments*.
- 67 Before I was afflicted *I went astray*, *
but now *I keep your word*.
- 68 You are good and you *bring forth good*; *
instruct me *in your statutes*.

- 69 The proud have *smeared me with lies*, *
but I will keep your commandments *with my whole heart*.
- 70 Their heart *is gross and fat*, *
but my delight *is in your law*.
- 71 It is good for me that I have *been afflicted*, *
that I might *learn your statutes*.
- 72 The law of your mouth is *dearer to me* *
than thousands in *gold and silver*.

ׇ **Yodh** *Manus tuæ fecerunt me*

- 73 Your hands have made me *and fashioned me*; *
give me understanding, that I may learn *your commandments*.
- 74 Those who fear you will be glad *when they see me*, *
because I *trust in your word*.
- 75 I know, O LORD, that your *judgments are right* *
and that in faithfulness you have *afflicted me*.
- 76 Let your loving-kindness *be my comfort*, *
as you have promised *to your servant*.
- 77 Let your compassion come to me, *that I may live*, *
for your law *is my delight*.
- 78 Let the arrogant be put to shame, for they *wrong me with lies*; *
but I will meditate on *your commandments*.
- 79 Let those who fear you *turn to me*, *
and also those who *know your decrees*.
- 80 Let my heart be sound *in your statutes*, *
that I may not *be put to shame*.

כ **Kaph** *Defecit in salutare*

- 81 My soul has longed for *your salvation*; *
I have put my *hope in your word*.
- 82 My eyes have failed from watching *for your promise*, *
and I say, "When will you *comfort me*?"

- 83 I have become like a leather *flask in the smoke*, *
but I have not forgotten *your statutes*.
- 84 How much longer *must I wait?* *
when will you give judgment against those who *persecute me?*
- 85 The proud have *dug pits for me*; *
they do *not keep your law*.
- 86 All your commandments *are true*; *
help me, for they persecute *me with lies*.
- 87 They had almost made an end *of me on earth*, *
but I have not forsaken *your commandments*.
- 88 In your loving-kindness, *revive me*, *
that I may keep the decrees *of your mouth*.

𐤋 Lamedh *In æternum, Domine*

- 89 O LORD, your word is *everlasting*; *
it stands firm *in the heavens*.
- 90 Your faithfulness remains from one generation *to another*; *
you established the earth, *and it abides*.
- 91 By your decree these *continue to this day*, *
for all things *are your servants*.
- 92 If my delight had not *been in your law*, *
I should have perished in *my affliction*.
- 93 I will never forget *your commandments*, *
because by them *you give me life*.
- 94 I am yours; oh, that *you would save me!* *
for I study *your commandments*.
- 95 Though the wicked lie in wait for me *to destroy me*, *
I will apply my mind *to your decrees*.
- 96 I see that all things *come to an end*, *
but your commandment *has no bounds*.

𐤍 Mem *Quomodo dilexi!*

- 97 Oh, how *I love your law!* *
all the day long it *is in my mind*.
- 98 Your commandment has made me wiser than *my enemies*, *
and it is *always with me*.
- 99 I have more understanding than *all my teachers*, *
for your decrees *are my study*.
- 100 I am wiser *than the elders*, *
because I observe *your commandments*.
- 101 I restrain my feet from every *evil way*, *
that I *may keep your word*.
- 102 I do not shrink *from your judgments*, *
because you yourself *have taught me*.
- 103 How sweet are your words to *my taste!* *
they are sweeter than honey to *my mouth*.
- 104 Through your commandments I gain *understanding*; *
therefore I hate every *lying way*.

】 **Nun** *Lucerna pedibus meis*

- 105 Your word is a lantern to *my feet* *
and a light *upon my path*.
- 106 I have sworn and *am determined* *
to keep your *righteous judgments*.
- 107 I am *deeply troubled*; *
preserve my life, O LORD, according to *your word*.
- 108 Accept, O LORD, the willing tribute of *my lips*, *
and teach *me your judgments*.
- 109 My life is always *in my hand*, *
yet I do not *forget your law*.
- 110 The wicked have set *a trap for me*, *
but I have not strayed from *your commandments*.
- 111 Your decrees are my inheritance for *ever*; *
truly, they are the *joy of my heart*.
- 112 I have applied my heart to fulfill your *statutes* *
for ever and to *the end*.

𐤔 Samekh *Iniquos odio habui*

- 113 I hate those who have a *divided heart*, *
but your *law do I love*.
- 114 You are my *refuge and shield*; *
my hope is in *your word*.
- 115 Away from *me, you wicked!* *
I will keep the commandments of *my God*.
- 116 Sustain me according to your promise, *that I may live*, *
and let me not be disappointed in *my hope*.
- 117 Hold me up, and *I shall be safe*, *
and my delight shall be ever in *your statutes*.
- 118 You spurn all who stray from *your statutes*; *
their deceitfulness is *in vain*.
- 119 In your sight all the wicked of the *earth are but dross*; *
therefore I love *your decrees*.
- 120 My flesh trembles with *dread of you*; *
I am afraid of *your judgments*.

𐤕 Ayin *Feci iudicium*

- 121 I have done what is *just and right*; *
do not deliver me to *my oppressors*.
- 122 Be surety for *your servant's good*; *
let not the *proud oppress me*.
- 123 My eyes have failed from watching for *your salvation* *
and for your *righteous promise*.
- 124 Deal with your servant according to your *loving-kindness* *
and teach *me your statutes*.
- 125 I am your servant; grant me *understanding*, *
that I may *know your decrees*.
- 126 It is time for you to *act, O LORD*, *
for they have *broken your law*.

- 127 Truly, I love *your commandments* *
more than gold *and precious stones*.
- 128 I hold all your commandments to *be right for me*; *
all paths of falsehood I *abhor*.

Pe *Mirabilia*

- 129 Your decrees *are wonderful*; *
therefore I obey them *with all my heart*.
- 130 When your word goes *forth it gives light*; *
it gives understanding *to the simple*.
- 131 I open *my mouth and pant*; *
I long for *your commandments*.
- 132 Turn to *me in mercy*, *
as you always do to those *who love your Name*.
- 133 Steady my footsteps *in your word*; *
let no iniquity have dominion *over me*.
- 134 Rescue me from those *who oppress me*, *
and I will keep *your commandments*.
- 135 Let your countenance shine upon *your servant* *
and teach *me your statutes*.
- 136 My eyes *shed streams of tears*, *
because people do *not keep your law*.

Sadhe *Justus es, Domine*

- 137 You are *righteous, O LORD*, *
and upright *are your judgments*.
- 138 You have issued *your decrees* *
with justice and in *perfect faithfulness*.
- 139 My indignation *has consumed me*, *
because my enemies *forget your words*.
- 140 Your word has been tested to *the uttermost*, *
and your servant *holds it dear*.

- 141 I am small and of *little account*, *
yet I do not forget *your commandments*.
- 142 Your justice is an everlasting *justice* *
and your *law is the truth*.
- 143 Trouble and distress have *come upon me*, *
yet your commandments *are my delight*.
- 144 The righteousness of your decrees is *everlasting*; *
grant me understanding, *that I may live*.

Qoph *Clamavi in toto corde meo*

- 145 I call *with my whole heart*, *
answer me, O LORD, that I may *keep your statutes*.
- 146 I call to you;
oh, that *you would save me!* *
I will *keep your decrees*.
- 147 Early in the morning I *cry out to you*, *
for in your *word is my trust*.
- 148 My eyes are open in *the night watches*, *
that I may meditate upon *your promise*.
- 149 Hear my voice, O LORD, according to your *loving-kindness*; *
according to your judgments, *give me life*.
- 150 They draw near who in malice *persecute me*; *
they are very *far from your law*.
- 151 You, O LORD, *are near at hand*, *
and all your commandments *are true*.
- 152 Long have I known *from your decrees* *
that you have established *them for ever*.

Resh *Vide humilitatem*

- 153 Behold my affliction and *deliver me*, *
for I do not *forget your law*.

- 154 Plead my cause *and redeem me*; *
according to your promise, give *me life*.
- 155 Deliverance is far *from the wicked*, *
for they do not study *your statutes*.
- 156 Great is your compassion, *O LORD*; *
preserve my life, according to *your judgments*.
- 157 There are many who persecute *and oppress me*, *
yet I have not swerved *from your decrees*.
- 158 I look with loathing *at the faithless*, *
for they have *not kept your word*.
- 159 See how I love *your commandments*! *
O LORD, in your mercy, *preserve me*.
- 160 The heart of *your word is truth*; *
all your righteous judgments endure *for evermore*.

𐤔 Shin *Principes persecuti sunt*

- 161 Rulers have persecuted me *without a cause*, *
but my heart stands in *awe of your word*.
- 162 I am as glad because *of your promise* *
as one *who finds great spoils*.
- 163 As for lies, I hate *and abhor them*, *
but your *law is my love*.
- 164 Seven times a day *do I praise you*, *
because of your *righteous judgments*.
- 165 Great peace have they *who love your law*; *
for them there is *no stumbling block*.
- 166 I have hoped for your salvation, *O LORD*, *
and have fulfilled *your commandments*.
- 167 I have *kept your decrees* *
and I have *loved them deeply*.
- 168 I have kept your commandments *and decrees*, *
for all my ways *are before you*.

ן Taw *Appropinquet deprecatio*

- 169 Let my cry come *before you*, **O LORD**; *
give me understanding, according to *your word*.
- 170 Let my supplication *come before you*; *
deliver me, according to *your promise*.
- 171 My lips shall *pour forth your praise*, *
when you teach *me your statutes*.
- 172 My tongue shall sing *of your promise*, *
for all your commandments are **righteous**.
- 173 Let your hand be ready to **help me**, *
for I have chosen *your commandments*.
- 174 I long for your salvation, **O LORD**, *
and your law is my **delight**.
- 175 Let me live, and *I will praise you*, *
and let your judgments **help me**.
- 176 I have gone astray like a *sheep that is lost*, *
search for your servant,
for I do not forget *your commandments*.

120 *Ad Dominum*

- 1 When I was in trouble, I *called to the LORD*; *
I called to the LORD, and *he answered me*.
- 2 Deliver me, O LORD, *from lying lips* *
and from the **deceitful tongue**.
- 3 What shall be done to you, and *what more besides*, *
O you **deceitful tongue**?
- 4 The sharpened arrows of *a warrior*, *
along with **hot glowing coals**.
- 5 How hateful it is that I must *lodge in Meshech* *
and dwell among the *tents of Kedar*!
- 6 Too long have *I had to live* *
among the enemies **of peace**.

- 7 I am on *the side of peace*, *
but when I speak of it, *they are for war*.

121 *Levavi oculos*

- 1 I lift up my eyes to *the hills*; *
from where is my help to come?
- 2 My help comes from *the LORD*, *
the maker of heaven and earth.
- 3 He will not let your foot be moved *
and he who watches over you will not fall asleep.
- 4 Behold, he who keeps watch over Israel *
shall neither slumber nor sleep;
- 5 The LORD himself watches over you; *
the LORD is your shade at your right hand,
- 6 So that the sun shall not strike you by day, *
nor the moon by night.
- 7 The LORD shall preserve you from all evil; *
it is he who shall keep you safe.
- 8 The LORD shall watch over your going out and your coming in, *
from this time forth for evermore.

122 *Lætatus sum*

- 1 I was glad when they said to me, *
"Let us go to the house of the LORD."
- 2 Now our feet are standing *
within your gates, O Jerusalem.
- 3 Jerusalem is built as a city *
that is at unity with itself;
- 4 To which the tribes go up,
the tribes of the LORD, *
the assembly of Israel,
to praise the Name of the LORD.

- 5 For there are the *thrones of judgment*, *
the thrones of the *house of David*.
- 6 Pray for the peace of *Jerusalem*: *
"May they prosper *who love you*."
- 7 Peace be *within your walls* *
and quietness *within your towers*.
- 8 For my brethren and *companions' sake*, *
I pray for your *prosperity*.
- 9 Because of the house of *the LORD our God*, *
I will seek *to do you good*."

123 *Ad te levavi oculos meos*

- 1 To you I *lift up my eyes*, *
to you enthroned *in the heavens*.
- 2 As the eyes of servants look to the hand *of their masters*, *
and the eyes of a maid to the hand *of her mistress*,
- 3 So our eyes look to *the LORD our God*, *
until he show *us his mercy*.
- 4 Have mercy upon us, O *LORD*, *have mercy*, *
for we have had more than *enough of contempt*,
- 5 Too much of the scorn of the *indolent rich*, *
and of the derision *of the proud*.

124 *Nisi quia Dominus*

- 1 If the LORD had not *been on our side*, *
let *Israel now say*;
- 2 If the LORD had not *been on our side*, *
when enemies rose *up against us*;
- 3 Then would they have swallowed *us up alive* *
in their fierce *anger toward us*;
- 4 Then would the waters have *overwhelmed us* *
and the torrent *gone over us*;

- 5 Then would the *raging waters* *
have gone *right over us*.
- 6 Blessed be *the LORD!* *
he has not given us over to be a *prey for their teeth*.
- 7 We have escaped like a bird from the snare *of the fowler*; *
the snare is broken, and we *have escaped*.
- 8 Our help is in the *Name of the LORD*, *
the maker of *heaven and earth*.

125 *Qui confidunt*

- 1 Those who trust in the LORD are *like Mount Zion*, *
which cannot be moved, but stands *fast for ever*.
- 2 The hills stand about *Jerusalem*; *
so does the LORD stand round about his people,
from this time forth *for evermore*.
- 3 The scepter of the wicked shall not hold sway over the land allotted to *the just*, *
so that the just shall not put their *hands to evil*.
- 4 Show your goodness, O LORD, to *those who are good* *
and to those who *are true of heart*.
- 5 As for those who turn aside to crooked ways,
the LORD will lead them away with the *evildoers*; *
but peace be upon *Israel*.

126 *In convertendo*

- 1 When the LORD restored the fortunes *of Zion*, *
then were we *like those who dream*.
- 2 Then was our mouth *filled with laughter*, *
and our tongue *with shouts of joy*.
- 3 Then they said *among the nations*, *
"The LORD has done *great things for them*."
- 4 The LORD has done *great things for us*, *
and we are *glad indeed*.

- 5 Restore our *fortunes*, **O LORD**, *
like the watercourses *of the Negev*.
- 6 Those *who sowed with tears* *
will reap *with songs of joy*.
- 7 Those who go out weeping, carrying *the seed*, *
will come again with joy, shouldering *their sheaves*.

127 *Nisi Dominus*

- 1 Unless the **LORD** builds *the house*, *
their labor is in *vain who build it*.
- 2 Unless the LORD watches over *the city*, *
in vain the watchman *keeps his vigil*.
- 3 It is in vain that you rise so early and go *to bed so late*; *
vain, too, to eat the bread of toil,
for he gives to his *beloved sleep*.
- 4 Children are a heritage *from the LORD*, *
and the fruit of the *womb is a gift*.
- 5 Like arrows in the hand of *a warrior* *
are the children *of one's youth*.
- 6 Happy is the man who has his quiver *full of them*! *
he shall not be put to shame
when he contends with his enemies *in the gate*.

128 *Beati omnes*

- 1 Happy are they all *who fear the LORD*, *
and who follow *in his ways*!
- 2 You shall eat the fruit *of your labor*; *
happiness and prosperity *shall be yours*.
- 3 Your wife shall be like a fruitful vine *within your house*, *
your children like olive shoots round *about your table*.
- 4 The man *who fears the LORD* *
shall thus *indeed be blessed*.

- 5 The LORD bless *you from Zion*, *
and may you see the prosperity of Jerusalem all the *days of your life*.
- 6 May you live to see your *children's children*; *
may peace be upon *Israel*.

129 *Sæpe expugnaverunt*

- 1 "Greatly have they oppressed *me since my youth*," *
let Israel *now say*;
- 2 "Greatly have they oppressed *me since my youth*," *
but they have not prevailed *against me*."
- 3 The plowmen plowed *upon my back* *
and made *their furrows long*.
- 4 The LORD, *the Righteous One*, *
has cut the cords *of the wicked*.
- 5 Let them be put to *shame and thrown back*, *
all those who are enemies *of Zion*.
- 6 Let them be like grass upon *the housetops*, *
which withers before *it can be plucked*;
- 7 Which does not fill the hand *of the reaper*, *
nor the bosom of him *who binds the sheaves*;
- 8 So that those who go by say not so much as,
"The LORD prosper *you*." *
We wish you well in the *Name of the LORD*."

130 *De profundis*

- 1 Out of the depths have I called to you, O LORD;
LORD, hear my voice; *
let your ears consider well the voice of my *supplication*.
- 2 If you, LORD, were to note what *is done amiss*, *
O LORD, *who could stand*?
- 3 For there is forgiveness *with you*; *
therefore *you shall be feared*.

- 4 I wait for the LORD; my *soul waits for him*; *
in his *word is my hope*.
- 5 My soul waits for the LORD,
more than watchmen *for the morning*, *
more than watchmen *for the morning*.
- 6 O Israel, wait *for the LORD*, *
for with the LORD *there is mercy*;
- 7 With him there is plenteous *redemption*, *
and he shall redeem Israel *from all their sins*.

131 *Domine, non est*

- 1 O LORD, *I am not proud*; *
I have *no haughty looks*.
- 2 I do not occupy myself *with great matters*, *
or with things that are *too hard for me*.
- 3 But I still my soul and make it quiet,
like a child upon *its mother's breast*; *
my soul is quieted *within me*.
- 4 O Israel, wait *upon the LORD*, *
from this time forth *for evermore*.

132 *Memento, Domine*

- 1 LORD, remember *David*, *
and all the hardships *he endured*;
- 2 How he swore an *oath to the LORD* *
and vowed a vow to the Mighty *One of Jacob*:
- 3 "I will not come under the *roof of my house*, *
nor climb up *into my bed*;
- 4 I will not allow *my eyes to sleep*, *
nor let my *eyelids slumber*;
- 5 Until I find a *place for the LORD*, *
a dwelling for the Mighty *One of Jacob*."

- 6 "The ark! We heard it was *in Ephratah*; *
we found it in the fields *of Jearim*.
- 7 Let us go to *God's dwelling place*; *
let us fall upon our knees before *his footstool*."
- 8 Arise, O LORD, into *your resting-place*, *
you and the *ark of your strength*.
- 9 Let your priests be clothed *with righteousness*; *
let your faithful people *sing with joy*.
- 10 For your servant *David's sake*, *
do not turn away the face of *your Anointed*.
- 11 The LORD has sworn an *oath to David*; *
in truth, he *will not break it*:
- 12 "A son, the fruit *of your body* *
will I set *upon your throne*.
- 13 If your children keep my covenant
and my testimonies that *I shall teach them*, *
their children will sit upon your throne *for evermore*."
- 14 For the LORD has *chosen Zion*; *
he has desired her for his *habitation*:
- 15 "This shall be my resting-place *for ever*; *
here will I dwell, for I *delight in her*.
- 16 I will surely bless *her provisions*, *
and satisfy *her poor with bread*.
- 17 I will clothe her priests *with salvation*, *
and her faithful people will *rejoice and sing*.
- 18 There will I make the horn of *David flourish*; *
I have prepared a lamp for my *Anointed*.
- 19 As for his enemies, I will *clothe them with shame*; *
but as for him, *his crown will shine*."

133 *Ecce, quam bonum!*

- 1 Oh, how good and *pleasant it is*, *
when brethren live together *in unity*!

- 2 It is like fine oil *upon **the head*** *
that runs down *upon **the beard***,
- 3 Upon the *beard of **Aaron***, *
and runs down upon the collar *of **his robe***.
- 4 It is like the *dew of **Hermon*** *
that falls upon the *hills of **Zion***.
- 5 For there the LORD has ordained *the **blessing***: *
life *for **evermore***.

134 *Ecce nunc*

- 1 Behold now, bless the LORD, all you servants *of **the LORD***, *
you that stand by night in the *house of **the LORD***.
- 2 Lift up your hands in the holy place *and bless **the LORD***; *
the LORD who made heaven and earth bless you *out of **Zion***.

135 *Laudate nomen*

- 1 Hallelujah!
Praise the *Name of **the LORD***; *
give praise, you servants *of **the LORD***.
- 2 You who stand in the *house of **the LORD***, *
in the courts of the *house of **our God***.
- 3 Praise the LORD, for ***the LORD is good***; *
sing praises to his Name, for *it is **lovely***.
- 4 For the LORD has chosen Jacob *for **himself*** *
and Israel for his *own **possession***.
- 5 For I know that ***the LORD is great***, *
and that our Lord is *above **all gods***.
- 6 The LORD does whatever pleases him, in heaven *and **on earth***, *
in the seas *and **all the deeps***.
- 7 He brings up rain clouds from the *ends of **the earth***; *
he sends out lightning with the rain,
and brings the winds out *of **his storehouse***.

- 8 It was he who struck down the firstborn of *Egypt*, *
the firstborn both of *man and beast*.
- 9 He sent signs and wonders into the midst of *you, O Egypt*, *
against Pharaoh and *all his servants*.
- 10 He overthrew *many nations* *
and put mighty *kings to death*:
- 11 Sihon, king of the Amorites,
and Og, the *king of Bashan*, *
and all the *kingdoms of Canaan*.
- 12 He gave their land to be an *inheritance*, *
an inheritance for Israel *his people*.
- 13 O LORD, your Name is *everlasting*; *
your renown, O LORD, endures *from age to age*.
- 14 For the LORD gives his *people justice* *
and shows compassion *to his servants*.
- 15 The idols of the heathen are *silver and gold*, *
the work of *human hands*.
- 16 They have mouths, but *they cannot speak*; *
eyes have they, but *they cannot see*.
- 17 They have ears, but *they cannot hear*; *
neither is there any *breath in their mouth*.
- 18 Those who make *them are like them*, *
and so are all who put *their trust in them*.
- 19 Bless the LORD, O house of *Israel*; *
O house of Aaron, *bless the LORD*.
- 20 Bless the LORD, O house of *Levi*; *
you who fear the LORD, *bless the LORD*.
- 21 Blessed be the LORD *out of Zion*, *
who dwells in Jerusalem.
Hallelujah!

136 *Confitemini*

- 1 Give thanks to the LORD, *for he is good*, *
for his mercy endures *for ever*.

- 2 Give thanks to *the God **of gods***, *
for his mercy endures *for ever*.
- 3 Give thanks to *the Lord **of lords***, *
for his mercy endures *for ever*.
- 4 Who only *does great **wonders***, *
for his mercy endures *for ever*;
- 5 Who by wisdom *made the **heavens***, *
for his mercy endures *for ever*;
- 6 Who spread out the earth upon *the **waters***, *
for his mercy endures *for ever*;
- 7 Who created *great **lights***, *
for his mercy endures *for ever*;
- 8 The sun *to rule **the day***, *
for his mercy endures *for ever*;
- 9 The moon and the stars to govern *the **night***, *
for his mercy endures *for ever*.
- 10 Who struck down the firstborn of ***Egypt***, *
for his mercy endures *for ever*;
- 11 And brought out Israel *from **among them***, *
for his mercy endures *for ever*;
- 12 With a mighty hand and *a **stretched-out arm***, *
for his mercy endures *for ever*;
- 13 Who divided the *Red Sea **in two***, *
for his mercy endures *for ever*;
- 14 And made Israel to pass through *the **midst of it***, *
for his mercy endures *for ever*;
- 15 But swept Pharaoh and his army into *the **Red Sea***, *
for his mercy endures *for ever*;
- 16 Who led his people through *the **wilderness***, *
for his mercy endures *for ever*.
- 17 Who *struck down **great kings***, *
for his mercy endures *for ever*;
- 18 And *slew **mighty kings***, *
for his mercy endures *for ever*;

- 19 Sihon, king of *the Amorites*, *
for his mercy endures *for ever*;
- 20 And Og, the king of *Bashan*, *
for his mercy endures *for ever*;
- 21 And gave away their lands for an *inheritance*, *
for his mercy endures *for ever*;
- 22 An inheritance for Israel *his servant*, *
for his mercy endures *for ever*.
- 23 Who remembered us in *our low estate*, *
for his mercy endures *for ever*;
- 24 And delivered us from *our enemies*, *
for his mercy endures *for ever*;
- 25 Who gives food *to all creatures*, *
for his mercy endures *for ever*.
- 26 Give thanks to the *God of heaven*, *
for his mercy endures *for ever*.

137 *Super flumina*

- 1 By the waters of Babylon we *sat down and wept*, *
when we remembered *you, O Zion*.
- 2 As for our harps, we *hung them up* *
on the trees in the *midst of that land*.
- 3 For those who led us away captive asked us for a song,
and our oppressors *called for mirth*: *
"Sing us one of the *songs of Zion*."
- 4 How shall we *sing the LORD'S song* *
upon an *alien soil*?
- 5 If I forget you, O *Jerusalem*, *
let my right hand *forget its skill*.
- 6 Let my tongue cleave to the roof of my mouth
if I do not *remember you*, *
if I do not set Jerusalem above *my highest joy*.

- 7 Remember the day of Jerusalem, O LORD,
against the people of *Edom*, *
who said, "Down with it! down with it!
even to *the ground*!"
- 8 O Daughter of Babylon, doomed to *destruction*, *
happy the one who pays you back
for what you *have done to us*!
- 9 Happy shall he be who takes *your little ones*, *
and dashes them *against the rock*!

138 *Confitebor tibi*

- 1 I will give thanks to you, O LORD, *with my whole heart*; *
before the gods I *will sing your praise*.
- 2 I will bow down toward your holy temple
and praise your Name, *
because of your love *and faithfulness*;
- 3 For you have glorified *your Name* *
and your word *above all things*.
- 4 When I called, *you answered me*; *
you increased my *strength within me*.
- 5 All the kings of the earth will *praise you, O LORD*, *
when they have heard the *words of your mouth*.
- 6 They will sing of the ways of *the LORD*, *
that great is the glory of *the LORD*.
- 7 Though the LORD be high, he cares *for the lowly*; *
he perceives the haughty *from afar*.
- 8 Though I walk in the midst of trouble, *you keep me safe*; *
you stretch forth your hand against the fury of my enemies;
your right *hand shall save me*.
- 9 The LORD will make good his *purpose for me*; *
O LORD, your love endures for ever;
do not abandon the *works of your hands*.

139 *Domine, probasti*

- 1 LORD, you have searched me *out and known me*; *
you know my sitting down and my rising up;
you discern my *thoughts from afar*.
- 2 You trace my journeys and my *resting-places* *
and are acquainted *with all my ways*.
- 3 Indeed, there is not a *word on my lips*, *
but you, O LORD, know it *altogether*.
- 4 You press upon me *behind and before* *
and lay your *hand upon me*.
- 5 Such knowledge is too wonderful *for me*; *
it is so high that I cannot *attain to it*.
- 6 Where can I go then *from your Spirit*? *
where can I flee *from your presence*?
- 7 If I climb up to heaven, *you are there*; *
if I make the grave my bed, *you are there also*.
- 8 If I take the wings *of the morning* *
and dwell in the uttermost *parts of the sea*,
- 9 Even there your *hand will lead me* *
and your right *hand hold me fast*.
- 10 If I say, "Surely the darkness *will cover me*, *
and the light around *me turn to night*,"
- 11 Darkness is not dark to you;
the night is as *bright as the day*; *
darkness and light to you *are both alike*.
- 12 For you yourself created *my inmost parts*; *
you knit me together in *my mother's womb*.
- 13 I will thank you because I am *marvelously made*; *
your works are wonderful, and *I know it well*.
- 14 My body was not *hidden from you*, *
while I was being made in secret
and woven in the *depths of the earth*.
- 15 Your eyes beheld my limbs, yet unfinished in the womb;
all of them were written *in your book*; *
they were fashioned day by day,
when as yet there *was none of them*.

- 16 How deep I find *your thoughts*, **O God!** *
how great is *the sum of them!*
- 17 If I were to count them, they would be more in number *than the sand*; *
to count them all, my life span would need *to be like yours*.
- 18 Oh, that you would slay the *wicked*, **O God!** *
You that thirst for blood, *depart from me*.
- 19 They speak despitefully *against you*; *
your enemies take *your Name in vain*.
- 20 Do I not hate those, O **LORD**, *who hate you?* *
and do I not loathe those who rise *up against you?*
- 21 I hate them with a *perfect hatred*; *
they have become my *own enemies*.
- 22 Search me out, O God, *and know my heart*; *
try me and know *my restless thoughts*.
- 23 Look well whether there be any wickedness *in me* *
and lead me in the way that is *everlasting*.

140 *Eripe me, Domine*

- 1 Deliver me, O **LORD**, from *evildoers*; *
protect me *from the violent*,
- 2 Who devise *evil in their hearts* *
and stir up *strife all day long*.
- 3 They have sharpened their tongues *like a serpent*; *
adder's poison is *under their lips*.
- 4 Keep me, O **LORD**, from the hands *of the wicked*; *
protect me from the violent,
who are determined *to trip me up*.
- 5 The proud have hidden a snare for me
and stretched out *a net of cords*; *
they have set traps for me *along the path*.
- 6 I have said to the **LORD**, "*You are my God*"; *
listen, O **LORD**, to my *supplication*.
- 7 O Lord **GOD**, the strength of *my salvation*; *
you have covered my head in the *day of battle*.

- 8 Do not grant the desires of the *wicked*, **O LORD**, *
nor let their *evil plans prosper*.
- 9 Let not those who surround me *lift up their heads*; *
let the evil of their lips *overwhelm them*.
- 10 Let hot burning coals *fall upon them*; *
let them be cast into the mire, never to *rise up again*."
- 11 A slanderer shall not be established on *the earth*, *
and evil shall hunt *down the lawless*.
- 12 I know that the LORD will maintain the *cause of the poor* *
and render justice *to the needy*.
- 13 Surely, the righteous will give *thanks to your Name*, *
and the upright shall continue *in your sight*.

141 *Domine, clamavi*

- 1 O LORD, I call to you; come *to me quickly*; *
hear my voice when *I cry to you*.
- 2 Let my prayer be set forth in your *sight as incense*, *
the lifting up of my hands as the evening *sacrifice*.
- 3 Set a watch before my mouth, O LORD,
and guard the *door of my lips*; *
let not my heart incline to *any evil thing*.
- 4 Let me not be occupied in wickedness with *evildoers*, *
nor eat *of their choice foods*.
- 5 Let the righteous smite me in friendly rebuke;
let not the oil of the unrighteous *anoint my head*; *
for my prayer is continually against *their wicked deeds*.
- 6 Let their rulers be overthrown in *stony places*, *
that they may know *my words are true*.
- 7 As when a plowman turns over the *earth in furrows*, *
let their bones be scattered at the *mouth of the grave*.
- 8 But my eyes are turned *to you, Lord GOD*; *
in you I take refuge;
do not strip *me of my life*.

- 9 Protect me from the snare which they *have laid for me* *
and from the traps of the *evildoers*.
- 10 Let the wicked fall into *their own nets*, *
while I *myself escape*.

142 *Voce mea ad Dominum*

- 1 I cry to the *LORD with my voice*; *
to the LORD I make loud *supplication*.
- 2 I pour out my *complaint before him* *
and tell him *all my trouble*.
- 3 When my spirit languishes within me, *you know my path*; *
in the way wherein I walk they have hidden *a trap for me*.
- 4 I look to my right hand and find no *one who knows me*; *
I have no place to flee to, and no *one cares for me*.
- 5 I cry out *to you, O LORD*; *
I say, "You are my refuge,
my portion in the land *of the living*."
- 6 Listen to my cry for help, for I have been *brought very low*; *
save me from those who pursue me,
for they are *too strong for me*.
- 7 Bring me out of prison, that I may give *thanks to your Name*; *
when you have dealt bountifully with me,
the righteous will *gather around me*.

143 *Domine, exaudi*

- 1 LORD, hear my prayer,
and in your faithfulness heed my *supplications*; *
answer me in *your righteousness*.
- 2 Enter not into judgment *with your servant*, *
for in your sight shall no one living *be justified*.
- 3 For my enemy has sought my life;
he has crushed *me to the ground*; *
he has made me live in dark places like those *who are long dead*.

- 4 My spirit *faints within me*; *
my heart within me *is desolate*.
- 5 I remember the time past;
I muse upon *all your deeds*; *
I consider the *works of your hands*.
- 6 I spread out *my hands to you*; *
my soul gasps to you like *a thirsty land*.
- 7 O LORD, make haste to answer me; my *spirit fails me*; *
do not hide your face from me
or I shall be like those who go *down to the Pit*.
- 8 Let me hear of your loving-kindness in the morning,
for I put *my trust in you*; *
show me the road that I must walk,
for I lift up *my soul to you*.
- 9 Deliver me from my *enemies, O LORD*, *
for I flee to *you for refuge*.
- 10 Teach me to do what pleases you, for *you are my God*; *
let your good Spirit lead me *on level ground*.
- 11 Revive me, O LORD, *for your Name's sake*; *
for your righteousness' sake, bring me *out of trouble*.
- 12 Of your goodness, destroy my enemies and bring all *my foes to naught*, *
for truly I *am your servant*.

144 *Benedictus Dominus*

- 1 Blessed be *the LORD my rock*! *
who trains my hands to fight and my fingers *to battle*;
- 2 My help and my fortress, my stronghold and my *deliverer*, *
my shield in whom I trust,
who subdues the peoples *under me*.
- 3 O LORD, what are we that you *should care for us*? *
mere mortals that you *should think of us*?
- 4 We are like *a puff of wind*; *
our days are like a *passing shadow*.
- 5 Bow your heavens, O LORD, *and come down*; *
touch the mountains, *and they shall smoke*.

- 6 Hurl the lightning *and scatter them*; *
shoot out your arrows *and rout them*.
- 7 Stretch out your *hand from on high*; *
rescue me and deliver me from the great waters,
from the hand of *foreign peoples*,
- 8 Whose mouths speak *deceitfully* *
and whose right hand is *raised in falsehood*.
- 9 O God, I will sing to you a *new song*; *
I will play to you on a *ten-stringed lyre*.
- 10 You give victory *to kings* *
and have rescued David *your servant*.
- 11 Rescue me from *the hurtful sword* *
and deliver me from the hand of *foreign peoples*,
- 12 Whose mouths speak *deceitfully* *
and whose right hand is *raised in falsehood*.
- 13 May our sons be like plants well nurtured *from their youth*, *
and our daughters like sculptured corners *of a palace*.
- 14 May our barns be filled to overflowing with all *manner of crops*; *
may the flocks in our pastures increase by thousands and tens of thousands;
may our cattle *be fat and sleek*.
- 15 May there be no breaching of the walls, no going *into exile*, *
no wailing in *the public squares*.
- 16 Happy are the people of *whom this is so*! *
happy are the people whose God is *the LORD*!

145 *Exaltabo te, Deus*

- 1 I will exalt you, O God *my King*, *
and bless your Name for ever *and ever*.
- 2 Every day *will I bless you* *
and praise your Name for ever *and ever*.
- 3 Great is the LORD and greatly *to be praised*; *
there is no end *to his greatness*.
- 4 One generation shall praise your works *to another* *
and shall declare *your power*.

- 5 I will ponder the glorious splendor of *your majesty* *
and all your *marvelous works*.
- 6 They shall speak of the might of *your wondrous acts*, *
and I will tell *of your greatness*.
- 7 They shall publish the remembrance of *your great goodness*; *
they shall sing of *your righteous deeds*.
- 8 The LORD is gracious and full of *compassion*, *
slow to anger and of *great kindness*.
- 9 The LORD is loving *to everyone* *
and his compassion is over *all his works*.
- 10 All your works *praise you, O LORD*, *
and your faithful *servants bless you*.
- 11 They make known the glory of *your kingdom* *
and speak of *your power*;
- 12 That the peoples may know of *your power* *
and the glorious splendor of *your kingdom*.
- 13 Your kingdom is an everlasting *kingdom*; *
your dominion endures throughout *all ages*.
- 14 The LORD is faithful *in all his words* *
and merciful *in all his deeds*.
- 15 The LORD upholds *all those who fall*; *
he lifts up those *who are bowed down*.
- 16 The eyes of all wait upon you, *O LORD*, *
and you give them their food *in due season*.
- 17 You open wide *your hand* *
and satisfy the needs of every *living creature*.
- 18 The LORD is righteous *in all his ways* *
and loving *in all his works*.
- 19 The LORD is near to those who *call upon him*, *
to all who call upon him *faithfully*.
- 20 He fulfills the desire of *those who fear him*; *
he hears their *cry and helps them*.
- 21 The LORD preserves all *those who love him*, *
but he destroys *all the wicked*.

- 22 My mouth shall speak the *praise of the LORD*; *
let all flesh bless his holy Name for ever *and ever*.

146 *Lauda, anima mea*

- 1 Hallelujah!
Praise the *LORD, O my soul*! *
I will praise the LORD as long as I live;
I will sing praises to my God while I *have my being*.
- 2 Put not your trust in rulers, nor in any *child of earth*, *
for there is *no help in them*.
- 3 When they breathe their last, they *return to earth*, *
and in that day *their thoughts perish*.
- 4 Happy are they who have the God of Jacob *for their help*! *
whose hope is in *the LORD their God*;
- 5 Who made heaven and earth, the seas, and all *that is in them*; *
who keeps his promise *for ever*;
- 6 Who gives justice to those *who are oppressed*, *
and food to *those who hunger*.
- 7 The LORD sets the prisoners free;
the LORD opens the *eyes of the blind*; *
the LORD lifts up those *who are bowed down*;
- 8 The LORD loves the righteous;
the LORD cares *for the stranger*; *
he sustains the orphan and widow,
but frustrates the way *of the wicked*.
- 9 The LORD shall *reign for ever*, *
your God, O Zion, throughout all generations.
Hallelujah!

147 *Laudate Dominum*

- 1 Hallelujah!
How good it is to sing praises *to our God*! *
how pleasant it is to honor *him with praise*!

- 2 The LORD rebuilds *Jerusalem*; *
he gathers the exiles *of Israel*.
- 3 He heals the *brokenhearted* *
and *binds up their wounds*.
- 4 He counts the number *of the stars* *
and calls them *all by their names*.
- 5 Great is our LORD and mighty *in power*; *
there is no limit *to his wisdom*.
- 6 The LORD lifts *up the lowly*, *
but casts the wicked *to the ground*.
- 7 Sing to the LORD *with thanksgiving*; *
make music to our God *upon the harp*.
- 8 He covers the *heavens with clouds* *
and prepares *rain for the earth*;
- 9 He makes grass to grow upon *the mountains* *
and green plants *to serve mankind*.
- 10 He provides food *for flocks and herds* *
and for the young ravens *when they cry*.
- 11 He is not impressed by the *might of a horse*; *
he has no pleasure in the *strength of a man*;
- 12 But the LORD has pleasure in *those who fear him*, *
in those who await his *gracious favor*.
- 13 Worship the LORD, O *Jerusalem*; *
praise your *God, O Zion*;
- 14 For he has strengthened the *bars of your gates*; *
he has blessed your children *within you*.
- 15 He has established peace *on your borders*; *
he satisfies you with *the finest wheat*.
- 16 He sends out his command *to the earth*, *
and his word runs *very swiftly*.
- 17 He *gives snow like wool*; *
he scatters hoarfrost *like ashes*.
- 18 He scatters his *hail like bread crumbs*; *
who can stand *against his cold*?

- 19 He sends forth his *word and melts them*; *
he blows with his wind, and *the waters flow*.
- 20 He declares his *word to Jacob*, *
his statutes and his judgments *to Israel*.
- 21 He has not done so to any *other nation*; *
to them he has not revealed his judgments.
Hallelujah!

148 *Laudate Dominum*

- 1 Hallelujah!
Praise the LORD *from the heavens*; *
praise *him in the heights*.
- 2 Praise him, all you *angels of his*; *
praise *him, all his host*.
- 3 Praise *him, sun and moon*; *
praise him, all you *shining stars*.
- 4 Praise him, heaven *of heavens*, *
and you waters *above the heavens*.
- 5 Let them praise the *Name of the LORD*; *
for he commanded, and they *were created*.
- 6 He made them stand fast for ever *and ever*; *
he gave them a law which shall *not pass away*.
- 7 Praise the LORD *from the earth*, *
you sea-monsters *and all deeps*;
- 8 Fire and *hail, snow and fog*, *
tempestuous wind, *doing his will*;
- 9 Mountains *and all hills*, *
fruit trees *and all cedars*;
- 10 Wild beasts *and all cattle*, *
creeping things *and wingèd birds*;
- 11 Kings of the earth *and all peoples*, *
princes and all rulers *of the world*;
- 12 Young men *and maidens*, *
old and young *together*.

- 13 Let them praise the *Name of **the LORD***, *
for his Name only is exalted,
his splendor is over *earth and **heaven***.
- 14 He has raised up strength for his people
and praise for all his *loyal **servants***, *
the children of Israel, a people who are near him.
Hallelujah!

149 *Cantate Domino*

- 1 Hallelujah!
Sing to the *LORD a **new song***; *
sing his praise in the congregation *of the **faithful***.
- 2 Let Israel rejoice *in his **Maker***; *
let the children of Zion be joyful *in **their King***.
- 3 Let them praise his *Name in **the dance***; *
let them sing praise to him with *timbrel and **harp***.
- 4 For the LORD takes pleasure *in his **people*** *
and adorns the poor *with **victory***.
- 5 Let the faithful rejoice *in **triumph***; *
let them be joyful *on **their beds***.
- 6 Let the praises of God *be in **their throat*** *
and a two-edged sword *in **their hand***;
- 7 To wreak vengeance *on the **nations*** *
and punishment *on the **peoples***;
- 8 To bind *their kings in **chains*** *
and their nobles with *links of **iron***;
- 9 To inflict on them the *judgment **decreed***; *
this is glory for all his faithful people.
Hallelujah!

150 *Laudate Dominum*

- 1 Hallelujah!
Praise God in his *holy **temple***; *
praise him in the firmament *of his **power***.

- 2 Praise him for *his mighty acts*; *
praise him for his excellent *greatness*.
- 3 Praise him with the blast of the *ram's-horn*; *
praise him with lyre *and harp*.
- 4 Praise him with *timbrel and dance*; *
praise him with strings *and pipe*.
- 5 Praise him with resounding *cymbals*; *
praise him with loud-clanging *cymbals*.
- 6 Let everything that *has breath* *
praise the Lord.
Hallelujah!