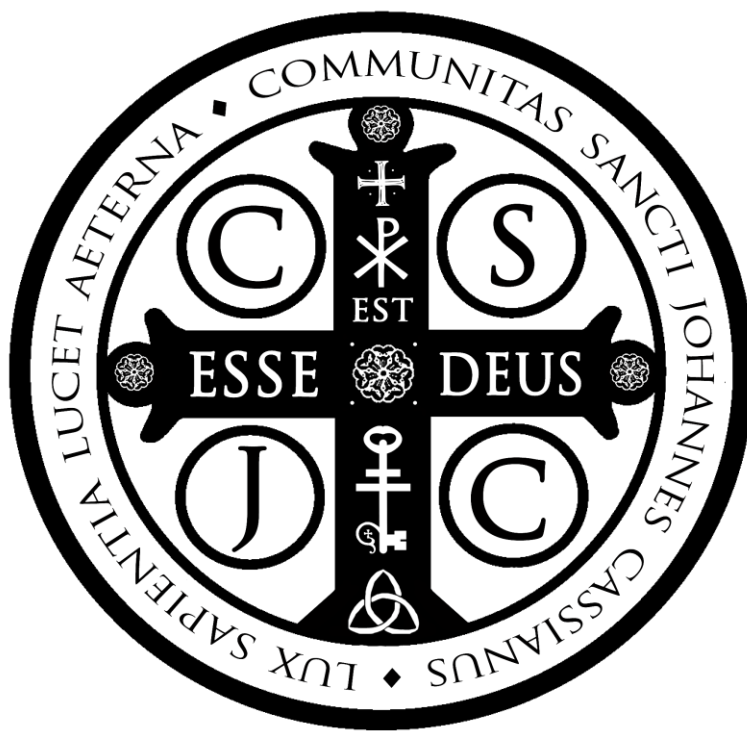




COMMUNITY OF SAINT JOHN CASSIAN



The Rule of Life

of

The Community of Saint John Cassian



In the Name of our most holy Mother Wisdom: Glory to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and will be forever. Amen.

Vowed religious in *The Community of Saint John Cassian*—who will be known as Cassianites—having committed themselves, in total consecration to God, to the vows of Simplicity, Obedience, and Conversion of Life, shall live by the following precepts:

1. They shall pray the Divine Office each day without fail, unless for a time some extreme circumstance should prevent them. The Divine Office, or *Opus Dei* ('Work of God'), in the context of *The Community of Saint John Cassian*, consists of the following Hours: Vigils (Nocturns or Midnight Prayer), Matins (Morning Prayer), Terce (Mid-Morning Prayer or Prayer of the Third Hour), Sext (Noontday Prayer or Prayer of the Sixth Hour), None (Afternoon Prayer or Prayer of the Ninth Hour), Vespers (Evening Prayer), and Compline (Night Prayer). For as the psalmist has written, "Seven times a day I praise you." Of these seven ancient Hours of prayer, at least three shall be observed each day by every member of this order, whether in solitude or gathered together in community. On occasions when the whole of the Community is gathered together, let them pray all seven Hours of the Office, as the Prior or Prioress sees fit.
2. In addition to the Divine Office, each Hour of which should include a time of silent prayer or meditation, let each member of this community commit an additional hour each day to contemplative prayer, to the prayer of the heart, and to the practice of *lectio divina* ('sacred reading'), knowing that it is only in true interior silence, in perfect listening, that they shall come to dwell in the Divine Presence.
3. Either before or after Compline each night, members should read from the Sayings of the Fathers and Mothers, the works of St. John Cassian, the *Philokalia*, or some other enriching spiritual text of the Tradition, and, whenever possible, they should keep silence for the remainder of each night following Compline.
4. Further, let them participate in communal worship and partake of the Holy Eucharist a minimum of one time in each week. For this purpose, and for the purpose of ongoing connection to the broader life of the Church, even if the Brother or Sister is not engaged in formal ministry in a parochial setting, they shall be connected to a parish community of the Episcopal Church, or of some other canonical jurisdiction of the Anglican Communion.

5. Cassianites may be Brothers, Fathers, Mothers, or Sisters, according to their call and vocation within the larger Church. For the purposes of this Rule, male and female members shall simply be called Brothers and Sisters, respectively. If, however, a Brother or Sister of this order should also be called to holy orders within the Church and is ordained a priest, then they shall be referred to as Mother or Father, as proper honor and custom dictate.

6. All vowed religious of this community, whether lay or ordained—shall dwell apart in solitude, each working out his or her own salvation with diligence, relying on the support of the larger Community from afar. But let the Community gather together as a whole at least two times in each year for Chapter, retreat, worship, and fellowship. And if individual members should live near to one another, let them gather as often as may seem fitting and fruitful, for prayer, fellowship, and ongoing formation.

7. Though they shall keep the aforementioned times set aside for prayer, the prayer life of vowed religious in this community shall not be limited to these times. Indeed, let no Brother or Sister of this community ever cease from the practice of interior prayer—whether calling on the Name of Christ, of Holy Wisdom, or resting in the ineffable silence of contemplation. Let them be assured that the holy Name of Christ is the rock upon which all distracting images, memories, thoughts, and self-serving desires should be dashed. And let them gather strength and inspiration from our holy Fathers and Mothers, who, from the earliest times, committed themselves wholeheartedly, day and night, to the discipline of unceasing prayer, crying out unceasingly from the depths of the heart until, having entered at last into that great stillness, the Divine Word being born in them, they were brought by grace of the Holy Spirit into that most blessed state of divine union.

The profound stillness or *hesychia* arising from the art and discipline of unceasing prayer is the pearl of great price, the life-raft and refuge of every seeker along the Way, which all should strive to find and keep hold of at any cost, understanding it as the gateway to *theoria*: true contemplation, true stillness, and union in the Mystery of God. Let the Brothers and Sisters of this community support one another always in holding fast to this practice, by any good and appropriate means, even to their very last breath. And let them be sure that there is nothing more needful, nothing more central to the Christian life than this practice of standing perpetually before the Presence of Almighty God, grounded in the depths of the heart, praying to Him without ceasing, in the Mystery of perfect silence. As St. Theophan the Recluse reminds us, “The principal thing is to stand with the mind in the heart before God, and to go on standing before Him unceasingly, day and night, until the end of life.” Thus, upon being admitted as Postulants, let each Brother and Sister of this order receive all necessary training related to the practices of interior prayer from the Prior or Prioress, or from a qualified teacher appointed thereby. And thereafter let each one strive, both in solitude and community, to be continually formed in this art, ever deepening their knowledge and practice thereof.

8. And let them maintain a regular practice of some meditative physical discipline, which will allow them to fully embody this art of unceasing prayer, and will keep them healthy in body, mind, and spirit, readied for the hard labor of ascending to God by the divine ladder planted firmly in their hearts, and for the building up of God’s Kingdom in the world.

9. Let them keep each week a sabbath, a holy day of rest, which shall be devoted to meditation and contemplative prayer, and to any other activity that is rejuvenating and centers their life in the Presence of the Holy Spirit; but, above all, let this day be devoted singularly to the practice of unceasing prayer. This should be a day not of frivolity and worldly activities, but rather a day entirely set apart from such things, that they may rest from their active ministries and draw nearer in silence to the Presence of God. For, as Wisdom has spoken through our Lord Jesus Christ, according to the Apostle Thomas: “If you do not fast from the world, you will not find the Kingdom. If you do not keep the sabbath a sabbath, you will not see the Father.”

Let them also be sure that, if not in where they daily dwell, then at very least in where they frequently take respite, they are obeying the Lord’s command to “go apart to a desert place and find rest,” seeking and communing with the Presence of God in the supernal beauty of the natural world. And further, given the Incarnational charism of this order, let them be sure that the peace, beauty, and sanctity of Nature—as well as Her hidden or arcane dimensions—hold a precious key to illumination and union with God.

10. Before every meal, let them sing or say the Lord’s Prayer, including the *preces* (“Through the prayers of our most holy Mothers and Fathers: Holy Wisdom, our true God and our true hope, have mercy on us and save us; and as you have taught us, Mother, make us worthy now to pray”) and the doxology, with all due devotion, as if it were the very last time they would pray it. And let them give thanks always, as is fitting, for the things which God has given them, knowing there is nothing they can experience—including trials and tribulations—in which God’s eternal and salvific love is not present.

11. And as part of their vow to ongoing Conversion of Life, let them maintain a spirit of chastity, humility, and truth in all their relations. Chastity, in this context, means they shall commit themselves to a sexually and emotionally restrained life, exhibiting balance and integrity, striving for equanimity in all things, in order that they might devote themselves entirely to the Way of Christ.

It is right and good for the solitary, who has given his or her life to God in prayer and self-sacrificing service, to remain as free as possible from the encumbrances and entanglements of worldly relationships; for it is needful that a religious should be completely unfettered, in order that the Way of unceasing prayer may be truly cultivated. The solitary is one who has given his or her life completely to God in Christ, and crucified with Him her own will and desire. If Christ has truly called her to the religious life, then let her answer by emptying herself, by sacrificing her own will and desire, committing herself wholly and without reservation to being a follower of the Way. As the Master has said, “Whoever desires to come after me, let him deny himself, and take up his cross and follow me. For whoever desires to save his life will lose it, but whoever loses his life for my sake and the Gospel’s will save it.” So let the vowed members of this community remember always that they are solitaires with God, called to a life of interior prayer, repentance, and selfless service, in Christ our Lord and Mother.

Yet because some are given by God the grace of spiritual partnership, rather than the grace of single celibacy, let those who discern a call to religious life within the Community but have also been called to marriage or partnership be eligible to be formed as religious, under certain strict conditions, at the discretion of the Prior or Prioress; and, in such a case, let each one “have his own wife [or husband],” or “her own husband [or wife],” if this be what God has willed for them. But, as the Apostle instructs, “I say this as a concession, not as a commandment. For I wish that all were even as I myself. But each one has his own gift from God—one in this manner, and another in that. But I say to the unmarried and to the widows: It is good for them if they remain even as I am.” Therefore, let all religious of this community be single if possible, and strive in this way; and otherwise, let them be committed in self-sacrificing partnership, according to their vocation from God. But those who are married or partnered must, even as their single Brothers and Sisters, have regular solitude and the discipline of unceasing prayer as their primary watchwords and guiding lights.

Indeed, if any religious of this order is to marry, or if any married or partnered person is to presume to take upon themselves the commitments of the vowed religious life, let them be aware that such a one as they might be joined to in the manner of marriage or committed partnership must in all ways, and to all fullness of dedication, support and accompany them in living out their commitment to Christ. And, as St. Benedict has instructed, “Let none be granted an easy entry to the religious life, but, as the Apostle says, ‘Test their spirits to see if they are from God.’” Let every such individual know the nature of the struggle they freely take upon themselves in pursuing the consecrated life.

12. And if some should come to the Community discerning a call to the religious life who cannot wholeheartedly and in all fullness and authenticity commit themselves to the Way of the solitary—that is, to the vowed religious life according to the charism of this Community—or if the circumstances of their lives will not permit such a totalizing commitment, then let them not be ashamed or made to feel inadequate to the task; rather, let all members of the Community understand that each person has a unique call from God, and that each is good according to the Mystery of God’s will (to establish the whole Body of Christ); and let such inquirers instead be formed as Associates of the Community, as the Prior or Prioress sees fit, that they may cultivate a spiritually fruitful and ongoing fellowship with the order, modeling their lives, as much as circumstances allow, after the life of its vowed members, and praying in solidarity with them.

13. As previously stated, each Cassianite Brother or Sister shall live apart, in their own hermitage or, if desired, in a small, private dwelling within the context of a *lavra* or *skete* where other religious dwell. But in the case of members living amongst other vowed religious, let them have their own private cell or hermitage, set apart some distance from the others, which they may retire to frequently for solitary work and prayer. Let no one underestimate the significance of the hermitage, which is a place to cultivate true silence and communion with God, and to which one should frequently retreat for this purpose. As our holy Father among the saints, Moses the Ethiopian, has said: “Go, sit in your cell, and your cell will teach you everything.” And St. Ammonas: “Sit in your cell, and eat a little every day, and have always in your heart the words which are read in the Gospel and were said by the Publican, and thus you can be saved.” And again, St. Romuald: “Sit in your cell as in paradise. Put the whole world behind you and forget it.” So each religious of this community should live in their own small dwelling, set apart, which shall be for them a sanctuary of peace, a refuge from the world of clamor and distraction, elegant in its simplicity: a divine house of prayer, a tabernacle of holy communion, a furnace and a fire of sanctification.

14. And they shall commit themselves to a life of true simplicity, submitting to the cross of poverty, acquiring only what is needed to live healthfully and peacefully and to do the work of ministry God has called them to do. Any thing they have care and use of, let them consider that it does not belong to them, but to God alone; and let them hold all things in this earthly existence lightly, with equanimity and healthful detachment. Any thing they might acquire beyond that which is needed to reasonably sustain their life and ministry, let them sell or donate in service to the poor. And let any Brother or Sister who is preparing to enter the order as a Novice be supported by the whole community in liberating themselves from all unnecessary possessions, that they may be free from worldly cares and entrapments, as our Lord Jesus Christ has commanded, and that their hermitages may be established as holy and pure dwelling places of prayer, where they will increase more and more in spiritual freedom and in the love of God.

15. Let each member of this order also be fully committed to the ongoing process of spiritual formation implied in their vows and way of life, and, resultantly, be ongoingly engaged in a relationship of fruitful spiritual direction with a qualified spiritual Father or Mother. This spiritual Father or Mother (or ‘spiritual director’) should be someone with wisdom and experience enough to appropriately guide others in the life of prayer; they should, ideally, be a vowed religious in their own right, and, if at all possible, a priest (in order that the Sacramental aspects of this spiritual relationship might be fulfilled), with more years of experience in the religious life and more wisdom than the one receiving direction from them. This spiritual Father or Mother may be the Prior or Prioress of the Community—and, indeed, it is customary that all Postulants be so directed by the Prior or Prioress, or else by another senior member of the Community which he or she has assigned; but beyond the time of Postulancy, it is desirable that each member have a spiritual Father or Mother other than the Prior or Prioress, who dwells near enough to them that regular face-to-face meetings are possible. This person must, however, be approved by the Prior or Prioress of the Community, and, particularly during the early years of formation, should have ongoing contact with the same.

16. And let all those under vows in this community wear garments befitting the life of the solitary, representing the sacrifice of self they have made in response to the Lord’s call of *kenosis*. These garments should be simple, practical, well tailored, and generally black in color. Vowed religious of this order—that is, Novices or Professed—may, when discerned as bearing of good fruit in their lives and ministries, wear the traditional habit of the order, consisting of a black tunic, over which is worn a black scapular, and, over the latter, a black leather belt. Those members who have made Final Profession shall also be given a black hooded cowl, which is to be worn in all liturgical settings (except if the Brother or Sister is also a priest, and is serving at the Holy Eucharist, in which case a white hooded cowl of the same design should be worn, over which is placed the vestments of priestly appointment), and in all formal meetings of the religious Chapter. But if in any instance the traditional habit may act as a barrier to their ministry, rather than as a help to it, then let them wear instead at such times clothing that befits their work, the general norm being pants and a black buttoned shirt (a black clerical shirt, if they are also ordained to holy orders within the Church). But let them at no time be found guilty in making an idol of appearances, knowing that what is always most needful is to maintain humility and a spirit of simplicity. And let these practices be a continual reminder of their commitment to Obedience and Simplicity in the Way of Christ, of their fellowship with the Brothers and Sisters of this order, and with our holy Mothers and Fathers gone before us in the Way.

17. When they don the habit each morning, let them pray this version of the Lenten prayer of St. Ephraim the Syrian: “O Lord and Master of my life: A spirit of idleness, despondency, distraction, ambition, and idle talk give me not. + But rather a spirit of chastity, humility, single- heartedness, patience, and love bestow upon me, Your unworthy servant. + Grant me, O Lord and King, to see my failings and not condemn my brother; for blessed are You to the ages of ages. + Amen.”

18. And let them continually study, in their solitude, the works of the saints, marking and with all fervor applying the wisdom and way of life set out therein, in order that they may be formed and edified by the sanctity of those holy men and women who have gone before us in the Way.

19. Each member of this community shall engage in some work of ministry in the world, supporting those in need, and supporting themselves and their Brothers and Sisters by the work of their own hands, knowing that only in so doing can they be truly counted as Cassianites. And in whatever work they do for God’s Kingdom, let them offer always to Him who formed the heavens and the earth, and to all His creatures in this world, the fruits of their lives of contemplation, being for all an *ikon* of the Divine Mystery, which is met in stillness, holiness, and peace.

20. Vowed members shall give annually of their earnings to the Community, in an amount to be determined by each member through prayerful discernment with the Prior or Prioress. This giving is to be drawn from the income each member earns in their respective ministries in the world, and shall be proportional to the legitimate needs and expenses of each member. Thus, those who earn more will be expected to give more, and those who earn less will be expected to give less. And let no Brother or Sister give thought to this, or, God forbid, quarrel or grumble over such matters. Indeed, let no one’s giving be known or discussed with any except with the Prior or Prioress, so that all proper humility may be maintained. It is the duty and prerogative of the Prior or Prioress to keep watch, as he or she sees fit, over the giving and other financial matters of vowed members, so that it may be clear that they are utilizing the resources God has granted them to a good and holy end, and that the integrity of their religious commitments are in no way threatened by the possession and use of monetary means. If needed, it is also the duty and prerogative of the Prior or Prioress to censure and correct any Brother or Sister of this order who has lapsed into an unhealthy or spiritually unhelpful use of money. All giving shall go directly into the Community’s common fund, which shall be managed by the Prior or Prioress along with the elected board members. This fund shall be used, at the Prior or Prioress’s discretion, to aid members of the Community who may find themselves in a time of financial need, to assist Brothers or Sisters with travel expenses to annual retreats of the Community, and to purchase supplies needed for ministry, Liturgy, or formation that is of common concern to the Community as a whole. Associates shall also be asked to give annually to the Community, according as they are able.

Again, let it be certain that all members of this community shall cultivate an approach to monetary matters that exhibits true detachment, equanimity, and surrender to God, knowing that whatever material things may in this transitory life pass through their hands are in truth not their own, but belong entirely to God.

21. The Prior or Prioress of this Community shall be one elected by the Chapter (consisting of all Professed members), who is chosen for their wisdom, holiness of life, and exemplary living of the charism and vows of this order. They shall serve for a term of nine years, unless in some extreme circumstance, by consensus of the Chapter, they are asked to step down before the end of their term of service. The Prior or Prioress shall be devoted to overseeing and facilitating the formation and spiritual well-being of all members of the order, and of maintaining the unity, fellowship, and spiritual efficaciousness of the Community as a whole.

22. Let the Brothers and Sisters of this community go forth always in the world with a spirit of gentleness, integrity, meekness, self-denial, compassion, and humility, ever recalling that they have put on Christ and become representatives of His Way in the world, and that they have set themselves apart for Wisdom alone, on the path of surrender, of self-emptying, in order to become vessels for the love of God, which should pour through them at all times without inhibition. Thus, they shall strive to bring peace, hope, faith, illumination, and love, wherever God may lead them.

23. And let them commend themselves and one another and their whole life to Christ, in this holy Way of solitude and stillness, in the enduring bonds of love and unity, toward peace and unification, to the redemption and sanctification of all, “establishing themselves with the mind in the heart before God,” as St. Theophan has written, “transforming everything in themselves, whether great or small, into the service of God the Trinity, consciously and freely offering themselves wholly to God,” in wisdom and truth, to the ages of ages. Amen.



+ FESTAL CALANDER +



The following explication of the Church's Liturgical Year is adapted from the Book of Common Prayer of the Episcopal Church (Church Publishing, 1979). The dated Calendar of Festal Observances which follows that explication has been created by *The Community of Saint John Cassian* (2016).

The Church Year consists of two cycles of Feasts and Holy Days: one dependent on the movable date of the Sunday of the Resurrection (the Great Feast of Easter, or Easter Day); the other, on the fixed date of December 25, the Feast of our Lord's Nativity, or Christmas Day.

The Great Feast of Easter is always the first Sunday after the full moon that falls on or after March 21. It cannot occur before March 22 or after April 25.

The sequence of all Sundays of the Church Year depends upon the date of Easter Day. But the Sundays of Advent are always the four Sundays before Christmas Day, whether it occurs on a Sunday or a weekday. The date of Easter also determines the beginning of Lent on Ash Wednesday (the forty days preceding Easter, excluding Sundays), and the Feast of the Ascension on a Thursday forty days after Easter Day. The Feast of Holy Wisdom (Hagia Sophia) is also thusly determined, being twenty-five days following the Great Feast of Easter.

The Principle Feasts observed in this community are the following:

The Great Feast of Easter, or the Resurrection of our Lord Jesus Christ

The Feast of All Saints, *November 1*

The Feast of the Ascension of our Lord Jesus Christ

The Feast of the Nativity of our Lord Jesus Christ (Christmas), *December 25*

The Feast of Pentecost

The Feast of Holy Theophany (The Baptism of our Lord Jesus Christ), *January 6*

The Feast of the Most Holy Trinity (Trinity Sunday)

These Feasts take precedence over all other days or observances. The Feast of All Saints may always be observed on the Sunday following November 1, in addition to its observance on the fixed date.

All Sundays of the year are Feasts of our Lord Jesus Christ. In addition to the dated days listed above, only the following Feasts, appointed on fixed days, take precedence over a regular Sunday Feast:

The Feast of the Holy Name of our Lord Jesus Christ (*January 1*)

The Feast of the Presentation of our Lord Jesus Christ in the Temple (*February 2*)

The Feast of the Holy Transfiguration of our Lord Jesus Christ (*August 6*)

The Feast of the Dedication of a parish or religious community, and the Feast of its Patron or title, may be observed on, or be transferred to, a Sunday, except in the seasons of Advent, Lent, and Easter. All other Feasts of our Lord, and all other Major Feasts appointed on fixed days in the Calendar, when they occur on a Sunday, are normally transferred to the first convenient open day within the week.

The following Holy Days are regularly observed throughout the year. Unless otherwise ordered in the preceding rules concerning Sundays, they have precedence over all other days of commemoration or of special observance:

Other Feasts of Our Lord

The Holy Name of our Lord Jesus Christ
The Nativity of St. John the Baptist
The Presentation of our Lord Jesus Christ in the Temple
The Holy Transfiguration of our Lord Jesus Christ
The Annunciation of our Lord Jesus Christ to the Blessed Virgin Mary
The Feast of the Holy Cross
The Visitation of the Blessed Virgin Mary
The Feast of Holy Wisdom (Hagia Sophia)
Lazarus Saturday
Palm Sunday

Other Major Feasts

All Feasts of the Holy Apostles
All Feasts of the Holy Evangelists
The Nativity of the Blessed Virgin Mary
The Presentation of the Blessed Virgin Mary in the Temple
The Dormition of the Blessed Virgin Mary
The Feast of the Holy Innocents (Childermas)
St. Michael the Archangel and All Angels
St. Stephen the Protomartyr
St. James the Just of Jerusalem (Brother of our Lord Jesus Christ)
St. Joseph
St. Mary Magdalene

Fasts

Ash Wednesday
Good Friday

Feasts appointed on fixed days in the Calendar are not observed on the days of Holy Week or of Easter Week. Major Feasts falling in these weeks are transferred to the week following the Second Sunday of Easter, in the order of their occurrence.

Feasts appointed on fixed days in the Calendar do not take precedence over Ash Wednesday.

Feasts of our Lord and other Major Feasts appointed on fixed days, which fall upon or are transferred to a weekday, may be observed on any open day within the week.

The following days are observed by special acts of discipline and self-denial:

Ash Wednesday

Good Friday

All weekdays of both Lent and Holy Week (except the Feast of the Annunciation)

All Fridays throughout the year, in commemoration of the Lord's crucifixion (except Fridays in the Christmas and Easter seasons, and Feasts of our Lord which occur on a Friday)

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JANUARY

01	02	03	04	05	06	07
The Feast of the Holy Name of our Lord Jesus Christ			St. Syncletica of Alexandria, Hermit, c. 350	Holy Theophany (The Baptism of our Lord Jesus Christ)	St. Theophan the Recluse, Bishop and Hermit of Tambov	
08	09	10	11	12	13	14
	St. Gregory of Nyssa, Bishop and Theologian, c. 395 Bl. William Laud, Archbishop of Canterbury, 1645	St. Paul of Obnora (Russia), Hermit and Abbot, 1429	St. Aelred, Abbot of Rievaulx, 1167	St. Hilary, Bishop of Poitiers, 367	St. Seraphim of Sarov (Russia), Monk, 1833	
15	16	17	18	19	20	21
St. Macarius the Great of Egypt, Abbot, 391	Bl. Evagrius of the Solitary of Pontus, Monk, Scholar, and Theologian, 399	St. Antony the Great of Egypt, Father of Monastics, 356 [?]	Confession of St. Peter the Apostle	St. Wulfstan, Bishop of Worcester, 1095	St. Fabian, Bishop and Martyr of Rome, 250	St. Agnes, Martyr of Rome, 304
22	23	24	25	26	27	28
St. Vincent, Deacon and Martyr of Saragossa, 304		St. Francis de Sales, Friar and Bishop of Geneva, 1622	Conversion of St. Paul the Apostle	St. Timothy and St. Titus, Companions of St. Paul St. Ammonas of Egypt, Hermit, c. 325	St. John Chrysostom, Archbishop of Constantinople, Theologian and Liturgist, 407	St. Isaac of Nineveh (Syria), Monk and Theologian, c. 700 St. Thomas Aquinas, Priest, Friar, and Theologian, 1274
29	30	31				
Bl. Eckhart of Hochheim, Friar and Theologian, 1328		St. John Bosco, Priest, 1888				

FEBUARY

01	02	03	04	05	06	07
St. Brigid, Abbess of Kildare (Ireland), c. 525	The Presentation of our Lord Jesus Christ in the Temple (Candlemas)	St. Anskar, Archbishop of Hamburg, 865		St. John the Prophet, Monk and Theologian of Palestine, c. 560	St. Luke of Steiris, Wonderworker and Ascetic, 946	
08	09	10	11	12	13	14
	St. Paul of Thebes, the First Hermit, c. 342	St. Scholastica of Nursia, Abbess and Sister of St. Benedict, 543		Bl. Absalom Jones, Priest, 1818	St. Cyril of Thessalonica, Monk and Missionary to the Slavs, 869 St. Methodius of Thessalonica, Bishop and Missionary to the Slavs, 885	
15	16	17	18	19	20	21
		St. Simeon, Bishop of Jerusalem, c. 117		St. Hesychius the Priest, Hieromonk and Theologian of Jerusalem, c. 440 St. Bessarion the Wonderworker of Egypt, 466	St. John Henry Newman, Priest and Theologian, 1890	
22	23	24	25	26	27	28
St. Polycarp, Bishop and Martyr of Smyrna, 156	St. Matthias the Apostle			Bl. George Herbert, Poet and Priest, 1633	St. John Cassian, Abbot and Theologian, 435	
29						

MARCH

01	02	03	04	05	06	07
St. David, Bishop of Menevia (Wales), c. 544	St. Chad, Bishop of Lichfield, 672		St. Gerasimus of the Jordan, Abbot, 475	St. Mark the Ascetic of Egypt, Hermit and Theologian, c. 490		St. Perpetua and her Companions, Martyrs of Carthage, 202
08	09	10	11	12	13	14
			St. Sophronius, Archbishop of Jerusalem, 638	St. Gregory the Great, Archbishop of Rome, 604 St. Simeon the New Theologian, Abbot and Poet, 1022		
15	16	17	18	19	20	21
	St. Patrick, Bishop and Missionary of Ireland, 461 St. Alexis the Man of God, Ascetic of Rome, 411	St. Cyril, Bishop of Jerusalem, 386	St. Joseph		St. Cuthbert, Monk, Bishop, and Hermit of Lindisfarne, 687	St. Enda of Aran (Ireland), Abbot, c. 530 St. Serapion, Scholar and Bishop of Thmuis, c. 355
22	23	24	25	26	27	28
Bl. James DeKoven, Priest, 1879	St. Gregory the Illuminator, Bishop and Missionary of Armenia, c. 332	St. Zachariah the Venerable of Egypt, Monk, c. 390	The Annunciation of our Lord Jesus Christ to the Blessed Virgin Mary			
29	30	31				
	St. John Climacus of Sinai, Abbot and Theologian, 649	St. Innocent of Alaska, Archbishop of Moscow and Missionary to America, 1879 Bl. John Donne, Priest and Poet, 1631				

APRIL

01	02	03	04	05	06	07
St. Mary of Egypt, Ascetic and Hermit, c. 421	St. Titus the Wonderworker, Abbot, c. 850	St. Nicetas the Confessor of Caesarea, Hieromonk, 824 St. Joseph of Sicily, Hymnographer, 886	Bl. Martin Luther King, Jr., Activist and Martyr, 1968	St. Agathopoulos and St. Theodoulos, Martyrs of Thessalonica, 303 St. Mark of Trache, Monk, c. 400		St. Tikhon, Archbishop of Moscow and Missionary to America, 1925 St. Nilus of Sora (Russia), Abbot, 1508
08	09	10	11	12	13	14
	Bl. William Law, Priest and Theologian, 1761	Bl. Pierre Teilhard de Chardin, Scholar and Theologian, 1955	St. Barsanuphius of Gaza, Hermit and Theologian, 563			
15	16	17	18	19	20	21
			St. Alphege, Archbishop and Martyr of Canterbury, 1012		St. Anselm, Archbishop of Canterbury, 1109	
22	23	24	25	26	27	28
Bl. Origen of Alexandria, Monk, Scholar, and Theologian, c. 253	St. George, Soldier and Martyr, 303		St. Mark the Evangelist			
29	30					
St. Catherine of Sienna, 1380						

MAY

01	02	03	04	05	06	07
St. Philip the Apostle	St. Athanasius, Bishop of Alexandria, 373	St. Nicephoros the Solitary, Anchorite and Theologian of Mount Athos, c. 1290	St. Irene the Great Martyr of Thessalonica, c. 350	St. Job the Righteous and Long-Suffering	St. Sophia the Righteous, Ascetic, 1974	St. Arsenius the Great of Egypt, Hierodeacon and Anchorite, 445
08	09	10	11	12	13	14
St. Julian of Norwich, anchoress, c. 1417	St. Gregory of Nazianzus, Bishop of Constantinople, 389	St. Simon the Apostle Bl. Thaïsia of Egypt, Monastic, c. 370	St. Isidora of Tabenna, Monastic and Fool for Christ, c. 365			
15	16	17	18	19	20	21
St. Pachomius the Great of Egypt, Abbot, 348	St. Brendan the Navigator, Voyager and Abbot of Clonfert (Ireland), 577			St. Dunstan, Archbishop of Canterbury, 988	St. Alcuin, Abbot and Hierodeacon of Tours, 804	
22	23	24	25	26	27	28
		St. Simeon the Stylite of the Wonderful Mountain, 595	St. Bede the Venerable, Hieromonk and Scholar of Jarrow, 735	St. Augustine, Archbishop of Canterbury, 605	St. Melangell, Virgin, Hermit, and Abbess of Powys (Wales), c. 500	
29	30	31				
	St. Isaac the Wonderworker of Constantinople, Abbot, 383	The Visitation of the Blessed Virgin Mary St. Vitalis of Assisi, Hermit, 1370				

JUNE

01	02	03	04	05	06	07
St. Justin, Scholar and Martyr of Rome, c. 167	The Martyrs of Lyons, 177	The Martyrs of Uganda, 1886		St. Boniface, Archbishop and Martyr of Mainz (Germany), 754	St. Hilarion of Dalmatia, Abbot, 845 St. Archelaïs, St. Thekla, and St. Susanna, Virgins, Ascetics, Martyrs of Rome, 293	St. Marcellinus, Hieromartyr and Archishop of Rome, 304 St. Daniel of Alexandria, Monk, c. 460
08	09	10	11	12	13	14
St. Melania the Elder of Jerusalem, Abbess, 410 St. Zosimas of Syria, Monk, c. 560	St. Columba, Abbot of Iona (Scotland), 597 St. Cyril, Archbishop of Alexandria, 444	St. Ephrem, Hymnographer and Hierodeacon of Edessa (Syria), 373	St. Barnabas the Apostle			St. Basil the Great, Bishop of Caesarea, 379
15	16	17	18	19	20	21
Bl. Evelyn Underhill, Scholar and Theologian, 1941	St. Tikhon of Cypress, Bishop of Amathus, 425	St. Declan, Abbot and Hermit of Hartland (England), c. 510 St. Botolph, Abbot of Ikanhoe, 680	St. Dorotheus of Gaza, Abbot, c. 565	St. Romuald, Ascetic and Abbot, 1027		
22	23	24	25	26	27	28
St. Alban, Protomartyr of Britain, c. 304		The Nativity of St. John the Baptist				St. Irenaeus, Bishop of Lyons, c. 202
29	30					
St. Peter and St. Paul, Apostles	Feast of the Synaxis of the Twelve Holy Apostles					

JULY

01	02	03	04	05	06	07
St. John Maximovich, Archbishop of Shanghai and San Francisco, 1966	St. Isaiah the Solitary of Egypt, Hermit, 491 St. Anatolios, Archbishop of Constantinople, 458		St. Athanasius the Athonite, Abbot, and his Six Disciples, 1003	St. Sisoës the Great of Egypt, Hermit, 429		
08	09	10	11	12	13	14
St. Morwenna of Cornwall, Hermit, c. 525 St. Prokopios, Martyr of Caesarea, 303	St. Pancratius, Bishop and Martyr of Sicily, c. 95	St. Benedict of Nursia, Abbot, c. 540 St. Olga (Helen) of Russia, 969	Sts. Proclus and Hilarius, Martyrs of Kallippi, c. 110	St. Gabriel the Archangel St. Julian, Bishop of Le Mans, c. 85	St. Aquila and St. Priscilla, Apostles of the Seventy St. Nikodemos of the Holy Mountain, Monk and Theologian, 1809	
15	16	17	18	19	20	21
	St. Marina of Antioch, Virgin and Martyr, 270	St. Emilian of Thrace, Martyr, 362 St. Pambo of Egypt, Anchorite, 375	St. Macrina (Sister of St. Basil the Great and St. Gregory of Nyssa), Ascetic, 380	St. Elias (Elijah) the Prophet	St. John and St. Symeon of Edessa, Fools for Christ, 570	
22	23	24	25	26	27	28
St. Mary Magdalene	St. Declán of Ardmore, Abbot, c. 475 Bl. Thomas à Kempis, Priest, 1471	St. James the Apostle (Son of Zebedee, Brother of St. John the Theologian)	St. Joachim and St. Anna, Parents of the Blessed Virgin Mary	St. Panteleimon the Great Healer of Nicomedia, Wonderworker and Martyr, 305	St. Irene of Cappadocia, Abbess, 912	
29	30	31				
St. Mary and St. Martha of Bethany	St. Joseph of Arimathea					

AUGUST

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01	02	03	04	05	06	07
St. Ignatius of Loyola, Priest and Theologian, 1556	St. Maximus of Padua (Italy), Bishop, c. 185 Bl. Basil of Moscow, Ascetic and Fool for Christ, 1552	St. Antony the Roman, Ascetic and Abbot of Novgorod, 1148		The Holy Transfiguration of our Lord Jesus Christ		
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08	09	10	11	12	13	14
St. Dominic, Priest and Friar, 1221		St. Laurence, Deacon and Martyr of Rome, 258	St. Claire, Prioress of Assisi, 1253		St. Maximus the Confessor, Monk, Scholar, and Theologian, 662	
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15	16	17	18	19	20	21
The Dormition of the Blessed Virgin Mary, Mother of our Lord Jesus Christ				St. Bernard, Abbot of Clairvaux, 1153		
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22	23	24	25	26	27	28
	St. Bartholomew the Apostle			St. Poemen the Great of Egypt, Anchorite, 450	St. Moses the Ethiopian, Monk of Egypt, 405 St. Augustine, Bishop of Hippo, 430	
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29	30	31				
	St. Aidan, Abbot and Bishop of Lindisfarne, 651					
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SEPTEMBER

01	02	03	04	05	06	07
St. Giles of Provence, Hermit, c. 710 St. Symeon the Stylite of Syria, Ascetic, 459		St. Phoebe, Deacon and Disciple of St. Paul the Apostle	St. Moses the Holy Prophet	St. Zacharias the Prophet (Father of St. John the Baptist)	St. Eleutherius, Abbot of Spoleto, c. 585	
08	09	10	11	12	13	14
The Nativity of the Blessed Virgin Mary	St. Ciarán of Clonmacnoise (Ireland), Abbot, 549		St. Theodora of Alexandria, Wonderworker and Ascetic, 490		St. Cyprian, Bishop and Martyr of Carthage, 258 / St. John Chrysostom: Repose	The Feast of the Holy Cross
15	16	17	18	19	20	21
	St. Ninian, Bishop of Galloway (Scotland), c. 430 St. Euphemia of Chalcedon, Martyr, 304	St. Hildegard of Bingen, Abbess, Healer, Composer, and Theologian, 1179	St. Sophia and her Children, Faith, Hope, and Love, Martyrs of Rome, 137	St. Theodore of Tarsus, Archbishop of Canterbury, 690		St. Matthew, Apostle and Evangelist St. Jonah the Holy Prophet
22	23	24	25	26	27	28
	St. Thekla, Martyr and Disciple of St. Paul the Apostle	St. Silouan the Athonite, Monk and Poet, 1938 St. Thecla, Virgin and Protomartyr, c. 55	St. Sergius, Abbot of Radonezh (Russia), 1392 St. Euphrosyne, Virgin and Monk, c. 445	Bl. Lancelot Andrewes, Scholar and Bishop of Winchester, 1626		
29	30					
St. Michael the Archangel and All Angels St. Mary of Palestine, Hermit, c. 540	St. Jerome, Hieromonk and Scholar of Bethlehem, 420 St. Gregory the Enlightener, Bishop of Armenia, c. 330					

OCTOBER

01	02	03	04	05	06	07
St. Remigius, Bishop of Rheims, c. 530 St. Thérèse of Lisieux (France), Monastic, 1897	St. Cyprian the Magician and St. Justina of Antioch, Martyrs, 304	St. Dionysius the Areopagite, Bishop of Athens, c. 85	St. Francis of Assisi, Friar, 1226	St. Teresa of Ávila, Abbess and Theologian, 1582	St. Bruno of La Chartreuse, Abbot, 1101	
08	09	10	11	12	13	14
	St. Denis, Bishop and Martyr of Paris, c. 250 Bl. Robert Grosseteste, Scholar and Bishop of Lincoln, 1253			St. Wilfrid, Bishop of Ripon (England), c. 709	Bl. Pseudo- Dionysius the Areopagite, Scholar and Theologian, c. 560	
15	16	17	18	19	20	21
St. Theophilus, Archbishop of Alexandria, 412	Bl. Thomas Cranmer, Archbishop of Canterbury, 1556	St. Ignatius, Bishop and Martyr of Antioch, c. 115	St. Luke the Evangelist			
22	23	24	25	26	27	28
	St. James the Just, Brother of our Lord Jesus Christ, Bishop, Martyr of Jerusalem, c.69		Bl. John Scotus Eriugena of Ireland, Philosopher, Scholar, Poet, Theologian, c. 877			St. Jude the Apostle
29	30	31				
	St. Serapion of Antioch, Archbishop and Theologian, 211	The Vigil of All Hallows Eve (Samhain), Celtic New Year				

NOVEMBER

01	02	03	04	05	06	07
The Feast of All Saints	The Feast of All Souls	Bl. Richard Hooker, Priest and Scholar, 1600				St. Wilibrord, Archbishop of Utrecht, 739
08	09	10	11	12	13	14
	St. John the Dwarf of Egypt, Hieromonk and Anchorite, 405	St. Leo the Great, Archbishop of Rome, 461	St. Martin, Bishop of Tours, 397 St. Menas, Soldier, Wonderworker, and Martyr of Egypt, c. 309	Bl. Søren Kierkegaard, Philosopher and Theologian, 1855	St. John Chrysostom: Consecration as Archbishop of Constantinople	St. Gregory Palamas, Monk and Theologian, 1357 Consecration of Bl. Samuel Seabury, First American Bishop, 1784
15	16	17	18	19	20	21
St. Herman of Alaska, Monk and Wonderworker, 1837	St. Margaret of Scotland, 1093 St. Gertrude of Helfta, c. 1302	St. Hugh, Monk and Bishop of Lincoln, 1200 Bl. Jakob Böhme, Theologian, 1624 St. Gregory the Wonderworker of Neocaesarea, 270	St. Hilda, Abbess of Whitby, 680	St. Elizabeth of Hungary, 1231 St. Mechtilde of Magdeburg, 1280		The Presentation of the Blessed Virgin Mary in the Temple
22	23	24	25	26	27	28
St. Cecilia, Virgin and Martyr of Rome, c. 178	St. Clement, Bishop of Rome, c. 100	Bl. Pelagius of Britain, Ascetic and Theologian, c. 420	St. Catherine of Alexandria, Virgin and Martyr, c. 305		St. Gregory of Sinai, Monk and Theologian, 1346	
29	30					
	St. Andrew the Apostle					

DECEMBER

01	02	03	04	05	06	07
Bl. Nicholas Ferrar, Deacon, 1637	St. Francis Xavier, Priest and Missionary, 1552	St. John of Damascus, Hieromonk, c. 760 St. Barbara the Great Martyr of Nicomedia, c. 290	St. Clement of Alexandria, Priest, c. 210	St. Nicholas, Bishop of Myra, c. 342	St. Ambrose, Bishop of Milan, 397	
08	09	10	11	12	13	14
	Bl. Thomas (Louis) Merton, Poet, Monk, and Theologian, 1968		St. Finnian of Clonard (Ireland), Abbot, 549 Our Lady of Guadalupe	St. Lucia (Lucy), Martyr of Syracuse, 304	St. John of the Cross, Poet, Friar, and Theologian, 1591	
15	16	17	18	19	20	21
					St. Thomas the Apostle	
22	23	24	25	26	27	28
The Feast of Holy Wisdom (Hagia Sophia)		The Nativity of our Lord Jesus Christ (Christmas Day)	St. Stephen, Deacon and Protomartyr	St. John the Theologian, Apostle and Evangelist	The Feast of the Holy Innocents (Childermas)	
29	30	31				
St. Thomas Becket, Archbishop and Martyr, 1170 Bl. Rainer Maria Rilke, Poet, 1926	St. Melania the Younger of Rome, Ascetic, 439					

+ THE LITURGY OF THE HOURS +

VIGILS *or* NOCTURNS *(Midnight Prayer)*

V. Show us Your mercy, O Lord; +

R. And grant us Your salvation.

(bowing) + Glory to the Father, and to the Son, and to the Holy Spirit, *
as it was in the beginning, is now, and will be forever. Amen.

except during Lent:

Alleluia.

OFFICE HYMN

PSALMS *(eight in number)*

after each,

(bowing) + Glory to the Father, and to the Son, and to the *Holy Spirit*, *
as it was in the beginning, is now, and will be forever. *Amen*.

READING

Here follows a brief reading from Scripture or Tradition, beginning with the Officiant singing:

Wisdom. Let us attend.

The Lector then continues:

A reading from _____

The Lector concludes the reading by chanting the final phrase of the text in the appropriate tone. The people then respond, in like tone:

Thanks be to God.

CONTEMPLATIVE PRAYER

A period of silent prayer is here observed.

Before major Feast Days (including the Feasts of Saints with whom the Community has special relationship, an Old Testament Canticle and a Gospel reading should follow.

TE DEUM

You are *God: we praise You*; *
You are the Lord: *we acclaim You*;
You are the eternal *Father*: *
All creation *worships You*.
To You all angels, all the powers of *heaven*, *
Cherubim and Seraphim, sing *in endless praise*:
Holy, holy, holy Lord, God of *power and might*, *
heaven and earth are full of *Your glory*.
The glorious company of apostles *praise You*. *
The noble fellowship of prophets praise You.
The white-robed army of *martyrs praise You*.
Throughout the world the holy *Church acclaims You*; *
Father, of majesty unbounded,
Your true and only Son, worthy of all worship,
and the Holy Spirit, *advocate and guide*.
You, Christ, are the *King of Glory*, *
the eternal Son of the *Father*.
When You became man *to set us free*, *
You did not shun *the Virgin's womb*.
You overcame *the sting of death*, *
and opened the kingdom of heaven to *all believers*.
You are seated at God's right *hand in glory*. *
We believe that You will come *and be our judge*.
Come then, Lord, and help Your people,
bought with the price of *Your own blood*, *
and bring us with Your saints
to glory everlasting. *Amen.* +

+ Holy God, Holy and Mighty, Holy Immortal One, have mercy on us. (x3) (*bowing with each*)

O Most Holy Trinity, have mercy on us. +

O Lord, blot out our sins. O Master, pardon our iniquities.

O Holy One, visit and heal our infirmities for Your Name's sake.

Lord, have mercy. (x3)

(*bowing*) + Glory to the Father, and to the Son, and to the *Holy Spirit*, *
as it was in the beginning, is now, and will be forever. *Amen.*

All then make the sign of the cross on their foreheads, and prostrate in silent prayer, facing the altar or iconostasis. This is repeated three times, led by the Officiant.

Then, bowing with each,

Blessed are You, O Lord, teach me Your statutes. +

Blessed are You, O Master, give me understanding of Your statutes. +

Blessed are You, O Holy One, enlighten me by Your statutes. +

(bowing) + Glory to the Father, and to the Son, and to the *Holy Spirit*, *
as it was in the beginning, is now, and will be forever. *Amen*.

THE GREAT LITANY

All standing, the Intercessor, as appointed, then sings the prayers, standing in the midst of the people (the people sing the drone throughout, and respond as noted).

With all our heart and with all our mind, let us pray to the Lord, saying,
“Lord, have mercy.”

For the peace of God and for the salvation of our souls, let us pray to the Lord.
Lord, have mercy.

For peace to the whole world, for the welfare of the holy Church of God, and for the union of
all, let us pray to the Lord.
Lord, have mercy.

For this holy house of worship, and for all who enter with faith and reverence to receive the
love of Christ and the everlasting grace of God, let us pray to the Lord.
Lord, have mercy.

For [N.], our Presiding Bishop, for [N.], our Bishop, for the venerable priesthood and
diaconate in Christ, for monastics, hermits, and ascetics, and for all the clergy and people, let
us pray to the Lord.
Lord, have mercy.

For the leaders of this country and all civil authorities, for all those who do the work of peace
in the world, let us pray to the Lord.
Lord, have mercy.

That He will aid them and grant them victory in every adversity, let us pray to the Lord.
Lord, have mercy.

For seasonable weather, and for an abundance of the fruits of the earth, let us pray to the Lord.

Lord, have mercy.

For this land, for the good earth which God has given us, and for the wisdom and will to preserve it, let us pray to the Lord.

Lord, have mercy.

For this [town/city], for every town and city, and for all the faithful who dwell therein, let us pray to the Lord.

Lord, have mercy.

For the poor and oppressed, for the unemployed and destitute, for prisoners and captives, and all who remember and care for them, let us pray to the Lord.

Lord, have mercy.

For the aged and infirm, for the widowed and orphaned, for the sick and the suffering, and all who care for them, let us pray to the Lord.

Lord, have mercy.

For our deliverance from all tribulation, danger, wrath, and necessity, let us pray to the Lord.

Lord, have mercy.

For all who have gone before us in the Way, and for all those who have departed this life in faith, hope, and the love of God, let us pray to the Lord.

Lord, have mercy.

For this beloved community of faith and kinship, that we may thrive and grow abundantly in the Way of Christ, and by His grace attain to the Mystery of His eternal Kingdom, let us pray to the Lord.

Lord, have mercy.

Remembering our most pure, most blessed and glorious Lady, the Mother of God and ever-Virgin Mary, with blessed John Cassian, blessed Benedict, blessed Antony the Great, and all the saints, let us commend ourselves and one another and our whole life to Christ our God.

To You, O Lord our God.

FESTAL COLLECT

The Officiant then sings the Festal Collect or Collect of the Day, opening with:

V. Lord, hear our prayer;
R. And let our cry come to you.
V. Let us pray.

PSALM 51

(bowing) + Glory to the Father, and to the Son, and to the *Holy Spirit*, *
as it was in the beginning, is now, and will be forever. *Amen*.

COLLECTS OF THE HOUR

The Officiant then sings the Collects of the Hour:

V. Peace be to all.
R. And to your spirit.
V. Let us bow our heads to the Lord.
R. To you, O Lord.

All bow as the following prayers are sung by the Officiant:

Be our light in the darkness, O Lord, and in Your great mercy defend us from all perils and dangers of this night; for the love of Your Son, our Savior Jesus Christ, who lives and reigns with You and the Holy Spirit: One God, now and forever. *Amen*.

Almighty God, Father and Creator of All; Lord and Master, only-begotten Son Jesus Christ; Holy Spirit, eternal Mother and Comforter: One God, One Power, One Truth: Have mercy on us sinners, and by the judgments You know, through Your most holy Wisdom, save us unworthy servants; for blessed are You to the ages of ages. *Amen*.

V. May the help of God remain with us always; +
R. And with our absent brethren.

V. Let us bless the Lord.
R. Thanks be to God.

CLOSING DOXOLOGY

+ Now to God who is able to strengthen us according to His Gospel, through the light and proclamation of Jesus Christ, according to the revelation of the Mystery that was hidden in secret for countless ages: to Him, the God of Wisdom, be all honor and glory, now and forever. *Amen.*

MATINS *(Morning Prayer)*

V. O Lord, open my lips; +

R. And my mouth shall proclaim Your praise.

(bowing) + Glory to the Father, and to the Son, and to the Holy Spirit, *
as it was in the beginning, is now, and will be forever. Amen.

except during Lent:

Alleluia.

INVITATORY

One of the following is then sung by all:

Come, let us *sing to the Lord*; *

let us shout for joy to the Rock of *our salvation*.

Let us come before His Presence *with thanksgiving*, *

and raise a loud shout *to Him with psalms*.

For the Lord *is a great God*, *

and a great King *above all gods*.

In His hand are the caverns *of the earth*, *

and the heights of the hills *are also His*.

The sea is His, *for He made it*, *

and His hands have molded *the dry land*.

Come, let us bow down *and bend the knee*, *

and kneel before the *Lord our Maker*.

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*.

(bowing) + Glory to the Father, and to the Son, and to the *Holy Spirit*, *
as it was in the beginning, is now, and will be forever. *Amen*.

or,

bowing with each,

O come, let us worship God our King; +

O come, let us worship and fall down before Christ our King and God; +

O come, let us worship and fall down before Christ Himself, our King and our God. +

PSALMS *(three in number)*

after each,

(bowing) + Glory to the Father, and to the Son, and to the *Holy Spirit*, *
as it was in the beginning, is now, and will be forever. *Amen*.

READING

Here follows a brief reading from Scripture or Tradition, beginning with the Officiant singing:

Wisdom. Let us attend.

The Lector then continues:

A reading from _____

The Lector concludes the reading by chanting the final phrase of the text in the appropriate tone. The people then respond, in like tone:

Thanks be to God.

CONTEMPLATIVE PRAYER

A period of silent prayer is here observed.

THE LORD'S PRAYER

V. The Lord be with you.

R. And also with you.

V. Let us pray.

Our Father in heaven,
hallowed be Your Name,
Your Kingdom come,
Your will be done,
on earth as in heaven.
Give us today our daily bread;
forgive us our sins,
as we forgive those who sin against us.
Save us from the time of trial,
and deliver us from evil.
For the Kingdom, the power,

and the glory are Yours:
now and forever. Amen. +

The officiant then prays the sentence of absolution:

+ May the almighty and merciful Lord loose us from the bonds of sin. *Amen.*

OFFICE HYMN

COLLECT

V. Lord, hear our prayer;
R. And let our cry come to you.
V. Let us pray.

The Officiant then sings the Collect of the Hour:

Heavenly Father, in You we live and move and have our being. We humbly pray You so to guide and govern us by Your Holy Spirit, that in all the cares and occupations of our life we may not forget You, but may remember that we are ever walking in Your sight; through Jesus Christ our Lord, who lives and reigns with You and the Holy Spirit: One God, now and forever. *Amen.*

LITANY

V. Save Your people, O Lord, and bless Your *inheritance*;
R. Govern and uphold them, *now and always*.
V. Day by day we *bless You*;
R. We praise Your *Name for ever*.
V. Lord, keep us from *all sin this day*;
R. Have mercy on us, *Lord, have mercy*.
V. Give peace, O Lord, *in all the world*;
R. And guide our hearts in *the Way of Truth*.
V. Let not the needy, O Lord, *be forgotten*;
R. Nor the hope of the poor be *taken away*.
V. Lord, show us Your *love and mercy*;
R. For we put *our trust in You*.
V. In You, O Lord, *is our hope*;
R. And we shall never *hope in vain*.

bowing with each,

Blessed are You, O Lord, teach me Your statutes. +

Blessed are You, O Master, give me understanding of Your statutes. +

Blessed are You, O Holy One, enlighten me by Your statutes. +

(bowing) + Glory to the Father, and to the Son, and to the *Holy Spirit*, *
as it was in the beginning, is now, and will be forever. *Amen*.

The Officiant then gives the blessing:

May the ineffable and eternal God, through the prayers and intercessions of our most holy Mothers and Fathers, bless us, sanctify us, and bring us at last to His Heavenly Kingdom, for He is good and the lover of humankind. *Amen*. +

V. May the help of God remain with us always; +

R. And with our absent brethren.

V. Let us bless the Lord.

R. Thanks be to God.

CLOSING DOXOLOGY

+ To the King of Hosts, immortal, invisible, the only God, be all honor and glory, both now and ever, and to the ages of ages. *Amen*.

TERCE *(Midmorning Prayer)*

V. O God, make speed to save me. +

R. O Lord, make haste to help me.

(bowing) + Glory to the Father, and to the Son, and to the Holy Spirit, *
as it was in the beginning, is now, and will be forever. Amen.

except during Lent:

Alleluia.

OFFICE HYMN

PSALMS *(three in number)*

after each,

+ Glory to the Father, and to the Son, and to the *Holy Spirit*, *
as it was in the beginning, is now, and will be forever. *Amen*.

READING

Here follows a brief reading from Scripture or Tradition, beginning with the Officiant singing:

Wisdom. Let us attend.

The Lector then continues:

A reading from _____

The Lector concludes the reading by chanting the final phrase of the text in the appropriate tone. The people then respond, in like tone:

Thanks be to God.

CONTEMPLATIVE PRAYER

A period of silent prayer is here observed.

KYRIE

Lord, have mercy.
Christ, have mercy.
Lord, have mercy.

THE LORD'S PRAYER

The Officiant then sings,

O Lord, as You have taught us, make us worthy now to pray:

All sing:

Our Father in heaven,
hallowed be Your Name,
Your Kingdom come,
Your will be done,
on earth as in heaven.
Give us today our daily bread;
forgive us our sins,
as we forgive those who sin against us.
Save us from the time of trial,
and deliver us from evil.

COLLECT

V. Lord, hear our prayer;
R. And let our cry come to you.
V. Let us pray.

The Officiant then sings the Collect of the Hour:

Heavenly Father, send Your Holy Spirit into our hearts, to direct and rule us according to Your will, to comfort us in all affliction, to defend us from all error, and to lead us into all truth; through Jesus Christ our Lord, who lives and reigns with You and the Holy Spirit: One God, now and forever. *Amen.*

V. May the help of God remain with us always; +
R. And with our absent brethren.

V. Let us bless the Lord.
R. Thanks be to God.

CLOSING DOXOLOGY

+ May the God of hope fill us with all joy and peace in believing, through the grace and power of the Holy Spirit. *Amen.*

SEXT *(Noonday Prayer)*

V. O God, make speed to save me. +

R. O Lord, make haste to help me.

(bowing) + Glory to the Father, and to the Son, and to the Holy Spirit, *
as it was in the beginning, is now, and will be forever. Amen.

except during Lent:

Alleluia.

OFFICE HYMN

PSALMS *(three in number)*

after each,

(bowing) + Glory to the Father, and to the Son, and to the *Holy Spirit*, *
as it was in the beginning, is now, and will be forever. *Amen*.

READING

Here follows a brief reading from Scripture or Tradition, beginning with the Officiant singing:

Wisdom. Let us attend.

The Lector then continues:

A reading from _____

The Lector concludes the reading by chanting the final phrase of the text in the appropriate tone. The people then respond, in like tone:

Thanks be to God.

CONTEMPLATIVE PRAYER

A period of silent prayer is here observed.

KYRIE

Lord, have mercy.
Christ, have mercy.
Lord, have mercy.

THE LORD'S PRAYER

The Officiant then sings,

O Lord, as You have taught us, make us worthy now to pray:

All sing:

Our Father in heaven,
hallowed be Your Name,
Your Kingdom come,
Your will be done,
on earth as in heaven.
Give us today our daily bread;
forgive us our sins,
as we forgive those who sin against us.
Save us from the time of trial,
and deliver us from evil.

COLLECT

V. Lord, hear our prayer;
R. And let our cry come to you.
V. Let us pray.

The Officiant then sings the Collect of the Hour:

Lord Jesus Christ, You said to Your apostles, 'Peace I give to you; my own peace I leave with you.' Regard not our sins, O Lord, but the faith of Your Church, and grant us the peace and unity of that Heavenly Kingdom, where with the Father and the Holy Spirit You live and reign: One God, now and forever. *Amen.*

V. May the help of God remain with us always; +
R. And with our absent brethren.

V. Let us bless the Lord.
R. Thanks be to God.

CLOSING DOXOLOGY

+ The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all evermore. *Amen.*

NONE *(Afternoon Prayer)*

V. O God, make speed to save me. +

R. O Lord, make haste to help me.

(bowing) + Glory to the Father, and to the Son, and to the Holy Spirit, *
as it was in the beginning, is now, and will be forever. Amen.

except during Lent:

Alleluia.

OFFICE HYMN

PSALMS *(three in number)*

after each,

(bowing) + Glory to the Father, and to the Son, and to the *Holy Spirit*, *
as it was in the beginning, is now, and will be forever. *Amen*.

READING

Here follows a brief reading from Scripture or Tradition, beginning with the Officiant singing:

Wisdom. Let us attend.

The Lector then continues:

A reading from _____

The Lector concludes the reading by chanting the final phrase of the text in the appropriate tone. The people then respond, in like tone:

Thanks be to God.

CONTEMPLATIVE PRAYER

A period of silent prayer is here observed.

KYRIE

Lord, have mercy.
Christ, have mercy.
Lord, have mercy.

THE LORD'S PRAYER

The Officiant then sings,

O Lord, as You have taught us, make us worthy now to pray:

All sing:

Our Father in heaven,
hallowed be Your Name,
Your Kingdom come,
Your will be done,
on earth as in heaven.
Give us today our daily bread;
forgive us our sins,
as we forgive those who sin against us.
Save us from the time of trial,
and deliver us from evil.

COLLECT

V. Lord, hear our prayer;
R. And let our cry come to you.
V. Let us pray.

The Officiant then sings the Collect of the Hour:

Almighty God, support us all the day long, until the shadows lengthen and the evening comes, and the busy world is hushed, and the fever of life is over, and our work is done. Then, in Your mercy, grant us a safe lodging, and a holy rest, and Your peace at the last; through Jesus Christ our Lord, who lives and reigns with You and the Holy Spirit: One God, now and forever. *Amen.*

V. Eternal rest grant to Your servants, O Lord; +
R. And let light perpetual shine upon them.

V. May the help of God remain with us always; +
R. And with our absent brethren.

V. Let us bless the Lord.
R. Thanks be to God.

CLOSING DOXOLOGY

+ Beloved, may we be steadfast, immovable, always excelling in the work of the Lord, for we know that in Him our labor is not in vain. *Amen.*

VESPERS *(Evening Prayer)*

V. Let my prayer be set forth in Your sight as incense;

R. The lifting up of my hands as the evening sacrifice.

V. O God, make speed to save me. +

R. O Lord, make haste to help me.

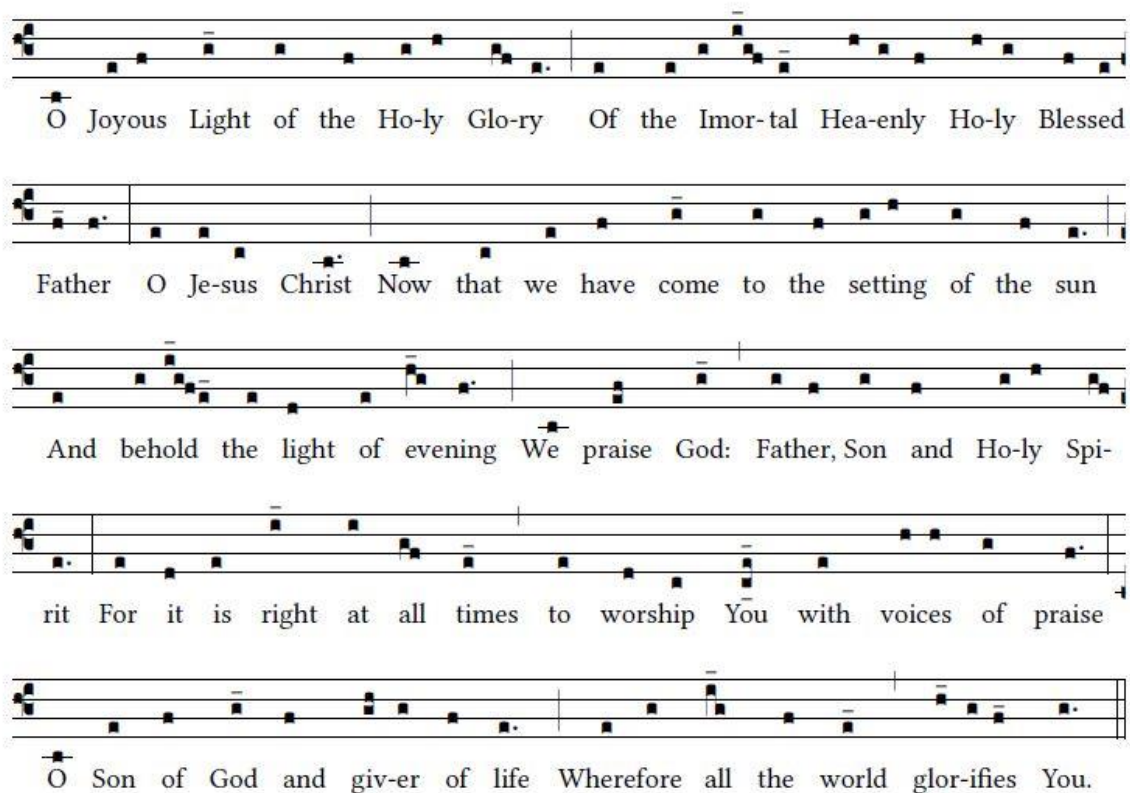
(bowing) + Glory to the Father, and to the Son, and to the Holy Spirit, *
as it was in the beginning, is now, and will be forever. Amen.

except during Lent:

Alleluia.

All then sing together the vesper hymn.

PHOS HILARON



O Joyous Light of the Ho-ly Glo-ry Of the Imor-tal Hea-enly Ho-ly Blessed

Father O Je-sus Christ Now that we have come to the setting of the sun

And behold the light of evening We praise God: Father, Son and Ho-ly Spi-

rit For it is right at all times to worship You with voices of praise

O Son of God and giv-er of life Wherefore all the world glor-ifies You.

PSALMS *(three in number)*

after each,

(bowing) + Glory to the Father, and to the Son, and to the *Holy Spirit*, *
as it was in the beginning, is now, and will be forever. **Amen.**

READING

Here follows a brief reading from Scripture or Tradition, beginning with the Officiant singing:

Wisdom. Let us attend.

The Lector then continues:

A reading from _____

The Lector concludes the reading by chanting the final phrase of the text in the appropriate tone. The people then respond, in like tone:

Thanks be to God.

CONTEMPLATIVE PRAYER

A period of silent prayer is here observed.

MAGNIFICAT

The Magnificat is then sung, with optional seasonal antiphon:

My soul proclaims the greatness of the Lord,
my spirit rejoices in *God my Savior*; *
for He has looked with favor on His *lowly servant*.
From this day all generations will *call me blessed*: *
the Almighty has done great things for me,
and holy is *His Name*.
He has mercy on *those who fear Him* *
in every *generation*.
He has shown the *strength of His arm*, *
He has scattered the proud *in their conceit*.
He has cast down the mighty *from their thrones*, *
and has lifted *up the lowly*.
He has filled the hungry *with good things*, *
and the rich he has sent *away empty*.
He has come to the help of His servant *Israel*, *
for He has remembered His promise of *mercy*,
The promise He made *to our fathers*, *
to Abraham and his children *for ever*.

(bowing) + Glory to the Father, and to the Son, and to the *Holy Spirit*, *
as it was in the beginning, is now, and will be forever. *Amen*.

APOSTLES' CREED

I believe in God, the Father Almighty,
creator of heaven and earth.
I believe in Jesus Christ, His only Son, our Lord.
He was conceived by the power of the Holy Spirit,
and born of the Virgin Mary.
He suffered under Pontius Pilate,
was crucified, died, and was buried.
He descended to the dead.
On the third day He rose again.
He ascended into heaven,
and is seated at the right hand of the Father.
He will come again to judge the living and the dead.
I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. Amen.

The Officiant then gives the blessing:

May the ineffable and eternal God, through the prayers and intercessions of our most holy Mothers and Fathers, bless us, sanctify us, and bring us at last to His Heavenly Kingdom, for He is good and the lover of humankind. *Amen.* +

THE LORD'S PRAYER

V. The Lord be with you.

R. And also with you.

V. Let us pray.

Our Father in heaven,
hallowed be Your Name,
Your Kingdom come,
Your will be done,
on earth as in heaven.
Give us today our daily bread;
forgive us our sins,
as we forgive those who sin against us.
Save us from the time of trial,
and deliver us from evil.
For the Kingdom, the power,
and the glory are Yours:
now and forever. Amen. +

LITANY

That this evening may be holy, good, and peaceful,
We entreat You, O Lord.

That Your holy angels may lead us in paths of peace and goodwill,
We entreat You, O Lord.

That we may be pardoned and forgiven for our sins and offenses,
We entreat You, O Lord.

That there may be peace to Your Church and to the whole world,
We entreat You, O Lord.

That we may depart this life in Your faith and fear, and not be condemned before the great
judgment seat of Christ,
We entreat You, O Lord.

That we may be bound together by Your Holy Spirit, in the communion of our most blessed and glorious Lady, the Mother of God and ever Virgin Mary, with blessed John Cassian, blessed Benedict of Nursia, blessed Antony the Great, *[other saint(s) commemorated]* and all Your saints, entrusting one another and all our life to Christ,
We entreat You, O Lord.

COLLECT

V. Lord, hear our prayer;
R. And let our cry come to you.
V. Let us pray.

The Officiant then sings the Collect of the Hour:

Most holy God, the source of all good desires, all right judgments, and all just works: Give to us, Your servants, that peace which the world cannot give, so that our minds may be fixed on the doing of Your will, and that we, being delivered from all fear and anxiety, may live in peace and quietness; and finally, by Your grace, attain to everlasting union with You, in the joy of Your eternal Kingdom; through the mercies of Jesus Christ our Lord, who lives and reigns with You and the Holy Spirit: One God, now and forever. *Amen.*

OFFICE HYMN

V. May the help of God remain with us always; +
R. And with our absent brethren.

V. Let us bless the Lord.
R. Thanks be to God.

CLOSING DOXOLOGY

+ Glory to God whose power, working in us, can do infinitely more than we ask or imagine; glory to Him from generation to generation in the Church, and in Christ Jesus for ever and ever. *Amen.*

COMPLINE *(Night Prayer)*

+ The Lord Almighty grant us a peaceful night and a perfect end. *Amen.*

V. Our help is in the Name of the Lord:

R. The maker of heaven and earth.

CONFESSION

The Officiant then begins the confession:

Let us confess our sins to God.

All kneel for a time of silent reflection and repentance.

Almighty God, our heavenly Father:

We have sinned against You,

through our own fault,

in thought, and word, and deed,

and in what we have left undone.

For the sake of Your Son,

our Lord Jesus Christ,

forgive us all our offenses;

and grant that we may serve You

in newness of life,

to the glory of Your Name. Amen.

The Officiant then gives the absolution:

+ May Almighty God grant us forgiveness of all our sins, and the grace and comfort of the Holy Spirit. *Amen.*

PSALMS *(three in number)*

after each,

(bowing) + Glory to the Father, and to the Son, and to the Holy Spirit, *
as it was in the beginning, is now, and will be forever. Amen.

READING

Here follows a brief reading from Scripture or Tradition, beginning with the Officiant singing:

Wisdom. Let us attend.

The Lector then continues:

A reading from _____

The Lector concludes the reading by chanting the final phrase of the text in the appropriate tone. The people then respond, in like tone:

Thanks be to God.

CONTEMPLATIVE PRAYER

A period of silent prayer is here observed.

OFFICE HYMN

V. Into Your hands, O Lord, I commend my *spirit*;

R. For You have redeemed me, O Lord, *O God of truth*.

V. Keep us, O Lord, as the apple of *Your eye*;

R. Hide us under the shadow of *Your wings*.

KYRIE

Lord, have mercy.

Christ, have mercy.

Lord, have mercy.

THE LORD'S PRAYER

The Officiant then sings,

O Lord, as You have taught us, make us worthy now to pray:

All sing:

Our Father in heaven,
hallowed be Your Name,
Your Kingdom come,
Your will be done,
on earth as in heaven.
Give us today our daily bread;
forgive us our sins,
as we forgive those who sin against us.
Save us from the time of trial,
and deliver us from evil.

COLLECT

V. Lord, hear our prayer;
R. And let our cry come to you.
V. Let us pray.

The Officiant then sings one or more of the Collects:

Be present, O merciful God, and protect us through the hours of this night, so that we who are wearied by the changes and chances of this life may rest in Your eternal changelessness; through Jesus Christ our Lord. *Amen.*

or,

Look down, O Lord, from Your heavenly throne, and illumine this night with Your celestial brightness; that by night as by day Your people may glorify Your holy Name; through Jesus Christ our Lord, who lives and reigns with You and the Holy Spirit: One God, now and forever. *Amen.*

NUNC DIMITTIS (SONG OF SIMEON)

Guide us waking, O Lord, and *guard us sleeping*; *
that awake we may watch with Christ,
and asleep we *may rest in peace*.

Lord, You now have set *Your servant free* *
to go in peace as *You have promised*;
For these eyes of mine have *seen the Savior*, *
whom You have prepared for all *the world to see*:
A Light to *enlighten the nations*, *
and the glory of your people *Israel*.

Glory to the Father, and to the Son, and to the *Holy Spirit*: *
as it was in the beginning, is now, and will be forever. *Amen*.

Guide us waking, O Lord, and *guard us sleeping*; *
that awake we may watch with Christ,
and asleep we *may rest in peace*.

V. Turn our hearts, O God, to Your Truth;
R. + And restore us in Your Image.

+ May the souls of the faithful departed, through the mercies of God, rest in peace. *Amen*.

V. May the help of God remain with us always; +
R. And with our absent brethren.

V. Let us bless the Lord.
R. Thanks be to God.

CLOSING DOXOLOGY

+ The almighty and merciful Lord, Father, Son, and Holy Spirit, bless us and keep us, now and forever. *Amen*.

NIGHT LITANY

The Officiant begins,

(bowing) + Glory to the Father and the Son and the Holy Spirit, both now and ever and to the ages of ages. *Amen.*

Lord, have mercy.

Christ, have mercy.

Lord, have mercy.

May Christ our true God, through the intercessions of His most pure Mother, of our holy and God-bearing Mothers and Fathers and all the saints, have mercy on us and save us, for He is good and the lover of humankind. + *Amen.*

V. Let us pray for peace to the whole world, and for the salvation of our souls.

R. Lord, have mercy. *(or, Kyrie Eleison.)*

The singing of the Kyrie continues throughout, overlapping the suffrages sung by the Officiant.

For all Christians of orthodox faith.

For the one holy, catholic, and apostolic Church.

For our departed sisters and brothers, and all those who have gone before us in the Way. +

For those who hate us, and those who love us.

For those who show us mercy, and for those who aid us.

For those who enjoin us in our unworthiness to pray for them.

For the release of captives.

For the safety of those who travel by land, sea, or air.

For all our beloved and holy brethren, both those here present and those afar.

For those who are lying ill, or suffering in destitution.

Let us pray for the abundance of the fruits of the earth.

And for the soul of every faithful Christian.

For all those in public service, and those who do the work of peace in the world.

For all bishops, priests, deacons, and monastics.

For prophets, mystics, hermits, and ascetics: those known to us and those known only to God.

For this holy Community and all who labor and find rest therein.

For our parents, families, friends, and teachers.

And for all our holy Fathers and Mothers, who rest now in eternal peace. +

Blessed be their habitation, in the everlasting Kingdom of God.

May they remember and intercede for us sinners, unworthy to lift our eyes to the heavens.

And let us say also for ourselves:

Lord, have mercy. (x3)

MARIAN HYMN

The appropriate seasonal Marian Antiphon is then sung by all, facing an icon of the Blessed Mother. All reverence the icon following the conclusion of the hymn.

THE PEACE

All then exchange the embrace of peace, bowing to one another and asking one another's prayers and forgiveness, saying, 'Forgive me, a sinner', and, 'Pray for me'.

The Great Silence then begins, which is observed until Matins the following morning.

+ THE HYMNAL +

OFFICE HYMNS

CONDITOR ALME SIDERUM

Vespers Plainsong, Mode 4

A- men-

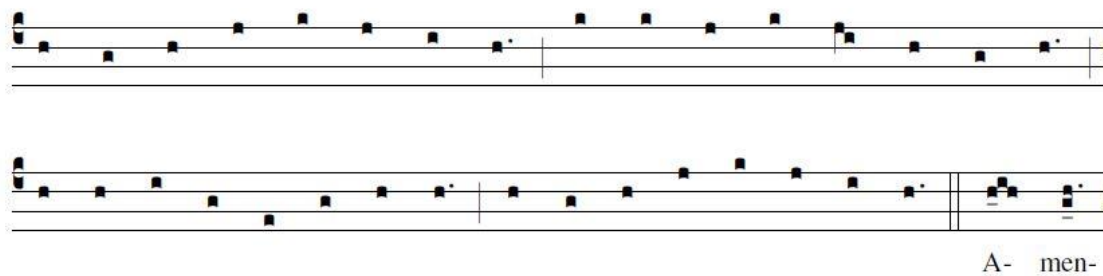
Te Lucis Ante Terminum

Compline Plainsong, Mode 8

A- men-

Sarum Tone 9

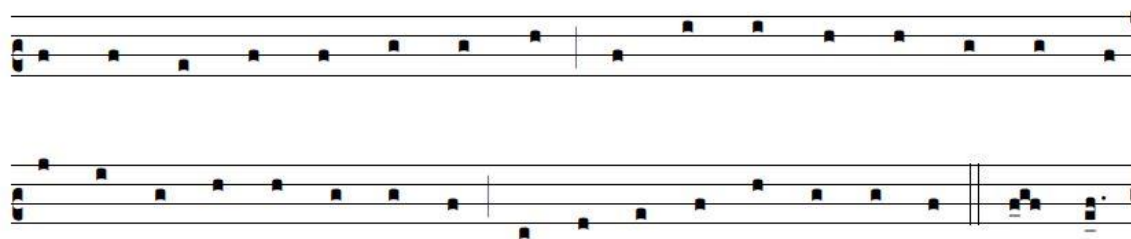
None Hymn



A- men-

THE EIGHTH TUNE

Thomas Tallis (1505?-1585)



A- men

Vigils

I.

Creator of the stars of night,
Your people's everlasting light;
Jesus, Redeemer, save us all,
and hear Your servants as they call.

Born of a Virgin, forth You came
into a world of sin and shame,
to make the Church Your holy Bride,
whom by Your blood You purified.

At Your dread Name, majestic now,
all knees must bend, all hearts must bow,
to You who in the Father's stead
will judge the living and the dead.

To God the Father, God the Son,
and God the Spirit, Three in One,
laud, honor, might, and glory be,
from age to age eternally. Amen.

Matins

I.

O splendor of God's glory bright,
O Thou that bringest light from light,
O Light of Light, light's Living Spring,
O Day, all days illumining.

O Thou true Sun, on us Thy glance
let fall in royal radiance,
the Spirit's sanctifying beam
upon our earthly senses stream.

Our mind be in God's keeping placed,
our body true to Him and chaste,
where only faith her fire shall feed
to burn the tares of Satan's seed.

And Christ to us for food shall be;
from Her our drink that wellet free:
the Spirit's wine, that maketh whole,
and waning not, exalts the soul.

To God the Father, God the Son,
and God the Spirit, Three in One,
laud, honor, might, and glory be,
from age to age eternally. Amen.

II.

Now in the sun's new dawning ray,
lowly of heart, our God we pray
that He from harm may keep us free
in all the deeds this day shall see.

May every heart be pure from sin,
and folly find no place therein:
scant meed of food, excess denied,
wear down in us the body's pride.

That when the light of day is gone,
and night in course shall follow on,
we, free from cares the world affords,
may chant the praise that is our Lord's.

All laud to God the Father be,
all praise, Eternal Son, to Thee;
all glory, as is ever meet,
to God the Holy Paraclete. Amen.

III.

Now that the daylight fills the sky,
we lift our hearts to God on high,
that He, in all we do or say,
would keep us free from harm this day:

Would guard our hearts and tongues from strife,
from anger's din would hide our life,
from all ill sights would turn our eyes,
would close our ears from vanities;

Would keep our inmost conscience pure
our souls from folly would secure;
would bid us check the pride of sense,
with due and holy abstinence.

So we, when this new day is gone,
and night in turn is drawing on,
with conscience by the world unstained,
shall praise His Name for vict'ry gained.

All laud to God the Father be.
All laud, Eternal Son, to thee.
All laud for ever, as is meet,
To God, the Holy Paraclete. Amen.

IV.

Now that the daylight fills the sky,
we lift our hearts to God on high,
that He, in all we do or say,
would keep us free from harm this day.

From evil may He guard our eyes,
our ears from empty praise and lies;
from selfishness our hearts release,
that we may serve and know His peace.

That we, when this new day is gone,
and night in turn is drawing on,
with conscience free from sin and blame,
may praise and bless His holy Name.

To God the Father, heav'nly Light,
to Christ revealed in earthly night,
to God the Holy Spir't we raise
our equal and unceasing praise. Amen.

V.

The dawn is sprinkling in the east
its golden shower, as day flows in;
fast mount the pointed shafts of light:
farewell to darkness and to sin!

Away, ye midnight phantoms all!
Away, despondence and despair!
Whatever guilt the night has brought
now let it vanish into air.

So, Lord, when that last morning breaks,
looking to which we sigh and pray,
O may it to Thy minstrels prove
the dawning of a better day.

To God the Father glory be,
and to His sole-begotten Son;
Glory, O Holy Spir't, to Thee,
while everlasting ages run. Amen.

Terce

I.

Come, Holy Spir't, who ever One
are with the Father and the Son:
it is the hour, our souls possess
with Your full flood of holiness.

Let flesh and heart and lips and mind
sound forth our faith to humankind;
and love light up our mortal frame,
till others catch the living flame.

Grant this, O Father, ever One
with Christ, Your sole-begotten Son,
and Holy Spir't, whom all adore,
reigning and blessed forevermore. Amen.

II.

Now Holy Spirit, ever One
with God the Father and the Son,
pour forth into our hearts, we pray,
the fullness of Your grace today.

Let mouth and tongue, mind, sense, and strength,
God's mighty actions tell at length;
let love in flames of living fire
the hearts of all the world inspire.

Almighty Father, hear our cry,
through Jesus Christ, our Lord most high,
whom with the Spirit we adore,
for ever and for evermore. Amen.

III.

The golden sun lights up the sky,
imparting vigor to the day;
amid our customary round,
we offer You our prayer and praise.

At the third hour You took Your Cross,
You stumbled, Lord, beneath its weight;
now help us bear our daily trials,
and strive to follow where You lead.

At the third hour Your faithful band
was clothed with light on Pentecost;
bestow Your Spirit on us now,
and give us strength to do Your will.

O God, creation's ruling force,
O Jesus, crucified for us,
O Spirit, love's life-giving pow'r,
we praise and bless you ev'ry hour. Amen.

Sext

I.

O God of Truth, O Lord of might,
You order time and change aright;
You send the early morning ray,
and light the glow of perfect day:

Quench now on earth the flames of strife;
from passion's heat preserve our life;
and while You keep our bodies whole,
pour healing peace upon our souls.

Almighty Father, hear our cry,
through Jesus Christ, our Lord Most High,
whom with the Spirit we adore,
for ever and for evermore. Amen.

None

I.

O God, creation's secret force,
Yourself unmoved, all motion's source,
You, from the morn till evening ray,
through all its changes, guide the day.

Grant us, when this short life is passed,
the glorious evening that shall last;
that, by a holy death attained,
eternal glory may be gained.

Almighty Father, hear our cry,
through Jesus Christ, our Lord Most High,
whom with the Spirit we adore
for ever and for evermore. Amen.

Vespers

I.

O Trinity of blessed Light,
O Unity of sovereign might,
the fiery sun now goes his way;
shed full within our hearts Your ray.

To You our morning song of praise,
to You our ev'ning prayer we raise,
O grant us with Your saints on high
to praise You through eternity.

To God the Father, heav'nly Light,
to Christ revealed in earthly night,
to God the Holy Spir't we raise
our equal and unceasing praise. Amen.

II.

O God that all things didst create,
and that the heav'ns doth regulate,
Who clothes the day with radiant light,
and gives the gracious sleep of night.

Day sinks; we thank Thee for thy gift,
night comes; to Thee again we lift
our prayers and vows and hymns, that we
against all ills defended be.

That so, when shadows round us creep
and all is hid in darkness deep,
faith may not feel the gloom; and night
borrow from faith's clear gleam new light.

From snares of sense, Lord, keep us free
and let our hearts dream but of Thee.
Let not the envious foe draw near
to vex our quiet rest with fear.

Almighty Father, hear our cry,
through Jesus Christ, our Lord Most High,
whom with the Spirit we adore
for ever and for evermore. Amen.

III.

Most holy God, the Lord of heav'n,
who in the high arched sky has placed
the sun that flames up from the east
and brings the splendors of the dawn:

for You the dazzling star shines forth,
which in its gleaming path declares
the wonders of Your glorious pow'r,
and beckons us to worship You.

The day departs, the evening stars
serenely light the dark'ning sky;
the moon with cool reflected glow
will bring the silences of night.

You, Holy One, Creator, Lord,
You in the primal world once set
the bound'ries of the day and night,
and ordered seasons in their round.

Like sun and day, shine in our hearts;
like moon and night, give loving peace.
Free us from bonds of blinding sin,
and guide us on our path to You. Amen.

Compline

I.

To You before the close of day,
Creator of all things we pray,
that in Your constant clemency
our guard and keeper You would be.

Save us from troubled, restless sleep,
from all ill dreams Your children keep;
so calm our minds that fears may cease
and rested bodies wake in peace.

A healthy life we ask of You,
the fire of love in us renew,
and when the dawn new light will bring,
Your praise and glory we shall sing.

Almighty Father, hear our cry,
through Jesus Christ, our Lord Most High,
whom with the Spirit we adore,
for ever and for evermore. Amen.

II.

O Christ, Redeemer of the world,
Word of the Father throned on high,
Light from the Light invisible,
and watchful guardian over all:

The whole creation's architect,
You set the bounds of night and day;
give to our wearied bodies rest,
through night's enfolding quietness.

Lord, while we live for this short time,
as mortals clothed in earth-bound frame,
refresh us now with restful sleep,
that waking we might watch with You.

All glory be to You, Lord Christ,
who, conqu'ring death, reign gloriously
with God, Creator of all things,
and with the Spirit, Comforter. Amen.

III.

O Christ, You are both light and day,
You drive away the shadowed night;
as Daystar You precede the dawn,
the herald of the Light to come.

We pray You, O most holy Lord,
to be our guardian while we sleep;
bestow on us who rest in You
the blessing of a quiet night.

Although our eyes in sleep be closed,
let hearts in constant vigil watch;
with Your right hand you protect those
who believe and trust in You.

Defender of us all, look down,
repel our dread, malicious foe;
direct Your faithful household, Lord,
whom You have purchased with Your blood.

O Christ, Redeemer of the world,
O God, our maker and our end,
O Spirit, bond of peace and love,
to You be thanks and endless praise. Amen.

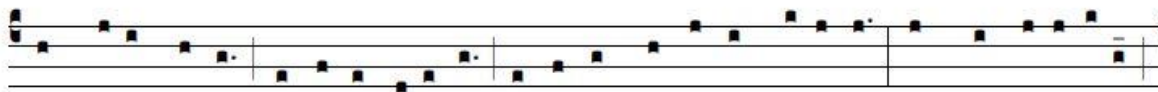
SEASONAL MARIAN HYMNS

ALMA REDEMPTORIS MATER

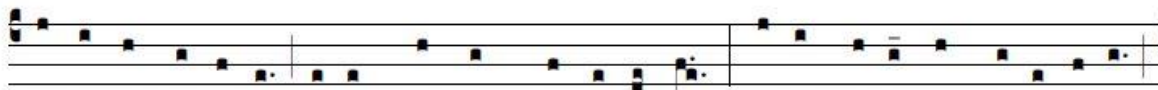
Advent to Candlemas

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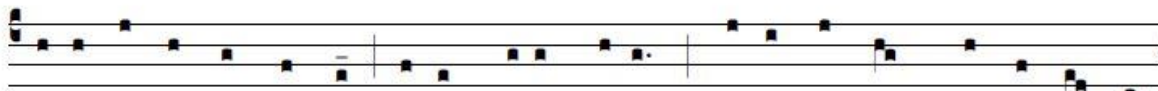
l- ma * Redemptó- ris Ma- ter, quæ pérv- a cæ- li porta manes,
Loving mother of the Redeemer, who is the doorway of heaven



Et stella ma- ris, succúrre cadénti súrge- re qui cur- at pópu- lo: Tu quæ genu- ísti,
and star of the sea, assist your fallen people who strive to rise. You who birthed,



na- tú- ra mi- ránte, tu- um sanctum Ge- ni- tó- rem: Virgo pri- us ac posté- ri- us,
while nature marvelled, your holy Creator; Virgin, before and after,

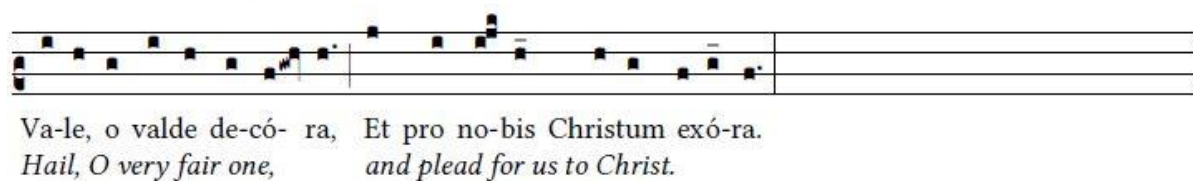
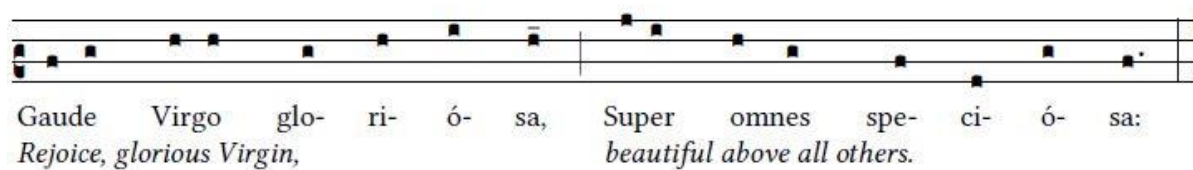
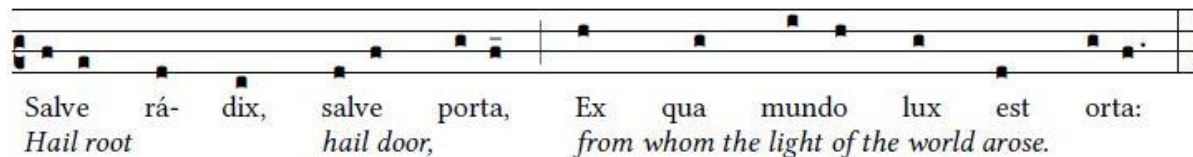
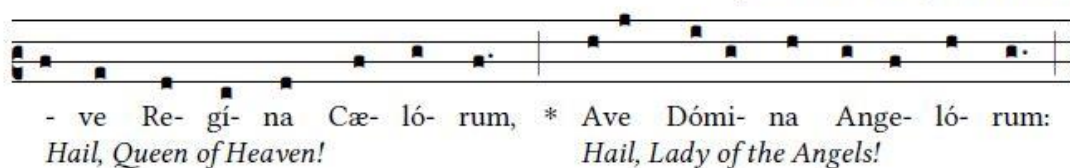


Gabri- é- lis ab o- re sumens illud Ave, * pecca- tó- rum mi- se- ré- re.
from the mouth of Gabriel hearing the "Ave", have mercy on us sinners.

AVE REGINA CÆLORUM

After Candlemas, until Easter

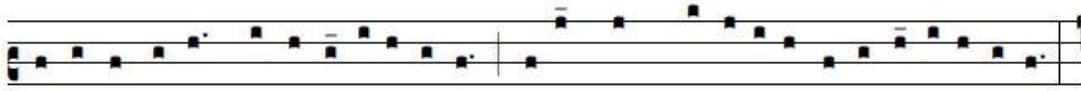
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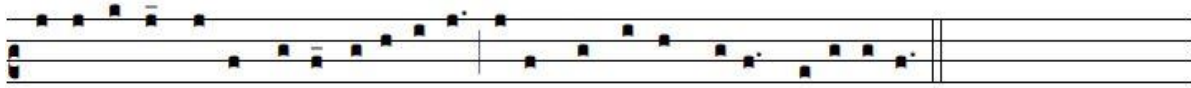
REGINA CAELI

Easter to Pentecost

R



e-gí-na cæ-li * læ-tá-re alle-lú-ia: Qui- a quem me-ru-ísti portá-re, alle-lú-ia:
O Queen of Heaven, rejoice, alleluia. The One whom you have merited to bear, alleluia.



Res-urréx-it, si-cut dix-it, alle-lú-ia: Ora pro no-bis De-um, alle-lú-ia.
Has arisen, just as he said, alleluia. Pray for us now before God, alleluia.

SALVE REGINA

After Pentecost

V
S alve, Re-gí-na, * má-ter mi-se-ri-córdi-æ; Vi-ta, dulcé-do, et spes nóstra, sálve.
Hail, Queen, mother of mercy; Our life, our sweetness, and our hope, hail.

Ad te clamá-mus, éxsu-les, fi-li- i Hévæ. Ad te suspi-rá-mus, geméntes et fléntes in hac
To you we cry, exiled children of Eve To you we sigh, mourning and weeping in this

lacrimá-rum válle. E-ia ergo, Advo-cá-ta nostra, íl-los tú-os mi-se-ri-córdes ócu-los
valley of tears. Now, therefore, our advocate, turn your merciful eyes to us.

ad nos convérte. Et Jé-sum, bene-díctum frúctum véntris tú-i, no-bis post hoc exsí-li-um
And Jesus, the blessed fruit of your womb after our exile, show to us.

osténde. O clé-mens: O pí-a: O dúlcis Virgo Ma-rí-a.
O kind, O merciful, O sweet Virgin Mary.

+ THE PSALTER +

Psalter Lectionary, Cycle A

<i>Sunday</i>	Vigils	21 - 27, 51, 95
	Matins	148 – 150
	Terce	119:1-8, 119:9-16, 119:17-24
	Sext	119:25-32, 119:33-40, 119:41-48
	None	119:49-56, 119:57-64, 119:65-72
	Vespers	18a, 20, 76
	Compline	4, 91, 134
<i>Monday</i>	Vigils	28 - 35, 51
	Matins	1, 2, 67
	Terce	119:73-80, 119:81-88, 119:89-96
	Sext	119:97-104, 119:105-112, 119:113-120
	None	119:121-128, 119:129-136, 119:137-144
	Vespers	18b, 77, 82
	Compline	89b, 110, 111
<i>Tuesday</i>	Vigils	36 - 42, 51
	Matins	3, 5, 6
	Terce	119:145-152, 119:153-160, 119:161-168
	Sext	119:169-176, 120, 121
	None	122-124
	Vespers	78a, 79, 80
	Compline	104, 112, 113
<i>Wednesday</i>	Vigils	43 - 51
	Matins	7, 8, 9
	Terce	125-127
	Sext	128-130
	None	131-133
	Vespers	78b, 81, 83
	Compline	109, 114, 115
<i>Thursday</i>	Vigils	51 - 59
	Matins	10, 11, 12
	Terce	135-137
	Sext	138-140
	None	141-143
	Vespers	85, 86, 87
	Compline	116, 117, 118

<i>Friday</i>	Vigils	51, 60 - 67
	Matins	13, 14, 15
	Terce	145 - 147
	Sext	84, 97, 98
	None	93, 94, 96
	Vespers	88, 89a, 92
	Compline	31, 121, 144

<i>Saturday</i>	Vigils	51, 68 - 75
	Matins	16, 17, 19
	Terce	105a, 106a, 107a
	Sext	105b, 106b, 107b
	None	99, 100, 101
	Vespers	102, 103, 108
	Compline	46, 90, 123

Psalter Lectionary, Cycle B

<i>Sunday</i>	Vigils	18a, 20, 76, 51, 88, 89a, 92, 148, 149
	Matins	21 - 22, 95
	Terce	26, 27, 150
	Sext	119:1-8, 119:9-16, 119:17-24
	None	119:25-32, 119:33-40, 119:41-48
	Vespers	122-124
	Compline	23 - 25

<i>Monday</i>	Vigils	1, 2, 18b, 51, 77, 82, 89b, 110, 111
	Matins	28 - 30
	Terce	34, 35, 67
	Sext	119:73-80, 119:81-88, 119:89-96
	None	119:97-104, 119:105-112, 119:113-120
	Vespers	125-127
	Compline	31 - 33

<i>Tuesday</i>	Vigils	3, 16, 51, 78a, 79, 80, 104, 112, 113
	Matins	36 - 38
	Terce	5, 6, 42
	Sext	119:145-152, 119:153-160, 119:161-168
	None	119:169-176, 120, 121
	Vespers	128-130
	Compline	39 - 41

<i>Wednesday</i>	Vigils	8, 9, 51, 78b, 81, 83, 109, 114, 115
	Matins	43 - 45
	Terce	7, 49, 50
	Sext	119:49-56, 119:57-64, 119:65-72
	None	119:121-128, 119:129-136, 119:137-144
	Vespers	131, 132, 144
	Compline	46 - 48
<i>Thursday</i>	Vigils	11, 12, 51, 85, 86, 87, 116, 117, 118
	Matins	52 - 54
	Terce	10, 58, 59
	Sext	135-137
	None	138-140
	Vespers	141-143
	Compline	55, 56, 57
<i>Friday</i>	Vigils	13, 14, 15, 31, 51, 90, 97, 98, 133
	Matins	60 - 62
	Terce	65, 66, 67
	Sext	145-147
	None	63, 64, 84
	Vespers	93, 94, 96
	Compline	4, 91, 134
<i>Saturday</i>	Vigils	17, 19, 27, 46, 51, 102, 103, 108, 123
	Matins	68 - 70
	Terce	16, 74, 75
	Sext	105a, 106a, 107a
	None	105b, 106b, 107b
	Vespers	99, 100, 101
	Compline	71 - 73

Psalter Lectionary, Cycle C

<i>Sunday</i>	Vigils	51, 119:49-56, 119:57-64, 119:65-72, 125, 126, 148 - 150
	Matins	23 - 25
	Terce	21, 22, 95
	Sext	119:1-8, 119:9-16, 119:17-24
	None	119:25-32, 119:33-40, 119:41-48
	Vespers	82, 83, 108
	Compline	18a, 20, 76
<i>Monday</i>	Vigils	1, 2, 51, 67, 119:121-128, 119:129-136, 119:137-144, 127, 128
	Matins	31 - 33
	Terce	28 - 30
	Sext	119:73-80, 119:81-88, 119:89-96
	None	119:97-104, 119:105-112, 119:113-120
	Vespers	89b, 110, 111
	Compline	4, 18b, 77
<i>Tuesday</i>	Vigils	3, 5, 6, 51, 122 - 124, 129, 130
	Matins	39 - 41
	Terce	36 - 38
	Sext	119:145-152, 119:153-160, 119:161-168
	None	119:169-176, 120, 121
	Vespers	104, 112, 113
	Compline	78a, 79, 80
<i>Wednesday</i>	Vigils	8, 9, 51, 131 - 133, 135, 136
	Matins	46 - 48
	Terce	43 - 45
	Sext	26, 27, 34
	None	35, 42, 49
	Vespers	109, 114, 115
	Compline	78b, 81, 91
<i>Thursday</i>	Vigils	10, 11, 12, 51, 137, 138, 141 - 143
	Matins	55 - 57
	Terce	52 - 54
	Sext	50, 58, 59
	None	66, 67, 74
	Vespers	116, 117, 118
	Compline	85, 86, 87

<i>Friday</i>	Vigils	13, 14, 15, 51, 93, 94, 96, 139, 140
	Matins	63 - 65
	Terce	60 - 62
	Sext	7, 75, 147
	None	84, 97, 98
	Vespers	31, 90, 144
	Compline	88, 89a, 92
<i>Saturday</i>	Vigils	16, 17, 19, 51, 99, 100, 101, 145, 146
	Matins	71 - 73
	Terce	68 - 70
	Sext	105a, 106a, 107a
	None	105b, 106b, 107b
	Vespers	27, 46, 123
	Compline	102, 103, 134

Tone Cycle

<i>Advent</i>	Tone 4
<i>Christmas</i>	Tone 8a
<i>Epiphany</i>	Tones 3
<i>Lent</i>	Tone 5
<i>Easter</i>	Tone 7, 8a
<i>Ordinary Time</i>	Tones 1, 2, 6a, 6b, 8b

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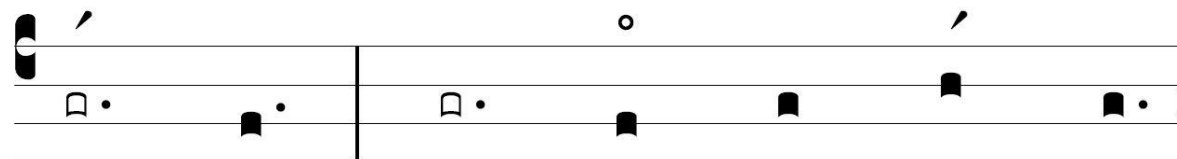
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The second system of the musical score for 'The Little Boat' consists of two staves. The top staff is a treble clef with a key signature of one flat (B-flat) and a 2/4 time signature. It contains a melody starting on a whole note G4, followed by a half note F#4, and then a half note E4. The bottom staff is a bass clef with a key signature of one flat (B-flat) and a 2/4 time signature. It contains a bass line starting on a whole note G3, followed by a half note F#3, and then a half note E3. The piece concludes with a double bar line.

The first system of musical notation for 'The Rose Tree' consists of two staves. The top staff is a treble clef with a key signature of one flat (B-flat) and a common time signature (C). It contains a melody starting on a whole note G4, followed by a half note A4, a quarter note B-flat4, and a quarter note G4. The bottom staff is a bass clef with a key signature of one flat and a common time signature. It contains a bass line starting on a whole note G3, followed by a half note F3, a quarter note E3, and a quarter note D3. The system ends with a double bar line.

The second system of the musical score for 'The Little Boat' consists of two staves. The top staff is a treble clef with a key signature of one sharp (F#) and a 2/4 time signature. It contains a melody starting on a whole note G4, followed by a half note A4, a quarter note B4, and a quarter note C5. The bottom staff is a bass clef with a key signature of one sharp (F#) and a 2/4 time signature. It contains a bass line starting on a whole note G2, followed by a half note A2, a quarter note B2, and a quarter note C3. The system is divided by a double bar line after the first measure.

The second system of musical notation, consisting of two staves. The upper staff contains a treble clef, a key signature of one sharp (F#), and a common time signature (C). The melody continues with a quarter note G4, a quarter note A4, a quarter note B4, and a quarter note C5. The lower staff contains a bass clef and continues the accompaniment with a half note G3, a half note F3, and a half note E3. The system concludes with a double bar line.

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 his *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*.

18

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 ravening 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 Zebulun 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 a 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 judicium*

- 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 rubble*, *
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*.

Psalm 105: Part II *Et intravit Israel*

- 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 **thanksgiving** **
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*.

¶ 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*.

U 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*.

𐤊 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*.

𐤌 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*.

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*.

⌋ **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*.

י 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*.

פ 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*.

𐤅 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!