

COMMUNITY OF SAINT JOHN CASSIAN

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# The Rule of Life

*of*

**The Community of Saint John Cassian**

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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 (Noonday 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.

1. 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.
2. 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.

1. 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.
2. 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 solitaries 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.

1. 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.

1. 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.

1. 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.
2. 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.
3. 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.
4. 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.”
5. 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.
6. 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.
7. 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.

1. 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.
2. 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.
3. 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.

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# **+ FESTAL CALANDER +**

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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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| 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 (Russia), 1894** |
| 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** |

#### January

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| **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** |  |  |
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#### February

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| **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** |

#### March

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| **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. Agathopous 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** |  |  |

#### April

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| **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** |

#### May

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| **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** |  |

#### June

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| **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. Sisoes 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** |

#### July

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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** |  |
| **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** |  |
| **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** |  |
| **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** |
| **29** | **30** | **31** |
|  |  | **St. Aidan, Abbot and Bishop of Lindisfarne, 651** |

#### August

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| **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** |  |

#### September

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| **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** |

#### October

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| **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. Mechtild 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** |  |

#### November

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| **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** |

#### December

# **+ 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 *(Page 60)*

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 for*ever.* ***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 a****cclaim You***;

You are the e*ternal* ***Father***: \*

All crea*tion wor****ships You***.

To You all angels, all the po*wers of* ***heaven***, \*

Cherubim and Seraphim, sing *in end****less praise***:

Holy, holy, holy Lord, God of *power* ***and might***, \*

heaven and earth are full *of Your* ***glory***.

The glorious company of a*postles* ***praise You***. \*

The noble fellowship of prophets praise You.

The white-robed army of *martyrs* ***praise You***.

Throughout the world the holy *Church a****cclaims You***; \*

Father, of majesty unbounded,

Your true and only Son, worthy of all worship,

and the Holy Spirit, ad*vocate* ***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 Vir****gin’s womb***.

You overcame *the sting* ***of death***, \*

and opened the kingdom of heaven to *all be****lievers***.

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 ever*lasting.* ***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 for*ever.* ***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 for*ever.* ***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 (Page 148)

*(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 for*ever.* ***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 sal****vation***.

Let us come before His Presence *with thanks****giving***, \*

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 ca*verns of* ***the earth***, \*

and the heights of the hills *are al****so His***.

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

and His hands have mol*ded 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 hear*ken 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 for*ever.* ***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 for*ever.* ***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 *(Page 61)*

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 *inher****itance***;

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 for****gotten***;

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 ne*ver 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 for*ever.* ***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 *(Page 66)*

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 for*ever.* ***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 *(Page 68)*

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 for*ever.* ***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 *(Page 69)*

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 for*ever.* ***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, immoveable, 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. +

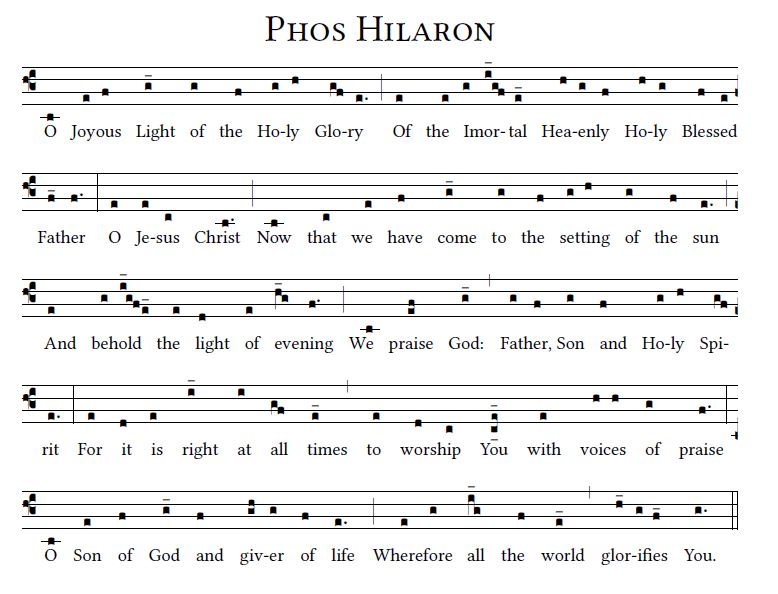
R. O Lord, make haste to help me.

*(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.



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 for*ever.* ***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 ho*ly is* ***His Name***.

He has mercy on *those who* ***fear Him*** \*

   in every *gene****ration***.

He has shown the *strength of* ***His arm***, \*

   He has scattered the proud *in their* ***conceit***.

He has cast down the migh*ty from* ***their thrones***, \*

   and has lifted *up the* ***lowly***.

He has filled the hun*gry with* ***good things***, \*

   and the rich he has sent *away* ***empty***.

He has come to the help of His ser*vant Is****rael***, \*

   for He has remembered His pro*mise of* ***mercy***,

The promise He made *to our* ***fathers***, \*

   to Abraham and his chil*dren 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 for*ever.* ***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 *(Page 70)*

*All then sing together the vesper 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 *(Page 73)*

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

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

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

R. Hide us under the sha*dow 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 ser****vant 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 enligh*ten the nations*, \*

   and the glory of your peo*ple Is****rael***.

Glory to the Father, and to the Son, and to the *Holy* ***Spirit***: \*

   as it was in the beginning, is now, and will be for*ever.* ***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 *(Page 76)*

*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.*

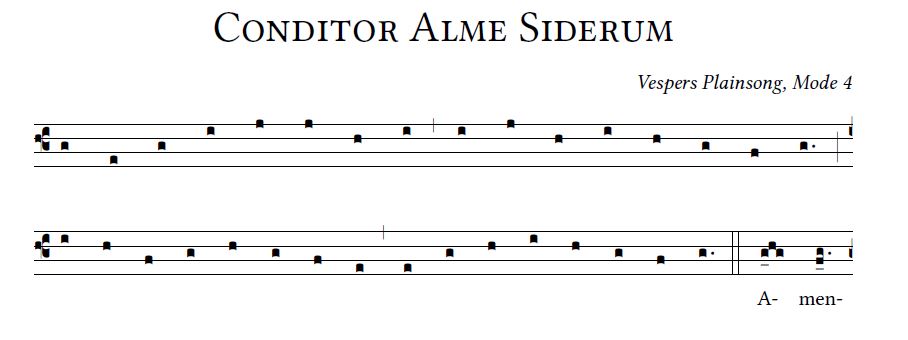
THE PEACE

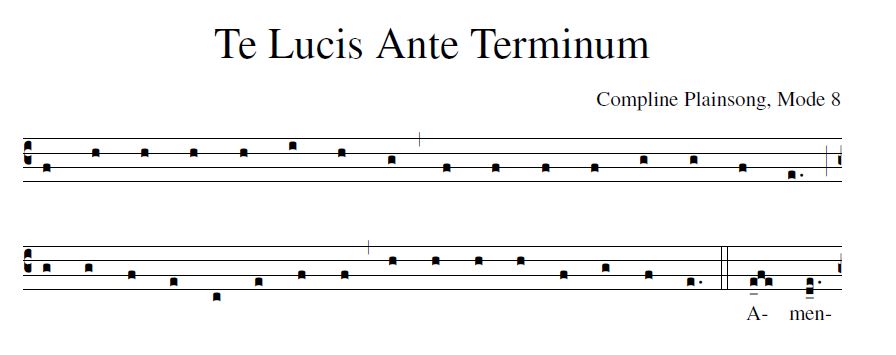
*All then exchange the embrace of peace, bowing to one another and asking one another’s prayers and forgiveness, saying, ‘Forgive me, a sinner’, and, ‘Pray for me’.*

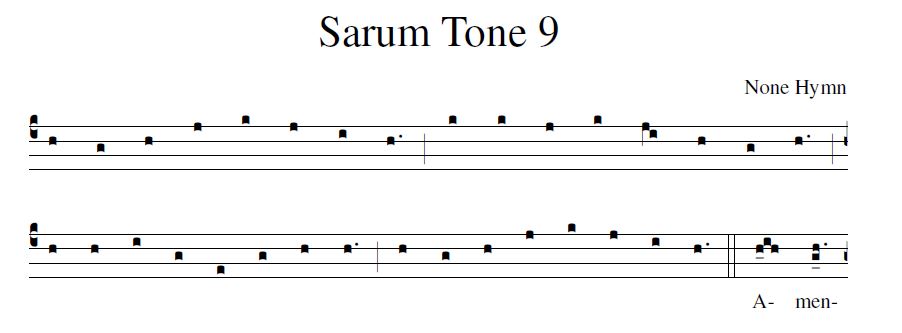
*The Great Silence then begins, which is observed until Matins the following morning.*

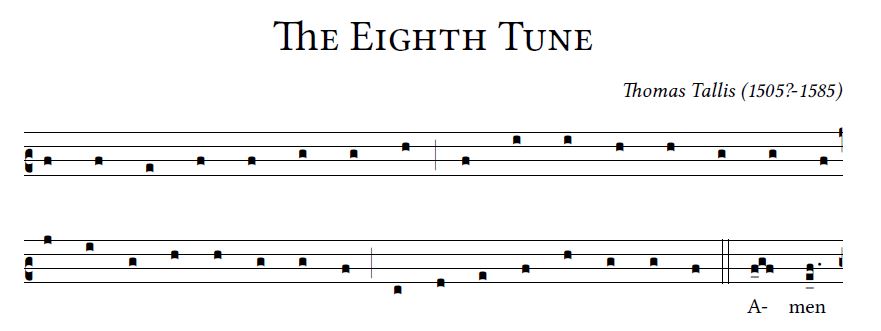
# **+ THE HYMNAL +**

### OFFICE HYMNS









#### 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 welleth 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.

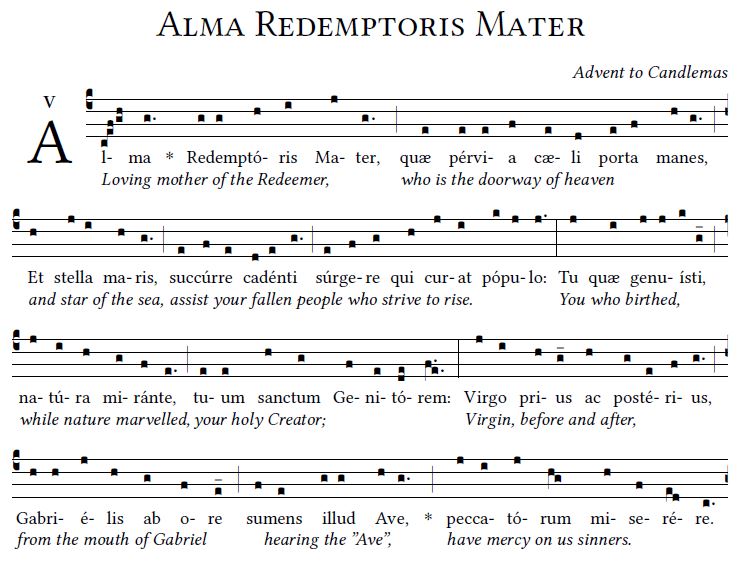
O Christ, Redeemer of the world,

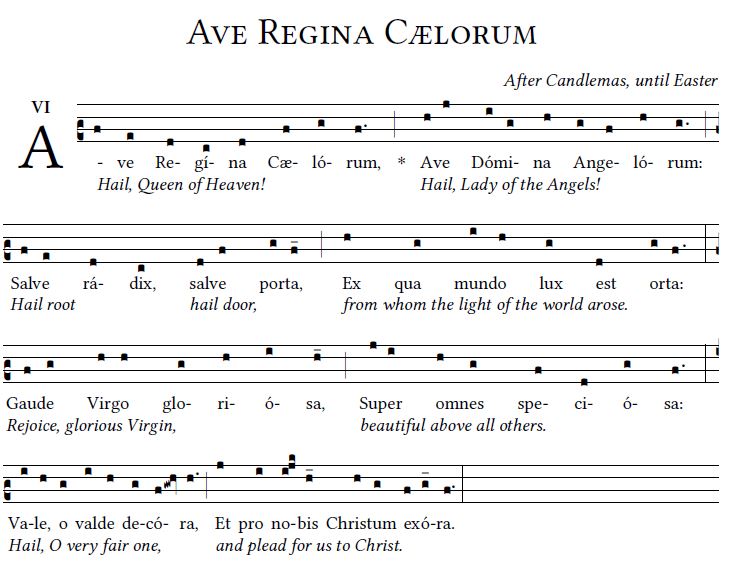
O God, our maker and our end,

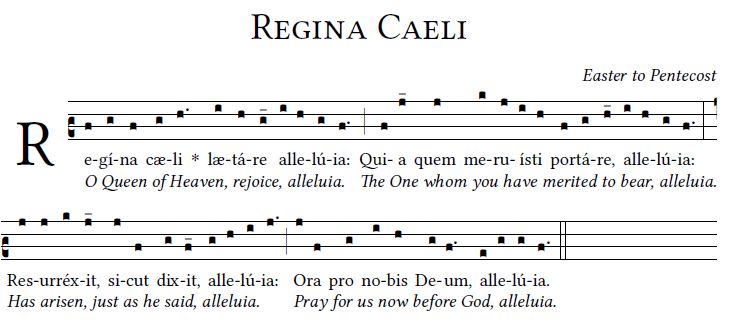
O Spirit, bond of peace and love,

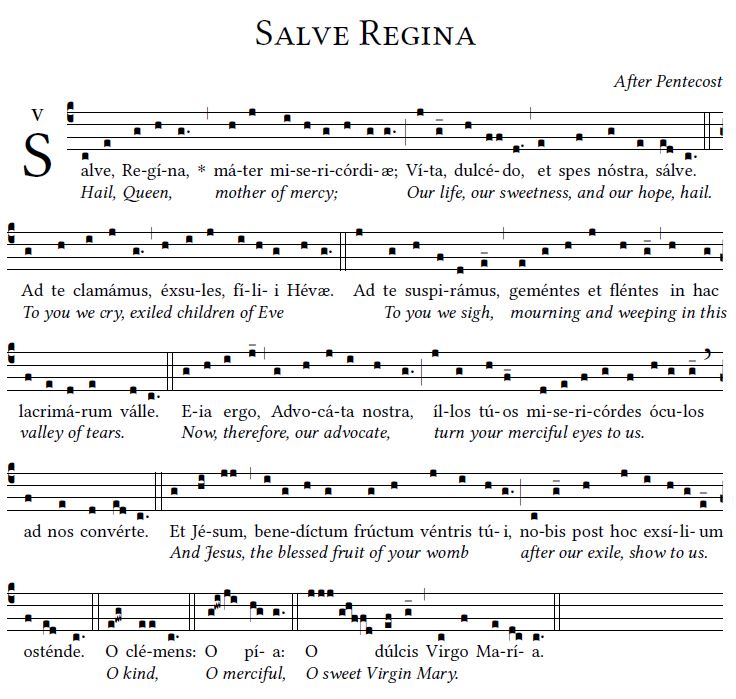
to You be thanks and endless praise. Amen.

### SEASONAL MARIAN HYMNS

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# **+ THE PSALTER +**

**Psalter Lectionary, Cycle A**

*Sunday* 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

*Monday* 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

*Tuesday* 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

*Wednesday* Vigils 43 - 51

Matins 7, 8, 9

Terce 125-127

Sext 128-130

None 131-133

Vespers 78b, 81, 83

Compline 109, 114, 115

*Thursday* Vigils 51 - 59

Matins 10, 11, 12

Terce 135-137

Sext 138-140

None 141-143

Vespers 85, 86, 87

Compline 116, 117, 118

*Friday* 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

*Saturday* 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**

*Sunday* 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

*Monday* 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

*Tuesday* 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

*Wednesday* 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

*Thursday* 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

*Friday* 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

*Saturday* 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**

*Sunday* 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

*Monday* 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

*Tuesday* 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

*Wednesday* 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

*Thursday* 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

*Friday* 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

*Saturday* 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**

*Advent* Tone 4

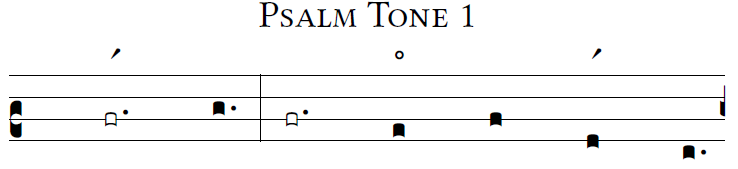
*Christmas* Tone 8

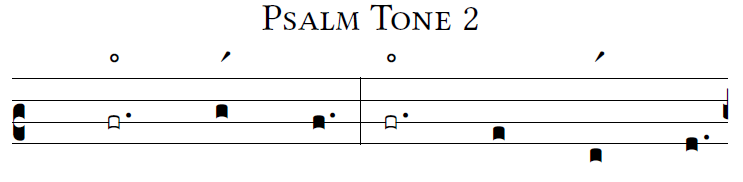
*Epiphany* Tones 3, 11

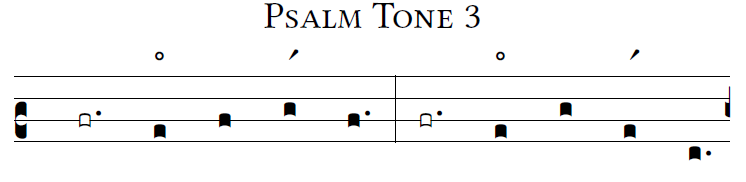
*Lent* Tone 5

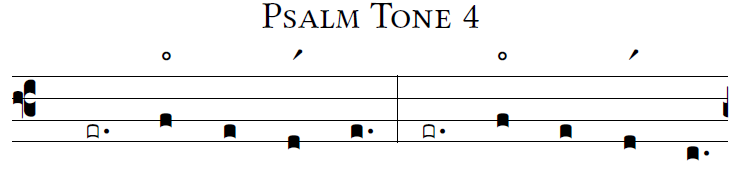
*Easter* Tone 7, 8

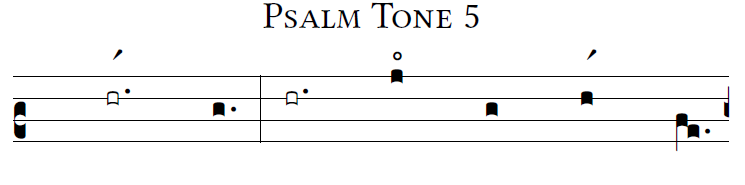
*Ordinary Time* Tones 1, 2, 6, 9, 10, 12

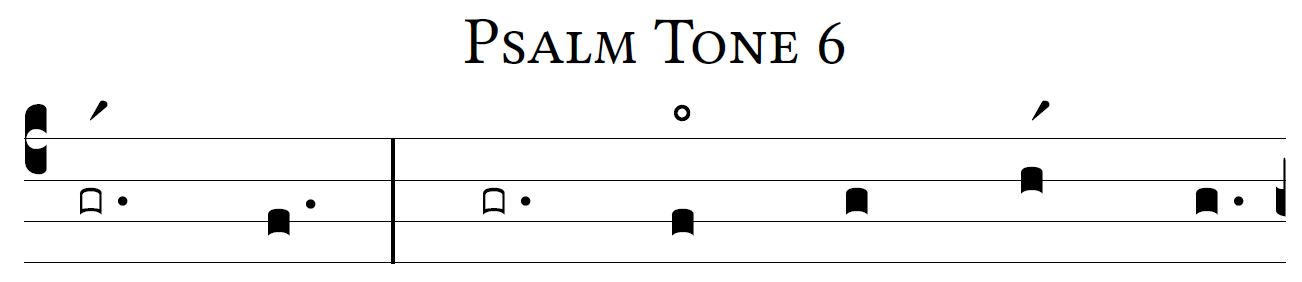


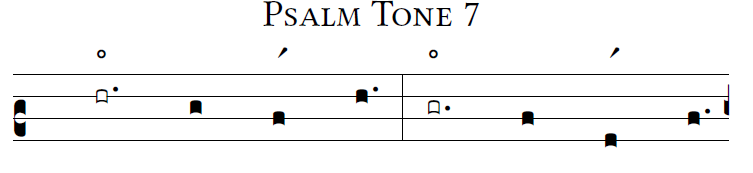


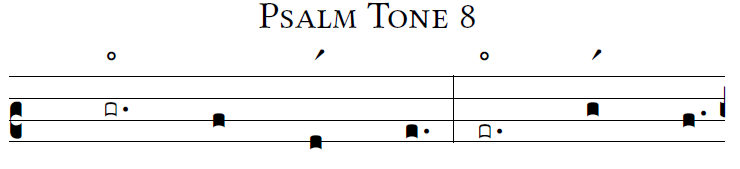


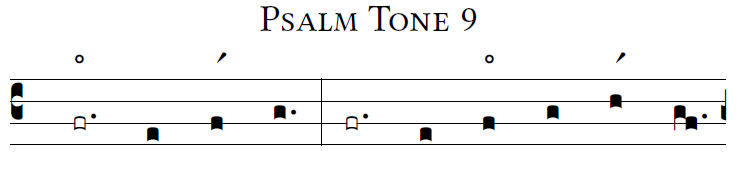


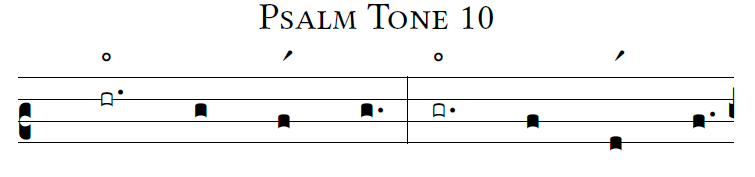


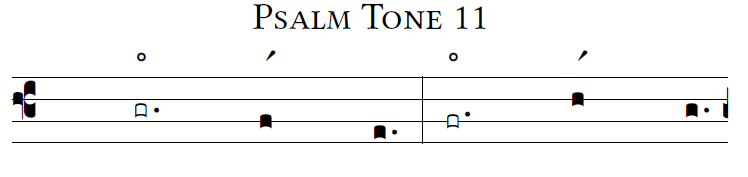


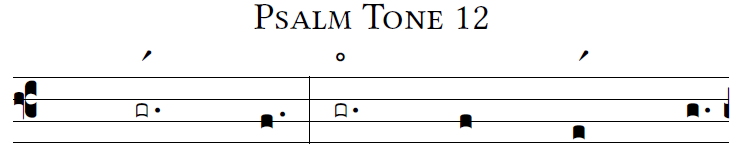












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| --- | --- |
|  | **I** Beatus vir qui non abiit |
| 1 | Happy are they who have not walked  in the counsel *of the* ***wicked***, \*  nor lingered in the way of sinners,  nor sat in the seats *of the* ***scornful***! |
| 2 | Their delight is in the *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 judg****ment 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***. |
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|  | **2** *Quare fremuerunt gentes?* |
| 1 | Why are the nations *in an* ***uproar*** ? \*  Why do the peoples mut*ter emp****ty threats*** ? |
| 2 | Why do the kings of the earth rise up in revolt,  and the princes *plot to****gether***, \*  against the LORD and against *his A****nointed*** ? |
| 3 | “Let us break *their yoke*,” ***they say****;* \*  “let us cast off *their bonds* ***from us***.” |
| 4 | He whose throne is in hea*ven is* ***laughing***; \*  the Lord has them *in de****rision***. |
| 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 de*cree of* ***the LORD****:* \*  he said to me, “You are my Son;  this day have I *bego****tten you***. |
| 8 | Ask of me, and I will give you the nations  for your *inher****itance*** \*  and the ends of the earth for *your po****ssession***. |
| 9 | You shall crush them with *an i****ron rod*** \*  and shatter them like a piece *of po****ttery***.” |
| 10 | And now, *you kings,* ***be wise****;* \*  be warned, you ru*lers of* ***the earth***. |
| 11 | Submit to *the LORD* ***with fear***, \*  and with trembling *bow be****fore him***; |
| 12 | Lest he be angry *and you* ***perish***; \*  for his wrath is *quickly* ***kindled***. |

|  |  |
| --- | --- |
| 13 | Hap*py are* ***they all*** \*  who take *refuge* ***in him****!* |
|  |  |
|  | **3** *Domine, quid multiplicati* |
| 1 | LORD, how many adver*saries* ***I have****!* \*  how many there are who rise *up a****gainst 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 a****bout 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 ho****ly hill****;* |
| 5 | I lie down *and go* ***to sleep****;* \*  I wake again, because the *LORD sus****tains me***. |
| 6 | I do not fear the multi*tudes 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 be*longs to t****he LORD***. \*  Your blessing be up*on your* ***people***! |
|  |  |
|  | **4** *Cum invocarem* |
| 1 | Answer me when I call, O God, defen*der of* ***my cause****;* \*  you set me free when I am hard-pressed;  have mercy on me *and hear* ***my prayer***. |

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| 2 | “You mortals, how long will you disho*nor 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 *sacri****fices*** \*  and put your *trust in* ***the LORD***. |
| 6 | Many are saying,  “Oh, that we might *see be****tter times***!” \*  Lift up the light of your countenance up*on us,* ***O LORD***. |
| 7 | You have put glad*ness 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***. |

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|  | **5** *Verba mea auribus* |
| 1 | Give ear to *my words,* ***O LORD****;* \*  consider my *medi****tation***. |
| 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 wick****edness***, \*  and evil ca*nnot dwell* ***with you***. |
| 5 | Braggarts cannot *stand in* ***your sight****;* \*  you hate all those who *work wick****edness***. |

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| 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 be****fore me***. |
| 9 | For there is no *truth in* ***their mouth****;* \*  there is destruc*tion in* ***their heart****;* |
| 10 | Their throat is *an op****en grave***; \*  they flat*ter with* ***their tongue***. |
| 11 | Declare them *guilty,* ***O God***; \*  let them fall, be*cause of* ***their schemes***. |
| 12 | Because of their many transgre*ssions cast* ***them out***, \*  for they have re*belled a****gainst you***. |
| 13 | But all who take refuge in *you will* ***be glad***; \*  they will sing out their *joy for* ***ever***. |
| 14 | You *will shel****ter 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***. |

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| 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 *deli****ver me***; \*  save me for *your mer****cy’s sake***. |
| 5 | For in death no one *remem****bers 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 e****nemies***. |
| 8 | Depart from me, all *evil****doers***, \*  for the LORD has heard the sound *of my* ***weeping***. |
| 9 | The LORD has heard my *suppli****cation***; \*  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***. |
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|  | **7** *Domine, Deus meus* |
| 1 | O LORD my God, I take *refuge* ***in you***; \*  save and deliver me from all *who pur****sue me***; |
| 2 | Lest like a lion they tear *me in* ***pieces*** \*  and snatch me away with none to *deli****ver me***. |
| 3 | O LORD my God, if I *have done* ***these things***: \*  if there is any wicked*ness in* ***my hands***, |

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| 4 | If I have repaid my *friend with* ***evil***, \*  or plundered him who without cause is *my en****emy***; |
| 5 | Then let my enemy pursue and *over****take me***, \*  trample my life into the ground,  and lay my ho*nor in* ***the dust***. |
| 6 | Stand up, O *LORD, in* ***your wrath***; \*  rise up against the fury of *my e****nemies***. |
| 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 righ*teousness,* ***O LORD***, \*  and according to my inno*cence, O* ***Most High***. |
| 10 | Let the malice of the wicked come to an end,  but esta*blish the* ***righteous***; \*  for you test the mind and heart, *O righ****teous God***. |
| 11 | God is my *shield and* ***defense***; \*  he is the savior of *the true* ***in heart***. |
| 12 | God is *a righ****teous judge***; \*  God sits in judg*ment eve****ry 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 ar*rows shafts* ***of fire***. |
| 15 | Look at those who are in labor *with wick****edness***, \*  who conceive evil, and give *birth to* ***a lie***. |

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| 16 | They dig a pit *and make* ***it deep*** \*  and fall into the hole *that they* ***have made***. |
| 17 | Their malice turns back up*on 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***. |
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|  | **8** *Domine, Dominus noster* |
| 1 | O LORD *our Go****vernor***, \*  how exalted is your Name *in all* ***the world***! |
| 2 | Out of the mouths of in*fants and* ***children*** \*  your majesty is praised a*bove the* ***heavens***. |
| 3 | You have set up a stronghold against your *adver****saries***, \*  to quell the enemy and *the a****venger***. |
| 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 glo*ry 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 Go****vernor***, \*  how exalted is your Name *in all* ***the world***! |
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|  | **9** *Confitebor tibi* |
| 1 | I will give thanks to you, O LORD, *with my* ***whole heart***; \*  I will tell of all your *marve****lous works***. |
| 2 | I will be glad and *rejoice* ***in you***; \*  I will sing to your *Name, O* ***Most High***. |
| 3 | When my enemies *are dri****ven back***, \*  they will stumble and perish *at your* ***presence***. |
| 4 | For you have maintained my *right and* ***my cause***; \*  you sit upon your *throne ju****dging right***. |
| 5 | You have rebuked the ungodly and de*stroyed the* ***wicked***; \*  you have blotted out their name for e*ver and* ***ever***. |
| 6 | As for the enemy, they are finished, in per*petu****al ruin***, \*  their cities plowed under, the memory *of them* ***perished***; |
| 7 | But the LORD is en*throned for* ***ever***; \*  he has set up his *throne for* ***judgment***. |
| 8 | It is he who rules the world *with righ****teousness***; \*  he judges the peoples *with e****quity***. |
| 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 *remem****ber them***; \*  he will not forget the cry of *the a****fflicted***. |

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| 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 sal****vation*** \*  in the gates of the ci*ty 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 o*ver to* ***the grave***, \*  and also all the people *that for****get God***. |
| 18 | For the needy shall not always *be for****gotten***, \*  and the hope of the poor shall not pe*rish for* ***ever***. |
| 19 | Rise up, O LORD, let not the ungodly have *the u****pper hand***; \*  let them be *judged be****fore you***. |
| 20 | Put fear u*pon 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 per*secute* ***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***.” |

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| 5 | Their ways are devious at all times;  your judgments are far above *out of* ***their sight***; \*  they defy all *their e****nemies***. |
| 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 o****ppression***; \*  under their tongue are *mischief* ***and wrong***. |
| 8 | They lurk in ambush in public squares  and in secret places they murder *the inn****ocent***; \*  they spy *out the* ***helpless***. |
| 9 | They lie in wait, like a lion in a covert;  they lie in wait to seize u*pon the* ***lowly***; \*  they seize the lowly and drag them a*way in* ***their net***. |
| 10 | The innocent are broken and hum*bled be****fore them***; \*  the helpless fall be*fore their* ***power***. |
| 11 | They say in their heart, “God *has for****gotten***; \*  he hides his face; he will *never* ***notice***.” |
| 12 | Rise up, O LORD;  lift up *your hand,* ***O God***; \*  do not forget *the a****fflicted***. |
| 13 | Why should the wi*cked re****vile God*** ? \*  why should they say in their heart, “*You do* ***not care***”? |
| 14 | Surely, you behold trouble *and mi****sery***; \*  you see it and take it in*to your* ***own hand***. |
| 15 | The helpless commit *themselves* ***to you***, \*  for you are the hel*per of* ***orphans***. |
| 16 | Break the power of the wi*cked and* ***evil***; \*  search out their wickedness un*til you* ***find none***. |

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| 17 | The LORD is King for e*ver and* ***ever***; \*  the ungodly shall pe*rish 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 or*phan and* ***oppressed***, \*  so that mere mortals may strike *terror* ***no more***. |
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|  | **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 a*rrows to* ***the string***, \*  to shoot from ambush at *the true* ***of heart***. |
| 3 | When the foundations are *being* ***destroyed***, \*  what can *the righ****teous do***?” |
| 4 | The LORD is in his *holy* ***temple***; \*  the LORD’S throne *is in* ***heaven***. |
| 5 | His eyes behold the in*habi****ted world***; \*  his piercing *eye weighs* ***our worth***. |
| 6 | The LORD weighs the righteous as well *as the* ***wicked***, \*  but those who delight in vio*lence 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 righ****teous deeds***; \*  and the just *shall see* ***his face***. |

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|  | **12** *Salvum me fac* |
| 1 | Help me, LORD, for there is no *godly* ***one left***; \*  the faithful have vanished *from a****mong us***. |
| 2 | Everyone speaks falsely *with his* ***neighbor***; \*  with a smooth tongue they speak from *a dou****ble 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 o****ver us***?” |
| 5 | “Because the needy are oppressed,  and the poor cry out *in mi****sery***, \*  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 o****ver us*** \*  and save us from this genera*tion for* ***ever***. |
| 8 | The wicked prowl *on e****very side***, \*  and that which is worthless is highly prized *by e****veryone***. |
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|  | **13** *Usquequo, Domine?* |
| 1 | How long, O LORD?  will you forget *me for****ever*** ? \*  how long will you hide *your face* ***from me***? |

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| 2 | How long shall I have perplexity in my mind,  and grief in my heart, *day af****ter day***? \*  how long shall my enemy tri*umph o****ver 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 pre*vailed o****ver 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 sa****ving 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***. |
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|  | **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 a****ny 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 af****ter God***. |
| 3 | Every one has proved faithless;  all a*like have* ***turned bad***; \*  there is none who does *good; no,* ***not one***. |
| 4 | Have they no knowledge, all those *evil****doers*** \*  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 a****fflicted***, \*  but the LORD *is their* ***refuge***. |

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| 7 | Oh, that Israel’s deliverance would come *out of* ***Zion***! \*  When the LORD restores the fortunes of his people,  Jacob will rejoice and Is*rael* ***be glad***. |

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|  | **15** *Domine, quis habitabit?* |
| 1 | LORD, who may dwell in your *taber****nacle***? \*  who may abide upon *your ho****ly 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 e*vil to* ***his friend***; \*  he does not heap contempt u*pon his* ***neighbor***. |
| 4 | In his sight the wicked *is re****jected***, \*  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 i****nnocent***. |
| 7 | Whoe*ver does* ***these things*** \*  shall never *be o****verthrown***. |
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|  | **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 a*bove all* ***other***.” |

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| 2 | All my delight is upon the godly that *are in* ***the land***, \*  upon those who are noble a*mong the* ***people***. |
| 3 | But those who run a*fter o****ther gods*** \*  shall have their trou*bles mul****tiplied***. |
| 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 por*tion and* ***my cup***; \*  it is you who *uphold* ***my lot***. |
| 6 | My boundaries enclose *a plea****sant land***; \*  indeed, I have a good*ly her****itage***. |
| 7 | I will bless the LORD who *gives me* ***counsel***; \*  my heart teaches me, *night a****fter night***. |
| 8 | I have set the LORD al*ways be****fore me***; \*  because he is at my right hand *I shall* ***not fall***. |
| 9 | My heart, therefore, is glad, and my spi*rit re****joices***; \*  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 e****vermore***. |
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|  | **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 ly****ing lips***. |

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| 2 | Let my vindication come forth *from your* ***presence***; \*  let your eyes be *fixed on* ***justice***. |
| 3 | Weigh my heart, su*mmon me* ***by night***, \*  melt me down; you will find no impur*ity* ***in me***. |
| 4 | I give no offense with my mouth *as o****thers 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 an****swer 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 a****gainst them***. |
| 8 | Keep me as the a*pple of* ***your eye***; \*  hide me under the sha*dow of* ***your wings***, |
| 9 | From the wicked *who a****ssault me***, \*  from my deadly enemies *who su****rround me***. |
| 10 | They have closed their *heart to* ***pity***, \*  and their *mouth speaks* ***proud things***. |
| 11 | They press me hard,  now *they su****rround me***, \*  watching how they may cast *me to* ***the ground***, |
| 12 | Like a lion, gree*dy 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 wi*cked by* ***your sword***. |
| 14 | Deliver me, O *LORD, by* ***your hand*** \*  from those whose portion in *life is* ***this world***; |

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| 15 | Whose bellies you fill *with your* ***treasure***, \*  who are well supplied with children  and leave their wealth to *their li****ttle ones***. |
| 16 | But at my vindication I *shall see* ***your face***; \*  when I awake, I shall be satisfied,  behol*ding your* ***likeness***. |
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|  | **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 e****nemies***. |
| 4 | The breakers of death *rolled o****ver me***, \*  and the torrents of oblivion *made me* ***afraid***. |
| 5 | The cords of hell *entan****gled 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 hea*venly* ***dwelling***; \*  my cry of anguish *came to* ***his ears***. |

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| 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 hea*vens and* ***came down*** \*  with a storm cloud *under* ***his feet***. |
| 11 | He mounted on che*rubim* ***and flew***; \*  he swooped on the *wings of* ***the wind***. |
| 12 | He wrapped dark*ness a****bout him***; \*  he made dark waters and thick clouds *his pa****vilion***. |
| 13 | From the brightness of his pre*sence, 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 sca****ttered them***; \*  he hurled thunderbolts *and rou****ted 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 ha****ted me***; \*  for they were too *mighty* ***for me***. |
| 19 | They confronted me in the day of *my di****saster***; \*  but the LORD *was my* ***support***. |

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| 20 | He brought me out into *an o****pen place***; \*  he rescued me because he de*lighted* ***in me***. |
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|  | **Psalm 18: Part II** *Et retribuet mihi* |
| 21 | The LORD rewarded me because of my *righteous* ***dealing***; \*  because my hands were clean he *rewar****ded 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 *ini****quity***; |
| 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 your****self pure***, \*  but with the crooked *you are* ***wily***. |
| 28 | You will save a *lowly* ***people***, \*  but you will humble *the haugh****ty eyes***. |
| 29 | You, O *LORD, are* ***my lamp***; \*  my God, you make *my dark****ness bright***. |
| 30 | With you I will break down *an en****closure***; \*  with the help of my God I will *scale a****ny 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***. |

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| 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-foo*ted 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 vic****tory***; \*  your right hand also sustains me;  your loving *care makes* ***me great***. |
| 37 | You lengthen my *stride be****neath me***, \*  and my ankles *do not* ***give way***. |
| 38 | I pursue my enemies and *over****take them***; \*  I will not turn back till I *have de****stroyed them***. |
| 39 | I strike them down, and *they ca****nnot rise***; \*  they fall defea*ted 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 e*nemies* ***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 o****bey me***; \*  strangers will *cringe be****fore me***. |

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| 45 | The foreign peo*ples will* ***lose heart***; \*  they shall come trembling out *of their* ***strongholds***. |
| 46 | The LORD lives! Ble*ssed is* ***my Rock***! \*  Exalted is the God of *my sal****vation***! |
| 47 | He is the God who gave *me vic****tory*** \*  and cast down the peo*ples be****neath me***. |
| 48 | You rescued me from the fury of my enemies;  you exalted me above those who *rose a****gainst me***; \*  you saved me from *my dead****ly foe***. |
| 49 | Therefore will I extol you among the *nations*,***O LORD***, \*  and sing prai*ses to* ***your Name***. |
| 50 | He multiplies the victo*ries of* ***his king***; \*  he shows loving-kindness to his anointed,  to David and his descen*dants for* ***ever***. |
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|  | **19** *Caeli enarrant* |
| 1 | The heavens declare the *glory* ***of God***, \*  and the firmament shows *his han****diwork***. |
| 2 | One day tells its tale *to a****nother***, \*  and one night imparts knowledge *to a****nother***. |
| 3 | Although they have no *words or* ***language***, \*  and their voi*ces 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 pavil*ion for* ***the sun***; \*  it comes forth like a bridegroom out of his chamber;  it rejoices like a champion *to run* ***its course***. |

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| 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 bur****ning 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 inn****ocent***. |
| 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 en*dures for* ***ever***; \*  the judgments of the LORD are true  and righteous *alto****gether***. |
| 10 | More to be desired are they than gold,  more *than much* ***fine gold***, \*  sweeter far than honey,  than ho*ney in* ***the comb***. |
| 11 | By them also is your ser*vant en****lightened***, \*  and in keeping them there *is great* ***reward***. |
| 12 | Who can tell how of*ten he* ***offends***? \*  cleanse me from *my se****cret faults***. |
| 13 | Above all, keep your servant from presumptuous sins;  let them not get domin*ion o****ver 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 accepta*ble in* ***your sight***, \*  O LORD, my strength and *my re****deemer***. |
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|  | **20** *Exaudiat te Dominus* |
| 1 | May the LORD answer you in the *day of* ***trouble***, \*  the Name of the God of Ja*cob de****fend you***; |
| 2 | Send you help from *his ho****ly place*** \*  and strengthen you *out of* ***Zion***; |
| 3 | Remember all *your o****fferings*** \*  and accept your *burnt sac****rifice***; |
| 4 | Grant you *your heart’s* ***desire*** \*  and pros*per 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 a****nointed***; \*  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 co*llapse and* ***fall down***, \*  but we will arise *and stand* ***upright***. |
| 9 | O LORD, give victo*ry to* ***the king*** \*  and answer *us when* ***we call***. |
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|  | **21** *Domine, in virtute tua* |
| 1 | The king rejoices in *your strength,* ***O LORD***; \*  how greatly he exults in *your vic****tory***! |
| 2 | You have given him *his heart’s* ***desire***; \*  you have not denied him the re*quest of* ***his lips***. |

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| 3 | For you meet him with blessings of *prosper****ity***, \*  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 e*ver and* ***ever***. |
| 5 | His honor is great, because of *your vic****tory***; \*  splendor and majesty have you be*stowed u****pon him***. |
| 6 | For you will give him everlasting *feli****city*** \*  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 e****nemies***; \*  your right hand will seize all *those who* ***hate you***. |
| 9 | You will make them like a *fiery* ***furnace*** \*  at the time of your a*ppearing,* ***O LORD***; |
| 10 | You will swallow them *up in* ***your wrath***, \*  and fire *shall con****sume them***. |
| 11 | You will destroy their off*spring from* ***the land*** \*  and their descendants from among the peo*ples of* ***the earth***. |
| 12 | Though they intend evil against you  and de*vise wi****cked 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***. |

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|  | **22** *Deus, Deus meus* |
| 1 | My God, my God, why have you *forsa****ken 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 Ho****ly One***, \*  enthroned upon the praises *of Is****rael***. |
| 4 | Our forefathers put *their trust* ***in you***; \*  they trusted, and you *deli****vered them***. |
| 5 | They cried out to you and *were de****livered***; \*  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 *deli****ver 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 mo****ther’s breast***. |
| 10 | I have been entrusted to you ever *since I* ***was born***; \*  you were my God when I was still  in *my mo****ther’s womb***. |
| 11 | Be not far from me, for *trouble* ***is near***, \*  and there *is none* ***to help***. |

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| 12 | Many young bulls *encir****cle me***; \*  strong bulls of Ba*shan su****rround 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 mel****ting 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 cir*cle a****round me***; \*  they pierce my hands and my feet;  I can *count all* ***my bones***. |
| 17 | They stare and *gloat o****ver me***; \*  they divide my garments among them;  they cast lots *for my* ***clothing***. |
| 18 | Be not far *away,* ***O LORD***; \*  you are my strength; ha*sten to* ***help me***. |
| 19 | Save *me from* ***the sword***, \*  my life from the po*wer of* ***the dog***. |
| 20 | Save me from *the li****on’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***. |

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| 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 a****ssembly***; \*  I will perform my vows  in the presence of those *who wor****ship 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 be****fore him***. |
| 27 | For kingship be*longs to* ***the LORD***; \*  he rules o*ver the* ***nations***. |
| 28 | To him alone all who sleep in the earth  bow *down in* ***worship***; \*  all who go down to the dust *fall be****fore him***. |
| 29 | My soul shall live for him;  my descen*dants shall* ***serve him***; \*  they shall be known as the *LORD’S for* ***ever***. |
| 30 | They shall come and make known to a peo*ple yet* ***unborn*** \*  the saving deeds *that he* ***has done***. |
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|  | **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 be*side still* ***waters***. |

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| 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 com****fort me***. |
| 5 | You spread a table before me in the presence of those *who trou****ble 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***. |

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|  | **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 ri*vers of* ***the deep***. |
| 3 | "Who can ascend the *hill of* ***the LORD***? \*  and who can stand in *his ho****ly 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 bles*sing from* ***the LORD*** \*  and a just reward from the God of *their sal****vation***." |
| 6 | Such is the generation of *those who* ***seek him***, \*  of those who seek your face, O *God of* ***Jacob***. |

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| 7 | Lift up your heads, O gates;  lift them high, O e*verlas****ting doors***; \*  and the King of glo*ry shall* ***come in***. |
| 8 | "Who is this *King of* ***glory***?" \*  "The LORD, strong and mighty,  the LORD, migh*ty in* ***battle***." |
| 9 | Lift up your heads, O gates;  lift them high, O e*verlas****ting doors***; \*  and the King of glo*ry shall* ***come in***. |
| 10 | "Who is he, this *King of* ***glory***?" \*  "The LORD of hosts,  he is the *King of* ***glory***." |

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|  | **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 tri*umph o****ver me***. |
| 2 | Let none who look to you *be put* ***to shame***; \*  let the treacherous be disappoin*ted 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 com*passion* ***and love***, \*  for they are from *ever****lasting***. |

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| 6 | Remember not the sins of my youth and *my trans****gressions***; \*  remember me according to your love  and for the sake of your *goodness,* ***O LORD***. |
| 7 | Gracious and up*right is* ***the LORD***; \*  therefore he teaches sin*ners in* ***his way***. |
| 8 | He guides the humble *in do****ing right*** \*  and teaches his way *to the* ***lowly***. |
| 9 | All the paths of the LORD are love *and faith****fulness*** \*  to those who keep his covenant and his *testi****monies***. |
| 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 *prosper****ity***, \*  and their offspring shall in*herit* ***the land***. |
| 13 | The LORD is a friend to *those who* ***fear him*** \*  and will show them *his co****venant***. |
| 14 | My eyes are ever loo*king 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 mi****sery***. |
| 16 | The sorrows of my *heart have* ***increased***; \*  bring me out *of my* ***troubles***. |
| 17 | Look upon my adversity *and mi****sery*** \*  and forgive *me all* ***my sin***. |
| 18 | Look upon my enemies, for *they are* ***many***, \*  and they bear a violent ha*tred a****gainst me***. |

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| 19 | Protect my life and *deli****ver me***; \*  let me not be put to shame, for I have *trusted* ***in you***. |
| 20 | Let integrity and upright*ness pre****serve me***, \*  for my hope *has been* ***in you***. |
| 21 | Deliver Is*rael,* ***O God***, \*  out of *all his* ***troubles***. |
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|  | **26** *Judica me, Domine* |
| 1 | Give judgment for me, O LORD,  for I have lived with *inte****grity***; \*  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 faith*fully* ***with you***. |
| 4 | I have not sat *with the* ***worthless***, \*  nor do I consort with *the de****ceitful***. |
| 5 | I have hated the company of *evil****doers***; \*  I will not sit down *with the* ***wicked***. |
| 6 | I will wash my hands in in*nocence,* ***O LORD***, \*  that I may go in procession *round your* ***altar***, |
| 7 | Singing aloud a song *of thanks****giving*** \*  and recounting all your *wonder****ful deeds***. |
| 8 | LORD, I love the house *in which* ***you dwell*** \*  and the place where your *glory* ***abides***. |
| 9 | Do not sweep me a*way with* ***sinners***, \*  nor my life with those *who thirst* ***for blood***, |

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| 10 | Whose hands are full *of e****vil plots***, \*  and their right *hand full* ***of bribes***. |
| 11 | As for me, I will live with *inte****grity***; \*  redeem me, O LORD, and have *pity* ***on me***. |
| 12 | My foot stands *on le****vel ground***; \*  in the full assembly I *will bless* ***the LORD***. |
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|  | **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 en*camp a****gainst me***, \*  yet my heart shall *not be* ***afraid***; |
| 4 | And though war should rise *up a****gainst 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 beau*ty of* ***the LORD*** \*  and to seek him *in his* ***temple***. |

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| 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 a****bout me***. |
| 9 | Therefore I will offer in his dwelling an oblation  with sounds *of great* ***gladness***; \*  I will sing and make mu*sic to* ***the LORD***. |
| 10 | Hearken to my voice, O *LORD, when* ***I call***; \*  have mercy on me *and an****swer 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 dis****pleasure***. |
| 13 | You have been my helper;  cast *me not* ***away***; \*  do not forsake me, O God of *my sal****vation***. |
| 14 | Though my father and my mo*ther for****sake me***, \*  the LORD *will sus****tain me***. |
| 15 | Show me *your way,* ***O LORD***; \*  lead me on a level path, because of *my en****emies***. |
| 16 | Deliver me not into the hand of my *adver****saries***, \*  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 good*ness of* ***the LORD*** \*  in the land *of the* ***living***! |

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| 18 | O tarry and await the LORD'S pleasure;  be strong, and he shall *comfort* ***your heart***; \*  wait patient*ly for* ***the LORD***. |

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|  | **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 ho*ly of* ***holies***. |
| 3 | Do not snatch me away with the wicked or with the *evil****doers***, \*  who speak peaceably with their neighbors,  while strife *is in* ***their hearts***. |
| 4 | Repay them accor*ding to* ***their deeds***, \*  and according to the wickedness *of their* ***actions***. |
| 5 | According to the work of their *hands re****pay 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 | Bles*sed 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***. |

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| 10 | The LORD is the strength *of his* ***people***, \*  a safe refuge for *his a****nointed***. |
| 11 | Save your people and bless your *inhe****ritance***; \*  shepherd them and carry *them for* ***ever***. |

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|  | **29** *Afferte Domino* |
| 1 | Ascribe to *the LORD,* ***you gods***, \*  ascribe to the LORD *glory* ***and strength***. |
| 2 | Ascribe to the LORD the glo*ry due* ***his Name***; \*  worship the LORD in the beauty *of ho****liness***. |
| 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 *power****ful voice***; \*  the voice of the LORD is a *voice of* ***splendor***. |
| 5 | The voice of the LORD breaks *the ce****dar trees***; \*  the LORD breaks the cedars *of Le****banon***; |
| 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 wil****derness***; \*  the LORD shakes the wilder*ness of* ***Kadesh***. |
| 8 | The voice of the LORD makes *the oak* ***trees writhe*** \*  and strips *the fo****rests bare***. |
| 9 | And in the tem*ple of* ***the LORD*** \*  all are *crying, "****Glory****!"* |
| 10 | The LORD sits enthroned *above* ***the flood***; \*  the LORD sits enthroned as King *for e****vermore***. |

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| 11 | The LORD shall give strength *to his* ***people***; \*  the LORD shall give his people the *blessing* ***of peace***. |

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|  | **30** *Exaltabo te, Domine* |
| 1 | I will exalt you, O LORD,  because you have *lifted* ***me up*** \*  and have not let my enemies tri*umph o****ver me***. |
| 2 | O LORD my God, I *cried out* ***to you***, \*  and you re*stored 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 ho****liness***. |
| 5 | For his wrath endures but the twink*ling 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 ne*ver 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 faith****fulness***? |

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| 11 | Hear, O LORD, and have mer*cy up****on 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***. |

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|  | **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 righ****teousness***. |
| 2 | Incline *your ear* ***to me***; \*  make haste to *deli****ver 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 secret*ly set* ***for me***, \*  for you are my *tower* ***of strength***. |
| 5 | Into your hands I com*mend 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***. |

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| 7 | I will rejoice and be glad because *of your* ***mercy***; \*  for you have seen my affliction;  you *know my* ***distress***. |

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| 8 | You have not shut me up in the power of *the en****emy***; \*  you have set my feet in *an o****pen 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 ac****quaintance***; \*  when they see me in the street *they a****void me***. |
| 12 | I am forgotten like a dead *man, out* ***of mind***; \*  I am as useless as *a bro****ken 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 *perse****cute me***. |
| 16 | Make your face to shine up*on your* ***servant***, \*  and in your loving-*kindness* ***save me***." |
| 17 | LORD, let me not be ashamed for having *called up****on you***; \*  rather, let the wicked be put to shame;  let them be si*lent in* ***the grave***. |

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| 18 | Let the lying lips be silenced which speak a*gainst* *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 slan****der them***; \*  you keep them in your shelter from *the strife* ***of tongues***. |
| 21 | Bles*sed 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 wor****ship him***; \*  the LORD protects the faithful,  but repays to the full those who *act haugh****tily***. |
| 24 | Be strong and let your *heart take* ***courage***, \*  all you who *wait for* ***the LORD***. |
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|  | **32** *Beati quorum* |
| 1 | Happy are they whose transgressions *are for****given***, \*  and whose sin *is put* ***away***! |

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| 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 groa*ning 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 transgres*sions 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 *deli****verance***. |
| 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 *under****standing***; \*  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 re*joice in* ***the LORD***; \*  shout for joy, all who *are true* ***of heart***. |

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|  | **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 psal*tery* ***and lyre***. |
| 3 | Sing for *him a* ***new song***; \*  sound a fanfare with all your skill up*on the* ***trumpet***. |
| 4 | For the word of *the LORD* ***is right***, \*  and all *his works* ***are sure***. |
| 5 | He loves righteous*ness and* ***justice***; \*  the loving-kindness of the LORD *fills the* ***whole earth***. |
| 6 | By the word of the LORD were *the hea****vens made***, \*  by the breath of his mouth all the *heaven****ly hosts***. |
| 7 | He gathers up the waters of the ocean as in *a wa****ter-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***! |

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| 13 | The LORD looks *down from* ***heaven***, \*  and beholds all the peo*ple 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 under*stands 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 *deli****verance***; \*  for all its strength *it can****not 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 re*joices* ***in him***, \*  for in his holy Name *we put* ***our trust***. |
| 22 | Let your loving-kindness, O LORD, *be up****on us***, \*  as we have put *our trust* ***in you***. |
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|  | **34** *Benedicam Dominum* |
| 1 | I will bless the *LORD at* ***all times***; \*  his praise shall ever *be in* ***my mouth***. |
| 2 | I will glo*ry in* ***the LORD***; \*  let the humble *hear and* ***rejoice***. |
| 3 | Proclaim with me the great*ness of* ***the LORD***; \*  let us exalt his *Name to****gether***. |

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| 4 | I sought the LORD, and *he an****swered me*** \*  and delivered me out of *all my* ***terror***. |
| 5 | Look upon him and *be ra****diant***, \*  and let not your fa*ces 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 *deli****ver 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 no*thing that* ***is good***. |
| 11 | Come, children, and *listen* ***to me***; \*  I will teach you the *fear of* ***the LORD***. |
| 12 | Who a*mong you* ***loves life*** \*  and desires long life to enjoy *prospe****rity***? |
| 13 | Keep your tongue from *evil-****speaking*** \*  and your lips *from ly****ing words***. |
| 14 | Turn from e*vil and* ***do good***; \*  seek peace *and pur****sue it***. |
| 15 | The eyes of the LORD are up*on the* ***righteous***, \*  and his ears are o*pen 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***. |

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| 17 | The righteous cry, and *the LORD* ***hears them*** \*  and delivers them from *all their* ***troubles***. |
| 18 | The LORD is near to the *broken****hearted*** \*  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***. |

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|  | **35** *Judica, Domine* |
| 1 | Fight those who *fight me,* ***O LORD***; \*  attack those who are *attac****king me***. |
| 2 | Take up *shield and* ***armor*** \*  and rise *up to* ***help me***. |
| 3 | Draw the sword and bar the way against those *who pur****sue me***; \*  say to my soul, "I am *your sal****vation***." |
| 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***. |

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| 6 | Let their way be dark *and slip****pery***, \*  and let the angel of the *LORD pur****sue 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 un****awares***; \*  let them be caught in the net they hid;  let them fall into *the pit* ***they dug***. |
| 9 | Then I will be joy*ful in* ***the LORD***; \*  I will glory in *his vic****tory***. |
| 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 a****gainst 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 my*self 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 ga*thered a****gainst 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***. |

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| 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 *congre****gation***; \*  I will praise you in *the migh****ty throng***. |
| 19 | Do not let my treacherous foes re*joice o****ver 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 qui*et 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, a*rise, to* ***my cause***! \*  to my defense, my *God and* ***my Lord***! |
| 24 | Give me justice, O LORD my God,  according to *your righ****teousness***; \*  do not let them tri*umph o****ver 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 a*shamed 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***." |

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| 28 | And my tongue shall be talking of *your righ****teousness*** \*  and of your praise *all the* ***day long***. |
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|  | **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 de****ceitful***; \*  he has left off acting wisely *and do****ing 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 faithful*ness 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 sha*dow of* ***your wings***. |
| 8 | They feast upon the abun*dance 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***. |

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| 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 wic****kedness***! \*  they are cast down and shall not be *able* ***to rise***. |

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|  | **37** |
|  | **Part I** *Noli aemulari* |
| 1 | Do not fret yourself because of *evil****doers***; \*  do not be jealous of *those who* ***do wrong***. |
| 2 | For they shall soon wi*ther 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 de*light 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 pa*tiently* ***for him***. |
| 8 | Do not fret yourself over the *one who* ***prospers***, \*  the one who succeeds *in e****vil schemes***. |
| 9 | Refrain from anger, *leave rage* ***alone***; \*  do not fret yourself; it leads on*ly to* ***evil***. |

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| 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 a*bundance* ***of peace***. |
| 13 | The wicked plot a*gainst 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 up*right in* ***their ways***. |
| 16 | Their sword shall go *through their* ***own heart***, \*  and their bow *shall be* ***broken***. |
| 17 | The little that *the righ****teous has*** \*  is better than great riches *of the* ***wicked***. |
| 18 | For the power of the wicked *shall be* ***broken***, \*  but the LORD up*holds the* ***righteous***. |
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|  | **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 a*shamed 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***. |

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| 22 | The wicked borrow and *do not* ***repay***, \*  but the righteous are gene*rous 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 direc*ted 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 chil*dren beg****ging bread***. |
| 27 | The righteous are always generous *in their* ***lending***, \*  and their children shall *be a* ***blessing***. |
| 28 | Turn from e*vil, and* ***do good***, \*  and dwell in the *land for* ***ever***. |
| 29 | For the *LORD loves* ***justice***; \*  he does not forsake *his faith****ful 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 occa*sion to* ***kill them***. |

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| 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 ar****rogance***, \*  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;  ob*serve the* ***upright***; \*  for there is a future for *the peace****able***. |
| 40 | Transgressors shall be de*stroyed, one* ***and all***; \*  the future of the wic*ked 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 res****cue them***; \*  he will rescue them from the wicked and deliver them,  because they seek *refuge* ***in him***. |

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|  | **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 al*ready* ***pierced me***, \*  and your hand presses *hard up****on me***. |

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| 3 | There is no health in my flesh,  because of your *indig****nation***; \*  there is no soundness in my body, be*cause of* ***my sin***. |
| 4 | For my iniquities *over****whelm me***; \*  like a heavy burden they are too much *for me* ***to bear***. |
| 5 | My wounds *stink and* ***fester*** \*  by reason of *my foo****lishness***. |
| 6 | I am utterly bowed *down and* ***prostrate***; \*  I go about in mourning *all the* ***day long***. |
| 7 | My loins are filled *with sea****ring pain***; \*  there is no health *in my* ***body***. |
| 8 | I am utter*ly numb* ***and crushed***; \*  I wail, because of the groa*ning 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 af****fliction***; \*  my neighbors *stand a****far 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***. |

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| 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 *ini****quity*** \*  and be sor*ry for* ***my sin***. |
| 19 | Those who are my enemies without *cause are* ***mighty***, \*  and many in number are those who wrong*fully* ***hate me***. |
| 20 | Those who repay evil for *good slan****der me***, \*  because I follow the *course that* ***is right***. |
| 21 | O LORD, do *not for****sake me***; \*  be not far from *me, O* ***my God***. |
| 22 | Make *haste to* ***help me***, \*  O Lord of *my sal****vation***. |
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|  | **39** *Dixi, Custodiam* |
| 1 | I said, "I will keep watch *upon* ***my ways***, \*  so that I do not of*fend with* ***my tongue***. |
| 2 | I will put a muz*zle 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 *unbear****able***. |
| 4 | My heart was hot within me;  while I pondered, the fire *burst in****to flame***; \*  I spoke *out with* ***my tongue***: |

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| 5 | LORD, let me know my end and the num*ber 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 no*thing 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 ga****ther them***. |
| 8 | And now, *what is* ***my hope***? \*  O Lord, my *hope is* ***in you***. |
| 9 | Deliver me from all *my trans****gressions*** \*  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 af*fliction* ***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 so*journer* ***with you***, \*  a wayfarer, as all *my fore****bears were***. |
| 15 | Turn your gaze from me, that I may *be glad* ***again***, \*  before I go my way *and am* ***no more***. |
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|  | **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 foo****ting 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 *concer****ning me***: \*  'I love to do your will, O my God;  your law is *deep in* ***my heart***.'" |
| 10 | I proclaimed righteousness in the great *congre****gation***; \*  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 *deli****verance***; \*  I have not concealed your love and faithfulness from the great *congre****gation***. |

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| 12 | You are the LORD;  do not withhold your com*passion* ***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 can****not see***; \*  they are more in number than the hairs of my head,  and *my heart* ***fails me***. |
| 14 | Be pleased, O LORD, to *deli****ver me***; \*  O LORD, make *haste to* ***help me***. |
| 15 | Let them be ashamed and altogether dismayed  who seek after my life *to de****stroy it***; \*  let them draw back and be disgraced  who take pleasure in *my mis****fortune***. |
| 16 | Let those who say "Aha!" and gloat over me *be con****founded***, \*  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 af****flicted***, \*  the Lord will have *regard* ***for me***. |
| 19 | You are my helper and my *deli****verer***; \*  do not tar*ry, O* ***my God***. |
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|  | **41** *Beatus qui intelligit* |
| 1 | Happy are they who consider the *poor and* ***needy***! \*  the LORD will deliver them in the *time of* ***trouble***. |

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| 2 | The LORD preserves them and keeps them alive,  so that they may be hap*py in* ***the land***; \*  he does not hand them over to the will of *their en****emies***. |
| 3 | The LORD sustains them *on their* ***sickbed*** \*  and ministers to them *in their* ***illness***. |
| 4 | I said, "LORD, be mer*ciful* ***to me***; \*  heal me, for I have *sinned a****gainst you***." |
| 5 | My enemies are saying wicked *things a****bout me***: \*  When will he die, and *his name* ***perish***?" |
| 6 | Even if they come to see me, they *speak emp****ty words***; \*  their heart collects false rumors;  they go out*side and* ***spread them***. |
| 7 | All my enemies whisper toge*ther a****bout me*** \*  and devise e*vil a****gainst 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 a****gainst me***. |
| 10 | But you, O LORD, be merciful to me *and raise* ***me up***, \*  and I *shall re****pay them***. |
| 11 | By this I know you *are pleased* ***with me***, \*  that my enemy does not tri*umph o****ver 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 Is****rael***, \*  from age to age. *Amen.* ***Amen***. |

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|  | **42** *Quemadmodum* |
| 1 | As the deer longs for *the wa****ter-brooks***, \*  so longs my soul *for you,* ***O God***. |
| 2 | My soul is athirst for God, athirst for *the li****ving 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 thanks****giving***, \*  among those who *keep ho****ly-day***. |
| 6 | Why are you so full of heavi*ness, O* ***my soul***? \*  and why are you so disquie*ted with****in me***? |
| 7 | Put *your trust* ***in God***; \*  for I will yet give thanks to him,  who is the help of my counte*nance, and* ***my God***. |
| 8 | My soul is hea*vy with****in 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 ca****taracts***; \*  all your rapids and floods have *gone o****ver 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***. |

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| 11 | I will say to the God of my strength,  "Why have you *forgot****ten me***? \*  and why do I go so heavily while the enemy *oppres****ses 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 heavi*ness, O* ***my soul***? \*  and why are you so disquie*ted with****in me***? |
| 15 | Put *your trust* ***in God***; \*  for I will yet give thanks to him,  who is the help of my counte*nance, and* ***my God***. |
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|  | **43** *Judica me, Deus* |
| 1 | Give judgment for me, O God,  and defend my cause against an un*godly* ***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 *oppres****ses 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***. |

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| 5 | Why are you so full of heavi*ness, O* ***my soul***? \*  and why are you so disquie*ted with****in me***? |
| 6 | Put *your trust* ***in God***; \*  for I will yet give thanks to him,  who is the help of my counte*nance, and* ***my God***. |

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|  | **44** *Deus, auribus* |
| 1 | We have heard with our ears, O God,  our forefa*thers 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 forefa*thers 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 vic*tory* ***for them***; \*  but your right hand, your arm, and the light of your countenance,  because *you fa****vored them***. |
| 4 | You are my *King and* ***my God***; \*  you command victo*ries for* ***Jacob***. |
| 5 | Through you we pushed back our *adver****saries***; \*  through your Name we trampled on those who rose *up a****gainst us***. |
| 6 | For I do not re*ly on* ***my bow***, \*  and my sword does not give me *the vic****tory***. |
| 7 | Surely, you gave us victory over our *adver****saries*** \*  and put those who *hate us* ***to shame***. |

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| 8 | Every day we *gloried* ***in God***, \*  and we will praise your *Name for* ***ever***. |
| 9 | Nevertheless, you have rejected *and hum****bled us*** \*  and do not go forth *with our* ***armies***. |
| 10 | You have made us fall back before our *adver****sary***, \*  and our enemies *have plun****dered us***. |
| 11 | You have made us like sheep *to be* ***eaten*** \*  and have scattered us a*mong 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 a****round us***. |
| 14 | You have made us a byword a*mong the* ***nations***, \*  a laughing-stock a*mong the* ***peoples***. |
| 15 | My humiliation is dai*ly be****fore me***, \*  and shame has *covered* ***my face***; |
| 16 | Because of the taunts of the mockers *and blas****phemers***, \*  because of the enemy *and a****venger***. |
| 17 | All this has *come up****on us***; \*  yet we have not forgotten you,  nor have we betrayed *your co****venant***. |
| 18 | Our heart *never* ***turned back***, \*  nor did our footsteps *stray from* ***your path***; |
| 19 | Though you thrust us down into a place *of mi****sery***, \*  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 se*crets of* ***the heart***. |

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| 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 op****pression***? |
| 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 stead****fast love***. |

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|  | **45** *Eructavit cor meum* |
| 1 | My heart is stirring with a noble song;  let me recite what I have fa*shioned 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 ma****jesty***. |
| 4 | Ride out and conquer in *the cause* ***of truth*** \*  and for the *sake of* ***justice***. |
| 5 | Your right hand will show you *marve****lous things***; \*  your arrows are very sharp, O *mighty* ***warrior***. |
| 6 | The peoples are fal*ling at* ***your feet***, \*  and the king's enemies *are lo****sing heart***. |

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| 7 | Your throne, O God, endures for e*ver and* ***ever***, \*  a scepter of righteousness is the scepter of your kingdom;  you love righteousness and hate *ini****quity***. |
| 8 | Therefore God, your God, has *anoin****ted you*** \*  with the oil of gladness a*bove your* ***fellows***. |
| 9 | All your garments are fragrant with myrrh, aloes, *and cas****sia***, \*  and the music of strings from ivory pala*ces makes* ***you glad***. |
| 10 | Kings' daughters stand among the la*dies 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 fa****ther'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 pro****cession***. |
| 16 | With joy and glad*ness they* ***are brought***, \*  and enter into the pa*lace of* ***the king***. |
| 17 | "In place of fathers, O king, *you shall* ***have sons***; \*  you shall make them princes o*ver all* ***the earth***. |
| 18 | I will make your name to be remembered  from one generation *to a****nother***; \*  therefore nations will praise you for e*ver and* ***ever***." |
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|  | **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 wa*ters 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 o****verthrown***; \*  God shall help her at *the break* ***of day***. |
| 7 | The nations make much ado, and the king*doms 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***. |

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| 11 | "Be still, then, and know *that I* ***am God***; \*  I will be exalted among the nations;  I will be exal*ted in* ***the earth***." |
| 12 | The LORD of *hosts is* ***with us***; \*  the God of Jacob *is our* ***stronghold***. |
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|  | **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 o*ver all* ***the earth***. |
| 3 | He subdues the peo*ples un****der us***, \*  and the nations *under* ***our feet***. |
| 4 | He chooses our inhe*ritance* ***for us***, \*  the pride of Ja*cob 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 o*ver the* ***nations***; \*  God sits upon *his ho****ly throne***. |
| 9 | The nobles of the peoples have ga*thered to****gether*** \*  with the people of the God *of Ab****raham***. |
| 10 | The rulers of the earth *belong* ***to God***, \*  and he is high*ly ex****alted***. |

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|  | **48** *Magnus Dominus* |
| 1 | Great is the LORD, and high*ly to* ***be praised***; \*  in the city of our God is *his ho****ly 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 ci****tadels***; \*  he is known to be *her sure* ***refuge***. |
| 4 | Behold, the kings of the *earth as****sembled*** \*  and marched for*ward to****gether***. |
| 5 | They looked and *were a****stounded***; \*  they retreated and *fled in* ***terror***. |
| 6 | Trem*bling seized* ***them there***; \*  they writhed like a woman in childbirth,  like ships of the sea when the east *wind shat****ters them***. |
| 7 | As we have heard, so have we seen,  in the city of the LORD of hosts, in the ci*ty 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 a****bout her***; \*  count the number *of her* ***towers***. |

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| 12 | Consider well her bulwarks;  exa*mine her* ***strongholds***; \*  that you may tell those *who come* ***after***. |
| 13 | This God is our God for e*ver and* ***ever***; \*  he shall be our guide *for e****vermore***. |
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|  | **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 to****gether***. |
| 2 | My mouth shall *speak of* ***wisdom***, \*  and my heart shall meditate on *under****standing***. |
| 3 | I will incline my ear *to a* ***proverb*** \*  and set forth my riddle *upon* ***the harp***. |
| 4 | Why should I be afraid *in e****vil days***, \*  when the wickedness of those at my *heels sur****rounds 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 e*nough to* ***pay it***, |
| 8 | In order to live for e*ver and* ***ever***, \*  and ne*ver see* ***the grave***. |
| 9 | For we see that the wise die also;  like the dull and stu*pid they* ***perish*** \*  and leave their wealth to those who *come af****ter them***. |

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| 10 | Their graves shall be their homes for ever,  their dwelling places from generation to *gene****ration***, \*  though they call the lands af*ter 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 straight*way 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 be****come rich***, \*  or when the grandeur of their *house in****creases***; |
| 17 | For they will carry nothing a*way at* ***their death***, \*  nor will their gran*deur fol****low them***. |
| 18 | Though they thought highly of them*selves 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 *under****standing***, \*  are like the *beasts that* ***perish***. |

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|  | **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 him*self in* ***glory***. |
| 3 | Our God will come and will *not keep* ***silence***; \*  before him there is a consuming flame,  and round about him *a ra****ging storm***. |
| 4 | He calls the heavens and the *earth from* ***above*** \*  to witness the judgment *of his* ***people***. |
| 5 | "Gather before me my lo*yal fol****lowers***, \*  those who have made a covenant with me  and sealed it *with sac****rifice***." |
| 6 | Let the heavens declare the right*ness of* ***his cause***; \*  for God *himself* ***is judge***. |
| 7 | Hear, O my people, and I will speak:  "O Israel, I will bear wi*tness a****gainst you***; \*  for I *am God,* ***your God***. |
| 8 | I do not accuse you because of your *sacri****fices***; \*  your offerings are al*ways be****fore 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***. |

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| 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 thanks****giving*** \*  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 ho****nor me***." |
| 16 | But to the *wicked* ***God says***: \*  Why do you recite my statutes,  and take my covenant *upon* ***your lips***; |
| 17 | Since you re*fuse dis****cipline***, \*  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 *adul****terers***. |
| 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 mo****ther'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 *accu****sation***; \*  I have put my case in order *before* ***your eyes***. |
| 23 | Consider this well, you *who for****get God***, \*  lest I rend you and there be none to *deli****ver you***. |

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| 24 | Whoever offers me the sacrifice of thanksgi*ving* *ho****nors me***; \*  but to those who keep in my way will I show the sal*vation* ***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 of****fenses***. |
| 2 | Wash me through and through from *my wic****kedness*** \*  and cleanse *me from* ***my sin***. |
| 3 | For I know *my trans****gressions***, \*  and my sin is e*ver be****fore me***. |
| 4 | Against you on*ly have* ***I sinned*** \*  and done what is e*vil in* ***your sight***. |
| 5 | And so you are justi*fied when* ***you speak*** \*  and upright *in your* ***judgment***. |
| 6 | Indeed, I have been wic*ked from* ***my birth***, \*  a sinner from *my mo****ther's womb***. |
| 7 | For behold, you look for truth *deep with****in me***, \*  and will make me understand wis*dom se****cretly*** |
| 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 bro*ken may* ***rejoice***. |
| 10 | Hide your *face from* ***my sins*** \*  and blot out all my *ini****quities***. |

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| 11 | Create in me a *clean heart,* ***O God***, \*  and renew a right spi*rit with****in me***. |
| 12 | Cast me not away *from your* ***presence*** \*  and take not your holy *Spirit* ***from me***. |
| 13 | Give me the joy of your sa*ving help* ***again*** \*  and sustain me with your boun*tiful* ***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 sal****vation***. |
| 16 | Open *my lips,* ***O Lord***, \*  and my mouth shall *proclaim* ***your praise***. |
| 17 | Had you desired it, I would have of*fered sac****rifice***, \*  but you take no delight in *burnt-of****ferings***. |
| 18 | The sacrifice of God is a *troubled* ***spirit***; \*  a broken and contrite heart, O God, you *will not* ***despise***. |
| 19 | Be favorable and gra*cious to* ***Zion***, \*  and rebuild the walls of *Jeru****salem***. |
| 20 | Then you will be pleased with the appointed sacrifices,  with burnt-offerings *and ob****lations***; \*  then shall they offer young bullocks up*on your* ***altar***. |
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|  | **52** *Quid gloriaris?* |
| 1 | You tyrant, why do you boast *of wic****kedness*** \*  against the god*ly all* ***day long***? |

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| 2 | You plot ruin;  your tongue is like a *sharpened* ***razor***, \*  O worker *of de****ception***. |
| 3 | You love e*vil more* ***than good*** \*  and lying more than *speaking* ***the truth***. |
| 4 | You love *all words* ***that hurt***, \*  O you *deceit****ful tongue***. |
| 5 | Oh, that God would demolish *you ut****terly***, \*  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 up*on wic****kedness***." |
| 8 | But I am like a green olive tree in *the house* ***of God***; \*  I trust in the mercy of God for e*ver 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***. |
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|  | **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 a****ny good***. |

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| 2 | God looks down from heaven *upon* ***us all***, \*  to see if there is any who is wise,  if there is one who *seeks af****ter God***. |
| 3 | Every one has proved faithless;  all a*like have* ***turned bad***; \*  there is none who does *good; no,* ***not one***. |
| 4 | Have they no knowledge, those *evil****doers*** \*  who eat up my people like bread  and do not *call up****on God***? |
| 5 | See how greatly they tremble,  such trembling *as ne****ver was***; \*  for God has scattered the bones of the enemy;  they are put to shame, because God has *rejec****ted them***. |
| 6 | Oh, that Israel's deliverance would come *out of* ***Zion***! \*  when God restores the fortunes of his people  Jacob will rejoice and Is*rael* ***be glad***. |

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|  | **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 faithful*ness, de****stroy them***. |

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| 6 | I will offer you a free*will sac****rifice*** \*  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***. |
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|  | **55** *Exaudi, Deus* |
| 1 | Hear *my prayer,* ***O God***; \*  do not hide yourself from *my pe****tition***. |
| 2 | Listen to me *and an****swer me***; \*  I have no peace, be*cause of* ***my cares***. |
| 3 | I am shaken by the noise of *the en****emy*** \*  and by the pressure *of the* ***wicked***; |
| 4 | For they have cast an evil *spell up****on me*** \*  and are set against *me in* ***fury***. |
| 5 | My heart *quakes with****in me***, \*  and the terrors of death have fal*len up****on me***. |
| 6 | Fear and trembling have *come o****ver me***, \*  and horror *over****whelms 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 wil****derness***. |
| 9 | I would has*ten 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***. |

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| 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 corrup*tion at* ***her heart***; \*  her streets are never free of oppres*sion 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 af*ter my* ***own heart***, \*  my companion, my own *famil****iar friend***. |
| 15 | We took sweet coun*sel to****gether***, \*  and walked with the throng in *the house* ***of God***. |
| 16 | Let death come upon them suddenly;  let them go down a*live to* ***the grave***; \*  for wickedness is in their dwellings, in *their ve****ry midst***. |
| 17 | But I will *call up****on God***, \*  and the LORD will *deli****ver me***. |
| 18 | In the evening, in the morning, and at noonday,  I will com*plain and* ***lament***, \*  and he *will hear* ***my voice***. |
| 19 | He will bring me safely back from the battle *waged a****gainst me***; \*  for there are ma*ny 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 a*gainst his* ***comrade***; \*  he has broken *his co****venant***. |

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| 22 | His speech is sof*ter 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 sus****tain you***; \*  he will never let the *righteous* ***stumble***. |
| 25 | For you will bring the bloodthirsty *and de****ceitful*** \*  down to the pit of de*struction,* ***O God***. |
| 26 | They shall not live *out half* ***their days***, \*  but I will put *my trust* ***in you***. |
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|  | **56** *Miserere mei, Deus* |
| 1 | Have mercy on me, O God,  for my enemies *are houn****ding me***; \*  all day long they assault *and op****press 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***. |

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| 6 | They band together; *they lie* ***in wait***; \*  they spy upon my footsteps;  because *they seek* ***my life***. |
| 7 | Shall they escape despite *their wic****kedness***? \*  O God, in your anger, cast *down the* ***peoples***. |
| 8 | You have noted my lamentation;  put my tears in*to your* ***bottle***; \*  are they not recor*ded 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 mor*tals do* ***to me***? |
| 11 | I am bound by the vow I made *to you,* ***O God***; \*  I will present to you *thank-of****ferings***; |
| 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***. |
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|  | **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 trou*ble 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 tram*ple up****on me***; \*  God will send forth his love and *his faith****fulness***. |

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| 4 | I lie in the midst of lions that de*vour 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 in*to it* ***themselves***. |
| 6 | Exalt yourself above the *heavens,* ***O God***, \*  and your glory o*ver all* ***the earth***. |
| 7 | My heart is firmly fixed, O God, *my heart* ***is fixed***; \*  I will sing and *make me****lody***. |
| 8 | Wake up, my spirit;  a*wake, 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 a*mong the* ***nations***. |
| 10 | For your loving-kindness is greater *than the* ***heavens***, \*  and your faithfulness rea*ches to* ***the clouds***. |
| 11 | Exalt yourself above the *heavens,* ***O God***, \*  and your glory o*ver all* ***the earth***. |
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|  | **58** *Si vere utique* |
| 1 | Do you indeed decree righteous*ness, you* ***rulers***? \*  do you judge the peoples *with e****quity***? |
| 2 | No; you devise e*vil in* ***your hearts***, \*  and your hands deal out vio*lence in* ***the land***. |
| 3 | The wicked are per*verse from* ***the womb***; \*  liars go a*stray from* ***their birth***. |

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| 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 skill*ful 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 wa*ter that* ***runs off***; \*  let them wither *like trod****den grass***. |
| 8 | Let them be like the snail *that melts* ***away***, \*  like a stillborn child that ne*ver 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***." |
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|  | **59** *Eripe me de inimicis* |
| 1 | Rescue me from my en*emies,* ***O God***; \*  protect me from those who rise *up a****gainst me***. |
| 2 | Rescue me from *evil****doers*** \*  and save me from those who *thirst for* ***my blood***. |
| 3 | See how they lie in wait for my life,  how the mighty gather toge*ther a****gainst me***; \*  not for any offense or fault *of mine,* ***O LORD***. |

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| 4 | Not because of a*ny guilt* ***of mine*** \*  they run and prepare them*selves for* ***battle***. |
| 5 | Rouse yourself, come to *my side,* ***and see***; \*  for you, LORD God of hosts, are *Isra****el's God***. |
| 6 | Awake, and punish all *the un****godly***; \*  show no mercy to those who are faith*less and* ***evil***. |
| 7 | They go to and fro *in the* ***evening***; \*  they snarl like dogs and run a*bout 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 un*godly* ***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 en****emies***. |
| 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 a*bout the* ***city***. |

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| 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 be*come 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 *merci****ful God***. |
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|  | **60** *Deus, repulisti nos* |
| 1 | O God, you have cast us off *and bro****ken 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 peo*ple 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 po*wer of* ***the bow***. |
| 5 | Save us by your right hand *and an****swer us***, \*  that those who are dear to you may *be de****livered***. |
| 6 | God spoke from his ho*ly place* ***and said***: \*  "I will exult and parcel out Shechem;  I will divide the val*ley of* ***Succoth***. |
| 7 | Gilead is mine and Ma*nasseh* ***is mine***; \*  Ephraim is my helmet and Ju*dah my* ***scepter***. |

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| 8 | Moab is my wash-basin,  on Edom I throw down my san*dal 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 en****emy***, \*  for vain is *the help* ***of man***. |
| 12 | With God we will *do val****iant deeds***, \*  and he shall tread our ene*mies un****der foot***. |
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|  | **61** *Exaudi, Deus* |
| 1 | Hear *my cry,* ***O God***, \*  and lis*ten to* ***my prayer***. |
| 2 | I call upon you from the ends of the earth  with heavi*ness 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 en****emy***. |

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| 4 | I will dwell in your *house for* ***ever***; \*  I will take refuge under the co*ver 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 *gene****rations***. |

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| 7 | Let him sit enthroned before *God for* ***ever***; \*  bid love and faithfulness *watch o****ver him***. |
| 8 | So will I always sing the *praise of* ***your Name***, \*  and day by day I will *fulfill* ***my vows***. |
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|  | **62** *Nonne Deo?* |
| 1 | For God alone my soul *in si****lence waits***; \*  from him comes *my sal****vation***. |
| 2 | He alone is my rock and *my sal****vation***, \*  my stronghold, so that I shall not be *greatly* ***shaken***. |
| 3 | How long will you assail me to crush me,  all of *you to****gether***, \*  as if you were a leaning fence, *a top****pling 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 si****lence waits***; \*  truly, my *hope is* ***in him***. |
| 7 | He alone is my rock and *my sal****vation***, \*  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 al*ways, O* ***people***, \*  pour out your hearts before him, for God *is our* ***refuge***. |

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| 10 | Those of high degree are but *a flee****ting breath***, \*  even those of low estate can*not be* ***trusted***. |
| 11 | On the scales they are ligh*ter than* ***a breath***, \*  all of *them to****gether***. |
| 12 | Put no trust in extortion;  in robbery take *no emp****ty pride***; \*  though wealth increase, set not your *heart up****on 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 accor*ding to* ***his deeds***. |
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|  | **63** *Deus, Deus meus* |
| 1 | O God, you are my God; eager*ly 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 ho****ly 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 mar*row and* ***fatness***, \*  and my mouth praises you *with joy****ful 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***. |

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| 8 | My *soul clings* ***to you***; \*  your right *hand holds* ***me fast***. |
| 9 | May those who seek my life *to de****stroy 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***. |

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|  | **64** *Exaudi, Deus* |
| 1 | Hear my voice, O God, *when I* ***complain***; \*  protect my life from fear of *the e****nemy***. |
| 2 | Hide me from the conspiracy *of the* ***wicked***, \*  from the mob of *evil****doers***. |
| 3 | They sharpen their *tongue like* ***a sword***, \*  and aim their bitter *words like* ***arrows***, |
| 4 | That they may shoot down the blame*less from* ***ambush***; \*  they shoot without warning and *are not* ***afraid***. |
| 5 | They hold fast to *their e****vil 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 per****fect plot***." |
| 7 | The human mind and heart are *a mys****tery***; \*  but God will loose an arrow at them,  and suddenly they *will be* ***wounded***. |

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| 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 re*cognize* ***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***. |

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|  | **65** *Te decet hymnus* |
| 1 | You are to be praised, O *God, in* ***Zion***; \*  to you shall vows be performed in *Jeru****salem***. |
| 2 | To you that hear prayer *shall all* ***flesh come***, \*  because of *their trans****gressions***. |
| 3 | Our sins are stron*ger 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 sal****vation***, \*  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 roa*ring of* ***the seas***, \*  the roaring of their waves,  and the clamor *of the* ***peoples***. |

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| 8 | Those who dwell at the ends of the earth will tremble at your *marve****lous signs***; \*  you make the dawn and the dusk *to sing* ***for joy***. |
| 9 | You visit the earth and water it abundantly;  you make it ve*ry plen****teous***; \*  the river of God is *full of* ***water***. |
| 10 | You *prepare* ***the grain***, \*  for so you pro*vide 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 over*flow 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***. |
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|  | **66** *Jubilate Deo* |
| 1 | Be joyful in *God, all* ***you lands***; \*  sing the glory of his Name;  sing the glo*ry of* ***his praise***. |
| 2 | Say to God, "How awe*some are* ***your deeds***! \*  because of your great strength your enemies *cringe be****fore you***. |
| 3 | All the earth bows *down be****fore you***, \*  sings to you, *sings out* ***your Name***." |

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| 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 o*ver the* ***nations***; \*  let no rebel rise *up a****gainst 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 re****freshment***. |
| 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***. |

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| 15 | I called out to *him with* ***my mouth***, \*  and his praise *was on* ***my tongue***. |
| 16 | If I had found e*vil 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 re*jected* ***my prayer***, \*  nor withheld *his love* ***from me***. |
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|  | **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 up****on earth***, \*  your saving health a*mong 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 na*tions up****on 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***. |

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|  | **68** *Exsurgat Deus* |
| 1 | Let God arise, and let his ene*mies be* ***scattered***; \*  let those who hate him *flee be****fore 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 re*joice be****fore God***; \*  let them also be mer*ry and* ***joyful***. |
| 4 | Sing to God, sing praises to his Name;  exalt him who rides up*on the* ***heavens***; \*  YAHWEH is his Name, re*joice be****fore him***! |
| 5 | Father of orphans, defen*der of* ***widows***, \*  God in his holy *habi****tation***! |
| 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 be*fore your* ***people***, \*  when you marched through *the wil****derness***, |
| 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 Is****rael***. |
| 9 | You sent a gracious rain, O God, upon your *inhe****ritance***; \*  you refreshed the land when *it was* ***weary***. |
| 10 | Your people found *their home* ***in it***; \*  in your goodness, O God, you have made provi*sion* *for* ***the poor***. |

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| 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 di*viding* ***the spoils***." |
| 13 | Though you lingered a*mong the* ***sheepfolds***, \*  you shall be like a dove whose wings are covered with silver,  whose feathers *are like* ***green gold***. |
| 14 | When the Almigh*ty scat****tered kings***, \*  it was like snow fal*ling 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 res****ting place***? \*  truly, the LORD will dwell *there for* ***ever***. |
| 17 | The chariots of God are twenty thousand,  even thou*sands of* ***thousands***; \*  the Lord comes in holi*ness from* ***Sinai***. |
| 18 | You have gone up on high and led captivity captive;  you have received gifts even from *your en****emies***, \*  that the LORD God might *dwell a****mong 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 sal****vation***; \*  God is the LORD, by whom *we es****cape death***. |
| 21 | God shall crush the heads of *his en****emies***, \*  and the hairy scalp of those who go on still in *their* *wic****kedness***. |

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| 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 en****emies***." |
| 24 | They see your pro*cession,* ***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 up*on the* ***hand-drums***. |
| 26 | Bless God in the *congre****gation***; \*  bless the LORD, you that are of the fountain *of Is****rael***. |
| 27 | There is Benjamin, least of the tribes, at the head;  the princes of Judah in *a com****pany***; \*  and the princes of Zebulon *and Naph****tali***. |
| 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 *Jeru****salem***. |
| 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 king*doms of* ***the earth***; \*  sing prai*ses to* ***the Lord***. |
| 34 | He rides in the heavens, the *ancient* ***heavens***; \*  he sends forth his voice, *his migh****ty voice***. |

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| 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***! |
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|  | **69** *Salvum me fac* |
| 1 | *Save me,* ***O God***, \*  for the waters have risen *up to* ***my neck***. |
| 2 | I am sin*king in* ***deep mire***, \*  and there is no firm *ground for* ***my feet***. |
| 3 | I have come in*to deep* ***waters***, \*  and the torrent wa*shes o****ver me***. |
| 4 | I have grown weary with my crying;  my *throat is* ***inflamed***; \*  my eyes have failed from loo*king 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 ne****ver stole***? |
| 6 | O God, you know *my foo****lishness***, \*  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 Is****rael***. |

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| 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 fal*len up****on me***. |
| 11 | I humbled my*self with* ***fasting***, \*  but that was turned *to my* ***reproach***. |
| 12 | I put on *sack-cloth* ***also***, \*  and became a by*word a****mong them***. |
| 13 | Those who sit at the gate mur*mur a****gainst me***, \*  and the drunkards make *songs a****bout 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 *unfai****ling 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 up****on me***. |
| 18 | Answer me, O LORD, for *your love* ***is kind***; \*  in your great compas*sion, 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 re****deem me***; \*  because of my enemies *deli****ver me***. |

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| 21 | You know my reproach, my shame, and *my dis****honor***; \*  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 vin*egar* ***to drink***. |
| 24 | Let the table before *them be* ***a trap*** \*  and their sa*cred feasts* ***a snare***. |
| 25 | Let their eyes be darkened, that *they may* ***not see***, \*  and give them continual trem*bling in* ***their loins***. |
| 26 | Pour out your indigna*tion up****on them***, \*  and let the fierceness of your anger *over****take them***. |
| 27 | Let their camp *be de****solate***, \*  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 up****on guilt***, \*  and let them not receive your *vindi****cation***. |
| 30 | Let them be wiped out of the book *of the* ***living*** \*  and not be written a*mong the* ***righteous***. |
| 31 | As for me, I am afflic*ted 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 thanks****giving***. |
| 33 | This will please the LORD more than an of*fering of* ***oxen***, \*  more than bullocks *with horns* ***and hoofs***. |

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| 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 ci*ties of* ***Judah***; \*  they shall live there and have it *in pos****session***. |
| 38 | The children of his servants will *inhe****rit it***, \*  and those who love his Name *will dwell* ***therein***. |
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|  | **70** *Deus, in adjutorium* |
| 1 | Be pleased, O God, to *deli****ver me***; \*  O LORD, make *haste to* ***help me***. |
| 2 | Let those who seek my life be ashamed  and alto*gether* ***dismayed***; \*  let those who take pleasure in my misfortune  draw back *and be* ***disgraced***. |
| 3 | Let those who say to me "Aha!" and gloat o*ver 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 spee*dily,* ***O God***. |
| 6 | You are my helper and my *deli****verer***; \*  O LORD, *do not* ***tarry***. |

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|  | **71** *In te, Domine, speravi* |
| 1 | In you, O LORD, have I *taken* ***refuge***; \*  let me ne*ver 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 op****pressor***. |
| 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 por*tent to* ***many***; \*  but you are my re*fuge 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 tal*king a****gainst me***, \*  and those who lie in wait for my life take coun*sel to****gether***. |
| 11 | They say, "God has forsaken him;  go after *him and* ***seize him***; \*  because there is *none who* ***will save***." |

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| 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 righteous*ness, yours* ***alone***. |
| 17 | O God, you have taught me *since I* ***was young***, \*  and to this day I tell of your *wonder****ful works***. |
| 18 | And now that I am old and gray-headed, O God, do *not* *for****sake 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 *adver****sities***, \*  but you will restore my life  and bring me up again from the deep pla*ces of* ***the earth***. |
| 21 | You strengthen *me more* ***and more***; \*  you enfold *and com****fort me***, |

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| 22 | Therefore I will praise you upon the lyre for your faithful*ness, O* ***my God***; \*  I will sing to you with the harp, O Holy One *of Is****rael***. |
| 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 righteous*ness all* ***day long***, \*  for they are ashamed and disgraced who sought *to do* ***me harm***. |
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|  | **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 peo*ple righ****teously*** \*  and the *poor with* ***justice***. |
| 3 | That the mountains may bring prosperity *to the* ***people***, \*  and the little hills *bring righ****teousness***. |
| 4 | He shall defend the needy a*mong the* ***people***; \*  he shall rescue the poor and crush *the op****pressor***. |
| 5 | He shall live as long as the sun *and moon* ***endure***, \*  from one generation *to a****nother***. |
| 6 | He shall come down like rain up*on 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***. |

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| 9 | His foes shall bow *down be****fore him***, \*  and his ene*mies lick* ***the dust***. |
| 10 | The kings of Tarshish and of the isles *shall pay* ***tribute***, \*  and the kings of Arabia and Sa*ba of****fer gifts***. |
| 11 | All kings shall bow *down be****fore 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 oppres*sion* *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 *Ara****bia***; \*  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 Is****rael***, \*  who alone *does won****drous deeds***! |
| 19 | And blessed be his glorious *Name for* ***ever***! \*  and may all the earth be filled with his glory.  *Amen.* ***Amen***. |

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|  | **73** *Quam bonus Israel!* |
| 1 | Truly, God is good *to Is****rael***, \*  to those who *are pure* ***in heart***. |
| 2 | But as for me, my feet *had near****ly 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 o****thers 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 wic****ked thoughts***. |
| 8 | They scoff and speak *mali****ciously***; \*  out of their haughtiness they *plan op****pression***. |
| 9 | They set their mouths a*gainst the* ***heavens***, \*  and their evil speech *runs through* ***the world***. |
| 10 | And so the peo*ple turn* ***to them*** \*  and find *in them* ***no fault***. |
| 11 | They say, "*How should* ***God know***? \*  is there knowledge *in the* ***Most High***?" |

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| 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 in****nocence***. |
| 14 | I have been afflic*ted 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 un*derstand* ***these things***, \*  it was *too hard* ***for me***; |
| 17 | Until I entered the sanctu*ary* ***of God*** \*  and discerned the end *of the* ***wicked***. |
| 18 | Surely, you set them in slipp*ery* ***places***; \*  you cast *them down* ***in ruin***. |
| 19 | Oh, how suddenly do they come *to de****struction***, \*  come to an end, and pe*rish from* ***terror***! |
| 20 | Like a dream when one a*wakens,* ***O Lord***, \*  when you arise you will make their *image* ***vanish***. |
| 21 | When my mind be*came em****bittered***, \*  I was sorely woun*ded in* ***my heart***. |
| 22 | I was stupid and had no *under****standing***; \*  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 no*thing up****on earth***. |

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| 26 | Though my flesh and my heart *should waste* ***away***, \*  God is the strength of my heart and my por*tion for* ***ever***. |
| 27 | Truly, those who forsake *you will* ***perish***; \*  you destroy all who *are un****faithful***. |
| 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 ci*ty of* ***Zion***. |
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|  | **74** *Ut quid, Deus?* |
| 1 | O God, why have you utter*ly cast* ***us off***? \*  why is your wrath so hot against the sheep *of your* ***pasture***? |
| 2 | Remember your congregation that you pur*chased long* ***ago***, \*  the tribe you redeemed to be your inheritance,  and Mount Zi*on where* ***you dwell***. |
| 3 | Turn your steps toward *the end****less ruins***; \*  the enemy has laid waste everything in your *sanctu****ary***. |
| 4 | Your adversaries roared in *your ho****ly place***; \*  they set up their banners as tokens *of vic****tory***. |
| 5 | They were like men coming up with axes to *a grove* ***of trees***; \*  they broke down all your carved work with hat*chets* *and* ***hammers***. |
| 6 | They set fire to *your ho****ly place***; \*  they defiled the dwelling-place of your Name  and razed *it to* ***the ground***. |
| 7 | They said to themselves, "Let us destroy them *alto****gether***." \*  They burned down all the meeting-places of *God* *in* ***the land***. |

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| 8 | There are no signs for us to see;  there is *no pro****phet left***; \*  there is not one among us *who knows* ***how long***. |
| 9 | How long, O God, will the ad*versa****ry 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 an****cient times***, \*  victorious in the *midst of* ***the earth***. |
| 12 | You divided the *sea by* ***your might*** \*  and shattered the heads of the dragons up*on the* ***waters***; |
| 13 | You crushed the heads of *Levi****athan*** \*  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 bounda*ries of* ***the earth***; \*  you made both sum*mer and* ***winter***. |
| 17 | Remember, O LORD, how the *ene****my 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 co****venant***; \*  the dark places of the earth are *haunts* *of* ***violence***. |
| 20 | Let not the oppressed turn *away* ***ashamed***; \*  let the poor and nee*dy praise* ***your Name***. |
| 21 | Arise, O God, *maintain* ***your cause***; \*  remember how fools revile *you all* ***day long***. |

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| 22 | Forget not the clamor of your *adver****saries***, \*  the unending tumult of those who rise *up a****gainst you***. |
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|  | **75** *Confitebimur tibi* |
| 1 | We give you thanks, O God, *we give* ***you thanks***, \*  calling upon your Name and declaring all your *wonder****ful deeds***. |
| 2 | "I will appoint *a time,"* ***says God***; \*  "I will judge *with e****quity***. |
| 3 | Though the earth and all its inhabi*tants are* ***quaking***, \*  I will make *its pil****lars fast***. |
| 4 | I will say to the boa*sters, '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 a****nother***. |
| 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 re*joice 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 ex****alted***. |

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|  | **76** *Notus in Judœa* |
| 1 | In Ju*dah is* ***God known***; \*  his Name is great *in Is****rael***. |
| 2 | At Salem is his *taber****nacle***, \*  and his dwelling *is in* ***Zion***. |
| 3 | There he broke the *flashing* ***arrows***, \*  the shield, the sword, and the wea*pons of* ***battle***. |
| 4 | How *glorious* ***you are***! \*  more splendid than the ever*lasting* ***mountains***! |
| 5 | The strong of heart have been despoiled;  they *sink in****to 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 ter*ror you* ***inspire***! \*  who can stand before you when *you are* ***angry***? |
| 8 | From heaven you *pronounced* ***judgment***; \*  the earth was a*fraid and* ***was still***; |
| 9 | When God rose *up to* ***judgment*** \*  and to save all the op*pressed 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 wor*thy* *to* ***be feared***. |
| 12 | He breaks the spi*rit of* ***princes***, \*  and strikes terror in the *kings of* ***the earth***. |

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|  | **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 com****forted***. |
| 3 | I think of God, *I am* ***restless***, \*  I ponder, and *my spi****rit faints***. |
| 4 | You will not let *my eye****lids close***; \*  I am troubled and *I can****not 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 e****vermore***? |
| 9 | Has God forgotten *to be* ***gracious***? \*  has he, in his anger, withheld *his com****passion***? |
| 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 won*ders of* ***old time***. |
| 12 | I will meditate *on all* ***your acts*** \*  and ponder *your migh****ty deeds***. |
| 13 | Your way, O *God, is* ***holy***; \*  who is so great a *god as* ***our God***? |

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| 14 | You are the God *who works* ***wonders*** \*  and have declared your power a*mong the* ***peoples***. |
| 15 | By your strength you have re*deemed your* ***people***, \*  the children of Ja*cob 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 foot*steps were* ***not seen***. |
| 20 | You led your peo*ple like* ***a flock*** \*  by the hand of Mo*ses and* ***Aaron***. |
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|  | **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 pa****rable***; \*  I will declare the mysteries *of an****cient times***. |

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| 3 | That which we have heard and known,  and what our forefa*thers have* ***told us***, \*  we will not hide *from their* ***children***. |
| 4 | We will recount to generations to come  the praiseworthy deeds and the po*wer of* ***the LORD***, \*  and the wonderful *works he* ***has done***. |
| 5 | He gave his decrees to Jacob  and established a law *for Is****rael***, \*  which he commanded them to *teach their* ***children***; |
| 6 | That the generations to come might know,  and the chil*dren 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 com****mandments***; |
| 8 | And not be like their forefathers,  a stubborn and rebellious *gene****ration***, \*  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 co*venant* ***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 fore****fathers***, \*  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***. |

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| 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 wil****derness*** \*  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 sin*ning a****gainst him***, \*  rebelling in the desert a*gainst the* ***Most High***. |
| 18 | They tested *God in* ***their hearts***, \*  demanding food *for their* ***craving***. |
| 19 | They railed a*gainst God* ***and said***, \*  "Can God set a table in *the wil****derness***? |
| 20 | True, he struck the rock, the waters gushed out, and the gul*lies o****verflowed***; \*  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 a*gainst Is****rael***; |
| 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 up*on them* ***to eat*** \*  and gave them *grain from* ***heaven***. |
| 25 | So mortals ate the *bread of* ***angels***; \*  he provided for *them food* ***enough***. |

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| 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 up*on 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 a*bout 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 moun*ted a****gainst them***; \*  he slew their strongest men  and laid low the youth *of Is****rael***. |
| 32 | In spite of all this, they *went on* ***sinning*** \*  and had no faith in his *wonder****ful 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 diligent*ly search* ***for God***. |
| 35 | They would remember that *God was* ***their rock***, \*  and the Most High God *their re****deemer***. |
| 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 co****venant***. |

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| 38 | But he was so merciful that he forgave their sins  and did *not de****stroy 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***. |
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|  | **Psalm 78: Part II** *Quoties exacerbaverunt* |
| 40 | How often the people disobeyed him in *the wil****derness*** \*  and offended him *in the* ***desert***! |
| 41 | Again and again *they temp****ted God*** \*  and provoked the Holy One *of Is****rael***. |
| 42 | They did not remem*ber his* ***power*** \*  in the day when he ransomed them from *the en****emy***; |
| 43 | How he wrought his *signs in* ***Egypt*** \*  and his omens in the *field of* ***Zoan***. |
| 44 | He turned their ri*vers in****to 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 de****stroyed them***. |
| 46 | He gave their crops to the *cater****pillar***, \*  the fruit of their toil *to the* ***locust***. |
| 47 | He killed *their vines* ***with hail*** \*  and their sy*camores* ***with frost***. |
| 48 | He delivered their cat*tle to* ***hailstones*** \*  and their livestock to *hot thun****derbolts***. |

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| 49 | He poured out upon them his *blazing* ***anger***: \*  fury, indignation, and distress,  a troop of de*stroying* ***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 first*born of* ***Egypt***, \*  the flower of manhood in the *dwellings* ***of Ham***. |
| 52 | He led out his *people* ***like sheep*** \*  and guided them in the wilder*ness like* ***a flock***. |
| 53 | He led them to safety, and they *were not* ***afraid***; \*  but the sea overwhelmed *their en****emies***. |
| 54 | He brought them to *his ho****ly 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 de****fied him***, \*  and did not keep *his com****mandments***. |
| 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 rejec*ted Is****rael***. |
| 60 | He forsook the *shrine at* ***Shiloh***, \*  the tabernacle where he had lived a*mong his* ***people***. |

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| 61 | He delivered the ark into *capti****vity***, \*  his glory into the ad*versa****ry's hand***. |
| 62 | He gave his peo*ple to* ***the sword*** \*  and was angered against his *inhe****ritance***. |
| 63 | The fire con*sumed their* ***young men***; \*  there were no wedding songs *for their* ***maidens***. |
| 64 | Their priests *fell by* ***the sword***, \*  and their widows made no *lamen****tation***. |
| 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 per*petu****al shame***. |
| 67 | He rejected the *tent of* ***Joseph*** \*  and did not choose the tribe *of Eph****raim***; |
| 68 | He chose instead the *tribe of* ***Judah*** \*  and Mount Zi*on, which* ***he loved***. |
| 69 | He built his sanctuary like the *heights of* ***heaven***, \*  like the earth which he foun*ded for* ***ever***. |
| 70 | He chose Da*vid his* ***servant***, \*  and took him away *from the* ***sheepfolds***. |
| 71 | He brought him from fol*lowing* ***the ewes***, \*  to be a shepherd over Jacob his people  and over Israel his *inhe****ritance***. |
| 72 | So he shepherded them with a faith*ful and* ***true heart*** \*  and guided them with the skillful*ness of* ***his hands***. |

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|  | **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 *Jeru****salem***, \*  and there was no one *to bu****ry them***. |
| 4 | We have become a reproach *to our* ***neighbors***, \*  an object of scorn and derision to *those a****round 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 ve****ry low***. |
| 9 | Help us, O God our Savior, for the glo*ry of* ***your Name***; \*  deliver us and forgive us our sins, *for your* ***Name's sake***. |

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| 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 ser****vants' blood***. |
| 11 | Let the sorrowful sighing of the prisoners *come be****fore you***, \*  and by your great might spare those who are *condemned* ***to die***. |
| 12 | May the revilings with which they re*viled you,* ***O Lord***, \*  return seven-fold in*to 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***. |
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|  | **80** *Qui regis Israel* |
| 1 | Hear, O Shepherd of Israel, leading Jo*seph like* ***a flock***; \*  shine forth, you that are enthroned upon *the che****rubim***. |
| 2 | In the presence of Ephraim, Benjamin, *and Ma****nasseh***, \*  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***. |

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| 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 plan****ted 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 ten*drils to* ***the Sea*** \*  and its branches *to the* ***River***. |
| 12 | Why have you bro*ken down* ***its wall***, \*  so that all who pass by *pluck off* ***its grapes***? |
| 13 | The wild boar of the forest *has ra****vaged it***, \*  and the beasts of the field have *grazed up****on 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***. |
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|  | **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 Is****rael***, \*  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 unfamil*iar 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 Me****ribah***. |
| 8 | Hear, O my people, and I will *admo****nish you***: \*  O Israel, if you would but *listen* ***to me***! |
| 9 | There shall be no strange *god a****mong you***; \*  you shall not worship *a fo****reign 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 o****bey me***. |
| 12 | So I gave them over to the stubborn*ness of* ***their hearts***, \*  to follow their *own de****vices***. |

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| 13 | Oh, that my people would *listen* ***to me***! \*  that Israel would *walk in* ***my ways***! |
| 14 | I should soon subdue *their en****emies*** \*  and turn my hand *against* ***their foes***. |
| 15 | Those who hate the LORD would *cringe be****fore him***, \*  and their punishment would *last for* ***ever***. |
| 16 | But Israel would I feed with *the fi****nest wheat*** \*  and satisfy him with ho*ney from* ***the rock***. |
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|  | **82** *Deus stetit* |
| 1 | God takes his stand in the coun*cil of* ***heaven***; \*  he gives judgment in the *midst of* ***the gods***: |
| 2 | "How long will you *judge un****justly***, \*  and show favor *to the* ***wicked***? |
| 3 | Save the weak *and the* ***orphan***; \*  defend the hum*ble 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 a*bout 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 a****ny prince***.'" |

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| 8 | Arise, O God, *and rule* ***the earth***, \*  for you shall take all na*tions for* ***your own***. |
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|  | **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 lif*ted up* ***their heads***. |
| 3 | They take secret counsel a*gainst your* ***people*** \*  and plot against those *whom you* ***protect***. |
| 4 | They have said, "Come, let us wipe them out from a*mong the* ***nations***; \*  let the name of Israel be re*membered* ***no more***." |
| 5 | They have con*spired to****gether***; \*  they have made an alli*ance a****gainst you***: |
| 6 | The tents of Edom and the *Ishma****elites***; \*  the Moabites and *the Ha****garenes***; |
| 7 | Gebal, and Ammon, *and A****malek***; \*  the Philistines and those *who dwell* ***in Tyre***. |
| 8 | The Assyrians al*so have* ***joined them***, \*  and have come to help the *people* ***of Lot***. |
| 9 | Do to them as you did *to Mi****dian***, \*  to Sisera, and to Jabin at the ri*ver of* ***Kishon***: |
| 10 | They were de*stroyed at* ***Endor***; \*  they became like dung *upon* ***the ground***. |
| 11 | Make their leaders like O*reb and* ***Zeëb***, \*  and all their commanders like Zebah *and Zal****munna***, |

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| 12 | Who said, "Let us *take for* ***ourselves*** \*  the fields of God as *our pos****session***." |
| 13 | O my God, make them *like whir****ling 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 terri*fied for* ***ever***; \*  let them be put to confu*sion and* ***perish***. |
| 18 | Let them know that you, whose *Name is* ***YAHWEH***, \*  you alone are the Most High o*ver all* ***the earth***. |
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|  | **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 li****ving 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 prai****sing you***. |
| 4 | Happy are the people whose *strength is* ***in you***! \*  whose hearts are set on *the pil****grims' way***. |

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| 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 him*self in* ***Zion***. |
| 7 | LORD God of *hosts, hear* ***my prayer***; \*  hearken, O *God of* ***Jacob***. |
| 8 | Behold our de*fender,* ***O God***; \*  and look upon the face of *your A****nointed***. |
| 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 *inte****grity***. |
| 12 | *O LORD* ***of hosts***, \*  happy are they who put *their trust* ***in you***! |
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|  | **85** *Benedixisti, Domine* |
| 1 | You have been gracious to *your land,* ***O LORD***, \*  you have restored the good for*tune 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 *indig****nation***. |

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| 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 sal****vation***. |
| 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 to****gether***; \*  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 *prosper****ity***, \*  and our land will *yield its* ***increase***. |
| 13 | Righteousness shall *go be****fore him***, \*  and peace shall be a path*way for* ***his feet***. |
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|  | **86** *Inclina, Domine* |
| 1 | Bow down your ear, O LORD, *and an****swer me***, \*  for I am poor and *in mi****sery***. |

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| 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 for****giving***, \*  and great is your love toward all who *call up****on you***. |
| 6 | Give ear, O *LORD, to* ***my prayer***, \*  and attend to the voice of my *suppli****cations***. |
| 7 | In the time of my trouble I will *call up****on you***, \*  for you *will an****swer me***. |
| 8 | Among the gods there is none *like you,* ***O LORD***, \*  nor any*thing like* ***your works***. |
| 9 | All the nations you have made will come and wor*ship you,* ***O LORD***, \*  and glo*rify* ***your Name***. |
| 10 | For you are great;  you *do won****drous 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 e****vermore***. |
| 13 | For great is *your love* ***toward me***; \*  you have delivered me from the *nether****most Pit***. |

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| 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 com****passion***, \*  slow to anger, and full of *kindness* ***and truth***. |
| 16 | Turn to me and have mer*cy up****on 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 *comfor****ted me***. |
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|  | **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 dwel*lings of* ***Jacob***. |
| 2 | Glorious things are *spoken* ***of you***, \*  O ci*ty of* ***our God***. |
| 3 | I count Egypt and Babylon among *those who* ***know me***; \*  behold Philistia, Tyre, and Ethiopia:  in Zi*on were* ***they born***. |
| 4 | Of Zion it shall be said, "Everyone *was born* ***in her***, \*  and the Most High himself *shall sus****tain her***." |
| 5 | The LORD will record as he en*rolls the* ***peoples***, \*  "These al*so were* ***born there***." |
| 6 | The singers and the *dancers* ***will say***, \*  "All my fresh *springs are* ***in you***." |
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|  | **88** *Domine, Deus* |
| 1 | O LORD, my *God, my* ***Savior***, \*  by day and night *I cry* ***to you***. |
| 2 | Let my prayer enter in*to your* ***presence***; \*  incline your ear to my *lamen****tation***. |
| 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 re*member* ***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 hea****vily***, \*  and all your great waves *over****whelm 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 be*cause of* ***trouble***; \*  LORD, I have called upon you daily;  I have stretched out *my hands* ***to you***. |
| 11 | Do you work won*ders for* ***the dead***? \*  will those who have died stand up *and give* ***you thanks***? |
| 12 | Will your loving-kindness be de*clared in* ***the grave***? \*  your faithfulness in the land *of de****struction***? |

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| 13 | Will your wonders be *known in* ***the dark***? \*  or your righteousness in the country where all *is for****gotten***? |
| 14 | But as for me, O LORD, I cry *to you* ***for help***; \*  in the morning my prayer *comes be****fore you***. |
| 15 | LORD, why have you *rejec****ted 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 trou****bled mind****.* |
| 17 | Your blazing anger has *swept o****ver me***; \*  your terrors *have de****stroyed me***; |
| 18 | They surround me all day *long like* ***a flood***; \*  they encompass me *on eve****ry side***. |
| 19 | My friend and my neighbor you have put *away* ***from me***, \*  and darkness is my on*ly com****panion***. |
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|  | **89** |
|  | **Part I** *Misericordias Domini* |
| 1 | Your love, O LORD, for e*ver will* ***I sing***; \*  from age to age my mouth will proclaim *your faith****fulness***. |
| 2 | For I am persuaded that your love is estab*lished for* ***ever***; \*  you have set your faithfulness firmly *in the* ***heavens***. |
| 3 | "I have made a covenant with *my cho****sen one***; \*  I have sworn an oath to Da*vid my* ***servant***: |

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| 4 | I will establish your *line for* ***ever***, \*  and preserve your throne for all *gene****rations***.'" |
| 5 | The heavens bear witness to your *wonders,* ***O LORD***, \*  and to your faithfulness in the assembly of *the ho****ly ones***; |
| 6 | For who in the skies can be com*pared to* ***the LORD***? \*  who is like the LORD *among* ***the gods***? |
| 7 | God is much to be feared in the council of *the ho****ly ones***, \*  great and terrible to all those *round a****bout him***. |
| 8 | Who is like you, *LORD God* ***of hosts***? \*  O mighty LORD, your faithfulness is *all a****round you***. |
| 9 | You rule the ra*ging of* ***the sea*** \*  and still the sur*ging of* ***its waves***. |
| 10 | You have crushed Rahab of the deep with *a dead****ly wound***; \*  you have scattered your enemies with *your migh****ty 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 re*joice in* ***your Name***. |
| 13 | You have *a migh****ty arm***; \*  strong is your hand and high *is your* ***right hand***. |
| 14 | Righteousness and justice are the founda*tions of* ***your throne***; \*  love and truth go *before* ***your face***. |
| 15 | Happy are the people who know *the fes****tal shout***! \*  they walk, O LORD, in the light *of your* ***presence***. |
| 16 | They rejoice dai*ly in* ***your Name***; \*  they are jubilant in *your right****eousness***. |
| 17 | For you are the glo*ry of* ***their strength***, \*  and by your favor our might *is ex****alted***. |

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| 18 | Truly, the LORD *is our* ***ruler***; \*  The Holy One of Isra*el is* ***our King***. |
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|  | **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 Da*vid my* ***servant***; \*  with my holy oil have I *anoin****ted him***. |
| 21 | My hand *will hold* ***him fast*** \*  and my arm *will make* ***him strong***. |
| 22 | No enemy *shall de****ceive him***, \*  nor any wicked *man bring* ***him down***. |
| 23 | I will crush his *foes be****fore him*** \*  and strike down *those who* ***hate him***. |
| 24 | My faithfulness and love *shall be* ***with him***, \*  and he shall be victor*ious through* ***my Name***. |
| 25 | I shall make his do*minion* ***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 sal****vation***.' |
| 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***." |

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| 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 com****mandments***; |
| 32 | I will punish their transgres*sions with* ***a rod*** \*  and their iniqui*ties with* ***the lash***; |
| 33 | But I will not take *my love* ***from him***, \*  nor let my faith*fulness* ***prove false***. |
| 34 | I will not break *my co****venant***, \*  nor change what has gone *out of* ***my lips***. |
| 35 | Once for all I have sworn by *my ho****liness***: \*  'I will not *lie to* ***David***. |
| 36 | His line shall en*dure for* ***ever*** \*  and his throne as the *sun be****fore me***; |
| 37 | It shall stand fast for ever*more like* ***the moon***, \*  the abiding wit*ness in* ***the sky***.'" |
| 38 | But you have cast off and rejected *your a****nointed***; \*  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 de****spoil him***; \*  he has become the scorn *of his* ***neighbors***. |
| 42 | You have exalted the right *hand of* ***his foes*** \*  and made all his en*emies* ***rejoice***. |
| 43 | You have turned back the *edge of* ***his sword*** \*  and have not sustained *him in* ***battle***. |

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| 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 co*vered him* ***with shame***. |
| 46 | How long will you hide yourself, O LORD?  will you hide your*self for* ***ever***? \*  how long will your an*ger 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 po*wer of* ***the grave***? |
| 49 | Where, Lord, are your loving-kind*nesses* ***of old***, \*  which you promised David in *your faith****fulness***? |
| 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 a****nointed***. |
| 52 | Blessed be the LORD *for e****vermore***! \*  Amen, *I say,* ***Amen***. |

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|  | **90** *Domine, refugium* |
| 1 | Lord, you have *been our* ***refuge*** \*  from one generation *to a****nother***. |

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| 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 a*way like* ***a dream***; \*  we fade away sudden*ly like* ***the grass***. |
| 6 | In the morning it is green *and flou****rishes***; \*  in the evening it is dried *up and* ***withered***. |
| 7 | For we consume away in *your dis****pleasure***; \*  we are afraid because of your wrathful *indig****nation***. |
| 8 | Our iniquities you have *set be****fore you***, \*  and our secret sins in the light of *your coun****tenance***. |
| 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 po*wer of* ***your wrath***? \*  who rightly fears your *indig****nation***? |
| 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***. |

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| 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 *afflic****ted us*** \*  and the years in which we suffered *adver****sity***. |
| 16 | Show your *servants* ***your works*** \*  and your splendor *to their* ***children***. |
| 17 | May the graciousness of the LORD our God *be up****on us***; \*  prosper the work of our hands;  prosper *our han****diwork***. |
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|  | **91** *Qui habitat* |
| 1 | He who dwells in the shelter *of the* ***Most High***, \*  abides under the shadow of *the Al****mighty***. |
| 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 dead*ly pes****tilence***. |
| 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***. |

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| 8 | Your eyes have on*ly to* ***behold*** \*  to see the reward *of the* ***wicked***. |
| 9 | Because you have made the *LORD your* ***refuge***, \*  and the Most High your *habi****tation***, |
| 10 | There shall no evil *happen* ***to you***, \*  neither shall any plague come *near your* ***dwelling***. |
| 11 | For he shall give his angels *charge o****ver 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 *deli****ver him***; \*  I will protect him, because *he knows* ***my Name***. |
| 15 | He shall call upon me, and I *will an****swer him***; \*  I am with him in trouble;  I will rescue him and bring *him to* ***honor***. |
| 16 | With long life will I *satis****fy him***, \*  and show him *my sal****vation***. |
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|  | **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***; |

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| 3 | On the psaltery, *and on* ***the lyre***, \*  and to the melo*dy 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 ve****ry deep***. |
| 6 | The dullard does not know,  nor does the *fool un****derstand***, \*  that though the wicked grow like weeds,  and all the workers of ini*quity* ***flourish***, |
| 7 | They flourish only to be de*stroyed for* ***ever***; \*  but you, O LORD, are exalted *for e****vermore***. |
| 8 | For lo, your enemies, O LORD,  lo, your ene*mies 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 anoin*ted with* ***fresh oil***. |
| 10 | My eyes also gloat over *my en****emies***, \*  and my ears rejoice to hear the doom of the wicked who rise *up a****gainst me***. |
| 11 | The righteous shall flourish *like a* ***palm tree***, \*  and shall spread abroad like a cedar *of Le****banon***. |
| 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 suc****culent***; |
| 14 | That they may show how up*right the* ***LORD is***, \*  my Rock, in whom *there is* ***no fault***. |

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|  | **93** *Dominus regnavit* |
| 1 | The LORD is King;  he has put on splen*did ap****parel***; \*  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 e****stablished***; \*  you are from *ever****lasting***. |
| 4 | The waters have lifted up, O LORD,  the waters have lif*ted up* ***their voice***; \*  the waters have lifted up *their poun****ding waves***. |
| 5 | Mightier than the sound of many waters,  mightier than the brea*kers of* ***the sea***, \*  mightier is the LORD *who dwells* ***on high***. |
| 6 | Your testimonies *are ve****ry sure***, \*  and holiness adorns your house, O LORD,  for ever and *for e****vermore***. |
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|  | **94** *Deus ultionum* |
| 1 | O LORD *God of* ***vengeance***, \*  O God of ven*geance, 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***? |

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| 4 | They bluster in *their in****solence***; \*  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 a*mong the* ***people***; \*  when will you *fools un****derstand***? |
| 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 hu****man 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 e****vil days***, \*  until a pit is dug *for the* ***wicked***. |
| 14 | For the LORD will not aban*don his* ***people***, \*  nor will he *forsake* ***his own***. |
| 15 | For judgment will *again* ***be just***, \*  and all the true of heart *will fol****low it***. |
| 16 | Who rose up for me a*gainst the* ***wicked***? \*  who took my part against the *evil****doers***? |
| 17 | If the LORD had not *come to* ***my help***, \*  I should soon have dwelt in the *land of* ***silence***. |

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| 18 | As often as I said, "*My foot* ***has slipped***," \*  your love, O *LORD, up****held me***. |
| 19 | When many *cares fill* ***my mind***, \*  your consola*tions cheer* ***my soul***. |
| 20 | Can a corrupt tribunal have a*ny part* ***with you***, \*  one which frames e*vil in****to law***? |
| 21 | They conspire against the *life of* ***the just*** \*  and condemn the in*nocent* ***to death***. |
| 22 | But the LORD has be*come 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 de****stroy them***. |
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|  | **95** *Venite, exultemus* |
| 1 | Come, let us *sing to* ***the LORD***; \*  let us shout for joy to the Rock of *our sal****vation***. |
| 2 | Let us come before his presence *with thanks****giving*** \*  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 ca*verns 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 mol*ded the* ***dry land***. |

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| 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 hear*ken to* ***his voice***! |
| 8 | Harden not your hearts,  as your forebears did in *the* *wil****derness***, \*  at Meribah, and on that day at Massah,  when *they temp****ted me***. |
| 9 | They put *me to* ***the test***, \*  though they *had seen* ***my works***. |
| 10 | Forty years long I detested that gene*ration* ***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***." |
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|  | **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 a*mong the* ***nations*** \*  and his wonders a*mong all* ***peoples***. |
| 4 | For great is the LORD and great*ly to* ***be praised***; \*  he is more to be *feared than* ***all gods***. |

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| 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 *sanctu****ary***! |
| 7 | Ascribe to the LORD, you families *of the* ***peoples***; \*  ascribe to the LORD ho*nor and* ***power***. |
| 8 | Ascribe to the LORD the ho*nor due* ***his Name***; \*  bring offerings and come *into* ***his courts***. |
| 9 | Worship the LORD in the beauty *of ho****liness***; \*  let the whole earth trem*ble be****fore 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 e****quity***." |
| 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 right****eousness*** \*  and the peo*ples with* ***his truth***. |
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|  | **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 a****bout him***, \*  righteousness and justice are the founda*tions of* ***his throne***. |

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| 3 | A fire *goes be****fore him*** \*  and burns up his enemies *on eve****ry side***. |
| 4 | His lightnings *light up* ***the world***; \*  the earth sees it *and is* ***afraid***. |
| 5 | The mountains melt like wax at the pre*sence of* ***the LORD***, \*  at the presence of the Lord *of the* ***whole earth***. |
| 6 | The heavens declare *his right****eousness***, \*  and all the peoples *see his* ***glory***. |
| 7 | Confounded be all who worship carved images  and de*light 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 o*ver 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 true****hearted***. |
| 12 | Rejoice in the *LORD, you* ***righteous***, \*  and give thanks to *his ho****ly Name***. |
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|  | **98** *Cantate Domino* |
| 1 | Sing to the *LORD a* ***new song***, \*  for he has done *marve****lous things***. |

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| 2 | With his right hand and *his ho****ly arm*** \*  has he won for himself *the vic****tory***. |
| 3 | The LORD has made known *his vic****tory***; \*  his righteousness has he openly shown in the sight *of the* ***nations***. |
| 4 | He remembers his mercy and faithfulness to the house *of Is****rael***, \*  and all the ends of the earth have seen the victo*ry 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 ri*vers 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 e****quity***. |
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|  | **99** *Dominus regnavit* |
| 1 | The LORD is King;  let the *people* ***tremble***; \*  he is enthroned upon the cherubim;  *let the* ***earth shake***. |

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| 2 | The LORD is *great in* ***Zion***; \*  he is high a*bove all* ***peoples***. |
| 3 | Let them confess his Name, which is *great and* ***awesome***; \*  he is *the Ho****ly One***. |
| 4 | "O mighty King, lover of justice,  you have estab*lished e****quity***; \*  you have executed justice and righteous*ness in* ***Jacob***." |
| 5 | Proclaim the greatness of the LORD our God  and fall down be*fore his* ***footstool***; \*  he is *the Ho****ly One***. |
| 6 | Moses and Aaron among his priests,  and Samuel among those who call *upon* ***his Name***, \*  they called upon the LORD, and *he an****swered 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 an*swered them* ***indeed***; \*  you were a God who forgave them,  yet punished them for *their e****vil deeds***." |
| 9 | Proclaim the greatness of the LORD our God  and worship him upon *his ho****ly hill***; \*  for the LORD our God is *the Ho****ly One***. |

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|  | **100** *Jubilate Deo* |
| 1 | Be joyful in the *LORD, all* ***you lands***; \*  serve the LORD with gladness  and come before his pre*sence 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***. |

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| 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 *ever****lasting***; \*  and his faithfulness endures *from age* ***to age***. |
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|  | **101** *Misericordiam et judicium* |
| 1 | I will sing of mer*cy 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 conti*nue in* ***my sight***. |
| 8 | I will soon destroy all the wic*ked in* ***the land***, \*  that I may root out all evildoers from the ci*ty of* ***the LORD***. |

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|  | **102** *Domine, exaudi* |
| 1 | LORD, hear my prayer, and let my cry *come be****fore 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 an****swer me***, |
| 3 | For my days drift *away* ***like smoke***, \*  and my bones are hot *as bur****ning 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 wil****derness***, \*  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 a****gainst me***. |
| 9 | For I have eaten *ashes* ***for bread*** \*  and mingled my *drink with* ***weeping***. |
| 10 | Because of your indig*nation* ***and wrath*** \*  you have lifted me up and *thrown me* ***away***. |
| 11 | My days pass away *like a* ***shadow***, \*  and I wi*ther like* ***the grass***. |
| 12 | But you, O LORD, en*dure for* ***ever***, \*  and your Name *from age* ***to age***. |

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| 13 | You will arise and have compassion on Zion,  for it is time to have mer*cy u****pon her***; \*  indeed, the appoin*ted time* ***has come***. |
| 14 | For your servants love her *very* ***rubble***, \*  and are moved to pity e*ven 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 glo*ry 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 *gene****ration***, \*  so that a people yet unborn *may praise* ***the LORD***. |
| 19 | For the LORD looked down from his ho*ly 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 *Jeru****salem***; |
| 22 | When the peoples are ga*thered to****gether***, \*  and the kingdoms also, *to serve* ***the LORD***. |
| 23 | He has brought down my strength *before* ***my time***; \*  he has shortened the num*ber 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 *gene****rations***. |
| 25 | In the beginning, O LORD, you laid the founda*tions of* ***the earth***, \*  and the heavens are the *work of* ***your hands***; |

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| 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 ne****ver end***. |
| 28 | The children of your servants *shall con****tinue***, \*  and their offspring shall stand *fast in* ***your sight***." |
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|  | **103** *Benedic, anima mea* |
| 1 | Bless the *LORD, O* ***my soul***, \*  and all that is within me, bless *his ho****ly Name***. |
| 2 | Bless the *LORD, O* ***my soul***, \*  and forget not all *his be****nefits***. |
| 3 | He for*gives all* ***your sins*** \*  and heals all your *infir****mities***; |
| 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 exe*cutes right****eousness*** \*  and judgment for all *who are* ***oppressed***. |
| 7 | He made his ways *known to* ***Moses*** \*  and his works to the children *of Is****rael***. |
| 8 | The LORD is full of compas*sion and* ***mercy***, \*  slow to anger and *of great* ***kindness***. |
| 9 | He will not al*ways ac****cuse us***, \*  nor will he keep his an*ger for* ***ever***. |

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| 10 | He has not dealt with us accor*ding to* ***our sins***, \*  nor rewarded us according to *our wic****kedness***. |
| 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 where*of we* ***are made***; \*  he remembers that *we are* ***but dust***. |
| 15 | Our days *are like* ***the grass***; \*  we flourish like a flo*wer 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 co****venant*** \*  and remember his command*ments and* ***do them***. |
| 19 | The LORD has set his *throne in* ***heaven***, \*  and his kingship has domin*ion o****ver 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 do****minion***; \*  bless the *LORD, O* ***my soul***. |

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|  | **104** *Benedic, anima mea* |
| 1 | Bless the *LORD, O* ***my soul***; \*  O LORD my God, how excellent is your greatness!  you are clothed with majes*ty 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 mes****sengers*** \*  and flames of *fire your* ***servants***. |
| 5 | You have set the earth upon *its foun****dations***, \*  so that it never shall move *at a****ny 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 ap*pointed* ***for them***. |
| 9 | You set the limits that *they should* ***not pass***; \*  they shall not again *cover* ***the earth***. |
| 10 | You send the springs in*to the* ***valleys***; \*  they flow be*tween the* ***mountains***. |
| 11 | All the beasts of the field drink *their fill* ***from them***, \*  and the wild as*ses quench* ***their thirst***. |
| 12 | Beside them the birds of the *air make* ***their nests*** \*  and sing a*mong the* ***branches***. |

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| 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 cheer*ful coun****tenance***, \*  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 moun****tain 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 fo****rest 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 un*til the* ***evening***. |
| 25 | O LORD, how mani*fold are* ***your works***! \*  in wisdom you have made them all;  the earth is full *of your* ***creatures***. |

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| 26 | Yonder is the great and wide sea  with its living things too ma*ny to* ***number***, \*  creatures *both small* ***and great***. |
| 27 | There move the ships,  and there is that *Levi****athan***, \*  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 ga****ther it***; \*  you open your hand, and they are *filled with* ***good things***. |
| 30 | You hide your face, and they *are ter****rified***; \*  you take away their breath,  and they die and re*turn to* ***their dust***. |
| 31 | You send forth your Spirit, and they *are cre****ated***; \*  and so you renew the *face of* ***the earth***. |
| 32 | May the glory of the LORD en*dure for* ***ever***; \*  may the LORD rejoice *in all* ***his works***. |
| 33 | He looks at the earth *and it* ***trembles***; \*  he touches the moun*tains 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 re*joice in* ***the LORD***. |
| 36 | Let sinners be consumed *out of* ***the earth***, \*  and the wic*ked be* ***no more***. |
| 37 | Bless the *LORD, O* ***my soul***. \*  *Halle****lujah***! |

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|  | **105** |
|  | **Part I** *Confitemini Domino* |
| 1 | Give thanks to the LORD and call *upon* ***his Name***; \*  make known his deeds a*mong the* ***peoples***. |
| 2 | Sing to him, sing *praises* ***to him***, \*  and speak of all his *marve****lous works***. |
| 3 | Glory in *his ho****ly Name***; \*  let the hearts of those who seek *the LORD* ***rejoice***. |
| 4 | Search for the *LORD and* ***his strength***; \*  continual*ly seek* ***his face***. |
| 5 | Remember the mar*vels he* ***has done***, \*  his wonders and the judg*ments of* ***his mouth***, |
| 6 | O offspring of Abra*ham his* ***servant***, \*  O children of Ja*cob his* ***chosen***. |
| 7 | He is *the LORD* ***our God***; \*  his judgments prevail *in all* ***the world***. |
| 8 | He has always been mindful of *his co****venant***, \*  the promise he made for a thousand *gene****rations***: |
| 9 | The covenant he made *with A****braham***, \*  the oath that he *swore to* ***Isaac***, |
| 10 | Which he established as a sta*tute for* ***Jacob***, \*  an everlasting covenant *for Is****rael***, |
| 11 | Saying, "To you will I give the *land of* ***Canaan*** \*  to be your allotted *inher****itance***." |

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| 12 | When they were *few in* ***number***, \*  of little account, and sojour*ners in* ***the land***, |
| 13 | Wandering from na*tion to* ***nation*** \*  and from one kingdom *to a****nother***, |
| 14 | He let no *one op****press them*** \*  and rebuked *kings for* ***their sake***, |
| 15 | Saying, "Do not touch *my a****nointed*** \*  and do my *prophets* ***no harm***." |
| 16 | Then he called for a fa*mine in* ***the land*** \*  and destroyed the *supply* ***of bread***. |
| 17 | He sent a *man be****fore 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 predic*tion came* ***to pass***, \*  the word of the *LORD tes****ted him***. |
| 20 | The king sent *and re****leased him***; \*  the ruler of the peop*les set* ***him free***. |
| 21 | He set him as a master o*ver his* ***household***, \*  as a ruler over all *his pos****sessions***, |
| 22 | To instruct his princes accor*ding to* ***his will*** \*  and to teach his *elders* ***wisdom***. |
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|  | **Psalm 105: Part II** *Et intravit Israel* |
| 23 | Israel came *into* ***Egypt***, \*  and Jacob became a sojourner in *the land* ***of Ham***. |

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| 24 | The LORD made his people excee*dingly* ***fruitful***; \*  he made them stronger than *their en****emies***; |
| 25 | Whose heart he turned, so that they ha*ted his* ***people***, \*  and dealt unjustly *with his* ***servants***. |
| 26 | He sent Mo*ses his* ***servant***, \*  and Aaron whom *he had* ***chosen***. |
| 27 | They worked his *signs a****mong 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 wa*ters in****to blood*** \*  and caused *their fish* ***to die***. |
| 30 | Their land was o*verrun* ***by frogs***, \*  in the very cham*bers 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 lo****cust 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 first*born 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***. |

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| 38 | Egypt was glad *of their* ***going***, \*  because they were *afraid* ***of them***. |
| 39 | He spread out a cloud for *a co****vering*** \*  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 wa****ter flowed***, \*  so the river ran in *the dry* ***places***. |
| 42 | For God remembered *his ho****ly word*** \*  and Abra*ham his* ***servant***. |
| 43 | So he led forth his peo*ple with* ***gladness***, \*  his chosen *with shouts* ***of joy***. |
| 44 | He gave his people the lands *of the* ***nations***, \*  and they took the fruit *of o****thers' toil***, |
| 45 | That they might *keep his* ***statutes*** \*  and observe his laws.  *Halle****lujah***! |
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|  | **106** |
|  | **Part I** *Confitemini Domino* |
| 1 | Hallelujah!  Give thanks to the LORD, *for he* ***is good***, \*  for his mercy en*dures for* ***ever***. |
| 2 | Who can declare the mighty *acts of* ***the LORD*** \*  or show *forth all* ***his praise***? |

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| 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 sa****ving 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 *inher****itance***. |
| 6 | We have sinned as *our fore****bears did***; \*  we have done wrong and *dealt wic****kedly***. |
| 7 | In Egypt they did not consider your marvelous works,  nor remember the abun*dance 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 pow****er 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 ha****ted them*** \*  and redeemed them from the hand of *the en****emy***. |
| 11 | The waters covered *their op****pressors***; \*  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 wil****derness***, \*  and they put God to the test *in the* ***desert***. |

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| 15 | He gave *them what* ***they asked***, \*  but sent leanness *into* ***their soul***. |
| 16 | They envied Mo*ses in* ***the camp***, \*  and Aaron, the holy *one of* ***the LORD****.* |
| 17 | The earth opened and *swallowed* ***Dathan*** \*  and covered the company *of A****biram***. |
| 18 | Fire blazed up against *their com****pany***, \*  and flames de*voured the* ***wicked***. |
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|  | **Psalm 106: Part II** *Et fecerunt vitulum* |
| 19 | Israel made a bull-*calf at* ***Horeb*** \*  and worshiped a *molten* ***image***; |
| 20 | And so they ex*changed 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 *consu****ming them***. |
| 24 | They refused *the plea****sant land*** \*  and would not be*lieve his* ***promise***. |
| 25 | They grum*bled in* ***their tents*** \*  and would not listen to the *voice of* ***the LORD***. |
| 26 | So he lifted his *hand a****gainst them***, \*  to overthrow them in *the wil****derness***, |

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| 27 | To cast out their seed a*mong the* ***nations***, \*  and to scatter them *throughout* ***the lands***. |
| 28 | They joined themselves to *Baal-****Peor*** \*  and ate sacrifices of*fered to* ***the dead***. |
| 29 | They provoked him to anger *with their* ***actions***, \*  and a plague broke *out a****mong them***. |
| 30 | Then Phinehas stood up and *inter****ceded***, \*  and the plague *came to* ***an end***. |
| 31 | This was reckoned to him *as right****eousness*** \*  throughout all genera*tions for* ***ever***. |
| 32 | Again they provoked his anger at the waters *of Mer****ibah***, \*  so that he punished Moses *because* ***of them***; |
| 33 | For they so embit*tered his* ***spirit*** \*  that he spoke rash *words with* ***his lips***. |
| 34 | They did not des*troy the* ***peoples*** \*  as the LORD had *comman****ded them***. |
| 35 | They intermingled *with the* ***heathen*** \*  and learned *their pa****gan ways***, |
| 36 | So that they wor*shiped their* ***idols***, \*  which became *a snare* ***to them***. |
| 37 | They sac*rificed* ***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***. |

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| 39 | Thus they were polluted *by their* ***actions*** \*  and went whoring in *their e****vil deeds***. |
| 40 | Therefore the wrath of the LORD was kindled a*gainst his* ***people*** \*  and he abhorred his *inher****itance***. |
| 41 | He gave them over to the hand *of the* ***heathen***, \*  and those who hated them *ruled o****ver them***. |
| 42 | Their ene*mies op****pressed them***, \*  and they were humbled *under* ***their hand***. |
| 43 | Many a time did he deliver them,  but they rebelled through their *own de****vices***, \*  and were brought down in their *ini****quity***. |
| 44 | Nevertheless, he *saw their* ***distress***, \*  when he heard their *lamen****tation***. |
| 45 | He remembered his co*venant* ***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 a*mong the* ***nations***, \*  that we may give thanks to your holy Name  and glo*ry in* ***your praise***. |
| 48 | Blessed be the LORD, the God of Israel,  from everlasting to *ever****lasting***; \*  and let all the people say, "Amen!"  *Halle****lujah***! |

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|  | **107** |
|  | **Part I** *Confitemini Domino* |
| 1 | Give thanks to the LORD, *for he* ***is good***, \*  and his mercy en*dures 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 de****sert wastes***; \*  they found no way to a city *where they* ***might dwell***. |
| 5 | They were hun*gry and* ***thirsty***; \*  their spirits lan*guished with****in 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 satis*fies the* ***thirsty*** \*  and fills the hun*gry with* ***good things***. |

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| 10 | Some sat in dark*ness and* ***deep gloom***, \*  bound fast in mise*ry 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 dark*ness and* ***deep gloom*** \*  and broke their *bonds a****sunder***. |
| 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 i****ron bars***. |
| 17 | Some were fools and took to *rebel****lious ways***; \*  they were afflicted be*cause of* ***their sins***. |
| 18 | They abhorred all *manner* ***of food*** \*  and drew *near to* ***death's door***. |
| 19 | Then they cried to the LORD *in their* ***trouble***, \*  and he delivered them *from their* ***distress***. |
| 20 | He sent forth his *word and* ***healed them*** \*  and saved *them from* ***the grave***. |
| 21 | Let them give thanks to the LORD *for his* ***mercy*** \*  and the wonders he does *for his* ***children***. |
| 22 | Let them offer a sacrifice *of thanks****giving*** \*  and tell of his acts *with shouts* ***of joy***. |

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| 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 won*ders in* ***the deep***. |
| 25 | Then he spoke, and a stor*my 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 stag*gered 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 be*cause 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***. |
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|  | **Psalm 107: Part II** *Posuit flumina* |
| 33 | The LORD changed rivers *into* ***deserts***, \*  and water-springs in*to thirs****ty 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 in*to wat****er-springs***. |

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| 36 | He settled *the hun****gry there***, \*  and they founded a ci*ty 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 dimin*ished and* ***brought low***, \*  through stress of adversi*ty and* ***sorrow***, |
| 40 | (He pours con*tempt on* ***princes*** \*  and makes them wander *in track****less wastes***) |
| 41 | He lifted up the poor out *of mis****ery*** \*  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 mer*cies of* ***the LORD***. |
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|  | **108** *Paratum cor meum* |
| 1 | My heart is firmly fixed, O God, *my heart* ***is fixed***; \*  I will sing and *make mel****ody***. |
| 2 | Wake up, my spirit;  a*wake, 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 a*mong the* ***nations***. |

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| 4 | For your loving-kindness is greater *than the* ***heavens***, \*  and your faithfulness reach*es to* ***the clouds***. |
| 5 | Exalt yourself above the *heavens,* ***O God***, \*  and your glory o*ver all* ***the earth***. |
| 6 | So that those who are dear to you may *be de****livered***, \*  save with your right hand *and an****swer me***. |
| 7 | God spoke from his ho*ly place* ***and said***, \*  "I will exult and parcel out Shechem;  I will divide the val*ley of* ***Succoth***. |
| 8 | Gilead is mine and Ma*nasseh* ***is mine***; \*  Ephraim is my helmet and Ju*dah my* ***scepter***. |
| 9 | Moab is my washbasin,  on Edom I throw down my san*dal 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 en****emy***, \*  for vain is *the help* ***of man***. |
| 13 | With God we will *do val****iant deeds***, \*  and he shall tread our ene*mies un****der foot***. |
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|  | **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 o*pened a****gainst me***. |

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| 2 | They speak to me with *a* *ly****ing tongue***; \*  they encompass me with hateful words  and fight against me *without* ***a cause***. |
| 3 | Despite my love, *they ac****cuse me***; \*  but as for me, *I pray* ***for them***. |
| 4 | They repay *evil* ***for good***, \*  and ha*tred for* ***my love***. |
| 5 | Set a wicked *man a****gainst him***, \*  and let an accuser stand *at his* ***right hand***. |
| 6 | When he is judged, let him *be found* ***guilty***, \*  and let his ap*peal be* ***in vain***. |
| 7 | Let *his days* ***be few***, \*  and let another *take his* ***office***. |
| 8 | Let his children *be fath****erless***, \*  and his wife be*come 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 eve*rything* ***he has***; \*  let strangers *plunder* ***his gains***. |
| 11 | Let there be no one to *show him* ***kindness***, \*  and none to pity his fath*erless* ***children***. |
| 12 | Let his descen*dants be* ***destroyed***, \*  and his name be blotted out in the next *gene****ration***. |
| 13 | Let the wickedness of his fathers be remembered *before* ***the LORD***, \*  and his mother's sin not *be blot****ted out***; |
| 14 | Let their sin be always *before* ***the LORD***; \*  but let him root out their *names from* ***the earth***; |

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| 15 | Because he did not remember *to show* ***mercy***, \*  but persecuted the poor and needy  and sought to kill the *broken****hearted***. |
| 16 | He loved cursing,  let it *come up****on 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 con*tinu****ally***. |
| 19 | Let this be the recompense from the LORD to *my ac****cusers***, \*  and to those who speak e*vil a****gainst me***. |
| 20 | But you, O Lord my God,  oh, deal with me accor*ding to* ***your Name***; \*  for your tender mercy's sake, *deli****ver me***. |
| 21 | For I am *poor and* ***needy***, \*  and my heart is woun*ded with****in 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 mer****cy's sake***. |

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| 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 ser*vant 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 con****demn him***. |
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|  | **110** *Dixit Dominus* |
| 1 | The LORD said to my Lord, "Sit *at my* ***right hand***, \*  until I make your ene*mies your* ***footstool***." |
| 2 | The LORD will send the scepter of your power *out of* ***Zion***, \*  saying, "Rule over your enemies *round a****bout 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 *Melchi****zedek***." |
| 5 | The Lord who is at your right hand  will smite kings in the *day of* ***his wrath***; \*  he will rule o*ver the* ***nations***. |

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| 6 | He will heap *high the* ***corpses***; \*  he will smash heads o*ver the* ***wide earth***. |
| 7 | He will drink from the brook *beside* ***the road***; \*  therefore he will *lift high* ***his head***. |

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|  | **111** *Confitebor tibi* |
| 1 | Hallelujah!  I will give thanks to the LORD *with my* ***whole heart***, \*  in the assembly of the upright, in the *congre****gation***. |
| 2 | Great are the *deeds of* ***the LORD***! \*  they are studied by all who *delight* ***in them***. |
| 3 | His work is full of majes*ty and* ***splendor***, \*  and his righteousness en*dures for* ***ever***. |
| 4 | He makes his marvelous works to *be re****membered***; \*  the LORD is gracious and full *of com****passion***. |
| 5 | He gives food to *those who* ***fear him***; \*  he is ever mindful of *his co****venant***. |
| 6 | He has shown his people the po*wer of* ***his works*** \*  in giving them the lands *of the* ***nations***. |
| 7 | The works of his hands are faithful*ness and* ***justice***; \*  all his com*mandments* ***are sure***. |
| 8 | They stand fast for ev*er and* ***ever***, \*  because they are done in truth *and e****quity***. |
| 9 | He sent redemption to his people;  he commanded his cove*nant for* ***ever***; \*  holy and awe*some is* ***his Name***. |

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| 10 | The fear of the LORD is the begin*ning of* ***wisdom***; \*  those who act accordingly have a good understanding;  his praise en*dures for* ***ever***. |

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|  | **112** *Beatus vir* |
| 1 | Hallelujah!  Happy are they *who fear* ***the Lord*** \*  and have great delight in *his com****mandments***! |
| 2 | Their descendants will be migh*ty in* ***the land***; \*  the generation of the up*right 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 com****passion***. |
| 5 | It is good for them to be gener*ous in* ***lending*** \*  and to manage their af*fairs with* ***justice***. |
| 6 | For they will nev*er be* ***shaken***; \*  the righteous will be kept in everlast*ing re****membrance***. |
| 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 en****emies***. |
| 9 | They have given free*ly 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 wick*ed will* ***perish***. |

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|  | **113** *Laudate, pueri* |
| 1 | Hallelujah!  Give praise, you ser*vants of* ***the LORD***; \*  praise the *Name of* ***the LORD***. |
| 2 | Let the Name of *the LORD* ***be blessed***, \*  from this time forth *for ev****ermore***. |
| 3 | From the rising of the sun to *its go****ing down*** \*  let the Name of *the LORD* ***be praised***. |
| 4 | The LORD is high a*bove all* ***nations***, \*  and his glory a*bove the* ***heavens***. |
| 5 | Who is like the LORD our God, who sits *enthroned* ***on high***, \*  but stoops to behold the hea*vens 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 child****less house*** \*  to be a joyful mo*ther of* ***children***. |
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|  | **114** *In exitu Israel* |
| 1 | Hallelujah!  When Israel came *out of* ***Egypt***, \*  the house of Jacob from a peo*ple of* ***strange speech***, |
| 2 | Judah became God's *sanctu****ary*** \*  and Israel *his do****minion***. |

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| 3 | The sea be*held it* ***and fled***; \*  Jordan *turned and* ***went back***. |
| 4 | The moun*tains 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 pre*sence 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 flow****ing spring***. |
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|  | **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 faith****fulness***. |
| 2 | Why should *the hea****then 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 hu****man hands***. |
| 5 | They have mouths, but *they can****not speak***; \*  eyes have they, but *they can****not see***; |
| 6 | They have ears but *they can****not hear***; \*  noses, but *they can****not smell***; |

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| 7 | They have hands, but they cannot feel;  feet, but *they can****not 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 to****gether***. |
| 14 | May the LORD increase *you more* ***and more***, \*  you and your chil*dren af****ter you***. |
| 15 | May you be *blessed by* ***the LORD***, \*  the maker of *heaven* ***and earth***. |
| 16 | The heaven of hea*vens 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.  *Halle****lujah***! |

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|  | **116** *Dilexi, quoniam* |
| 1 | I love the LORD, because he has heard the voice of my *suppli****cation***, \*  because he has inclined his ear to me whenever I *called up****on 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 com****passion***. |
| 5 | The LORD watches over *the in****nocent***; \*  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 pre*sence of* ***the LORD*** \*  in the land *of the* ***living***. |
| 9 | I believed, even when I said,  "I have been *brought ve****ry 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 sal****vation*** \*  and call upon the *Name of* ***the LORD***. |

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| 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 thanks****giving*** \*  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.  *Halle****lujah***! |
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|  | **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.  *Halle****lujah***! |

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|  | **118** *Confitemini Domino* |
| 1 | Give thanks to the LORD, *for he* ***is good***; \*  his mercy en*dures for* ***ever***. |
| 2 | Let Isra*el now* ***proclaim***, \*  "His mercy en*dures for* ***ever***." |

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| 3 | Let the house of Aa*ron now* ***proclaim***, \*  "His mercy en*dures for* ***ever***." |
| 4 | Let those who fear the *LORD now* ***proclaim***, \*  "His mercy en*dures 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 any*one 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 re*ly on* ***the LORD*** \*  than to put a*ny trust* ***in flesh***. |
| 9 | It is better to re*ly on* ***the LORD*** \*  than to put any *trust in* ***rulers***. |
| 10 | All the ungodly *encom****pass me***; \*  in the Name of the LORD I *will re****pel them***. |
| 11 | They hem me in, they hem me in *on eve****ry side***; \*  in the name of the LORD I *will re****pel them***. |
| 12 | They swarm about me like bees;  they blaze like *a fire* ***of thorns***; \*  in the name of the LORD I *will re****pel them***. |
| 13 | I was pressed so hard that *I al****most fell***, \*  but the LORD *came to* ***my help***. |
| 14 | The LORD is my *strength and* ***my song***, \*  and he has become *my sal****vation***. |
| 15 | There is a sound of exultation *and vic****tory*** \*  in the tents *of the* ***righteous***: |

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| 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 pun*ished me* ***sorely***, \*  but he did not hand me *over* ***to death***. |
| 19 | Open for me the gates *of right****eousness***; \*  I will enter them;  I will offer *thanks to* ***the LORD***. |
| 20 | "This is the *gate of* ***the LORD***; \*  he who is right*eous may* ***enter***." |
| 21 | I will give thanks to you, for *you an****swered me*** \*  and have become *my sal****vation***. |
| 22 | The same stone which the buil*ders re****jected*** \*  has become the *chief cor****nerstone***. |
| 23 | This is *the LORD'S* ***doing***, \*  and it is marve*lous in* ***our eyes***. |
| 24 | On this day the *LORD has* ***acted***; \*  we will rejoice and *be glad* ***in it***. |
| 25 | Hosanna, *LORD, ho****sanna***! \*  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 up****on us***; \*  form a procession with branches up to the horns *of the* ***altar***. |

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| 28 | "You are my God, and *I will* ***thank you***; \*  you are my God, and I *will ex****alt you***." |
| 29 | Give thanks to the LORD, *for he* ***is good***; \*  his mercy en*dures for* ***ever***. |

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|  | **119** |
|  | **א Aleph** *Beati immaculati* |
| 1 | Happy are they whose *way is* ***blameless***, \*  who walk in the *law of* ***the LORD***! |
| 2 | Happy are they who ob*serve his* ***decrees*** \*  and seek him *with all* ***their hearts***! |
| 3 | Who never *do a****ny wrong***, \*  but always *walk in* ***his ways***. |
| 4 | You laid down *your com****mandments***, \*  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 com****mandments***. |
| 7 | I will thank you with *an un****feigned heart***, \*  when I have learned your *righteous* ***judgments***. |
| 8 | I will *keep your* ***statutes***; \*  do not utter*ly for****sake me***. |
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|  | **ב Beth** *In quo corrigit?* |
| 9 | How shall a young *man cleanse* ***his way***? \*  By keep*ing to* ***your words***. |
| 10 | With my whole *heart I* ***seek you***; \*  let me not stray from *your com****mandments***. |
| 11 | I treasure your pro*mise in* ***my heart***, \*  that I may not *sin a****gainst you***. |
| 12 | Blessed *are you,* ***O LORD***; \*  instruct me *in your* ***statutes***. |
| 13 | With my lips *will I* ***recite*** \*  all the judg*ments of* ***your mouth***. |
| 14 | I have taken greater delight in the way *of your* ***decrees*** \*  than in all man*ner of* ***riches***. |
| 15 | I will meditate on *your com****mandments*** \*  and give atten*tion to* ***your ways***. |
| 16 | My delight is *in your* ***statutes***; \*  I will not *forget* ***your word***. |
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|  | **ג 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 won*ders of* ***your law***. |
| 19 | I am a stran*ger here* ***on earth***; \*  do not hide your com*mandments* ***from me***. |
| 20 | My soul is con*sumed at* ***all times*** \*  with longing *for your* ***judgments***. |

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| 21 | You have rebuked *the in****solent***; \*  cursed are they who stray from *your com****mandments***! |
| 22 | Turn from me *shame and* ***rebuke***, \*  for I have *kept your* ***decrees***. |
| 23 | Even though rulers sit and *plot a****gainst me***, \*  I will meditate *on your* ***statutes***. |
| 24 | For your decrees *are my* ***delight***, \*  and they are *my coun****selors***. |

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|  | **ד Daleth** *Adhœsit pavimento* |
| 25 | My soul *cleaves to* ***the dust***; \*  give me life accord*ing to* ***your word***. |
| 26 | I have confessed my ways, and *you an****swered me***; \*  instruct me *in your* ***statutes***. |
| 27 | Make me understand the way of *your com****mandments***, \*  that I may meditate on your *marve****lous works***. |
| 28 | My soul melts a*way for* ***sorrow***; \*  strengthen me accord*ing 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 faith****fulness***; \*  I have set your judg*ments be****fore 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 com****mandments***, \*  for you have set my heart *at li****berty***. |

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|  | **ה 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 com****mandments***, \*  for that *is my* ***desire***. |
| 36 | Incline my heart *to your* ***decrees*** \*  and not *to un****just 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 re*proach which* ***I dread***, \*  because your *judgments* ***are good***. |
| 40 | Behold, I long for *your com****mandments***; \*  in your righteousness *preserve* ***my life***. |
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|  | **ו 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***. |

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| 44 | I shall continue *to keep* ***your law***; \*  I shall keep it for ev*er and* ***ever***. |
| 45 | I will walk *at lib****erty***, \*  because I study *your com****mandments***. |
| 46 | I will tell of your de*crees be****fore kings*** \*  and will *not be* ***ashamed***. |
| 47 | I delight in *your com****mandments***, \*  which I *have al****ways loved***. |
| 48 | I will lift up my hands to *your com****mandments***, \*  and I will meditate *on your* ***statutes***. |
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|  | **ז 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 pro*mise gives* ***me life***. |
| 51 | The proud have derided *me cru****elly***, \*  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 burn****ing 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 com****mandments***. |
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|  | **ח 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 con*sidered* ***my ways*** \*  and turned my feet *toward your* ***decrees***. |
| 60 | I hasten and *do not* ***tarry*** \*  to keep *your com****mandments***. |
| 61 | Though the cords of the wicked *entan****gle 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 com****mandments***. |
| 64 | The earth, O LORD, is *full of* ***your love***; \*  instruct me *in your* ***statutes***. |

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|  | **ט Teth** *Bonitatem fecisti* |
| 65 | O LORD, you have dealt graciously *with your* ***servant***, \*  accord*ing to* ***your word***. |
| 66 | Teach me discern*ment and* ***knowledge***, \*  for I have believed in *your com****mandments***. |
| 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***. |

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| 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 af****flicted***, \*  that I might *learn your* ***statutes***. |
| 72 | The law of your mouth is *dearer* ***to me*** \*  than thousands in *gold and* ***silver***. |
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|  | **י Yodh** *Manus tuœ fecerunt me* |
| 73 | Your hands have made me *and fash****ioned me***; \*  give me understanding, that I may learn *your com****mandments***. |
| 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 *afflic****ted 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 com****mandments***. |
| 79 | Let those who fear *you turn* ***to me***, \*  and also those who *know your* ***decrees***. |

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| 80 | Let my heart be sound *in your* ***statutes***, \*  that I may not *be put* ***to shame***. |
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|  | **כ Kaph** *Defecit in salutare* |
| 81 | My soul has longed for *your sal****vation***; \*  I have put my *hope in* ***your word***. |
| 82 | My eyes have failed from watching *for your* ***promise***, \*  and I say, "When will *you com****fort me***?" |
| 83 | I have become like a leather *flask in* ***the smoke***, \*  but I have not forgot*ten your* ***statutes***. |
| 84 | How much lon*ger must* ***I wait***? \*  when will you give judgment against those who *perse****cute me***? |
| 85 | The proud have *dug pits* ***for me***; \*  they do *not keep* ***your law***. |
| 86 | All your com*mandments* ***are true***; \*  help me, for they perse*cute me* ***with lies***. |
| 87 | They had almost made an end *of me* ***on earth***, \*  but I have not forsaken *your com****mandments***. |
| 88 | In your loving-kind*ness, re****vive me***, \*  that I may keep the de*crees of* ***your mouth***. |
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|  | **ל Lamedh** *In œternum, Domine* |
| 89 | O LORD, your word is *ever****lasting***; \*  it stands firm *in the* ***heavens***. |
| 90 | Your faithfulness remains from one generation *to a****nother***; \*  you established the earth, *and it* ***abides***. |

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| 91 | By your decree these conti*nue 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 af****fliction***. |
| 93 | I will never forget *your com****mandments***, \*  because by them *you give* ***me life***. |
| 94 | I am yours; oh, that *you would* ***save me***! \*  for I study *your com****mandments***. |
| 95 | Though the wicked lie in wait for me *to de****stroy me***, \*  I will apply my mind *to your* ***decrees***. |
| 96 | I see that all things *come to* ***an end***, \*  but your command*ment has* ***no bounds***. |
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|  | **מ 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 en****emies***, \*  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 com****mandments***. |
| 101 | I restrain my feet from eve*ry e****vil way***, \*  that I *may keep* ***your word***. |
| 102 | I do not shrink *from your* ***judgments***, \*  because you your*self have* ***taught me***. |
| 103 | How sweet are your *words to* ***my taste***! \*  they are sweeter than ho*ney to* ***my mouth***. |

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| 104 | Through your commandments I gain *under****standing***; \*  therefore I hate eve*ry ly****ing way***. |

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|  | **נ Nun** *Lucerna pedibus meis* |
| 105 | Your word is a lan*tern to* ***my feet*** \*  and a light *upon* ***my path***. |
| 106 | I have sworn and *am de****termined*** \*  to keep your *righteous* ***judgments***. |
| 107 | I am *deeply* ***troubled***; \*  preserve my life, O LORD, accord*ing to* ***your word***. |
| 108 | Accept, O LORD, the willing tri*bute of* ***my lips***, \*  and teach *me your* ***judgments***. |
| 109 | My life is al*ways 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 com****mandments***. |
| 111 | Your decrees are my inheri*tance for* ***ever***; \*  truly, they are the *joy of* ***my heart***. |
| 112 | I have applied my heart to ful*fill your* ***statutes*** \*  for ever *and to* ***the end***. |
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|  | **ס Samekh** *Iniquos odio habui* |
| 113 | I hate those who have a *divid****ed heart***, \*  but your *law do* ***I love***. |

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| 114 | You are my *refuge* ***and shield***; \*  my hope *is in* ***your word***. |
| 115 | Away from *me, you* ***wicked***! \*  I will keep the command*ments of* ***my God***. |
| 116 | Sustain me according to your promise, *that I* ***may live***, \*  and let me not be disappoin*ted 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 deceitful*ness 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***. |
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|  | **ע Ayin** *Feci judicium* |
| 121 | I have done what *is just* ***and right***; \*  do not deliver me to *my op****pressors***. |
| 122 | Be surety for *your ser****vant's good***; \*  let not the *proud op****press me***. |
| 123 | My eyes have failed from watching for *your sal****vation*** \*  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 *under****standing***, \*  that I may *know your* ***decrees***. |
| 126 | It is time for you *to act,* ***O LORD***, \*  for they have *broken* ***your law***. |

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| 127 | Truly, I love *your com****mandments*** \*  more than gold *and pre****cious stones***. |
| 128 | I hold all your commandments to *be right* ***for me***; \*  all paths of false*hood I* ***abhor***. |
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|  | **פ Pe** *Mirabilia* |
| 129 | Your decrees *are won****derful***; \*  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 com****mandments***. |
| 132 | Turn to *me in* ***mercy***, \*  as you always do to those *who love* ***your Name***. |
| 133 | Steady my foot*steps in* ***your word***; \*  let no iniquity have domin*ion o****ver me***. |
| 134 | Rescue me from those *who op****press me***, \*  and I will keep *your com****mandments***. |
| 135 | Let your countenance shine up*on your* ***servant*** \*  and teach *me your* ***statutes***. |
| 136 | My eyes *shed streams* ***of tears***, \*  because people do *not keep* ***your law***. |
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|  | **צ Sadhe** *Justus es, Domine* |
| 137 | You are *righteous,* ***O LORD***, \*  and upright *are your* ***judgments***. |

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| 138 | You have is*sued your* ***decrees*** \*  with justice and in per*fect faith****fulness***. |
| 139 | My indignation *has con****sumed me***, \*  because my enemies *forget* ***your words***. |
| 140 | Your word has been tested to *the ut****termost***, \*  and your ser*vant holds* ***it dear***. |
| 141 | I am small and of *little* ***account***, \*  yet I do not forget *your com****mandments***. |
| 142 | Your justice is an ever*lasting* ***justice*** \*  and your *law is* ***the truth***. |
| 143 | Trouble and distress have *come up****on me***, \*  yet your commandments *are my* ***delight***. |
| 144 | The righteousness of your decrees is *ever****lasting***; \*  grant me understanding, *that I* ***may live***. |

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|  | **ק 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 up*on your* ***promise***. |

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| 149 | Hear my voice, O LORD, according to your *loving-****kindness***; \*  according to your judg*ments, give* ***me life***. |
| 150 | They draw near who in malice *perse****cute me***; \*  they are very *far from* ***your law***. |
| 151 | You, O LORD, *are near* ***at hand***, \*  and all your com*mandments* ***are true***. |
| 152 | Long have I known *from your* ***decrees*** \*  that you have established *them for* ***ever***. |
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|  | **ר Resh** *Vide humilitatem* |
| 153 | Behold my affliction and *deli****ver me***, \*  for I do not *forget* ***your law***. |
| 154 | Plead my cause *and re****deem me***; \*  according to your pro*mise, give* ***me life***. |
| 155 | Deliverance is far *from the* ***wicked***, \*  for they do not stu*dy your* ***statutes***. |
| 156 | Great is your com*passion,* ***O LORD***; \*  preserve my life, according *to your* ***judgments***. |
| 157 | There are many who persecute *and op****press 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 com****mandments***! \*  O LORD, in your mer*cy, pre****serve me***. |
| 160 | The heart of *your word* ***is truth***; \*  all your righteous judgments endure *for ev****ermore***. |
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|  | **ש 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 ab****hor 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 stumb****ling block***. |
| 166 | I have hoped for your sal*vation,* ***O LORD***, \*  and have fulfilled *your com****mandments***. |
| 167 | I have *kept your* ***decrees*** \*  and I have *loved them* ***deeply***. |
| 168 | I have kept your command*ments and* ***decrees***, \*  for all my ways *are be****fore you***. |

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|  | **ת Taw** *Appropinquet deprecatio* |
| 169 | Let my cry come be*fore you,* ***O LORD***; \*  give me understanding, accord*ing to* ***your word***. |
| 170 | Let my supplication *come be****fore 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 command*ments are* ***righteous***. |

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| 173 | Let your hand be rea*dy to* ***help me***, \*  for I have chosen *your com****mandments***. |
| 174 | I long for your sal*vation,* ***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 com****mandments***. |
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|  | **120** *Ad Dominum* |
| 1 | When I was in trouble, I *called to* ***the LORD***; \*  I called to the LORD, and *he an****swered me***. |
| 2 | Deliver me, O LORD, *from ly****ing lips*** \*  and from the *deceit****ful tongue***. |
| 3 | What shall be done to you, and *what more* ***besides***, \*  O you *deceit****ful tongue***? |
| 4 | The sharpened arrows of *a war****rior***, \*  along with *hot glow****ing 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 en*emies* ***of peace***. |
| 7 | I am on *the side* ***of peace***, \*  but when I speak of it, *they are* ***for war***. |
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|  | **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 o*ver Is****rael*** \*  shall neither *slumber* ***nor sleep***; |
| 5 | The LORD himself wat*ches o****ver 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 com****ing in***, \*  from this time forth *for ev****ermore***. |

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|  | **122** *Lœtatus 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 *Jeru****salem***. |
| 3 | Jerusalem is built *as a* ***city*** \*  that is at uni*ty with* ***itself***; |

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| 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 *Jeru****salem***: \*  "May they pros*per who* ***love you***. |
| 7 | Peace be *within* ***your walls*** \*  and quietness with*in your* ***towers***. |
| 8 | For my brethren and *compan****ions' sake***, \*  I pray for your *prosper****ity***. |
| 9 | Because of the house of *the LORD* ***our God*,** \*  I will seek *to do* ***you good*."** |

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|  | **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 e*nough of* ***contempt***, |
| 5 | Too much of the scorn of the *indo****lent rich***, \*  and of the deri*sion of* ***the proud***. |
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|  | **124** *Nisi quia Dominus* |
| 1 | If the LORD had not *been on* ***our side***, \*  let Is*rael* ***now say***; |
| 2 | If the LORD had not *been on* ***our side***, \*  when enemies rose *up a****gainst us***; |
| 3 | Then would they have swallowed *us up* ***alive*** \*  in their fierce *anger* ***toward us***; |
| 4 | Then would the waters have *over****whelmed us*** \*  and the torrent *gone o****ver us***; |
| 5 | Then would the *raging* ***waters*** \*  have gone *right o****ver us***. |
| 6 | Bles*sed 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***. |
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|  | **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 *Jeru****salem***; \*  so does the LORD stand round about his people,  from this time forth *for ev****ermore***. |
| 3 | The scepter of the wicked shall not hold sway over the land allot*ted to* ***the just***, \*  so that the just shall not put their *hands to* ***evil***. |

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| 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 *evil****doers***; \*  but peace be up*on Is****rael***. |
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|  | **126** *In convertendo* |
| 1 | When the LORD restored the for*tunes 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 a*mong 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, car*rying* ***the seed***, \*  will come again with joy, should*ering* ***their sheaves***. |
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|  | **127** *Nisi Dominus* |
| 1 | Unless the *LORD builds* ***the house***, \*  their labor is in *vain who* ***build it***. |

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| 2 | Unless the LORD watches o*ver 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 *belov****ed sleep***. |
| 4 | Children are a heri*tage from* ***the LORD***, \*  and the fruit of the *womb is* ***a gift*.** |
| 5 | Like arrows in the hand of *a war****rior*** \*  are the child*ren of* ***one's youth***. |
| 6 | Happy is the man who has his qui*ver full* ***of them***! \*  he shall not be put to shame  when he contends with his ene*mies in* ***the gate***. |
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|  | **128** *Beati omnes* |
| 1 | Happy are they all *who fear* ***the LORD***, \*  and who fol*low in* ***his ways***! |
| 2 | You shall eat the fruit *of your* ***labor***; \*  happiness and prosperi*ty shall* ***be yours***. |
| 3 | Your wife shall be like a fruitful vine *within* ***your house***, \*  your children like olive shoots round a*bout 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 up*on Is****rael***. |

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|  | **129** *Sœpe expugnaverunt* |
| 1 | "Greatly have they oppressed *me since* ***my youth***," \*  let Is*rael* ***now say***; |
| 2 | "Greatly have they oppressed *me since* ***my youth***, \*  but they have not pre*vailed a****gainst me***." |
| 3 | The plowmen plowed *upon* ***my back*** \*  and made *their fur****rows long***. |
| 4 | The LORD, *the Right****eous One***, \*  has cut the cords *of the* ***wicked***. |
| 5 | Let them be put to *shame and* ***thrown back***, \*  all those who are ene*mies of* ***Zion***. |
| 6 | Let them be like grass up*on 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 pros****per you***. \*  We wish you well in the *Name of* ***the LORD***." |
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|  | **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 *suppli****cation***. |
| 2 | If you, LORD, were to note what *is done* ***amiss***, \*  O *LORD, who* ***could stand***? |
| 3 | For there is for*giveness* ***with you***; \*  therefore *you shall* ***be feared***. |

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| 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 plente*ous re****demption***, \*  and he shall redeem Israel *from all* ***their sins***. |
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|  | **131** *Domine, non est* |
| 1 | O LORD, *I am* ***not proud***; \*  I have *no haugh****ty 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 mo****ther's breast***; \*  my soul is quiet*ed with****in me***. |
| 4 | O Israel, wait *upon* ***the LORD***, \*  from this time forth *for ev****ermore***. |
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|  | **132** *Memento, Domine* |
| 1 | LORD, re*member* ***David***, \*  and all the hard*ships he* ***endured***; |

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| 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 Eph****ratah***; \*  we found it in the fields *of Je****arim***. |
| 7 | Let us go to *God's dwel****ling place***; \*  let us fall upon our knees be*fore his* ***footstool***." |
| 8 | Arise, O LORD, into *your rest****ing-place***, \*  you and the *ark of* ***your strength***. |
| 9 | Let your priests be clothed *with right****eousness***; \*  let your faithful peo*ple sing* ***with joy***. |
| 10 | For your ser*vant Da****vid's sake***, \*  do not turn away the face of *your A****nointed***. |
| 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 ev****ermore***." |
| 14 | For the LORD has *chosen* ***Zion***; \*  he has desired her for his *habi****tation***: |
| 15 | "This shall be my resting-*place for* ***ever***; \*  here will I dwell, for I *delight* ***in her***. |

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| 16 | I will surely bless *her pro****visions***, \*  and satisfy *her poor* ***with bread***. |
| 17 | I will clothe her priests *with sal****vation***, \*  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 A****nointed***. |
| 19 | As for his enemies, I will *clothe them* ***with shame***; \*  but as for him, *his crown* ***will shine***." |

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|  | **133** *Ecce, quam bonum!* |
| 1 | Oh, how good and *pleasant* ***it is***, \*  when brethren live together *in u****nity***! |
| 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 col*lar of* ***his robe***. |
| 4 | It is like the *dew of* ***Hermon*** \*  that falls upon the *hills of* ***Zion***. |
| 5 | For there the LORD has or*dained the* ***blessing***: \*  life *for ev****ermore***. |
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|  | **134** *Ecce nunc* |
| 1 | Behold now, bless the LORD, all you ser*vants 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***. |
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|  | **135** *Laudate nomen* |
| 1 | Hallelujah!  Praise the *Name of* ***the LORD***; \*  give praise, you ser*vants 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 Ja*cob for* ***himself*** \*  and Israel for his *own pos****session***. |
| 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 hea*ven 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 first*born 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 migh*ty kings* ***to death***: |
| 11 | Sihon, king of the Amorites,  and Og, the *king of* ***Bashan***, \*  and all the king*doms of* ***Canaan***. |
| 12 | He gave their land to be an *inher****itance***, \*  an inheritance for Isra*el his* ***people***. |

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| 13 | O LORD, your Name is *ever****lasting***; \*  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 hu****man hands***. |
| 16 | They have mouths, but *they can****not speak***; \*  eyes have they, but *they can****not see***. |
| 17 | They have ears, but *they can****not 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 Is****rael***; \*  O house of Aa*ron, 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.  *Halle****lujah***! |
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|  | **136** *Confitemini* |
| 1 | Give thanks to the LORD, *for he* ***is good***, \*  for his mercy en*dures for* ***ever***. |
| 2 | Give thanks to *the God* ***of gods***, \*  for his mercy en*dures for* ***ever***. |

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| 3 | Give thanks to *the Lord* ***of lords***, \*  for his mercy en*dures for* ***ever***. |
| 4 | Who only *does great* ***wonders***, \*  for his mercy en*dures for* ***ever***; |
| 5 | Who by wisdom *made the* ***heavens***, \*  for his mercy en*dures for* ***ever***; |
| 6 | Who spread out the earth up*on the* ***waters***, \*  for his mercy en*dures for* ***ever***; |
| 7 | Who cre*ated* ***great lights***, \*  for his mercy en*dures for* ***ever***; |
| 8 | The sun *to rule* ***the day***, \*  for his mercy en*dures for* ***ever***; |
| 9 | The moon and the stars to *govern* ***the night***, \*  for his mercy en*dures for* ***ever***. |
| 10 | Who struck down the first*born of* ***Egypt***, \*  for his mercy en*dures for* ***ever***; |
| 11 | And brought out Israel *from a****mong them***, \*  for his mercy en*dures for* ***ever***; |
| 12 | With a mighty hand and *a stretched-****out arm***, \*  for his mercy en*dures for* ***ever***; |
| 13 | Who divided the *Red Sea* ***in two***, \*  for his mercy en*dures for* ***ever***; |
| 14 | And made Israel to pass through *the midst* ***of it***, \*  for his mercy en*dures for* ***ever***; |
| 15 | But swept Pharaoh and his army in*to the* ***Red Sea***, \*  for his mercy en*dures for* ***ever***; |

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| 16 | Who led his people through *the wil****derness***, \*  for his mercy en*dures for* ***ever***. |
| 17 | Who *struck down* ***great kings***, \*  for his mercy en*dures for* ***ever***; |
| 18 | And *slew migh****ty kings***, \*  for his mercy en*dures for* ***ever***; |
| 19 | Sihon, king of *the Am****orites***, \*  for his mercy en*dures for* ***ever***; |
| 20 | And Og, the *king of* ***Bashan***, \*  for his mercy en*dures for* ***ever***; |
| 21 | And gave away their lands for an *inher****itance***, \*  for his mercy en*dures for* ***ever***; |
| 22 | An inheritance for Isra*el his* ***servant***, \*  for his mercy en*dures for* ***ever***. |
| 23 | Who remembered us in *our low* ***estate***, \*  for his mercy en*dures for* ***ever***; |
| 24 | And delivered us from *our en****emies***, \*  for his mercy en*dures for* ***ever***; |
| 25 | Who gives food *to all* ***creatures***, \*  for his mercy en*dures for* ***ever***. |
| 26 | Give thanks to the *God of* ***heaven***, \*  for his mercy en*dures for* ***ever***. |

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|  | **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 oppres*sors called* ***for mirth***: \*  "Sing us one of the *songs of* ***Zion***." |
| 4 | How shall we *sing the* ***LORD'S song*** \*  upon an *ali****en soil***? |
| 5 | If I forget you, O *Jeru****salem***, \*  let my right hand *forget* ***its skill***. |
| 6 | Let my tongue cleave to the roof of my mouth  if I do not *remem****ber you***, \*  if I do not set Jerusalem above *my high****est joy***. |
| 7 | Remember the day of Jerusalem, O LORD,  against the peo*ple of* ***Edom***, \*  who said, "Down with it! down with it!  e*ven to* ***the ground***!" |
| 8 | O Daughter of Babylon, doomed *to de****struction***, \*  happy the one who pays you back  for what you *have done* ***to us***! |
| 9 | Happy shall he be who takes *your lit****tle ones***, \*  and dashes them *against* ***the rock***! |

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|  | **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 faith****fulness***; |
| 3 | For you have glo*rified* ***your Name*** \*  and your word *above* ***all things***. |
| 4 | When I called, *you an****swered me***; \*  you increased my *strength with****in 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 glo*ry of* ***the LORD***. |
| 7 | Though the LORD be high, he cares *for the* ***lowly***; \*  he perceives the haugh*ty 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***. |

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|  | **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 *alto****gether***. |
| 4 | You press upon me be*hind and* ***before*** \*  and lay your *hand up****on me***. |
| 5 | Such knowledge is too won*derful* ***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 hea*ven, 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 co****ver 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 in****most parts***; \*  you knit me together in *my mo****ther's womb***. |

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| 13 | I will thank you because I am mar*velous****ly 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 writ*ten 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 num*ber 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 despiteful*ly a****gainst 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 a****gainst you***? |
| 21 | I hate them with a *perfect* ***hatred***; \*  they have become my *own en****emies***. |
| 22 | Search me out, O God, *and know* ***my heart***; \*  try me and know *my rest****less thoughts***. |
| 23 | Look well whether there be any wick*edness* ***in me*** \*  and lead me in the way that is *ever****lasting***. |
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|  | **140** *Eripe me, Domine* |
| 1 | Deliver me, O LORD, from *evil****doers***; \*  protect me *from* *the* ***violent***, |
| 2 | Who devise e*vil 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 *suppli****cation***. |
| 7 | O Lord GOD, the strength of *my sal****vation***, \*  you have covered my head in the *day of* ***battle***. |
| 8 | Do not grant the desires of the *wicked,* ***O LORD***, \*  nor let their e*vil plans* ***prosper***. |
| 9 | Let not those who surround me *lift up* ***their heads***; \*  let the evil of their lips *over****whelm them***. |
| 10 | Let hot burning coals *fall up****on them***; \*  let them be cast into the mire, never to *rise up* ***again***." |
| 11 | A slanderer shall not be estab*lished 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***. |

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| 13 | Surely, the righteous will give *thanks to* ***your Name***, \*  and the upright shall contin*ue in* ***your sight***. |
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|  | **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 eve*ning sac****rifice***. |
| 3 | Set a watch before my mouth, O LORD,  and guard the *door of* ***my lips***; \*  let not my heart incline to a*ny e****vil thing***. |
| 4 | Let me not be occupied in wickedness with *evil****doers***, \*  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 wic****ked 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 *evil****doers***. |
| 10 | Let the wicked fall in*to their* ***own nets***, \*  while I *myself* ***escape***. |
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|  | **142** *Voce mea ad Dominum* |
| 1 | I cry to the *LORD with* ***my voice***; \*  to the LORD I make loud *suppli****cation***. |
| 2 | I pour out my com*plaint be****fore 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 ve****ry 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 ga*ther a****round me***. |
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|  | **143** *Domine, exaudi* |
| 1 | LORD, hear my prayer,  and in your faithfulness heed my *suppli****cations***; \*  answer me in *your righ****teousness***. |
| 2 | Enter not into judgment *with your* ***servant***, \*  for in your sight shall no one living *be just****ified***. |

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| 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 with****in me***; \*  my heart within me *is de****solate***. |
| 5 | I remember the time past;  I muse up*on 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 thir****sty 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 en*emies,* ***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 le****vel 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***. |

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|  | **144** *Benedictus Dominus* |
| 1 | Blessed be *the LORD* ***my rock***! \*  who trains my hands to fight and my fin*gers to* ***battle***; |
| 2 | My help and my fortress, my stronghold and my *deli****verer***, \*  my shield in whom I trust,  who subdues the peo*ples un****der 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 scat****ter them***; \*  shoot out your ar*rows 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 *deceit****fully*** \*  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 vict*ory* ***to kings*** \*  and have rescued Da*vid your* ***servant***. |
| 11 | Rescue me from *the hurt****ful sword*** \*  and deliver me from the hand of *foreign* ***peoples***, |
| 12 | Whose mouths speak *deceit****fully*** \*  and whose right hand is *raised in* ***falsehood***. |

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| 13 | May our sons be like plants well nur*tured 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 pub****lic squares***. |
| 16 | Happy are the people of *whom this* ***is so***! \*  happy are the people whose *God is* ***the LORD***! |
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|  | **145** *Exaltabo te, Deus* |
| 1 | I will exalt you, *O God* ***my King***, \*  and bless your Name for ev*er and* ***ever***. |
| 2 | Every day *will I* ***bless you*** \*  and praise your Name for ev*er and* ***ever***. |
| 3 | Great is the LORD and great*ly to* ***be praised***; \*  there is no end *to his* ***greatness***. |
| 4 | One generation shall praise your works *to an****other*** \*  and shall de*clare your* ***power***. |
| 5 | I will ponder the glorious splendor of *your ma****jesty*** \*  and all your *marve****lous works***. |
| 6 | They shall speak of the might of *your wond****rous acts***, \*  and I will tell *of your* ***greatness***. |
| 7 | They shall publish the remembrance of *your great* ***goodness***; \*  they shall sing of *your right****eous deeds***. |

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| 8 | The LORD is gracious and full *of com****passion***, \*  slow to anger and *of great* ***kindness***. |
| 9 | The LORD is loving *to eve****ryone*** \*  and his compassion is ov*er 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 ever*lasting* ***kingdom***; \*  your dominion endures through*out 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 up*on you,* ***O LORD***, \*  and you give them their food *in due* ***season***. |
| 17 | You op*en 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 up****on him***, \*  to all who call upon *him faith****fully***. |
| 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***. |

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| 22 | My mouth shall speak the *praise of* ***the LORD***; \*  let all flesh bless his holy Name for ev*er and* ***ever***. |
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|  | **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 an*y 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 Ja*cob 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 prom*ise 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.  *Halle****lujah***! |

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|  | **147** *Laudate Dominum* |
| 1 | Hallelujah!  How good it is to sing prais*es to* ***our God***! \*  how pleasant it is to hon*or him* ***with praise***! |
| 2 | The LORD rebuilds *Jeru****salem***; \*  he gathers the exiles *of Is****rael***. |
| 3 | He heals the *broken****hearted*** \*  and *binds* *up* ***their wounds***. |
| 4 | He counts the num*ber of* ***the stars*** \*  and calls them *all by* ***their names***. |
| 5 | Great is our LORD and migh*ty in* ***power***; \*  there is no limit *to his* ***wisdom***. |
| 6 | The LORD lifts *up the* ***lowly***, \*  but casts the wick*ed to* ***the ground***. |
| 7 | Sing to the LORD *with thanks****giving***; \*  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 up*on the* ***mountains*** \*  and green plants *to serve* ***mankind***. |
| 10 | He provides food *for flocks* ***and herds*** \*  and for the young ra*vens 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***. |

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| 13 | Worship the LORD, O *Jeru****salem***; \*  praise your *God, O* ***Zion***; |
| 14 | For he has strengthened the *bars of* ***your gates***; \*  he has blessed your child*ren with****in you***. |
| 15 | He has established peace *on your* ***borders***; \*  he satisfies you with *the fi****nest wheat***. |
| 16 | He sends out his com*mand to* ***the earth***, \*  and his word runs *very* ***swiftly***. |
| 17 | He *gives snow* ***like wool***; \*  he scatters hoar*frost 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 wat****ers flow***. |
| 20 | He declares his *word to* ***Jacob***, \*  his statutes and his judgments *to Is****rael***. |
| 21 | He has not done so to any *other* ***nation***; \*  to them he has not revealed his judgments.  *Halle****lujah***! |
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|  | **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 shi****ning stars***. |

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| 4 | Praise him, hea*ven of* ***heavens***, \*  and you waters a*bove the* ***heavens***. |
| 5 | Let them praise the *Name of* ***the LORD***; \*  for he commanded, and they *were cre****ated***. |
| 6 | He made them stand fast for ev*er and* ***ever***; \*  he gave them a law which shall *not pass* ***away***. |
| 7 | Praise the *LORD from* ***the earth***, \*  you sea-mon*sters and* ***all deeps***; |
| 8 | Fire and *hail, snow* ***and fog***, \*  tempestuous wind, *doing* ***his will***; |
| 9 | Moun*tains and* ***all hills***, \*  fruit trees *and all* ***cedars***; |
| 10 | Wild beasts *and all* ***cattle***, \*  creeping things *and wing****èd birds***; |
| 11 | Kings of the earth *and all* ***peoples***, \*  princes and all ru*lers of* ***the world***; |
| 12 | Young *men and* ***maidens***, \*  old and *young to****gether***. |
| 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.  *Halle****lujah***! |
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|  | **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 joy*ful 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 vic****tory***. |
| 5 | Let the faithful re*joice in* ***triumph***; \*  let them be joy*ful 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.  *Halle****lujah***! |
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|  | **150** *Laudate Dominum* |
| 1 | Hallelujah!  Praise God in his *holy* ***temple***; \*  praise him in the firmament *of his* ***power***. |

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| 2 | Praise him for *his migh****ty acts***; \*  praise him for his ex*cellent* ***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 re*sounding* ***cymbals***; \*  praise him with loud-*clanging* ***cymbals***. |
| 6 | Let every*thing that* ***has breath*** \*  praise the Lord.  *Halle****lujah***! |