

Book of Psalms

Chapter 31

Douay-Rheims Bible

Psalms Chapter 31

Beati quorum.

The second penitential psalm.

31:1. To David himself, understanding. Blessed are they whose iniquities are forgiven, and whose sins are covered.

31:2. Blessed is the man to whom the Lord hath not imputed sin, and in whose spirit there is no guile.

31:3. Because I was silent my bones grew old; whilst I cried out all the day long.

31:4. For day and night thy hand was heavy upon me: I am turned in my anguish, whilst the thorn is fastened.

31:5. I have acknowledged my sin to thee, and my injustice I have not concealed. I said I will confess against my self my injustice to the Lord: and thou hast forgiven the wickedness of my sin.

31:6. For this shall every one that is holy pray to thee in a seasonable time. And yet in a flood of many waters, they shall not come nigh unto him.

31:7. Thou art my fefuge from the trouble which hath eencompassed me: my joy, deliver me from them that surround me.

31:8. I will give thee understanding, and I will instruct thee in this way, in which thou shalt go: I will fix my eyes upon thee.

31:9. Do not become like the horse and the mule, who have no understanding. With bit and bridle bind fast their jaws, who come not near unto thee.

31:10. Many are the scourges of the sinner, but mercy shall encompass him that hopeth in the Lord.

31:11. Be glad in the Lord, and rejoice, ye just, and glory, all ye right of heart.