**PSALM 31**

Beati quorum.

*The second penitential psalm.*

**1** To David himself, understanding.

Blessed are they whose iniquities are forgiven, and whose sins are covered.

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

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

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

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

**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.

**7** Thou art my refuge from the trouble which hath encompassed me: my joy, deliver me from them that surround me.

**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.

**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.

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

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