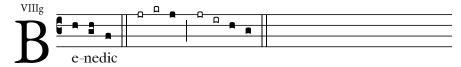
Wednesday 173

## Office of Readings



**PSALM 103 I** 

Bless the <u>Lord</u>, O my <u>soul</u>, and all with<u>in</u> me, his ho<u>ly</u> name.

Bless the <u>Lord</u>, O my <u>soul</u>, and never forget <u>all</u> <u>his</u> benefits.

It is the Lord who forgives all your <u>sins</u>, who heals every <u>one</u> of <u>your</u> ills,

who redeems your <u>life</u> from the <u>grave</u>, who crowns you with <u>mer</u>cy and <u>compassion</u>,

who fills your <u>life</u> with good <u>things</u>, renewing your <u>youth</u> like <u>an</u> eagle's.

The Lord does <u>deeds</u> of <u>justice</u>, gives full justice to <u>all</u> who are <u>oppressed</u>.

He made known his <u>ways</u> to <u>Moses</u>, and his deeds to the <u>child</u>ren <u>of</u> Israel.

PSALM 103 II

The Lord is compassionate and gracious, slow to anger and <u>rich in</u> mercy.

He will not <u>al</u>ways find <u>fault;</u> nor persist in his <u>anger for</u>ever.

He does not treat us ac<u>cor</u>ding to our <u>sins</u>, nor repay us ac<u>cor</u>ding to <u>our</u> faults.

For as the heavens are high above the <u>earth</u>, so strong his mercy for <u>those who</u> fear him.

As far as the east is <u>from</u> the <u>west</u>, so far from us does he re<u>move</u> our <u>trans</u>gressions

As a father has compassion on his <u>children</u>, the Lord's compassion is on <u>those</u> who fear him.

tr. Bless the Lord, my soul. alt. Bless the Lord, my soul; never forget all he has done for you.

> alt. As a father is gentle with his children, so is the Lord with those who revere him.

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For he knows of <u>what</u> we are <u>made</u>; he remembers that we are dust.

Man, his <u>days</u> are like <u>grass</u>; he flowers like the flower of the field.

The wind blows, and it is no more, and its place never sees it again.

PSALM 103 III

But the mercy of the <u>Lord</u> is ever<u>lasting</u> upon those who <u>hold</u> him <u>in</u> fear, upon children's <u>child</u>ren his <u>justice</u>, for those who <u>keep his</u> covenant, and remember to fulfill his <u>commands</u>. The Lord has fixed his <u>throne in</u> heaven and his kingdom is ruling <u>o</u>ver <u>all</u>. Bless the Lord, all <u>you his</u> angels, mighty in power, fulfilling his <u>word</u>, who heed the <u>voice</u> of <u>his</u> word.

alt. Bless the Lord, all you his works!

Bless the <u>Lord</u>, all his <u>hosts</u>, his servants, who <u>do his</u> will.

Bless the Lord, all his <u>works</u>, † in every place <u>where</u> he <u>rules</u> Bless the <u>Lord</u>, O <u>my</u> soul!

Glory...

 ${\rm tr.\ Bless\ the\ Lord,\ my\ soul.}$  alt. Bless the Lord, my soul; never forget all he has done for you.

VIIIg



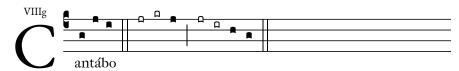
Benedic á- nima mea, Dómino.

Lord, make me understand the <u>way</u> of your <u>precepts</u>.

—And I will <u>mar</u>vel at <u>your</u> wisdom.

Wednesday 175

## Lauds



**PSALM 108** 

My heart is ready, O God; my <u>heart</u> is <u>ready</u>. I will sing, I will sing your praise. A<u>wake</u>, <u>my</u> soul;

awake, 0 <u>lyre</u> and <u>harp</u>.

I will awake the dawn.

I will praise you, Lord, a<u>mong</u> the <u>peoples</u>; I will sing psalms to you a<u>mong</u> the nations,

for your mercy <u>reach</u>es to the <u>heavens</u>, and your <u>truth</u> to <u>the</u> skies.

O God, be exalted above the heavens; may your glory shine on all the earth!

With your right hand, grant salvation and give answer; O come and deliver your friends.

From his holy place God has spo<u>ken</u>: †
"I will exult, and divide the <u>land</u> of <u>Shechem</u>
I will measure out the <u>valley of</u> Succoth.

Mine is Gilead, mine is Manas<u>seh</u>, † Ephraim I <u>take</u> for my <u>helmet</u>, Judah <u>is</u> <u>my</u> scepter.

Moab is my wash<u>bowl</u>, † on Edom I will <u>toss</u> my <u>shoe</u>. Over Philistia I will <u>shout</u> in triumph."

But who will lead me to the <u>for</u>tified <u>city</u>? Who will <u>bring</u> me <u>to</u> Edom?

Have you not cast us <u>off</u>, O <u>God</u>? Will you march with our <u>arm</u>ies <u>no</u> longer?

Give us aid against the <u>foe</u>, for human <u>help</u> is vain.

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With God, we <u>shall</u> do <u>bravely</u>, and he will trample <u>down our</u> foes.

tr. I will sing, I will sing your praise, O Lord. alt. My heart is ready, O God, my heart is ready.



Cantábo et psalmum dicam Dómino.



Isaiah 61:10-62:5

I will greatly rejoice in the Lord, and my soul shall exult in my God;

for he has clothed me in the <u>gar</u>ments of <u>sal</u>vation, and wrapped me in the <u>robe</u> of sa<u>ving</u> justice,

like a bridegroom a<u>dorned</u> with <u>a</u> crown, and like a bride be<u>decked</u> with <u>her</u> jewels.

For as the earth brings <u>forth</u> <u>its</u> growth, and a garden makes what is <u>sown</u> in it <u>sprout</u> up,

so the Lord God will make <u>right</u>eousness <u>and</u> praise sprout up in the <u>sight</u> of all <u>the</u> nations.

For Zion's sake I <u>will</u> not <u>keep</u> silent, for Jerusalem's sake I <u>will</u> not <u>keep</u> still,

until her vindication shines <u>forth</u> like <u>the</u> dawn, and her sal<u>va</u>tion like a flam<u>ing</u> torch.

Nations shall be<u>hold</u> your vin<u>di</u>cation, and every <u>king your</u> glory;

and you shall be <u>called</u> by a <u>new</u> name which the mouth of the <u>Lord</u> shall <u>de</u>clare.

You shall be a crown of beauty † in the <u>hand</u> of <u>the</u> Lord, and in the hand of your <u>God</u> a roy<u>al</u> diadem.

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No more shall you be <u>called</u> "<u>For</u>saken nor your <u>land</u> be <u>called</u> "Desolate."

But you shall be called "My De<u>light</u> is <u>in</u> her," and your <u>land</u> "<u>Espoused</u>."

For the Lord de<u>lights in</u> you and your <u>land</u> shall be <u>es</u>poused

For as a young man <u>mar</u>ries <u>a</u> virgin your <u>Build</u>er shall mar<u>ry</u> you;

and as a bridegroom rejoices in <u>his</u> bride, so will your God rejoice <u>in</u> you.

tr. For Zion's sake I will not keep silent, until her vindication shines forth like the dawn. alt. The Lord has robed me with grace and salvation.



**PSALM 146** 

My soul, give praise to the <u>Lord</u>; † I will praise the <u>Lord</u> all <u>my</u> life, sing praise to my <u>God</u> while <u>I</u> live.

Put no <u>trust in</u> princes, or <u>any</u>one who can<u>not</u> save.

Take their breath, they re<u>turn</u> to <u>the</u> earth, and their plans that <u>day</u> come <u>to</u> nothing.

Blessed is he who is <u>helped</u> by Ja<u>cob's</u> God, whose hope is in the <u>Lord</u> <u>his</u> God,

who made the <u>heavens</u> and <u>the</u> earth, the <u>seas</u> and all they <u>con</u>tain,

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who preserves fi<u>del</u>ity <u>for</u>ever, who does justice to <u>those</u> who are <u>op</u>pressed

It is he who gives <u>bread</u> to <u>the</u> hungry, the <u>Lord</u> who sets prison<u>ers</u> free,

the Lord who opens the <u>eyes</u> of <u>the</u> blind, the Lord who raises up <u>those</u> who are <u>bowed</u> down.

It is the <u>Lord</u> who loves <u>the just</u>, the Lord who pro<u>tects the</u> stranger and upholds the <u>orph</u>an and <u>the</u> widow, but thwarts the <u>path</u> of <u>the</u> wicked.

The Lord will <u>reign for</u>ever, your God, O <u>Zi</u>on, from age <u>to</u> age.

alt. I will praise my God all the days of my life.



Laudá-bo Deum meum in vi-ta mea.