

MONDAY
OFFICE OF READINGS

107

alt. How good is the God of Israel
to the pure of heart!

PSALM 73 I

How good is God to Israel,
to those who are pure of heart!
As for me, my feet came close to stumbling;
my steps had almost slipped,
for I was filled with envy of the proud,
when I saw how the wicked prosper.
For them there are no pains;
their bodies are sound and sleek.
They do not share in people's burdens;
they are not stricken like others.
So they wear their pride like a necklace;
they clothe themselves with violence.
With folds of fat, their eyes protrude.
With imagination their hearts overflow.
They scoff; they speak with malice.
From on high they threaten oppression.
They have set their mouths in the heavens,
and their tongues are roaming the earth.
So the people turn to them
and drink in all their words.
Thus they say, "How can God know?
Does the Most High have any knowledge?"
Look at them, such are the wicked;
ever prosperous, they grow in wealth.
Glory...

alt. Their laughter will turn to
weeping, their merriment to
grief.

PSALM 73 II

How useless to keep my heart pure,
and wash my hands in innocence,
when I was stricken all day long,
suffered punishment with each new morning.

Then I said, "If I should speak like that,
I should betray your children's generation."

I strove to fathom this problem,
too hard for my mind to understand,
until I entered the holy place of God,
and came to discern their end.

How slippery the paths on which you set them;
you make them fall to destruction.

How suddenly they come to their ruin,
swept away, destroyed by terrors.

Like a dream one wakes from, O Lord,
when you wake you dismiss them as phantoms.

Glory...

MONDAY

109

alt. Their laughter will turn to
weeping, their merriment to
grief.

PSALM 73 III

And so when my heart grew embittered,
and I was pierced to the depths of my being,

I was stupid and did not understand;
I was like a beast in your sight.

As for me, I was always in your presence,
you were holding me by my right hand.

By your counsel you will guide me,
and then you will lead me to glory.

What else have I in heaven but you?
Apart from you, I want nothing on earth.

My flesh and my heart waste away,
God is the strength of my heart,
my portion forever.

Surely, those who are far from you perish;
you put an end to all those who are unfaithful

For me to be near God is good;
I have made the Lord God my refuge.

I will proclaim your works
at the gates of daughter Zion.

Glory...

To savor your words is my delight, O Lord.
— Honey itself is not sweeter.

WEEK IV
LAUDS

alt. Each morning, Lord, you fill
us with your kindness.

PSALM 90

O Lord, you have been our refuge,
from generation to generation.

Before the mountains were born,
or the earth or the world were brought forth,
you are God, from age to age.

You turn man back to dust, and say,
“Return, O children of Adam.”

To your eyes a thousand years
are like yesterday, come and gone,
or like a watch in the night.

You sweep them away like a dream,
like grass which is fresh in the morning.

In the morning it sprouts and is fresh;
by evening it withers and fades.

Indeed, we are consumed by your anger;
we are struck with terror at your fury.

You have set our guilt before you,
our secret sins in the light of your face.

All our days pass away in your anger
Our years are consumed like a sigh.

Seventy years is the span of our days,
or eighty if we are strong.

And most of these are toil and pain.
They pass swiftly and we are gone.

Who understands the power of your anger?
Your fury matches the fear of you.

Then teach us to number our days,
that we may gain wisdom of heart.

Turn back, O Lord! How long?
Show pity to your servants.

At dawn, fill us with your merciful love;
we shall exult and rejoice all our days.

Give us joy for the days of our affliction,
for the years when we looked upon evil.

Let your deed be seen by your servants,
and your glorious power by their children.

Let the favor of the Lord our God be upon us;
give success to the work of our hands.
O give success to the work of our hands.

Glory...

alt. From the farthest bounds of
earth, may God be praised!

ISAIAH 42:10-16

Sing to the Lord a new song,
his praise from the ends of the earth
you who go down into the sea, and its fullness,
the islands and those who dwell there.

Let the desert and its cities exult,
the villages where Kedar dwells.

Let the inhabitants of Sela shout for joy;
let them sing from the tops of the mountains.

Let them give glory to the Lord,
and announce his praise in the islands.

The Lord strides forth like a champion,
like a warrior he rouses his rage;

he raises his voice and shouts aloud,
he shows his might against his foes.

I have always kept silent,
kept quiet, restraining myself.

Now I cry out like a woman in labor;
I both gasp and pant.

Mountains and hills will I lay waste;
and all their plants will I wither.

And rivers will I turn into islands,
and cause the marshes to dry up.

I will lead the blind by a road they do not know,
and on paths they do not know I will lead them.

I will turn darkness into light before them,
and rough places into level ground.

Glory...

alt. You who stand in his sanctuary,
praise the name of the Lord.

PSALM 135:1-12

Praise the name of the Lord;
praise him, servants of the Lord,
who stand in the house of the Lord,
in the courts of the house of our God.

Praise the Lord, for the Lord is good.
Sing a psalm to his name for he is gracious

For the Lord has chosen Jacob for himself,
and Israel as his treasured possession.

For I know that the Lord is great,
that our Lord is high above all gods.

The Lord does whatever he wills,
in heaven, and on earth,
in the seas, and in all the depths.

He summons clouds from the ends of the earth,
makes lightning produce the rain;
from his treasures he sends forth the wind.

The firstborn of the Egyptians he smote,
of man and beast alike.

He sent signs and wonders in your midst, O Egypt,
against Pharaoh and all his servants.

Nations in great numbers he struck,
and kings in their might he slew:

Sihon, king of the Amorites,
Og, the king of Bashan,
and all the kingdoms of Canaan.

Their land he gave as a heritage,
a heritage to Israel, his people.
Glory...

alt. Blessed be the Lord, for he
has come to his people and set
them free.

BENEDICTUS

Blessed be the Lord God of Israel:
for he has visited his people and redeemed them,
he has raised up for us a horn of salvation
in the House of David his servant,
as he spoke through the mouth of his holy ones,
his prophets from ages past:

To grant salvation from our foes,
and from the hand of all who hate us,

showing mercy to our fathers, †
remembering his holy covenant,
the oath he swore to Abraham our father;

To grant that, freed from the hand of our foes,
we may serve him without fear

in holiness and righteousness
all the days of our life.

And you, little child, will be called
the Prophet of the Most High,
for you will go before the Lord
to make ready his ways:

to grant knowledge of salvation to his people
by the forgiveness of their sins;

Through the tender mercy of our God,
the Dawn from on high will visit us,
to shine on those who sit in darkness, †
and those in the shadow of death;
to guide our feet into the way of peace.

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.