

TUESDAY  
OFFICE OF READINGS

119

alt. Lord, let my cry come to you;  
do not hide your face from me.

PSALM 102 I

Hear my prayer, O Lord,  
and let my cry come to you.

Do not hide your face from me  
in the day of my distress.

Turn your ear toward me;  
on the day when I call,  
speedily answer me.

For my days are vanishing like smoke,  
my bones burn away like a furnace.

My heart is withered and dried up like the grass.  
I forget to eat my bread.

Because of the sound of my groaning,  
my bones hold fast to my flesh.

I have become like a vulture in the desert,  
like an owl among the ruins.

I lie awake and I moan,  
like a bird alone on a roof.

All day long my foes revile me;  
those who deride me use my name as a curse.

I have eaten ashes like bread,  
and mingled tears with my drink.

Because of your anger and fury,  
you have lifted me up and thrown me down.

My days are like a fading shadow,  
and I wither away like the grass.

Glory...

alt. Be attentive, Lord, to the  
prayer of the helpless.

## PSALM 102 II

But you, O Lord, are enthroned forever,  
and your renown is from age to age.

You will arise and take pity on Zion,  
for this is the time to have mercy;  
yes, the time appointed has come.

Behold, your servants love her very stones,  
are moved to pity for her dust.

The nations shall fear the name of the Lord,  
and all the earth's kings your glory.

When the Lord shall build up Zion,  
he will appear in all his glory.

Then he will turn to the prayers of the helpless;  
he will not despise their prayers.

Let this be written for ages to come,  
that a people yet unborn may praise the Lord;  
the Lord looked down from his holy place on high,  
looked down from heaven to the earth,  
to hear the groans of the prisoners,  
and free those condemned to die.

May the name of the Lord be proclaimed in Zion,  
and his praise in Jerusalem,

when peoples and kingdoms are gathered as one  
to offer their worship to the Lord.

Glory...

TUESDAY

121  
alt. You, O Lord, established the  
earth, and the heavens are the  
work of your hands.

PSALM 102 III

He has broken my strength in midcourse;  
he has shortened my days.

I say: "My God, do not take me away  
before half of my days are complete,  
you, whose days last from age to age.

long ago you founded the earth,  
and the heavens are the work of your hands.

They will perish but you will remain.  
They will all wear out like a garment.

You will change them like clothes, and they change.  
But you are the same, and your years do not end."

The children of your servants shall dwell untroubled,  
and their descendants established before you.

Glory...

Listen, my people, to my teaching.  
— Give ear to the words I speak.

WEEK IV  
LAUDS

alt. I will sing to you, O Lord; I  
will learn from you the way of  
perfection.

PSALM 101

I sing of mercy and justice;  
I raise a psalm to you, O Lord.  
I will ponder the way of the blameless  
O when will you come to me?  
I will walk with blameless heart  
within my house;  
I will not set before my eyes  
whatever is base.  
I hate the deeds of the crooked;  
I will have none of it.  
The false-hearted must keep far away;  
I will know no evil.  
Whoever slanders a neighbor in secret  
I will bring to silence.  
Proud eyes and haughty heart  
I will never endure.  
My eyes are on the faithful of the land,  
that they may dwell with me.  
The one who walks in the way of the blameless  
shall be my servant.  
No one who practices deceit  
shall live within my house.  
One who utters lies  
shall not stand before my eyes.  
Morning by morning I will destroy  
all the wicked in the land,  
uprooting from the city of the Lord  
all who do evil.  
And I will give you a new heart,  
and a new spirit I will place within you.

I will remove the heart of stone from your flesh,  
and I will give you a heart of flesh.

I will place my Spirit within you  
and make you walk according to my statutes,  
and my judgments you shall keep and observe.

Then you shall dwell in the land  
I gave your ancestors,  
and you shall be my people,  
and I will be your God.

Glory...

alt. Lord, do not withhold your  
compassion from us.

DANIEL 3: 26, 27, 29, 34-41

Blessed are you, O Lord, God of our ancestors,  
worthy of praise, and glorious forever is your name

For you are just in all you have done for us.  
Indeed, we have sinned and transgressed

by departing from you;  
we have failed in everything.

For the sake of your name,  
do not abandon us forever,

nor annul your covenant;  
do not withdraw your mercy from us,

for the sake of Abraham your beloved,  
Isaac your servant, and Israel your holy one,  
to whom you promised to multiply their offspring  
as the stars of heaven and the sand on the seashore.

For we are reduced beyond any other nation,  
and in all the world we are humbled this day,  
O Lord, on account of our sins.

And in our day there is no prince, or prophet, or leader,  
no holocaust, sacrifice, oblation, or incense,  
no place to offer first fruits before you and find mercy.

But with contrite soul and humble spirit  
may we be accepted,

as though with holocausts of rams and bulls,  
or tens of thousands of fattened lambs.

may our sacrifice be in your presence today,  
as we follow you wholeheartedly;  
for those who trust in you will not be put to shame.

And now we follow you with all our heart:  
we fear you and we seek your face.

Glory...

TUESDAY

alt. O God, I will sing to you a<sup>125</sup>  
new song.

PSALM 144:1-10

Blest be the Lord, my rock,  
who trains my hands for battle,  
my fingers for war.

He is my merciful love, my fortress;  
he is my stronghold, my savior,  
my shield in whom I take refuge.  
He brings peoples under my rule.

Lord, what is man that you regard him,  
the son of man that you keep him in mind,  
man who is merely a breath,  
whose days are like a passing shadow?

Lower your heavens, O Lord, and come down  
Touch the mountains; wreath them in smoke

Flash your lightnings; rout the foe.  
Shoot your arrows, and put them to flight.

Reach down with your hand from on high;  
rescue me, Save me from the many waters,  
from the hands of foreign foes

whose mouths speak only emptiness,  
whose hands are raised in perjury.

To you, O God, will I sing a new song;  
I will play on the ten-stringed harp

to you who give kings their victory,  
who redeemed David, your servant, from the evil sword.

Glory...

alt. Lord, save us from the hands  
of all who hate us.

## 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.