

## OFFICE OF READINGS

alt. Their own strength could  
not save them; it was your  
strength and the light of your  
face.

PSALM 44 I

We heard with our own ears, O God  
our forebears have declared to us  
the deeds you did in their days  
you yourself, in days long ago  
With your own hand you drove out the nations,  
but them you planted  
you brought affliction on the peoples  
but them you set free  
No sword of their own won the land  
no arm of their own brought them victory  
It was your right hand and your arm  
and the light of your face, for you loved them  
You are my king, O God  
you command the victories for Jacob  
Through you we beat down our foes  
In your name we trampled our aggressors  
For it was not in my bow that I trusted,  
nor yet was I saved by my sword:  
it was you who saved us from our foes;  
those who hate us, you put to shame.  
All day long our boast was in God,  
and we will praise your name forever.  
Glory...

alt. Turn back to the Lord; he  
will not hide his face.

## PSALM 44 II

Yet now you have rejected us, disgraced us;  
you no longer go forth with our armies.

You make us retreat from the foe;  
those who hate us plunder us at will.

You make us like sheep for the slaughter,  
and scatter us among the nations.

You sell your own people for nothing,  
and make no profit by the sale.

You make us the taunt of our neighbors,  
the mockery and scorn of those around us.

Among the nations you make us a byword  
among the peoples they shake their heads.

All day long my disgrace is before me;  
my face is covered with shame

at the voice of the taunter, the scoffer,  
at the sight of the foe and avenger.

Glory...

THURSDAY

alt. Arise, Lord, do not abandon<sup>137</sup>  
us for ever.

PSALM 44 III

This befell us though we had not forgotten you,  
we were not false to your covenant.

We had not withdrawn our hearts;  
our feet had not strayed from your path.

Yet you have crushed us in a haunt of jackals,  
and covered us with the shadow of death.

Had we forgotten the name of our God,  
or stretched out our hands to a strange god,  
would not God have found this out,  
he who knows the secrets of the heart?

It is for you we are slain all day long,  
and are counted as sheep for the slaughter.

Awake, O Lord! Why do you sleep?  
Arise! Do not reject us forever.

Why do you hide your face,  
and forget our oppression and misery?

For our soul is brought low to the dust;  
our body lies prostrate on the earth.

Stand up and come to our help!  
Redeem us with your merciful love!

Glory...

Let the light of your face shine on me, O Lord.  
— Teach me your way of holiness.

WEEK IV  
LAUDS

alt. At daybreak, be merciful to  
me, O Lord.

PSALM 143:1-11

Listen, O Lord, to my prayer;  
turn your ear to my appeal.

You are faithful, you are just; give answer  
Do not call your servant to judgment,  
for no one is righteous in your sight.

The foe has pursued my soul;  
he has crushed my life to the ground.

He has made me dwell in darkness,  
like those long dead.

Therefore my spirit fails;  
my heart is desolate within me.

I remember the days that are past;  
I ponder all your works.

I muse on what your hand has wrought,  
and to you I stretch out my hands.

My soul is like a parched land before you.  
O Lord, make haste and answer me,  
for my spirit fails within me.

Do not hide your face from me,  
lest I become like those going down to the pit.

In the morning, let me hear your loving mercy,  
for in you I place my trust.

Make me know the way I should walk;  
to you I lift up my soul.

Rescue me, O Lord, from my foes;  
to you have I fled for refuge.

Teach me to do your will,  
for you are my God.

Let your good spirit guide me  
upon ground that is level.

Lord, save my life for the sake of your name;  
in your justice, lead my soul out of distress.

Glory...

alt. The Lord will make a river of  
peace flow through Jerusalem.

ISAIAH 66:10-14A

Rejoice with Jerusalem, exult in her,  
all you who love her.

Rejoice with her in joy,  
all who were mourning over her,

So that you may nurse and be satisfied  
from her consoling breast,

so that you may drink deeply and delight  
in the abundance of her glory.

For thus says the Lord: "Behold, I will extend to her  
peace like a river, and the glory of the nations  
like a stream in full flood.

You will be suckled, carried on the hip,  
and gently bounced on her knees.

As a mother comforts her son,  
so I will comfort you,  
and in Jerusalem you shall find comfort.

You shall see and your heart shall rejoice;  
your limbs shall flourish like grass."

Glory...

alt. Let us joyfully praise the  
Lord our God.

## PSALM 147:1-11

How good to sing psalms to our God;  
how pleasant to chant fitting praise!

The Lord builds up Jerusalem  
and brings back Israel's exiles;

he heals the brokenhearted;  
he binds up all their wounds.

He counts out the number of the stars;  
he calls each one by its name.

Our Lord is great and almighty;  
his wisdom can never be measured.

The Lord lifts up the lowly;  
he casts down the wicked to the ground

O sing to the Lord, giving thanks;  
sing psalms to our God with the lyre.

He covers the heavens with clouds;  
he prepares the rain for the earth,  
making mountains sprout with grass,  
and plants to serve human needs.

He provides the cattle with their food,  
and young ravens that call upon him.

His delight is not in the strength of horses,  
nor his pleasure in a warrior's stride.

The Lord delights in those who revere him,  
those who wait for his merciful love.

Glory...

THURSDAY

141  
alt. Give your people knowledge  
of salvation, Lord, and forgive us  
our sins.

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.