

FRIDAY
OFFICE OF READINGS

63

alt. Lord, in your anger, do not
punish me.

PSALM 38 I

O Lord, do not rebuke me in your anger,
reprove me not in your rage.

For your arrows have sunk deep in me;
your hand has come down upon me.

There is no soundness in my flesh because of your anger:
there is no health in my bones because of my sin.

My guilt towers higher than my head;
it is a weight too heavy to bear.

Glory...

alt. Lord, you know all my long-
ings.

PSALM 38 II

My wounds are foul and festering,
the result of my own folly.

I am bowed and brought to my knees.
I go mourning all the day long.

All my frame is burning with fever;
there is no soundness in my flesh.

I am spent and utterly crushed,
I cry aloud in anguish of heart.

O Lord, all my longing lies before you;
my groans are not hidden from you.

My heart throbs, my strength is spent;
the very light has gone from my eyes.

Friends and companions stand aloof from my illness;
those closest to me stand afar off.

Those who plot against my life lay snares;
those who seek my ruin speak of harm,
planning treachery all the day long.

Glory...

alt. I confess my guilt to you,
Lord; do not abandon me, for
you are my savior.

PSALM 38 III

But I, like someone deaf, do not hear;
like someone mute, I do not open my mouth

I am like one who hears nothing,
in whose mouth is no defense.

But in you, O Lord, I hope;
it is you, Lord my God, who will answer.

I pray, "Let them not gloat over me,
exult if my foot should slip."

For I am on the point of falling,
and my pain is always with me.

I confess that I am guilty;
and I am grieved because of my sin.

My enemies live on and grow strong,
and many hate me without cause.

They repay me evil for good,
and attack me for seeking what is good.

Forsake me not, O Lord!
My God, be not far from me!

Make haste and come to my help,
My Lord and my salvation!

Glory...

My eyes keep watch for your saving help.
—Awaiting the word that will justify me.

LAUDS

alt. A humble, contrite heart, O
God, you will not spurn.

PSALM 51

Have mercy on me, O God,
according to your merciful love;
according to your great compassion,
blot out my transgressions.

Wash me completely from my iniquity,
and cleanse me from my sin.

My transgressions, truly I know them;
my sin is always before me.

Against you, you alone, have I sinned;
what is evil in your sight I have done.

So you are just in your sentence,
without reproach in your judgment.

Behold, in guilt I was born,
a sinner when my mother conceived me.

Behold, you delight in sincerity of heart;
in secret you teach me wisdom.

Cleanse me with hyssop, and I shall be pure
wash me, and I shall be whiter than snow.

Let me hear rejoicing and gladness,
that the bones you have crushed may exult.

Turn away your face from my sins,
and blot out all my guilt.

Create a pure heart for me, O God;
renew a steadfast spirit within me.

Do not cast me away from your presence,
take not your holy spirit from me.

Restore in me the joy of your salvation,
sustain in me a willing spirit.

I will teach transgressors your ways,
that sinners may return to you.

Rescue me from bloodshed, O God,
O God of my salvation,
and then my tongue shall ring out your justice

O Lord, open my lips
and my mouth shall proclaim your praise.

For in sacrifice you take no delight;
burnt offering from me would not please you.

My sacrifice to God, a broken spirit:
a broken and humbled heart,
you will not spurn, O God.

In your good pleasure, show favor to Zion;
rebuild the walls of Jerusalem.

Then you will delight in right sacrifice,
burnt offerings wholly consumed.
Then you will be offered young bulls on your altar.

Glory...

alt. Even in your anger, Lord,
you will remember compassion.

HABAKKUK 3: 2-4, 13A, 15-19

O Lord, I have heard of your fame;
I am in awe, O Lord, of your work.

In the midst of the years, renew it.
In the midst of the years, make it known;
in your anger, remember compassion.

God is coming from Teman,
the Holy One from Mount Paran.

His glory covers the heavens;
and the earth is full of his praise.

His splendor is as the light:
rays come forth from his hand;
and there lies hidden his power.

You have come forth to save your people,
to save the one you have anointed.

You tread the sea with your steeds,
churning up the mighty waters.

I hear and quake to my inner depths;
my lips quiver at the sound.

Decay invades my bones;
and my steps beneath me tremble.

I await the day of distress,
for the people who come to attack us.

Though the fig tree fails to blossom,
or the vine to yield its fruit;

though the crop of the olive fails,
and the fields produce no grain;

though the flock is removed from the fold,
and there are no cattle in the stalls;

Yet will I rejoice in the Lord,
and rejoice in the God of my salvation.

The Lord, my Lord, is my strength;
he makes my feet like those of the deer,
and makes me tread upon the heights.

Glory...

alt. O praise the Lord, Jerusalem!

PSALM 147: 12-20

O Jerusalem, glorify the Lord!

O Zion, praise your God!

He has strengthened the bars of your gates;
he has blessed your children within you.

He established peace on your borders;
he gives you your fill of finest wheat.

He sends out his word to the earth,
and swiftly runs his command.

He showers down snow like wool;
he scatters hoarfrost like ashes.

He hurls down hailstones like crumbs;
before such cold, who can stand?

He sends forth his word and it melts them;
at the blowing of his breath the waters flow

He reveals his word to Jacob;
to Israel, his decrees and judgments.

He has not dealt thus with other nations;
he has not taught them his judgments.

Glory...