

FRIDAY



alt. Lord, lay your healing hand upon me, for I have sinned.

PSALM 41

Blessed is he who has con<u>cern</u> for the <u>poor</u>. In time of trouble, the <u>Lord</u> will res<u>cue</u> him.

The Lord will guard him, preserve his <u>life</u>, † and make him <u>blessed</u> in the <u>land</u>, not give him up to the <u>will</u> of <u>his</u> foes.

The Lord will help him on his <u>bed</u> of <u>pain</u>; in his sickness, you tend <u>even</u> to <u>his</u> bedding.

As for me, I said, "Lord, have <u>mercy</u> on <u>me;</u> heal my <u>soul</u>, for I have sinned <u>against</u> you."

My foes are speaking <u>evil</u> against <u>me</u>: "How long before he dies, and his <u>name</u> be <u>forgotten?"</u>

When someone comes to visit me, he <u>speaks</u> empty <u>words</u>; his heart stores up malice; on leaving, he spreads lies.

All my foes whisper together against me; they devise evil plots against me:

"Something deadly has <u>fast</u>ened u<u>pon him;</u> he will not <u>rise</u> from where <u>he</u> lies."

Thus even my friend, in whom I trusted, who <u>ate</u> my <u>bread</u>, has lifted his <u>heel</u> <u>against</u> me.

But you, O Lord, have <u>mercy</u> on <u>me</u>. Raise me <u>up</u> and I will <u>re</u>pay them.

By this I <u>know</u> your <u>favor</u>: that my foes do not triumph over me.

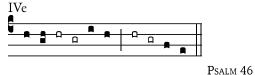
In my integrity you have upheld me, and have set me in your presence forever.

12 Week I Blest be the Lord, the <u>God</u> of <u>Israel</u>,

from age to age. Amen. Amen.

Glory...





alt. The mighty Lord is with us; the God of Jacob is our stronghold.

God is for us a <u>refuge and</u> strength, an ever-present help in <u>time</u> of <u>dis</u>tress:

so we shall not fear though the <u>earth should</u> rock, though the mountains quake to the <u>heart</u> of <u>the</u> sea;

even though its <u>waters</u> rage <u>and</u> foam, even though the mountains be <u>shaken</u> by <u>its</u> tumult.

The Lord of <u>hosts</u> is with us: the God of <u>Jacob</u> is <u>our</u> stronghold.

The waters of a river give joy to God's city, the holy place, the abode of the Most High.

God is in her midst, she <u>cannot</u> <u>be</u> shaken; God will help her at the <u>dawning</u> of <u>the</u> day.

Nations are in tumult, <u>kingdoms are</u> shaken: he lifts his voice, the <u>earth</u> melts <u>a</u>way.

The Lord of <u>hosts</u> is with us: the God of <u>Jacob</u> is <u>our</u> stronghold.

Come and behold the <u>works</u> of <u>the</u> Lord, the awesome deeds he has <u>done</u> on <u>the</u> earth.

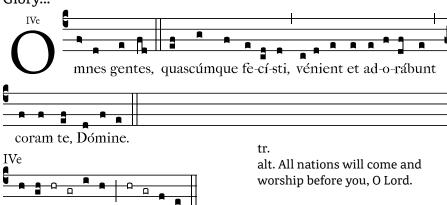
He puts an end to wars over all the <u>earth</u>; † the bow he <u>breaks</u>, the spear <u>he</u> snaps, the <u>shields</u> he burns <u>with</u> fire:

"Be still and <u>know</u> that I <u>am</u> God, exalted over nations, exalted over earth!"

Friday 13

The Lord of <u>hosts</u> is with us: the God of <u>Jacob</u> is <u>our</u> stronghold.





REVELATION 15:3-4

Great and <u>wondrous</u> are <u>your</u> works, O <u>Lord</u>, Almighty God!

Just and <u>true</u> are <u>your</u> ways,

O <u>King</u> of <u>the</u> nations!

Who would not <u>fear</u>, <u>O</u> Lord, and <u>glorify your</u> name?

For you a<u>lone</u> are <u>the</u> Holy One, for all <u>nations</u> <u>will</u> come,

and they will <u>worship</u> <u>be</u>fore you, for your righteous <u>deeds</u> have been <u>re</u>vealed.

Glory...



Office of Readings





alt. Whoever humbles himself, like a little child, will be greater in the kingdom of heaven.

Psalm 131

tr.

O Lord, my <u>heart</u> is <u>not</u> proud, nor <u>haughty</u> my eyes.

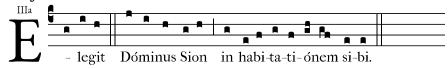
I have not gone after <u>things too</u> great, nor <u>marvels</u> <u>be</u>yond me.

Truly, I have <u>set my</u> soul in tranquility <u>and</u> silence.

Like a weaned <u>child</u> on <u>its</u> mother, as a weaned child is my <u>soul</u> <u>with</u>in me.

O Israel, <u>hope</u> in <u>the</u> Lord, both <u>now</u> and <u>for</u>ever.

Glory...



PSALM 132 I



alt. With simplicity of heart, I have joyfully offered everything to you, my God.

O <u>Lord</u>, remem<u>ber</u> David and all the <u>hardships</u> he <u>en</u>dured,

the oath he <u>swore</u> to <u>the</u> Lord, his vow to the <u>Strong</u> One <u>of</u> Jacob.

"I will not enter the <u>house</u> where <u>I</u> dwell, nor go to the <u>bed</u> where <u>I</u> rest;

I will give no <u>sleep</u> to <u>my</u> eyes, to my eyelids I will <u>give</u> no <u>slum</u>ber, Saturday 15

till I find a <u>place</u> for <u>the</u> Lord, a dwelling for the <u>Strong</u> One <u>of</u> Jacob."

We <u>heard</u> of it <u>at</u> Ephrata; we <u>found</u> it in the plains <u>of</u> Yearim.

"Let us go to the <u>place</u> of <u>his</u> dwelling; let us bow down at his footstool."

Go up, Lord, to the <u>place</u> of <u>your</u> rest, you and the <u>ark</u> of <u>your</u> strength.

Your priests shall be <u>clothed</u> <u>with</u> justice your faithful shall <u>ring</u> out <u>their</u> joy.

For the sake of <u>David your</u> servant, do not reject your <u>a</u>nointed.

Glory...

PSALM 132 II

The Lord swore an <u>oath to</u> David; he will not go <u>back</u> on <u>his</u> word:

alt. The Lord has sworn an oath to David; his kingdom will stand for ever.

"A son, the <u>fruit</u> of <u>your</u> body, will I <u>set</u> upon <u>your</u> throne.

If your sons hold <u>fast</u> to <u>my</u> covenant, and my decrees that <u>I</u> shall <u>teach</u> them,

their <u>sons</u>, in turn, <u>shall</u> sit on your <u>throne</u> from age <u>to</u> age."

For the <u>Lord</u> has cho<u>sen</u> Zion; he has de<u>sired</u> it for <u>his</u> dwelling:

"This is my <u>resting</u> place from age <u>to</u> age here have I de<u>sired</u> to dwell.

I will greatly bless her produce; I will fill her poor with bread.

I will clothe her <u>priests</u> with <u>sal</u>vation, and her faithful shall <u>ring</u> out <u>their</u> joy.

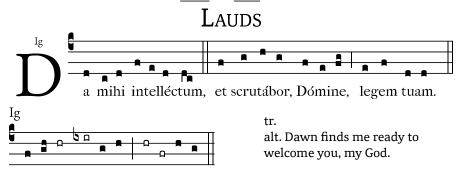
I will make a <u>stock</u> sprout up <u>for</u> David; I will prepare a <u>lamp</u> for my <u>a</u>nointed. 16 Week I

I will cover his <u>enemies</u> with shame, but on <u>him</u> my crown <u>shall</u> shine."

Glory...

Come, consider the <u>works</u> of <u>the</u> Lord.

—The marvels he has created on <u>this</u> earth.



PSALM 119: 145-152

I call with all my <u>heart</u>; Lord, an<u>swer</u> me. I will ob<u>serve your</u> statutes.

I call upon you; save me, and I will <u>keep</u> your <u>de</u>crees. I rise before dawn and cry for help; I have <u>hoped</u> in <u>your</u> word.

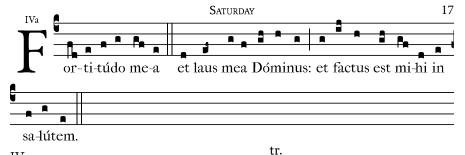
My eyes awaken before dawn, to ponder your pro<u>mise</u>. † In your <u>mercy</u>, hear my voice, <u>O</u> Lord; give me <u>life</u> by your <u>de</u>crees.

Those who pursue me with <u>malice draw</u> near; they are <u>far</u> from <u>your</u> law.

But you, O <u>Lord</u>, <u>are</u> close; all your com<u>mands</u> <u>are</u> truth.

From of old I have <u>known</u> that your <u>de</u>crees are e<u>stablished</u> <u>for</u>ever.

Glory...





alt. The Lord is my strength, and I shall sing his praise, for he has become my savior.

Exodus 15: 1-4A, 8-13, 17-18

Let us sing to the <u>Lord</u> who has glorious<u>ly</u> triumphed; horse and rider he has <u>hurled</u> into <u>the</u> sea.

The Lord is my <u>strength</u> <u>and</u> might; he has be<u>come</u> my <u>sal</u>vation.

This is my <u>God</u>, and I <u>will</u> praise him, my father's <u>God</u>, and I will <u>ex</u>alt him.

The Lord is a warrior; the Lord is his <u>name</u>. † The chariots of <u>Pharaoh</u> and <u>his</u> army he has cast into the sea.

At the blast of your anger, the waters gathered † the waves stood up like a wall; the deeps congealed in the heart of the sea.

The foe said, "I will pursue, will over<u>take</u>; †
I will divide the spoil, my <u>soul</u> shall have its fill <u>of</u> them.
I will bare my sword; my <u>hand</u> shall <u>de</u>stroy them."

You blew with your breath, the <u>sea</u> co<u>vered</u> them; they sank like <u>lead</u> in the mighty waters.

Who is like you among the gods, O <u>Lord</u>? † Who is like you, majestic in holiness, awesome in <u>splendor</u>, work<u>ing</u> wonders?

You <u>stretched</u> out your <u>right</u> hand, the <u>earth</u> swal<u>lowed</u> them.

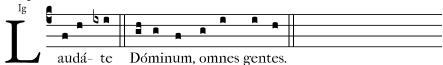
In your faithful love you guided the <u>people</u> you <u>re</u>deemed. In your strength you <u>led</u> them to your ho<u>ly</u> dwelling.

18 Week I

You will <u>bring</u> them in <u>and</u> plant them upon the <u>mount</u> of your <u>in</u>heritance:

the place which you, O Lord, have made your dwe<u>lling</u>, † the holy place, O Lord, that your <u>hands</u> have <u>es</u>tablished. The Lord will reign for<u>ever</u> <u>and</u> ever.







alt. O praise the Lord, all you nations.

PSALM 117

O praise the <u>Lord</u>, all <u>you</u> nations; ac<u>claim</u> him, all <u>you</u> peoples!

For his mercy has <u>prevailed</u> o<u>ver</u> us; and the faithfulness of the <u>Lord</u> endures <u>for</u>ever.

Glory...