

The Psalms

Kathisma 1

Book I of the Psalms (Psalms 1 – 40) begins here.

Psalm 1: “Blessed is the man”

The Two Ways: Tree or Dust

The Psalms of Early Morning (Prime), page 50. Reserved for the Presbyter if present.

- 1 Blessed is the man
 who does not walk in the counsel of the ungodly,
 nor stand in the way of sinners,
 nor sit in the seat of the pestilent;
- 2 Rather, his will is in the law of the Lord,
 and he meditates on His law day and night.
- 3 He will be like a tree that is planted
 by streams of waters,
 which will yield its fruit in due season,
 and his leaf will not fall off,
 and all that he does will prosper.
- 4 The ungodly are not so!
 No, they are like the dust
 that the wind drives from the face of the earth.
- 5 Therefore the ungodly will not rise up in the judgment,
 nor sinners at the counsel of the righteous,
- 6 for the Lord knows the way of the righteous,²⁵
 but the way of the ungodly will perish.

Alleluia. The Psalms of Prime continue with Psalm 2: “Why do the nations rage”, on page 81.

Psalm 2: “Why do the nations rage”

The Messianic Drama: Warnings to Rulers and Nations

²⁵ Not to be known by God spells death... With God to know is to love, so that knowledge partakes of being; to be unknown is to cease to exist' (St. Augustine). cf. Habakkuk 1:13; 1 Cor. 8:3; 13:2; Mt. 7:23.

The Psalms of Early Morning (Prime), page 50.

- 1 Why do the nations rage,
and the peoples meditate on vain things?²⁶
- 2 The kings of the earth made their stand,
and the rulers gathered together
against the Lord and against His Christ, [saying,]
- 3 “Let us break their bonds asunder
and cast away their yoke from us.”
- 4 He Who dwells in the heavens will laugh at them;
the Lord will mock them.
- 5 Then He will speak to them in His wrath,
and trouble them in His anger,
- 6 “But I was established as King by Him
over Zion, His holy mountain,²⁷
- 7 proclaiming the Lord’s decree.
The Lord said to me, ‘You are my Son.
Today I have begotten You.’²⁸
- 8 Ask of Me, and I will give You
the nations for Your inheritance,
and the ends of the earth for Your possession²⁹.
- 9 You will shepherd them with an iron rod,
and shatter them like a potter’s vessel.”³⁰
- 10 And now, O kings, understand;
be instructed, all you rulers³¹ of the earth.
- 11 Serve the Lord with fear,
and rejoice in Him with trembling.

²⁶ ‘An allusion to our Lord’s persecutors mentioned in Acts 4:26’ (St. Augustine).

²⁷ If Zion denotes contemplation, we can apply it to nothing more aptly than the Church whose members are urged to rise daily to the contemplation of God’s glory: *We all beholding the glory of the Lord*’ (St. Augustine, cf. 2 Cor. 3:18).

²⁸ ‘In this phrase orthodox catholic belief proclaims the eternal generation of the Power and Wisdom of God Who is the only-begotten Son of God’ (St. Augustine). Also Resurrection = new birthday (Acts 13:33).

²⁹ [J] Fr. Athanasius translates this from Coptic, “and Thy dominion to the ends of the earth”

³⁰ Revelation 2:27; 12:5; 19:15. The rod of iron is the Roman rule, the fourth kingdom of Daniel 2:40 (St. Theodoret). Also means laws of nature.

³¹ ‘rulers’: *or*, Judges. Judges and rulers were identical in Hebrew thought.

12 Embrace correction and discipline,
lest the Lord be angry,
and you perish through leaving the right way,
when His fury suddenly blazes.

13 Blessed are all who trust in Him.

Alleluia. The Psalms of Prime continue with Psalm 3: “Lord, why have those that afflict me increased”, on page 83.

The first group of Psalms of David (Psalms 3 – 40) begins here.

Psalm 3: “Lord, why have those that afflict me increased”

A Morning Prayer for Protection and Salvation

The Psalms of Early Morning (Prime), page 50. The Psalms of the Beginning of Watches, page 34. Reserved for the Presbyter, if present (Beginning of Watches only).

1 *(A Psalm of David, when he fled from his son Absalom)*

2 Lord, why have those that afflict me increased?
Many rise up against me!

3 Many say to my soul,
“There is no salvation for him in his God.” *(Pause)*³²

4 But You, O Lord, are my protector,
my glory, and the one who lifts up my head.

5 I cried to the Lord with my voice,
and He heard me from His holy mountain. *(Pause)*

6 I lay down and slept;
I woke, for the Lord will support me.

7 I will not be afraid of ten thousands of people
who set themselves against me all around.

8 Arise, O Lord! Save me, O my God,
for You struck all those who vainly oppose me;
You broke the teeth of sinners.

³² Pause a moment and give that a little thought.

9 Salvation is of the Lord,
and Your blessing is upon Your people.

Alleluia. The Psalms of Prime continue with Psalm 4: “You heard me when I called”, page 84. The Psalms of Midnight (The Beginning of Watches) continue with Psalm 6: “O Lord, rebuke me, but not in Your anger”, page 86.

Glory...

Psalm 4: “You heard me when I called”

An Evening Prayer of Trust in God

The Sacrifice of Righteousness

The Psalms of Early Morning (Prime), page 50. The Psalms of the Veil, page 29. Reserved for the Presbyter, if present (Veil only).

1 *(With harps. A Song of David)*

2 You heard me when I called,
O God of my righteousness.
In affliction, You gave me room³³.
Have mercy on me,
and hear my prayer.

3 Sons of men, how long will you be heavy-hearted?³⁴
Why do you love vanity, and seek falsehood? *(Pause)*

4 Know that the Lord made His Holy One wondrous;
the Lord will hear me when I cry to Him.

5 Be angry, and do not sin;³⁵
feel compunction on your beds
for what you say in your hearts.³⁶ *(Pause)*

6 Offer the sacrifice of righteousness,³⁷
and hope in the Lord.

7 There are many who say, “Who will show us good things?”
The light of Your presence³⁸ has been signed upon us, O Lord.

³³ [JS] or “enlarged me”

³⁴ heavy-hearted: weighed down with earthly cares, instead of rising to divine contemplation (St. John Chrysostom. cf. Lk. 21:34).

³⁵ Ephes. 4:26. Be angry at sin, but love the sinner. ‘If you do give way to anger, lead it into silence with silent compunction of heart’ (St. Athanasius the Great).

³⁶ ‘This relates to the widening of the heart required to receive the inpouring of love through the Holy Spirit’ (St. Augustine).

³⁷ Obtain righteousness, do righteousness, and offer it in sacrifice to God’ (St. Athanasius). See also Ps. 16:1, 30:2 and footnotes there.

8 You have given more gladness to my heart
than fills men at the harvest of their wheat, wine and oil.³⁹

9 I will rest and sleep in peace;⁴⁰
for You alone, O Lord, have made me to live in hope.⁴¹

Alleluia. The Psalms of Prime continue with Psalm 5: "Give ear to my words, O Lord", page 85. The Psalms of the Veil continue with Psalm 6: "O Lord, rebuke me, but not in Your anger", page 86.

Psalm 5: "Give ear to my words, O Lord"

A Morning Prayer for Guidance

The Joy of Life Indwelt by God

The Psalms of Early Morning (Prime), page 50.

1 *(For the end; a Psalm by David for her that obtained the inheritance)*

2 Give ear to my words, O Lord,
hear my cry.

3 Attend to the voice of my supplication,
my King and my God,
for to You I will pray, O Lord.

4 You will hear my voice in the morning.
I will stand before You early in the morning
and You will visit and watch over me⁴².

5 For You are not a God Who wills iniquity⁴³;
the evil doer will not dwell with You.

6 The transgressors will not endure before Your eyes;
You hate all who work iniquity.

7 You will destroy all who speak lies;
the Lord abhors a blood-thirsty and deceitful man.

³⁸ [JS] literally, "face"

³⁹ [JS] or "You have put gladness in my heart; From their season of wheat, wine, and oil they were multiplied."

⁴⁰ Or: I rest in peace and fall asleep at once.

⁴¹ Following the Ethiopian version, which is based on the Septuagint, "for You, Lord, enable me to live trustfully alone."

⁴² [JS] or "and You will see me."

⁴³ [JS] or lawlessness

- 8 But as for me, in Your abundant mercy
I will enter Your house;
I will bow down⁴⁴ towards Your holy temple
in fear of You.
- 9 Guide me, O Lord, in the way of Your righteousness because of my enemies;
Make Your way straight before me.
- 10 For there is no truth in their mouth;
their heart is vain.
Their throat is an open grave;
they deceive with their tongues.
- 11 Judge them, O God.
Let them fall by their own schemes;
cast them out in the multitude of their ungodliness,
for they provoked You, O Lord.
- 12 But let all who hope in You be glad;
they will rejoice forever,
and You will dwell in them;⁴⁵
and all who love Your Name will glory in You.
- 13 For You will bless a righteous person;
O Lord, You crowned us with the shield of Your goodwill.

Alleluia. The Psalms of Prime continue with Psalm 6: "O Lord, rebuke me, but not in Your anger", page 86.

Psalm 6: "O Lord, rebuke me, but not in Your anger"

A Cry in Anguish of Body and Soul

Faith Receives the Answer to Prayer

The Psalms of Early Morning (Prime), page 50. The Psalms of the Veil, page 29. The Psalms of the Beginning of Watches, page 34.

1 (For the end, a Psalm by David among the Hymns for the Octave⁴⁶)

2 O Lord, rebuke me[, but] not in Your anger;
and chasten me[, but] not in Your wrath.⁴⁷

⁴⁴ [JS] "do obeisance", "worship", referring to the physical act

⁴⁵ cf. John 14:20, 23; 17:23; Rom. 8:9, 11; Gal. 2:20; Eph. 3:17; Col. 1:27; 1 John 3:24; Rev. 3:20; 1 Cor. 3:16; 6:19; 2 Cor. 6:16. [JS] or "among them"

⁴⁶ [JS] St. Gregory the Theologian explains the Octave as Easter, both the 1st day and the 8th day, when all creation is fully restored. I.e. the 8th day, Sunday, refers to eternity.

⁴⁷ cf. Psalm 37:2; Jeremiah 10:24.

- 3 Have mercy on me, O Lord, for I am weak,
heal me, O Lord, for my bones are troubled.
- 4 And my soul is greatly troubled.
But where are You, O Lord, how long am I to suffer?⁴⁸
- 5 Return, O Lord, deliver my soul;
save me for the sake of Your mercy.
- 6 For in death no one remembers You,
and who will confess⁴⁹ You in Hades?
- 7 I am weary with my groaning;
every night I wash my bed,
and drench my couch with my tears.
- 8 My eye is troubled due to anger;
I grow old among all my enemies.
- 9 Depart from me, all you workers of iniquity,⁵⁰
for the Lord has heard the voice of my weeping.
- 10 The Lord has heard my petition,
the Lord has received my prayer.
- 11 May all my enemies be ashamed and deeply troubled;
may they be turned back, and suddenly put to shame.

Alleluia. The Psalms of Prime continue with Psalm 8: "O Lord, our Lord, how wonderful is Your Name", page 89. The Psalms of the Veil and The Psalms of Midnight (The Beginning of Watches) continue with Psalm 12: "How long, O Lord, will You forget me", page 95.

Glory...

Psalm 7: "O Lord my God, I hope in You"

God the Just Judge Strong and Patient

Evil is Self-Destructive

1 (*A Psalm by David which he sang to the Lord concerning the words of Cush, the Benjamite*)

⁴⁸ Literally "But You, O Lord, how long?" cf. Rev. 6:10. "How long, O sovereign Lord, holy and true, must it be before You wilt judge and punish the inhabitants of the earth for our blood?"

⁴⁹ [JS] or "give thanks". The word conveys "thankfully confess with praise"

⁵⁰ cf. Mt. 7:23. [JS] iniquity, or lawlessness

- 2 O Lord my God, I hope in You;
save me from all who pursue me, and deliver me,
- 3 lest he⁵¹ seize my soul like a lion,⁵²
when there is no one to redeem or save [me].
- 4 O Lord my God, if I have done this,
if there is wrongdoing on my hands,
- 5 if I have repaid those who wronged me with evil,
then let me fall empty⁵³ because of my enemies,
- 6 then may the enemy pursue and overtake my soul,
and trample my life into the ground,
and bury my glory in the dust. (*Pause*)⁵⁴
- 7 Arise, O Lord, in Your wrath;
be exalted to the very boundaries of my enemies.
Awaken, O Lord my God,
in the statute You have commanded,
- 8 and a congregation of peoples will gather around You;
for their sakes, ascend on high.⁵⁵
- 9 The Lord will judge the peoples;
judge me, O Lord,
according to my righteousness,
and according to the innocence within me.
- 10 O let the evil of sinners come to an end;
and guide the righteous.
It is God Who tests hearts and minds.
- 11 Righteous help comes to me from God,
Who saves the upright in heart.
- 12 God is a righteous judge, strong and patient,
not bringing down wrath every day.
- 13 If you do not return, He will polish His sword;
He has drawn His bow and made it ready,
- 14 and in it He has readied [the arrows,] instruments of death;
And he has prepared his arrows to kindle a fire.

⁵¹ [JS] Fr. Lazarus and Brenton interpolate “my enemy”

⁵² cf. 1 Pet. 5:8.

⁵³ Empties fall (Ephes. 5:18).

⁵⁴ *Pause* a while. Calmly think it over.

⁵⁵ [JS] Fr. Athanasius has “therefore I will return on high.”

15 Behold, he suffered the pains of childbirth in unrighteousness;
He conceived pain and gave birth to iniquity.

16 He dug a pit and cleaned it out,
and he will fall into the hole he has made.

17 His toil will return on his own head,
and his wrongdoing will crash down upon his crown.

18 I will confess⁵⁶ the Lord according to His righteousness;
and I will sing to the Name of the Lord Most High.

Psalm 8: “O Lord, our Lord, how wonderful is Your Name”

The Greatness of God and His Love for Men

The Greatness of Man as God’s Plenipotentiary

The Psalms of Early Morning (Prime), page 50.

1 *(For the end; A Psalm by David concerning the wine-presses)*

2 O Lord, our Lord,
how wonderful is Your Name in all the earth!⁵⁷
For Your majesty is exalted above the heavens.

3 You have prepared praise
out of the mouth of babies and nursing infants⁵⁸,
because of Your enemies,
to silence the enemy and the avenger.

4 For I behold the heavens, the work of Your fingers;
You have established⁵⁹ the moon and stars.

5 What is man that You remember him,
or the son of man that You visit him?

6 You have made him a little lower than the angels;
You have crowned him with glory and honor,

⁵⁶ [JS] or “give thanks to”, or “thankfully confess the Lord with Praise”

⁵⁷ ‘By His name death is destroyed, demons are bound, heaven is revealed, the gates of paradise are opened, the Spirit is bestowed’ (St Chrysostom).

⁵⁸ Mt. 21:16.

⁵⁹ poised: *lit.* fixed.

7 You have set him over the works of Your hands;
You have subjected all things under his feet,⁶⁰

8 all sheep and cattle,
and also the beasts of the field,

9 the birds of the sky, and the fish in the sea,
and the things that pass through the paths of the seas.

10 O Lord, our Lord,
how wonderful is Your Name in all the earth!

Alleluia. The Psalms of Prime continue with Psalm 11: "Save me, O Lord, for there is no saint left", page 94.

Glory...

Kathisma 2

Psalm 9: "I will confess You, O Lord, with my whole heart"

Praise of God's Just Government

Call to Make God Known to the Nations

1 (On the Mysteries of the Son. A Psalm by David)

2 I will confess⁶¹ You⁶², O Lord, with my whole heart;
I will tell of all Your wonders.

3 I will be glad and rejoice in You;
I will sing to Your Name, O Most High.

4 When my enemy is turned to back,
they will weaken and perish from Your presence⁶³.

5 For You uphold my cause and my right,
sitting upon the throne, judging in righteousness.

6 You rebuked the nations,
and the wicked perished;⁶⁴
You blotted out their name in their lifetime and unto ages of ages.

⁶⁰ Heb. 2:6-8. The Sovereignty of the Son of Man (Messiah).

⁶¹ [J] or "thank", "I will thankfully confess You with praise"

⁶² [J] Or, "I will confess You with thanksgiving"

⁶³ [J] literally, "from before Your face"

⁶⁴ "This refers to the coming destruction of the devil" (St. Athanasius the Great).

- 7 The enemy's swords have utterly failed,
and You have destroyed their cities;
their memory has perished resoundingly.
- 8 But the Lord continues forever;
He has prepared His throne for judgment.
- 9 He will judge the world in righteousness;
He will judge the peoples in uprightness.
- 10 The Lord is the refuge of a poor man,
his helper in times of affliction.
- 11 And let those who know Your Name put their hope in You,
for You have never forsaken those who seek You, O Lord.
- 12 Sing to the Lord Who dwells in Zion.
Declare His ways among the nations,
- 13 for while avenging blood, He remembers them;
He does not forget the cry of the poor.
- 14 Have mercy on me, O Lord;
see how my enemies have humiliated me,
O You Who lifts me from the gates of death,
- 15 that I may proclaim all Your praises
in the gates of daughter Zion.
I will rejoice in Your salvation.
- 16 The nations are trapped in the destruction they caused;⁶⁵
their own foot is caught in this trap, which they hid.⁶⁶
- 17 The Lord is known by the judgments He makes;
the sinner is caught in the works of his own hands. (Pause)
- 18 Let the sinners be turned back to Hades,
all the nations that forget God.
- 19 For the poor man will not always be forgotten;
the patience of the needy will not perish forever.

⁶⁵ 'While eager to butcher bodies they were inflicting death on their own souls' (St. Augustine).

⁶⁶ 'The foot typifies the soul's affection, which when depraved is termed lust or cupidity, but when upright is love or charity. Love is the magnet which draws the soul towards its goal. When sinners try to set their affection on God, they suffer as they would in trying to free their foot from a fetter. So they prefer not to sever themselves from their pleasures' (*ibid*).

20 Arise, O Lord, do not let man prevail!
Let the nations be judged in Your presence.

21 Set a lawgiver over them, O Lord;
let the nations know they are [only] men. (Pause)

(Psalm 10 according to the Hebrew)

22 Why do You stand afar off, O Lord?
Why do You disregard us in times of affliction?

23 When the ungodly one is arrogant, the poor man burns;
they are caught in the schemes they have planned.

24 For the sinner boasts of the desires of his soul,
and he who does wrong is praised for it.

25 The sinner provokes the Lord;
in his great anger he will not seek Him out.
God is not before him.

26 His ways are always defiled;
Your judgments are far above his sight.
He will dominate over all his enemies.

27 For he said in his heart, "I will not be shaken;
I will be without trouble from generation to generation."

28 His mouth is full of cursing, bitterness and deceit;
suffering and pain are under his tongue.

29 He lies in ambush with the rich
he kills the innocent in secret places;
his eyes are fixed on the poor;

30 he lurks in secret like a lion in his den;
he lurks to make a prey of the poor,
to make a prey of a poor man by drawing him in.

31 He will humble himself in his [own] trap.
He will bow down and fall in dominating the poor.

32 For he says in his heart, "God has forgotten.
He has turned away His face, so He will never see."

33 Arise, O Lord God, let Your hand be lifted up;
do not forget the poor.

- 34 Why does the wicked man provoke God?
Because he says in his heart, "He will never call me to account for this."
- 35 But You do see, You do behold pain and passion⁶⁷
that You may take them into Your hands.
The poor man is left to You.
You are the helper of the orphan.
- 36 Break the power⁶⁸ of the sinner and the evil one;
his sin will be sought, and because of it he will not be found.
- 37 The Lord will reign forever and ever;
but you, O nations, will perish from His land.
- 38 O Lord, You hear the desire of the poor,
Your ear attends to the readiness of their heart,
- 39 to judge the orphan and the humble,
that no man on earth should continue to boast.

Psalm 10: "I have put my trust in the Lord"

An Act of Trust

The Sin-lover is a Self-hater

(For the end, a Psalm by David)

- 1 I have put my trust in the Lord.
How will you say to my soul,
"flee to the mountains like a sparrow"?
- 2 For behold, the sinners bend their bow;
they have prepared their arrows in the quiver,
to shoot at the upright in heart in a moonless night.
- 3 For they destroy what You fashioned.
But what has the righteous man done?
- 4 The Lord is in His holy temple⁶⁹,
the Lord Whose throne is in heaven,
Whose eyes regard the poor,
Whose eyelids test the sons of men.

⁶⁷ Pain and passion: *or*, trouble and anger.

⁶⁸ [JS] literally, "arm"

⁶⁹ cf. 2 Cor. 6:16; 1 Cor. 6:19.

5 The Lord tests the righteous and the ungodly,
so he who loves wrongdoing hates his own soul.

6 He will rain snares upon sinners;
fire and brimstone, and a raging wind
will be the portion of their cup.

7 For the Lord is righteous and loves righteousness;
His face beholds the upright.

Glory...

Psalm 11: “Save me, O Lord, for there is no saint left”

The Safety of the Poor and Needy

Faith in the Truth of God’s Promises

The Psalms of Early Morning (Prime), page 50.

1 *(For the end. A Psalm by David for the eighth.)*

2 Save me, O Lord, for there is no saint left,
for truth is diminished from the sons of men.

3 Everyone speaks useless things with his neighbor;
their lips are deceitful, they speak with a double heart.

4 May the Lord destroy all deceitful lips,
and the tongue that boasts and says,

5 “We will make our tongue more powerful.
Our lips are our own.
Who is lord over us?”

6 “Because of the oppression of the needy
and the groaning of the poor,
now I will arise,” says the Lord;
“I will set him in safety and manifest Myself in it.”⁷⁰

7 The words of the Lord are pure words,
like silver refined by fire, purged of earth,
purified seven times.

8 You, O Lord, will guard us,
and preserve us from this generation and forever.

⁷⁰ [JS] OSB has “I will declare it boldly”. NETS has “I will speak freely against it”. Fr. Lazarus has “and speak plainly in him”: cf. Mt. 10:19, 20; Luke 21:12-19.

9 The ungodly prowl around;
according to Your greatness, Your care for the sons of men.

Alleluia. The Psalms of Prime continue with Psalm 12: "How long, O Lord, will You forget me", page 95.

Psalm 12: "How long, O Lord, will You forget me"

Progress of a Soul from Desolation to Exultation

My Heart Rejoices in Your Salvation

The Psalms of Early Morning (Prime), page 50. The Psalms of the Veil, page 29. The Psalms of the Beginning of Watches, page 34.

1 *(For the end. A Psalm by David)*

2 How long, O Lord, will You forget me? Forever?
How long will You turn Your face from me?

3 How long must I make plans in my soul,
and have grief in my heart day and night?
How long will my enemy be exalted over me?

4 Look upon me and hear me, O Lord my God;
enlighten my eyes lest I sleep in death,

5 lest my enemy say, "I prevailed against him."
Those who afflict me will rejoice if I am shaken.

6 But I hope in Your mercy;
my heart will rejoice in Your salvation.

7 I will sing to the Lord, my benefactor,
and I will praise the Name of the Lord Most High.

Alleluia. The Psalms of Prime continue with Psalm 14: "Lord, who can dwell in Your tabernacle", page 96. The Psalms of the Veil continue with Psalm 15: "Keep me, O Lord, I hope in You", page 97. The Psalms of Midnight (The Beginning of Watches) continue with Psalm 69: "O Lord, make haste to help me", page 184.

Psalm 13: "The fool says in his heart, 'There is no God'"

Unbelief leads to Universal Corruption

1 *(For the end. A Psalm by David)*

The fool says in his heart, “There is no God.”⁷¹

They are corrupt, and abominable in their ways;
there is not one that does good, not even one.

2 The Lord looks down from heaven upon the sons of men,
to see if there were any who understood or sought God.

3 All have turned aside, and all were altogether corrupted;
there was not one that does good, not even one.
[Their throat is an open tomb;
They use their tongues for deceit;
The poison of serpents is under their lips,
Whose mouth is full of cursing and bitterness;
Their feet are swift to shed blood;
Destruction and suffering are in their ways,
And they have not known the way of peace;
There is no fear of God before their eyes.]⁷²

4 Will all who work iniquity never learn,
that eat up my people like bread,
and do not call upon the Lord?

5 They dread with fear where there is nothing to fear;
for God is with the righteous generation.

6 You would shame a poor man’s counsel,
but the Lord is his hope.

7 Who will bring Israel’s salvation out of Zion?
When the Lord returns His people from captivity,
let Jacob rejoice, and let Israel be glad.

Glory...

Psalm 14: “Lord, who can dwell in Your tabernacle”

Life on the Mountain Tops

The Psalms of Early Morning (Prime), page 50.

(A Psalm by David)

1 O Lord, who will dwell in Your tabernacle,
or who will live on Your holy mountain?

⁷¹ Psalm 13 differs only slightly from Psalm 52. cf. Romans 1:20-25.

⁷² [JS] Section in [J] missing in Fr. Lazarus, the Psalter According to the Seventy, the Psalter for Prayer, NETS, and MT, but found in Coptic, OSB and Brenton.

2 He who walks blamelessly, and works righteousness,
who speaks truth in his heart;

3 who does not deceive with his tongue,
or do evil to his neighbour;
or find fault with those nearest him;

4 he disdains those who do evil in his sight,
but he honors those who fear the Lord;
he swears to his neighbour, and keeps his word;

5 he does not lend his money at interest,
or take a bribe against the innocent.

6 He who does these things will never be shaken.

Alleluia. The Psalms of Prime continue with Psalm 15: "Keep me, O Lord, I hope in You", page 97.

Psalm 15: "Keep me, O Lord, I hope in You"

The Vision and Presence of God is our Joy

The Psalms of Early Morning (Prime), page 50. Reserved for the Presbyter if present. The Psalms of the Veil, page 29.

(An inscription for a pillar. By David)

1 Keep me, O Lord, for I hope in You.

2 I said to the Lord, "You are my God;
You have no need of my goods."

3 The Lord has manifested the wonder of all His will,
to the saints who are on His earth,
[and has wrought all His desires in them]⁷³.

4 Their diseases were multiplied;
they hastened after these things.
I will not enter their assemblies of blood,
nor will I mention their names with my lips.

5 The Lord is the portion of my inheritance and of my cup;
it is You Who restores my inheritance to me.⁷⁴

⁷³ [JS] from Fr. Athanasius

- 6 The best portions have fallen to me,
and I have a finest inheritance.
- 7 I will bless the Lord Who makes me to understand,
so that even at night my heart instructs me.⁷⁵
- 8 I see the Lord before me continually,
for He is at my right hand, that I may not be shaken.
- 9 Therefore my heart is glad, and my tongue rejoices greatly,
and even my flesh rests in hope.
- 10 For You will not leave my soul in Hades,
nor allow Your Holy One to see corruption.
- 11 You made the ways of life known to me;
You will fill me with gladness in Your presence.⁷⁶
At⁷⁷ Your right hand are delights forevermore.

*Alleluia. The Psalms of Prime continue with Psalm 18: "The heavens declare the glory of God", page 104.
The Psalms of the Veil continue with Psalm 24: "To You, O Lord, I lift up my soul", page 113.*

Psalm 16: Hear, O Lord, my righteousness, attend to my supplication"

Discipline leads to Vision

The Vision of God brings Likeness

(A Prayer of David)

- 1 Hear, O Lord, my righteousness;⁷⁸ attend to my supplication.
Give ear to my prayer, [which is] from lips without deceit.
- 2 Let my judgment come forth from Your presence;
let my eyes behold uprightness.
- 3 You tested my heart when You visited me in the night;
You tried me by fire,
and found nothing unjust in me.

⁷⁴ Salvation puts us in that state in which God's eternal life becomes ours, according to the normal right of succession to an inheritance (cf. Rom. 8:17, 'heirs of God and joint-heirs with Christ').

⁷⁵ heart: *lit.* kidneys. The unconscious mind. cf. Psalm 138:13 and footnote.

⁷⁶ Verses 8-11b are quoted verbatim by St. Peter in Acts 2:25-23, and are explained in Acts 2:31. St. Paul quotes 1 verse, Acts 13:35 cf. Jn. 2:22.

⁷⁷ At: *or*, In.

⁷⁸ i.e. Hear Christ who intercedes on our behalf (1 Cor. 1:30; Rom. 8: 34).

- 4 That my mouth may not speak of the works of men,
I have kept hard ways⁷⁹
because of the words of Your lips.
- 5 Restore my steps in Your paths,
that my feet may not slip.
- 6 I cried out, O God, and You heard me;
incline Your ear to me, and hear my words.
- 7 Show me the wonder of Your mercy,
O You Who saves those who hope in You
from those who resist Your right hand.
- 8 Keep me as the apple⁸⁰ of an eye;
You will shelter me in the shadow of your wings
- 9 from the ungodly who afflict me.
My enemies surround my soul;
- 10 they closed their heart;
their mouth spoke arrogance.
- 11 Those who cast me out have now surrounded me;⁸¹
they have cast their eyes down to the earth.
- 12 They have seized me like a lion eager for its prey,
like a young lion lurking in ambush.
- 13 Arise, O Lord, prevent them and trip them up;
deliver my soul from the ungodly,
and Your sword from the enemies of Your hand.
- 14 O Lord, destroy them from the earth,
scatter them in their life.
- 15 Their stomachs are filled with Your hidden treasures,
they are satisfied with children,
and they leave the surplus to their children.⁸²

⁷⁹ cf. 2 Tim. 2:3, 12.

⁸⁰ apple: *or*, pupil. Enshrined in its tiny temple, the eye can shut out the cares and vanities of the world. It cannot bear the smallest speck of dust. So the Christian should hate the least stain of sin.

⁸¹ 'They cast Me out of their city and now surround Me on the cross' (St. Augustine).

⁸² [JS] Coptic has "They have satisfied themselves with swine, and have left the remnants to their infants". See the Vespers Gospel of Monday of the Preparation Week of Great Lent.

16 As for me, in righteousness I will behold Your face,
and will be satisfied when Your glory is revealed.

Glory...

Kathisma 3

Psalm 17: “I will love You, O Lord, my strength”

Act of Love and Gratitude

Earth-Shaking Prayer

1 (For the end, by David the servant of the Lord, who spoke to the Lord the words of this song on the day the Lord delivered him from the hand of Saul and from the hand of all his enemies; and he said:)⁸³

2 I will love You, O Lord, my strength.

3 The Lord is my support⁸⁴, my refuge, and my deliverer;
My God is my helper, I will hope in Him,
my protector, the horn of my salvation⁸⁵, and my defender.

4 I will call upon the Lord with songs of praise,
and I will be saved from my enemies.

5 The pangs of death surrounded me,⁸⁶
and floods of wickedness alarmed me.

6 The pangs of Hades surrounded me,
and snares of death overtook me.

7 In my affliction I called upon the Lord,
and cried to my God.
He heard my voice from His holy temple,
and my cry will come before Him, into His ears.

8 The earth trembled and quaked,
and the mountains were disturbed to their foundations
and shook, because God was angry with them.

⁸³ This Psalm, with slight variations, is also found in 2 Kings 22 (2 Samuel 22). It is a war-song of Christ the Warrior-King, fighting His way through a rebellious world with the weapons of His faith and love alone, until He comes into His Kingdom and gathers all to Himself.

⁸⁴ [JS] or “foundation”

⁸⁵ [JS] Fr. Lazarus has “my saviour”. I.e. the power of my salvation, or the One with power to save me.

⁸⁶ Cf. Acts 2:24.

- 9 Smoke went up in His wrath,
and fire burst into flame at His presence.
Coals were kindled by it.
- 10 And He bowed the heavens and came down,
and thick darkness was under His feet.
- 11 And He rode upon Cherubim, and flew;
He flew upon the wings of the wind.
- 12 He made darkness His hiding-place.
Dark thunder-clouds hung in the air,
[they were] His tent around Him.
- 13 From the brightness before Him,
there broke through the clouds
hailstones, and coals of fire.
- 14 Then the Lord thundered from heaven,
and the Most High gave forth His voice.⁸⁷
- 15 He shot His arrows and scattered the foes;
He multiplied lightnings, and confounded them.
- 16 Then the ocean beds were exposed⁸⁸,
and the foundations of the world were uncovered
at Your rebuke, O Lord,
at the blast of the breath⁸⁹ of Your wrath.
- 17 He sent from on high and took me;
He drew me out of many waters.
- 18 He will deliver me from my powerful enemies,
and from those who hate me,
for they are too strong for me.
- 19 They overtook me in the day of my affliction,
but the Lord became my support.
- 20 And He brought me out into freedom;
He will deliver me because He delights in me.

⁸⁷ cf. Exodus 9:23.

⁸⁸ [JS] literally, “then the springs of water were seen/appeared”

⁸⁹ breath: *or* spirit; cf. Acts 4:31; 12:5-12; 16:24-26.

- 21 The Lord will reward me according to my righteousness,
and according to the cleanness of my hands
He will recompense me,
- 22 for I have kept the ways of the Lord
and have not impiously turn from my God.
- 23 For all His judgments are before me,
and I have not put His statutes away from me.
- 24 I will be blameless before Him,
and will keep myself from my iniquity.
- 25 And the Lord will reward me according to my righteousness,
and according to the cleanness of my hands in His eyes.
- 26 With a holy man, You are holy;
and with an innocent man You are innocent.
- 27 With the chosen You are chosen,
and with the twisted You will be twist.⁹⁰
- 28 For You will save a humble people,
and humble the eyes of the proud.
- 29 For You will light my lamp, O Lord;
my God, You will enlighten my darkness.⁹¹
- 30 For in You I will be delivered from temptation,
and through my God I will scale a wall.
- 31 As for my God, His way is perfect;
the sayings of the Lord are tried by fire;
He is the protector of all who trust in Him.
- 32 For who is God but the Lord,
and who is God but our God?
- 33 It is God Who girds me with strength,
and makes my way perfect.
- 34 Who makes my feet like deer's feet,
and sets me upon the high places;
- 35 Who trains my hands for war;
and You made my arms like a bronze bow.

⁹⁰ Twist and wrestle (Gen. 32: 4). And he will untwist the twister and the twisted (144:15).

⁹¹ cf. Rev. 21:23.

- 36 You have given me the defense of Your salvation,
and Your right hand has upheld me;
and Your correction teaches me.
- 37 You have stretched my strides beneath me,⁹²
and my footsteps did not weaken.
- 38 I will pursue my enemies and overtake them;
and I will not turn back until they fail.
- 39 I will crush them and they will be unable to stand;
they will fall under my feet.
- 40 For You have girded me with strength for battle,
and have subdued under me all who rose against me.
- 41 And You have made my enemies to turn their backs to me,
and utterly destroyed those who hate me.
- 42 They cried for help, but there was none to save them;
they cried to the Lord, but He did not answer them.
- 43 I will pulverize them like dust before the wind;
I will grind them down like the mud in the streets.
- 44 Deliver me from this people's arguments;
You will establish me as the head of nations;
a people I did not know have served me.
- 45 As soon as they heard of me they obeyed me.
But the sons of strangers lied to Me.⁹³
- 46 Sons of strangers have grown old,
and limped from their paths.
- 47 The Lord lives! And my God is blessed;
and let the God of my salvation be exalted,
- 48 the God Who sees that I am avenged,
and subdues peoples under me,

⁹² *or*, 'made room for (widened) my steps under me.' 'By removing snares and stumbling-blocks prepared by enemies. You have cleared the way for me' (St. Athanasius).

⁹³ The strange children are the alienated Jews, whom Christ wished to make young through the New Covenant but who remained their old selves (Jn.8:34-59).

49 my deliverer from angry enemies;
You will lift me above my aggressors.
You will deliver me from the unrighteous man.

50 Therefore I will confess⁹⁴ You
among the nations, O Lord,
and I will sing praise to Your Name.⁹⁵

51 Great is the salvation He grants to His King,
and the mercy He shows to His anointed,
to David and his Son forever.⁹⁶

Glory...

Psalm 18: “The heavens declare the glory of God”

The Sun of Righteousness: His Works and Words

Sweeter than Honey, More Precious than Gold

The Psalms of Early Morning (Prime), page 50.

1 (For the end; a Psalm by David)

2 The heavens declare the glory of God,
and the firmament proclaims the work of His hands.

3 Day after⁹⁷ day utters speech,
and night after night imparts knowledge.

4 There is no speech nor language,
in which their voices are not heard.⁹⁸

5 Their message went out into all the earth,
and their words to the ends of the world.⁹⁹

6 He has set His tabernacle¹⁰⁰ in the sun;¹⁰¹
and He is like a bridegroom coming out of bridal chamber,
rejoicing like a strong man¹⁰² to run His race.

⁹⁴ [JS] or “give thanks to You”, or “thankfully confess You with praise”

⁹⁵ Rom. 15:9. Christ in David, Apostles, nations. (cf. Ps. 66:2-6).

⁹⁶ Son: *Lit.* seed. David’s Son who inherits David’s throne is Christ (Lk. 1:32, 33). ‘Whatever words in this Psalm cannot be adapted to our Lord Himself as Head of the Church apply to the Church. For the words spoken are those of the whole Christ, of Christ united to His members’ (St. Augustine).

⁹⁷ [JS] *lit.* day to day

⁹⁸ [JS] Fr. Lazarus has “and no sound of them is heard.” And then prepends “yet” to the next vs.

⁹⁹ Rom. 10:18.

¹⁰⁰ [JS] Fr. Lazarus has “sanctuary”

¹⁰¹ cf. Ps. 88:38.

- 7 He¹⁰³ begins at one end of the sky,
and runs to the far end of the sky,
and no one will be hidden from His heat.
- 8 The law of the Lord is perfect, converting souls;
the testimony of the Lord is sure, making children wise.
- 9 The Lord's statutes are right, giving joy to the heart;
the Lord's commandment is radiant, enlightening the eyes.
- 10 The fear of the Lord is pure, enduring unto ages of ages;
the judgments of the Lord are true, and entirely just.
- 11 They are more desirable than gold
and many precious stones,
and sweeter than honey and the honeycomb.¹⁰⁴
- 12 Therefore, Your servant keeps them,
and in keeping them there is great reward.
- 13 Who can know all his transgressions?
Cleanse me from my hidden ones,¹⁰⁵
- 14 and spare Your servant from unnatural sins.¹⁰⁶
If they have no dominion over me,
then I shall be blameless
and cleansed of great sin.
- 15 Then the words of my mouth,
and the meditation of my heart
will be always acceptable in Your sight,
O Lord, my helper and my redeemer.

Alleluia. The Psalms of Prime conclude here (original 12), the later addition continue with Psalm 24: "To You, O Lord, I lift up my soul", page 113.

¹⁰² [JS] literally "giant"

¹⁰³ [JS] or "it"

¹⁰⁴ cf. Ps. 118:72.

¹⁰⁵ As darkness blinds the eyes, so sins blind the soul and rob it of self-knowledge' (St. Augustine).

¹⁰⁶ [JS] Fr. Lazarus has "And from strange gods spare Your servant." OSB has "And spare your servants from unnatural sins", and Fr. Athanasius agrees with this, "From those that are not mine spare Thy servant". [Fr. Lazarus:] Strange gods: *or* hostile spirits. Psalm 95:5 says all national and tribal gods are demons. 'Not only thoughts surround us, but hordes of demons also besiege us. He rightly calls them strange (gods), since they are malevolent aliens and enemies' (St. Athanasius).

Psalm 19: “May the Lord hear you in the day of affliction”

A Prayer for the King Offering His Sacrifice

We will Rejoice in Your Salvation

The Psalms of Mid-Morning (The Third Hour), page 67. Reserved for the Presbyter, if present.

1 *(For the end; a Psalm by David)*

2 May the Lord hear you in the day of affliction!
May the Name of the God of Jacob protect you!

3 May He send you help from the Sanctuary¹⁰⁷,
and support you out of Zion.

4 May He remember all your sacrifice,
and accept your whole burnt offerings. *(Pause)*

5 May the Lord grant you your heart's desire
and fulfill all your counsel.

6 We will rejoice in Your salvation
and in the Name of our God we will be magnified.
May the Lord fulfill all your petitions.¹⁰⁸

7 Now I know that the Lord has saved His Christ,¹⁰⁹
He will hear Him from His holy heaven,
and with mighty acts show the salvation of His right hand.

8 Some [trust] in chariots and some in horses,
but we will be magnified in the Name of the Lord our God.

9 Their feet were tied together and they fell,
but we are risen and stand upright.

10 O Lord, save Your king,
and hear us when we call upon You.

Alleluia. The Psalms of the Third Hour continue with Psalm 22: “The Lord is my Shepherd, and I will lack nothing”, page 110.

¹⁰⁷ [JS] literally “holy place”.

¹⁰⁸ Fr. Athanasius has “We will confess to You, O Lord in Thy salvation, and in the Name of our God we shall grow: the Lord will fulfil all your petitions.

¹⁰⁹ Christ: *or* Anointed. ‘God saved Christ by raising Him from the dead’ (St. Athanasius). Cf. Acts 2:22-24; 3:15, 26; 5:30; 17:31; Rom. 8:11 &c.

Psalm 20: “The King will be glad in Your power, O Lord”

God’s Presence Fires Friends and Fries Enemies

We will Sing and Praise Your Power

1 *(For the end; a Psalm by David)*

2 The king will be glad in Your power, O Lord,
and greatly rejoice in Your salvation.

3 You have given him his heart’s desire,
and have not denied him the request of his lips. *(Pause)*

4 For You have anticipated¹¹⁰ him with the blessings of goodness;
You have placed a crown of precious stones on his head.

5 He asked You for life, and You gave it to him,
length of days forever and ever.

6 Great is his glory in Your salvation;¹¹¹
You will bestow glory and majesty upon him.

7 For You will give him blessing forever and ever;
You will gladden him with the joy of Your presence.¹¹²

8 For the king hopes in the Lord,
and in the mercy of the Most High he will not be shaken.

9 May all Your enemies feel Your hand;
may Your right hand find all who hate You.

10 You will make them like a fiery oven
at the time of Your presence;
The Lord will confound them in His wrath,
and fire will devour them.

11 You will destroy their offspring from the earth,
and their race from the sons of men.

12 For they intended evil against You;
they devised plans which could never succeed.¹¹³

¹¹⁰ [JS] or “gone before him”, Fr. Athanasius has “overtaken him” (Liturgy of Tobit 1)

¹¹¹ [JS] or “his glory is great by your salvation/deliverance”

¹¹² presence: *or* face, countenance. (Gen (16:13).

13 For You will put them to flight;
You will prepare Your remnants against their faces.

14 Be exalted, O Lord, in Your strength!
We will sing and praise Your power.

Glory...

Psalm 21: “O, God, my God, attend to me”

The Great Shepherd Gives His Life for the Sheep

The Sufferings of Christ and the Redemption of the Nations

1 (For the end; a Psalm by David. Concerning the help of the Dawn.¹¹⁴)

2 O God, my God, attend to me;
why have You forsaken me?¹¹⁵
The words of my transgressions are far from my salvation.

3 O my God, I will cry out by day, and You will not hear,
and by night, yet it is not foolish of me.

4 But You, O praise of Israel,
dwell among the saints¹¹⁶.

5 Our fathers hoped in You;
they hoped, and You delivered them.

6 They cried to You and were saved;
they hoped in You and were not ashamed.

7 But I am a worm, and not a man;
a reproach of men, and despised by the people.

8 All who see me mock me;
they say with their lips and shake their heads,

9 “He trusted in the Lord. Let Him rescue him;
let Him save him, if He wanted him.”¹¹⁷

10 For You drew me from the womb.
You have been my hope from my mother’s breasts.

¹¹³ ‘Christ died that we might live’ (1 Thess. 5:10; 1 Pet. 2:24).

¹¹⁴ Dawn is one of Christ’s names (cf. Lk. 1:78; Mal. 4:2).

¹¹⁵ cf. Isaiah 54:7. ‘For a brief moment I forsook you, but with great mercy I will compassionate you. In brief displeasure I turned away My face from you, but with eternal love I will have mercy on you’ (cf. Mt. 27:46; Mk. 15:34).

¹¹⁶ [JS] Fr. Lazarus has “dwell in the holy place”.

¹¹⁷ Mt. 27:39,43; Wis. 2:12-20.

- 11 I have been cast on Your care from my birth;
From my mother's womb You are my God.
- 12 Do not leave me when trouble is near,
for there is no one to help.
- 13 Many young bulls surround me;
fat bulls surround me.
- 14 They open their mouths at me,¹¹⁸
like a raging and roaring lion.
- 15 I am poured out like water,
and all my bones are disjointed;
my heart is like wax, melting into my belly.
- 16 My strength is dried up like a broken piece of pottery,
and my tongue sticks to my throat;
You have brought me down to the dust of death.
- 17 For a pack of dogs surround me,
and an assembly of evil doers enclose me.
They have pierced my hands and my feet.¹¹⁹
- 18 They counted all my bones;
they look and stare at me.
- 19 They divided my garments among themselves,
and they cast lots for my clothing.¹²⁰
- 20 But You, O Lord, do not remove Your help;
attend to my aid!
- 21 Deliver my soul from the sword,
my only one¹²¹ from the power of the dog.¹²²
- 22 Save me from the mouth of the lion,
and my lowliness from the horns of unicorns¹²³.

¹¹⁸ Lam. 2:16; 3:46.

¹¹⁹ Jn. 19:37.

¹²⁰ Jn. 19:24.

¹²¹ His only one is His Bride, the Church, that He holds in His arms. cf. Jn. 3:29. 'He who holds the bride is the Bridegroom.'
[JS] Copitc has "only-begotten". See the Ninth Hour of the Eve of Wednesday of Holy Week.

¹²² [JS]Others have "and my only-begotten from the hand of the dog."

¹²³ [JS] Fr. Lazarus has "the rhinoceros."

- 23 I will declare Your Name to my Brethren;
I will praise You in the midst of the Church.¹²⁴
- 24 You who fear the Lord, praise Him;
all you sons¹²⁵ of Jacob, glorify Him.
Let all the sons of Israel fear Him.
- 25 For He has not spurned or scorned the supplication of the poor,
nor turned away His face from me,
but when I cried to Him He heard me.
- 26 From You comes my praise in the great Church¹²⁶.
I will confess¹²⁷ You.
I will pay my vows before those who fear Him.
- 27 The poor shall eat and be satisfied,
and those who seek the Lord will praise Him;
their hearts will live forever and ever.
- 28 All the ends of the earth will remember
and turn to the Lord;
and all the families of the nations
will worship before Him.
- 29 For the Kingdom is the Lord's,
and it is He Who rules the nations.
- 30 All the prosperous of the earth ate and worship¹²⁸ [in His presence];
all who go down to the earth fall down before Him.
May my soul live for Him.
- 31 And my children¹²⁹ will serve Him;
the coming generation will tell of the Lord,
- 32 and they will tell of His righteousness to a people yet to be born,
because the Lord made them.¹³⁰

Psalm 22: “The Lord is my Shepherd, and I will lack nothing”

God the Good Shepherd-King Guides and Keeps His Sheep

Love follows the Followers of Love

¹²⁴ Hebrews 2:12.

¹²⁵ [JS] literally “all you seed of Jacob”

¹²⁶ [JS] Congregation or assembly, not building.

¹²⁷ [JS] or “give thanks to”

¹²⁸ [JS] did obeisance, i.e. the physical act of bowing down.

¹²⁹ my children: *Lit.* my seed.

¹³⁰ Romans 3:24-26; John 17:4; 19:30.

The Psalms of Mid-Morning (The Third Hour), page 67. The Psalms of the Veil, page 29.

(A Psalm by David)

1 The Lord is my Shepherd, and I will lack nothing.

2 He settles me in a place of green pastures,
and raises me on refreshing water.¹³¹

3 He restores my soul;
He guides me on the paths of righteousness
for His Name's sake.

4 For even though I walk through the shadow of death,
I will fear no evils, for You are with me.
Your rod and Your staff comfort me.

5 You have prepared a table before me
against those that afflict me;
You anointed my head with oil,
and Your chalice has inebriated me as strong drink.¹³²

6 And Your mercy will follow me all the days of my life,
and I will dwell in the house of the Lord
throughout the length of my days.¹³³

Alleluia. The Psalms of the Third Hour continue with Psalm 23: "The earth is the Lord's and all that is in it", page 111. The Psalms of the Veil continue with Psalm 29: "I will exalt You, O Lord", page 120.

Psalm 23: "The earth is the Lord's and all that is in it"

The King of Glory enters His Sanctuary

Who can enter the Holy Mountain Temple?

The Psalms of Mid-Morning (The Third Hour), page 67.

(A Psalm by David. For the first day of the week)

¹³¹ 'He raises, rears and feeds me on the water of baptism, which restores health and strength to those who have lost them' (St. Augustine). cf. John 7:37-39. [JS] Fr. Lazarus has "they will tell of the salvation the Lord has accomplished." NETS has "because the Lord acted."

¹³² cf. Ephes. 5:18. [JS] others have "Your cup runs over."

¹³³ cf. Ps. 26:4.

- 1 The earth is the Lord's and all that is in it,¹³⁴
the world and all who dwell in it.
- 2 He has set it firmly on the seas,
and prepared it on the rivers.
- 3 Who will ascend into the mountain of the Lord,¹³⁵
or who will stand in His holy place?
- 4 He who has clean hands and a pure heart,
who does not set his mind on vanity,
or swear deceitfully to his neighbour.
- 5 He will receive blessing from the Lord,
and mercy from God his Saviour.
- 6 This is the generation of those who seek Him,
who seek the face of the God of Jacob. (*Pause*)
- 7 Lift up the gates, you rulers!
And be lifted up, you eternal doors!
And the King of Glory will enter.¹³⁶
- 8 Who is this King of Glory?
The Lord strong and mighty,
the Lord mighty in battle.
- 9 Lift up the gates, you rulers!
And be lifted up, you eternal doors!
And the King of Glory will enter.
- 10 Who is this King of Glory?
The Lord of Hosts, He is the King of Glory.

Alleluia. The Psalms of the Third Hour continue with Psalm 25: "Judge me, O Lord, for I have walked in my innocence", page 115.

Glory...

¹³⁴ 1 Cor. 10:26-28; cf. Psalm 49:12.

¹³⁵ Is. 2:2; Dan. 2:35; 1 Cor. 10:4.

¹³⁶ 'The Psalter indicates beforehand the Saviour's bodily Ascension into heaven', cf. also 46:6 (St. Athanasius the Great). The angels in attendance at the Lord's ascension call to the angelic rulers or princes in charge of the gatekeepers to open the heavenly gates so that the King of Glory may enter. and they also address the actual doors that open into eternity (Rev. 3:20).

Kathisma 4

Psalm 24: “To You, O Lord, I lift up my soul”

A Prayer for Guidance, Forgiveness and Redemption

The Covenant Consciousness (v. 14)

The Psalms of Early Morning (Prime), page 50 (additional to the original 12). The Psalms of the Veil, page 29.

(A Psalm by David)

- 1 (Ⲭ) I lift up my soul to You, O Lord.
- 2 O my God, I trust (Ⲥ) in You;
do not let me be put to shame [forever]¹³⁷,
nor let my enemies laugh at me.
- 3 For none who wait for You will be put to shame;
(Ⲁ) let those who do wrong without cause be ashamed.
- 4 (Ⲑ) Make Your ways known to me, O Lord,
and teach me Your paths.
- 5 (ⲛ) Guide me in Your truth (ⲓ) and teach me;
for You are God, my Saviour,
and for You I wait all day long.
- 6 Remember Your compassions and Your mercies, O Lord,
for they are from all eternity.¹³⁸
- 7 (ⲓ) Do not remember the sins of my youth, and my acts of ignorance,
but remember me in Your mercy,
because of Your goodness, O Lord.
- 8 (ⲛ) The Lord is good and upright;
so He will set a law as a path to those who are astray.¹³⁹
- 9 (Ⲥ) He will guide the meek in judgment;
He will teach the meek His ways.

¹³⁷ [JS] ⲓ found in Coptic. See the Ninth Hour of Tuesday of Holy Week.

¹³⁸ [JS] literally: “because they are from of old”.

¹³⁹ [JS] literally, “so He sets a law for those who sin in the way.”

- 10 (ⲓ) All the ways of the Lord are mercy and truth
to those who seek¹⁴⁰ His covenant and His testimonies.¹⁴¹
- 11 (ⲉ) For Your Name's sake, O Lord,
[You will]¹⁴² pardon my sin, for it is great.
- 12 (ⲓ) Who is the man who fears the Lord?
He will give him a Law in the way He has chosen.
- 13 (ⲛ) His soul will dwell amid good things,
and his children¹⁴³ will inherit the earth.
- 14 (ⲓ) The Lord is the strength of those who fear Him,
[and to those who fear Him, His Name is the Lord,]¹⁴⁴
He will manifest His covenant to them.¹⁴⁵
- 15 (ⲉ) My eyes are continually on the Lord,
for He will pull my feet out of a snare.
- 16 (ⲙ) Look upon me and have mercy on me,
for I am an only son, and I am poor.¹⁴⁶
- 17 (ⲉ) The afflictions of my heart are multiplied;
bring me out of my troubles.¹⁴⁷
- 18 (ⲙ) Look upon my humiliation and my trouble,
and forgive me all my sins.
- 19 (ⲉ) Look upon my enemies, for they have multiplied,
and they hate me with an unjustified hatred.
- 20 (ⲓ) O keep my soul and deliver me;
do not let me be ashamed, for I have hoped in You.
- 21 (ⲙ) The innocent and the upright have joined me,
because I wait for You, O Lord.
- 22 (ⲛ) Redeem Israel, O God,
out of all his afflictions.

¹⁴⁰ seek: *Heb.* keep

¹⁴¹ [JS] Fr. Lazarus has "laws": [Fr. Lazarus] laws: *or*, testimonies; witnesses (Ps. 118:2)

¹⁴² [JS] NETS and Fr. Athanasius have "You will"

¹⁴³ children: *lit.* seed.

¹⁴⁴ Present in Fr. Athanasius and OSB.

¹⁴⁵ Strength is renewed by love—(blood)—transfusion. 'My love for you will never fail; nor will the covenant of your peace ever cease' (Isa. 54:10). 'This is My blood of the new covenant' (Mt. 26:28; cf. Prov. 3:6).

¹⁴⁶ Fr. Lazarus has "lonely and poor". Fr. Athanasius has "an only son". Others have "only-begotten and poor"

¹⁴⁷ *Or*: O relieve me of my afflictions.

Alleluia. The Psalms of Prime and The Psalms of the Veil continue with Psalm 26 “The Lord is my light and my Saviour; whom shall I fear”, page 116.

Psalm 25: “Judge me, O Lord, for I have walked in my innocence”

The Prayer of a Good Conscience

Concentration encircles the Altar

The Psalms of Mid-Morning (The Third Hour), page 67.

(By David)

- 1 Judge me, O Lord,
for I have walked in my innocence;
and by hoping in the Lord
I shall not grow weak.
- 2 Prove me, O Lord, and try me;
test my heart and mind in fire.
- 3 For Your mercy is before my eyes,
and I delight in Your truth.
- 4 I do not sit in frivolous gatherings,
nor do I consort with lawbreakers.
- 5 I hate the assembly of evildoers,
and I will not sit with the ungodly.
- 6 I will wash my hands in innocence,
and I will go around Your Altar, O Lord,
- 7 that I may hear the voice of praise¹⁴⁸
and tell of all Your wonders.
- 8 O Lord, I love the beauty of Your house¹⁴⁹
and the sanctuary¹⁵⁰ where Your glory dwells.

¹⁴⁸ (a) The voice of the Holy Spirit in the Church's praises 'to teach me how to praise You' (St. Augustine); (b) To hear God does not mean to catch audible sounds. How many are deaf to God! You should so hear the voice of praise as never to praise yourself, however good you may be. Humility made you good, pride makes you sinful' (St. Augustine). 'Keep your mind in an expectant frame to hear God's praises' (Tukaram). cf. Ps. 21:26.

¹⁴⁹ 'God's house means the ark, because the temple was not yet built' (St. Theodoret). 'The beauty of the house is those in the Church who are adorned with the beauty of holiness' (St. Athanasius).

¹⁵⁰ [JS] literally, "place"

9 Do not destroy my soul with the wicked,
nor my life with men of blood,

10 in whose hands are iniquities,
and whose right hand is full of bribes.

11 But as for me, I walk in my innocence;
redeem me and have mercy on me.

12 My foot stands on the straight path;
I will bless You, O Lord, in the churches.¹⁵¹

Alleluia. The Psalms of the Third Hour continue with Psalm 28: "Bring to the Lord, O sons of God", page 119.

Psalm 26 "The Lord is my light and my Saviour; whom shall I fear"

Contemplation of the Divine Beauty and Goodness

The Believing Heart does not Shrink in Fear

The Psalms of Early Morning (Prime), page 50 (additional to the original 12). The Psalms of the Veil, page 29.

(A Psalm of David, before he was anointed)

1 The Lord is my light and my Saviour;
whom shall I fear?
The Lord is the defender of my life;
of whom shall I be afraid?

2 When the wicked draw near me
to eat my flesh,
it is they, my oppressors and enemies,
who grow weak and fall.

3 Though an army encamp against me,
my heart shall not fear;
though war rise against me,
in this I hope.

¹⁵¹ churches: assemblies, gatherings, congregations (not buildings).

- 4 One thing I ask of the Lord,
and seek after,
that I may dwell in the house of the Lord
all the days of my life,
that I might behold the delights of the Lord,
and visit His holy temple.
- 5 For He hides me in His tabernacle
in the day of trouble;
in the secrecy of His tabernacle He shelters me;
He lifts me high on a rock.
- 6 And now, behold, He lifted my head above my enemies;
I went around and offered a sacrifice with shouts of joy
in His tabernacle.¹⁵²
I will sing and praise the Lord.¹⁵³
- 7 Hear, O Lord, my voice when I cry;
have mercy on me and hear me.
- 8 My heart speaks to You,
“I have sought after Your face!”
O Lord, will I seek after Your face.
- 9 Do not turn Your face from me,
do not withdraw in anger from Your servant.
Be my helper, do not utterly cast me away;
Do not forsake me, O God, my Saviour.
- 10 My father and mother abandoned me,
but the Lord took me to Himself.¹⁵⁴
- 11 Set a Law for me, O Lord, in Your ways,
and guide me in the right path
because of my enemies.
- 12 Do not deliver me to the souls of my oppressors,
for false witnesses have risen against me
and injustice has deceived itself.

¹⁵² go round: *or* encircle the altar (cf. 25:6).

¹⁵³ ‘Marvellous is it that man is not always praising, since everything continually invites praise’ (St. Gregory).
‘No sweeter fragrance than to follow Christ,
when man makes offerings of a holy life,
and offers golden deeds in sacrifice’ (St. Prosper).

¹⁵⁴ cf. Psalm 21:11.

13 I believe that I will see the goodness of the Lord
in the land of the living.

14 Wait on the Lord,
have courage, and let your heart be strong;
and wait on the Lord!

Alleluia. The Psalms of Prime continue with Psalm 62: "O God, my God, I rise early to be with You", page 171. The Psalms of the Veil continue with Psalm 66: "May God have compassion on us and bless us", page 177.

Glory...

Psalm 27: "I cry to You, O Lord"

God the Protection and Salvation of His Anointed

A Prayer of Faith with Thanksgiving

(By David)

1 I cry to You, O Lord;
O my God, do not pass me by in silence;
if You were to pass me by in silence,
I would become like those who go down into the pit.

2 Hear, O Lord, the cry of my supplication
when I pray to You,
when I lift up my hands
towards Your holy temple.

3 Do not drag away my soul with sinners,
or destroy me not with wrongdoers,
who speak peace with their neighbour,
but evil is in their hearts.

4 Give them, O Lord, according to their works,
and according to the evil of their ways;
give them according to the works of their hands,
give them their due reward.

5 Because they do not regard the works of the Lord,
or the workings of His hands,¹⁵⁵
You will pull them down and never build them up.

¹⁵⁵ cf. Isaiah 5:12.

6 Blessed be the Lord, for He has heard
the voice of my supplication.

7 The Lord is my helper and my protector;
my heart hopes in Him, and I am helped;
my flesh has revived,
and with all my heart I will confess¹⁵⁶ Him.

8 The Lord is the strength of His people,
and the protector and the salvation of His Anointed.

9 Save Your people and bless Your inheritance;
shepherd them and raise them up forever.¹⁵⁷

Psalm 28: “Bring to the Lord, O sons of God”

The Voice of God: the Thunder of Silence

God’s Power and Glory in a Thunderstorm

The Psalms of Mid-Morning (The Third Hour), page 67.

(A Psalm by David at the Exit of the Ark or Tabernacle.

For the Feast of Tabernacles in commemoration of the Exodus)

1 Bring to the Lord, O you sons of God,
bring to the Lord young rams;
bring to the Lord honour and glory.

2 Bring to the Lord glory due to His Name;
worship¹⁵⁸ the Lord in His holy court.

3 The voice of the Lord is upon the waters.
The God of glory is thundering.
The Lord is upon many waters.

4 The voice of the Lord is strong;
the voice of the Lord is full of majesty.

5 The voice of the Lord shatters cedars;
The Lord shatters the cedars of Lebanon;

¹⁵⁶ [JS] confess: or “give thanks to”, or “thankfully confess”

¹⁵⁷ Cf. Isaiah 40:11; John 10:11.

¹⁵⁸ [JS] “do obeisance”, i.e. a physical act.

- 6 He will break them into pieces
as a young bull, and like Lebanon;
But His Beloved is like the son of unicorns.
- 7 The voice of the Lord divides flames of fire.
- 8 The voice of the Lord shakes the wilderness;
the Lord shakes the wilderness of Kadesh.
- 9 The voice of the Lord brings the birth-pangs on hinds,¹⁵⁹
and strips the forests bare;
and in His temple all say, “Glory!”¹⁶⁰
- 10 The Lord dwells in the flood;
and the Lord sits enthroned as King forever.
- 11 The Lord will give strength to His people;
the Lord will bless His people with peace.

Alleluia. The Psalms of the Third Hour continue with Psalm 29: “I will exalt You, O Lord”, page 120.

Psalm 29: “I will exalt You, O Lord”

Song of Praise and Thanksgiving: You have Healed Me

In His Will is Life and Security

The Psalms of Mid-Morning (The Third Hour), page 67. Reserved for the Presbyter, if present. The Psalms of the Veil, page 29.

1 (A Song for the Dedication of David’s Palace)

- 2 I will exalt You, O Lord,
for You upheld me,
and have not let my enemies rejoice over me.
- 3 O Lord, my God, I cried to You,
and You have healed me.
- 4 O Lord, You have brought my soul up from Hades;
You have saved me from those who go down to the pit.
- 5 Sing to the Lord, you saints of His,
and confess at the remembrance of His holiness.

¹⁵⁹ Cf. Exodus 9:23. In thunderstorms deer often cast their young.

¹⁶⁰ While storms rage on earth, all heavens sing God’s glories. The storm of judgment clears the air for the Messianic age of peace (Shalom).

- 6 For there is wrath in His anger,¹⁶¹
but life is His will;
in the evening weeping may pitch its tent,
but joy comes with the morning.
- 7 As for me, I said to myself in my prosperity,
“I will never be shaken.”
- 8 O Lord, in Your love grant¹⁶² power to my beauty;¹⁶³
but You turned away Your face,
and I became troubled.
- 9 I will cry to You, O Lord,
and I will make supplication to my God,
- 10 “What profit is there in my blood,¹⁶⁴
by my going down to corruption?
Will the dust confess You,
or will it declare Your truth?”
- 11 The Lord heard and had mercy on me;
the Lord became my helper.
- 12 You have turned my mourning into dancing;
You have torn off my sackcloth
and clothed me with gladness,
- 13 that my glory¹⁶⁵ may sing to You,
and that I may not be pierced [with sorrow].
O Lord my God, I will confess¹⁶⁶ You forever.

Alleluia. The Psalms of the Third Hour continue with Psalm 33: “I will bless the Lord at all times”, page 127. The Psalms of the Veil continue with Psalm 42: “Judge me, O God, and defend my cause”, page 144.

Glory...

¹⁶¹ By angering and displeasing God, we incur wrath and retribution, ‘for the wages of sin is death’ (Rom. 6:23). By doing God’s will we find life, health and happiness (1 Jn. 2:17; 3:14; Rom. 14:17).

¹⁶² [JS] or “You have granted”

¹⁶³ ‘Although I was beautiful by nature, I became feeble because I was deadened by sin through the malice of the serpent. So too the beauty I received from You when I was first created. You have added power to do Your will’ (St. Basil the Great).

¹⁶⁴ Blood signifies death (cf. Lev. 17:14).

¹⁶⁵ *glory*: ‘The glory of a righteous man is the Spirit in him’ (St. Basil the Great).

¹⁶⁶ [JS] or “give thanks to You”, or “thankfully confess You with praise”

Psalm 30: “I have hoped in You, O Lord”

A Passion Psalm. Confident Prayer in Trouble

You have Redeemed Me, O Lord God of Truth

1 (A Psalm by David. Of alarm)

2 I have hoped in You, O Lord;
let me never be put to shame;
rescue me and deliver me in Your righteousness.¹⁶⁷

3 Incline Your ear to me;
make haste to deliver me.
Be my protector-God,
and a house of refuge, to save me.

4 For You are my strength and my refuge,
and You will guide me and sustain me
for Your Name's sake.

5 You will bring me out from this snare,
which they have hidden for me,
for You are my protector, O Lord.

6 I will entrust my spirit into Your hands;¹⁶⁸
You have redeemed me, O Lord God of truth.

7 You hate those who observe empty vanities;¹⁶⁹
but I hope in the Lord.

8 I will rejoice and be glad in Your mercy,
for You have regarded my humiliation;
You saved my soul from dire straits,

9 and You have not imprisoned me
in the hands of the enemy,
but have set my feet in fields of freedom.

10 Have mercy on me, O Lord,
for I am afflicted;
my eye is troubled with anger,
so are my soul and my body.

¹⁶⁷ Christ is our righteousness and holiness (1 Cor. 1: 30). 'If anyone is in Christ, he is a new creation; the past is dead and gone, everything has become new' (2 Cor. 5:17).

¹⁶⁸ Luke 23:46.

¹⁶⁹ 'By vanities he means distractions of the present life, by occupying ourselves with which we labour in vain' (St. Athanasius). By Biblical usage 'empty vanities could also refer to idolatry (cf. Syriac: 'false worship').

- 11 For my life is wasted with grief
and my years with sighing;
my strength has weakened from poverty,
and my bones are troubled.
- 12 I have become a reproach among all my enemies,
and especially among my neighbours,
and a horror to my acquaintances;
those who see me outside fled from me.
- 13 I am forgotten like a buried corpse;
I am become like a broken pitcher.
- 14 For I heard the blame¹⁷⁰ of many
who hover around me,
as they gathered together against me
and plotted to take my life.
- 15 But as for me, I hope in You, O Lord;
I said, "You are my God."
- 16 My life is in Your hands.
Deliver me from the hand of my enemies,
and from those who persecute me.
- 17 Shine Your face upon Your servant;
save me in Your mercy.
- 18 O Lord, may I not be put to shame,
for I call upon You.
Let the ungodly be ashamed,
and brought down to Hades.
- 19 Let lying lips become speechless,
when they speak iniquity against the righteous
with arrogance and contempt.
- 20 How great is Your infinite goodness, O Lord,¹⁷¹
which You have hidden for those who fear You,
and which You work for those who hope in You,
before the sons of men!

¹⁷⁰ [JS] Fr. Athanasius has "slander". See the Sixth Hour of Maundy Thursday.

¹⁷¹ Supreme Goodness, God, Heaven is hidden in all things. Seek (See) and you will find. The apparent defeat and shame of the Cross is the supreme victory, blessing and grace of eternal Redemption (cf. Ps. 73:12; 110:9).

21 You will hide them in the secret place of Your presence,
free from the disturbance of men;
You will shelter them in Your tabernacle
from the strife of tongues.

22 Blessed is the Lord,
for He has shown the wonder of His mercy
in a besieged city.

23 Yet I said in my alarm¹⁷²:
“I have been cast from before Your eyes.”¹⁷³
Therefore You heard the voice of my supplication
when I cried to You.

24 Love the Lord, all you His Saints,
for the Lord requires¹⁷⁴ truth¹⁷⁵,
and repays those who act with great arrogance.¹⁷⁶

25 Take courage and let your heart be strong,
all you who hope in the Lord.

Psalm 31: “Blessed are they whose iniquities are forgiven”

A Prayer of Repentance and Confession

The Joy of Being Forgiven

(By David. Of Understanding)

1 Blessed are they whose iniquities are forgiven,
and whose sins are covered.¹⁷⁷

2 Blessed is the man whose sin the Lord does not take into account,
and in whose mouth there is no deceit.

3 When I kept silent,¹⁷⁸ my bones grew old¹⁷⁹
from my groaning all day long.

¹⁷² [JS] Fr. Lazarus has “madness”. NETS has “alarm”. OSB and Psalter According to the Seventy have “ecstasy”. Psalter for prayer has “confusion”.

¹⁷³ The sense of separation from God is the great illusion and madness.

¹⁷⁴ [JS] or “seeks out”

¹⁷⁵ [JS] Fr. Athanasius has, “for the Lord preserves the faithful” (Matins Gospel of the 1st Sunday of Epiphany, but not so Mesorion 26)

¹⁷⁶ Or: and repays those who act with excessive pride.

¹⁷⁷ Rom. 4:7,8. verbatim, cf. ‘Love covers a multitude of sins’ (1 Pet. 4:8). ‘Such liberality God shows to sinners, that He not only forgives, but obliterates their sins, so that not the smallest vestige remains’ (St. Theodoret). See also Ps. 84:3.

¹⁷⁸ ‘When I was unable to confess’ (St. Athanasius). A year passed before David confessed his two sins to Nathan (2 Sam. 12).

¹⁷⁹ [JS] Coptic has “because I kept silent, my bones grew old”. See Tues of the 2nd (3rd) week of Lent.

- 4 For day and night Your hand was heavy upon me;
I was reduced to misery when the thorn pierced me. *(Pause)*
- 5 I made my sin known to You,
and no longer hid my iniquity.
I said, “I will confess to the Lord against myself, declaring my sin,”
and You forgave the ungodliness of my sin. *(Pause)*
- 6 Therefore, everyone who is holy will pray to You
at an appropriate time;
in a flood of many waters,
[the waves] will not reach him.
- 7 You are my refuge from the affliction surrounding me;
O my joy, deliver me from those who surround me. *(Pause)*
- 8 “I will instruct you and teach you the way you should walk;
I will fix My eyes upon you.
- 9 Do not be like a horse or a mule,
which have no understanding;
whose mouth must be held with bit and bridle,
or they will not come near you.”
- 10 Many are the scourges of the sinner,
but mercy surrounds him who hopes in the Lord.
- 11 Be glad in the Lord and rejoice, O you righteous ones,
and glory¹⁸⁰, all you upright in heart.¹⁸¹

Glory...

Kathisma 5

Psalm 32: “Rejoice in the Lord, you righteous”

The New Song of Victory and Heavenly Earthquake

Praise of God’s Perfection in Word and Work

(A Psalm by David. Without superscription in the Hebrew.)

¹⁸⁰ [JS] or, “boast”

¹⁸¹ Man is made for happiness, fruit of grace, forgiveness, right relations, holiness. [JS] Coptic has “in His holy Name” in place of “all you upright in heart”. See Vespers of Athor 9.

- 1 Rejoice in the Lord, you righteous ones!
Praise befits the upright.
- 2 Confess¹⁸² the Lord with the lyre¹⁸³;
sing praises to Him with a ten-stringed harp.
- 3 Sing a new song to Him;
sing praises beautifully with a shout,
- 4 for the word of the Lord is true,
and all His works are faithful.
- 5 He loves mercy and justice;
the earth is full of the Lord's mercy.
- 6 By the Word of the Lord the heavens were established,
and by the breath of His mouth, all their hosts,¹⁸⁴
- 7 Who gathers the waters of the sea like in a wineskin,
Who puts the deeps in storehouses.
- 8 Let all the earth fear the Lord;
let all who dwell in the world be shaken by Him.¹⁸⁵
- 9 For He spoke, and they came to be,¹⁸⁶
He commanded, and they were created.
- 10 The Lord scatters the counsels¹⁸⁷ of nations,
He frustrates the thoughts of peoples,
and rejects the counsels of rulers.
- 11 But the counsel of the Lord endures forever,
the thoughts of His heart from generation to generation.
- 12 Blessed is the nation whose God is the Lord,
the people He chose as His own inheritance.
- 13 The Lord looks down from heaven,
He sees all the sons of men.
- 14 From His prepared dwelling-place
He looked down upon all the inhabitants of the earth,

¹⁸² [JS] or "give thanks to", or "thankfully confess the Lord with praise with the lyre"

¹⁸³ [JS] or "Confess the Lord with the harp."

¹⁸⁴ Breath: *or* Spirit, cf. Gen. 6:3; 6:17; 7:15. 'Here a glimpse of the Holy Trinity is revealed' (St. Athanasius).

¹⁸⁵ cf. Ezek. 38:20; Hag. 2:6-7; Amos 9:9. 'I will shake the house of Israel among all the nations as one shakes with a sieve, but not a grain shall fall on the ground' (cf. Lk. 21:18, 'Not a hair of your head will be lost'). 'May all living on earth be shaken from their former state in which they served idols' (St. Athanasius the Great).

¹⁸⁶ Naturally and spiritually (Jn. 3:3-6).

¹⁸⁷ [JS] Fr. Lazarus has "plans"

- 15 He Who alone formed¹⁸⁸ their hearts,
Who understands all their works.
- 16 A king is not saved by a great army,
and a giant is not saved by his great strength.
- 17 A horse is a false hope for deliverance,
and with all its power it cannot save.
- 18 Behold, the eyes of the Lord are on those who fear Him,
on those who hope in His mercy,
- 19 to deliver their souls from death,
and to keep them alive in famine.
- 20 Our soul waits for the Lord;
for He is our helper and protector;
- 21 For our heart rejoices in Him,
and we hope in His holy Name.
- 22 May Your mercy, O Lord, be upon us,
as we hope in You.

Psalm 33: “I will bless the Lord at all times”

His Praise Continually in my Month

Taste and See that the Lord is Good

The Psalms of Mid-Morning (The Third Hour), page 67.

1 (By David, when he disguised his character before Abimelech, who let him go, and he departed)

2 (℟) I will bless the Lord at all times,
His praise will be continually in my mouth.

3 (㊥) My soul will be praised in the Lord¹⁸⁹;
let the meek hear and be glad.

4 (λ) O magnify the Lord with me,
and let us exalt His Name together.

¹⁸⁸ [JS] or “fashioned”

¹⁸⁹ Fr. Athanasius has “My soul shall make her boast in the Lord”

- 5 (T) I sought the Lord and He heard me;
and He delivered me out of all my sojourning.
- 6 (N) Come to Him and be enlightened,
and your faces will never be ashamed.
- 7 (I) This poor man cried, and the Lord heard him,
and saved him out of all his afflictions.
- 8 (R) The Angel of the Lord will encamp around those who fear Him,
and He will deliver them.
- 9 (N) O taste and see that the Lord is good;
blessed is the man who hopes in Him.
- 10 (U) Fear the Lord, all you His saints,
for those who fear Him want nothing.
- 11 (Y) The rich¹⁹⁰ become poor and hungry,
but those who seek the Lord will not lack any good thing. (*Pause*)
- 12 (D) Come, you children, hear me;
I will teach you the fear of the Lord.
- 13 (L) Who is the man who desires life,
and loves to see good days?
- 14 (N) Keep your tongue from evil,
and your lips from speaking deceit.
- 15 (J) Turn away from evil, and do good;
seek peace and pursue it.
- 16 (O) The eyes of the Lord are upon the righteous,
and His ears are open to their supplications.
- 17 (V) But the face of the Lord is against evildoers,
to destroy their remembrance from the land.¹⁹¹
- 18 (S) The righteous cried and the Lord heard them,
and delivered them from all their afflictions.
- 19 (Z) The Lord is near the brokenhearted¹⁹²,
and will save those who are humble in spirit.

¹⁹⁰ *rich*: opposite of Mt 5:3; i.e., proud, fallen, apostate men.

¹⁹¹ ‘The land of the living.’ [JS] Others have “earth”

¹⁹² [JS] or “contrite in heart”

20 (P) Many are the afflictions of the righteous,
but the Lord will deliver them from all of them.

21 (N) The Lord will guard all their bones,
not one of them will be broken.

22 (P) The death of sinners is evil,
and those who hate the righteous will go wrong¹⁹³.

23 (N) The Lord will redeem the souls of His servants,
and none of those who hope in Him will go wrong¹⁹⁴.

Alleluia. The Psalms of the Third Hour continue with Psalm 40: "Blessed is he who considers the poor and needy", page 141.

Glory...

Psalm 34: "Judge those who wrong me, O Lord"

Christ's Passion seen in the Psalmist's Struggle

The Lord be Magnified

(By David)

1 Judge those who wrong me, O Lord;
fight against those who fight against me!

2 Take hold of weapon and shield,
and rise up to help me!¹⁹⁵

3 Draw the sword,
and block my pursuers;
say to my soul, "I am your salvation."

4 Let those who seek my soul be ashamed and embarrassed;
let those who plot evil against me be turned back and disappointed.

5 Let them be like dust before the wind,
with the Angel of the Lord driving them on.

¹⁹³ [JS] Coptic has "eat their hearts", which Fr. Athanasius renders, "regret"

¹⁹⁴ [JS] or regret.

¹⁹⁵ 'Look, the heavens are opened, and I can see the Son of Man standing at the right hand of God' (Acts 7:56).

- 6 Let their way be dark and slippery,
with the Angel of the Lord pursuing them.
- 7 For they hid their destructive trap for me without a reason;
they cast reproach on my soul without cause.
- 8 Let a trap they do not recognize come upon them;
and let them be caught in the trap they have hidden,
and let them fall into their own trap.
- 9 But my soul will rejoice in the Lord,
and delight in His salvation.
- 10 All my bones will say, "O Lord, who is like You?
You rescues the poor from the hands of those stronger than he,
and the poor and needy from those who rob him."
- 11 False witnesses rose up against me,
asking me things I knew nothing about;
- 12 They repaid me evil for good,
to the desolation of my soul.¹⁹⁶
- 13 But I put on sackcloth
when they troubled me,
and I humbled my soul with fasting;
and my prayer will return into my bosom.
- 14 I tried to please them,
like a neighbour, like our own brother.
I humbled myself like one mourning and grieving.
- 15 But they were glad, and gathered together against me.
The whips were gathered against me, and I did not know why;¹⁹⁷
They were torn apart, yet felt no compunction.
- 16 They tempted me, they mocked and sneered at me;
they gnashed their teeth at me.
- 17 O Lord, when will You look upon me?
Rescue my soul from their malice,
my only-begotten¹⁹⁸ from the lions.

¹⁹⁶ [JS] literally "and my soul with barrenness/childlessness."

¹⁹⁷ John 19:1; Mt. 27:26.

¹⁹⁸ cf. Psalm 21:21.

- 18 I will confess¹⁹⁹ You[, O Lord]²⁰⁰ in a great assembly.
I will praise You among many people.
- 19 Do not let those who are my enemies unjustly rejoice over me,
those who hate me without cause, and wink their eyes.²⁰¹
- 20 For they spoke words of peace to me,
while devising treachery in wrath,
- 21 and they opened their mouths wide against me,
saying, “good, good!”²⁰² Our eyes have seen it.”
- 22 You have seen this, O Lord; do not be silent!
O Lord, do not be far from me!
- 23 Arise, O Lord, and attend to my judgment,
my God and my Lord, attend to my cause!
- 24 Judge me according to Your righteousness, O Lord my God,
and do not let them rejoice against me.
- 25 Do not let them say in their hearts, “good, good!
As our soul desired!”
Nor let them say, “We have swallowed him up!”
- 26 May those who rejoice at my troubles
be both ashamed and embarrassed.
Let those who boast against me
be clothed with shame and humiliation.
- 27 Let those who desire my justification²⁰³
rejoice and be glad.
Let those who wish the peace of Your servant
say continually, “let the Lord be magnified.”
- 28 And my tongue will tell of Your righteousness,
and sing Your praise all the day long.

¹⁹⁹ [JS] or “give thanks to You,” or “thankfully confess You with praise in the great Church”

²⁰⁰ [JS] [] found in Coptic

²⁰¹ cf. John 15:25.

²⁰² [JS] or “Aha! Aha!” Or “Well done! Well done!”

²⁰³ [JS] others have “righteousness”. NETS has “vindication”. Fr. Athanasius has “let them who delight in Thy salvation say continually, “Let the LORD be magnified.” See Vespers of Paoni 2.

Psalm 35: “In order to sin, the sinner says within himself”

Fountain of Life, Torrent of Delight

Man’s Malice and God’s Goodness

1 *(By David the Servant of the Lord)*

- 2 In order to sin, the sinner says within himself
that there is no fear of God before his eyes.
- 3 He acts deceitfully before Him,
that he might find iniquity in Him and hate it.
- 4 The words of his mouth are iniquity and deceit;
he is unwilling to understand how to do good.
- 5 He plans iniquity on his bed;
he sets himself in every way that is not good,
and does not hate evil.
- 6 O Lord, Your mercy is in heaven,
and Your truth reaches to the clouds.
- 7 Your righteousness is like the mountains of God²⁰⁴;
Your judgments are a great deep.
You save men and animals, O Lord.
- 8 How great is Your mercy, O God!
The children of men will hope in the shelter of Your wings.
- 9 They will become intoxicated with the fatness²⁰⁵ of Your house,
and You will give them drink from the torrent²⁰⁶ of Your delight,
- 10 for the fountain of life is with You,
and we see light in Your light.²⁰⁷
- 11 O continue Your mercy to those who know You,
and Your righteousness to the upright in heart!
- 12 Do not let the foot of arrogance come against me,²⁰⁸
and do not let the hand of sinners shake me.

²⁰⁴ [JS] Fr. Lazarus has, “towering mountains”

²⁰⁵ cf. Psalm 109:7.

²⁰⁶ [JS] OSB has “many waters”

²⁰⁷ No one can illumine himself; all light comes from above, from ‘the Spirit of truth Who proceeds from the Father’ (Jn. 15:26). In the light of the Spirit we see the Son and Word in Whom we see the Father: ‘To see Me is to see Him Who sent Me’ (Jn. 12:45). When light dawns in the dark heart of man, he sees his own deformity and need of salvation and at the same time ‘the light of the glorious Gospel...in the person of Jesus Christ’ (2 Cor. 4:3-6).

²⁰⁸ ‘The Prophet asks to be free from passion’ (St. Athanasius).

13 Those who work iniquity fell;
they are thrust out and cannot stand.

Glory...

Psalm 36: “Do not fret because of evildoers nor envy”

The Meek inherit the Land of Peace

Insecurity in Apparent Prosperity of Sinners

(By David)

- 1 (ⲕ) Do not fret because of evildoers,²⁰⁹
nor envy those who work iniquity,
- 2 for they will soon wither like grass,
and they will soon fall like green herbs.
- 3 (ⲁ) Hope in the Lord, and do good;
dwell in the land²¹⁰ and be fed by its wealth.²¹¹
- 4 Delight in the Lord,²¹²
and He will grant you the requests of your heart.
- 5 (ⲗ) Reveal your way to the Lord,
and hope in Him, and He will act.
- 6 And He will bring your honesty to light,
and make your cause²¹³ clear as noonday.
- 7 (ⲧ) Submit to the Lord and supplicate Him;
Do not fret over one who prospers in his way,²¹⁴
the man who transgresses the Law.
- 8 (ⲛ) Cease from wrath and forsake anger;
do not be envious²¹⁵ and so do evil,

²⁰⁹ Prov. 24:19.

²¹⁰ ‘The land of the living’ (St. Jerome). ‘Our home is in Heaven’ (Phil. 3:20). ‘Live in My love’ (Jn. 15:9).

²¹¹ ‘Wealth’. This is the only gold that satisfies without aggravating the desire which it seems to allay (cf. Rev. 21:21).

²¹² We delight in the Lord by seeing and contemplating God through His works, by living in His love, and by finding all our joy and happiness in Him.

²¹³ [JS] or “judgment”

²¹⁴ ‘There are ways that seem right to a man, but they lead to the bottom of hell’ (Prov. 16:25). cf. Heb. 4:10; Is. 28:12; 30:15; Jn. 4:34; 6:38.

²¹⁵ [JS] or “fret”

- 9 for the evildoers will be destroyed,
but those who wait for the Lord will inherit the earth²¹⁶.
- 10 (I) Yet a little while, and the sinner will be no more;
you will seek his place and never find it.
- 11 But the meek will inherit the earth,²¹⁷
and will delight in the fullness of peace.
- 12 (r) The sinner watches the righteous man closely,
and gnashes his teeth at him.
- 13 But the Lord will laugh at him,
because He sees that his day is coming.²¹⁸
- 14 (n) The sinners draw their sword and bend their bow,
to bring down the poor and needy,
and slay the upright in heart.
- 15 May their sword enter their own heart,
and may their bows be crushed.
- 16 (u) The little that the righteous man has is better
than the great wealth of sinners,
- 17 for the sinners' arms will be crushed,
but the Lord supports the righteous.
- 18 (l) The Lord knows the ways of the blameless,
and their inheritance will be eternal.
- 19 They will not be put to shame in an evil time,
and they will be satisfied in days of famine,
- 20 (o) because the sinners will perish,
and the enemies of the Lord
vanish like smoke
as soon as they are glorified and exalted.
- 21 (b) The sinner borrows and will not repay;
but the righteous man is compassionate and keeps giving;
- 22 for those who bless Him will inherit the earth,
but those who curse Him will be destroyed.

²¹⁶ [JS] or "land"

²¹⁷ [JS] Fr. Lazarus has "land": cf. Mt. 5:5. 'Land': *or* earth. 'The land of the living.'

²¹⁸ *coming*: 'We need not despair of anyone; so long as there is life. If we remember what we have been, we shall not despair of those who are now what we once were' (St. Augustine).

- 23 (M) A person's steps are directed by the Lord,
when he desires His way.
- 24 When he falls, he will not be broken,
for the Lord supports him with His hand.
- 25 (J) I was young, and now I have grown old,
and I have not seen a righteous man forsaken,
nor his children²¹⁹ begging bread.
- 26 All day long he is merciful and lends,
and his children will be a blessing.
- 27 (D) Turn away from evil, and do good,
and life unto ages of ages.
- 28 (V) For the Lord loves justice
and will not forsake His holy ones,
they will be kept forever.
But the lawless will be driven out,
and the children of the ungodly will be destroyed.
- 29 The righteous will inherit the earth,
and dwell in it unto ages of ages.
- 30 (G) A righteous man's mouth will meditate wisdom,
and his tongue speaks justice.
- 31 The law of his God is in his heart,
and his steps will not slip.
- 32 (S) The sinner watches the righteous man
and seeks occasion to kill him;
- 33 But the Lord will not abandon him to his hands,
nor let him be condemned should he bring him to trial.
- 34 (P) Wait on the Lord, and keep His way,
and He will lift you up to inherit the earth;
You will see the sinners destroyed.
- 35 (N) I have seen a ungodly man highly exalted,
and lifting himself up like the cedars of Lebanon;

²¹⁹ [JS] literally, "seed", here and throughout

36 And I passed by, and behold! He was gone;
I looked for him, but he was nowhere to be found.²²⁰

37 (Ψ) Mark innocence, and behold uprightness,
for there is a remnant for the peaceful man.²²¹

38 But transgressors will be destroyed together;
the remnants of the ungodly will be destroyed.

39 (Π) The deliverance of the righteous is from the Lord,
and He is their protector in time of affliction;

40 the Lord will help them and deliver them;
He will deliver them from sinners,
and save them, because they hope in Him.

Glory...

Kathisma 6

Psalm 37: “O Lord, rebuke me, but not in Your anger”

The Saviour’s Passion

The Suffering Saint and the Isolation of Sin

1 (*A Psalm by David. For a Memorial. Concerning the Sabbath*)

2 O Lord, rebuke me, but not in Your anger;
and chasten me, but not in Your wrath.²²²

3 For Your arrows stick fast in me,
and You clamp Your hand on me.

4 There is no healing in my flesh because of Your wrath;
there is no peace in my bones because of my sins.

5 For my transgressions rise up over my head;
they weigh upon me like a heavy burden.

6 My wounds stink and fester
because of my foolishness.

7 I am miserable and utterly bowed down;
I go mourning²²³ all day long.

²²⁰ ‘Remove sin, and then whatever you see in man is of God’ (St. Augustine)

²²¹ Compare Ps. 36:1, 37 with Proverbs 24: 19-20 (RSV) and Mt. 5:5-9.

²²² cf. Heb. 12:5-13. Psalm 6:2 is identical with 37:2.

- 8 For my soul²²⁴ is filled with mockeries,
and there is no healing in my flesh.
- 9 I am afflicted and greatly humbled;
I roar from the anguish of my heart.
- 10 O Lord, all my desire is before You,
and my groaning is not hidden from You.
- 11 My heart is troubled; my strength fails me,
and the very light of my eyes is no longer with me.
- 12 My friends and my neighbours draw near and oppose me;
and my nearest kin stand afar off;
- 13 and those who seek my life take to violence,
and those who seek evil for me speak vanity,
and imagine deceit all the day long.
- 14 But I am like a deaf man who cannot hear,
and like a mute who does not open his mouth.
- 15 I have become like a man who does not hear,
and that has no retort in his mouth.
- 16 For in You, O Lord, I hope;
You will hear me, O Lord my God;
- 17 for I pray, “Do not let my enemies rejoice over me,
and exult over me if my feet slip.”
- 18 For I am ready for scourges,
and my pain is ever with me.
- 19 For I confess my iniquity,
and I am anxious about my sin.
- 20 But my enemies live, and are stronger than I,
and those who hate me unjustly have multiplied.
- 21 Those who repay me evil for good
slandered me because I pursue righteousness.
And they cast me off, [I,] the beloved, like a horrid corpse[.

²²³ [JS] literally “with a sad face”

²²⁴ [JS] literally “loins”

And they put nails in My flesh.]²²⁵

22 Do not forsake me, O Lord;
O my God, do not be far from me.

23 Come to my help,
O Lord of my salvation.

Psalm 38: “I said, ‘I will guard my ways, that I might not’”

Pilgrims and Strangers, Nomads and Guests

The Lord is my Patience and my Courage

1 (For the end; for Jeduthun. A Song by David)

2 I said, “I will guard my ways,
that I might not sin with my tongue;
I set a watch upon my mouth
as long as sinners are with me.”

3 I became dumb and was humble,
and I kept silent, even from good,
yet my suffering was renewed.

4 My heart burned within me,
and in my meditation, a fire will burn.
I spoke with my tongue,

5 “O Lord, let me know my end,
and the number of my days,
that I may know what I lack.”²²⁶

6 behold, You made my days a few handbreadths,
and my existence is nothing in Your sight.”
Truly, every man alive is the sum of vanity. (*Pause*)

7 Surely man passes like a shadow²²⁷,
and disquiets himself in vain;
he hoards wealth and does not know
for whom he is gathering it.

8 And now, what is my endurance?²²⁸
Is it not the Lord?
And my existence is from You.

²²⁵ [JS] || from the Sixth Hour of Great and Holy Friday.

²²⁶ cf. Mt. 19:20. ‘One thing you lack’ (Mk. 10:21).

²²⁷ [JS] or “walks about like a phantom”

²²⁸ [JS] Fr. Lazarus had “patience”: *patience*: endurance, perseverance, persistence (Lk. 21:19).

- 9 Deliver me from all my transgressions;
You have made me a reproach to the fool.
- 10 I because dumb and did not open my mouth;
You are He Who made me.
- 11 Remove Your scourges from me,
for I faint at the strength of Your hand.
- 12 You chasten a man for his transgressions with rebukes,
and melt his soul like a spider's web;
yet every man stirs himself up in vain. (*Pause*)
- 13 "Hear my prayer, O Lord,
and give ear to my supplication;
do not be silent at my tears.
For I am a sojourner before You,
and a stranger, as all my fathers were.
- 14 Let me be, that I may revive,
before I depart and exist no more."

Psalm 39: "I waited patiently for the Lord"

A New Song: Praise to our God

A Body Prepared for the Redeemer: I come to do Your will

1 (A Psalm by David)

- 2 I waited patiently for the Lord,
and He attended to me and heard my supplication.
- 3 And He brought me up out of the pit of misery
and from the miry clay,
and has He set my feet on a rock, and has directed my steps.
- 4 And He has put a new song in my mouth,
a hymn to our God.²²⁹
Many will see and fear,
and will put their hope in the Lord.

²²⁹ 'Nothing so sustains and strengthens Christian souls as persevering and untiring praise of God' (St. Leo the Great).

- 5 Blessed is the man
whose hope is the Name of the Lord,
and who pays no regard to vanities
or mad delusions.
- 6 Many are Your works, O Lord my God,
the wondrous things You have made.
There is no one who can be likened to You
in Your thoughts.
If I recount or speak of them,
they are more than I can tell.
- 7 You have not desired sacrifice and offering,²³⁰
but You have prepared a body for me.
You have not required
whole burnt offerings and sin offerings.
- 8 Then I said, “Behold, I come
(it is written of me on a scroll of a book)
- 9 I desire to do Your will, O my God!²³¹
Your law is within my heart.”
- 10 I have proclaimed righteousness
in the great assembly.²³²
I will not restrain my lips;
O Lord, You know²³³.
- 11 I have not hidden Your righteousness
within my heart;
I have declared Your truth and Your salvation.
I have not hidden Your mercy and Your truth
from the great congregation.
- 12 Do not remove then, O Lord,
Your compassion from me;
may Your mercy and Your truth
always support me.
- 13 For countless evils surround me;
my transgressions have caught up with me, so I cannot see.
They multiplied more than the hairs of my head,
and my heart fails me.

²³⁰ cf. 1 Sam. 15:22. Love shown in obedience is the true sacrifice.

²³¹ Heb. 10:3-10; Lk. 4:16-21; Lk. 24:44; Jn. 4:34; Rom. 7:22. ‘The Jews still keep their Scriptures in scrolls’ (St. Theodoret).

²³² The great universal Church (cf. St. Athanasius).

²³³ Fr. Athanasius adds here “my truth”. See Matins of the 12 Day of Paopi.

14 Be pleased, O Lord, to deliver me:
O Lord, be attentive to helping me.

15 Let those who seek to destroy my soul
be both ashamed and confounded;
let those who wish me evil
be turned back and put to shame.

16 Let those who say to me, “good! good!”²³⁴
immediately receive their shame.

17 May all who seek You, O Lord,
greatly rejoice and be glad in You;
and let those who love Your salvation
say continually, “The Lord be magnified!”

18 But I am poor and needy;
the Lord will take care of me.
You are my helper and my protector;
O my God, do not delay.

Glory...

Psalm 40: “Blessed is he who considers the poor and needy”

The Blessing of Compassion: Prayer for Healing

Christ’s Betrayal Foreshadowed

The Psalms of Mid-Morning (The Third Hour), page 67.

1 (For the end; a Psalm by David)

2 Blessed is he who considers the poor and needy;
the Lord will deliver him in an evil day.

3 The Lord will guard him and give him life,
and will bless him on the earth,
and will not give him up into the hands of his enemies.

4 The Lord will help him on his bed of pain;
You will turn his bed from sickness to wholeness.

²³⁴ [JS] or “Aha! Aha!” or “Well done! Well done!”

5 I said, “Lord, have mercy on me;
heal my soul, for I have sinned against You.”

6 My enemies speak evil things against me:
“When will he die and his name perish?”

7 And if he comes to see me, he speaks vanity;
his heart gathers iniquity to itself.
He goes out, and speaks of it.²³⁵

8 My enemies whisper together against me;
they devise evils against me.

9 They spread a false report against me.
“Surely since He is asleep, He will not rise up again?”²³⁶

10 Indeed, even friend in whom I hoped,
who ate of my bread,
has magnified deceit against me.²³⁷

11 But You, O Lord, have mercy on me,²³⁸
and raise me up, and I will repay them.

12 By this I know that You are pleased with me,
that my enemy does not rejoice over me.

13 And because of my innocence You have supported me,
and established me before You forever.

14 Blessed be the Lord God of Israel
from everlasting to everlasting.
Amen! Amen!²³⁹

*Alleluia. The Psalms of the Third Hour continue with Psalm 42: “Judge me, O God, and defend my cause”,
page 144.*

Book II of the Psalms (Psalms 41 – 71) begins here.

The first group of Psalms of the Sons of Korah (Psalms 41 – 48) begins here.

Psalm 41: “My soul longs for You, O God”

The Ultimate Sorrow: Loss of God

²³⁵ John 13:30.

²³⁶ ‘Do you think to conquer Life by death? Death is merely sleep, and I will rise again’ (St Athanasius).

²³⁷ John 13:18. Just as Ahitophel turned against David and then hanged himself, so Judas turned against Jesus (2 Sam. 17:1,2,23).

²³⁸ With the Gospel of forgiveness (1 Sam. 24:17-20; Lk. 23:34).

²³⁹ [JS] or “from age to age. So be it! So be it!”

I Thirst: Deep calls to Deep

1 (For the end. For understanding. For the sons of Korah)

2 My soul longs for You, O God,
as the deer longs for springs of water.²⁴⁰

3 My soul thirsts for the living God.
When shall I come and appear before the face of God?

4 My tears are my bread day and night,
while they say to me daily, “Where is your God?”

5 I remember these things, and pour out my soul within me.
I will enter the place of the wondrous tabernacle,
even to the house of God,
with shouts of joy and confession²⁴¹,
and festive singing.

6 Why are you deeply grieved, O my soul?
And why are you troubling me?
Hope in God, for I will confess²⁴² Him;
my God is the salvation of my face.

7 My soul is troubled within me;
therefore I will remember You
from the land of Jordan
and Hermon, from the small mountain.

8 Deep calls to deep at the roar of Your waterfalls;
all Your waves and Your billows sweep over me.

9 The Lord will command His mercy in the daytime,
and in the night His song is with me²⁴³,
a prayer to the God of my life.

10 I will say to God, “You are my protector.
Why have You forgotten me?
And why must I go about mourning,
as my enemy afflicts me?”

²⁴⁰ In Palestine which is rainless for 9 months of the year, springs, wells and aqueducts are kept covered. Deer come and stand over the water, braying and languishing for the hidden treasure below. With this psalm in His heart Christ said, ‘I thirst’ (Jn. 19:28).

²⁴¹ [JS] or “thanksgiving”, or “thankful confession with praise”

²⁴² [JS] or “for I will give thanks to Him,” or “I will thankfully confess Him with praise”

²⁴³ [JS] Fr. Athanasius has “and in the night He will manifest it”. See Vespers of Friday of the Seventh week of Paschaltide.

11 As those who afflict me crush my bones, and insult me,
while they say to me daily, ‘Where is your God?’”

12 Why are you deeply grieved, O my soul?
And why are you troubling me?
Hope in God, for I will confess Him²⁴⁴;
My God is the salvation of my face.

Psalm 42: “Judge me, O God, and defend my cause”

Light and Truth from God’s Holy Mountain

The Way to God is the Way of the Altar

The Psalms of Mid-Morning (The Third Hour), page 67. The Psalms of the Veil, page 29.

(For the end; a Psalm by David; without superscription in the Hebrew)

1 Judge me, O God, and defend my cause
from an unholy nation;
deliver me from the unjust and deceitful man!

2 For You, O God, are my strength.
Why have You rejected me?
And why must I go about mourning
at my enemy oppresses me?

3 Send out Your light and Your truth,
that they may guide me and lead me
to Your holy mountain, and to Your Tabernacle²⁴⁵.

4 And I will go to the altar of God,
to the God who makes glad my youth.²⁴⁶
I will confess You thankfully²⁴⁷
on the harp, O God, my God.

5 Why are you deeply grieved, O my soul?
And why do you trouble me?
Hope in God, for I will confess Him²⁴⁸;
He is the salvation of my face, and my God.

²⁴⁴ [JS] literally confess to Him, i.e. give thankful praise to Him by confessing Him.

²⁴⁵ [JS] Fr. Lazarus has “dwelling”

²⁴⁶ The way to God is the way of the altar of the cross (Heb. 4:16; 13:10). God is the joy of the new man born crucified. Joy renews life. (St Athanasius)

²⁴⁷ [JS] “I will give thanks to You on the lyre”, or “I will thankfully confess You with praise with the lyre”

²⁴⁸ [JS] or “I will give thanks to Him,” or “I will thankfully confess Him with praises”

Alleluia. The Psalms of the Third Hour continue with Psalm 44: "My heart erupted with a good word", page 147. The Psalms of the Veil continue with Psalm 56: "Have mercy on me, O God, have mercy on me", page 164.

Glory...

Psalm 43: "O God, we have heard with our ears"

Saved for Love, Service and Suffering

In God We Glory and are Killed All Day Long

1 (For the end. For the sons of Korah. A Psalm for Contemplation)

2 O God, we have heard with our ears,
and our fathers have reported to us
the work You performed in their days,
in the days of old.

3 Your hand utterly destroyed the nations,
and You planted our fathers.²⁴⁹
You afflicted peoples, and cast them out.

4 For they did not take possession of the land
By their own sword,
and their own arm did not save them;
but it was Your right hand and Your arm,
and the light of Your face²⁵⁰,
because You took pleasure in them.

5 You are indeed my King and my God,
Who commands the salvation of Jacob.

6 Through You we will gore our enemies,
and by Your Name we will scorn our assailants.

7 For I will not hope in my bow,
and my sword will not save me.

8 For You saved us from our oppressors,
and put to shame those who hate us.

²⁴⁹ cf. 2 Macc. 1:29, 'Plant Your people in Your sanctuary, as Moses said' (Dt. 30:5; Ex. 15:17).

²⁵⁰ [JS] or "presence"

- 9 We will glory in²⁵¹ God all day long,
and we will confess²⁵² Your Name forever. (*Pause*)
- 10 Yet now You have rejected us and put us to shame
by not going out with our armies, O God.
- 11 You turned us back rather than our enemies,
and those who hate us plunder us as they please.
- 12 You gave us up like sheep to be eaten,
and scattered us among the nations.
- 13 You sold Your people for nothing,
they were exchanged for a pittance.
- 14 You have made us a reproach to our neighbors,
a mockery and laughingstock to those around us.
- 15 You have made us a proverb among the nations,
a shaking of the head among the peoples.
- 16 My disgrace is before me all the day long,
and my face is covered with shame,
- 17 at the voice of one who reproaches and babbles,
at the sight of the enemy and persecutor.
- 18 All this has come upon us,
yet we had not forgotten You,
and we do no wrong against Your covenant.
- 19 We have not withdrawn our hearts from You,
yet You have turned our steps from Your way.
- 20 For You humbled us in a place of affliction,
and covered us with the shadow of death.
- 21 If we forget the Name of our God,²⁵³
and stretch out our hands to a strange god,
- 22 would God not search this out?
For He knows the secrets of the heart.

²⁵¹ [JS] or “boast in” or “praise”

²⁵² [JS] or “give thanks to”, or “thankfully confess Your Name with praise”

²⁵³ Yahweh = He Who is. The name implies the nature which demands the love of the whole man, to the exclusion of all other objects of adoration (Acts 4:12; Ex. 3:13-15).

23 Yet for Your sake we are being put to death all day long,²⁵⁴
we are counted as sheep for slaughter.

24 Awake! Why do You sleep, O Lord?
Arise, and do not reject us forever.

25 Why do You turn away Your face,
and forget our poverty and our affliction?

26 For our soul was humbled to the dust,
and our belly hugs the ground.

27 Arise, O Lord; help us,
and redeem us for the sake of Your Name.

Psalm 44: “My heart erupted with a good word”

The Messiah King in His Beauty and Universal Rule

Wedding Song of the Warrior King

The Psalms of Mid-Morning (The Third Hour), page 67.

1 (For the end. Over those things which will be changed. For the sons of Korab. For contemplation. A song of the Beloved)

2 My heart erupted with a good word;²⁵⁵
I declare my works to the King;
My tongue is the pen of a swift scribe.

3 You are more beautiful than the sons of men;
grace has poured out from Your lips²⁵⁶;
therefore God has blessed You forever.

4 Gird Your sword on Your thigh, O Mighty One,²⁵⁷
in Your splendor and beauty.

²⁵⁴ Rom. 8:36 ‘It is possible to die many times in a day. For he who is always ready to die keeps receiving his full reward’ (St. Chrysostom).

²⁵⁵ ‘Refers to the intellectual faculty of the soul, because of all the ideas that are constantly bubbling and welling up. He who fixes his gaze on the infinite beauty of God is constantly discovering something new. And as God continues to reveal Himself, man continues to wonder.’ (St. Gregory of Nyssa).

²⁵⁶ [JS] or “grace was poured out on Your lips”

²⁵⁷ cf. Rev. 19:11-16.

- 5 Draw Your bow, and prosper, and reign
for the sake of truth and meekness and righteousness,
and Your right hand will guide You wondrously.
- 6 Your arrows are sharp, O Mighty One,
in the heart of the King's enemies;²⁵⁸
peoples will fall under You.
- 7 Your throne, O God, is forever and ever;
the sceptre of Your Kingdom is a sceptre of justice.
- 8 You have loved righteousness and hated iniquity.
Therefore God, Your God, has anointed You
with the oil of gladness beyond Your companions.²⁵⁹
- 9 Your garments are fragrant with myrrh, stacte and cassia,²⁶⁰
from the ivory palaces which gladdened You.
- 10 Kings' daughters are among Your ladies of honor;
on Your right hand stands the queen in apparel interwoven with gold,
adorned and embroidered with many colors.
- 11 Listen, O daughter, and see, and incline your ear,
and forget your people and your father's house,
- 12 for the King desired your beauty,
for He is your Lord.
- 13 And the daughter of Tyre will worship²⁶¹ Him with gifts;
the richest of the people will entreat your favor.²⁶²
- 14 All the glory of the King's daughter is within,
adorned and embroidered with golden tassels, with many colours.
- 15 The virgins in her train will be brought to the King;
her companions will be brought to You.
- 16 They will be brought with gladness and rejoicing;
they will be led into the temple of the King.
- 17 Instead of Your fathers, sons will be born to You;
You will make them rulers over all the earth.

²⁵⁸ The arrows of divine love wound the hearts of God's enemies and turn them into lovers.

²⁵⁹ Heb. 1:8;9. 'The coming of Messiah is mentioned first and foremost in Psalm 44' (St. Athanasius the Great).

²⁶⁰ [JS] myrrh: resin for incense; stacte: a component of the Temple incense; cassia: cinnamon.

²⁶¹ [JS] literally "do obeisance", i.e. "bow down to"

²⁶² Favor: *Lit.* Face. A Hebraism. cf. Psalm 118:58.

18 I will remember Your name throughout all generations;
therefore peoples will confess You forever and unto ages of ages.

Alleluia. The Psalms of the Third Hour continue with Psalm 45: "God is our refuge and strength", page 149.

Psalm 45: "God is our refuge and strength"

God is with Us: Lifted Up on the Cross

The Warrior King is Abolishing War

The Psalms of Mid-Morning (The Third Hour), page 67.

1 (For the end. For the sons of Korah. A Psalm concerning hidden things.)

2 God is our refuge and strength,
our helper in afflictions that grievously befall us.

3 Therefore we will not fear when the earth trembles,
and mountains are hurled into the heart of the seas,

4 though the waters roar and foam,
though the mountains are troubled by His might. *(Pause)*

5 The strong currents of the river gladden the city of God;²⁶³
the Most High sanctified His tabernacle²⁶⁴.

6 God is in her²⁶⁵ midst, she shall not be shaken;
God will help her at the break of dawn.²⁶⁶

7 Nations were troubled, kingdoms fell;
He utters His voice; the earth was shaken.

8 The Lord of Hosts is with us;
the God of Jacob is our protector. *(Pause)*

9 Come and see the works of the Lord,
the wonders He has performed on the earth.

10 When He abolishes wars to the ends of the earth,
He will break the bow and shatter the weapon,
and He will burn up all the shields with fire.²⁶⁷

²⁶³ Rev. 22:1.

²⁶⁴ Fr. Lazarus has "dwelling-place"

²⁶⁵ [JS] the city's

²⁶⁶ Security of citizens of the Holy City. Break of Dawn is Christ's death. (cf. Is. 30:26).

11 “Be still and know that I am God;
I will be exalted among the nations,
I will be exalted in the earth.”²⁶⁸

12 The Lord of hosts is with us;
the God of Jacob is our protector.

Alleluia. The Psalms of the Third Hour continue with Psalm 46: “Clap your hands, all you nations”, page 150.

Glory...

Kathisma 7

Psalm 46: “Clap your hands, all you nations”

The Great King of the Earth: His Triumphant Ascension

A Call to All Nations to clap for Joy: Love Reigns

The Psalms of Mid-Morning (The Third Hour), page 67. Reserved for the Presbyter, if present.

1 (For the end; a Psalm for the sons of Korah)

2 Clap your hands, all you nations;²⁶⁹
shout to God with a voice of rejoicing.

3 For the Lord Most High is awesome,²⁷⁰
a great King over all the earth.

4 He subdued peoples under us,
and nations under our feet.

5 He has chosen us for His own inheritance,²⁷¹
the beauty of Jacob, whom He loved. *(Pause)*

6 God ascended with a shout,
the Lord with the sound of the trumpet.

7 Sing praises to our God, sing praises;
Sing praises to our King, sing praises.

²⁶⁷ cf. 75:4; Is. 2:4; 11:9; 65:25; Hos. 2:18; Zac. 9:10.

²⁶⁸ Cf. Jn. 3:14; 8:28; 12:32. ‘I will be lifted up on the cross’ (St. Basil the Great). *Scholasate* = ‘Be still, all ears and attention.’

²⁶⁹ ‘The calling of the Gentiles is to be understood, as in 71:9’ (St. Athanasius).

²⁷⁰ Cf. Heb. 12:28,29; Deut. 4:24; 9:3; 10:17-21; Neh. 1:5; Zeph. 2:11.

²⁷¹ Cf. Ex. 15:17; Is. 58:14; I Pet. 1:4.

8 For God is King of all the earth;
sing praises with understanding.

9 God reigns over the nations;
God is seated on His holy throne.

10 Rulers of peoples gather together
With the God of Abraham,
for God's mighty ones of the earth
are greatly exalted.²⁷²

Alleluia. The Psalms of the Third Hour are completed.

Psalm 47: “The Lord is great, and greatly to be praised”

The Glory of Mount Zion, God's Eternal City

The Invincibility of the Church

1 (Psalm of an ode for the Songs of Korah. For the second day of the week.)

2 The Lord is Great, and greatly to be praised
in the city of our God, in His holy mountain,

3 which He planted well²⁷³, the joy of all the earth.
The northern slopes of Mount Zion,
the city of the great King—²⁷⁴

4 God is known within her citadels
when He defends her.

5 For behold, the kings [of the earth] of the earth assembled;
they came together;

6 when they saw her they were lost in wonder;
they were troubled, they were shaken.

7 Trembling took hold of them there,
like the pain of a woman in childbirth.

²⁷² ‘Who are God's strong men? They are the Apostles and all the faithful. They are strong because they faced the whole world, they overcame all, and nothing could defeat them’ (St. Chrysostom).

²⁷³ [JS] or “beautifully situated”

²⁷⁴ ‘Jerusalem is the city of the great King’ (Mt. 5:35). cf. Lam. 2:15.

- 8 You will wreck the ships of Tarshish²⁷⁵
with a violent wind.
- 9 As we have heard, so we have seen²⁷⁶
in the city of the Lord of Hosts,
in the city of our God;
God founded her forever! (*Pause*)
- 10 We thought of Your mercy, O God,
in the midst of Your Temple.
- 11 Your praise, O God, reaches the ends of the earth,
just as Your Name does.
Your right hand is full of righteousness.²⁷⁷
- 12 Let Mount Zion be glad,
and let the daughters of Judah rejoice,
because of Your judgments, O Lord.
- 13 Encircle Zion and make the round of her,²⁷⁸
take count of her towers.
- 14 Give your mind to her power,²⁷⁹
and inspect her citadels,
that you may recount to the next generation,
- 15 For He is God, our God,
forever and unto the ages of ages;
He will shepherd us unto the ages²⁸⁰.

Psalm 48: “Hear this, all you nations”

Riches and Honor and the Grim Shepherd Death

God will Redeem my Soul

1 (*For the end; a Psalm for the Sons of Korah.*)

- 2 Hear this, all you nations;
give ear, all you inhabitants of the world,

²⁷⁵ Tarshish: in Ceylon. The words used for ivory, apes and peacocks brought from Tarshish are Singhalese Tamil (II Chron. 9:21).

²⁷⁶ cf. Ps. 71:10. ‘What we heard, we have seen in actual fact, namely victories, triumphs, God’s providential care, astounding miracles’ (St. Chrysostom).

²⁷⁷ [JS] Fr. Lazarus adds “justice and right judgment” to “righteousness”

²⁷⁸ After the victory, there is a tour of inspection. Perhaps this Psalm was sung as the procession went round the city walls.

²⁷⁹ *Lit.* Set your hearts on her power.

²⁸⁰ [JS] or “eternally”

- 3 both earthborn and the sons of men²⁸¹,
rich and poor together.
- 4 My mouth will speak wisdom
as the meditation of my heart brings understanding.
- 5 I will incline my ear to a parable;
I will work out my problem on the harp.
- 6 Why should I fear on an evil day?
The lawless²⁸² at my heel will surround me—
- 7 those who trust in their power,
and boast of the abundance of their wealth.
- 8 A brother does not redeem; will a man redeem?²⁸³
He will not give his atonement²⁸⁴ to God,
- 9 or the price of his soul's redemption.
- 10 And he rested forever, and will yet live to the end,
because he will not see corruption
when he sees the wise people die.
- 11 Fool and senseless men perish together,
and leave their wealth to strangers;
- 12 and their graves are their homes forever,
their dwelling-places²⁸⁵ from generation to generation.
They called their lands after their own names.
- 13 An honoured man did not understand;
he resembled senseless beasts,
and became like them.
- 14 Their way is a pitfall to them,
yet afterwards their mouths express contentment. (*Pause*)

²⁸¹ [JS] Fr. Lazarus interprets this, rendering it, “clods of earth and men of worth”. I.e. worthless men and men of worth. The others leave it as it literally is, “both earthborn and sons of men”. NETS interprets this as primeval men and the sons of men. Adam is born of the earth, and we are his sons, sons of men. I.e. everyone, the whole human race.

²⁸² [JS] or “workers of iniquity”

²⁸³ Yes, when that man is also the Eternal Son and Word and Wisdom of God, ‘the one Mediator between God and men, the man Christ Jesus’ (1 Tim. 2:5; Jn. 1:1; etc.)

²⁸⁴ [JS] or “ransom”

²⁸⁵ [JS] or tabernacles.

15 They are placed in Hades like sheep;
death will shepherd them;
But the upright will have dominion over them at dawn,
and their help will grow old in Hades, away from their glory.

16 But God will redeem my soul
from the hand of Hades,
when He receives me. (*Pause*)

17 Do not be afraid when a man becomes rich,
and when the glory of his house increases,

18 for he will take nothing with him when he dies,
and his glory will not descend with him,

19 because during his life his soul will be blessed;
he will confess²⁸⁶ You when You treat him well;

20 he will join his fathers;
he will never see the light again.

21 An honoured man did not understand;
he resembled senseless beasts,
and became like them.

Glory...

Psalm 49: “The God of gods, the Lord, spoke”

The Sacrifice of Praise: Worship in Spirit

Sins of Formalism and Hypocrisy

(A Psalm by Asaph)

1 The God of gods, the Lord, spoke,
and summoned the earth
from sunrise to sunset.

2 The splendor of His beauty has appeared out of Zion.
God will come openly,

3 our God—He will not pass by in silence;
A fire will burn before Him,
and a mighty storm will rage round Him.

²⁸⁶ [JS] or “acknowledge,” or “thank,” or “thankfully confess You with praise when...”

- 4 He will summon heaven above
and the earth to judge His people.
- 5 Gather His saints together to Him—
those who establish His covenant by sacrifices;
- 6 And the heavens will declare His righteousness,
for God is judge. (*Pause*)
- 7 “Hear, O My people, and I will speak to you,
O Israel, and I will testify against you;
I am God, your God.
- 8 [It is] not for your sacrifices [that] I will rebuke you,²⁸⁷
your whole burnt-offerings are continually before Me.
- 9 I will not accept calves from your house,
nor he-goats from your flocks.
- 10 For all the wild animals of the forest are Mine,
the cattle and beasts on the mountains.
- 11 I know all the birds of the air,
and the beauty of the field is with Me.
- 12 If I were hungry, I would not tell you,
for the world is Mine, and all that is in it.
- 13 Am I to eat bulls’ flesh,
or drink the blood of goats?
- 14 Offer to God a sacrifice of praise,
and pay your vows to the Most High.
- 15 And call upon Me in the day of affliction,
and I will deliver you, and you will glorify Me.” (*Pause*)
- 16 But to the sinner God says,
“Why do you declare My statutes,
and take My covenant on your lips?
- 17 You hate discipline,
and you cast My words behind you.”²⁸⁸

²⁸⁷ [JS] or “I will not find fault with your sacrifices”

²⁸⁸ words: In the first place the Ten Words or Commandments, three of which are named here: stealing, adultery and blasting

- 18 If you see a thief, you run with him,
and you keep company with adulterers.
- 19 Your mouth is filled with evil,
and your tongue weaves deceit.
- 20 You sit and speak against your brother,
and place a stumbling block before your own mother's son.
- 21 You did these things, and I kept silent;
You assumed the profanity that I am like you.
I will rebuke you, and set your sins before your face.
- 22 Mark this, you who forget God,
Or He will seize you,
and there will be no one to save you.”
- 23 A sacrifice of praise will glorify Me,
and this is the way by which I will show him the salvation of God.

The second group of Psalms of David (Psalms 50 – 64) begins here.

Psalm 50: “Have mercy on me, O God, in Your great mercy”

Broken-Hearted Repentance

The Renewal of the Holy Spirit

The Psalms of Sunset (Vespers), page 11; The Psalms of the Twelfth Hour, page 18; The Psalms of Early Morning (Prime), page 48; The Psalms of the Third Hour, page 67; The Psalms of the Sixth Hour, page on page 70; The Psalms of the Ninth Hour, page 74.

1 (For the end; a Psalm by David, when Nathan the Prophet came to him

2 after he had gone into Bathsheba)

3 Have mercy on me, O God,
in Your great mercy;
and according to the abundance of Your compassion,
[You will]²⁸⁹ blot out my transgression.

4 Wash me thoroughly from my iniquity,
and cleanse me from my sin,

5 for I know my iniquity,
and my sin is ever before me.

instead of blessing (false witness). The commandments are correctives (verse 17a).

²⁸⁹ [JS] [] found in Coptic

- 6 Against You only have I sinned,
and done evil in Your sight;
that You may be justified in Your words
and overcome when You are judged.²⁹⁰
- 7 For behold, I was conceived in iniquities,
and in sin did my mother desire me.
- 8 For behold, You love truth;
You showed²⁹¹ me the unknown
and secret things of Your wisdom.
- 9 You will sprinkle me with hyssop,²⁹²
and I will be cleansed;
You will wash me,
and I will be whiter than snow.
- 10 You will make me hear joy and gladness;
my bones that were humbled will rejoice.
- 11 Turn Your face from my sins,
and blot out all my iniquities.
- 12 Create a clean heart in me, O God,
and renew an upright spirit within me.
- 13 Do not cast me away from Your presence²⁹³,
and do not take Your Holy Spirit from me.
- 14 Restore the joy of Your salvation to me,
and strengthen me with Your guiding Spirit.
- 15 I will teach transgressors Your ways,
and the ungodly will turn back to You.
- 16 Deliver me from blood²⁹⁴, O God,
O God of my salvation,
and my tongue will rejoice in Your righteousness.
- 17 O Lord, You will open my lips,
and my mouth will declare Your praise.

²⁹⁰ Men accuse God of various wrongs. So God is thought of as under trial. But when a man admits his guilt, God is acquitted and wins His case, so to speak, and incidentally wins the heart and soul of His child (cf Lk 23:39-43).

²⁹¹ [JS] “showed me” or “made known to me”

²⁹² Exodus 12:22; John 19:29; Hebrews 9:19.

²⁹³ [JS] literally “face”.

²⁹⁴ [JS] or “blood-guiltiness”

18 For if You had desired sacrifice,
I would have given it;
You will not be pleased with whole burnt offerings.

19 A sacrifice to God is a broken spirit;
God will not despise a broken and humbled heart.

20 Do good, O Lord, in Your good pleasure to Zion,
and let the walls of Jerusalem be built.

21 Then You will be pleased
with a sacrifice of righteousness,
the oblation and whole burnt offerings;
then they will offer calves on Your altar.

Glory...

Psalm 51: “Why do you boast in evil”

A Fruitful Tree in God’s House

The Fate of Liars and Worshippers of the Beast

1 (Of Contemplation. By David; when Dagg the Edomite came and

2 reported to Saul and said, “David went to Abimelech’s house.”)

3 Why do you boast in evil—O mighty man—
Of iniquity all day long?

4 Your tongue devised injustice;
you produce deceit like a sharp razor.

5 You love evil more than goodness,
injustice more than speaking righteousness. *(Pause)*

6 You love all the words of destruction,
and a deceitful tongue.

7 Therefore God will completely destroy you;
He will snatch you and drive you from your dwelling,
and uproot you from the land of the living. *(Pause)*

8 The righteous will see and fear,
and they will laugh at him, and say,

9 “Behold, the man who did not make God his helper,
but trusted in the abundance of his riches,
and was made powerful by his vanity!”

10 But I am like a fruitful olive tree
in the house of God;
I hope in the mercy of God
Forever and unto the age of ages.

11 I will confess²⁹⁵ You forever
because of what you have done,
and I will wait on Your Name,
for it is good in the sight of Your saints.

Psalm 52: “The fool says in his heart: ‘There is no God’”

Unbelief leads to Idolatry and Immorality

Evildoers Haunted by Fear and Shame

1 (*A Prayer of Contemplation. By David; for Mahaleth, for instruction*)

2 The fool said in his heart, “There is no God.”
They are corrupt and abominable in iniquities;
there is no one who does good.

3 God looked from heaven upon the sons of men
to see if there were any who understood or sought God.

4 All turned aside from the way, and became useless;
there is no one that does good, not even one.

5 Will all those the workers of iniquity never learn?
They eat up My people like eating bread,
and do not call upon God.

6 They will be in great fear,
for God scattered the bones of men-pleasers;
they are put to shame, because God despised them.

7 Who will give salvation to Israel out of Zion?
When the Lord brings back the captivity of His people,
Jacob will rejoice, and Israel will be glad.

²⁹⁵ [JS] or “gives thanks to,” or “thankfully confess You with praise”

Psalm 53: “O God, save me in Your Name”

Song of Faith in God’s Full Redemption

Faith Sees and Receives the Answer

The Psalms of Noon (The Sixth Hour), page 70. Reserved for the Presbyter, if present.

1 *(With songs. Of contemplation. By David; when the Ziphites came and told Saul that David was hiding among them)*

2 O God, save me in Your Name,
and judge me in Your power.²⁹⁶

3 O God, Hear my prayer;
give ear to the words of my mouth.

4 For strangers have risen against me,
and the powerful have sought my soul;
they have not set God before them.

5 For behold! God helps me;
the Lord is the protector of my soul.

6 He will repay the evils to my enemies.²⁹⁷
Destroy them in Your truth.

7 I will freely sacrifice to You;
I will confess²⁹⁸ Your Name, O Lord, for it is good.²⁹⁹

8 For You have delivered me out of all my afflictions,
and my eye looked upon my enemies.³⁰⁰

Alleluia. The Psalms of Noon (The Sixth Hour) continue with Psalm 56: “Have mercy on me, O God, have mercy on me”, page 164.

Psalm 54: “Give ear, O God, to my prayer”

The Wings of a Dove: Cast your Care on the Lord

²⁹⁶ “The suffering of the Prophet David is a type of the Passion of our Lord Jesus Christ. By the power of God’s judgment human weakness is rescued to bear God’s name and nature ... as the reward of His obedience He is exalted to the saving protection of God’s name. The Son of Man was to have the name and power of the Son of God restored to Him by the power of judgment’ (St. Hilary). Cf. Rom. 1:2-4.

²⁹⁷ “They found, in ruin and destruction by famine and war, their reward for crucifying God and condemning the Lord of Life to death ... The Truth of God destroyed them when He rose to resume the majesty of His Father’s glory’ (St. Hilary).

²⁹⁸ [JS] or “give thanks to You,” or “thankfully confess You with praise”

²⁹⁹ We rejoice in praising God because God is our joy and to praise Him is itself a joy.

³⁰⁰ Lk. 10:18; 2 Thess. 1:6.

Care is a Burden that Stoops the Heart

1 *(For the end; A Prayer of Contemplation. By David)*

2 Give ear, O God, to my prayer,
and do not despise my supplication.

3 Attend to me, and hear me;
I am vexed in my prayer, and am troubled

4 by of the voice of the enemy,
and by of the oppression of the sinner;
because they have turned their iniquity upon me,
and were indignant against me in wrath.

5 My heart was troubled within me,
and death's terror fell upon me.

6 Fear and trembling came upon me,
and darkness covered me.

7 And I said, "Who will give me wings like a dove,
and I will fly away and be at rest?"³⁰¹

8 Behold, I became a fugitive far away,
and lodged in the wilderness. *(Pause)*

9 I waited for the One Who saves me
from faintheartedness and from storm.

10 Drown their voices, O Lord, and confuse their speech,
for I see iniquity and strife in the city.

11 Day and night it³⁰² will surround her upon her walls.
Iniquity and trouble are in the midst of her,

12 and injustice;
usury and fraud never leave her streets.

13 For if an enemy had reproached me,
I could have endured it;
and if one who hated me had boasted against me,
I would have hidden from him.

³⁰¹ I will fly by activity and be at rest by contemplation and humility.' (St. John Climacus, Ladder 4:1)

³⁰² [JS] "it" refers to the iniquity and strife.

- 14 But it was you, a man my equal,
my leader, and my friend,
- 15 who made sweet the food we shared together;
we walked in the house of God in harmony.
- 16 Let death come upon them,
and let them go down alive into Hades;
for evils are in their hearts and homes.
- 17 But I cried to God,
and the Lord heard me.
- 18 At evening and [at] morning and at noon
I will tell, I will declare,
and He will hear my voice.
- 19 He will redeem my soul in peace
from those who come near me,
for they were in crowds around me.
- 20 God, He Who exists before the ages,
will hear and will humble them. (*Pause*)
There is no change of heart for them,
and they have not feared God.
- 21 He stretched out His hand to repay them;
they defiled His covenant.
- 22 They were scattered by the wrath of His face,
and His heart drew near;
his words were smoother than oil,
and yet they are arrows.
- 23 Cast your care on the Lord,³⁰³
and He will support you.
He will never allow the righteous to be shaken.
- 24 But You, O God, will bring them
down into the pit of corruption;
men of blood and treachery
will not live half their days.
But I will hope in You, O Lord.

Glory...

³⁰³ cf. 1 Peter 5:7.

Kathisma 8

Psalm 55: “Have mercy on me, O God, for man tramples on me”

The Victory of Faith over Fear

I Will Live to Please the Lord

1 (For the end, for people far from their holy things. By David, for a pillar inscription, when the Philistines held him at Gath)

2 Have mercy on me, O God,
for man tramples on me;
he afflicts me in war, all day long.

3 My enemies trample on me all day long,
for there are many
who war against me from on high.³⁰⁴

4 I will not³⁰⁵ fear by day,
but I will hope in You.

5 I will praise God with my words all day long;
I hope in God; I will not fear
what flesh may do to me.

6 They make my words repulsive all day long;
all their thoughts are against me for evil.

7 They will keep close and hide;
they will watch my steps
as they wait for my soul.

8 By no means will you save them;³⁰⁶
You will bring peoples down in wrath, O God.

9 I have declared my life to You;
You have set my tears before You,
according to Your promise.

³⁰⁴ cf. Ephes 6:12; 1 Tim 4:1; Rev. 16:14.

³⁰⁵ [JS] NETS omits “not”

³⁰⁶ Any false light or life will be saved only to be extinguished later if there is no change or repentance.

10 My enemies will turn back
in the day when I call upon You.
Behold, I know that You are my God.

11 In God, I will praise His Word;
in the Lord, I will praise His Word.

12 In God I hope; I will not be afraid;
what can man do to me?

13 I am under vows to You, O God;
I will pay You my due of praise.

14 For You delivered my soul from death,
and my feet from slipping,
that I may be pleasing before God
in the light of the living.

Psalm 56: “Have mercy on me, O God, have mercy on me”

Two Environments: Wings and Lions

In the Midst of Lions: My Heart is Ready, I will Sing

The Psalms of Noon (The Sixth Hour), page 70. The Psalms of the Veil, page 29.

1 (For the end; do not destroy. By David, for a pillar inscription, when he fled from Saul to the cave)

2 Have mercy on me, O God, have mercy on me,
for my soul trusts in You;
and I will hope in the shadow of Your wings
until iniquity passes away.

3 I will cry to God Most High,
to God my benefactor.

4 He sent from heaven and saved me;
He gave my oppressors over to reproach.³⁰⁷ *(Pause)*
God sent His mercy and His truth,

5 and delivered my soul from the among lions cubs.
I slept, though troubled.
As for the sons of men,
their teeth are a weapon and arrows,
and their tongue is a sharp dagger.

³⁰⁷ Saul incurred reproach when he fell into David's hands in the cave, for David did not injure him but merely cut off the tip of his cloak (1 Sam. 24).

6 Be exalted, O God, above the heavens,
and Your glory over all the earth.

7 They prepared a trap for my feet,
and they bowed down my soul.
They dug a pit before me,
and fell into it themselves. *(Pause)*

8 My heart is ready, O God, my heart is ready;
I will sing and chant psalms³⁰⁸.

9 Awake, my glory! Awake, harp and lyre!
I will arise at dawn.

10 I will confess³⁰⁹ You, O Lord, among the peoples;
I will sing praises to You among the nations,

11 for Your mercy³¹⁰ is magnified to the heavens,
and Your truth to the clouds.

12 Be exalted, O God, above the heavens;
and Your glory over all the earth.³¹¹

Alleluia. The Psalms of Noon (The Sixth Hour) continue with Psalm 60: "Hear my supplication, O God", page 169. The Psalms of the Veil continue with Psalm 85: "Incline Your ear, O Lord, and hear me" 212.

Psalm 57: "Do you truly speak righteousness"

God's Judgment is True Government

The Doom of Wicked Judges and Rulers

1 *(For the end; do not destroy. By David, for a pillar inscription)*

2 Do you truly speak righteousness?
Do you judge fairly, you sons of men?

3 For in heart you devise iniquity on the earth;
your hands weave injustice.

³⁰⁸ [JS] or "I will sing and praise," or "I will sing and make music"

³⁰⁹ [JS] or "I will give thanks to You," or "I will thankfully confess You with praise"

³¹⁰ [JS] Coptic has "Name" in place of "mercy".

³¹¹ Verses 8-12 are repeated almost verbatim in Ps. 107:2-6.

- 4 Sinners are estranged from the womb;
they are lead astray from birth;
they speak lies.
- 5 Their wrath is like serpent,
Like a deaf adder plugging its ears,
- 6 which will not hear the snake-charmer's voice,
nor the charm of a wise man.
- 7 God crushed their teeth in their mouths;
the Lord shattered the lions' molars!
- 8 They will vanish like leaking water;
He will bend His bow until they become weak.
- 9 They will be consumed like melting wax;
fire fell on them, and they never saw the sun.
- 10 Before your thistles grow to a thorn-tree,
He will devour you alive, in His anger.
- 11 A righteous man will be glad
when he sees vengeance upon the ungodly;
he will wash his hands
in the blood of the sinner.
- 12 And a man will say,
"if there is indeed fruit for the righteous,
then God exists,
judging them on the earth."

Glory...

Psalm 58: "Deliver me from my enemies, O God"

Love Rules the Universe

I will Sing of Your Power

1 (For the end; do not destroy. By David, for a pillar inscription, when Saul sent men to watch his house and kill him)

- 2 Deliver me from my enemies, O God,
and redeem me from those who rise up against me.
- 3 Rescue me from workers of iniquity,
and save me from men of blood.

- 4 For behold, they hunt my soul;
the mighty set upon me!
It is not my fault or my sin, O Lord;
- 5 I have run without iniquity
and have kept a straight path.
Arise and meet me, and see!
- 6 And You, O Lord God of hosts, God of Israel,
take care to visit all the nations;
do not be merciful to the workers of iniquity³¹². *(Pause)*
- 7 They will return at evening, hungry as dogs,
and will surround the city.
- 8 Behold, they will bellow with their mouths,
and a sword is in their lips—
for “Who,” they think, “will hear us?”
- 9 But You, O Lord, will laugh at them;
You will hold all the nations in contempt.
- 10 O my strength, I will watch for You;
for You, O God, are my protector.
- 11 My God—His mercy will go before me;
my God will show me His mercy among my enemies.
- 12 Do not kill them, or they may forget my people;
scatter them by Your power,
and bring them down, O Lord my protector.
- 13 Bring down the sin of their mouth, the word of their lips,
let them be trapped in their pride.
And by their curse and lie,
Their end will be proclaimed,
- 14 in the final wrath they will cease to be;
and they will know that God rules over Jacob,
and over the ends of the earth. *(Pause)*
- 15 They will return at evening, hungry as dogs,
and will surround the city.

³¹² [JS] or “the lawless,” or “those that do wickedness”

- 16 They will scatter in search of food,
and they will grumble when they are not satisfied.
- 17 But I will sing of Your power,
and will rejoice at Your mercy in the morning;
for You are my protector,
and my refuge in the day of my affliction.
- 18 You are my helper, I will sing to You,
for You, O God, are my protector, my God, my mercy.³¹³

Psalm 59: “O God, You rejected us and crushed us”

Prayer After a Defeat

Earth-shaking Catastrophe

- 1 (For the end; For those who are still to be changed. For a pillar inscription, by David:*
- 2 For teaching; when he burned Syrian Mesopotamia and Syrian Soba, and Jacob returned and defeated 12,000 Edomites in the Valley of Salt.)*
- 3 O God, You rejected us and crushed us.
You were angry, but had compassion on us.
- 4 You made the earth quake, and troubled it;
heal its wounds, for it was shaken.
- 5 You showed Your people difficult things;
You made us drink the wine of bewilderment.
- 6 You have given a signal³¹⁴ to those who fear You,
so they may escape from before the bow. *(Pause)*
- 7 Save with You right hand, and hear me,
that Your beloved might be rescued.
- 8 God spoke in His holy place,
“I will rejoice, and divide Shechem,
and I will portion out the valley of tents.
- 9 Gilead is Mine, and Manasseh is Mine,
and Ephraim is the strength of My head;
Judah is My King.

³¹³ Mercy: love (Luke 10:37).

³¹⁴ cf. Lk. 21:20-24. Warning signals were lit on mountain tops in times of danger. [JS] or, “sign”

- 10 Moab is the washbowl³¹⁵ of my hope;
I will extend my sway over Edom,³¹⁶
foreign tribes were subjected to me.”
- 11 Who will bring me to a fortified city?
Who will guide me as far as Edom?
- 12 Will You not, O God, Who has rejected us?
And will You not, O God, go out with our armies?
- 13 Grant us help from affliction,
for the salvation of man is worthless.
- 14 In God we shall win a mighty victory,³¹⁷
and He will utterly scorn our oppressors.

Psalm 60: “Hear my supplication, O God”

An Exiled Prayer of Faith

Love Lifted me to the Rock Sanctuary

The Psalms of Noon (The Sixth Hour), page 70.

1 (For the end; in hymns. By David)

2 Hear my supplication, O God;
attend to my prayer.

3 I cried to You from the ends of the earth,
when my heart was weary;
You lifted me high on a rock.

4 You guided me,
for You became my hope,
a tower of strength
from the face of the enemy.

5 I will dwell in Your tabernacle forever.
I will take shelter in the shelter of Your wings. *(Pause)*

³¹⁵ Washbowl: i.e. reduced to the most menial servitude.

³¹⁶ Extend my sway: *lit.* stretch my shoe (cf. Deut. 11:24). Psalm 59:7-14 differs only in 3 words from 107:7-14.

³¹⁷ win a mighty victory: *lit.* create power *or* work a miracle *or* do a mighty work.

6 For You, O God, heard my prayers;
You gave an inheritance
to those who fear Your Name.

7 You will add days to the days of the King,
and to his years days from generation to generation.

8 He will abide before God forever;
who will seek after His mercy and truth?

9 So I will sing praise to Your Name forever and ever,
that I may perform my vows from day to day.

Alleluia. The Psalms of Noon (The Sixth Hour) continue with Psalm 62: "O God, my God, I rise early to be with You", page 171.

Glory...

Psalm 61: "Will my soul not be subject to God"

The Two are One: Power that is Love

God Repays Everyone According to his Works

1 (For the end; for Jeduthun. A Psalm by David)

2 Will my soul not be subject to God?
For my salvation is from Him.

3 For He is my God and my Saviour,
my Protector;
I will not be shaken any more³¹⁸.

4 How long will you all attack a man?
All of you murder him,
By means of a leaning wall and a slanted fence.

5 They also planned to remove my honour;
they ran with a lie;
They bless with their mouth,
and curse with their heart. *(Pause)*

6 But submit to God, O my soul,
for my endurance is from Him.

³¹⁸ [JS] Coptic has "I will never be shaken". See the First Hour of the Eve of Tuesday of Holy Week. Though this may be confused with verse 7.

7 For He is my God and my Saviour,
my Protector; I will never be moved.

8 My salvation and my glory are in God;
He is the God of my help,
and my hope is in God.

9 Hope in Him, all you assemblies of people;
pour out your hearts before Him;
God is our helper. (*Pause*)

10 But the sons of men are useless;
the sons of men are liars
who do wrong with their scales;³¹⁹
they themselves, the whole brood,³²⁰
derive from vanity.³²¹

11 Put no hope in wrongdoing,
and do not long for plunder;
if riches flow in,
do not set your heart on them.

12 God spoke once;
I heard these two things:³²²

13 That power is God's,
and to You, O Lord, belongs mercy,
for You will repay everyone according to his works.

Psalm 62: "O God, my God, I rise early to be with You"

A Song of the Desert

I Thirst for You: Your Love is Better than Life

The Psalms of Early Morning (Prime), page 50 (additional to the original 12). The Psalms of Noon (The Sixth Hour), page 70.

1 (A Psalm by David, when he was in the desert of Judah)

³¹⁹ Cf. Lev. 19:35-37; Deut. 25:13-16; Ezek.45:10; Mic. 6:10,11; Prov. 11:1.

³²⁰ Cf. 'brood of vipers' (Matt. 12:34; 23:33). [JS] other translations omit "the whole brood"

³²¹ [JS] OSB has, "they are altogether useless." NETS has "they together derive from vanity."

³²² Job. 33:14.

2 O God, my God, I rise early to be with You;
 My soul thirsts for You.
 How many times has my flesh thirsted for You
 [that my flesh might blossom for You]³²³
 in a desolate, trackless and waterless land?

3 So I appear before You in the sanctuary³²⁴,
 to see Your power and Your glory.

4 My lips will praise You,
 because Your mercy is better than life.

5 So I will bless You in my life;
 I will lift up my hands in Your Name.

6 My soul is satisfied, as with marrow and fatness,
 and my mouth praises You with joyful lips.

7 [If] I remember You on my bed,
 I meditate on You at daybreak,

8 for You became my Helper,
 and I will rejoice in the shelter of Your wings.

9 My soul clung³²⁵ to You;
 Your right hand upheld me.

10 But those who sought my soul for no good reason
 will go into the deepest parts of the earth;

11 they will be given over to the edge of the sword;
 they will be a portion for foxes.

12 But the king will be glad in God;
 all who swear by Him will be praised,
 for the mouths speaking unrighteous things will be stopped.

Alleluia. The Psalms of Prime and The Psalms of Noon (The Sixth Hour) continue with Psalm 66: "May God have compassion on us and bless us", page 177.

Psalm 63: "Hear my voice, O God when I make supplication"

The Defeat of God's Enemies: Fear of Fear runs to God

³²³ [JS] [] lacking in Greek. Fr. Athanasius has "That my flesh may blossom for Thee in a barren land and an untrodden place, a place without water.

³²⁴ [JS] literally, "holy place"

³²⁵ [JS] Fr. Lazarus has "My soul is glued to You": 'What is this glue? It is love.' says St. Augustine.

A Man will Come Whose Heart is Deep and God will be Exalted

1 (For the end; a Psalm by David)

2 Hear my voice, O God, when I make supplication;
deliver my soul from fear of the enemy.

3 You sheltered me from a swarm of evildoers,
from the crowd of those work is iniquity,

4 who sharpen their tongues like a sword,
who bend their bow to shoot a bitter word

5 at an innocent man in secret.
Suddenly they shoot him down, and will not be afraid.

6 They encouraged one another in an evil design;
they talked of hiding snares.
They said, "Who will see them?"

7 They search out iniquity;
they expired while in their search.
A man will come whose heart is deep,

8 and God will be exalted.
Their blows became like an infant's dart,

9 and their tongues became feeble against them.
All who saw them were troubled,

10 and every man was afraid,
and they proclaimed the works of God,
and understood His actions.

11 The righteous man will be glad in the Lord,
and will hope in Him;
and all the upright in heart will be praised³²⁶.

Glory...

³²⁶ [JS] Fr. Athanasius' translation from the Coptic has "shall glory"

Kathisma 9

Psalm 64: “Praise is due to You, O God, in Zion”

A Springtime Song: Showers of the Holy Spirit

Praise and Thanksgiving for Abundant Harvests

1 (For the end; a Psalm by David; an ode; sung by Jeremiah and Ezekiel when they were about to be led away captive.)

2 Praise is due to You, O God, in Zion,
and prayer will be offered to You in Jerusalem.³²⁷

3 Hear my prayer [O God]³²⁸!
All flesh will come to You.

4 The words of the ungodly have overwhelm us,
but You will atone our impieties.

5 Blessed is he whom You have chosen
and taken to Yourself;
he will dwell in Your courts [forever]³²⁹.
We will be filled with the good things of Your house;
Your temple is holy, wonderful in righteousness.³³⁰

6 Hear us, O God our Saviour,
the hope of all the ends of the earth,
and of those who are far away at sea,

7 Who prepares mountains in His strength,
Who is girded with power,

8 Who stirs the depths of the sea,
and stills its roaring waves.³³¹

9 The nations will be troubled,
and those who inhabit the ends of the earth
will be afraid at Your signs.
You will gladden the sunrise and sunset.

³²⁷ All but Fr. Athanasius' translation from the Coptic have “and a vow will be paid to You in Jerusalem”

³²⁸ [] Found in Fr. Athanasius' translation from the Coptic

³²⁹ [JS] [] found in Coptic, see Vespers of Pashons 20.

³³⁰ [JS] Fr. Lazarus has, “wonderful in holiness”: *Lit.* wonderful in righteousness (but cf. Exod. 15:11).

³³¹ So the Slavonic (Greek often omits ‘stillest’).

- 10 You visited the earth and watered it;
You enriched it abundantly;
The river of God is full of water;
You prepare their flood,
for such is Your provision.
- 11 Water its furrows, multiply its crops;
they will sprout and rejoice in the showers.
- 12 You will bless the crown of the year with Your goodness,
and the fields will be full of fat stock³³².
- 13 The desert fruit will be made fat,
and the hills will girdle themselves with joy.
- 14 The rams of the flocks are clothed with wool,
and the valleys will abound in grain;
They will shout and sing hymns.

Psalm 65: “Make a joyful noise to God, all the earth”

You are My Witnesses

Praise and Thanksgiving for Answered Prayer

1 (For the end; a Song of a Psalm of Resurrection)³³³

Make a joyful noise to God, all the earth!³³⁴

2 Sing to His Name; give glory to His praise.

3 Say to God, “How awesome are Your works!”
At the greatness of Your power
Your enemies play false with You.³³⁵

4 Let all the earth³³⁶ worship³³⁷ You
and sing to You;
let them sing to Your Name. *(Pause)*

³³² [JS] lit, “filled with fatness.”

³³³ [JS] Fr. Lazarus has “Shout the song of victory to God, all the earth”: The return from the Babylonian captivity to Jerusalem; and then the return of every soul from sin to grace and virtue.

³³⁴ A prophecy of the conversion of the Gentiles. ‘Just as the Jews were delivered from slavery to the Babylonians, so by the incarnation of the Saviour all peoples were delivered from the cruel power of the devil’ (Theodoret).

³³⁵ play false: or lie. It may mean they kow-tow or submit in pretence, acting a lie.

³³⁶ See footnote 62. <2 previously>

³³⁷ [JS], “do obeisance”, i.e. prostrate, not just an attitude, but an act

- 5 Come and see the works of God,³³⁸
 He is awesome in His plans³³⁹
 than³⁴⁰ the sons of men,
- 6 Who turns the sea into dry land;
 they pass through the river on foot.
 We will be glad in Him there,
- 7 [In Him] Who rules eternity in His power;
 His eyes watch over the nations;³⁴¹
 Do not let those who provoke Him
 be exalted in themselves. (*Pause*)
- 8 Bless our God, O nations,
 and make the voice of His praise be heard,
- 9 Who restored my soul to life
 and has not allowed my feet to stumble.
- 10 For You, O God, tested us;
 You tried us as silver is tried.
- 11 You did bring us into the snare;³⁴²
 You laid afflictions on our backs.
- 12 You set men over our heads;
 we passed through fire and water,
 and You brought us out to revival.
- 13 I will enter Your house with whole burnt offerings;
 I will pay You my vows,
- 14 which my lips uttered,
 and [which] my mouth spoke in my affliction.
- 15 I will offer You fatted whole burnt offerings,
 with incense and rams;
 I will offer You cows and goats. (*Pause*)
- 16 Come and hear, all you who fear God,
 and I will tell you what He has done for my soul.

³³⁸ 'He Who did signs and wonders when He came in the flesh is the same God Who of old dried up the Red Sea and divided the streams of Jordan so that the Israelites could pass through on dry land' (St Athanasius the Great).

³³⁹ 'What God has planned for His lovers' (1 Cor. 2:9).

³⁴⁰ [JS] Fr. Lazarus has, "for"

³⁴¹ The Shepherd of Israel watches over His human flock as shepherds were watching their flocks when the same good Shepherd was born in Bethlehem (Lk. 2:8).

³⁴² Captivity to hostile powers is the devil's trap. Cf. Matt. 6:13, 'Do not bring us to trial or temptation.'

- 17 I cried to Him with my mouth,
and exalted Him with my tongue.³⁴³
- 18 If I have contemplated sin in my heart,
may the Lord not answer me.
- 19 But that is why God has answered me;
He attended to the voice of my supplication.
- 20 Blessed be God,
Who has not rejected my prayer,
nor turned His mercy from me.

Psalm 66: “May God have compassion on us and bless us”

The Smile of Grace

Prayer for the Expansion of God’s Kingdom

The Psalms of Early Morning (Prime), page 50 (additional to the original 12). The Psalms of Noon (The Sixth Hour), page 70. The Psalms of the Veil, page 29.

- 1 *(For then end; among hymns. A Psalm of an Ode)*
- 2 May God have compassion on us and bless us,
and may He manifest His face upon us,³⁴⁴
and have mercy upon us, *(Pause)*
- 3 that we may know Your way upon the earth,
[and] Your salvation among all nations.
- 4 Let the peoples confess³⁴⁵ You, O God;
let all the peoples confess³⁴⁶ You.
- 5 Let the nations be glad and rejoice;
for You will judge the peoples justly,
and guide the nations upon the earth. *(Pause)*
- 6 Let the peoples confess You, O God;
let all the peoples confess You.

³⁴³ No sooner had I cried to God vocally than I was mentally praising and thanking Him for answering me.

³⁴⁴ [JS] Fr. Lazarus has “and may He manifest His presence to us”: Presence: *or*, face. The face of the Father is the Son. ‘He who has seen Me has seen the Father’ (John 14:9). Thus, this psalm is a prayer for the incarnation (cf. 2 Cor. 4:6).

³⁴⁵ [JS] or “give thanks to You” or “thankfully confess You with praise”

³⁴⁶ [JS] or “praise You” or “give thanks to You” or “thankfully confess You with praise”

7 The earth has yielded her fruit;³⁴⁷
may God, our God, bless us.

8 May God bless us,
and may all the ends of the earth fear Him.

Alleluia. The Psalms of Prime, The Psalms of Noon (The Sixth Hour), and The Psalms of the Veil continue with Psalm 69: "O Lord, make haste to help me", page 184.

Glory...

Psalm 67: "Let God arise, and let His enemies be scattered"

Triumphal March of God's People

God scatters All who Delight in War

1 (For the end; a Psalm of a Song by David)

2 Let God arise, and let His enemies be scattered,
and let those who hate Him flee from before His face.³⁴⁸

3 Let them vanish as smoke vanishes;
let the sinners perish from before the face of God
as wax melts before fire.

4 But let the righteous be glad;
let them rejoice in the presence of God;
let them exult with delight and gladness.

5 Sing to God, sing praises to His Name;
make a way for Him who rides upon the sunset;³⁴⁹
the Lord is His Name, and rejoice before His face.

6 They will be troubled before His face,
[He] Who is the father of orphans
and the judge of widows;
God is in His holy place.

7 God settles the solitary in a home,
and leads out prisoners with courage;
likewise the rebellious who dwell in tombs.

8 O God, when You marched out at the head of Your people,
when You passed through the wilderness, (*Pause*)

³⁴⁷ Mary has borne Jesus. 'You have been seen, O soil untilled, bearing the corn of life' (Oktoechos).

³⁴⁸ Numbers 10:35. Cf. Exodus 14.

³⁴⁹ The sunset is His own death, over which He rose by His Resurrection (St Gregory the Dialogist, Mor. 19:3).

- 9 the earth shook; truly the heavens dripped [rain],
at the presence³⁵⁰ of the God of Sinai,
at the presence of the God of Israel.
- 10 You, O God, granted a gracious rain, to Your inheritance,
which was weakened, but You restored it.
- 11 Your creation dwells in it;
in Your goodness, O God, You provide for the poor.
- 12 The Lord will give a word
to those proclaiming the Gospel to a great company,³⁵¹
- 13 the King of the forces³⁵² of³⁵³ the Beloved
will grant them to divide the spoils
for the beauty of the house.
- 14 Even if you sleep in the mists of your portions,³⁵⁴
you will be like a dove
whose wings are covered with silver,
and her back with the luster of gold. (*Pause*)
- 15 When the Heavenly One appoints kings over it,
they will be as white as the snow on Salmon.
- 16 The mountain of God is a fertile mountain,
a mountain richly curdled [with milk], a fertile mountain!
- 17 Why do you think about mountains richly curdled [with milk]?
This is the mountain in which God is pleased to dwell;
truly the Lord will dwell in it forever.
- 18 The chariot of God is composed of myriads³⁵⁵,
thousands of thriving ones;
[for the Lord will abide forever:]
the Lord³⁵⁶ is in them at Sinai, in his holy place.

³⁵⁰ [JS] literally, “before the face of”

³⁵¹ Luke 4:32. [JS] or “with great power,” in place of “to a great company”.

³⁵² [JS] literally “hosts”

³⁵³ [JS] or “is the Beloved”, and then “And in the beauty of the house of the Beloved divide the spoils. See the Liturgy of Paopi 12.

³⁵⁴ Or: ‘Even though you have slept among the allotments.’ Hebrew may mean: ‘camp fire-places.’ The passage is obscure, but may refer to the Reubenite slackers who stayed on their farms and refused to fight (Judges 5:16). The beauty or beauties of verse 13 are the women with whom the spoils were shared. [JS]: Fr. Lazarus has “with the beauty” rather than “for the beauty”.

³⁵⁵ [JS] literally, “ten-thousand fold”

³⁵⁶ [JS] [] found in the Vespers Psalm for Athor 8, and then “God” is in place of “the Lord” in this next line.

- 19 You ascended on high, You led captivity captive;
 You received gifts for mankind,³⁵⁷
 although they were disobedient, so they may dwell there.
- 20 Blessed be the Lord God;
 blessed be the Lord from day to day;
 the God of our salvation will prosper us³⁵⁸. (*Pause*)
- 21 Our God is the God who saves,
 and the ways out of death belong to the Lord.
- 22 But God will crush the heads of His enemies,
 the hairy head of those who persist in their transgressions.
- 23 The Lord said, "I will return from Bashan;
 I will return through the depths of the sea,
- 24 so that your feet may be bathed in blood,
 and the tongues of your dogs [bathed] in the blood of Your enemies."
- 25 Your processions were seen, O God,
 the processions of my God, the King, in the holy place.
- 26 The rulers went in front, followed by the singers,
 while between them were you maidens playing timbrels.
- 27 Bless God in the churches³⁵⁹,
 [bless] the Lord from the fountains of Israel!
- 28 There is Benjamin, the youngest, in ecstasy;
 the rulers of Juda are their leaders,
 the rulers of Zabulon and Nephthali.
- 29 Command Your power, O God;
 strengthen, O God, that which You accomplished in us.
- 30 Because of Your temple in Jerusalem,
 kings will offer gifts to You.
- 31 Rebuke the wild animals of the reed,
 the herd of bulls among the cows of the peoples,
 that those who have been tried with silver may not be shut out;
 scatter the nations that desire wars.³⁶⁰

³⁵⁷ Cf. Ephes. 4:8. [JS] Copitc has "you gave honours to men." See Matins of the Ascension.

³⁵⁸ [JS] Coptic has "will prepare our way for us." See the Liturgy of Mesori 29.

³⁵⁹ [JS] "assemblies" or "congregations"

³⁶⁰ Desire wars: *or* delight in wars.

- 32 Ambassadors will come from Egypt;
Ethiopia will draw near to stretch out her hand to God.
- 33 Sing to God, you kingdoms of the earth,
sing to the Lord. (*Pause*)
- 34 Sing to God, Who ascended³⁶¹ to the heaven of heavens towards the East;
behold, He will speak with His voice, with a thunderous sound.³⁶²
- 35 Give glory to God;
His magnificence is over Israel,
and His power is in the clouds.
- 36 God is wondrous among His Saints; the God of Israel
will give strength and power to His people.
Blessed be God!

Glory...

Psalm 68: “Save me, O God; for the waters have come in”

Cry from the Depths: Christ’s Passion Foreshadowed

Praise for the Vision of the Universal Worship of Creation

1 (For the end; over those that will be changed. By David)

- 2 Save me, O God,
for the waters have come in, even to my soul.
- 3 I am stuck in deep mire³⁶³, and there is no foothold;³⁶⁴
I have come into the depths of the sea,
and a storm has overwhelmed me.
- 4 I grow weary of crying, my throat is hoarse;
my eyes fail from hoping for my God.
- 5 Those who hate me without cause
are multiplied beyond the hairs of my head;
my enemies who persecute me unjustly have grown strong;
then I repaid what I did not steal.³⁶⁵

³⁶¹ Greek has “rides,” but Coptic has, “ascended”. See Vespers of the Feast of the Ascension.

³⁶² Thunderous sound: *Lit.* sound of power.

³⁶³ [JS] Coptic has “mire of death”. See the Ninth Hour of Great Friday.

³⁶⁴ *Hypostasis* = substance, standing-ground.

- 6 O God, You know my foolishness,
and my transgression are not hidden from You.
- 7 Do not let those who wait for You be ashamed because of me,
O Lord, Lord of Hosts,
do not let those who seek You be ashamed because of me,
O God of Israel,
- 8 because for Your sake I have borne reproach,
and humiliation covered my face.
- 9 I have become a stranger to my brothers,
and an alien to my mother's sons,
- 10 for the Zeal for Your house consumed Me,
and the insults hurled at You fell upon Me.³⁶⁶
- 11 I bowed down my soul with fasting,
and it became a disgrace for me.
- 12 And I made sackcloth my garment,
and I became a proverb to them.
- 13 Those who sat in the gate³⁶⁷ spoke against me;
and those who drink wine³⁶⁸ sang about me.
- 14 But as for me, O Lord, with prayer to You
I await Your pleasure, O God.
In Your infinite mercy,
answer me with the truth of Your salvation.
- 15 Save me from the mire, so that I will not be stuck;
deliver me from those who hate me,
and out of the depths of the waters.
- 16 Do not let a storm of water drown me,
or let the deep swallow me up,
or a well close its mouth over me.
- 17 Hear me, O Lord, for Your mercy is kind;
Look upon me according to the abundance of Your compassion.

³⁶⁵ 'He did not die as being Himself liable to death. He suffered for us... as Isaiah says: "He bore our sicknesses"' (St. Athanasius the Great).

³⁶⁶ Mk. 15:29; Jn. 2:17; Rom. 15:3.

³⁶⁷ The elders and chief priests.

³⁶⁸ The soldiers at the Crucifixion drank themselves the spiced wine prepared for the sufferers to deaden the pain, and substituted vinegar. (v. 22). This psalm is a good example of interpenetration, the figure of the Divine Saviour showing through the human figure of the psalmist, whose sufferings are seen as a foreshadowing of Christ's Passion, (*verse 5* = Jn. 15:25; **13** = Jn. 2:17; **23-4** = Rom. 11:9,10; **26** = Acts 1:20).

- 18 Do not turn Your face from Your servant³⁶⁹,
for I am in affliction; hear me quickly.
- 19 Attend to my soul and redeem it;
deliver me because of my enemies.
- 20 For You know my disgrace,
my shame, and my humiliation;
all who afflict me are before You.
- 21 My soul expected reproach and misery;³⁷⁰
and I waited for someone to sympathize with me, but there was none,
and for comforters, but I did not find one.
- 22 And they gave me gall for my food,
and in my thirst they gave me vinegar to drink.³⁷¹
- 23 Let their table be a snare before them,
a retribution and a stumbling-block.
- 24 Let their eyes be darkened so they cannot see,
and bend their backs continually.³⁷²
- 25 Pour out Your wrath upon them,
and let the fury of Your wrath overtake them.
- 26 Let their dwelling place be laid waste,
and let no one live in their tents.
- 27 For they persecute the one whom You struck,
and they add to the pain of My wounds.
- 28 Add iniquity to their iniquity,
and let them not enter into Your righteousness.
- 29 Let them be blotted out of the book of the living,
and not be enrolled among the righteous.
- 30 I am poor and in pain,
And the salvation of Your presence, O god, supports me.

³⁶⁹ [JS] Greek has “servant,” but Coptic has “child.” See the Eleventh Hour of Wednesday of Holy Week. However, the sense is of boy-servant, so servant is the more accurate rendering today, with, of course, Christ being the Suffering Servant, and the Son of God.

³⁷⁰ Mt. 16:21; Mk. 8:31.

³⁷¹ Mt. 27:34.

³⁷² Cf. Rom. 11:9,10.

- 31 I will praise the Name of God with a song;
I will magnify Him with praise,
- 32 and this will be more pleasing to God
than a young bull with horns and hoofs.
- 33 Let the poor see this and be glad;
seek God, and your soul shall live,
- 34 for the Lord hears the poor,
and does not despise His own who are prisoners.
- 35 Let heaven and earth praise Him,
the seas and all that moves in them.
- 36 For God will save Zion,
and the cities of Judah will be built,
and men will dwell there, and inherit it;
- 37 And the children of His servants³⁷³ will possess it;
and those who love His Name will dwell in it.

Psalm 69: “O Lord, make haste to help me”

The Lord be Magnified, my Helper and Redeemer

Let All Who Seek You Rejoice in You

The Psalms of Early Morning (Prime), page 50 (additional to the original 12). The Psalms of Noon (The Sixth Hour), page 70. The Psalms of the Veil, page 29. The Psalms of the Beginning of Watches, page 34.

1 (For the end; by David, In remembrance, that the Lord may save me)

- 2 [O God, attend to my help;]³⁷⁴
O Lord, make haste to help me!
- 3 May all who seek my life³⁷⁵
be put to shame and embarrassed.
May all who wish me evil
be turned back and put to shame.
- 4 May those who say of me, “Good! Good!”³⁷⁶
be turned back immediately in shamed.

³⁷³ [JS] literally “slaves”, as Fr. Lazarus has: Thus, by the miracle and mystery of redemption, Saul of Tarsus was changed from a fanatical Pharisee into a devoted slave of the Lord Jesus.

³⁷⁴ [JS] ¶ found in Matins and Vespers of Friday of the Fourth Week of Paschaltide.

³⁷⁵ Ps. 69:3-7 differs only slightly from Ps. 39:15-18.

³⁷⁶ [JS] “Good! Good!”, or “Aha! Aha!”, or “Well done! Well done!” what one says when they think they have beaten their opponent.

5 Let all who seek You
 rejoice and be glad in You,
 and let those who love Your salvation
 say ever more, "Let the Lord be magnified!"

6 But I am poor and needy;
 help me, O God!
 You are my helper and my deliverer;
 O Lord, do not delay!

Alleluia. The Psalms of Prime continue with Psalm 112: "Praise the Lord, you children", page 259. The Psalms of Noon (The Sixth Hour) continue with Psalm 83: "How I love Your dwellings, O Lord of Hosts", page 209. The Psalms of the Veil continue with Psalm 22: "The Lord is my Shepherd, and I will lack nothing", page 110. The Psalms of Midnight (The Beginning of Watches) continue with Psalm 85: "Incline Your ear, O Lord, and hear me", page 212.

Glory...

Kathisma 10

Psalm 70: "I hope in You, O God"

An Old Man's Prayer for Grace to Witness to Youth

My Song is Continually of You

1 (By David. Sung by the sons of Jonadab and the first captives)

I hope in You, O God;
 may I never be put to shame.

2 Rescue me, and deliver me, in Your righteousness;³⁷⁷
 Incline Your ear to me, and save me.

3 Be my God and my protector,
 and a strong sanctuary, to save me;³⁷⁸
 for You are my firmness and my refuge.

4 Deliver me, O God, from the hand of the sinner,
 from the hand of those who transgress the law, and do wrong.

³⁷⁷ The first three lines of Psalms 70 and 30 are identical. See footnote there.

³⁷⁸ sanctuary: *lit.* place. Cf. Psalm 131:5 and footnote there.

- 5 For You are my patience, O Lord;
the Lord is my hope from my youth.
- 6 I have leaned on You from my birth;
You have been my protector from my mother's womb;
my song is continually of You.
- 7 I have become a wonder to many,
and You are my strong helper.
- 8 Let my mouth be filled with Your praise,
that I may sing of Your glory and magnificence all day long.
- 9 Do not cast me off in my old age;
do not forsake me when my strength failings,
- 10 for my enemies speak of me,
and those who watch for my soul conspire together,
- 11 saying, "God has forsaken him;
pursue and seize him, for there is no one to rescue him."
- 12 O God, do not be distant from me;
O my God, attend to helping me!
- 13 Let those who slander my soul
be shamed and perish;
let those who seek evil for me
be covered with shame and embarrassment.
- 14 But I will hope continually,
and I will praise You more and more.
- 15 My mouth will proclaim Your righteousness,
and Your salvation all day long,
for I do not know the art of writing.
- 16 I will enter the Lord's dominion.
O Lord, I will recall righteousness, which is Yours alone.
- 17 O God, You taught me from my youth,
and still I proclaim Your wonders.
- 18 So even when I am old, to my last breath, O God, do not forsake,
until I proclaim Your power³⁷⁹, Your mighty deeds, and your righteousness
to every generation to come.

³⁷⁹ [JS] literally, "arm".

- 19 O God, the magnificent things You have done
reach to the highest heaven;³⁸⁰
O God, Who is like You?
- 20 What many and great afflictions have You shown me!
Yet You have returned and revived me,
and have brought me up again from the depths of the earth.
- 21 You have made Your greatness increase,
and have returned and comforted me;
and have brought me up again from the depths of the earth.
- 22 So I will confess³⁸¹ Your truth to You with a song, O God;
I will sing to You with the harp, O Holy One of Israel.
- 23 When I sing to You, my lips will rejoice,
and so will my soul, which You redeemed.
- 24 And my tongue will contemplate Your righteousness all day long,
when those who seek evil for me are shamed and embarrassed.

Psalm 71: “O God, give the King Your judgment”

The King of Peace and His glorious Reign

Final Redemption from All Tyranny and Oppression

1 (For Solomon)³⁸²

- O God, give the King Your judgment,
and Your righteousness to the King's Son,
- 2 to judge Your people with righteousness³⁸³
and Your poor with judgment.
- 3 Let the mountains and hills restore peace for Your people,
in righteousness.

³⁸⁰ Ephes. 3:10; 4:8.

³⁸¹ [JS] or “praise Your” or “acknowledge You”, or “thankfully confess with praise [for Your]”

³⁸² The true Solomon or Peacemaker is Jesus Christ Son of King David, to whom alone verses 5-19 truly apply (cf. Ephes. 2:14; Col. 1:20; Mt. 5:9).

³⁸³ Judging and ruling are fused in Hebrew thought (cf; 2 Sam. 7:7; 1 Chron. 17:6). The King is the Messiah and the King's Son is the same person.

- 4 He will do justice for³⁸⁴ the poor of the people,
and save the sons of the needy,
and humble the extortioner.
- 5 And He will continue as long as the sun,
and longer than the moon, from generation to generation.
- 6 He will descend like rain on a fleece,
and like drops falling on the earth.³⁸⁵
- 7 In His days, righteousness and abundant peace
will flourish, until the moon is no more.
- 8 And He will rule from sea to sea,
and from the rivers³⁸⁶ to the ends of the earth.
- 9 The Ethiopians will fall down before Him,
and His enemies will lick the dust.
- 10 The kings of Tarshish³⁸⁷ and the isles will come bearing gifts;
the kings of the Arabs and Saba will bring gifts.
- 11 All the kings of the earth will worship³⁸⁸ Him;
all the nations will serve Him.
- 12 For He rescued the poor from [the hand of] a strong man,
and the needy, who had no helper.
- 13 He will spare the poor and needy,
and He will save the souls of the needy.
- 14 He will redeem their souls from usury and injustice,
and their name will be precious in His sight.
- 15 He will live³⁸⁹, and to Him will be given the gold of Arabia;
and men will pray continually in His Name;³⁹⁰
they will bless Him all day long.
- 16 There will be support in the land on the mountain tops;
His fruit will rise above Lebanon,
and they will spring from the city like grass from the earth.

³⁸⁴ [JS] literally “He will judge the poor of the people.”

³⁸⁵ Silently as rain falling on wool or a drop of dew on the earth, the Word became the Son of Man (Jn. 1:14). Cf. Job 29:23; Acts 2:17; Jn. 7:39.

³⁸⁶ Rivers: Tigris and Euphrates.

³⁸⁷ Cf. Ps. 47:8.

³⁸⁸ [JS] literally “do obeisance to”, i.e. the physical act of prostrating or bowing down.

³⁸⁹ Cf. Rev. 1:18; Heb. 7:25; Num. 14:28.

³⁹⁰ ‘Men will name Him in their prayers and ask that through Him the Father will grant His gifts and blessings’ (St Athanasius the Great).

17 Let His Name be blessed throughout the ages!
His name will endure longer than the sun;
And all the tribes of the earth will be blessed in Him;
All the nations will call Him blessed³⁹¹.

18 Blessed be the Lord God, the God of Israel
Who alone does wonders.

19 And blessed be the [holy]³⁹² Name of His glory forever, and to the ages of ages,
and the whole earth will be filled with His glory.
Amen! Amen!³⁹³

(The songs of David the son of Jesse are ended).

Glory...

Book III of the Psalms (Psalms 72 – 88) begins here.

The group of Psalms of Asaph (Psalms 72 – 82) begins here.

Psalm 72: “How good God is to Israel”

Change of Outlook and Vision through Prayer

Heaven and Happiness not the Prosperity of Sinners

1 (A Psalm by Asaph)

How good God is to Israel,
to those the upright in heart!

2 But as for me, my feet were almost shaken;
My steps had nearly slipped,

3 for I was envious of the lawless,
when I saw the peace³⁹⁴ of sinners,

4 for there is no objection³⁹⁵ in their death,
and no severity in their scourging.

³⁹¹ [JS] Fr. Athanasius has, “all nations shall glorify Him.

³⁹² [JS] found in Copitc. See the First Hour of Monday of Holy Week.

³⁹³ [JS] or, “So be it! So be it!”

³⁹⁴ peace: Heb; *shalom* = well-being, success, prosperity, security, happiness.

³⁹⁵ objection: They do not object to dying in sin and they offer no resistance to the devil. (*Variant reading*: revival). Hebrew of verse 4 seems to mean:

For them there are no pains;
fit and strong are their bodies.

- 5 They are not in difficulties like other men,
and they will not be chastened with other men.
- 6 Therefore pride seized them;
they clothed themselves with wrongdoing and impiety.
- 7 Their wrongdoing oozes from them like [grease] from fat;
it passes into their heart's disposition.
- 8 They schemed and spoke with malice,
they spoke injustice against the high place.
- 9 They set their mouths against heaven,
but their tongues drag through the earth.
- 10 So My people will return here,
and full days will be found among them.
- 11 And they said, "How does God know?"
and, "Is there knowledge in the Most High?"
- 12 Behold, these are the sinners, yet they prosper;
they possess wealth in this age.
- 13 And I said, "So, I kept my heart righteous,
and wash my hands in innocence in vain,
- 14 only to be scourged all day long
and rebuked until the morning!"
- 15 Had I said, "I will speak in this way,"
Look, I would have betrayed the family of Your sons.
- 16 So I tried to understand this,
but it was difficult in my sight,
- 17 until I entered God's sanctuary,
and understood their end.
- 18 On account of their deceptions,
You set an obstacle for them;
You cast them down in their exaltation.
- 19 How suddenly they came into desolation!³⁹⁶
They ceased to be, they perish in their lawlessness.

³⁹⁶ The apparent success and prosperity of the godless is transitory and short-lived.

- 20 You will despise their phantoms in Your city, O Lord,
Like a dream when one awakes.
- 21 For when my heart was kindled,
and my thoughts were changed,
- 22 and I was contemptible without knowing it,
I was like a beast before You.
- 23 Yet I am continually with You;
You seized my right hand.
- 24 You guided me with Your counsel,
and received me with glory.
- 25 For what is there in heaven for me,
and what do I want on earth but You?
- 26 My heart and my flesh failed;
God is the God of my heart
and my portion forever,³⁹⁷
- 27 for behold, those who distance themselves from You will perish;
You destroy all who are unfaithful to You.³⁹⁸
- 28 But for me, it is good to cling to God,³⁹⁹
to put my hope in the Lord,
that I may declare all Your praises
in the gates of the daughter of Zion.⁴⁰⁰

Psalm 73: “Why, O God, have You utterly rejected us”

Destruction of the Temple: You Have Wrought Salvation⁴⁰¹

1 (Of Contemplation, By Asaph)

Why, O God, have You utterly rejected us?
Why has Your anger raged agasint the sheep of Your pasture?

³⁹⁷ The death of the body is powerless to break the love-forged links of a soul's union with God.

³⁹⁸ ‘unfaithful’: *or*, ‘who play the wanton from You.’ Idolatry is adultery or infidelity. Love brooks no rivals (Jas. 4:4-8; Dt. 5:9; Mt. 6:24).

³⁹⁹ Hebrew: ‘The nearness of God is my good.’ Cf. Wisdom 3:9; Ecclesiasticus 2:3.

⁴⁰⁰ ‘The daughter of Zion’ is the New Jerusalem which is born of Old Zion. The Church of the New Covenant sprang from the Old Covenant Church (Gal. 4:26).

⁴⁰¹ The salvation of the world was accomplished by the Savior's death, that is the destruction of Christ's bodily temple, foreshadowed in the destruction of the Temple at Jerusalem (Jn. 2:19-22; 2 Cor. 5:14-21; Rev. 5:9 &c).

- 2 Remember Your congregation⁴⁰²
 which You have acquired of old,
 the sceptre of Your inheritance,
 which You have redeemed,
 this Mount Zion where You dwell.
- 3 Lift up Your hands against their pride till the end,
 against all the evil the enemy has committed in Your sanctuary⁴⁰³.
- 4 Those who hate You boast
 in the midst of Your feast;
 they set up their own standards⁴⁰⁴ for signs,
- 5 the signs pointing to the upper entrance
 they do not know.
- 6 As if in a forest of trees with axes,
 they cut down the doors of the Temple;
 they hacked it down
 with axes and hammers.
- 7 They set fire to Your sanctuary;
 they defiled the tabernacle of Your Name to the ground.
- 8 The whole clan said together in their hearts,
 “Come, let us abolish all the festivals of God from the land.”
- 9 We do not see our signs,⁴⁰⁵ there is no longer a prophet,
 and He will no longer he know us.
- 10 How long, O God, will the enemy reproach us?
 Will the adversary provoke Your Name forever?
- 11 Why do You turn away Your hand,
 Your right hand from this midst of your bosom, forever?
- 12 Yet God is our eternal King;
 He has worked salvation in the midst of the earth.
- 13 You strengthened the sea by Your power;
 You crushed the heads of the dragons upon the water.
- 14 You shattered the heads of the dragon;
 You gave him as food to the peoples of Ethiopia.

⁴⁰² *Gk.* synagogue = congregation etc.

⁴⁰³ [JS] holy places, could refer to a place, or people, i.e. “among Your saints”.

⁴⁰⁴ [JS] or emblems.

⁴⁰⁵ Signs and miracles of God’s presence, protection and deliverance.

- 15 You broke open springs and torrents;
You dried up swollen rivers.⁴⁰⁶
- 16 The day is Your and the night is Your;
You created the light and the sun.
- 17 You made all the boundaries of the earth;⁴⁰⁷
You fashioned summer and spring.
- 18 Remember this⁴⁰⁸: the enemy insulted the Lord,
and a foolish people provoked Your Name.
- 19 Do not deliver a soul that confesses You to wild beasts;
do not forget the souls of Your poor forever.
- 20 Look upon Your covenant,
for earth's dark places are filled with houses of iniquity.
- 21 Do not Let the humbled and the disgraced be turned away;
the poor and needy will praise Your Name.
- 22 Arise, O God, plead Your cause;
remember how You are reproached by the fool all day long.
- 23 Do not forget the cry of Your suppliants;
the arrogance of those who hate You rises to You continually.

Glory...

Psalm 74: "We will confess You, O God"

Song of Victory

The True Judge Who Humbles and Exalts

1 (For the end; do not destroy. A Psalm for a song by Asaph)

- 2 We will confess⁴⁰⁹ You, O God;
we will confess and call upon Your Name.
- 3 I will tell of all Your wonders.
"When I seize the opportune moment, I will judge rightly."

⁴⁰⁶ Swollen rivers: *lit.* rivers (of) Etham. Fathers seem to refer it to the Jordan (Joshua 3:13-17).

⁴⁰⁷ *Variant*: You have made all the beautiful things of the earth.

⁴⁰⁸ Brenton and Fr. Athanasius (Matins of the 3rd Sunday of Pashons) add here "Thy creation"

⁴⁰⁹ [JS] or "give thanks to You" or "thankfully confess you with praise"

- 4 The earth and all its inhabitants melted;
it is I who made its pillars firm.” *(Pause)*
- 5 I said to those who break the Law, “Do not break the Law,”
and to those who sin, “Do not exalt yourselves;
- 6 Do not exalt yourselves on high;
and speak injustice against God.”
- 7 For judgment does not come from the East nor the West⁴¹⁰,
nor from the desert mountains—
- 8 for God is judge;
He humbles one and exalts another.
- 9 For there is a cup in the hand of the Lord,
of strong wine, fully mixed,
and He tipped it from side to side,
but its dregs were not emptied out;
all the sinners of the earth will drink of them.
- 10 But I will rejoice forever,
I will sing praises to the God of Jacob.
- 11 I will crush all the power⁴¹¹ of sinners,
but the power of the righteous man will be exalted.

Psalm 75: “God is known in Judah; His Name is great is Israel”

Song of Victory

God is Terrible to the Proud but He Saves the Humble

- 1 *(For the end; among hymns. A Psalm by Asaph. An ode to the Assyrian)*
- 2 God is known in Judah;
His Name is great in Israel.
- 3 His sanctuary was in peace,⁴¹²
and His place of dwelling was in Zion.
- 4 He broke the power of the bows,
the shield, and the sword, and war there.⁴¹³ *(Pause)*

⁴¹⁰ [JS] literally “from egress nor from setting” (NETS). OSB has “from the sunrise nor the sunset.”

⁴¹¹ [JS] literally “horn”, here and below.

⁴¹² sanctuary: *lit.* place; Cf. Psalm 131:5 and footnote there. Cf. 72:3.

⁴¹³ Cf. Ps. 45:10; Is. 2:4; 11:9; 65:25; Hos. 2:18; Zac. 9:10.

- 5 You enlighten wondrously
from the eternal mountains.⁴¹⁴
- 6 All the foolish in heart were troubled;
they sleep their sleep,
and none of the men of wealth
find anything in their hands.
- 7 At Your rebuke, O God of Jacob,
Those mounted on fell asleep.
- 8 You are awesome! who can stand against You
when Your anger is roused?
- 9 You made judgment to be heard from heaven;
the earth was afraid and kept silent,
- 10 when God arose for judgment,
to save all the meek of the earth. (*Pause*)
- 11 For the thought of man will confess to You,
and the remnant of his thought will keep feast to You.⁴¹⁵
- 12 Make vows, and pay to the Lord our God;
all around Him will bring gifts
- 13 to the awesome One, He who takes away the spirits of rulers,
To the awesome One among the kings⁴¹⁶ of the earth.

Psalm 76: “I cry to the Lord with my voice”

Remembrance of God’s Saving Acts

Changes Doubt into Triumphant Faith

1 (*For the end; concerning Jeduthun. A Psalm by Asaph*)

- 2 I cry to the Lord with my voice,
I cry to God with my voice and He attended to me.

⁴¹⁴ Sinai and Zion, Moses and Christ, the Law and the Gospel enlighten the earth.

⁴¹⁵ ‘Every thought will be confessed to God at judgment. *The remains of thought* is thought brought to purity by what is left of the grace of choice. So far as thought is pure, it shares Your festivity. (St Athanasius. Cf. 1 Cor. 5:8); *Heb.* Surely the wrath of man will praise you.

⁴¹⁶ tyrants: *or* kings.

- 3 In the day of my affliction I sought God,
with my hands uplifted to Him in the night,
and I was not deceived;
my soul refused to be comforted.
- 4 I remembered God and was glad;
I pondered, and my spirit discouraged. *(Pause)*
- 5 My eyes were preoccupied with all the watches [of the night]⁴¹⁷;
I was troubled and did not speak.
- 6 I considered the days of old,
and remembered the years of past ages.
- 7 I meditated at night and communed with my heart,
and my spirit searched:
- 8 Will the Lord reject us forever
and never again be favorable?
- 9 Or will He completely cut off His mercy
from generation to generation?
- 10 Or will God forget to be compassionate?
Or will He withhold His compassion in His wrath? *(Pause)*
- 11 And I said, “Now I begin to understand;
this change is by the right hand of the Most High!”
- 12 I will remember the works of the Lord,
for I will remember Your wonders of old.
- 13 And I will meditate on all Your works,
and reflect on Your ways.
- 14 O God, Your way is what is holy.
Who is so great a god as our God?
- 15 You are the God Who does wonders;
You have made Your power known among the peoples.
- 16 You redeemed Your people,
the sons of Jacob and Joseph, with Your arm. *(Pause)*
- 17 The waters saw You, O God;
the waters saw You and were afraid,
the depths were troubled.

⁴¹⁷ [JS] OSB has, “I stayed awake *through* all the watches of the night”

- 18 The roar of the waters was great;
the clouds gave a clap⁴¹⁸,
for Your bolts⁴¹⁹ passed through them.
- 19 The clap⁴²⁰ of Your thunder was in the circuit [of the earth];
Your lightnings gave light to the world;
the earth shook and trembled.
- 20 [O God,]⁴²¹ Your ways are in the sea,
and Your paths in many waters;
and Your footsteps will not be known.
- 21 You led Your people like sheep
by the hand of Moses and Aaron.

Glory...

Kathisma 11

Psalm 77: “Attend, O my people, to my law”

The History of Israel: God’s Goodness and Man’s Badness

Handing on the Truth from Generation to Generation

1 (*Of Contemplation. By Asaph*)

Attend, O my people, to my law;
incline your ears to the words of my mouth.

2 I will speak my mind in parables;⁴²²
I will utter things hidden since creation.

3 All that we have heard, and known,
which our fathers have told us,
has not been hidden from their children

⁴¹⁸ [JS] literally, “their voice”

⁴¹⁹ [JS] literally, “arrows”

⁴²⁰ [JS] literally, “voice”

⁴²¹ [JS] [] found in Coptic, in the Vespers Gospel of the Third Sunday of Tobi.

⁴²² The Word Who is the open door and light and key to the riddles of the universe quotes the first line of this verse verbatim and the second line with slight verbal changes thus (Matt. 13:35):

‘I will speak My mind in parables,
divulge secrets hidden since creation’ (cf. Rev. 3:14).

- 4 from one generation to another;
as they keep telling of
the praises of the Lord,
and His mighty acts,
and the wonders He has done.
- 5 He raised up a testimony⁴²³ in Jacob
and appointed a law in Israel,
which He commanded our fathers
to make known to their children,
- 6 that the next generation might know it,
that the children yet to be born
might arise and declare it to their children,
- 7 that they should put their hope in God,
and not forget the works of God,
but seek His commandments,
- 8 that they should not be like their fathers,
a crooked and embittered generation,
a generation that did not set its heart aright,
and whose spirit was not faithful to God.
- 9 The sons of Ephraim, though skilled bowmen,
were turned back in the day of battle.⁴²⁴
- 10 They did not keep God's covenant,
and did not walk in His law.
- 11 They forgot His blessings
and the wonders He had shown them,
- 12 the marvels He worked in the sight of their fathers
in the land of Egypt, in the field of Tanis.
- 13 He divided the sea and led them through;
He held the waters together as though in a wineskin.
- 14 He led them with a cloud by day,
and all night long by the light of a fire.
- 15 He split a rock in the wilderness
and gave them drink as from a great deep.

⁴²³ The Ark of Witness or Testimony, containing the Law which testified to God's will for men, revealing the way of life (Ex. 25:16; 31:18).

⁴²⁴ Ephraim = Israel (cf. Hos. 7; Num. 14; 1 Sam. 4).

- 16 He brought water from the rock,
and brought down waters like rivers.
- 17 Yet they still continued sinning against Him;
they provoked the Most High in the desert⁴²⁵.
- 18 And they tested God in their hearts
by demanding food for their souls.
- 19 And they spoke against God and said,
“Surely, God will not be able to prepare a table in the wilderness?
- 20 Even though He struck a rock and water gushed out
and brooks⁴²⁶ flooded,
surely He cannot also give us bread,
or prepare a table for His people?”
- 21 So the Lord heard and deferred,⁴²⁷
and a fire was kindled in Jacob,
and wrath mounted against Israel,
- 22 because they did not believe in God,
or put their hope in His salvation.
- 23 Then He commanded the clouds above,
and opened the doors of heaven,
- 24 and rained down manna for them to eat,
and gave them the bread of heaven.
- 25 Man ate the bread of angels;
He sent them food in abundance.
- 26 He took away the south wind from heaven,
and by His power He brought in a southwest wind;
- 27 And He rained flesh on them like dust,
and winged birds like the sand of the seas,
- 28 And they fell in the midst of their camp,
all round their tents.

⁴²⁵ [JS] literally, “a waterless land”

⁴²⁶ [JS] Fr. Athanasius has “and the valleys flowed with water.” “wadis” is probably accurate.

⁴²⁷ He deferred giving them the promised food and the Promised Land.

- 29 So they ate and were well filled,
and He brought them their desire.
- 30 They were not deprived of their desire.
While the food was still in their mouths
- 31 the wrath of God rose against them,
and killed the strongest among them,
and shackled the chosen men of Israel.
- 32 [Yet] amidst all these things they still sinned,
and did not believe in His wonders.
- 33 And their days ended in folly,
and their years with haste.
- 34 When He was killing them, then they sought Him out,
and returned and rose to seek God early;
- 35 and they remembered that God was their helper,
and that the Most High was their redeemer.
- 36 Then they deceived Him with their mouth,
and with their tongue they lied to Him.
- 37 Their heart was not right with Him,
and they were not faithful to His covenant.
- 38 Yet He is compassionate
And will atone for their sins and will not destroy them;
again and again He averted His anger
and did not let His wrath consume them.
- 39 For He remembered that they were flesh,
a breath⁴²⁸ that passes and does not come again.
- 40 How often they rebel against Him in the wilderness
and provoke Him to wrath in the desert!
- 41 And they turned away and tempted God,
and provoked the Holy One of Israel.
- 42 They did not remember His hand,
and the day when He redeemed them
from the hand of the oppressor,

⁴²⁸ [JS] all but NETS choose “spirit” rather than “breath”, which is normally correct, but in this context breath seems to fit much better.

- 43 how He wrought His signs in Egypt,
and His wonders in the field of Tanis,
- 44 and turned their rivers and their rain-water
into blood so that they could not drink.
- 45 He sent them the dog-fly, and it devoured them,
and the frog, and it destroyed them.
- 46 And He gave their crops to the mildew,
and [the fruit of] their labors to the locust.
- 47 He killed their vines with hail,
and their mulberry trees with frost.
- 48 And He gave up their cattle to the hail,
and their property to the fire.
- 49 He sent His anger's wrath among them,
anger and wrath and affliction,
sent through evil angels.
- 50 He gave made a path for His wrath;
He did not spare their souls from death,
And he consigned their cattle to death.
- 51 And He struck every first-born in Egypt,
the first-fruits of their labour in the tents of Ham.
- 52 Then He brought His people out like a herd of sheep,
and led them like a flock in the wilderness.
- 53 And He guided them in hope, and they were not afraid,
but the sea covered over their enemies.
- 54 And He brought them the mountain of His holiness,
to this mountain which His right hand acquired.
- 55 And He drove out nations from before them,
and gave each his share of land as an inheritance,
and settled the tribes of Israel in their tents.
- 56 Yet they tested and provoked the Most High God,
and did not keep His testimonies;

- 57 They turned away and were faithless like their fathers;
they twisted like a crooked bow.
- 58 They provoked Him to anger with their high places,
and moved Him to jealousy with their carved images.
- 59 God heard of it and despised them,
and utterly disdained Israel.
- 60 And He rejected the tabernacle of Shiloh,
His tent where He dwelt among men.
- 61 And He delivered their strength into captivity,
and their beauty into the hands of their enemy.
- 62 And He gave His people over to the sword,
and despised His inheritance.
- 63 Fire consumed their young men,
and their virgins raised no lament.
- 64 Their priests fell by the sword,
and their widows raised no lament.
- 65 Then the Lord awoke as from sleep,
like a strong man drunk⁴²⁹ from wine.
- 66 And He struck His enemies in the rear;
He branded them with eternal disgrace.
- 67 And He rejected the dwelling of Joseph,
and did not choose the tribe of Ephraim,
- 68 He chose the tribe of Judah,
Mount Zion, which He loved.
- 69 And He built His sanctuary like the horn of a unicorn;⁴³⁰
He established it in the earth forever.
- 70 And He chose His servant David,
and took him from his flocks of sheep—
- 71 He took him from behind sheep giving birth
to shepherd Jacob His people,
and Israel His inheritance.

⁴²⁹ [JS] Fr. Lazarus has “recovered from wine”

⁴³⁰ [JS] Fr. Lazarus has “rhinoceros”: “The rhinoceros is an invincible animal, because it has on its forehead a sharp horn with which it kills every beast. So the Psalmist says that when God’s temple was built, all the nations submitted and yielded to the power that dwelt in it” (St Athanasius).

72 And he shepherded them in the innocence of his heart,
and guided them with the wisdom of his hands.

Glory...

Psalm 78: “O God, the nations have come into Your inheritance”

Lament Over the Destruction of Jerusalem

Sin invites Enemies to pour into the Holy City

1 (A Psalm by Asaph)

O God, the nations have come into Your inheritance;
they have defiled Your holy temple;
they have made Jerusalem like a vegetable dump.

2 They left Your servants’ corpses
as food for the birds of heaven,
the flesh of Your saints for the beasts of the earth.

3 They have poured out their blood like water
all round Jerusalem, and there was no one to bury them.

4 We have become a disgrace to our neighbours,
a scorn and a mockery to those around us.

5 How long, O Lord, will You be angry?
Will Your jealousy burn like fire forever?

6 Pour out Your wrath on nations that do not know You,
and on the kingdoms that do not call upon Your Name.

7 For they have devoured Jacob
and laid waste his sanctuary.⁴³¹

8 Do not remember our transgressions of old;
let Your compassion overtake us quickly,
for we have become very poor.

9 Help us, O God, our Saviour;
save us for the [sake of the] glory of Your Name, O Lord,
and forgive our sins for the sake of Your Name,

⁴³¹ sanctuary: *lit.* place. Cf. Psalm 131:5 and footnote there.

10 so that the nations cannot say, “Where is their God?”—
And let vengeance for the outpouring of Your servants’ blood
be known among the nations before our eyes.

11 Let the groaning of the prisoners come before You;
preserve the children of those who have been killed
by the greatness of Your arm.

12 Return the insults with by which our neighbours insult You
sevenfold into their bosom, O Lord.

13 But we, Your people and the sheep of Your pasture,
will confess You openly forever;
we will declare Your praise from generation to generation.

Psalm 79: “Attend, O Shepherd of Israel, Who guides Joseph”

I am the Vine, the True Israel⁴³²

Prayer for the Restoration and Revival of Israel

1 (Over those that are to be changed. A testimony by Asaph. A Psalm for the Assyrian)

2 Attend, O Shepherd of Israel,
Who guides Joseph⁴³³ like a sheep;
Who is enthroned upon the Cherubim⁴³⁴, manifest Yourself⁴³⁵!

3 Raise up Your power before Ephraim and Benjamin and Manasseh,
and come to save us!

4 O God, bring us back,
and let Your face shine⁴³⁶, and we will be saved.

5 O Lord God of hosts,
how long will You be angry with the prayer of Your servant?

6 [How long] will You feed us the bread of tears,
and fill our cup to the brim with tears?

7 You made us an offense to our neighbours,
and our enemies sneered at us.

8 O Lord God of hosts, bring us back,
and let Your face shine [upon us]⁴³⁷, and we will be saved. (*Pause*)

⁴³² John 15.

⁴³³ Joseph = Israel (Gen. 40:23; 48:15; Amos 6:6).

⁴³⁴ 2 Sam. 6:2 (LXX).

⁴³⁵ [JS] or “appear” or “reveal Yourself”

⁴³⁶ [JS] or “reveal Your face”.

- 9 You transferred a vine from Egypt;
You drive out the nations and plant it.
- 10 You cleared the way for it,
and planted its roots, and it filled the land.
- 11 Its shade covered the mountains,
and its tendrils [covered] the cedars of God.
- 12 It stretched out its branches to the sea,
and its shoots to the rivers.
- 13 Why did You tare down its hedge,
so that all who pass that way pluck its fruit?
- 14 The boar from the forest ravaged it,
and the lone beast devoured it.
- 15 O God of hosts, return us;
look from heaven, and behold,
and visit this vine,
- 16 which Your right hand has planted, and restore it;
and look upon a son of man, Whom You have made strong for Yourself.⁴³⁸
- 17 [The vine] was burnt with fire, and uprooted;
they will perish at the rebuke of Your face.
- 18 Let Your hand be upon the man at Your right hand,
and upon the son of man, whom You have made strong for Yourself.
- 19 Then we will never turn away from You [again];
You will revive us and we will call on Your Name.
- 20 O Lord God of hosts, return us,
and let Your face shine, and we will be saved.

Psalm 80: “Rejoice in God our helper”

A Song of Redemption

Open your Mouth Wide and I will Fill you with My Spirit

⁴³⁷ [JS] in Fr. Athanasius’ translation of the Matins Psalm of the 4th Sunday of Tobi.

⁴³⁸ ‘Who is the Son of Man if not our Lord Himself Who so calls Himself in the Gospels?’ (St. Athanasius). But in verse 18 the same title can refer to the human leader building the Temple or Church of God (cf. Ezra 5:2). See Ps. 126 and footnote there.

1 *(For the end; for the Wine Presses. A Psalm by Asaph)*

2 Rejoice in God our helper;
shout for joy to the God of Jacob.

3 Take up a psalm, and sound a drum,
a delightful harp with the lyre.

4 Sound a trumpet at the new moon,
on the high day of our festival,

5 for it is an ordinance for Israel,
And a judgment of the God of Jacob.

6 He made it a testimony in Joseph
when he went out from the land of Egypt;
he heard a tongue which he did not know;⁴³⁹

7 He removed his back from burdens,
where his hands had slaved at the basket.

8 “In affliction you called upon Me,
and I delivered you;
I heard you in a mysterious place of the storm;⁴⁴⁰
I tested you at the water of rebellion. *(Pause)*

9 Hear, O My people, and I testify against you.
O Israel, if only you would hear Me!

10 there will be no new god among you,
you will not worship an alien god.

11 For I am the Lord your God,
Who brought you up from the land of Egypt.
Open your mouth wide, and I will fill it.”

12 But My people did not hear My voice,⁴⁴¹
and Israel paid no attention to Me.

13 So I sent them away because of their hearts’ desires;
They will walk in their practices.

14 If only My people had heard Me,
if Israel had walked in My ways,

⁴³⁹ ‘What tongue? The voice of God’ (St Athanasius).

⁴⁴⁰ Exodus 9:23; 19:16.

⁴⁴¹ ‘You have always been deaf to His voice, blind to the vision of Him’ (Jn. 5:37; cf. Deut. 18:16; Isaiah 48:18).

15 I would have humbled their enemies quickly,
and would have laid My hand on their oppressors.

16 The enemies of the Lord lied to Him,
and their season will be forever.

17 And He fed them with the finest wheat,
and filled them with honey from the rock.

Glory...

Psalm 81: “God stood in the assembly of judges”

The Judge of Judges, King of Kings

The Court of Lords

1 (A Psalm by Asaph)

God stood in the assembly of judges,⁴⁴²
and in their midst He judges rulers., [saying,]⁴⁴³

2 “How long will you judge unjustly,
and favour the sinners? (*Pause*)

3 Give justice to the orphan and poor man;
deal fairly with the lowly and needy.

4 Rescue the poor and needy;
deliver him from the sinner’s hand.

5 They do not know or understand,
they grope about in darkness;
all the foundations of earth will be shaken.⁴⁴⁴

6 I said, “you are gods
and all of you are sons of the Most High.”⁴⁴⁵

7 But you will die like men,
and you will fall like one of the rulers.”

⁴⁴² *Lit.* gods. In the O.T. judges and rulers are called ‘gods’ (= lords) because they act for God and in His name (cf. Ex. 21:6; 22:9,28; Deut. 1:17; 19:17; Ps. 57; John 10:34-35). In verse 6 God says: You are My representatives, clothed with My power, to administer justice to all alike. But your high office is no guarantee of immortality; if you sin. you die (verse 7).

⁴⁴³ See the previous footnote.

⁴⁴⁴ Cf. Isaiah 36:6; 2 Chron. 32:8; 1 Tim. 6:17; Ps. 74:4; Gal. 2:9; 1 Sam. 2:8.

⁴⁴⁵ John 10:34-36.

8 Arise, O God, judge the earth,⁴⁴⁶
for You will inherit all the nations.

Psalm 82: “O God, who can be likened to You”

A Cry for Help Against a World in Arms

Shame inflames to Seek God’s Name

1 *(Song of a Psalm by Asaph)*

2 O God, who can be likened to You?
Do not Be silent or appeased, O God.

3 For behold, Your enemies make a tumult,
and those who hate You raised their heads.

4 They devised wicked plots against Your people,
and conspired against Your saints.

5 They said, “Come, let us destroy them from being a nation,
and let the name of Israel be remembered no more.”

6 For they conspired together with one accord;
they have made a covenant against You—

7 The tents of the Edomites and the Ishmaelites,
Moab and the Hagarites,

8 Gebal and Ammon and Amalek,
and the Philistines with the people of Tyre;

9 even Assyria has jointed them;
they came to support the sons of Lot. *(Pause)*

10 Deal with them as with Midian and Sisera,
As with Jabin at the Brook of Kishon;

11 They were destroyed at Endor;
they became like dung for the earth.

12 Make their rulers like Oreb and Zeb,
and all their rulers like Zebah and Zalmunna,

13 who said, “Let us take for ourselves
the sanctuary of God.”

⁴⁴⁶ This prayer is already answered (John 3:18; 9:39; 12:31; Acts 17:31).

- 14 O my God, make them like a whirl of dust,
like straw in the wind,
- 15 like fire that burns through a forest,
like a flame that sets mountains ablaze;
- 16 thus You will pursue them with Your tempest,
and [You will] dismay them with Your wrath.
- 17 Fill their faces with disgrace,
and they will seek Your Name, O Lord.
- 18 Let them be disgraced and dismayed to the age of ages,
let them be shamed and perish.
- 19 And let them know that Your Name is the Lord,
that You alone are the Most High over all the earth.

The second group of the Psalms of the Sons of Korah (Psalms 83 – 87, excluding 85) begins here.

Psalm 83: “How I love Your dwellings, O Lord of Hosts”

The Grace and Glory of God’s House

A Pilgrim’s Love Song and Act of Faith

The Psalms of Noon (The Sixth Hour), page 70.

1 (For the wine presses. A Psalm for the sons of Korah)

2 How I love⁴⁴⁷ Your dwellings, O Lord of Hosts!

3 My soul longs and faints for the courts of the Lord,
my heart and my flesh rejoice in the living God.

4 For even the sparrow finds a home,
and the turtledove a nest for herself;
where she may lay her young:
Your altars, O Lord of Hosts,
my King and my God.

5 Blessed are those who dwell in Your house;
they will praise You forever and ever. *(Pause)*

⁴⁴⁷ *Lit.* ‘How beloved are Your dwellings.’

6 Blessed is the man whose help is from You, O Lord;
he arranged in his heart to ascend

7 in the valley of tears, into the place he appointed;⁴⁴⁸
for there the Lawgiver will give blessings.

8 They will go from strength to strength;
The God of gods will be seen in Zion.

9 O Lord God of Hosts, hear my prayer;
give ear, O God of Jacob. *(Pause)*

10 Behold, O God, our protector,
and look on the face of Your Christ⁴⁴⁹.

11 For one day in Your courts is better than thousands without.⁴⁵⁰
I [would] choose to be cast aside
in the house of my God
rather than dwell in the tents of sinners.

12 For the Lord loves mercy and truth;
He will give grace and glory.
The Lord will not withhold good things
from those who walk in innocence.

13 O Lord God of Hosts,
blessed is the man who hopes in You.

Alleluia. The Psalms of Noon (The Sixth Hour) continue with Psalm 84:” O Lord, You were pleased with Your land”, page 210.

Psalm 84:” O Lord, You were pleased with Your land”

Praise, Prophecy and Prayer for Conversion

The Glory of God’s Presence and Reign of Peace

The Psalms of Noon (The Sixth Hour), page 70. Reserved for the Presbyter, if present.

1 (For the end; a Psalm for the Sons of Korah)

2 O Lord, You were pleased with Your land;
You turned back the captivity of Jacob.

⁴⁴⁸ Man has made a mess of the earth (Gen. 3; Isaiah 24:4-6 etc.)

⁴⁴⁹ [JS] or “anointed”

⁴⁵⁰ Cf. Lk. 13:25; Mk. 4:11; Col. 4:5; Rev. 22:15.

3 You have forgiven the iniquity⁴⁵¹ of Your people;
You have covered all their sins.⁴⁵² (*Pause*)

4 You put a stop to all Your wrath;
You turned away the heat of Your anger.

5 Turn⁴⁵³ us, O God of our salvation,
and turn away Your anger from us.

6 Will You be angry with us forever,
or prolong Your anger from generation to generation?

7 O God, You will turn us and revive us,
and Your people will be glad in You.

8 Show us Your mercy, O Lord,
and grant us Your salvation.

9 I will hear what the Lord God will speak within me;
for He will speak peace to His people, to His saints,
and to those who turn their hearts to Him.

10 For His salvation is near those who fear Him,
that His glory may dwell in our land.

11 Mercy and truth have met together;
righteousness and peace have kissed [each other].

12 Truth has sprung⁴⁵⁴ from the earth,
and righteousness has looked down from heaven.

13 For the Lord will give goodness,
and our land will yield its fruit.

14 Righteousness will go before Him,
and will set His footsteps on the way.

Alleluia. The Psalms of Noon (The Sixth Hour) continue with Psalm 85: "Incline Your ear, O Lord, and hear me", page 212.

Glory...

⁴⁵¹ [JS] or "transgressions"

⁴⁵² God is love. Love covers all sins (see 1 Jn. 4:16; 1 Pet. 4:8; Prov. 10:12; Jas. 5:20; Lk. 7:47).

⁴⁵³ [JS] Fr. Lazarus has, "convert us"

⁴⁵⁴ [JS] or "sprouted"

Kathisma 12

Psalm 85: “Incline Your ear, O Lord, and hear me”

A Song of the Lamb: Prayer for Joy as Proof of God’s Grace

Prophecy that All Nations will Worship and Glorify Him

The Psalms of Noon (The Sixth Hour), page 70. The Psalms of the Veil, page 29. The Psalms of the Beginning of Watches, page 34.

1 (*A Psalm by David*)

Incline Your ear, O Lord, and hear me,
for I am poor and needy.

2 Preserve my soul, for I am holy;⁴⁵⁵
save Your servant, O my God, who hopes in You.

3 Have mercy on me, O Lord,
for I will cry to You all day long.

4 Gladden the soul of Your servant,
for I lift my soul to You, O Lord.⁴⁵⁶

5 For You, O Lord, are kind and gentle,
and abounding in mercy to all who call on You.

6 Give ear, O Lord, to my prayer,
and attend to the cry⁴⁵⁷ of my supplication.

7 I will cried to You in the day of my affliction,
for You heard me.

8 There is none like You among the gods, O Lord,
and [there are] no works like Yours.

9 All the nations[, which] You have made,
will come and worship⁴⁵⁸ You, O Lord,
and they will glorify Your Name.⁴⁵⁹

10 For You are great, and work wonders;
You alone are the great God.

⁴⁵⁵ holy: cf. 1 Cor. 3:16,17; 6:15-19; Heb. 3:1; 12:10; 1 Pet. 1:15,16; 2 Pet. 1-4.

⁴⁵⁶ Powers of the soul are will, desire, intellect, understanding, memory, imagination.

⁴⁵⁷ [JS] literally, “voice”

⁴⁵⁸ [JS] Literally, “do obeisance”, i.e. physically bow down

⁴⁵⁹ ‘The song of the Lamb.’ (Rev. 15:3-5; John 12:32).

- 11 Guide me, in Your way, O Lord,
and I will walk in Your truth;
let my heart be glad to fear Your Name.
- 12 I will confess⁴⁶⁰ You, O Lord my God, with my whole heart,
And I will glorify Your Name forever,
- 13 for Your mercy towards me is great,
and You have rescued my soul from the deepest Hades.
- 14 O God, the transgressors⁴⁶¹ have risen against me,
and an assembly⁴⁶² of violent men have sought my soul,
and did not set You before them.
- 15 But You, O Lord God, are compassionate and merciful⁴⁶³,
longsuffering, plenteous in mercy, and true.
- 16 Look upon me and have mercy on me;
give Your strength to Your servant,
and save the son of Your handmaid.
- 17 Work a sign for good in my midst,
and let those who hate me see it and be ashamed,
because You, O Lord, have helped me and comforted me.

The Psalms of Noon (The Sixth Hour) Psalm 86: "His foundations are on the holy mountains", page 213.
The Psalms of the Veil and The Psalms of Midnight (The Beginning of Watches) continue with Psalm 90:
"He who dwells in the help of the Most High", page 221.

Psalm 86: "His foundations are on the holy mountains"

The Celestial City of God, Mother of All Nations

The Kingdom of Righteousness, Peace and Joy

The Psalms of Noon (The Sixth Hour), page 70.

1 (For the sons of Korah. The Psalm of a song)

His foundations are on the holy mountains;

⁴⁶⁰ [JS] Or "I will give thanks to You," or "I will thankfully confess You with praise"

⁴⁶¹ [JS] or "lawless"

⁴⁶² [JS] Or, "band", "gathering", or "synagogue"

⁴⁶³ [JS] or "pitiful", or "full of pity", but that has a different connotation in English today.

- 2 The Lord loves the gates of Zion⁴⁶⁴
more than all the dwellings of Jacob.
- 3 Glorious things are spoken of you, O city of God. *(Pause)*
- 4 I will mention Rahab⁴⁶⁵ and Babylon to those who know me;
and behold, foreigners, and the people of Tyre and Ethiopia—
these were born there.
- 5 A man will say, “Mother Zion,”⁴⁶⁶
and, “a man was born in her,”⁴⁶⁷
for the Most High Himself has founded her.⁴⁶⁸
- 6 The Lord will recount it in a record of the peoples
and rulers who were born in her. *(Pause)*
- 7 How glad are all have their dwelling in you!⁴⁶⁹

Alleluia. The Psalms of Noon (The Sixth Hour) continue with Psalm 90: “He who dwells in the help of the Most High”, page 221.

Psalm 87: “O Lord, God of my salvation”

Contemplation of Christ Suffering and Praying

A Prayer in the Depths of Distress

1 (Psalm of a song for the sons of Korah; for the end; for Mahalath to sing responsively; of Contemplation; by Heman the Israelite)

- 2 O Lord, God of my salvation,
I cry before You day and nigh.
- 3 Let my prayer come before You;
incline Your ear to my supplication[, O Lord].
- 4 For my soul is full of troubles,
and my soul draws near to Hades;

⁴⁶⁴ Zion is a type of the Church; the dwellings of Jacob signify life under the law (cf. St. Athanasius). Happy are they who are born of water and the Spirit and whose home is the heavenly Zion! (cf. Jn; 3:3-5). See also Ps. 136 and footnotes. ‘His foundations’ (Ephes. 2:20; Isaiah 28:16).

⁴⁶⁵ Rahab (*Heb.*) = Pride. Mythical monger of chaos at creation (Job 24:12) and at redemption from Egypt (Is. 51:9). Poetic synonym for Egypt (Is. 30:7).

⁴⁶⁶ [JS] or “Mother Zion will say,”

⁴⁶⁷ [JS] Coptic has, “that a man and a man dwelt in her”

⁴⁶⁸ [JS] Coptic has, “established her forever”

⁴⁶⁹ ‘Whatever God now gives us, He himself will be to us in place of His gift.... Our joy, our peace, our rest, the end of all our troubles, is none but God’ (St. Augustine). [JS] or “As it were, the dwelling of all who rejoice is in Thee” See Pashosn 1, Vespers.

- 5 I am counted among those who go down into the pit;
I have become like a helpless man, free among the dead⁴⁷⁰,
- 6 like slain men lying asleep in a grave,
whom You remembered no more,
and they were removed from Your hand.
- 7 They laid me in the deepest pit,
in dark places and in the shadow of death.
- 8 Your wrath was fixed upon me,⁴⁷¹
and You brought all Your waves⁴⁷² upon me. (*Pause*)
- 9 You put away my acquaintances far from me;
they made me an abomination to themselves;
I was handed over and could not walk away.
- 10 My eyes weakened from poverty,
O Lord, I cry to You all day,
I stretch out my hands to You.
- 11 Will You work wonders among the dead?
Or will physicians raise them up and will they⁴⁷³ confess⁴⁷⁴ You?
- 12 Will anyone in the grave declare Your mercy
and Your truth in destruction?
- 13 Will Your wonders be known in the darkness,
and Your righteousness in the forgotten⁴⁷⁵ land?
- 14 But I cry to You, O Lord,
and my prayer will come before You in the morning.
- 15 Why, O Lord, do You reject my soul,
and turn Your face [away] from me?
- 16 I am poor and in troubles from my youth,
and after being exalted, I am humbled and perplexed.

⁴⁷⁰ [JS] or, “corpses”

⁴⁷¹ ‘The Lord suffered, not for His own sake, but for ours... He suffered *for us*, and bore in Himself the wrath that was the penalty of our sin’ (St. Athanasius).

⁴⁷² [JS] or “billows”

⁴⁷³ [JS] “they” refers to “the dead”, not to “physicians”

⁴⁷⁴ [JS] or “acknowledge You,” or “praise You,” or “thankfully confess You with praise”

⁴⁷⁵ [JS] Fr. Lazarus has “the land of oblivion”. Being forgotten by God means death, being remembered by God means life.

17 Your wrath has swept over me,
and Your terrors troubled me greatly.

18 They surround me like water all day long,
they closed in on me at once.

19 You have put my friend and neighbour,
and my acquaintances far from me because of my misery.

Glory...

Psalm 88: “I will sing of Your mercies, O Lord, forever”

The Glorious Promises of God: The Eternal Covenant

The Eternal Reign Planned for the Son⁴⁷⁶

1 (Of contemplation. By Ethan the Israelite)

2 I will sing of Your mercies, O Lord, forever;
I will proclaim Your truth with my mouth from generation to generation.

3 For You said, “Mercy shall be built up forever.”⁴⁷⁷
Your truth will be prepared in the heavens.

4 I made a covenant with My chosen ones,
I swore to My servant David,

5 ‘I will prepare your Son⁴⁷⁸ forever⁴⁷⁹,
and build up your throne from generation to generations⁴⁸⁰.’ (Pause)

6 The heavens will confess⁴⁸¹ Your wonders, O Lord,
indeed, Your truth in the Church of the Saints⁴⁸².

7 For who in the clouds can equal the Lord?
And who among the sons of God can be compared with the Lord?

8 God is glorified in the council of saints,
great and awesome to⁴⁸³ all those around Him.

⁴⁷⁶ ‘No eye has seen, no ear has heard... what God has planned for His lovers’ (1 Cor. 2:9).

⁴⁷⁷ ‘God’s mercy is the salvation and grace granted by Christ’ (St. Athanasius).

⁴⁷⁸ Son: *lit.* ‘seed’. God will prepare the son of David to be the Messiah King.

⁴⁷⁹ [JS] Fr. Lazarus has, “for an eternal reign”

⁴⁸⁰ [JS] Fr. Lazarus has, “for all generations.”

⁴⁸¹ [JS] in this case, most translations agree on “confess,” “acknowledge,” or “declare.” But Fr. Lazarus renders it “praise,” and it is the same word thought noted to mean something along the sense of “thankfully confess with praise,” which most translations render “give thanks” in most cases..

⁴⁸² [JS] literally, “an assembly of holy ones”

⁴⁸³ [JS] Fr. Athanasius and Fr. Lazarus have, “above”

- 9 O Lord, God of Hosts, who is like You?
You are powerful, O Lord, and Your truth is around You.
- 10 You rule the might of the sea,
You calm the surging of its waves.
- 11 You humble the proud like wounded men;
You scatter Your enemies with the arm of Your power.
- 12 The heavens belong to You, and the earth is Yours;
You founded the world and all that is in it.
- 13 You created the north⁴⁸⁴ and the seas;⁴⁸⁵
Tabor and Hermon will rejoice in Your Name.
- 14 Your arm rules with power;
let Your hand be strong, let Your right hand be exalted.
- 15 Righteousness and judgment are the foundation of Your throne;
mercy and truth will go before Your presence⁴⁸⁶.
- 16 Blessed are the people who know the festal shout;
They walk, O Lord, in the light of Your face⁴⁸⁷,
- 17 and they will rejoice in Your Name all day long,
and they will be exalted in Your righteousness.
- 18 For You are the boast of their power,
and our horn will be exalted⁴⁸⁸ in Your good pleasure.
- 19 For our protection is from the Lord,
and from the Holy One of Israel, our King.
- 20 Then You spoke to Your saints in a vision⁴⁸⁹
and say, "I have laid help upon a mighty one;
I have exalted one chosen from My people.
- 21 I have found David, My servant;
I have anointed him with My holy oil.

⁴⁸⁴ [JS] OSB inserts "wind" here.

⁴⁸⁵ "This means the four parts of the globe: North means the land of the midnight sun; sea means the West" (St. Athanasius).
On the West of Palestine lies the Mediterranean sea, so the Bible calls the West the Sea.

⁴⁸⁶ [JS] Fr. Lazarus has, "will pave the way for Your presence"

⁴⁸⁷ [JS] or "face"

⁴⁸⁸ [JS] Fr. Lazarus has "we are raised to power"

⁴⁸⁹ Cf. 2 Samuel 7:4-17; 1 Chron. 17:3-14.

- 22 For My hand will support him,
and My arm will strengthen him.
- 23 The enemy will not get the better of him,
and the son of iniquity⁴⁹⁰ will do him no harm.
- 24 And I will cut down his enemies before his face,
and rout those who hate him.
- 25 My truth⁴⁹¹ and My mercy shall be with him,
and in My Name he will be raised to power⁴⁹².
- 26 I will set his hand in the sea⁴⁹³,
and his right hand in the rivers.
- 27 He will call on Me, “You are my Father,
my God, and the support of my salvation!”
- 28 And I will make him My firstborn,⁴⁹⁴
high above the kings of the earth.
- 29 I will keep My mercy for him forever,
and My covenant will stand firm with him.
- 30 And I will establish his seed⁴⁹⁵ unto the ages of ages
and his throne as the days of heaven.
- 31 If his sons forsake My law
and do not walk by My judgments,
- 32 if they profane My statutes
and do not keep My commandments,
- 33 I will visit their transgressions with a rod,
and their sins with scourges;
- 34 Yet I will not turn away My mercy from him,
nor act unjustly with My truth,⁴⁹⁶
- 35 nor will I violate My covenant,
or set aside the things that have proceeded from My lips.

⁴⁹⁰ [JS] or “lawlessness,” or “transgression

⁴⁹¹ [JS] Coptic has “faithfulness”. See Matins of Mesori 3

⁴⁹² [JS] literally, “his horn will be exalted”

⁴⁹³ [JS] Fr. Lazarus has, “I will extend his power over the sea”

⁴⁹⁴ *Firstborn* = Christ in David. Cf. Heb. 1:6; Rom. 8:29; Col. 1:13-18; Rev. 1:5; 3:14; Matt. 1:25; Exod. 4:22; Heb. 12:23.

⁴⁹⁵ [JS] Fr. Lazarus renders this, “dynasty”

⁴⁹⁶ In Hebrew thought, truth, troth and fidelity are inseparable concepts. To be true is to be faithful. True life is the relationship of obedient and mutual love (Jn. 14:15; 15:10; Mk. 3:35).

- 36 Once for all I have sworn by My holiness⁴⁹⁷,
that I will not lie to David:
- 37 His seed will remain forever,
and his throne as [long as] the sun before Me,
- 38 and like the moon, established forever,
like the faithful witness in heaven.”⁴⁹⁸ (*Pause*)
- 39 But You have spurned and rejected;
You have rejected Your Christ⁴⁹⁹.
- 40 You overturned the covenant with Your servant,
and defiled his sanctuary to the ground.
- 41 You broke down all his defences,
and put cowardice in his strongholds.
- 42 All who pass by plundered him;
he was a disgrace to his neighbours.
- 43 You exalted the right hand of his enemies;
You gladdened all his adversaries.
- 44 You turned away the help of his sword,
and did not supported him in battle.
- 45 You deprived him of purification;
You smashed his throne to the ground.
- 46 You shortened the days of his time;
You covered him with shame. (*Pause*)
- 47 How long, O Lord, will You completely turn away?
Will Your wrath burn like fire forever?
- 48 Remember what my substance is.
Have You created all the children of men in vain?
- 49 Who is the man who will live and not see death,
who can deliver his soul from the hand of Hades? (*Pause*)

⁴⁹⁷ [JS] or “in my holy place”

⁴⁹⁸ Rev. 1:5; 3:14.

⁴⁹⁹ [JS] “anointed”

50 Where are Your mercies of old, O Lord,
which You swore to David by Your truth?

51 Remember, O Lord, the reproach against Your servants,
which I bore in my bosom, the reproach of many nations,

52 with which Your enemies reproached us, O Lord,
with which they reproach the redemption of Your Christ⁵⁰⁰.

53 Blessed be the Lord forever. Amen! Amen!⁵⁰¹

Glory...

Book IV of the Psalms (Psalms 82 – 105) begins here.

Psalm 89: “Lord, You have been our refuge from generation to generation”

God our Home and Refuge: Prayer for Guidance and Radiance

Dying Creatures, Dying Comforts

1 (A Prayer of Moses, the Man of God)

Lord, You have been our refuge
from generation to generation.

2 Before the mountains came to be made
or the earth and the world were formed,
from everlasting to everlasting, You are.

3 Do not turn back man to humiliation.
You said, “Return, sons of men,”

4 for a thousand years in Your sight are [like a single day],
like yesterday which has come and gone,
like a watch in the night.

5 Years will be scorned by them;
In the morning it may pass away like grass;

6 In the morning it may blossom, then pass away;
by evening it may fail, grows hard and wither.

⁵⁰⁰ [JS] OSB has, “wherewith they scored the change of Your anointed.” NETS has, “with which they reproached what had been exchanged for your anointed.”

⁵⁰¹ [JS] “So be it! So be it!” or “May it be! May it be!”

- 7 For we perished⁵⁰² in Your wrath,⁵⁰³
and we were troubled by Your anger.
- 8 You set our transgressions before You,
our lives became an illumination of Your face.
- 9 For all our days failed,
and we perished in Your wrath;
Our years may be considered a cobweb.
- 10 The days of our lives are seventy years,
if we are strong, eighty years,
and most of them are toil and pain,
for meekness came upon us,
and we will be disciplined⁵⁰⁴.
- 11 Who knows the power of Your wrath,
and who knows Your anger by Your fear?
- 12 So make Your right hand known to us,
and our hearts may be disciplined with wisdom.⁵⁰⁵
- 13 Return, O Lord! How long?
And be entreated concerning Your servants.
- 14 We were filled with Your mercy in the morning,
and we will rejoice and be glad all our days.
- 15 Gladden us for the days in which You humbled us,
for the years in which we saw evils.
- 16 And look upon Your servants and Your works,
and guide their sons.
- 17 And may the radiance of the Lord our God be upon us,
and prosper the work of our hands.

Psalm 90: “He who dwells in the help of the Most High”

God a Mother Bird

⁵⁰² [JS] or “expired”

⁵⁰³ From Egypt to the Promised Land was only a matter of days (Dt. 1:2), yet Israel wandered for 40 years and most of them died in the wilderness without entering it. So we today wander in the wilderness of unbelief and disobedience without entering by faith and love into the rest and resources of the Kingdom (Heb. 4; Num. 14:26-35).

⁵⁰⁴ [JS] or “chastened”

⁵⁰⁵ Make known to me Christ the Wisdom and Power of God (1 Cor. 1:24), and make known to me Your Saints whose hearts are disciplined by Him (cf. St. Athanasius).

A Colloquy: Security of the Divine Protection

The Psalms of Noon (The Sixth Hour), page 70. The Psalms of the Veil, page 29. The Psalms of the Beginning of Watches, page 34.

1 (*The Praise of a Song. By David*)

He who dwells in the help⁵⁰⁶ of the Most High,
will live in the shelter of the God of Heaven.

2 He will say to the Lord,
“You are my Protector and my Refuge—
my God, and I will hope in Him,

3 for He will deliver me from the snare of the hunters,
and from a troublesome word.”

4 He will overshadow you with His shoulders,
and you will hope under His wings;
His truth will surround you with a shield.

5 You will not be afraid of any terror by night,
nor of the arrow that flies by day,

6 [nor] of things that move in darkness,
[nor] of accident, or the noonday demon.

7 A thousand will fall at your side,
and ten thousand at your right hand,
but it will not come near you;

8 you will only behold with your eyes,
and you will see the reward of sinners.

9 For You, O Lord, are my hope;
You made the Most High Your Refuge.

10 No evil will come to you,
and no scourge will come near your dwelling,

11 for He will command His Angels
to guard you in all your ways;

12 They will bear up you in their hands,
lest you strike your foot against a stone;⁵⁰⁷

⁵⁰⁶ That is, in the Kingdom (1 Cor. 4:20).

⁵⁰⁷ Verses 11 and 12 were quoted by Satan to tempt Christ (Matt. 4:6; Lk. 4:10).

13 You will tread upon the asp and the basilisk,
you will trample⁵⁰⁸ the lion and the dragon⁵⁰⁹ underfoot.

14 “Because he has hoped in Me, I will deliver him;
I will protect him, because he has known My Name.

15 He will call upon Me, and I will hear him;
I am with him in affliction,
and I will deliver him and glorify him.

16 I will satisfy Him with length of days,
and show him My salvation.

Alleluia. The Psalms of Noon (The Sixth Hour) continue with Psalm 92: “The Lord is reigns, He is robed in majesty”, page 224. The Psalms of the Veil continue with Psalm 96: “The Lord reigns, let the earth rejoice”, page 230. The Psalms of Midnight (The Beginning of Watches) continue with Psalm 116: “Praise the Lord, all you nations”, page 264.

Glory...

Kathisma 13

Psalm 91: “It is good to confess the Lord”

Praise and Thanksgiving of a Good and Happy Man

Singing Creation prompts a Singing Heart

1 *(Psalm of a song for the day of the Sabbath)*

2 It is good to confess⁵¹⁰ the Lord,
and to sing [praises] to Your Name, O Most High,

3 to proclaim Your mercy in the morning,
and Your truth every night,

4 on a ten stringed harp,
with a song⁵¹¹ on the lyre.

5 For You, O Lord, have made me glad by Your works,
and I will rejoice at the works of Your hands.

⁵⁰⁸ [JS] Coptic may mean “bruise” rather than “trample”

⁵⁰⁹ dragon: *or* serpent.

⁵¹⁰ [JS] or “to give thanks to the Lord,” or “to thankfully confess the Lord with praise”

⁵¹¹ [JS] Or “ode”

- 6 How magnificent are Your works, O Lord!
Your thoughts are very deep!
- 7 A foolish man will not know these things,
and a stupid man will not understand them.
- 8 when sinners spring up like grass,
all the lawless show their faces,
that they may be destroyed unto ages of ages⁵¹².
- 9 But You are Most High forever, O Lord,
- 10 for, behold, Your enemies, O Lord,
behold, Your enemies will perish,
and all the lawless will be scattered.
- 11 But You give me the strength of a rhinoceros⁵¹³,
and finest oil⁵¹⁴ to refresh my old age.
- 12 And my eye looks at my enemies,
and my ear will hear evildoers who rise up against me.
- 13 The righteous will flourish like a palm tree,
and will increase like a cedar in Lebanon.
- 14 Those who are planted in the house of the Lord⁵¹⁵
will flourish in the courts of our God.
- 15 They will still bear fruit⁵¹⁶ in a ripe⁵¹⁷ old age,
and will be prospering
- 16 so as to proclaim, “the Lord my God is upright,
and that there is no injustice in Him.”

Psalm 92: “The Lord is reigns, He is robed in majesty”

Rivers of Living Water⁵¹⁸

Praise of God Reigning in the Beauty of Holiness

The Psalms of Noon (The Sixth Hour), page 70. Reserved for the Presbyter, if present.

⁵¹² [JS] or “forever and ever.”

⁵¹³ [JS] literally, “And my horn will be exalted like a unicorn’s”

⁵¹⁴ [JS] finest oil: or “thick oil”, i.e. “rich mercy”. To refresh: It is literally just “and my old age with thick oil,” probably, “and my old age will be blessed with rich mercy.”

⁵¹⁵ House—Home, Family, Church, Kingdom: where God’s will is done (1 Tim. 3:15; Heb. 3:2-6; Lk. 2:49; Mt. 6:10).

⁵¹⁶ [JS] literally “still increase”

⁵¹⁷ [JS] literally, “rich” or “prosperous”

⁵¹⁸ John 7:38.

1 (*For the day before the Sabbath, when the earth was settled. The Praise of a Song by David*)

The Lord reigns, He is robed in majesty;
The Lord robed and girded Himself with power⁵¹⁹;
Indeed, He made the world firm, that it will not be shaken.

2 Your throne is prepared from of old,
You are from everlasting.

3 The rivers have lift [themselves]⁵²⁰ up, O Lord,
the rivers lift up their voices;

4 Because of the voices of their many waters,
the billows of the sea are marvelous;
the Lord on high is wondrous!

5 Your testimonies are very sure;
Holiness befits Your house, O Lord, unto length of days⁵²¹.

Alleluia. The Psalms of Noon (The Sixth Hour) are completed.

Psalm 93: “The Lord is a God of vengeance”

God the Just Judge: His Judgments are His Appearances

The Blessing of God’s Correction and Training

1 (*A Psalm by David for the fourth day of the week*)

The Lord is a God of vengeance;⁵²²
the God of vengeance declared Himself openly.

2 Arise, O Judge of the earth!
Give the proud their reward.

3 How long will sinners, O Lord,
how long will sinners boast?

4 How long will they utter and speak injustice?
How long will all the lawless speak?

⁵¹⁹ Coptic has “it” here, and “beauty” in place of majesty.

⁵²⁰ [JS] Found in Coptic, Vespers of the 5th Sunday at the end of the year

⁵²¹ [JS] or “forever”

⁵²² justice: *or* vengeance. Vengeance left to God culminates in Christ’s Passion. Cf. Deut. 32:35; Heb. 10:30; Rom. 3:5; 12:19.

- 5 They humbled Your people, O Lord,
and wronged Your inheritance.
- 6 They killed the widow and the stranger⁵²³,
and murdered the orphans.
- 7 And said, “The Lord will not see;
the God of Jacob will not understand.”
- 8 Understand, you fools among the people,
and think, you stupid ones, for once!
- 9 He Who planted the ear, does He not hear?
Or He Who formed the eye, does He not see?
- 10 He Who disciplines the nations, will He not chastise?
He Who teaches man knowledge?
- 11 The Lord knows the thoughts of men,
[He knows] that they are vain.⁵²⁴
- 12 Blessed is the man whom You discipline, O Lord,
and [whom You] teach from Your law,
- 13 to calm him in evil days,
until the pit is dug for the sinner,
- 14 For the Lord will not reject His people,
or abandon His inheritance
- 15 until His righteousness turns into judgment,
and all the upright in heart possess it. (*Pause*)
- 16 Who will rise up for me against the wicked?
Or Who will stand by me against the workers of iniquity?
- 17 If the Lord had not helped me,
my soul would almost sojourned in Hades.
- 18 If I said, “My foot slipped,”
Your mercy, O Lord, helped me.
- 19 According to the abundant grief in my heart,
Your consolations loved my soul.

⁵²³ [JS] resident alien

⁵²⁴ Cf. 1 Cor. 3:20, ‘The Lord knows the thoughts of the wise...’

- 20 Can wicked⁵²⁵ rulers be in Your presence,
who makes trouble by statutes?
- 21 They will hunt down the soul of a righteous man,
and condemn innocent blood.
- 22 And the Lord became my refuge,
and my God, the helper in whom I hope.
- 23 And the Lord will repay them for their iniquity,
and according to their wickedness,
the Lord our God will destroy them.

Glory...

The first group of Songs of Congregational Praise (Psalms 94 – 99) begins here.

Psalm 94: “O come, let us rejoice in the Lord”

Call to Praise the Great Saviour, God and King Jesus

True Worship is Obedience: My Sheep obey My Voice

(The Praise of a Song. By David.)

- 1 O come, let us rejoice in the Lord;
let us shout for joy to God our Saviour!
- 2 Let us come before His face⁵²⁶ with confession⁵²⁷,
and shout for joy to Him with psalms⁵²⁸.
- 3 For the Lord is a great God,
and a great King over all the gods,
- 4 for the ends of the earth are in His hand,
and the peaks of the mountains are His,
- 5 the sea is His, and He made it,
and His hands formed the dry land.

⁵²⁵ [JS] or “lawless,” or “the throne of iniquity”

⁵²⁶ [JS] i.e. presence

⁵²⁷ [JS] or thanksgiving, as in “acknowledgment”. Perhaps, “let us enter His presence and thankfully confess Him,” or “praise”

⁵²⁸ [JS] or melody

6 O come, let us worship⁵²⁹ and fall down⁵³⁰ before Him;
and let us weep before the Lord, who made us,

7 for He is our God,
and we are the people of His pasture
and the sheep of His hand!

8 Today if you hear His voice,
“do not harden your hearts, as in the provocation⁵³¹
as in the day of trial in the wilderness,⁵³²

9 when your fathers tried⁵³³ Me;
they tested Me, and saw My works.

10 For forty years I was grieved with that generation,
and said, “They always go astray in their hearts,
and they do not know My ways.”⁵³⁴

11 So I swore in My wrath,
“They will not enter My rest.”⁵³⁵

Psalm 95: “Sing a new song to the Lord, sing to the Lord, all the earth”

Call to Praise God the Reigning King and Coming Judge

Sing to the Lord a New Song

The Psalms of the Afternoon (Ninth hour), page 74. Reserved for the Presbyter, if present.

1 (When the House was built after the Captivity. A Song by David)

Sing a new song to the Lord,
sing to the Lord, all the earth;

2 sing to the Lord, praise His Name;
proclaim His salvation from day to day;

3 declare His glory among the nations,
His wonders among all peoples.

4 For the Lord is great, and very much praiseworthy;
He is to be feared above all gods,

⁵²⁹ [JS] “do obeisance”

⁵³⁰ [JS] “prostrate”

⁵³¹ [JS] OSB has, “Rebellion,” NETS has “embittering”

⁵³² Ex. 17:1-7.

⁵³³ [JS] or “tempted”

⁵³⁴ Num. 14:32-34.

⁵³⁵ Cf. Heb.3:7-11; 4:10.

- 5 for all the gods of the nations are demons,⁵³⁶
but the Lord made the heavens.
- 6 Confession⁵³⁷ and beauty are before Him;
holiness and majesty are in His sanctuary⁵³⁸.
- 7 Bring to the Lord, O families of nations,
bring to the Lord glory and honour;
- 8 bring to the Lord the glory due to His Name;
raise offerings⁵³⁹ and enter into His courts;
- 9 worship⁵⁴⁰ the Lord in His holy court;
let all the earth tremble before Him.
- 10 Say among the nations, “The Lord reigns from the Tree!”⁵⁴¹
Indeed, He established⁵⁴² the world, and it will not be shaken.
He will judge the peoples with uprightness.”
- 11 Let the heavens be glad, and let the earth rejoice;
let the sea, and all that is in it, be shaken.⁵⁴³
- 12 The fields and all that is in them will rejoice⁵⁴⁴;
then all the trees of the forest will rejoice
- 13 before the face of the Lord,⁵⁴⁵ For He is coming,
He is coming to judge the earth;
He will judge the world in righteousness,
and the peoples by His truth.

Alleluia. The Psalms of the Afternoon (Ninth hour) continue with Psalm 96: “The Lord reigns, let the earth rejoice”, page 230.

⁵³⁶ Cf. Deut. 32:17; 1 Cor. 10:20; Psalm 105:36-38; 1 Chron. 16:26.

⁵³⁷ [JS] or “thanksgiving”, or “praise”. Really, “thankful confession with praise”.

⁵³⁸ [JS] literally, “holy place”

⁵³⁹ [JS] or, “sacrifices”

⁵⁴⁰ [JS] “do obeisance”

⁵⁴¹ [JS], manuscripts of the LXX existant today lack “from the Tree”. However, both the Coptic and Ethiopiac have it, and its authenticity is attested to by St. Justin Martyr, and St. Augustine. In general, the Coptic, while introducing another layer of translation, is a translation from an earlier form of the LXX than exists today. It seems that this phrase is authentic, but has been lost. The Coptic literally has, “from a Wood”.

⁵⁴² [JS] literally, “set right the world”.

⁵⁴³ i.e. Let the sea dance and roar in thunderous applause as the King of Glory appears. (This line is identical with 97:7a).

⁵⁴⁴ [JS] or “exult.”

⁵⁴⁵ [JS] i.e. “the the presence of the Lord”

Psalm 96: “The Lord reigns, let the earth rejoice”

Earth Rejoices and Trembles at the Reign of God

All the Peoples Behold His Glory

The Psalms of the Afternoon (Ninth hour), page 74. The Psalms of the Veil, page 29.

1 (By David, when His earth was is restored)

The Lord reigns, let the earth rejoice;
let the many islands be glad!

2 Clouds and darkness are around Him;
righteousness and judgment are the foundation of His throne⁵⁴⁶.

3 Fire will go before Him
and burn His enemies on every side.

4 His lightning gave light to the world;
the earth saw and shook.

5 The mountains melted like wax before the Lord’s presence,
before the presence of the Lord of all the earth.

6 The heavens proclaimed His righteousness,
and all the peoples beheld His glory.⁵⁴⁷

7 Let all who worship⁵⁴⁸ carved images
and boast of their idols be put to shame.
Worship⁵⁴⁹ Him, all His angels!

8 Zion heard and was glad,
and the daughters of Judah rejoiced
because of Your judgments, O Lord;

9 for You are the Lord Most High over all the earth,
You are exalted far above all the gods.

10 You who love the Lord, hate evil;
the Lord guards the souls⁵⁵⁰ of His saints;
He will deliver them from the hand of sinners.

⁵⁴⁶ [JS] or “keep His throne straight.”

⁵⁴⁷ Cf. Pss. 32:5b; 84:10b. Rom. 1:19-21; 2 Cor. 4:6; Jn. 1:14; 6:40; 17:22-24.

⁵⁴⁸ [JS] “do obeisance to”

⁵⁴⁹ [JS] “do obeisance to”

⁵⁵⁰ [JS] Fr. Lazarus has “lives”

11 Light has dawned for the righteous,
and joy for the upright in heart.

12 Be glad in the Lord, O you righteous,
and confess [Him]⁵⁵¹ at the remembrance of His holiness.

Alleluia. The Psalms of Noon (The Sixth Hour) continue with Psalm 97: "Sing a new song to the Lord, for the Lord has done wondrous things", page 231. The Psalms of the Veil continue with Psalm 109: "The Lord said to my Lord, "Sit at My right hand"" 256.

Glory...

Psalm 97: "Sing a new song to the Lord, for the Lord has done wondrous things"

The New Song of Redemption and Judgment

All the Earth has seen God's Salvation

The Psalms of the Afternoon (Ninth hour), page 74.

1 (A Psalm by David)

Sing a new song to the Lord,
for the Lord has done wondrous things;
His right hand and His holy arm
revived Him.⁵⁵²

2 The Lord made known His salvation;
He revealed His righteousness
in the sight of the nations.

3 He has remembered His mercy to Jacob
and His truth to the house of Israel;
all the ends of the earth have seen
the salvation of our God.

4 Shout for joy to God, all the earth;
sing and rejoice, and sing psalms.

⁵⁵¹ [JS] the word includes the concepts of confessing Him, thanking Him, and praising Him. "Thankfully confess with praise at the remembrance...."

⁵⁵² Christ was saved from corruption and rose from the dead by His own power and holiness; *Variant reading:* 'have saved (men) for Him.' [JS] Fr. Lazarua has "saved".

- 5 Make music to the Lord with a lyre,
with a lyre and the tune of a psalm.
- 6 With metal trumpets and the trumpet of the horn
make a joyful noise before the Lord our King.
- 7 Let the sea be shaken and all that is in it,
the world and all who dwell in it.
- 8 The rivers will clap their hands together;
the mountains will rejoice.
- 9 For He comes to judge the earth;
He will judge the world with righteousness,
and the peoples with uprightness.

Alleluia. The Psalms of Noon (The Sixth Hour) continue with Psalm 98: "The Lord reigns, let the peoples rage", page 232.

Psalm 98: "The Lord reigns, let the peoples rage"

Praise of God's Sovereign Supremacy and Holiness

A Forgiving God Enthroned on Cherubim

The Psalms of the Afternoon (Ninth hour), page 74.

1 (A Psalm By David)

- The Lord reigns, let the peoples rage!
He sits upon the cherubim⁵⁵³; let the earth quake!
- 2 The Lord is great in Zion,
and He is high over all the peoples.
- 3 Let them confess⁵⁵⁴ Your great Name,
for it is awesome and holy.
- 4 The King's honour loves justice;
You provided uprightness⁵⁵⁵;
You execute judgment and justice in Jacob.

⁵⁵³ Rev. 4:6, Ezek. 1:5-10.

⁵⁵⁴ [JS] The word conveys both confessing Him and thanking or praising Him.

⁵⁵⁵ [JS] Fr. Lazarus has "laws"

- 5 Exalt the Lord our God,
and fall down⁵⁵⁶ before His footstool,
for He is holy!
- 6 Moses and Aaron are among His priests,
and Samuel is among those who call on His Name;
they called upon the Lord, and He heard them.
- 7 He spoke to them in a pillar of cloud;
they kept His testimonies
and the ordinances He gave them.
- 8 O Lord our God, You listened to them;
O God, You were very merciful to them,
while avenging⁵⁵⁷ all their practices.
- 9 Exalt the Lord our God
and worship⁵⁵⁸ at His holy mountain,
for the Lord our God is holy.

Alleluia. The Psalms of Noon (The Sixth Hour) continue with Psalm 99: "Shout for joy to the Lord, all the earth", page 233.

Psalm 99: "Shout for joy to the Lord, all the earth"

Praise God for His Goodness: Serve the Lord with Gladness

Enter with Exultation and Song, Praise and Thanksgiving

The Psalms of the Afternoon (Ninth hour), page 74.

1 (*A Psalm for confessing*⁵⁵⁹)

Shout for joy to the Lord, all the earth.

2 Serve the Lord with gladness;
enter before Him with rejoicing.

3 Know that the Lord, He is God;
He made us, and not we ourselves⁵⁶⁰;
we are His people and the sheep of His pasture.

⁵⁵⁶ [JS] "do obeisance", commonly rendered "worship"

⁵⁵⁷ [JS] Fr. Lazarus has "correcting"

⁵⁵⁸ [JS] "do obeisance" or "fall down"

⁵⁵⁹ [JS] as in "acknowledging", or "thankfully confessing Him with praise", not "confessing sins"

⁵⁶⁰ [JS] or, "and not we Him"

4 Enter His gates with confession⁵⁶¹,
and His courts with hymns;
confess Him; praise His Name.

5 For the Lord is good; His mercy endures forever,
and His truth is from generation to generation.

Alleluia. The Psalms of Noon (The Sixth Hour) continue with Psalm 100: "I will sing to You of mercy and judgment, O Lord", page 234.

Psalm 100: "I will sing to You of mercy and judgment, O Lord"

A Mirror for Kings

I will Sing of Your Love

The Psalms of the Afternoon (Ninth hour), page 74.

1 (A Psalm by David)

I will sing to You of mercy and judgment, O Lord;

2 I will sing and understand a blameless way.
When will You come to me?
I have walked in my house
in the innocence of my heart.

3 I have not set any act against the law before my eyes;
I hated those who commit transgressions⁵⁶².

4 A crooked heart will not cling to me.
I did not know an evil man who turned away from me.

5 I chased away He who
slanders his neighbour in secret.
I would not eat with
those who have proud looks⁵⁶³ and insatiable hearts.

6 My eyes were on the faithful of the land,
So that they might sit with me.
He who walks in a blameless way would minister to me.

7 He who acts arrogantly did not live in my house;
he who speaks unjustly
did not prosper in my sight.

⁵⁶¹ [JS] not confession of sins, but confessing Him, with thanksgiving and praise.

⁵⁶² [JS] or "do wrong," or "the workers of iniquity"

⁵⁶³ [JS] or proud/haughty eyes.

8 Each morning I slay all the sinners of the land,⁵⁶⁴
that I may purge all workers of iniquity
from the city of the Lord.

Alleluia. The Psalms of Noon (The Sixth Hour) continue with Psalm 109: "The Lord said to my Lord, "Sit at My right hand"', page 256.

Glory...

Kathisma 14

Psalm 101: "O Lord, hear my prayer, and let my cry come to You"

The Lord will Appear in His Glory to Declare the Divine Name

Israel's Renewal and the Gathering of the Nations

1 (A Prayer by a poor man when he is despondent and pours out his petitions before the Lord)

2 O Lord, hear my prayer,
and let my cry come to You.

3 Do not turn Your face from me;
incline Your ear to me
in the day when I am afflicted;
hear me quickly in the day when I call upon You.

4 For my days vanished like smoke,
and my bones burned like firewood.

5 My heart was stricken, it withered like dry as grass,
so that I forget to eat my bread.

6 My bones clung to my flesh
because of the sound of my groaning.

7 I have become like a pelican of the desert;
I am like an owl in a ruined house;

8 I kept vigil, and became
like a solitary sparrow on a housetop.

9 My enemies reproached me all day long,
and those who praised me swore against me.⁵⁶⁵

⁵⁶⁴ Daily I pray for the lost. Sinners are slain by conversion into believers, saints, friends and lovers.

- 10 For I ate ashes like bread,
and mixed my drink with weeping,
- 11 because of Your wrath and Your anger;
for You lifted me up and cast me down.
- 12 My days faded like a shadow,⁵⁶⁶
and I am withered like grass.
- 13 But You, O Lord, remain forever,
and Your remembrance is from generation to generations.
- 14 When You arise You will and have compassion on Zion,
for it is the appointed time to have compassion on her,
because the time has come;
- 15 for Your servants held her stones dear,
and they will have compassion on her dust.⁵⁶⁷
- 16 And the nations will fear the Name of the Lord,
and all the kings of the earth [will fear] Your glory;
- 17 For the Lord will build up Zion,
and He will appear in His glory.
- 18 He regarded the prayer of the humble,
and will not despise their supplication.
- 19 Let this be written for another generation,
so a people to be created may praise the Lord.
- 20 He looked down from the height of His holy place;
the Lord looked from heaven upon the earth,
- 21 to hear the groaning of the prisoners,
to set free the sons of those put to death,
- 22 to declare the Name of the Lord in Zion
and His praise in Jerusalem,
- 23 when the peoples and the kingdoms
Are gathered together to serve the Lord.
- 24 He answered Him in the way of strength,
“Tell me how few my days are;

⁵⁶⁵ Peter praised and confessed Christ, yet later he swore he did not know Him (Mt. 26:74; Mk. 14:71).

⁵⁶⁶ Cf. Ps. 38:7a.

⁵⁶⁷ Though Zion is in ruins, to her servants every stone and even her dust is precious. ‘*Stones* are believers in Christ (1 Pet. 2:5; Zac. 9:16), *servants* are apostles, *dust* is earthlings, unbelievers’ (St. Athanasius). Cf. Ps. 102:14.

- 25 Do not take me away in the midst of my days;
[while] Your years are throughout all generations.
- 26 In the beginning, O Lord, You founded the earth,
and the heavens are the work of Your hands.
- 27 They will perish, but You will remain,
they will become old like a garment,
and You will change them like clothing,
and they will be changed.
- 28 But You are the same,
and Your years will not fail.
- 29 The children of Your servants will dwell there,
and their descendants⁵⁶⁸ will be led to prosperity forever.”

Psalm 102: “Bless the Lord, O my soul, and all that is within me”

Praise of God’s Compassionate Love and Mercy⁵⁶⁹

He Forgives all Sin and Heals all Disease

1 (By David)

- Bless the Lord, O my soul,
and all that is within me, bless His holy Name.
- 2 Bless the Lord, O my soul,
and do not forget no His rewards—
- 3 Who forgives all your transgressions⁵⁷⁰,
Who heals all your diseases,
- 4 Who redeems your life from corruption,
Who crowns you with mercy and compassion,
- 5 Who satisfies your desire with good things;
your youth will be renewed like an eagle’s.
- 6 The Lord shows mercy and judgment
to all who are wronged.

⁵⁶⁸ descendants: *lit.* seed. Verses 26-28 are quoted at Heb. 1:10-12; 13:8.

⁵⁶⁹ ‘God is love’ (1 John 4:8,16).

⁵⁷⁰ [JS] NETS has “who is very conciliatory towards all your acts of lawlessness”

- 7 He made known His ways to Moses,
[and] His will to the children of Israel.⁵⁷¹
- 8 The Lord is compassionate and merciful,
Slow to anger⁵⁷², and abounding in mercy.
- 9 He will not be angry to the end,
nor will He be wrathful forever.
- 10 He has not dealt with us according to our sins,
nor rewarded us according to our transgressions,
- 11 for as heaven is high above the earth,
so the Lord strengthened His mercy towards those who fear Him;
- 12 as far as the East is from the West,
He has removed our iniquity⁵⁷³ from us.⁵⁷⁴
- 13 As a father has compassion on his children,
so the Lord has compassion on those who fear Him,
- 14 for He knows how He formed us;
remember that we are dust!
- 15 As for man, his days are like grass,
Like a flower of the field, he flourishes,
- 16 for the wind passes through it, and it will not remain⁵⁷⁵;
and it will no longer know its place.
- 17 But the mercy of the Lord is from age to age
upon those who fear him,
and His righteousness is upon their children's children,
- 18 for those who keep His covenant
and remember His commandments, to do them.
- 19 The Lord prepared His throne in heaven,
and His kingdom rules over all.⁵⁷⁶
- 20 Bless the Lord, all you His angels,
who are mighty in strength, who do His word,
and obey to the voice of His words.

⁵⁷¹ Cf. Ps. 147:8.

⁵⁷² [JS] or "long-suffering"

⁵⁷³ [JS] or "transgressions"

⁵⁷⁴ East and West intersecting heaven and earth forms the Cross to which our sins were nailed (Col. 1:20; 2:14).

⁵⁷⁵ [JS] wind, or breath, spirit. The analogy is to "as the spirit passes from man, and he does not exist."

⁵⁷⁶ embraces all: *or*, 'rules over all.'

21 Bless the Lord, all His Hosts,
His ministers who do His will.

22 Bless the Lord, all His works,
in every place of His dominion.
Bless the Lord, O my soul.

Glory...

Psalm 103: “Bless the Lord, O my soul. O Lord my God”

The Wonders of Creation and God’s Constant Care

All Look to You

1 (By David)

Bless the Lord, O my soul.
O Lord my God, You are exceedingly magnified⁵⁷⁷.
You are clothed with confession⁵⁷⁸ and splendor,

2 wrapping Yourself in light for a garment,
stretching out the sky like a skin;⁵⁷⁹

3 He Who covers His upper chambers with waters,
Who appoints the clouds for His going forth⁵⁸⁰,
Who walks on the wings of the winds,

4 Who makes spirits His Angels⁵⁸¹,
and His ministers⁵⁸² flames of fire.⁵⁸³

5 He established the earth on its foundation⁵⁸⁴;
it will not be moved⁵⁸⁵ unto ages of ages.

6 The deep is His covering like a garment;
The waters will stand above the mountains.

⁵⁷⁷ [JS] Fr. Lazarus has “very great”

⁵⁷⁸ [JS] or “thanksgiving,” or “thankful confession with praise”

⁵⁷⁹ He Whose hands stretch out the sky like a skin now stretches out His healing hands on the cross to draw all to Himself (cf. Is. 45:12; 65:2; Rom. 10:21; Jn. 12:32; 21:18; Acts 4:30; 1 Pet. 2:24).

⁵⁸⁰ [JS] or “makes the clouds His chariot”

⁵⁸¹ [JS] or “messengers”

⁵⁸² [JS] Fr. Lazarus has “servants”

⁵⁸³ Heb. 1:7; Ezek. 1:14; 2 Esdras 8:22.

⁵⁸⁴ [JS] Fr. Lazarus has “axis”

⁵⁸⁵ [JS] Fr. Lazarus has “wander”. NETS has “be tilted”

- 7 At Your rebuke they will flee,
at the sound of Your thunder they will cower with fright.
- 8 The Mountains rise up, and the plains sink down
to the place You appointed⁵⁸⁶ for them.
- 9 You set a bound they will not pass,
they will not return to cover the earth.
- 10 [You are] He Who makes springs gush down into ravines;
the waters will flow between the mountains.
- 11 They will give drink to all the beasts of the field;
wild asses will quench their thirst.
- 12 The birds of heaven will dwell on them;
they will sing from among the rocks.
- 13 You are He Who waters mountains from His higher places;
the earth is satisfied with the fruit of Your works.
- 14 You are He Who makes grass grow for the cattle,
and plants for the service of man,
to bring forth bread from the earth;
- 15 and wine gladdens the heart of man,
that his face may shine with oil,
and bread sustain man's heart.
- 16 The trees of the plain will be fed,
the cedars of Lebanon, which He planted.
- 17 There the sparrows will make their nests;
the home of the heron is already there⁵⁸⁷.
- 18 The high mountains are for the deer;
a rock is a refuge for rabbits.
- 19 He made the moon for seasons;
the sun knows its setting [time].
- 20 You established darkness, and it became night,
in which all the beasts of the forest will prowl,
- 21 young lions roar and snatch their prey,
and seek their food from God.

⁵⁸⁶ [JS] literally, "founded"

⁵⁸⁷ [JS] or "takes the lead among them"

- 22 The sun rises and they gather,
and they will lie down in their dens.
- 23 Man will go out to his work,
and to his labour until evening.
- 24 How magnificent are Your works, O Lord!
You have made all things in wisdom;
The earth was filled with Your creation.
- 25 There is the great and wide sea;
Creeping things are there without number,
Living things small and great.
- 26 Ships travel there;
[there is] this dragon⁵⁸⁸ that you formed to play in it.
- 27 All look to You
to give them their food in due season.
- 28 When You give it them, they will gather it;
when You open Your hand,
all things⁵⁸⁹ will be filled with Your goodness.
- 29 But when You turn Your face away, they will be troubled.
When You take away their spirit⁵⁹⁰ and they will fail,
and return to their dust.
- 30 You will send forth Your Spirit, and they will be created;
and You will renew the face of the earth.
- 31 Let the glory of the Lord be forever;
the Lord will be glad in His works—
- 32 He looks upon the earth and makes it tremble;
He touches the mountains, and they smoke.
- 33 I will sing to the Lord all my life;
I will sing [praise] to my God as long as I have being.
- 34 May my words⁵⁹¹ be pleasing to Him,
and I will be glad in the Lord.

⁵⁸⁸ [JS] or “serpent”

⁵⁸⁹ [JS] or, “the universe”

⁵⁹⁰ [JS] or, “breath”

⁵⁹¹ [JS] Fr. Lazarus has, “meditation”

35 May sinners fail from the earth,
and the lawless, so as to be no more.
Bless the Lord, O my soul.

Glory...

Psalm 104⁵⁹²: “Confess the Lord and call on His Name”

The History of Israel: Saved to Serve and Obey

He never Forgets His Eternal Covenant

1 (*Alleluia*)

Confess⁵⁹³ the Lord and call on His Name;
tell of His works among the nations.

2 Sing to Him and praise⁵⁹⁴ Him;
recount all His wonderful works.

3 Glory in His holy Name;
let the hearts of those who seek the Lord be glad.

4 Seek the Lord and be strengthened;
continually seek His face⁵⁹⁵
[and walk after Him.]⁵⁹⁶

5 Remember the wonders He has done,
His miracles and the judgments of His mouth,

6 O children⁵⁹⁷ of Abraham, His servants,
O sons of Jacob, His chosen ones,

7 He is the Lord our God;
His judgments are in all the earth.

8 He never forgets His covenant⁵⁹⁸,
the word He commanded for a thousand generations,

9 [the covenant] which He established with Abraham,
and His oath to Isaac;

⁵⁹² Much of Psalm 104 occurs almost verbatim in 1 Chron. 16:8-22 (cf. vv. 7:36).

⁵⁹³ [JS] or “give thanks to”. “Thankfully confess with praise”

⁵⁹⁴ [JS] or “make music to”

⁵⁹⁵ [JS] i.e. presence

⁵⁹⁶ [JS] [] From Fr. Athanasius’ translation from the Coptic. See Mesori 28. However, other quotes of this Psalm in the Copitic lectionary lack this.

⁵⁹⁷ [JS] literally, “seed”

⁵⁹⁸ [JS] literally, “He remembered His covenant forever”

- 10 and He established it⁵⁹⁹ with Jacob as an ordinance,
and with Israel as an everlasting covenant,
- 11 saying, “I will give the land of Canaan to you
as parcels for your inheritance.”
- 12 When they were few in number,
very few, and sojourners⁶⁰⁰ in the land,
- 13 they also passed from nation to nation,
and from a kingdom to another people.
- 14 He allowed no one to wrong them,
and He rebuked kings on their account:
- 15 “Do not touch My anointed ones,⁶⁰¹
and do My prophets no harm.”
- 16 And He called a famine upon the land—
He crushed their provision of bread;
- 17 He sent a man ahead of them;
Joseph was sold as a slave.
- 18 They humbled his feet with fetters;
his soul past into iron.
- 19 Until what he had said came to pass,
the revelation of the Lord purified him.
- 20 The king sent and released him,
the ruler of the people set him free.
- 21 He made him lord of all his house
and ruler of all his possessions,
- 22 to educate his princes to be like himself
and to teach his elders wisdom.
- 23 Then Israel came into Egypt,
and Jacob sojourned in the land of Ham.

⁵⁹⁹ [JS] i.e. the covenant

⁶⁰⁰ [JS] or foreigners, resident aliens.

⁶⁰¹ ‘You have an anointing from the Holy One’ (1 Jn. 2:20; Ex. 19:6; Is. 61:6; Rev. 1:6; 1 Pet. 2:5-9). *Lit.* ‘Touch not My Christs.’

- 24 And He increased His people greatly,
and made them stronger than their enemies.
- 25 He changed their hearts to hate His people,
to deal craftily with His servants.
- 26 He sent His servant Moses,
and Aaron whom He had chosen.
- 27 He placed the words of His signs in them,
and His wonders in the land of Ham.
- 28 He sent darkness, and it grew dark,
for they rebelled against His words.
- 29 He turned their waters into blood,
and killed their fish.
- 30 Their land crawled with frogs,
even in the chambers of their king.
- 31 He spoke and the dog-flies came,
and gnats in all their territories.
- 32 He gave them hail for rain;
fire burned up their land.
- 33 And He struck their vines and their fig trees,
and broke every tree of their land.
- 34 He spoke, and the locust came,
and caterpillars⁶⁰² without number,
- 35 and they devoured all the vegetation in their land,
and devoured the fruit of their land.
- 36 Then He struck down every firstborn in their land,
the first-fruits of all their labour.
- 37 And He brought them out with silver and gold,
and there was not one who was weak among their tribes.
- 38 Egypt was glad at their exodus,
for fear of them fell upon them.
- 39 He spread a cloud as a cover for them,
and fire to give them light at night.

⁶⁰² caterpillars: larva of the locust.

40 They asked, and quail came,
and He filled them with the bread of heaven.⁶⁰³

41 He split a rock and waters gushed out;
rivers ran in the desert,

42 for He remembered His holy word⁶⁰⁴
to Abraham His servant.⁶⁰⁵

43 And He brought out His people with joy,
and His chosen ones with gladness.

44 And He gave them the lands of the nations,
and they inherited the labours of peoples,

45 that they might keep His statutes,
and seek out His law.⁶⁰⁶

Glory...

Kathisma 15

Psalm 105: “Confess the Lord, for He is good; His mercy endures forever”

Historical Retrospect: Confession of Sin and Ingratitude

They Forgot God Who roused Compassion for Them

1 (*Alleluia*)

Confess⁶⁰⁷ the Lord, for He is good;
His mercy⁶⁰⁸ endures forever.

2 Who will tell of the mighty acts of the Lord,
[who will] make all His praises heard?

3 Blessed are those who keep His judgment⁶⁰⁹
and work⁶¹⁰ righteousness at all times.

⁶⁰³ Ex. 16:12-15; Jn. 6:31-35.

⁶⁰⁴ [JS] or “promise”

⁶⁰⁵ Gen. 15:14.

⁶⁰⁶ Law (Torah) meant scripture. ‘Torah planted in our midst eternal life’ says the Jewish Prayer Book. Study of the Law was the centre of Jewish life (cf. Jn. 5:39).

⁶⁰⁷ [JS] or “give thanks to”. “Thankfully confess with praise”

⁶⁰⁸ mercy: *or* love.

⁶⁰⁹ [JS] or “observe justice”

- 4 Remember us, O Lord, in Your love for Your people⁶¹¹;
visit us with Your salvation,
- 5 that we may see it in the goodness of Your chosen ones,
that we may be glad in the gladness of Your nation,
that we may sing praises in the midst of Your inheritance.
- 6 We sinned with our fathers;
we transgressed, we worked injustice.
- 7 Our fathers did not understand Your wonders in Egypt,⁶¹²
they did not remember the abundance of Your mercy,
and they provoked You when they went up to the Red Sea.
- 8 Yet He saved them for His Name's sake,
to make known His mighty power.
- 9 And He rebuked the Red Sea, and it dried up,
and He led them in its depths as in a desert.
- 10 And He saved them from the hands of those who hate,
and redeemed them from the hands of the enemy.
- 11 Water covered those who afflicted them;
not one of them was left.
- 12 Then they believed His words,
and they sang His praise.
- 13 They soon forgot His works;
they did not wait for His counsel⁶¹³.
- 14 They craved greatly in the wilderness,
and tempted God in the desert.
- 15 And He gave them their request,
and fully satisfied their souls.⁶¹⁴
- 16 And they angered Moses in the camp,
and Aaron the holy one of the Lord.
- 17 The earth opened and swallowed up Dathan⁶¹⁵
and buried the company of Abiram.

⁶¹⁰ [JS] literally, "do"

⁶¹¹ [JS] or "because of the good will of Your people"

⁶¹² Cf. Mark 8:17-21; Matthew 16:9-12.

⁶¹³ [JS] Fr. Lazarus has "will"

⁶¹⁴ Num. 11:34.

⁶¹⁵ Num. 16:32.

- 18 And fire broke out in their company;
the flames burned up the sinners.
- 19 They made a calf at Horeb
and worshipped⁶¹⁶ the carved image.
- 20 So they exchanged their glory
for the likeness of a bull calf that eats grass.
- 21 They forgot God, Who saved them,
Who did great things in Egypt,
- 22 wonderful things in the land of Ham,
awesome⁶¹⁷ things at the Red Sea.
- 23 And He said He would destroy them
had Moses, His chosen one, not
stood in the breach before Him,
to turn away His wrath from destroying them.
- 24 Then they despised the desirable land;
they did not believe His word.
- 25 And they murmured in their tents;
they did not listen to the Lord's voice.
- 26 So He raised His hand against them,
to cast them down in the wilderness,
- 27 to cast down their children among the nations⁶¹⁸
and scatter them in foreign lands.
- 28 They were initiated to Baal-Peor,
and ate sacrifices of the dead;
- 29 and they provoked Him with their ways,
and the plague⁶¹⁹ broke out among them.
- 30 Then Phinees stood and made atonement,
and the outbreak was stopped⁶²⁰.

⁶¹⁶ [JS] "did obeisance", "bowed down to".

⁶¹⁷ [JS] or fearful, terrible.

⁶¹⁸ children: *lit.* seed.

⁶¹⁹ [JS] or, "destruction"

⁶²⁰ [JS] or "the breach abated"

- 31 And this was counted⁶²¹ to him as righteousness
from generation to generation forever.
- 32 And they angered Him at the water of Contention,
and Moses was afflicted because of them;
- 33 for they made his spirit bitter,
and he spoke rashly with his lips.
- 34 They did not destroy the nations,
as the Lord had said to,
- 35 but they mixed with the nations
and learned their practices⁶²².
- 36 And they served their carved images,
which became a snare to them.
- 37 They even sacrificed their sons
and their daughters to demons,
- 38 and shed innocent blood,
the blood of their sons and daughters,
whom they sacrificed to the idols of Canaan;
and the land was polluted with blood,
- 39 and it was defiled by their practices,
and they played the prostitute by their ways.
- 40 And the Lord was furiously angry with His people,
and He abhorred His inheritance;
- 41 then He delivered them into the hands of the nations,
and those who hated them ruled over them.
- 42 Their enemies oppressed them,
and they were humbled under their hands.
- 43 Many times He delivered them,
but they provoked Him by their willfulness,
and were humbled for their transgressions.
- 44 And He regarded them when they were afflicted,
He heard their supplications,
- 45 and He remembered His covenant,
and He showed regret according to the abundance of His mercy.

⁶²¹ [JS] or “reckoned”

⁶²² [JS] literally “mingled” and “works”

46 So He roused compassion for them
among all who took them captive.

47 Save us, O Lord our God,
and gather us from among the nations,
that we may confess⁶²³ Your holy Name
and boast in Your praise.

48 Blessed be the Lord God of Israel,
from everlasting to everlasting⁶²⁴.
And let all the people say, “Amen! Amen!”⁶²⁵

Glory...

Book V of the Psalms (Psalms 106 – 151) begins here.

Psalm 106: “Confess the Lord, He is good; His mercy endures forever”

Historical Retrospect: God’s Infinite Love and Mercy in Saving Men

He sent His Word and Healed Them

1 (*Alleluia*)

Confess⁶²⁶ the Lord, He is good;
His mercy endures forever.

2 Let those redeemed by the Lord say so,
whom He has redeemed from the hand of the enemy,

3 [whom] He gathered out of the countries,
from the east and the west and the north and the sea⁶²⁷.

4 They wandered in the wilderness, in a desert;
they could not find a way to an inhabited city.

5 Being hungry and thirsty,
their souls fainted within them.

6 Then they cried to the Lord in their affliction,
and He delivered them from their distress,

⁶²³ [JS] or “give thanks to”, “thankfully confess with praise”

⁶²⁴ [JS] or “age to age”

⁶²⁵ [JS] or “May it be! May it be” or “So be it! So be it!”

⁶²⁶ [JS] or “give thanks to”, “thankfully confess with praise”

⁶²⁷ [JS] NETS, Fr. Lazarus, and the Coptic have “sea”, others have “south”

- 7 and He guided them in a straight way,
to an inhabited city.
- 8 Let them confess⁶²⁸ the Lord for His mercies
and His wonders to the children of men;
- 9 for He fed the empty soul
and filled the hungry soul with good things,
- 10 those sitting in darkness and the shadow of death,
bound in poverty and iron,
- 11 because they rebelled against the sayings of God,
and provoked the counsel of the Most High,
- 12 thus their heart was humbled by troubles;
when they were weak and there was no one to help them,
- 13 then they cried to the Lord in their afflictions,
and He saved them from their distress;
- 14 and He brought them out of darkness and the shadow of death,
and broke their chains in pieces.
- 15 Let them confess⁶²⁹ the Lord for His mercies
and His wonders to the children of men,
- 16 for He shattered the gates of bronze,
and crumpled the iron bars.
- 17 He helped them out of their lawless way⁶³⁰,
for they were brought low because of their transgressions.
- 18 Their soul loathed all kinds of food,
and they drew near to the gates of death.
- 19 Then they cried to the Lord in their afflictions,
and He saved them from their distress;
- 20 He sent His Word and healed them,
and delivered them from their corruption.⁶³¹
- 21 Let them confess⁶³² the Lord for His mercies
and His wonders to the children of men,

⁶²⁸ [JS] or “praise and thank”, “thankfully confess with praise”

⁶²⁹ [JS] or “praise and thank”, “thankfully confess with praise.”

⁶³⁰ [JS] or “He helped them out of the way of their iniquity”

⁶³¹ ‘Not even venomous serpents’ teeth vanquished Your sons, for Your mercy came to their help and healed them. No herb or poultice cured them, but it was Your Word, O Lord, that heals all men.’ (Wisdom 16:10-12; Num. 21:6-9; Heb.4:2).

⁶³² [JS] or “praise and thank”, “thankfully confess with praise”

- 22 and let them offer a sacrifice of praise,
and proclaim His works with great joy.
- 23 Those who go down to the sea in ships,
who trade in many waters—
- 24 they see the works of the Lord,
and His wonders in the deep.
- 25 He spoke and a stormy wind arose,
which lifted the waves of the sea;
- 26 they mounted up to the heavens and descended into the depths;
their soul would melt at their calamity;
- 27 They were troubled; they staggered like drunken men,
and all their wisdom was consumed⁶³³.
- 28 Then they cried to the Lord in their affliction,
and He brought them out of their distress.
- 29 He commanded the storm, and it became a breeze,
and its waves are stilled.
- 30 Then they were glad because they were silent,
and He guided them to the haven they desired.
- 31 Let them confess⁶³⁴ the Lord for His mercies
and His wonders to the children of men;
- 32 Let them exalt Him in the assembly of the people,
and praise Him in the session of elders.
- 33 He turned rivers into a desert,
and streams into thirsty ground,
- 34 He turned a fruitful land into a salt marsh,
because of the evil of those its inhabitants.
- 35 He turned the desert into pools of water,
and parched land into streams.
- 36 And He settled the hungry there,
and they built a city to dwell in,

⁶³³ [JS] Fr. Lazarus has “all their skill was scuttled.”

⁶³⁴ [JS] or “praise and thank”, “thankfully confess with praise”

- 37 and they sowed fields and planted vineyards,
which produced much fruit.
- 38 And He blessed them and they multiplied greatly,
and their cattle did not diminish.
- 39 But they were diminished and maltreated
by affliction, evils, and sorrow.
- 40 Contempt poured out on their rulers,
and He made them wander in an impassable and trackless place.
- 41 Yet He helped the poor out of poverty,
and made his families like a flock [of sheep].
- 42 The righteous will see it and be glad,
and the mouths of all sinners will be silenced.
- 43 Who is wise and will keep these things,
and will understand the mercies of the Lord?⁶³⁵

Glory...

Psalm 107: “My heart is ready, O God, my heart is ready”

Morning Prayer for Victory: God’s Glory Over All the Earth

My Heart is Ready: I will rise Early

1 (A song of a Psalm by David)

- 2 My heart is ready, O God, my heart is ready;
I will sing and chant psalms⁶³⁶ in my glory.
- 3 Awake, harp and lyre!
I will rise early.
- 4 I will confess⁶³⁷ You, O Lord, among the peoples,
I will sing praises to You among the nations;
- 5 for Your mercy is great, beyond the heavens,
and Your truth reaches the clouds.
- 6 Be exalted above the heavens, O God,
and Your glory over all the earth.⁶³⁸

⁶³⁵ ‘mercies of the Lord’: *or*, the Lord’s love.

⁶³⁶ [JS] NETS has, “make music”, OSB, “give praise”

⁶³⁷ [JS] “thankfully confess You with praise”

- 7 Save with Your right hand and hear me,
that Your beloved may be delivered.
- 8 God spoke in His sanctuary⁶³⁹,
“I will be exalted, and I will divide Shechem,
and parcel out the valley of tents.
- 9 Gilead is Mine, and Manasseh is Mine,
and Ephraim is the support of My head;
Judah is My King.
- 10 Moab is the cauldron of My hope;
I will stretch out My shoe over Edom,⁶⁴⁰
Foreign tribes were subjugated to Me.”
- 11 Who will lead me to a fortified city?
Who will guide me to Edom?
- 12 Will You not, O God, Who have rejected us?
Will You not, O God, go out with our armies?
- 13 Grant us help from our affliction,
for the salvation of man is worthless.
- 14 In God we shall win a mighty victory,
and He will despise our enemies.

Psalm 108: “O God, do not pass over my praise in silence”

A Prediction of Christ’s Rejection, Death and Resurrection

In Return for My Love they Accuse Me

1 (*For the end; a Psalm by David*)

- O God, do not pass over my praise in silence,
- 2 for the mouth of a sinners
and the mouth of a deceiver
was opened against me;
they spoke against me with a deceitful tongue.

⁶³⁸ The first 6 verses of this Psalm are almost identical with Psalm 56:8-12, and the rest only differ in 3 words from 59:7-14.

⁶³⁹ [JS] “holy place.”

⁶⁴⁰ See Psalm 59:10 and footnote.

- 3 They surrounded me with words of hatred,
and warred against me without cause.
- 4 In return for my love they slandered me,
but I continued to pray.
- 5 And they repay me evil for good,
and hatred for my love.
- 6 Set a sinner over him,
and let the devil stand at his right hand.
- 7 When he is judged, let him come out condemned,
and let his prayer be counted as sin.
- 8 Let his days be few,
and let someone else take his commission.⁶⁴¹
- 9 Let his children become orphans,
and his wife a widow.
- 10 Let his sons wander about and beg;
let them be driven from their homes.
- 11 Let the creditor search out all that he has;
and let strangers plunder his labours.
- 12 Let there be no one to help him,
nor anyone to pity his orphans.
- 13 Let his children be utterly destroyed;
in a single generation, let his name be blotted out.
- 14 May the iniquity⁶⁴² of his fathers be remembered before the Lord,
and may his mother's sin not be blotted out.
- 15 Let their sins be continually before the Lord,
and may their memory be destroyed from the earth.
- 16 For he did not remember to show mercy,
but persecuted the poor and needy man,
and one pierced to the heart, that he might kill him.
- 17 He also loved cursing, and it came to him;
he did not care for blessing, so blessing will be far from him.

⁶⁴¹ *Or* episcopate, oversight, superintendence. Acts 1:20-25.

⁶⁴² [JS] or "lawlessness"

- 18 He clothed himself with cursing like a garment,
and it entered his bowels like water,⁶⁴³
and like oil it seeped into his bones.
- 19 Let it be like a cloak he wraps round him,
and like a belt which he always wears.
- 20 This is what the Lord does to my accusers,
and to those who speak evil against my soul.
- 21 But You, O Lord, Lord, deal with me for Your Name's sake,
for Your mercy is good.
- 22 Deliver me, for I am poor and needy,
and my heart is troubled within me.
- 23 Like a shadow at sunset I was erased;
I was shaken off like locusts.
- 24 My knees are weak from fasting,
and my flesh is shrunken for want of oil.
- 25 And I became an object of scorn to them;
they saw me; they shook their heads.⁶⁴⁴
- 26 Help me, O Lord my God!
Save me according to Your mercy.
- 27 Let them know that this is Your hand,
and that You, Lord, did this.
- 28 They will curse, but You will bless.
Let those who rise against me be put to shame,
but let Your servant be glad.
- 29 Let those who falsely accuse me be clothed with shame,
and let them be covered with own shame as a double cloak.
- 30 I will confess⁶⁴⁵ the Lord abundantly with my mouth,
and I will praise Him in the midst of many,
- 31 because He stood at the right hand of the poor and needy man,
to save me from those who persecute my soul.

⁶⁴³ Cf. Num. 5:22.

⁶⁴⁴ Mt. 27:39.

⁶⁴⁵ [JS] or "give thanks to". "thankfully confess with praise"

Glory...

Kathisma 16

Psalm 109: “The Lord said to my Lord, “Sit at My right hand””

The Messiah King, Priest and Judge: His Triumphant Ascension

Ruling in the midst of His Enemies

The Psalms of the Afternoon (Ninth hour), page 74. Reserved for the Presbyter, if present. The Psalms of the Veil, page 29.

1 (A Psalm by David)

The Lord said to my Lord, “Sit at My right hand,⁶⁴⁶
until I make Your enemies a footstool for your feet.”

2 The Lord will send forth the rod of Your power from Zion,⁶⁴⁷
[and You will] rule in the midst of Your enemies!

3 The dominion is Your in the day of Your power⁶⁴⁸,
in the brightness of Your saints.⁶⁴⁹
I have begotten You from the womb before the dawn^{650 651}.

4 The Lord has sworn and will not repent⁶⁵²,
“You are a priest forever according to the order of Melchisedek.”⁶⁵³

5 The Lord at Your right hand
crushed kings in the day of His wrath.

6 He will judge among the nations,
He will fill the earth with corpses;
He will crush the heads of many on earth.

7 He will drink from the brook on the way;
therefore, He will raise His head high.⁶⁵⁴

⁶⁴⁶ ‘Can you wonder that David’s Son is his Lord when you see that Mary was the Mother of her Lord? He is David’s Lord as being God the Lord of all and David’s Son as being the Son of Man. At once Lord and Son’ (St. Augustine. Cf. Mt. 22:43-45).

⁶⁴⁷ The power of the Gospel, the power of the Cross, which is the power of the Holy Spirit given at Pentecost (St. Athanasius).

⁶⁴⁸ [JS] “with You is the dominion/rule in the day of Your power”

⁶⁴⁹ Cf. 1 Cor. 15:41-43.

⁶⁵⁰ [JS] literally “morning star”

⁶⁵¹ Before the dawn of creation, before time began, the Son is eternally begotten of the Father. He never left His Father’s bosom even as a man on earth (Jn. 1:18; 3:13).

⁶⁵² [JS] Fr. Lazarus renders “repent” as “change His mind”

⁶⁵³ Heb. 7:21.

⁶⁵⁴ ‘Showing His active and frugal way of life, Christ spent most of His time in mountains and deserts, not only by day, but also by night’ (St. Chrysostom). Dt. 8:7. Brook: *lit.* torrent. Cf. Ps. 35:9.

Alleluia. The Psalms of Noon (The Sixth Hour) continue with Psalm 110: “I will confess You, O Lord, with my whole heart”, page 257. The Psalms of the Veil continue with Psalm 114: “I love Him, because the Lord will hear”, page 262.

The Alleluia Psalms (Psalms 110 – 116) begin here.

Psalm 110: “I will confess You, O Lord, with my whole heart”

Praise and Thanksgiving for the Great Works of God

He sent Redemption to His People

The Psalms of the Afternoon (Ninth hour), page 74.

1 (*Alleluia*)

(**℞**) I will confess⁶⁵⁵ You, O Lord, with my whole heart,
(**ℳ**) in the council of the upright and in the congregation⁶⁵⁶.

2 (**ℒ**) The works of the Lord are great,
(**℣**) all His wishes are sought out⁶⁵⁷.

3 (**ℹ**) Confession⁶⁵⁸ and majesty are His work,
(**ℹ**) and His righteousness endures unto ages of ages.

4 (**ℹ**) He made a memorial of His wonders,⁶⁵⁹
(**ℹ**) the Lord is merciful and compassionate.

5 (**ℹ**) He gave food to those who fear Him;
(**ℹ**) He will be ever mindful of His covenant.⁶⁶⁰

6 (**ℹ**) He declared the power of His works to His people,
(**ℹ**) that He may give them the inheritance of the nations.

7 (**ℹ**) The works of His hands are truth and judgment;
(**ℹ**) all His commandments are faithful,

⁶⁵⁵ [JS] or “give thanks,” or “thankfully confess with praise”

⁶⁵⁶ [JS] or “assembly”

⁶⁵⁷ [JS] or “sought out in all things according to His will.”

⁶⁵⁸ [JS] or “thanksgiving,” or “thankful confession with praise”

⁶⁵⁹ Ex. 12:14-27; 1 Cor. 11:23-30; Mt. 26:28. This Psalm names some of the wonders: the manna, redemption from Egypt, the law-giving, the gift of the promised land.

⁶⁶⁰ Gen. 6:18; 9:9f; 15; 17; Ex. 19:5; Mk. 14:24; Lk. 22:20,29,30.

- 8 (Ⲑ) they are established to the age of ages,
 (ⲩ) [they are] made in truth and uprightness.
- 9 (ϣ) He has sent redemption to His people;
 (Ϥ) He has commanded His covenant forever.
 (ⲡ) His Name is holy and fearful⁶⁶¹.
- 10 (Ⲛ) The fear of the Lord is the beginning⁶⁶² of wisdom;
 (Ϥ) all who practice it have a good understanding.⁶⁶³
 (Ⲛ) His praise endures unto ages of ages.

Alleluia. The Psalms of Noon (The Sixth Hour) continue with Psalm 111: "Blessed is the man who fears the Lord", page 258.

Psalm 111: "Blessed is the man who fears the Lord"

The Good and Righteous Man is a Light in a dark World

He is not Afraid of Bad Tidings

The Psalms of the Afternoon (Ninth hour), page 74.

1 (*Alleluia*)

- (Ⲡ) Blessed is the man who fears the Lord;
 (Ⲛ) he will greatly delight in His commandments.
- 2 (ⲗ) His seed will be mighty on earth;
 (Ⲛ) the generation of the upright will be blessed.
- 3 (Ⲛ) Glory and riches will be in his house,
 (Ⲛ) and his righteousness endures unto ages of ages⁶⁶⁴.
- 4 (Ⲛ) A light has risen⁶⁶⁵ in the dark for the upright,
 (Ⲛ) for He is merciful, compassionate and just.
- 5 (Ⲥ) A good man shows compassion and lends;
 (Ⲛ) he will order his words with discretion.
- 6 (Ⲛ) Because he will never be shaken,
 (Ⲛ) a righteous person will be in everlasting remembrance.

⁶⁶¹ [JS] or "awesome", "terrible"

⁶⁶² Or: source, fount, spring, sum, essential principle (Prov. 1:7).

⁶⁶³ To cultivate this fear is to practice living in the presence of God, which is the height of wisdom and understanding.

⁶⁶⁴ [JS] or "endures forever and ever"

⁶⁶⁵ [JS] or "dawned"

- 7 (N) He will not be afraid of evil tidings;
(J) his heart is prepared to hope in the Lord.
- 8 (D) His heart is firm, he will never be afraid
(V) until he looks upon [the fall of] his enemies.
- 9 (S) He distributed⁶⁶⁶, he gave to the poor;
(S) his righteousness continues unto ages of ages⁶⁶⁷;
(P) his horn will be exalted with glory⁶⁶⁸.
- 10 (N) The sinner will see and be angered;
(P) he will gnash his teeth, and melt away;
(N) the desire of the sinners will perish.⁶⁶⁹

Alleluia. The Psalms of Noon (The Sixth Hour) continue with Psalm 112: "Praise the Lord, you children", page 259.

Glory...

Psalm 112⁶⁷⁰: "Praise the Lord, you children"

Adoration of the Supreme God of Glory and Compassion

He Watches over the Humble

The Psalms of Early Morning (Prime), page 50 (additional to the original 12). The Psalms of the Afternoon (Ninth hour), page 74.

1 (*Alleluia*)

Praise the Lord, O you children⁶⁷¹!
Praise the Name of the Lord.

2 Let the Name of the Lord be blessed
from now and forevermore.

⁶⁶⁶ [JS] NETS interprets this as "He scattered [His enemies]"

⁶⁶⁷ [JS] or "continues forever and ever"

⁶⁶⁸ [JS] or "he will be raised to power and glory."

⁶⁶⁹ 'The world is passing away, and the desire for it; but anyone who does the will of God lives forever' (1 Jn. 2:17).

⁶⁷⁰ Psalms 112-117 form the *Hallel* sung in the Temple at Passover, Pentecost, Tabernacles, Dedication, and the New Moons. At the domestic celebration of the Passover, 112-113:8 were sung before and 113:9-117 after the supper (cf. Mt. 26:30; Mk. 14:26).

⁶⁷¹ [JS] all others have "servants", but Fr. Athanasius from the Coptic has "children", which Fr. Lazarus has as well.

- 3 From the sun's rising to its setting,
praise the Name of the Lord!
- 4 The Lord is high above all the nations;
His glory is above the heavens.
- 5 Who is like the Lord our God,
Who dwells in the highest,
- 6 and looks upon the lowly
in heaven and on earth?
- 7 He raises the poor from the ground,
and lifts the needy from the dunghill,
- 8 to seat him with rulers,
with the rulers of His people.
- 9 He settles the barren woman in a home,
to be a joyful mother of children.

Alleluia. The Psalms of Prime continue with Psalm 142: "O Lord, hear my prayer; give ear to my supplication in Your truth", page 308. The Psalms of Noon (The Sixth Hour) continue with Psalm 114: "I love Him, because the Lord will bear", page 262.

Psalm 113: "At the exodus of Israel from Egypt"

The Exodus: Israel Becomes God's Sanctuary and Domain

The Earth shook at the Presence of God

1 (*Alleluia*)

At the exodus of Israel from Egypt,
[of] the house of Jacob from a foreign people,

2 Judea became His sanctuary,⁶⁷²
[and] Israel His seat of authority.

3 The sea saw [it] and fled;⁶⁷³
the Jordan turned back.

4 The mountains skipped like rams,
and the hills like lambs.

⁶⁷² Ex. 19:6; 29:43-46; Deut. 27:9; Is. 63:18,19; Jer. 2:3; 2 Cor. 6:16.

⁶⁷³ Israel saw God save him (Gen. 32:30). The sea saw what Israel saw and shrank from the vision of God (Cf. Ex. 14:21; Josh. 3:13-16; Ps. 76:17). Israel was saved to serve both as sanctuary or house and as domain or kingdom, *Isra* = ruled, *EI* = by God: Ruled-by-God (Gen. 32:28).

5 Why was it, O sea, that you fled,
and you, O Jordan, that you turned back?

6 O mountains, that you skipped like rames?
O hills like lambs?

7 The earth shook⁶⁷⁴ at the presence of the Lord,
at the face⁶⁷⁵ of the God of Jacob,

8 Who turned the rock into pools of water
and flint into springs of water.

(Psalm 115 in the Hebrew version)

9 Give Your glory not to us, O Lord, not to us,
but to Your Name,
for [the sake of] Your mercy and truth,

10 lest the nations say,
“Where is their God?”

11 But our God is in heaven above,
in the heavens and on the earth;
He does whatever He wills.⁶⁷⁶

12 The idols of the nations are silver and gold,
the work of men’s hands.

13 They have a mouth, but they will not speak;
they have eyes, but they will not see see;

14 they have ears, but will not hear;
they have noses, but will not smell;

15 they have hands, but they will not feel;
they have feet, but they will not walk;
they will not make any sound with their throats.

16 May those who make them, and all who trust in them,
become like them.

17 The house of Israel hoped in the Lord;
He is their helper and their protector.

⁶⁷⁴ Earth rocked and rolled in travail at the birth of a nation (cf. Jn. 16:20-22).

⁶⁷⁵ [JS] or “presence”

⁶⁷⁶ Cf. John 1:18; 3:13; Wisdom 18:16.

- 18 The house of Aaron hoped in the Lord;
He is their helper and their protector.
- 19 Those who fear the Lord hoped in the Lord;
He is their helper and their protector.
- 20 The Lord has remembered us and blessed us;
He has blessed the house of Israel,
He has blessed the house of Aaron;
- 21 He has blessed those who fear the Lord,
[both] the small and the great.
- 22 May the Lord increase you,
[both] you and your children.
- 23 You are blessed to the Lord,
Who made heaven and earth.
- 24 The heaven of heaven belongs to the Lord,
but the earth He has given to the sons of men.
- 25 The dead will not praise You, O Lord,
nor [will] all who go down to Hades.⁶⁷⁷
- 26 But we who live will bless the Lord,
from now and to the ages⁶⁷⁸.

Psalm 114: “I love Him, because the Lord will hear”

Act of Love on Being Saved from Death

I will live to Please the Lord

The Psalms of the Afternoon (Ninth hour), page 74. The Psalms of the Veil, page 29.

1 (*Alleluia*)

I love [Him⁶⁷⁹], because the Lord will hear
the voice⁶⁸⁰ of my supplication,

2 because He has inclined His ear to me;
therefore I will call upon Him in all my days.

⁶⁷⁷ Gk. *hades*: the abode of the dead or departed (and so elsewhere).

⁶⁷⁸ [JS] or “from now and forevermore.”

⁶⁷⁹ ‘Who did he love?’ The Lord God with all his heart and as a reward for his love, he received the answers to his prayers’ says St. Athanasius the Great (cf. 1 John 4:19). Gk. *egapēsa* can also mean: I am overjoyed or delighted. [JS] translations besides Fr. Lazarus do not have “him, just “I have loved because”

⁶⁸⁰ [JS] or “cry”

3 The pangs of death surrounded me;
the dangers of Hades found me;
I found affliction and grief.

4 Then I called on the Name of the Lord,
“O Lord, save⁶⁸¹ my soul⁶⁸²!”

5 The Lord is merciful and righteous;
our God shows mercy.

6 The Lord is the protector of infants;
I was humbled, and He saved me.

7 Return, O my soul, to your rest,⁶⁸³
for the Lord has shown you kindness,

8 for He has delivered my soul from death,
my eyes from tears, and my feet from slipping.

9 I will be well pleasing before the Lord⁶⁸⁴
in the land of the living.

Alleluia. The Psalms of Noon (The Sixth Hour) and The Psalms of the Veil continue with Psalm 115: “I believed; therefore I spoke; but I was greatly humbled”, page 263.

Glory...

The following continues as part of the same Psalm (116) in the Hebrew:

Psalm 115: “I believed; therefore I spoke; but I was greatly humbled”

Promise of Sacrificial Service in Gratitude to God

I will drink the Cup of Salvation

The Psalms of the Afternoon (Ninth hour), page 74. Reserved for the Presbyter, if present. The Psalms of the Veil, page 29.

1 (Alleluia)

⁶⁸¹ [JS] or “rescue”, i.e. “O Lord, rescue me!”

⁶⁸² Or “life,” or “self.”

⁶⁸³ cf. Heb. 4:10; Phil. 2:12; Mt. 11:28,29; Jer. 6:16.

⁶⁸⁴ [JS] Fr. Lazarus has, “I will live to please the Lord”

I believed; therefore I spoke;⁶⁸⁵
but I was greatly humbled⁶⁸⁶.

2 I said in my alarm⁶⁸⁷,
“Every man is a liar.”

3 What will I give back to the Lord
for all He has given me?

4 I will take the cup of salvation,
and call upon the Name of the Lord.

5 I will pay my vows to the Lord
in the presence of all His people.⁶⁸⁸

6 The death of His saints⁶⁸⁹ is
precious⁶⁹⁰ in the sight of the Lord.

7 O Lord, I am Your servant⁶⁹¹;
I am Your servant and the son of Your handmaid.
You have broken apart my bonds.

8 I will offer a sacrifice of praise to You,
[and I will call upon the Name of the Lord.]⁶⁹²

9 I will pay my vows to the Lord
in the presence of all His people,

10 in the courts of the Lord’s house,
in your midst, O Jerusalem.

Alleluia. The Psalms of Noon (The Sixth Hour) are concluded. The Psalms of the Veil continue with Psalm 120: “I lifted up my eyes to the mountains”, page 284.

Psalm 116: “Praise the Lord, all you nations”

World-Wide Call to Praise the Lord

Mercy and Truth Meet without Merging

⁶⁸⁵ 2 Cor. 4:13.

⁶⁸⁶ [JS] or “brought very low”

⁶⁸⁷ [JS] OSB has, “ecstasy,” Fr. Lazarus has “madness,” Brenton has “amazement.”

⁶⁸⁸ [JS] NETS and OSB omit vs. 5.

⁶⁸⁹ [JS] literally, “holy ones.”

⁶⁹⁰ *Or*: costly (Wisdom 1:13-16).

⁶⁹¹ [JS] literally, “slave”.

⁶⁹² [JS] || lacking in NETS and OSB.

The Psalms of Sunset (Vespers), page 11. The Psalms of the Beginning of Watches, page 34. Reserved for the Presbyter, if present (in both cases).

1 (*Alleluia*)

Praise the Lord, all you nations!
Praise Him, all you peoples,⁶⁹³

2 for His mercy is confirmed⁶⁹⁴ upon us,
and the truth of the Lord endures forever.

Alleluia. The Psalms of the Eleventh Hour (Little Vespers) and The Psalms of Midnight (The Beginning of Watches) continue with Psalm 117: “Confess the Lord, He is good”, page 265.

Psalm 117: “Confess the Lord, He is good”

Processional Song of Praise for the Great Redemption

The Lord is my Strength and my Song

The Psalms of Sunset (Vespers), page 11. The Psalms of the Beginning of Watches, page 34. Reserved for the Presbyter, if present (in both cases).

1 (*Alleluia*)

Confess⁶⁹⁵ the Lord, for He is good;
His mercy⁶⁹⁶ endures forever.

2 Let the house of Israel say that He is good;
His mercy endures forever.

3 Let the house of Aaron say that He is good;
His mercy endures forever.

4 Let all who fear the Lord say that He is good;
His mercy endures forever.

5 I called on the Lord in affliction,
and He heard me and brought me into a broad place.

⁶⁹³ Rom. 15:11.

⁶⁹⁴ [JS] Fr. Lazarus has “is strong” NETS has “became strong towards us,” OSB has “rules over us.”

⁶⁹⁵ [JS] “thankfully confess the Lord with praise,” here and throughout

⁶⁹⁶ Mercy *or* love.

- 6 The Lord is my helper;
I will not fear what man can do to me.⁶⁹⁷
- 7 The Lord is my helper,
and I will look upon⁶⁹⁸ my enemies.
- 8 It is better to trust in the Lord
than to trust in man.
- 9 It is better to hope in the Lord
than to hope in rulers.
- 10 All the nations surrounded me,
but I drove them back in the Name of the Lord!
- 11 They circled and surrounded m,
but I drove them back by the Name of the Lord!
- 12 They surrounded me like bees around a honeycomb,
And they blazed like fire among thorns;
but I drove them back by the Name of the Lord!
- 13 I was hard pressed and about to fall,
but the Lord supported me.
- 14 The Lord is my strength and my song,
and He has become my salvation.
- 15 The sound of rejoicing and salvation
is in the tents righteous:
“The right hand of the Lord worked power;
- 16 the right hand of the Lord exalted me;
the right hand of the Lord worked power.⁶⁹⁹”
- 17 I will not die, but live,
and proclaim the works of the Lord.
- 18 The Lord chastened me with chastening,
but He did not give me up to death.
- 19 Open the gates of righteousness to me;
I will enter by them and confess⁷⁰⁰ the Lord.

⁶⁹⁷ Heb. 13:6.

⁶⁹⁸ [JS] Fr. Lazarus has “see the fall of”

⁶⁹⁹ Or exerts power or works a miracle or creates power; (Cf. Ps. 59:14)

⁷⁰⁰ [JS] or “give thanks to”, “thankfully confess with praise”

- 20 This is the gate of the Lord;
the righteous will enter through it.
- 21 I will confess⁷⁰¹ You,
for You heard me,
and became my salvation.
- 22 The stone which the builders rejected
has become the cornerstone.⁷⁰²
- 23 This is the Lord's doing,
and it is marvelous in our eyes.
- 24 This is the day which the Lord has made;
let us rejoice and be glad in it.
- 25 O Lord, save us!
O Lord, straighten our way⁷⁰³!
- 26 Blessed be he who comes in the Name of the Lord;
we have blessed you from the house of the Lord.
- 27 God is the Lord, and has enlightened us⁷⁰⁴;
Bind the sacrifice⁷⁰⁵ with ropes
to the horns of the altar⁷⁰⁶.
- 28 You are my God, and I will confess⁷⁰⁷ You;
You are my God, and I will exalt You;
I will confess⁷⁰⁸ You, for You heard me,
and became my salvation.
- 29 Confess Lord, He is good;
His mercy endures forever.

⁷⁰¹ [JS] or "praise and thank," "thankfully confess with praise"

⁷⁰² Mt. 21:42; Acts 4:11; 1 Pet 2:7; Eph. 2:20; Is. 28:16; Zach. 4:7. Not a keystone of an arch, but a corner-stone uniting two walls and all walls.

⁷⁰³ [JS] or "prosper us"

⁷⁰⁴ [JS] or "revealed Himself to us" or, as Fr. Athanasius has it, "has shone upone us."

⁷⁰⁵ *Heorte* = festal victim or sacrifice. The 4 corners of the altar were shaped like horns (Ex. 27:2). Christ was bound to the horns of the altar of the cross by the cords of love (cf. Hos. 11:4; Jn. 10:18).

⁷⁰⁶ [JS] Fr. Athanasius has, "Ordain a feast, in those who reach unto the horns of the altar." OSB has, "appoint a feast for yourselves, decked with branches, even to the horns of the altar." NETS has, "Arrange a feast with thick ones, up to the horns of the altar."

⁷⁰⁷ [JS] "thankfully confess You with praise"

⁷⁰⁸ [JS] "thankfully confess You with praise"

Alleluia. The Psalms of the Eleventh Hour (Little Vespers) continue with Psalm 119: “When I was afflicted, I cried out to the Lord”, page 283. The Psalms of Midnight (The Beginning of Watches) continue with Psalm 118: “Blessed are the blameless in the way”, page 268.

Glory...thou

Kathisma 17

Psalm 118: “Blessed are the blameless in the way”

Love for the Law of Love

The Word Reveals the Heart and Mind of God

The Psalms of the Beginning of Watches, page 34.

(Alleluia)

Psalm 118 Part 1 (ⲕ): “Blessed are the blameless in the way”

The Psalms of the Beginning of Watches, page 34.

1 Blessed are the blameless in the way,⁷⁰⁹
who walk in the law of the Lord.⁷¹⁰

2 Blessed are they who search out His testimonies;⁷¹¹
They will seek Him with their whole heart.⁷¹²

3 For those who work lawlessness
do not walk in His ways.

4 You commanded Your commandments
to be kept diligently.

5 O that my ways may be directed
to keep Your statutes⁷¹³!

6 Then I will not be ashamed,
when I regard all Your commandments.

⁷⁰⁹ ‘The new and living way’ (Heb. 10:19) of love (1 Cor. 12:31), peace with all (Heb. 12:14), holiness (Is. 35:8), ‘the way of God’ (Mt. 22:16), righteousness (2 Pet. 2:21), truth (2 Pet. 2:2), salvation (Acts 16:17), perfection (Mt. 5:48; 19:21; 1 Jn. 2:5) ‘the King’s Highway’ (Num. 20:17), the way of life (Mt. 7:14) revealed by God Who said, ‘I am the Way’ (Jn. 14:6). The one law (Gal. 5:14; Rom. 13:10) is the all-embracing love of God: ‘Live in love, as Christ love us’ (Eph.5:2).

⁷¹⁰ Rom. 10:5; Gal. 3:12; Lev. 18:5; Luke 10:25-28.

⁷¹¹ *Testimonies* are God’s works and creations through which we see and know God (Rom. 1:19-24), the Tabernacle, Ark and Mercy-Seat, the Covenant, His words and commandments, the whole Bible, the Church and Mysteries (Jn. 5:39), especially the Decalogue Laws, abiding testimonies of the Covenant, called the Testimony (Ex. 25:16; 27:21).

⁷¹² Man has lost sight of God through sin. We are to seek Him by repentance. in truth, by prayer and fasting, in His word, for Himself alone, through His Son, and in His Holy Spirit (Jn. 14:6-26).

⁷¹³ [JS] or “ordinances”. Fr. Athanasius has, “truths”. Literally something engraved or inscribed.

7 I will confess⁷¹⁴ You, O Lord, with an upright heart,
when I learn of the judgments of Your righteousness.

8 I will keep Your statutes;
do not utterly forsake me.

Glory to You, O Love of mankind.

Psalm 118 Part 2 (ⲓ): “How will a young man straighten his way”

The Psalms of the Beginning of Watches, page 34.

9 How will a young man straighten his way?
By keeping Your words.

10 I searched for You with my whole heart;
do not drive me away from Your commandments.

11 I hid your words⁷¹⁵ in my heart,
that I might not sin against You.

12 Blessed are You, O Lord;
teach me Your statutes.

13 I declared all the judgments of your mouth
with my lips.

14 I delight in the way of Your testimonies,
as in all riches.

15 I will reflect on Your commandments,
and understand Your ways.

16 I will meditate on Your statutes,
and will not forget Your words.

Glory to You, O Love of mankind.

Psalm 118 Part 3 (ⲓ): “Reward Your servant”

The Psalms of the Beginning of Watches, page 34.

17 Reward⁷¹⁶ Your servant;
I will live, and keep Your words.

⁷¹⁴ [JS] Fr. Lazarus has “praise and thank”. Could be rendered, “thankfully confess You with praise”.

⁷¹⁵ [JS] or “sayings,” or “teachings”

⁷¹⁶ [JS] Fr. Athanasius has, “repaly,” Brenton has “recompense”

- 18 Uncover my eyes,
and I will understand the wonders of Your law.
- 19 I am a sojourner on earth;
do not hide Your commandments from me.
- 20 My soul longed to desire⁷¹⁷
Your judgments in every situation.
- 21 You have rebuked the arrogant;⁷¹⁸
those who turn aside from your commandments are accursed.
- 22 Take away reproach and contempt from me,
for I sought Your testimonies.
- 23 For rulers also sat and spoke against me,
but Your servant meditated on Your statutes.
- 24 For Your testimonies are my meditation,
and Your statutes are my counsels.⁷¹⁹

Glory to You, O Love of mankind.

Psalm 118 Part 4 (T): “My soul clings to the ground”

The Psalms of the Beginning of Watches, page 34.

- 25 My soul clings to the ground;
revive me according to Your word.
- 26 I declared my ways and You heard me;
teach me Your statutes.
- 27 Make me understand the way of Your statutes,
and I will reflect on Your wonders.
- 28 My soul was drowsy with sloth;⁷²⁰
strengthen⁷²¹ me with Your words.
- 29 Remove the way of unrighteousness from me,
and have mercy on me by Your law.

⁷¹⁷ He does not dare to say he wants God’s judgments (cf. Ps.53:3), but he longs to be so pure in heart and action that he welcomes them at all times (St. Hilary).

⁷¹⁸ God rebuked proud Satan when he was cast from heaven, and proud man when he was banished from Eden; likewise Pharaoh, Saul, Nebuchadnezzar etc. He rebukes the proud and gives grace to the humble. The eternal law is stated in Deut. 28.

⁷¹⁹ Everything is a testimony, witness, word of the living God. But the chief are the Saviour’s Birth, Death, Descent into Hell, Resurrection, Ascension, Gift of the Spirit, Second Coming: the 7 seals of the Book only He could open (Rev. 5:5).

⁷²⁰ sloth: *or*: accidie.

⁷²¹ [JS] or “establish,” “confirm”

30 I have chosen the way of truth;
I have not forgotten Your judgments.

31 I have clung to Your testimonies;
O Lord, do not put me to shame.

32 I ran the way of Your commandments,
when You enlarged my heart.

Glory to You, O Love of mankind.

Psalm 118 Part 5 (Π): “Make the way of Your statutes my law”

The Psalms of the Beginning of Watches, page 34.

33 Make the way of Your statutes my law, O Lord,
and I will seek it at all times.

34 Make me understand, and I will search out Your law,
and keep it with my whole heart.

35 Guide me in the path of Your commandments,
for I desire it.

36 Incline my heart to Your testimonies
and not to greediness⁷²².

37 Turn my eyes away from looking at vanity;⁷²³
revive me in Your way.⁷²⁴

38 Establish Your teaching in Your servant,
unto fear of You.⁷²⁵

39 Take away my reproach, which I suspected,
for Your judgments are good.

40 Behold, I long for Your commandments;
revive me in Your righteousness.⁷²⁶

Glory to You, O Love of mankind.

⁷²² [JS] or “covetousness”

⁷²³ Eyes were given us that we might see in creatures our Creator (St Athanasius). [JS] Fr. Athanasius has “grief” in place of “sloth,” OSB has “listlessness,” NETS has “exhaustion”

⁷²⁴ Christ is our way and our righteousness (cf. Jn. 14:6; 1 Cor 1:30; Ephes. 2:5-7).

⁷²⁵ The house of wisdom can be built only if the fear of God is rooted deeply in the soul (cf. St Ambrose).

⁷²⁶ Christ is our way and our righteousness (cf. Jn. 14:6; 1 Cor 1:30; Ephes. 2:5-7). <see 2 footnotes above>

Psalm 118 Part 6 (I): “And let Your mercy come upon me, O Lord”

The Psalms of the Beginning of Watches, page 34.

- 41 And let Your mercy come upon me, O Lord,
Your salvation according to Your word.
- 42 And I will have a word to answer those who reproach me,
because I hope in Your words.
- 43 And do not take the word of truth completely from my mouth,
for I hope in Your judgments.
- 44 And I will keep Your law continually,
forever and unto ages of ages.
- 45 And I walk in freedom
for I sought Your commandments.
- 46 And I spoke of Your testimonies before kings,
and I was not ashamed.
- 47 And I meditate on Your commandments,
which I have loved very much.
- 48 And I raised my hands to Your commandments, which I love,
and I meditate on Your statutes.

Glory to You, O Love of mankind.

Psalm 118 Part 7 (I): “Remember Your word to Your servant”

The Psalms of the Beginning of Watches, page 34.

- 49 Remember Your word to Your servant,
by which You have given me hope.
- 50 This comforted me in my humiliation,
for Your sayings revived me.
- 51 The arrogant blatantly transgressed the law,
but I did not deviate from Your law.
- 52 I remembered Your judgments of old, O Lord,
and I was comforted.
- 53 Despondency seized me, because of sinners
who forsake Your law.

54 Your statutes are my songs
in the place of my sojourning.

55 I remembered Your Name, O Lord, in the night,
and I kept Your law.

56 This happened to me,
because I sought Your statutes.

Glory to You, O Love of mankind.

Psalm 118 Part 8 (Π): “You are my portion, O Lord”

The Psalms of the Beginning of Watches, page 34.

57 You are my portion, O Lord;
I said that I would keep Your law.

58 I implored Your grace⁷²⁷ with all my heart;
have mercy on me according to Your saying,

59 I considered Your ways,
and I turned my feet to Your testimonies.

60 I was prepared, and I was not troubled,
that I might keep Your commandments.

61 The ropes of sinners entangle me,
but I did not forget Your law.

62 At midnight I would rise to confess⁷²⁸ You
because of the Your righteous judgments.

63 I am a companion of all who fear You
and keep Your commandments.

64 The earth, O Lord, is full of Your mercy;⁷²⁹
teach me Your statutes.

Glory to You, O Love of mankind.

⁷²⁷ *Lit.* Face: a Hebraism for ‘favor’. (Cf. Psalm 44:13).

⁷²⁸ [JS] or “thank,” “thankfully confess You with praise”

⁷²⁹ When Christ dwells in the heart, while others complain of poverty, want and suffering, the saints see love and mercy everywhere. ‘Everything has become new’ (2 Cor. 5:17). See also Psalms 32:5; 117:1.

Psalm 118 Part 9 (U): “You have shown kindness to Your servant”

The Psalms of the Beginning of Watches, page 34.

65 You have shown kindness to Your servant, O Lord,
according to Your word.

66 Teach me kindness, discipline, and knowledge,
for I believe Your commandments.

67 Before I was humbled, I erred,
therefore I have kept your sayings.

68 You are good, O Lord, and in Your goodness
teach me Your statutes.

69 The injustice of the arrogant multiplied against me,
but I will seek Your commandments with my whole heart.

70 Their heart is curdled⁷³⁰ like milk,
but I meditated on Your statutes.

71 It is good for me that You have humbled me,
that I may learn Your statutes.

72 The law of Your mouth is a treasure to me,
beyond thousands of gold and silver [pieces].⁷³¹

Glory to You, O Love of mankind.

Glory...

Psalm 118 Part 10 (V): “Your hands made me and fashioned me”

The Psalms of the Beginning of Watches, page 34.

73 Your hands made me and fashioned me;
give me understanding, and I will learn Your commandments,

74 Those who fear You will be glad when they see me,
because I hope in Your words.

75 I know, O Lord, that Your judgments are righteous,
and that You humbled me with truth.

76 Let Your mercy come upon me to comfort me,
according to Your word to Your servant.

⁷³⁰ Curdled with scorn, anger and fear.

⁷³¹ Was St. Peter poor when he had no gold and silver for the cripple? They are not currency in Canaan (cf. St. Chrysostom).

77 Let Your compassion come to me, and I will live;
for Your law is my meditation.

78 Let the arrogant be shamed, for they unjustly transgressed against me;
but I will meditate on Your commandments.

79 Let those who fear You,
and those who know Your testimonies turn to me.

80 Let my heart be blameless in Your statutes,
that I may not be put to shame.

Glory to You, O Love of mankind.

Psalm 118 Part 11 (D): “My soul earnestly longs for Your salvation”
The Psalms of the Beginning of Watches, page 34.

81 My soul earnestly longs for⁷³² Your salvation,
And I hope in Your word.

82 My eyes failed for your saying⁷³³,
saying, “When will You comfort me?”⁷³⁴

83 For I became like a wineskin in the frost;⁷³⁵
[but] I did not forget your statutes.

84 How many are the days of Your servant?
When will you judge my persecutors?

85 Transgressors told me tales,
but these are not like Your Law, O Lord.

86 All Your commandments are truth;
they persecute me unjustly; help me!

87 They nearly destroyed me on earth;
but I did not forsake Your commandments.

88 Revive⁷³⁶ me in Your mercy,
and I will keep the testimonies of Your mouth.

⁷³² [JS] literally, “my soul fails for”, i.e. “I am dying for your salvation,” not as in literal death, but as in the common colloquial expression of great longing.

⁷³³ [JS] i.e. my eyes were strained looking for your word.

⁷³⁴ ‘When will You comfort me?’ = When will You send Your Comforter, so that I may be filled with Your Spirit, Comforter, Paraclete? (cf. Ephes. 5:18).

⁷³⁵ Sprinkled with hoar-frost, a wineskin is like the greying head of an old man.

⁷³⁶ [JS] revive, “give me life”

Glory to You, O Love of mankind.

Psalm 118 Part 12 (7): “Your word, O Lord, continues forever in Heaven”
The Psalms of the Beginning of Watches, page 34.

89 Your word, O Lord,
continues forever in Heaven.

90 Your truth [endures] from generation to generation;
You founded the earth, and it continues.

91 The day continues by Your arrangement,
for all things together⁷³⁷ are Your servants.

92 If Your law were not my meditation,
I would have perished in my humiliation.

93 I will never forget Your statutes,
for by them You have revived me.

94 I am Yours; save me,
for I have sought Your statutes.

95 Sinners waited for me [in order] to destroy me;
I understood Your testimonies.

96 I have seen the end of all perfection;
Your commandment is exceedingly broad.⁷³⁸

Glory to You, O Love of mankind.

Psalm 118 Part 13 (8): “O how I love Your law, O Lord”
The Psalms of the Beginning of Watches, page 34.

97 O how I love Your law, O Lord!
It is my meditation all day long.

98 You made me wiser than my enemies by Your commandment,
for it is mine forever.

99 I have understood more than all my teachers,
because Your testimonies are my meditation.

100 I have understood more than my elders,
for I sought after Your commandments.

⁷³⁷ [JS] “all things together”, i.e. “all the universe”

⁷³⁸ The commandment to love God, our neighbor and our enemy, is infinitely broad because all-inclusive; it contains the sum of all our perfection, and is the crowning experience (cf. St Basil).

- 101 I restrained my feet from every evil way,
that I may keep Your words.
- 102 I did not turn away from Your judgments,
for You set for me a law.
- 103 How sweet are Your words to my heart!⁷³⁹
They are sweeter than honey to my mouth.
- 104 I gained understanding because of your commandments;
Therefore, I hate every way of injustice.

Glory to You, O Love of mankind.

Psalm 118 Part 14 (1): “Your law is a lamp to my feet”

The Psalms of the Beginning of Watches, page 34.

- 105 Your word is a lamp to my feet,
and a light to my paths.⁷⁴⁰
- 106 I swore and confirmed
that I will keep Your righteous judgments.
- 107 I have been deeply humbled;
O Lord, revive me according to Your word.
- 108 Be pleased with the freewill offerings of my mouth, O Lord,
and teach me Your judgments.
- 109 My soul is always in Your hands,
and I have not forgotten Your law.
- 110 Sinners laid a snare for me,
but I did not stray from Your commandments.
- 111 Your testimonies are my heritage forever,
for they are the joy of my heart.
- 112 I have inclined my heart to perform Your statutes,
for the sake of an eternal reward⁷⁴¹.

Glory to You, O Love of mankind.

⁷³⁹ hear: *lit.* gullet, throat, larynx.

⁷⁴⁰ “The rays of the Word are eternally ready to shine wherever the windows of the soul are opened in simple faith” (St. Hilary).

⁷⁴¹ [JS] probably “forever for a reward”, rather than “for an eternal reward”

Psalm 118 Part 15 (D): “I hate transgressors, but I love Your law”

The Psalms of the Beginning of Watches, page 34.

113 I hate transgressors,⁷⁴²
but I love Your law.

114 You are my helper and my protector;
I hope in Your word.

115 Turn away from me, you evildoers,
and I will search out the commandments of my God.

116 Defend me according to Your word, and revive me,
and do not let me be disappointed in my expectation.

117 Help me and I will be saved,
and I will continually meditate on Your statutes.

118 You have despised all who turned away from Your statutes,
for their thought is iniquity.

119 I have counted all the sinners of the earth as transgressors;⁷⁴³
that is why I always love Your testimonies.

120 Nail down my flesh with the fear of You,
for I am afraid of Your judgments.

Glory to You, O Love of mankind.

Psalm 118 Part 16 (V): “I have done what is right and just”

The Psalms of the Beginning of Watches, page 34.

121 I have done what is right and just;
Do not leave me to those who oppress me.

122 Be responsible for Your servant’s welfare;⁷⁴⁴
do not let the arrogant falsely accuse me.

123 My eyes failed [in looking] for Your salvation,
and for the word of Your righteousness.

⁷⁴² ‘In wicked men we rightly hate the evil, but love the creature’ (St. Prosper). [JS] Fr. Lazarus interprets “evildoers” here as “evil spirits”

⁷⁴³ [JS] Fr. Lazarus has “outcasts”: The world’s real outcasts are those who deliberately exclude themselves by sin from the realm of grace and glory. Cf. Ps. 50:13. ‘Cast me not out of Your Presence, from a sense of Your grace and favor, from the vision of Your Face.’ Cf. Ps. 21:7; Mt. 25:30; Jn. 15:6; 6:37.

⁷⁴⁴ Be surety *or* bail (*Lat.* Bajulus = burden-bearer), as Judah was answerable for the welfare and safety of Benjamin (Gen. 43:9). Cf. Hezekiah’s prayer: ‘O Lord, I am oppressed. Undertake for me’ (Isaiah 38:14).

124 Deal with Your servant according to Your mercy,
and teach me Your statutes.

125 I am Your servant; give me understanding,
and I will know Your testimonies.

126 It is time for the Lord to act;⁷⁴⁵
they have defied Your law.

127 Therefore I love Your commandments
more than gold and topaz.⁷⁴⁶

128 Therefore I set myself straight by⁷⁴⁷ all Your commandments;
I hate every wrong way.

Glory to You, O Love of mankind.

Psalm 118 Part 17 (9): “Your testimonies are wonderful”

The Psalms of the Beginning of Watches, page 34.

129 Your testimonies are wonderful;
therefore my soul searches them out.

130 The revelation of Your words enlightens,
and causes little children to understand.⁷⁴⁸

131 I opened my mouth, and drew in breath⁷⁴⁹,
for I longed for Your commandments.

Glory...

132 Look upon me and have mercy on me,
as Your judgement is towards those who love Your Name.⁷⁵⁰

133 Direct my steps according to Your sayings,
and do not let iniquity ha

ve dominion over me.

⁷⁴⁵ These words are repeated by the deacon at the beginning of the Divine Liturgy.

⁷⁴⁶ ‘When the commandments are loved more than gold or precious stones (cf. 18:11), all earthly reward compared with the commandments themselves is trivial; then no other human blessings can compare with those good gifts and laws by which man himself is made good’ (St. Augustine).

⁷⁴⁷ [JS] or “I directed myself towards”

⁷⁴⁸ Cf. Lk. 24:27,32,45.

⁷⁴⁹ [JS] Fr. Lazarus and Fr. Athanasius interpret this as “the Spirit” or “a Spirit”, (breath and spirit being the same word)

⁷⁵⁰ Just as we who claim to love God judge it right to show mercy, so we can expect the divine mercy (Mt. 5:7).

134 Redeem me from the extortion of men,
and I will keep Your commandments.

135 Make Your face shine upon Your servant,
and teach me Your statutes.

136 My eyes shed streams of water,
because they did not keep Your law.

Glory to You, O Love of mankind.

Psalm 118 Part 18 (Y): “You are Righteous, O Lord”

The Psalms of the Beginning of Watches, page 34.

137 You are Righteous, O Lord,
and Your judgment is upright.

138 You strictly commanded as Your testimonies
in righteousness and truth.

139 The zeal of your house consumed me,
because my enemies forgot Your words.

140 Your teaching is very pure,⁷⁵¹
and Your servant loves it.

141 I am young and despised,
but I have not forgotten Your statutes.

142 Your righteousness is everlasting righteousness,
and Your law is truth.

143 Affliction and distress found me,
but Your commandments are my meditation.⁷⁵²

144 Your testimonies are righteousness forever;
give me understanding and I will live.

Glory to You, O Love of mankind.

Psalm 118 Part 19 (P): “I cry with my whole heart; hear me, O Lord”

The Psalms of the Beginning of Watches, page 34.

145 I cry with my whole heart; hear me, O Lord;
I will seek [after] Your statutes.

⁷⁵¹ pure: *lit.* burnt, fired: hence refined and pure (cf. Psalm 11:7).

⁷⁵² ‘No athlete enters a contest unless he has first been trained. Let us anoint the arms of our soul with the oil of reading, and have regular exercise day and night in the gymnasium of Holy Scripture’ (St. Ambrose).

146 I cry to You; save me,
and I will keep Your testimonies.

147 I arose at midnight and cried out;
I hope in Your words.

148 My eyes awoke before dawn,⁷⁵³
that I might meditate on Your sayings.⁷⁵⁴

149 Hear my cry, Lord, in Your mercy;
revive me according to Your judgment.

150 Those who persecute me with iniquity⁷⁵⁵ drew near me,
they were far from Your law.

151 You are near, O Lord,
and all Your commandments are truth.

152 Long ago I learned from your testimonies
that You established them forever.

Glory to You, O Love of mankind.

Psalm 118 Part 20 (7): “See my humiliation and deliver me”

The Psalms of the Veil, page 29. The Psalms of the Beginning of Watches, page 34. Reserved for the Presbyter, if present in both cases.

153 Behold my humiliation and deliver me,
for I have not forgotten Your law.

154 Plead my cause and redeem me;
Revive me for the sake of Your word.

155 Salvation is far from sinners,
for they have not sought Your statutes.

156 Your compassions are many, O Lord;
revive me according to Your judgment.

157 Those who persecute me and afflict me are many;
yet I have not deviated from Your testimonies.

⁷⁵³ ‘It is a grim outlook if the rising sun finds you in bed weighed down with snoring sloth! You owe the daily first-fruits of your heart and voice to God. The Lord Jesus spent nights in prayer that you might learn to pray. Give Him what He paid for you.’ (St. Ambrose, cf. Mk. 13:35-37).

⁷⁵⁴ Words: Gk. *logia* = oracles, utterances, sayings, promises (cf. Rom. 3:2; Acts 7:38; Heb. 5:12; 1 Pet. :11).

⁷⁵⁵ [JS] or “wickedness”

158 I saw the ignorant, and I was grieved,
because they do not keep Your sayings.

159 See how I love Your commandments!
O Lord, revive me in Your mercy.

160 The sum⁷⁵⁶ of Your words is truth;
and all the judgments of Your righteousness are eternal.

Glory to You, O Love of mankind. The Psalms of the Veil continue with Psalm 118 Part 21 (Ψ): "Rulers persecute me without cause".

Psalm 118 Part 21 (Ψ): "Rulers persecute me without cause"

The Psalms of the Veil, page 29. The Psalms of the Beginning of Watches, page 34. Reserved for the Presbyter, if present in both cases.

161 Rulers persecute me without cause,
but I my heart feared because of Your words.⁷⁵⁷

162 I will rejoice at Your sayings
like one finding great spoil.

163 I hate and abhor injustice,
but I love Your law.

164 Seven times a day I have praised You
for the judgments of Your righteousness.

165 Those who love Your law⁷⁵⁸ have great peace,
and nothing can make them stumble.

166 I kept looking for Your salvation, O Lord,
and I have loved Your commandments.

167 My soul keeps Your testimonies
and loves them exceedingly.

168 I keep Your commandments and Your testimonies,
for all my ways are before You, O Lord.

Glory to You, O Love of mankind. The Psalms of the Veil continue with Psalm 118 Part 22 (Ϯ): "Let my supplication come before You, O Lord".

⁷⁵⁶ Cf. Ps. 110:10.

⁷⁵⁷ 'I do not fear my enemies, but I dread to be dead to Your word' (St. Athanasius). Cf. Psalm 80:12-14 and footnote there. Cf. Rom. 6:11-13. [JS] others have "beginning"

⁷⁵⁸ [JS] Coptic has, "Name".

Psalm 118 Part 22 (Π): “Let my supplication come before You, O Lord”

The Psalms of the Veil, page 29. The Psalms of the Beginning of Watches, page 34. Reserved for the Presbyter, if present in both cases.

169 Let my supplication come before You, O Lord;
give me understanding according to Your sayings⁷⁵⁹.

170 Let my petition come in before You;
deliver me according to Your sayings.

171 Let my lips pour forth a hymn,
when You have taught me Your statutes.

172 Let my tongue tell of Your sayings,
for all Your commandments are righteousness.

173 Let Your hand be ready to save me,
for I have chosen Your commandments.

174 I long for Your salvation, O Lord,
and Your law is my meditation.

175 My soul will live and praise You,
and Your judgments will help me.

176 I have gone astray like a lost sheep; seek Your servant,
for I have not forgotten Your commandments.

Alleluia. The Psalms of the Veil and The Psalms of Midnight (The Beginning of Watches) are completed.

Glory...

Kathisma 18

The Songs of Ascent to Jerusalem (Psalms 119 – 133) begin here.

Psalm 119: “When I was afflicted, I cried out to the Lord”

A Pilgrim Song: The Enemies of Peace

The Arrows of Love

⁷⁵⁹ [S] or “word,” or “teachings

The Psalms of Sunset (Vespers), page 11. The Psalms of the Middle Watch, page 36. Reserved for the Presbyter, if present (Middle Watch only).

1 (*A Song of Ascents*)

When I was afflicted, I cried out to the Lord,
and He heard me.

2 O Lord, [You will]⁷⁶⁰ deliver my soul from unjust lips,
and from a deceitful tongue.

3 What might be given you,
And what [protection] might be added to you,
against a deceitful tongue?⁷⁶¹

4 The arrows of the mighty are sharpened
with hot desert coals.⁷⁶²

5 Woe is me, that my sojourning was prolonged;
I lived among the tents of Kedar.

6 My soul sojourned very much.

7 I was peaceful with those who hate peace;
when I speak to them,
they fought against me without cause.

Alleluia. The Psalms of the Eleventh Hour (Little Vespers) and The Psalms of the Middle Watch continue with Psalm 120: "I lifted up my eyes to the mountains", page 284.

Psalm 120: "I lifted up my eyes to the mountains"

A Pilgrim Song: The Ever-Watchful Guardian of Israel

Tunneling Mountains

The Psalms of Sunset (Vespers), page 11. The Psalms of the Middle Watch, page 36.

1 (*A Song of Ascents*)

I lifted up my eyes to the mountains;⁷⁶³
where will my help come from?

⁷⁶⁰ [JS] [] found in Coptic. See the First Hour of Tuesday of Holy Week.

⁷⁶¹ [JS] Fr. Athanasius has "or what shall be added unto you, by a deceitful tongue?"

⁷⁶² Cf. Psalm 139:11; Rom. 12:20. 'Coals of hell'. For desolation as the equivalent of hell, see Mark 13:14.

⁷⁶³ Cf. Jeremiah 3:23. I look through the hills to their unseen Maker.

- 2 My help comes from the Lord,
Who made heaven and earth.
- 3 Do not let your foot be moved,
nor let He Who keeps you slumber.⁷⁶⁴
- 4 Behold, He Who keeps Israel
will neither slumber nor sleep.
- 5 The Lord will keep you;
the Lord is your shelter at your right hand.
- 6 The sun will not burn you by day,
nor the moon by night.
- 7 The Lord will guard you from all evil;
the Lord will guard your soul.
- 8 The Lord will guard your coming in and going out,
from now and unto the ages.

Alleluia. The Psalms of the Eleventh Hour (Little Vespers) and The Psalms of the Middle Watch continue with Psalm 121: "I was glad when they said to me, 'we will go to the house of the Lord'", page 285. The Psalms of the Veil continue with Psalm 128: "Many times have they warred against me from my youth", page 291.

Psalm 121: "I was glad when they said to me, 'we will go to the house of the Lord'"

A Pilgrim Song of Love for the Holy City

Pray for the Peace of Jerusalem

The Psalms of Sunset (Vespers), page 11. The Psalms of the Middle Watch, page 36.

1 (A Song of Ascents)

I was glad when they said to me,
"we will go to the house of the Lord."

2 Our feet stood
in your courts, O Jerusalem.

⁷⁶⁴ Cf. Matthew 8:24-27. 'Lord, save us, we are sinking.' Prayer rouses God to action and prevents the illusion of His being asleep.

3 Jerusalem is built as a city
that is shared in common⁷⁶⁵.

4 For the tribes go up there,
the tribes of the Lord,
as a testimony to Israel,⁷⁶⁶
to confess⁷⁶⁷ the Name of the Lord.

5 For the thrones for judgment sat there,
thrones over the house of David.

6 Seek after things pertaining to your peace, O Jerusalem⁷⁶⁸,
and abundance for those who love you.⁷⁶⁹

7 Let there be peace in your power,
and abundance within your towered strongholds.

8 For the sake of my brethren and my neighbours,
I spoke peace concerning you.

9 For the sake of the house of the Lord our God,
I sought after good things for you.

Alleluia. The Psalms of the Eleventh Hour (Little Vespers) and The Psalms of the Middle Watch continue with Psalm 122: "I lift up my eyes to You, Who dwells in heaven", page 286.

Psalm 122: "I lift up my eyes to You, Who dwells in heaven"

A Pilgrim Song: The Reproach of Christ⁷⁷⁰

Our Eyes are on the Lord

The Psalms of Sunset (Vespers), page 11. The Psalms of the Middle Watch, page 36.

1 (A Song of Ascents)

I lift up my eyes to You,
Who dwells in heaven.⁷⁷¹

⁷⁶⁵ [JS] Fr. Athanasius has, "Jerusalem is built as a city: her good pleasure is in this and that."

⁷⁶⁶ The law of worship requiring the triannual ascent of males to the holy mountain was a witness and acknowledgement of God's liberation of Israel, and a means of attesting their loyalty and claiming the consequent privileges of the Covenant (Deut. 16:16-20; Ex. 23:14-17).

⁷⁶⁷ [JS] or "thank and praise", "thankfully confess with praise"

⁷⁶⁸ [JS] or "pray" or "ask after" "that which pertains to the pace of Jerusalem"

⁷⁶⁹ Abundance (cf. John 10:10). Pray for pardon and peace before the King comes as Judge with thousands of His holy ones (Lk. 14:32; Jude 14).

⁷⁷⁰ Hebrews 11:26; 13:13.

⁷⁷¹ Heaven is here (Mt. 4:17; Lk. 17:21; Prov. 17:24).

- 2 Behold, as the eyes of servants
[look to] the hands of their masters,
[and] as the eyes of a maidservant
[look to] the hands of her mistress,
so our eyes look to the Lord our God
until He has compassion on us.
- 3 Have mercy on us, O Lord, have mercy on us,
for have had more than our fill of contempt;
- 4 our soul has more than had its fill.
Give reproach to those who are prosperous
and contempt to the arrogant!

Alleluia. The Psalms of the Eleventh Hour (Little Vespers) and The Psalms of the Middle Watch continue with Psalm 123: “if the Lord had not been among us,”—let Israel now say”, page 287.

Psalm 123: “if the Lord had not been among us,”—let Israel now say”

A Pilgrim Song of Thanksgiving to the Saviour

Our Help is in the Name of the Lord

The Psalms of Sunset (Vespers), page 11. The Psalms of the Middle Watch, page 36.

1 (A Song of Ascents)

- “If the Lord had not been among us”—
let Israel now say—
- 2 “if the Lord had not been among us
when men rose up against us,
- 3 they would have swallowed us alive,
when their anger raged against us;
- 4 the water would have drowned us;
our soul would have passed through a torrent,
- 5 our soul would have passed through
bottomless⁷⁷² water.”
- 6 Blessed be the Lord,
Who did not give us as a prey to their teeth!

⁷⁷² [JS] Fr. Lazarus and NETS have “irresistible”, OSB has “overwhelming”

7 Our soul was rescued like a sparrow
from the snare of the hunters;
the snare was broken, and we were rescued.

8 Our help is in the Name of the Lord,
Who made heaven and earth.

Glory...

Alleluia. The Psalms of the Eleventh Hour (Little Vespers) and The Psalms of the Middle Watch continue with Psalm 124: "Those who trust in the Lord are like Mount Zion", page 288.

Psalm 124: "Those who trust in the Lord are like Mount Zion"

A Pilgrim Song of Faith: God our Mountain Stronghold

Conditions of Safety and Security

The Psalms of Sunset (Vespers), page 11. The Psalms of the Middle Watch, page 36.

1 (A Song of Ascents)

Those who trust in the Lord are like Mount Zion;
he who dwells in Jerusalem will never be shaken.

2 Mountains surround her,
and the Lord is around His people,
from now and forever.

3 The Lord will not allow the rod of sinners
To be upon the allotment of the righteous,
lest the righteous stretch out their hands
to iniquity⁷⁷³.

4 Do good, O Lord, to the good,
and to those who are right in heart.

5 But the Lord will lead away with evildoers
those who turn aside to crooked ways.
Pease be upon Israel!

Alleluia. The Psalms of the Eleventh Hour (Little Vespers) and The Psalms of the Middle Watch continue with Psalm 125: "When the Lord brought back the captivity of Zion", page 289.

⁷⁷³ [JS] or "evildoers"

Psalm 125: “When the Lord brought back the captivity of Zion”

A Pilgrim Song: Messianic Days of Heaven on Earth

Returned Exiles Pray for the Release of Captives Still in Babylon

The Psalms of Sunset (Vespers), page 11. The Psalms of the Middle Watch, page 36.

1 (*A Song of Ascents*)

When the Lord brought back the captivity of Zion,
we became like those who are comforted.

2 Then was our mouth filled with joy,
and our tongue with rejoicing.
Then they will say among the nations,
“The Lord has done⁷⁷⁴ great things for them.”

3 The Lord has done great things with us,
and we became glad.

4 Return, O Lord, our captivity
like torrents in the South.⁷⁷⁵

5 Those who sow in tears
will reap in joy.

6 Going, they went weeping,
carrying their seed,
but coming, they will return with rejoicing,
carrying their sheaves.

Alleluia. The Psalms of the Eleventh Hour (Little Vespers) and The Psalms of the Middle Watch continue with Psalm 126: “Unless the Lord builds the house, the builders labour in vain”, page 289.

Psalm 126: “Unless the Lord builds the house, the builders labour in vain”

A Pilgrim Song: God is All in All

Divine Grace and Guidance Indispensable

The Psalms of Sunset (Vespers), page 11. The Psalms of the Middle Watch, page 36.

⁷⁷⁴ [JS] Fr. Athanasius has, “the Lord has magnified His doings with them.”

⁷⁷⁵ ‘South’: *Heb.* Negeb. The Negeb is dry for about 9 months, but in winter the rocky watercourses become rushing torrents.

1 (*A Song of Ascents. By Solomon*)

Unless the Lord builds the house,⁷⁷⁶
 the builders labour in vain;
 unless the Lord guards the city,
 the guards keep awake in vain.

2 It is in vain for you to rise early;
 to rise up from your rest⁷⁷⁷,
 you eat the bread of grief,
 when He gives His beloved ones sleep.

3 Behold, sons are the inheritance from the Lord;
 the fruit of the loom His reward.

4 The children of those expelled⁷⁷⁸
 are like arrows in the hand of a mighty one.

5 Blessed is the man who will fulfil his desire with them;
 they⁷⁷⁹ not be ashamed
 when they speak to their enemies at the gate.

Alleluia. The Psalms of the Eleventh Hour (Little Vespers) and The Psalms of the Middle Watch continue with Psalm 127: "Blessed are all who fear the Lord, who walk in His ways", page 290.

Psalm 127: "Blessed are all who fear the Lord, who walk in His ways"

A Pilgrim Song: The Blessings of a Gracious Home

God Bless you to see Daily the Joys of Jerusalem

The Psalms of Sunset (Vespers), page 11. The Psalms of the Middle Watch, page 36.

1 (*A Song of Ascents*)

Blessed are all who fear the Lord,
 who walk in His ways.

2 You will eat the fruits of your labors;
 You are blessed⁷⁸⁰, and it will be well with you.

⁷⁷⁶ 'The house God builds and keeps is the temple made of living stones (1 Pet. 2:5). 'We are His house' and 'the Builder of all things is God' (Heb. 3:4-6). 'Apart from Me you can do nothing' (Jn. 15:5). The Church is God's House, Temple, City (Eph. 2:19f; 1 Cor. 3:9-17).

⁷⁷⁷ [JS] "from your rest", literally, "after sitting"

⁷⁷⁸ [JS] Fr. Athanasius has, "the children of those who have been awakened."

⁷⁷⁹ [JS] Fr. Lazarus has, "such exiles"

⁷⁸⁰ [JS] Fr. Athanasius has, "You will be blessed"

3 Your wife will be like a fruitful vine
[blossoming] on the sides of your house,
your children like olive shoots
around your table.

4 Behold, so will the man who fears the Lord
be blessed.

5 May the Lord bless you from Zion,
And may you see the joys of Jerusalem⁷⁸¹
all the days of your life;

6 and may you see your children's children.⁷⁸²
Peace be upon Israel!

Alleluia. The Psalms of the Eleventh Hour (Little Vespers) and The Psalms of the Middle Watch continue with Psalm 128: "Many times have they warred against me from my youth", page 291.

Psalm 128: "Many times have they warred against me from my youth"

A Pilgrim Song: The Gates of Hell will not Prevail

We Bless you in the Name of the Lord

The Psalms of Sunset (Vespers), page 11. The Psalms of the Middle Watch, page 36. Reserved for the Presbyter, if present (in both cases).

1 (*A Song of Ascents*)

"Many times have they warred against me from my youth"
—let Israel now say—

2 "many times have they warred against me from my youth,
yet they could not prevail against me.

3 The sinners plowed on my back⁷⁸³;
they prolonged their iniquity⁷⁸⁴.

4 But the righteous Lord
cut up the neck of sinners."

⁷⁸¹ [JS] Fr. Athanasius has "the Lord will bless," and "you will see the joys"

⁷⁸² [JS]. Fr. Athanasius has, "you will," instead of "may you", throughout these last two vs. Lit. "sonss' sons"

⁷⁸³ [JS] OSB has "schemed behind my back," NETS has, "On my back the sinners were practicing hteir skill"

⁷⁸⁴ [JS] or "lawlessness"

- 5 Let all who hate Zion
be shamed and turned back.
- 6 Let them become like grass on the housetops,
which withers before it is pulled up,
- 7 with which no reaper can fill his hands,
nor the gatherer sheaves fill his bosom.
- 8 Neither do those who pass by say to them,
“the blessing of the Lord be upon you;
we bless you in the Name of the Lord.”

Alleluia. The Psalms of the Eleventh Hour (Little Vespers) and The Psalms of the Middle Watch are concluded. The Psalms of the Veil continue with Psalm 129: “I cried to You, O Lord, out of the depths”, page 292.

Glory...

Psalm 129: “I cried to You, O Lord, out of the depths”

A Pilgrim Song of Mercy and Forgiveness

Praying and Waiting for Full Redemption

The Psalms of Retiring (the Twelfth Hour). Page 18. The Psalms of the Veil, page 29. The Psalms of the Morning Watch, page 38. Reserved for the Presbyter, if present (Retiring and Morning Watch only).

1 (A Song of Ascents)

I cry to You, O Lord, out of the depths,⁷⁸⁵

2 O Lord, hear my voice!
Let Your ears be attentive
to the voice of my supplication!

3 If You, O Lord, should mark iniquities⁷⁸⁶,
O Lord, who would stand?—

4 For there is atonement⁷⁸⁷ with You.

⁷⁸⁵ We can cry from the depths only when we go down to the depths. To suffer is to live deeply. The cross is the secret of the heart-cry. Will holy God be attentive if we are not attentive ourselves? When we cry out of the depths of our need, we can be sure of the divine response (cf. Mt. 15:8).

⁷⁸⁶ [JS] or “transgressions” or “acts of lawlessness”, throughout.

⁷⁸⁷ [JS] or “forgiveness”

5 For Your Name's sake I have waited for You, O Lord;⁷⁸⁸
my soul waited for Your word.

6 My soul hopes in the Lord
from the morning watch until night;
from the morning watch,
let Israel hope in the Lord,

7 for with the Lord there is mercy,
and with Him there is abundant redemption;

8 And He will redeem Israel
from all his iniquities.⁷⁸⁹

Alleluia. The Psalms of Retiring (the Twelfth Hour), The Psalms of the Veil, and The Psalms of the Morning Watch continue with Psalm 130: "O Lord, my heart is not exalted, nor my eyes raised up", page 293.

Psalm 130: "O Lord, my heart is not exalted, nor my eyes raised up"

A Pilgrim Song: The Spirit of Humility and Childhood

Weaning is Growth in Freedom and Strength

The Psalms of Retiring (the Twelfth Hour). Page 18. The Psalms of the Veil, page 29. The Psalms of the Morning Watch, page 38.

1 (*A Song of Ascents. By David*)

O Lord, my heart is not exalted,
neither are my eyes raised up;
nor do I do not occupy myself with great things,
nor with marvelous things beyond me.

2 If I were not humble-minded,
but lift up my soul,⁷⁹⁰
like a child weaned from its mother,
You would reward my soul.

3 Let Israel hope in the Lord,
from now and to the ages.

⁷⁸⁸ For Your name's sake: *variant reading*, For the sake of Your law. The law contained the word or promise of forgiveness (Is. 43:25; Jer. 31:34).

⁷⁸⁹ Cf. Titus 2:14.

⁷⁹⁰ Prov. 29:1; 2 Kings 17:14; Neh. 9:16; Dt. 9:6.

Alleluia. The Psalms of Retiring (the Twelfth Hour), The Psalms of the Veil, and The Psalms of the Morning Watch continue with Psalm 131: "O Lord, remember David and all his meekness", page 294.

Psalm 131: "O Lord, remember David and all his meekness"

A Pilgrim Song: The Promises of God

The Growth of Saints is the Flowering of Holiness

The Psalms of Retiring (the Twelfth Hour). Page 18. The Psalms of the Veil, page 29. The Psalms of the Morning Watch, page 38.

1 (*A Song of Ascents*)

O Lord, remember David
and all his meekness,

2 how he swore to the Lord,
and vowed to the God of Jacob,

3 "I will not enter under the roof⁷⁹¹ of my house,
I will not climb upon my bed,

4 I will not give sleep to my eyes,
nor slumber to my eyelids,
nor rest to my temples,

5 until I find a place for the Lord,⁷⁹²
the tabernacle of the God of Jacob!"

6 Behold, we heard it was in Ephratha,
we found it in the plains of the forest.⁷⁹³

7 Let us enter into His tabernacles;
let us worship⁷⁹⁴ at the place where His feet stood.

8 Arise, O Lord, into Your rest⁷⁹⁵;
You and the ark of Your holy place⁷⁹⁶.

9 Your priests will be clothed with righteousness;
Your saints will rejoice.

⁷⁹¹ [JS] literally "the tabernacle of my house"

⁷⁹² sanctuary: *lit.* place. David confessed this vow to Nathan (2 Sam. 7). Cf. "The Romans will come and destroy both our sanctuary and our nation" (Jn. 11:48). Christ was born at Ephrata (cf. Jn. 2:19).

⁷⁹³ Cf. 1 Kings 6:21 (1 Sam. 6:21).

⁷⁹⁴ [JS] "do obeisance", i.e. literally "bow down"

⁷⁹⁵ [JS] Fr. Lazarus has "resting-place"

⁷⁹⁶ [JS] or "the ark of Your holiness"

- 10 For Your servant David's sake,
do not turn Your face away from Your anointed.⁷⁹⁷
- 11 The Lord swore to David this truth,
and He will not annul it,
"I will set one from the fruit of your loins on your throne."⁷⁹⁸
- 12 If your sons keep my covenant
and these testimonies that I will teach them,
their sons will sit upon your throne forever."
- 13 For the Lord has chosen Zion;
He chose her for His dwelling:
- 14 "This is My resting-place to the age of ages;
I will dwell here, for I have chosen her.
- 15 Blessing, I will bless her provisions⁷⁹⁹;
I will satisfy her poor with bread.
- 16 I will clothe her priests with salvation,
and her saints will shout for joy⁸⁰⁰.
- 17 I will cause the stock⁸⁰¹ of David to spring up there;
I have prepared a lamp⁸⁰² for my Christ.
- 18 I will clothe His enemies with shame;
but upon Him my holiness will blossom.

Alleluia. The Psalms of Retiring (the Twelfth Hour), The Psalms of the Veil and The Psalms of the Morning Watch continue with Psalm 132: "Behold, what is so good or so pleasant as for brethren to dwell together in unity", page 295.

Psalm 132: "Behold, what is so good or so pleasant as for brethren to dwell together in unity"

A Pilgrim Song: The Blessing of Unity

The Spirit of God is Oil and Dew

⁷⁹⁷ Ps. 131:8-10 = 2 Chron. 6:41-42.

⁷⁹⁸ I Chron. 17:11-14; Acts 2:30-33.

⁷⁹⁹ [JS] Coptic has "widow".

⁸⁰⁰ [JS] or "rejoice with rejoicing"

⁸⁰¹ stock: *lit.* horn.

⁸⁰² lamp: 'the word of prophecy' (2 Pet. 1:19) culminating in St. John the Baptist, of whom Christ said, 'He was a burning and shining lamp' (Jn. 5:35).

The Psalms of Retiring (the Twelfth Hour). Page 18. The Psalms of the Veil, page 29. The Psalms of the Morning Watch, page 38.

1 (*A Song of Ascents. By David*)

Behold, what is so good or so pleasant as
for brethren to dwell together in unity?

2 It is like precious oil on the head,
running down upon the beard,
the beard of Aaron,
running down to the edge of his garment;

3 like the dew of Haërmon,
which descends on the mountains of Zion;⁸⁰³
for there⁸⁰⁴ the Lord commanded the blessing,
and life forevermore.

Alleluia. The Psalms of Retiring (the Twelfth Hour), The Psalms of the Veil, and The Psalms of the Morning Watch continue with Psalm 133: "Behold now, bless the Lord, all you servants of the Lord", page 296.

Psalm 133: "Behold now, bless the Lord, all you servants of the Lord"

A Pilgrim Song of the Night

Intercessors Standing in the Holy Spirit

The Psalms of Retiring (the Twelfth Hour). Page 18. The Psalms of the Veil, page 29. The Psalms of the Morning Watch, page 38.

1 (*A Song of Ascents*)

Behold now, bless the Lord,
all you servants of the Lord,
who stand in the house of the Lord,
in the courts of the house of our God.

2 In the nights, lift up your hands to the Holy of Holies,⁸⁰⁵
and bless the Lord.

3 The Lord Who made heaven and earth
will bless you out of Zion.

⁸⁰³ As oil falls first on the priest's head and then runs to the edge of his clothing, and as dew falls first on the highest mountain and then the hill of Zion, so God's blessings flow from Zion to all the land.

⁸⁰⁴ There: 'among brothers living together in unity on Zion, for there on the holy Apostles was sent down the life-giving dew of the All-Holy Spirit, from Whom all believers reap eternal blessing' (St Athanasius).

⁸⁰⁵ A suppressed *ton hagion* is to be understood here (cf. Heb. 8:2; 9:3,8,12,24,25, wrongly translated 'holy place' in R.V. etc.) In the liturgy of St Basil and in the church services God is addressed as the 'Holy of Holies.' (1 Tim. 2:8).

Alleluia. The Psalms of Retiring (the Twelfth Hour), The Psalms of the Veil and The Psalms of the Morning Watch continue with Psalm 136: “By the rivers of Babylon—we sat down, and wept”, page 301.

Glory...

Kathisma 19

Psalm 134: “Praise the Name of the Lord, O servants”

Call to Praise the Divine Name and Nature

God’s Vast, Unceasing Activity beside Inert and Lifeless Idols

1 (Alleluia)

Praise the Name of the Lord,
O servants⁸⁰⁶; praise the Lord,

2 you who stand in the house of the Lord,
in the courts of the house of our God.

3 Praise the Lord, for the Lord is good;
sing to His Name, for it is good,

4 for the Lord chose Jacob for Himself,
and Israel for His own possession,

5 for I know that the Lord is great,
and our Lord is above all the gods.

6 Whatever the Lord willed, He did,
in heaven and on the earth,
in the seas and in all the deeps,

7 bringing up clouds from the ends of the earth;
He makes lightnings for the rain;
He brings winds out of His storehouses.

8 He struck the firstborn of Egypt,
from man to animal;

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

⁸⁰⁶ [JS] literally, “slaves”

- 10 He struck many nations
and killed mighty kings—
- 11 Sihon, king of the Amorites,
and Og, king of Bashan,
and all the kingdoms of Canaan—
- 12 and He gave their land as a heritage,
a heritage to His people Israel.⁸⁰⁷
- 13 O Lord, Your Name is forever,
O Lord, Your renown to generation and generation.
- 14 For the Lord will judge His people,
and have compassion on His servants.⁸⁰⁸
- 15 The idols of the nations are silver and gold,
the works of men's hands.
- 16 They have a mouth, but will not speak;
they have eyes, but will not see;
- 17 they have ears, but will not hear;
[they have noses, but will not smell;
they have hands, but will not feel;
they have feet, but will not walk;
they have no voice in their throat;]⁸⁰⁹
for there is not even breath in their mouths.
- 18 May those who make them
and all who trust in them become like them.
- 19 Bless the Lord, O house of Israel!
Bless the Lord, O house of Aaron!
- 20 Bless the Lord, O house of Levi!
Bless the Lord, O you who fear the Lord!
- 21 Blessed be the Lord from Zion,
He Who dwells in Jerusalem.

Psalm 135: “Confess the Lord, He is good; His mercy endures forever”

Song of Thanksgiving to the Good God: For Responsive Chanting⁸¹⁰

⁸⁰⁷ The kingdoms of this world have become the kingdoms of our Lord and of His Christ' (Rev. 11:15).

⁸⁰⁸ Deut. 32:36.

⁸⁰⁹ [JS] [] lacking in all but OSB

⁸¹⁰ This Psalm is called 'The Great Hallel' or Hymn of Praise in the Talmud, and is still used by the Jewish people in their daily

The Crowning Wonder: The Bread of Life

The Second Canticle: Psalm 135, page 332.

1 (*Alleluia*)

Confess⁸¹¹ the Lord, for He is good,
for His mercy⁸¹² endures forever;

2 confess the God of gods,
for His mercy endures forever;

3 confess the Lord of Lords,
for His mercy endures forever;

4 [to Him]⁸¹³ Who alone does great wonders,
for His mercy endures forever;

5 [to Him] Who by wisdom made the heavens,
for His mercy endures forever;

6 [to Him] Who made the earth firm on the waters,
for His mercy endures forever;

7 [to Him] Who [alone] made the great lights,
for His mercy is eternal,

8 the sun to rule the day,
for His mercy endures forever,

9 the moon and the stars to rule the night,
for His mercy endures forever;

10 Who struck Egypt in their firstborn,
for His mercy endures forever;

worship.

⁸¹¹ Or “give thanks to”, or “thankfully confess with praise”. “Praise the Lord” is probably the most accurate way to put it here. But “Confess the Lord” is more literal, and is accurate if we sing it understanding that we confess Him by praising Him.

⁸¹² mercy: *or* love. Cf. Lk. 10:37.

⁸¹³ [JS]. The Greek does contain “To Him”. If the first verses are rendered “O give thanks unto the Lord, for He is good...”, then it flows grammatically to say, “**To Him** who alone does great wonders”. If the first verses are rendered “thankfully confess with praise” or “O confess the Lord for He is good...”, which is more accurate, then to be grammatically correct, the “To Him” in each verse must be omitted. Clearly, thankfully confessing with praise is something done “to Him”, just as “giving thanks” is something done “to Him”, but such a construct doesn’t flow in English.

- 11 and brought out Israel from among them,
for His mercy endures forever,
- 12 with a strong hand and an upraised arm,
for His mercy endures forever;
- 13 [to Him] Who divided the Red Sea into parts,
for His mercy endures forever,
- 14 and brought [out] Israel through the midst of it,
for His mercy endures forever,
- 15 but overthrew Pharaoh and his army in the Red Sea⁸¹⁴,
for His mercy endures forever;
- 16 [to Him] Who led His people through the wilderness,
for His mercy endures forever;
- 16b [to Him] who brought water out from the hard rock,
for His mercy endures forever;
- 17 [to Him] Who struck down great kings,
for His mercy endures forever,
- 18 and killed⁸¹⁵ mighty kings,
for His mercy endures forever,
- 19 Sihon, King of the Amorites,
for His mercy endures forever,
- 20 and Og, [the] king of Bashan,
for His mercy endures forever,
- 21 and gave their land as a heritage,
for His mercy endures forever,
- 22 a heritage to His servant Israel,
for His mercy endures forever.
- 23 For the Lord remembers us in our humiliation,
for His mercy endures forever;
- 24 and redeemed us from our enemies,
for His mercy endures forever;
- 25 Who gives food to all flesh,
for His mercy endures forever.

⁸¹⁴ [JS] or “and shook of Pharaoh and his army into the Red sea,”

⁸¹⁵ [JS] or “slew”

26 O confess the God of Heaven,
for His mercy endures forever;

26b O confess the Lord of Lords, [for He is good]⁸¹⁶;
for His mercy endures forever.

Psalm 136: “By the rivers of Babylon—we sat down, and wept”

Song of the Babylonian Exile

The Unsung Song of the Heart

The Psalms of Retiring (the Twelfth Hour). Page 18. The Psalms of the Veil, page 29. The Psalms of the Morning Watch, page 38.

1 (By David)

By the rivers of Babylon—
there we sat down, and wept
when we remembered Zion.⁸¹⁷

2 We hung up our instruments
on the willows in its midst.

3 For there our captors asked us for the words of our songs,
and those who had carried us away for a hymn,
“Sing us some of the songs of Zion.”

4 How can we sing the Lord’s song
in a foreign land?

5 If I forget you, O Jerusalem,
may my right hand be forgotten!

6 May my tongue stick in my throat
if I do not remember you,
if I do not place Jerusalem first,⁸¹⁸
at the beginning of my joy.

7 Remember, O Lord, the sons of Edom
On the day of [the fall of] Jerusalem, when they said,
“Empty it out! Empty it out!, even to its foundations!”

⁸¹⁶ [JS] [] lacking in all but the Copite. This verse and 16b lacking in most translations.

⁸¹⁷ Jerusalem and Zion are types of the Church, the bride of Christ. ‘Christ loved the Church and gave Himself up for her’ (Ephes. 5:25f).

⁸¹⁸ See previous footnote.

8 O daughter of Babylon, you wretch!
Blessed is he who will deal with you as you dealt with us!

9 Blessed is he who will seize your infants
and dashes them against the rock!⁸¹⁹

Alleluia. The Psalms of Retiring (the Twelfth Hour) and The Psalms of the Morning Watch continue with Psalm 137: "I will confess You, O Lord, with all my heart", page 302. The Psalms of the Veil continue with Psalm 140: "O Lord, I have cried to You, hear me", page 306.

Glory...

The third group of Psalms of David (Psalms 137 – 144) begins here.

Psalm 137: "I will confess You, O Lord, with all my heart"

Thanksgiving to God for Answering Prayer

Great is the Word, Promise, Name and Glory of God

The Psalms of Retiring (the Twelfth Hour). Page 18. The Psalms of the Morning Watch, page 38.

1 (By David)

I will confess⁸²⁰ You, O Lord, with all my heart,⁸²¹
and I will sing to You in the presence of the angels,
for You have heard the words of my mouth.

2 I will bow down⁸²² toward Your holy temple,
and confess⁸²³ Your Name on account of Your mercy and Your truth,
for You have magnified Your holy Name above every name.⁸²⁴

3 On the day when I call upon You, hear me quickly;
You will treat my soul with great care in Your power.

4 Let all the kings of the earth confess⁸²⁵ You, O Lord,
for they have heard all the words of Your mouth.

⁸¹⁹ Babylon signifies the flesh. Blessed is he who subdues it with fasts and deprives it of joys, as it dealt with the soul, and who dashes incipient evil thoughts, while still weak, against the Rock which is Christ (1 Cor. 10:4; Mt. 21:44; Rev. 18). [JS] Fr. Athanasius has "and bury them beside the rock"

⁸²⁰ [JS] or "thank", or "thankfully confess with praise"

⁸²¹ *heart*: 'My whole heart I lay on the altar of Your praise, a sacrifice of praise I offer to You. May the name of Your love set on fire my whole heart; may nothing in me be left to me, nothing in which I can look to myself, but may I wholly burn with You, be wholly on fire, wholly love You, as though set aflame by You' (St Augustine).

⁸²² [JS] "do obeisance", elsewhere rendered "worship", but referring to the physical act.

⁸²³ [JS] or "give thanks to," or "praise," or "thankfully confess Your Name with praise"

⁸²⁴ Cf. Phil. 2:9-11. *Heb.* You have magnified Your word above all Your name. [JS] others have "You magnified your teaching/saying above every name"

⁸²⁵ [JS] or "acknowledge," or "give thanks to," or "thankfully confess with praise"

- 5 and let them sing in the ways⁸²⁶ of the Lord,
for the glory of the Lord is great,
- 6 For the Lord is exalted, yet He regards the lowly;
but the proud and haughty⁸²⁷ He knows from afar.
- 7 Though I walk in the midst of affliction,
You will revive me;
You stretched out Your hand
against the wrath of my enemies,
and Your right hand saved me.
- 8 The Lord will repay them on my behalf.
O Lord, Your mercy endures forever;
do not forsake the works of Your hands.

Alleluia. The Psalms of Retiring (the Twelfth Hour) and The Psalms of the Morning Watch continue with Psalm 140: "O Lord, I have cried to You, hear me", page 306.

Psalm 138: "O, Lord, You have tested and known me"

The Presence of God and His Knowledge of Man

Your Right Hand will Hold Me

- 1 *(For the end; a Psalm by David)*
- O Lord, You have tested me and known me;
- 2 You know my sitting down and my rising up;
You discern my thoughts from afar;
- 3 You have tracked my path and my travels,
and foresee all my ways.
- 4 For there is no [deceitful] word on my tongue,
- 5 but behold, O Lord, You know all things
The last and the first.
You formed me and laid Your hand upon me.
- 6 Your knowledge has become too wondrous for me;
too great—I cannot grasp to it.

⁸²⁶ ways: *variant reading*: songs.

⁸²⁷ [JS] literally "those who are exalted" or "the high things"

- 7 Where can I go from Your Spirit,
and where can I flee from Your presence?⁸²⁸
- 8 If I ascend to heaven, You are there;
if I descend to Hades, You are present.
- 9 If I were to take up my wings at dawn
and make camp at the furthest part of the sea,
- 10 even there Your hand would lead me
and Your right hand would hold me fast.
- 11 And I said, “so, darkness will cover me,
but the night will be light to my delight;”
- 12 for darkness will not be dark because of You,
and night will be as bright as day;
to You darkness and light are alike.
- 13 For You created⁸²⁹ my heart,⁸³⁰ O Lord;
You sustained me from my mother’s womb.
- 14 I will confess⁸³¹ You
for I am fearfully and wondrously made;
Your works are wonderful, as my soul knows this well.
- 15 My frame is not hidden from You,
though You made in secret, with my substance
in the lowest parts of the earth.
- 16 Your eyes beheld my unformed state,
and all men will be written in Your book;
they will be formed day by day,
when none of them as yet existed.
- 17 But Your friends were very precious to me, O God;
their principalites⁸³² became very strong.
- 18 I will count them, and they will be multiplied more than the sand;
I awoke, and I am still with You.
- 19 If [only] You would slay sinners, O God!
Turn aside from me, you men of blood.

⁸²⁸ The Spirit of the Lord fills the world (Wisdom 1:7). [JS] presence: literally “face”

⁸²⁹ [JS] or “possess”

⁸³⁰ heart: *lil*. kidneys (seat of the affections in Hebrew thought).

⁸³¹ [JS] or “give thanks,” or “thankfully confess You with praise”

⁸³² [JS] or “authorities” or “powers”

20 for You will speak against their reasoning,
“They will receive your cities in vain.”

21 Have I not hated those who hate You, O Lord?
And do I not burn with rage at Your enemies?⁸³³

22 I hated them with perfect hatred;
I count them my enemies.

23 Test me, O God, and know my heart;
examine me, and know my ways.

24 And see if there is any lawless way⁸³⁴ in me,
and guide me in the everlasting way.

Psalm 139: “Deliver me, O Lord, from the evil man”

A Prayer of Faith and Trust under Persecution

Trouble gives Occasion for a Song⁸³⁵

1 (For the end; a Psalm by David)

2 Deliver me, O Lord, from the evil man;
deliver me from the unjust man,

3 who schemed wrongdoing in their heart;
all day long they kept stirring up wars.

4 They make their tongue as sharp as a serpent’s;
the venom of vipers is under their lips. (*Pause*)

5 Guard me, O Lord, from the hand of the sinner;
deliver me from unjust men
who schemed to trip my steps.

6 The arrogant hid a trap for me,
and stretch cords as snares for my feet;
they set stumbling-blocks across my path. (*Pause*)

7 I said to the Lord, “You are my God.
Give ear, O Lord, to the cry⁸³⁶ of my supplication.”

⁸³³ [JS] or “and do I not waste away because of my enemies?”

⁸³⁴ [JS] or “way of iniquity”

⁸³⁵ ‘He gives songs in the night’ (Job. 35:10).

8 O Lord, Lord, the power of my salvation,
You shaded my head in the day of battle.

9 Because of my desire, O Lord,
do not abandon me to sinners;
they schemed against me;
do not leave me, lest they be exalted! (*Pause*)

10 As for the heads of those who surround me,
the work of their own lips will bury them!

11 Coals will fall on them;
You will overthrow them with fire;
they will not bear misery.

12 A talkative man will not prosper in the land;
evils will hunt unjust men to corruption.

13 I know that the Lord will maintain the cause of the poor,
and the case of the needy.

14 Truly the righteous will confess⁸³⁷ Your Name;
The upright will live together in Your presence.

Glory...

Psalm 140: “O Lord, I have cried to You, hear me”

Evening Prayer: My Eyes Look to You

The Cry of Desire in the Temple of the Heart

The Psalms of Retiring (the Twelfth Hour). Page 18. The Psalms of the Veil, page 29. The Psalms of the Morning Watch, page 38. Reserved for the Presbyter, if present (Retiring and Morning Watch only).

1 (*A Psalm by David*)

O Lord, I have cried to You, hear me;
attend to the voice of my supplication when I cry to You.

2 Let my prayer be set forth before You as incense,
and the lifting up of my hands as an evening sacrifice.

3 Set a watch, O Lord, over my mouth,
and a constraining door about my lips.

⁸³⁶ Literally “voice”

⁸³⁷ [JS] or “praise,” or “give thanks to,” or “thankfully confess with praise”

- 4 Do not incline my heart to evil words,
to make excuses for sins
with men who work iniquity,
and I will not join their elect.
- 5 A righteous man will discipline me with mercy, and correct me;
but do not let the oil of the sinner anoint my head,
for my prayer is ever against their pleasures.
- 6 Their judges were swallowed up near the rock;
they will hear my words, for they are sweet.
- 7 Our bones were scattered beside the grave⁸³⁸
like clods of earth are crushed on the ground.
- 8 For my eyes look to You, O Lord, Lord;
I hope in You; do not take my soul away.
- 9 Keep me from the snare they set for me,
and from the stumbling blocks of those who work iniquity.
- 10 Sinners will fall into their own net;
I am alone until I pass on.⁸³⁹

Alleluia. The Psalms of Retiring (the Twelfth Hour) and The Psalms of the Morning Watch continue with Psalm 141: "I cried to the Lord with my voice, I prayed with my voice", page 307. The Psalms of the Veil continue with Psalm 145: "Praise the Lord, O my soul! I will praise the Lord all my life", page 313.

Psalm 141: "I cried to the Lord with my voice, I prayed with my voice"

Prayer for Deliverance to Join the Exultant Throng of Saints

Free my Soul from the Prison of Sin to Praise Your Name.

The Psalms of Retiring (the Twelfth Hour). Page 18. The Psalms of the Morning Watch, page 38.

1 (Of contemplation. By David, when he was in the cave. A Prayer.)

- 2 I cried to the Lord with my voice,
I prayed with my voice to the Lord.

⁸³⁸ [JS] or "Hades".

⁸³⁹ Jesus trod the winepress alone (Is. 63). 'I (Christ) am alone, with no one to help or understand, till I pass over, till that Passover comes, when I shall depart from the world to my Father' (St. Augustine). A Christian 'keeps himself apart from the world and walks forever with God alone' (St. Symeon the New Theologian), in isolation from sin and idols (1 Jn. 5:21).

3 I will pour out my prayer before Him;
I will declare my affliction in His presence.

4 When my spirit failed within me,
You knew my paths.
In this way that I was going⁸⁴⁰
they hide a snare for me.

5 I looked to the right and saw,
no one knew me;
refuge failed me,
and there was no one seeking my life.

6 I cried to You, O Lord,
I said, “You are my hope,
my portion in the land of the living.”

7 Attend to my supplication,
for I was brought very low;
deliver me from my persecutors,
for they are too strong for me.

8 Bring my soul out of prison,
that I may confess⁸⁴¹ Your Name;
the righteous will wait for me,
until You reward me.

Alleluia. The Psalms of Retiring (the Twelfth Hour) and The Psalms of the Morning Watch continue with Psalm 145: “Praise the Lord, O my soul! I will praise the Lord all my life”, page 313.

Psalm 142: “O Lord, hear my prayer; give ear to my supplication in Your truth”

Hands of Love Outstretched on the Cross

No one is Righteous in Your Sight

The Psalms of Early Morning (Prime), page 50 (additional to the original 12). Reserved for the Presbyter, if present.

1 (A Psalm by David, when his son Absalom was pursuing him)

O Lord, hear my prayer;
give ear to my supplication in Your truth;
Hear me in Your righteousness,

⁸⁴⁰ this way: the confession of Christ (2 Tim. 3:12).

⁸⁴¹ [JS] or “praise” or “thive thanks to,” or “thankfully confess with praise”

2 and do not enter into judgment with Your servant,
for no one living will be counted righteous in Your sight.

3 For the enemy persecuted my soul,
he humbled my life to the ground;
he made me sit in dark places,
like those long dead.⁸⁴²

4 And my spirit was anguished within me;
my heart was troubled within me.

5 I remembered the days of old,
I meditated on all Your works;
I meditated on the works of Your hands.

6 I spread forth my hands to You;
my soul thirsts for You like a parched land. (*Pause*)

7 Hear me quickly, O Lord:
my spirit has failed.
Do not turn Your face from me,
lest I become like those who go down to the pit.

8 Let me hear Your mercy in the morning,
for I have hoped in You.
Make me know, O Lord, the way in which I should walk,
for I lift up my soul to You.

9 Deliver me from my enemies, O Lord,
for I have fled to You for refuge.

10 Teach me to do Your will, for You are my God;
Your good Spirit will guide me to the land of uprightness.

11 You will revive me, O Lord, for Your Name's sake.
You will bring my soul out of affliction in Your righteousness.

12 And in Your mercy You will destroy my enemies,
and ruin all who afflict my soul,
for I am Your servant.

Alleluia. The Psalms of Prime are concluded.

Glory...

⁸⁴² These two lines are identical with Lamentations 3:6.

Kathisma 20

Psalm 143: “Blessed be the Lord my God, who trains my hands for battle

New Song of Praise to God Who Gives Victory to Kings

God not Affluence is our Happiness

1 (*By David; concerning Goliath*)

Blessed be the Lord my God,
Who trains my hands for battle,
and my fingers for war;

2 my mercy and my refuge,
my supporter and my deliverer,
my protector, in Whom I hope,
Who subdues my people under me.

3 O Lord, what is man
that You are made known to him,
or the son of man
that You think of him?

4 Man has become like vanity;
his days are like a passing shadow.

5 O Lord, bow the heavens, and come down;
touch the mountains, and they will smoke.

6 Flash lightning, and You will scatter them;
shoot Your arrows, and You will confound them.

7 Send out Your hand from on high;
deliver me and save me from many waters,
from the hand of sons of foreigners,

8 whose mouths speak vanity,
and whose right hand is the right hand of wrongdoing.⁸⁴³

9 O God, I will sing a new song to You;
I will make music to You on a ten-stringed harp,

10 to you, Who gives salvation to kings,
Who redeems His servant David from the evil sword.⁸⁴⁴

⁸⁴³ Cf. Rev. 10:5; Ezek. 20:23,28,42; Deut. 32:14.

⁸⁴⁴ evil sword: *or* sword of an evil man (Title indicates Goliath). It can also mean ‘the sword of judgment’ (2 Chron. 20:9). War

- 11 Deliver me and save me
from the hand of the sons of foreigners,⁸⁴⁵
whose mouths speak vanity,
and whose right hand is the right hand of wrongdoing,
- 12 whose sons are like new plants
Matured in their youth;
their daughters have been beautified,
adorned like a temple;
- 13 their storehouses full,
Bursting on all sides;
their sheep prolific,
multiplying in their streets;
- 14 Their cattle are fat.
There is no fallen-down fence, no gap,
no wailing in their streets.
- 15 They call blessed the people who have these things!
[But rather] blessed is the people whose God is the Lord.

Psalm 144: “I will exalt You on high, my God and my King”

Praise of the King Messiah and His Glorious Kingdom

The Lord keeps all who Love Him

1 (*A praise by David*)

- (℞) I will exalt You on high, my God and my King,⁸⁴⁶
and I will bless Your Name unto ages of ages.
- 2 (㊄) I will bless you every day,
and praise Your Name unto ages of ages.
- 3 (ℒ) The Lord is Great very praiseworthy,
and there is no limit to His greatness.
- 4 (㊄) Generation after generation will praise Your works,
and they will declare Your power.

is evil (Jas. 4; Mt. 5:9).

⁸⁴⁵ ‘It seems to me the Prophet means people estranged from God and alienated from the truth, whose lives are full of bad habits, who love falsehood, and who talk a lot of nonsense’ (St. John Chrysostom).

⁸⁴⁶ Cf. ‘If I am lifted up from the earth, I will draw all men to Me’ (Jn. 12:32). See also Psalm 45:11 and the note there.

- 5 (נ) They will speak of the magnificence of the glory of Your holiness,
and they will recount Your wonders.
- 6 (ל) They will proclaim the power of Your awesome deeds,
and they will recount Your greatness.
- 7 (ר) They will spread⁸⁴⁷ the fame of Your abundant goodness,
and will rejoice in Your righteousness.
- 8 (ן) The Lord is compassionate and merciful,
Longsuffering and abundant in mercy.
- 9 (ו) The Lord is good and kind to all,
and His mercies are over all His works.
- 10 (י) Let all Your works confess⁸⁴⁸ You, O Lord,
and let Your saints⁸⁴⁹ bless You.
- 11 (כ) They will tell of the glory of Your Kingdom,
and they will speak of Your power,
- 12 (פ) that all the sons of men may know Your power,
and the glorious magnificence of Your Kingdom.
- 13 (מ) Your Kingdom is a Kingdom of all the ages,
and Your dominion is from generation to generation.
- 14 (ד) The Lord is faithful in His words,
and holy in all His works.
- 15 (ט) The Lord upholds all who are falling,
and sets upright all who are bent down.
- 16 (צ) The eyes of all hope in You,
and You give them their food in due season.
- 17 (ק) You open Your hand,
and satisfy every living being with a good pleasure.
- 18 (צ) The Lord is righteous in all His ways,
and holy in all His works.
- 19 (פ) The Lord is near to all who call on Him,
to all who call on Him in truth.

⁸⁴⁷ [JS] or “gush forth”, “overflow”

⁸⁴⁸ [JS] or “thankfully confess You with praise”, or “praise”, or “give thanks to”

⁸⁴⁹ [JS] literally “holy ones”

20 (⌒) He will do the will of those who fear Him,
and will hear their supplications and save them.

21 (⌒) The Lord keeps all who love Him,
and He will destroy all the sinners.

22 (⌒) My mouth will declare the praise of the Lord;
and let all flesh⁸⁵⁰ bless His holy Name forever unto ages of ages.

Glory...

The second group of Psalms of Congregational Praise (Psalms 145 – 150) begins here.

Psalm 145: “Praise the Lord, O my soul! I will praise the Lord all my life”

Life is Praise

The Lord Straightens the Bent and Crooked

The Psalms of Retiring (the Twelfth Hour). Page 18. The Psalms of the Veil, page 29. The Psalms of the Morning Watch, page 38.

1 (Alleluia, By Aggeus and Zacharias)

Praise the Lord, O my soul!

2 I will praise the Lord all my life;
I will sing praise to my God as long as I exist.⁸⁵¹

3 Do not put your trust in rulers,
And in the sons of men, in whom there is no salvation.

4 His breath⁸⁵² will go out of him, and he will return to his earth;
on that day all his thoughts⁸⁵³ will perish.

5 Blessed is he whose help is the God of Jacob;
whose hope is in the Lord his God,

6 Who made heaven and earth,
the sea and all that is in them,
Who keeps⁸⁵⁴ truth forever,

⁸⁵⁰ ‘Not all flesh is the same flesh, but men are one kind, beasts another, fish another, birds another’ (1 Cor. 15:39). Cf. Psalm 148:10.

⁸⁵¹ Cf. Ps. 145:2 with Ps. 103:33. Only verbs differ.

⁸⁵² [JS] or “spirit”

⁸⁵³ [JS] thoughts, or designs, plans, projects

7 Who executes judgment for the wronged,
Who gives food to the hungry,
The Lord releases those who are bound⁸⁵⁵.

8 The Lord raises up those cast⁸⁵⁶ down;
the Lord gives wisdom⁸⁵⁷ to the blind;
the Lord loves the righteous.

9 The Lord keeps watch over strangers⁸⁵⁸;
He will accept the orphan and the widow,
and He will destroy the way of sinners.

10 The Lord will reign forever,
your God, O Zion, from generation to generation.

Alleluia. The Psalms of Retiring (the Twelfth Hour) and The Psalms of the Morning Watch continue with Psalm 146: "Praise the Lord, for psalmody a is good thing", page 314. The Psalms of the Veil continue with Psalm 118 Part 20 (7): "See my humiliation and deliver me", page 281.

Psalm 146: "Praise the Lord, for psalmody a is good thing"

Builder of the City and Gatherer of His Scattered Children

God Delights in the Love of Those Who Trust and Obey Him

The Psalms of Retiring (the Twelfth Hour). Page 18. The Psalms of the Morning Watch, page 38.

1 (*Alleluia. By Aggeus and Zacharias*)

Praise the Lord, for psalmody⁸⁵⁹ is a good thing;
may our praise delight our God.

2 The Lord is building Jerusalem,
He will gather together the dispersed of Israel.⁸⁶⁰

3 He heals the brokenhearted,
and binds up their wounds.

4 He numbers the multitude of stars,
and calls them all by names.

⁸⁵⁴ [JS] or "guards"

⁸⁵⁵ [JS] or "frees the prisoners"

⁸⁵⁶ [JS] or "bent"

⁸⁵⁷ [JS] or "skill"

⁸⁵⁸ [JS] or "foreigners"

⁸⁵⁹ [JS] or a psalm, or a melody

⁸⁶⁰ *Lit.* 'dispersions'. Cf. Mt. 24:31.

- 5 Our Lord is Great and His strength is great,
and His understanding is infinite.
- 6 The Lord raises up the meek,
but humbles sinners to the ground.
- 7 Begin with confessing⁸⁶¹ the Lord;
sing praises to our God on the harp,
- 8 Who covers heaven with clouds,
Who prepares rain for the earth,
Who makes grass grow on the mountains,
and plants for the service of men,
- 9 Who gives the animals their food,
and feeds the young ravens that call upon Him.
- 10 He will take no pleasure in the strength of a horse,
nor be pleased in a man's legs.
- 11 The Lord is pleased with those who fear Him,
and those who hope in His mercy.

Alleluia. The Psalms of Retiring (the Twelfth Hour) and The Psalms of the Morning Watch continue with Psalm 147: "Praise the Lord, O Jerusalem! Praise your God, O Zion" Page 315.

Psalm 147: "Praise the Lord, O Jerusalem! Praise your God, O Zion"

God's Providential Care of His People

He Reveals His Will for the World through Israel

The Psalms of Retiring (the Twelfth Hour). Page 18. The Psalms of the Morning Watch, page 38. Reserved for the Presbyter, if present (in both cases).

1 (Alleluia. By Aggeus and Zacharias)

Praise the Lord, O Jerusalem!
Praise your God, O Zion!

2 For He has strengthened the bars of your gates;
He has blessed your children within you,

⁸⁶¹ [JS] "begin with thankfully confessing the Lord with praise." The word conveys first confession (not of sins, but of Him), but also essentially thanksgiving and praise.

- 3 He makes your borders peaceful,
and fills you with the finest wheat,
- 4 Who sends His sayings⁸⁶² to the earth;
His word will run swiftly,
- 5 Who gives snow like wool,
Who pours down mist like ashes,
- 6 Who hurls down ice like crumbs;
Who will stand before His cold?
- 7 He will send His word and melt them;
He will blow His breath, and the waters will flow,
- 8 He Who declares His word to Jacob,
His statutes and judgments to Israel.
- 9 He has not dealt like this with other nations,
nor did He make His judgments known to them.

Alleluia. The Psalms of Retiring (the Twelfth Hour) and The Psalms of the Morning Watch are concluded.

Glory...

Psalm 148: “Praise the in the Heavens, praise Him in the highest”

Cosmic Chorus of Praise

Natural Law is God’s Iron Rod

The Fourth Cantic, page 395.

1 (Alleluia. By Aggens and Zacharias)

- Praise the Lord from the Heavens;
praise Him in the highest!
- 2 Praise Him, all His angels;
praise Him, all His hosts!
- 3 Praise Him, sun and moon;
praise Him, all [you] stars and light!
- 4 Praise Him, you heavens of heavens,
and you waters above the heavens!

⁸⁶² [JS] or word, or teaching

- 5 Let them praise the Name of the Lord,
for He spoke and they came to be!
He commanded and they were created.
- 6 He established them forever and ever!
He set forth His ordinance⁸⁶³, and it will not pass away.
- 7 Praise the Lord from the earth,
you dragons and all deeps,
- 8 fire and hail, snow and ice,
tempest blast⁸⁶⁴, which perform His word!
- 9 Mountains and all the hills,
fruit trees and all cedars!
- 10 Wild animals and all cattle,
creeping things and flying birds!
- 11 Kings of the earth and all peoples,
rulers and all judges of the earth!
- 12 Young men and virgins⁸⁶⁵,
elders with the young!
- 13 Let them praise the Name of the Lord,
for His Name alone is exalted;
He is confessed⁸⁶⁶ in the earth and heaven.
- 14 And He will raise His people to power⁸⁶⁷,
A hymn belongs to all His saints,
the children of Israel,
a people drawing near to Him.

Psalm 149: “Sing a new song to the Lord, sing His praises in the Church”

Triumphal Song of the Redeemed

Weapons of World Conquest: Prayer and Praise

⁸⁶³ ‘a law’. Cf. Jeremiah 31 (38):36,37. Break Life’s laws and you strike and break yourself with an iron rod (Rev. 19:15; Ps. 2:9; Jer. 2:9; Prov. 3:10-19).

⁸⁶⁴ [JS] or “stormy wind”

⁸⁶⁵ [JS] or “maidens,” or “unmarried women”

⁸⁶⁶ [JS] “Thankful confession of Him with praise is above/in the earth and heaven.” Coptic has “His glory is above the earth and heaven”

⁸⁶⁷ [JS] literally, “And He will raise/exalt the horn of His people”

The Fourth Cantic, page 395.

1 (*Alleluia*)

Sing a new song to the Lord,
His praise in the Church⁸⁶⁸ of the saints.

2 Let Israel be glad in Him Who made him,
and let the children of Zion rejoice in their King.

3 Let them praise His Name with a dance⁸⁶⁹,
and let them sing praises to Him with [the] timbrel and harp,

4 for the Lord takes pleasure in His people,
and He will exalt the meek with salvation.

5 The saints will boast⁸⁷⁰ in glory,
And they will rejoice on their beds.

6 The high praises of God will be in their mouths,
and a two-edged sword in their hands,⁸⁷¹

7 to execute vengeance among the nations,
and rebukes among the peoples,

8 to shackle their kings with chains,
and their nobles with iron handcuffs,

9 to execute the written judgment among them:
This glory is for all His saints.⁸⁷²

Psalm 150: “Praise God among His saints”

Crowning Outburst of Praise

Last Call to Praise God with Every Breath

The Fourth Cantic, page 395.

1 (*Alleluia*)

Praise God among His saints;
praise Him in the firmament of His power!

⁸⁶⁸ [JS] “assembly”

⁸⁶⁹ [JS] Coptic has “in the chorus”

⁸⁷⁰ [JS] Fr. Athanasius has “exalt,” See the Liturgy of Mesori 26)

⁸⁷¹ two-edged sword: praise which conquers Amalek (St. Chrysostom).

⁸⁷² ‘Holiness of life is the mother of glory’ (St Theodoret).

2 Praise Him for His mighty acts;
praise Him according to the abundance of his greatness!.

3 Praise Him with the sound of a trumpet,
praise Him with psaltery and harp⁸⁷³!

4 Praise Him with timbrel and dance⁸⁷⁴,
praise Him with strings and instruments!

5 Praise Him with pleasant-sounding cymbals,
praise Him with triumphant cymbals!

6 Let everything that breathes praise the Lord!
Alleluia.

Glory...

Psalm 151: “I was the smallest among my brothers”

1 (This Psalm was written with David’s own hand, although outside the number, when he fought in single combat with Goliath.)

I was the smallest among my brothers,
and the youngest in my father’s house;
I tended my father’s sheep.

2 My hands made a musical instrument,
and my fingers tuned a harp.

3 And who will tell my Lord?
The Lord himself, He Himself hears.

4 He sent His angel
and took me from my father’s sheep,
and anointed me with the oil of His anointing.

5 My brothers were handsome and tall,
but the Lord took no pleasure in them.

6 I went out to meet the Philistine⁸⁷⁵,
and he cursed me by his idols.

⁸⁷³ [JS] variant reading, “harp and lyre”

⁸⁷⁴ [JS] Coptic has “dance”, but is rendered in Arabic, and later English, as “chorus”.

⁸⁷⁵ [JS] or “allophyle”, which means “foreigner”, but specifically in reference to Philistines.

Psalm 151: "I was the smallest among my brothers"

7 But I drew his own sword and beheaded him,
and removed reproach from the sons of Israel.