Ps 31

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| Fr. Lazarus | Edited | AI | Psalter according 70 | Psalter for prayer | NETS | Brenton | OSB |
| (By David. Of Contemplation) | (By David. Of Understanding) |  | David’s. Concerning instruction. | A Psalm of David, of understanding. | Pertaining to David. Of understanding. | *A Psalm* of instruction by David. | By David; concerning understanding. |
| 1 Blessed are they whose iniquities are forgiven,  and whose sins are covered.[[1]](#footnote-1) | 1 Blessed are they whose iniquities are forgiven,  and whose sins are covered.[[2]](#footnote-2) |  | Blessed are they whose iniquities are forgiven, and whose sins are covered. | BLESSED are they whose iniquities are forgiven, and whose sins are covered. | Happy are those whose lawless behavior was forgiven  and whose sins were covered over. | Blessed *are they* whose transgressions are forgiven, and who sins are covered. | Blessed are those whose transgressions are forgiven,  And whose sins are covered. |
| 2 Blessed is the man to whom the Lord imputes no sin  and in whose mouth there is no deceit. | 2 Blessed is the man whose sin the Lord does not reckon,  and in whose mouth there is no deceit. |  | Blessed is the man unto whom the Lord imputeth not sin, and in whose mouth there is no guile. | Blessed is the man unto whom the Lord imputeth no sin, and in whose lips there is no guile. | Happy the man whose sin the Lord will not reckon,  and in his mouth there is no deceit. | Blessed is the man to whom the Lord will not impute sin, and whose mouth there is no guile. | 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,[[3]](#footnote-3) my bones grew old  from my groaning all day long. | 3 When I kept silent,[[4]](#footnote-4) my bones grew old  from my groaning all day long. |  | Because I kept silence, my bones are waxed old through my crying all the day long. | Because I was silent, my bones consumed away, whereupon I called the whole day long. | Because I kept silent, my bones grew old from my crying all day long. | Because I kept silence, my bones waxed old, from my crying all the day. | Because I kept silent, my bones grew old  From my groaning all the day long; |
| 4 For day and night Your hand was heavy upon me;  I was reduced to misery by a piercing thorn. *(Pause)* | 4 For day and night Your hand was heavy upon me;  I was reduced to misery when the thorn pierced me. *(Pause)* |  | For day and night Thy hand was heavy upon me, I was reduced to misery whilst the thorn stuck fast in me. | For Thy hand was heavy upon me day and night; I was brought to misery by a piercing thorn. | Because day and night your hand was heavy upon me,  I was turned to wretchedness when a thorn was stuck in me. *Interlude on strings* | For day and night thy hand was heavy upon me: I became thoroughly miserable while a thorn was fastened in *me*. Pause. | For day and night Your hand was heavy upon me;  I became miserable when the thorn pierced me.  (Pause) |
| 5 I made known my sin to You  and no longer hid my iniquity.  I said: ‘I will confess against myself my sin to the Lord.’  And You forgave the profanity of my heart. *(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)* |  | Mine iniquity have I acknowledged, and my sin have I not hid. I said: I will confess mine iniquities before the Lord against myself. And Thou forgavest the ungodliness of my heart. | I have acknowledged my transgression and my sin have I not hid; I said, Against myself will I confess my transgression unto the Lord, and so Thou forgavest the irreverence of my heart. | My sin I made known,  and my lawlessness I did not cover;  I said, “I will declare to the Lord, against myself, my lawlessness,”  and you, you forgave the impiety of my sin. *Interlude on strings* | I acknowledged my sin, and hid not mine iniquity: I said, I will confess mine iniquity to the Lord against myself; and thou forgavest the ungodliness of my heart. Pause. | I made known my sin,  And I did not hide my transgression;  I said, “I will confess my transgression to the Lord,”  And You forgave the ungodliness of my sin.  (Pause) |
| 6 For this every saint should pray to You  at the right time:  then in a flood of many waters  the waves will not come near him. | 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. |  | For this shall every one that his holy pray unto Thee in a sseasonable time; moreover, in a flood of many waters shall they not come nigh unto him. | For this shall every one that is godly make his prayer unto Thee in a seasonable time; therefore in the great water-floods the waves shall not come nigh him. | Over this, every devout  shall pray to you at an appropriate time,  but at a flood of many waters,  these will not reach him. | Therefore shall every holy one pray to thee in a fit time: only in the deluge of many waters they shall not come nigh to him. | For this cause, everyone who is holy will pray to Him in a well-fitted time;  Surely they will not draw near to Him in a flood of many waters. |
| 7 You are my refuge from the trouble besetting me;  my joy, deliver me from those who surround me. *(Pause)* | 7 You are my refuge from the trouble surrounding me;  O my joy, deliver me from those who surround me. *(Pause)* |  | Thou art my refuge from the affliction which surroundeth me; O my Rejoicing, deliver me from them which have encircled me. *(Dispsalm)* | Thou art my refuge from the afflictions that overwhelm me; my Joy, deliver me from them that circle me round about. | You are my refuge from affliction that besets me—  my enjoyment, redeem me from those that encircle me! *Interlude on strings* | Thou art my refuge from the affliction that encompasses me; my joy, to deliver me from them that have compassed me. Pause. | You are my refuge from the oppression of those who surround me;  O my exceeding joy, redeem me from those who encircle me.  (Pause) |
| 8 ‘I will instruct you and teach you the way to go;  I will fix My eyes upon you.’ | 8 “I will instruct you and teach you the way you should walk;  I will fix My eyes upon you. |  | I will instruct thee and teach thee in this way which thou shalt go; I will fix Mine eyes upon thee. | I will teach thee, and set thee on the way wherein thou shalt go; Mine eyes shall watch over thee. | I will instruct you and teach you in this way in which you should go;  I will fix my eyes upon you. | I will instruct thee and guide thee in this way wherein thou shalt go: I will fix mine eyes upon thee. | “I will give you understanding, and I will teach you in the way you should walk;  I will fix My eyes on you. |
| 9 Be not 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. | 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. |  | Be ye not as the horse or as the mule which have no understanding; whose jaws thou must hold with bit and bridle, lest they come nigh unto thee. | Be ye not like to horse and mule, which have no understanding, whose jaws must be bound with bit and bridle, if they be skittish unto thee. | Do not be like horse and mule, who have no understanding;  with bridle and muzzle squeeze their jaws  when they do not come near you. | Be ye not as horse and mule, which have no understanding; *but thou must* constrain their jaws with bit and curb, lest they should come nigh to thee. | Do not be like the horse and the mule, which have no understanding;  You squeeze their jaws with bit and bridle,  Lest they come near you.” |
| 10 Many are the scourges of the sinner,  but mercy surrounds him who trusts in the Lord. | 10 Many are the scourges of the sinner,  but mercy surrounds him who hopes in the Lord. |  | Many are the scourges of the sinner, but mercy shall encircle him that hopeth in the Lord. | Many are the wounds of the ungodly, but whoso putteth his trust in the Lord, mercy embraceth him on every side. | Many are the scourges of the sinner,  but mercy will surround him that hopes in the Lord. | Many are the scourges of the sinner: but him that hopes in the Lord mercy shall compass about. | Many are the scourges of the sinner,  But he who hopes in the Lord, mercy shall encircle him. |
| 11 Be glad in the Lord and rejoice, you righteous;  and exult all you whose hearts are right.[[5]](#footnote-5) | 11 Be glad in the Lord and rejoice, O you righteous ones,  and exult all you upright in heart.[[6]](#footnote-6) |  | Be glad in the Lord, and rejoice, ye righteous; and glory, all ye that are upright of heart. | Be glad in the Lord, and rejoice, O ye righteous, and sing praises, all ye that are true of heart. | Be glad in the Lord, and rejoice, O righteous,  and boast, all you upright in heart. | Be glad in the Lord, and exult, ye righteous: and glory, all ye that are upright in heart. | Be glad in the Lord and rejoice greatly, O righteous ones,  And boast, all you upright in heart. |

1. Rom. 4:7,8. verbatim, cp. ‘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. [↑](#footnote-ref-1)
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3. ‘When I was unable to confess’ (St. Athanasius). A year passed before David confessed his two sins to Nathan (2 Sam. 12). [↑](#footnote-ref-3)
4. ‘When I was unable to confess’ (St. Athanasius). A year passed before David confessed his two sins to Nathan (2 Sam. 12). [↑](#footnote-ref-4)
5. Man is made for happiness, fruit of grace, forgiveness, right relations, holiness. [↑](#footnote-ref-5)
6. Man is made for happiness, fruit of grace, forgiveness, right relations, holiness. [↑](#footnote-ref-6)